

When You Want to Serve the

Very Best...

Family Weekly Cookbook

MELANIE DE PROFT, Food Editor

Shrimp Curry

1 1-lb., 4½-oz. can pineapple chunks	Few grains cayenne pepper
½ cup butter or margarine	2½ cups chicken broth
1 cup chopped onion	1 cup coconut milk (see recipe)
1 clove garlic, crushed in a garlic press	½ cup cream
½ cup flour	2 tablespoons lemon juice
2½ teaspoons salt	2 lbs. peeled and deveined cooked shrimp
1½ to 3 tablespoons curry powder	Raisin Rice (see recipe)
½ teaspoon ground ginger	

1. Finely chop ¼ cup pineapple chunks; set aside. Chill remaining pineapple in sirup.
2. Heat butter or margarine in a skillet. Add onion and garlic; cook until golden, stirring occasionally. Stir in a mixture of the next five ingredients. Gradually blend in broth, coconut milk, and finely chopped pineapple. Bring to boiling and boil 5 min., or until mixture thickens, stirring constantly. Simmer, uncovered, 20 min., stirring occasionally.
3. Blend in cream and lemon juice. Stir in shrimp; heat thoroughly (do not boil).
4. Serve with hot Raisin Rice and accompany with bowls of the reserved well-drained pineapple chunks, chutney, toasted coconut, chopped hard-cooked eggs, sliced green onions, and chopped almonds or peanuts. *6 to 8 servings*

Coconut milk (1 cup)—Combine contents of a 3½-oz. can flaked coconut and 1½ cups milk. Simmer over low heat, stirring occasionally, until mixture foams, about 2 min. Cool slightly and strain, pressing coconut against sieve to extract as much of the creamy coconut liquid as possible.

Raisin Rice

Bring 2 cups water to boiling in heavy saucepan. Stir in ¾ cup uncooked rice, ¾ cup dark seedless raisins, and ¾ teaspoon salt. Cover tightly and cook over low heat 20 to 25 min., or until water is absorbed and rice is tender. Serve hot.

Ham-Olive Crêpes

½ cup butter or margarine	¼ teaspoon oregano, crushed
5 oz. mushrooms, coarsely chopped	1 cup (about 6 oz.) thin 1½-in. strips cooked ham
2 tablespoons grated onion	½ cup chopped pimiento-stuffed olives
2 tablespoons butter or margarine	8 Crêpes (see recipe)
3 tablespoons flour	¼ cup grated Parmesan cheese
2 cups cream	
½ teaspoon black pepper	

1. Heat ½ cup butter or margarine in a large skillet; add mushrooms and onion. Cook over medium heat 5 min., stirring occasionally. Using a slotted spoon, remove mushrooms; set aside.
2. Add about 2 tablespoons butter or margarine to skillet; blend in flour and cook until bubbly. Remove from heat and gradually add cream, stirring constantly. Con-

tinue to stir and bring mixture to boiling; cook 1 to 2 min. longer.

3. Add 1 cup of the sauce to a mixture of the mushrooms, pepper, oregano, ham, and olives. Toss lightly until well mixed.

4. Lightly butter a shallow baking dish. Spoon and spread enough cream sauce over bottom of baking dish to make a thin layer.

5. Spoon 2 to 3 tablespoons of the filling onto the center of each crêpe. Fold one edge of crêpe over filling and roll up. Place filled crêpes in baking dish with open edges down. Spoon remaining sauce over crêpes; sprinkle with Parmesan cheese. Cover dish.

6. Heat in 350°F oven for 15 min. Remove the dish from oven and uncover.

7. Place baking dish on broiler rack with top of crêpes 3 to 4 in. from heat source; broil 3 to 4 min., or until cheese is lightly browned. *8 servings*

Crêpes

½ cup flour	2 eggs, beaten
2 teaspoons sugar	½ cup milk
¼ teaspoon salt	1 teaspoon butter, melted

1. Blend the flour, sugar, and salt together; set aside. Beat eggs, milk, and butter together. Add egg mixture to dry ingredients and beat with rotary beater until the mixture is smooth.

2. Heat a lightly buttered 6-in. skillet; pour in just enough batter to cover bottom (about 2 tablespoons). Immediately tilt skillet back and forth to spread batter thinly and evenly.

3. Cook each crêpe over medium heat until lightly browned on bottom and firm to touch on top. Loosen edges with spatula. Turn and brown second side. (It should not be necessary to butter skillet for each crêpe.) Transfer to baking pan and set in warm oven until all crêpes are cooked.

4. Fill immediately. *8 crêpes*

Italian Meat Stew

¼ cup olive oil	4 large potatoes, pared and quartered (about 3 cups)
1 lb. lean beef stew meat, cut in 1½-in. cubes	5 large carrots, pared and cut in strips (about 2 cups)
1 lb. lean lamb stew meat, cut in 1½-in. cubes	1 teaspoon basil, crushed
1 1-lb., 12-oz. can tomatoes	¼ teaspoon garlic powder
1½ cups boiling water	½ cup water
1½ cups chopped onion	½ cup flour
1 cup diced celery	
2 teaspoons salt	
½ teaspoon black pepper	

1. Heat oil in a large sauce pot or Dutch oven; add meat and brown on all sides.

2. Add tomatoes, boiling water, onion, celery, salt, and pepper to sauce pot. Cover and simmer 1 to 1½ hrs., or until meat is almost tender.

