

Lamb Curry

TO PREPARE: 25 MIN. TO COOK: 1½-2 HRS.

- 1½ lbs. boneless lamb shoulder, cut in 1½-in. cubes
- 1 cup sliced onion
- 2 tablespoons shortening
- 1 tablespoon mint-flavored apple jelly
- 3 tablespoons flour
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1 to 2 teaspoons curry powder
- ¼ teaspoon ground ginger
- 1½ cups quick beef broth (use 2 beef bouillon cubes and 1½ cups hot water)

1. Heat shortening in a skillet. Add the sliced onion and cook until tender, occasionally moving and turning with a spoon. Remove onion with slotted spoon and set aside.
2. Add the meat to the skillet and brown over medium heat, occasionally turning pieces to brown evenly.
3. Add to skillet the onion, jelly, and a mixture of flour, salt, pepper, curry powder, and ginger. Stir in the beef broth. Cover; bring to boiling, and simmer 1½ to 2 hrs., or until meat is tender, stirring occasionally.
4. Serve over fluffy cooked rice and garnish with chopped pimiento. Accompany with green-pepper pieces, chopped peanuts, shredded coconut, and pickled watermelon relish. (See photo.) About 6 servings



Subtly flavored Lamb Curry, with a variety of accompaniments, makes a hearty company entree.

Curry of Chicken

TO PREPARE: 35 MIN.

- 3 cups cubed cooked chicken
- ½ cup butter or margarine
- 3 tablespoons chopped onion
- 3 tablespoons chopped celery
- 3 tablespoons chopped green apple
- 12 peppercorns
- 1 bay leaf
- ½ cup flour
- 2½ teaspoons curry powder
- ½ teaspoon Accent
- ¼ teaspoon sugar
- ¼ teaspoon ground nutmeg
- 2½ cups milk
- 2 teaspoons lemon juice
- ½ teaspoon Worcestershire sauce
- ¼ cup cream
- ¼ teaspoon Worcestershire sauce

1. Heat ½ cup butter in a heavy 3-qt. saucepan. Add onion, celery, apple, peppercorns, and bay leaf; cook over medium heat until

A COLORFUL COLLECTION OF SOUTHERN AND SOUTHWESTERN RECIPES PERFECTED BY MELANIE DE PROFT OF FAMILY WEEKLY

Two traditional styles of wonderful Southern cooking in one inspiring cookbook . . . Deep South and Southwest style . . . colorfully presented in

THE SOUTHERN AND SOUTHWESTERN COOKBOOK

Here are 173 tested recipes, including old plantation dishes and Spanish-Indian favorites from America's Southwest.

YOURS FOR ONLY 50c Postpaid

TO: FAMILY WEEKLY BOOKS
153 N. Michigan Ave., Chicago 1, Ill.

Enclosed find \$_____ for which please send me postpaid _____ copies of the "Southern and Southwestern" cookbook @ 50¢ each. (Satisfaction guaranteed or money refunded.)

Name _____

Address _____

City & State _____ Print or Write Legibly

Curry Imparts A WORLD OF FLAVOR

Family Weekly Cookbook / MELANIE DE PROFT, Food Editor

onion is golden, moving with a spoon.

2. Blend in a mixture of the flour, curry powder, Accent, sugar, and nutmeg. Heat until mixture bubbles, stirring constantly. Remove from heat; add milk gradually, stirring constantly. Return to heat and bring rapidly to boiling, stirring constantly; cook until mixture thickens. Cook 1 to 2 min. longer.

3. Remove from heat. Stir in the lemon juice and ½ teaspoon Worcestershire sauce. Strain through a fine sieve pressing vegetables against sieve to extract all sauce.*

4. Return sauce to saucepan; blend in cream and ¼ teaspoon Worcestershire sauce. Add the chicken and cook over medium heat 2 to 3 min., or until mixture is thoroughly heated.
5. Serve with fluffy cooked rice and accompaniments such as chutney, golden raisins, preserved kumquats, and chopped cashew nuts. About 4 servings

*Note: If desired, this sauce may be prepared ahead of time and stored, covered, in the refrigerator for several hours. If this is done, reheat sauce and proceed with step 4 just before serving.

Curry of Fresh Shrimp

Follow recipe for Curry of Chicken; omit the chicken, cream, and ¼ teaspoon Worcestershire sauce. Heat ½ cup butter in a skillet over low heat. Add 1½ lbs. deveined peeled cooked shrimp and cook 1 to 2 min., or until shrimp is heated through, gently moving and turning with a spoon. Mix contents of skillet into hot curry sauce. Serve immediately.

Imperial Rock-Lobster Tails

TO PREPARE AND COOK: 25 MIN.

- 6 4-oz. frozen South African rock-lobster tails
- 3 oz. cream cheese, softened
- ¼ cup whipping cream
- ¼ cup butter
- 3 tablespoons flour
- 1 teaspoon salt
- ½ teaspoon curry powder
- ¼ teaspoon paprika
- 1½ cups milk

1. Drop frozen rock-lobster tails into boiling salted water to cover. Bring water to a rolling boil and cook for 1 min. Drain immediately and rinse tails with cold water. Remove meat, reserving shells. Using scissors, cut

meat into ½-in. pieces and set aside.

