

metropolitan

COOK BOOK

MEAT



For most Americans meat is the dinner mainstay. Properly cooked, it lends zest, flavor, and high-quality protein to the menu. Moderate temperatures have been found to be best for all meats, whether roasted or cooked with water. High temperature toughens meat, causes excessive shrinkage, and destroys flavor. Even for broiling, the surface of the meat should be at least 3 inches below the surface of heat.

HOW TO ROAST

The modern method of roasting meats at low temperatures does away with spattered ovens, cuts down shrinkage, and gives you more and juicier servings.

1. Sprinkle meat with salt and pepper.
2. Place fat side up on rack in open roaster. (For very lean meats, such as veal, place a piece of pork or beef fat over the top, or use a few strips of bacon or salt pork.)
3. Insert a meat thermometer through the outside fat into thickest part of muscle so point does not rest on fat or bone.
4. Roast in slow oven, 325°. Use this same temperature throughout cooking period. Do not add water, do not sear meat, do not cover pan, do not baste.
5. Remove from oven when meat thermometer registers desired degree of doneness, or follow this time schedule:

HOW TO BROIL

Broiling time depends on many things—the thickness of the meat, your preference for rare, medium, or well-done, and the fact that there are so many different makes and models of ranges. Here are some general rules to follow, however:

1. Set regulator at 550° or “broil.”
2. Put meat on broiler rack and place under broiling unit so that top surface of meat is about 3 inches from heat (greater distance for very thick chops or steaks).
3. Broil with door closed if using a gas range; leave door slightly ajar if broiling by electricity.
4. Broil until meat is well browned; season with salt and pepper.
5. Turn and brown other side. Only one turning is necessary.

TIMETABLE FOR ROASTING

Cut	Minutes per Pound	Meat Thermometer Reading
BEEF		
Rib Roast		
Rare	22-26	140°
Medium	26-30	160°
Well done	33-35	170°
LAMB		
Leg	30-35	175-180°
Shoulder, bone in	30-35	180°
Shoulder, boneless	40-45	180°
PORK		
Loin	35-40	185°
Shoulder Butt	45-50	185°
Whole Ham (smoked)	18-20	160°
Half Ham	25	160°

(Cooked, ready-to-eat hams require only 10 to 12 minutes per pound heating time—internal temperature of 130°.)

VEAL

Leg or Loin	30-35	180°
Shoulder, bone in	35-40	180°
Shoulder, boneless	40-45	180°

Allow the longer number of minutes per pound for smaller roasts. Add approximately 10 minutes per pound for boneless roasts. (Times given are for meats taken chilled from refrigerator.) Frozen roasts may be cooked in the frozen state, or partially or completely thawed.

At least partial thawing is recommended, however, as it cuts down on the cooking time.

BARBECUED SPARERIBS

4 pounds spareribs
 2 tablespoons butter or margarine
 ½ cup finely chopped onion
 1 cup water
 1 cup ketchup
 2 tablespoons vinegar
 2 tablespoons lemon juice
 2 tablespoons Worcestershire sauce
 2 tablespoons brown sugar
 1 teaspoon dry mustard
 1 teaspoon salt
 ¼ teaspoon pepper

Have spareribs cut in serving-size pieces. Brown slowly in two 10-inch skillets; put in a baking pan. Pour fat from skillet, melt butter in skillet; add onion; cook until brown. Add next 9 ingredients; simmer 20 minutes. Set oven for moderate, 350°. Pour sauce over ribs. Bake, covered, 1½ hours. Makes 4 to 6 servings.

APPLE-STUFFED PORK SHOULDER

1 medium onion, chopped fine
 ¼ cup butter or margarine
 1 teaspoon salt
 Few grains pepper
 ¼ teaspoon oregano
 2½ cups soft bread crumbs
 1¾ cups chopped apples
 ½ cup boiling water
 Boned pork shoulder with deep pocket

Cook onion in butter or margarine until golden brown; combine with remaining stuffing ingredients. Set oven for moderate, 350°. Fill pocket in pork shoulder with stuffing; fasten with small skewers laced together with white twine. Place pork on rack in open roaster. Roast, figuring 40 minutes per pound.

