



A topping of buttered croutons would add crunch to this extra-special crab-rice mixture.

Crab and Rice in Sea Shells

TO PREPARE: 20 MIN.

TO HEAT: 20 MIN.

- 1 cup cooked rice
- 1 6½-oz. can (1½ cups) crab meat, flaked
- 5 hard-cooked eggs, chopped
- 1½ cups mayonnaise
- ¼ teaspoon salt
- ¼ teaspoon cayenne pepper
- Few grains black pepper
- ½ teaspoon crushed tarragon
- 1 tablespoon minced parsley
- 2 teaspoons finely chopped onion
- 1 6-oz. can (¾ cup) evaporated milk
- ½ cup finely shredded process Cheddar cheese

1. Combine first three ingredients in a bowl. Blend together all remaining ingredients except the cheese, turn onto the rice-crab mixture, and mix until well blended.
2. Fill eight buttered shell-shaped ramekins or individual casseroles with about ½ cup of the mixture; sprinkle with the cheese.
3. Set in a 350°F oven for 20 min., or until cheese is melted and mixture is thoroughly heated.

8 servings

A \$10 PRIZE-WINNING
RECIPE FROM A FAMILY WEEKLY READER
Mrs. Mary Amaranto
NEW HAVEN, CONN.

Beef-Eggplant Casserole

TO PREPARE: 45 MIN.

TO HEAT: 15 MIN.

- 1 medium-sized eggplant, pared and cut in ½-in. cubes
- 1 lb. ground beef
- ½ cup soft bread crumbs
- ¼ cup shredded Parmesan cheese
- 2 tablespoons chopped parsley
- 1 clove garlic, crushed in a garlic press or minced
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 3 tablespoons water
- 4 eggs, beaten
- 6 tablespoons olive oil
- 1 clove garlic
- 1 1-lb., 12-oz. can Italian-style tomatoes, sieved
- 1 tablespoon chopped parsley
- 1 teaspoon oregano
- ¼ teaspoon basil
- ¼ teaspoon salt
- ¼ teaspoon black pepper

1. Put eggplant into a heavy saucepan with just enough boiling, salted water to cover bottom of pan; cover tightly and cook until just tender, about 3 min. Drain thoroughly in a colander, discarding the liquid.
2. Lightly but thoroughly mix ground beef with the next 4 ingredients and a mixture of ¼ teaspoon salt and ¼ teaspoon pepper. Mix in the water, eggs, and the eggplant. Shape mixture into 8 patties.
3. Heat olive oil in a heavy skillet; add patties and brown on both sides over medium heat. Transfer patties to a shallow baking dish; set aside.
4. Add garlic to oil in skillet and heat 1 min. Remove garlic and stir in a mixture of the remaining ingredients. Simmer about 10 min.
5. Pour sauce over patties in baking dish and set in a 375°F oven 15 min., or until thoroughly heated.

6 to 8 servings

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