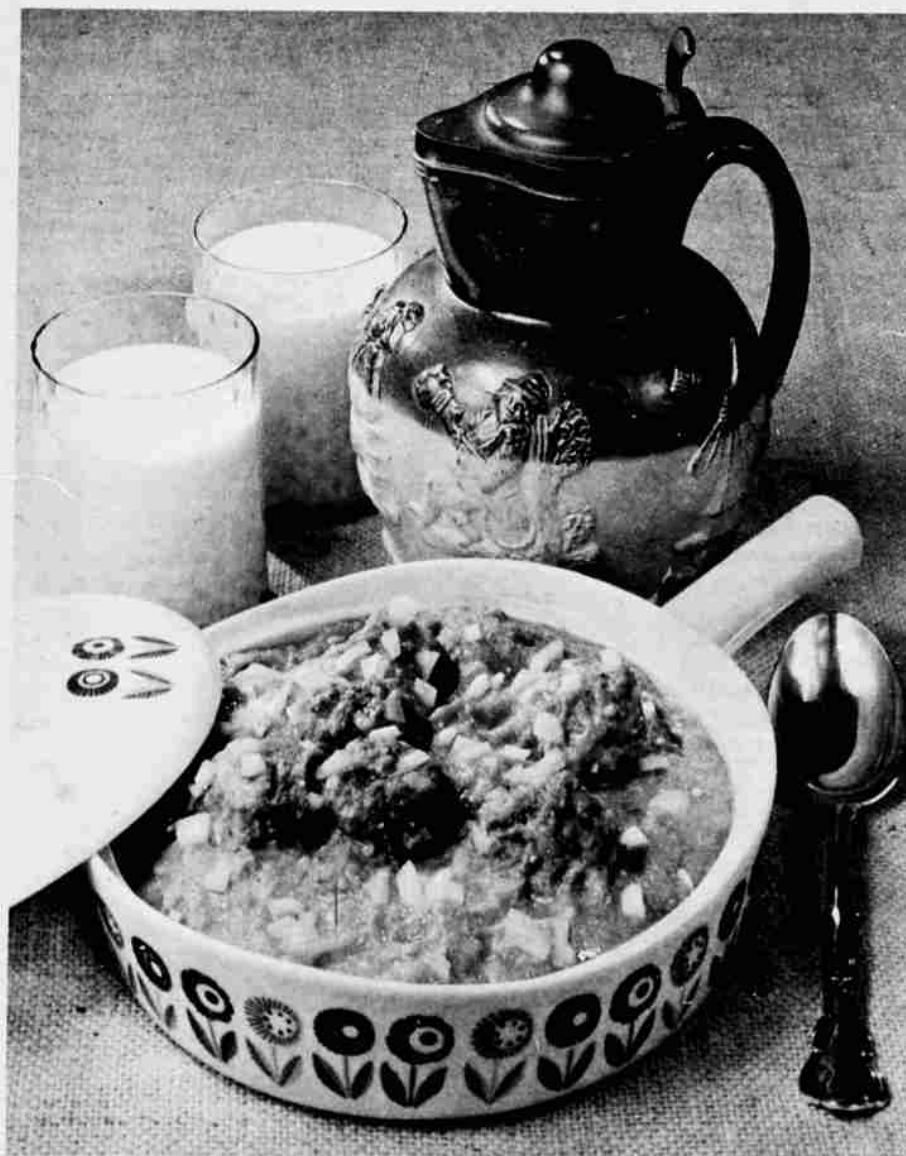


From the Top of the Range



Tomato and applesauce provide a flavor complement for spicy meat balls in this skillet dish.

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Family Weekly Cookbook

MELANIE DE PROFT, Food Editor

Meat Balls in Apple-Tomato Sauce

- | | |
|---------------------------|----------------------------|
| 1 lb. ground beef | ¼ teaspoon ground allspice |
| ¼ lb. ground pork | ¼ teaspoon ground nutmeg |
| 4 teaspoons grated onion | 3 tablespoons cooking oil |
| 1 egg, slightly beaten | 1 clove garlic, crushed |
| 2 8-oz. cans tomato sauce | 1 tablespoon flour |
| 1 cup applesauce | 2 tablespoons brown sugar |
| ½ cup soft bread crumbs | 1 teaspoon salt |
| 1 teaspoon salt | ¼ teaspoon black pepper |
| ¼ teaspoon black pepper | |

- Combine in a mixing bowl the meat, onion, egg, ¼ cup of the tomato sauce, ¼ cup of the applesauce, bread crumbs, 1 teaspoon salt, ¼ teaspoon pepper, allspice, and nutmeg; mix lightly but thoroughly. Shape mixture into balls about 1 in. in diameter.
- Heat cooking oil with garlic in a skillet. Add meat balls and cook over medium heat, turning occasionally until browned. Remove meat balls and set aside.
- Stir flour, brown sugar, and remaining salt and pepper into drippings in skillet and heat until mixture is bubbly. Adding gradually, blend in remaining tomato sauce; bring to boiling and boil 1 to 2 min.
- Mix in remaining applesauce and meat balls; heat thoroughly.

