

**FIRST YOU MAKE A ROUX**

*"First, you make a Roux!" How very often we have all heard "good French cooks" begin to share a recipe with just those words! And the roux is certainly the foundation of many sauces and gravies.*

**2 tablespoons butter,  
shortening or  
bacon drippings**

**2 tablespoons flour**

Melt the butter, shortening or bacon drippings in thick pot or skillet. Add the flour and stir constantly until *dark brown*, being careful not to burn. If there is the slightest indication of over-browning, dispose of the roux and start over. Even a slightly burned sauce will ruin a savory dish. To this basic roux, add seasoning and stock to make various sauces and gravies.

THE EDITORS

**BEEF KABOBS DELUXE**

**2 pounds sirloin tip or chuck  
roast, cut in 2-inch cubes  
1/4 cup soy sauce  
1/2 cup salad oil  
1/4 cup lemon juice or  
vinegar**

**1 teaspoon salt  
1/2 teaspoon pepper  
1 pint fresh mushrooms  
1 large onion  
or  
1 large green pepper**

If chuck is used, add meat tenderizer as directed on package. Combine soy sauce, salad oil, lemon juice, salt and pepper, and marinate meat in refrigerator 3-4 hours or overnight. Alternate meat with mushrooms, piece of onion or pepper on skewer of rotisserie. Individual skewers may also be used and cook kabobs under broiler. Baste frequently with marinade while cooking. Broil to desired doneness—20-30 minutes.

EVELYN WILSFORD

**JAMBALAYA**

**1 1/2 pounds sausage or  
cubed beef  
3 tablespoons bacon drip-  
pings, if beef is used  
Salt and pepper beef  
3 tablespoons flour  
2 medium onions, chopped  
1 bunch green onions,  
chopped**

**2 tablespoons parsley, chop-  
ped  
2 cloves garlic, minced  
2 cups rice  
2 1/2 cups water  
3/4 teaspoon red pepper  
2 teaspoons salt**

Brown meat in bacon drippings; remove, and add flour. Use a heavy black pot and brown flour to a dark roux. Add onions, parsley, and garlic. Cook until soft, then add water and rice, salt and pepper, and browned meat. When it comes to a boil, lower heat to lowest point and cook for about 1 hour, covered tightly. When rice is done, remove lid and let cook for a few minutes until rice dries a little. Serves 6-8.

MRS. W. R. SMITH