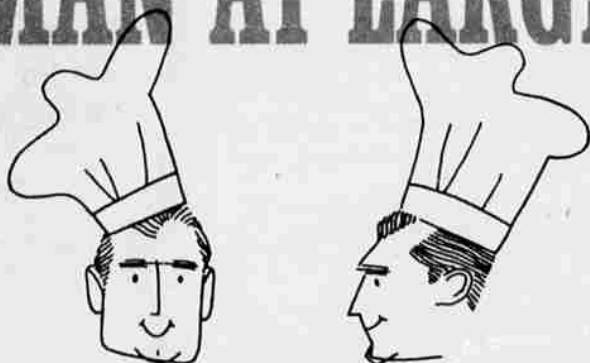


MAN AT LARGE



in a woman's world

Just downright good, and as simple as paper plates! Matter of fact, these recipes should encourage the amateur chef, who presents his finest creations via labor-saving paper service.

**Family Weekly
COOKBOOK**
MELANIE DE PROFT, Director
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Kabobs

Introduce a special, tantalizing flavor by marinating lamb in French dressing for at least 24 hours before cooking. Alternately thread short bacon strips on each skewer with meat cubes and only two or three favorite vegetables.

For Lamb Kabobs—Long skewers (about 12-in.) will be needed.

Wipe with a damp clean cloth.
Boned lamb shoulder or leg (allow about 1/2 lb. per person)
Cut into 1 1/2-in. cubes.

Cover lamb with **French dressing** and set in refrigerator for at least 24 hrs., turning meat several times.

Set out

Bay leaves

Alternate lamb cubes and bay leaves on

each skewer. Brush with French dressing. Broil or grill (see below). Test for doneness by cutting a slit in lamb cubes and noting color of meat. Season to taste.

For Vegetable Kabobs—(Fewer than five vegetables may be used.) Skewers will be needed.

Cook in boiling salted water until almost tender (10 to 15 min.)

Small onions
Small potatoes

Have ready

Mushroom caps
Green peppers, cut into squares
Tomatoes, cut into wedges

Arrange onions, tomatoes, green pepper, potatoes, and mushrooms on the skewers. Brush the vegetables with

Melted butter

Broil or grill, basting and turning frequently. Season to taste; serve at once.

To Grill Kabobs—Place on greased grill about 3 in. from coals, turning often for even browning. Baste frequently with French dressing or butter. Grilling periods range from 10 to 20 min., or until meat on kabobs is cooked and well-browned. Grill Vegetable Kabobs until lightly browned.

To Broil Kabobs—Set temperature control of range at Broil (500°F or higher). Arrange kabobs on broiler rack and put in broiler with tops of kabobs about 3 in. from source of heat. Broil 15 to 20 min., turning kabobs several times and brushing frequently with French dressing or butter. Less time will be required for the Vegetable Kabobs.

Kidney Bean Salad

Hard-cook, peel, and chill

3 eggs

Meanwhile, drain contents of

1 No. 2 can kidney beans (about 2 cups, drained)

Put beans into a bowl. Dice the eggs and toss lightly with beans and

1/2 cup coarsely chopped sweet pickle

1/4 cup finely chopped onion

3 tablespoons sweet pickle liquid

Blend together

1/2 cup mayonnaise

1 tablespoon sweet pickle liquid

Turn dressing over salad mixture and toss lightly. Chill in refrigerator until ready to serve. **About 4 servings**

Garlicky Parmesan Buns

Split

Sandwich buns

Brush cut sides with Garlic Butter.

Sprinkle with

Grated Parmesan cheese

To Broil—Set temperature control of range at Broil (500°F or higher). Arrange buns cut side up on broiler rack with tops about 3 in. from source of heat. Broil until golden brown.

To Grill—Arrange garlic-buttered buns on grill cut side down and toast. If desired, after grilling brush again with Garlic Butter. Sprinkle with the cheese.

For Garlic Butter—Put into a small skillet

1/2 cup butter

1 clove garlic, crushed in a garlic press or minced

Heat until butter is melted.

Champion Sandwiches

Try this on the outdoor grill or on the kitchen range . . . It's a record-breaking favorite!

For Barbecue Sauce—Combine in a 1-pt. screw-top jar

1 cup catsup

1/2 cup water

2 tablespoons sugar

2 tablespoons prepared mustard

2 tablespoons cider vinegar

2 teaspoons Worcestershire sauce

Cover and shake until well blended.

Note: Sauce may be prepared in advance and stored in refrigerator to use later.

For Meat Mixture—Set out

1 cup (2 medium-size) chopped onions

Heat in a large, heavy skillet

2 tablespoons butter

Add onion and cook over medium heat until transparent, occasionally moving and turning with a spoon. Add to skillet

2 lbs. ground beef

and a mixture of

2 teaspoons salt

1/2 teaspoon pepper

As meat cooks, break into small pieces with spoon. When meat is browned, blend in the Barbecue Sauce. Simmer uncovered about 15 min.

Spoon meat mixture onto buttered, toasted sandwich buns or buns brushed with Garlic Butter (see Garlicky Parmesan Buns). **4 to 6 servings**