

SUMMER SOPHISTICATES

Family
Weekly
Cookbook



MELANIE
DE PROFT

Food Editor

Fresh nectarines add a touch of distinction to sukiyaki and a flavor blend to intrigue sophisticated tastes.

Nectarine Sukiyaki

- 2 lbs. boneless sirloin steak, cut 1½ in. thick, sliced 1/16 in. thick, and cut into about 2½-in. pieces
- 2 large onions, cut in thin wedges
- 8 green onions (including tops), cut in 2-in. pieces
- 5 oz. fresh mushrooms, sliced lengthwise through caps and stems
- 1 5-oz. can bamboo shoots, drained and sliced
- 2 cups unpared sliced fresh nectarines
- 1 tablespoon fat
- ½ cup soy sauce
- ½ cup canned condensed beef broth
- 2 tablespoons sugar

1. Arrange the thin pieces of meat and vegetables artistically on a large platter. Prepare nectarines and set aside.
2. Heat fat in a large, heavy skillet on a hibachi. Add meat and brown quickly over high heat; remove and set aside.
3. Arrange reserved ingredients in mounds in skillet; top with the beef. Pour a mixture of the remaining ingredients over all. Simmer 3 to 5 min., or until onions are just tender.
4. Serve immediately over hot fluffy rice.

6 to 8 servings

Jellied Consommé Madrilène

- 3 cups tomato juice
- 1 cup chicken broth (dissolve 2 chicken bouillon cubes in 1 cup hot water)
- ½ cup chopped green pepper
- 1 teaspoon sugar
- ½ cup cold water
- 2 tablespoons (2 env.) unflavored gelatin
- 2 teaspoons lemon juice
- 2 teaspoons Angostura aromatic bitters

1. Blend together in a saucepan the tomato juice, chicken broth, green pepper, and sugar. Cover the saucepan and simmer 6 to 8 min., or until green pepper is tender.
2. Meanwhile, soften the unflavored gelatin in the cold water in a bowl.
3. Strain tomato juice mixture into bowl with gelatin and stir until dissolved. Blend in the lemon juice and aromatic bitters. Cool. Cover and chill until firm, about 5 hrs.
4. Just before serving, stir mixture lightly with a fork. Spoon into chilled bowls. Garnish servings with notched slices of lemon, if desired.

4 to 6 servings

Crunchy Sesame Seed Dressing

- ¼ cup finely chopped green pepper
- ¼ cup finely diced pared cucumber
- 2 tablespoons minced onion
- 1 cup dairy sour cream
- ½ cup mayonnaise
- 1 tablespoon tarragon vinegar
- 1 tablespoon sugar
- 1 teaspoon salt
- Few grains black pepper
- 1 clove garlic, crushed in a garlic press or minced
- 1 tablespoon butter or margarine
- ½ cup sesame seed
- ¼ cup (1 oz.) grated Parmesan cheese

1. Mix the green pepper, cucumber, and onion together; drain if necessary. Blend the next seven ingredients together; add to vegetables and mix well. Chill thoroughly.
2. Meanwhile, heat butter or margarine in a skillet. Add sesame seed and stir constantly until lightly browned. Remove from heat; add the grated Parmesan cheese and toss until well blended. Cool.
3. Serve the chilled dressing on chilled mixed salad greens. Sprinkle the sesame seed topping generously over the dressing.

2 cups salad dressing
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