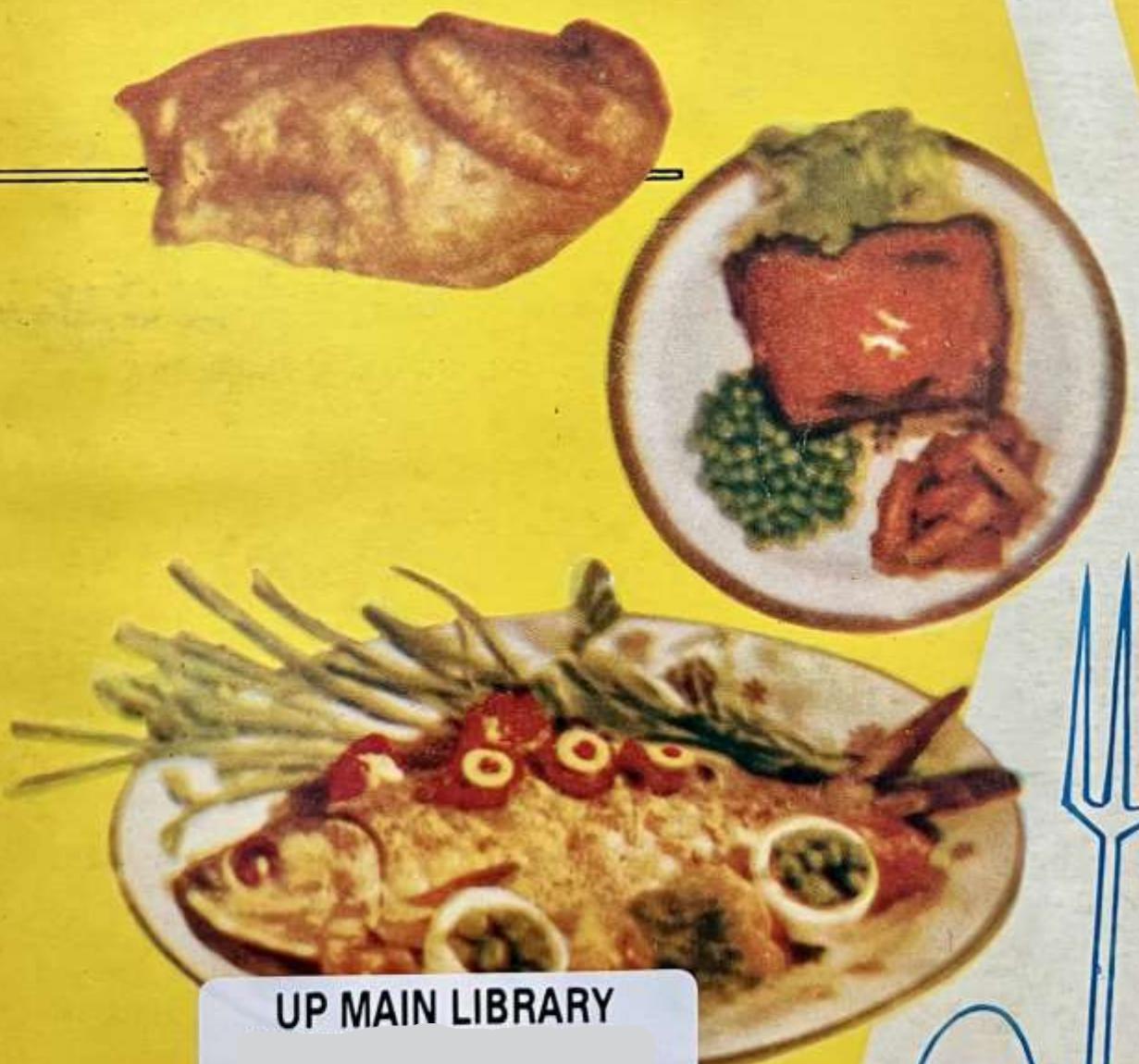


Everyday Cookbook



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PHILIPPINE BOOK COMPANY



EVERYDAY COOKBOOK

Kitchen-Tested, Low-priced

R e c i p e s

For Everyday Meals

For Home Making Beginners

By

MARIA SUSAN LA TORRE

PHILIPPINE BOOK COMPANY

F-26030

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By

M. J. ENRIQUEZ

1974 Edition



Our Grateful Acknowledgment
To all those concern for the use of
Many pictures and new recipes.

PHILIPPINE BOOK COMPANY

SEP 26 1974

P R E F A C E

With a good cookbook, your problem is solved. You will not waste time thinking of the next meal. For as you turn over the pages, you will see varied recipes to suit the taste of the different members of the family. With the cookbook as guide, you can plan your menu for the week thus saving your time for other things that need attention.

Foods are bought from the market. Are you sure they are safe; Many people hold them there. So, we can never be sure they are free from germs. **Cooking makes foods safe and clean.** Cooked foods are really safer than uncooked ones. Foods are tastier, too.

Sometimes, you cook food in the morning and serves them in the evening. That is because **cooking preserves food.** It makes them stay longer than they would if they were not cooked at all. So, we cook foods to preserve them.

Some foods like fruits and other vegetables are better eaten raw. They are more nutritious and delicious. The food elements are not lost. But most foods are better eaten when cooked. **Cooking improves their food elements.** So, we cook our foods. Cooking makes food more delicious and more appetizing.

This cookbook, *EVERYDAY COOKBOOK*, contains recipes that are practical, lowcosting tasty, delicious and kitchen-tested. They are classified into Fish and Seafood, Rice and Noodle Variations, Vegetables and Salads, Poultry and Meats, Desserts, Cool Drinks and Sandwiches, Cakes and Pastries, Sweets and Ice Cream and other assortments. It contains Filipino, Chinese, Spanish, American, Native and some Foreign Dishes.

The Author

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WHY YOU SHOULD SELECT FOOD WITH CARE

In selecting foods, one should buy those which are cheap but which at the same time give much food value. Not all expensive foods contain the food nutrients. A good housekeeper intelligently apportions the money on hand for the different kinds of food her family needs. In a big family, it is economical to buy dry and canned foods by the dozen.

Foods that can be stored, like salt, flour, sugar, garlic, onion and other spices can be bought in quantity to last for some weeks or months.

In buying fish, select the fresh ones with bright eyes and red gills. Buy leafy vegetables that are fresh, and green vegetables and fruits which are firm and free from blemishes. Prefer fresh meat to that which is kept in cold storage.



KINDS OF FOOD THAT SHOULD BE SUPPLIED DAILY

To provide us energy for work, we should have a daily supply of foods with proteins, fats and carbohydrates.

The body needs new materials to replace its worn-out cells. The sources of building materials are foods rich in protein and mineral matter. Regulative foods help in the digestion of food, keep the blood in proper condition, make the muscles strong and aid in the different body processes.

Foods may come from vegetable, animal or mineral sources. Vegetables consist of plants and substances manufactured from plants. In this group are roots and tubers like beets, carrots, potatoes and onions. Cauliflower and asparagus are plant stalks. Food from plant leaves are lettuce, cabbage and pechay. Peas and nuts are seeds. Food materials from plants are starch, sugar, molasses, syrups, flour, and other foods.

Foods coming from animals are fish, shell fish, various meats, milk, eggs, cheese, butter and cream.

WHY SHOULD THE NUTRITIVE VALUE OF FOODS BE CONSIDERED?

In selecting foods for the family, we should include fruits and vegetables to supply us with minerals, vitamins and woody part as roughage. The latter gives bulk in the food stream, and acts as a brush to push the food along the intestinal tract. Roughage foods keep the inside of the body clean.

Green and leafy vegetables furnish iron and calcium in the body. Food from animal and vegetable sources are usually rich in protein and amino acids. Sugar and starchy foods are rich in carbohydrates which give energy to the body.

HOW TO PREPARE GELATIN FRUIT DESSERT

Gelatin dissolves more readily if soaked in a small amount of cold water to allow it to soften and swell before adding hot water. The sheet and shredded forms require longer cooking. Sugar and flavoring should be added after the gelatin is dissolved. Strain through a cheesecloth if a clear jelly is desired. Drain fruits thoroughly and add just after it starts to jell or stiffen. If fresh pineapple is used, the fruit must be cooked before adding. Pineapple contains an enzyme which liquefies gelatin. One half tablespoon of

granulated gelatin or 5 grams of any form stiffens one cup of liquid. The stiffness is affected by the concentration, acidity, temperature and time. The lower the temperature, the shorter the time necessary for gelatin. The greater the acidity, the less firm the jelly and the longer the time required to jell. Before pouring the liquid, rinse the mold in cold water, but do not dry with a cloth. Place in refrigerator or ice to stiffen. To unmold, dip the mold in hot water and shake gently. Then lightly loosen, remove water and invert on a plate.

GELATIN FRUIT SALAD

1 package prepared gelatin —
lemon, orange, raspberry or
other fruit flavor
1 c. boiling water
1 c. cold water or fruit juice
Few grains salt

1 c. fruit, fresh or canned, cut
into medium-size pieces—
grapes, pineapple, cherries,
bananas, oranges, etc.
One kind of fruit or a combina-
tion of several may be used.

Put the gelatin in a bowl. Pour hot water on it, stirring until dissolved. Add cold water or fruit juice and salt. Mix thoroughly. Pour into a mold and set in a cold place to chill. If time is limited, setting the mold in a pan of cracked ice will hasten the thickening process. When the liquid begins to thicken, add fruit to the gelatin. Continue chilling until the mixture is firm.

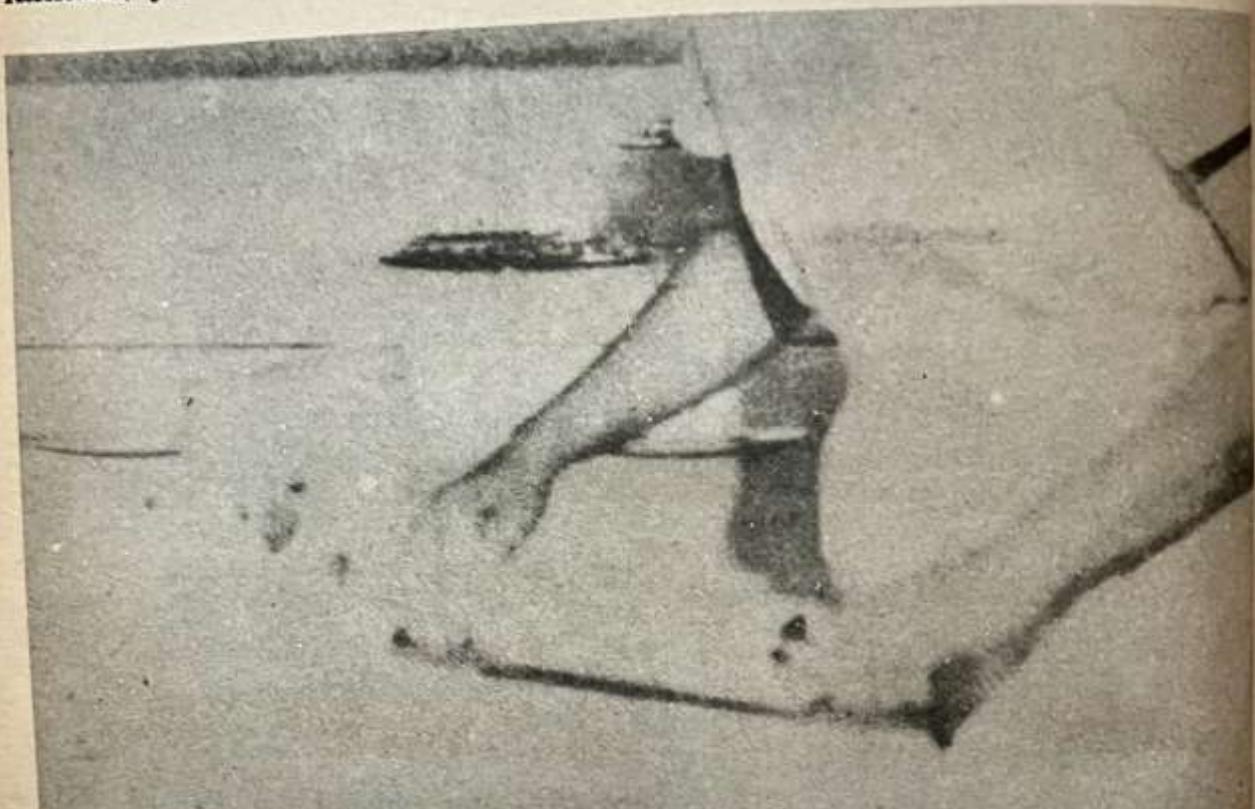
BEVERAGES

Water is essential in regulating the body processes. Since fifty-eight per cent of the human body is composed of water, at least six to eight glasses of water should be taken every day. Water when taken at mealtime aids digestion. Water must not be taken to wash down food for it leads to rapid eating or overeating. Cold water should be sipped slowly.

Milk is a beverage and is the most suitable food for the young. For dinner it may be served either hot or cold both for the young and old. Four tablespoons of powdered milk to a cup of water is equivalent to a cup of fresh milk. In case evaporated milk is used, allow one to one proportion, that is, one half cup of evaporated milk is added to one half cup of water.

Fruit juices are suitable for dinner. They may be taken fresh or canned. Fresh juices are richer in Vitamin C than canned juices.

If fresh fruit is used, wash the fruit thoroughly. After extracting the juice, serve it immediately because the vitamins are oxidized if allowed to remain in the air. Sugar may be added sparingly. Calamansi juice and pineapple juice are good sources of Vitamin C.



CAKES

Cakes are classified into:

1. Butter cake — contains butter or other fats.
2. Butterless or sponge cake — contains no fat or butter.

The basic ingredients of butter cakes are fat, sugar, eggs, flour, liquid, leavening agents, and flavoring. The quality of the ingredients and accurate measurements are necessary to make a good cake.

Soft wheat flour should be used in making cakes. If hardwheat flour or bread flour is used, a little cornstarch may be added. One tablespoon of cornstarch is placed in a standard measuring cup and then filled up with the sifted hard wheat flour. The addition of cornstarch makes the cake more tender. The large amount of gluten in hard-wheat flour makes the cake tough. Hard-wheat flour absorbs more liquid than soft-wheat flour. In substituting hard-wheat flour for soft-wheat flour, use two tablespoons less per cup of hard-wheat flour.

The liquid is either sweet or sour milk. If sour milk is used, it helps leaven the mixture. Water may be used but the food value of the cake is decreased. The proportion of the liquid is reduced when a large amount of eggs is used.

Fine granulated sugar, rather than the coarse type, helps make a fine grain.

Eggs are important to make the cell walls firm and are a means of introducing air in the cake. Eggs are easily separated when cold but the egg whites at room temperature beat up more readily than when cold.

The fat or butter helps give the cake a delicious flavor. Fats which can be creamed well give good texture to the cake.

Air introduced in the egg whites serves as leavening. Baking powder is frequently used as a chemical agent.

The flavorings most used are fruit juices, spices, and extracts like vanilla. The size and position of pans in the oven and correct oven temperature are important in making the cake a success. The size of the pan depends upon the quantity of flour. A butter cake containing —

1. Two cups of flour will fill two 8-inch layer-cake pans or one 9-inch square pan.
2. Three cups of flour will fill three 8-inch layer-cake pans or two 10-inch layer-cake pans or one 9-inch loaf-cake (or bread) pan.

Cakes baked in muffin pans are called cup cakes.

Cake pans should be greased with fat or the bottom may be lined with oiled or wax paper.

The baking of the cake is as important as the procedure used. In baking a large loaf cake, the temperature should be reduced.

The following guide of temperature and time may be used for butter cakes (regulated heat) :

Cup cakes	375°F.....	20 to 25 minutes
Layer cakes	375°F.....	25 to 30 minutes
Loaf cakes	350°F.....	45 to 60 minutes

To heat an oven if it is not a heat-regulated one, place a piece of paper or a shallow pan containing a spoonful of white flour in the oven. Note the time. After two minutes the flour or paper should be light brown.

HELPFUL HINTS IN DETERMINING WHETHER A CAKE IS BAKING PROPERLY

1. The baking time is divided into quarters.
2. The oven door may be opened only at the end of each quarter for a short time.

- a. End of first quarter
- b. End of second quarter
- c. End of third quarter
- d. End of fourth quarter

Cake begins to rise.
 Cake continues to rise and begins to brown.
 Cake has finished rising and becomes more brown.
 Cake has finished browning and shrunk from the sides of the pan.

If the cake is baking as it should be, regulate the temperature. If baking is even, do not open the oven door until baking is complete.

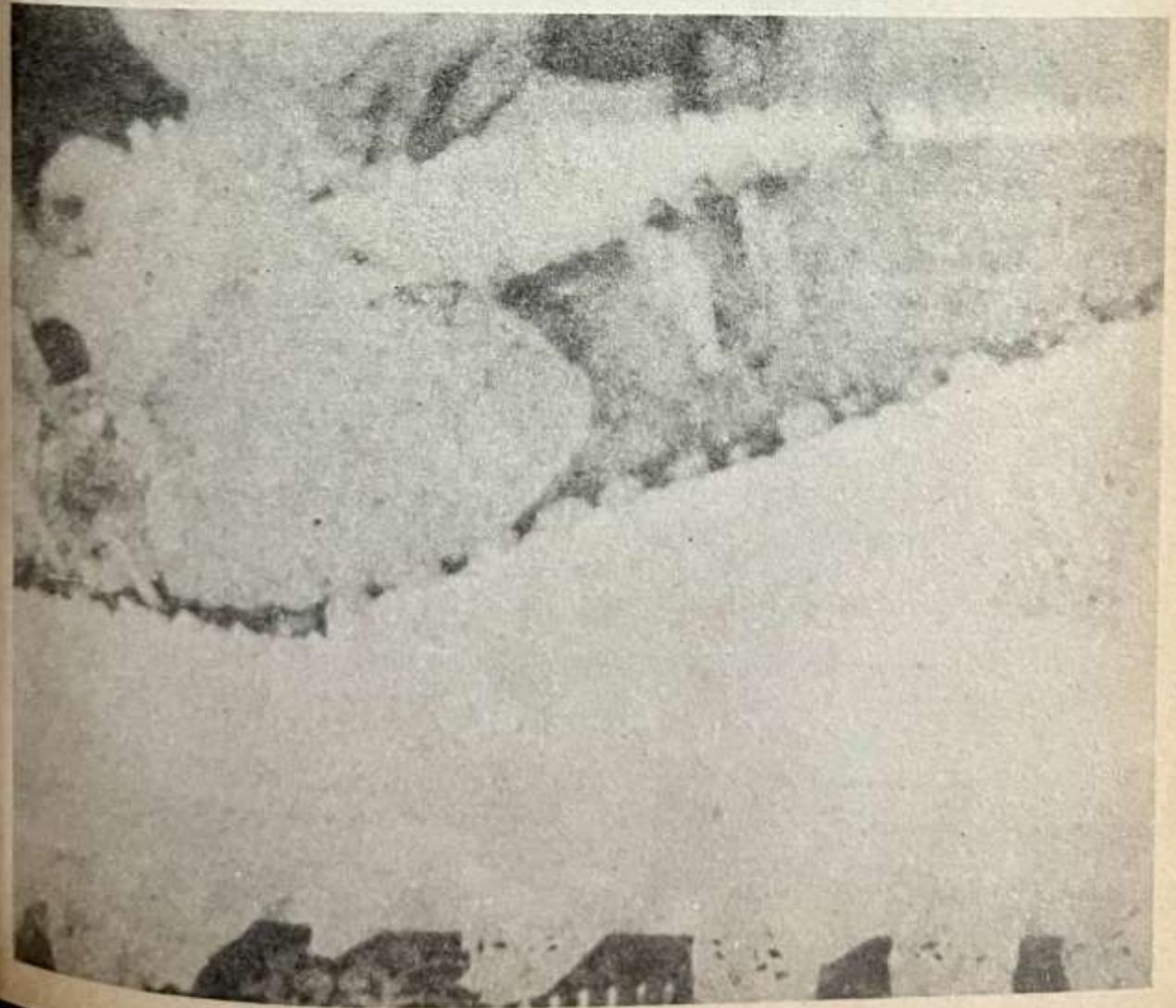
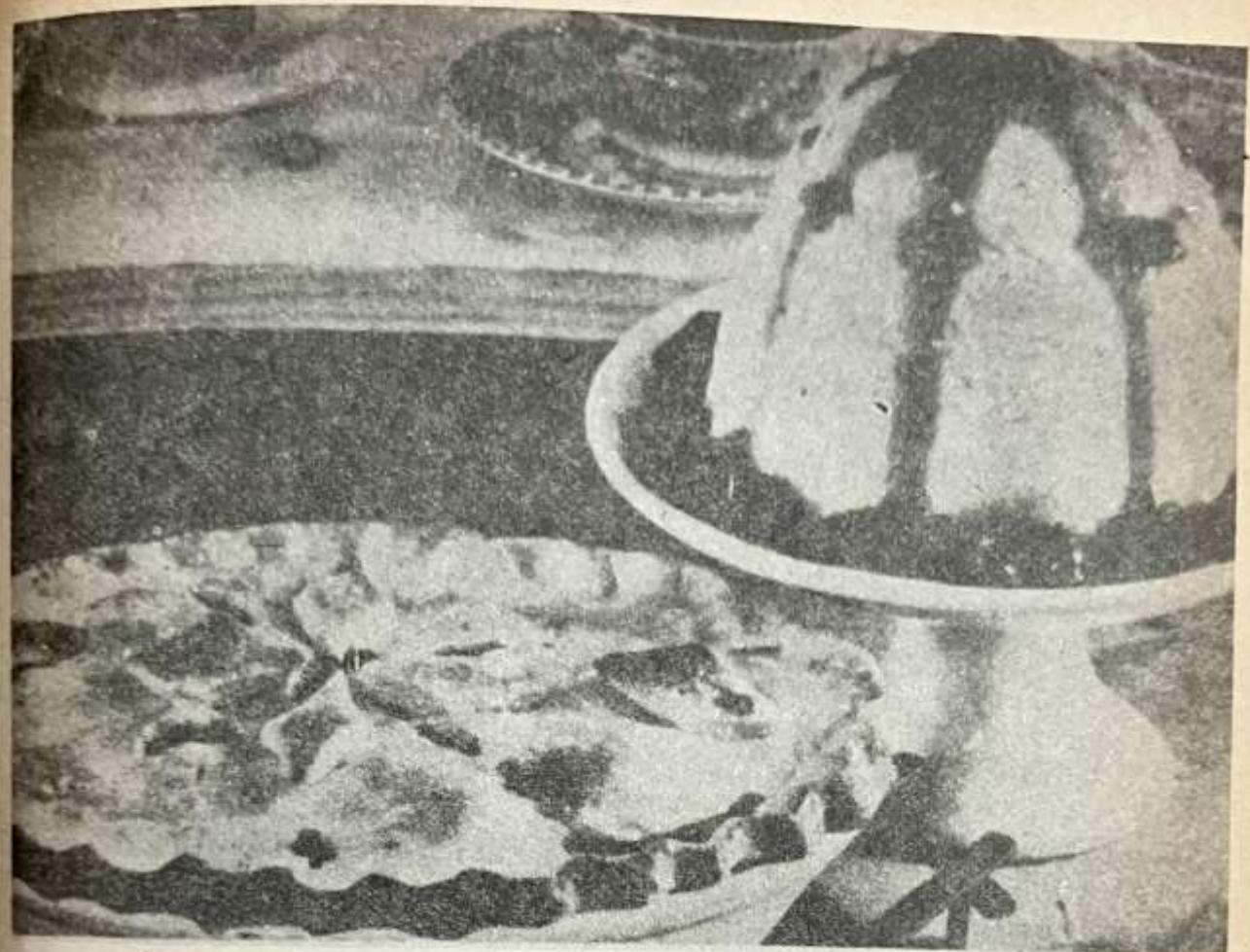
HOW TO TEST A CAKE WHEN DONE

1. A toothpick when inserted in the center of the cake comes out clean, without any batter or crumbs.
2. When the cake is pressed by the fingers, the cake springs back and the mark made by the finger disappears.
3. The cake separates from the sides of the pan.
4. The top is evenly browned.

When the cake is done, let it remain in the pan for two minutes. Loosen the sides carefully with a spatula or knife. If lined with paper, the cake can be taken from the pan easily. Place the cake upright on a cake rack and let it stand until it is cool.

CAUSES OF CAKE FAILURES

Causes	Defects
1. Too much shortening	Crumbly, too compact, may fall.
2. Too little shortening	Tough, dry, tasteless.
3. Too much sugar	Coarse grain, hard, grainy, moist crust sticks to pan.
4. Too little sugar	Tough and heavy.
5. Too much flour or little liquid	Dry, heavy, cracked tough crust.
6. Too little flour or too much liquid	Too compact.
7. Too much baking powder	Coarse grain, fall apart, run over the pan.
8. Too little baking powder	Heavy, under-sized, tough.
9. Too high temperature	Cracked, tunneled crumb, burned sides.
10. Too low temperature	Coarse dry grain, under-sized crust, sink in the center.



CAKE STANDARDS AND SCORE CARD

Perfect Score

1. General Appearance			
a. Shape — even, flat or slightly rounded top			5
b. Crust — evenly browned (not too thick or dark), no sugar spots			10
2. Crumb			
a. Grain — fine, even (no tunnels)			15
b. Tender, but not crumbly			10
c. Moist, but not sticky			10
3. Lightness (delicate, not bready)			15
4. Flavor — not insipid, not over or under-sweet, no rancid fat			35
		Total	100

GENERAL METHODS OF COMBINING INGREDIENTS IN CAKES

1. Conventional Method

The fat and sugar are creamed until light and fluffy. One fourth cup of sugar is reserved for the egg whites. Sugar is added little by little and creamed well after each addition. Separate the yolk from the white and beat. The beaten egg yolks are added to the creamed fat and sugar. Sift dry ingredients before measuring. Combine all dry ingredients together, flour and baking powder. Add the flour alternately with the milk. Add flour the last. After each addition, beat the batter only about one half minute, add the flavoring. Beat the egg whites until stiff but not dry. Add the reserved sugar and continue beating until well blended. Fold this into the batter. Pour immediately in the greased pan and bake according to the size of the pan. The conventional method produces cakes of finer grain but requires about twice as much time as the muffin method.

2. Muffin Method

Combine the sifted ingredients (flour, baking powder, salt, sugar) in one bowl and the wet ingredients (melted fat, beaten eggs, liquid) in another bowl. The liquid is added gradually to the dry ingredients. Stir only until ingredients are well mixed. Unnecessary mixing should be avoided, for it develops gluten and increases the formation of tunnels. The muffin method is fine for a simple cake which is eaten almost immediately. The grain is coarse and it dries out rapidly.

PREPARATIONS NECESSARY FOR MAKING A CAKE

1. Use accurate measurements.
2. Read the entire recipe before you begin and try to visualize each step.
3. Ingredients should be of good quality.
4. Have all the utensils and materials on hand and collected together before starting the work.
5. Prepare necessary pans before mixing.
6. Sift dry ingredients once before measuring. Use standard measuring cups and spoons.
7. Use level measurements for all materials.
8. Heat the oven in advance to have a steady even heat at the right temperature by the time you are ready to begin baking.

KINDS OF FROSTINGS

Frostings made of confectioner's or powdered sugar are usually uncooked. When granulated sugar is used to make frosting, the sugar is dissolved in a small amount of liquid or water and cooked. This is called cooked frosting.

BUTTER-CREAM FROSTING (Uncooked)

$\frac{1}{4}$ cup butter or margarine	2 cups confectioner's sugar
3 tbsps. top milk or cream or evaporated milk	$\frac{1}{8}$ tsp. salt 1 tsp. vanilla

Cream the butter. Add 1 cup sugar and continue creaming. Add the milk, vanilla and salt. Mix in more of the sugar just enough to make the frosting of proper consistency.

SEVEN-MINUTE FROSTING (COOKED) — FOR TWO-LAYER CAKES

$1\frac{1}{2}$ cups granulated sugar	2 egg whites, unbeaten
1 tbsp. light corn syrup or	$\frac{1}{8}$ tsp. salt
$\frac{1}{4}$ tsp. cream of tartar	1 tsp. vanilla
$\frac{1}{3}$ cup water	

1. Into the top part of a double boiler put all the ingredients except vanilla. Beat with a rotary beater until well mixed.
2. Place over boiling water. Beat and cook for about 7 minutes, or until peaks will form when the beater is lifted.
3. Remove from the boiling water. Add vanilla. Continue to beat until the frosting is thick enough to spread.

COOKIES

Cookies are a modified form of cake. The two general classes of cookies are (1) rolled and (2) dropped cookies.

Rolled cookies are obtained from a modified cake recipe by decreasing the amount of liquid so that a stiff dough result.

Dropped cookies are softer than the rolled ones but not as thin as the cake batter. The amount of flour is increased or the liquid is decreased. They are dropped from a spoon into a greased baking sheet and baked in a moderate oven. Dropped cookies are thicker than the rolled ones, thus they require a longer time of baking. Since dropped cookies expand twice the original size when baked, enough space should be allowed when dropped on the cookie sheet.





SANDWICHES AND BEVERAGES FOR A TEA PARTY

OPEN-FACED TEA SANDWICHES

Cut bread in $\frac{1}{3}$ inch slices. Cut in various shapes, such as circles, diamonds, squares, rectangles, and triangles. Cream the butter and spread it on the bread. Spread thinly with various sandwich spreads, such as cheese and salad dressings, ground meat and salad dressing. Decorate with thinly sliced olives, pieces of pimento or slices of eggs.

CLOSED TEA SANDWICHES

Cut bread in $\frac{1}{3}$ inch slices. Remove the crusts. Butter one slice and spread the other thinly with sandwich filling. Put the slices together and cut in small fancy shapes—rectangles, triangles, squares. Sandwich spreads used in making open-faced sandwiches are satisfactory spreads.

SUGGESTED SANDWICH FILLINGS

1. Hard-boiled eggs, grated cheese, pickles (chopped) mixed with milk or mayonnaise.
2. Chopped hard-boiled eggs, pickles, pimento and mayonnaise.
3. Chopped meat mixed with salad dressing.
4. Chopped raisins with nuts and moistened with lemon juice.
5. Jam or jelly.

Both iced and hot beverages are used for teas. An iced beverage should be thoroughly chilled when served, while a hot beverage should be piping hot. The following are suggested beverages suitable for teas:

LEMONADE

$3\frac{1}{2}$ cups cold water
 $\frac{2}{3}$ cup sugar

$\frac{2}{3}$ cup lemon juice or other fruit juice.

Make a syrup of the sugar and $\frac{1}{3}$ of the water. Cool and add remaining water and fruit juice. Serve with generous amount of ice.



FRUIT PUNCH

1 quart cold water or tea	1 pint juice of any fruit in season
1 No. II can shredded pineapple	1 quart water
2 cups sugar	
1 cup lemon juice	

Make a syrup of 1 quart water (or tea) and sugar. Cool and allow the rind of four lemons to stand in the syrup for several hours. Add lemon juice and fruit juices. Add iced water before serving. Serve in a punch bowl with a small block of ice.

TEA

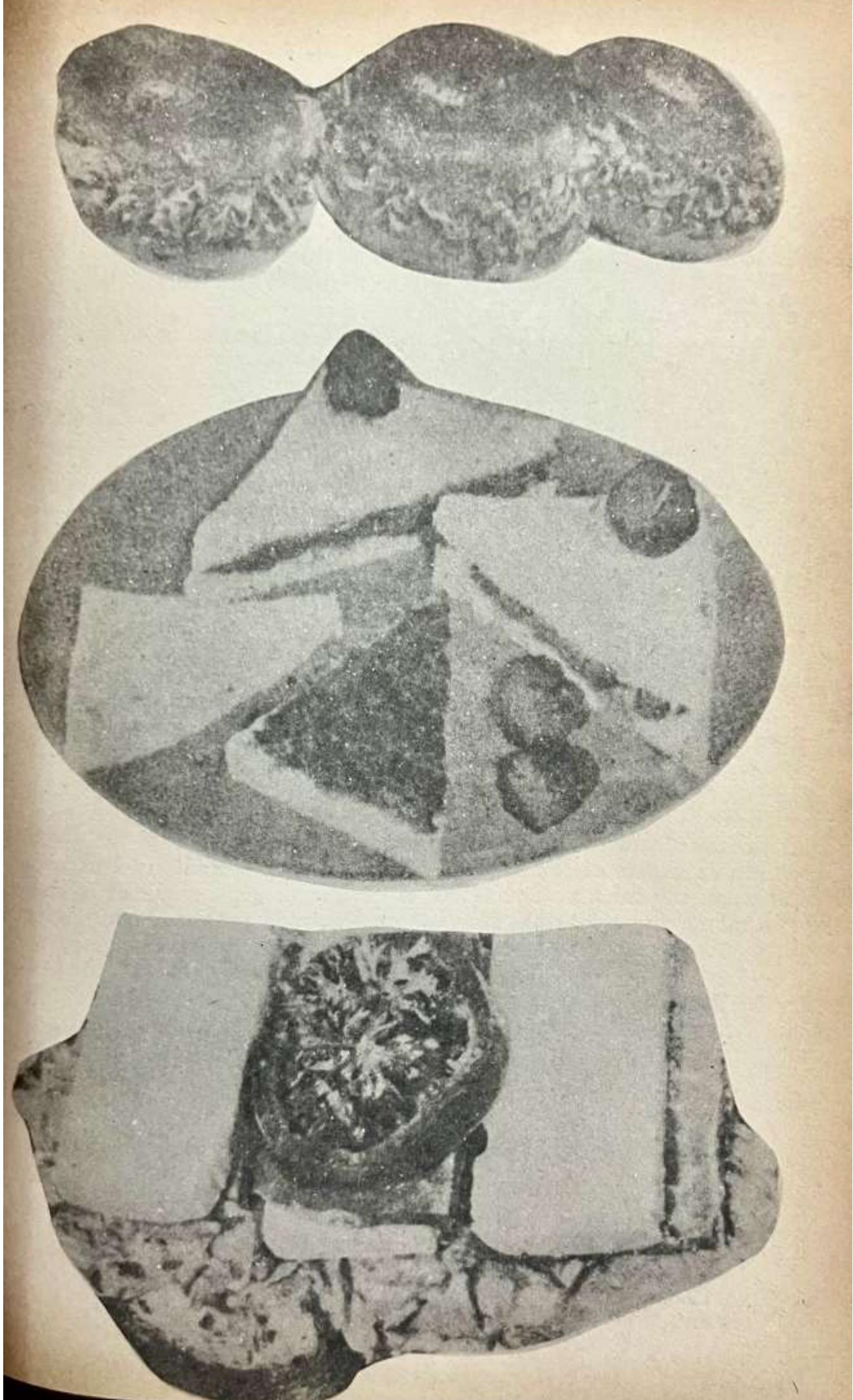
Three important points should be remembered in making tea.

