

## Family Weekly Cookbook

MELANIE DE PROFT, Food Editor

### Cheese Rolls

- 1 pkg. active dry yeast, or 1 cake compressed yeast
- $\frac{3}{4}$  cup milk, scalded and cooled to 110°F to 115°F (If using compressed yeast, cool to 80°F to 85°F.)
- $\frac{1}{4}$  cup butter, melted and cooled
- 2 tablespoons sugar
- 1 teaspoon salt
- $\frac{1}{2}$  cup shredded Cheddar cheese
- 2 cups flour
- Melted butter

1. Dissolve yeast in warm milk. Stir in cooled butter, sugar, salt, and cheese.
2. Gradually add flour, beating well after each addition. Continue beating about 5 min.
3. Brush dough lightly with melted butter, cover with waxed paper and a towel, and let rise in a warm place (80°F to 85°F) until doubled in bulk, 1 to 1½ hrs.
4. Stir down dough. Form into 1-in. balls. Dip balls into melted butter and place two in each well-buttered 1½x¾-in. muffin-pan well. Cover lightly and let rise in a warm place until almost doubled, about 30 min.
5. Bake at 375°F for 15 to 18 min., or until golden brown. Remove from oven; brush tops with melted butter. Serve hot.

About 2 doz. small rolls

### Turkey-Oyster Casserole

Here's a tempting, easy-to-prepare combination of turkey and oysters especially appropriate for holiday buffet entertaining.

- 1 pt. oysters (with liquor), heated just to boiling and drained
- 1 tablespoon butter
- 2 teaspoons grated onion
- 4 oz. mushrooms, sliced lengthwise
- $\frac{1}{4}$  cup butter
- $\frac{1}{4}$  cup flour
- 1 teaspoon salt
- $\frac{1}{4}$  teaspoon black pepper
- Few grains cayenne pepper
- 2 cups milk
- 1 egg yolk, slightly beaten
- 2 tablespoons chopped parsley
- $\frac{1}{4}$  teaspoon thyme
- 2 drops Tabasco
- 2 cups diced cooked turkey
- Buttered soft bread crumbs

1. Heat the 1 tablespoon butter with the onion in a skillet; add mushrooms and cook over medium heat until lightly browned, stirring occasionally. Set aside.
2. Heat the  $\frac{1}{4}$  cup butter in a saucepan over low heat. Stir in the flour, salt, pepper, and cayenne; cook until mixture bubbles. Remove from heat. Add the milk gradually, stirring until well blended. Bring rapidly to boiling and boil 1 to 2 min., stirring constantly.
3. Blend a small amount of the hot sauce into egg yolk and return to remaining sauce, stirring until mixed.
4. Stir in parsley, thyme, and Tabasco. Add the turkey, oysters, and mushrooms; toss lightly until thoroughly mixed.

5. Turn mixture into a buttered shallow 1½-qt. baking dish. Sprinkle with the crumbs.
  6. Heat in a 400°F oven about 10 min., or until mixture is bubbly around edges and crumbs are golden brown.
- About 6 servings

### Creamy Perfection Salad

- 2 tablespoons (2 env.) unflavored gelatin
- $\frac{1}{4}$  cup sugar
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{2}$  cup water
- 1 cup dairy sour cream
- $\frac{1}{4}$  cup lemon juice
- 2 tablespoons white vinegar
- 2 tablespoons drained prepared horseradish
- 1 teaspoon grated onion
- $\frac{1}{4}$  teaspoon Worcestershire sauce
- $\frac{1}{2}$  teaspoon celery seed
- 1 cup thinly sliced cabbage
- 1 cup thinly sliced celery
- $\frac{1}{2}$  cup sliced green pepper
- 1 cup coarsely shredded carrot
- 2 tablespoons sliced pimiento-stuffed olives

1. Mix gelatin, sugar, and salt in a saucepan; add 1 cup of the water. Stir over low heat until gelatin is completely dissolved.
2. Remove from heat; add remaining 1½ cups water and the next seven ingredients. Beat with rotary beater until well mixed. Chill until mixture is the consistency of thick, unbeaten egg white, stirring occasionally.
3. Fold in the vegetables and olives. Turn into a 1½-qt. fancy mold which has been rinsed with cold water. Chill until firm.
4. Unmold onto a chilled serving plate and garnish with crisp salad greens. 6 to 8 servings

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## Prize-Winning Recipes • Tested by Culinary Arts Institute

THIS COOKBOOK was started on the premise that Mrs. America, whoever she is and wherever she lives, is a cook of talent who knows and loves good cooking.

A contest was born!

When you have a continent for a cupboard and the peoples of the world for your family, contest results are sure to be exciting. Certainly many of the entries were remarkable. When an American homemaker submits a recipe for "Pillow-shi-key" it takes a bit of research to discover that this is really European *piroshki*, which has undergone a lingual change in the "r"-less vocabulary of the Japanese cook of an American family living in the Far East.

Experts have asserted that there is no American cuisine. Taking this in its narrowest sense, the charge may be true. And yet if our cooking cannot be characterized in a single word, it can be described. We cook in the traditions of the British, French, and Germans, of Italians, Scandinavians, Bohemians, Greeks, and many other peoples. By mid-twentieth century it is clear that perhaps, after all, there is a word for American cooking—*cosmopolitan*. American cooking belongs to the world!

Every recipe in this cookbook has been kitchen-tested by the home economists of the CULINARY ARTS INSTITUTE. More than a third of the recipes are prize winners. The others were created and developed by the Institute and adapted for this book to make it a truly basic, well-rounded cookbook, reflecting the cosmopolitan traditions of American cooking.

In graceful assembly across this cover are four generations of cooking accessories brought together for a family portrait. The majority are oldsters, dating back to the pioneering days. In the others one may discern the stamp of their American stock—a sturdy beauty—a happy union of fine form and function.

A trip through *The American Peoples Cookbook* is a geographic and gastronomic tour of America. Here you will find recipes for Imperial Lobster (page 240) from Maryland; Pineapple-Orange Fantasies (page 522) from Illinois and Saint Nicholas Cake (page 389) from California. Then there is Molly's Bread Stuffing (page 220) from the hills of Tennessee; Corn Soufflé (page 98), from Iowa and Kolachky (page 52) from, of all places, Texas! From these and other regional and family favorites you will discover the full-bodied flavor of American cooking.

### CULINARY ARTS INSTITUTE

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