About 6 servings

Note: If desired, mix ¼ cup cooked chopped onion into the sauce.

Savory Pot Roast

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|---|--------------------------------------|
| 3- to 4-lb. beef pot roast (blade, chuck, rump, or round) | 2 teaspoons salt |
| 2 tablespoons flour | ¼ teaspoon black pepper |
| 2 tablespoons paprika | 3 tablespoons fat |
| | 4 medium-sized onions, thinly sliced |

- Coat meat with a mixture of the flour, paprika, salt, and pepper.
- Heat fat in a large skillet or Dutch oven over medium heat. Add meat and brown on all sides.
- Lift out meat and put about one-third of the sliced onions in an even layer in bottom of pan. Put meat into pan and arrange remaining onions on top.
- Cover tightly and cook over low heat about 3 hrs., or until meat is tender.

6 to 8 servings

Glossy Ginger Carrots

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| 1 lb. small whole carrots, pared | 1 tablespoon honey |
| ½ cup butter | ½ teaspoon ground ginger |
| ¼ cup thawed frozen orange juice concentrate | ½ teaspoon salt |

- Melt butter in a heavy skillet; blend in orange juice concentrate, honey, and a mixture of ginger and salt.
- Add carrots to skillet and cook, covered, over low heat about 20 min., or until tender; turn twice. Garnish with snipped fresh mint leaves and serve at once.

4 to 6 servings

Zucchini in Sour Cream

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|--|-----------------------------------|
| 2 tablespoons butter or margarine | 1 tablespoon grated onion |
| 6 medium-sized zucchini, thinly sliced (about 1½ lbs.) | 1 cup dairy sour cream |
| 1 large green pepper, cut in fine strips | 2 tablespoons butter or margarine |
| ½ teaspoon salt | 1 cup small bread cubes |
| ¼ teaspoon celery seed | ½ cup chopped blanched almonds |
| | Garlic salt |
| | Paprika |

- Heat 2 tablespoons butter in a 1½-qt. top-of-the-range casserole. Mix in the vegetables, salt, celery seed, and onion. Cover and simmer 5 min., or until vegetables are almost tender. Add sour cream gradually, blending well; heat thoroughly (do not boil).

- Meanwhile, heat 2 tablespoons butter in a skillet over low heat. Add the bread cubes and nuts; sprinkle with garlic salt. Stir frequently to brown all sides. Spoon bread cubes and nuts around edge of mixture in casserole. Sprinkle top of vegetable mixture with paprika. Serve at once.

6 to 8 servings

Note: If desired, omit almonds and sprinkle shredded Parmesan cheese over top.

Double-Boiler Chocolate Soufflé

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|-------------------------------------|----------------------------|
| 1 cup milk | 4 egg yolks |
| 2 sq. (2 oz.) unsweetened chocolate | 1 teaspoon vanilla extract |
| 3 tablespoons butter or margarine | 4 egg whites |
| 3 tablespoons flour | ¼ teaspoon cream of tartar |
| ½ cup sugar | |

- Combine milk and chocolate in a saucepan; cook over low heat, stirring occasionally, until chocolate is melted and mixture is blended.
- Meanwhile, melt butter in a heavy saucepan; stir in the flour and cook until mixture is bubbly. Remove from heat and, adding gradually, stir in the milk-chocolate mixture; blend in the sugar.
- Return to heat and bring the mixture to boiling, stirring constantly.
- Beat egg yolks until thick and lemon colored. Adding gradually, beat chocolate mixture into egg yolks until thoroughly blended. Mix in the vanilla extract. Cool to lukewarm.
- Using a clean beater, beat egg whites until frothy; add cream of tartar and continue beating until rounded peaks are formed (peaks turn over slightly when beater is lifted upright).
- Gently fold the chocolate mixture into the beaten egg whites until thoroughly blended.
- Butter inside of top section of a 2-qt. metal double boiler; turn mixture into it. Cover and set over boiling water (water should rise to no more than one-half of the height of double-boiler top).
- Keeping water gently boiling, cook 60 to 70 min., or until a silver knife inserted halfway between center and edge of soufflé comes out clean.
- Run a spatula around edge of soufflé and invert onto a serving plate, or spoon into individual serving dishes.
- Serve immediately; garnish with sweetened whipped cream.

About 6 servings



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