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A COOK-BOOK
for the
Inexperienced Housewife
by
Pascuala de Jesus

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A COOK-BOOK



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by

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Many students and housewives had asked me where they can obtain a practical cookbook both for everyday use and for special occasion. This question has induced me to write this cookbook for the simple reason of giving help and guidance those who are in need.

This book contains not only collection of recipes but it also contains helpful guide in selecting and preparing certain foods, in planning meals and in making menus. It contains guides to the many skills and special knowledge that inexperienced cooks need to meet the ever present problems that are inseparable part of the job of preparing three meals a day.

Reference to the following will be found in this Cook books.

Cookery Methods and terms used
in Food Preparation
Table of Standard Measurement
Table of Abbreviation
Table of Substitution

Facts about foods and materials
to be used
Ability to handle and prepare
foods
How to follow a recipe, etc.

This books also contains not only simple dishes for everyday use but dishes suitable for special occasion.

It appears here also recipes of nutritious cheap foods that had been experimented in the home economics kitchen of the Phil. W. U. Dr. Angelina Alcaras Bayan made a study of the nutrition value of dilis and recipes for it have been tested and tasted in the kitchen of the Home Economics Dept. of P. W. U.

Some people attribute success or failure in cooking to good luck or badluck. Some do not even measure the ingredients used. Whatever success they have attained is the result of long experience and experimentation through a series of failures. A short cut to success is to gain knowledge of foods how they behave and the skill necessary in handling and manipulating them. The recipe by itself, although a good help will not produce a good product if the person using the recipe does not have the right interpretation of the terms and procedures given in the recipe and the proper skill of handling the materials prescribed.

Some of the knowledge needed by a person desiring to gain success in cooking are given as follows.

1. Cookery methods and terms and their definition
2. Table of standard measurement.
3. Table of abbreviation.
4. Table of substitution.
5. Facts about the foods and materials to be used.
6. Ability in handling and preparing the food.
7. How to follow a recipe.

Cookery Methods And Terms

BAKE: To cook in oven heated to desired temperature. Called roasting when applied to meat.

BARBECUE: To roast an animal slowly in whole or cut in pieces while cooking it is usually basted with a slightly seasoned sauce.

BASTE: To moisten food while cooking, by spooning liquid or fat over surface.

BATTER: A smooth mixture of flour, liquid and other ingredients that pours.

BLANCH: To pour or dip in boiling water, then in cold water.

BEAT: To make mixture smooth with a hand or electric beater.

BEAT WITH SPOON: A rapid lifting of a mixture over and over with a spoon, to continually bring under part to surface and mix ingredients evenly.

BLEND: To combine thoroughly.

BOIL: To cook in boiling liquid in which bubbles constantly rise to the surface and break. At sea level water boils at 212°F. Once liquid boils, turn heat down. Slow boiling water is just as effective as rapid.

BRAISE: To brown meat or vegetables on all sides in a little hot fat, or salad oil, then to add a little liquid, cover, and cook tender over low top stove or in a slow oven.

BROIL: To cook under the heat of a broiler or over hot coals.

BRUSH WITH FAT: To cover lightly with fat, cream, slightly beaten egg white, etc. using a pastry brush or crumpled waxed paper.

CARAMELIZE: To melt sugar in a skillet over medium heat, stirring constantly, until it forms a golden brown syrup.

CHILL: To place in refrigerator or other cold place until cold.

CHOP: To cut into small pieces with a knife or in chopping bowl. use food chopper.

COAT: To cover entire surface with a given mixture. For example to dip food into seasoned flour, until evenly covered on all sides.

CREAM: To work shortening with back of spoon until light and fluffy. Electric beater may be used.

CUT AND FC LD: To combine by using two motions, cutting vertically through the mixture and turning over and over.

DOT: To scatter small bits, such as butter, over surface of food.

DICE: To cut in small cubes.

DISSOLVE: To mix a dry substance with liquid until it is in solution.

DOUGH: A stiffened mixture of flour, liquid, etc. thick enough to be kneaded or rolled.

DREDGE: To lightly coat or sprinkle with flour, corn meal, sugar, etc.

FOLD IN: Usually refers to addition of whipped cream, beaten white, etc., For example, in folding whipped cream on top of the gelatin mixture, heap the whipped cream on top of the gelatin mixture. Then pass a whip or spoon down through mixture, and place it on top. Repeat until combined, working gently so as not to lose air beaten into cream.

FRICASSEE: To cook by braising; usually applied to fowl, rabbit, or veal cut into pieces.

FRY: To cook in hot fat.

SAUTE OR PAN-FRY: To cook in small amount of hot fat or salad oil, bacon fat or dripping in skillet.

SHALLOW FRY: To cook in 1-1½ inches of hot fat or salad oil in a deep saucepan.

DEEP FRY: To cook in deep fry kettle enough fat or salad oil to float food.

GARNISH: To decorate.

GLACE: To coat with a thin sugar syrup cooked to the cracked stage.

GRATE: To rub on a grater and so produce particles, as in grated lemon rind, cheese, etc.

GRIND: To put through food chopper using fine, medium or coarse blade.

INFUSE: To steep without boiling.

JULIENNE: To cut into thin lengthwise strips.

KNEAD: Fold dough or mixture over on itself, then press down lightly with knuckles using a sort of rocking motion. Repeat until smooth and satiny.

- LARD: To lay strips of salt pork or bacon on top of or in gashes on sides of fish or meat to prevent dryness. Or to insert them into lean meat by using a larding needle.
- M. S. G.: Mono Sodium Glutamet or Vetsin.
- MARINATE: To let stand, usually in French dressing, until well-seasoned.
- MASH: To make soft by pressing or beating.
- MINCE: To cut or chop very fine.
- MUSH: A soft thick mixture.
- PAN BROIL: To cook a food such as steak, uncovered, in ungreased or very lightly greased hot skillet, pouring off fat as it cooks out.
- PARBOIL: To boil food in water until partially cooked.
- PARCH: To brown by means of dry heat, applied to grains, as corn.
- PARE: To remove outer covering by cutting with knife, as in case of an apple.
- PEEL: To pull off outer covering, as in case of banana.
- POACH: To cook in a hot liquid using precautions to retain shape as egg.
- PREHEAT: To turn on heat in oven and heat to desired temperature before putting in food to bake or roast.
- PUREED: Pressed through a fine sieve.
- RENDER: To free fat from connective tissues by means of heat.
- ROUX: Term used in the mixture of flour and fat which is used as a foundation for sauce.
- SCALD: To heat to just under boiling point. With milk, heat in double boiler until bubbles gather at sides and a skin forms over surface.
- SCALLOP: To bake food in a casserole in layers with sauce.
- SCORE: To make shallow slits in surface with knife, fork or other device.
- SEAR: To brown surface quickly with high heat, on hot skillet or when roasting.
- SHRED: To tear or cut in thin pieces or strips.

SIFT: To put through a flour sifter or fine sieve.

SIMMER: To cook in liquid just below boiling point - about 185° F at sea level.

SKEWER: To hold in place by means of metal or wooden skewers.

SLIVER: To cut or split in long, thin pieces.

STEAM: To cook in steam.

STEEP: To let stand in hot liquid below boiling point, as with tea leaves in making tea.

STEW: To cook in water over low heat, as tough meat, dry cereals.

STIR: To blend ingredients with a circular motion.

STOCK: The liquid in which meat, chicken, fish, or vegetables is cooked.

TOAST: To brown in broiler or oven or in toaster.

TRUSS: To fasten closely or tightly as in chicken.

TRY OUT: To fry bits of solid fat or fat meat until fat is separated from membrane as in case of salt pork.

WHIP: To beat rapidly, usually with hand or electric beater or wire whisk to incorporate air.

TABLE OF EQUIVALENT MEASURES

Speck	less than 1/8 tsp.
f.g.	few grains
dash	less than 1/8 tsp.
2 tbsp.	1/8 cup
4 tbsp.	1/4 cup
5 tbsp. + 1 tsp.	1/3 cup
8 tbsp.	1/2 cup
10 tbsp. + 2 tsp.	2/3 cup
12 tbsp.	3/4 cup
5/8 cup	1/2 cup + 2 tbsp.
7/8 cup	3/4 cup + 2 tbsp. lc-2
2 cups	1 pint
4 cups or 2 pints	1 quart
4 qts.	1 gallon
16 cups	1 gal.
16 oz.	1 lb.
1000 grams	1 kilo or kilogram
2,2 pounds	1 kilo or kilogram
3 tsp.	1 tbsp.

5 grams-----	1 tsp.
2 1/4 cup granulated sugar-----	1 pound
3 1/2 cups confectioner sugar-----	1 pound
4 cups sifted all purpose flour-----	1 pound
4 1/2 cups sifted cake flour-----	1 pound
3 cups seedless raisins 1 pkg.-----	15 ounces
12-14 egg yolk-----	1 cup
8-10 egg white-----	1 cup

ABBREVIATION USED IN FOOD PREPARATION

f.g.-----	few grains
spk.-----	speck
ss.-----	saltspoon
t or tsp.-----	teaspoon
tb. or tbsp. or T.-----	Tablespoon
c.-----	cup
sq.-----	square
oz.-----	ounces
lb.-----	pound
pt.-----	pint
qt.-----	quart
gr.-----	grain
gm. or g.-----	gram
ml.-----	milliliter
cc.-----	cubic centimeter
gal.-----	gallon
l.-----	liter
kg.-----	kilogram

TABLE OF SUBSTITUTION

1 sq. unsweetened chocolate-----	3-4 tbsp. cocoa plus 1/2 tbsp. shortening
1 tbsp. cornstarch for thickening-----	2 tbsp. flour
1 cup sifted all purpose flour-----	1 c. plus 2 tbsp. sifted cake flour
1 cup sifted cake flour-----	1 c. minus 2 tbsp. sifted all purpose flour
1 tsp. baking powder-----	1/2 tsp. baking soda plus 1/2 tsp. cream of tartar
1 c. whole milk-----	1/2 c. eva. milk plus 1/2 c. water
1 c. sour milk-----	1 c. sweet milk plus 1 tbsp. vinegar or lemon juice or 1 c. buttermilk
1 cup coffee Cream (20% fat)-----	3 T. butter plus about 7/8 cup natural milk
1 c. canned tomatoes-----	about 1/3 cup of fresh tomatoes simmered 1 ⁰ min.
1 c. heavy cream (40% fat)-----	1/3 c. butter plus about 7/8 cup milk
1 whole egg-----	2 egg yolks for thickening custards, cream filling etc.

HOW TO FOLLOW A RECIPE

1. Read the recipe carefully and thoughtfully.
2. Be sure you have all the ingredients called for.
3. Refer to the glossary of cookery or to dictionary on definition if anything in the wording of the recipe is not known to you.
4. Assemble all your ingredients and all the utensils needed.
5. Do all possible preparation in advance such as greasing pans, sifting of flour etc.
6. Preheat the oven if necessary.
7. Measure ingredients accurately.
8. Follow the recipe method exactly.
9. Avoid stopping while combining ingredients or completing a process.

FACTS ABOUT STARCH AND STARCHY FOODS

Some foods used most frequently are rich in starch such as whole wheat, rice, rye, barley, oats, potatoes, sweet potatoes, dried peas and beans of all kinds, chocolate etc.

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Starch rich food must be thoroughly cooked if fine flavor and easy digestion are desired. Starch are made up of tiny granules not visible without a microscope, have different shape and size, not SOLUBLE IN cold water but when heated the granules swell to many times greater than the original size, such swelling is called gelatinization which is evident by the gradual thickening of the starch.

When dry heat is used to cook the starch granules are broken by the heat and this changes the starch to a valuable substance called dextrose, the process is called dextrinization which causes the loss of the thickening power depending upon the extent of dextrinization or browning. More brown flour than the required white should be used for thickening or half brown and half white combined should be used; the brown is for flavor and the white is for thickening. The important use of starch cookery is for thickening.

FACTS ABOUT SUGAR IN COOKERY

Refined or granulated sugar has a wide use in cookery, because of the flavor or the effect it has in modifying or intensifying other flavors; Of the changes it makes in the texture of certain foods and because of their preserving power especially in fruits.

Sugar may produce favorable or unfavorable effects in food. Recipes need to be followed strictly with regards to its use especially its effect on the texture of cakes, bread and other similar products. In jelly making too much sugar may produce soft and sticky jelly and may form crystals upon standing. Too little sugar may require long cooking, early spoilage and produces tough texture.

Sugar acts as a peptizing agent. It decreases the viscosity of

starch mixture and lessen the strength of gluten in bread flour and elevates the boiling point of water. If forms a true solution in water and when heated without liquid forms caramel with brown color and delicate flavor. With hot water added produces syrup suitable for flavoring many kinds of desserts such as ice-cream, cakes, custard, pie-filling and many others.

Sugar has a hardening effect in fruit causing their shape to be retained as in candied fruits or fruits preserves. One of its most important uses is in candy-making.

FACTS ABOUT FATS

1. Fats used in food preparation as shortening agents to make bread light and tender.
2. As a means of transferring heat as in cooking.
3. As an important constituent of emulsion as in mayonnaise.
4. For flavor as butter or margarine or olive oil.
5. For greasing the pan to avoid baked products from sticking to the pan. Cooking in fat as much as possible should be by temperature. If the fat temperature is too high for the food intended to be cooked, it may burn the outside of the food while the inside is uncooked. If the fat is not enough the food may absorb too much fat and becomes unwholesome.

Some foods are dipped first in flour, dry crumbs or in beaten egg or egg batter before they are fried. This prevents the food from absorbing the fat. If crispness is desired, foods should not be dipped in flour or bread crumbs or egg.

Fats for frying should not be allowed to reach smoking point. Smoking impairs the flavor, the digestibility and durability of fat. Fats used below the smoking point may be reused over and over again provided proper care is given. After each use, it should be strained with very fine strainer to remove the crumbs or other foreign matters which escapes from the food into the fat. It may be clarified too by allowing to congeal at low temperature, then remove from the container and scrape away and discard any sediment that has settled to the bottom of the molded fat.

For any disagreeable odor or taste imparted to the fat through use, such as burned taste and similar defects, frying slices of potatoes may improve defects of the fat. One medium sliced potato for every pint of fat (2 cups) is sufficient for this purpose. The potato should be removed when golden brown and the fat stops bubbling. The fat should be strained through several thickness of cheese cloth placed over a strainer. Any sediment that settled to the bottom should be discarded before using the fat again.

Fats need proper care to avoid turning rancid caused by moisture, air, light and warmth. Oils turn rancid quicker than solid fat. To keep them from rancidity they should be kept in dark container or can.

to exclude light, with tight cover to exclude air in cool dry place to avoid moisture.

CARE IN THE USE OF FATS:

Fats and oils should not be heated until they smoke for they decompose at this temperature.

Fats and oils ignite easily, care should be taken to prevent this; When fat has been used for frying, it should be strained into a receptacle which is kept for used fat.

Fat in which fish is cooked should be kept separately from other used fat.

Utensil in which fat has been used as a cooking medium should be wiped with absorbent paper before they are washed.

PLANNING MEAL

EVERY MEAL SHOULD BE PLANNED TO MEET THE NEEDS OF FAMILY GROUP THE OCCUPATIONS AND AGE OF THE VARIOUS MEMBERS OF THE FAMILY AND THE FAMILY INCOME WILL DETERMINE TO A GREAT EXTENT THE KIND OF MENUS THE HOUSEWIFE WILL PLAN. IF THE MAJORITY OF THE FAMILY ARE EMPLOYED IN OCCUPATION REQUIRING A GREAT DEAL OF PHYSICAL STRENGHT THAT GROUP WILL NEED MENUS WHICH PRODUCE FOR MORE ENERGY AND MUSCLE - PRODUCING FOODS THAN A FAMILY DOING LESS ACTIVE WORK. REMEMBER EXPENSIVE FOODS ARE NOT NECESSARILY THE MOST NUTRITIOUS. EACH HOUSEHOLD IS A PROBLEM IN ITSELF AND PRINTED MENUS CAN ONLY BE USED AS A GUIDE. THE FOLLOWING SUGGESTIONS WILL ASSIST IN PREPARING MENUS:

1. The appearance of food is important to civilized man. Beautiful color and dainty attractive arrangement play a large part in a successful meal planning. Plan to use food of different colors. Use edible garnishes as parsley, pimiento, hard cooked eggs, etc.

2. Desirable combination - follow the day's nutrition schedule and good combination will result.

3. Flavor of Foods - fine flavor of food is developed by proper cooking. Additional flavor is provided by the use of condiments.

4. Texture of foods - Serve one each, soft, solid and crisp food at each meal. They give meal the necessary contrast.

5. Temperature - Serve hot food hot and cold one cold.

6. Timing - as much as possible food should be served as soon as they are cooked. When entertaining, avoid serving foods that will spoil by a few minutes waiting.

7. Leftover - learn to buy so that there is very little waste.

Serve left-over differently from the original.

8. Seasonal - buy foods in season. Serve hot food during cold weather and cold food during hot season.

GENERAL PLANS OF A DAY'S MEALS:

Breakfast

Fresh fruits in season, canned or dried milk, cocoa or chocolate with milk for children. The same for adults and tea or coffee. Whole cereals for all the family. Bread, puto, cutchinta, suman or bibingka with butter or margarine, jam or jelly. If a healthier meal is used eggs, bacon or ham or native sausage may be added.

Lunch

Bread or rice, muffins or sandwiches
Succulent vegetables or salad
Meat or fish or chicken
Sweet for dessert as pudding or fruit cooked in sirup

Dinner

Rice or bread with butter or margarine
Succulent vegetables or salad
Meat, fish or chicken, pork or lamb
Sweet for dessert: Baked custard, ice-cream and cakes or cookies, pies or pudding

SIMPLE MENUS:

Breakfast

- | | |
|-----------------------|--------------------------------|
| (1) Fruit in season | (2) Fruit juice |
| Scrambled egg | Hotcake--sirup |
| Pan desal | Coffee--milk |
| <u>Coffee -- milk</u> | <hr/> |
| (3) Banana in milk | (4) Narangita |
| Oatmeal--sugar | Toast--butter |
| Coffee--milk | Fried egg |
| <u>Coffee--milk</u> | <u>Coffee--milk</u> |
| <hr/> | |
| (5) Pineapple juice | (6) Avocado with sugar |
| Puto--grated coconut | Suman sa lihia--grated coconut |
| Soft cooked egg | Coffee or tea--milk |
| Coffee--milk | |
| <hr/> | |
| (7) Sliced orange | (8) Orange juice |
| Tinapa--ripe tomatoes | Native sausage, slice tomato |
| Rice salted egg | Rice |
| Coffee--milk | Coffee--milk |

Breakfast-continued

- | | | | |
|----|--|----|--|
| 7 | Guavano juice
Toasted pinipig - milk
Pan desal-butter
Coffee-milk | 8 | Ripe papaya-calamansi juice
Toasted rice, Beef, tapa
Coffee-milk |
| 9 | Pineapple slices
Muffin-Jam or jelly
Egg omelet
Coffee-milk | 10 | Stewed Prunes
Rice bibingka Cheese white
Cocos-milk |
| 11 | Orange juice
Shrimp omelet
Rice or bread
Coffee-milk | 12 | Ripe mango
Biscuit-butter or jam or jelly
Coddled egg
Coffee-milk |
-

Luncheon or Supper

- | | | | |
|----|--|----|---|
| 1 | Pansit bijon
Kilawin pork
Banana and Pineapple salad
Gulaman in sirup | 2 | Sandwich, cheese
tomato sauce-spaghetti |
| 3 | Beef sinigang
Pansit guisado
Fruit salad | 4 | Cream of squash soup
Breaded Porkchop-cole slaw
Banana in sirup |
| 5 | Buillon Soup with crouton
Afritada Lettuce salad
Milk candy (Pastillas) | 6 | Pinsec con Caldo
Meatballs
Sauted cabbage
Polvoron |
| 7 | Asparagus soup
Boiled grains-fermented rice
Sauted amargoso
coconut candy | 8 | Vegetable soups
Beefsteak-Lettuce salad
Cup custard |
| 9 | Mongo cream soup
shrimp adobo
Stringbeans salad
Banana fritter | 10 | Pinacbit
Pan fried liver with onion
Pastillas de Ube |
| 11 | Fidens soup
Broiled fish
Banana blossom Kilawin
Peanut candy | 12 | Sauted mongo with amargoso
Pork and chicken Adobo
Chayote salad
Cuchinta-coconut |

Dinner

- | | | |
|---|--|--|
| 1 | Corn soup
Fish lumpia-sweet sour sauce
Eggplant salad
Ampaw candy | Sauted mongo sprout
Fried fish with egg sauce
Polvoron |
|---|--|--|

- | | | | |
|-----|---|----|---|
| 2. | Noodle soup
Petroast
Sauted sicharo
Lecheflan | 3. | Cream of Potato Soup
Spare ribs with pineapple
Cucumber and tomato salad
Ice candy |
| 4. | Egg with misua soup
Hamburger-catsup
Buttered chayote
Corn Fritter | 5. | Bachoy
Fish en Blanco
Potato salad
Ice cream |
| 6. | Stewed meat with vegetables
Broiled meat
Asparagus salad
Coffee or chocolate | 7. | Tomato soup
Dinuguang manok
Shrimp salad
Popsicle |
| 8. | Julcenc soup
Fish escabeche
Eggplant salad
Peanut Brittle | 9. | Pesang Dalag tajure sauce
Fried Lumpia
Tutifruity |
| 10. | Sopa china
Beef michado
Macaroni Salad
Fruit cocktail | | |

FORMAL MEALS

The purpose of food is to satisfy hunger and to give pleasure. After hunger is satisfied more food is a hindrance to health. After the appetite has been stimulated by a variety of food; to stimulate it further Jade it.

Formal meals which conforms to laws of health and good taste may be arranged according to the following plan.

First Course

The appetizer: any one of the following types of dishes with proper accompaniment serve to whet the appetite.

Clear soup, chilled oysters, clams or oyster in vinegar, fruit cocktail, avocado served with lemon juice.

Second Course

Main course (piece de resistance) may be roast of beef, poultry, steamed or baked fish or game with vegetables accompaniment and starchy food potato or rice.

Third Course

Light refreshing and crisp. The salad course may be any simple vegetable salad with a suitable dressings, French or boiled dressings.

Fourth Course

Dessert may consist of frozen dessert, tart, fruit cup etc.

Fifth Course

To keep the sweet from being too well remembered. This course includes coffee with sugar if desired. It may include fruit or cracker and a cheese with rich flavor. If the housewife giving a dinner or luncheon wishes to give more elaborate serving, more courses may be added to the above. The courses of a meal may be served in the following under.

- | | |
|--------------|---|
| 1. appetizer | 6. salad |
| 2. soup | 7. dessert |
| 3. fish | 8. coffee with or without accompaniment of cheese and cracker |
| 4. roast | |
| 5. game | |

Menus for special occasions
Christmas Dinner

Buillon soup	Fresh fruits
Stuffed Fish	Ice-cream-Ube
Chicken Relleno	Coffee or tea
Mixed Vegetable Salad	

Or

Consemme soup	Mix fruit salad
Fish steamed with tartar sauce	Leche Flan
Chicken stuffed Roast	Coffee or Tea

MEAT SOUP

Soup Stock and Soup:

Soups that have meat as their basis are called stock soups. The stock is the liquid in which the meat and bone have been extracted. It contains all the soluble parts which give flavor and nutritive value to the soup. The stock thickens as it gets cold because of the extracted gelatin from the bones and connective tissue. Slow cooking temperature not higher than the simmering point is necessary for the extraction of the gelatin.

Kinds of Stock Soup:

1. Bouillon is made from beef stock delicately seasoned.
2. Brown soup stock is made from beef and is highly seasoned with vegetables and herbs.

3. White soup stock is made of chicken or veal, delicately seasoned.
4. Consomme is made of several kinds of meat, (beef, veal, fowl) highly seasoned with vegetables; and cleared.

Food value: Meat soups contain very little nutrients which strong meat flavor due to the extractives. They stimulate the flow of the digestive juices, warm the stomach and prepare it for solid food. The dissolved albumin of the muscle fibers which is drawn out in the broth when it is simmering forms the settling when the stock is cold. All the protein is removed when soup is served clear so gelatin is only food nutrient left in cleared meat soup. If the meat stock is not to be used immediately is is allowed to cool quickly and kept in a cool place to chill to prevent deterioration. The fat that forms on top of the soup stock is not to be removed until the stock is ready to be used.

Direction for Soup Making:

1. Use all trimmings from roasts and steaks with soup meat.
2. Cut up meat in small pieces. Break the bones so that the juice may be drawn easily.
3. Sear a small amount of the meat in a frying pan until brown to give color and flavor to the soup.
4. Put meat, bone and fat in cold water. Allow to soak for at least half an hour, then simmer for five to six hours. Never allow the temperature to reach the boiling point. This will toughen the albumin and prevent the flow of juices. Add vegetable at the last hour.

The time consuming procedure of preparing soup stock may be remedied by using pressure cooker. The meat is to be pressured only for thirty minutes at 15 lbs. pressure. The resulting stock may be too highly concentrated. It should be diluted with hot water before using it.

Soup may be garnished to make it look attractive. The garnishing may be a few crisp croutons, a sprinkle of chopped parsley a few kernels of puffed cereals, or grating of raw carrots. Whatever the garnish, it should be put on just before the soup is served.

(2) CREAM SOUPS OR SOUP WITHOUT STOCK

Soup is among the list of foods that introduces a meal. It serves a double purpose, to stimulate appetite and to provide nourishment. Since it is an appetizer, it is always served as the first course of a meal.

Soup is chosen with an eye on the rest of the meal. Thus, clear soup is followed by a rich and heavy meal, while rich soup is usually served with less hearty meal. There are also other kinds of soup that are meals in themselves.

Soup may be roughly classified as soup with meat stock; with its various modification of brown and white stocks; bouillon, consommes and broths. To the other class belong the soups that may be made either with or without meat stock with its various modification of cream soups, purees and bisques; of chowders and stews, and of vegetable soups. The former refers to soup that has for its base the thin sauce, the ingredients of which are milk, butter or margarine, flour or cornstarch for thickening and seasoning. It is one of the best ways of introducing milk in the diet of a family. To this kind of soup belong most of the cream soups in which vegetable pulp or puree is added to the thin sauce. The vegetables added give the soup its flavor and name; thus, if corn is added, it is called cream of corn soup; if potato, it is cream of potato soup, etc. This kind of soup is easier to prepare than the soup with meat stock.

Chowder is a special kind of cream soup containing a large proportion of coarsely cut solid food. Potatoes, corn, spinach, clams and other kind of fish are used for chowder.

Purée-cooked vegetable pulp rubbed through a sieve; also a soup thickened with the strained pulp.

Bisque -- a rich thick soup made of fish, meat or vegetable and usually, cream or cream sauce; as tomato bisque, bisque of clams or oysters, etc.

To the thin clear soups belong bouillon and consomme. These are discussed on the chapter on Meat, since they properly belong to soups with meat stock.

Materials used for soups without stock:

Vegetables cooked and strained.

Liquids - whole milk, skim milk or half milk and half vegetable water.

Seasoning - salt, pepper, paprika, celery salt, onion juice, chopped parsley and celery.

Other vegetables best suited in flavor for soups are tomatoes, asparagus, spinach, cauliflower and onion for flavoring only.

Starch vegetables as potatoes, corn, carrots, legumes as peas, beans and lentils.

General Direction for Soups without Stocks:

1. Cook the vegetables in water until very soft; then pass through a strainer. Add the water in which the vegetables were cooked.
2. Make thin white sauce. See recipe for sauces.
3. To make the soup richer, use part cream instead of all milk, or add beaten egg or two spoonful of whipped cream to the soup just before serving.
4. Combine vegetable pulp and white sauce and serve.
5. Serve soup very hot.

6. Serve crisp crackers or toasted bread in sticks or drop cubes of fried bread (croutons) in soup.

Food Value: Soups without stock have a higher food value than soups with stock, because the milk or cream of the white sauce is rich in protein and the vegetables contain starch, minerals and vitamin needed by the body.

Cream of Vegetable Soups

A cream of vegetable soup usually consists of cooked, strained vegetable, milk, flour, and seasoning and has the consistency of a thin sauce. The proportion of flour needed for thickening will depend upon the vegetable. A cream of tomato soup using equal portions of milk and strained tomato requires 1 tb. flour per cup of product. A potato soup may be made with no thickening because the potato will give sufficient body to the product. However, the strained potato makes only a temporary suspension and a potato soup in which a small amount of flour has been used will be a better product than one containing no flour.

Soup may be prepared from vegetables which are cooked whole as peas, or diced as carrots, but usually cream vegetable soup is made with strained vegetable. Since straining means loss of vitamins, it is frequently desirable to serve cream of whole vegetable soup. Vitamin E, C and G are water soluble, and the minerals in vegetables as well as other food nutrients may dissolve in the cooking water. Therefore it is often desirable to use the concentrated cooking water (stock) as part of the liquid in soup.

(1) Cream of Tomato Soup

$\frac{1}{4}$ cup tomatoes, canned or fresh
 $\frac{1}{4}$ tsp. salt
Small piece of bayleaf
 $\frac{1}{2}$ tbsp. onion, chopped
 $\frac{1}{2}$ tbsp. sugar
 $\frac{1}{2}$ tbsp. fat
1 tbsp. flour
1 cup milk

Simmer tomato with seasoning for five minutes. Strain tomato mixture, rubbing the flesh of the tomato through the strainer. Melt the fat, blend in the flour, then add the hot tomato in thirds. Cook until smooth and thickened, then add slowly the milk. Heat and serve.

(2) Cream of Corn Soup

1 tbsp. butter or margarine
1 tbsp. flour
1 cup of milk
1 slice onion
 $\frac{1}{2}$ tsp. salt

Bit bayleaf
1 cup corn if canned
½ cup if fresh, grated and then boiled.

Melt butter in a saucepan. Add flour and blend well. Add milk all at once and stir until smooth. Add salt, bayleaf, onion, and corn. Stir until the mixture coats the spoon. Remove onion. Pour soup into serving bowls and garnish with a dash of paprika. Serve hot.

(3) Cream of Potato Soup

½ C. potato, diced	¼ T. Salt
½ T. diced onion or celery	½ C. milk
1 C. water	1 T. butter
	1 T. flour

Cook potato and onion, or celery in water until soft. Rub through a sieve. Add enough of the cooking water to bring the amount up to ½ cup. Prepare sauce of butter, flour and milk; cook until smooth and thickened. Add potato mixture, heat and serve.