1. Buy good-quality tea and keep in a covered tea container.
2. Use a clean china or earthenware teapot.
3. Use fresh boiled water.
4. Let the tea remain in water for 1 to 3 minutes.

Tea may be served with lemon or cream. If lemon is used, cut into thin slices or in wedge-shaped pieces.

APPETIZERS

Appetizers served at a tea party should be fresh and crisp. Suggested appetizers which may be eaten from the fingers are thin strips of carrots; bars of sincamas — $\frac{1}{2}$ cm. sq., 2 to 3 cm. long; strips of green pepper — 1 cm. wide, strips of long white radish and slices of cucumber.



SOUP AND VEGETABLES

PINAKBET

15 pcs. talong (small size) (10 pcs. if long)	sili
3 pcs. ampalaya	5 pcs. tomatoes (medium size)
1 small bundle sitao	100 gms. liempo (pork) or (cicharon)
1 bundle seguidillas	1 head sebuyas
12 pcs. okra	3 tablespoonful bagoong sauce
1 plateful batao camias	luya

If the talong is small ($1\frac{1}{2}$ to 2 inches) remove the handle and pierce the body with a knife. If the talong is long cut into $1\frac{1}{2}$ inches long and soak in water. Cut ampalaya in $\frac{1}{2} \times 2$ inch pieces. Ditto with sitao. Split the seguidillas and divide each piece into two. Remove the edges of the batao (do not split). Ditto with the okra. If the okras are long, divide each into pieces only. Slice the tomatoes, onion, and luya (very thin slices).

Cut the liempo into small pieces. Add water to cover and let it simmer in a caserola until it is tender and only a little of the water is left. Add the following in this order: bagoong, luya, tomatoes, onions, sitao, seguidillas, ampalaya, batao, okra, and talong. Close the container and cook over medium flame and when it starts to boil, immediately lower the flame. After five minutes turn over the vegetables by (isalta in Ilocano) flapping the caserola so that the upper strata of vegetables go under. Never stir with a laddle in order not to break the talong. The secret of cooking a good pinakbet is that the talong should shrink, from which the word (pakbet) came from, and this is achieved by cooking over very low flame and flapping the caserola. Three flappings is enough to cook the pinakbet and when done remove from fire.

If cicharon (fat with meat) is used add 3 cups of water to the chicharon before adding the rest of the ingredients in the order mentioned above.

PINANGAT NA GABI

24 gabi stems and leaves	2 pieces siling labuyo, crushed
$\frac{1}{4}$ kilo cooked pork, cut into small cubes	$\frac{2}{3}$ cup green onions, finely cut
$\frac{1}{2}$ cup dried fish, boiled and flaked	1 $\frac{1}{2}$ cups pure coconut milk
$\frac{1}{2}$ cup bagoong alamang	1 $\frac{1}{2}$ cups coconut milk (second extraction)



String stems and cut into two-inch lengths.

Wash leaves.

Mix pork, fish, 3 tablespoons bagoong, garlic, 1 teaspoon ginger, siling labuyo and green onions.

Add pure coconut milk.

Pile four leaves together and put 3 tablespoons of the mixture.

Wrap and tie.

Repeat the same procedure with the rest of the ingredients.

Arrange in a kettle together with the stems and pour second extraction of coconut milk.

Season with the remaining bagoong.

Add 1 teaspoon ginger.

Bring to a boil, then simmer for 2 hours.

Serves 6.

SQUASH SOUP

1 cup light cream	
4 cups milk	
1 tablespoon chopped chives	
1 bay leaf	
2 cups cooked sieved squash	
1 cup diced cooked celery	

Squash	
3 tablespoons butter or margarine	
3 tablespoons flour	
1 teaspoon salt	

Combine cream, milk, chives and bay leaf, then heat to boiling point. Add squash and celery and mix well. Melt butter and blend in flour and salt. Gradually add milk mixture and cook over low heat, stirring constantly until thickened.

CHICKEN EGG DROP SOUP

4 cups chicken broth	
½ cup celery	
1 egg, slightly beaten (optional)	

1 tablespoon onion	
1 cup watercress leaves	
Salt and pepper to taste	

To 4 cups chicken broth, add diced celery and onion and simmer about 10 minutes or until vegetables are tender. Pour slightly beaten egg into boiling soup and stir constantly about 1 minute or until egg forms shreds. Add watercress leaves and cook another minute. Serve hot.

CABBAGE SOUP, COUNTRY STYLE

$\frac{2}{3}$ pound salt pork (tocino)	2 turnips diced
4 quarts water (16 cups)	3 onions, chopped
2 teaspoons fine salt	4 leeks, chopped
1 ham bone or 1 pound ham	4 cups chopped cabbage
1 slice garlic	5-6 medium sized potatoes
sausage, if desired	1 pepper, diced
3 carrots, diced	

Put pork in a deep kettle, cover with water and boil for 10 minutes. Drain and plunge into cold water. Return pork and ham into kettle with the water, boil for a few minutes, add salt and boil for about 2 hours. Add sausage and all vegetables, except potatoes. Cook until vegetables are soft, then add the potatoes. Season with salt and pepper. Skim off fat, remove pork and sausage, cut into dice and return to the soup. Serve with crusts of bread in it.

CREAM SOUP FOR LUNCH

1 onion, minced	1 cup vegetable cooking water
$\frac{1}{4}$ cup margarine or other fat	1 tall can evaporated milk
$\frac{1}{4}$ cup flour	1 cup cooked vegetables
1 cup meat stock or water	Seasonings
1 bouillon cube	

Cook onion for 2 or 3 minutes in fat; blend in flour. Add liquids gradually, stirring until smooth. Cook until thickened, stirring constantly. Add cooked vegetables, cut in small pieces. Season to taste with salt, pepper, a dash of Worcestershire, a few grains of nutmeg. Heat thoroughly.

CLAM CHOWDER

3 cloves garlic	1 cup clam meat
1 medium-sized onion	4 cups clam broth
1 pc. ginger, 1-inch	1 bundle sili leaves
2 tbsps. cooking oil	Patis to taste

Parboil clams in 4 cups water and separate meat from shell. Sauté garlic, onions and ginger. Season with patis and add clam meat. Boil for 5 minutes. Add 4 cups water and continued cooking for 10 minutes. Lastly, add sili tops before removing from fire.



TEMPTING CHEESE SOUP

$\frac{1}{2}$ cup diced Kraft Cheddar cheese	2 tbsps. chopped parsley
$\frac{1}{2}$ cup frozen peas	1 tbsp. tomato paste
$\frac{1}{2}$ cup diced celery	1 Maggi bouillon cube
6 cups chicken stock	Salt and pepper to taste

Wash, pare and cut vegetables. Simmer in 6 cups chicken stock containing tomato paste, until tender. Add bouillon cube, and pepper. Cook 4 minutes longer. Lastly add cheese and parsley. Serve piping hot.

PATANI GUISADO WITH SOTANGHON

2 tbsps. chopped meat	pepper to season
1 tsp. garlic (pounded)	2 tbsps. lard
$\frac{1}{2}$ c. shrimp (cut in $\frac{1}{2}$ long)	$\frac{1}{2}$ c. chopped pork
3 cups patani (fresh lima beans)	1 c. sotanghon
1 $\frac{1}{2}$ cups shrimp juice	1 c. broth
	2 tbsps. salt

Soak the sotanghon in water. Meanwhile saute the garlic till light brown. Add the onions and cook for about 3 minutes. Later add the shrimps, pork, meat, and patani broth. Cover it well and cook 5 minutes. Then add the sotanghon together with the shrimp juice. Season with salt and pepper stirring it to prevent curdling of the shrimp juice. Cover and cook for 10 mins. Serve hot. Yield 5 cups.

FIESTA BEAN FRY

2 tbsps. salad oil	2 lbs. kidney beans, cooked
$\frac{1}{4}$ cup finely chopped onion	1 tsp. Aji-No-Moto
$\frac{1}{2}$ cup chopped green pepper	1 tsp. chili powder
1 garlic clove, crushed	$\frac{1}{4}$ lb. cubed cheddar cheese

Heat oil in saucepan.. Add onion, green pepper and garlic; cook until onion is tender, but not brown. Drain beans: measure $\frac{1}{2}$ cup of the liquid. Add to the saucepan with drained beans, Aji-No-Moto and powder. Heat to serving temperature. Add cheese cubes; stir until partially melted. Serve hot.

LETTUCE AND PORK SOUP

**1/4 lb. lean pork or steak
1 medium lettuce
1 egg
1 tbsp. soya sauce
2 tsps. salt
1/2 tsp. sugar
1/4 tsp. pepper**

**2 fine slices green ginger
1 tsp. cornflour
1 tbsp. vegetable oil
1 tsp. Vetsin
6 cups boiling water of
chicken stock**

Slice or mince pork finely and add the soya sauce, sugar, pepper, cornflour and oil. Stir. Set aside. Break up lettuce, rinse in running water, but do not shake dry. Drop about 2 tsps. oil into heavy saucepan and fry ginger slices with salt for half a minute. Add boiling water or stock with Vetsin powder. Bring to a boil. Add pork mixture, simmering another 10 minutes. Break egg into boiling stock, allowing white to partially set. Stir. Finally, toss in lettuce and allow to boil again. Remove from fire. Serve.

STUFFED CABBAGE ROLLS

**12 medium sized cabbage
leaves
1 1/2 cups cooked ground beef
1 onion, grated
1 cup cooked rice**

**1 teaspoon salt
Dash of cayenne
1 tablespoon melted butter
1/2 cup tomato juice**

Cook cabbage leaves for 3 minutes in boiling, salted water. Drain; dry. Combine ground beef, onions, rice and seasonings. Put about $\frac{1}{4}$ cup on each cabbage leaf. Roll and fasten with wooden toothpicks. Place rolls close together in greased baking dish. Brush rolls with butter and pour tomato juice over them. Bake in moderate oven, 375°F. until cabbage leaves are tender — about 15 minutes. Remove wooden picks before serving.

MAIN-DISH COLESLAW

**1 cup shredded cabbage
1 cup minced celery
3 grated franks
1/2 tablespoon granulated
sugar
Dash salt
1/2 teaspoon grated onion**

**1/2 tablespoon vinegar
1/4 cup light cream or undiluted
evaporated milk
1/2 tablespoon prepared
mustard
2 tablespoons cooked salad
dressing**



In salad bowl, combine cabbage, celery, and franks add remaining ingredients, tossing thoroughly. Makes 2 servings.

MONTEREY BEANS AND CHEESE

1 No. 2 can red kidney beans	$\frac{1}{4}$ cup beef bouillon or tomato juice
2 slices bacon	1 teaspoon chili powder
$\frac{1}{2}$ onion, sliced	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ green, pepper, diced	Dash of pepper
$\frac{1}{2}$ pound shredded cheese	
2 ripe tomatoes, diced	

Drain beans, if necessary, and set aside. Fry bacon, drain and break into pieces. Saute onion and green pepper in the bacon fat until tender. Add cheese and stir until it is melted. Add beans, bacon bits and remaining ingredients. Cook slowly, stirring constantly until ingredients are blended and cheese is smooth and creamy, about 5 minutes.

CLAM SOUP WITH MALUNGGAY

3 cups clams (tulya)	$\frac{1}{2}$ small onion, sliced
1 cup malunggay leaves (washed and sorted)	3 segments garlic, macerated
Ginger (2 thin strips)	3 tablespoonfuls lard
Salt and pepper	8 cups rice washings

Wash the clams and allow to drain. Saute the garlic, ginger and onions in hot lard. Add the clam, and lastly the rice washings. Cover and let the mixture boil for three minutes. Add the malunggay leaves and cook 3 minutes longer. Season with salt and pepper. Serve hot.
Pepper leaves may be used instead of malunggay leaves.

ONION SOUP

5 cups chicken soup	2 cloves garlic
4 slices bacon	1 cup bread cubes
1 cup sliced onions	$\frac{1}{2}$ cup grated cheese

Cut bacon in strips and fry until crisp. Let it stand on a piece of paper towel to remove excess fat. Use the same bacon fat to fry the onions first, then the garlic, following the same procedure as above.

Slice the bread (pan de bara) into cubes and fry in the same fat as above until golden brown. Remove excess fat by the same procedure. Pour the 5 cups soup in a pan and put in low fire. Add bacon and let it simmer until bacon is soft. This takes about 20 minutes. Add the garlic and onions. Add cheese slowly. Season with salt and pepper. Before serving, add the brown cube toast.

ONION RINGS IN BATTER

2 large onions
1/2 cup milk

1/2 cup prepared pancake mix

Peel onions, cut into slices about $\frac{1}{4}$ -inch thick. Press slices between thumb and forefinger to separate into individual rings. Add milk to pancake mix and beat until smooth. (Batter should be just thick enough to coat onion rings lightly. Pancake mixes vary, if batter is too thick add a little more liquid.) Drop onion rings into batter to coat each one. Fry, a few at a time, at 385°F. (1-inch bread cube browns in 40 seconds) until crips, turning to brown on both sides. Drain on absorbent paper. Keep hot in oven while cooking remainder. Perfect with a thick juicy steak. Makes 4 servings.

PICKLED ONIONS

4 lbs. pickling onions
1 pint malt vinegar

2 level teaspoons allspice
2 level teaspoons peppercorns

Peel the onions and pack them into clean jars.

Discard any onions which are not perfect.

Pour the vinegar into a large jug and stir in the allspice and peppercorns. Pour this mixture over the onions, filling the jars to the top.

Cover the jars with vinegar-proof lids, or with a double layer of greasoproof paper and a single thickness of calico. Brush the calico well with melted candle wax.

These onions can be eaten after two weeks, or stored until they are required.

CRISP FRIED ONIONS

For Crisp Fried Onions, the golden crunchy kind, slice the peeled onions rather thickly and separate them into rings. Either dredge

them with seasoned flour, or shake them up in a small paper bag containing a little flour, salt and pepper. Heat a dip pan of fat or oil, such as is used for chips. Wait until a thin blue haze (not black smoke) rises. Put in only a few pieces of onion and fry till crisp. Fish them out and drain on crepe or grease-proof paper keeping them warm till all are done. Do not try to fry too many at once. This lowers the temperature of the fat and makes them soggy.

CUCUMBER SOUP

1 oz. butter	$\frac{1}{2}$ pint of the pickling liquid
4 large pickled cucumbers	$\frac{1}{2}$ pint thin cream
$\frac{1}{2}$ oz. flour	salt to taste
1 pint stock	1 tablespoon chopped dill

Melt the butter and cook the peeled, diced cucumber in it for 10 minutes, blend in the flour; pour over the hot stock, the pickling liquid and the cream. Season to taste, stir in the dill bring to the boil and serve.

JULIENNE SOUP

8 cups meat stock	$\frac{1}{2}$ cup finely shredded cabbage
2 tablespoons Vetsin powder	1 beaten egg white salt and
$\frac{1}{4}$ cup finely sliced green pepper	pepper to taste

Pour the stock in an enamel or aluminum pan. Boil and add the rest of the ingredients except the egg white. Cover pan and cook the mixture for eight to ten minutes. Add the egg white and stir for one minute. Remove from the fire and serve hot.

OKRA SOUP

1 ham bone	1 cup chopped green pepper
6 cups okra	Salt to taste
2½ cups tomatoes	

Boil ham bone for 1 hour in enough water to cover. Add okra, tomatoes and green pepper. Simmer, covered, 3 minutes. Season with salt and serve.

IRISH POTATO SOUP

7 cups water	1 bay leaf
6 medium potatoes, peeled and sliced	1 clove
2 onions, sliced	½ cup milk, scalded
1 carrot, sliced	½ cup cream, scalded
½ teaspoon thyme	1½ teaspoons salt
	½ teaspoon pepper

Boil the water. Add the potatoes, onions, carrot, thyme, bay leaf, and clove. Cook over low heat for 45 minutes. Force the mixture through a sieve. Add the milk, cream, salt and pepper. Cook over low heat for 10 minutes. Correct seasoning. Serve hot.

BIRD'S (Sea Swallow) NEST SOUP

3 ounces dried bird's nest	⅛ cup ham
3 egg whites	2 cups ham broth
2 cups chicken broth	½ tablespoon cornflour
2 teaspoons soy sauce	1 teaspoon salt
3 ounces white chicken meat	

Soak bird's nest in boiling water and leave to stand for 5-6 hours. Drain and remove any stray feather which may still remain with a tweezer. Add soy sauce and a cupful of hot water to the now gelatinous bird's nest. Place the mixture in a small saucepan and simmer very gently for $\frac{1}{2}$ hour.

Mince the chicken meat very fine, mix with egg white and beat them up together.

Meanwhile add the chicken and ham broth to the pan containing the bird's nest. Bring to boil and leave to simmer gently for 15 minutes. Now stir the mixture of minced chicken and egg white into the bird's—nest in chicken-and-ham broth, in a fine steady steam. Add cornflour to thicken whilst stirring continually. Leave to simmer gently for 10 minutes before garnishing with chopped ham and serve in large bowl.

AVOCADO WITH SOUP

Serve avocado cubes or balls with clear bouillon or consume as an accompaniment to the soup. Serve at once.

POTATO PANCAKES

Scrub 6 medium-sized potatoes carefully. Do not peel. Cut into cubes about 1 in. in size. Break 2 eggs into blender container. Add 1½ tbsps. flour, ¼ tsp. baking powder, 1¼ tbsps. salt, 1 thin slice onion and about ¼ c. of cubed potatoes. Cover and start at high speed. With appliance running, add remaining potatoes as rapidly as possible, a few at a time through the feeder cap opening. When the last cube is added, stop blender. Pour enough potato batter onto well-greased griddle to form 3-in. pancakes. Bake until brown and edges have lacy effect, then turn and brown on other side. Serve hot with apple sauce. Makes about 10 medium pancakes.

FRENCH FRIED POTATOES

4 medium-sized potatoes

Salt

Peel potatoes and cut lengthwise into ¼-inch strips. Soak in cold salt water to cover, 1 tablespoon salt to 1 cup water, for an hour. Drain, dry between paper towels. Fry about 1 cup at a time at 390°F. (1-in bread cube browns in 20 seconds) until golden brown. Stir occasionally with fork to prevent sticking. Drain on absorbent paper. Sprinkle lightly with salt. Keep hot in oven while cooking remainder. Serves 4.

CHEESE-POTATO MOUND

3 tbsps. butter or margarine
¼ cup flour
1½ tsps. salt
⅛ teasp. pepper
1 cup milk

2 cups sliced, cooked potatoes
(about 4 medium)
1 tablesp. snipped parsley
1 tablesp. minced onion
¾ cup grated process sharp American cheese

Early in day: Grease 1-qt. casserole; line bottom with waxed paper. In saucepan, melt butter. Stir in flour, salt, pepper, then milk; cook, stirring, until smooth and very thick. Stir in potatoes, parsley, onion; pack firmly into casserole. Refrigerate several hours or overnight if desired.

About 45 min. before serving: Start heating oven to 400°F. Loosen sides of casserole with spatula; turn onto cookie sheet; peel off pa-

per. Sprinkle with cheese. Bake, unconverted. 25 min., or until lightly browned and thoroughly heated. Loosen bottom. Then slide mound onto serving platter. Garnish with parsley and radish roses. Makes 2 or 3 generous servings.

BAKED POTATOES

4 large hot baked potatoes	Salt and pepper
2 tablespoons butter	1 tablespoon minced onion
½ cup hot milk	1 7-ounce can tuna fish

Cut each baked potato lengthwise from top, scoop out inside with a spoon and mash. Beat in fat and hot milk. Season with salt and pepper. Add minced onion and flaked tuna fish. Pile tuna mixture lightly into potato shells, place on cookie sheet or shallow baking dish and bake in very hot oven, 450 F. for 10 minutes or until light brown.

BOILED SOYBEANS

1 c. soybeans	4½ c. water
1 t. salt	

Wash the beans carefully and soak them for about 12 hours. Pour off the water and the salt. Boil gently with cover on for two hours. Serve hot.

FRIED TOKUA (A Soybean Products)

1 c. tokua, (small pieces)	1 t. fat
1 t. Taosi	1 clove garlic, crushed
1 t. toyo	

Heat the fat in a carajay, add garlic, fry 2 or 3 minutes, add the tokua and fry until slightly brown, or about 8 to 10 minutes. Add the toyo and the taosi, mix well and cook about 3 minutes longer. Serve hot.

The chief problem in cooking soybeans is to make them tender without long cooking. Soaking from 12 to 14 hours shortens the cooking period. Adding the salt at the beginning of cooking seems also to help shorten the time. Even with these procedures, it takes about two hours of boiling to make the beans tender. Some kinds are almost impossible to cook for soft. Girls may experiment with cooking soy-

beans. Immature soybeans may be prepared also if they are available. Shell the beans from the pods because the pods are inedible. Note in tables that soybeans contain more protein and more fat than other beans. They are the staple food of millions of people who live in North China and Manchuria.

STUFFED EGGPLANT

Broil 6 medium eggplants. Remove the skin, then season with salt and pepper. Set aside. Sauté 3 cloves minced garlic in 2 tablespoons lard until light brown. Add 2 medium-sized sliced onions and 3 large chopped tomatoes. Then add 1½ cups ground pork and cook until done. Season with salt and pepper, to taste. Remove from fire and cool. Add 4 well-beaten eggs and stuff the eggplants with this mixture. Brush the tops of stuffed eggplants with the beaten eggs and fry in hot pan until golden brown. Serve hot. Serves 6.

SAUTEED AMPALAYA

3 large ampalaya	1 can shrimp, parboiled in little
3 tablespoons pork lard	water and salt, and shelled
3 cloves garlic, pounded finely	1 cup thick shrimp juice
1 large onion, chopped finely	3 tablespoons flour for thickening
1 can (8 oz.) tomato sauce	Patis to taste
¼ kilo ground pork	

Cut the ampalaya diagonally into thin slices. Heat fat and sauté sliced ampalaya for about three minutes, making sure that each slice is well coated with fat. Set aside. Sauté garlic until golden brown. Add onion and tomato sauce. Cook till a fine sauce, then add ground pork. Cook for ten minutes; add sliced shrimp meat together with shrimps juice. Bring to a boil. Dissolve flour in a little water and add to boiling mixture, stirring continuously until thickened. Add patis to taste. Add the ampalaya and cook for about three minutes. Serve while hot.

CORN SOUP WITH CREAM

1 cup shredded young corn	1 small onion
3 cups broth	1 clove garlic
1 cup evaporated milk	salt and pepper

Sauté garlic and onion and add broth. Boil, then add corn and cook until done. Add milk and salt and pepper to taste. Serve hot.

BEEF AND MUSHROOMS

1 cup beef, chopped or ground	2 tsps. flour
$\frac{1}{4}$ lb. mushrooms	$\frac{1}{2}$ cup cream
2 tsps. butter	Salt and pepper to taste

Stem and peel mushrooms. Simmer stems and peelings in $\frac{1}{2}$ cup water for 20 minutes. Drain, reserve liquor. Melt butter and saute halved mushroom caps for 5 minutes. Add flour and stir well. Add cream and mushrooms liquor and stir until thickened. Add chopped beef, salt, and pepper; heat through.

RICE AND MUSHROOM STUFFING

2 tablespoons onions	$\frac{1}{2}$ teaspoon poultry seasoning
$\frac{1}{2}$ cup sliced mushrooms	$\frac{1}{2}$ teaspoon salt
3 tablespoons butter	$\frac{1}{8}$ teaspoon pepper
1 $\frac{1}{2}$ cups cooked rice	

Saute onion and mushrooms in butter in frying pan until onion is tender. Add rice and seasonings. Make 2 cups stuffing.

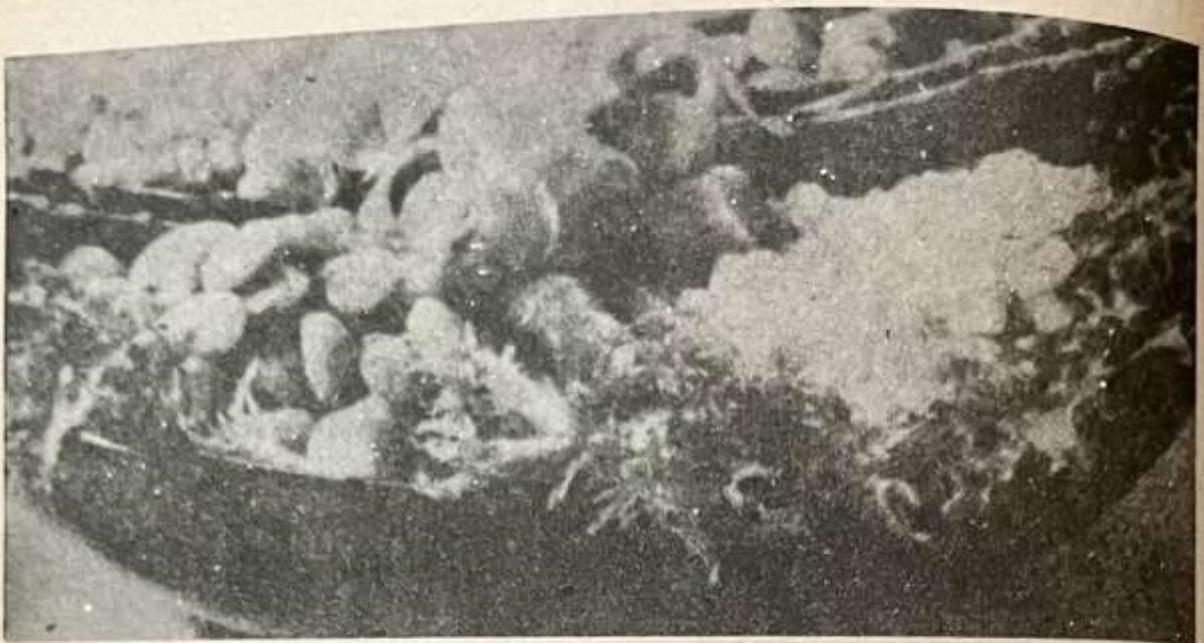
GOLDEN EGGS WITH PEAS

$\frac{1}{3}$ cup butter	1 cup cooked peas
$\frac{1}{3}$ cup flour	1 hard-boiled egg for every
1 tall can evaporated milk	person to be served
Salt and pepper	$\frac{3}{4}$ cup water

Heat butter, add flour and blend thoroughly. Add the milk (diluted with the water) and mix well. Add seasonings and cook until thick, stirring all the time. Add the eggs cut into halves and peas and heat through. Serve on toast or mound of rice and garnish with tomato wedges and parsley.

GINISANG SITSARO

$\frac{1}{4}$ na kilong baboy	$\frac{1}{2}$ kilong sitsaro
5 pirasong sitsaron	20 hipon
2 sibuyas bumbay	2 kamatis
2 kutsarang mantika	1 butil na bawang
asin	



Hiwain ang baboy. Alisan ng gilid ang sitsaro. Talupan ang hipon at dikdikin ang ulo at kumuha ng katas. Hiwain ang sibuyas at kamatis at dikdikin ang bawang. Igisa ang mga ito sa mantika, at isunod ang baboy, sitsaron, hipon at sitsaro. Pabayaang kumulo. Isunod ang katas ng hipon at takpan. Bayaang kumulo uli. Ihaing mainit.

CHULETAS

1 tokwa cake	1 onion
1 big onion	1 teaspoon black pepper
2 eggs	Pinch salt
1 clove garlic	1 teaspoon toyo
2 tablespoons oil	2 teaspoons sugar
1 teaspoon vetsin	2 tablespoons vinegar or lime juice
Achuete, kinchay, green onions flour sauce	3 tablespoons bread crumbs
1 head garlic	3 tablespoons corn flour

Wash tokwa. Saute in oil, garlic and onions. Add a little achuete juice. Season while boiling, stir and keep on the fire for 5 minutes. Remove and transfer to bowl. Add flour, green onions to bowl. Add flour, green onions and kinchay chopped fine and well-beaten egg. Prepare carajay for deep fat frying. Drop tokwa mix. Remove when golden brown. Serve with tomato catsup or toyo. Sauce: Saute little garlic in fat. Add little water; vinegar and toyo. Stir until boiling. Add ground onions, garlic and pepper. Add diluted corn starch flour and bread crumbs. Bring to boil. Remove when done.

FEIJOADA A PORTUGUESA (Portuguese Pork and Beans)

1 kilo beans—red or white	½ kilo cabbage, cut in small pieces
½ kilo pork	2 med. sized carrots, cubed
½ kilo beef	2 Portuguese sausages, cut in pieces (Portuguese chorizo in cans is now available at leading groceries).
¼ kilo bacon cut together with the pork and beef in small pieces	
1 piece ham butt, whole	

Soak beans overnight.
Boil beans separately over a low fire with water just enough to

cover them. (Beans will never soften if cooked over a strong fire to begin with and too much liquid).
In another pot boil the carrots, cabbage and the meats, except the sausage.

When beans are soft and meats tender, mix both together.
Saute garlic and onions and tomato paste in olive oil (or substitute) in a shallow skillet or frying pan until nicely cooked. Pour meat and beans mixture. Cook slowly 20 to 30 min.
Add sausage slices to the beans and cook slowly 20 to 30 minutes longer over slow fire. Serve.

BEEF SHANKS WITH VEGETABLES

2 pounds cross-cut beef shanks	1 stalk celery, cut up
4 teaspoons salt	4 potatoes, halved
1 bay leaf	4 onions, halved
4 whole cloves	3 large carrots, quartered

Place shanks in a large kettle and cover with water. Add salt, bay leaf, cloves and celery and simmer slowly for 2 hours. Add vegetables and continue cooking for about 20 minutes or until vegetables are tender. Serve meat with horseradish sauce made by combining 1 cup medium white sauce with $\frac{1}{4}$ cup horseradish and $\frac{1}{2}$ teaspoon dry mustard.

BEEF IN GREEN PEPPERS

Crush 7 cloves of garlic and fry in 4 tablespoons hot Purico. Add 3 medium size chopped onions and 3 chopped green peppers. When vegetables are beginning to brown, remove from pan and set aside. In the same pan fry $\frac{1}{2}$ kilo of beef which has been cut into 1 inch cubes. When meat is brown, add $1\frac{1}{2}$ cups stock or water; 3 laurel leaves; 1 teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Simmer gently until meat is tender and stock is somewhat reduced. Add sauteed vegetables and 1 small can of tomato sauce. Continue cooking, stirring occasionally for about 15 minutes. Serves 6.

FISH AND THEIR PREPARATION

FISH SAUSAGE

Another protein-packed fish meat preparation from the fisheries commission is fish sausage which provides protein at cheaper cost, as compared with beef or pork sausages. It is a popular type of fish cake in Japan, similar to the meat sausages in texture and form. Fish sausage utilized fish species that are meaty and with less bones, such as tuna, marlin, shark, and whale. Alakaak and kalaso may also be used.

Cut, behead, and skin the fish. Then separate flesh from fish bones before chopping and grinding. In the case of tuna, remove the dark meat.

Grind washed meat thoroughly, to attain a fine texture. Add seasonings such as salt, pork fat, starch, monosodium glutamate, sugar, and spices. Pass the mixture through a silent cutter to grind it further, blending the raw materials and additives thoroughly to obtain a homogenous mixture.

Pass the cake or jelly formed in the process through a stuffer in synthetic casing such as rubber hydrochloride and vinylidene chloride. Seal stuffed casings on both ends by cotton strings. You may also clip the ends with aluminum wire.

