



This Raisin Pilaf, with its tantalizing flavor, captures the gourmet spirit of East Indian food.

AROMA OF THE EXOTIC

Family Weekly Cookbook
MELANIE DE PROFT, Food Editor

THE GROUND MEAT COOKBOOK



Sure to Please!

Here's a cookbook of ground-meat recipes (more glamorous than the burger-on-bun) which includes appetizers, soup garnishes, sauces, meat loaves, rings, and molds.

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Raisin-Saffron Pilaf Extraordinaire

- ½ cup butter or margarine
- 2 cups uncooked rice
- 1 teaspoon salt
- Few grains freshly ground black pepper
- ¼ to ½ teaspoon saffron powder
- 3 cans condensed consommé
- 3 medium-sized onions, thinly sliced
- 1 cup dark seedless raisins

1. Heat half of the butter or margarine in a heavy skillet with heat-resistant handle. Add the rice and cook over medium heat, stirring occasionally until lightly browned, about 5 min. Blend in a mixture of the salt, pepper, and saffron. Stir in the consommé.
2. Cover and cook in a 325°F. oven 1½ hrs.
3. Heat remaining butter or margarine in a skillet over low heat. Add onions; cook until tender, about 8 min., stirring occasionally.
4. Meanwhile, stir the raisins into the cooked rice and let stand, covered, 5 min.
5. Mound raisin-rice mixture on serving plate and garnish with the onion rings (see photo).
About 6 servings

Lamb-Filled Pastries

Delicious appetizers!

- 1 lb. ground lamb
- ½ cup chopped almonds
- ½ cup finely chopped onion
- 1 clove garlic, minced
- 2 teaspoons dried mint flakes, crushed
- ½ teaspoon grated lemon peel
- 1 teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon ground ginger
- ¼ teaspoon chili powder
- 2 tablespoons shortening
- ½ cup chicken broth (dissolve 1 chicken bouillon cube in only ½ cup boiling water)
- 2½ cups sifted flour
- 2½ teaspoons baking powder
- 1 teaspoon salt
- ½ cup shortening
- ¼ cup milk

Fat for deep frying heated to 385°F.

1. Combine the first four ingredients in a bowl. Add a mixture of the next six; mix well.
2. Heat the 2 tablespoons shortening in a large, heavy skillet. Add the lamb mixture and cook until the lamb is well browned. Stir in broth. Cover and simmer until liquid is absorbed, about 15 min. Set aside.
3. Blend the flour, baking powder, and salt. Cut in the shortening with a pastry blender or two knives until particles become the size of rice kernels. Make a well in the center of dry ingredients and add the milk all at one time. Stir with a fork until dough follows fork.
4. Gently form dough into a ball and turn out onto a lightly floured surface. Knead lightly with finger tips 10 to 15 times. Divide dough into 2 balls and roll out one ball of dough about ¼-in. thick. Cut with a floured cutter into 2¾-in. rounds. Put 2 teaspoons filling onto each round. Moisten the edge of one-half of the round with water to help form a tight seal. Fold half the round over the filling; press edges together with the tines of a fork to seal tightly. Repeat with remaining ball of dough.
5. Lower pastries into hot fat. Deep fry only as many as will float uncrowded one-layer deep in fat. Temperature of fat should be maintained at 385°F. Fry until golden brown on both sides. Remove with slotted spoon. Drain over fat for a few seconds before removing to absorbent paper. Serve warm.
About 3 doz. pastries

(Continued on page 10)