SOUPS:

LEEK AND POTATO SOUP

4 leeks, white part only	2 tablespoon butter
1 onion	or margarine
2 cups water	4 potatoes
2 teaspoon salt	3 cups milk

Cook leeks and onion with one tablespoon of the butter until soft. Add potatoes, water and salt. Bring to a boil and cook slowly until potatoes are very soft. Strain and return the puree and boil again. Add the milk and remaining butter. Add seasoning and serve hot.

Cream of Potato Soup

2 cups sliced pured potatoes	2½ tablespoon flour
2 minced onions	1½ teaspoon salt
2 outside stalk of celery	½ teaspoon pepper
2½ cups boiling water	2 cups milk
5 tablespoons butter or margarine	1 tablespoon parsley

Cook potatoes and onion in boiling water. Covered until tender. Make sauce. Rub potato mixture liquid and all through a sieve. Add to sauce with parsley. Serve hot.

Cream of Leek and potato soup. Use leek cut finely with the potatoes and celery, omitting onions.

SOPA de NIDO

Soak the nido in water for 12 hours or overnight clean by removing the black particles. Cook in chicken broth for five minutes. Chop one chicken breast and add one cup cold water. Mix well. Boil the chicken broth and add the prepared "Nido" and chicken breast. Before serving add chopped ham and two or three tablespoons camote powder to chicken. Serve hot.

SOPA de ASPARAGUS

Chicken breast, chicken broth, one can asparagus, ham, pork fat, camote powder and vetsin.

Chop the chicken breast with the pork fat meat and salt. Immerses the chicken meat in one cup of cold chicken broth. Cut the asparagus one inch long and set aside for decoration. Cut in cubes the remaining portion of the asparagus and cook with chicken broth. Thicken with two tablespoon camote powder and season with salt and vetsin. Then add the chicken meat and boil. Serve with the asparagus tips and ham.

Loo-Mi

Chicken meat, shrimps, crabs. All cooked previously and cut in strips. Dry mushrooms, water chestnuts cut in strips. Saute garlic and onions and add other ingredients. Season with toyo, salt, pepper and vetsin. Add enough broth. Before serving add milk.

JULIEN SOUP

Cabbage, squash, corn, strings beans, carrots, celery, potatoes, chicken broth, cooked chicken meat, cooked ham, garlic, onions, and chicken liver. Salt and pepper.

Cut the vegetables in strips and boil together in chicken broth until half done. Saute in lard the onion, garlic, liver, ham and chicken meat. Then combine the vegetables and chicken broth. Serve hot. Add milk if desired.

SOPA de SAGU

One chicken breast, chopped, a piece of pork fat, one half cup sagu, chopped ham. Salt, pepper and vetsin to taste.

Chop the chicken breast with pork fat meat, then boil the broth and add tapioca and chicken mixture. Mix the chicken meat with one cup of cold chicken broth. Lastly add ham, salt, pepper and vetsin. If needed add two tablespoon camote powder. Serve hot.

SOPA de GUISANTES

One cup flour, one tablespoon purico, one tablespoon butter, one tablespoon sugar $\frac{1}{2}$ teaspoon salt, cold water to moisten dough two tablespoon grated cheese. Mix dry ingredients and work with finger

tips. Moisten the dough with cold water. Knead well until smooth. Roll paste one eight inch thick and cut with different shape cutter. Fry in cooking oil.

Soup 2

One can sweet peas, three tablespoon butter, chicken broth three fourth cups milk, four tablespoon flour. Cheese to taste.

Mash the sweet peas with chicken broth. Melt the butter and brown the flour, add the peas chicken broth and cheese. Mix well and allow to boil. Add the milk before serving. Serve with Croutous.

SOPA IMPERIAL

Cook a chicken with water, celery onions and black pepper. Cut it in cubes. Mix it with ham, brain sausage and bread cut also into cubes. Boil potatoes and mash. Cut carrots, sugar beets and pickles into flowers and leaves shape. Season the broth with salt, cheese and butter. Make division on an oblong plate with mashed potatoes (tube decoration) inside the division place the chicken ham and on top of mashed potatoes arrange the leaves and flowers of carrots, sugar beets etc. Serve separately.

SOPA SUPER NACIONAL

One chicken, chicken broth, ham half kilo bones, onion pepper. Make a good stock.

Chop the cooked chicken and add one half can evaporated milk, five eggs well beaten, salt, pepper, cheese, butter viena sausage cut into cubes. Mix well. Pour in buttered pan and steam until firm. Garnish with mashed potatoes and decorate as desired. Serve broth separately.

SOPA CHINA

Twenty to thirty shrimps, one egg, two or three tablespoon camote powder, cooked chicken, cabbage, ham, one patola, one carrot, water chestnut, chicken borht, garlic, onion, green onions, celery, salt pepper and vetsin. Chop the shrimps until paste. Add egg, salt and camote powder. Mix well, form into small balls. Cut into cubes the chicken, ham, cabbage, patola and celery. Cut in slices carrots and water chestnut. Sauté garlic, onion and add ham, chicken, celery and the rest of the ingredients and enough chicken broth, lastly add the shrimps balls. Season with salt, pepper and vetsin to taste. Add noodles before serving if desired.

TOMATO CREAM SOUP

One can tomato sauce, chicken broth, two or three tablespoon flour two tablespoon butter, one half cup or three fourth cup milk. Chopped onion, one teaspoon salt, pepper and grated cheese.

Melt the butter, brown the flour and add chicken broth, tomatoes sauce. Season with salt, pepper and grated cheese to taste. Serve

separately with croutous, hot.

VEGETABLE SOUP

One half kilo cooked pork meat, shrimps, one patola, cabbage, one carrot, ten water chestnuts, six dry mushrooms, one half tapioca, broth, vetsin, salt and pepper, garlic and onion.

Cut in small pieces the vegetables, pork meat, the shrimps into halves. Saute garlic and onion. Add shrimps, pork meat, vegetables and tapioca. Season with salt, pepper and vetsin. Serve hot.

RESOTO SOUP

Cooked chicken, five pieces ham, two cups maledkit rice, one half cup butter, bread crumbs, grated cheese, one fourth chopped onions, salt and pepper.

Chop the chicken and ham. Saute onion in butter. Add chopped chicken ham, grated cheese, and rice and chicken broth. Place in buttered mold and steam sprinkle grated cheese and bread crumbs. Serve chicken broth separately as desired with hard cooked eggs and pastry decorate.

SOPAS de ALETAS de TIBURON

Sharkskin, ginger roots, toyo, green onions.

Soak the sharkskin in water for about half an hour. Boil with green onions, toyo, ginger roots and water for about five minutes. Repeat the procedure six times.

Ten water chestnut, flour, dry mushrooms, green onions, cooked pork meat, cabbage, one carrot, one half onion, chicken broth, ham, pepper and vetsin.

Cut in strips the water chestnut, dry mushrooms, green onions, pork meat, cabbage, carrots, ham, etc. Saute onion and add ham, pork meat, carrots and the rest of the ingredients. Season with salt and pepper and vetsin. Garnish with chopped green onions and hard cooked eggs. Serve hot.

SOPA ALA MILLA FANTI

Chicken broth, croutous, sweet peas, ham, cooked chicken, liver, chopped hard cooked egg, cooked chicken meat, grated cheese, butter, three fourth cup milk and two tablespoons flour.

Cut in cubes the chicken, ham and cooked chicken liver. Melt butter and brown the flour. Add chicken broth and meat, ham, sweet peas, hard cooked eggs, chicken liver, grated cheese, milk, pepper and salt. Add croutous before serving.

SOPA SECA ITALIANA

½ chicken
1 can tomato sauce
½ cup grated cheese

1 onion chopped fine
1 clove garlic
3 tbsp. margarine

$\frac{1}{2}$ box macaroni	1 piece chorizo bilbao
2 pieces fresh tomatoes	4 pieces bacon

Salt and pepper to taste. Boil chicken as for soup with salt. Cook the macaroni in the broth for 20 minutes. Drain and set aside. Remove the flesh of the chicken. Braise bacon pieces in margarine, garlic, onion and tomatoes. Add the chicken and tomato sauce, allow to simmer. Add the bacon and chorizo. Season with salt and pepper. Sprinkle half of the grated cheese. Let simmer for a while before adding the macaroni. Pour tomato sauce on top and sprinkle generously with the rest of the grated cheese. Boil for about seven minutes.

SOPA EMBAJADOR

1 chicken	black pepper
1 onion chopped	water

Cook all together to make good broth, grind chicken meat. Add one or two tbsp. flour, one egg yolk, one tbsp. grated cheese, enough milk to moisten. Mix well and form into small balls.

Other ingredients needed are:

10 habischuelas	2 cooked potatoes
1 carrot	1 stalk of celery
$\frac{1}{4}$ head cabbage	1 cup milk

Cook the above vegetables in strips and cook with the chicken broth. When tender add the chicken balls. Melt butter separately and brown 2 or 3 tbsp. flour. Combine with the soup. Add milk before serving.

Brown Soup Stock

Shank soup bone of beef

$\frac{1}{2}$ C carrots, diced
$\frac{1}{2}$ C celery, diced
$\frac{1}{2}$ C potato, diced
2 Sprig parsley
1 tsp. salt
$\frac{1}{2}$ or 1 small Bayleaf
1/16 tsp. thyme
1/16 tsp. marjoram
$\frac{1}{2}$ tsp. peppercons
2 qts. water

1. Remove the beef from the bone and cut into small pieces. Remove some of the marrow from the bone.
2. Brown the onion and meat marrow and fat trimmings in the utensils in which the stock is to be cooked.
3. Add the seasoning, bone and water. Simmer about 3 hours. Covered. Add the vegetable last.

Vegetable Soup

To one quart of meat stock add 1 to 1½ of dice vegetables. If the vegetables are already cooked, heat in stock thoroughly; If raw, let simmer until they are tender. (Note: onions, celery, potatoes, carrots, beans with a sprig of parsley make an excellent combination.

2½ lbs. meat
3 qts. water
salt, pepper, carrots,
celery, onion diced, potato

Place meat, bone, and salt in a soup kettle. Add cold water and heat slowly to the simmering point; simmer 3 hours, adding vegetables about one hour before the soup is done.

For vegetable soup; serve with meat and vegetables in soup or strain and clarify to be used for clear soup.

USEFUL FACTS ABOUT MILK

Milk is the fundamental human food. Its importance lies in its high nutritive value. It contains all six of the essential foodstuffs; proteins of the highest quality, fats, carbohydrates in the form of sugar, vitamins and minerals. Fresh milk is considered the best; but in its absence, other forms of milk may be substituted for its use. In cookery insures every member of the family to get its share. Evaporated, powdered, condensed and others are good substitute for fresh milk. Each had its particular used both as a drink and in cookery.

Milk combines well with eggs as in custard, in sauces and in ice-cream. If there is any doubt as to the purity of fresh milk it should be boiled or pasteurized. The important products obtain from milk are butter, cheese and cream.

Butter, cheese and cream are obtained from milk. Each one may be separated from one another by certain processes; proteins of the highest quality for growth and maintenance of body tissues; calcium, iron, vitamins, fats and carbohydrates in the form of the sugar (lactose).

1. The average composition of milk is as follows:

Water.....	87%
Proteins.....	3.3%
Carbohydrates.....	5%
Fats.....	4.0%
Minerals Salts.....	0.7%
Vitamins.....	

The term milk, when unqualified, means fresh milk from cows.

1. Pasteurized milk is milk which has been subjected to a temperature high enough to destroy pathogenic bacteria and then promptly cooled to 50° F., or lower. Pasteurized may be done by either the hold method or the flash method. The former refers to heating the milk to a temperature of not less than 145° F for 30 minutes, while the latter refers to heating the milk to 160° F for 15 seconds then cooled rapidly. The hold method is generally used.
2. Homogenized milk is milk that has been mechanically treated in such a manner as to reduce to size of the fat globules and increase their number. This treatment stabilizes the emulsion to the extent that cream does not rise.
3. Evaporated milk also called unsweetened milk, is whole cow's milk from which more than half of the water has been removed by heating in a vacuum. It is homogenized in order to break up the fat globules and, after canning is sterilized in sealed containers. It contains not less than 25 percent of total milk solids and not less than 7.9 percent of milk fat.
4. Sweetened condensed milk is the product resulting from the evaporation of a considerable portion of the water from whole milk to which sugar has been added. It contains not less than 28 percent of the total milk solids and not less than 8 percent of milk fat.
5. Dry milk is the product resulting from the removal of water from milk. Dry whole milk contains not less than 26 percent of milk fat and not more than 5 percent moisture. Dry skim milk contains about 1 percent of milk fat and not more than 5 percent of moisture.
6. Filled milk is the product obtained when skimmed powder milk is reconstituted with water and vegetable refined oil is added and then homogenized to stabilize the emulsion.
7. Fermented milk
 - (a) Buttermilk is the product that remains after the fat has been removed from milk & cream, sweet or sour, in the process of churning. Buttermilk contains not less than 8.5 percent of milk solids that are not fat.
 - (b) Clabber is milk in which souring has advanced to the stage of marked precipitation of the curd but not to the point of separation of the whey.
 - (c) Sour milk is milk soured naturally by the action of lactic acid bacteria or by the addition of vinegar or lemon juice.

For cooking purposes no distinction need be made with regard to buttermilk, clabber, and sour milk.

Measuring of Milk

Fluid milk should be measured by pouring into the container to the measure mark.

Dry milk should be lightened by stirring, place gently by a tablespoon into a measuring cup to the point of over-flowing, and then leveled with the edge of a knife.

Milk Equivalents

- 1 cup of milk is equivalent to 240 grams.
- 1 pound evaporated milk is equivalent, on the average to 1 quart of fluid whole milk plus 7 ounces of sugar.
- 1 pound of dry whole milk (about 4½ cups of spray process) is equivalent to 3½ quarts of fluid skim milk.
- 1 pound of dry skim milk (about 4 cups by spray process) is equivalent to 4-3/4 quarts of fluid skim milk.

2. MILK USES IN COOKERY

Milk is used as the liquid ingredients of many prepared dishes. Among the dishes in which milk an important components are cream soups, chowders, cream sauces, puddings and custards. When a recipe calls for milk it means whole milk. Evaporated and powdered milk need to be reconstituted.

SPECIAL PRECAUTIONS:

Scorching - milk tends to stick to the bottom of the pan in which it is heated. This is due to the coagulation of the proteins other than casein in the milk. Though present in small amounts, these coagulates when heated and tend to settle and stick to the bottom of pan. Sometimes these proteins scorch and give a bad flavor to the mixture. Scorching can be prevented by an occasional stir when cooking over direct heat or, better still, by heating the milk in a double boiler.

Scum - a scum forms on heated milk. This can be prevented. It results from a drying out of top of the milk when heated in air in an uncovered container. It is tough and holds in the steam and may cause the milk to foam and boil over unless carefully watched. Scum formation can be avoided by covering to prevent evaporation while heating in a double boiler, or by careful stirring to prevent the drying out of the surface layer over the top, which retards evaporation and hastens scum formation.

Curdling - Acids curdle milk. When materials containing even a very little acid are added to hot milk, the milk tends to curdle.

(a) MILK COMBINED WITH STARCH

1. SAUCES AND THEIR USES

Sauces are savory or appetizing mixtures served with other foods as a relish or as a dressing, as the sweet sour sauce of the Chinese,

the liver or lechon sauce of the Filipinos, the Bechamel sauce of the French and the white sauce of the English or Americans.

Sauces are of many different kinds and types. There are sauces for meat and game, for vegetables, for fish, for cakes, for ice-cream and for desserts of all kinds.

Sauces for meat and game were such an important part of the medieval feast that every palace and wealthy home had a sauceir whose sole job was to look after the making of this part of a menu. Many dishes owed their character to the sauce served with them. The French are regarded as having fostered the use of sauces and this made the French cookery famous the world over.

A perfect sauce can glamorize the most simple food but it cannot hide poorly prepared ones. All types of sauce have the same fundamental purposes - to enhance the flavor, appearance and often the nutritive value of the food to which they are served and to add moisture. It should then present a pleasing contrast in flavor, color and consistency with the food. As a rule, it should be thin enough to flow readily but thick enough not to soak into the food.

Sauces may be hot or cold. The former are usually satisfactory if made just before they are used. Hot sauces may also be divided into white and brown, and from them hundreds of sauces are made. The trick of adding a certain ingredient to the plain white sauce is enough to change its name; thus there are the egg sauce, onion sauce, anchovy sauce, parsley sauce, caper sauce, oyster sauce, celery sauce, et. They are named for what goes in for added flavor.

The foundation of almost all of the common sauces is what the French called "roux." It is a blending of fat and flour. The fat used may be butter, oils, clarified fat, a blend of lard and butter or margarine or dripping. The fat is first melted and sufficient flour is stirred into it to absorb it; equal quantities of fat and flour are used. Other thickening agent used beside flour is cornstarch which cooks to an almost clear paste. Cornstarch has greater thickening power than flour. It takes only about one half as much cornstarch as flour to thicken a given amount of sauce.

One has to know the technique of making a smooth velvety white sauce in order to master its numerous variations. Thin, medium, thick or very thick sauce can be made by the same method with the only difference being in amounts of flour and fat. A skillet or a saucepan and a wooden spoon are all the utensils needed for cooking.

Gravy is a dignified name for a sauce that has meat substance in it. Usually dripping from roasted or broiled meat is used in place of butter, margarine or other kind of fat.

A good sauce should be smooth satin-like texture and no trace of grease or scum, lumps or pastiness. The color and consistency are the

characteristic of the type of sauce desired.

To avoid the formation of lumps the starch granules must be separated in some way before combining it with hot liquid. This may be accomplished by mixing the starch with equal amount of cold water or by coating the starch granules with fat (roux), or by blending the starch with sugar as in making sweet sauce.

Pastiness may be overcome by folding into the sauce a stiffly beaten egg white at the last minute.

Cold Sauces

1. The Mayonnaise class - A simple mayonnaise is made from raw egg yolk, salad oil, vinegar, mustard, pepper and salt. One yolk of egg will blend with as much as one cup oil if the oil is stirred in very gradually little by little to the yolk; the vinegar can be added from time to time as the mixture thickens. A good mayonnaise should not taste too acid or too oily. Addition of chopped capers or pickles to the mixture makes tartar sauce.

2. Chaud-froid sauces for coating meat poultry or fish. These may be brown, fawn, white, red or green, the foundations being a good brown or white sauce, tomato sauce or cucumber sauce. To this sauce are added aspic jelly, gelatin and a little cream.

In modern times we have a great variety of sauces; there are those ready prepared as Harveys; the Worcestershire, the chili, the mafra etc.; the basis of which is catsup which in itself is one of the most extensively prepared sauce.

<u>Liquid</u>	<u>Flour</u>	<u>Salt</u>	<u>Fat</u>	<u>Consistency and Use</u>
1 c.	3 tb.	1/4 t	2-3 tb. Thick - - -	Thick or very thick sauces are used as
1 c.	4 tb.	1/4 t	3-4 tb. Very thick-	binding agent in souf- fles and croquettes as well as in other simi- lar products.

1. Usual method with above proportions

- a. Melt fat in a skillet or a sauce pan over medium heat.
- b. Add the flour and salt all at once and stir until thoroughly blended.
- c. Remove from fire and add about 1/3 of the liquid, stir until well blended.
- d. Return to fire and as mixture begins to thicken, add another portion of the liquid quickly; blend until smooth; then add remaining liquid.
- e. Heat to boiling, stirring slowly, and cook 1 to 2 minutes if the sauce is not to be cooked again.

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- f. When preparing one quart or more of sauce it is usually desirable to heat the milk and prepare the sauce over boiling water.
 - g. Rapid heating is desirable especially with the thicker sauces. These are used in products which are to be cooked and therefore need to be heated only to the boiling point. Slow heating or long cooking will cause too great an evaporation of water and will result in solid, doughy sauce.
2. Variations of above method
- a. The fat may be omitted and a portion of the cold liquid used to separate the flour particles. One half to 1 t. of butter may be beaten in for flavor at the end of the cooking period. Omitting the fat reduces both cost and calorie value.
 - b. The flour may be creamed with cold fat and the first portion of liquid, hot or cold, added before the mixture is heated.
 - c. If hot liquid is blended with the fat and flour and the mixture is placed over boiling water and stirred just enough to preserve the suspension, the sauce will cook without requiring attention.

(B) CHEESE

Cheese is defined by the Food and Drug Administration as "a product made from curd obtained from the whole, partly skimmed, or skimmed milk of cows, or from milk of other animals with or without added cream, by coagulating with rennet, lactic acid or other suitable enzyme or acid, and with or without further treatment of the separated curd by heat or pressure or by means of ripening ferments, special molds or seasoning. Cheeses are classified in several ways, according to:

(1) the fat content of the milk, (2) the source of the milk (3) the method of coagulation (4) the method of further treatment (5) the texture and consistency.

(1) Classification of Cheese

Soft Cheese, Moisture, 40-75%		Hard Cheese, Moisture, 30-40%	
<u>Unripened:</u>	Cottage Cream Neufchâtel	Semi-hard Ripened by <u>molds</u>	Very hard Without gas- <u>bubble</u>
<u>Ripened:</u>		Gorgonzola Roquefort Stillton	Cheddar Edam Gouda
(1) By <u>molds</u>	Camembert Brie		With gas bubbles
(2) By bacteria	Limberger Liederkranz	By bacteria Brick Munster	Emmental Swiss Parmesan

(2) Foodstuffs present in cheese

As a highly concentrated milk product, any cheese is a food material rich in protein. Most cheeses also contain considerable quantities of fat, and all contain some carbohydrate, lactose according to Sherman (Chemistry of Food and Nutrition 7th Ed.) the quantities of these foodstuffs in several representative varieties (American Cheddar or Parmesan, Swiss) are as follows:

Protein	19.2 to 36.3%
Fat.....	27.4 to 33.2%
Carb lactose.....	1.4 to 2.3%

C. General Direction for cheese

- A. A regular grater or a special cheese grater may be used for grating cheese. Fairly soft cheese may be grated by rubbing it through a coarse wire strainer.
- B. High temperature is apt to make cheese hard and rubbery, especially if it is not well cured.

1. Cheese as a Main Dish

Macaroni and Cheese

Ingredients

1 C macaroni (broken)
1 T butter or margarine
1 T flour
1 C milk
1/4 t salt
2/3 grated cheese

1. Add macaroni to boiling salted water and cook until tender. Drain.
2. Melt butter or margarine in a saucepan, blend in the flour; then add milk at once.
3. Mix well and cook the mixture, stirring to prevent lumping. Add salt.
4. Remove from fire and add grated cheese. Stir until cheese is melted.
5. Mix the macaroni with the sauce and pour into an oiled baking dish. Sprinkle with butter crumbs and bake in a moderately hot oven - 375°F until slightly brown.

2. Cheese as part of a first course.

Cheese Canapes

Method

- 1) Toast circular pieces of bread; spread with creamed butter.

- 2) Sprinkle grated cheese and a dash of cayenne over the butter;
- 3) rounding it well toward the center.
- 3) Garnish with sliced stuffed olives around the edge.

Cottage Cheese Salad

Combine cottage cheese with finely diced pineapple. Serve on water cress or on lettuce with tomato wedges. Use a cooked salad dressing.

USEFUL FACTS ABOUT EGGS:

There is no difference between white and browned - shelled eggs.

Fresh eggs keep longer if kept in a cool place. Fresh eggs have certain characteristic that differ from stale eggs. The shell of fresh eggs looks powdery. When place in water fresh eggs lie straight at the bottom of the water while stale eggs show a sign of floating. Candling the eggs, when fresh look clear with yolk located at the center of the eggs.

Eggs have many uses such as binding foods together as in making mayonnaise; help to give lightness to texture as in making cakes.

1. Eggs should be cooked at low temperature at certain length of time. Over cooking of eggs causes a dark ring to form around yolk, and produces undesirable smell.
Hard cooked eggs are used for garnishing foods as in salad, canapes and devil eggs.
Eggs thicken liquid as in making custard and soup. Eggs when beaten holds air which is increased by addition of sugar but it is decreased by contact with fat.

2. GENERAL DIRECTIONS FOR EGG COOKERY

- a. It is a good plan to wash the shell and break eggs in to a saucer one at a time to detect any imperfections.
- b. Be sure the eggs are covered entirely with water when cooking with shell.
- c. For cooking out of the shell as poaching, or frying high quality eggs with high albumin index should be used.
- d. If eggs are taken directly from the refrigerator and put into hot water, the shell will probably crack. Leakage may be prevented by adding salt to the water in the ratio of 1 tsp. to 1 pt. water.
- e. The color of the yolk is not an indication of freshness but varies with the amount of green feed that the hens have eaten.
- f. Medium - sized eggs should be chosen for use in flour mixture. Eggs cooked with fat - strickly fresh.

A. Fried

1. Heat 2 or 3 tbsp. fat in a frying pan.

2. Break eggs into a saucer and slip each into the pan.

Cover and cook over low heat until the white is coagulated and a film is formed over the yolk.

3. Sprinkle with salt and pepper, serve (Steaming).

Note: If the pan is not covered, more fat may be used and the hot fat dipped and poured over the yolk to form white film. (The method is called basting).

Custard

$\frac{1}{2}$ C milk
2 T sugar
1 whole egg or 2 yolks
 $\frac{1}{2}$ t salt
 $\frac{1}{4}$ t vanilla

Method for making soft Custard

1. Scald milk in a double boiler.
2. Beat egg slightly and add sugar and salt. Blend the mixture well.
3. Add the scalded milk to the egg - sugar mixture slowly stirring well.
4. Return mixture to double boiler and cook slowly, stirring well until the mixture coats the spoon.
5. Add flavoring. Pour into a dish at once and chill.

Method For Mixing Baked Custard

1. Follow steps 1, 2, and 3 for making soft custard.
 2. Pour mixture into custard cups through a strainer and set them in a pan of hot water. Bake in a slow oven 250° F about 30 minutes. When a blade of a thin knife inserted at the center, comes out clean, the custard is done.
 3. Chill and serve in the custard cups in which it was baked.
- (NOTE) - The custard may be baked in one large baking dish by extending the time. (Modifications). Line the molds with $\frac{1}{2}$ to $\frac{3}{4}$ C caramelized sugar before pouring the mixture. May be served in a saucer by inverting the custard into the saucer after loosening around the side.

Foamy omelet or ruffy omelet:

2 eggs 2 tsp. liquid
 $\frac{1}{4}$ t. salt 1 tsp. butter

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Separate the yolk from the white. Beat yolks until thick. Beat white until foamy, add salt, add liquid and continue beating until the peaks stand up with tip end only slightly rounded. Melt and blend quickly by folding gently with a spatula until well blended. Melt butter in frying pan or skillet. When butter is hot pour in omelet and cool for $\frac{1}{2}$ minute. Place in oven 310 F until surface is dry (approximately 25-30 minutes depending on thickness. Fold and serve on heated plate.

FACTS ABOUT THE USE OF EGG AND STARCH FOR THICKENING

1. A starch suspension must be heated to 90°C to obtain maximum gelatinization.
2. Corn starch must be held at the gelatinization temperature for 15 to 20 minutes to get rid of the raw flavor or for a shorter period at boiling temperature.
3. Starch may be hydrolyzed by long, slow heating, but the process is more rapid in acid solution.
4. The flavor of butter is volatile.
5. The coagulation temperature of egg is raised by dilution with liquid sugar or starch.
6. Coagulated egg thickens mixture.
7. Curdled egg is not a thickening agent.
8. Chocolate contains starch.
9. The fat of chocolate has a high melting point.

CHOCOLATE CREAM PUDDING

$\frac{1}{2}$ sq. chocolate
2 tbsp. sugar
 $\frac{1}{16}$ tbsp. salt
1 tsp. cornstarch
1 cup milk
1 egg yolk
 $\frac{1}{4}$ tbsp. vanilla

Melt chocolate in saucepan over hot water. Add sugar, salt, cornstarch which have been well mixed and blend with chocolate. Add scalded milk slowly and blend. Cook over flame until thick stirring to keep the starch from settling. Cool a bit before pouring into beaten egg yolks, stirring to blend. Cook over hot water (not boiling) until egg is coagulated (about 8-10 minutes) and mixture is thick. Stir slowly to keep mixture cooking evenly. If it has not lost the very shiny surface in 12 minutes raise the temperature of the water. It may be necessary to have the water boiling gently. Stir in vanilla.

Cheese Souffle

1 $\frac{1}{3}$ tbsp. butter	$\frac{1}{2}$ cup cheese grated
1 $\frac{1}{3}$ tbsp. flour	$\frac{1}{3}$ tsp. salt
$\frac{1}{3}$ cup milk	2 eggs, separated
$\frac{1}{4}$ tsp. cream of tartar	

Heat oven to 350° F. Separate eggs putting whites into large bowl. Beat egg yolks with one-half the salt until thick. Make a white sauce. Heat rapidly overdirectly, add cheese and stir until blended reheating over hot water if necessary. If fat separates from mixture add water by tablespoons and beat until emulsion is reformed. Add to beaten egg yolks, blend well. Add remainder of salt to egg whites and cream of tartar.

Spread egg and cheese mixture over egg whites and fold until well blended. Pour into a baking dish and set in a pan of hot water as high as souffle mixture.

Bake for 25 to 35 minutes depending on size and load in oven. Test with a silver knife.

SPONGE CAKE

1 cup sugar
1 cup cake flour
1 tbsp. lemon juice
2 tbsp. water
6 eggs
108 gm. (6) yolk
180 gm. (6) whites
 $\frac{1}{2}$ lemon rind grated
1/8 tsp. salt
 $\frac{1}{2}$ tsp. cream of tartar

Heat oven to 330-335° F. Add lemon juice, lemon rind, water and salt to $\frac{1}{2}$ of the sugar stirring until well mixed. Add unbeaten egg yolks and beat until it is very thick (light and foamy). Sift one fourth of the flour over the mixture, fold with a spatula, using 8-10 strokes (all of the flour need not be blended each time). Repeat until all of the flour is added; continue folding until it is completely blended.

Beat the egg white until foamy. Add cream of tartar and the remaining half of the sugar by tablespoons, beating well between each addition. Beat until the peaks stand up with only tip ends rounded after sugar is added. Spread yolk flour mixture over egg white. Fold gently.

Bake until the cake springs to the touch. Then remove from the oven and invert on a cake rack until cool.

ANGEL CAKE

Ingredients:

Egg White	1½ cups (about 12)	Vanilla 1 tsp.
Sugar	1½ cups	sugar Cake flour 1 cup.
Cream of Tartar	1½ tsp.	
Salt	$\frac{1}{2}$ tsp.	

Have egg whites at room temperature. Sift flour with about $\frac{1}{2}$ of the sugar (3/4 cup) 3 times. Beat whites until frothy, beat in remaining sugar (2 tbsp., at a time) beating 10 second after each addition. Continue beating until meringue is very firm and holds stiff straight peaks when beater is lifted.

