

Lenten Suggestions . . . each with its own distinctive and superior flavor quality

Sea Food-Rice Medley

TO PREPARE: 45 MIN.

TO HEAT: ABOUT 25 MIN.

- 1 lb. scallops, rinsed in cold water
- 1 teaspoon salt
- 1 large onion, sliced
- 2 cloves garlic, finely chopped
- 6 whole cloves
- 12 peppercorns
- 2 teaspoons caraway seed
- 1 lb. small fresh shrimp
- 2 tablespoons butter or margarine
- 2 tablespoons chopped onion
- 3 medium-sized tart red apples, washed, cored, and diced (do not pare)
- $\frac{1}{4}$ cup lemon juice
- $\frac{1}{4}$ cup light brown sugar
- 3 cups warm, cooked rice
- $\frac{1}{2}$ cup salted almonds, coarsely chopped
- 1 can condensed cream of celery soup

1. Pour 1 qt. boiling water over scallops in a saucepan; add salt. Cook, covered, over low heat about 6 min., or until scallops are just tender. Remove from fish stock with a slotted spoon. Cut scallops into halves and set aside.
2. To the stock add sliced onion, garlic, cloves, peppercorns, and caraway seed. Simmer, covered, about 10 min.
3. Meanwhile, rinse shrimp in cold water; remove shells and devein shrimp. Bring stock to boiling; add shrimp and simmer, covered, 3 to 5 min., or until shrimp are plumped and turn pink. Drain in a colander; reserve $\frac{1}{4}$ cups of the stock. Remove shrimp with some of the caraway seeds adhering to them. Discard the spices.
4. Spoon scallops and shrimp equally into eight buttered individual casseroles. Set aside.
5. Heat butter in a large, heavy skillet over medium heat; add chopped onion and cook about 3 min. Add apples and sprinkle with lemon juice and brown sugar. Toss mixture to blend.
6. Remove from heat; add the cooked rice and nuts. Toss lightly with a fork to blend thoroughly. Spoon the mixture into the eight casseroles.
7. Stir the reserved stock into cream of celery soup; bring to boiling, stirring frequently. Pour the sauce over mixture in individual casseroles.
8. Heat in a 350°F oven about 25 min., or until thoroughly heated. 8 servings



Lobster Bisque

TO PREPARE AND COOK: ABOUT 40 MIN.

- 5 cups quick chicken broth (use 5 chicken bouillon cubes and 5 cups hot water)
- $\frac{1}{4}$ cup butter or margarine
- $\frac{1}{4}$ cup flour
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon black pepper
- $\frac{1}{2}$ teaspoon Accent
- $\frac{1}{2}$ cup finely chopped onion
- $\frac{1}{2}$ cup finely chopped carrot
- 1 leek (white part only), finely chopped
- 1 bay leaf
- $2\frac{1}{2}$ cups (three 5-oz. cans, drained) lobster meat
- 2 egg yolks, slightly beaten
- 1 cup whipping cream

1. Prepare chicken broth and set aside.
2. Heat butter in a large sauce pot or kettle over low heat. Blend in the flour, salt, pepper, and Accent. Heat until mixture bubbles. Remove from heat. Gradually add 2 cups of the broth, stirring constantly. Return to heat, continue stirring, and bring rapidly to boiling. Cook 1 to 2 min. longer. Remove from heat; stir in the remaining broth.
3. Add onion, carrot, leek, and bay leaf to sauce pot; cook, covered, over low heat about 20 min. Remove from heat and remove bay leaf.
4. Meanwhile, drain and finely chop the lobster, reserving a few large pieces. Set aside.
5. Stir about 3 tablespoons hot soup into egg yolks. Immediately return egg-yolk mixture to soup, stirring vigorously. Cook until well blended, about 5 min., stirring constantly. Do not boil.
6. Gradually add the cream, blending well. Stir in reserved lobster and the large pieces. Heat soup thoroughly, stirring constantly.
7. If desired, garnish individual servings with sprigs of water cress or parsley. 6 to 8 servings

Sea Food-Rice Medley, mildly sweet-tart in flavor and appetite-satisfying, is a perfect selection for the Lenten season.

Oysters Piquante in the Half Shell

Served as an appetizer or the fish course of a dinner menu, these oysters broiled with a rich, zesty sauce, are truly an epicurean treat.

TO PREPARE AND BROIL: ABOUT 20 MIN.

- 1 qt. (about 36) large oysters
- 1 cup mayonnaise
- 2 tablespoons chili sauce
- 1 tablespoon butter, melted
- $1\frac{1}{2}$ teaspoons prepared mustard
- 1 teaspoon lemon juice
- 3 to 4 drops Tabasco
- $\frac{1}{4}$ teaspoon salt
- Few grains black pepper
- $\frac{1}{4}$ teaspoon paprika
- 1 cup buttered soft bread crumbs

1. Set out 12 small shell-shaped ramekins. (If oysters are purchased in shells, use deep half of each shell.)
2. Drain oysters; discard liquor. Place 3 oysters in each ramekin or shell.
3. Blend together the mayonnaise, chili sauce, butter, mustard, lemon juice, Tabasco, and a mixture of salt, pepper, and paprika. Spoon mayonnaise mixture over oysters. Top generously with the buttered crumbs.
4. Place ramekins or shells in a shallow pan or on broiler rack. Broil about 3 in. from source of heat 5 min., or until oysters begin to curl at edges and crumbs are golden brown. 12 servings

Note: If desired, oysters may be arranged in rows in a shallow baking dish, then topped with the sauce and buttered crumbs, and broiled.

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