

# A 1961 Edition of Favorite Recipes

A modern twist given to old familiar formulas  
adds appetite appeal and different flavor

## Coffee Tapioca Parfait

As a parfait, delicious coffee tapioca achieves even greater luster.

TO PREPARE AND COOK: 25 MIN.  
(allow time for chilling)

- 2 egg whites
- ¼ cup sugar
- 2 egg yolks, slightly beaten
- 3 cups milk
- ½ cup sugar
- ½ cup quick-cooking tapioca
- 2 tablespoons instant coffee
- ¼ teaspoon salt
- 1 teaspoon vanilla extract
- Salted pecans or almonds, chopped
- Whipped cream

1. Beat egg whites until frothy. Gradually add ¼ cup sugar, beating until rounded peaks are formed.

2. Put egg yolks into a saucepan and gradually stir in milk. Add ½ cup sugar, tapioca, instant coffee, and salt and mix well. Set over medium heat and bring mixture to a full boil (5 to 8 min.), stirring constantly. Do not overcook.

3. Remove from heat and immediately stir a small amount of hot tapioca mixture into egg-white mixture. Then quickly blend in remaining tapioca mixture, vanilla extract, and salted nuts. Cool, stirring once after 15 to 20 min. Chill.

4. To complete parfait, spoon one-third of the tapioca into bottom of chilled parfait glasses; spoon on a layer of whipped cream, sprinkle with instant coffee, then shaved unsweetened chocolate, ground cinnamon, and grated orange peel. Repeat layering two more times, ending with a swirl of whipped cream sprinkled with the instant coffee, chocolate, cinnamon, and orange peel. *About 8 servings*

These hot breads use modern convenience foods and still retain their old-fashioned charm.

## Butter Batter Bread

CONVENIENCE FOOD RECIPE

TO PREPARE: 15 MIN. TO BAKE: 25 MIN.

- 1 can condensed cream of mushroom soup
- 2 eggs, well beaten
- 2 tablespoons cooking oil
- 2 cups biscuit mix
- 1 teaspoon instant minced onion
- ¼ cup butter or margarine
- ¼ cup shredded Parmesan cheese
- Celery or sesame seed

1. Blend soup, eggs, and oil together thoroughly.  
2. Stir instant onion into biscuit mix in a bowl and make a well in the center of the mixture. Add the soup mixture and stir until just blended.  
3. Heat butter in a heavy 8-in. skillet with heat-resistant handle. Spoon the batter into the skillet and sprinkle top with cheese and celery or sesame seed.  
4. Bake at 400°F about 25 min. Cut in wedge-shaped pieces and serve hot. *About 6 servings*

## Biscuit Blossoms

CONVENIENCE FOOD RECIPE

TO PREPARE: 20 MIN. TO DEEP FRY: 2-3 MIN.

- 1 8-oz. container ready-to-bake biscuits
- Hydrogenated vegetable shortening, lard, or cooking oil for deep frying
- ½ cup sifted confectioners' sugar
- 1 tablespoon instant coffee

1. Open biscuit container according to directions on the package. With scissors, make five cuts at regular intervals almost to center of each biscuit.

2. Heat fat to 375°F. Drop cut biscuits into heated fat and fry only as many pieces at one time as will

float uncrowded one layer deep in fat. Deep fry 2 to 3 min., or until golden brown, turning several times. Drain biscuits over fat for a few seconds before removing to absorbent paper.

3. Coat while warm with a mixture of the sugar and instant coffee. *10 biscuits*

## Biscuit Truffles

Follow recipe for Biscuit Blossoms. Cut each biscuit into 4 pieces. After frying, coat with a mixture of ½ cup sugar and 1 to 2 tablespoons ground cinnamon. Roll truffles in Dutch process cocoa.

## Golden Banana Muffins

CONVENIENCE FOOD RECIPE

TO PREPARE: 15 MIN. TO BAKE: 15 MIN.

- 1 13-oz. pkg. corn-bread mix
- ½ cup sugar
- ¼ teaspoon baking powder
- Few grains salt
- 3 medium-size ripe bananas, peeled and mashed (about 1½ cups, mashed)
- ¼ cup lukewarm water
- 1 egg, well beaten
- ¼ teaspoon vanilla extract

1. Line twenty-four 2½x1¼-in. muffin-pan wells with paper baking cups, or grease bottoms only of muffin-pan wells.

2. Stir together in a bowl the corn-bread mix, sugar, baking powder, and salt. Make a well in the center of the dry ingredients and add the mashed banana, water, egg, and extract all at one time; beat vigorously with a spoon until just blended. Spoon the batter into the baking cups.

