

# RICE (Continued)

MELANIE DE PROFT, Director, Culinary Arts Institute

Family  
Weekly  
Cookbook

## Cabbage and Rice Casserole

TIME: TO PREPARE 21 MIN.; TO BAKE 25 MIN.

- 3 cups shredded cabbage (about  $\frac{3}{4}$  lb.)
- $\frac{3}{4}$  cup cooked rice
- 4 slices bacon, pan-broiled and crumbled
- 1 cup (1 8-oz. can) tomato sauce
- 1 teaspoon sugar
- 2 tablespoons butter
- $\frac{1}{2}$  cup (about 2 oz.) grated sharp Cheddar cheese
- $\frac{1}{4}$  teaspoon salt
- Few grains pepper
- $\frac{1}{2}$  cup fine dry bread crumbs, buttered

1. Cook the cabbage, loosely covered, in a large amount of boiling salted water for 3 min. Drain.
2. Mix lightly together the cabbage, rice, bacon, tomato sauce, sugar, butter, cheese, salt, and pepper. Turn mixture into a lightly greased 1-qt. casserole. Sprinkle evenly with the buttered bread crumbs.
3. Bake at 350°F 25 min., or until crumbs are lightly browned.

About 4 servings

## Bologna Cups

25 MIN.



- 6 slices bologna sausage,  $\frac{1}{8}$ -in. thick
- 2 cups hot cooked rice
- $\frac{1}{2}$  cup (about 2 oz.) grated sharp Cheddar cheese
- $\frac{1}{2}$  cup condensed cream of celery soup
- $\frac{1}{2}$  cup water
- $\frac{1}{2}$  teaspoon grated onion
- 2 drops Tabasco
- Pimiento-stuffed olive slices

1. Mix together in a bowl the rice, cheese, soup, water, onion, and Tabasco.
2. Arrange bologna slices in a shallow baking dish. (Edges of meat may touch, but should not overlap.) Put about  $\frac{1}{2}$  cup of rice mixture in the center of each bologna slice. Top each with olive slices.
3. Set temperature control of range at Broil (500°F or higher). Broil about 4 in. from source of heat 5 min., or until bologna slices curl around filling. Serve immediately. 6 servings

## Oriental Salad

23 MIN.

- $1\frac{1}{2}$  cups cold roast pork strips
- 2 cups sliced Chinese cabbage (celery cabbage)
- 1 No. 2 can bean sprouts, drained (about 2 cups)
- 1 8-oz. can water chestnuts, sliced
- $1\frac{3}{4}$  cups cooked rice
- 1 cup cooked peas
- $\frac{2}{3}$  cup thick sour cream
- $\frac{1}{2}$  cup mayonnaise
- 2 tablespoons soy sauce
- 1 tablespoon cider vinegar
- 1 teaspoon celery seed
- $\frac{1}{2}$  teaspoon Accent
- $\frac{1}{4}$  teaspoon garlic salt
- $\frac{1}{4}$  teaspoon pepper

1. Mix together lightly the pork, cabbage, bean sprouts, water chestnuts, rice, and peas. Chill thoroughly in refrigerator.
2. Blend together the sour cream, mayonnaise, soy sauce, vinegar, celery seed, Accent, garlic salt, and pepper. Chill thoroughly in refrigerator.
3. Just before serving, pour dressing over salad and toss lightly to mix thoroughly. Serve in a salad bowl; garnish with strips of pimiento or green pepper.

About 8 servings

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