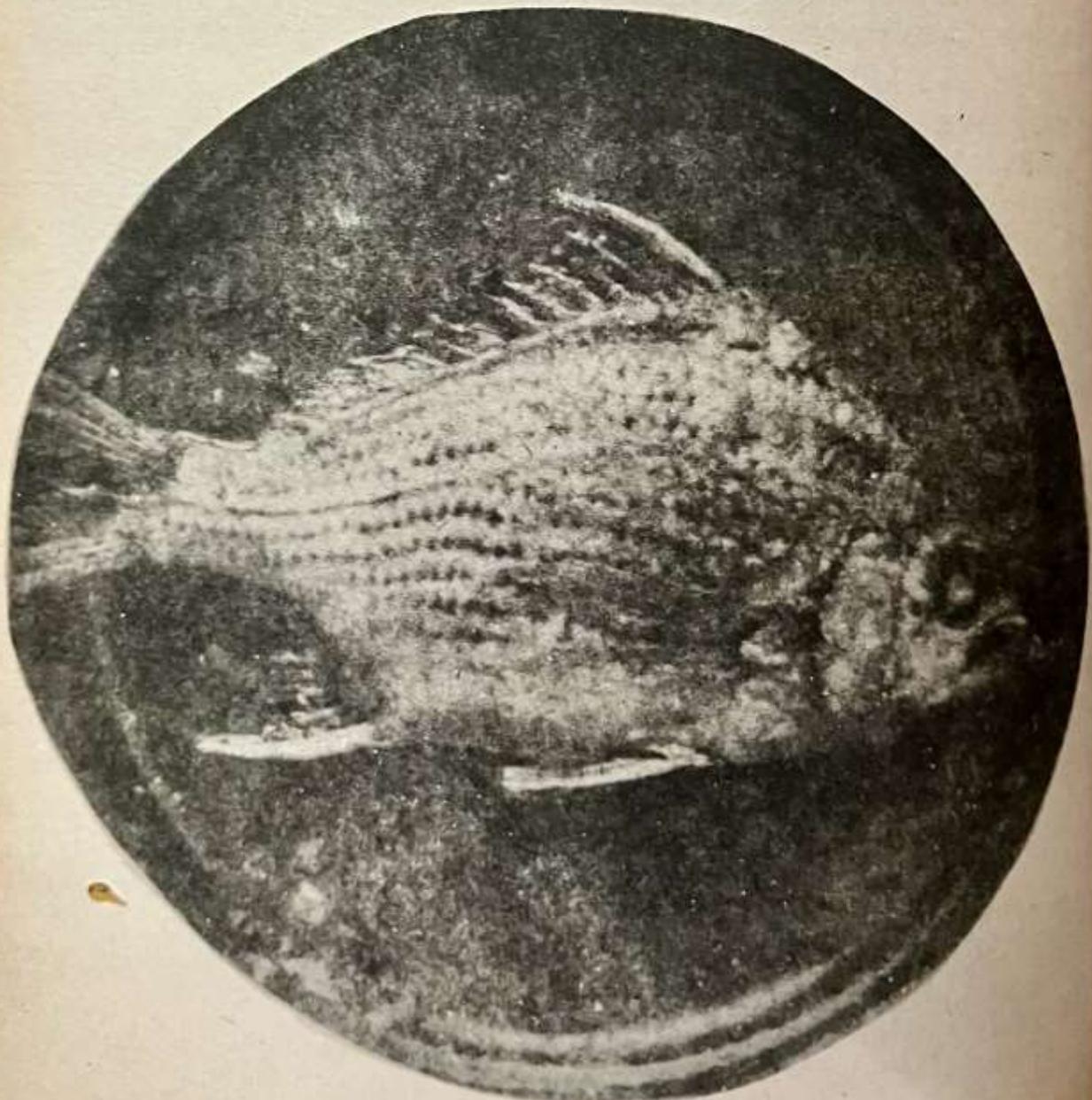
To remove wrinkles produced in the casing after cooking, redip sausages in boiling water for a few seconds.

LAPU-LAPU FILLETS AND VEGETABLES

Save dishwashing by serving this meal-all-in-one dish. The lapu-lapu fillets are quickly baked to a crisp succulent flakiness and served over rice and mixed vegetables. You can use up those bits leftover vegetables in the dish, too.

1½ cups water
1 teaspoon salt
2/3 cup of uncooked white rice
1 pound lapu-lapu fillets
(serving pieces)
3 tablespoons mayonnaise
2 cups crushed corn flakes

1½ or 2 cups cooked seasoned
mixed vegetables
2 tablespoons butter or mar-
garine
1/4 cup water
1/2 teaspoon salt
1/8 teaspoon pepper



Put the 1½ cups water, 1 teaspoon salt and rice in a 2-quart saucepan and bring to a vigorous boil. Turn the heat as low as possible. Cover and leave over this low heat 14 minutes. Remove saucepan from the heat but keep the lid on 10 minutes.

While the rice cooks spread both sides of the fish fillets with mayonnaise. Roll in corn flakes, covering all sides. Spread the cooked rice in one side of a greased shallow baking dish. Spread the cooked mixed vegetables in the other side. Cut up the butter or margarine and place over the rice and vegetables. Pour the water over the rice and vegetables. Arrange the fish fillets over the top. Sprinkle with the salt and pepper. Place the baking dish in a pre-heated 500°F. oven for 15 minutes or until the fish is browned and flakes easily. This recipe makes 4 servings.

CURRIED FISH TROPICALE

1½ ounces oil	½ pint water
2 tablespoons curry powder	Salt to taste
1 onion, cut finely	2 tablespoons grated coconut, soaked in ¼ pint warm wa- ter for 10 mins.
1½ lbs. white fish	A little milk
1 green pepper; after remov- ing the inside, cut in short strips	Juice of ½ lemon
2 fresh tomatoes, skinned and chopped	4 bananas

Heat oil in frying pan. Add onion and green pepper and cook gently until onion is soft but not browned. Sprinkle in curry powder, using more if you like. After 3 or 4 minutes cooking stir in water slowly to make sauce. Add fish cut into serving-sized pieces and keep at simmering point (just under boiling) until fish is tender. Add soaked coconut in. Cook for a minute or two longer while you fry the bananas cut in half lengthwise, in a little butter in a separate frying pan. Sprinkle with a little salt and sugar and turn over several times, until tender and lightly browned. Add a little milk to curry sauce if necessary. Serve curried fish with plain boiled rice. Garnish with the fried bananas. Add lemon juice to curry just before serving.

FISH FARE

4 tablespoons refined sugar	1 Fish
1 cup water	2 Onions, sliced
2 teaspoons food seasoning	½ head garlic, sliced thin
2 tablespoons soy sauce	2 sweet red pepper, cut into strips
2 tablespoons flour	1 carrot cut into strips
Salt to taste	3 tablespoons vinegar
Oil for frying	

Clean and salt the fish. Drain well. Fry in hot fat until brown. Set aside. Sauté the garlic, onion, and carrot until carrot is half-cooked. Add the mixture of vinegar, water, sugar, food seasoning, Soy Sauce. Cook until liquid thickens. Place fried fish on a platter and pour the sauce over it. Garnish with sweet red pepper.

FISH CAKES

12 oz. cooked white fish or salmon
6 oz. sieved, cooked potato
2 dessertspoons chopped parsley
Lemon juice

Salt, pepper and tomato ketchup or anchovy essence to taste
1 egg
Egg and breadcrumbs for coating

Break up the cooked fish with a fork. Mix in the potato and add the parsley. Well season with lemon juice, salt, pepper and tomato ketchup or anchovy essence. Beat in egg.

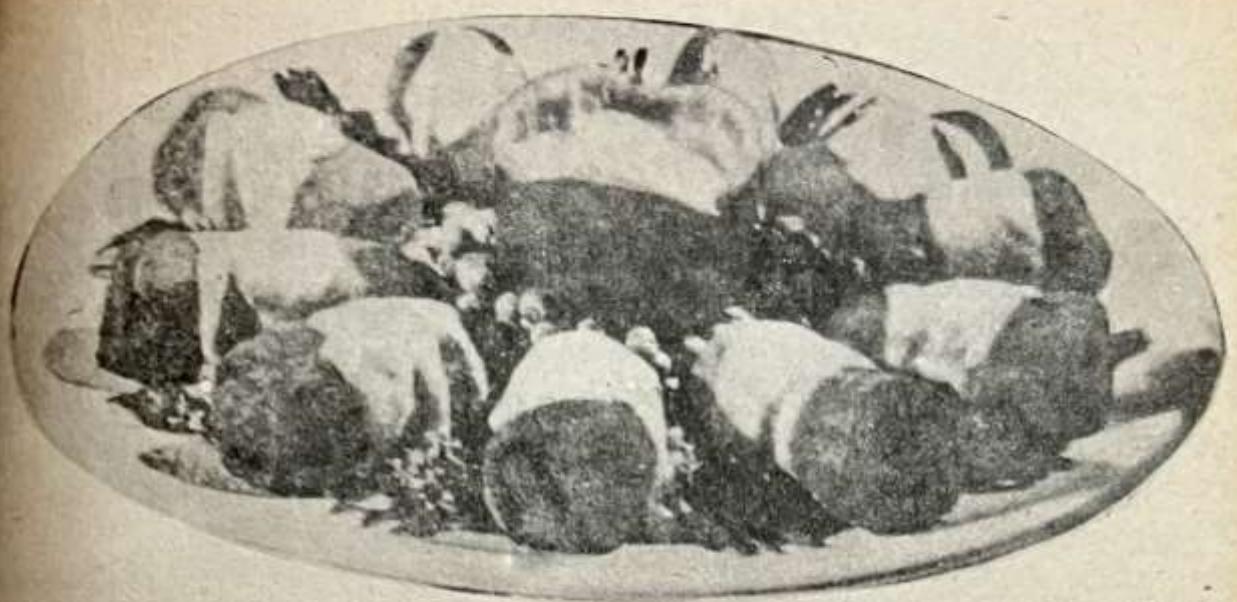
With floured fingers, roll the mixture into a fat sausage, 3 to 4 inches in diameter. Slice into "cakes" about 1-inch thick. Dip in egg and coat well with breadcrumbs. Fry in shallow fat, turning once only, till golden brown. Drain on soft paper. Serve the cakes with tomato or anchovy sauce.

FISH WITH THOUSAND ISLAND DRESSING

2 medium-sized fish
(Lapu-lapu or apahap)
1 large onion
2 large tomatoes
Wesson Oil
 $\frac{1}{2}$ cup diced onions

$\frac{1}{2}$ cup diced Del Monte sweet-mixed pickles
Salt to taste
Asparagus tips
Mayonnaise

Prepare Lapu-lapu and season with salt. Arrange fish in pan and garnish with onion and tomato rings. Add 1 cup water and $\frac{1}{2}$ cup Wesson Oil. Bake in moderate heat until golden brown. Baste fish from time to time in the process of cooking. Remove from oven and cool. Cover with mayonnaise and sprinkle with diced onions and pickles. Adorn with asparagus tips. Serve.



ASADO DE CARAJAY (Ox tongue and Pork)

2 pcs. ox tongue
1 kilo pork
3 tbsps. toyo.
1 cup vinegar
2 onions, quartered
1 tbsp. paprika
2 whole garlic

1 bay leaf
Grains of black pepper
Salt to taste
1 can mushrooms
 $\frac{1}{2}$ kilo potatoes, quartered
2 tbsps. flour
Water enough to make tongue and pork tender

Clean the ox-tongue thoroughly. Rub with salt and pepper and place in a deep vessel. Marinate the ox-tongue and pork in mixture of toyo, vinegar, water, bay leaf, onion, garlic, pepper, PAPRIKA and water. Fry the ox tongue and the pork in deep lard until brown. Pour the mixture and cook over low fire. Cook until tender. Then fry some flour and add the stock to make sauce. Cut tongue and pork into slices and garnish with fried potatoes and mushrooms. Serve while hot.

SHRIMP AND VEGETABLE SALAD

1 kilo sugpo
1 cucumber
1 carrot
Baguio lettuce
Baguio pepper
2 onions

1 can pineapple chunks
 $\frac{1}{4}$ head cabbage
paprika
Salt to taste
Pepper

Peel the carrot and cucumber. Cut all the fresh vegetables into very fine slices and mix in a bowl. Add the pineapple chunks and some of the shrimps which have been cut into small pieces. Add salt, pepper and paprika. Arrange and decorate with lettuce leaves and shrimps.

Dressing:
 $\frac{1}{2}$ cup cider vinegar
Paprika

Mix the ingredients and pour into salad before serving.

TUNA FISH AND SPAGHETTI CASSEROLE

$\frac{1}{4}$ cup butter or margarine	1 tsp. Worcestershire sauce
1 tsp. salt	1 cup (1 7-ounce can) tuna fish, flaked
$\frac{1}{8}$ tsp. pepper	1 cup (4 oz.) ready cut spaghetti
2½ cups milk	1 cup corn flakes
2 tbsps. chopped parsley	1 tbsp. butter or margarine melted
2 tbsps. chopped pimiento	
2 tbsps. minced onions	

Melt butter, stir in flour, salt and pepper. Add milk gradually, stirring constantly, cook occasionally. Fold in parsley, pimiento, onions, Worcestershire sauce and tuna fish.

Cook spaghetti in boiling salted water until tender. Drain, rinse and drain again. Place alternate layers of hot spaghetti and sauce in greased 1½-quarts casserole. Crush corn flakes into fine crumbs; mix with melted butter and sprinkle over spaghetti mixture. Bake in moderate oven (230°F.) about 30 minutes.

Yield: 6 servings.

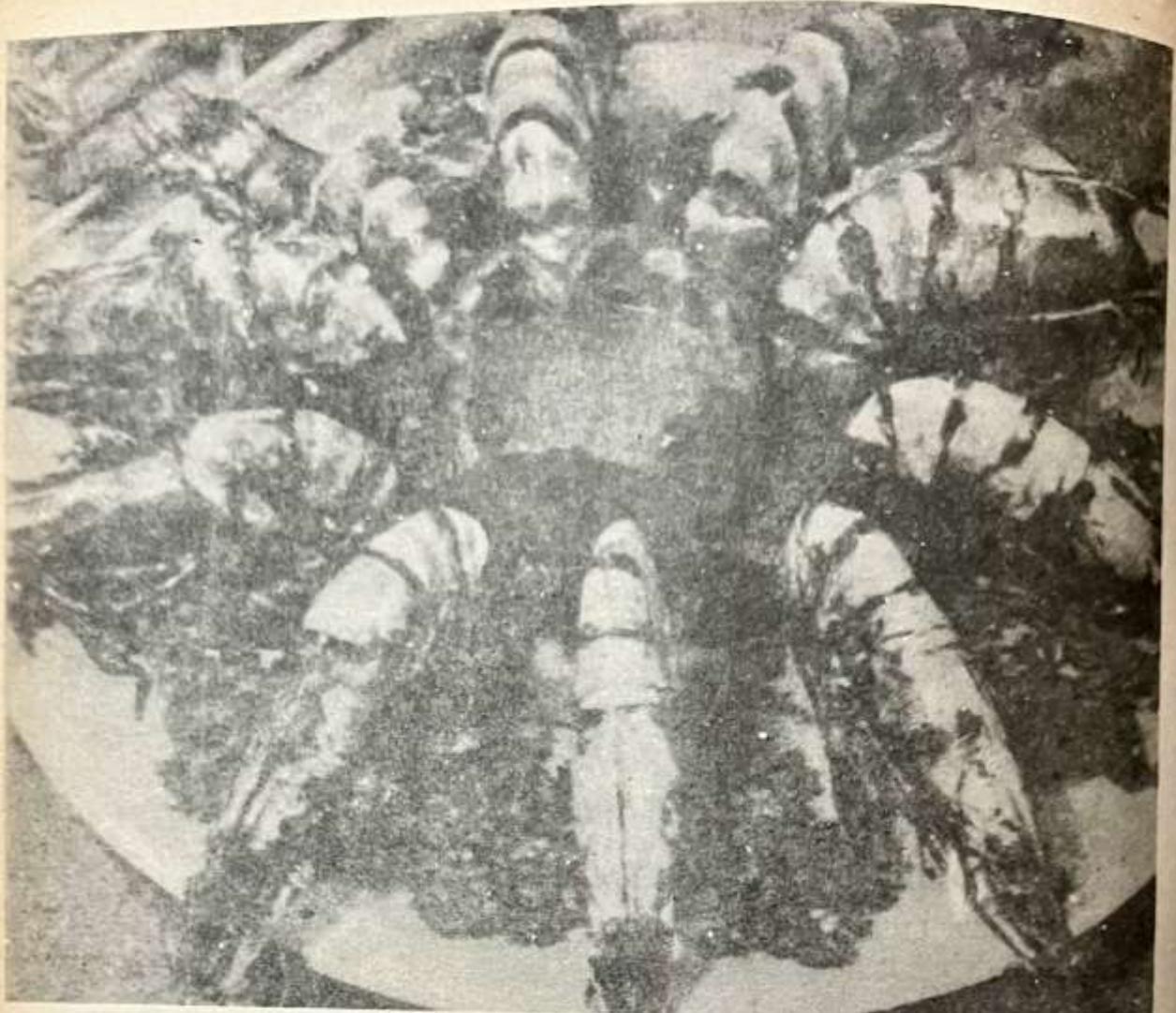
POCHERONG DALAG

1 medium-sized dalag	$\frac{1}{2}$ small cabbage, cut into 4 parts
$\frac{1}{2}$ cup fat	
$\frac{1}{4}$ cup tomato sauce	2 yellow camote (cut into halves)
$\frac{1}{2}$ head garlic	1 cup water
1 small onion, sliced fine	Salt
3 ripe saba bananas, cut in halves	

Clean and slice dalag. Fry the pieces in deep hot fat. Sauté the garlic, onion and tomatoes. Add water. When it boils, add the bananas, the cabbage and potatoes. Simmer, covered, until vegetables are done. Add fish and salt to taste. Serve hot.

FISH WITH SWEET-SOUR SAUCE

1 green pepper, cut in strips	$\frac{1}{4}$ tsp. dry mustard
1 onion, chopped	1 tbsp. soy sauce
2 tbsps. salad oil	$\frac{1}{2}$ cup fresh lemon juice
$\frac{1}{2}$ cup brown sugar	1 lb. fish fillets
1 tbsp. cornstarch	



Saute the green pepper and onion in salad oil for 5 minutes and set aside. Combine brown sugar, cornstarch and dry mustard. Slowly stir in soy sauce and lemon juice.

Cook, stirring constantly until mixture thickens and boil 1 minute. Add green pepper and onion and cook 2 minutes, stirring frequently.

Arrange fillets on hot, oiled, broiled pan, brush with salad oil, place about 6 inches from heat.

Broil 6 to 8 minutes, depending on the size of fillet, brushing with oil occasionally. Pour the sweet-sour sauce on the fillet and broil about 3 to 4 minutes longer. Serve at once. Serves 3 or 4.

FISH HASH

2 tbsps. butter or margarine	2 tbsps. minced or grated onion
2 cups flaked cooked fish any kind	1 tsp. lemon juice
2½ cups diced boiled potatoes	½ tsp. salt
1/3 cup top milk	1/8 tsp. pepper

Melt butter in frying pan. Combine the fish, potato, onion, milk, lemon juice, and seasoning. Spread in frying pan and fry slowly until well heated and slightly browned, about 10 minutes. Serve plain or sprinkled with minced parsley or dill.

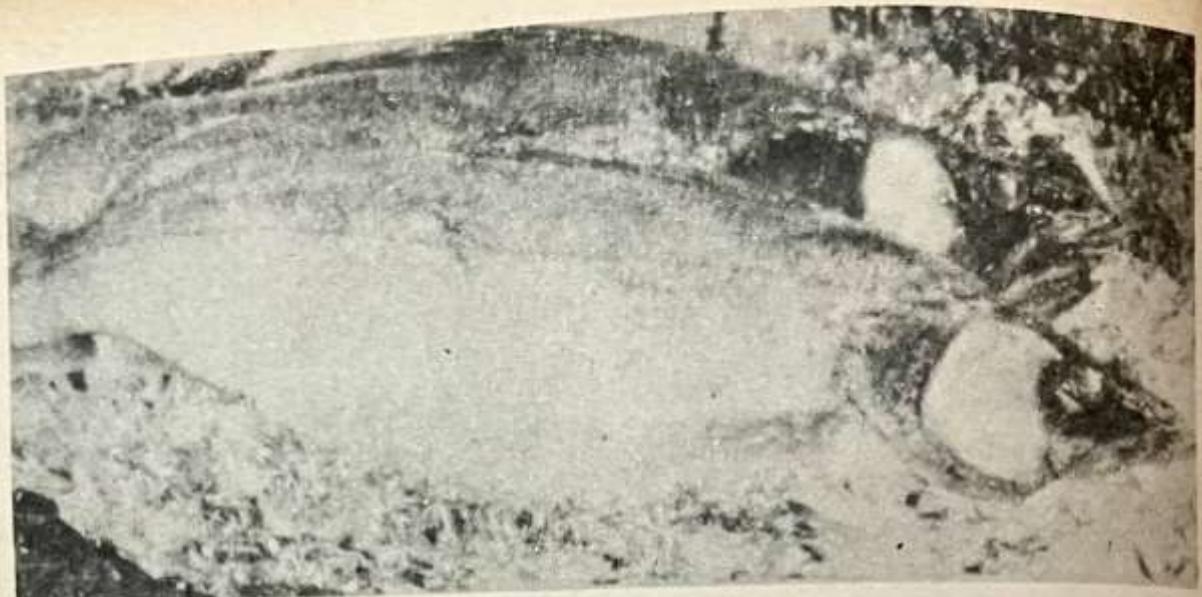
SHRIMP CURRY

2 tbsps. butter or margarine	1 1/8 cups milk
2 tbsps. flour	1 tsp. curry powder
1/4 tsp. salt	2 cups broken, cleaned, cooked shrimp
1/8 tsp. pepper	flaky rice
few drops onion juice	

Melt the butter, add the flour, salt, pepper and onion juice. When bubbling, gradually stir in the milk. Cook and stir until boiling. Then add the curry powder dissolved in a little extra milk. Add the shrimp and let stand about 10 minutes to become very hot. Serve poured over mounds of flaky rice.

MIXED SEA FOOD

1/2 pound flaked cooked white-fleshed fish	1/2 pound flaked cooked dark fish
2 cups cream sauce	a few short clams
flaky rice	or oysters and a few shrimps
1 tbsp. minced parsley	
1 hardcooked egg, chopped fine	



Cook and flake the fish or use canned fish flakes. Make the sauce. And fish, shrimps, and the clams or oysters steamed about 10 minutes. Season with paprika. Serve poured mounds of rice shaped by packing into custard cups. Sprinkle with parsley and egg.

TANGINGUE STEAKS WITH FLUFFY TOPPING

2 egg whites	$\frac{1}{2}$ cup Miracle Whip Salad Dressing or Craft Mayonnaise
4 broiled tangingue steaks	
parsley	

Beat egg white until stiff peaks form; fold in salad dressing. Top tangingue steaks, broil until browned. Garnish with parsley. 4 servings.

SALMON CROQUETTES

1 cup cooked or canned salmon, flaked (or chopped meat or fowl)	$\frac{1}{4}$ teaspoon dried onion Dash tarragon Salt and pepper
1 cup mashed potatoes	1 egg
1 teaspoon lemon juice	Bread or cracker crumbs

Mix salmon, potatoes, lemon juice, onion and tarragon, add salt and pepper to taste. Shape into croquettes. Beat egg with 2 tablespoons water, roll croquette in crumbs, then in egg mixture, and again in crumbs. Fry in deep fat at 380°F. (1-inch bread cube browns in 40 seconds) about 5 minutes, or until brown. Drain on absorbent paper. Serve immediately. Good with white sauce garnished with chopped parsley or capers. Serves 2.

SALMON CROQUETTES (Variation)

In the recipe that follows, the croquettes are rolled in packaged corn flake crumbs which gives them a nice crisp exterior while the inside stays soft and moist. To give the croquettes a lively taste, some lemon juice and liquid red pepper seasoning are added to the salmon mixture.

Tartar sauce is the usual accompaniment to croquettes. It's easy enough to make your own tartar sauce or use one of the commercially prepared ones, adding pepper seasoning to taste.

1 can (1 pound) salmon	$\frac{1}{4}$ teaspoon salt
Milk	$\frac{3}{4}$ teaspoon salt pepper
$\frac{1}{4}$ cup butter	1 tablespoon lemon juice
2 tablespoons minced onion	1 cup (approximately) packaged corn flake crumbs
$\frac{1}{3}$ cup flour	

Drain liquid from salmon into measuring cup; add milk to make 1 cup liquid. Melt butter in saucepan; add onion and cook until tender, but not brown. Blend in flour, salt and pepper. Add milk mixture and cook, stirring constantly, until thickened. Flake salmon and add to sauce with lemon juice. Stir in $\frac{1}{2}$ cup corn flake crumbs. Refrigerate until chilled. Divide into 8 or 10 portions and shape into cones. Roll in remaining corn flake crumbs to coat well. Fry until golden brown. Serve with tartar sauce.

Yield: 4 to 5 servings.

TARTAR SAUCE

$\frac{1}{2}$ teaspoon pepper seasoning	1 cup mayonnaise
1 teaspoon vinegar	1 tablespoon chopped green olive
1 tablespoon minced onion	2 tablespoons chopped pickle
1 tablespoon chopped parsley	

Stir pepper seasoning and vinegar into mayonnaise. Add remaining ingredients; mix well.

Yield: About $1\frac{1}{3}$ cups.

LIBBY'S SALMON PUFF

1 can condensed cream of asparagus soup	2 cups crumbled crackers
1 soup can milk, diluted with Liquid from Libby's Pink Salmon	$\frac{1}{2}$ teaspoon salt $\frac{1}{4}$ teaspoon Marjoram (optional)
1 can Libby's Pink Salmon, drained	4 eggs, well beaten paprika to taste

Mix soup and milk, stir in Libby's Pink Salmon, crumbs, salt and marjoram. Beat eggs until light and fluffy. Fold into salmon mixture. Pour into greased 2-quart casserole. Sprinkle with paprika and bake in moderate oven (350°F.) $1\frac{1}{2}$ hours or until a knife inserted in the center comes out clean. Serve immediately, with cream sauce or with a savory red sauce.

SALMON MAYONNAISE

Cold boiled salmon from the cold store not canned. (8" x 10")
Lettuce, cucumber, beetroot, gherkins, capers, boned anchovies, hard-cooked eggs, mayonnaise about two cups.

A mayonnaise of salmon consists of a large center slice, rather thick and with the bones and skin removed, beforehand. Have the fish completely masked by the mayonnaise sauce which may be thickened with cold gulaman to make it more firm. Place the lettuce or endive if available at the base of the masked salmon. Cut the cucumber into cups and fill with the boned anchovies mixed with gherkins and mayonnaise. Top with finely chopped and riced hard-cooked egg yolks. Cut the gherkins into fan shape and place at four sides of the boiled beet roots into petals and arrange on top of the covered salmon. The whole recipe looks like a decorated cake with petals of red beets with golden pollen of egg yolks at center and leaves traced with the green gherkins, the whole set on its bed of endive or lettuce.

SALMON COCKTAIL

1 lb. can salmon	1 small cucumber peeled and chopped
1 cup thick mayonnaise	lettuce leaf for each serving
1 small clove garlic mashed with $\frac{1}{4}$ tsp. salt	chopped chives (optional)
1 tbsp. tarragon vinegar	

Combine mayonnaise, garlic, vinegar and cucumber. Chill. Just before serving, place some of the chilled salmon on each lettuce leaf, top with mayonnaise mixture and sprinkle with chopped chives.

TUNA AND ORANGE APPETIZER

2 cans chunk tuna	mayonnaise
2 large oranges	mint sprigs
2 cups finely sliced celery	

Break up tuna with a fork. Mix with the diced orange sections from which the juice has been drained and the diced celery. Chill. Serve in small lettuce leaves, top with thick mayonnaise and a sprig of mint.

FISH BALLS WITH SOTANGHON AND KINCHAY

$2\frac{1}{2}$ cups kinchay	$\frac{1}{2}$ onion (medium)
$\frac{1}{2}$ cup fish minced	1 egg
$3\frac{1}{2}$ tablespoons lard	1 cup sotanghon

Season the minced fish with a little salt and pepper, break the egg into it and shape them into balls. Saute the garlic and onion on the frying pan with a little lard. Then cook it for about five minutes. Cover with two cups of water, add some seasoning and bring to a boil. Soak the sotanghon in a basin of water and cut them into short lengths. Add this to the fish and add the kinchay leaves when cooked. Season it with salt and pepper, cover and cook it for two minutes. It's indeed nice when served hot.

FISH WITH ITALIAN SAUCE

1 fish either boiled or steamed	1½ cups tomato juice
2 tablespoons minced onion	2 tablespoons flour
½ cup chopped pimiento	2 tablespoons butter
¾ cup grated cheese	2 teaspoons salt
	⅛ teaspoon pepper

Saute onion in butter until it becomes brown, add flour and blend well. Also add tomato juice, seasoning and pimiento. Simmer and add cheese, stock; boil once more and serve over the fish.

SOPA DE PESCADO

1 c. fish meat	Pepper and salt
1 c. potato	3 tbsps. butter
1 c. milk	Laurel leaves
Onion	

Skin the fish and cut it lengthwise. Boil the head and the bones of the fish in the water. Cut lengthwise the potatoes and boil in salted water. When cooked, transfer the potatoes in a bowl of cold water immediately. Put butter into frying pan and heat it. Then place the sliced onion. Add the fish and laurel leaves. When done, remove from the pan. In the same frying pan place the potatoes adding the broth of the fish. Add salt to taste. When the potatoes are cooked, add the fish once more. Mix a little flavor, water and a little broth of the chicken. Add a small can of milk before serving. Set the soup, simmer and serve hot.

ESCAPECHE MACAO

1 medium-sized fish	1 large red pepper cut into long strips
1 large onion	

2 segments of garlic sliced
4 dried mushrooms cut into
strips after soaking in
water
3 tbsps. toyo

2 tbsps. flour
2 cups water
4 tbsps. vinegar
4 tbsps. sugar

Fry the fish and set aside. Fry the garlic, onion, and sweet pepper. Make a medium thick gravy from the mixture of water, vinegar, toyo and flour. Add the fried garlic, onion, sweet pepper. Boil for 5 minutes. Place the fish on a platter, pour the gravy over it, and garnish with onion curls.

FISH EN ADOBO

1 large fish
5 tablespoons water
1 head garlic, crushed
5 tablespoons vinegar
1 onion, minced

6 green peppers, sliced in strips
2 laurel leaves
Salt
Purico for frying

Clean the fish; cut crosswise in pieces $2\frac{1}{2}$ centimeters thick. Salt and fry and set aside.

Fry garlic, onions and pepper. Add the laurel leaves and vinegar. Add the fish and water. Season to taste and continue simmering for about 5 minutes. Serves 6.

FISH WITH MISWA

1 fried fish
 $\frac{1}{2}$ cup miswa
 $\frac{1}{2}$ onion cut in wheels

2 ripe tomatoes
2 cloves garlic, crushed
Salt to taste

Fry the garlic with the onion then add the tomatoes, previously cut in pieces. Add the miswa and salt. Pour this mixture on the fried fish and serve.

BANGUS SARDINES

unscaled bangus (4 or 5 small
ones)
olive oil (1 small bottle)
salt
 $\frac{1}{4}$ cup rum
 $\frac{1}{2}$ cup water

2 carrots
1 red pepper
1 laurel leaf
1 chopped onion
6 pepper corn

Clean the fish. Do not remove the scales. Mix all ingredients in a baking pan together with the fish. Bake for one hour in a moderate oven or cook by steam.

CREAM OF FISH SOUP

1 pound of boneless fish or shellfish
1/4 cup of finely sliced onion
1 cup fish stock or water
4 tablespoons flour
4 cups of milk

1 cup chopped celery
4 tablespoons butter
1 1/2 teaspoons salt (vary to taste)
1/4 teaspoon each pepper and paprika

Simmer the fish in the water for 10-20 minutes. Put through a fine chopper when cooked. To the milk add other ingredients and stir in a double boiler or pan suspended in boiling water until the mixture thickens. Mix in the fish, check the seasoning and serve hot with crackers or fried toast.

LAPU-LAPU — SOUTH AMERICAN STYLE

2 1/2 pounds fish, lapu-lapu
1 medium onion, chopped
2 tablespoons cooking oil
1 or 2 cans of tomatoes or
6 large stewed tomatoes,
without skins
1 large green pepper,
without skin or seeds

1 teaspoon minced parsley
1/2 teaspoon Maggi or Worcestershire sauce
1 teaspoon sugar
Salt and black pepper
to taste
1/4 teaspoon cayenne pepper

Remove the flesh from the fish skeleton and cut it into 2 inch cubes. Fry the onions in oil till tender, then add tomatoes. Simmer until the sauce begins to thicken then add the remaining ingredients with short strips of green pepper. Add the fish and cook slowly to prevent burning. You can serve it with cooked rice.

FISH IN ORANGE SAUCE

2 tablespoons lemon juice
1/2 cup chopped green peppers
1 clove garlic, minced
4 fillets of sole

2 tablespoons rock salt
1/4 cup water
3/4 cup orange juice

Cut fillets in half and rub with salt. Let stand for 1 hour. Rinse under running water. In a deep skillet, combine water, orange juice, lemon juice, green peppers and garlic. Add fish. Simmer gently, covered, for about 20 minutes. Taste for seasonings. Chill and serve cold to four persons.

PLAIN FRIED FRESH FISH

Several small fish	$\frac{1}{2}$ to $\frac{1}{4}$ t. salt for each fish
$\frac{1}{2}$ calamansi for each fish or 2 or 3 slices of raw tomato	2 T. fat

Clean the fish, sprinkle salt on the inside and the outside. Heat tablespoonfuls of fat in a frying pan; fry the fish in the hot fat for 7 or 8 minutes; turn the fish over, using care not to break the flesh; and fry for 7 or 8 minutes longer. Dip the hot fat over the fish several times while it is frying.

If a carajay is used for frying, it will be necessary to tip it from side to side several times so that the hot fat may reach the head and tail end of the fish. Keep the frying pan covered while the fish is cooking; serve hot with calamansi or raw tomato. (A large fish should of course, cook a little longer than a small one).

BROILED FRESH FISH

Several small fish	
$\frac{1}{4}$ to $\frac{1}{2}$ t. salt for each fish	calamansi or raw tomato

Wash the fish; remove the intestines or not according to the kind and size of fish and the way fish are usually prepared for broiling in the community. Sprinkle the fish with salt; lay them side by side on a broiler; and place over live coals. When one side becomes brown, turn and cook on the other side about the same length of time. Continue to turn to cook until done. Arrange the fish on a plate and serve with calamansi or sliced raw tomato.

PORK AND BEEF RECIPES

HAMBURGER SPECIAL

1 tablespoon fat or salad oil	6-ounce can mushrooms, broiled
$\frac{1}{2}$ cup chopped onions	1 teaspoon salt
$\frac{1}{2}$ cup ground beef	Black pepper, few grains
2 tablespoons flour	3 tablespoons catsup
2 cups water, plus liquid from mushrooms	Elbow macaroni, 8-ounce package

Heat fat or oil in skillet; add onions. Cook over medium heat 5 minutes, add beef crumbled into small pieces and brown well. Stir in flour; add mushrooms cut in pieces, water and mushroom liquid, salted, pepper and catsup, simmer 5 to 10 minutes. Meanwhile cook macaroni according to directions on package; drain. Pour sauce over hot macaroni, mix well and serve at once. Makes 4 to 6 servings.

