



The
Men
Cook

T. V. Tidbits

1 lb. butter

1 T Cayenne pepper

3 T Worcestershire sau

1 T garlic

TIJUANA TORTE

1 lb. ground beef

1 med. onion, chopped

1 can (1 lb.) stewed tomatoes

1 can 8 oz. tomato sauce

1 can 4 oz chopped green chillies (optional)

1 pkg Lawry's Taco Seasoning Mix

12 corn tortillas

1 lb. cheddar cheese - grated

Brown beef, onion in skillet. Add stewed tomatoes, tomato sauce, green chillies, Taco seasoning mix. Combine and simmer 10-15 minutes. Place $\frac{1}{2}$ cup meat mixture in 9x13 baking dish (or in cassarole). Place 2 tortillas side by side on meat mixture.

Top each with meat mixture and grated cheese. Repeat till each stack has 6 tortillas layered with meat and cheese. Bake in 350 degree oven for 20-25 minutes or till cheese is bubbly. Cut each stack in quarters.

Serves 4-6

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boil for 1 minute. Add
and stir until complete
pour into jelly glasses
jell immediately. It n

T. V. Tidbits

Lynn Giller

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|--------------------------|----------------------|
| 1 lb. butter | 1 box Cheerios |
| 1 T Cayenne pepper | 1 box pretzel sticks |
| 3 T Worcestershire sauce | 1 box Ralstons |
| 1 T garlic | 1 lb. peanuts |
| | 2 lbs. mixed nuts |

Melt butter, add cayenne, Worcestershire sauce and garlic salt. Put Cheerios, pretzels, Ralstons and nuts in large baking pan. Pour the seasoned butter over them and bake in a slow oven, 300 degrees, for 1 hour, stirring every 10 minutes.

Hot Cakes

Fred Thompson

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| 1 cup flour | 1/2 tsp. salt |
| 1 tsp. sugar | 1/2 cup milk |
| 1 tsp. baking powder | 1 egg yolk |
| | 1 egg white, well beaten |

Sift dry ingredients together. Add milk and egg yolk. Stir until well blended. Fold in egg white. This amount serves 2 but may be doubled or trebled easily.

For buttermilk hot cakes use 1/2 cup buttermilk and 1/2 tsp. soda instead of milk and baking powder.

Orange Jelly

Jack Pickford

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|------------------------------------|------------------------------|
| 3 cups juice from
fresh oranges | 4 cups sugar |
| 1 pkg. M. C. P. pectin | 1 tsp. grated orange
rind |

Let orange juice stand in refrigerator to settle about 24 hours. Measure 2 cups liquid from top of orange juice. Add rind and put pectin into kettle and bring to full rolling boil for 1 minute. Add sugar, then remaining orange juice and stir until completely dissolved. Remove from heat and pour into jelly glasses. Do not be discouraged if it does not jell immediately. It may take a week.

Pomegranate Jelly (Easy Method)

Jack Pickford

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|---|----------------------------------|
| 8 - 10 dark pomegranates,
fully ripe | 4 1/2 cups sugar |
| 1 pkg. M. C. P. pectin | 1/4 cup lemon juice,
optional |

Always use dark pomegranates for better looking, better tasting jelly. Cut pomegranates in half and gently squeeze on orange squeezer. Let settle for 24 hours. Strain. Measure sugar into a bowl to be added later. Measure 3 1/2 cups pomegranate juice into kettle and add pectin. Stir well. Place over hot fire and stir until it boils. Add sugar, while stirring, and bring to full rolling boil. Boil exactly 2 minutes, remove from fire and skim. Fill jars or glasses to top. Let set for about 3 minutes. Remove scum with teaspoon and you will have clear, beautiful jelly.

Broiled Chuck Roast

Truman Varble

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|--|----------------------|
| 3 1/2 lbs. chuck roast,
1 1/2 to 2 inches thick | 6 T olive oil |
| 2 cloves garlic,
chopped fine | 1/4 tsp. dry mustard |
| | 1 tsp. soy sauce |
| | 1/2 tsp. rosemary |
| | 5 T wine vinegar |

Mix all ingredients together and pour over roast. Marinate for 24 hours turning 5 or 6 times during this period. To cook, use medium hot broiler. Cook 45 minutes turning every 10 minutes.

Old English Recipe for Welch Rarebit

Harry G. Houghton

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|--|------------------------|
| 1 cup aged Cheddar or
Tillamook cheese,
cut fine | 2 long slices of bacon |
| | 1 1/2 cups water |
| | Salt and pepper |
| | Toast |

Bacon should be broiled or fried crisp. Put about 2 T of the hot bacon fat in a frying pan and into this pour the cut cheese.

