



Chicken-Rice Ring Mold

It'll be perfect—this delightful main course with a crisp, cool salad will complete a perfect picture.

TO PREPARE: 30 MIN. TO BAKE: 50 MIN.

- 3½ cups cooked chicken pieces
- 1 cup cooked rice
- 2½ cups hot water
- 5 chicken bouillon cubes
- 2 cups soft bread crumbs (about 2½ slices)
- 1 teaspoon salt
- ½ teaspoon paprika
- ¾ cup nonfat dry milk
- ¼ cup chopped pimiento, well drained
- ¼ cup butter, melted
- 2 tablespoons finely chopped onion
- 4 eggs, beaten

1. Thoroughly butter a 1½-qt. ring mold. Heat water for boiling water bath.*
 2. Pour hot water over bouillon cubes; stir until completely dissolved.
 3. Mix together in a large bowl: chicken pieces, rice, bread crumbs, salt, paprika, nonfat dry milk, pimiento, melted butter, and onion.
 4. Add the chicken broth and beaten eggs; mix lightly until thoroughly blended. Turn into the ring mold.
 5. Bake in boiling water bath at 350°F 50 min., or until a silver knife comes out clean when inserted in center of mixture.
 6. Remove from boiling water bath and let stand 10 min. Unmold onto hot serving platter. Fill center with cooked lima beans. Garnish with parsley. Serve with Mushroom Sauce. About 6 servings
- *For Boiling Water Bath—Place a deep pan on oven rack; set the filled mold in pan. Pour boiling water into pan to level of mixture in mold.



Guidepost Recipes

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Fried Tomatoes

Serve with broiled steaks and chops or with cold roast beef.

TO PREPARE: 25 MIN.

- 4 firm ripe or green tomatoes
 - ½ cup corn meal
 - 1 teaspoon salt
 - ¼ teaspoon black pepper
 - ¼ teaspoon Accent
 - ¼ cup butter
1. Rinse tomatoes, cut out stem ends, and slice ½ in. thick.
 2. Mix together in a shallow pan or dish: corn meal, salt, pepper, and Accent. Coat both sides of tomato slices by dipping in corn-meal mixture.
 3. Heat butter in a skillet over low heat. Add as many slices of tomato at one time as will lie flat in skillet. Lightly brown both sides, turning once. Cook only until tender. Add extra butter as needed.

About 4 servings

Creamed Tomatoes

Follow recipe for Fried Tomatoes; add ½ teaspoon sugar to corn-meal mixture. When tomatoes are lightly browned, stir to break up. Cook 5 min. Mix in 2 tablespoons cream; serve immediately.

Perky Tomato Cocktail

CONVENIENCE FOOD RECIPE

TO PREPARE: 5 MIN.

- 7 cups (3 No. 2 cans) tomato juice
- 3 tablespoons lemon juice
- 2 tablespoons sugar
- ¼ teaspoon Tabasco
- 2 teaspoons Italian salad-dressing mix

1. Combine all ingredients in a large

- bowl or pitcher; stir to blend thoroughly.
2. Pour 3 cups of the mixture into a 1-qt. refrigerator tray with dividers. Freeze until firm. Chill remaining juice mixture.
3. When ready to serve, pour juice over frozen cubes in chilled glasses or cups.

About 12 servings

Crab-Meat Bisque

CONVENIENCE FOOD RECIPE

TO PREPARE: 10 MIN. TO HEAT: 15 MIN.

- 1 6-oz. pkg. frozen crab meat, thawed
- 1 10½- to 11-oz. can condensed tomato soup
- 1 10½- to 11-oz. can condensed pea soup
- ½ teaspoon seasoned salt
- Few grains white pepper
- ¼ teaspoon oregano
- 3 drops Tabasco
- 2 tablespoons catsup
- 2 cups cream
- Paprika

1. Remove and discard any bony tissue from the crab meat. Separate into ½-in. pieces. Set aside.
2. Mix together in top of a double boiler: tomato soup, pea soup, seasoned salt, pepper, oregano, Tabasco, and catsup. Add the cream gradually, blending in.
3. Heat over simmering water until mixture is well blended and thoroughly heated, stirring occasionally. Mix in the crab meat; heat thoroughly. Pour into a soup tureen or individual soup bowls. Sprinkle with paprika. Serve hot.

About 6 servings

Mushroom Sauce

GOOD FOR FREEZING

TO PREPARE AND COOK: 30 MIN.

- 2 cups hot water
- 2 chicken bouillon cubes
- ¼ cup butter
- ½ lb. mushrooms, cleaned and sliced
- ¼ cup flour
- ¼ teaspoon salt
- Few grains paprika
- ½ cup nonfat dry milk
- ¼ cup cream
- 1 egg yolk, slightly beaten
- ½ teaspoon lemon juice
- 1½ teaspoons finely cut parsley
- ½ teaspoon Worcestershire sauce

1. Pour hot water over bouillon cubes, stir until completely dissolved.
2. Melt butter in a heavy skillet over low heat. Add the sliced mushrooms; cook slowly until mushrooms are lightly browned and tender, occasionally moving and turning with a spoon.
3. Remove mushrooms from butter and keep hot. Transfer butter to a double-boiler top. Blend in a mixture of the flour, salt, paprika, and nonfat dry milk. Add cream and chicken broth gradually, stirring constantly. Bring rapidly to boiling, stirring constantly; cook 1 min. longer. Place over hot water and cook until thick, stirring constantly.
4. Vigorously stir 3 tablespoons of the hot mixture into the egg yolk; immediately blend into mixture in double boiler. Cook 3 to 5 min. over hot water. Stir slowly to keep mixture cooking evenly.
5. Remove from heat and blend in the lemon juice, parsley, Worcestershire sauce, and mushrooms. Serve hot with Chicken-Rice Ring Mold.

About 2½ cups sauce