Sift flour - sugar mixture (3tbsp. at a time) over meringue, cut and fold in gently, with spatula, until it disappears each time. Transfer into deep tube pan by carefully pushing with rubber scraper. Even up surface of batter. Pull knife gently through batter in widening circle to break air bubbles. Bake until no imprint remains when fingers lightly touches top of cake. Temperature 375° F for 30 to 35 minutes.

Orange Chiffon

Ingredients

Cake flour	2 1/4 cups
Sugar	1 cup
Baking powder (SAS)	3 tsp.
Salt	1 tsp.
Oil	1/4 cup
Egg yolks unbeaten	4 yolks
Grated orange rind	2-3 tbsp.
Orange juice	Juice of one orange plus water to make 3/4 cup
Egg white	1 cup
Cream of tartar	1/2 tsp.
Sugar	1/2 cup

Sift flour, 1 cup sugar, baking powder and salt together in a bowl. Make a well in flour mixture and add oil, unbeaten egg yolks orange rind and juice. Beat until smooth. Beat egg whites and cream of tartar in a large bowl until foamy. Add gradually $\frac{1}{2}$ cup sugar by tablespoonful. Continue beating, until foam is stiff and glossy. Pour egg yolks mixture gradually over beaten eggwhites, gently mixing just until blended. Pour into ungreased loose-bottom pan. Bake.

Bake in 10" tube pan at 325° F for 55 min. then at 350° F for 10-15 minutes. Bake in 9" tube pan at 325° F for 50 to 55 minutes.

Bar cookies are one of the easiest kind of cookies to make since the dough is simply spread or pressed over a shallow greased baking pan and baked. Brownies and some filled and iced cookies are made in this manner:

Plain Cookies

1/4 c. fat
1/2 c. sugar
1 small egg
1/4 c. milk
2 c. all purpose flour
1 t. baking powder
1/8 t. salt
1/2 t. vanilla
1/2 c. chopped nuts (optional)

Caramel Cookies

1/4 c. butter or margarine
1/2 t. vanilla
1 c. brown sugar
1 egg
1 T. water
1 1/2 c. all purpose flour
1 t. baking powder
1/8 t. salt

Cream the fat and add vanilla during the creaming. Add sugar gradually, creaming well. Add beaten egg and mix well. Sift flour and measure, add baking powder and salt and sift again. Add one-third of this to the above mixture. Add milk, and add the remaining dry ingredients. Shape into rolls. Chill thoroughly. Slice about 1/8 inch thick, and press chopped nuts into the plain cookies. Bake for about 10 minutes in moderately hot oven 325° F for about 10 minutes.

Note: Cocoa may be substituted for 1/4 of the flour.

Brownies

1/2 c. butter or margarine	2 eggs
2 sq. unsweetened chocolate (2 oz.)	1 c. sugar
3/4 c. all purpose flour	1 t. vanilla
1/2 t. baking powder	3/4 c. chopped nuts
1/4 t. salt	

Put butter and chocolate on top of double boiler and place over hot not boiling water to melt. Sift flour, measure and resift 3 times with baking powder and salt. Beat eggs until thick and fluffy. Add sugar in 3 portions beating well after each addition. Stir in chocolate, then vanilla. Beat thoroughly. Stir in flour mixture, then nuts. Spread in a lightly greased 11 x 7 x 1 1/2 or 9 - inch square shallow pan. Bake in a moderate oven (350° F) 20 min. Do not over bake. While hot, mark into square with tip of sharp pointed knife. Cool in pan on cake rack, then finish cutting into square. Leave brownies in pan until serving time.

Crisp Sugar Cookies

4 T. fat softened
1/3 c. sugar
1 egg
1 c. all-purpose flour
1/4 t. salt
1/2 t. baking powder
1/8 t. soda

Crisp Chocolate Cookies

1/4 c. fat, softened
1/2 c. sugar
1/2 egg, beaten
2 T. milk
1 oz. chocolate, softened
1/4 t. vanilla
1 c. all purpose flour

1 T. milk	1/4 t. salt
1/4 t. vanilla	1/2 t. baking powder
1/8 t. nutmeg (optional)	1/8 t. soda
1/8 t. cinnamon (optional)	

Mix the fat, sugar and chocolate if used; beat with a wooden spoon to blend. Add about one half of the other mixed and sifted dry ingredients; beat well. Add all the milk, mix thoroughly. Mix the remaining dry ingredients. Drop them by rounded teaspoonful into a greased cookie sheet. Flatten them with the tines of a fork to 1/8 inch thick. Bake at 400° F., until slightly brown 6-8 minutes.

Brownies

2 sq. chocolate	1/2 tsp. salt
1/4 cup shortening	1/2 cup flour
1 cup white sugar	1/2 cup nuts
1 egg	1 tsp. vanilla

Melt chocolate and add to the melt shortening. Add sugar, egg, salt and flour. Mix in chopped nuts. Pour in greased baking pan and bake at 360° F. about 25 minutes. Look if half bake and mark them in squares. Allow them to cool. This cookies resembles fudge in taste and appearance. May be served at afternoon tea.

CHRISTMAS GOODIES

(1) Pastillas de Casoy or Pili

1 can powder milk (Klim)
3/4 c. water
1 1/2 c. sugar
Calamansi peeling (Chopped fine)
1 c. chopped nuts.

Mix all together except the nuts and cook in a double boiler. When very thick add chopped nuts. Remove from fire. Transfer to a board sprinkled with powder milk, knead a little and roll to about 3/4 cm. thick. Cut in strips and wrap in colored paper or cellophane.

(2) Masapan de Casoy or Pili

1 c. sugar	Rind of one lemon
2 c. chopped nuts	8 egg yolks
1/2 c. butter or margarine	

Mix together all ingredients and then cook over a slow heat for a few minutes. Remove from fire and put in paper boxes. Place one half nut on top. Bake in moderate heat just enough to brown the top.

(3) Fortunes

1½ ground almonds	1 egg
2/3 Cup sugar	1 T Rum (wine)
2 T flour	1 T Powder milk
1 T melted butter	

Mix ground almond with sugar, add beaten egg, flour, melted butter and Rum. The paste should be thick. Fill paper cups placing ½ glazed cherries in the middle. Bake in moderate oven.

(4) Empanaditas

Filling

3-5 egg yolk	1½ C chopped nuts
¼ C butter	1 C sugar
½ C cheese	¼ C water

Boil the sugar with the water and butter. When butter is melted remove from fire and allow to cool. Add the beaten yolks and cheese. Cook over slow fire, stirring constantly until the mixture becomes thick. Add the nuts.

Wrapper

1 C pork lard or oil (Mayon or Wesson)
3/4 C water
4 to 5 C sifted all purpose flour
1½ C Corn starch
Colored cellophane 3-4 sheets
Combine water and fat. Add corn starch
Mix well. Add flour and knead a little.
Divide into portion about the size of a walnut.
Roll each portion with a rolling pin into round about 3 inch in diameter. Fill with the above mixture and fold half over the other. Trim the edge and flute it. Bake in very moderate heat until slightly brown (325°F). Roll in sugar and wrap, in colored cellophane.

(5) Yemas

4 egg yolks
½ C evaporated milk
½ C sugar
5 T grated cheese

Beat eggs slightly. Add milk and sugar. Cook in a double boiler until thick. Add cheese. When cold, form into balls and roll in sugar or dip in caramelized sugar with a toothpick. Wrap in colored cellophane.

(6) Palvoron, Especial

3 C toasted all purpose flour
1½ C powder milk
3/4 C margarine or butter
1 1/3 C sugar

Sift together flour sugar and powder milk. Add melted fat little at a time mixing well. Mold in Palvoron molder. Wrap in colored paper.

(7) Divinity

1½ C granulated sugar	1 stiff beaten egg white
½ C light corn sirup	½ t. vanilla
½ C water (hot)	½ C broken nuts
½ t. white vinegar	Few drops food coloring

Combine sugar, corn sirup, water, vinegar and food coloring, if desired. Cover; place over moderate heat; heat to boiling. Remove cover after 5 minutes. Cook to very hard ball stage 260° F. Remove from heat. Cool slightly. Add gradually to stiff-beaten egg white, beating constantly until very stiff. Let cool, stirring occasionally. Stir in vanilla and nut meats. Drop from buttered teaspoon into buttered cookie sheet. Makes 30 pieces.

(8) Boston Cream

3 C sugar
2/3 C Karo sirup (red label)
A pinch of salt
1 C nut, chopped (Pili, Casoy, Wallnut, etc.)
1½ C evaporated milk
Flavoring vanilla or lemon extract.

Combine all ingredients except nut and flavoring. Cook to a medium hard ball stage 260° F. Remove from stove and allow to cool a little. Add nuts and flavoring. When cold enough to handle, knead; form into balls, or any desired shape. (Serve wrapped or unwrapped) may be dipped in chocolate fondant.

(9) Hot Cakes or Puto Kawali or Gridlie Cake

1/4 sifted all purpose flour	1/2 tsp. salt
2 and 1/2 tsp. baking powder	1 egg beaten
3 tbsp. sugar	3/4 c milk in bottle or 6 tbsp. eva. plus 6 tbs. water

Sift flour baking powder sugar, and salt. Combine egg milk butter and add to dry ingredients all at once beating with a spoon or electric beater. Until smooth. Drop butter into a hot griddle or frying pan spreading the butter lightly with the back of a spoon. Turn to other side when bubbles appear. Serve immediately with butter and sirup (makes 11 cakes)

(10) Gallorias

2 C. flour	1 - 2 eggs
4 T. baking powder	1/3 C. milk
1/2 T. salt	3 T. melted butter

Mix the flour, baking powder and salt. Add eggs, milk and melted butter. Mix and knead well until dough is smooth. Divide into tiny portion and roll each portion at the back of the tines of a fork. Fry in deep fat. Before serving pour thick sirup and stir until all the pieces of galloria is coated with sugar. (The sirup is made in the proportion of one cup brown or white sugar and 1/4 C. water. Boil until the sirup spins thread)

(11) Christmas Fruit Cookies

1 C. butter or margarine	3 eggs
1 1/2 C. sugar	1/2 C. chopped raisins
1/2 T. salt	1 T. cinnamon (optional)
1 T. baking soda	1 C. chopped nuts
3-4 C. flour	1/2 C. currants, chopped

Cream butter, add sugar gradually and well beaten eggs. Add half of sifted dry ingredients. Mix well. Add nuts, fruits and remaining flour. Drop by teaspoonful one inch apart on a slightly greased cooky sheet and bake in moderate oven until golden brown (15-20 minutes)

(12) Macapuno Balls

1 macapuno (coconut) or buko	sugar to taste (1/2 to 2/3 C)
3 egg yolks	1/2 C. butter or margarine
3 tbsp. cornstarch	red cherries (Candied)

Grate macapuno. Mix all the ingredients and cook in oven slow fire until well blended; stirring constantly. Allow to cool; form balls and place in paper cup and on to place one piece of red cherry. Bake in moderate oven until golden brown.

(13) Christmas Rolled Cookies

3/4 C butter or margarine	2-3 C all purpose flour
1 C sugar	Grated rind of 1 orange
2 eggs	2 T baking powder
2 T orange juice	

Cream butter; add orange rind and sugar add well beaten eggs, orange juice and flour sifted with baking powder. Knead slightly; add more flour if needed. Roll with a rolling pin about $\frac{1}{4}$ inch thick. Cut with christmas tree cutter and sprinkle top with powder sugar colored with red and green. Place on greased pan and bake in moderate oven 350° F in 10-15 minutes or until golden brown.

(14) Brandy Fruit Cake

$\frac{1}{2}$ C syrup
1 $\frac{1}{2}$ pound mixed fruits
2-15 oz raisins
1 Medium orange juice and grated rind
1 Medium lemon juice and grated rind
1 C brandy
2 C sifted all purpose flour
 $\frac{1}{2}$ t Soda
1 ts. Salt
3/4 C butter or margarine
1 C - 2 T sugar
3 eggs
 $\frac{1}{2}$ C milk
1 pound nuts (pili, Casoy or walnuts)

Note: The sirup may be prepared by mixing $\frac{1}{2}$ C sugar $\frac{1}{2}$ C water and bring to boil. Then add 1 T white corn sirups (Karo red label) and cool.

Procedure: Have ingredients at room temperature. Sift flour, measure, add other dry ingredients and sift again. Cream fat and sugar until smooth and shiny. Add eggs at a time and beat until smooth and fluffy. Add flour mixture alternately with milk. Turn this batter over fruit mixture which had been previously combined with nuts, sirup, brandy, lemon and orange juice and rind and which were allowed to stand over night and had been mixed two or three times as liquid settles in bottom and lower layer of ingredients became more saturated. Scrape butter out with rubber scrapper. Mix with hands by lifting fruit mixture up into batter until fruit mixture is well coated. Transfer to baking fruit cake pan which had been previously lined with thick paper and wax paper on top and greased. Place cake pans on large cookie sheet $\frac{1}{2}$ inch apart and bake in slow oven 250° F until done. From 2 to 3 hours depending upon the size of the pan. When done remove cakes to racks to cool thoroughly fruit cake may be either glazed or decorate if desired. Trim off edges of lining paper and wrap cakes in moisture proof cellophane or wrap in aluminum foil. Ripen in a cool place, but not cold enough to freeze.

Two or three days before serving refrigerate the cake to make cutting or slicing easy.

(15) Pop Corn Balls

1 C sugar	1/4 T salt
1/3 C light molasses	2 t. butter
1/3 C water	2 quarts popped Corn

Put sugar, molasses, water and salt into a sauce pan. Cook slowly until sugar is dissolved then cook more rapidly to 250° F or until it forms a hard ball when $\frac{1}{2}$ t. is dropped in cold water. Stir in butter. Pour syrup over popped corn stirring continuously. While still warm, but can be held comfortably in the hands, form into balls.

(16) No-Bake Fruit Cake

1 C Seedless raisins	1/4 C blanched almonds or Pili or
1/2 C candied cherries	2 C mixed candied fruits for fruit
1/2 C dates, pitted	cake (can or by kilo)
1/2 C moist light figs	1/2 C butter
1/2 C candied pineapple	1/2 C honey
1/2 C candied orange peel	1/2 t. cinnamon
1/2 C candied lemon peel	1/4 t. mace (condiment)
1/2 C candied citron	1 t. salt
	1 t. vanilla
	2 t. lemon juice
1/2 pound Graham crackers, 20	

Wash raisin, drain well. Cut raisins and cherries in half, the dates in quarters and the rest of fruit into thin match-like strips. Slice nuts tinily. Cream butter, stir in honey, spices, salt and flavorings. Pour over the cut fruits and nuts, mix and let stand two hours. Work in the rolled cracker crumbs thoroughly. Pack firmly into a $7\frac{1}{2} \times 3\frac{1}{2} \times 2\frac{1}{4}$ inch loaf pan, neatly lined with waxed paper. Cover with waxed paper and store in a cool place; in the refrigerator better. May be served within a few days or will keep several months if properly stored. Slice while it is cold.

(17) Pinipig Crispies

1 1/2 C shortening	2 t. lemon rind
2 C brown sugar	1 T. lemon juice
1 C granulated sugar	4 C flour, all purpose
3-4 well beaten eggs	1 t. salt
1/2 C nuts, toasted and crushed	2 t. baking soda
4 C crushed toasted pinipig	

Thoroughly cream shortening and sugar. Add beaten eggs, lemon juice and rind. Add sifted dry ingredients. Add toasted crushed pinipig and stir well. Drop by tea spoonful in a cooky sheet. Bake at 350° F for 10-15 minutes or until done.

(18) Halayang Ubi

1 kilo ubi (Cebu)
1½ C sugar

1 C Powder milk (Klim)
a pinch of powdered anis.

Pare the ubi, slice thin, cover with water and boil until very soft. Mash and strain through a coarse strainer. Mix the ubi, sugar, milk and flavoring. Cook over medium heat until thick and almost dry stirring constantly. Transfer to a mold and allow to cool. Serve with suman or kalamay with latik.

(19) Kalamay with Latik

2 C rice, malagkit
2 C sugar
½ C water

¼ tsp powdered anis
1 tsp salt

Cook the malagkit rice in the usual way. Boil the sugar and water. Before the sirup spins thread add the boiled rice, salt and anis. Continue cooking, stirring constantly until the mixture is thick. Transfer to a tray lined with banana leaf. Sprinkle latik on top made as follows. Grate 2 medium sized coconuts. Extract the juice two or three times by adding ½ C water for each extraction. Boil the coconut milk in a shallow frying pan until all water is evaporated and only the oil and latik remain. Fry latik in the oil until golden brown.

(20) Tamales

2 C roasted rice, soaked in
1½ C water and ground
½ C brown sugar
1 C rich coconut milk
4-5 C diluted coconut
milk from 2 coconuts

¼ K pork, boiled and sliced
2 T achiote seeds soaked
in ½ C water
2 T salt
1 T pepper
1 C finely chopped

Mix ground rice, diluted coconut milk, sugar, salt, pepper and achiote water. Cook until thick and smooth, stirring constantly. Add the rich coconut milk and stir well. Add chopped peanuts before removing from the fire. Prepare wilted banana leaves and cut into pieces ten inches wide. Put two pieces together. Place one kitchen spoonful of the mixture at the center of the leaf. Arrange the slice of pork, ham or chicken and egg on top of the mixture. Wrap the mixture with the banana leaf in the form of square. Wrap a gain accross with a narrow piece of banana leaf and tie arround with a piece of string. Boil water in a cooking vessel and place the tamales that can be accomodated. Boil for about half an hour with cover. Transfer to a tray basket and allow to cool. Should be serve cold.

IMPORTANT FACTS ABOUT MEAT

Meat is the flesh of animals used for food. Meat from cow or cattle is called beef, from pig or hog, pork, from lamb mutton or lamb if young. Their flesh is classified as tender, semi-tender or tough. All kinds of meat need low temperature for cooking. In their preparation for cooking wiping or washing should be done first before cutting into pieces. They may be boiled, stewed, baked or broiled.

TABLE I

Comparable Cuts of Meat

	B e e f	P o r k
Major cuts or Wholesale Cuts	Round Rump Loin end Short loin Rib Chuck Flank Plate Brisket	Ham Loin Loin Loin Shoulder or Boston butt Dolly Belly Belly
Selected minor Cuts or	Round steaks Sirloin steaks Porterhouse and T'-bone steaks Club steaks Rib roast	Ham slices Loin chops Loin or T' - bone chops Rib chops Rib roast

TABLE II

Cuts of Meat Classified as to Relative Tenderness

	B e e f	P o r k
Tender	Rib roast Sirloin steaks Porterhouse steaks T-bone steaks Club steaks Tenderloin steaks Loin roasts	Rib roast Rib chops Loin chops Loin roasts Fresh ham
Less Tender	Round steaks Roast from round Rump roasts Chuck roasts Chuck steaks	Spare ribs Shoulder Boston butt Picnic Jowl Feet

SHOWING THE LOCATION AND NAMES
OF WHOLESALE AND RETAIL CUTS WITH
THE CORRESPONDING MARKET NAMES

Figure 1

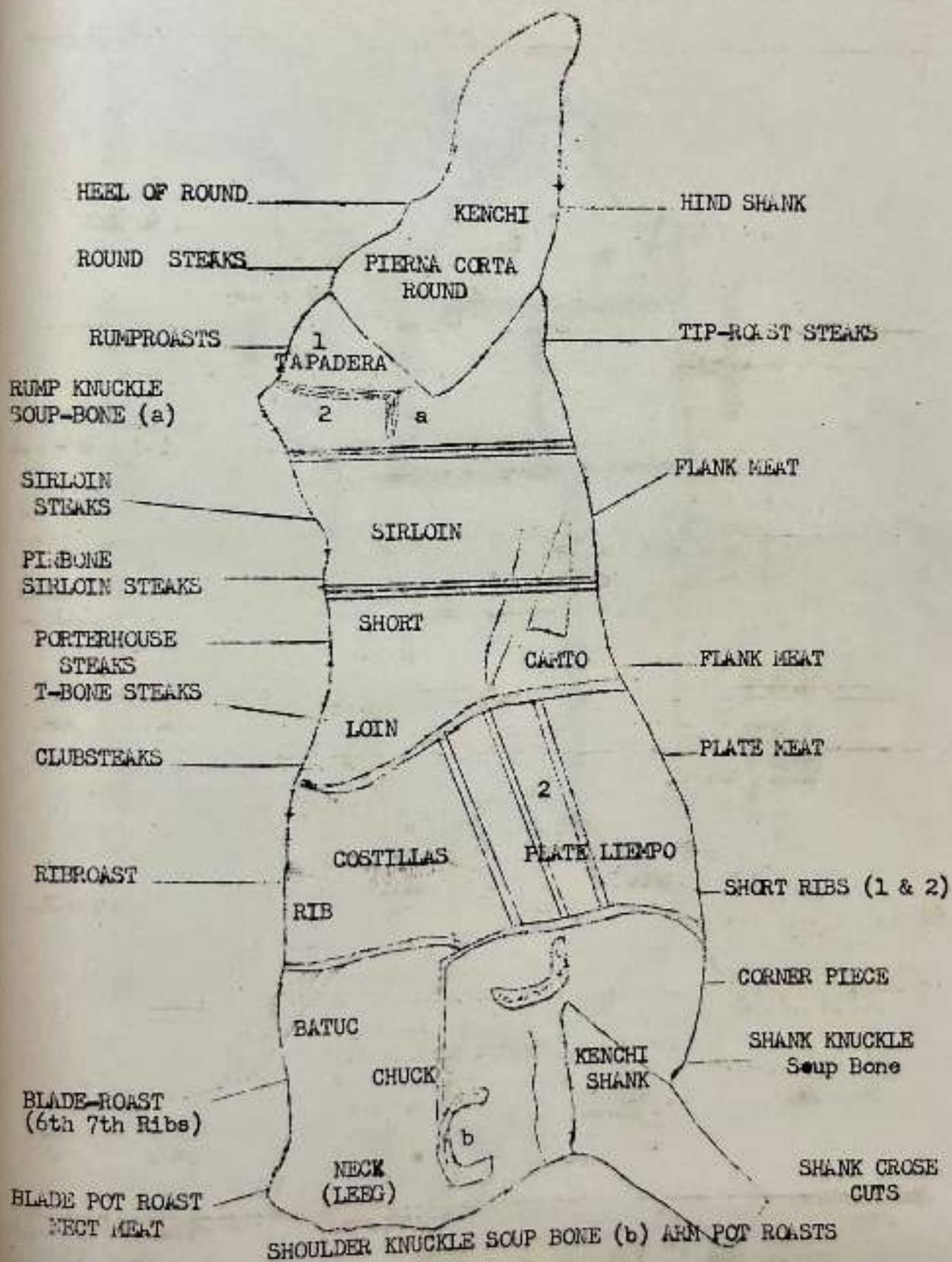
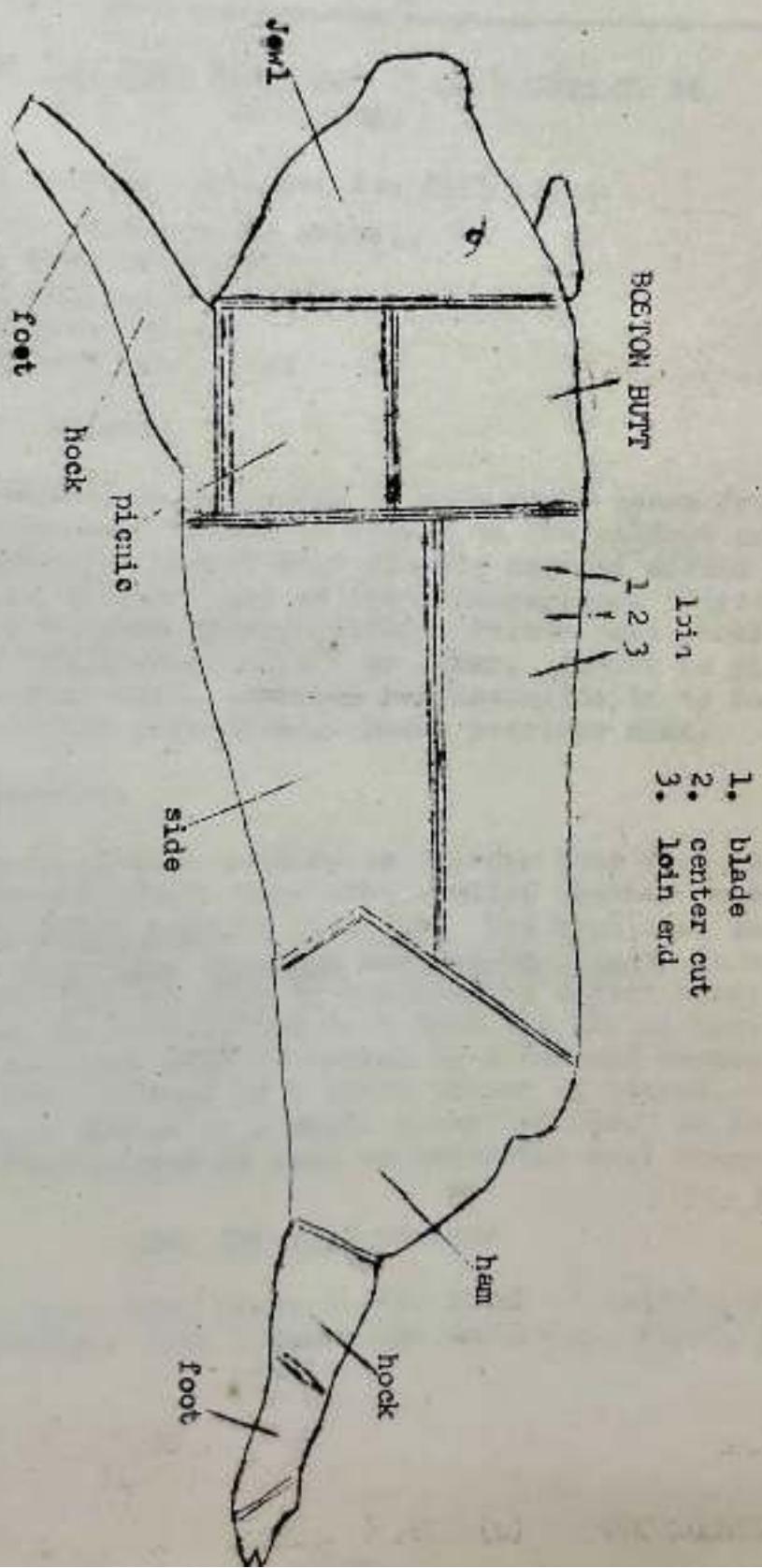


Diagram showing cuts from a mutton carcass



Cuts of Meat Classified as to Relative Tenderness

Tough	Shanks Flanks Plate Brisket Neck	No tough cuts in Pork
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TO GET THE MOST FROM MEAT THREE POINTS TO BE REMEMBERED

I. Select meat wisely. Consider the following:

1. Number of person to be served.
2. Cooking time required.
3. Cooking equipment needed.
4. Budget expenditure.
5. Cuts of meat available.

II. Care for it properly

Fresh meat should be unwrapped as soon as it comes from the market. Fresh meat should be stored in the coldest part of the refrigerator. Cooked meat closely covered should be stored in the coldest part of the refrigerator. Cured meat should be kept under refrigeration. Frozen meat should be stored at a temperature of 0°F or lower. It may be placed in the refrigerator under ordinary refrigeration if to be used immediately after defrosting. Never refreeze meat.

III. Cook it correctly.

The basic rule of meat cookery is "Always cook meat at low or moderate temperature." This rule applies whether meat is cooked by dry heat, moist heat or with fat. Dry heat meat cookery methods are roasting, broiling and pan-broiling. In roasting, meat is cooked by hot air; in broiling by direct heat; in pan-broiling, by transmitted heat from the frying pan. In moist heat cookery, meat is cooked in a covered utensil with or without the addition of a small amount of liquid. In pan-frying meat is cooked in a small amount of fat. In deep-fat frying, sufficient fat is used to cover the meat being cooked.

MEAT AND MEAT COOKERY

Several changes take place in the flesh of animals after they are slaughtered. Four changes are involved. First, onset

of rigor; the flesh becomes gel-like and flabby. Second, Rigor mortis; stiffening and toughening of the muscle tissues; (i.e. the best time to cook the meat at this stage). Third, passing of the rigor; the muscles become soft and pliable; they become tender; deterioration. Fourth, deterioration or putrification due to bacterial and enzymatic actions.

Cooking of meat, one of the factors that prevents its deterioration involved the following changes:

1. Destruction of the enzymes and organisms that may be present in the meat.
2. Development of new flavor that stimulate appetite.
3. Hydrolysis of the collagen to gelatin.
4. Color change; red to brown due to change of hemoglobin to hematin.
5. Decrease in volume and weight due to drip formation.
6. Denaturation of the protein substances.
7. Melting and dispersing of the fat throughout the meat.
8. Decrease of nutritive value of protein and destruction of vitamins that are heat labile.

Meat cookery is similar to egg cookery because the temperature used are determined by the protein content of meat.

Ripening or aging of meat. The meat is held in cold storage, or about 36° F. This period of holding is called ripening; several changes take place such as increased tenderness and improvement of flavor that many people like.

(1) Standard Procedure for Meat Cookery Using Dry Heat

Roasting: Tender cuts: - Ribs or Loins and rump. Pork-roast Come from loin, tenderloin, shoulder and ham.

HOW TO ROAST

1. Season with salt and pepper if desired.
2. Place fat side up on rack in open roasting pan.
3. Insert meat thermometer.
4. Roast in a slow oven = 300° F.
5. Add no water. Do not cover. Do not baste.
6. Roast to the desired doneness.

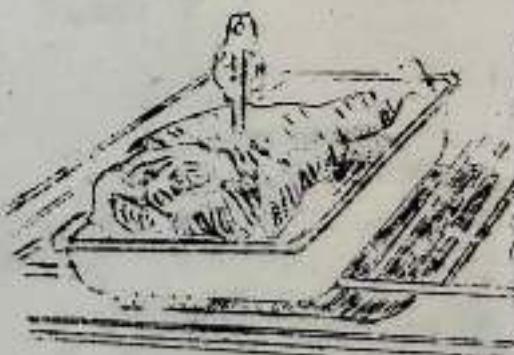


Figure 1

TEMPERATURE AND TIME ROASTING

Cuts	Roasting Temperature	Interior Temperature F	Interior Temperature C	Minutes per pound
Beef	300° F.			
Rare		140	60	18 - 20
Medium		160	71	22 - 25
Well-done		170-180	77-80	27 - 30
Pork	300-350° F.			
Loin		180	85	35 - 40
Tenderloin		185	85	30 - 35
Shoulder		185	85	35 - 40
Ham		185	85	30 - 35

Broiling:

Beef loin and rib steaks, tenderloin and also round steaks if it comes from better grades of meat may be broiled.