3. Add potatoes, carrots, basil, and garlic powder. Simmer 45 min. longer, or until meat and vegetables are tender when pierced with a fork.

4. Blend the ½ cup water and flour together to make a smooth paste. Gradually add to meat and vegetable mixture, stirring constantly, and bring to boiling. Continue to stir and boil 1 to 2 min., or until sauce is thickened. (Leftover sauce may be served the following day on mashed potatoes.) *8 to 10 servings*



It works!

Finally a dandruff shampoo that really works!

NEW FROM PROCTER & GAMBLE

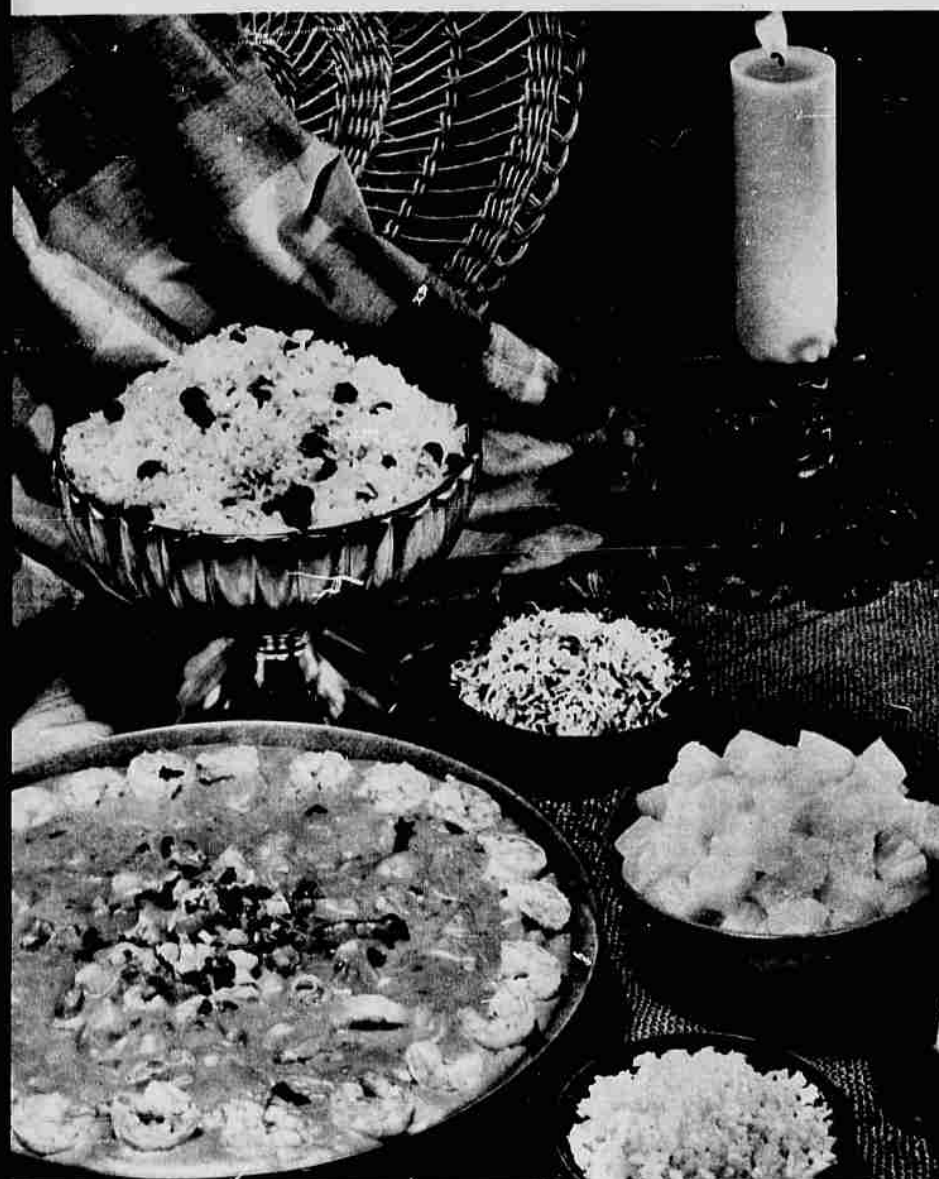
Now just regular shampooing gives really effective dandruff control for millions. Now you can stop nursing dandruff along... can do more than merely wash away the flakes for a few days. After ten years of research Procter & Gamble presents Head & Shoulders... It is both the most effective and most convenient dandruff control you can buy. *No other shampoo or rinse can match it.*

Yet this is no unpleasant medicinal treatment, but a fragrant, rich-lathering shampoo. And no other shampoo leaves hair easier to manage.

If you or anyone in your family has dandruff, get Head & Shoulders. It really works!



Head & Shoulders shampoo



Coconut milk is the subtle ingredient which gives the special flavor to Shrimp Curry. The dish is further enhanced with steaming Raisin Rice and assorted accompaniments.

SUNDAY NIGHT SUPPERS

Time-Saving Ideas!

Here's a cookbook offering sumptuous recipes that utilize such modern-day helpers as your chafing dish, waffle maker, broiler, and deep fryer.

YOURS FOR ONLY 50¢ EACH POSTPAID

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



Enclosed find \$_____ for which please send me postpaid _____ copies of "Sunday Night Suppers" @ 50¢ each. (Satisfaction guaranteed or money refunded.)

Name _____
Address _____
City _____ Zone _____ Print or Write Legibly State _____