Cook over low heat until cheese has melted and just begins to stick to pan. Pour in water. Stir, reduce heat and let simmer for a bit. Salt and pepper to taste. Serve over toast and garnish with the crisp bacon. This is nice for breakfast for a change or for a tasty Sunday night snack. If it seems too rich, add more water.

Beef Stroganoff

Lynn Giller

2 lbs. round steak, cubed	1 clove garlic, chopped
1/2 cup chopped onion	1 tsp. salt
2 T flour	3 oz. can mushrooms
1/2 cup celery	8 oz. can tomato sauce
1 cup sour cream	1 T Worcestershire sauce

Roll steak in 1/4 cup flour and salt. Pan fry onions, mushrooms and garlic in fat for 5 minutes. Add steak and brown evenly, then remove meat, onions and mushrooms from pan. Combine 2 T flour with drippings in the pan. Add tomato sauce, Worcestershire sauce and cook until thickened. Add meat mixture and simmer 1 hour, then add 1 cup sour cream. Blend and serve on rice.

Italian Spaghetti Sauce

Jack Pickford

Put 1/4 cup olive oil and 1/4 cup butter or margarine into skillet. Add 3 cloves garlic crushed or finely chopped, Add 1 large onion finely chopped. Brown lightly. Add 1 lb. beef which has been ground twice. Stir until meat is no longer pink. Salt. Add:

1 #2 can tomatoes	1/4 tsp. rosemary
1 can tomato paste	1 whole clove
1 tsp. crushed oregano	1 pkg. dried mushrooms, soaked and chopped
1/4 tsp. nutmeg	1 tsp. chopped parsley
1/4 tsp. allspice	

Cook at least 1 hour, or more. Cook hard wheat spaghettini about 12 minutes in plenty of boiling, salted water. Do not over-cook. After draining, add a little sauce, stir in well

to take away the white color of spaghettini. Pour sauce over individual servings. Sprinkle with Italian style Parmesan cheese and E-A-T.

Pancakes (Little Thin or Big Thick)

Neil Havens

Dry Mix:

9 cups flour
4 oz. baking powder
1 cup sugar
2 T salt

Wet Mix:

6 cups milk
9 eggs
1 cup oil
1 cup maple syrup

Sift dry ingredients and store in a big jar or canister. Mix wet ingredients and store in a jar or bottle in the refrigerator.

By keeping the two mixes separate, the baking powder will not start to work and this will keep quite a while.

The advantage of this type of recipe is that you can mix one or a dozen pancakes and still have the use of all the ingredients. Also you can make them as thick or as thin as you wish.

Camp Stew

"Slim" Hughes

3/4 lb. hamburger
Salt and pepper

1 can Campbell's
vegetable soup

Cook the meat in small amount of oil until brown. Add vegetable soup and let simmer slowly for 15 minutes.

Venison Steaks

Beldon Carroll

Marinate steaks or chops at least 24 hours in the following:

1 cup oil
Coarse ground pepper
Dash of oregano

1/2 cup vinegar
Garlic to taste
Salt and pepper

Barbecue over medium heat basting with sauce left from marinating. Serve immediately.

Dave's Mulligan

David Strathearn

2 lbs. lean venison, or other meat	1 or 2 bell peppers
1 or 2 dry onions	3 or 4 stalks celery
1 bunch carrots	2 small cans Spanish style tomato sauce
	2 or 3 medium potatoes

Place a small amount of shortening in a heavy kettle and heat. Add venison or other meat, cut in cubes. Brown thoroughly. Add small amount of water and let simmer until tender. Add onions cut in quarters, carrots, pepper and celery, cut in 1 inch lengths. Add tomato sauce and potatoes cut in cubes. Add enough water to cover and cook until vegetables are tender. Season with salt and pepper. Thicken liquid with flour for gravy.

Slumgullion, Or
(My Wife has gone to the country)

Vernon T. Keene

1 can beans	1 can spaghetti
1 can tamales	1 can corn
1 can tomato sauce	1 can olives, sliced

Pour off excess juice. Place in casserole, salt to taste and bake. Cheese, onions, and any cans left in the cupboard may be added.

Party Tip - Suggestion For Serving
Potato Salad at Your Next Party

Neil Havens

Likes and dislikes of certain things in potato salad vary so I will leave the recipe up to you.

Pack your salad in an angel food cake pan and let it "set" in the refrigerator. Next, remove salad onto a cake plate and frost with mayonnaise. Decorate with colored, spiced cream cheese using a pastry bag. Place parsley, or water-cress leaves, around edge of the plate. Then stand back and listen for words of congratulations from your guests!

Joe Johnson's Salad

Joe Johnson

1 can kidney beans,
drained

12 marshmallows, diced
6 medium sweet pickles,
diced

Mix the above ingredients and serve. (Editor's Note:
We understand this is the only salad Joe will eat. Oh, Joe!!)