POULTRY



ROAST CHICKEN TIMETABLE
(for stuffed chicken)

Weight Stuffed	Total Hours (approximate)	Oven Temperature
3½ to 4 pounds	2 to 2¾	350°
4 to 5 pounds	2½ to 3	325°
5 to 6 pounds	3 to 3½	325°

ROAST CHICKEN

Select a roaster weighing 3 to 5 pounds or a capon 4 pounds or more. Allow $\frac{3}{8}$ to $\frac{3}{4}$ pound per serving ready-to-cook weight. Chill until cooking time.

● **Stuffing and Trussing:** Stuff bird just before roasting. Rub inside with salt, allowing about $\frac{1}{8}$ teaspoon salt per pound. Fill neck cavity lightly with stuffing (page 22); fasten neck skin to the back with skewers. Fold wings with tips under the bird. Pack body cavity loosely with stuffing. Lace opening with skewers and string. Tie legs to tail.

● **Roasting:** Rub the skin generously with softened or melted unsalted fat. Place bird, breast side up, on a rack in a shallow baking pan or open roaster. Cover with a double thickness of cheesecloth dipped in melted fat. Roast in a preheated oven according to ROAST CHICKEN TIMETABLE. If cloth dries during roasting, moisten with pan drippings or additional melted fat. Bird is done when the meat on the fleshy part of drumstick feels soft when pinched between the fingers. Use paper towelling to protect the fingers.

PUFFY OMELET

2 tablespoons quick-cooking tapioca
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
 $\frac{3}{4}$ cup milk, scalded
1 tablespoon butter or margarine
4 egg yolks, beaten until thick
4 egg whites, beaten stiff

Add tapioca, salt and pepper to milk; cook in double boiler 15 minutes or until tapioca is clear and mixture thickened, stirring frequently. Add butter. Cool; combine with egg yolks, stirring constantly. Fold in egg whites. Set oven for moderate, 350°. Pour egg mixture into hot buttered 9-inch frying pan. Cook over low heat 3 minutes. Transfer to oven; bake 15 minutes. Omelet is done when an inserted knife comes out clean. Cut across at right angles to handle of pan, being careful not to cut all the way through. Fold carefully from handle to opposite side and serve on hot platter. Makes 4 servings.

SPANISH OMELET

3 tablespoons butter or margarine
2 tablespoons minced onion
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon sugar
Dash cayenne
2 tablespoons minced green pepper
 $\frac{1}{2}$ cup thinly sliced mushrooms
1 cup canned tomatoes
1 recipe Puffy Omelet (above)

Melt butter or margarine in 1-quart saucepan; add onion; cook until golden brown. Add remaining sauce ingredients; cook over very low heat 15 minutes or until vegetables are tender. Prepare omelet. Turn out on platter. Place vegetable mixture between folded layers and around omelet. Serve at once. Makes 4 to 5 servings.



GOOD AND HEARTY MAIN DISHES

WITH RICE

- *Regular Grain, White:* Entire outer coating of bran removed; may be polished or unpolished. Some enriched with iron and B vitamins. Best for rice pudding or where creaminess is desired.
- *Long Grain, White:* Same as regular, except longer grains. Plump and flaky when cooked. Best as a "vegetable" or in a main dish.
- *Processed White:* Long grain rice which retains natural vitamins and minerals.
- *Packaged Precooked:* Long grain rice, completely cooked, dehydrated. Fluffy and white when prepared as directed.

● **Regular Brown:** Natural rice with only the hull removed. Richer in minerals and vitamins.

● **Wild:** Long, spindly, greyish. Needs special cooking. Expensive.

BAKED WILD RICE

1 cup raw wild rice
1 can (10 1/2-ounce) consommé
1 can (3-ounce) sliced broiled mushrooms
1 tablespoon butter or margarine

Wash rice thoroughly in 3 or 4 changes of water. Place in greased 1 1/2-quart casserole; add undiluted consommé and liquid from mushrooms. Let stand 3 hours. Set oven for moderate, 350°. Cover casserole; bake 45 minutes, adding a little water if rice becomes too dry. Heat mushrooms in butter or margarine. Remove rice from oven, lower heat to 300°. Stir mushrooms and butter into rice. Return to oven; bake uncovered until all liquid is absorbed. Makes 4 servings.

BROWNE D RICE

3/4 cup raw regular rice
3 tablespoons fat or salad oil
3 cups boiling water
1 teaspoon salt

Wash rice. Pat dry with paper towels. Heat fat or salad oil in deep heavy 2-quart saucepan. Add rice; stir over low heat until each rice kernel is golden brown. Add boiling water *slowly and carefully*, as steam will rise. Add salt. Cover. Simmer 25 minutes (do not lift cover or stir). The rice should have absorbed all the water and be dry and flaky. Makes 6 servings.

SPANISH FRANKS

8 frankfurters
1/4 cup fat
1/2 green pepper, diced
1 medium onion, chopped
1 package (1 1/2 cups) precooked rice
1 3/4 cups hot water
2 cans (8 ounces each) tomato sauce
1 teaspoon salt, few grains pepper

Brown frankfurters in 10-inch skillet over medium heat. Remove frankfurters. Melt fat in skillet; add green pepper, onion, and rice. Cook and stir over high heat until lightly browned. Add remaining ingredients; mix well. Bring to boil; cover; simmer 15 minutes. Replace frankfurters; simmer 5 minutes longer. Makes 4 servings.

WITH MACARONI

BAKED MACARONI AND CHEESE

8-ounce package elbow macaroni
Boiling water
Salt
3 tablespoons butter or margarine
2 tablespoons flour, dash pepper
2 cups milk
2 cups grated sharp Cheddar cheese
1 tablespoon grated onion
1/2 tablespoon dry mustard
1 teaspoon Worcestershire sauce
1/2 cup buttered crumbs

Cook macaroni in boiling, salted water according to package directions. Drain. Set oven for moderate, 375°. Melt butter or margarine; blend in flour, 1 teaspoon salt, and pepper. Add milk; cook over low heat until smooth and thickened, stirring constantly. Add cheese, onion, mustard, and Worcestershire sauce; continue to cook until cheese melts. Add macaroni. Pour into a greased 2-quart casserole. Top with crumbs. Bake about 25 minutes or until browned. Makes 6 to 8 servings.

MACARONI WITH MEAT SAUCE

2 tablespoons fat or salad oil
½ cup chopped onion
1 garlic clove, minced
1 pound ground beef
1 cup diced celery
½ cup diced green pepper
1½ teaspoons salt
¼ teaspoon celery salt
20-ounce can (2½ cups) tomatoes
Few drops Tabasco
1 teaspoon Worcestershire sauce
3 or 4-ounce can mushrooms
8-ounce package elbow macaroni,
cooked
Grated Parmesan cheese

Heat fat in a 10-inch skillet. Add onion and garlic; cook until onion is soft, not brown. Add meat; break into small pieces. Cook and stir until lightly browned. Add next 7 ingredients. Bring to boil. Cover; simmer 45 minutes. Add mushrooms; heat to boiling. Arrange macaroni on a platter. Pour sauce over macaroni. Sprinkle with cheese. Makes 6 servings.

SPAGHETTI ROMA

½ pound thin spaghetti
3 quarts water
1 tablespoon salt
¼ cup olive oil
¼ cup butter or margarine
1 small clove garlic, minced
½ teaspoon oregano
½ teaspoon salt
3 hard-cooked eggs, chopped very fine
Grated Parmesan cheese

Cook spaghetti in 3 quarts boiling water with 1 tablespoon salt until tender; drain. Heat olive oil and butter or margarine; add garlic, oregano, and ½ teaspoon salt; cook over low heat 5 minutes; pour over spaghetti; toss until spaghetti is well coated. Add eggs; continue to toss until eggs coat spaghetti. Serve with grated Parmesan cheese. Makes 6 servings.

WITH CHEESE

CHEESE FONDUE

2¼ cups milk, scalded
2 cups coarse day-old bread crumbs
3 cups grated process American cheese (¾ pound)
1 teaspoon salt
Few drops Tabasco
1 teaspoon Worcestershire sauce
2 tablespoons minced onion
1 teaspoon dry mustard
4 eggs, separated

Heat oven to moderate, 375°. Cool scalded milk. Combine next 7 ingredients in a large bowl. Add milk; mix well. Beat egg yolks until thick and lemon-colored; stir slowly into bread mixture. Beat egg whites stiff but not dry; fold in. Turn into greased 2-quart casserole; set in pan filled with warm water to 1 inch from top of casserole. Bake 1½ hours or until golden brown and firm at center. Makes 6 servings.

BREAD AND CHEESE PUFF

8 slices buttered enriched bread
½-pound package sliced American cheese (8 slices)
Salt and pepper
4 eggs, beaten
1 quart milk
1 teaspoon Worcestershire sauce
Dash Tabasco

Set oven for moderate, 350°. Place 4 slices bread on bottom of shallow baking dish, cutting to fit. Cover bread with half the cheese; sprinkle with salt and pepper. Repeat. Combine remaining ingredients; pour over bread and cheese. Bake 40 minutes or until top is golden brown, puffed, and shiny. Makes 6 servings.

CAESAR SALAD

2 garlic cloves
6 tablespoons salad oil
2 slices day-old bread, trimmed and cubed
2 quarts crisp mixed salad greens
1 egg
¼ cup wine vinegar
1 small can anchovy fillets
½ cup grated Parmesan cheese
Salt and pepper

Cut slashes in garlic cloves; add to salad oil; let stand several hours or overnight; remove garlic. Put 2 tablespoons of this salad oil in an 8-inch skillet; add bread cubes; cook, stirring with a fork until crisp and brown on all sides. Put greens in large salad bowl. Break egg over greens. Add remaining oil, vinegar, anchovies, cheese and bread croutons. Sprinkle with salt and freshly ground black pepper. Toss until all traces of egg disappear. Makes 8 servings.

COLE SLAW

1 tablespoon sugar
1 teaspoon dry mustard
¼ teaspoon salt
Few grains pepper
1 egg
2 tablespoons melted butter or margarine
¾ cup light cream
¼ cup vinegar
4 cups shredded cabbage
Paprika

Combine sugar, mustard, salt and pepper. Beat egg; add. Add melted butter and cream; mix well. Add vinegar very slowly; cook over hot water, stirring constantly until mixture thickens. Chill. Toss dressing with shredded cabbage; sprinkle with paprika. Makes 6 servings.

TOMATO COLE SLAW

Make Cole Slaw. Peel and dice 3 tomatoes, add. Serves 6.

APPLE CHEESE COLE SLAW

3 tart apples
4 cups shredded cabbage
¼ pound process Swiss cheese
¾ cup cooked salad dressing (page 35)
1 teaspoon salt
Few grains cayenne
8 stuffed olives

Peel and cube apples; combine with cabbage. Cut cheese in long narrow strips; add with salad dressing, salt, and cayenne to apple and cabbage mixture. Serve in salad bowl; garnish with sliced stuffed olives. Makes 6 servings.

COTTAGE CHEESE DESSERT SALAD

2 envelopes unflavored gelatine
½ cup cold water
2 cups creamed cottage cheese
1 cup mayonnaise
1 cup whipping cream
1 tablespoon lemon juice
Dash Tabasco
1 tablespoon sugar
Salt to taste
Salad greens
Mixed diced fruits and berries

Sprinkle gelatine on cold water; dissolve over hot water; cool slightly. Combine cottage cheese and mayonnaise. Stir in gelatine. Whip cream; fold in with lemon juice, Tabasco, and sugar. Add salt to taste. Spoon into 5-cup ring mold; chill until firm. Unmold. Garnish with salad greens. Fill center with fruit. Serve sour cream dressing (page 35) separately. Makes 8 servings.

FRENCH DRESSING

- 1 cup salad oil
- $\frac{1}{3}$ cup wine vinegar
- 1 garlic clove, slashed
- 1 tablespoon sugar
- $1\frac{1}{2}$ teaspoons salt
- 1 teaspoon paprika
- $\frac{1}{2}$ teaspoon dry mustard
- $\frac{1}{4}$ teaspoon coarsely ground black pepper

Put all ingredients in a jar with a tight-fitting cover. Let stand several hours. Remove garlic. Shake thoroughly before using. Makes about $1\frac{1}{2}$ cups.

● *Blue Cheese Dressing:* Crumble 3 ounces Blue cheese; stir into French dressing.

● *Zesty Dressing:* To French dressing add 1 teaspoon minced onion, 3 tablespoons tomato catsup and 1 teaspoon Worcestershire sauce.

LUSCIOUS DRESSING (for fruit salads)

- 1 tablespoon flour
- $\frac{1}{3}$ cup sugar
- 1 egg, beaten light
- $1\frac{1}{2}$ tablespoons lemon juice
- $\frac{1}{4}$ cup orange juice
- $\frac{1}{2}$ cup pineapple juice
- $\frac{1}{2}$ cup whipping cream

Combine flour and sugar in top of double boiler; stir in egg. Add fruit juices. Stir over hot water until thickened. Chill. Whip cream; fold in. Makes about $1\frac{1}{2}$ cups.



SANDWICHES

For Lunch Box, Picnic, or Supper

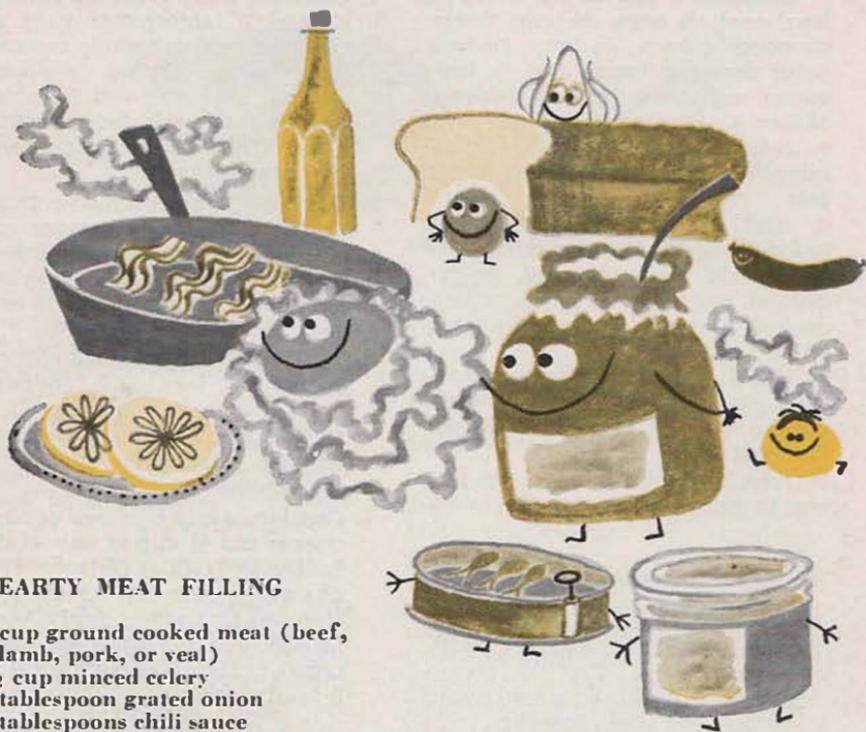
Choose the bread you like best—enriched white, whole wheat, protein, cracked wheat, or rye—select any of the fillings that follow:

BOSTON SANDWICHES

- 1 cup drained Boston-style baked beans
- 1 tablespoon chili sauce
- 1 teaspoon prepared mustard
- 1 tablespoon minced onion

Mash beans; add remaining ingredients. Serve between thin slices of Boston brown bread. Makes 8 sandwiches.

SANDWICH FILLINGS



HEARTY MEAT FILLING

1 cup ground cooked meat (beef, lamb, pork, or veal)
 $\frac{1}{2}$ cup minced celery
1 tablespoon grated onion
2 tablespoons chili sauce
Mayonnaise

Combine meat, celery, onion, and chili sauce with enough mayonnaise for easy spreading. Makes 4 or 5 sandwiches.

CHICKEN FILLING

1 cup finely chopped cooked chicken
 $\frac{1}{3}$ cup minced celery
 $\frac{1}{4}$ cup finely chopped walnuts
2 tablespoons minced stuffed olives
Mayonnaise

Combine chicken, celery, walnuts, and olives with enough mayonnaise for easy spreading. Makes enough for 5 or 6 sandwiches.

FRANKFURTER-CHEESE FILLING

$\frac{3}{4}$ cup grated process American cheese
 $\frac{1}{4}$ cup evaporated milk
3 skinless frankfurters, chopped fine
1 tablespoon prepared mustard
Mayonnaise

Stir cheese and evaporated milk over hot water until cheese melts. Remove from heat. Add frankfurters, mustard, and enough mayonnaise for easy spreading. Makes enough for 4 sandwiches.

BLUEBERRY PIE

1 quart fresh blueberries
Pastry for 2-crust 9-inch pie
1 teaspoon vinegar
1 cup sugar
2 tablespoons flour
Nutmeg
2 tablespoons butter
or margarine

Set oven for hot, 425°. Wash and pick over blueberries. Line 9-inch piepan, using half the pastry. Roll out remaining pastry for top crust. Combine vinegar, sugar, and flour. Add to blueberries and mix lightly. Pour into piepan; sprinkle with nutmeg. Dot with butter or margarine. Moisten edge of pastry with water; cover with top crust. Trim; press edges together with tines of fork. Prick top crust to allow steam to escape. Bake 10 minutes; reduce heat to moderate, 375°; bake 25 minutes longer, or until brown.

PECAN PIE

1 unbaked 9-inch pie shell
 $\frac{1}{2}$ cup butter or margarine
1 cup sugar
3 eggs, slightly beaten
 $\frac{3}{4}$ cup dark corn syrup
 $\frac{1}{4}$ teaspoon salt
1 teaspoon vanilla
 $1\frac{1}{2}$ cups chopped pecans
Whole pecan meats

Chill pie shell thoroughly. Set oven for moderate, 375°. Cream butter or margarine. Add sugar gradually and continue beating until light and fluffy. Add eggs, syrup, salt, vanilla, and chopped nuts. Pour into pie shell. Bake 40 to 45 minutes. Garnish with whole nuts. Serve with whipped cream, if desired.

LEMON CHIFFON PIE

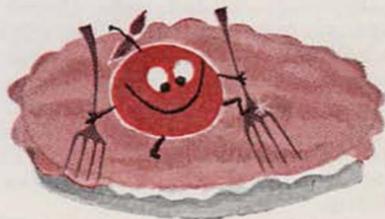
1 package lemon-flavored gelatin
 $\frac{3}{4}$ cup boiling water
 $\frac{1}{2}$ cup sugar
1 lemon, juice and grated peel
1 tall can evaporated milk, whipped
9-inch crumb crust

Dissolve gelatin in boiling water; add sugar, lemon juice, and grated peel. Fold in whipped evaporated milk (page 51). Spoon into crumb crust. Chill until set.

OLD-FASHIONED APPLE PIE

Pastry for 2-crust pie
1 cup sugar
2 teaspoons flour
 $\frac{1}{4}$ teaspoon nutmeg
 $\frac{1}{2}$ teaspoon cinnamon
6 to 8 large tart apples
2 tablespoons butter
or margarine

Line 9-inch piepan, using half the pastry. Roll out remaining pastry for top crust. Set oven for hot, 400°. Mix sugar, flour, and spices. Spread a little of the sugar mixture over the bottom of pastry-lined pan. Pare apples; cut in quarters. Remove cores; slice thin. Arrange apples in pan; sprinkle with remaining sugar mixture. Dot with butter or margarine. Cut slits in top crust; adjust over apples. Seal edges; trim; flute. Bake 50 to 60 minutes until apples are tender.



BANANA CHOCOLATE CREAM PIE

2 squares unsweetened chocolate
2 cups milk
 $\frac{2}{3}$ cup sugar
 $\frac{1}{2}$ teaspoon salt
 $\frac{2}{3}$ cup flour
3 egg yolks, slightly beaten
1 tablespoon butter or
margarine
 $\frac{1}{2}$ teaspoon vanilla
1 baked 9-inch pie shell
3 ripe bananas

Melt chocolate in milk in top of double boiler over boiling water, beating until blended. Combine sugar, salt, and flour. Stir slowly into chocolate mixture. Cook, stirring constantly until thick. Cook 10 minutes longer; stir occasionally. Stir small amount of hot mixture into egg yolks; then pour back into remaining hot mixture while beating vigorously. Cook 1 minute. Add butter or margarine and vanilla. Cool thoroughly. Cover bottom of pie shell with small amount of cooled filling. Peel bananas; slice into pie shell. Cover with remaining filling. Top with sweetened whipped cream and additional ripe banana slices, if desired. Or, make a meringue using 3 egg whites and 6 tablespoons sugar.

CUSTARD PIE

Pastry for 1-crust 9-inch pie
3 eggs
6 tablespoons sugar
 $\frac{1}{4}$ teaspoon salt
3 cups hot milk
1 teaspoon vanilla
Nutmeg

Set oven for hot, 425°. Line 9-inch piepan with pastry. Beat eggs

slightly; stir in sugar and salt. Add milk gradually, mixing thoroughly. Stir in vanilla. Pour into unbaked pie shell. Sprinkle with nutmeg. Bake 40 minutes, or until knife inserted in the center comes out clean.



DEEP-DISH APPLE PIE

6 tart apples
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ teaspoon nutmeg
Grated rind 1 lemon
Grated rind 1 orange
3 tablespoons butter or
margarine
 $\frac{1}{2}$ recipe for pastry

Set oven for hot, 400°. Pare and core apples; cut in eighths. Place in a greased 8 by 8 by 2-inch baking dish. Combine sugar, brown sugar, nutmeg, lemon and orange rinds. Sprinkle over apples. Dot with butter or margarine. Roll out pastry; adjust over apples. Prick with a fork. Bake 50 to 60 minutes. Makes 6 servings.

