



Chef's Bouillon

CONVENIENCE  FOOD RECIPE

TO PREPARE: 5 MIN.

- 2 10½- to 11-oz. cans condensed beef bouillon
- 2 dashes Angostura bitters
- Lemon-peel curls

1. Chill beef bouillon in refrigerator.
2. Just before serving, mix together in a pitcher the bouillon and bitters. Add ice cubes. Serve in chilled glasses garnished with lemon-peel curls. About 6 servings

Imperial Rock-Lobster Tails

TO PREPARE AND COOK: 25 MIN.

- 6 4-oz. frozen South African rock-lobster tails
- 1 3-oz. pkg. cream cheese, softened
- ¼ cup heavy cream
- ¼ cup butter
- 3 tablespoons flour
- 1 teaspoon salt
- ½ teaspoon curry powder
- ¼ teaspoon paprika
- 1½ cups milk

1. Drop frozen rock-lobster tails into boiling salted water to cover. When water reboils, cook for 1 min. Drain immediately and rinse tails with cold water. Remove meat, reserving shells. With a scissors, cut meat into pieces.
2. Beat cream cheese until fluffy. Add cream gradually, beating thoroughly after each addition.
3. Melt butter in a saucepan. Blend in a mixture of the flour, salt, curry powder,

and paprika. Heat until mixture bubbles, stirring constantly.

4. Remove from heat. Add milk gradually, stirring constantly. Return to heat and cook rapidly, stirring constantly, until sauce thickens. Cook 1 to 2 min. longer.
5. Remove from heat. Add cream-cheese mixture in very small amounts to the hot sauce, stirring constantly to blend. Add the rock-lobster pieces and heat thoroughly (about 3 min.).
6. Spoon rock-lobster mixture into reserved shells and serve immediately. 6 servings

Note: Boiled rock-lobster tails are a fast and elegant treat. Drop frozen rock-lobster tails into boiling salted water. Cook 6 min. from time water reboils. Drain. Serve immediately with generous servings of melted butter flavored with a few drops of lemon juice.



Enjoyable... and amazingly quick!

Nutmeg-Sour Cream Pastry

CONVENIENCE  GOOD FOR FOOD RECIPE FREEZING

TO PREPARE: 20 MIN. TO BAKE: 8 MIN.

- Pie crust mix for 1-crust pie
- 1½ teaspoons sugar
- 1 teaspoon ground nutmeg
- 3 tablespoons thick sour cream

1. Set out six 3½-in. tart pans.
2. Mix together the pie crust mix, sugar, and nutmeg. Prepare pastry according to directions on package, substituting the sour cream for the liquid. Shape pastry into a ball and flatten on a lightly floured surface.
3. Roll pastry about 1/16-in. thick and cut rounds about ½ in. larger than overall size of pans. Carefully fit rounds into pans without stretching. Fold excess pastry under at edge and flute or press with a fork. Prick bottoms and sides of shells with fork.
4. Bake at 425°F about 8 min., or until lightly browned. Cool. Carefully remove from pans. Six 3½-in. tart shells

Blueberry Tarts

Prepare Nutmeg-Sour Cream Pastry. Fill each tart shell with fresh blueberries. Garnish tart-shell edge with sweetened whipped cream. Serve with additional whipped cream sprinkled with nutmeg. Or, spoon about ½ cup of the Lemon Cream Filling into each tart shell and top with fresh blueberries.

Lemon-Cream Filling

CONVENIENCE  FOOD RECIPE

TO PREPARE: 8 MIN

- ¼ cup thick sour cream
- 1 tablespoon confectioners' sugar
- 1 pkg. instant lemon pudding mix
- 1¼ cups cold milk

1. Blend together the sour cream and confectioners' sugar.
2. Prepare pudding mix according to directions on package using the 1¼ cups milk. Fold sour-cream mixture into the pudding. About 2 cups filling

Sardine Snacks

TO PREPARE: 15 MIN

- 6 slices bread, toasted
- Softened butter
- 6 very thin slices Canadian-style bacon
- 1½ teaspoons prepared English mustard
- 1 3¼-oz. can sardines, drained
- French dressing
- Paprika

1. Set temperature control of range at Broil (500°F or higher).
2. Cut corners and side crusts off toast. Spread one side lightly with softened butter. Top buttered sides with Canadian-style bacon; spread with a thin film of the mustard; arrange three sardines diagonally on each serving. Brush sardines with French dressing and sprinkle with paprika.
3. Arrange on broiler rack and put into broiler with tops about 3 in. from source of heat. Broil 2 to 3 min., or until thoroughly heated. Serve as an accompaniment to scrambled eggs sprinkled with minced chives. 6 servings

Special Salad Bowl

TO PREPARE: 23 MIN

- 1 medium-size head lettuce, rinsed, drained, and chilled
- 2 medium-size oranges, rinsed, peeled, and sectioned
- 3 slices toasted rye bread
- 3 tablespoons butter
- 2 teaspoons celery seeds
- ½ teaspoon seasoned salt
- 12 cocktail onions, thinly sliced
- French dressing

1. Chill a large salad bowl.
2. Melt butter in a large, heavy skillet over low heat. Stir in the celery seeds.
3. Trim crusts from toast. Cut toast into ¼- to ½-in. cubes. Put into skillet; turn and toss cubes until all sides are coated. Remove from heat and sprinkle with seasoned salt.
4. Break lettuce into chunks. Put into chilled salad bowl. Add orange sections and onions; toss lightly. Add croutons and toss lightly. Serve with French dressing. About 8 servings