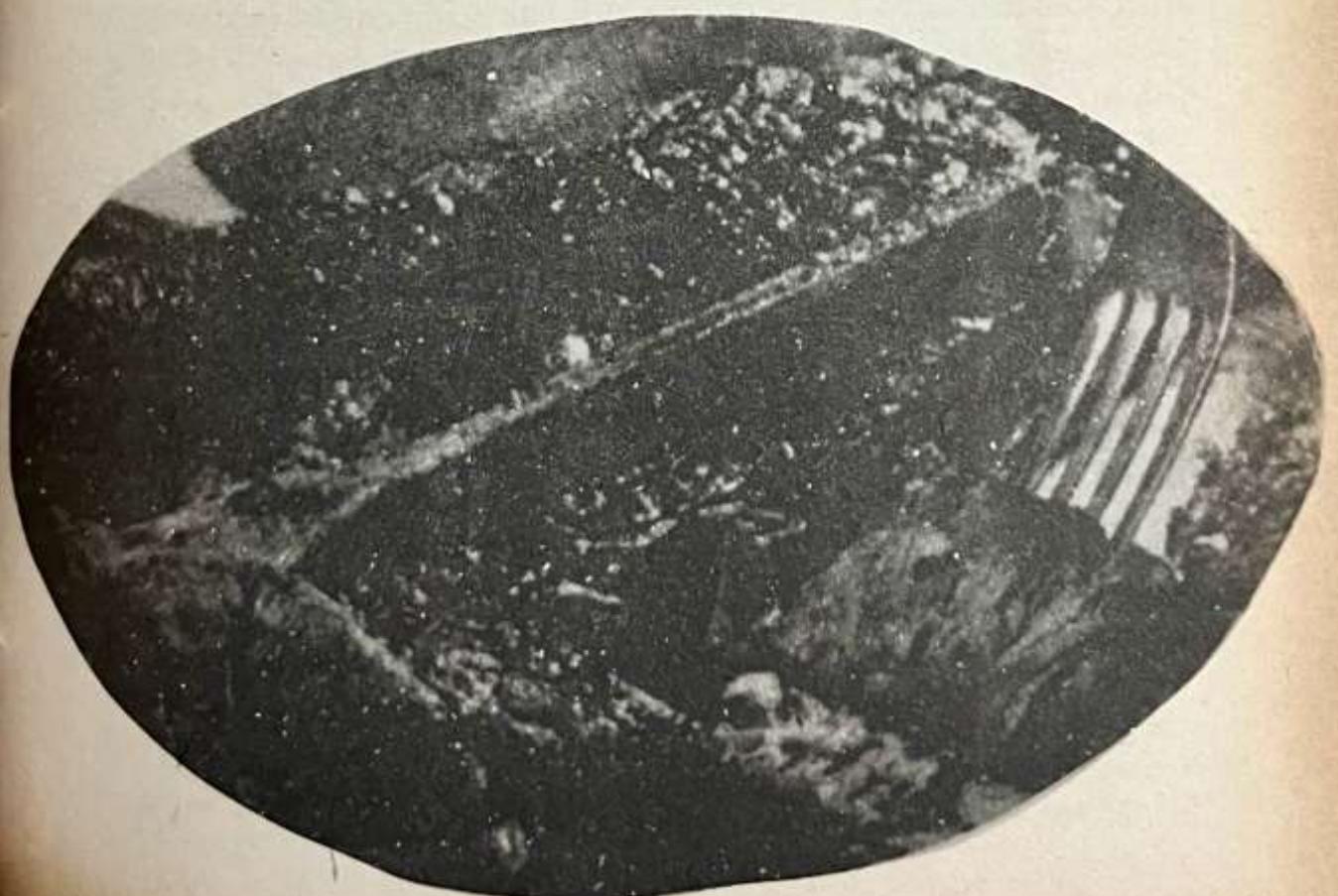
SPICED PORK CHOPS

$\frac{1}{2}$ lb. dried apricots	salt to taste
6 pork chops	$\frac{1}{4}$ tsp. cinnamon
dripping	$1\frac{1}{2}$ tbsps. lemon juice
$1\frac{1}{2}$ tbsps. Worcestershire sauce	6 tbsps. water
$\frac{1}{2}$ tsp. made mustard	1 tbsp. brown sugar

Soak apricots in cold water overnight. Brown chops quickly on both sides in a little fat. Transfer to an ovenproof dish. Mix together Worcestershire sauce, mustard, salt, cinnamon, lemon juice, water and sugar. Cook slowly until sugar has dissolved. Add the drained apricots and simmer 10 minutes. Pour sauce over chops, cover and cook in a moderate oven, 350 deg. F. gas, 400 deg. F. electric, 1 hour, or until chops are tender.

ROAST PORK WITH BARBECUE SAUCE

1 loin of pork	$\frac{1}{4}$ tsp. pepper
$\frac{1}{2}$ cup water	$\frac{1}{2}$ tsp. salt
$\frac{3}{4}$ cup canned onion soup	2 tbsps. prepared mustard
$\frac{1}{4}$ cup vinegar	1 thick slice of lemon
1 tbsp. brown sugar	$\frac{1}{2}$ cup tomato sauce



Combine onion soup, water, vinegar, sugar, pepper, salt and mustard. Add the lemon slice. Simmer for 10 minutes and then stir in tomato sauce. Rub pork with salt and pepper. Place on rack in baking dish and bake in a hot oven, 400 deg. F. gas, 450 deg. F. electric, for 10 minutes. Reduce to moderate, 350 deg. F. gas, 400 deg. F. electric, add the sauce and cook, basting frequently until tender. Strain the juice in the dish, skim and use to make gravy.

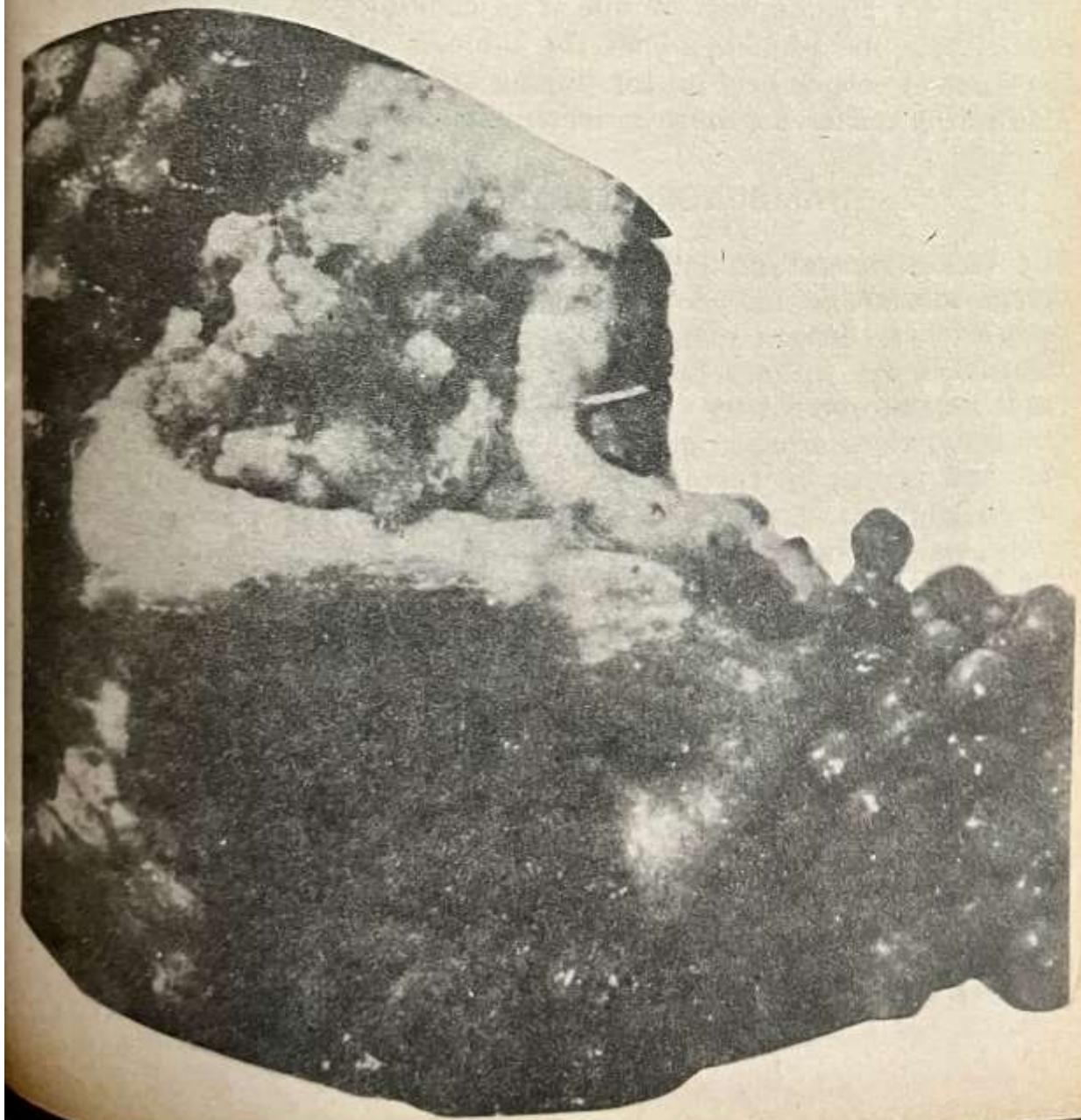
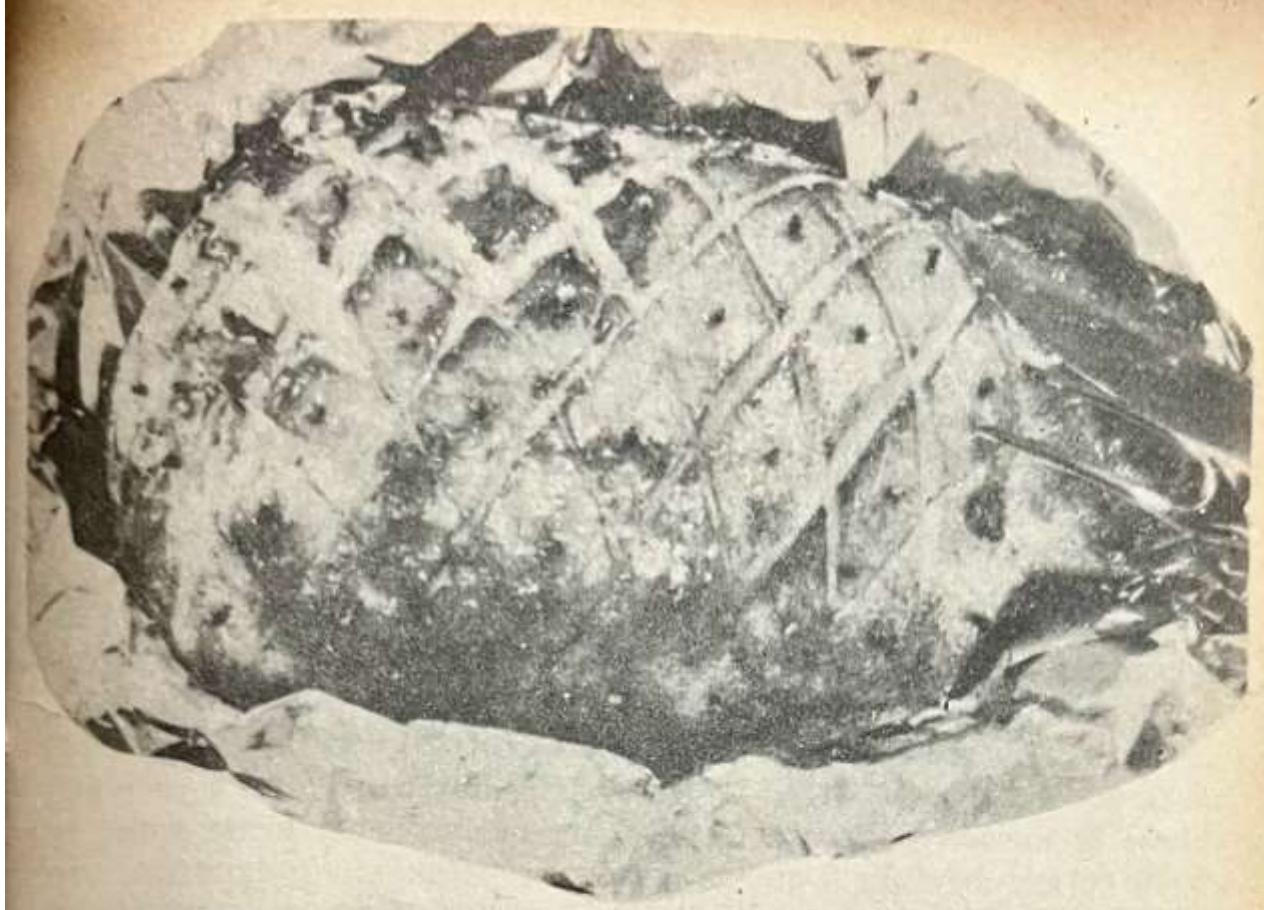
CORNED BEEF AND BEANS

Here's flavorful casserole of beef and green beans, seasoned with onion and cheese and topped with crunchy, garlic flavored crumbs. You can make this dish in one large casserole or in four to six individual dishes. If you make four servings, plan to serve very little else at the meal, for this recipe makes six generous portions of about one cup each.

2 tablespoons margarine or butter
2 tablespoons flour
1 teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
1 tablespoon finely minced onion
1 cup undiluted evaporated milk
1 teaspoon calamansi juice

1 teaspoon sugar
1 can corned beef, sliced
3 cups drained, cooked green beans, sliced lengthwise
 $\frac{1}{2}$ cup shredded process cheese or finely cubed Kesong Puti
2 cups dry crumbs, corn flakes or cracker crumbs
2 tablespoons margarine or butter, melted
1 cut clove garlic

Melt margarine or butter, stir in flour, salt, pepper, sugar and onions. Add calamansi juice to the evaporated milk and let stand a few minutes, stir and add to first mixture, stirring occasionally. Add tasty corned beef slices and green beans, stirring just enough to blend. Pour mixture into greased individual casseroles or one large $1\frac{1}{2}$ quart casserole. Sprinkle grated cheese over the top, then in a shallow skillet, melt last 2 tablespoons margarine or butter. Sauté garlic in the skillet, and remove. Add crumbs, corn flakes or cracker crumbs and stir until blended with the garlic, flavored margarine or butter. Sprinkle over the top of the bean dish. Brown in a moderately hot oven (400°F.) about 20 minutes.



CORNED BEEF SCALLOP

This is one recipe the family will all like, from the hearty-eating man of the house down. Serve it as a main course, with a salad, dessert, and a hot beverage or soup.

1 can corned beef, chilled	$\frac{3}{4}$ cup grated cheese
1 teaspoon Worcestershire Sauce	4 cups cooked rice (or diced potatoes)
2 cups seasoned medium white sauce	A few chopped kinchay leaves for color

Cut corned beef in half crosswise. Cut $\frac{1}{2}$ into cubes, the other half into 6 slices. (To prevent corned beef from darkening, wrap slices in waxed paper until ready to use). Add grated cheese, Worcestershire sauce and a little chopped kinchay to the hot white sauce. Stir until cheese is melted. Place alternate layers of rice, cheese sauce and cubed corned beef in 2-quart casserole. Bake in a moderate oven (375°F.) for 30 minutes. While it is cooking you can complete the rest of your meal and see that the table is set and ready. Arrange the slices of corned beef on top during the last 10 minutes of baking. This recipe makes 6 generous servings.

HAMBURGER STEAK WITH ONIONS

Mix 600 grams of ground beef with 3 tablespoons finely chopped onions and shape into 6 thick patties, about 3 inches wide and 5 inches long. Season to taste with salt and pepper, dip into sifted flour, then fry in very hot Purico, (about $\frac{1}{4}$ cup), until done. Remove hamburger patties from the pan; keep them hot. Reduce heat and add 1 clove crushed garlic and $1\frac{1}{2}$ cups thinly sliced onion. Add salt and pepper to taste and cook slowly, uncovered, until onions brown slightly. Sprinkle 2 tablespoons flour and 1 tablespoon soy sauce over onions and blend into mixture. Pour this sauce over the hot hamburgers and serve. Allow one patty per person. Substitute mushrooms for onions if they are available, fresh and not too costly.

TAPA CASSEROLE

$\frac{1}{4}$ cup chopped onion	2 cups of milk
$\frac{1}{4}$ cup chopped celery	$\frac{1}{2}$ teaspoon Salt
$\frac{1}{8}$ kilo dried tapa, shredded	$\frac{1}{4}$ teaspoon Lady's Choice Pepper
$\frac{1}{4}$ cup Lady's Choice Corn Oil	1 tablespoon minced parsley
4 tablespoons enriched flour	$\frac{1}{3}$ cup grated American cheese
2 cups of cooked Royal Maca- roni	

Cooked the dried tapa in hot Lady's Choice Corn Oil with the chopped celery and chopped onion till the onion is golden. Next, stir in the flour and gradually add the milk, mix until slightly thickened, then add the Royal Macaroni, Salt, Lady's Choice Pepper and parsley. Put the mixture into a 1½ quart casserole, sprinkle with grated cheese. Bake for 15 minutes in a moderate oven (350 °F.). Serves 6.

SAVORY MEAT BALLS

1 teaspoon monosodium glutamate
 1 teaspoon salt
 ½ teaspoon pepper
 1 pound ground beef
 1 egg
 ½ cup dry bread crumbs
 ¼ cup grated Parmesan cheese

1 tablespoon chopped onion
 ¼ teaspoon oregano or basil
 ⅓ teaspoon each nutmeg and dry mustard
 2 tablespoons butter or margarine
 ¼ cup chili sauce

Sprinkle monosodium glutamate, salt and pepper on ground beef in mixing bowl. Add remaining ingredients, except butter and chili sauce. Mix thoroughly. Moisten hands with water and shape meat mixture into small balls, about 1 inch in diameter. Heat butter in a skillet; and add a few meat balls at a time and cook until they are lightly browned on all sides, moving pan constantly. Replace all meat balls and heat. If desired, flame with brandy. Remove meat balls to platter or chafing dish. Add chili sauce to skillet and heat, scraping in any bits of meat remaining in pan. Serve as a dip for the meat balls.

CHILI CON CARNE

1 cup chopped onions
 ½ cup chopped green pepper
 2 tablespoons fat
 1 pound ground beef
 1 No. 2 can kidney beans
 ½ cup hot water

1 cup condensed cream of tomato soup
 1½ teaspoons salt
 ⅛ teaspoon cayenne pepper
 1½ teaspoons chili powder
 1 tablespoon vinegar

Saute onions and green pepper in pot. Add beef and cook until brown, breaking it apart with a fork. Place cooked mixture in greased casserole, add kidney beans, combine remaining ingredients and stir until smooth. Pour into casserole. Cover and bake in moderate oven of 350 °F. for 45 minutes. Garnish with corn chips.



SPANISH HAMBURGER

1 lb. ground beef	$\frac{1}{2}$ cup water
$\frac{1}{4}$ cup finely chopped stuffed olives	1 tsp. Worcestershire sauce
$\frac{1}{4}$ cup water	$\frac{1}{2}$ tsp. salt
1 tsp. lemon rind	Dash of pepper
1 tsp. salt	4 onion slices
2 tbsps. butter	4 green pepper rings
1 cup tomato catsup	4 lemon slices
	Sliced stuffed olives

Mix together ground beef, chopped olives, $\frac{1}{4}$ c. water, grated lemon rind and 1 tsp. salt. Shape into 4 patties.

Brown well on both sides in butter on skillet.

Mix together catsup, $\frac{1}{2}$ c. water, Worcestershire sauce, $\frac{1}{2}$ tsp. salt, and pepper.

Pour over meat patties.

Arrange 1 slice each of onions, green pepper and lemon on each patties.

Top with olive slices. Cover and simmer for 15-20 minutes.

BEEF A LA BAGUIO

2 cups cooked tenderloin, ground	3 tbsps. chopped parsley
3 chopped onions	1 pinch thyme
2 cups tomato catsup	1 pinch saffron
1 can tomatoes	1 bay leaf
4½ cups water	1 tsp. ajinomoto
1 clove garlic, macerated	1½ cups rice
	1½ tbsps. butter

Brown the onions in butter. Add the tomato sauce, garlic, water, thyme, saffron, bay leaf and ajinomoto.

Then add 1½ cups washed and uncooked rice. Simmer until the rice begins to swell.

Add the ground beef and simmer until done.

Salt and pepper to taste.

PORK WITH PINEAPPLE

1 kilo pork	$\frac{1}{2}$ cup water
$\frac{1}{2}$ cup sugar	2 cups pineapple cut into small slices
1 cup pineapple juice	1 tablespoon green onions.
5 tablespoons patis	

Wash and cut pork into pieces. Caramelize sugar, add patis, pine-apple juice and water. Add the pork and cook until tender. Add the pineapple and green onions and cook for a few minutes. Recipe good for 12 servings.

BONELESS CHUNK

1 pork chunk (pata)	½ cup sesame seeds
½ kilo pork meat	2 tbsps. soy sauce
2 egg yolks	1 tbsp. cornstarch
1 tbsp. sugar	1 tsp. vetsin
1 tsp. salt peter	1 tbsp. rice wine
5 cloves garlic	1 laurel leaf
water	

Remove the bones of the chunk. Don't cut the skin of the chunk. Slice the ½ kilo pork into 1 inch pieces. Marinate the sliced meat in salt peter and soy sauce overnight. The next day, mix the marinated pork meat with the egg yolks, vetsin, cornstarch, sugar and sesame seeds which has been previously toasted and pounded. Stuff the chunk and sew the opening.

Cook the stuffed chunk in a little amount of water with the crushed garlic, rice wine and laurel leaf. Let simmer until tender, turning the chunk once in a while. Freeze for 2 hours and slice.

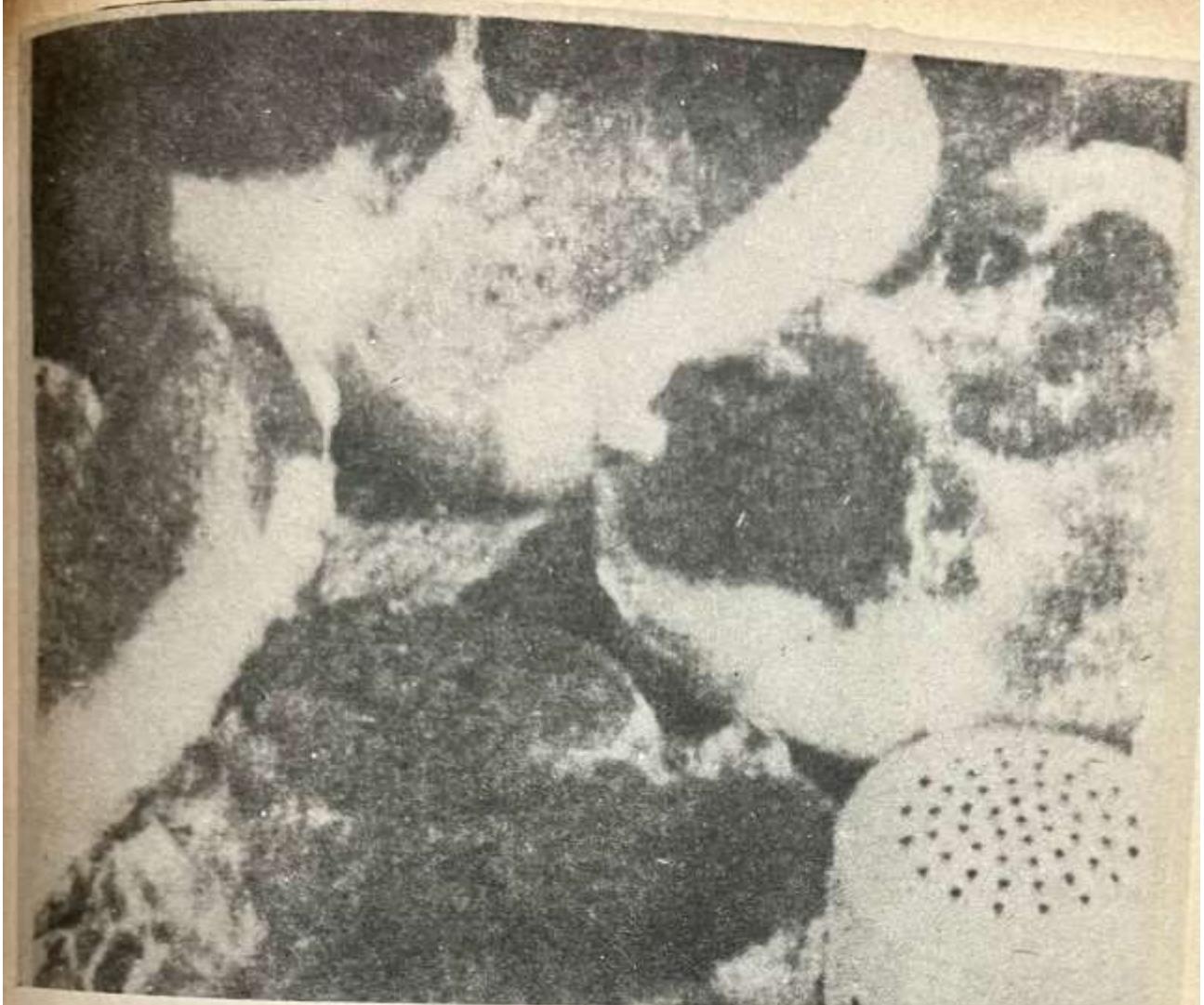
PORK ASADO

1 kilo pork meat with a little fat, cut in desired pieces	5 tbsps. cooking oil
4 medium-sized potatoes, peeled and divided into 6	3 pcs. Bay Leaf
2 big onions, peeled and cut into cubes	2 tbsps. salt
1 big head garlic, macerated	2 tbsps. soy sauce
2 tsps. black pepper	2 medium-sized Red and Green pepper, cut into slices
3 cups native vinegar	3 tbsps. Achuete juice
	3 med.-sized tomatoes cut into small pieces

Place the meat in a saucepan and add vinegar, pepper and ½ of garlic, then the salt, bay leaf and soy sauce. Allow it to boil for 2 minutes. Add 2 cups water and let boil until meat is tender.

Fry the potatoes until golden brown then set aside.

Saute garlic, onions and tomatoes, then add meat mixture, potatoes and red and green pepper. Add the achuete juice to the mixture, and cook until done.



BARBECUED PORK CHOPS

8 pork chops
1/4 cup vinegar
3/4 cup catsup
1 1/2 cups water
1 onion, minced
2 teaspoons salt

1 teaspoon red pepper
1 tablespoon Worcestershire sauce
1/4 teaspoon tabasco
3 tablespoons brown sugar

Place pork chops in bowl; set aside. Combine all other ingredients and simmer, uncovered, for 20 minutes. Stir occasionally. Pour sauce over chops and allow to cool. Set inside refrigerator overnight. Then put chops in shallow baking dish and add sauce. Bake uncovered, in moderate oven of 350°F. for an hour or so or until chops are tender. Baste occasionally. Serve, garnished with greens or mashed potatoes.

BARBECUED STEAK

Remove excess fat from steak. Make cuts all along the remaining fat about 1 inch apart to stop curling. Brush steak with barbecue sauce. Place on grid and, when the first side is done, brush again with sauce before turning. Use tongs or a fish slice and a spoon to turn the meat, as it must not be pierced with a fork.

BARBECUE SAUCE

3 ounces butter or margarine
1 clove of garlic, crushed
A dash of Tabasco sauce
1 onion, minced
1/2 cup tomato ketchup
1/2 teaspoonful made mustard
1 tablespoonful Worcester sauce

1 tablespoonful horseradish
2 tablespoonfuls vinegar
2 teaspoonfuls sugar
1 teaspoonful chili powder
1 teaspoonful salt
1/4 teaspoonful pepper
Pinch dried mixed herbs
3 cups water

Simmer all the ingredients together for 30 minutes.

BEEF POCHERO

1 k. beef, cut into serving pieces
1/2 c. shortening
1/2 clove garlic, macerated
1 med. onion, sliced
1 8-oz. can tomato sauce
2 c. beef stock

4 saba bananas, halved and fried
2 pieces sweet potatoes, quartered and fried
2 bunches native pechay
1 small cabbage, quartered

Heat shortening in a saucepan.
Saute garlic and onion; add tomato sauce.
Add meat and stock; simmer until tender
Add vegetables
Serve hot with eggplant sauce.
Will serve from 6 to 8 persons.

PORK WITH TOKUA

1 kilo pork	$\frac{1}{2}$ cup soy sauce
3 pieces tokua	$\frac{3}{4}$ tsp. salt
1 head garlic, chopped	2 heads onion
$\frac{1}{2}$ cup vinegar	1 tbsp. Wesson oil

Cut pork into cubes. Place them on a casserole with a little amount of water and salt. Let it simmer for a few minutes then put aside. Then prepare the sauce. Place on a bowl the vinegar, chopped garlic, soy sauce and Wesson Oil.

Place the cooked pork in a frying pan and fry until a little brown, together with the tokua. When done, place on a serving plate and pour the sauce on top. Garnish with onions and serve while hot.

BEEF STEAK DE LUXE

$\frac{1}{2}$ kilo beef in thin steaks (tenderloin or round)	$\frac{3}{4}$ cup chili sauce (if liked)
$\frac{1}{4}$ cup shortening	$\frac{1}{2}$ cup tomato juice
$\frac{1}{2}$ pound mushrooms	1 teaspoon Worcestershire sauce
3 onions	$\frac{1}{4}$ cup sliced olives
1 sweet green pepper, chopped	

If you have an oven, cook the vegetables and the seasonings in the shortening (or fat) and then pour over steaks in a shallow pan, then bake. If you do not have an oven, simply panfry the steaks first, then add the vegetables and seasonings and cook, covered, for about ten minutes.

This is a most beautiful dish if round steak (pierna corta) in one whole piece is used. Pork steaks may be used instead of beef; in this case, cook the pork thoroughly, at least for half an hour.

SWISS STEAK

1 kilo beef	Onion slices
$\frac{1}{4}$ kilo flour	$\frac{1}{2}$ cup water
Salt and pepper	1 cup tomato juice
2 tablespoons fat	



Tender beef cuts are rather expensive. The less tender cuts can be used for steaks but they will need more cooking. For Swiss Steak use round, chuck or shoulder.

Dredge the beef with seasoned flour (flour, salt and pepper) and pound the flour into the steak with a mallet, the edge of a thick saucer or the back of a bolo. Brown the steak in a little lard, then add the onion, water and tomato juice. Cover the pan tightly and simmer for one hour or more until the steak is very tender. Turn it occasionally.

Local version of this dish is Beef Escabeche. The beef is scored, then floured, then browned in a little lard. It is simmered till tender in a sweet-sour sauce consisting of water, vinegar, toyo, and sliced onion and garlic.

BEEF COCIDO

½ kilo beef, cut into 8 pieces	3 eggplants, cut into halves
½ kilo pork, cut into 8 pieces	6 saba, small
1 chorizo de Bilbao	½ cup beans, boiled until soft
3 pieces of yellow camote, peeled and cut in halves	1 cup tomatoes, chopped
½ head cabbage, divided into six parts	1 cup onions, sliced
	2 tablespoons lard
	Salt and pepper to taste

Place beef, pork and chorizo in a pan. Add enough water to cover. Boil until done. When meat is almost done, add the vegetables and banana. Cook until done. Set aside. Sauté the garlic in lard until light brown. Add onion, tomatoes, boiled beans and meat. Add 2 cups of broth and all the boiled vegetables. Season with salt and pepper and cook until done.

BEEF STROGANOFF

3 lbs. onions	1 lb. mushrooms
1/3 cup fat	1 cup sour cream
2 lbs. beef round steak	1 tsp. salt
1 can condensed tomato soup	Few grains pepper
1 6-oz. can (3/4 cup) tomato paste	1 tsp. Worcestershire sauce
	Hot cooked rice

Using coarse blade, put onions through food chopper. Drain, reserving juice. (There should be 5 cups onions). Cook onions slowly 20 min. in fat. Cut round steak in very thin slices; slice mushrooms. Add steak and mushrooms to onions; cook until brown. Combine to-

mato soup, tomato paste, onion juice, cream, salt, pepper and Worcestershire sauce; pour over steak mixture. Cover; simmer 1 hour. Serve on rice.

STEAK TARTARE

1 pound ground beef (top round)	1 tablespoon finely chopped onion
1 teaspoon monosodium glutamate	1 teaspoon salt
1 egg	1/8 teaspoon pepper

Combine ground beef, monosodium glutamate, onion, egg, salt and pepper; blend well. Shape into oval in center of serving platter. Garnish with tomato wedges, chopped onion, capers and watercress. Serve with rye bread slices or crisp crackers.

BROILED STEAK

Select 1-inch-thick steaks. Slash fat edge and arrange on rack 4 to 5 inches from glowing coals.

Broil for 15 minutes. Turn and broil 3 minutes for rare, 10 to 12 minutes for medium rare and about 15 minutes for well done.

Brush with this sauce before removing steak from grill—2 large cloves crushed, 1/4 lb. melted butter, few drops tabasco sauce, 1 tablespoon Worcestershire sauce and 1 tablespoon horseradish.

On 1-inch club, rib, T-bone and porterhouse steaks the above timing will be about the same. On thicker steaks, increase the length of time and broil a little farther from the coals.

GROUND HAM AND PICKLE STEAK

Combine 2 (12 oz.) cans chopped ham, ground, 1/3 c. chopped onion, 1 1/2 c. soft bread crumbs, 1/2 c. chopped dill pickles and 1 egg, slightly beaten.

Reserve 4 slices from a (1-lb., 4-oz.) can sliced pineapple, drained. Chop remaining pineapple and add to meat mixture. Add 1/2 tsp. prepared mustard, pepper to taste and mix well.