PUDDINGS AND FRUIT DESSERTS



CUSTARD BREAD PUDDING

- 1 quart milk, scalded
- 2 cups day-old bread cubes
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup sugar
- 3 eggs
- 3 tablespoons melted butter or margarine
- $\frac{1}{2}$ teaspoon vanilla

Set oven for 325°. Pour milk over bread cubes. Add salt and sugar. Beat eggs; add to bread mixture with butter and vanilla; mix well. Pour into a $1\frac{1}{2}$ -quart greased casserole. Set casserole in a pan. Pour in hot water to within 1 inch of top. Bake 50 to 60 minutes, or until knife inserted near rim comes out clean. Makes 8 servings.

● *Surprise Pudding:* Use plain whole-wheat or raisin whole-wheat bread instead of white bread in making Custard Bread Pudding.

● *Chocolate Bread Pudding:* Add 2 squares unsweetened chocolate, melted, to bread and milk mixture in Custard Bread Pudding. Use $\frac{3}{4}$ cup of sugar instead of $\frac{1}{2}$.

RAISIN RICE PUDDING

- $\frac{1}{2}$ cup rice
- 1 quart milk
- $\frac{1}{2}$ cup seedless raisins
- $\frac{1}{3}$ cup butter or margarine
- 3 eggs, beaten
- $\frac{1}{2}$ cup sugar
- 1 teaspoon vanilla
- $\frac{1}{4}$ teaspoon salt
- Cinnamon or nutmeg

Mix rice with 2 cups of the milk in the top of a double boiler; cook over hot water until tender. Add raisins and butter. Combine eggs, sugar, vanilla, salt, and remaining milk. Stir into hot rice mixture. Pour into a greased $1\frac{1}{2}$ -quart baking dish. Sprinkle with cinnamon. Set in pan and fill pan half full of warm water. Bake in slow oven, 325°, for 30 minutes or until set. Makes 6 servings.

FLOATING ISLAND

- $1\frac{1}{2}$ cups milk
- 2 tablespoons sugar
- Few grains salt
- 3 eggs, separated
- 1 teaspoon vanilla
- 6 tablespoons sugar

Scald milk in 1-pint saucepan. Add 2 tablespoons sugar and salt; stir until sugar dissolves. Beat egg yolks slightly. Add milk mixture

to egg yolks. Cook over hot water until thickened, stirring constantly. Cool. Add vanilla.* Pour into shallow serving dish. Chill. Set oven for 325°. Beat egg whites stiff. Add remaining sugar gradually, beating constantly. Grease 9-inch pie plate; place over 9-inch layer cake pan almost filled with hot water. Put meringue mixture into pie plate; swirl top with back of spoon. Bake 15 minutes. Remove meringue with broad spatula; slip on custard. Makes 6 servings.

ORANGE AMBROSIA

Allow 1 medium-sized orange for each serving. Peel and slice oranges. Arrange in layers in serving bowl or individual dishes with shredded or flaked coconut between layers and on top.

BAKED CUSTARD

6 eggs, slightly beaten
1/2 cup sugar
1/2 teaspoon salt
1 quart milk
1 teaspoon vanilla
Nutmeg

Set oven for 325°. Combine eggs, sugar, and salt; mix well. Scald milk; add slowly, stirring constantly. Add vanilla. Pour into 1 1/2-quart casserole. Sprinkle with nutmeg. Set in pan of cold water. Bake 1 1/4 hours, or until knife inserted near rim comes out clean. Makes 8 servings.

● *For Cup Custard:* Use 4 eggs instead of 6. Set cups in pan of cold water. Bake as above 1 hour.

*At this point you will have soft custard or custard sauce, often called for in recipes.