HOW TO BROIL

1. Set the oven regulator for broiling.
2. Place meat 2 to 3 inches from heat.
3. Broil until the top of meat is brown.
4. Season with salt and pepper.
5. Turn the meat and brown the other side.
6. Season with salt and pepper.

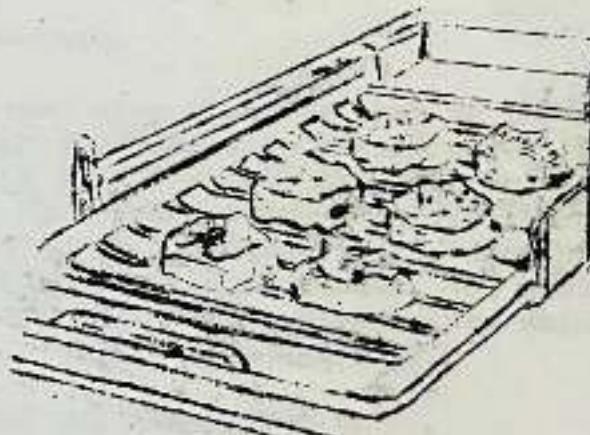


Figure 2

HOW TO PANBROIL

1. Place meat on heavy frying pan. Cook slowly.
2. Do not add fat or water. Do not cover.
3. Turn occasionally to insure even cooking.
4. Pour fat from pan as it accumulates.
5. Brown meat on both sides.
6. Do not overcooked. Season.

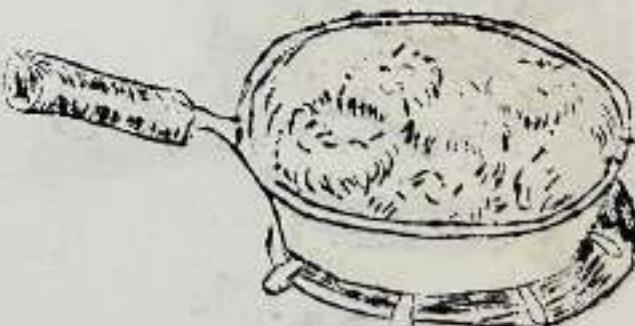


Figure 3

TIME CHART FOR BROILING
(If meat is frozen the cooking time should be doubled)

	Cut	Time at 300 - 350°F
Beef steak	1 inch thick 1½ to 2 inches thick	30 - 40 minutes 50 - 60 minutes
Ham	thin ½ inch thick 1 inch thick Tenderized ham requires a shorter time	15 minutes 25 minutes 40 minutes
Bacon		8 - 15 minutes

The time required to broil steaks or chops depends upon:

1. Thickness of cut
2. Broiling temperature
3. Degree of doneness desired.

The meat thermometer may be used with steak or chop no less than an inch thick. For successful broiling they should never be less than that. The thermometer is inserted from the side so that the bulb is about in the center. For a rare steak the first turning is made when the thermometer reads about 105°F and it is taken out when reading is 140°F. For medium and well done steaks, the broiling is continued until the thermometer registers the temperature which indicate medium done and well-done beef, (160 - 170°F)

STANDARD PROCEDURE FOR PAN-FRYING
THIN CUTS OF BEEF OR PORK CHOPS

HOW TO PANFRY

1. Season meat and dredge with flour, if desired.
2. Brown quickly on each side in a small amount of fat. Do not cover.
3. Cook at moderate temperature until done. Turning occasionally.
4. Drain and serve at once.



Figure 4

HOW TO DEEPFAT FRY

1. Coat meat with seasoned flour or cornmeal egg and crumbs or butter.
2. Fry a few serving at a time in enough fat to cover the meat approximately 300 F temperature for frying.
3. Continue cooking until meat is done inside and is golden brown and crisp outside.
4. Remove from frying kettle and drain. Serve hot.



Figure 5

(2) STANDARD PROCEDURE USING MOIST HEAT

Braising is used for the less tender cuts of beef and for less expensive cuts of pork. Braising is recommended for pork chops because broiling or pan broiling pork to the required stage of doneness leaves it dry and tasteless. Pot roast, swiss steak, breaded chops and fricassee are terms used for braising.

The cuts of beef which are used for braising include chuck neck, short ribs, and brisket. Beef steak, tender loin and chops may be braised successfully.

HOW TO BRAISE

1. Brown meat on all side in hot fat in heavy utensil.
2. Season with salt and pepper.
3. Add small amount of liquid if necessary.
4. Cover tightly.
5. Cook at simmering temperature until done.

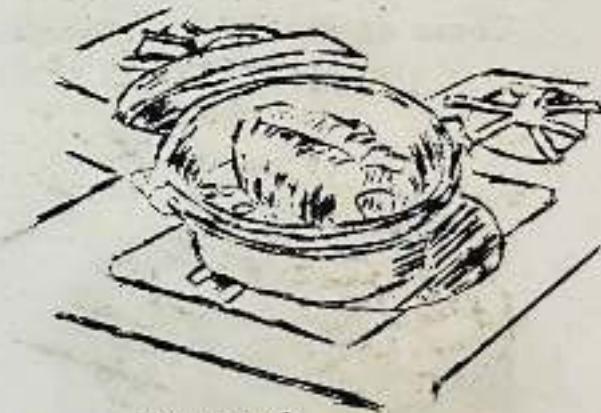


Figure 6

APPLICATION OF GENERAL METHOD Swiss Steak

Pound 6 tbsp. seasoned flour into both sides of 2 lb. round or flank steak (1½" thick). Brown in hot fat in a skillet.

2 cups cooked tomatoes
1 onion, sliced
1 stalk celery, diced.

Cover. Cook over low heat or in moderate oven. (300° F until tender. Uncovering last half an hour to cook down sauce to a rich thickness.

Braised Pork Chops or Steak

(Chops from the loin are the choicest. Those from ribs or shoulder most economical). Brown pork chops (or steaks) in a greased heavy skillet. Add little water. Cover. Cook over low heat until tender (30-45) min. Serve at once.

Pot Roast of Beef (Large piece of meat cooked by braising)

Chuck, rump, or bottom round are suitable. Rub a mixture of salt and flour into the cut surfaces of the meat using 1 tsp. salt to one tbsp. flour.

Brown the meat in all sides in a heavy skillet or dutch oven. Add little water. Cover and cook slowly (3-3½ hr.) or until meat is done, add carrots either whole or in halves, potatoes, onions, celery stalks and salt. When meat and vegetables are done, remove to a hot platter and prepare a gravy from the liquid in the pan using 2 tbsp. flour per cup of liquid.

Note: Mixture of vinegar, toyo and water may be used instead of water alone for stewing the meat. One onion (sliced) chopped tomatoes and one bay leaf may also be added.

Stew

Flank, neck, plate, brisket or shank of beef may be used.

HOW TO SIMMER (stews)

1. Cut meat in 1 to 2 inches cubes.
2. Brown on all side in hot fat, if desired.
3. Season with salt and pepper.
4. Add water and cover kettle tightly.
5. Cook slowly until done.
6. Add vegetable just long enough before serving, to be cooked.

HOW TO SIMMER (large cuts)

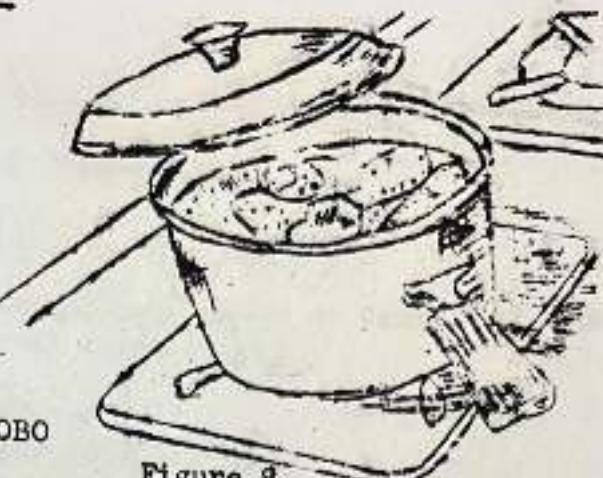
1. Cover meat with hot or cold water.



Figure 7

2. Season with salt and pepper. Cover kettle tightly.
3. Cook slowly. Allow to simmer not boil.
4. Add vegetables, if desired, just long enough before serving to be cooked.

Other Meat Recipes



PORK ADOBO

1 kilo pork (liempo)	1/4-3/4 c. vinegar
5 cloves garlic	1 tsp. powdered pepper
1/4 c. toyo (optional)	1 bay leaf - optional

Figure 8

Wash the pork and cut into pieces. Pound the garlic. Add the vinegar, garlic, pepper and bay leaf to the pork. Add enough salt or toyo to suit the taste. Boil all together until the pork is quite tender. Drain the pork from the broth and fry golden brown, then add the broth.

PACSIW NA PATA

1 Pata ng baboy (leg of pork)	
1 C Bulaklak ng saging (dry banana blossom)	
1 Laurel leaf	
Pepper corn a few grains	
5 cloves garlic pounded	
salt or toyo (to taste)	
3/4 c vinegar	

Procedure:

Combine together in a saucepan all the ingredients and allow to stew. Cook until done.

STOFADO DE CERDO

1/2 kilo pork (lean and fat) Cut into cube	
2-3 onion sliced	
4 cloves garlic	
1/2 C white vinegar	
1 small bay leaf	
5-7 tomatoes ripe, chopped	
1/4 C toyo	
1/2 C wine - optional	

Brown the pork and add all the ingredients. Cover tightly and cook over low heat stirring once in a while. Add stock if needed and continue cooking until meat is tender. Fry bread and fried

saba bananas cut into pieces may be used for garnishing. Serve.

Note: Tongue may be used instead of pork meat.

CALDERETA

This recipe is usually used for cooking goats or lamb meat but may also be used for pork, chicken and other meat.

$\frac{1}{2}$ K pork chops	1 big onion
$\frac{1}{4}$ C vinegar	1 bay leaf
4 cloves garlic	a piece of liver or
$\frac{1}{4}$ C olive oil or lard	1 can liver spread
1 hard cooked egg	1 small can pepper
	2 tbsp. parsley

Soak the meat in (vinegar, two cloves crushed garlic, pepper and salt) over night. Drain and brown the meat in oil. Place in a sauce pan or casserole and add the bay leaf, onions cut in eight and $\frac{1}{4}$ C wine and cook until tender. If too dry add a little hot water. Add the minced parsley, a few pepper corn and the rest of the garlic. Brown the liver and grind into a paste.

Add a little broth and strain into the boiling meat. Stir while adding until it boils again. Add the can pepper cut into slices. Cook until the meat is tender. Garnish with canned peas and hard cooked eggs.

Morcon (Meat Rolls)

$\frac{1}{2}$ kilo lean beef, thinly sliced	$\frac{1}{4}$ C. vinegar or calamansi juice
2 hard cooked eggs	$\frac{1}{4}$ tsp. pepper
2 cloves garlic, pounded	1 small bay leaf
2 slices ham	(laurel)
1 medium size onion	2 bilbao or vienna
1 can tomato sauce	sausage
$\frac{1}{4}$ cup mixed pickles, chopped	3 tomatoes, ripe

Use top round steak. Slice a little less than $1/3$ in. thick. Cut in pieces about 6 by 10 inches. Pound well and soak in a mixture of vinegar, garlic and pepper for a while. Spread the beef on the table and arrange in alternate rows, the ham, sausages, eggs, pork fat cut into strips and chopped pickles. Roll and tie with string. Fry until brown. Add water, bay leaf, onion, tomatoes, salt and vinegar mixture used for soaking or marinating the beef. Simmer until tender. Add tomato sauce. Remove the rolls. Cut into slices after removing the string. Arrange on platter. Pour sauce on top and garnish.

FRITADA

$\frac{1}{2}$ K pork cut into pieces (1-inch cube)
 $\frac{1}{4}$ K liver cut into thin slices
1 green pepper cut into strips
2-4 potatoes quartered
2 cloves garlic, bruished
1 onion, sliced
2-3 ripe tomatoes chopped
Toyo and vinegar to taste

Mix together pork, vinegar, salt and garlic. Cook until pork is tender. Sauté garlic onions and tomatoes. Add green pepper and potatoes. Stir and cover; allow to simmer. Add pork with the broth and add more stock if needed. Add the liver with the toyo and allow to boil for about 5 minutes. Serve while hot.

KARI-KARI

1 oxtail or leg	$\frac{1}{2}$ C. toasted ground
1 banana blossom	peanut or peanut butter
1 bunch sitao (10)	1/3 C. toasted ground rice
2 eggplant (sliced)	$\frac{1}{4}$ C. achuete-soak in water and
1 big onion minced	mashed
2 cloves garlic (bruised)	3 tbsp. fat.

Stew the meat until almost tender, or cook in a pressure cooker. Remove from the bones. Sauté the garlic and onions add the banana blossom that had been sliced thin-crosswise, then add the beans cut into an inch long and the meat. Stew for a while then add the eggplant and meat broth and achuete water enough to color the dish. Then thicken the broth with the ground peanut and rice. Continue cooking until the meat and all vegetables are cooked. Serve with sautéed bagoong with pork.

VARIETY MEAT OR MEAT SPECIALTIES (OR SUNDRIES)

All variety meats contribute the same essential food elements as are found in the muscle meat from the animal and some of them especially liver and kidney are especially outstanding sources of certain vitamins and minerals. They are important in the diet nutritionally and for variety and interest they introduced into the meal.

The proper cooking methods for the variety meats are determined by their individual characteristics and cannot be easily classified into broiling, braising, stewing, etc. Some may be cooked by all methods and others need preliminary preparation or pre-cooking to make them most enjoyed.

Sweetbreads are often creamed with chicken, mushroom or they may be used in salads or brown in butter or margarine by broiling or pan broiling. Pre-cooked brains are often broken into pieces and scrambled with egg or dipped in egg and crumbs and fried until delicately brown. They may also be used to make soup.

Three problems that pertain to cookery of edible organs of meat animals are:

1. Brains and sweetbreads require special treatment to improve their texture.
2. Liver and kidney may be treated as tender cuts of meat.
3. Heart and tongue belong to the class of the less tender cuts.

Brains and sweetbreads of beef, pork, lamb and veal are used for food. They are perishable and should not be stored without pre-cooking.

They are prepared by soaking in cold water for 15 minutes; then simmer for 15 minutes in water containing 1 tsp. salt and 1 tbsp. vinegar or lemon juice per quart, then remove the outer membranes and the coagulated blood. Boiling water improves the texture but tends to break up the product.

Drain and drop into cold water, changing the water until the product is cold. Use the prepared brain in the following recipe.

Brain Omelet

4 eggs.
½ tsp. salt
¼ cup liquid (water or tomato juice)
1 tbsp. fat or margarine
1 cup brains, diced

Beat egg yolks with salt until thick. Add chopped or diced brains, rolled in flour and brown in fat. Beat egg white until stiff or until barely stand up. Spread the egg yolk mixture over the egg whites and fold until blended.

Melt fat in a skillet, when hot, add egg mixture. Cook slowly until well risen and slightly browned at bottom, then place in an oven or under a broiler flame to dry the top. Fold and serve on a hot plate with a sauce. (tomato catsup).

Brains Fried

Brains	2 lbs.
Flour	$\frac{1}{2}$ cup
Salt	1 teaspoon
Pepper	$\frac{1}{4}$ teaspoon
Lard, butter or Margarine	3 tablespoons

Prepare brain as directed, but leave in large pieces. Roll in seasoned flour and fry in hot fat until brown on all sides, regulating the heat so that the product browns in about 15 minutes. Serve with a highly seasoned sauce. Large mushroom caps may be fried with the brain.

Sweetbreads prepare as directed.

Note: Sweetbreads may be used in any of the recipes given for brains.

Sweetbread, Pan Fried

Dip cooked sweetbreads in butter or bacon fat. Pan-fry until brown (about 10 min.) Serve with mushroom sauce on toast, or with rice, noodles or spaghetti.

Preparation of Liver:

Wipe a damp cloth. Remove blood vessels and outer skins. Pork liver may be dipped in boiling water. Liver is cooked as tender cut of meat.

Pan Fried Liver

Prepare liver as directed. Rub seasoned flour in the cut surface. Melt about $1\frac{1}{2}$ tablespoon of fat in the skillet or use the fat from bacon. Brown the liver in the skillet slowly, turn and finish cooking. The time of cooking depends upon the thickness of the slices and varies from 3 to 8 minutes for each side. If there is any question about the identity of the liver, it is necessary to be sure that the liver is no longer pink because the infection found in other prok products may be found in the liver of pork.

Kidney

To prepare kidneys:

Wash and remove outer skin. Split through the center lengthwise and remove fat and heavy veins. Slice large kidneys. Soak in cold water changing the water frequently or leave under running water for 30 minutes or more. This treatment removes strong flavor which is objectionable, may be marinated now in French dressing for an hour or longer or may be used without marinating.

BACHOY

1/2 kilo variety meat (heart kidney, liver and blood)
1 medium size onions (sliced thin, lengthwise)
piece of ginger about one inch cube, cut into strips.
2 cloves garlic, bruised
2 T. seasoning (salt or patis)
1/2 c. blood
3 c. water

Procedure:

1. Cut meat into small pieces.
2. Saute garlic, ginger and onion
3. Add meat,
4. Season with patis.
5. Cover and let simmer.
6. Add water and let boil.
7. Drop the blood, cut into cube. Stir to prevent too much curdling. Let boil until done.
Misum, chayote or pepper leaves may be added

DINUGUAN

1/2 kilo cleaned intestines (cut in pcs.)	1 c. vinegar
1 medium onions (cut in pcs.)	1 c. blood (pig)
3 cloves garlic (minced)	salt to taste
3 green pepper (long)	

Saute in lard garlic and onions. Add intestines then vinegar and cook until tender. Do not stir before it boils.

Add the blood cut in cubes stirring continuously until it boils.

Add the rest of the ingredients. Serve while still hot.

CREOLE KIDNEY

(Serve with rice, noodles, macaroni or toast)

Beef or pork kidneys	3-6
Flour	2 tablespoon
Fat	2 tbsp.
Onions, finely chopped	2-4 tbsp.
Tomato juice	1 cup
Hot water	1 cup
Salt and pepper to taste	

Prepare kidney as directed, cut into half inch slices. Dredge with flour seasoned with salt and pepper. Brown in fat. Add finely chopped onion and brown, then add tomato juice and hot water. Cover and simmer one half hour.

Add one tablespoon flour mixed a little cold water and dilute with hot liquid. Add to stew and cook until thickened.

Broiled Kidney

Kidney	1 pound
Bacon	4 slices
Salt	½ teaspoon
Toast	6 slices

Prepare kidney as directed, including the marinating. Wrap each piece in a small piece of bacon. Broil at 350 F with the meat 3 inches from the source of heat. It will require 10-15 minutes depending in size. Turn once. Season and sprinkle with lemon juice or a bit of mustard. Serve on buttered toasts.

Broiled Kidney in Brochette

Thread pieces of kidneys alternately with bacon on skewer and broil.

Tongue

To prepare tongue:

Wash in warm water. Trim by removing the bony part. (This may be cooked with the whole tongue and the meat chopped for salad or sandwich fillings or other dishes) Dip in boiling water. Scrape off the white skin covering the tongue.

Boiled tongue may be sliced when tender and used for sandwiches or cold meat.

BRAISED TONGUE

Beef tongue (boiled)	1
Carrots, diced	1 cup
Onions, chopped	¼ cup
Flour	3 tablespoon
Tongue stock	2 cups
Salt	1 tsp.
Pepper	f.s.
Celery diced	1 c

Prepare tongue as directed. Slice and place in a casserole with alternate layers of vegetable or place whole tongue in casserole and cover with vegetables. Mix flour with $\frac{1}{4}$ cup cold stock, add hot stock gradually and cook until thickened. Pour over tongue, cover and cook slowly over fire or in oven set a 300-350° F for one hour.

Braised Tongue with Tomato Sauce

Prepare as directed and place in casserole or saucepan. Cover with a sauce made from:

Flour	2 tbsp.	Sugar	1 tsp.
Tomatoes	1 cup	Red Pepper	$\frac{1}{16}$ tsp.
Onions chopped	1:1tbsp.	Cinnamon	$\frac{1}{3}$ tsp.
Vinegar	4 tbsp.		(Optional)
Butter or margarine	1 tsp.	Salt	$\frac{1}{2}$ tsp.

Bake for one hour at 300-350° F or cook over a low fire in a covered dish.

To prepare Heart:

Wash and remove large blood vessels. Simmer 2-3 hours depending upon the sized and method of preparation to follow. Add just enough salted water to cover. To enhance the flavor, add an onion, a small carrots and a branch of celery, or add a few whole peppers and a piece of marjoram to the water.

To braise, brown clean heart on all sides in a small amount of fat in a skillet or dutch oven. Add seasoning and a small quantity of water, cover tightly and simmer until tender. If desired, stuff hearts with a well seasoned bread dressing and tie or sew together before scaring.

LENGUA ESCARLATA

Clean the tongue. Prick in several places and soak it in 1 cup coarse salt, 2 troy. salitre and $1\frac{1}{2}$ c. water for three and five days in a cool place or refrigerator. Then wash the tongue and boil until tender. Changing the water two or more time to remove excess salt, was partly tender fry with garlic and pepper corn, one bay leaf, 3-5 cloves 1 bottle beer and $\frac{1}{2}$ c. vinegar. Remove from fire sprinkle sugar and pass hot native turner. Cut into slices.

PASTEL DE LENGUA

1 c Purico or Margarine
 $\frac{1}{4}$ cup water
1 egg yolk
1 tsp. sugar
1 lemon juice
Flour enough to knead.

Place flour on the table and add purico, egg salt, lemon juice and water. Work with finger tips and knead well until the dough is smooth. Pat and roll. Spread to 1/8 inch and shape as desired.

Filling: 1 tongue

1/2 onion

3 tomatoes

2 cloves garlic

1 Vienna sausage

2 hard cooked eggs

1 raw sausage

5 small onions

1 box raisin

5 tbsp. white wine

2 tbsp. cheese

Butter, salt and pepper to taste

2 to 5 c. water

Cut the tongue into small cubes after cleaning. Saute in fat the garlic, onion, tomatoes and tongue. Add salt and pepper, water and wine. When half done, add the rest of the ingredients. Place the tongue mixture in a pyrex glass and cover with the paste. Flute the edge, brush with egg yolk mix with 1 tbsp. water. Bake in moderate oven until brown.

Tripe or Callos

Tripe	1 pound
Onion, sliced	1
Tomatoes, chopped	3 or 4
White wine	1/2 cup
Chips potatoes (sliced round)	1 or 2
Garlic, bruised fried	1 clove
Parsley, coarsely chopped	a sprig
Salt & pepper to taste	
Butter or lard	2 T
Nutmeg (optional)	a dash

Boil the tripe until tender, then cut into very small pieces or in fine strips. Saute onion, tomatoes, tripe, herbs. Moisten with wine and mix well. Cover and place in a slow oven or on top of the stove for a few minutes. Garnish with the fried potato chips, and sprinkle with chopped parsley and fine chopped fried garlic.

Bopis

1 pork heart, chopped fine
1 pair, lungs, boiled and chopped fine
3 medium ripe tomatoes (chopped)
1 onion, chopped
2 cloves garlic, bruised
1/2 c. vinegar or enough to suit the taste
2 tbsp. fat
salt and pepper to taste.

Saute garlic, onion and tomatoes, add the heart, then the lungs. Stir or mix well and add the vinegar. Do not stir until it boils. Allow to cook until the meat is tender. Season with salt and pepper to taste.

QUILAWIN MEAT

½ K. pork liver	¾ K. lean meat pork
1 small onion	3 tbsp. fat
3 ripe tomatoes (minced)	3 cloves garlic (bruised)
½ C. of vinegar	½ C. water

Cut the pork and the liver into small pieces. Saute the garlic onion and tomatoes. Add the lean meat season with salt and pepper to taste. Add the vinegar and water and cook slowly. When the meat is tender add the liver. Cook for a few minutes more. Vegetables radished or bamboo shoot green pepper may be added.

SWEDISH MEAT BALLS

2 lbs. hamburger (1 ½ lbs. beef and ½ lb. pork)	2 potatoes, boiled and mashed
2 slices bread	3 tsp. salt
1 cup water	2 eggs
1 onion, minced and sauted	1/8 tsp. pepper

Have the meat grind twice. Soak bread in water and mix with other ingredients. Form into small balls. Heat butter in frying pan. Brown evenly the round shaped meat balls, then remove. Serve with gravy.

GRAVY

3-4 tbsp. butter	1 cup cream
½ cup flour	salt and pepper to taste
3 cups soup stock (use beef cubes)	

Heat the butter. Then add flour. Heat and stir to a golden paste. Add stock gradually, stirring briskly to avoid lumps. Add cream and season to taste. Simmer for 5 minutes. Pour gravy over meatballs and let them cook on low flame 40-60 minutes.

To Prepare Products From Ground Meat

Cuts of meat which contain large amount of elastin cannot be made tender by ordinary cooking method but if the connective tissue is cut by chopping or grinding the ground meat may be treated as tender meat.

Ground meat may be lean or may be ground with fat. Meat is usually reground two or three times if to be used for meat loaf. Meat for meat balls should be worked with the hands until it is well blended.

Meat loaf and meat balls must be well seasoned. Onion is usually used as one of the flavors. The flavor of onion may be added in several ways. Chopped onion may be browned in fat and added, or the pieces removed and the fat used alone. The flavor of onion is soluble in fat. Onion juice may be obtained by cutting the onion crosswise and scraping the cut surface with a spoon. Onion salt may also be used.

Meat Patties

$\frac{1}{4}$ kilo ground lean beef
1 egg
 $\frac{1}{4}$ tsp. salt
2 tbsp. milk
 $\frac{1}{2}$ tbsp. onion, chopped and browned
 $\frac{1}{2}$ tbsp. fat
f.g. pepper

Melt fat in a frying pan and brown onion. Add to other ingredients and mix well. Form into cakes about $\frac{1}{2}$ inch thick and 2 inches diameter. Pan broil for 6 - 8 minutes on each side.

MEAT LOAF

1 lb. lean beef (round chuck) ground	$\frac{1}{2}$ C milk or tomato juice $\frac{1}{4}$ onion chopped
1/8 lb. salt pork or	1 tsp. salt
$\frac{1}{2}$ lb. ham, ground	1/3 tsp. pepper
1 egg slight beaten	1/6 tsp. sage
$\frac{1}{2}$ C bread crumbs	

Mix ingredients lightly. Shape into a loaf and place in a pan. Bake at 350° F 50 - 60 min.

HAMBURGER

$\frac{1}{2}$ K hamburger meat (ground beef)	$\frac{1}{4}$ C fresh bread crumbs
1 onion (chopped fine)	salt & pepper to taste
1-2 eggs	

Mix all the ingredients together. Form into small balls and press to about one cm. thick. Pan-broil in a skillet slightly greased. Serve with tomato sauce.

ALL OZ A LA C UD WA

1 C raw rice	1 tbsp. bread crumbs (dry)
$\frac{1}{2}$ K minced beef	$\frac{1}{3}$ c water
4 to 6 eggs	$\frac{1}{2}$ onion, chopped
8 saba bananas	pepper and salt to taste
2 cloves garlic (bruised)	

Boil rice in the ordinary way. Saute garlic and onion, and the minced beef.

Season with salt and pepper. Add water and then the crumbs. Cook the mixture until nearly dry. Fry or hard cook the eggs. Peel, slice and fry the bananas. When ready to serve, place the meat at the center of a platter. Form the rice into mounds with a cup; place the mounds around the edge of the platter containing the meat. Place the fried or the sliced hard cooked eggs next to the meat in an orderly border. Arrange the fried bananas alternately with the rice. Make the dish as attractive as possible. Servc.

MENUDO

$\frac{1}{2}$ kilo liver and heart	2 potatoes
$\frac{3}{4}$ cup cooked grabanzos	1 onion, sliced
2 cloves garlic	$\frac{1}{2}$ C water
1 laurel leaf	salt to taste
3 tb. fat	2-3 medium ripe tomatoes

Cut the potatoes into cubes, also the liver and heart. Put the meat in a kettle with 1 clove chopped garlic, $\frac{1}{2}$ sliced onion, water and laurel leaf: cover the kettle and cook until tender. Fry the

remaining garlic and onion and tomatoes sliced. Add the potatoes and the stewed meat and the cook grabanzos. Then add the broth from which the meat was boiled. Season to taste.

PINATISAN

$\frac{1}{2}$ cup each pork intestine cut into small pieces, heart, liver, and lean meat. Two to 3 tbsp. patis, $\frac{1}{2}$ cup meat broth, 2 tbsp. cooking oil, 3 cloves garlic minced, $\frac{1}{4}$ cup vinegar.

Saute garlic, add intestine, heart, liver and pork. Add vinegar and patis and meat broth. Cover and stew. Serve hot.

HOT DOG WITH TOMATO SAUCE

1 medium onion chopped	1 tbsp. soy sauce
2 tbsp. cooking oil	4 tbsp. vinegar
$\frac{3}{4}$ cup tomato sauce	$\frac{1}{2}$ cup water
2 tbsp. brown sugar	12 regular size hot dogs
	1 cup pineapple chunks

Saute onion. Add tomato sauce water, vinegar, sugar and soy sauce. Simmer for ten minutes. Slit hot dog, lengthwise and place in a sauce pan or baking pan. Pour the sauce and broil for ten minutes, or simmer for 15 to 20 minutes. Serve with pineapple chunks or slices, and garnish with parsley.

BUDIN

2 cups ground pork	4 tbsp. chopped pickles
6 tbsp. grated cheese	4 tbsp. bilbao
4 tbsp. chopped olives	or viena sausage
$1\frac{1}{2}$ tbsp. ground ham	3 tbsp. chopped red pepper
1 tsp. salt	1/8 tsp. pepper
3 eggs	white lettuce

Mix all the ingredients. Beat eggs and add to the mixed ingredients. Put in a mold and steam. When done transfer on a bed of lettuce and garnish with pickles and red pepper.

MINUDO DE RABO

1 small size ox's tail	1 onion
4 potatoes	2 pieces sweet pepper
2 pieces carrots	3 tbsp. cooking oil
1 cup grabanzos	1 tbsp. toyo
1 chorizo de bilbao	3 cup stock from boiled tail
4 sliced tomatoes, ripe	

Salt and pepper to taste. Sauté onion, tomatoes, ox tail and diced carrots and potatoes. Cook until almost dry with cover. Add more. Then add pepper and broth. Continue cooking for 10 minutes.