Ring-Tum Ditty

Tom McNamara

1/2 lb. cheese
1 can tomato soup
1 can milk
2 T butter
2 T flour

Pinch salt
Sugar
Dry mustard
Pinch red pepper
Onion juice

Pour the tomato soup into a saucepan and add the same amount of milk. Stir in a mixture of 2 T butter and 2 of flour, a pinch of soda and a little sugar. Cook this to a smooth sauce but without hard boiling. Now add half a pound of "store" cheese nicely grated. Stir in and cook a few moments, but don't let it boil.

Varied seasoning may include a little dry mustard and a pinch of red pepper. Some like a mere hint of onion juice.

Son Of a Gun

Bud Farrington

1 lb. pkg. noodles
1/2 lb. sausage
1 bell pepper, sliced
1 tsp. chili powder
1 large can tomatoes,
solid pack

1 1/2 lbs. ground round
1 large onion, minced
1 clove garlic
1 tsp. salt
1 can whole corn
Cheese

Boil the noodles. While they are boiling, brown the meat and sausage and add the onion and garlic. Season with salt and chili powder. Mix into drained noodles, add the tomatoes and corn. Place in oven and bake 1 hour. Place cheese on top just before removing.

Barbecued Spareribs

Ben Stark

2 strips of spareribs
Salt and pepper

1 lemon sliced thin and
spread over spareribs

Barbecue Sauce:

2 cups water
1/4 cup vinegar
1/4 cup brown sugar
1 tsp. celery seed
1 tsp. salt

1 cup catsup
1/4 cup Worcestershire
sauce
1 tsp. chili powder
1 large onion, chopped
fine

Mix the above ingredients thoroughly and pour over the spareribs. Bake in a moderate oven about 2 hours, basting occasionally.

Irish Tom's Stew

Tom McNamara

Here's a dish that never pulls its punches!

3 lbs. lean shoulder
of lamb
2 pints chicken broth
2 raw potatoes, finely
chopped
Salt

2 onions grated
Bouquet of herbs with
1 Bay leaf
Carrots, halved
Potatoes, whole
Pepper

Cut meat in sizable chunks. Put in chicken broth and boil together for 15 minutes. Strain off the broth and save. Into the same saucepan with the meat go the grated onions and finely chopped potatoes and seasonings. Skim the broth and pour in enough of it just to cover the meat. Stew uncovered over low heat. When the liquid is reduced to half, take out the bouquet, strain off the liquid again, add the whole potatoes and halved carrots and return the liquid. Keep on cooking until meat and vegetables are done.

The secret of the gravy is in the finely chopped potatoes and grated onions. Begorra, they do wonderful and flavorsome things!

Use hard wood or charcoal for fire, and have fire enough for bed of coals at least 3 or 4 inches deep. Level coals and allow to set for 15 or 20 minutes so that the top is ashed over and there is no blaze left. A proper bed of coals is the most important item for any kind of barbecue.

Use young 4 pound chickens, cut in half, that have been killed and cooled at least 24 hours before cooking. About 2 hours before cooking salt liberally on both sides with Shillings Savor Salt and cover until ready to cook. Melt 1 pound butter or margarine for each 6 halves. Add to this 3 garlic cloves, pressed or finely chopped for basting. When ready to start cooking rub grate well with tough piece of suet. Place halves on grate cut side down next to grate; baste top side, with swab dipped in melted butter, generously, but not enough to run off and cause a blaze. Never let a blaze touch the chicken. If fire is too hot raise the grate. A grate that can be raised or lowered is most important. Watch closely. If the side next to the fire browns too quickly in the first few minutes, turn them over and raise the grate. It takes at least 1 hour and 20 minutes to 1 hour and 30 minutes for cooking. About every 10 minutes turn each half, baste and salt with Savor salt. For a good brownness at the finish, stir the fire a little, but watch the meat or it will burn.

When you are through cooking you will have butter enough for your toast. Use French bread cut in half, toast, but do not burn, dunk in butter and you have a flavor that can't be beat. Butter should be in a flat pan for easy and even buttering.

Atamosa Chicken Marinade

1 1/2 cups salad oil

1/2 cup vinegar

1 1/2 teaspoons salt

1 teaspoon sugar

1/2 teaspoon dry mustard

4 cloves garlic, cut in halves.

Combine all ingredients, mixing well. Put mixture in a shallow dish. Add chicken halves or pieces. Cover dish, and marinate chicken overnight in refrigerator, turning it occasionally. Cook chicken over charcoal, basting it frequently with remaining marinade. This recipe makes about one pint of marinade or enough for two chickens.

And here's a recipe for an unusually tasty potato salad to go with the chicken: