

Veal Rolllettes

TO PREPARE: 25 MIN.

TO BAKE: 1 HR.

- 2 cloves garlic, crushed in a garlic press or minced
- 1 tablespoon shredded Parmesan cheese
- 2 teaspoons chopped parsley
- ½ teaspoon salt
- ¼ teaspoon black pepper

1. Grease a 2-qt. casserole having tight-fitting cover. Set aside.

2. Mix together the garlic, Parmesan cheese, parsley, salt, and pepper. Set aside.

3. Cut veal into 3x4-in. pieces. Place 1 slice Mozzarella cheese on each piece of meat. Top each with 1 teaspoon garlic-cheese mixture. Roll each piece of meat to enclose mixture; tie, or fasten meat roll

- 1½ lb. veal round steak (cutlet), cut about ¼ in. thick
- Mozzarella cheese, sliced
- 3 tablespoons olive oil
- ½ cup melted butter
- ¼ cup water

with wooden picks or skewers.

4. Heat olive oil in a skillet. Place rolled meat in skillet and brown slowly on all sides. Place meat in casserole. Pour a mixture of the butter and water over meat.

5. Cover and bake at 300°F about 1 hr., or until meat is tender when pierced with a fork. Remove wooden picks or string.

About 4 servings

Chicken Cacciatore with Mushrooms

TO PREPARE: 25 MIN.

GOOD FOR FREEZING

TO COOK: 25-30 MIN.

- 2 cloves garlic (thin, papery outer skin removed), crushed in a garlic press or minced
- ½ cup olive oil
- 1 frying chicken, 2 to 3 lbs., ready-to-cook weight, disjointed and cut in serving-size pieces
- ½ cup flour
- 1½ teaspoons salt
- ¼ teaspoon black pepper
- ½ teaspoon Accent

1. Heat garlic with olive oil in a large skillet. Set aside.

2. Coat chicken pieces evenly by shaking two or three at a time in a plastic bag containing a mixture of the flour, 1½ teaspoons salt, ¼ teaspoon pepper, and Accent.

3. Starting with the meaty pieces, place chicken skin-side down in skillet. Add less meaty pieces as others brown. To brown all sides, turn with tongs or two spoons.

4. While chicken is browning, heat butter in a small skillet. Add the

- 3 tablespoons butter
- 1 small onion, thinly sliced
- ½ lb. mushrooms, cleaned and sliced lengthwise through stems and caps
- 1 No. 2½ can (3½ cups) tomatoes, sieved
- 1½ teaspoons salt
- ¼ teaspoon black pepper
- 1 teaspoon oregano
- 1 teaspoon chopped parsley

onion and mushrooms and cook until onion is transparent and mushrooms are lightly browned; occasionally move and turn with a spoon. Add to the browned chicken with a mixture of the sieved tomatoes, salt, pepper, oregano, and chopped parsley.

5. Cook slowly 25 to 30 min., or until thickest pieces of chicken are tender when pierced with a fork. If mixture tends to become too thick, add a small amount of water.

About 4 servings

Veal Scaloppine with Mushrooms and Capers

This version of the famous dish is served in one of Venice's most distinguished eating places.

TO PREPARE: 30 MIN.

TO COOK: 25 MIN.

- 1 lb. veal round steak (cutlet), cut about ¼ in. thick
- ½ cup flour
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ cup olive oil
- ½ clove garlic, crushed in a garlic press or minced
- ¼ cup butter

1. Place meat on a flat working surface and pound on both sides with a meat hammer. Cut into 1-in. pieces. Coat evenly by shaking two or three pieces at a time in a plastic bag containing a mixture of the flour, ½ teaspoon salt, and ¼ teaspoon pepper.

2. Heat olive oil with garlic in a large skillet. Add veal and slowly brown on both sides.

3. While veal is browning, heat

- ½ lb. mushrooms, cleaned and sliced lengthwise through stems and caps
- 1 medium-size onion, thinly sliced
- 1½ cups sieved canned tomatoes
- 1 teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon chopped parsley
- ¼ teaspoon oregano
- ¼ cup capers

butter in a skillet. Add mushrooms and onion; cook until mushrooms are lightly browned and onion is transparent, occasionally moving and turning with a spoon. Add to the veal with a mixture of the sieved tomatoes, salt, pepper, parsley, and oregano. Mix in the capers.

4. Cover skillet and simmer about 25 min., or until veal is tender, stirring occasionally.

About 4 servings



This is the Instant that's delicious for drinking!

Carnation "Magic Crystals" Instant bursts into fresh flavor nonfat milk instantly for as little as 8¢ a quart!

The one "Magic Crystals" Instant. Naturally refreshing, delicious for drinking. The modern way to all the natural protein, B-vitamins and calcium of freshest whole milk. Perfect for cooking, too — no special recipes needed. Even whips — for luscious light topping at only 1¢ a serving, and with ⅔ less calories than whipped cream!

MIXES INSTANTLY! Only Carnation "Magic Crystals" mix instantly and completely in ice-cold water with just a light stir. No lumps, no leftover paste in bottom of glass! Ready to drink immediately.



3-Qt., 8-Qt. and New 14-Qt. Sizes

CHOCOLATE FLAVORED INSTANT NONFAT DRY MILK, TOO!

New Carnation Instant Chocolate Drink. Mixes instantly with ice-cold water for chilled, refreshing treats. Provides milk's natural protein, minerals and B-vitamins, so important for sturdy growth. Quick energy "pick-up" for adults. Delicious hot, too. Mix with piping hot water for rich, creamy-looking cocoa with no fuss or bother. Nothing to wash but the cup.

Save up to 1/3 over milk and flavoring!