. SWEET SOUR PORK

½ k. pork	2 tbsp. green pepper
1 tbsp. green onion	1 tbsp. diced mushroom
3 tbsp. white vinegar	1 tbsp. red pepper
3 tbsp. bamboo shoot	
salt and pepper and sugar to taste	

Procedure:

Cut lean meat of pork in square. Dip in mixture of egg and flour. Deep fry until done. Sauté vegetables add vinegar. Add spices and tomato paste and other seasoning to taste. Pour over fried pork and serve hot.

NEAPOLITAN TIMBALE

1 small beef or pork tongue	1 can mushroom meat of one chicken
2 bilbao sausage	1 onion chopped
1 can viena sausage	2 cloves garlic bruised
4 ripe tomatoes, chopped	cheese grated
2 box royal macaroni	1 can tomato sauce
1 cup diced ham	salt and pepper to taste.
2 chicken breast or	
1 breast of big chicken	

Boil macaroni in salted water until tender. Cut into rings one half inch long to be arranged, i.e. at the sides of a rectangle, square or oblong or round greased pan with one end of macaroni touching the side of the pan. Also arrange macaroni cut one fourth inch long with cut ends touching the bottom of the pan left vacant by the first arrangement. Set aside in a refrigerator for one or 2 hours to set.

Chop the breast of the chicken or grind into paste. Add one or two white of eggs mix with one tablespoon flour and season with salt. Mix well and plaster or cement the bottom and sides of the arranged macaroni in the mold to bind them. Fill the pan with the following sauted mixture. Sauté garlic, onions, ham, tomato, chicken meat, sauted tongue cut into cubes and half of the tomato sauce. Add the sausages and mushroom. Add seasoning to suit taste. The mixture should be dry. Fill the prepared mold to the edge of the pan. Cover with the left over macaroni then cover the top with wax paper and tie around to keep the wax paper in place. Steam for one hour. Unmold in a platter and garnish with parsley, tomato cups may be filled with tomato sauce and arrange around the mold.

LUMPLA MAKAO

Wrapper

2 cups all purpose flour
3 tbsp. oil

enough chicken
broth or water
to stiff dough.

Mix and knead until smooth and fine. Roll on bread board very thin and cut into rounds, and put filling and steam 30 minutes.

Filling $\frac{1}{4}$ kilo shrimps shelled and chopped.

10 dry mushroom, soaked in water

15 apulid boiled and chopped

a piece of ham

1/5 kilo pork ground

All cut into very fine pieces. Mix together and add 2-3 tbsp. flour for binding. Serve with toyo and lemon or calamansi juice after steaming.

Pi-quat

$\frac{1}{2}$ kilo pork

1 tsp. camote powder or flour
or cornstarch

1 egg

3 tsp. toyo

Beat egg, fold in the camote powder and toyo. Cut the pork in small squares. Drop into egg mixture, fry in deep fat until golden brown. Serve with sweet sour sauce made with three tbsp. vinegar, two tbsp. toyo, 1 tb. sugar (brown) and one half cup water. Cook until thick.

SPARERIBS AND PINEAPPLE

1 $\frac{1}{2}$ pound pork spare
ribs or backbones

cut in 2 in. pieces

1 tbsp. soy sauce

3/4 cups pickles

1 tsp. cornstarch

2 tbsp. salad oil

3/4 cup pineapple juice

2 tbsp. sugar

3 tbsp. vinegar

1 $\frac{1}{2}$ tbsp. ginger

extract

4 slices pineapple

1 cup water

2 tbsp. flour

Sink spareribs in soy sauce about 5 minutes. Fry for about 5 min. Add flour to the spareribs mixture. Add the ginger extract, pineapple juice, salt; one half tbsp. sugar, vinegar and water. Simmer till tender. Thicken the broth with cornstarch dissolve in two tbsp. water. Then add the rest of the ingredients and allow to boil. Serve hot.

PORK ALFONDIGAS

1 cup ground pork meat
1 egg
2 cloves garlic, minced

2 tbsp. flour
salt and pepper to taste
2 tbsp. cooking oil

Combine ground meat, eggs, flour, salt and pepper. Saute garlic, onions. Add three cups water. Allow to boil. Drop the ground meat mix well. formed into balls. Allow to boil. Misua or pepper leaves may be added. May be served as soup.

FRIED ALMONDIGAS OR MEAT BALLS

The same ingredients we used except that the meat balls are fried and serve with sauce make as follow;

Saute garlic, bruised, onion chopped and two ripe tomatoes chopped. Add about one cup water or meat broth. Season with salt or toyo. Serve hot.

CHULETAS (RIBS WITH FLESH OF PORK)

6 chuletas	2 eggs
salt to taste	1 cup bread crumbs

Salt the chuletas and allow to stand a few minutes. Open the flesh and make incision on the inside, stuff with the following:

1 cup bread crumbs	2 tbsp. chopped celery
cut into one half	1 tbsp. melted butter
inch square	1 tbsp. chopped onions
1 egg	salt and pepper to taste

Mix all the ingredients and stuff into the chuletas. Close the opening with a toothpicks dip in beaten egg with salt, then roll in bread crumbs, fry until brown. Remove and bake in moderately heated oven until thoroughly cooked.

PORK TENDERLOIN WITH SAUCE

½ kilo pork	2 sprig parsley
tenderloin	few grains pepper
2 tbsp. flour	corn
salt and pepper to taste	1 bay leaf
2 tbsp. wine	1 onions chopped
2 pieces bacon	1 tbsp. milk
1 can mushroom	

Season the tenderloin with salt and pepper. Roll in flour and tie together. Fry in butter or margarine half done. Add meat broth or water, wine, bacon, parsley, onion, green pepper and bay leaf. Cover and allow to simmer until meat is tender.

Strain the broth and thicken with milk. Add mushroom cut into halves. Fill the tenderloin and slice into pieces. Arrange on serving dish and serve hot.

LENGUA CON CHORIZO

1 beef tongue	2 big ripe tomatoes
2 sausages (bilbao)	1 bay leaf
$\frac{1}{2}$ cup white wine	1 tbsp. vinegar
cooking oil	salt and pepper
1 cup champignon	

Clean the tongue by dipping in hot water and scrape the white coating. Boil until tender. Remove from fire and place immediately in cold water. Bore a hole lengthwise in the center and insert the sausage fry until brown. Remove most of the lard and replace with vinegar, salt, onion, bay leaf, wine, peppercorn, tomatoes and enough water to cover the tongue. Stew until tender. Then place it in a platter and add chicken broth with one or two tbsp. flour or cornstarch. Add butter, champignon or peas or olives or potato balls. Pour the sauce over the tongue. Serve hot.

PORK CUTLETS ALA POMPADOUR

1 kilo cutlets	2 eggs
$\frac{1}{2}$ kilo potatoes	fried apples
$\frac{1}{2}$ cup milk	boiled string beans
$\frac{1}{3}$ cup butter	bread crumbs
calamansi juice	slat and pepper

Rub cutlets with salt and pepper. Soak in calamansi juice for a few minutes. Roll in beaten eggs and dip in bread crumbs. Fry golden brown on both sides. Prepare mashed potatoes in the center of a platten and arrange cutlets on top.

Garnish with string beans and fried apples.

BEEF ALA MODE

1 $\frac{1}{2}$ kilo veal or beef	1 can ripe olive
1 piece pork fat	1 bottle green olives
$\frac{1}{2}$ tsp. perin sauce	1 can tomato sauce
1 package macaroni	$\frac{1}{2}$ cup jerry wine
1 cup butter	1 bay leaf
2 potatoes	1 loaf bread
6 onions	mashed potatoes

Chop or grind the meat and fry in butter. Add boiled pork fat cut into pieces. Add chopped onions, wine, bay leaf, tomatoes puree and sliced carrots. Cook meat till tender. Season with salt and pepper and add perin sauce. Thicken with a little flour if necessary. Boil macaroni in salted water and drain. Saute in butter ($\frac{1}{2}$ cup). Add chopped onion and cheese. Arrange on a big plate the macaroni around a large piece of toasted bread.

Garnish with ripe olives and green olives.

EMBOTIDO

1 kilo ground pork	1 onion chopped
1 can viena sausage	2 raw eggs
$\frac{1}{2}$ cup chopped pickle	$1\frac{1}{2}$ cup flour
1 chorizo de Bilbao	2 hard cooked eggs

Mix all the ingredients except the hard cooked eggs and some of the viena sausage. Prepare unto sins l or leaf lard. Lay a piece flat on a clean board. Spread a layer of the mixture, arranging of the center wedges of hard cooked eggs and whole sausages. Cover with another layer of the mixture, then roll like a jelly roll. Arrange in a baking pan or steamer. Bake in an oven with moderate heat or steam for at least one hour. Allow to cool and serve in slices with gravy or tomato sauce or catsup.

MEAT CHATIABRAND

$\frac{1}{2}$ kilo tenderloin	2 pieces ham
1 onion chopped	2 oxford sausage
$\frac{1}{2}$ cup broth	2 chicken livers
1 can champignon	2 tbsp. wine
toasted bread	1 can peas
flour	butter, salt and pepper to taste

Cut the tenderloin into pieces. Season with salt and pepper. Brush well with butter or margarine. Saute onion, add liver cut into pieces, the ham sausage and one tablespoon flour. Add meat broth and wine. Add the champignon and peas. Serve with toasted bread if prepared.

PORK FIRDS

1 kilo pork fillet from shoulder or neck	2 tbsp. flour
½ seedless raisin	2 tbsp. fat
2 cups dry bread crumbs	1 cup butter or margarine
¾ cups milk	
1 tsp. salt	

Cut the pork in oblong pieces. Pound each piece until thin. Rub each piece with a mixture of one and a half tsp. salt, one half tsp. pepper and two tsp. lemon juice. Mix the raisins, bread crumbs, milk and salt.

Spread this mixture on each piece of meat, roll up and secure with a piece of string or toothpicks. Dredge with flour and fry until brown. Add water. Cover and stew until tender. Remove toothpicks or string before serving with gravy poured over it. Serve with creamed beans and shredded lettuce salad.

PAKLAY

½ kilo pork cut into serving pieces	1 med. size onion
½ cup shrimps	10-12 camias
2 cups bamboo shoot	2 tbsp. cooking oil
3 ripe tomatoes medium	3 cloves garlic
1 tbsp. patis	1 cup pine-apple chunks
1 tsp. vetsin	4 tbsp. toyo

Saute garlic, onion and tomatoes. Add pork, shrimps, labong and camias sliced. Season with patis and toyo. Add vetsin. Serve hot.

ADVANCED RECIPES

EMBUCHADO DE CAPON

1 capon, prepared for stuffing	2 chopped pickles
1 K. ground pork	5 slices chopped ham
3 Oxford Sausage (mashed)	1 can foigrass
½ grated onion	2 tbsp. grated cheese
1 box raisins	2 eggs
2 slices bread soaked in milk	a piece of celery, salt, pepper to taste.
½ C. chopped almond	

Mix all the ingredients and stuff the Capon. Bake in moderate oven until tender. Before baking add 1 cup water and butter in the baking pan. During the baking baste the Capon with water and butter

time to time. When cooked transfer to a platter and garnish with mashed potatoes, celery leaves, sweet peas, carrots and red radish and sugar beets serve with gravy.

SESAME OVEN FRIED CHICKEN

2 broiler-fryer chicken cut into serving pieces	2 tsp. salt
3/4 cup salad oil	1 tbsp. paprika
3/4 cup flour	3/4 cup toasted sesame seeds (linga)

Lime a 15 x 10 1 inch shallow baking pan with aluminum foil with ends extending to edge of pan. Pour salad oil into pan. Place in hot oven (425° F) to heat about 10 minutes. Combine flour, salt, paprika and sesame seeds. Dip chicken pieces in flour mixture. Remove pan from oven and place chicken, skin down. Return pan to oven and bako 30 minutes long or until golden brown.

OVEN FRIED CHICKEN

½ cup butter or margarine	3 tbsp. grated Parmesan cheese
12 chicken drumsticks	½ tsp. paprika
1½ tsp. salt (divided)	½ tsp. dried oregano
½ tsp. M.S.G.	1/3 cup buttermilk
3/4 cup flour	

Place butter in foiled lined 10 x 15 inch baking pans: place in hot oven (425° F) until butter or margarine melts. Sprinkle drumstick on both sides with 3/4 tsp. salt and M.S.G. Combine flour, remaining salt, grated cheese, paprika and oregano. Roll in flour mixture. Place drumstick in pan, bake in hot oven 425° F 30 minutes, turn drumstick and bake another 25 minutes.

SQUABS IN NEST

2 pigeons	2 big potatoes, pared sliced
6 slices bacon	thin and cut into strips
butter	6 boiled chicken liver
3 tbsp. flour	1 onion
6 hard cooked eggs	Parsley
	Fat for frying

Place sliced thin strips of potatoes in potato nest fryer or use two small wire strainers shape like nest. Place the potatoes strips between the wire strainers and dip in hot deep fat until crisp. Set aside clean and salt the squabs, brush with melted butter, tie with string to setting position. Fill with the mixture of chopped chicken liver onion and chopped parsley cooked in butter seasoned with salt and pepper. Place the butter in a baking dish or fry in deep fat. Place in nest on side of braized duck or serve in individual

dish or main dish. Use extra fillings as sauce by thickening with flour. Slices of bacon are placed on top of the squabs during baking to prevent burning the squabs.

BRAISED DUCK WITH OLIVES

2 ducks	1/4 k. fat
1 cup white wine	1 cup green olives
1 cup stock	2 tsp. salt

Dress duck and lay them in a saucepan lined with fat pork. Moisten to half their height with wine and water. Bring to a boil and skim and simmer for 45 minutes to one hour. Stone one cup olives, blanch and drain. Prepare brown sauce from one tsp. flour. Add the strained stock in which the ducks were cooked. Stir until well blended, lightly over the duck. Place ducks on platter in the center of two squabs nestling in crisp potato nest. Garnish with slices of hard cooked eggs, parsley and olives.

PALET AL AUGEVINE

1 kilo breast and thighs of 2 chicken	1 cup white wine
2 tsp. salt	water from one can mushrooms
1 tsp. pepper	1/3 cup mushroom slices
1/4 cup butter	1/4 cup cream or milk
1/4 cup chopped native onions	

Season chicken with salt and pepper. Fry lightly in butter and set aside. Sauté onions in remaining butter. Drain to remove excess fat from frying pan. Add onions to the chicken. Pour in the wine and water from mushrooms. Cover and simmer until half done. Transfer to a platter. Thicken the liquid and heat sauce till reduce to half its original amounts. Add cream or milk. Pour over chicken. Garnish with parsley. Serve hot.

Embotido De Gallina

1 k. pork lean meat	2 slices cooked ham
1 med. size chicken	1 small can vienna sausage
1 t. grated cheese	chicken meat
6 pieces chorizo	1 carrot cut into strips
	2 tbsp. chopped pickle
	1 tbsp. chopped parsley

Clean and skin the chicken whole starting from the back. Soak the skin in 2 tbsp. toyo and calamansi juice. Remove the meat of the chicken from the bones chop or grind the chicken meat with the pork, bacon and ham and some of the sausages. Mix with the chopped pickles, parsley bread crumbs and two raw eggs. Fill the chicken skin with the mixture arranging strips of carrots, hard cooked eggs cut into

halves between layers of the filling. Avoid over stuffing. Wrap in clean cloth tightly and stew with the bones of the chicken with salt, onion and kinchay. Cook until tender (about 1½ hours) when cooked tighten the wrap and store in the refrigerator until needed. Serve in slices with giblet gravy.

Poulet Champignon A L'Orange

2 roosters washed and dried	1 big tbsp. butter or margarine
1 onion, sliced and celery	3 bacon strips
1 sprig sweet basil	1 lb. mushroom
1 tsp. chopped parsley	2 tbsp. orange peel
	½ cup orange juice

Cut off the necks of the rooster and boil them with the gizzard. Rub the cavities of the roosters with orange peel and salt and outside with salt, pepper and a little butter or margarine. Brown the birds in a skillet in some shortening. Remove from heat, then put the onion, celery, basil, chopped parsley and 1 tablespoon butter or margarine into each chicken and sew up cavity. Tie the legs down securely. Line the bottom of a casserol with the strips of bacon and add a lump of butter or margarine and heat in an oven. Add the chicken when the fat starts to bubble with breast up, 1 cup water. Turn the heat low and put the lid of the casserol on tight.

Remove the stems of the mushrooms, scrape and chop stem. Score several pieces of orange peel and rub each mushroom cap thoroughly with the peel. Sprinkle a tablespoon of orange peel on the underneath side of each mushroom cap. Melt some butter or margarine in a pan, add the mushroom caps and saute a few minutes. Pour in the orange juice and allow to boil. When the chicken have cooked 45 minutes remove from oven. Remove the thread and let butter and juice in cavities drain into casserol. Add mushroom stems, 1 tsp. grated orange peel, 2 cups broth from neck and gizzard, 2 envelopes beef powder, 1 tsp. M.S.G. and last the mushroom caps and orange juice, ½ cup port (wine) and also one grated clove garlic may be added if desired. Put the lid on and continue cooking until tender. Thicken the sauce with cornstarch in the consistency of the thin gravy. Serve hot.

Licores Aux Champignons
(Rabbit Chicken)

5 or 6 rabbit or chicken	1 tsp. whole pepper
½ cup water	2 crumbled bay leaf
½ cup wine	¼ tsp. THYME
3 tbsp. salad oil	¼ tsp. rosemary
	½ tsp. sugar

Prepare marinade out of the eight ingredients. Pour this marinade on the pieces of rabbit and let them marinate for 3 or 4 hours. Turn occasionally. Dry the pieces with a cloth. Strain the marinade and set aside. Dredge the meat with flour and lightly in butter or margarine and transfer to a casserol. Into the same brown skillet put a finely minced clove garlic. Saute and add 2 cups water 1 cup sour cream $\frac{1}{2}$ cup strained marinade salt and black pepper to taste. Pour over the rabbit when the mixture boils. The casserol should be $\frac{3}{4}$ full liquid at all times during the cooking and more water may be added now and then during the cooking. Cover and cook over low heat on top of the stove until tender approximately $1\frac{1}{2}$ to 2 hours. Lift out the pieces and allow to cool separate the meat from the bones. Put back the bones in the casserol. Cook all the bones covered for $\frac{1}{2}$ hour, then strain broth.

Add about 2 cups canned button mushroom 3 tbsp. sour cream, $\frac{1}{2}$ cup madeira wine 2 tbsp. chopped parsley, 1 tsp. M.S.G. to taste. Thicken the sauce with little cornstarch in the consistency of thin gravy. Add in the meat into the sauce. Sprinkle generously with paprika. Put the casserol in a very slow oven about 200°F for 45 minutes before serving.

CHICKEN PAPRIKA

3 chicken; young	$\frac{1}{4}$ tsp. freshly ground black
1 cup flour	pepper
$\frac{1}{2}$ tsp. paprika	$\frac{1}{4}$ tsp. ginger
$\frac{1}{4}$ tsp. red pepper	$\frac{1}{4}$ tsp. sweet basil
2 tsp. salt	a dash of nutmeg

Roll the pieces of chicken in the mixture of the above ingredients. Brown the chicken gently in a half mixture of butter or margarine and lard. When golden brown, transfer to a large casserol and empty the fat from the skillet. Into the skillet put $2\frac{1}{2}$ cup chicken broth, 2 cups sour cream, 2 tbsp. Worcestershire sauce 3 tbsp. chile, large clove garlic finely minced, $\frac{1}{2}$ tsp. salt, $\frac{1}{2}$ tsp. M.S.G., $\frac{1}{2}$ cup sherry and about 15 water chestnut cut into thin slices. Mushroom may substitute waterchestnut if not available. Heat the mixture until it steams pour it over the chicken, cover the casserol and cook in a slow oven about 325°F until chicken is tender. After one and half hour, skim off all surplus grease; thicken the sauce with 2 tbsp. flour mixed with water. As soon as the chicken is tender serve in the same casserol used for cooking or arrange on a platter.

Pollo Con Tocino

1 roasting chicken	1 cup tomato puree
lean bacon	2 tbsp. chopped parsley
2 large onion sliced	$1\frac{1}{2}$ tbsp. sugar
2 cloves garlic, minced	1 tsp. salt
1 medium green pepper chopped	2 tsp. chili powder
	$\frac{1}{2}$ cup madeira wine

Spread chili powder and minced garlic on slices bacon. Roll each slices tightly so the seasoning will penetrate the bacon. Put them in the cavity of the roasting chicken. Sew up cavity to prevent bacon's falling out during cooking. Put the chicken, with breast down, into a pot with the gizzard, heart and liver. In a skillet fry the onion, garlic, green pepper in butter or margarine until soft. Add tomato purée, chopped parsley, sugar, salt and chili powder and wine, when mixture boils pour over the chicken and add enough boiling water chicken 3/4 of the way. Add water from time to time to keep broth level to its original height; when tender lift chicken from the pot and separate meat from bones. Take bacon from cavity, unroll, cut into squares and add to chicken meat. Return bones to pot and boil at least $\frac{1}{2}$ hour longer, strain. Add seasoning. Thicken with consistency of thin cream sauce, with cornstarch dissolved in water. Pour about half the sauce over chicken and reserve the rest to be served in a separate bowl. May be cooked the day before and re-heat before serving.

Stuff Leg of Lamb Creole

1 large leg of lamb	1/8 tsp. nutmeg
1 lb. smoked ham	a little salt
1 lb. fresh pork	4 tbsp. fine bread crumbs
1 lb. veal	1 egg and 1 yolk
1/8 tsp. cayenne pepper	2 cloves garlic minced
1/2 tsp. marjoram	4 tbsp. top milk or cream

Procedure:

Grind together ham, pork and veal two or three times. Add to it the rest of the ingredients and work with the hands until thoroughly blended. Sauté mushroom in plenty of butter or margarine. Add it to the meat and blend again. Stuff the forcement into the lamb's leg as much as the cavity can hold. Sew meat with twine. Cover the bottom of the roasting pan with several strips of bacon and put it in 300° F oven while preparing the following.

Put in a stewing pan 3/4 can concentrated tomato paste, $\frac{1}{4}$ cup catsup 2 cloves garlic finely minced, 1 medium chopped onion, 2 tbsp. worcestershire sauce, juice of one large lemon, $\frac{1}{2}$ tsp. grated lemon rind, 1 tbsp. vinegar, 1 tbsp. sugar, 1 tsp. salt, 1" tsp. freshly ground pepper and 2 cups water. Cook this mixture uncovered for 20 minutes.

Now spoon over the lamb as much sauce as will stick to its surface, put it in the roasting pan into the 300° F oven about 35 minutes per pound. Baste with more of the sauce about every half hour. In an hour and a half, turn the lamb carefully and begin basting the other side. When cooking time is up, remove the lamb and make a thin gravy with the dripping hour and water and a little more of the sauce. When cold wrap in cellophane or aluminum foil

and seal. Pour the gravy into a container. Chill the lamb and the gravy in refrigerator. Place in freezer. Thaw slowly by transferring from the freezer to the refrigerator still sealed. About an hour and a half before serving remove wrapping and heat slowly in a tight covered roaster or casserole and place in the oven to be heated slowly. Serve in slices with the gravy.

Pigeon in the Nest

6 pigeon	2 onions chopped
4 tbsp. butter	1 to 2 cups water
1 bay leaf	2 tbsp. white wine
1 can mushroom	3 or more potatoes

Prepare the pigeons. Fry with butter in sitting position. When half done, add water, bayleaf and wine. Boil till tender. Add mushroom and season with salt and pepper. Mix a little amount of flour and water and pour over the mixture.

Grate the potatoes, add a little salt and squeeze well. Arrange in a small strainer to form a nest. Place another strainer on the potato to keep the potatoes in place. Fry in deep hot pot together with the strainners. Remove when brown. Repeat with the rest of the potatoes until the 6 pigeons are all provided with nest. Place the pigeon in each nest and garnish with parsley and green onion and peas. Potato balls may be placed in the center to form a heap of eggs for the pigeon. Serve with gravy.

Flank Steak Surprise

Score 2 lb. beef flank steak, season with $\frac{1}{2}$ tsp. salt. Fill with the combination of $\frac{1}{4}$ cup ground celery, $\frac{1}{3}$ cup ground carrots, $\frac{1}{4}$ cup minced onion, 1 cup bread cubes, $\frac{1}{2}$ tsp. salt and $\frac{1}{4}$ tsp. pepper. Roll and tie. Brown in $\frac{1}{4}$ cup fat. Add 1 cup water. Cover; baked in moderate oven 350°F for $1\frac{1}{2}$ hours or until tender. Serve with sliced cooked carrots as border, alternately with parsley.

Meat Loaf De Luxe

Brown 1 cup chopped onion. Add to $1\frac{1}{2}$ lb. beef chuck round, flank or brisket ground once with $\frac{1}{2}$ pound pork shoulder. Add 1 cup crumbs, 1 tsp. salt, $\frac{1}{4}$ tsp. pepper, $\frac{1}{4}$ tsp. all spices; 2 eggs, $\frac{2}{3}$ cup milk. Bake in greased 8 inches ring mold in moderate oven about one hour. Transfer to a plate and fill the center with creamed celery and peas and place around the border peach halves filled with spiced grapes alternate with parsley.

Creamed Celery

2 cups celery cut into 1 inch
½ cup milk
2 tbsp. flour
2 tbsp. butter
salt and pepper to taste

Wash the stalks clean and cut them into pieces. Boil covered with boiling water for about half an hour. Make a sauce with the celery water, milk flour, and butter. Add to the cooked celery and season with salt and pepper.

Beef Steaks

Place 1½ inches thick steak on rack 3 inches from the source of heat. Broil 10 minutes in each side for rare; 12 minutes for medium; 13 minutes for well done. Cut tomato petal fashion, letting cuts stop half way down. Force open; sprinkle with salt; fill with cooked seasoned corn and chopped green pepper. Broil about 10 minutes. Place the tomato around the steak.

Pichon Estofada

6 squabs or pichones cut in 4 pieces each	2 tbsp. white wine
1 onion sliced	4 tbsp. fat
½ cup vinegar	salt and pepper to taste
4 tomatoes, sliced	a piece of bay leaf
2 tbsp. toyo	

Clean and cut pigeons. Rub with salt. Place in a cooking vessel and with all the other ingredients. Cover and cook over low heat, stirring occasionally. Strain the sauce add to the pichones. Continue cooking until the pichone is tender. Serve in platter garnish with hard cooked egg and red pepper.

Lengua

1 clean tongue	1 laurel leaf
1 onion sliced	water
2 chopped tomatoes	salt and pepper to taste
4 tbsp. vinegar	2 to 4 tbsp. toyo

Mix all together and cook until tongue is tender. Serve in slice with slices of potatoes and carrots and set in 300°F oven to poach for 25 minutes for in all molds 354 to a ring mold. When done the mousse puffed up and firm to the touch. Let stand for 5 minutes before unmolding. Cover with wax paper store in the refrigerator.

Chicken Mousse

4½ to 5 lb. stewing chicken	4 tbsp. butter or margarine
2 celery sticks	7 tbsp. flour
2 carrots	1½ cup chicken broth
2 tsp. salt	1½ cup milk
½ tsp. whole pepper	4 eggs

Cut the chicken into pieces. Put them in a pot with beef bone that has about a pound of meat in it. Add the celery sticks and carrots. Pour in 9 cups boiling water, cover and cook over high heat until boiling point is reached. Lower heat to simmer. When chicken has cooked an hour add salt and whole pepper. Continue cooking until very tender. Remove chicken and beef from bones. Return bones and all fat and gristle to pot. Add 1 cup water, cover and cook over high heat for ½ hour. Strain and cool quickly as possible. Skim grease.

Make a cream sauce with the butter or margarine, flour, chicken broth and milk. Add to chicken placed in a bowl in cold water. Beat with a wooden spoon until smooth. Remove crusts from 5 slices of bread. Cover with milk. Squeeze the bread and add to chicken. Heat again. When mixture is cold, put bowl in pan of ice water. Add 4 egg yolks and beat 1 cup heavy cream (whipped) a little at a time beating constantly. Beat the egg white until stiff and fold it into the mixture. Season with salt and white pepper. Spoon the mixture into a 2 quart mold to 10 average custard cups. Tap mold occasionally on top of the table to pack. Cover with greased paper. Set in a pan of warm water.

Shrimps Foo Yung

1 cup shell shrimp	3 tbsp. soy sauce
1 cup onion finely chopped	4 eggs
½ cup water chestnut	1 tbsp. cornstarch
or sincamas sliced thin	¼ cup bouillon
½ cup mushroom sliced thin	½ tsp. salt

Beat eggs with shrimps, onion, chestnut, and mushroom until thick. Add the soy sauce and continue to beat. Grease the pan generously. When hot enough pour the mixture and brown on both sides. Serve hot with sauce make as follow: Simmer 1 tbsp. soy sauce, cornstarch, bouillon and sugar.

Formoson Pork

½ k. pork cut small pieces	3 tbsp. soy sauce
3 onion chopped fine	1 tbsp. ginger chopped fine
½ med. head cabbage finely shredded	1 tsp. sugar
3 green pepper cut in small pieces	a pinch of salt
	3 tbsp. oil

Heat oil in pan, add pork and onions. Fry until well done. Add soy sauce and cabbage. Cook until cabbage is done. Add ginger, pepper, salt and sugar. Serve over hot rice.

Gallina with Sotanghon

2 cups chicken breast meat sliced	2 cups sotanghon
3 cloves garlic crushed	soaked in water
1 small onion, minced	½ dried mushroom
3 cups chicken broth	1 tbsp. soy sauce

Brown garlic and onions. Add chicken. Season with soy sauce add sotanghon and mushroom chopped. Season with salt and pepper. Garnish green onion before serving.

Chicken Supreme

1 stewing or roasting chicken	2 minced clove garlic
4½ lb. after it is cleaned	2 tbsp. butter or margarine
1 lb. pre-cooked ham	3 cups chicken broth
20 to 25 water chestnut	2 cups top milk
a tbsp. catsup, ¼ tsp. saffron	1 tsp. M.S.G.
1 tsp. sugar, 1/3 tsp. cayenne pepper	4 ripe tomatoes, peeled
10 tbsp. cornstarch	½ cup sherry instead of milk

Place the chicken in a pot with a breast down. Cover with boiling water, boil then simmer for an hour. Add salt. Cook until chicken is tender. Remove chicken from pot. When cold slice meat from bones. Meat slices from the last and second joints. Return bones to pot and boil at least 45 minutes longer.