Shape into large steak about 1 in. thick. Broil 4 to 5 in. from heat for 10 min., or until browned.

Top with reserved pineapple and garnish with dill pickle fans, made by slicing small dill pickles lengthwise, without cutting all the way through, then spreading the slices.

Broil 3 minutes more, or until pineapple is lightly browned. Serves 4.

BOILED HAM WITH LEMON BANANAS

2 lbs. collar of bacon
1 oz. browned breadcrumbs
4 bananas
2 ozs. seedless raisins
 $\frac{1}{4}$ pint water
4 ozs. sugar
1 level teaspoon cornflour

Grated rind and juice of 1
lemon
1 oz. butter
2 slices of lemon, cut into
butterfly shapes
parsley

Wipe the bacon, and put it into a large saucepan with enough water to cover. Bring to the boil, and simmer for 1 hour. When cooked, drain the bacon and remove skin. Sprinkle breadcrumbs over the fat, and press them firmly into place. Leave the bacon to cool overnight. Peel the bananas and remove the threads to prevent blackening during cooking. Split the fruit lengthwise.

Put the bananas back into their skins, place on a greased ovenware dish, and bake them in the center of a moderate oven, 375 deg. F.

CHICKEN RECIPES

BARBECUED DUCK WITH LICHEE AND SWEET SOUR SAUCE

1 lb. barbecued duck meat	$\frac{1}{2}$ teaspoon dry mustard
1 lb. fresh lichees, or 1 tin lichee	2 red chilies, diced
	1 green chili, diced

Cut the duck meat into slivers. Slice lichee fruits into halves. If you're using canned lichee, discard syrup. Take the sweet sour sauce and add $\frac{1}{2}$ teaspoon dry mustard, mixing well. Dice the red and green chillies and soak in hot water until they soften. Add to sweet sour sauce. Pour sauce over duck and lichee meat and blend well. Keep in refrigerator until ready to serve (makes 2 servings).

SWEET SOUR SAUCE

8 ozs. wine vinegar	$\frac{1}{2}$ teaspoon cornstarch mixed with
2 ozs. sugar	$\frac{1}{2}$ teaspoon cold water
$\frac{1}{4}$ teaspoon salt	2 tablespoons lard
2 tablespoons tomato catsup	$\frac{1}{2}$ cup pineapple juice (optional)
$\frac{1}{2}$ oz. preserved crab apple dash, aji-no-moto	
$\frac{1}{2}$ clove garlic, minced	

Soak crab apples in vinegar mixed with pineapple juice. Heat frying pan and add 1 tablespoon lard. Add vinegar mixture, sugar, salt, tomato catsup, garlic, monosodium glutamate and boil for a few seconds. Add cornstarch to thicken, and then the remaining tablespoon lard. Pour on prepared duck meat and lichees. Serve dish chilled.
Note: If strong or synthetic vinegar is used in place of wine vinegar, dilute vinegar by adding 6 ozs. water to 2 ozs. of synthetic vinegar.

CHICKEN CHOW MIEN

2 tablespoons salad or peanut oil	1 cup bean sprouts
2 onions, sliced	$\frac{1}{2}$ cup bamboo shoots, sliced
2 cups sliced celery	1 tablespoon cornstarch
$\frac{3}{4}$ pound mushrooms, sliced	3 tablespoons soy sauce
1 $\frac{1}{2}$ cups chicken broth	3 cups sliced cooked chicken
1 cup water chestnuts, sliced	3 cups cooked fine egg noodles



Heat the oil in a skillet; saute the onions 10 minutes, stirring frequently. Add the celery, mushrooms and broth. Cover over low heat 5 minutes. Stir in the water chestnuts, bean sprouts and bamboo shoots. Cook 3 minutes.

Mix the cornstarch and soy sauce to a smooth paste. Stir into the skillet, and stir constantly until thickened. Add the chicken; taste for seasoning and serve when chicken is hot. Serve on the noodles.

FRIED CHICKEN

1 cup flour	2 2-pound fryers, cut into serving pieces
1½ teaspoons salt	Fat for frying
1 teaspoon pepper	
1½ teaspoons paprika	

Combine flour, salt, pepper and paprika in a paper bag. Wash and dry chicken pieces. Drop into paper bag and shake until chicken is coated with flour mixture. Heat fat in heavy frying pan, using enough so that it is $\frac{1}{2}$ " to $\frac{3}{4}$ " when melted. Brown chicken pieces well in moderate heat, turning frequently until golden brown. Cover and cook over low heat until chicken is tender — about 35 to 50 minutes. For crisp-coated chicken, place uncovered in moderate oven 350°F. for last 15 minutes of cooking. Remove chicken and keep it warm while making gravy from drippings.

CHICKEN MARENGO

3½ to 4 pounds frying chicken, cut up	2 tablespoons lemon juice
Salt and pepper	1 large clove garlic, minced
3 tablespoons shortening	1 tablespoon minced parsley
1 can condensed consomme	½ pound small mushroom
½ cup water	3 tablespoons flour
⅓ cup catsup	⅓ cup water

Sprinkle chicken with salt and pepper; brown in hot shortening in skillet. Drain excess fat. Combine consomme and next five ingredients; pour over chicken. Cover; simmer 45 minutes or until tender. Blend flour and water, add to sauce; cook until thickened. Pour over chicken.

CHICKEN PIE

4 hard-boiled eggs	Legs and breasts of 2 chickens
Salt to taste	2 Spanish sausages cut in 4 pieces lengthwise
1 cup of chicken stock	

Boil the bones of the chickens together with the gizzards until meat and giblets are soft. Cut the legs and breasts of the chickens into small pieces and place them in a pie dish. Lay the pieces of sausages over the slices of hard-boiled egg yolk diluted in 1 tablespoon water. Bake until brown.

Chop the eggs fine. Make a sauce of the melted butter, then mix with the flour and seasoning. Add the stock which should be added gradually. After it has boiled, add to the eggs and the other to the chicken. Arrange in alternate layers in a buttered baking dish, cover with crust and bake one-half hour in a moderate oven.

CHICKEN WITH CORN AND MALUNGGAY

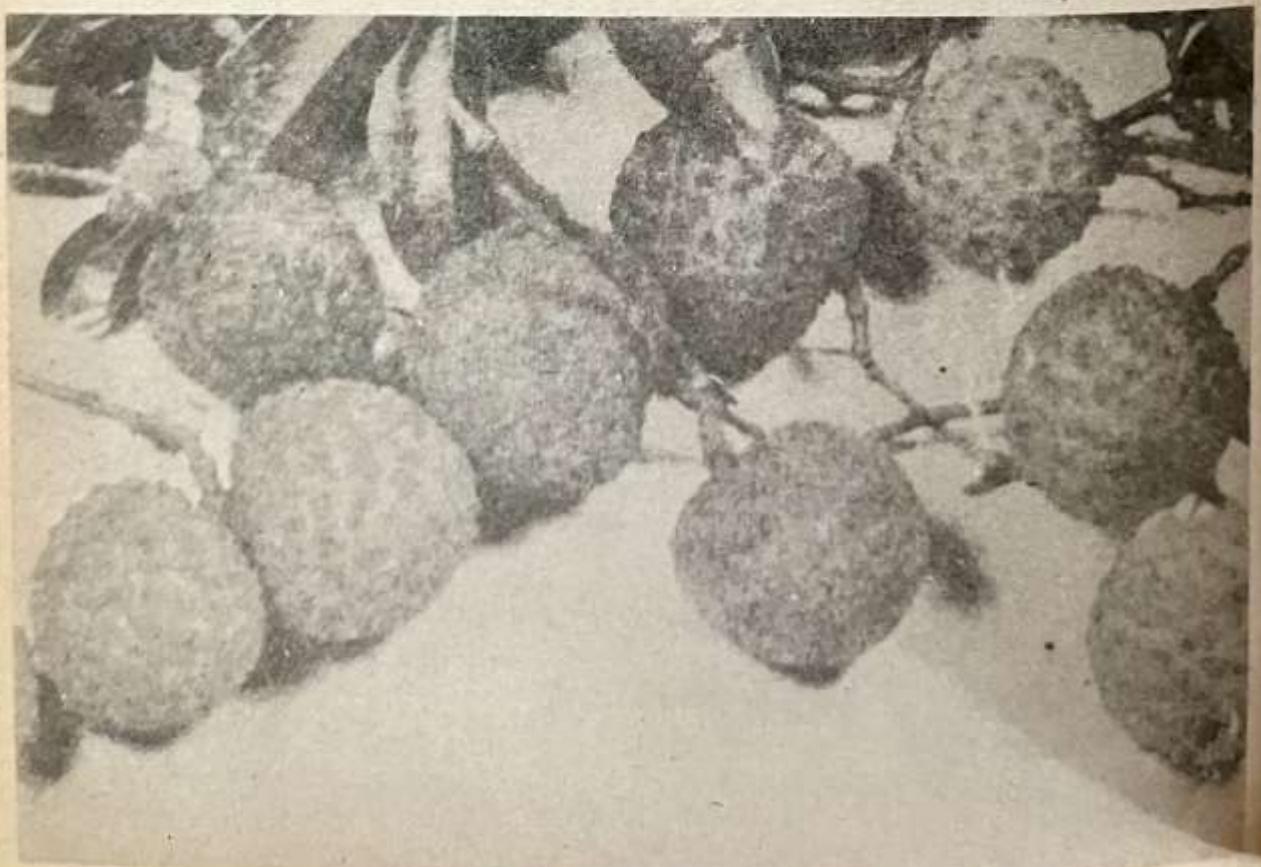
1 medium sized chicken	4 tbsps. lard
2 cloves garlic, crushed	$\frac{1}{2}$ cup malunggay leaves, washed and sorted
$\frac{1}{2}$ onion, medium size	
1 cup fresh corn from cob	2 or 3 tbsps. patis or soy sauce
5 cups water	

Heat lard in a saucepan, saute garlic, onion, corn and the chicken, cut into convenient sizes. Add patis or soy sauce, cover and allow to simmer over moderate heat. Add water and cook until chicken is tender. Add the malunggay leaves, cover and cook for 2 minutes longer. Remove from fire and serve hot.

CURRIED CHICKEN LIVER

1 pound fresh or thawed frozen chicken livers	1 teaspoon salt
4 tablespoons butter or margarine	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{4}$ cup minced onion	1 tablespoon curry powder
	$\frac{2}{3}$ cup beer or ale

Cut chicken livers in halves. Melt butter in skillet or chafing dish. Add livers and onion and saute 5 to 8 minutes, turning often, until livers are cooked. Add salt, pepper and curry powder and beer and bring to a simmer; continue cooking over low heat 3 minutes longer. Serve over rice. 4 servings.



PACAM

1 rooster, cut into serving pieces
1 tablespoon salt
 $\frac{1}{2}$ tbsp. crushed ginger
3 tablespoons native vinegar
3-4 cups water depending on the size and age of chicken
 $\frac{1}{4}$ cup cooking oil

1 -2" piece ginger, cut into fine strips
6 segments garlic, macerated
1 big onion, chopped
1 big ripe tomato, boiled skinned and chopped
1 tablespoon patis

Combine rooster pieces, salt, black pepper, ginger, vinegar, and cook until rooster pieces reach the desired tenderness.
Heat the cooking oil in a skillet; saute the ginger strips until cooked and brown the garlic and onion, and the tomato.
Add the tender rooster pieces; season with patis.
Pour the stock little by little; let simmer for 6 minutes.
Serve hot.

CHICKEN ADOBO WITH COCONUT CREAM

1 medium-sized chicken
 $\frac{1}{2}$ cup vinegar
10-12 peppercorns
1 head garlic

$\frac{2}{3}$ cup coconut cream
Salt and black pepper to taste

Dress and clean chicken and cut into serving portions. Soak cut portions in vinegar, garlic, peppercorn, salt and black pepper. Set aside for 30 minutes.

Extract cream of one coconut.

Place marinated chicken in skillet and add water and cook until chicken is tender. Lastly, add coconut cream and cook until it is thick. Place in a platter and serve with laksa.

AMERICAN FRY

2 lbs. spring chicken
1 beaten egg
 $\frac{1}{4}$ cup breadcrumbs
4 tablespoons olive oil

4 bananas
1 sliced onion
1 green pepper

Cut the chicken into four joints. Brush with beaten egg and coat with breadcrumbs. Heat olive oil in a pan and fry joints for 7 minutes on each side. Remove from pan and keep hot.

Peel and halve the bananas, and fry with the onion in the oil remaining in the frying pan until tender.

Meanwhile, slice the pepper, discarding seeds and core. Cook the flesh for 3 minutes in boiling salted water. Drain and keep hot.

Arrange the chicken on a hot dish and garnish with bananas, onions and slices of green pepper.

CHICKEN "A LA HARDINERA"

Cook together foods that are both attractive and delicious when combined. You'll save cooking time, too, because you do chicken and vegetable in one dish.

Prepare:

1 medium-sized chicken

Cut into serving pieces.

Season with:

salt and pepper, to taste

Then brown slightly in deep, hot Purico.

Set aside.

Saute in 1 tablespoon hot Purico:

Add:

2 cloves crushed garlic

chicken pieces

1 onion, sliced

water to cover

½ cup white wine

Simmer slowly until chicken is about tender.

Add:

½ cup diced potato

2 stalks celery, chopped

½ cup diced carrot

1 laurel leaf

½ cup habichuelas, cut

Season again with:

salt and pepper, to taste

soy sauce, if desired

Continue simmering until vegetables are tender.

Thicken with:

a little cornstarch

Serves 6 to 8.

SOUFFLE OF DUCK WITH CURRY SAUCE

Leftover duck

Duck giblets, cooked

6 medium-sized fresh

Salt, pepper, nutmeg

mushrooms or 1 3-ounce can

3 eggs, separated

Put through the meat grinder the leftover duck, the cooked giblets, the fresh mushrooms which you have cooked 10 minutes in butter (or the canned mushrooms). Add the yolks of 3 eggs lightly beaten with $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper and $\frac{1}{8}$ teaspoon nutmeg. Fold in 3 stiffly beaten egg whites and turn into a buttered casserole. Cook $\frac{1}{2}$ hour to 40 minutes in a 375 degree oven. Serve at once. The duck souffle is eaten with some of the sauce left from the curry, increased with a little chicken or duck broth.

BROILED SQUABS WITH SAUTEED PINEAPPLE

2 (1 $\frac{1}{4}$ to 1 $\frac{1}{2}$) broiling chicken squabs	salt
pineapple juice	8 slices pineapple
melted fat	1 tablespoon butter
	toast tips

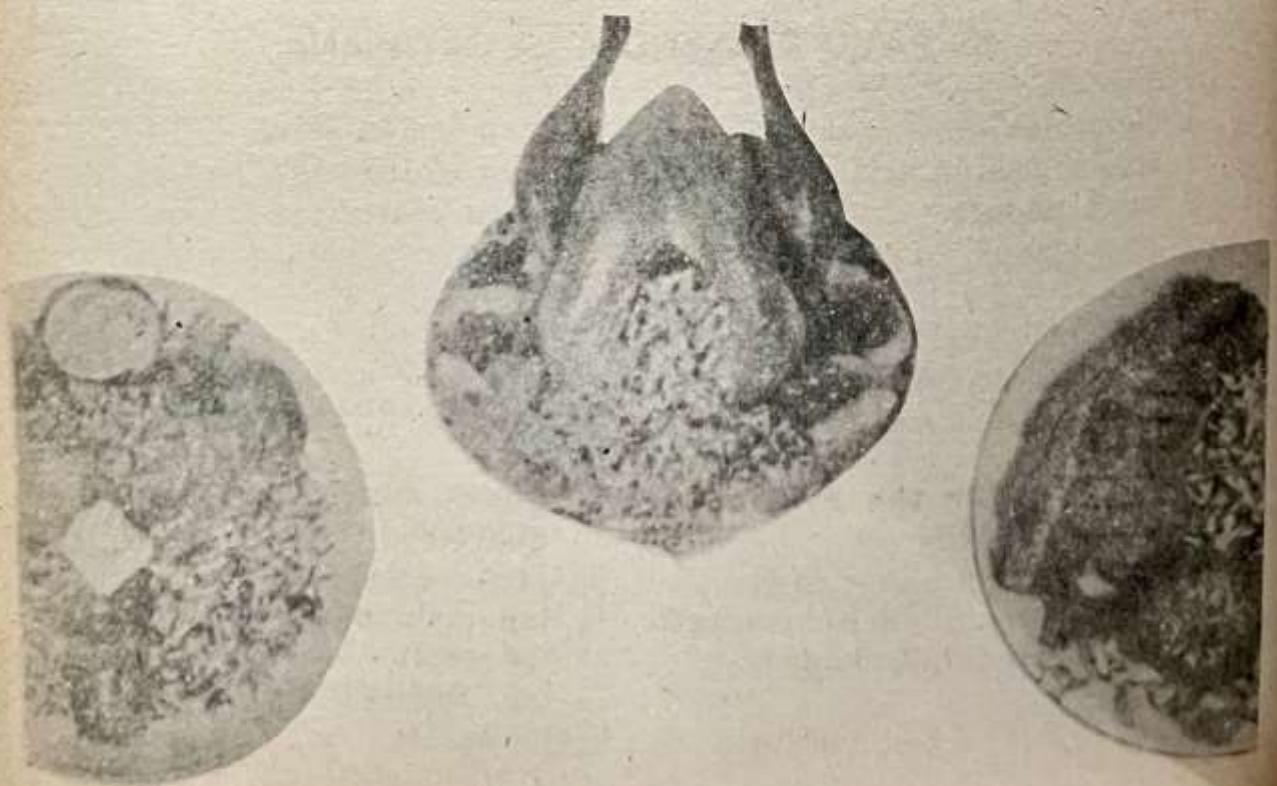
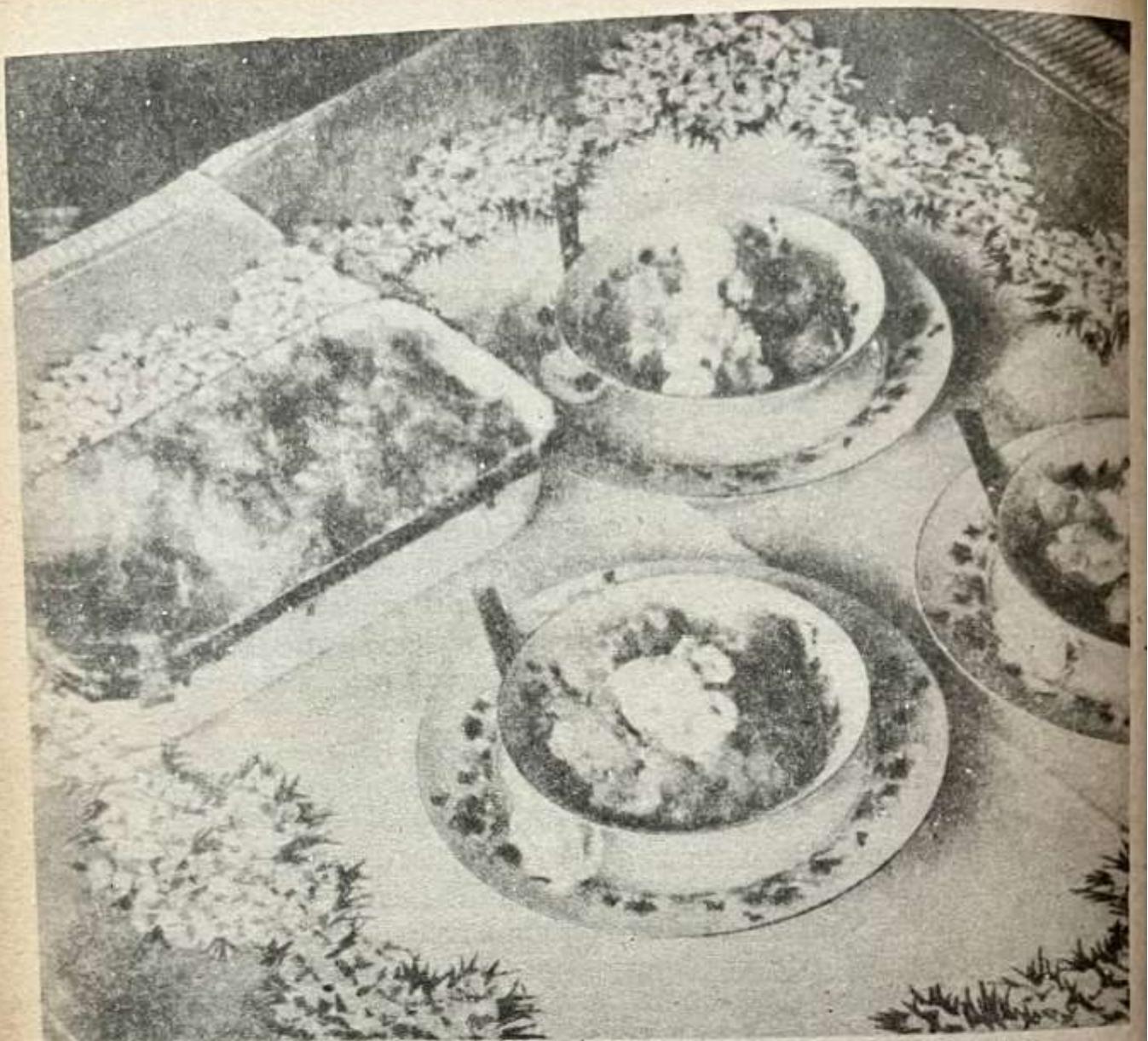
Split chicken squabs down the back. Cover with pineapple juice for one hour. Drain, dry, brush with fat and sprinkle with salt. Place skin side down on greased, pre-heated broiler rack, four or five inches below heat. Broil for about 15 minutes, then turn squabs skin side up. Place rack between six and eight inches from heat. Broil squabs about 15 minutes longer, turning frequently until brown and tender. Drain and dry pineapple slices, then brown in a small amount of butter. Serve broiled squabs on toast tips with sauteed pineapple topped with jelly. Serve $\frac{3}{4}$ pound to a person.

EL PAVO RELLENO A LA CATALANA

1 clean turkey	$\frac{1}{4}$ cup lemon juice
4 tbsps. native salt	$\frac{1}{2}$ cup white wine
2 tsps. pepper	1 tbsp. water
2 bay leaves	

Season the turkey with salt and pepper. Set aside.
Combine bay leaves, lemon juice and white wine and water.
Marinate the seasoned turkey in the lemon juice mixture for 3 hours.

Ingredients for the Filling:	10 pieces mushrooms, quartered
3 tbsps. cooking oil	$\frac{1}{3}$ cup chestnuts
1 cup ham, cut into strips	$\frac{1}{2}$ tsp. Ajinomoto
1 can or 1 cup sliced sausages	2 tsps. salt
$\frac{1}{2}$ cup seeded and chopped	1 tsp. pepper
1 prunes	
1 cup fried cubed potatoes	$\frac{1}{4}$ lb. butter



Heat the oil.

Saute the ham until brown.

Add the sausage, prunes, potatoes, mushrooms, chestnuts and Ajinomoto.

Let boil for a while around 1 minute.

Season with salt and pepper.

Stuff the pavo with filling and sew the opening.

Rub the pavo with butter and wrap with aluminum foil.

Bake in an over of 350°F for 2 hours.

CHICKEN CORN PIE

1 stewing chicken (2-3 lbs.) — boiled in well-seasoned water, and then boned, skinned and cut into bite-size pieces.	2 cups potatoes, diced
Chicken broth.	1 cup fresh mushrooms, or 1 tin canned mushrooms in water (optional)
1 cup fresh or canned corn ker- nels	1 cup fresh oysters (optional)
1 (approximately) cup diced ce- lery	2 hardboiled eggs (optional) Pastry for double-crusted pie milk.

Put diced celery, potatoes, fresh mushrooms and oysters into the chicken broth. Cook until half done. Roll out more than half of the double-crust pastry, and line bottom of a heavy frying pan. Over the crust, arrange in layer half of the corn, celery and potato mixture, chicken meat and remainder of the corn kernels. Season with salt and pepper and dot generously with butter. Add sufficient milk to half-fill the pan. Cover with top crust and bake in preheated oven at 450 degrees for about 10 minutes. Reduce heat to about 350 degrees and bake crust until golden brown (about 1 hour). To serve, cut in wedges and place in shallow dishes. For sauce, spoon remaining chicken broth diluted with a little milk and seasoned to taste with salt and pepper. (Makes four servings)

CHICKEN WITH RICE SALAD

12 ozs. cooked, sliced chicken
Mayonnaise

7 ozs. rice

ACCOMPANIMENT

About 1 pt. water
1 level teaspoon salt
1 level teaspoon sugar
6 ozs. diced carrot

1/4 lb. tomatoes
A small packet frozen peas

FRENCH DRESSING

1 level teaspoon salt
Freshly ground pepper
2 tablespoons salad oil
1 tablespoon vinegar

Cook the rice. Strain and rinse in cold water.

Put the diced carrot, water, salt and sugar into a pan and bring them slowly to the boil. Skin the tomatoes.

Cook the frozen peas. Cut up the peeled tomatoes and squeeze out the pips. Strain the cooked vegetables and mix them with the rice and tomatoes.

Make up the French dressing by mixing together salt, pepper and oil, then whisking in the vinegar with a fork. Stir the dressing and rice mixture together and re-season, if necessary. Serve with the cooked chicken and mayonnaise.

DICED CHICKEN WITH ALMOND

5 ozs. chicken
1 oz. bamboo shoots
1 oz. celery
2 ozs. crisp almonds

1 oz. dried mushrooms
your choice of vegetables, a few stems or leaves, pepper and soy sauce to taste

Marinate chicken pieces in mixture of soy sauce and pepper. Blanch in a pot for about two minutes. Set aside. Saute celery, mushrooms, bamboo shoots and green vegetables until done. Return chicken to skillet, add enough starch water to make a slightly thickened sauce. Simmer for a few minutes and serve garnished with almonds.

CHICKEN A LA KING

$\frac{1}{3}$ cup fat
 $\frac{1}{2}$ cup green pepper
cut into strips
1 cup mushrooms
4 tablespoons flour
1 cup chicken stock
1 cup milk

$\frac{1}{2}$ cup pimientos
2 cups cooked chicken meat, diced or sliced
Salt and pepper
2 egg yolks, slightly beaten

Heat fat and brown in it green pepper and mushrooms until they are soft. Add flour and stir until blended, then slowly add the chicken stock and the milk. Cook over low heat, stirring all the while, until thick and smooth. Add the pimientos and the chicken, season and heat thoroughly. Stir a little of the sauce into the slightly beaten egg yolks, then add this egg-yolk mixture to the chicken mixture — just before serving. After the egg yolks have been added, do not reheat or the sauce will curdle. Serve on mounds of rice or toasted bread.

Pour hot milk slowly onto eggs, stirring constantly. Add remaining ingredients, mix well and pour into buttered mold. Bake in slow oven 300 degrees F. until a clean knife inserted into it does not get any of the mixture clinging to it when it is pulled out. The mixture will pass this test when it is baked for a period of 45 to 60 minutes. Be careful not to overtake the mixture. Let it stand for 10 minutes before getting it out of the mold. Serve with mushroom sauce in the center of the ring.

MALAYSIAN CHICKEN CURRY

1 chicken (2 to 3 lbs.)	2 tomatoes (medium size, fresh)
4 pieces shallots	plain water
2 cloves garlic	salt to taste
4 ozs. butter or ghee	curry mixture
the juice of one small coconut	

Cut chicken into serving pieces. Chop the onions and garlic. In a deep frying pan or casserole, saute onions and garlic in ghee or butter until golden brown. Add the curry mixture. Blend well. Add pure coconut milk and about half a cup of water (to prevent the curry from being too thick). Salt to taste. Simmer, covered, till chicken is tender. Add fresh tomatoes. Serve hot with rice, or bread.

MARYLAND FRIED CHICKEN

1 young chicken (3 to 3½ lbs.)	1 egg
½ cup flour	¼ cup milk
1 to 1½ tsps. salt	1½ cups bread crumbs
¼ tsp. pepper	⅓ cup fat

Disjoint and dip chicken into flour, salt and pepper mixed together. Beat eggs; add milk. Dip chicken into egg mixture, then roll in crumbs. Brown in hot fat, turning occasionally to brown evenly. Sprinkle any remaining flour and crumbs over chicken. Cover tightly and bake at 350 degrees until tender, 1 to 1½ hours. Turn pieces once or twice during cooking. If pan appears dry during oven cooking, add hot water in two tablespoon portions when pieces are turned. Remove to hot platter. Prepare cream gravy in pan drippings.

CHICKEN MEAT ROLLS

Filling:

2 tbsps. cooking oil	$\frac{1}{2}$ cup chicken, diced
1 $\frac{1}{2}$ tsps. garlic, finely chopped	$\frac{1}{2}$ cup ground beef
$\frac{1}{2}$ cup onion, finely chopped	$\frac{1}{2}$ cup cooked ham, diced
$\frac{1}{4}$ cup tomatoes, chopped	$\frac{1}{2}$ cup raisins
$\frac{1}{2}$ cup ground pork	1 $\frac{1}{2}$ tbsps. patis
	1 $\frac{1}{2}$ Worcestershire Sauce
	$\frac{1}{2}$ tsp. pepper

- * Heat cooking oil. Saute garlic, onion and tomatoes. Cook until tomatoes are soft.
- * Add ground pork, chicken, beef, ham and raisins.
- * Season with patis, Worcestershire Sauce and pepper. Cook until meat is well done.

CURRIED CHICKEN AND APPLE SALAD

6 ripe apples	Pinch of black pepper
$\frac{1}{4}$ cup diced celery	2 tbsps. mayonnaise
1 cup diced cooked chicken	2 tbsps. lemon juice
$\frac{3}{4}$ teaspoon salt	Shredded lettuce
1 teaspoon curry powder	Fresh parsley

Wash apples, remove cores and cut in half, crosswise. (Make core cavity quite large). Dice portion of apple removed and mix with celery, chicken, salt, curry powder, pepper, mayonnaise and lemon juice. Mix well. Fill cavities. Place 2 halves on a bed of lettuce. Garnish with fresh parsley and serve with additional mayonnaise. Serves 6.

SOPA SECA ITALIANA

$\frac{1}{2}$ chicken	5 grains garlic, crushed
1 can tomato sauce	3 tbsps. margarine
$\frac{1}{2}$ - $\frac{3}{4}$ cup grated cheese	Salt and pepper to taste
$\frac{1}{2}$ box macaroni	1 piece chorizo Bilbao
2 pcs. fresh tomatoes	4 pcs. bacon
1 medium sized onion, chopped fine	

Boil chicken as for soup with a little salt. When the broth is good, cook the macaroni in the broth for 20 minutes. Drain and set aside. Remove the flesh of the chicken.

Braise bacon pieces in margarine. Remove the bacon and saute in the same margarine the garlic, onion and tomatoes. Put in the pieces of chicken and tomato sauce. Let simmer for a while. Put back the bacon. Add chorizo. Season with salt and pepper. Sprinkle with $\frac{1}{2}$ of the grated cheese.

Add a little broth. Let simmer for a while before adding the cooked macaroni. Put tomato sauce on top and sprinkle generously with grated cheese. Boil for about 7 minutes.

STEAMED WHOLE CHICKEN

Salt and pepper	Chicken stock from steamer
Few stalks celery and leeks	1 cup cream of mushrooms soup
3 tbsps. butter	Chopped giblets, liver, heart
3 or 4 tbsps. flour	

Prepare chicken for roasting. Wipe dry and season inside and out with salt and pepper. Dust chicken with flour and brown all sides in hot fat. Lay the chicken, back downwards on a bed of celery and leeks in a steamer and allow to steam until done. In the absence of a steamer, a plain casserole with tight cover will do, the chicken partly submerged in water. Simmer slowly until tender. Cook the giblets, liver and heart with the chicken. Serve with gravy.

To make gravy: Heat butter in a saucepan and stir in flour. When brown, pour liquid from steamer stirring constantly adding a little water if it is too thick. Add chopped giblets, heart, liver and cream of mushroom soup. Season with salt and pepper.

CHICKEN CURRY

1 chicken, disjointed	1 cloves garlic, minced
1 coconut	4 tbsps. tomato sauce
2 onions, minced	1 tbsp. chili powder (optional)
2 tbsps. cooking oil	1 to 2 tbsps. curry powder
1½ cups warm water salt to taste	1 tsp. monosodium glutamate

Grate coconut, add $\frac{1}{2}$ cup warm water and squeeze to get one cup of thick coconut milk. Add the last one cup of warm water and squeeze again to get another cup of milk. It will be thinner than

the first cup. Set aside.

Fry the garlic until brown, add onion and cook over low flame until golden brown. After about 5 minutes, add curry powder and cook for 3 minutes longer. Add the thick coconut milk, tomato sauce, salt and chili powder. Continue simmering, stirring frequently. Add the chicken. When more liquid is needed add the second cup of coconut milk. Dish should not be allowed to dry. Cook about 1 hour or until the chicken is tender. Remove bones if desired. Serve with rice and accompaniments:

CHICKEN-POTATO SALAD

7 cups potatoes, boiled, peeled and diced	2 eggs, boiled and sliced
$\frac{2}{3}$ cup peas, canned	1 tomato, sliced
1 cup carrots, boiled, cubed	1 cup mayonnaise
$\frac{1}{4}$ cup celery, chopped	$\frac{1}{3}$ cup vinegar
2 cups chicken, boiled and diced	Salt and pepper to taste
	$\frac{1}{4}$ cup sweet pickles, chopped

Mix potatoes, celery, carrots, pickles, peas and vinegar in a bowl. Season with salt and pepper. Place in a refrigerator to chill. Just before serving, add the chicken and mayonnaise. Mix well and place in a salad bowl. Garnish with slices of boiled eggs, tomatoes and sprigs of parsley.

