

Cookbook

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Chicken-Crab Meat Casserole Rosemary

Provide a pleasing foil for this creamy casserole with an accompaniment of crisp pink and green spicy preserved watermelon rind.

- 1/2 cup butter
- 2 tablespoons finely chopped onion
- 7 tablespoons flour
- 1/4 teaspoon salt
- 1/4 teaspoon paprika
- 1 teaspoon rosemary, crushed
- 2 cups chicken broth
- 2 cups thick sour cream
- 3 cups cooked chicken pieces
- 2 6 1/2-oz. cans crab meat, drained and flaked (bony tissue removed)
- 1 1/2 cups avocado chunks
- Lemon juice
- 1 cup coarse fresh bread crumbs, browned in 2 tablespoons butter

1. Heat the 1/2 cup butter and onion in a saucepan until onion is golden. Blend in a mixture of the next four ingredients. Heat until bubbly. Remove from heat and add the chicken broth gradually while stirring.
2. Bring to boiling, stirring constantly, and boil 1 to 2 min. Remove from heat and blend in the sour cream in small amounts, then the chicken and crab meat.
3. Drizzle avocado with lemon juice to prevent discoloration. Blend into the mixture. Turn into a 2-qt. baking dish. Top evenly with the browned bread crumbs.

4. Set in a 350°F oven for 25 to 30 min., or until thoroughly heated. Remove from oven and garnish one corner of the dish with a small bunch of water cress. Serve immediately.

8 to 10 servings

Fresh Artichokes with Hollandaise Sauce

Remove about 1 in. from tops of fresh artichokes by cutting straight across with a sharp knife. Cut off stems about 1/2 in. from base and remove lower outside leaves and discard. With scissors, clip off tips of remaining leaves. Soak artichokes 20 to 30 min. in salted cold water; rinse and drain. Cook, uncovered, in boiling salted water to cover in a large sauce pot or kettle. Cook about 30 min., or until a leaf can easily be pulled out. (Cooking time depends on size of vegetables.) If necessary, add more boiling water to keep artichokes covered during cooking. Drain artichokes and cut off stems at base. Serve immediately in heated sauce dishes and accompany with Hollandaise Sauce.

Ripe Olive Butter for Asparagus

Heat 1/2 cup butter and 1/2 clove garlic, crushed, about 5 min. over low heat. Mix in 2 teaspoons lemon juice, a few grains black pepper, and 1/4 cup ripe olive rings. Arrange cooked fresh asparagus spears in a heated serving dish, sprinkle with seasoned salt, and top with the ripe olive butter.

Parsleyed New Potatoes with Flair

Cook small new potatoes about 20 min., or until tender; peel immediately. Pour seasoned parsley butter over potatoes and turn to coat well. Serve with bowls of crisp bacon bits and thick sour cream mixed with chopped chives.

Hollandaise Sauce

- 2 egg yolks
- 2 tablespoons cream
- 1/4 teaspoon salt
- Few grains cayenne pepper
- 2 tablespoons lemon juice or tarragon vinegar
- 1/2 cup butter

1. In the top of a small double boiler, beat the egg yolks and cream together with a wire whisk until thickened and light colored. Blend in salt and cayenne pepper.
2. Set double boiler top over hot (not boiling) water. Add the lemon juice gradually, beating constantly.
3. Place over low heat; cook, beating constantly with the whisk, until sauce is the consistency of thick cream. Remove double boiler from heat, leaving top in place.
4. Add butter 1/2 teaspoon at a time, beating constantly. Beat with whisk until butter is thoroughly melted and blended into mixture. Serve hot.

About 1 cup sauce

Note: If necessary, this sauce may be kept warm 15 to 30 min. by setting it over hot water. Cover tightly. Stir occasionally.



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