3. Bake at 425°F about 15 min., or until muffins are golden brown. *Two doz. muffins*

## Onions Superb

Creamed onions take on added interest when studded with whole cloves and browned in a sugar glaze.

TO PREPARE: 20 MIN. TO HEAT: 30 MIN.

- 2 lbs. (about 20) small onions, peeled
- Whole cloves
- 7 tablespoons butter or margarine
- 2 tablespoons sugar
- 2 tablespoons flour
- 1½ teaspoons seasoned salt
- Few grains black pepper
- ¼ cup cream
- ¼ cup quick chicken broth (use 1 chicken bouillon cube and ¼ cup hot water)
- ¼ cup bread crumbs

1. Cook onions in boiling salted water until almost tender; drain. Insert a clove into each onion.

2. Heat 3 tablespoons butter in a skillet, add sugar, and stir until dissolved. Add a few onions at a time and cook until lightly browned, turning to glaze evenly. Remove onions with a slotted spoon to a shallow baking dish. Set aside.

3. Heat 2 tablespoons butter in a saucepan and blend in a mixture of flour, seasoned salt, and pepper. Heat

until mixture bubbles. Remove from heat and gradually stir in cream and chicken broth. Bring rapidly to boiling and cook 1 to 2 min. longer, stirring constantly. Pour sauce over onions in baking dish.

4. Heat 2 tablespoons butter, add bread crumbs and brown lightly. Sprinkle over mixture in dish.  
5. Heat in a 350°F oven 30 min. *4 to 6 servings*

## Fresh Pear and Cabbage Slaw

Shredded pears dress up favorite cole slaw.

TO PREPARE: 25 MIN.

- 2½ cups coarsely shredded firm, ripe pears (about 3 large; do not pare)
- 3 tablespoons lemon juice
- 3 cups finely shredded cabbage
- ½ cup shredded green pepper
- 1 tablespoon shredded onion
- ¼ cup mayonnaise
- ½ teaspoon salt
- ¼ teaspoon garlic powder

Lightly mix shredded pears and lemon juice together. Add remaining ingredients; toss lightly to blend. Garnish with snipped parsley. *About 8 servings*

## Sirloin Steak with Blue Ribbon Sauce

A generous amount of rich tomato-lemon gravy heightens the flavor of sirloin steak and is a fitting accompaniment for a royal cut of meat.

TO PREPARE: 25 MIN. TO BAKE: 20-30 MIN.

- 2 lbs. sirloin steak, cut about 1½ in. thick
- 2 cups thinly sliced onion
- 1 lemon, thinly sliced
- ¼ to ½ cup butter or margarine
- 2 tablespoons prepared mustard
- 1 cup chili sauce
- 1 tablespoon Worcestershire sauce
- 1 teaspoon chili powder
- ¼ cup (6-oz. can) cocktail vegetable juices, heated

1. Brown steak on both sides in a small amount of fat in a large skillet with a heat-resistant handle. Remove from heat. Season with salt.

2. Arrange onion and lemon slices to cover meat. Cream butter and mustard together; blend in next three ingredients. Spread butter mixture over onion and lemon. Pour vegetable juice into skillet.

3. Set in a 350°F oven for 20 to 30 min., or until meat is medium rare or well done. Serve with fluffy cooked rice. *About 6 servings*

Veal à la Stroganoff with its delicate, tangy-sweet flavor blend is a refreshing variation of the traditional gourmet's treat.

## Family Weekly Cookbook

MELANIE DE PROFT

Food Editor

## Veal à la Stroganoff

TO PREPARE: 20 MIN. TO COOK: 1 HR.

- 1½ lbs. boneless veal, cut in 1- to 1½-in. pieces
- 3 tablespoons flour
- 1½ teaspoons salt
- ¼ teaspoon paprika
- 3 tablespoons butter or margarine
- 1 clove garlic, minced
- 2 tablespoons tomato paste
- ½ teaspoon Worcestershire sauce
- ¼ teaspoon dry mustard
- 1 7-oz. bottle lemon-lime carbonated beverage
- 1 cup thick sour cream
- 4 to 6 oz. noodles, cooked according to pkg. directions

1. Coat veal with a mixture of flour, salt, and paprika.  
2. Heat butter in a large skillet. Add garlic and heat 2 min., stirring occasionally. Add veal and brown on all sides.

3. Stir a mixture of tomato paste, Worcestershire sauce, and dry mustard into skillet. Blend in lemon-lime carbonated beverage. Cover and cook over low heat 1 hr., or until veal is tender, stirring occasionally.

4. Remove skillet from heat and stir in sour cream in very small amounts. Return to heat and cook, stirring constantly, 1 to 2 min. to heat through (do not boil). Serve over the cooked noodles. *4 to 6 servings*

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