2. Beat cream cheese until fluffy. Add cream gradually, beating thoroughly after each addition.

3. Melt butter in a saucepan. Blend in a mixture of the flour, salt, curry powder, and paprika. Heat until mixture bubbles, stirring constantly. Remove from heat. Add milk gradually, stirring constantly. Return to heat and bring rapidly to boiling, stirring constantly. Cook 1 to 2 min. longer.

4. Remove from heat. Add cream-cheese mixture in very small amounts to the hot sauce, stirring constantly to blend. Add the rock-lobster pieces and heat thoroughly (about 4 min.).

5. Spoon rock-lobster mixture into reserved shells and serve immediately. 6 servings

Citrus Salad Platter

Arrange individual beds of chilled romaine (or other salad greens) on a chilled large serving platter. Top with frozen grapefruit sections (thawed and chilled) and orange cartwheels. Garnish with thin red onion rings. Serve with a cruet of French dressing.

Mocha-Brazil Nut Ice Cream

TO PREPARE: 25 MIN. TO FREEZE: 3-4 HRS.

- ¼ cup cold water
- 1 tablespoon (1 env.) unflavored gelatin
- 1 cup coffee beverage (use 1 tablespoon instant coffee and 1 cup hot water)
- 1 sq. (1 oz.) unsweetened chocolate
- ¾ cup firmly packed light brown sugar
- ¼ teaspoon salt
- 2 teaspoons vanilla extract
- 1 14½-oz. can undiluted evaporated milk
- 1½ cups whipping cream
- ¾ cup chopped toasted Brazil nuts

1. Pour cold water into a small cup or custard cup. Sprinkle the gelatin evenly over the water. Let stand about 5 min. to soften.
2. Add the softened gelatin to the hot coffee and stir until gelatin is completely dissolved.
3. Melt the chocolate in the top of a double boiler over simmering water. Remove from heat. Add the hot mixture gradually, blending thoroughly. Add the brown sugar and salt; stir until sugar is dissolved. Set aside to cool.

4. Blend vanilla extract, evaporated milk, and whipping cream into the cooled chocolate mixture. Pour into a large refrigerator tray. Freeze until mushy.

5. Stir in the Brazil nuts. Shave unsweetened chocolate over the top and freeze until firm, about 3 hrs. About 1½ qts. ice cream

Coconut Classics

TO PREPARE: 25 MIN. TO BAKE: 20 MIN. (allow time for chilling dough)

- 3½ cups (about 12 oz.) moist shredded coconut
- 2 cups sifted flour
- ½ teaspoon baking soda
- 1 cup butter or margarine
- ½ teaspoon vanilla extract
- 1 cup sugar
- 1 egg, well beaten
- 1 egg yolk
- 1 tablespoon cream
- ½ cup light corn sirup

1. Finely chop coconut in electric blender and set aside.

2. Sift together the flour and baking soda; set aside.

3. Cream butter and extract together until butter is softened. Gradually add the sugar, creaming until fluffy after each addition. Add the egg in thirds, beating thoroughly after each addition.

4. Thoroughly blend in 2 cups of the chopped coconut. Stir in the dry ingredients. Knead lightly with finger tips 5 to 10 times, or until mixture holds together.

5. Spread remaining coconut on waxed paper. Form dough into 6 rolls about 1 in. in diameter. Roll in coconut. Wrap in waxed paper and chill in refrigerator for at least 3 hrs.

6. Remove rolls of dough from refrigerator as needed. With a sharp knife, cut into ½-in. slices. Place ¾ in. apart on lightly greased cookie sheets. Brush cookie tops with a mixture of the egg yolk and cream. If desired, press Brazil-nut flakes onto top of each cookie.

7. Bake at 325°F about 20 min., or until very lightly browned. Remove to cooling racks. Heat corn sirup until warm; glaze cookies by brushing with warm corn sirup. About 10 doz. cookies

NEW!
NEW!
NEW!



Try Kraft Spaghetti and Macaroni Dinners, too!



NOODLES
AND
OODLES
OF
CHICKEN SAUCE
WITH
REAL CHICKEN
IN IT!

Heartwarmer for tonight . . .

They'll love you for fixing this—tonight or any night! Tender egg noodles in a golden chicken sauce with pieces of real chicken meat, bright flecks of red and green pepper, and just the right gentle seasonings. So quick to fix, so good to eat!

In one box—everything you need . . .

Kraft brings you the Chicken 'N' Sauce Mix. Add only water . . . simmer 15 minutes . . . and marvel at your rich creamy chicken sauce. Bite-size noodles made with lots of country eggs so they cook up light and tender. Nourishing, too (see that rich golden color!). Combine with the chicken sauce to serve to 4 happy eaters.

