



## Family Weekly Cookbook MELANIE DE PROFT

Food Editor

### Crab Soup

A renowned Down East recipe is individualized and simplified in this flavorful crab soup.

TO PREPARE AND COOK: 20 MIN.

- 2 tablespoons butter or margarine
- ¼ cup chopped onion
- ½ cup chopped celery
- ½ teaspoon thyme
- 2 10½-oz. cans condensed cream of mushroom soup
- 1 soup can milk
- 1 soup can water
- 1 cup flaked, cooked crab meat (or 6½-oz. can, drained)
- ½ cup cooked chopped broccoli

1. Heat butter in a heavy saucepan; add onion, celery, and thyme. Cook, stirring occasionally, until onion is soft but not browned.
2. Stir in a mixture of remaining ingredients and heat thoroughly. Serve with lemon wedges.

About 4 servings

### Lemon-Crab Soup

Follow recipe for Crab Soup adding 1 cup cooked, chopped carrot and ½ teaspoon grated lemon peel with last addition of ingredients. Omit lemon wedges.

Sea food, colorful vegetables, and canned soup are combined to make this hearty Crab Soup.

# Hearty, homey, satisfying favorites from NEW ENGLAND

### Red Flannel Hash

A New England "boiled" dinner might well be the basis for this colorful hash.

TO PREPARE AND COOK: ABOUT 45 MIN.

- 3 cups finely chopped, cooked potatoes
- 1 cup finely chopped, cooked beets
- 1 cup finely chopped, cooked corned beef
- ½ cup finely chopped onion
- 1 teaspoon Worcestershire sauce
- 1 teaspoon salt
- ½ teaspoon black pepper
- Milk or cream (about 6 tablespoons)
- ¼ cup butter

1. Toss first four ingredients together. Blend in next three ingredients and enough milk or cream to hold mixture together.
2. Heat butter in a large, heavy skillet. Add the hash mixture; press into an even layer. Cook over low heat until a brown crust is formed on bottom. While hash is browning, loosen edges and bottom of hash and shake skillet back and forth occasionally to prevent burning. When hash is done, lightly fold in half and serve.

6 servings

### Johnnycake

TO PREPARE: 20 MIN.

TO BAKE: 20 MIN.

- 1 cup sifted flour
- ½ teaspoon baking soda
- ¼ to ½ teaspoon salt
- 1 cup yellow corn meal
- ¾ cup firmly packed light brown sugar
- 1 egg, well beaten
- ½ cup buttermilk or soured milk
- ¼ cup thick sour cream

1. Sift first three ingredients together into a bowl. Mix in the corn meal and brown sugar. Make a well in center of dry ingredients and set aside.
2. Blend buttermilk and sour cream into the well-beaten egg.
3. Add liquid mixture all at one time to dry ingredients. Beat until just smooth, being careful not to overmix. Turn batter into a greased (bottom only) 11x7x1½-in. pan and spread to corners.
4. Bake at 425°F about 20 min., or until a wooden pick inserted in center comes out clean.
5. Break or cut johnnycake into squares. Serve hot with butter and warm maple sirup. 15 squares

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