



TOO LATE? — It could be that "you-all" can't get back to the Chicago International Trade Fair before it closes July 7 but this recipe will give you an idea of what you would find in the hall of fine foods should you drop into the Spanish Kitchen. Spanish Pot Roast with bitter chocolate is exciting and new to this country.

Pot Roast A La Spanish With Bitter Chocolate

From the four corners of the world... across the Seven Seas... comes an array of exciting foods and beverages for your delight. Should you shop in the World Market section of the Chicago International Trade Fair, you will literally be taking a gourmet's trip around the world. It is open from June 19 through July 7 at Chicago's lakefront exhibition hall, McCormick Place... a perfect spot for a cook's vacation.

Plan an extra special dinner party around this menu suggested by the government of Spain. Because both the gazpacho and the pot roast are highly seasoned, we believe an accompaniment of plain green beans, rice, and a subtle custard for dessert will flatter American palates.

Gazpacho
Veal Pot Roast with Chocolate Sauce
Green Beans
Rice
Custard with Caramel Sauce

GAZPACHO
This is the classic cold soup of Spain, with as many variations as there are cooks. This adaptation is one we particularly like, because the chopped vegetables give body and a delightful "crunch."

2 cans beef consommé
1 No. 2 can tomato juice
1 green pepper
2 tomatoes
juice of 1 lime
1 chopped onion (3 green)
1/2 cup parsley
1/2 garlic clove, crushed
1/2 cucumber, grated
1 tbs. olive oil
6 soda crackers, rolled fine
salt and pepper to taste
Chop all vegetables fine, mix with other ingredients. Chill, serve with a dollop of sour cream if desired.

POT ROAST OF VEAL WITH CHOCOLATE SAUCE
Not a bit sweet, but with a haunting, delicious flavor, the tiny touch of grated bitter chocolate here gives an exotic taste.

3 lbs. veal pot roast
3 tbs. olive oil
1 large onion, sliced
2 cloves garlic, crushed
1 tsp. salt
1 tbs. flour
2 whole cloves
1 tomato, peeled, seeded, chopped
1 bay leaf
1/2 cup dry white wine
1 cup water
1 tbs. wine vinegar
1 tbs. grated bitter chocolate

Brown meat in the olive oil. Add onion, garlic, cook until soft. Blend in salt and flour. Add remaining ingredients, except chocolate. Cover and simmer 2 1/2-3 hours. Remove the meat, add the chocolate to the sauce and cook, stirring constantly, until thickened and smooth. If the liquid has cooked away, add water to make 2 cups. Salt to taste.

HEARTY POTATO SALAD
To make a summertime potato salad heartier and more nutritious, add diced bologna, luncheon meat or some other ready-to-serve meat.



HONEY NUTMEG CAKE

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The honey frosting swirled generously over the top and sides of the cake makes it luscious looking. The honey in the frosting helps make it good for you as well as good to taste.

Feminine luncheon companions or evening dinner guests will enjoy the mingling flavors of light, spicy Nutmeg Cake and delicate Fluffy Honey Frosting.

HONEY NUTMEG CAKE

2 1/2 cups sifted cake flour
1 teaspoon baking powder
1 teaspoon baking soda
2 teaspoons nutmeg
1 teaspoon salt
1-1/3 cups sugar
1/2 cup shortening
1 cup buttermilk
2 eggs

Sift flour, baking powder, baking soda, nutmeg, salt and sugar into a large bowl. Add shortening and buttermilk. Mix to dampen flour, then beat 2 minutes. With electric mixer use low to med. am speed. Add eggs and beat 1 minute. Pour batter into a greased 9-inch square pan lined

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Specialties in Gourmet

By RUTH KING

Monday, July 1, 1963

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with paper. Bake in a moderate oven (350 degrees) about 40 minutes. Cool and frost with—

Fluffy Honey Frosting
Combine 2 egg whites, 1 cup brown sugar firmly packed, 1/2 teaspoon cream of tartar, 1/2 cup honey in the top of a double boiler over boiling water. Beat with a rotary beater 7 minutes or until icing peaks. Frost cake.

STEAKS FOR GRILLING

Steaks for cooking on the outdoor grill must be tender enough to broil if you were preparing them indoors. This rules out the steaks that require braising: round steak, flank steak, skirt steak, chuck steak (arm and blade).



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