STRAWBERRY TAPIOCA PARFAIT

1 egg white
5 tablespoons sugar
1 egg yolk
2 cups milk
3 tablespoons quick-cooking tapioca
1/2 teaspoon salt
1/4 teaspoon nutmeg
1/4 teaspoon vanilla
2 teaspoons lemon juice
1 teaspoon grated lemon peel
1 cup whipping cream, whipped
1 cup quick-frozen strawberries or sweetened, fresh strawberries

Whip egg white until foamy. Add 2 tablespoons sugar, 1 at a time; continue beating until mixture stands in very soft peaks. Set aside. Mix egg yolk with a small amount of the milk in 1 quart saucepan. Add remaining milk, the tapioca, remaining sugar, salt, and nutmeg. Stir over medium heat until mixture comes to a boil. Pour small amount of hot mixture into beaten egg white; blend. Add remaining mixture quickly, stirring constantly. Add vanilla, lemon juice, and peel. Cool; stir after 15 or 20 minutes. Fold into whipped cream. Fill parfait glasses with alternate layers of pudding and strawberries. Top with additional berries and whipped cream. Makes 8 servings.

FRUIT WHIP

2 egg whites
1/2 cup powdered sugar (if needed)
1 cup fruit pulp (crushed berries, peaches, applesauce, prune, or apricot pulp)

Beat egg whites until stiff. Add sugar gradually while beating. Fold in pulp. Pile in sherbet glasses; chill. Makes 4 servings.

GLAZED BAKED APPLES

- 4 large baking apples
- $\frac{1}{2}$ cup seedless raisins
- 2 tablespoons sugar
- 1 tablespoon grated lemon peel
- 1 teaspoon cinnamon
- 2 teaspoons butter or margarine
- $\frac{2}{3}$ cup boiling water
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup red currant jelly

Set oven for 350°. Wash and core apples; pare $\frac{1}{3}$ the way down from stem. Place in a baking dish. Combine next 4 ingredients. Fill centers of apples. Top each with $\frac{1}{2}$ teaspoon butter. Combine water and the $\frac{1}{2}$ cup sugar; pour over apples. Bake, covered, for 45 to 60 minutes or until tender, basting once or twice with syrup in bottom of pan. Remove from oven. Melt jelly over low heat; stir with a fork. Spoon over apples. Place in broiler 3 inches from heat; broil 3 or 4 minutes or until glazed. Serve warm or cold with cream. Makes 4 servings.

PEACH COBLER

- 1 cup sugar
- 2 tablespoons cornstarch
- $\frac{1}{2}$ teaspoon cinnamon
- 1 cup water
- 2 tablespoons butter or margarine
- 5 cups sliced, pared fresh peaches

Biscuit Topping

- 1 $\frac{1}{2}$ cups biscuit mix
- 4 tablespoons sugar
- $\frac{2}{3}$ cup light cream
- 2 teaspoons grated lemon peel

Set oven for very hot, 450°. Blend 1 cup sugar, cornstarch, and cinnamon in 2-quart saucepan; add water. Bring to boil, stirring constantly. Remove from heat.

Add butter and peaches. Pour into a shallow baking dish. Combine biscuit mix and 2 tablespoons sugar; blend in cream with a fork. Drop dough in 6 mounds around edge of baking dish. Combine 2 remaining tablespoons sugar and lemon peel; sprinkle on dough. Bake 25 minutes or until peaches are tender and biscuits golden brown. Serve warm with plain or whipped cream. Makes 6 generous servings.

APPLE BROWN BETTY

- 1 cup soft bread crumbs or ready-to-eat cereal
- 3 tablespoons butter or margarine
- 1 teaspoon grated orange or lemon peel
- $\frac{1}{2}$ cup sugar or other sweetening
- 1 teaspoon cinnamon
- 4 medium-sized apples, sliced
- $\frac{1}{4}$ cup fruit juice (approximately)

Set oven for moderate, 375°. Mix bread crumbs, butter or margarine, peel, sugar, and cinnamon. Place half the sliced apples in buttered baking dish. Cover with half the bread-crumbs mixture. Add remaining apple slices and cover with remaining crumb mixture. Sprinkle with fruit juice. Bake about 45 minutes. Serve hot or cold with milk, cream, custard sauce, or other dessert sauce. Makes 6 servings.

VARIATIONS

- *With Mincemeat:* Use $\frac{1}{2}$ cup mincemeat and 3 apples.
- *With Rhubarb:* Use 2 cups stewed sweetened rhubarb in place of apples. Omit sugar, cinnamon, and fruit juice.



Metropolitan Life

INSURANCE COMPANY

(A MUTUAL COMPANY) HOME OFFICE, NEW YORK, SINCE 1868
HEAD OFFICE, SAN FRANCISCO, SINCE 1901
HEAD OFFICE, OTTAWA, SINCE 1924
OVER 1,000 LOCAL OFFICES IN U.S.A. AND CANADA