CHINESE ROAST DUCK

1 4 to 5 pound duck	2 slices ginger root
5 tsps. soy sauce	$\frac{1}{4}$ tsp. anise seed
1 scallion	1 small glass ginger liqueur
1 clove garlic	Fruit juice

Put ginger in pan with duck on top of it. Prick skin of duck all over with fork. Roast slowly in 350 degree oven, basting frequently with fruit juice until most of the fat under the skin has been cooked away. Pour off fat. (This fat is good for many dishes.)

Add soy sauce, scallion, garlic and anise and continue cooking, basting from time to time, until duck is tender. Five minutes before taking duck from the oven, add a glass of ginger liqueur.

Remove duck to serving platter, pour sauce over it. Garnish with parsley and orange slices.

PESANG MANOK

1 medium-sized chicken
1 cabbage, cut to pieces
1 head pechay
1 head green onions

1 piece ginger
Water
3 grains whole black pepper
Salt to taste

In a saucepan, put chicken, pepper, salt, and ginger with enough water to cover chicken. Cook, cover, until chicken is almost done. Then add the onion, cabbage and pechay, and cook covered for another fifteen minutes or until chicken is tender. Serve hot with patis.

CHICKEN, HAM AND MUSHROOM SOUP

4 cups chicken bone stock
 $\frac{1}{2}$ cup chicken meat
 $\frac{6}{8}$ mushrooms
 $\frac{1}{3}$ cup ham

1 teaspoon salt
1 teaspoon monosodium glutamate

Dash of black pepper quarters and soak in a cup of boiling water for one hour. Boil shredded ham gently in chicken bone stock for ten minutes. Add the mushroom and the mushroom water to the pan. Then add chicken meat and continue to simmer for ten minutes. Now add the seasonings; stir and serve while hot.

VELVET CHICKEN SOUP

4 egg whites
1 cup boiled white chicken meat, slivered
4 cups chicken stock
1 cup cauliflower, washed and cut into flowerets

2 tbsps. Chinese rice wine
2 tsps. Lauriat soy sauce
 $\frac{1}{4}$ tsp. pepper
1 tbsp. cornstarch
 $\frac{1}{2}$ cup chopped lean Chinese ham

Parboil the cauliflower for 3 minutes, drench under the cold water tap and drain. Beat egg whites slightly and add chicken meat. To boiling stock, add cauliflower, Chinese rice wine, soy sauce and pepper. When the cauliflower is barely done, thicken the soup with the cornstarch. Heat for 2 or 3 minutes and garnish with chopped Chinese ham.

PISAWAWAN A MANOK

1 large size chicken	$\frac{1}{2}$ kilo potatoes
2 coconuts of milk	1 big size onion
1 tbsp. dilaw powder (yellow ginger)	2 big fresh red pimientos
3 tbsps. ground ginger	$\frac{1}{2}$ cabbage
1 tbsp. ground garlic	Salt to taste
1 tsp. hot pepper	

Clean chicken and cut into pieces. Put a little oil on a frying pan and saute garlic, ginger and hot pepper. When brown, add chicken and mix thoroughly with the ingredients. Add 1 cup water. When chicken is soft, pour coconut milk. While it is boiling, add pimientos, cabbage, onions and potatoes. Then cook thoroughly.

SPAGHETTI, PANCIT AND MACARONI

HOW TO COOK SPAGHETTI

For 6 ozs. raw thin spaghetti, bring 2 qts. water to boil in large kettle. Add 2 tsps. salt (also celery seed or an onion slice, if desired). Slowly dip ends of spaghetti into boiling water, pushing it down into the kettle as it cooks. Boil uncovered, lifting often with fork, to prevent its sticking to bottom of kettle, until a piece rubbed between finger-tips parts fair easily. Avoid overcooking. Turn into strainer or colander; drain well. Spaghetti should be cooked just before serving. However, if necessary to hold it for a short time after cooking, add a tablespoonful of butter and toss gently, to keep strands from sticking together.

QUICK ITALIAN SPAGHETTI

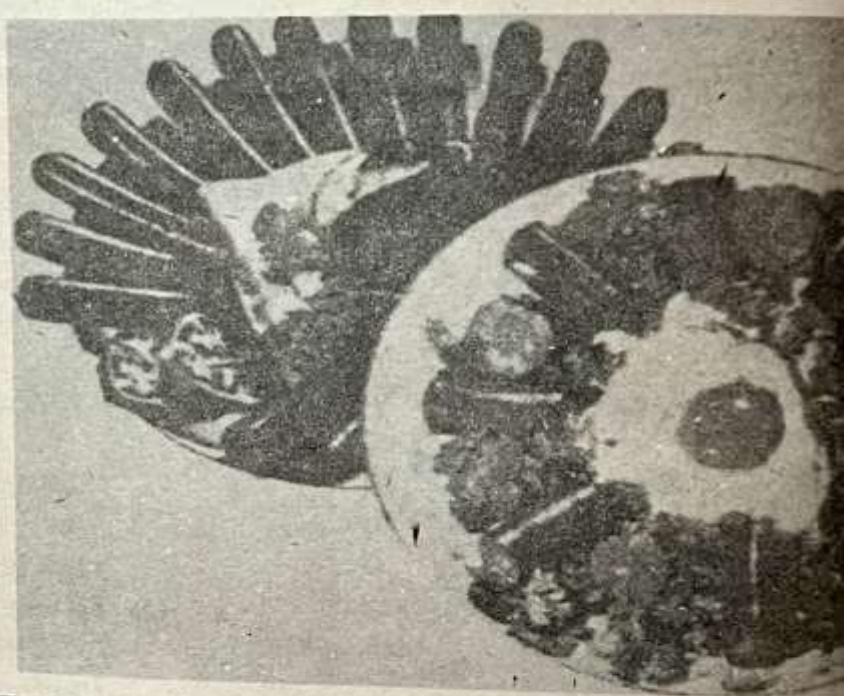
A tomato meat sauce that takes 45 min. to make, but it tastes as though it was cooked all day. It hasn't made history yet, as it has just originated in our Institute kitchens for those who like to make Italian spaghetti but have only an hour before dinner.

$\frac{1}{4}$ lb. sliced bacon	2 tsps. granulated sugar
$\frac{1}{4}$ cup thinly sliced, peeled onion	3 8-oz. tomato sauce
$\frac{1}{2}$ lb. chuck beef, ground	$\frac{1}{4}$ cup sliced stuffed or ripe olives
1 tsp. salt	$\frac{1}{2}$ lb. raw thin spaghetti
$\frac{1}{8}$ tsp. pepper	Parmesan cheese, grated
1 tsp. Worcestershire sauce	

Cut bacon in 1" pieces. Place in large skillet, and cook until lightly browned. Pour off excess fat. Return bacon to heat; add onion and beef. Cook until brown, breaking up beef into small pieces as it cooks. Add salt and next 4 ingredients; cover; simmer over very low heat 20 min. Add olives. Simmer 15 min. longer. Meanwhile, cook spaghetti. Pour sauce over spaghetti; sprinkle lightly with cheese. Makes 3 to 4 generous servings.

SARDINE AND POTATO SALAD

3 cups diced boiled potatoes	2 cans sardines
1 small onion, minced	French dressing
2 tablespoons chopped dill pickles	Mayonnaise
	1 hard cooked egg



Mix potatoes, onion and pickles. Open can of sardines and drain from one can into small pieces and add to potato mixture. Toss and add enough French dressing to moisten. Add more salt if needed. Serve, garnished with remaining sardines, sliced hard-cooked egg and mayonnaise. Garnish with parsley or lettuce.

ROYAL CRAB TIMBALES

1 box Macaroni	Salt
1 can cooked crab meat	$\frac{1}{2}$ head garlic
$\frac{1}{2}$ onion (chopped)	Kintsay
2 eggs, well-beaten	Butter
$\frac{1}{4}$ cup tomato	4 tbsps. grated cheese
Pepper	

Boil macaroni as per direction in the box. Then arrange in a well-greased baking pan. Saute garlic, chopped onions in butter, remove from fire and add crab meat. Beat the eggs, add crab meat. Beat the eggs, add salt and pepper, tomato ketchup, crab meat mixture. Mix the macaroni to this topped with grated cheese and thick with pepper. Bake at 375°F.

Serves 6.

ROYAL MACARONI SALAD

$\frac{1}{2}$ box Royal Elbow Macaroni	1 small can sliced pineapple
$\frac{1}{2}$ can luncheon meat	1 egg (chicken)
1 cup mayonnaise relish or 1 cup home made mayonnaise with chopped pickles	$\frac{1}{4}$ cup grated cheese
	Salt and pepper

Boil macaroni, dice luncheon meat and pineapple. Mix the first four ingredients in a bowl, season with salt and pepper. Place in salad bowl with lettuce. Sprinkle with grated cheese on side and garnish with hard-cooked egg. Chill in refrigerator and serve cold. Makes six servings.

CAREER GIRL'S SPAGHETTI

3 tbsps. salad oil or shortening	1 $\frac{1}{2}$ tbsps. Worcestershire
1 cup minced onions	$\frac{1}{4}$ teasp. salt
1 cup sliced mushrooms	$\frac{1}{4}$ teasp. pepper
1 tbsp. flour	2 tbsps. minced parsley
4 chopped franks	$\frac{1}{4}$ cup minced green pepper
1 $\frac{1}{2}$ cups tomato juice	1 8-oz. pkg. spaghetti
1 cup water	Parmesan cheese



In oil in skillet, saute onions and mushrooms till golden. Stir in flour, chopped franks, add tomato juice, water, Worcestershire, salt, pepper. Simmer 25 min. Add parsley, green pepper; simmer 5 min. longer. Meanwhile, cook spaghetti as package directs. Serve ring of spaghetti with sauce in center. Pass cheese. Makes 4 servings. At the end of a busy day, try serving this with assorted relish tray, brown and serve French rolls, fruit and cheese, coffee or tea.

HAM AND NOODLE CASSEROLE

1 tablespoon butter	1 cup cubed sharp cheddar cheese
1 tablespoon flour	$\frac{1}{2}$ cup chopped onion
1 tablespoon salt	$\frac{1}{2}$ cup chopped parsley
$\frac{1}{8}$ teaspoon pepper	1 pound pre-cooked ham slice
1 $\frac{2}{3}$ cups evaporated milk	2 teaspoons dark corn syrup
3 cups cooked broad noodles	
1 cup chopped celery	

Melt butter over low heat. Add flour, salt and pepper. Stir until thickened and smooth, stirring constantly. Add noodles, celery, cheese, onion and parsley. Mix well.

Spoon into buttered 1 $\frac{1}{2}$ quarts shallow rectangular casserole. Cut off excess fat on ham. Brown ham slice on both sides. Cut into serving pieces. Place on top of casserole. Brush top of meat with syrup.

Bake in a moderate oven about 30 minutes. Serve at once.

MACARONI WITH HAM

$\frac{1}{2}$ pound macaroni	1 cup diced cooked ham (or more)
Salt	1 cup grated sharp cheese
2 cups white sauce	
2 teaspoons dry mustard	

Boil macaroni in boiling, salted water according to directions on package. Drain and transfer to buttered casserole. Mix together white sauce, mustard, ham and grated cheese. Pour mixture on the macaroni. Sprinkle with additional grated cheese and paprika. Bake in 350° oven 20 minutes or until browned. Serves 4.

LIBBY'S CORNED BEEF SPAGHETTI

(For a family meal)

1 can Libby's Corned Beef, chopped	$\frac{1}{4}$ teaspoon oregano
1 small minced onion	1 can Libby's Tomato
1 clove crushed garlic	Sauce (or $1\frac{1}{2}$ cups fresh chopped tomatoes cooked down to sauce consistency)
3 tablespoons finely minced green pepper	Salt and pepper to taste

Saute vegetables with oregano in a very little fat or oil. Add tomato sauce and seasoning to taste. Pour over a platter full of spaghetti cooked to your taste and sprinkle with sharp, finely grated cheese (queso de bola or Parmesan). Pass extra sauce and cheese at the table.

LIBBY'S SPAGHETTI CREOLE

(Another family special)

2 slices bacon, diced	1 cup cooked dry red beans
1 cup onions, diced	4 ounces spaghetti, cooked ($\frac{1}{2}$ package)
$\frac{1}{2}$ green pepper, diced	Salt, pepper and oregano or basil to taste
1 can Libby's Chopped Beef, diced	1 clove garlic, crushed
1 cup cooked tomatoes	

Fry bacon until crisp. Remove bacon and saute onions and green pepper in bacon fat. Fry Libby's Chopped Beef until crisp and brown and add remaining ingredients. When mixture starts to simmer, season to taste. Cook few minutes longer and serve with grated cheese.

PEPPERS STUFFED WITH MACARONI

6 green peppers	1 cup soft bread crumbs
1 cup cooked elbow macaroni	$\frac{1}{4}$ tsp. salt
$\frac{1}{3}$ cup grated American cheese	dash of pepper
1 cup cooked tomatoes	

Cut a slice from top of each pepper and cook in boiling salted water for 5 minutes. Drain.

Mix remaining ingredients, saving $\frac{1}{3}$ of the cheese for topping. Fill pepper with mixture, stand upright in pan and sprinkle with cheese.

Bake in a moderate oven at 350°F. for 10 minutes.

Serves 6.

BAKED ITALIAN SPAGHETTI

1 minced medium onion	Dash garlic salt
1 lb. ground beef	½ tsp. salt
3 tbsps. salad oil	¼ tsp. pepper
3 8-oz. cans tomato sauce	½ lb. spaghetti, broken into 2"
1 cup Burgundy wine	lengths
¼ tsp. dried oregano	1 cup grated process
¼ tsp. dried rosemary	American Cheddar
¼ tsp. dried marjoram	cheese (¼ lb.)
¼ tsp. dried basil	

Day before. In large skillet or Dutch oven, saute onion and beef in salad oil until brown. Add tomato sauce and next 9 ingredients, simmer, covered, stirring occasionally, 1 hr. Meanwhile, cook spaghetti as package directs; drain. Add to sauce with ½ cup grated cheese. Turn into 3-qt. casserole. Refrigerate.

About 1½ hrs. before serving: Start heating oven to 325°F. Sprinkle top of casserole with ½ cup grated cheese. Bake, cover, 45 min.; uncover and bake 30 min. longer. Makes 6 servings.

CRAB SPAGHETTI

1 package spaghetti	1 cup milk
1½ cups condensed cream of mushrooms soup	½ pound cheese, grated
3 tablespoons butter	1½ cups flaked crab meat Pepper to taste

Cook the spaghetti in boiling, salted water until tender. Drain. Heat the soup and keep stirring until smooth. Add the butter and milk. When hot, remove from fire and stir in grated cheese. Combine this cheese sauce with spaghetti, crab meat and season with pepper. Place in a shallow greased casserole and sprinkle with remaining cheese. Bake in hot oven. This may be varied by using ½ cup cooked rice instead of spaghetti.

BAKED EGGS ON MACARONI

4-6 eggs	4 cups macaroni (one-inch lengths) cooked in salted chicken stock
1 cup milk	
2 tablespoons flour	
1 cup grated cheese	2 tablespoons Purico

Make a smooth, white sauce of the Purico, flour and milk over low heat. Stir in grated cheese.

Place macaroni in a pyrex baking dish lined with Purico. Cover with cheese-cream sauce. Then make 4 (or more) depressions on top of macaroni mixture and break egg into each hollow. Bake in a moderate oven about 15 minutes or until eggs are set and cream crust is golden-brown. Serve while hot. Serves 5-7.

TUNA AND MUSHROOM MACARONI BAKE

1 package (7 ounces) elbow macaroni	1 tall can evaporated milk (1- $\frac{2}{3}$ cups)
$\frac{1}{4}$ cup butter or margarine	$\frac{1}{2}$ teaspoon Aji-No-Moto
1 can (4 ounces) sliced mushrooms	1 tablespoons chopped pimiento
1 tablespoon instant minced onion	1 can (7 ounces) tuna, well drained
$\frac{1}{4}$ cup flour	$\frac{1}{3}$ cup grated Parmesan cheese
Liquid drained from mushrooms plus water to make 1 $\frac{1}{2}$ cups	$\frac{1}{2}$ cup shredded sharp Cheddar cheese
	Paprika

Cook macaroni according to package directions; rinse and drain thoroughly. Melt butter or margarine in a medium sized saucepan over low heat. Drain mushrooms, saving liquid. Add mushrooms and onion to butter and cook gently until mushrooms begin to turn golden brown, about 5 to 10 minutes. Remove from heat and blend in flour. Add water to mushroom liquid to make 1 $\frac{1}{2}$ cups, then stir into mushroom mixture slowly, keeping smooth. Then gradually stir in evaporated milk. Return to heat and continue cooking, stirring constantly, until mixture is smooth and thickened about, mustard, pimiento and tuna which has been drained and broken into pieces. Turn macaroni into a well buttered 2-quart casserole. Pour tuna mixture over macaroni and mix lightly with a fork. Sprinkle the cheese over the top, then sprinkle with paprika. Bake in preheated moderate oven (350 degrees F.) until mixture is bubbly and lightly browned on top, about 20 minutes. Garnish with pimiento strips and cress or parsley, if desired. Makes 6 servings.

NEAPOLITAN CARNIVAL

1 box macaroni	$\frac{1}{2}$ tsp. salt
1 cup cooked, diced chicken meat	$\frac{1}{2}$ tsp. pepper
$\frac{1}{2}$ cup pimiento, cubes	1 can cream of mushroom
$\frac{1}{2}$ cup sliced ripe olives	$\frac{1}{2}$ cup grated cheese

Cook macaroni whole. Wash in cold water and drain well. To drained macaroni add chicken, pimiento, olives, salt, pepper and cream of mushroom. Blend well.

Place in a casserole and bake in an oven of 375° F. for 45 minutes. Sprinkle grated cheese 5 minutes before removing from the oven. Makes 4 to 6 servings.

ROYAL MACARONI SALAD CUPS

1 cup Royal Macaroni, uncooked	1 tsp. prepared mustard
2 tbsps. finely chopped onion	3/4 cup sliced celery
1 tsp. salt	1/2 cup shredded raw carrots
1/4 cup French dressing	3/4 cup Lady's Choice Pickles, chopped
1/4 cup Lady's Choice Mayonnaise	Lady's Choice Pepper
	3 large green peppers, chilled

Cook Royal Macaroni in boiling salted water until tender. Drain and rinse with cold water; then drain thoroughly. Combine Royal Macaroni, onion, salt and French dressing in 2 quarts bowl, mix well; cover and chill for 1-2 hours. Combine mustard with Lady's Choice Mayonnaise. When ready to serve add celery, carrots, Lady's Choice Sweet Pickles, Lady's Choice Pepper and seasoned Lady's Choice Mayonnaise to Royal Macaroni mixture; toss lightly. Cut green peppers in half lengthwise; remove stem and seeds. Fill with salad. Garnish with thin slices of carrots if desired.

ROYAL SUPER SPAGHETTI

1 onion chopped	1 10 1/2 or 11 oz. can condensed cream of mushroom soup
2 tablespoons Lady's Choice Salad Oil	1 10 1/2 oz. can condensed tomato soup
1/2 kilo ground beef	1 8 oz. package of Royal Spaghetti
1 teaspoon Salt	1/2 cup grated Parmesan cheese
1/2 teaspoon chili powder	
1/2 teaspoon Lady's Choice Black Pepper	
Dash red pepper	

Cook onion in Lady's Choice Salad Oil until golden brown, then add ground beef, salt, chili powder, Tabasco, black and red pepper and brown lightly. Cover and simmer for 10 minutes. Add soups, cover again and simmer for 45 minutes longer. Cook Royal Spaghetti till tender. Arrange cooked Royal Spaghetti on a warm dish, pour sauce over spaghetti, sprinkle with cheese and serve. Serves 4 to 6.

LUTONG PILIPINO

PATA NA MAY HALONG GULAY

- | | |
|---|----------------------|
| 1 pata na may laman | 1 tasang suka |
| 5 talong | 4 na basong tubig |
| 2 puso ng saging na pag-apating
bahagi bawa't puso | 6 na butil na bawang |

Ilaga sa tubig at sa suka ang pata hanggang sa lumambot. Kung malambot na ay ilagay ang iba pang kalahok at pababayaan sa atay-atay na apoy hanggang sa lumambot sa sabaw. Ihahaing mainit.

ESTOPADO

- | | |
|---------------------------|-----------------------|
| 1 kilong karneng may taba | 1 sibuyas |
| 2 basong tubig | 3 ulong bawang |
| 1 basong sukang maasim | 2 saging na saba |
| 1 tasang malaki na asukal | 1 kupiterang hinyebra |

Pipirituhin ang karne. Ang mga natirang karneng prito ay maaaring gamitin sa lutong ito. Ang asukal na may kaunting suka ay susunugin sa isang kaserola at kapag nangangamoy na ang sunog na asukal, ang natitira pang suka at tubig ay ilalahok, babatihi ng mabuti at ito ang gagamiting pinakasabaw. Maghahanda ng isang palayok at ang puwit sa loob ay lalagyan ng asad, upang huwag mangapit sa puwit ang niluluto. Sa palayok na ito'y sabay-sabay na ilagay ang lahat na magkakahalo, gayon din ng pinakasabaw na may sinunog na asukal at saka tatakpang mabuti ng nilaib na dahong saging upang huwag makasingaw. Pag kulo ay babawasan ang gatong at pababayaan sa atay-atay na apoy hanggang sa lumambot ang karne.

LONGGANISANG PILIPINO

- | | |
|--|--|
| 1 librang karne na gagayatin
nang pino | 1 ulong bawang na ginayat
nang pinung-pino |
| $\frac{1}{2}$ librang taba na gagayatin
din nang maliliit
Katamtamang asin at suka | $\frac{1}{2}$ kutsarang pulbos ng pa-
minton
$\frac{1}{4}$ kutsarang pulbos ng paminta |

Paghahalu-haluin ang lahat nang ito. Ang pagkakahalu-halo ay pagbabayaang makatagal ng labindalawang oras o mahigit pa at saka isisilid sa bituka na pinatuyo sa araw. Tatalian ng putol-putol ang magkabilang dulo, alinsunod sa habang kainaman at ibibiting mga ilang araw sa alulusan ng hangin. Kung lulutuin na'y ang bawa't putol ay sa tatlong kutsarang tubig nakalubog hanggang sa pumula at magmantika. Ang mga longganisang ito'y totoong masarap.

LUMPIANG FRITO

1 cup sotanghon, cooked	Sibuyas mura (ten leaves)
1 cup taingang daga, chopped and cooked	2 eggs
½ cup meat of fresh shrimps, minced	Lard Pepper Lumpia wrappers

Cook the sotanghon and the taingang daga in boiling water. Add the shrimp meat, eggs, sibuyas mura and salt and pepper. Make rolls of lumpia with the lumpia wrapper. Fry golden brown. Serve with the following sauce:

1 clove garlic, crushed	1/3 cup vinegar
1 siling labuyo, crushed	Mix and bring to a boil.
½ cup patis	

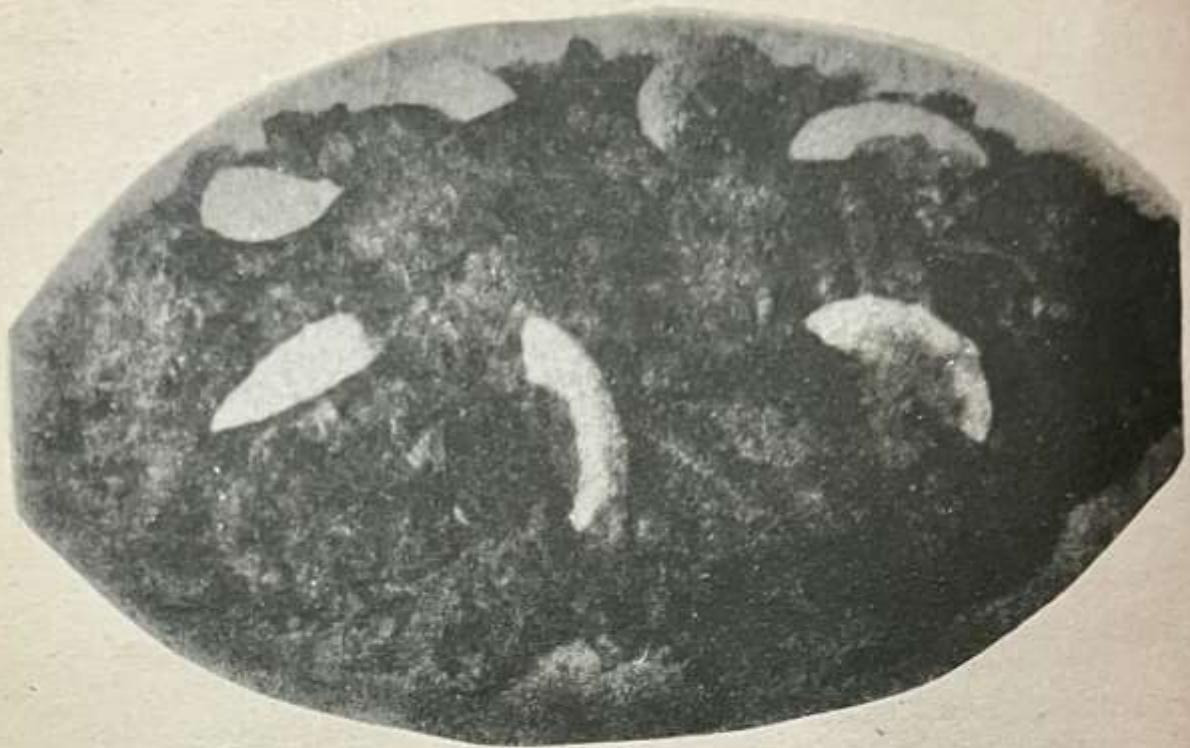
SINIGANG NA HIPON

½ kilo fresh shrimps (medium size)	¼ cup onions, sliced
¼ cup tomatoes, chopped	3 cups rice water
10 pcs. camias	1 tsp. salt
1 bunch kangkong	1 tsp. vetsin

Saute chopped tomatoes and sliced onions. Add the camias and cook till camias are soft and mushy. Add rice water. Let boil. When boiling, add shrimps. Season with salt and vetsin. Drop in kangkong and cook 2 minutes more. Makes 6 servings.

CHICKEN-UBOD (Coconut shoot) SALAD

1 cup chicken, boiled and shredded	1/3 c. carrots, boiled and cubed 1/4 c. pickles, chopped
1 cup ubod, boiled and cubed 1/3 c. potatoes, boiled and cubed	1 1/2 cups mayonnaise Salt to taste Dash of pepper
1/3 c. canned pineapple, diced	



Mix chicken with a little mayonnaise.

Marinate other ingredients separately in pickle juice, lemon or French dressing. Then chill.

Just before serving add the rest of the mayonnaise. Place on a bed of greens and garnish with spring of parsley.

EGGPLANT DININDENG

Boil together:

1½ cups water

2 large tomatoes, sliced

6 medium-sized shrimps,
chopped

3 teaspoons bagoong

3 medium-sized eggplants,
sliced lengthwise, about 1
centimeter thick.

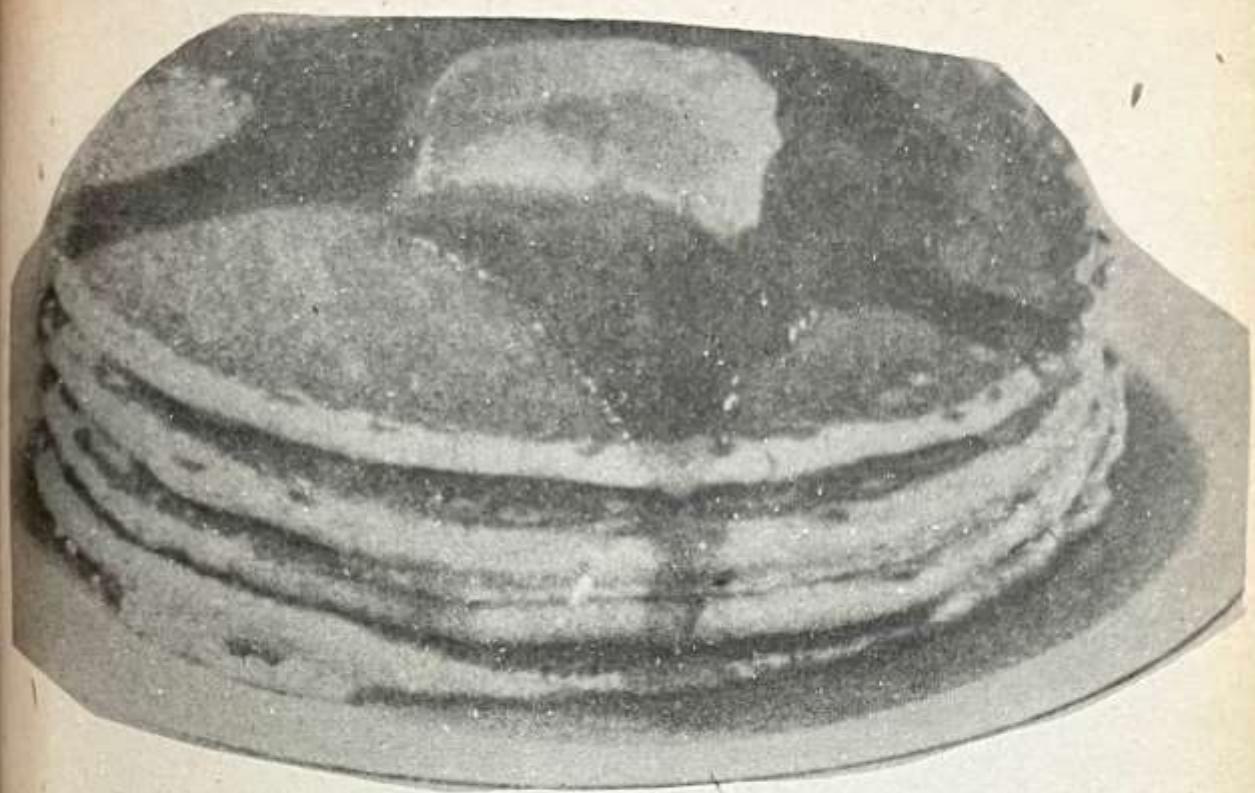
Season with:

salt and pepper, to taste

Cook until eggplant is tender.

Serves 6.

HOT CAKES



DESSERTS, CAKES AND PASTRIES

PEANUT COOKIES

2 tablespoons butter	$\frac{1}{4}$ teaspoon salt
1 tablespoon baking powder	$\frac{1}{2}$ cup flour
$\frac{1}{4}$ cup sugar	2 teaspoons milk
1 egg, well beaten	$\frac{1}{2}$ cup finely chopped peanuts

Cream butter, add sugar and egg. Mix and sift baking powder, salt and flour; add to first mixture, then add milk, peanuts, and lemon juice. Drop from teaspoon on buttered cooky sheet 1 inch apart and place half a peanut blanched, on top of each cooky. Bake 12 to 15 minutes in moderately slow oven (325°F). Makes 36.

TEA COOKIES

1 cup butter	$1\frac{1}{2}$ cups flour
$\frac{2}{3}$ cup sugar	1 teaspoon vanilla
2 eggs well beaten	Raisins and nuts

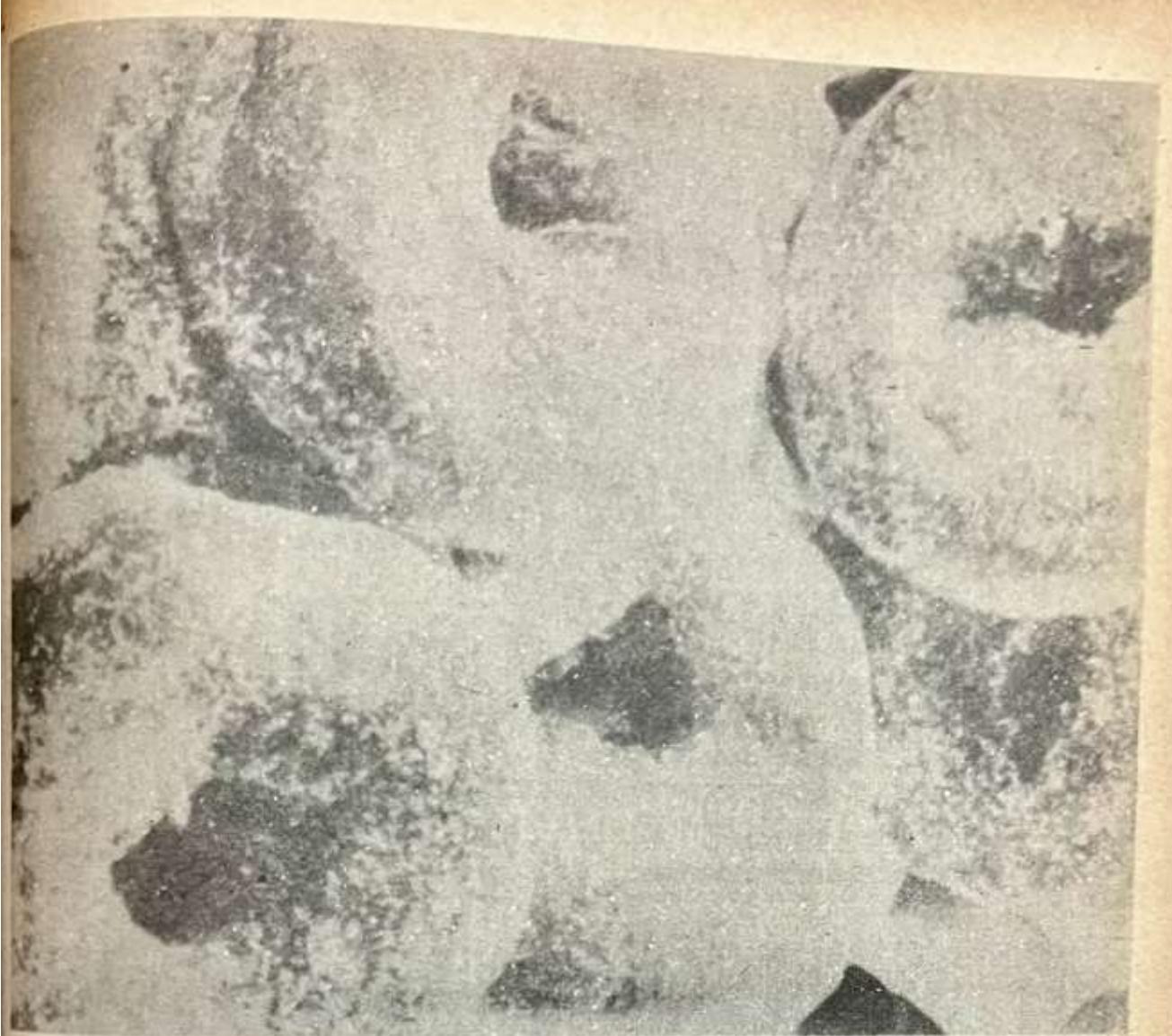
Cream butter and add sugar gradually, egg, flour and vanilla. Drop from tip of spoon. On each cooky put raisin or blanched nuts and cut in strips. Bake. If desired, shape while warm over handle of wooden spoon or on rolling pin.

