

Family Weekly Cookbook

MELANIE DE PROFT, Food Editor

VEAL ESPAGNOLE

Here is a delightfully exotic variation of Veal a la Ampurdanesa, a dish presumably deriving its name from the ancient, now-buried city of Ampurias.

TO PREPARE: 40 MIN.

- 2 tablespoons cooking oil
- 2 lbs. veal cutlet, cut in serving-size pieces
- 1 medium-size onion, chopped
- ½ cup tomato puree
- 1 cup quick meat broth (use 1 beef bouillon cube and 1 cup hot water)
- ¼ cup toasted blanched almonds
- ½ sq. (½ oz.) unsweetened chocolate
- 4 shreds saffron
- 1½ teaspoons mixed spices
- 1 teaspoon salt
- ¼ teaspoon black pepper
- ¼ lb. lean cooked ham, cut in narrow strips
- ¼ lb. mushrooms, sliced lengthwise through stems

1. Heat the oil in a large skillet. Add veal and brown on both sides. Remove from skillet and keep warm.
2. Cook onion in oil remaining in skillet until onion is soft. Stir in tomato puree and meat broth; simmer, uncovered, 5 min.
3. Pound the almonds, chocolate, saffron, mixed spices, salt, and pepper in a mortar with pestle (usually available in housewares section of department store). Add 2 tablespoons of broth-tomato mixture and stir until well blended. Stir into mixture in skillet. Stirring constantly, cook until sauce is thoroughly heated.
4. Transfer veal to sauce in skillet. Top with ham strips and sliced mushrooms. Cook until thoroughly heated. Lift meat onto heated platter and spoon sauce over it.

About 6 servings

RUMAKI

Tantalizing, marinated morsels from the Oriental world—appetizers you must not overlook.

TO PREPARE: 20 MIN.

TO BROIL: 10 MIN.

(allow 30 min. for marinating)

- ½ lb. chicken livers
- 1½ tablespoons honey
- 1 tablespoon soy sauce
- 2 tablespoons cooking oil
- ½ clove garlic, crushed
- 1 5-oz. can water chestnuts, drained
- 18 slices bacon, cut in halves or thirds

1. Rinse chicken livers with cold water; drain on absorbent paper. Cut into quarters and put into a bowl. Pour a mixture of honey, soy sauce, cooking oil, and garlic over livers; cover. Let stand about 30 min., turning pieces occasionally. Remove livers from marinade and drain on absorbent paper.
2. Cut each water chestnut into quarters. Wrap a piece of bacon around a piece of chicken liver and a piece of water chestnut; secure with a wooden pick.
3. Arrange appetizers on broiler rack and place in broiler with tops of appetizers about 2 in. from source of heat. Broil, turning once with tongs, about 10 min., or until bacon is cooked. Serve hot.

About 3 doz. appetizers

PAPRIKA POTATOES

Germany and Hungary both might claim this hearty dish, rich with sour cream and generously spiced with paprika. Wonderful with Thuringer sausage!

TO PREPARE: 35 MIN.

- 6 medium-size (about 2 lbs.) potatoes, cooked and cut in cubes
- 2 tablespoons butter
- ¼ cup chopped onion
- 2 tablespoons flour
- 1 teaspoon paprika
- ½ teaspoon salt
- 2 cups quick meat broth, cooled (use 2 beef bouillon cubes and 2 cups hot water)
- 1 cup thick sour cream
- 2 tablespoons tomato paste

1. Heat butter in large heavy skillet. Add onion and cook until golden. Blend in flour, paprika, and salt. Heat until mixture bubbles; remove from heat. Add cooled meat broth gradually, stirring constantly. Bring to boiling; cook 1 to 2 min.
2. Remove from heat. Stirring vigorously, add in very small amounts a mixture of the sour cream and tomato paste. Gently mix potatoes into the sauce and cook over low heat, moving and turning constantly with a spoon, 3 to 5 min., or until thoroughly heated. (Do not boil.)
3. Turn into a serving dish and garnish with sprigs of parsley.

About 6 servings

BÉARNAISE SAUCE

A famous French sauce which enhances grilled steaks, chops, sweetbreads, chicken, fish, and cooked vegetables such as asparagus and broccoli.

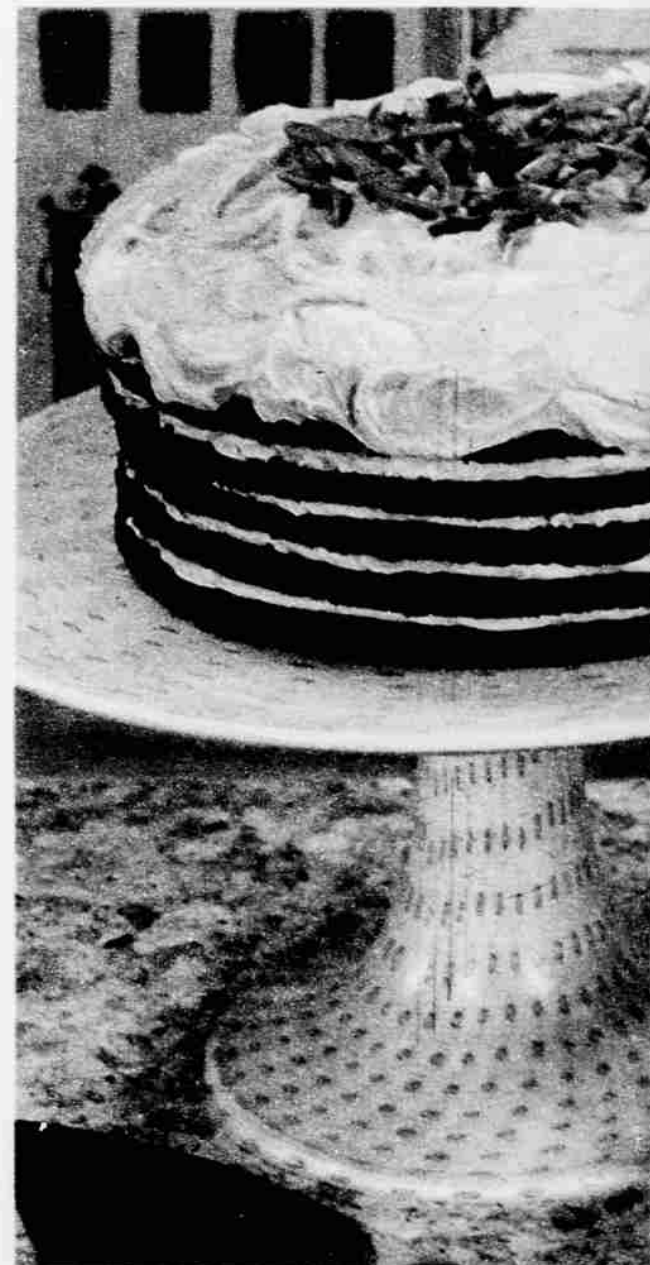
TO PREPARE: 25 MIN.

- 2 egg yolks
- 2 tablespoons cream
- ¼ teaspoon salt
- 1 peppercorn, crushed
- Few grains cayenne pepper
- 1 to 2 tablespoons lemon juice or tarragon vinegar
- ½ cup butter
- 2 tablespoons finely chopped herbs such as chervil, tarragon, shallots (or green onion or chives), and parsley

1. Beat egg yolks and cream with whisk beater in top of a double boiler until mixture is thick and light colored. Blend in salt, peppercorn, and cayenne pepper. Place over hot (not boiling) water. (Bottom of double-boiler top should not touch water.)
2. Slowly beat in lemon juice. Cook over simmering water, beating constantly with whisk beater until sauce is the consistency of thick cream. Remove double boiler from heat, leaving top in place.
3. Add butter, ½ teaspoon at a time, beating constantly until butter is melted and thoroughly blended into mixture. Blend in the herbs.
4. Serve immediately. (If necessary, sauce may be kept warm 15 to 30 min., covered, over hot water. Stir occasionally.)

1 cup sauce

From



Chocolate cake, cut in thin layers and filled with creamy-rich frosting, reflects Italian feeling on a lovely Venetian glass plate, with accessories suggesting the rococo art of the canal city. Espresso coffee, with dollops of whipped cream and cinnamon-stick stirrers, accentuates the Italian theme.