

## Family Weekly Cookbook



MELANIE DE PROFT, Food Editor

Top Right, clockwise:

fortune cookies,  
Sweet and Pungent Pork, tea,  
Chicken and Vegetables,  
and Chinese Cabbage Soup.

### Salad à la Oriental

TO PREPARE: 20 MIN.

- 1 1-lb. can bean sprouts,  
drained
  - 1 1-lb., 14-oz. can pineapple  
chunks, drained  
(reserve sirup)
  - 2 cups shredded lettuce,  
chilled
  - $\frac{3}{4}$  cup fresh orange sections  
or canned mandarin  
oranges
  - $\frac{1}{2}$  cup chopped cashew nuts
  - $\frac{1}{2}$  cup mayonnaise
  - $\frac{1}{4}$  teaspoon soy sauce
1. Marinate bean sprouts in pine-  
apple sirup about 15 min. Drain.
  2. Toss together the pineapple  
chunks, lettuce, bean sprouts, or-  
ange sections, and nuts.
  3. Combine mayonnaise and soy  
sauce. Add to salad ingredients and  
toss gently to coat evenly.

About 6 servings

### Almond Cookies

TO PREPARE: 25 MIN.  
TO BAKE: 10-15 MIN.

- 1 cup (about  $5\frac{1}{2}$  oz.) blanched  
almonds
  - 1 cup sifted flour
  - $\frac{1}{2}$  cup butter
  - $\frac{1}{2}$  cup sugar
1. Finely chop  $\frac{2}{3}$  cup of the al-  
monds. Toast the remaining al-  
monds and set aside for garnish.
  2. Mix flour and chopped almonds  
together. Set aside.
  3. Cream butter until softened.  
Add sugar gradually, creaming un-  
til fluffy after each addition. Mix-  
ing until well blended after each  
addition, add dry ingredients in  
fourths. Wrap dough in waxed pa-  
per or moisture-vapor-proof mate-  
rial and chill in refrigerator until  
easy to handle.
  4. Shape dough into 1-in. balls.  
Place balls on cookie sheets about  
2 in. apart and flatten each until  
about  $\frac{1}{2}$  in. thick. Press a toasted  
almond into top of each cookie.
  5. Bake at  $325^{\circ}$  F 10 to 15 min., or  
until light golden brown. Using  
a spatula, immediately remove  
cookies to cooling racks; cool  
completely. About  $2\frac{1}{2}$  doz. cookies

### Cantonese Appetizer Sauces

One of the Far East specialties which impart subtle, exciting fla-  
vor to appetizers or hors d'oeuvres  
is the versatile sweet-sour fruit  
sauce. Another, used in the same  
way and usually offered at the  
same time, is a hot, hot mustard  
sauce. Serve these sauces in little  
bowls, so that guests may choose  
one or both.

Crisp, flavorful egg rolls are an  
authentic Chinese hors d'oeuvre  
and are available in frozen form.

### Sweet-Sour Sauce

TO PREPARE: 20 MIN.

(Allow 3 days for vinegar to ab-  
sorb strong garlic flavor.)

- Garlic-Flavored Vinegar
- 1 1-lb., 3-oz. can apricots
- $\frac{1}{2}$  cup crushed pineapple
- $\frac{1}{2}$  cup honey
- $\frac{1}{2}$  cup firmly packed light  
brown sugar
- $\frac{1}{2}$  teaspoon salt
- Few grains white pepper

1. Have ready Garlic-Flavored  
Vinegar.
2. Force apricots through a sieve  
or food mill into a 1-qt. saucepan.  
Stir in pineapple, honey, brown su-  
gar, salt, and pepper. Set over high  
heat and bring to boiling, stirring  
until sugar is dissolved. Reduce  
heat to medium and cook 10 min.,  
stirring frequently to prevent  
sticking.
3. Remove from heat and stir in 2  
tablespoons of the Garlic-Flavored  
Vinegar. Cool. Cover sauce and  
chill in refrigerator.

About  $2\frac{1}{2}$  cups sauce

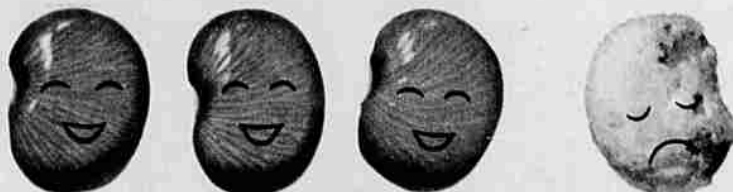
**Garlic-Flavored Vinegar**—Meas-  
ure  $\frac{1}{2}$  cup cider vinegar into a  
jar. Add  $\frac{1}{2}$  garlic clove. Cover  
jar tightly and store in refrigerator  
3 days.

### Hot Mustard Sauce

TO PREPARE: 10 MIN.

- $\frac{1}{2}$  to  $\frac{1}{2}$  cup dry mustard
- 1 teaspoon sugar
- $\frac{1}{4}$  teaspoon salt
- 1 tablespoon butter, melted
- 1 teaspoon cider vinegar
- Boiling water (about  $\frac{1}{4}$  cup)

Mix together in a bowl the dry  
mustard, sugar, and salt. Blend in  
the melted butter and vinegar. Add  
enough boiling water to make a  
thick sauce. About  $\frac{1}{2}$  cup sauce



## "FROST NEVER FORMS

in our General Electric  
Frost-Guard Freezer!"



MODEL HA-13T

Now, no defrosting ever in this new General Electric zero-degree Freezer. No ice to chop. Packages never stick together. Labels are easy to read. A real Golden Value.

More food at your fingertips! . . . twice as much within easy reach as in a chest freezer of comparable capacity. See—and enjoy—the new Frost-Guard now. General Electric Company, Appliance Park, Louisville 1, Kentucky.

Progress Is Our Most Important Product

GENERAL  ELECTRIC