

Sea Food Ramekins

- 1 cup fine dry bread crumbs, buttered (3 to 4 slices bread)
- 1/4 cup (about 1 oz.) grated sharp Cheddar cheese
- 1 6 1/2-oz. can crab meat (about 1 1/2 cups)
- 1 5 1/2-oz. can shrimp (about 1 cup)
- 1/4 cup butter or margarine
- 1/4 cup minced onion
- 1/4 cup flour
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 3/4 teaspoon Accent
- 1 1/2 teaspoons dry mustard
- Few grains cayenne pepper
- 1 1/2 cups milk
- 1 1/2 cups thick sour cream
- 2 tablespoons chopped parsley

1. Grease six ramekins and set aside.
2. Drain crab meat, separate pieces, remove and discard bony tissue. Drain shrimp. If desired, cut shrimp into halves lengthwise.
3. Mix together the buttered bread crumbs and grated cheese. Set aside.
4. Heat butter in a saucepan over low heat. Add onion and cook over medium heat until onion is transparent, occasionally moving and turning with a spoon. Blend in the flour, salt, pepper, Accent,

mustard, and cayenne pepper. Heat until mixture bubbles, stirring constantly. 5. Remove from heat. Add milk gradually, stirring in. Cook rapidly, stirring constantly, until sauce thickens. 6. Remove from heat. Stirring vigorously, add sour cream in very small amounts. Cook 2 to 3 min. longer until sauce is just heated, stirring constantly. 7. Mix the crab meat, shrimp, and parsley into the sauce. Turn one-half of mixture into the ramekins; sprinkle each with about 2 tablespoons of the crumb mixture. Spoon remaining mixture into ramekins and top with remaining crumbs. 8. Bake at 375°F 20 to 25 min., or until crumbs are lightly browned. 6 servings

Glazed Canadian-Style Bacon

- 1 1/2 lbs. Canadian-style bacon (in one piece)
- 10 to 12 whole cloves
- 1/4 cup firmly packed brown sugar
- 1 1/2 tablespoons dry mustard
- 1/2 cup cider or apple juice

1. Set Canadian-style bacon on rack in a shallow roasting pan. Insert whole cloves. Cover surface with a mixture of the brown sugar and mustard.

2. Roast uncovered at 300°F 30 min.
3. Pour cider or apple juice over meat. Continue cooking 15 to 25 min. longer, or until tender; baste occasionally.

6 servings

Party Pizza

- 2 cups cheese-cracker crumbs (about 44 round crackers)
- 1/4 cup butter or margarine, softened
- 3 tablespoons water
- 1 8-oz. can tomato sauce
- 1 6-oz. can tomato paste
- 1/4 teaspoon salt
- Few grains pepper
- 1 tablespoon sugar
- 1/4 teaspoon oregano
- 1 bay leaf
- 1 teaspoon oregano
- 6 oz. Mozzarella cheese, thinly sliced
- 1 tablespoon olive oil

1. Set out one 9-in. pie pan.
2. Turn cracker crumbs into a bowl. Using a fork, mix in the butter and water. Press crumb mixture firmly into an even layer against bottom and sides of pie pan. Level edges. Set aside.
3. Mix together in a saucepan the tomato sauce, tomato paste, salt, pepper, sugar,

- 1/4 teaspoon oregano, and bay leaf. Bring to boiling; reduce heat and simmer 5 min., stirring occasionally.
4. Remove from heat and remove bay leaf. Spread over crust. Sprinkle evenly with 1 teaspoon oregano. Arrange cheese slices in an even layer over sauce. Sprinkle with olive oil.
5. Bake at 400°F 20 min., or until cheese is melted and lightly browned. Serve immediately. About 6 servings

Creamed Spinach

- 1 10-oz. pkg. frozen chopped spinach
- 1 tablespoon butter
- 3/4 teaspoon seasoned salt
- 1 teaspoon grated onion
- 1 tablespoon flour
- 1/2 cup thick sour cream

1. Partially thaw the spinach.
2. Melt butter in a heavy skillet. Add spinach, seasoned salt, and grated onion. Cover and cook over high heat 1 to 2 min. Reduce heat and cook 5 min. longer, stirring occasionally.
3. Sprinkle flour over spinach and blend in. Add sour cream in very small amounts, stirring in. Cook over low heat 2 min. (do not boil). Serve. 4 servings



Candy Jones
BEAUTY DIRECTOR,
CONOVER SCHOOL, NEW YORK *says*

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