CHOCOLATE MOUNTAINS

$\frac{1}{2}$ c. lard	1 tsp. baking powder
1 c. brown sugar	$\frac{1}{2}$ c. filled milk
1 egg, well beaten	$\frac{1}{4}$ c. cocoa
$\frac{1}{4}$ tsp. vanilla	1 tbsp. margarine
1 $\frac{1}{3}$ c. White King All-Purpose flour	1 c. chopped kasuy nuts
$\frac{1}{4}$ tsp. salt	candied fruits for topping

Cream shortening and sifted sugar together. Add the egg and vanilla. Sift the flour, salt, and baking powder together and add alternately with the milk to the creamed mixture. Add melted chocolate and additional margarine. Add chopped nuts last.

Drop from a teaspoon unto a greased cookie sheet. Top with candied fruits and bake in an oven at 350°F for 15 minutes.



COCONUT CAKE

6 eggs	1 cup sugar
1 can condensed milk	1 head coconut, grated

Have coconut grated. Then mix all ingredients together until blended. Bake at 350° for about 30 minutes.

PANCAKES WITH SWEET CHEESE FILLING

For the batter:

4 ozs. flour	8 ozs. cream or cottage cheese
½ oz. sugar	2 ozs. sugar
¾ pt. milk or water	2 eggs
2 eggs	2 tablespoons grated orange
A pinch of yeast and a pinch of salt	rind
1 tablespoon brandy	2 ozs. melted butter
1 tablespoon melted butter	

For the filling:

Make the pancake batter in the usual way, but add the egg yolks first and fold in the stiffly-beaten whites last and stand overnight. Fry the pancakes in the normal way. To make the filling, press the cheese through a sieve, and, if a skim-milk cheese is being used, blend in 2 or 3 tablespoons of cream. Blend in the sugar, egg yolks, and grated orange rind and spread the mixture over the pancakes. Fold them in four and lay them in a fire-proof dish. Pour over the melted butter and set in a moderate oven for about 10 minutes, or toss over a low heat.

Sprinkle with vanilla sugar before serving.

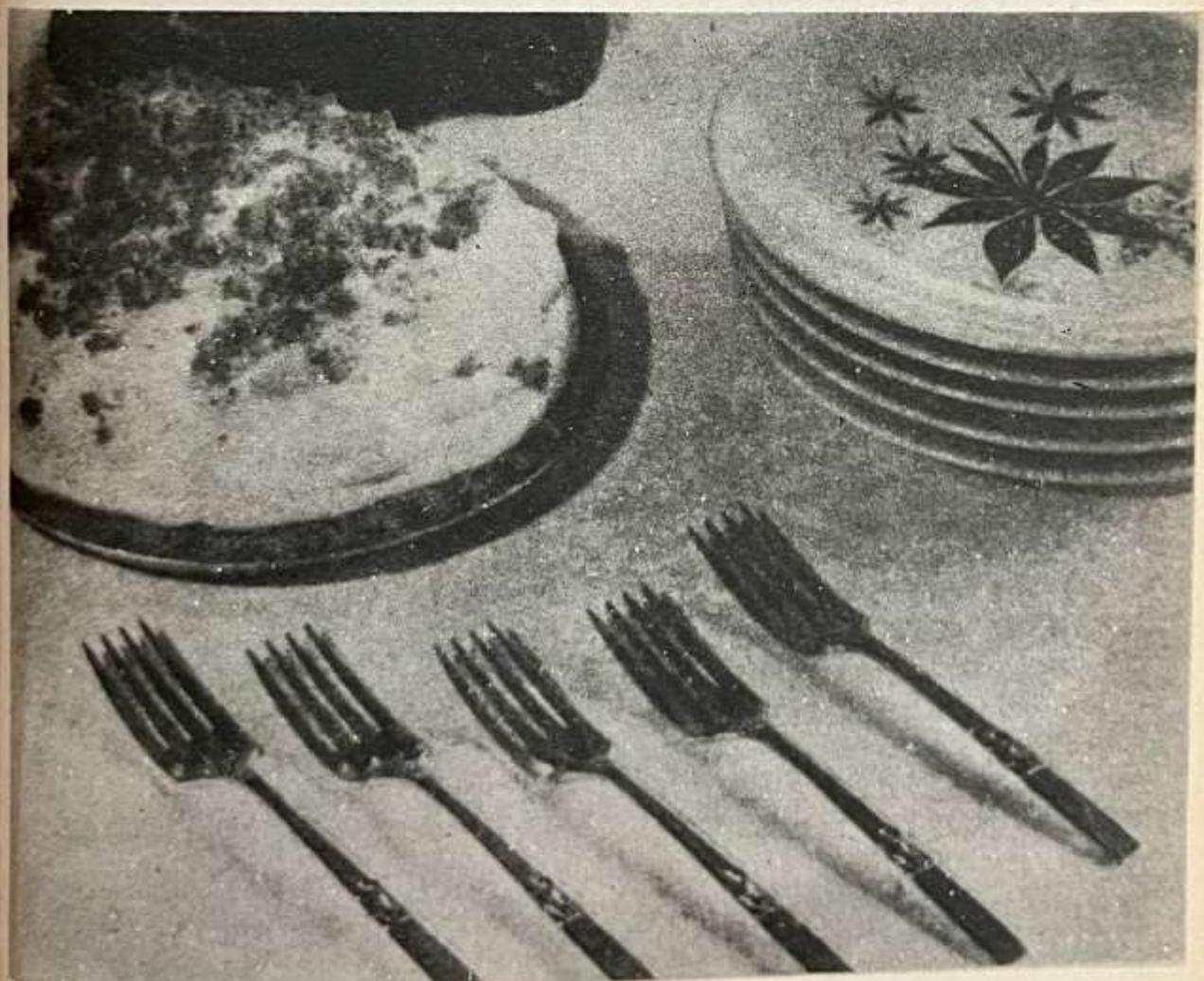
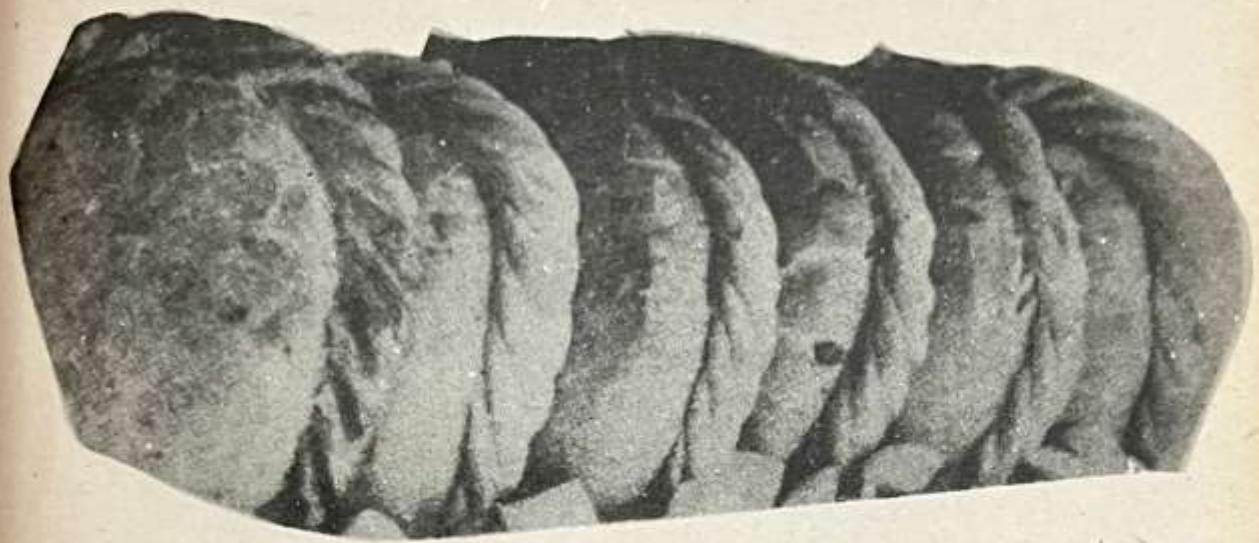
POTATO PANCAKES

2 lbs. potatoes	3 ozs. self-raising flour
pinch of salt	1 teaspoon milk

Peel the potatoes, grate them finely and strain off the liquid. Mix to a batter with the salt, flour and milk, drop by spoonfuls into smoking-hot fat and fry until golden-brown on each side.

BAKED BANANAS

25 minutes before serving: Start heating oven to 400°F. Peel 4 ripe bananas; cut in halves lengthwise, then crosswise. Arrange on heavy-duty foil; turn up edges. Brush with 2 tbsps. melted butter; sprinkle with salt. Bake about 15 to 20 min., or till bananas are easily pierced with fork.



Just before serving: Broil baked bananas about 1 min. Makes 16 servings.

APPLE PIE

4 cups green apple, cored and sliced (8 apples)	$\frac{1}{4}$ tsp. salt
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ cup cinnamon
2 tbsps. margarine	1 tbsp. calamansi juice
2 tbsps. cake flour	1 ripe pie crust

Prepare pie crust and chill. Mix apples with calamansi juice. Cream margarine, sugar and rest of ingredients. Mix well with apples. Spread on pie plate. Wet edges with water. Fit upper crust. Tuck upper crust to undercrust. Flute edges. Perforate the top crust. Brush with milk or egg yolk. Bake in pre-heated oven 425°F. for 40 to 45 minutes.

EASY-DOES IT CORN PUDDING

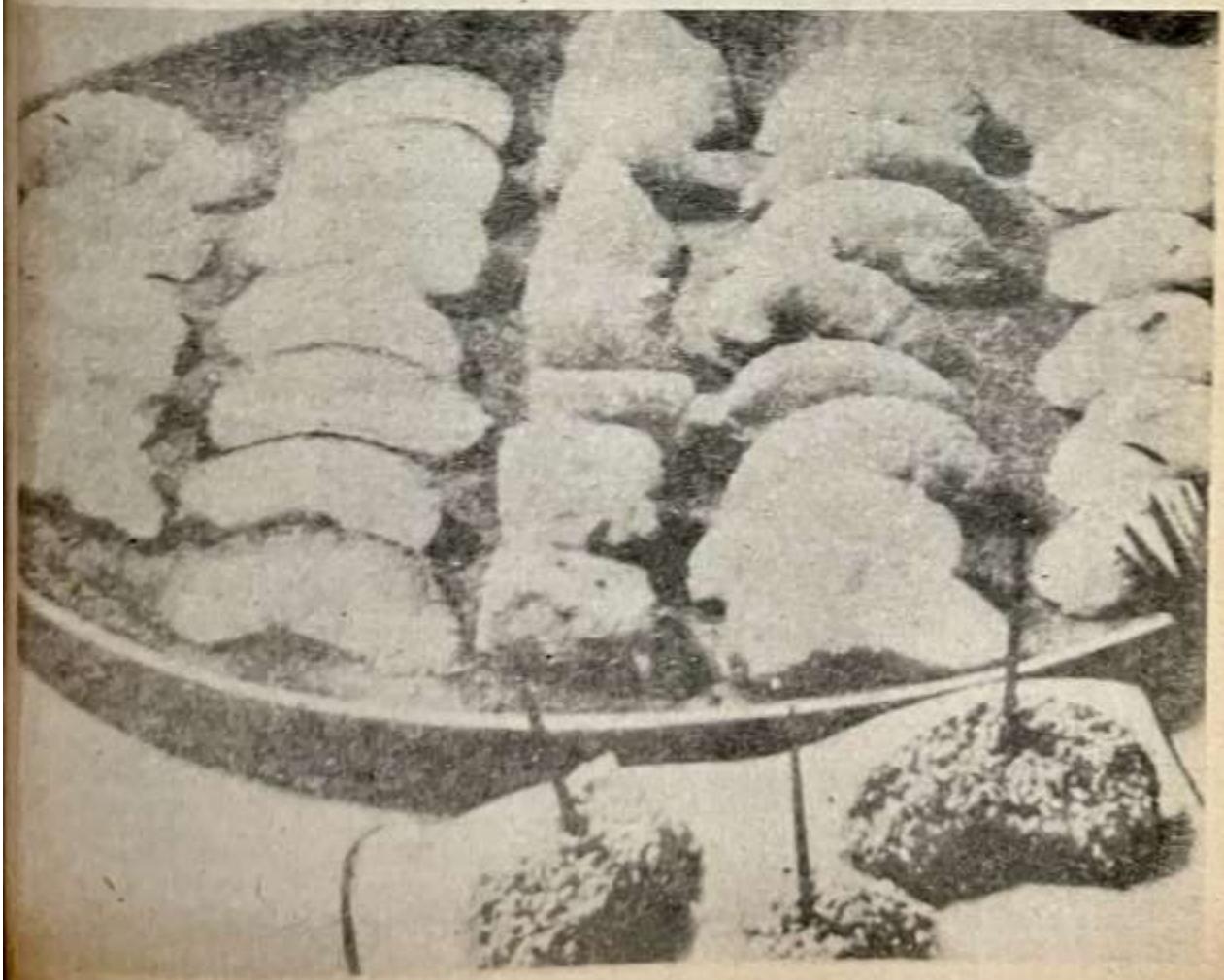
3 tablespoons cornstarch	$\frac{1}{3}$ cup sugar
$\frac{1}{3}$ cup sugar anise, toasted and ground	1 $\frac{1}{2}$ cups coconut milk

Mix cornstarch, sugar and cold coconut milk, just a little to make a smooth paste enough to pour. Heat the rest of the coconut milk, and pour it into cornstarch mixture. Cook in the double boiler, stirring until thick. Add anise whole or ground. Tint a light pink and pour into individual molds. Chill until firm. Serve with a topping of "latik" and caramelized coconut.

APPLE FRITTERS

6 large apples	1 tsp. melted margarine
6 tbsps. sugar	$\frac{1}{4}$ c. sugar
1 egg, separated	2 tbsps. calamansi juice
1 c. White King All-Purpose flour	$\frac{3}{4}$ c. warm filled milk
$\frac{1}{4}$ tsp. salt	Cinnamon sugar
1 $\frac{1}{2}$ tbsps. baking powder	Corn oil for deep fat frying

Peel, core, and slice apples into 8 pieces. Mix apple slices with 6 tablespoons sugar. Beat egg yolk until fluffy; beat egg white until stiff. Sift flour, salt, baking powder, and remaining sugar into a bowl. Add margarine, egg yolk, calamansi juice and milk. Beat until batter is smooth.



Fold in stiffly beaten egg whites. Dip apple slices in batter. Cook in deep hot oil until light brown and puffy, turning to brown evenly; cover well the pan. Drain on absorbent paper. Roll in cinnamon sugar mixture. Serve hot or cold.

SPECIAL NUT TORTE

$2\frac{1}{2}$ cups very finely chopped cashew nuts
 $1\frac{1}{2}$ cups sugar
 $\frac{1}{4}$ teaspoon salt

8 eggs, separated
 $1\frac{1}{4}$ teaspoons vanilla
 $\frac{1}{2}$ teaspoon almond extract

Combine nuts, sugar and salt. Beat egg yolks until thick; add nut mixture and mix well. Beat egg whites until stiff; fold into nut mixture. Fold in vanilla and almond extract. Turn into 3 well-greased 9" layer cake pans. Bake in slow oven (325°F.) 30-35 minutes. Cool thoroughly. Fill and frost with whipped cream, raspberry jam or as desired.

CHOCOLATE SOUFFLE

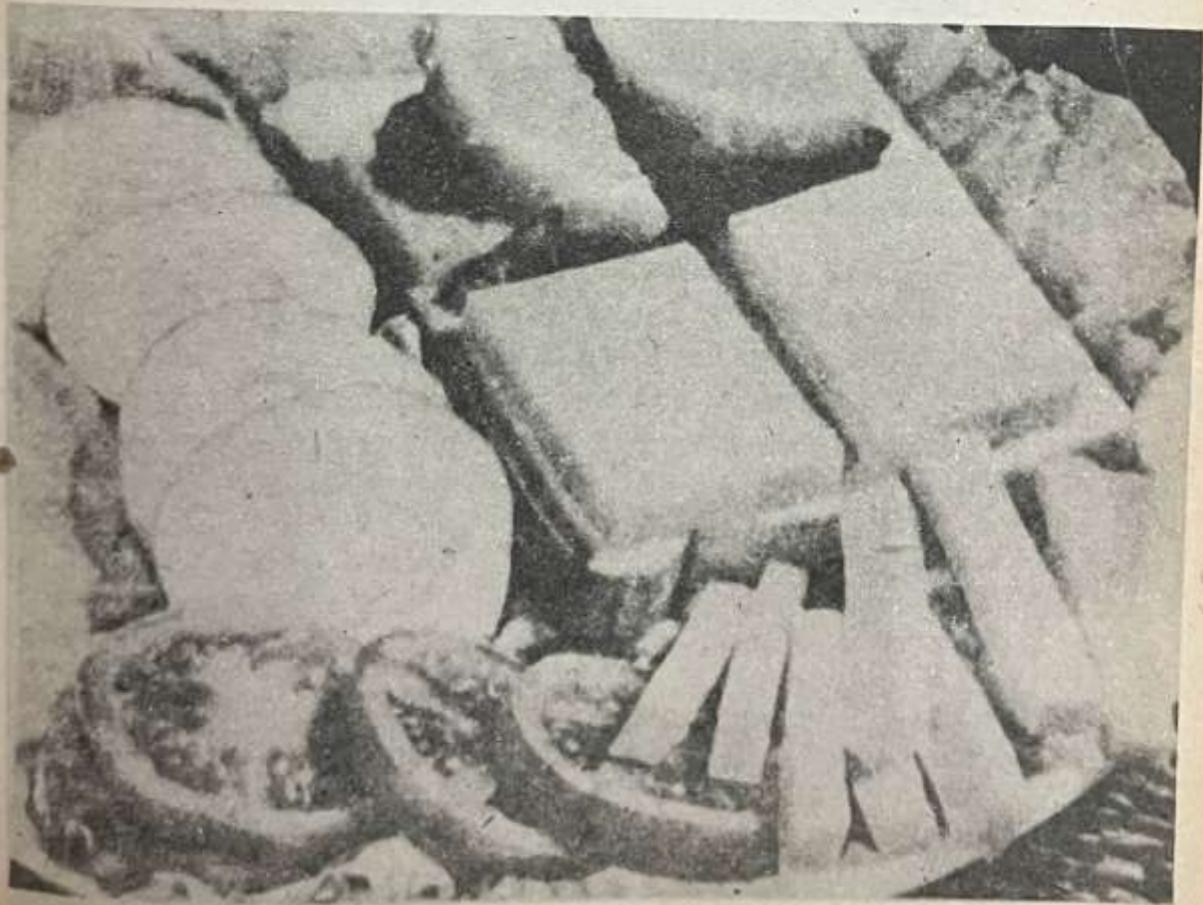
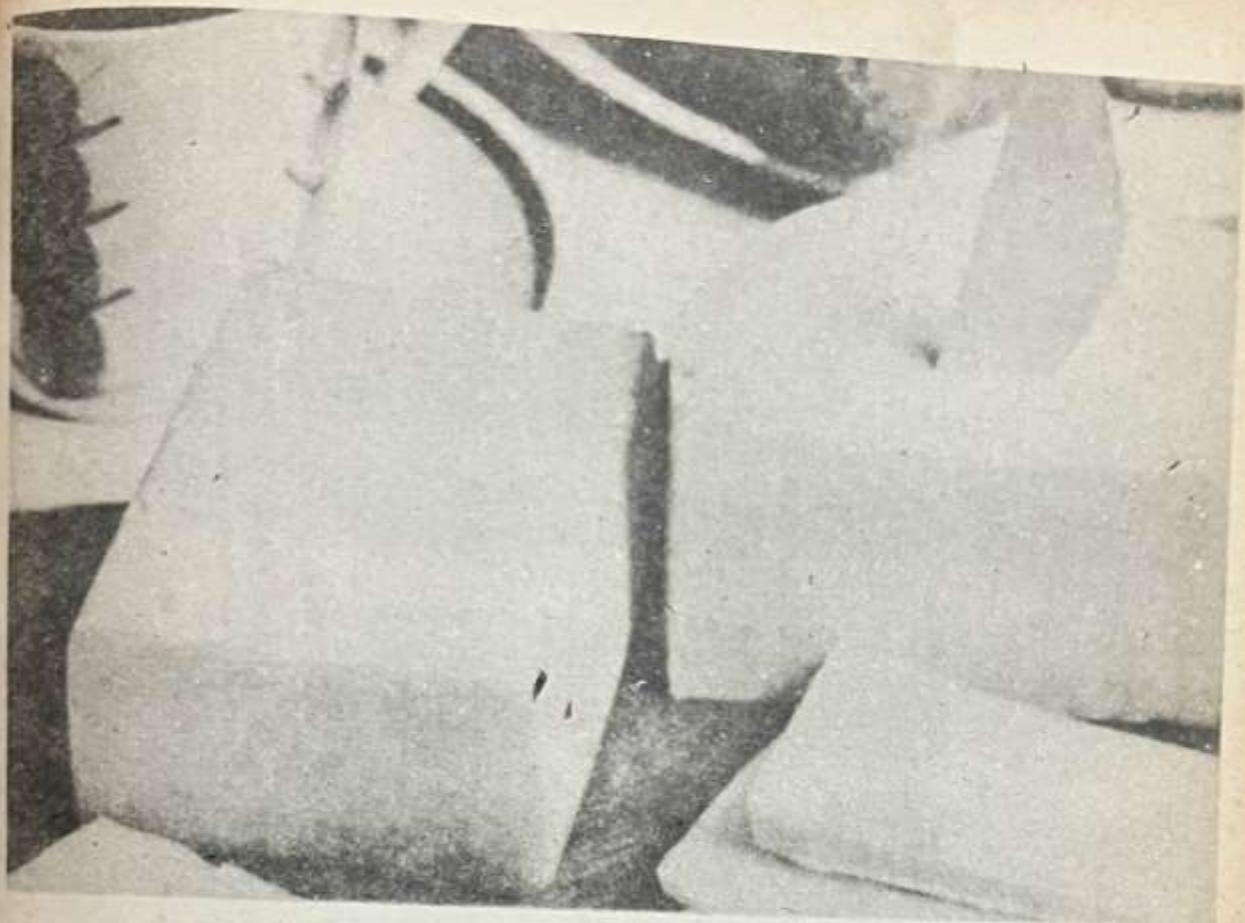
$1\frac{1}{2}$ tsps. gelatin
 $1\frac{1}{2}$ tbsps. cold water
2 ozs. dark chocolate, melted
 $\frac{1}{2}$ cup icing sugar, sifted
1 cup milk
 $\frac{1}{2}$ cup sugar
pinch salt

1 tsp. vanilla essence
4 ozs. cream cheese, chopped roughly
 $\frac{1}{2}$ cup chilled evaporated milk.
chopped walnuts whipped cream

Sprinkle gelatin on to the cold water. Mix chocolate, icing sugar and milk on top part of a double saucepan. Cook over hot water, stirring constantly, until just on boiling. Remove from heat. Add sugar, salt, vanilla and cream cheese. Whisk until smooth. Add the gelatin and stir over hot water until dissolved. Put aside until cool and then fold in the evaporated milk, beaten until thick. Pour into serving bowl and chill until firm. Decorate top with chopped walnuts and whipped cream.

CITRUS CREME DESSERT

Orange and dayap flavors are pleasantly strong in the fluffy sauce. Crisp cookies go well with this dessert.



$1\frac{1}{2}$ teaspoons unflavored gelatin	$\frac{1}{3}$ cup native orange juice
$\frac{1}{2}$ cup cold water	$2\frac{1}{2}$ tablespoons dayap juice
2 egg yolks	dash salt
$\frac{1}{3}$ cup refined sugar	2 egg whites
	$\frac{1}{4}$ cup refined sugar

Softens gelatin in cold water. Heat and stir over medium heat till gelatin dissolves. Cool to room temperature.

Beat egg yolks; gradually add $\frac{1}{3}$ cup of refined sugar, beating till thick and lemon colored. Stir in fruit juices, salt and gelatin. Chill till partially set stirring occasionally.

Beat egg whites till soft peaks form; gradually add $\frac{1}{4}$ cup sugar, beating to stiff peaks. Fold egg whites into yolk mixture.

Pour into serving bowl. Chill thoroughly, several hours or overnight. Spoon over fresh fruit.

Makes 4 to 6 servings.

GINGERBREAD MAN

$\frac{1}{3}$ cup molasses	$\frac{1}{8}$ teaspoon soda
3 tablespoons shortening	1 teaspoon ginger
$1\frac{1}{8}$ cups flour	$\frac{1}{2}$ teaspoon salt

Heat molasses to boiling point and pour over shortening. Sift all dry ingredients and add to first mixture. Cut out with special cutter. Bake, and frost with confectioner's frosting.

CINNAMON TOAST

Cut four pieces of white bread (pan americano) into quarters and butter each piece. In a separate cup, combine two teaspoons of sugar with $\frac{3}{4}$ tsp. cinnamon. Sprinkle cinnamon mixture on bread. Place in medium hot oven or on grill until bread is toasted and sugar has melted.

FRENCH TOAST

Cut four pieces of white bread into halves and butter each half. In a bowl, combine one cup milk and one tablespoon sugar. Soak bread in milk and sugar mixture. Fry in butter until golden brown. Serve with syrup or jam.



CARAMEL SPECIALS

Cook an unopened can of sweetened condensed milk in a saucepan with enough water to cover can for two hours. Cool can before opening. The milk will have turned into a rich caramel sauce. Sprinkle or rather pour mixture over pieces of sponge cake, ladyfingers or mamon in a serving dish. Sprinkle with crushed cashew nuts and cover with whipped cream.

WHIPPED CREAM

Put a can of evaporated milk, a mixing bowl and a rotary beater in the refrigerator. (If an electric mixer is used, put the beaters in the refrigerator for as long as possible before cream is needed). Shortly before serving, put mixing bowl into a bigger bowl and bury in salted ice. Pour milk into the smaller bowl and beat until stiff.

FRENCH FRIED POTATOES

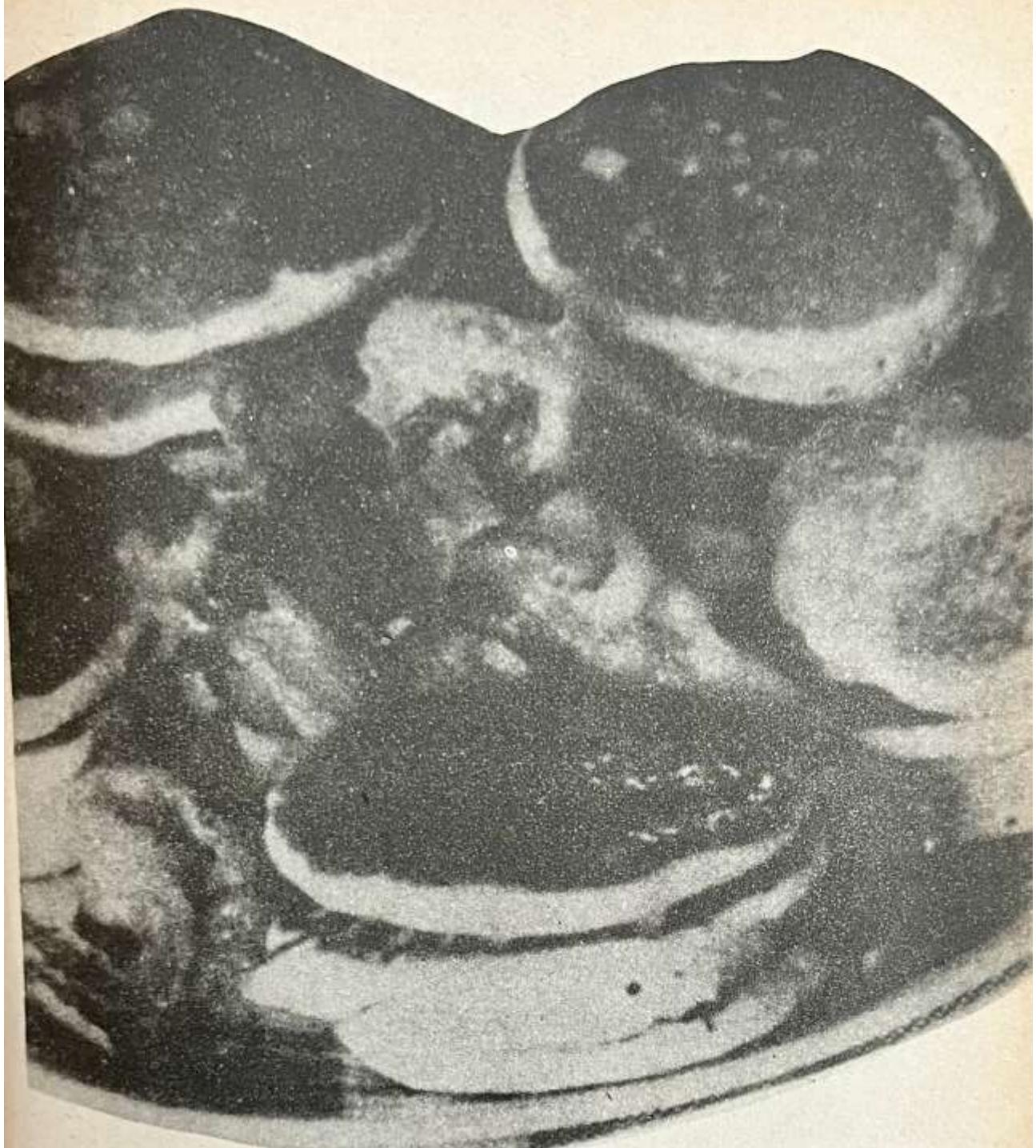
4 medium-sized potatoes
Salt

Peel potatoes and cut lengthwise into $\frac{1}{4}$ -inch strips. Soak in cold salt water to cover. 1 tablespoon salt to 1 cup water, for an hour. Drain, dry between paper towels. Fry about 1 cup at a time at 390°F. (1-inch bread cube browns in 20 seconds) until golden brown. Stir occasionally with fork to prevent sticking. Drain on absorbent paper. Sprinkle lightly with salt. Keep hot in oven while cooking remainder. Serves 4.

YELLOW SPONGE CAKE

4 eggs	$\frac{3}{4}$ cup sifted cake flour
pinch of salt	1 tsp. vanilla
$\frac{1}{4}$ tsp. cream of tartar	pan 12 x 9 inches
$\frac{3}{4}$ cup granulated sugar	

First grease the pan with 1 tbsp. shortening and sprinkle with cake flour. Shake loose flour. Light oven 375 degrees. Separate whites from yolks of eggs. Beat egg whites, add pinch of salt and cream of tartar. When hard, add egg yolks and beat until mixed. Fold sugar gently, then the flour.



Pour into pan. Spread from center out. Drop pan to break air bubbles. Bake at 375 degrees for 10 to 15 minutes.

When done loosen sides and part of the bottom and turn on dry towel and roll quickly. Don't unroll until cool.

Prepare desired filling and roll over putting open side down and ice.

BANANA FRITTERS

6-8 firm saba bananas

Fritter batter

Peel bananas and slice lengthwise.

Roll in flour, then dip in fritter batter, completely coating the banana pieces with the batter.

- Fry in hot fat, turning fritters to brown evenly. Drain.

PANCAKES WITH SAUSAGES

**2 cups all-purpose flour
2 tsps. baking powder
½ tsp. salt
2 eggs, separated**

**1 ¾ cups milk
½ cup melted margarine
¼ oz. sausage**

Sift dry ingredients together.

Make a well. Add egg yolk, milk and melted margarine; blend well. Beat egg whites until stiff. Fold into the batter mixture.

Onto a heated griddle pan, place slices of sausages and pour over batter.

Cook until bubbles appear on top; turn upside down and continue cooking.

Serve hot with syrup.

Serves 12.

ISLAND BANANA PUDDING

**1 ½ ozs. butter
2 ozs. fresh breadcrumbs
4 ozs. sugar
6 bananas**

**4 eggs
¾ pint milk
1 teaspoon vanilla essence**

Heat the butter in a saucepan until melted; stir in the breadcrumbs, and cook for 5 mins. Add 2 ozs. of the sugar, and mix well.

Peel the bananas, and cut the flesh into thin rounds. Put a layer of



banana rounds into the base of a greased 2-pint pie dish. Cover the banana with a layer of the breadcrumb mixture, and repeat these layers until all the bananas and breadcrumbs are used. End with a breadcrumb layer.

Beat the eggs and remaining sugar together in a basin, add the milk and vanilla, and pour the mixture over the pudding.

Bake in the center of a moderate oven, 375 deg. F. (Regulo 5), for 45 mins., until pudding has thickened. Serves 4.

BANANA NUT SURPRISE

1 banana per person
Peanut Butter Dressing
Cream or evaporated milk

Lemon juice
Peanut butter
Pinch of salt

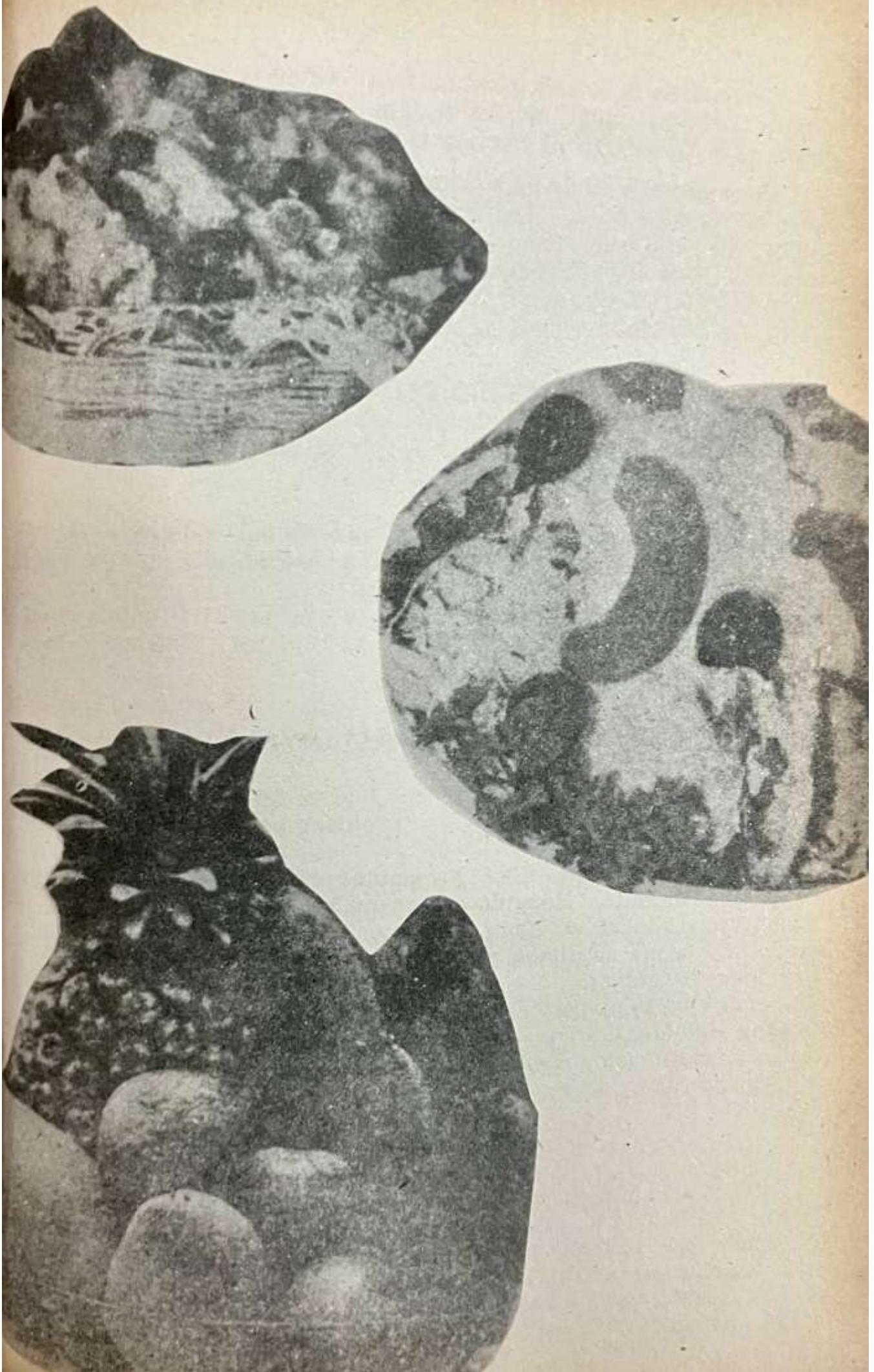
Mix all ingredients for the dressing until well blended and smooth. Slice bananas in individual bowls—porridge bowls or grapefruit glasses are equally good. Pour 4 tablespoons of the peanut butter dressing over each and serve with brown bread and butter or rolls and butter to make a different and most delectable fruit tea.

Fruits which are overripe or underripe may be used for making jellies, jams, preserves, conserves, marmalades and butters.

A jelly is made from the fruit juice alone. A jam is a concentrated mixture of precooked fruit pulp cooked with sugar. A butter is a concentration of fruit pulp, juices and sugar. Spices may be added if desired. The mixture is cooked to a smooth, thick consistency that is soft enough to spread easily when cold. There should be no separation of liquid and pulp.

Jam is made from small berries or other kinds of fruits which had been crushed to small pieces. It is mashed after which sugar is added. To make it more satisfactory, a part of the fruit should be underripe to furnish the necessary pectin. For every pound of fruit pulp, use one-half to three-fourth cup of sugar. Sugar and enough water is added to keep it from being burned. Stir the jam until it is cooked. An aluminum or enamel kettle may be used. The jam should be cooked until thick and jelly-like and then placed in sterilized jars and sealed. However, it is better that the jam be first cooled before placed in the jars.

Preserves are fruits cooked whole with the addition of heavy solution of sugar. Pomelos may be decorated by carving designs on them and then preserved.



Marmalade is a term used on fruit which is ground or chopped and cooked with sugar, similar to jam. It is a clear jelly with some peelings or slices of fruit floating in it, as in orange marmalade.

A conserve is made by mixing two or more fruits with the addition of chopped nuts. The fruits are divided finely and sugar is added, the ratio being from $\frac{1}{2}$ to $\frac{3}{4}$ lb. sugar to each pound of fruit mixture. Nuts are added five minutes before the mixture is removed from the fire. The conserve should be thick and similar to jelly. It should be kept in sterilized jars and sealed properly.

TOCINO DEL CIELO

25 pula ng itlog

4 na puswelong asukal

3 puswelong tubig

Pakuluin ang asukal at tubig upang mag-arnibal, hanggang sa ma-muo kung ipapatak sa tubig. Samantala, batihin ang pula ng itlog. Isama ang arnibal, haluing mabuti at salain.

Gumawa ng malapot na arnibal, ilagay sa liyanera at dito ibuhos ang pula ng itlog. Pasingawan hanggang sa tumigas. Palamigin bago isalin.

MATAMIS NA KASTANYAS

$\frac{1}{2}$ kilong kastanyas

$\frac{1}{2}$ kilong asukal

1 puswelong tubig

ilang patak na vanilla

Hiwain ang kastanyas, nguni't ingatang hindi masira ang laman. Ilaga ng 10 minuto. Hanguin at habang mainit ay talupan.

Isalang ang asukal at tubig. Pakuluan. Kapag malinaw na ang arnibal ay isama ang ilang patak na vanilla. Ihulog ang kastanyas. Pakuluang 10 minuto.

Hanguin ang kastanyas at patuluin at bayaang 24 na oras. Saka lamang pakuluan uli ang arnibal at ilagay ang kastanyas. Bayaang halos ay matuyuan. Hanguin at patuluin. Maaaring itabi at kaning himagas sa ibang araw.

GUAVA JELLY

Wash and blanch mature but not ripe guavas; cut into small pieces and boil in a small quantity of water until soft; transfer to a muslin bag and let it drip; test for pectin and add the right amount of sugar (1 to 1); boil, skim, and determine "jelling" point; filter, and fill jelly glasses. When cool pour melted paraffin and place the tin cover; label and store.

FOOD PRESERVATION AND CANNING

The Filipino woman would be doing valuable service to the country by preserving native foods at home, for the following reasons:

1. Food preservation will improve the general health of the people by supplying a more varied and balanced diet.
2. It would prevent the waste of perishable foods by preserving them for future use.
3. It would stabilize prices by equalizing the food supply.
4. It would be a profitable way of spending one's leisure.
5. It would lessen the amount of imported canned goods which can be easily produced here.

PRINCIPAL METHODS USED IN FOOD PRESERVATION

1. Drying

Drying is the first known method of preserving foods. It needs little apparatus and is applicable to many kinds of food. The principle involved is the reduction of the water content in a food to such a degree as to prevent it from spoiling.

The general methods used in drying are:

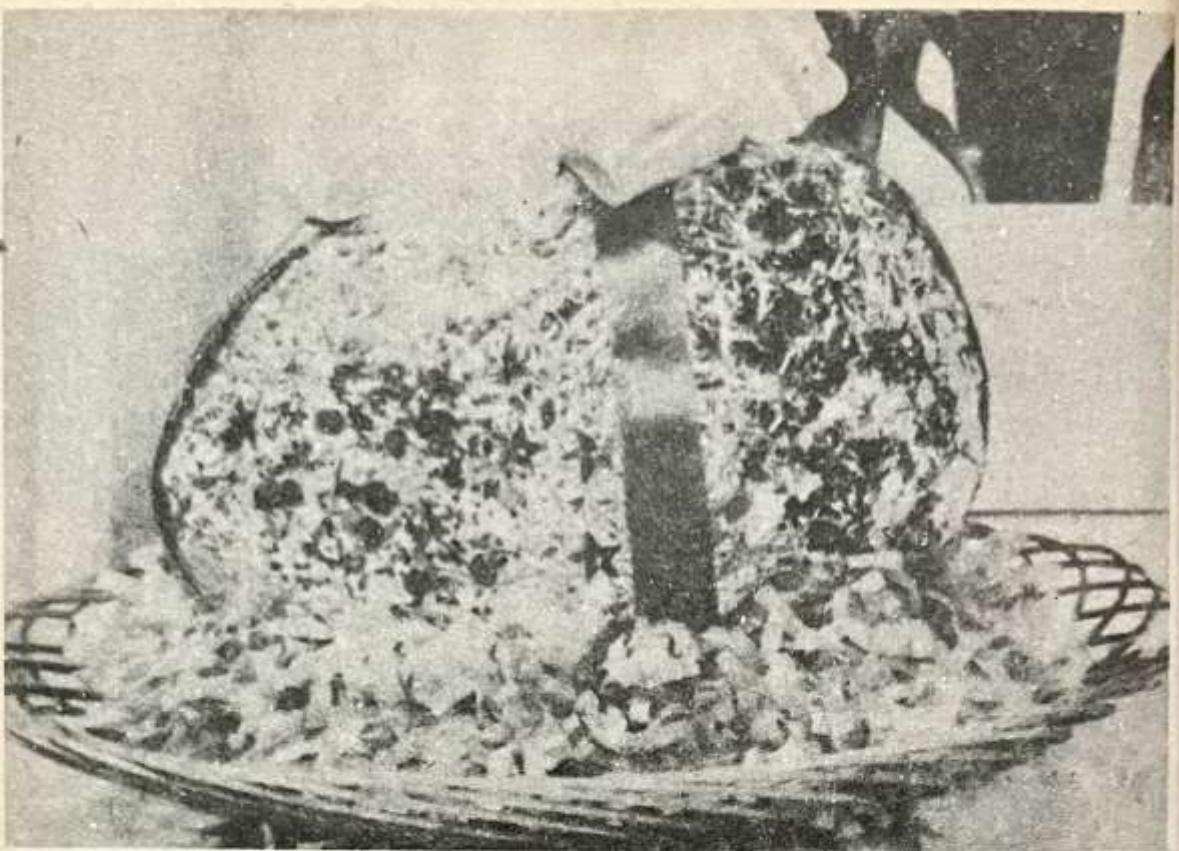
- a. By sunshine — Food is usually sliced and spread to dry under the heat of the sun.
- b. By artificial heat — Food is dried by exposing it to hot air, as in the oven.
- c. By air blast — Food is dried by means of a fan driven by electricity, alcohol or kerosene.

2. Smoking

This process of preserving is usually used with fish and meat. The material is first salted and exposed to smoke produced by slow-burning sawdust or shavings of one of the Philippine woods, like camachile, guava, or tamarind. The preserving chemical (creosote) present in the smoke prevents the growth of bacteria, aided by the drying which generally goes on at the same time.

3. Salting

This method is one of the first known and practiced here. It is used both with animal and vegetable foods. The salt draws out



the water content of the food and enters the tissues, thus making the food firmer and preventing decay. The two most important methods of salting are:

- a. Dry salting — The food is first mixed with salt to remove large amount of its moisture and then dried.
- b. Brining — The food is packed in a container and covered with a solution of salt (brine) until used.

4. Pickling

Pickling is applicable to foods that do not have much taste. Vinegar and condiments serve as preserving materials, give delicious flavor and odor to the food. Two methods of pickling generally used are:

- a. Simple pickling — Food is prepared, salted and preserved with vinegar and other condiments. These ingredients give the food a better taste and preserve it. Sugar is added to the vinegar when sweet-sour pickle is desired.
- b. Fermented pickling — This is accomplished by curing the food with salt and allowing the lactic acid fermentation to develop for a few weeks. The following spices are used in this method — vinegar, pepper, cinnamon, clove, allspice, nutmeg, celery seed, caraway, coriander, turmeric and bay leaves.

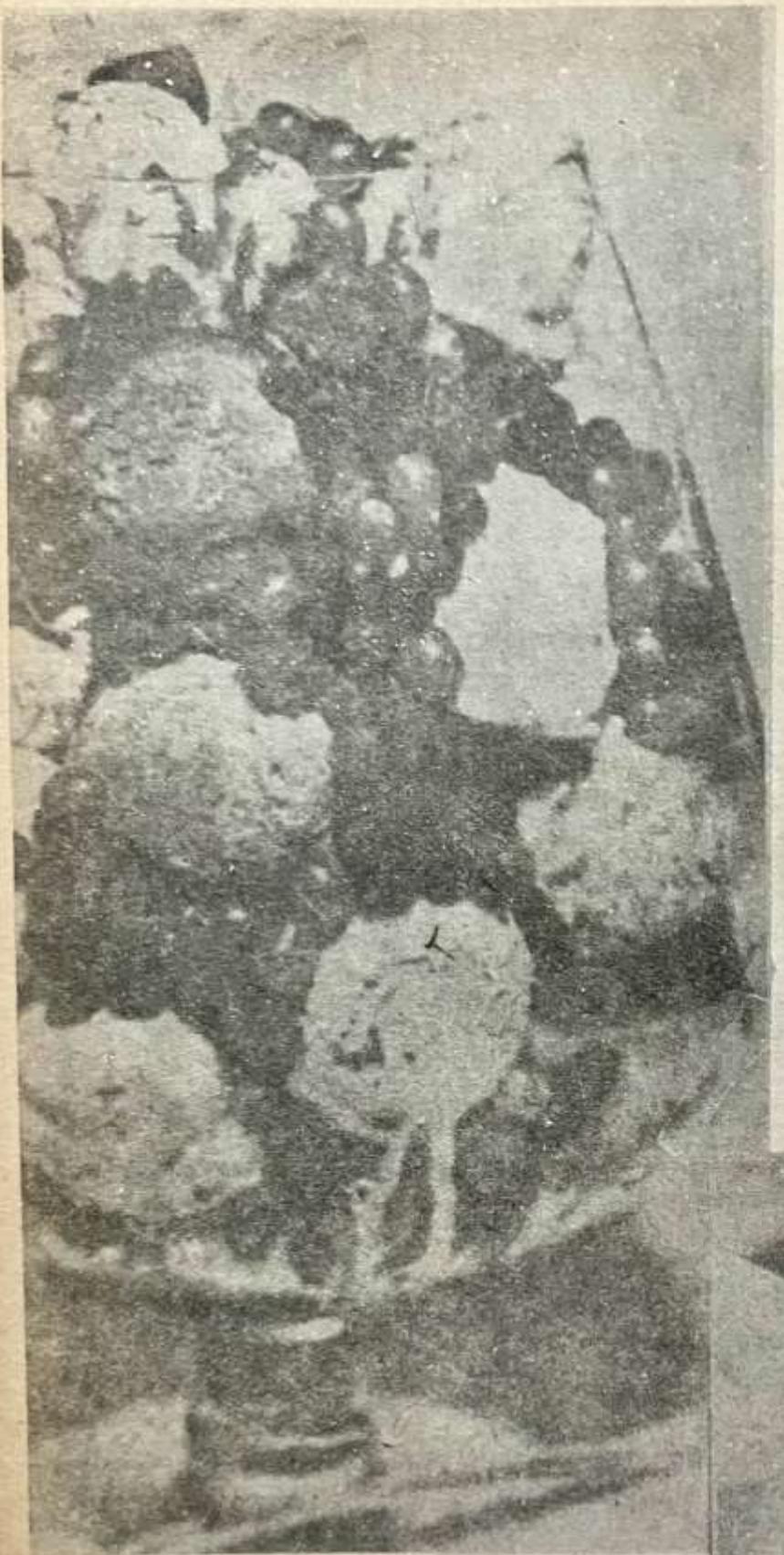
5. Sugar as a Preservative

Syrup in a concentrated form acts as a preservative and food products can be preserved either in dry sugar or in syrup which is made by dissolving the sugar in water. When fruits are preserved with much sugar, they are known as jelly, marmalade, jam, candy, or butter preserved according to their form and the method of preparation used.

6. Sterilization

Foods decay, spoil or ferment because of the growth in them of living microscopic organisms called germs. These are the molds, yeasts and bacteria. In canning, the killing or destruction of all the germs (sterilization) is essential. Molds and yeasts are killed below boiling point, but bacteria, due to their spores, are not completely killed unless the food is cooked for five hours or about an hour for three consecutive days. Since water and air and food contain germs, complete sterilization is necessary to assure the preservation of foods.

Canning is a method of heating the food and sealing it in an air-tight container. The preservation is effected because:



1. The heat destroys chemical agents (enzymes) in the food which are beneficial in causing fruits and vegetables to ripen and meat to become tender, but its continuous action causes over-ripening.
2. Canning destroys organisms from getting into the food after it is heated.

Canning is a method that can be used with success with the widest variety of foods. The advantage of canning is that the food can keep long and is always ready for use.

The methods of canning are named according to the main piece of equipment used in the process.

1. Boiling water bath method
2. Open kettle method
3. Steamer or oven method
4. Pressure-canner method

The boiling water bath is used for fruits and vegetables to which a large amount of vinegar has been added. The pressure-canner method is used with other vegetables and meats. The oven and open-kettle methods do not give uniformly good results.

TERMS IN FOOD PREPARATION

Beat: to make a mixture smooth and introduce air by a brisk regular motion that lifts mixture over and over.

Blanch: to dip fruits or vegetables in hot water.

Blend: to mix two or more ingredients so that each loses its identity.

Chop: to cut up into small pieces with a knife.

Cream: to rub shortening and sugar with spoon against the sides of the bowl until creamy.

Cube: to cut in small cubes about $\frac{1}{2}$ inch in size.

Dice: to cut in very small cubes about $\frac{1}{4}$ inch in size.

Drain: to drip off excess moisture.

Garnish: to ornament with something bright and savory; something added for decoration.

Grate: to rub on a grater and produce particles as grated cheese.

Grind: to put through a food or meat chopper.

Marinate: to let food stand usually in French dressing until well seasoned.

Pare: to remove outer covering by cutting with a knife as with potatoes.

Peel: to pull off outer covering as with bananas or oranges.

Shred: to put through a flour sifter or fine sieve.

Slice: to cut across a whole bread, meat or potatoes.

Strain: to filter big particles of food or foreign particles.

Toss: to lightly mix ingredients with two forks or a fork and a spoon.

TERMS IN COOKERY

Bake: to cook by indirect dry heat, usually in an oven.

Boil: to cook in boiling water.

Braise: to brown meat in small amount of fat and cook slowly in juice from meat or added liquid in a covered container.

Broil: to cook by direct heat from hot coals, or gas flame.

Fricassee: to cook meat by stewing in gravy.

Fry: to cook in a large amount of hot fat to cover the food.

Pan-broil: to cook in a hot uncovered frying pan, pouring off fat as it accumulates.

Parboil: to simmer for a short time preliminary to cooking by another method.

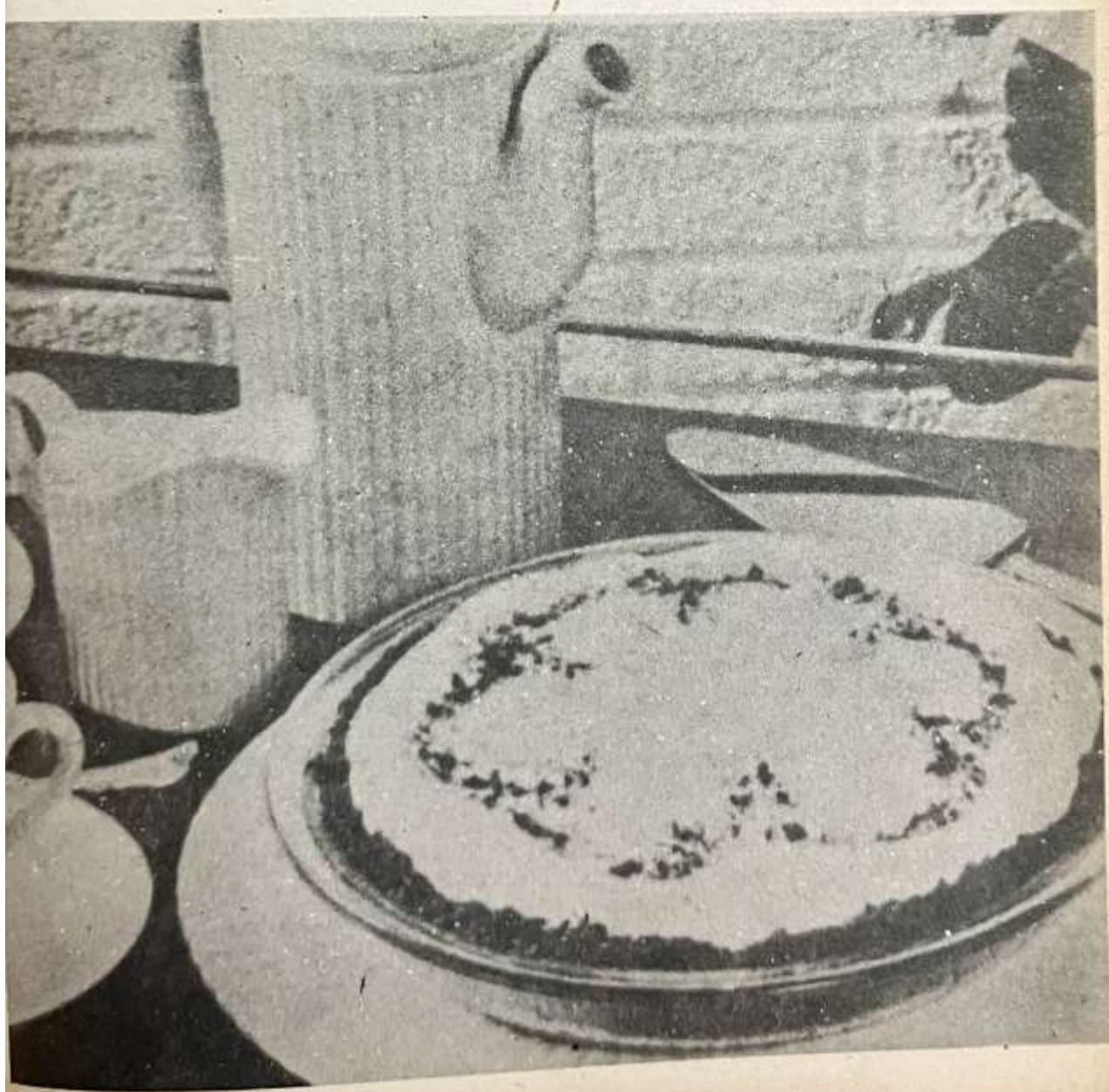
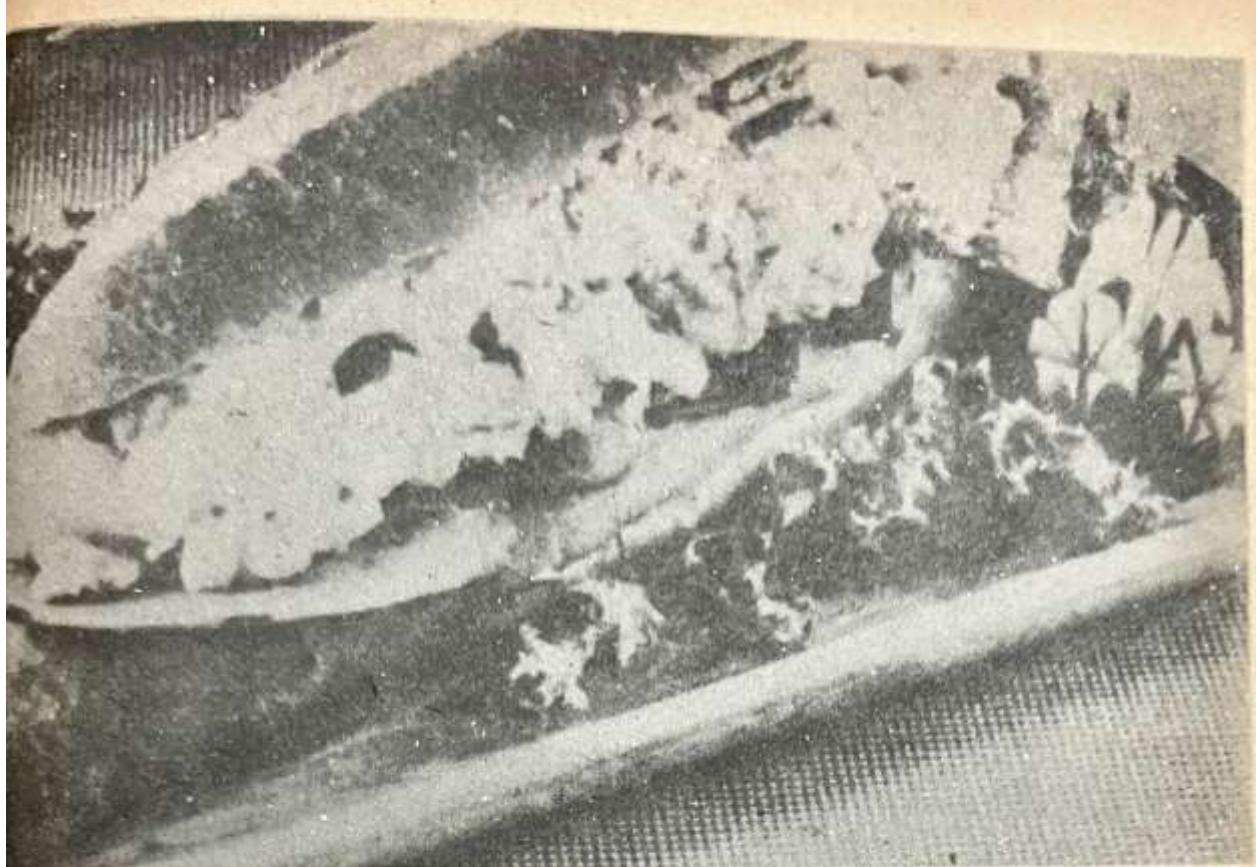
Pot roast: a piece of meat cooked by braising.

Saute or Panfry: to cook in a small amount of fat with frequent turning.

Sear: to brown the surface of meat by short application of intense heat.

Simmer: to cook below boiling point; bubbles occur below the surface of the liquid.

Stew: to cook with simmering heat.



HELPFUL HINTS FOR OUR COOK

- TO WHIP CREAM READILY add a few drops of lemon or calamansi juice and chin thoroughly before whipping.
- TO WHIP EVAPORATED MILK place a can of milk in freezing unit of refrigerator until partially frozen. Pour contents into a very cold bowl, add 1 tablespoon lemon or calamansi juice to 2/3 cup milk and whip as cream.
- TO HARD-COOK EGG YOLKS drop into simmering water and keep below boiling until firm.
- TO DIVIDE AN EGG beat slightly and measure with tablespoon.
- TO CUT HARD-COOKED EGGS WITHOUT BREAKING THE YOLK dip the knife into water.
- TO AVOID UNPLEASANT ODORS WHILE COOKING FISH cover with browned butter or lemon or calamansi juice.
- TO REMOVE FISH ODORS FROM COOKING UTENSILS add 2 tablespoons ammonia to the dish water.
- TO CUT FRESH BREAD EASILY cut with a hot knife.
- PEEL ONIONS under water to keep them from affecting eyes.
- TO REMOVE VEGETABLE STAINS FROM HANDS rub them with a slice of lemon.
- TO MAKE RICE WHITER AND MORE FLUFFY add 1 teaspoon lemon or calamansi juice to each quart of water while cooking.
- TO KEEP CHEESE FRESH wrap in a cloth dampened with vinegar and store in a cool place (not in refrigerator).
- TO OPEN FRUIT JARS EASILY set them upside down in hot water for a few minutes.
- KEEP GLASS JARS AND COVERS IN WHICH SALAD DRESSING is purchased. Remove pasteboard insert, wash, dry and use as containers for leftovers or for spices, cut onion, garlic, sugar, etc., on shelf.
- AVOID POURING COLD WATER INTO HOT PANS; the sudden change of temperature will cause metals to warp.
- TO TEST HEAT OF A GRIDDELL place a few drops of water on griddle and if water scatters it is hot enough to brown food.

SANDWICHES



SWEETS

GRILLED DEVILED-HAM AND CHEESE SANDWICHES

 Spread slices of bread with deviled ham. Put thin slice of process American cheese between bread slices and grill in butter on griddle or sandwich grill.

PICNIC SANDWICH ROLLS

Pineapple-Ham Rolls

1/3 cup butter or margarine, softened

3 tablespoons light-brown sugar

1 can (8 ounces) crushed pineapple,
drained

8 sandwich rolls

Sliced baked or boiled ham

Mix first 3 ingredients and spread between rolls. Wrap each in foil. When ready to serve, heat over coals a few minutes on each side, then fill with ham. Rolls can also be heated in hot oven (400°F.) about 10 minutes.

Tuna-Cheese Rolls

1 can (9-1/4 ounces) tuna

1 tablespoon prepared horseradish

1 tablespoon lemon juice

3/4 cup finely chopped celery

1/4 cup mayonnaise

Onion salt (optional)

8 sandwich rolls

8 thin slices process American cheese

Mix first 5 ingredients, and a little onion salt, if desired. Put between rolls and top with a slice of cheese. Wrap each in foil. When ready to serve, heat over coals a few minutes on each side. Rolls can also be heated in 400°F. oven 10 minutes.

OVEN WESTERN SANDWICHES

8 eggs, beaten

1 cup milk

1/2 cup each minced onion and green pepper

1 cup minced luncheon meat or cooked ham

Pepper

1/4 cup butter or margarine

16 to 20 slices bread, toasted, if desired

Catsup (optional)

Combine eggs and milk. Add onion, green pepper and meat and season with pepper. Put butter in 15" x 10" x 1" jelly-roll pan. Heat in moderate oven (350°F.) until butter is melted. Tilt pan to grease entire surface. Pour in egg mixture. Bake 10 minutes, or until mixture is just set. Cut in squares to fit slices of bread, and serve with catsup, if desired. Makes 8 to 10.

OPEN-FACED SARDINE SANDWICHES

3 cans (3-3/4 or 4 ounces each) Maine sardines

1 medium onion, thinly sliced

Butter

6 large slices rye bread

3 tomatoes, thinly sliced

3/4 cup bottled Thousand Island dressing

Drain sardines and split in half lengthwise. Separate onion slices in rings. Butter bread and top with sardines, then tomato slices and onion rings. Serve with dressing. Makes 6.

 Prepare pudding with milk as directed on label, flavor with 2 teaspoons Cointreau and pour into shell; chill. Arrange fruit on top, then spread with jam mixed with 1 tablespoon Cointreau. Chill until ready to serve. Note If desired, substitute ice cream for the pudding; top with preferred fruit and glaze.

SUMMER RASPBERRY DESSERT

2 cups crisp rice cereal
1 box (10 ounces) frozen raspberries, partially thawed
1 cup heavy cream, whipped

 Just before serving, layer cereal, berries with syrup, and whipped cream in glass bowl or individual serving dishes, ending with whipped cream. Decorate with a few berries. Makes 6 servings.

JELLIED WINE

1 envelope unflavored gelatin
1/2 cup sugar
2 tablespoons lemon juice
1 cup rosé or red wine
1/4 cup sherry
Whipped cream

 Mix gelatin and sugar. Add 1/2 cup boiling water and stir until gelatin dissolves. Add next 3 ingredients and blend well. Pour into four 4-ounce molds and chill until firm. Unmold and serve with whipped cream. Makes 4 servings. Note Molds can be served without whipped cream as accompaniment for cold meat.

CHOCOLATE-PUDDING FUDGE

1 box (4 ounces) chocolate pudding-

and-pie-filling mix
1/3 cup packed light-brown sugar
1/3 cup milk
12 large marshmallows
1-1/8 cups sifted confectioners' sugar
1 teaspoon vanilla extract
Pecan or walnut halves (optional)

Put first 3 ingredients in saucepan, bring to boil and boil hard, stirring, 1 minute. Remove from heat, add marshmallows and beat with spoon until blended. (If necessary, put back on heat a few seconds.) Stir in remaining ingredients, except nuts, and spread in buttered 9" x 5" loaf pan. If desired, press 10 to 12 nut halves at intervals in top. Cool and cut in squares. Makes about 3/4 pound.

EXTRA-CREAMY CHEESECAKE

1 pound cream cheese
Sugar
Salt
3 eggs
1/2 teaspoon almond extract
1 cup dairy sour cream
1 teaspoon vanilla extract
Toasted slivered almonds (optional)

 Beat cheese until fluffy. Gradually beat in 2/3 cup sugar and a dash of salt. Add eggs one at a time, beating well after each. Beat until smooth. Add almond flavoring and pour into buttered 9" piepan. Bake in moderate oven (350°F.) 25 minutes. Remove from oven and let cool away from drafts 20 minutes. While cake is cooling, beat together sour cream, 3 tablespoons sugar, a dash of salt and the vanilla. Pour over top of cake. Return to oven and bake 10 minutes longer. Sprinkle with nuts, if desired. Cool. Serves 7 or 8.

