



MAN IN THE KITCHEN

When a man cooks, he's adventurously imaginative with seasonings, glorying in family praise for his ingenious flavor surprises. Here are praiseworthy offerings which should enhance the culinary reputation of the man of the house.

Family Weekly Cookbook
MELANIE DE PROFT, Food Editor



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to help you plan

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A thick slice of succulent broiled ham accompanied by tangy Citrus-Raisin Sauce rates high in flavor appeal.



Broiled Ham Slice

Purchase a center cut fully cooked ham slice, about 1½ in. thick; allow ½ to ¾ lb. per serving. Put ham slice on broiler rack and place about 3 in. from source of heat. Broil about 10 min. on each side, or until meat is lightly browned. Serve with Citrus-Raisin Sauce.

Citrus-Raisin Sauce

TO PREPARE AND COOK: 15 MIN.

- 2 tablespoons cider vinegar
- 2 teaspoons Worcestershire sauce
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- ¼ teaspoon ground ginger
- ¼ cup brown sugar
- ¼ cup currant jelly
- 1 7-oz. bottle lemon-lime carbonated beverage
- ¼ cup seedless raisins
- 1 tablespoon cornstarch
- ¼ cup cold water

1. Combine all ingredients, except cornstarch and water, in a heavy saucepan. Cook over low heat about 10 min., stirring frequently.
2. Blend cornstarch with the water and gradually add to hot mixture, stirring until mixture boils. Continue cooking and stirring until sauce is thickened and smooth, about 5 min.

About 1¼ cups sauce

Borscht

CONVENIENCE FOOD RECIPE

You'll love the delicate sweet-tart flavor and attractive color of this quickly prepared soup.

TO PREPARE AND COOK: ABOUT 20 MIN.

- 1 1-lb. can whole beets
- ¼ cup sugar
- ¼ teaspoon salt
- 5 tablespoons lemon juice
- 1 egg, well beaten

1. Drain contents of can of beets, reserving liquid in a 1-qt. measuring cup. Put beets through food

mill (or finely crush beets in a blender, using about ½ cup of the reserved liquid).

2. Add beet pulp to liquid in measuring cup and add water to make 1 qt.

3. Heat beet-water mixture, sugar, salt, and lemon juice to boiling in a saucepan, stirring occasionally. Remove from heat and gradually add ¼ cup of the hot mixture to beaten egg, stirring constantly; stir into beet mixture in saucepan. Return to heat; continue stirring and cook until simmering (do not boil).

4. Serve hot or cold, garnishing each serving with a dollop of thick sour cream.

About 1 qt. borscht

Onion Soup Les Halles

CONVENIENCE FOOD RECIPE

In this quickly prepared version of the onion soup made famous by Les Halles, the huge Paris market, canned vegetable juices and consommé are substituted for the long-cooking meat and vegetable stock used in the traditional recipe.

TO PREPARE AND COOK: 20 MIN.

- 2 tablespoons butter or margarine
- 2 large onions, coarsely chopped
- 1 clove garlic, finely chopped
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon thyme
- 1 large sprig parsley, snipped
- 2 teaspoons tarragon vinegar
- 1 can (about 1½ cups) condensed beef consommé
- 1½ cups water

- 1 12-oz. can (about 1½ cups) cocktail vegetable juices
- Buttered toast rounds
- Shredded Parmesan cheese

1. Heat butter in saucepan over medium heat; add onion and garlic and cook about 5 min.

2. Stir in salt, pepper, thyme, parsley, vinegar, consommé, water, and vegetable juice. Simmer about 10 min.

3. Serve piping hot, topping each bowl of soup with buttered toast rounds well coated with shredded Parmesan cheese.

About 1 qt. soup

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