Cut the ham into cubes about ½ inch square, slice thinly the water chestnuts or 1 cup blanch almonds cut into sliver the long way cook in butter or margarine until delicately brown.

For the sauce brown the garlic in butter or margarine. Add the chicken broth, top milk, catsup, saffron, M.S.G. sugar, cayenne and pepper. Add tomatoes and stir in the cornstarch mixed with ½ cup milk or sherry. Stir mixture boils and quite thick.

In a large casserol or individual baking dish put a layer of chicken slices, a layer of ham and a layer of water chestnut, almond and layer of sauce. Repeat until the casserol or baking dishes are full, finish with the sauce. Just before the guest arrive, put ½ cup chicken broth top of a double boiler. When it reaches the boiling point add 2 cups frozen peas or 2 cups fresh peas. Place top of double boiler over steam and cook until peas are tender, about 11 to 12 minutes. Stir in 1 tsp. cornstarch mixed with a little water. Spoon the peas in a border around the rim of the casserol or individual baking dish. Just before serving put the chicken Supreme in a 330° F oven then it is ready to go to the table.

If the ham is very salty, soak in cold water for several hours. Bring to a boil to which 2 bay leaf, 2 celery stalks, a large sprig parsley, 1 clove garlic, 1 tsp. whole pepper and 5 to 6 cloves. Lower heat to simmer and cook until ham is tender, 25 to 30 minutes per pound. Remove almost all fat and grind ham 3 times through finest blade of grinder. Remove crust from 10 slice of bread, soak in milk then squeeze out most of the milk and add bread to ham.

Make a thin cream sauce of 6 tbsp. butter, 9 tbsp. flour and 6 cups milk. Add the 4 envelope knox gelatin is dissolved. Add cream sauce to ham and bread with 8 tbsp. tomato catsup and 3 tsp. M.S.G. and 1 tsp. ground white pepper. Add salt to taste. Stir and beat until well blended. May be colored with few drops of vegetable coloring. Grease the mold which may be ring, oblong, melon shaped and fill with the mousse. Insert a knife many times to remove air bubble. Set in the refrigerator. The mousse should be made the day before or 2 days before to suits your plane.

. PATE DE JAMBON

3 pounds smoked (center) ham soak for half an hour in cold water, then boil gently for 2 hours in water to which 3 bay leaves, 2 onions, 2 celery stalks, 6 cloves and 1 tsp. pepper corn have been added. When the ham has cooled in the broth in which it was cooked, remove bone and fat and grind 4 times through the finest blade of food chopper.

Make cream sauce of 3 tbsp. butter or margarine, 4 tbsp. flour, and 2½ cups milk. Season with ½ tsp. saffron, ½ tsp. dry mustard, 2 tablespoon tomato paste and ¼ tsp. red pepper. When sauce has cooled, beat in 4 egg yolk and add to meat together with the unbeaten egg whites.

Soak 4 slices of bread in milk, squeeze out most of the milk and add bread to meat and stir. Taste for seasoning. Beat the mixture vigorously for 3 or 4 minutes and set in refrigerator. Just before baking beat the "pate" a little and spoon it into well oiled custard cups filling almost to the top. Pack very firmly and insert a silver knife here and there in the cups to avoid air bubbles. Place the molds in pan of hot water and bake for 1 hour in 325°F oven and let the pates remain in the oven until ready to serve.

STRING BEANS
AND GLAZED CARROT BALLS

Cut the string beans into long slender strips. Cook in salted boiling water. Brown 2 or 3 tbsp. butter or margarine to a dark golden brown. Blend in 1 heaping tsp. flour and add 3/4 cup beef consomme stirring constantly until it boils. Drain beans and pour sauce over them.

Poulet Cerise

1 or 2 broilers cut into quarters or roasting chicken or capon cut into pieces. Dredge with flour mixed with salt, paprika and ground pepper. Sauté in fat-butter until delicately browned. Transfer to a roasting pan or casserole with cover. Put generously with margarine or butter, about 1 1/2 hours for roasted capon, for 1/2 hours.

Boil necks, gizzard and hearts to make 2 cups broth. Add to 1 tsp. M.S.G. and 1 envelope chicken bouillon or cube.

Prepare sauce by straining the dripping left from browning the chicken. Add enough margarine to make 4 tbsp. Add to one tbsp. finely chopped onions, a small mashed garlic. Sauté until golden brown. Drain 1 large can pitted Bing cherries, blend 3 tbsp. cornstarch with cherry juice. Combine with soup stock and liquids and cherries to onions and fat. Cook to boiling until thick, stirring constantly. It should have the consistency of thin gravy. More soup stock may be added if needed. Remove chicken to a large platter, pour some of the sauce over it and put the rest of the sauce in a separate receptacle.

Ham Jambalaya

3 lb. uncooked lean ham	1 tbsp. concentrated tomato paste
2 large onion, chopped	2 cup beef bouillon
2 cloves garlic minced	1 1/2 cup uncooked rice
1 chopped green pepper	1 tbsp. ground pepper
1 large can tomatoes	1 1/2 tbsp. sugar, 1 tsp. paprika
	1/2 tsp. salt.

Cut ham into bite-size squares. (If the ham is too salty, soak in skimmed milk for several hours before dicing.) Fry the garlic and onion in butter or ham fat until golden brown. Add pepper, can tomatoes, tomato puree, beef bouillon and bring to boil. Add 1 1/2 cup uncooked rice, washed and simmer until rice is tender. Stir occasionally, scraping the bottom gently. Cover with banana leaf and allow to steam, adding little water if needed until rice is cooked. Add the ham cubed (except a few for garnishing) the ground pepper, paprika and salt. Transfer to a well greased casserole garnish with the remaining ham, cover and set in a refrigerator. The next day, bake covered in 375°F oven for forty-five minutes, remove lid, turn oven to 425°F, bake for 10 minutes more, then serve.

Ham Mousse

4 1/2 lb. ham, boneless	4 envelope Knox gelatine
10 slices bread	1/2 cup ham broth
6 tbsp. butter or margarine	8 tbsp. tomato catsup
9 tbsp. flour	3 tsp. M.S.G.
6 cups milk	1 tsp. ground white pepper

Boil large carrots in salted water until almost done. Cut into balls with smallest ball cutter. Put the juice of one large lemon 2½ tbsp. sugar and 2 tbsp. butter or margarine into a skillet or pan. Boil 3 minutes. Add carrots and cook until most of the liquid is gone. Shake the pan and stir occasionally to glaze nicely each carrot ball.

To serve arrange the two vegetables attractively well in serving dish, preferably the one that will stand oven heat.

String Beans Hollandaise Sauce. Select 3 pounds of long straight string beans snip off head and tails and cut each beans lengthwise through the middle. Arrange in neat bundles for one serving and tie with string by winding the string around and around from one end to the other. The bunches can be prepared in advance and covered with wet cloth. Drop them in boiling, salted water till barely tender. Hollandaise sauce may be prepared ahead of time. Beat 3 egg yolks with rotary egg-beat until light. Add ½ tsp. salt, 1/3 tsp. cayenne pepper. Melt ¼ lb. butter or margarine and beat 1½ tbsp. lemon juice to the egg yolk, beating constantly and very fast. Still beating add slowly 2 tbsp. boiling water. Store in the refrigerator until needed.

Before using let the sauce stand in lukewarm water to soften.

To serve string beans, remove string and arrange on platter. Put a strip of pimiento across the middle of each bunch tucking the ends of the pimiento strips under. Serve Hollandaise sauce in a separate dish on the individual servings.

SWEET SOUR RED CABBAGE

Shred 1 good sized red head cabbage. Put in a saucepan with ½ cup boiling water, ½ cup cider vinegar and 2 tbsp. butter or margarine. Cover and cook slowly 45 minutes, stir in 3/4 cups currant jelly. Add salt to taste. Continue cooking until there is very little left. This may be made the day before if you prefer.

POTATO BALLS O'BRIEN

Scrub unpeeled potatoes and drop into boiling water. Cook until almost done. Peel and cut into balls with a cutter. Dredge with flour and fry to a golden brown in butter or other fats.

In another skillet fry 1 large thinly sliced onion until pale golden brown. Add 4 cans pimiento, chopped, add 4 tbsp. water, 1 tbsp. bouillon powder and stir well. Pour over the potatoes, mix well and season with salt and pepper. Put in 200°F oven, with LIEVRES Aug chouignons. Stir occasionally.

Stuffed Celery

Blend cream cheese, grated onion, a few drops lemon juice and a little cream. Stuff slender celery stalks with this mixture and top with a little red caviar. Cut into bite size pieces. The cheese

mixture can be made the day before, but the stuffing should be done in the afternoon of the day it is to be used.

TOMATO BISQUE

To 8 cups canned tomatoes add $\frac{1}{2}$ tsp. crushed red pepper, 4 bay leaves, 6 whole cloves, $\frac{1}{2}$ tsp. saffron, $\frac{1}{2}$ tsp. whole black pepper, 1 large onion, chopped, 1 clove garlic, minced, and 1 tbsp. sugar. Cook uncovered for 10 minutes, cover, cook 20 minutes more and strain through fine strainer.

Make a cream sauce of 3 tbsp. butter or margarine, 3 tbsp. flour and 3 cups milk and cream mixed or undiluted evaporated milk instead of cream. Soak 3 envelopes beef bouillon powder to paste with a little milk and add to sauce. Be sure that both the tomato mixture and sauce are hot when they are mixed. When cold pour into plastic or glass container and store in the freezer until needed.

VEGETABLES

Cauliflower - separate into flowerets and wash well in cold water. Have a big pot of water boiling briskly. Put about a pound of cauliflower, into a wire basket, colander or cheese cloth and immerse quickly in the boiling water. Scald 4 minutes after the water returns to boiling. Transfer immediately to very cold water for a minute or two and drain on towel, should be as dry as possible before packing them; before they are packed into cellophane - lined boxes leaving a little space for expansion.

Peas - Same thing exactly except that the scalding time is 1 minute instead of 4.

Beets A L'Orange - Cut orange peel into tiny sliver to make 4 full tbsp. Boil 2 minutes salted water and drain. Melt 2 tbsp. butter or margarine stir in 2 tbsp. flour and add 1 tbsp. honey, 2 tsp. light brown sugar 1 cup orange juice, 2 tsp. lemon juice and $\frac{1}{2}$ tsp. salt. Cook until black, stirring constantly, and add the orange peel and 3 cups cooked beets cut into slender strips. When cold pack into container and store in the freezer. May be thawed at room temperature, then heat in a double boiler to avoid stirring.

Put the peas and cauliflower, still frozen, into a quantity of boiling water and cook until tender. Add salt and generous lump of butter or margarine. All three vegetables may be served in one dish.
Note - No salad is served in this menu, but a dish of relished such as mixed pickle-, celery, olives, carrots strips and water melon, pickles may be added.

ALMONDIGAS CON SALSA AGRIO Y DULCE

$\frac{1}{2}$ k pork, chopped or ground. A piece of 3/4 kilo pork meat with fat, a piece of ham (2 slices) green onion, 1 onion, 10 water chestnut, 2 eggs dry mushroom soaked and chopped, cornstarch, salt and toyo to taste and pepper.

Chop or grind the pork meat. Chop the ham, celery and water chestnuts, mix all the ingredients together, the eggs and 3 tbsp. cornstarch and green chopped. Mix well and form into small balls and fry in deep fat until brown. Serve with sweet sour sauce hot.

Sauce $\frac{1}{2}$ cup vinegar, $\frac{3}{4}$ cup water, $1\frac{1}{2}$ tbsp. cornstarch, sugar and salt to taste 2 tbsp. toyo, green onions, red and green pepper, $\frac{1}{2}$ ginger root, water chestnut cut in strips. Boil water, vinegar, cornstarch. Cook over a slow fire until the sauce is thickened. Then add the vegetables.

DIDON TRUFFE* ROTS

Stuffing, $\frac{1}{2}$ kilo ground pork, trufas or cooked chicken blood, 1 can foiegras, 2 oxford sausage, 3 slices bread soaked in milk, chopped pickles, 3 eggs, 3 tbsp. white wine, salt and pepper to taste. Mix all together. Dress the turkey and rub with salt and pepper. Stuff with the mixture. Transfer to a sauce pan and add 2 slices onion, 1 laurel leaf, bacon and butter and 3 cups water. Cook in a slow fire or bake in oven. Then cooked transfer to a platter. Decorate as desired with carrots, red and green pepper or mashed potatoes in form of cups, or orange basket shredded green and red cabbage, string beans.

LENGUA A LA MONTPENSIER

1 ox tongue	4 tbsp. vinegar
1 onion sliced	1 laurel leaf
2 chopped ripe tomatoes	water
salt and pepper to taste	

Clean the tongue and braise until slightly brown. Then add the rest of the ingredients and cook slowly until the tongue is tender. Serve with gravy.

Ingredients for Gravy	2 tbsp. flour for every cup of broth of the tongue.
2 tbsp. white wine	Chopped cooked ham, chopped chicken, liver, chopped sausage
3 tbsp. tinto porto	
4 tbsp. butter	
3 tbsp. grated cheese	
champinion	

Melt the butter and brown the flour. Add the sauce and other ingredients. Pour over the tongue. Garnish as desired with mashed potatoes, sugar beets, carrots, radishes and parsley.

PATO TIM CON ASPARAGUS

1 duck, ginger root, black pepper corn, onion, 1 laurel leaf, green onions, 3 cups water, toyo, cornstarch, vetchin, 1 or 2 tbsp. sugar, salt and pepper to taste.

Dress the duck and rub with salt, lemon juice and pepper. Place duck in a sauceman and add water, a piece of ginger root chopped, laurel leaf, $\frac{1}{2}$ onion, sliced and green onion, pepper, and toyo. Cook in double boiler. When tender thicken the broth with cornstarch for every cup of broth, 1 tbsp. cornstarch and add sugar toyo and vetchin. Garnish with asparagus tips green onions and unsuy leaves.

CHATENUBRIAND A LA DEMEY

1 k. tenderloin	cooked chicken liver
2 oxford sausage or fresh sausage cut in cubes	1 can champignon
2 or 3 tbsp. butter	1 or 2 tbsp. toyo
	3 tbsp. white wine
	1 tbsp. Perin sauce

Sweet peas, string beans and red cabbage sliced and boiled. Cut the tender loin to serving pieces. Dip for several minutes in salt, lemon juice, pepper and toyo. Fry with butter. Before serving pour the sauce or gravy on top and garnish with vegetables. Serve hot. Melt the butter and brown the flour. Add the broth, onion, wine, liver, ham, sausages, mushrooms, and champignon. Cook slowly until gravy is thick. Boil the string beans and add to sauted onion olive oil.

Meat Loaf

$\frac{1}{2}$ k. ground steak	1 tbsp. chopped onions
$\frac{1}{2}$ k. pork meat, ground	$\frac{1}{4}$ cup water; 2 tomatoes ripe
1 or $\frac{1}{2}$ cup chicken broth	2 eggs
$\frac{1}{4}$ cup bread crumbs	· salt and pepper and grated cheese
2 tbsp. butter, 2 tbsp. catsup	

Mix ground steak and pork. Add onions, tomatoes, catsup and eggs. Season with salt and grated cheese. Mix well and place in pyrex greased mold, sprinkled with dried crumbs. Bake in moderate oven 350°F for 1 hour. Transfer to a platter and garnish with vegetables.

CABESA DE JABALI

1 pigs head, 2 kilo pigs skin, 1 kilo pork meat, 3 pigs tongue. Cook pigs head, pork meat, and tongues until half tender. Cut all into cubes with 1 or 2 oxford Spanish sausages and 1 small can Viena sausage. Add freshly ground black pepper and 3 tbsp. white wine. Mix well. Arrange in the pigs skin and sew. Wrap in muslin bag and cook in broth for 2 or three hours; wrap lightly and chill for about 10 hours or overnight. Serve in slices in a platter garnish with sliced cooked carrots beets etc. Serve with sauce made from the broth.

QUE QUIAM

$\frac{1}{2}$ kilo shelled shrimp	2 eggs
$\frac{1}{2}$ kilo pork fat	salt and pepper to taste
3 or 4 tbsp. flour	leaf lard

Chop the shrimps with the pork fat. Wrap in lean lard and steam. Add egg, flour and salt. Hot with sauce or catsup. Before serving slice and fry. Serve

FOLLO GUISADO CON ALMENDRAS

1 chicken	1 small patola, pared and sliced
2 tbsp. dry mushroom	1 carrot, scraped and sliced
10 water chestnut	5 leaves cabbage
1/2 cup bamboo shoot	1 cup chinese almond
2 or three slices of ham	1 cup chicken broth

Cut in cubes the chicken and vegetables. Saute onion and add chicken previously submerged in beaten egg-white slightly beaten, with 2 tbsp. water and vegetables. Add broth chicken with 2 tbsp. cornstarch dissolved in water. Season with toyo, salt pepper and vetchin.

SILMED CHICKEN

1 chicken	3 slices ham
1/2 kilo pork meat	a piece ginger root
10 water chestnuts	green onion
6 mushrooms	6 - 8 pechay leaves
few pepper corn	2 or three cups water

Dress chicken, chop the pork meat, water chestnuts, mushrooms and ham. Mix all together adding 1 egg and 2 tbsp. camote powder or cornstarch. Stuff the chicken with the pork mixture. Place the chicken in a container and add pechay, ginger root, black pepper and water. Cook in a double boiler until tender. Serve hot with the vegetables and broth.

FILET DE SOLE EN EWANTALE

1 white fish, filets	1 bay leaf
1 or 2 tbsp. white wine	1 cup milk
a stalk of celery	1 big carrot
1 half onion	1/5 k string beans
3 eggs	6 potatoes
shrimps cooked and shelled	2 tbsp. mayonnaise

Prepare the white fish and cook with white wine, salt, water, celery, pepper, egg yolk, milk and well beaten egg white cooked in moderate oven. Cook vegetables in water. Prepare salad with string beans and potatoes. Add mayonnaise. Place in a serving salad dish putting the salad first in the form of a fan and over this place the filets as spokes of the fans, the shrimps and decorate with mayonnaise, carrots, pickles and other as desired.

ROAST BEEF WITH VEGETABLES

1/2 or one kilo roast meat	
lemon juice	salt and pepper to taste
3 tbsp. toyo	perin sauce
garnishings	butter

String beans, sweet potatoes, sweet peas, red cabbage and potato balls. Sprinkle the meat with salt and pepper and celery salt and toyo, lemon juice, water and butter. Cook in moderately hot oven 350° F for 1 or 2 hours or until tender, garnish with the vegetables and serve separately the sweet potatoes candies.

SWEET POTATO CANDIES

Boil potatoes in water, mash and add syrup. Place in a pyrex mold cover with marshmallows, and bake in moderate oven for about 5 minutes.

CUETA

1 kilo pork meat	green onions
meat of chicken breast	1/2 onion, chopped
4 dry mushroom	1 egg, 1 cup bamboo shoot
2 pieces ham	Taupe (tikuy skin)
4 tablespoon camote powder	a pinch of "gochiang" powder
a piece of pork fat	cooking oil for deep frying

Chop the pork and chicken meat and pork fat and a pinch of salt. Chop water chestnut, han bamboo shoot, dry mushroom, onion, green onion. Combine pork mixture and water chestnut mixture. Season with salt and gochiang. Add egg and camote powder. Cut the ticoy skin into 2" wide and 8" long, wrap pork mixture with leaf lard placing ticoy skin. Dip in cornstarch and egg mixture. Fry in. Cut in pieces and serve in pickled relish.

BARBECUED PORK SLICES

Split a strip of tender loin of pork lengthwise into 2 pieces. Mix together 1 tbsp. soy sauce 1 tbsp. sugar, 1 tsp. M.S.G. and 1/8 ground black pepper. Cover both sides of the mixture and marinate for 2 hours. Place them on broiler rack not too near the heat, and broil for 1/2 to 3/4 hours depending on the size of the tender loin. Turn frequently during broiling and spoon a little more of the marinade. Allow to cool. Before serving cut diagonally to thin slices.

FRENCH FRIED SHRIMP

Peel, clean and wash 2 pound fresh shrimps. Leave the tails intact, make a batter of 2 eggs, 1 cup milk, 1 cup flour, 1 tsp. salt and 1 tsp. baking powder and beat with rotary egg beater until smooth. Heat cooking oil to sizzling point. Dip shrimp in batter and fry till golden

brown. Drain on paper towels sprinkle lightly with salt and store on electric plate or in lowest possible oven, until serving time.

CAMARON EN PASTA

Chop about $\frac{1}{4}$ kilo shelled shrimps with pork fat until paste. Add lemon or calamansi juice, pepper and salt to taste, 4 or 5 tbsp. camote powder or cornstarch, 20 chopped water chestnut, green onions and 2 eggs. Mix well and fry by tbsp. spoonful until brown. Serve with pickle radish.

SWEET AND PUNGENT SHRIMP

Use $1\frac{1}{2}$ pounds fresh shrimps. Wash carefully in cold water and remove the shells. Make a deep slice down the outside curve and remove veins. Wash and dry on cloth in paper towel.

Mix together until smooth 1 cup cornmeal, 2 eggs and $\frac{1}{2}$ tsp. baking powder, $\frac{1}{2}$ tsp. salt, 1 cup water and $\frac{1}{2}$ cup milk. Dip shrimp into batter and fry in deep fat until golden brown. Transfer shrimp to a lined cooky sheet and keep hot in the lowest possible oven or a hot plate. Serve with sauce.

Sauce- Combine 1 cup vinegar, 1 cup sugar $\frac{1}{2}$ cup water, 1 tsp. M.S.G. $\frac{1}{2}$ tsp. salt $\frac{1}{4}$ tsp. brown sauce and 6 slices canned pineapple. Cut into bite size pieces. Bring to a boil for 2 minutes. Clean and cut 2 large green pepper into 8 or 10 chunks each and add to the sauce. Stir in 2 tbsp. cornstarch mixed with $\frac{1}{3}$ cup cold water and cook 3 minutes stirring constantly. Just before serving toss the shrimps and sauce together.

EGG DROP SOUP

Bring $1\frac{1}{2}$ quarts (4 cups) good well seasoned chicken broth to boil. Beat 1 egg with a fork and 2 tbsp. water until thoroughly mixed. Pour this slowly into the boiling broth, stirring well all the time. Serve hot.

MANSANA A LA PARISIEN

6 apples, meat of 1 chicken, 2 slices of ham, cut to fine pieces, 1 can evaporated milk, 1 pigs brain, 2 tbsp. white wine, 1 tbsp. butter and the chicken broth.

Cut the top of the apples and scoop the meat. Dip in water with calamansi juice. Boil the chicken ham and pigs brain. Mash the brain and season with salt and pepper to taste. Mix well saute in butter a clove of bruised garlic, 1 chopped onion. Add the mixture, milk and apple meat. Mix thoroughly. Fill the apples with the chicken mixture and bake in moderate oven for half an hour. Garnish the top with colored cooked rice and celery leaves. Serve hot.

DESSERT ZABAGLIONE

Into mixing bowl put 10 egg yolks, beat rapidly with rotary beater electric or hand and add slowly 1 cup granulated sugar. Beat until light lemon color and add slowly still beat, 1 cup marsala wine. Pour this mixture into top. of double boiler and place over boiling water. Be sure the water does not touch the bottom of the pan.

Immediately begin beating hard until the mixture is double in bulk and quite thick, about 12 minutes. Serve at once.

For a cold zabaglione, transfer to serving dishes, cool and place in refrigerator. Dr in 1 can big cherries and pour over them a little cognac or apricot brandy. Just before serving add some cherries to each dish of zabaglione.

APRICOT MARMALADE

Soak 1 pound dried apricot overnight in enough cold water barely to cover. The next day cover and cook until puffy and tender. Strain through a sieve. Use juice and all. To a cup apricot pulp add 1½ cup granulated sugar, 6 tbsp. lemon juice, 1 tbsp. lemon rind and 1 tbsp. grated orange rind. Cook over fairly high heat, stirring constantly until thick and waxy.

CAB CHIE

Dress about 6 squabs and sprinkle with salt and pepper. Submerge in toyo for several minutes fry until slightly brown. Sprinkle with M.S.G. Then cook in double boiler until tender. Before serving fry again and cut into pieces. Serve with a mixture of salt and pepper.

POLLO CON ASPARAGUS DE PECADILLO

Chop meat of one chicken, 1 can asparagus cut in cubes, 2 egg white, chicken broth. A piece of pork fat, salt, pepper and vetchin, 2 egg white. Mix the chopped chicken and chopped pork fat, 1 cup cold chicken broth and the 2 egg white. If necessary add 2 tbsp. camote powder or cornstarch. Boil the chicken broth and the asparagus diluted chicken meat and another 2 egg whites slightly beaten with 2 tbsp. water. Season with salt and pepper and vetchin. Before serving add chopped ham and chopped green onions.

TABLE I

(1) Buying and Cooking Guide for Chicken

Market Term Approximate Size - Sex	Quantity to buy Per Person	Method of Cooking
Chicken - Under 1 year old - Tender Meat		
Breiler 1 to 2½ lb. (8 to 12 weeks old)	¼ to ½ bird	Broiling Roasting Frying
Fryer ½ to 2/3 lb. (14-20 weeks old)	3/4 to 1 lb.	Frying Roasting
Rooster Over 3½ lb. (male) 5 to 9 months	½ to ¾ lb.	Roasting Frying (older Rooster 8-9 months may also be braised or steamed)
Capon 4 lb. and over (unsexed male) (7 to 12 months old)	½ to 3½ lb.	Roasting
Pullet 2½ to 5½ 1 lb. (Young hen) 4 to 9 months old)	½ to ¾ lb. depending on method of cooking	Frying Roasting Braising
One Year and Over - Less Tender Meat		
Fowl (Hen any Weight and age over 1 year)	¼ to ¾ lb.	Soup Making Braising Stewing
Cook or Rooster 3 to 6 lb. (age over 1 year)	¼ to ¾ lb.	Simmering Chiefly soup

A young bird of high quality has:

1. A red comb
2. Bright eyes
3. Smooth skin
4. Smooth, soft legs, free from spurs.
5. Plump breast and well developed thighs.
6. Supple wing joints
7. Pliable breast (keel) bone
8. Pin feathers

(2) Killing and Dressing

Keep the birds without food for 24 hours, except water given them. This makes drawing easier and fasting also improves the flavor and tenderness of the meat.

Hold the bird securely by the feet, cut the head with one stroke with a sharp knife, hang the neck down to allow the blood to run freely.

After the bird is killed, remove the feathers quickly and promptly by any of the following methods.

1. Dry-picking - pull off feathers with quick motion.
2. Semi-scalding - dip the bird up and down quick for 30-35 second in water heated to 128° to 132°F.
3. Scalding - similar to No. 2 but water is hotter, 180-190°F.

The bird may now be classified as a dressed bird. When the entrails are removed, it will be a drawn bird.

4. Remove the pin feathers with the help of a paring knife or a small tweezers.
5. Singe to remove any hair by holding the bird over a direct, smokeless flame, grasping the neck in one hand, the feet in the other and turning, the bird quickly.
6. Rub the entire body with soda or salt to remove the surface oil and soil, then rinse thoroughly with cold water.
7. Chill to about 32°F to make drawing easier.

To Draw a Chicken

1. Place the bird on a large sheet of several thickness of clean paper or on meat board.
2. Make a cut 2 inches long at the side of the shank just beyond the bone and insert an ice-pick or a hook into this openings. Lift tendons one at a time and pull them out; they will remain attached

- to the feet. Cut off the feet and use them for making excellent stock for soups and gravies.
3. Remove the oil sack at the base of the tail.
 4. Slit the neck skin down the back to the shoulder.
 5. Pull the neck out of the neck skin and cut off the neck close to the shoulder. Use it also for stock for soup and gravies.
 6. Remove the crop, gullet and windpipe by cutting at the point where they enter the body.
 7. Make an incision along a line from $\frac{1}{2}$ inch below the end of the breastbone to the vent, cutting through the body fat.
 8. Insert the forefinger into the cut and circles around the intestine leading to the vent (cutting off the gullet and windpipe from the neck and cutting around the vent loosens the entire intestinal tract so that it can be removed intact).
 9. Insert two fingers into the body cavity and pull out the gizzard until all the entrails come out in one piece.
 10. Cut the gizzard away from its two attachments. Remove the inner sac of the gizzard by making an opening into one of the thick sides.
 11. Cut the heart from the rest of the entrails and place it with the gizzard.
 12. Remove the gall bladder carefully from the liver.
 13. Rinse the giblets and the inside of the body cavity and remove every bit of clinging viscera, the spongy lungs and the kidneys that are inside the back cavities.

To Cut-Up Chicken

1. Wing the bird--slash thru skin, flesh and joint.
2. Remove legs by cutting skin from leg joint near the back around to and near tail. Cut thru joint.
3. Divide bird into a back and breast by cutting thru skin follow a straight line thru the ribs to about 1 inch below vent. You may leave back and breast whole or cut into three or four pieces. Leave legs as it is, or divide them into drumstick and thigh by cutting thru joint.

General Directions for Preparing Poultry for Cooking

- A. Wash the drawn poultry thoroughly, using a brush.
- B. If there are any pinfeathers, remove them.
- C. Singe if necessary.
- D. If the method of cooking requires cutting, cut in appropriate pieces.
- E. If poultry is not to be cooked immediately, do not salt it before storing in a cold place.

(3) Methods of Cooking

- A. Broiling. A chicken to be broiled whole or cut into halves.
 1. The chicken to be broiled may be steamed before cooking. This relaxes the muscles, makes the joints supple, and insure a thoroughly cooked product.

Steaming may be done:

- a) In a steamer
- b) In a roaster. Pour about 2 c. hot water into a roasting pan and place the chicken on a rack in a pan. Do not let the chicken touch the water. Cover and leave in a moderately hot oven - 375° F (191° C) for about 30 minutes.
2. Place the chicken on an oiled broiling neck with the skin side away from the fire first. Turn the chicken frequently.
3. After 10-15 minutes sprinkle with salt and pepper. Brush with melted fat if any portion seems dry.
4. Continue cooking until the chicken is tender and brown.
5. Time required for broiling is 20 to 30 minutes.

B. Barbecuing: As the chicken broils: brush frequently with sauce as follows:

$\frac{1}{4}$ C butter	$\frac{1}{2}$ cup catsup
2 T lemon juice	$\frac{1}{2}$ tsp. salt.
a dash cayenne	

1. Melt the butter and add other ingredients.
2. Blend thoroughly and keep the sauce hot.

C. Frying. A chicken for frying may be cut into quarters or into smaller pieces.

1. Chicken to be fried may be steamed before it is brown in fat. (Follow directions under broiler for steaming)
2. Roll the pieces of chicken in seasoned flour and fry, using $\frac{1}{2}$ inch of fat in a frying pan or deep fat in a frying kettle with fat heated to 360° F (182° C).
3. Drain on unglazed paper sprinkle with salt and pepper.

D. Roasting or Stuffed Roast - Capon or turkey are suitable. After killing and dressing a chicken or turkey.

1. Sprinkle the inside part of the body and boneless neck with salt and pepper.
2. Stuff loosely using any desired stuffing, such as bread crumb, corn-bread, nut, celery, or oyster stuffing.
3. Tie neck, wings and thigh close to the body (Trussing) Place a chicken on a rack in a roasting pan, cover (about 35 minutes per pound)

E. Fricasseeing:

1 Fowl Seasoned flour	2 C water herbs
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1. Cut fowl into pieces as desired; roll the pieces in seasoned flour and cook to a rich brown in enough fat in a frying pan to prevent sticking.
2. Transfer to a casserole; add 2 cup water and a branch herbs tied in a piece of cheese cloth. (Sweet marjoram, thyme, celery leaves and parsley make a good combination).
3. Cover and bake in a moderate oven - 350 F until tender or simmer over direct flame. This requires from 1½ to 2 hours.

Arroz a La Valenciana

1 young chicken	2 stalks green onion
1 can tomato sauce or paste	1 onion, chopped
2 tablespoon fat	1 clove garlic, bruised
2 to 3 cups rice, boiled	1 bay leaf
1 chorizo, bilbao	1 small box raisins
2 green and red pepper	2 tablespoon paminton or turmeric

Kill and dress chicken and cut into small pieces. Clean well and boil until half-cooked. Separate the meat from the bones. Saute garlic, onion and chicken meat. Add sausage cut into pieces, bay leaf, paminton, tomato sauce, and green and red pepper cut into strips. Then add boiled rice, raisin and peas. Season with salt and pepper to taste. Transfer to a platter and decorate the top with coarsely green onion and slices of hard cooked eggs.

Note: The chicken may be boiled in vinegar, garlic, salt and pepper. See recipe for adobo, then add the rest of the ingredients.

Chicken Chop Suey

1 Chicken, cut into pieces	1 chayote, pared and sliced
1 c. bamboo shoot, shredded	1 bunch celery (green)
1 small head cabbage	2 tbsp. fats
1 cm. cube fresh ginger	1 tbsp. flour
1 onion, sliced	½ K. pork
1 carrot, sliced	

Saute garlic, ginger, onion, pork and chicken when almost tender. Add vegetables. Stir in one cup stock. Thicken the broth with flour. Season with soy sauce before serving.

Cosido

1 small chicken	½ kilo beef (brisket)
1 can tomato	1 cup grabanos (cooked)
1 small head cabbage quartered	¼ kilo string beans
4 saba (banana)	2 radishes scrapped and cut into pieces
salt and pepper to taste	2 potatoes, pared and cut into quarters, garlic, (minced) purico or other kind of fat.
1 onion	

½ kilo beef (brisket)
1 cup grabanos (cooked)
¼ kilo string beans
2 radishes scrapped and cut into pieces
2 potatoes, pared and cut into quarters, garlic, (minced) purico or other kind of fat.

Boil chicken and beef together. Sauté garlic and onions; add tomato sauce. When chicken and beef are almost tender, add to sautéed tomato. Boil cabbage, salsas, string beans, radishes, potatoes separately. Then add all vegetables to the sautéed mixture. Arrange on a platter and serve hot.

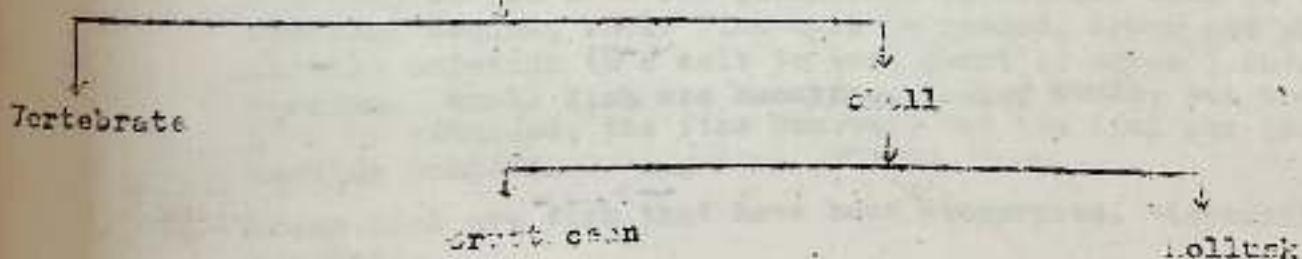
Chicken Rellenado

1 boned chicken	1 box raisins
1/2 lb. ground pork	1 small can peas
Ground meat of the chickens	2 cloves minced garlic
1 oxford sausage, chopped	1 onion chopped fine
1 small can vienna sausage, sliced	2 T chopped pickles
1 c. fresh bread crumbs	2 T toyo
2 eggs	1 lemon or calamansi juice
	salt and pepper to taste

Boning the chicken to be demonstrated. Soak the boned chicken in 2 T toyo and 1 T lemon juice. Mix all the ingredients in one mixed bowl. Stuff the chicken with the mixture loosely. Sew all the openings. Place in a greased loaf pan that holds the chicken snugly, keeping the body from spreading. Rub the whole body with butter or margarine. Bake in moderate oven 350°F for at least one hour depending upon the size of the chicken.

Fish Cookery

Classes of Fish. There are two main classes into which fish may be grouped, as follows:



Vertebrate fish, illustrated by milkfish, mackerel and tunas, have a backbone and fins. Shell fish have bodies more or less completely covered with a shell. Differentiating features between crustaceans and mollusks are: Crustaceans, to which class the lobster and crab belong, have hard shells over the back portion of the body and over the claws but softer shell for protection of the under parts of the body and legs; mollusks have two shells of the same size and shape, usually hard, which are ordinary held tightly closed. Clams, oysters and scallops are examples of the mollusks shellfish.

Components and food value

Aside from water, protein, occurs in largest amounts around 15 to 20% by weight of the flesh. The most marked difference in foodstuff among fish of different varieties is the fat component of the flesh which causes the fish to be classified into (1) those with very little fat distributed throughout their flesh, (2) those with medium amount of fat and (3) those with large amounts of fat. Fish is devoid of carbohydrate except shell fish which contain an appreciable amounts of glycogen which is present in the muscles that control the opening and closing of the valvular shells. Mineral content comprises from 1 to ½ percent of the flesh and iodine is of special significant. Compounds of calcium, of magnesium and/or phosphorous are widely distributed in fish of all kinds. Iron and copper are present in good amount in oyster and shrimps. As to Vitamin content, the fish flesh contains fair amounts of thiamin, riboflavin and some niacins and the liver is a good source of Vitamin A and D. The cooking of fish presents certain problems which differ from those of other meat cookery. Fish contains protein which behaves as does the protein in any muscle fiber but the connective tissues is present in smaller amounts and consists largely of collagen. Therefore fish requires a shorter cooking time than other muscle foods.

Forms of Fish

Here are the most important forms of fresh and frozen fish and what they mean.

1. Whole (or round) fish as they come from water. Fish marketed whole are usually varieties that keep best without dressing, but they should have the gills removed because this is where spoilage begins, whole fish must be scaled, drawn and washed in salt solution ($\frac{1}{2}$ c salt to each quart of water) before cooking. Small fish are sometimes cooked whole, but they may also be beheaded, the fins removed, and the fish cut into serving portion.
2. Drawn fish are fish that have been evicated. (entrails removed).
3. Dressed fish are fish that have been scaled and drawn and have the head, tail and usually the fins removed. Large fish may be baked whole, but frequently are split or cut into steaks, or fillets.
4. Steaks are cross-sections of a large dressed fish, such as salmon, grouper or mackerel.
5. Fillets are the meaty sides of fish cut lengthwise away from the backbone. They are practically boneless and are ready for cooking with no further preparation.
 - (a) A single fillet is one side of a fish.
 - (b) A butterfly fillet is the two sides of the fish held together by the uncut belly of the fish.

Shell Fish

Shellfish are bought in three general ways, live in shell, cooked meat or shucked.

Live in Shell - crabs, lobster, clams and oysters purchased in shell should be very much alive.

Cooked Meat - The edible portion of cooked shellfish, picked from the shells and ready to eat. Crabs, shrimps and lobsters are the shell fish that are marketed in this way.

Shucked - The raw fish are removed from the shells and kept on ice until sold. Oysters, clams, shrimps and scallops are often sold in this way.

Buying Fish

Never compromise on the quality of fish--when you buy it, buy the best. Not necessarily the most expensive, but most emphatically buy top quality, whether fresh or frozen. And cook it the same day, if possible. Frozen fish that is prepared by a reliable concern, and transported and stored by a reliable dealer so that it is at zero temperature at all times, will be as fresh as the day it was frozen.

Fresh fish of top quality has a fresh appearance and no objectionable odor. The flesh of the fish should be firm, moist and elastic, and the eyes bright and full and never sunken. If the gills have not been removed (a practice that is very highly recommended for good keeping) they should be reddish pink, choose a reliable dealer on whom you can depend for top quality and honest judgment. Beware of fish "bargain."

How to Clean, Prepare and Store Fish

1. Remove gills from freshly caught fish at once and from bought fish as soon as possible to preserve freshness. Spoil starts at the gills. The sooner they are removed, the longer fish remains fresh smelling.
2. When cleaning fish if possible wear plastic coated gloves or dip hands in salt to prevent fish from slipping from your grasp.
3. Hold fish firmly near tail and scrape off scales with a sawtooth knife, working from tail toward head. Soak whole fish in water a few seconds before beginning and scales will come off easier.
4. Do not trim the fins off, but cut into flesh on each side of the base of the fin. This permits easy removal of the fin and the fin bone either before or after cooking.
5. Cut a slit in the fish's belly from heat to tail, then lift out entrails intact. Be sure to remove the heavy vein (blood line) that runs down the back bone.

6. Wash quickly in cold water. Drain thoroughly.
7. Cut off head and tail if desired.
8. To bone fish or make fillet, start at the tail and run a sharp knife close on the backbone the entire length of the fish. Keep the blade of the knife pointed downward the bone. Repeat on other side.
9. Wrap fish tightly in waxed paper and store in the meat compartment, or directly below the ice-compartment. Plan to use fish the same day whenever possible.
10. Frozen fish may be held in the freezing compartment for a day or so and then allowed to thaw in the refrigerator just before ready to use. Do not refreeze when once thawed.
11. To remove fishy odors from hands and utensils, rub with moistened salt before using any soap. Rub hand with calamansi juice and rind for the final touch.
12. Left-over fish, raw or cooked, should be stored tightly covered in refrigerator. The habit of using cold left-over fish flaked in salad rather than reheating is sound.

General Directions for Preparing Fish

1. Remove any scales which have not been removed at the market.
2. Fins, head, and tail are usually removed. However, some people prefer to leave them on in certain methods of cooking. A pair of heavy shears is the best implement to use for removing them.
3. Remove any organs remaining in the fish.
4. Wash or wipe the fish side and out, using a cloth wrung from cold water.

Methods of Cooking Fish

1. Boiling, "Boiled" fish like "boiled" eggs is a misnomer since the water must never boil. Simmering fish produces the best flavor, texture and appearance. Simmering should continue only long enough for fish to be cooked thoroughly and still holds its shape.
(a) Fish Sinigang.

Ingredients:

1 medium size fish (Bangus, Alugasin, Agoot or sapsap)
6 medium ripe guava
3 cups water
salt to taste

Prepare the fish for cooking (See General Directions) pare and slice the guava and mash with salt. Add water and bring to boil. Drop the fish and allow to simmer until the fish is cooked. Serve hot.

(b) Pesang Dalag; Lapu-lapu, etc.

1 medium sized mudfish
2 to 4 cups water

A piece of ginger (1 cm cube) pared and pounded
Green onions cut into pieces from a bulb.

A portion of cabbage, 1 pechay plant

Pepper corn - 10-12

Potatoes 2 medium size, pared and cut into
4 to 6 pieces.

Boil all the ingredients except the fish. When the vegetables are partly tender add fish and allow to simmer until done. Season with salt. Serve with Tajuri Sauce or patis with calamansi juice

Tajuri Sauce

1 or 2 cakes tajuri (bean curd)
2 cloves garlic pounded
2 or 3 ripe tomatoes, chopped
2 tbsp. fat

Saute garlic and tomatoes, add tajuri that had been mashed. Add enough broth from the "Pesa" to serve as sauce. Allow to simmer.

(c) Delicious Boiled Fish

1 pound fish	1 tsp. salt
1 cup boiling water	½ tbsp. lemon juice
12 pepper corn	1 tbsp. sugar
1 sprig parsley	1 tbsp. flour
½ bay leaf	1 tbsp. cold water
	1 egg yolk

Prepare fresh fish (See General Direction) Lay fish in a sauce pan. Add next five ingredients, cover, place over low heat and simmer 20 to 30 minutes. Drain off liquids and strain. Put this into another saucepan, add lemon juice, sugar and flour mixed to a smooth paste with cold water. Cook slowly, stir constantly to keep smooth until mixture boils. Beat egg yolk, stir, in a little of the hot sauce, return to mixture in saucepan; continue cooking and stirring another minute. Serve fish in a hot dish with sauce poured over it. Garnish with parsley.

II. Broiling:

1. Remove head, fins and tail if desired.
2. Bone the fish.

3. Sprinkle with salt and a little pepper and lay skin side down on a well-oiled broiling rack.
4. Cook until tender and brown; turn and broil long enough to make the skin crisp.
5. Serve with drawn butter sauce and garnish with lemon.

III. Baking:

1. Remove, head, fins and tail if desire.
2. Bone as directed above. Weigh.
3. Wipe with a damp cloth; sprinkle the inside with salt and stuff. Wind with string.
4. Lay 2 or 3 pieces of bacon on a well-oiled rack in a baking pan; lay the fish on this and put 2 or 3 strips of pork or bacon on the fish.
5. Bake in a moderately slow oven - 325°F allowing about 10 min. per pound.
6. Serve with Hollandaise sauce and garnish with water cress and tomato wedges.

IV. Frying:

1. Use a fish steak or small fish. Sprinkle with salt and pepper, dip in flour, egg, and crumbs.
2. Fry in deep fat at 375°F or (191°C) for 3 to 5 min. or until it is an even, golden brown.
3. Drain, serve with mafran or catsup.

(1) French - Fried shrimps

1 lb. fresh shrimps	1 tsp. sugar
½ C flour	½ tsp. salt
½ tsp. baking powder	1 egg
	¼ c. water

Clean but do not cook fresh shrimps. Sift flour, measure and resift with baking powder, sugar and salt into mixing bowl. Beat egg, add water and add to flour mixture stir just enough to blend. Drop 3 or 4 (if small) raw cleaned shrimps into batter at a time. Lift out into frying basket, then lower into deep fat heated to 360°F; fry to a delicate golden brown.

RELIENONG ALIMASAG (Stuffed Crabs)

15 crabs
3 or 4 medium sized ripe tomatoes, chopped
1 onion, chopped
2 cloves garlic, bruised
3 eggs, well beaten
¼ tsp. pepper

Boil the crabs and separate the meat from the shell. Clean the shells by removing the sharp points and the sides. Sauté the garlic and onion, then add the tomatoes. Cook for five minutes then add the crab meat and stir well. Season with pepper and salt to suit the taste. Remove from the fire. Fill the crab shells with the mixture and cover the top with the well beaten eggs. Fry but do not invert but just pour the hot fat on top until it becomes brown. Serve hot.

FRITONG HIPON (Fried Shrimps)

10 medium sized shrimps	2 tsp. baking powder
½ c. flour	salt and pepper to suit the taste
½ c. cornstarch	½ c. water
	Enough fat for frying

Shell the shrimps but leave the tails intact. Remove the intestine at the back by making a straight cut at the back. Season with salt and pepper and allow to stand for a few minutes. Add a teaspoon salt. Dip each shrimp in the flour mixture and fry in deep hot fat until golden brown. Serve with papaya or radish pickle or with tomato sauce.

OYSTER FRITTER

1 c. shelled oysters, fresh	2 eggs
6 tbsp. flour	salt and pepper to
1 green onion bulb, chopped	taste fat for frying

Clean and drain well the oysters. Mix with the chopped green onion and season with salt and pepper to taste. Mix the flour and the beaten eggs and season with salt and pepper. Add the oysters mixture. Fry by spoonful in deep enough fat. Serve with tomato catsup.

Lumpia Fish

1 cup (packed) flaked boiled fish (left over will do)	
1 cup chopped sincamas	
1 small box raisin	
1 onion medium size chopped	
1 tablespoon flour	
salt and pepper to taste	
12 - 15 lumpia wrapper (small size)	
enough fat for frying.	

Mix all the above ingredients and wrap neatly in small portion in each lumpia wrapper. Fry in hot fat 360° F until golden brown both side. Serve with vinegar sauce or sweet sour sauce.

Stuffed Bangus (No. 1)

1 big bangus

2 or 3 med. size tomato

2 slices bacon, chopped
coarsely
salt to season

Clean the fish and split the back from the base of the head to about 1 inch to tail. Remove entrails and clean the inside very well. Rub with salt and calamansi juice. Fill with the bacon-tomato and onion stuffing season with salt. Wrap in banana leaf and roast over a bed of live coals or in the oven for 45 min. to 1 hr. Unwrap and broil both side to brown.

Stuffed Bangus (No. 2)

1 big bangus

1 potato pared and diced

2 to 3 ripe tomatoes

2 tomatoes, chopped

2 eggs

1 small box raisins

2 cloves garlic, pounded

1 onion, chopped

2 tbsp. flour

Salt and pepper to taste

Bone the fish after cleaning. Simmer the flesh with one or 2 tbsp. water. Remove all spines. Sauté garlic, onion, tomatoes and potatoes. When potatoes are cooked add fish, meat and seasoning. Before removing from fire add raisins. Transfer to a bowl. Add flour and eggs for binding. Stuff the fish with the mixture. Close the opening then fry or bake. Rub the fish with flour if to be fried. Rub with margarine if to be baked. Bake in moderate heat for about 45 minutes or 1 hr. Garnish with lettuce, boiled potatoes, and slices of ripe tomatoes with a little French Dressing.

Sauces for Fish

1. Sweet Sour Sauce

1½ tsp. cornstarch

1½ tsp. sugar

1½ tbsp. vinegar

3/4 cup water

1 tbsp. soy sauce.

Mix cornstarch and sugar in a saucepan. Add water gradually and blend until smooth. Heat to boiling, add soy sauce and vinegar and simmer 1 minute. Serve hot.

2. Tartar Sauce (Approximately 3/4 C.)

½ C. mayonnaise

½ tbsp. chopped parsley

½ tbsp. pickle, chopped

½ tbsp. chopped olives

½ tbsp. capers

Onion juice

Mix all ingredients except the mayonnaise. Combine mayonnaise with the mixed ingredients.

3. Bernaise Sauce (Approximately 1 C)

1 tbsp. onion	2 egg yolks
1/4 C vinegar	1 tbsp. chopped parsley
1/2 C butter	Salt and cayenne to taste

- (1) Cooked chopped onion in vinegar until the volume is reduced to about 1 tbsp.
- (2) Add 1/3 butter and egg yolks.
- (3) Stir with a wooden spoon over hot water until thick.
- (4) Add the remaining butter and blend.
- (5) Add chopped parsley, season with salt and a dash of cayenne, serve hot.

4. Bercy Sauce (Approximately 1 1/3 C.)

3 tbsp butter	2 tbsp flour
1 tbsp chopped onion	1 C fish or chicken stock
	1/8 tsp. salt

Melt 1 tbsp. butter and cook the onion 3 or 4 min. Add flour and blend. Add the stock slowly, stirring to prevent lumping and cook until thick. Add the remaining butter and salt.

Hollandaise Sauce

2 egg yolks	Margarine or vegetable
1/4 tsp. salt	shortening
Dash cayenne	1 tbsp. lemon or calamansi
1/2 C grrated butter	juice

Beat egg yolk until thick and lemon colored. Add salt and pepper. Then add 3 tbsp. melted butter, a little at a time, beating constantly with the beater. Then slowly beat in rest of butter alternately with the lemon juice. Serve with vegetable or fish

6. Sweet-sour sauce :

2 cloves pounded garlic	1/2 tbsp. cornstarch
2 tbsp. vinegar	1/2 cup water
1 tbsp. sugar	salt and pepper to taste
2 tsp. toyo	

Sprinkle a little salt in an oiled frying pan, and cook the garlic until golden brown. Remove the garlic from the frying pan. Put the vinegar, sugar, toyo, cornstarch and water. Cook until thick while stirring. Season with salt and pepper.

(Tagalog Names for Various Common)
Philippine Fishes

English

Most Used Tagalog Name

Anchovy	Dilis
Barracuda	Asugon and Torsilyo
Big Eyed Herring	Dilat
Big Eyed Scud	Matang baka
Bisugo	Bisugo
Cassio	Dalagang-bukid
Carpa	Carpa
Catfish	Hito (fresh water) and Kanduli (salt water)
Cavalla	Talakitok
Crab	Alimango
Eels	Igat
Gizzard Shad	Kabasi
Gobbies	Biyang Pute
Grouper	Lapu-lapu
Hairtail	Balila
Lizard fish	Kalaro
Milk fish	Bangus
Oyster	Talaba
Mullet	Banak
Murrel	Dalag
Porzy	Bitilya
Ray	Pagi
Red Snapper	Maya-maya
Short Bodied Mackerel	Hasa-Hasa
Shrimps	Hipon
Slipmouth	Sapsap
Spanish Mackerel	Tangigi, Tangguigui (Spanish)
Spiny Lobster	Danangan
Spotted Grunt	Ago-ot
Squid	Pusit
Striped mackerel	Alumahan
Tuna	Tulingan
Turbot or Sole	Kalangaw and Lapad

SHRIMPS WITH PINEAPPLE

1 pound fresh shrimps	6 slices pineapple
1/2 cup flour	1 can pineapple chunks
2 eggs	1/4 cup sliced mixed pickles sliced
1 teaspoon salt	pineapple syrup
2 teaspoon soy sauce	
2 tablespoon vinegar	

Shell the shrimps and remove the veins running along the back. Make a smooth paste of eggs, salt and flour with enough water to make medium thick balter. Dip the shrimp one by one into the balter and fry until golden brown. Drain in a collander or strainer. Saute in one tablespoon cooking oil the pickle pineapple and vinegar and pineapple juice. Add soy sauce and sugar. Add green onions and thickening made of one tablespoon cornstarch and one tablespoon water. When boiling pour over the shrimps and serve hot.

CURRIED SHRIMPS

1/2 cups minced onion	1/4 teaspoon pepper
2 tablespoon flour	1/2 teaspoon salt
1 bay leaf crushed	1-6 1/4 ounce can tomato paste
1/2 cups diced celery	3 cups water
1 teaspoon minced parsley	2 tablespoon butter
1/2 cup minced green pepper	1/2 tsp. curry powder
dash of cayenne	

Cook in butter the onion until yellow. Blend the rest of the ingredients, cooking slowly, stirring occasionally until thickened about thirty minutes. Stir in two cups shelled shrimps.

FRIED SHRIMPS

20 medium sized shrimps
1/2 cup flour
1/2 cup cornstarch
2 teaspoon baking powder
salt and pepper to taste
1/2 cup water

A little achuete water for coloring. Enough cooking oil for deep frying.

Shell the shrimps but leave the head intact. Remove the intestine along the back by making a straight cut along the back. Season with salt and pepper and allow to stand for a few minutes. Mix the flour cornstarch, baking powder. Add a teaspoon salt. Add little achuete water to color. Dip each shrimp into the mixture and fry in deep fat until golden brown. Serve with papaya or radish pickled or with sweet sour sauce or tomato catsup.

FISH CROQUETTE

½ kilo potatoes boiled peeled and mashed
1 C flake fish (cooked labahita, tanguingue or any left over fish)
1 tsp. garlic peeled and pounded
1 onion sliced
2 ripe tomatoes sliced
1 egg beaten
½ cup bread crumbs
salt and pepper to taste

Add a little milk to mashed potatoes and 1 tsp. salt. Saute garlic, onions and tomatoes in 3 tbsp. cooking oil. Add flaked fish. Season with salt and pepper. Remove from heat.

Form small balls out of the mashed potatoes and fish mixture. Roll in bread crumbs, dip in beaten egg and fry in a hot fat until golden brown. Serve with catsup or mayonnaise.

STUFFED FISH (RELIENONG ISDA)

1 large milk fish	1 onion chopped
1 small package seedless raisin	1 medium sized potato pared and cube
2 medium sized ripe tomatoes, chopped	1 tablespoon toyo and juice or one of lemon
2 cloves garlic, minced	

Clean the fish and pound several times to soften. Make a cut along the back from head to tail. Scrap the flesh from the skin. Boil the flesh with little water and salt and lemon juice. Flake the meat and remove the spines.

Saute garlic, onion, tomato, potatoes and the fish meat. Add raisins and season with salt and pepper to taste. Remove from the fire and stuff it into the fish after mixing it with about two tablespoon flour and one small egg. Sew the opening. Rub with flour and fry or rub with oil or margarine and bake. Place in a platter and garnish with slices of tomato and egg.

PESCADO EN BLANCO

1 medium white fish	20 boiled shrimp
2 potatoes cut into balls	1 can asparagus
1 onion quartered	2 tbsp. grated cheese
1 cup water	1 red pimiento
	salt and pepper to taste

Saute onion and potatoes. Add water. Carefully put in the fish which has been cleaned and season with salt. Boil until done. Place fish on a platter and decorate with the vegetables, asparagus and

shrimps. Thicken the broth with 1 or 2 tbsp. flour and pour over the fish sprinkle with the grated cheese. Use the red pepper cut into strip to tie the asparagus.

FISH ARMONDIGAS

1 fish (bisbid)	1 clove garlic bruised
2 eggs	1 minced onion
3 or 4 cups water	pepper leave or misua
salt and pepper to taste	

Clean the fish and open along the back. Scrape out the flesh. Remove the spines. Mash the meat with the egg. Sauté the garlic until golden brown. Add the onion, then the water. Drop the fish in small balls into the boiling liquid, five minutes before removing from fire add the pepper leaves or misua, season with patis or pepper.

FISH CROQUETTES

1 cup flaked fish	10 potatoes boiled and mashed
2 cloves garlic	2 eggs
1 small onion chopped	6 tbsp. broad crumbs
3/4 cup milk	pepper to taste
1 tsp. salt	2 tbsp. fat

Sauté garlic, onion. Add fish, salt and pepper. Add potatoes and milk. Cook until dry. Add butter and chopped green onions. Mix well and shape into croquettes. Dip in slightly beaten egg then in bread crumbs. Fry in hot fat until brown. Serve the sauce or catsup.

Note -- Dalagang bukid, labahita, galunggong may be used.

FISH LOAF

2 cups flaked fish	1 slightly beaten egg
1 tbsp. lemon	1/2 cup chopped celery
1 cup medium	1 can peas (6 oz.)
White sauce	1 small box raisins
1/2 cup milk	2 tbsp. chopped red pepper
1 1/2 tsp. salt	

Add lemon to flaked fish and the remaining ingredients. Mix well. Bake in a greased baking dish in a moderate oven 350 F for 30 minutes until set and brown. Serve with medium white sauce.

BAKE FISH WITH CHEESE

Clean the fish and place in a baking dish. Sprinkle with pepper dot with butter and pour over a mixture of milk and water enough to cook the fish. Bake for about 20-30 minutes or until fish is done.

Serve with "cheese celery sauce" made as follows. Melt 1tbsp. butter, add 3 tbsp. flour mixed with salt and pepper to taste. Stir well, Pour $\frac{1}{2}$ cup milk and $\frac{1}{2}$ c water gradually, then add 1 cup celery until thick. Add cheese $\frac{3}{4}$ c just before removing from the fire.

FISH WITH EGG SAUCE

3 tbsp. butter or margarine	dash of pepper
4 tbsp. flour	2 hard cooked eggs
1 can evap. milk	$\frac{1}{2}$ cup peas (optional)
1 tsp. worcestershire sauce	

Heat butter in a sauce pan. Add flour and blend well. Add milk stirring constantly. Add seasoning. Add chopped egg peas. Pour over the fish. Serve hot.

FILLET FRIED FISH

Marinate several pieces of fish for 30 minutes. Drain and dip in salted flour, then in beaten egg lastly in fine salt mixed with pepper and bread crumbs. Leave on ice for 15 minutes and then fry in hot fat. Serve hot.

GALUNGGONG ALA SARDINE

$\frac{1}{2}$ kilo galunggong
1 regular size onion
 $\frac{1}{2}$ cup tomato sauce
tsp. black pepper
1 tsp. salt

Clean the fish and put in a pressure cooker. Add the rest of the ingredients and cook under pressure at 10 pounds for 30 minutes.

BAGOONG GALUNGGONG

Mix one part salt and three parts fish. If develops cheese like flavor. Again still improve the flavor.

BAGISARA

2 tbsp. cooking oil	2 cups halaan
4 cloves garlic juiced	1 cup calabasa, cubed
1 onion sliced	1 cup kangkong tops
1 cm. cube ginger pounded	1 tbsp. salt
2 cups rice water	$\frac{1}{4}$ calamansi juice

Saute garlic, onions and ginger. Add rice washing. Cover and boil. Add calabasa, tulla or halaan and kangkong leaves. Cook until vegetables are tender. Season with patis and serve with patis and calamansi.

DILIS FOR THE TAWI

1. Dilis Adobo

1 C dilis	1/3 c water
3 cloves garlic	salt to taste
bay leaf to taste	3 onion (native)
3 tbsp. vinegar	ginger (segment) optional

Place all the above ingredients in a sauce pan and let it boil. Don't stir for the dilis will be broken to pieces. Continue cooking until all the water evaporates. Then transfer to a frying pan and fry in small amount of lard until slightly brown.

2. Suam

1 C dilis	1 bundle misua
3 cloves crushed garlic	a piece of ginger
3 native onion sliced	salt to taste
lard - 2 tbsp.	

Saute the garlic, onion, ginger and dilis. Add enough water and let boil. Add the misua and boil until cooked. Do not stir too much to prevent breaking the dilis to pieces.

3. Dilis Bicang bicang

Dilis $\frac{1}{2}$ C
tomatoes - 2 small pieces
onions - 2 small pieces
ginger - 1 small pieces
salt to taste
flour - tbsp.

Wash the dilis, remove the head, bones and intestines. Chop the tomatoes, onion and ginger. Add the ingredients to the dilis including flour and salt to taste. Form into balls and fry in deep fat.

4. Dilis Bagoong

Dilis - 65 grams
salt - 22 grams
angkak and wine

Weight the dilis and wash well. Drain. The weight of salt to be added must be $\frac{1}{3}$ of weight of the fish. Put mixture in a clean dry jar with cover. Set aside for three days to allow fermentation to take place. Add angkak pounded and wine if desired.

5. Dilis Pinangat

Dilis
Vinegar or calamansi
salt
banana leaves

Wash the dilis. Remove the head and intestines. Add salt. Wrap in banana leaves. Put in a saucepan with vinegar and salt. Cook.

6. Dilis Kinalao (Relish)

$\frac{1}{2}$ C fresh dilis
3 T vinegar (sukang iloco)
2 T sibuyas Tagalog
dash of pepper
1 clove garlic, crushed

Remove the head and bones and clean fish. Mix onions, garlic, dilis and vinegar. Add a dash of pepper to taste.

7. Dilis Sinciado

2 cloves garlic
 $1\frac{1}{2}$ C dried dilis (toasted)
1 head onions
3 tomatoes
lard

Mince the tomatoes and onions. Crush the garlic. Saute garlic, onions, tomatoes and toasted dilis. Serve hot.

8. Dilis Lumpia

1 C dilis	$\frac{1}{2}$ box raisin
$\frac{1}{2}$ C chopped onions	3 cloves bruised garlic
$\frac{1}{2}$ C dried potatoes	pepper and salt to taste
lumpia wrapper	2 T flour

Remove head, bones and intestines, clean the fish and chop (fish maybe boiled, first before chopping). Fry potatoes. Mix onion, potatoes, raisin, garlic, pepper, salt and flour to the dilis. Wrap 1 tbsp. of mixture in a lumpia wrapper and make into small roll. Fry in deep fat. Cut into three small pieces. Serve hot with vinegar and salt.

9. Dilis Kilawin

1 C dilis	
3 cloves garlic (bruised)	salt to taste
1 onion chopped	$\frac{1}{4}$ C vinegar
	2 T water

Remove the intestines and wash the fish until clean. Saute garlic and onion and add dilis add water, vinegar and salt. Boil until done.

10. Dilis Binalot

$\frac{1}{2}$ C dilis
3 cloves garlic
dash of pepper
banana leaves
salt to taste
3 T vinegar

Remove head and intestine and clean the fish. Mix the crushed garlic, pepper and salt. Then wrap in banana leaf. Add 2 T of water and 3 T of vinegar in a saucepan to the wrapped dilis and cook until done.

11. Dilis Guinatan

$\frac{1}{2}$ C dilis (fresh)
2 C coconut milk
3 mustaza leaves
1 small tomato sliced
1 small price garlic
dash of pepper

Remove heads and intestines of dilis. Sprinkle fish with salt and pepper. Add slices of tomatoes to the fish. Wrap in mustaza leave and cook in coconut milk until done.

12. Dilis Sicharon

24 fresh dilis, clean and remove the spines. Salt a little and dry a little. After soaking in cornstarch. Fry until brown and crisp. Use as appetizer.

13. Dilis Uyoy

$\frac{1}{2}$ C dilis	1 C grated squash
$\frac{1}{2}$ C flour	1 onion sliced thin

4 T cornstarch
Clean the dilis and salt it. Mix squash, flour, cornstarch and onion. Add $\frac{1}{2}$ C water and mix well. Place a portion of the squash mixture in a small saucer. Spread evenly. Place 3 or 4 dilis on top. Slip into hot fat and fry until golden brown and crisp. Serve with vinegar and garlic sauce.

14. Dilis Frito

½ C. dilis	6 T. Water
½ C. flour	½ tsp. salt
½ C. cornstarch	

Clean the dilis. Salt it and arrange 3 or four in a toothpick. Mix cornstarch, flour, water and salt. Dip the dilis in flour and cornstarch mixture and fry.

ADDITIONAL RECIPES

FISH TALUBUBO

fish (Quitang, samaral or tilapia)	young leaves of alagaw 3 or 4 slice fine
3-4 ripe tomatoes	1 egg beaten slightly
1 onion chopped	
2 cloves garlic bruised	

Clean fish, salt and fry, chop the tomatoes, saute garlic. Add onion and tomatoes. Add little water. Add the alagaw-leaves. When season with salt or pepper.

PIPIAN (fish recipe)

Lapu-Lapu, talakitok, mamali, pampano or apahap	1 chopped onion
½ C. roasted ground rice	2 cloves garlic bruised
2 C. coconut milk	3 chopped tomatoes
½ C. ground peanut or equivalent peanut butter	

Clean and fry the fish, saute garlic, add onions then tomatoes, stir a while then add the coconut milk, ground peanut butter. Add the fried fish. Season with patis. Serve hot.

CAMARONES RELLENADO

20 big shrimp	camote powder or corn starch
3 water chestnut	a piece of raw pork fat
½ C. bamboo shoot	untosinsal
a piece of ham chopped	2 eggs beaten
onion leaves	toyo

Shell the shrimps leaving tails intact. Cut all ingredients in thin slices. Mix with toyo and camote powder. Fill the back of the shrimps which have been sliced into halves, with mixture. Wrap in a piece of untosinsal which has been divided into pieces big enough to wrap the shrimp. Dip each in egg and gawgaw mixture. Fry in hot fat. Serve with pickle radish.

FRUITS SALAD

1 can pineapple
1/3 K. grapes
1 can peach
3 oranges
3 apples

Slice fruits, drains and arrange in mold with gelatine.

GELATIN FOUNDATION

1 box knox gelatin	3/4 C. sugar
3 cup hot water	1/2 C. lemon or calamansi juice
1 tsp. salt	

Soak gelatin in cold water. Add the boiling water, and the rest of the ingredients. Stir until dissolve. Color if desired. Place in the refrigerator to set. May be serve with or without sauce.

SAUCE FOR FRUIT SALAD

4 egg yolks	
4 tbsp. flour	
2 tbsp. lemon juice	1/2 tsp. mustard
1 tbsp. salt	1/2 C. sugar
1/2 tsp. paprika	1/2 butter margarine
	1/2 C. pineapple juice
	1/2 C. orange juice
	1 C. milk

Mix all the ingtedients except the milk. Boil until thick with stirring. Remove from fire and cool. Pour the milk little by little and beat. Keep in a cool place. Sprinkle with chopped almonds before using.

Note: Gulanman may be used instead of knox gelatine. Pour 2 C. boiling water, or one bar gulaman in 2 C. water. Add sugar lemon juice and salt. Strain, color if desired. Put in mold with the fruits.

ARROZ ALA PAELIA

1 chicken, dressed, clean
2 C. shrimps, shelled
3 crabs-boiled shelled
30 clams

1 C. ham-cut coarsly
1 C. pork cut coarsly
3 C. Valencia rice
2 C. chicken broth

2 chorisos	1 can green peas
1 C. olive oil	2 tsp. chopped garlic
1 small can tomato	1 sliced onion
1 can artichoke (optional)	1 bay leaf
salt and pepper to taste	3 pieces fried fish

Put the oil in a saucepan and boil a few minute with a clove of garlic. Remove the garlic and add the chopped garlic and fry. Sauté onion, ham, pork, and chicken cut into pieces. Let boil until tender. Add tomato sauce, the shrimp, crabs and half of the clams remove from shells. Add the rice and broth. Season with salt and pepper. Cover to cook but stirring ones in a while. When cooked dry, add the peas, artichoke. Transfer to a plates and garnish with clams, artichoke and peas. Serve hot.

ENSAIMADA (SPONGE METHOD)

sponge (mixture)	1/4 cup warm water
2 cakes yeast, or 2 1/2 granulated yeast	1/2 cup warm milk (evaporated)
1 tsp. granulated sugar	
1 cup flour	

Procedure:

Dissolve the yeast in warm water. Add the sugar and milk and the flour. Mix well. Set aside the rise until double in bulk

Mixture 2.

1/2 cup margarine	6 to 8 egg yolk unbeaten
1/2 cup sugar	3 cups flour

Sponge yeast

Procedure:

Cream the butter and sugar. Add the eggyolk, sponge yeast, stir well. Add the flour. Knead on floured board until right consistency is obtained. Knead again in melted butter rubbed on the bread board. Divide into 6 to 8 portion equally. Roll on greased board about 1/8 inch thick with a rolling pin, brush with butter or margarine and sprinkle with grated cheese. Roll like candle then form like a knot or ensaimada. Place in baking pan or ensaimada mold greased and allow to stand until double in bulk. About 2 hours. Bake in a moderate oven 320°F until golden brown. Remove from oven, brush the top with butter, sprinkle with sugar, and cheese. Wrap in cellophane when cold.

PANSIT MOLO

1 chicken
½ kilo ground pork
cuchay leaves, a few
½ kilo fresh shrimp

½ can apulid
a piece of tajuri
1 head garlic
1 onion chopped
salt and pepper to taste

Boil chicken until tender. Separate meat from bones and cut the meat crosswise. Scald shrimp and shell. Pound the head and extract juice. Pound 3 to 4 cloves garlic fine and add to ground pork. Add mashed tajuri, one whole egg and few cuchay leaves chopped fine. Add one or two tbs. flour for bounding. Season with salt and pepper. Form into tiny balls and wrap in mole wrapper made as follows.

Mix a cup of flour, one or two eggs enough water to make stiff dough. Knead well until smooth and elastic. Roll on bread board sprinkle with cornstarch to prevent from sticking. Continue rolling until thin as paper. Cut into triangles and use it for wrapping. Wrapper may be bought in Quiapo market ready made.

Make rich broth with chicken bones and bones of pork. Saute chopped garlic. Add onions the meat broth, shrimps coarsly chopped and chicken meat and the apulid cut into slices then into strip. Add shrimps juice and meat broth. Drop the wrapped pork meat. Boil longer until everything is cooked. Season with white pepper and patis. Add some cut up cuchay leaves. Serve hot.

BAKED FISH WITH CHAMPINION

1 large fish, cleaned
½ cup butter or margarine
salt and pepper to taste
1 piece pimiento

6 tbsp. flour
2 egg yolks
1 onion chopped
1 can French mushroom

Place the fish in baking pan with salt and pepper. One half of the butter and ½ cup water.

In a sauce pan heat the remaining butter. Add the flour and stir well. Add the liquid of the canned mushroom. Mix the egg-yolk little at a time with 2 tbs. water. Add to the flour mixture. Stir well then add the pimiento cut into strips, the onions and whole mushroom. Drain the fish when done and transfer to a platter. Pour the sauce over it and serve hot.

BUTTER SPONGE CAKE

1 cup flour	4 tbs. water
1 cup sugar	6 eggs or 8 eggs without
1/2 C. butter melted	water

Beat the egg yolks. Add sugar and continue beating. Fold in flour then the butter. Lastly fold in the well beaten eggwhites. Bake in a tube pan in moderate oven 350° F. for 30 min. or until done. invert on cake rack to cool.

ROYAL BIBINGKA

2 C. coconut milk	1 1/2 C. sugar
4 C. flour	8 tsp. baking powder
1 tsp. salt	Butter and cheese
4-6 eggs	

Mix sugar and coconut milk. Sift flour, baking powder and salt and add to the sugar and coconut mixture. Beat eggs until light and foamy. Add to the flour mixture by cutting and folding. Pour into pan two third full, lined with wilted bananas leaves. Bake in moderate oven 350° F until slightly brown. Brush the surface of the bibingka with butter or margarine and sprinkle with sugar and grated cheese. Return to oven to finish browning. Serve hot!

USEFUL FACTS ABOUT FOODS

1. All protein foods such as milk, egg and meat should be cooked at moderate or low heat.
2. Starches are used for thickening, but they do not all have the same thickening power. Cornstarch has more thickening power than flour.
3. Flour and starch are not the same. Starch is purely starch while flour contains other substances besides starch.
4. Everything being equal, the stiffness of the starches have been arranged in the order of decreasing viscosity, as corn, wheat, rice, potato, arrowroot and cassava.
5. Toasting the starch lessens its thickening power.
6. Acids and prolong cooking make cooked starch mixture thinner.
7. Moistening the starch with cold liquid, or mixing it with fat with equal amount of sugar will not produce lumps when it is added to boiling liquid.
8. Cooked starch thickens upon cooling so if it is not to be used immediately more liquid should be added in cooking.
9. Acid has tenderizing effect on meat but toughening effect on vegetables. It is better to add acid when the vegetables are already cooked.
10. Sugar has hardening effect on cereals. Add sugar when the cereal is already done.
11. Anis seeds used for flavoring need to be roasted to develop the aroma.
12. Frying slices of potato to fat that has acquired disagreeable odor or flavor will improve it.
13. If soup is too salty, quarter a raw potato, drop in the soup and boil for a short time. The soup will be just right.
14. To shorten the time for soaking rice to be ground, use hot water instead of cold water for soaking.
15. Water used for washing rice is good to use as liquid for cooking other dishes such as sinigang or puso. Any nutrient washed out from the rice is not wasted.
16. The smell of burned rice may be lessened if charcoals are placed on top of the burned rice in the pot and keep the pot covered. The charcoals absorb the odor.
17. Salt intensify the sweetness of sugar. Add little salt to dishes cooked with sugar.

18. Fats ignite easily. Care should be taken to avoid this. In case fat catches fire do not pour water. Smother flame by covering with wet sack or sprinkle baking powder or baking soda. Cover with ashes or sand or do anything that will exclude air.
19. High temperature and prolong cooking will make custard crudle.
20. When cooking tough meat avoid high temperature for it will prolong the cooking time.

IMPORTANT FACTS ABOUT VEGETABLES:

Some vegetables are served raw. The principal reasons for cooking vegetables are;

1. To improved the flavor and increase the digestibility.
2. To add interest to the diet and to vary the method of serving them.
3. To prevent spoilage when they are too much that is impossible to consume them.

Some rules to be observed in cooking vegetables are:

1. Avoid overcooking.
2. Shorten the time of cooking by placing the vegetable when the water started boiling. Add salt to the cooking water and cook them only long enough to soften them or to make them palatable.
3. Cook the vegetables covered in small quantity of water except the vegetables with strong flavor such as cabbage, onions, cauliflowers, etc. They should be cooked uncovered. This is true with green vegetable in order to retain the green color, such as spinach, camote tops, beans, etc.
4. Cook green leafy vegetable without adding water except the water that clings to them after washing them; steam (just cover the pan while cooking).
5. Serve the water that remain in the pan after the vegetable is cooked for it contains valuable nutrients. This water may be added to soup or stew.

Serve vegetable as soon as possible after they are cooked. Cook only enough to be finished in one meal. Refrigeration and reheating of left over further destroy Vitamins.

Fruit Juices

Fruit juices may be served plain or may be blended with other fruit juices. Such drinks are not only refreshing but make a real contribution to nutrition. The possible combinations are nearly unlimited as almost any fruit juice will combine well with almost any other. There are many Philippine fruits that are made into such refreshing drinks, such as ripe papaya, duhat, santol, guyabano, macopa, pineapple, melon, mango, etc.

Recipes:

PAPAYA JUICE

Pare ripe papaya and remove the seeds. Cut into square and mash. Measure 1 cup of the juice. Measure 2 cup of sugar and water. Cook the syrup, then cool. Mix the juice, syrup, and 1 tbsp. of calamansi juice. Serve cold.

SANTOL JUICE

Pare santol, and chop very well. Add one cup water and strain. Sweeten one fourth cup juice with $\frac{1}{4}$ cup of granulated sugar. Chill and add crack ice.

GUYABANO

Remove the skin and seeds of ripe guyabano before mashing in a clean bowl. Add little water and strain. To 2 cups juice, add 2 cups water and one cup syrup (medium), and one tablespoon calamansi juice. When ready to serve, add ice cubes. (Add coloring if desired.)

GUAVA

Pare ripe guava. Mash pulp. Add water and strain. Measure two cups guava juice. Add 3-4 cups medium syrup. Chill and add ice cubes.

PINEAPPLE

Pare ripe pineapple. Remove eyes of pineapple before chopping the pulp. Add 1 cup of water and 3 tbsp. calamansi juice. Add 1 cup syrup. Chill and add crack ice.

Fresh Lumpia

1/4 kilo pork, boiled, cubed	1 or 2 carrots, cut in strips
1/4 cup shelled shrimps	1/2 c. cooked garbanzos
1/4 c. shrimp juice	1 c. shredded cabbage
1 c. string bean (Habichuelas) shredded finely	2 cakes toqua, cubed
	2 medium size potato cut into small cubes

Fry the toqua slightly. Remove from the fat. Sauté the garlic onion, pork and shrimps. Add the beans, carrot, celery, potatoes, and cabbage. Add the garbanzos. Add the shrimp juice. When vegetables are tender, add toqua. Remove from fire. Cool a little. Wrap in portion in lumpia wrapper lined with lettuce leaf. Serve with lumpia sauce. See recipe sautéed mixed vegetables with sauce. Lumpia wrapper may be bought in the market.

Salad for Variety.

A salad may be served with the noon or evening meal, or both. Its place in the meal depends upon its ingredients on the rest of the meal.

For dinner a light lady vegetable salad, a succulent vegetable or an acid fruit is most appropriate. With this salad, a light dressing, such as a French dressing or a variation of it, is usually served.

When a salad is the part of a luncheon or supper, it should have high food value. Meat fish, chicken, or egg is very suitable for such a salad. A heavier dressing, such as mayonnaise or one of its variations, is usually served with these salads.

A salad is an excellent dessert. One or more fruits combined with celery and nuts, or other such foods, is quite suitable for this. A cooked salad dressing alone or blended with a small amount of whipped cream may be used.

Some General Rules.

Before beginning to make a salad there are a few general rules that might be learned.

1. Salad should be served cold.
2. Greens should be fresh, clean, crisp and tender.
3. All ingredients should be well drained before they are combined with the dressing, to avoid giving the dressing a watery consistency.
4. Salads should be daintily arranged. The green should be so placed on the plate on the plate that it does not hang over the edge. The portions should not be too large to look well.
5. Salads are not attractive when served on rather plain China, because they are usually decorative in themselves.
6. Avoid over-garnishing.
7. If dressing is to be added, it is well to serve it from a bowl or place a moderate amount at the side of the lettuce leaf, for people differ in the amount of dressing they prefer.

8. The flavor of some salad may be improved by marinating the ingredients that is allow foods to stand in French dressing in a cool place until they are well seasoned. Drain before serving.

Parts of a Salad

The parts of a salad are the bedding, the body or the salad itself, the dressing and the garnishing. The salad itself may not have a bedding or garnishing but it must always have a dressing. There are three types of salad dressing; the French, the mayonnaise and the cooked salad dressing each has various modifications.

Potato Salad

2 c. cold boiled potatoes (cubed)	2 hard-cooked eggs, chopped
2 T. pimiento, chopped	5 T. mayonnaise
½ T. onion, chopped	1 T. vinegar ½ T. salt

Place the first 4 ingredients in a large mixing bowl. Combine the vinegar and salt with 1 T. mayonnaise, and add to potato mixture. Toss lightly together and chill an hour or longer. Add remaining mayonnaise and blend. Serve cold.

Stuffed Tomato Salad

Peel tomatoes and quarter them but do not cut apart. Fill center with any desired combination and serve on salad green. Here are some suggestions for fillings:

1. Chicken or salmon or other fish salad
2. Finely chopped celery and apple mixed with mayonnaise
3. Pineapple and nut meats mixed with mayonnaise
4. Diced cucumbers mixed with mayonnaise.
5. Any variety of soft cheese moistened with French dressing.

Vegetable Combination Salads

1. Shredded cabbage, celery, red and green pepper with French or mayonnaise dressing.
2. Shredded cabbage, grated carrot, finely chopped green pepper with French or mayonnaise dressing.
3. Shredded cabbage, chopped celery and cooked peas with French or mayonnaise dressing.
4. Shredded cabbage, chopped apple, chunk pineapple, nuts with French dressing.
5. Grated carrot and crushed pineapple with French or mayonnaise dressing.
6. Thin slices of chayote, chopped onion and tomatoes with vinegar, sugar, salt and pepper dressing.
7. Steamed camote tops, chopped onion and tomatoes with vinegar, sugar salt and pepper dressing.
8. Mashed boiled eggplant, mashed boiled saba banana, minced garlic, vinegar, sugar salt and pepper dressing.

9. Boiled okra, tomatoes, onions with French dressing.
10. Tomato cut in 6 or 8 sections, spread in star shape, and center filled with chopped celery, cucumber and green pepper. Serve with French or mayonnaise dressing.

Salad Dressing

French, mayonnaise and cooked salad dressing are the three main types.

French Dressing - is the simplest to make. It consists of oil, vinegar (or other acid as lemon juice) and seasoning well blended. This type of dressing is especially suitable for serving with salad greens. It may also be served with many vegetable and acid fruit salads and it is used for marinating.

3/4 t. salt	1/4 c. vinegar
1 t. paprika - optional	1/2 c. oil-olive, corn
1 t. sugar	cottonseed, or
1/2 t. mustard - optional	coconut

In a small bowl, thoroughly mix dry ingredients and vinegar. Add oil, beating vigorously until the mixture has the consistency of thick cream. (If preferred, the ingredients may be put into a tightly closed jar or bottle, and shaken vigorously for several minutes to get an emulsion) If more dressing is prepared than is needed for one meal, put it in a cool place and shake it again thoroughly just before using.

VARIATIONS

There are a number of ways in which French dressing may be changed to add variety to salads.

Roquefort Dressing: Add 2 or 3 T. of crumbled Roquefort cheese to 1 cup of French dressing.

Russian Dressing: Add 2 T. of tomato catsup or chili sauce and 1 T. of chopped pepper to 1 cup French dressing.

Chiffonade Dressing: To 1 cup of French dressing add:

- 2 T. finely chopped parsley
- 2 T. chopped red pepper
- 1 T. finely chopped onions
- 2 hard-cooked eggs, finely chopped

Cooked Dressing No. 1

Cooked dressing is made by combining egg, liquid, fat and starch and seasoning, cooking it to the consistency of a medium white sauce. This type of dressing may be used on any salad but it is especially suitable for serving with fruit and vegetable salad.

2 c.	weak vinegar	
2 T.	butter	1 T. salt
½ c.	sugar	¼ T. pepper
2 T.	flour	1 T. mustard
		2 egg yolks

Combine eggs, liquid, fat and starch and seasoning. Cook in a double boiler stirring constantly, until thickens. Use cold with fruit or vegetables salad.

EGGPLANT OMELET

6 eggplant
2 eggs well beaten
del monte catsup
salt and pepper to taste
 $\frac{1}{4}$ tbsp. cooking oil

Boil eggplant whole until just cook enough to peel. Remove from water and allow to cool. Peel without removing the stems. Press with a fork. Season both side with salt and pepper. Dip each eggplant in the well beaten eggs. Fry both sides until golden brown. Serve with catsup.

CREAMED VEGETABLES

4 to 6 cups cooked and raw mixed vegetables.
2 cups medium white sauce
4 tbsp. melted butter or margarine
Dash of pepper, vetsin and salt to taste.

Combine vegetables in a bowl. Add melted margarine, pepper, salt and vetsin. Pour the cooked medium white sauce over it serve hot.

SAUCE FOR HABICHUELAS AND OTHER VEGETABLES

4 tbsp. butter or margarine	1/8 tsp. powder pepper
1/4 cups chopped roast peanuts	1 pound cooked beans
1/2 tsp. salt	and other vegetables
1/2 tsp. vetsin	

Heat fat in sauce pan. Add next five ingredients. Serve over cooked habichuelas and for other vegetables.

BOTTLED CHAYOTE WITH CHEESE SAUCE

1 or 2 tender chayote boiled whole. Pare thinly and cut into cubes. Cover with medium white sauce in which one tbsp. grated cheese has been added.

VEGETABLES SALAD BOWL

1 ordinary size sincamas	12 big fresh shrimps
1/5 kilo beans	4 potatoes
1/2 small head well packed cabbage	calamansi juice
4 carrots	salt, sugar and pepper to taste and enough mayonnaise to taste

Boil carrots and potatoes and cut into cubes. Boil the beans in plenty of water with salt until tender. Dice the sincamas. Cut beans and shrimps into small pieces. Marinate with calamansi juice, sugar and pepper. Mix with mayonnaise. Serve on lettuce leaves beddings garnish with shrimps and red pepper.

RAW CHAYOTE SALAD

1 medium young chayote	2 tbsp. white vinegar
2 ripe tomatoes chopped coarsly	2 tbsp. sugar
1 medium size onion, chopped	salt and pepper to taste

Arrange attractively and serve with above dressing.

GULAMAN

Seaweeds or agar-agar known to the Filipinos as "gulaman" is a vegetable gelatin which the Japanese called "Kanton" and the Chinese called it "Kai Choy Kow." It is a very light product usually colored red or left white, cut into pieces about ten inches long and one inch thick. Combine with sugar and water or fruit juice it makes a delicious dessert or it may be cut into strips or cubes to garnish salads or other dishes or mix with "halo-halo."

Being inexpensive and congealing at room temperature as it does, it has become widely used in molded fruits, vegetable or meat salads.

Gulaman with Coconut Milk

1 stick red or white gulaman	2 cups water
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(1) Break the gulaman into small pieces and soak it in water. Boil gently until the gulaman is dissolved. Strain the mixture into a dish and allow to congeal. Cut into strips or cubes and serve with coconut milk (frozen) sweeten to taste. The coconut milk may be made from one grated coconut extracted 3 times. Add 1 cup water for each extraction and add about one half to 3/4 cup sugar. Allow to cool before serving or add ice cubes.

(2) Serve with sirup instead of coconut milk (1 c. water to 2 c. sugar).

(3) Substitute pineapple for calamansi juice for part of the water in 1. Add some cut up cooked vegetables as sugar beets, carrots, potatoes, beans, celery, onions chopped boiled. Place in individual molds or in a big mold that will accomodate the mixture. Allow to set. The setting may be hastened by putting it in a refrigerator or in a receptacle containing crack ice and salt. Serve with boiled dressing or mayonnaise.

(4) Rainbow salad. Use two colors red and green. Color the white gulaman with green food coloring. Substitute pineapple or calamansi juice for part of the water. Sweeten the mixture with 1/2 to 3/4 cup sugar. Use fruits as avocado, banana, mangoes, pineapple. Alternate the layer red first. Add second layer green when partly set. Continue until all the mixtures are used and the mold is full. It may be served with fruit salad dressing or whipped evaporated milk.

Recipes using Vegetables.

Fried Eggplant.

Cut the eggplant into slices ($\frac{1}{4}$ to $\frac{1}{2}$ inch), peel if desired and sprinkle each slice with salt and pepper.

Dip in beaten egg, then in bread crumbs and saute in hot fat until tender and brown. Drain and serve immediately.

Stuffed Peppers.

6 green bell pepper	1 c. water or stock
$\frac{1}{2}$ onion, finely chopped	$1 \frac{1}{4}$ c. moistened
1 $\frac{1}{4}$ c. cooked meat, ground	bread crumbs
1 tbsp. butter or drippings	salt and pepper to taste

Cut a slice from the stem end of each pepper. Remove the seeds and inside sections. Drop into boiling salted water and parboil pepper for ten minutes. Remove, drain and stuff. Cover with butter crumbs and bake in moderate oven (350°F) until tender (15-20 min.). To make stuffing, melt fat, and onion and fry slightly. Mix crumbs and meat (reserving a few crumbs for top of pepper) and add to onion and butter.

Variations: Rice may be substituted for the bread crumbs and part of the meat. Cooked or canned corn may be substituted for the meat and cubes of dry bread for crumbs.

Mashed Potatoes.

6 large white potatoes	1 tsp. salt
2 T. butter or margarine	$\frac{1}{8}$ tsp. pepper
1/4 c. heated milk	

Pell and cook the potatoes until tender; then shake over the heat until dried out. Put through a potato ricer. Add the remaining ingredients and whip with a wire whisk until creamy.

Amorgoso with Eggs.

2 medium size amorgoso	2 cloves garlic (pounded)
3 ripe tomatoes	2 T. fat
coarsely chopped	1 tsp. salt
2 slightly beaten egg	

Split the amorgoso, remove the seeds and slice thin. Soak in salted water and squeeze to remove some of the bitter taste.

Saute the garlic. Add the tomato, then the amorgoso. When the amorgoso is tender, add the egg and cook until the egg is coagulated. Season with salt and serve hot.

Sauted boiled mongo with Amargoso leaves; or amargoso fruit.

½ c. mongo	½ c. cooked pork cut into cubes
2 ripe tomato medium size	½ c. shelled shrimps
1 small onion, sliced	Amargoso leaves about
2 c. shrimps juice	a handful (curly leaves) or
salt to taste	1 amargoso fruit, cleaned & sliced thin

Boil mongo until tender in 2 cups water. Sauté garlic, onion and tomatoes. Add pork and shrimps, then add the boiled mongo and the shrimp juice. Allow to cook until the mongo is thoroughly cooked. Add the amargoso leaves or fruit. Season with salt to taste.

Sauted mixed vegetables with Sauce

2 medium size chayote	½ c. shelled shrimps
2 medium size carrots	6 strips bacon cut into pieces
1 small head cabbage (about 200 grams)	1 onion, sliced
15 string beans (habichuelas)	3 t. fat ½ c. shrimp juice

Pare the chayote, slice and cut into strips scrape the carrots, slice the cut into strips string the beans and cut diagonally. Cut the cabbage into strip.

Sauté onion, shrimps and bacon. Add the beans, carrots, chayote and cabbage. Then add the shrimp juice. Allow to cook until the vegetables are tender. Serve with sauce made as follow. Mix in a sauce pan 1 ½ water, ¼ c. toyo 1/3 c. sugar and 3-4 tbsp. corn starch. Cook over slow fire until thick. Add 2 cloves minced garlic. Place the cooked vegetables in a serving dish. Pour the sauce on top and garnish with slices of hard cooked eggs.

Pinsabet

2 eggplant, medium size	2 medium sized amargoso
4 tomatoes	3-4 T. bagoong
½ kilo pork (optional)	1 onion sliced

Cut the eggplants and amargoso 2 inches long. Split into two lengthwise. Remove the seeds of the amargoso. Cut tomatoes and pork into pieces. Place the amargoso at the bottom of the saucépan followed by the eggplant, pork, tomatoes, onion and bagoong. Cook until the meat and vegetables are tender with the water coming from the vegetables and the rest of the ingredients may be sauted in 2 tbsp. fat.

Fresh Lumpia

½ kilo pork, boiled, cubed	1 or 2 carrots, cut in strips
½ cup shelled shrimps	½ c. cooked garbanzos
½ c. shrimp juice	1 c. shredded cabbage
1 c. string beans (Habichuelas) shredded finely	2 cakes toqua, cubbed
	2 medium size potato cut into small cubes

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