Cook's Tour Recipes

as presented on CJAY-TV
by
YOUR HYDRO HOME ECONOMISTS

WINNIPEG HYDRO • MANITOBA HYDRO
FOREIGN FAVORITES

EASY GERMAN WIENER SCHNITZEL

4 tenderized veal cutlets
2 - 2 oz. cans deviled ham
Mild processed cheese, sliced
1 egg, slightly beaten
1 tsp. Worcestershire sauce
1/4 tsp. salt
Dry bread crumbs
2 tbsp. butter

Dust cutlets lightly with flour. Spread deviled ham on half of each cutlet. Cover ham with slice of cheese. Fold plain half of cutlet over the cheese. Pinch edges together. Combine egg, Worcestershire sauce and salt. Dip folded cutlet in egg mixture, then bread crumbs. Fry slowly on both sides in melted butter until golden brown. Garnish with lemon wedges.

YIELD: 4 Servings.

FRENCH BEEF BOURGUIGNONNE

2 tbsp. butter
5 medium onions, sliced thin
1/2 lb. small fresh mushrooms
2 lb. round steak, cut into 1" cubes
1 tsp. salt
1/4 tsp. savory
1/4 tsp. thyme
1/8 tsp. pepper
1 1/2 tbsp. flour
1 1/2 cups beef bouillon
1 cup red wine (Burgundy or Port)

In electric frypan, saute onions and mushrooms in butter until onions are tender. Remove from pan. Brown meat in same pan. Add more butter if necessary. Remove from heat. Sprinkle seasonings over meat. Mix flour and bouillon. Pour into frypan. Heat to boiling, stirring constantly. Boil 1 minute. Stir in wine. Add browned meat. Cover. Simmer until meat is tender, 1 1/2 to 2 hours. The liquid should always just cover the meat. (If necessary, add a little more bouillon and wine - 1 part bouillon to 2 parts wine.) Gently stir in onions and mushrooms. Cook uncovered for 15 minutes or until heated through. Serve in large soup bowls or individual casseroles.

YIELD: 4 Servings.
MEXICAN TACOS SALAD

1 head lettuce, shredded
2 green onions, (including tops), chopped
1 - 14 oz. tin kidney beans, drained

2 hard cooked eggs, chopped
Meat dressing (see below)
1 cup shredded sharp Cheddar cheese

Combine lettuce, onion, beans and egg. Chill while you prepare the dressing (below). Mix dressing with salad and sprinkle with the shredded cheese. Serve immediately. Yield: 6 to 8 Servings.

Meat Dressing... 1/2 lb. ground beef
1 tbsp. salad oil
1 - 8 oz. tin tomato sauce
1 cup beef broth
1/4 cup water

1 tbsp. instant minced onion
1/8 tsp. garlic powder
1/8 tsp. ground cumin
1/8 tsp. pepper
1 tsp. chili powder
1 tsp. salt

In a frying pan, break apart the ground beef and brown well in oil. Add tomato sauce, beef broth, water, minced onion, garlic powder, cumin, pepper, chili powder and salt. Simmer, uncovered, for 20 minutes. Let cool for 10 minutes. Skim some of the fat off the sauce if desired. Combine with salad. YIELD: 8 Servings.

CHINESE CASHEW - PORK CHOP SUEY

2 tbsp. oil
1/4 cup cashews
2 cups carrots
1 lb. peas
4 tbsp. oil
1 tsp. salt

1 lb. lean pork
2 cups diced celery
1/2 cup chicken broth
2 tbsp. cornstarch
2 tbsp. soy sauce
1/3 cup cold water

BOMBAY CHICKEN CURRY

Curry Sauce (below)
3 cups cooked chicken, cubed
1/4 cup cream
1/2 tsp. Worcestheirs sauce


Curry Sauce

1/3 cup butter
3 tbsp. chopped onion
3 tbsp. chopped celery
3 tbsp. chopped apple
12 peppercorns or 1/4 tsp. pepper
1 bay leaf
1/3 cup sifted flour
2 1/2 tsp. curry powder (below)
1/2 tsp. M.S.G.
1/4 tsp. sugar
1/8 tsp. nutmeg
2 1/2 cups milk
2 tsp. lemon juice
1/2 tsp. Worcestheirs sauce
1/2 cups seedless raisins
1/2 cup desiccated coconut


CURRY POWDER

1/2 cup coriander powder
1 tsp. ground cloves
1 tbsp. cumin
1 tsp. ground cardamom
1 tbsp. fennel
1 medium stick cinnamon
4 dried chillies
1/2 tsp. ginger
2 cloves garlic
2 4 dried chillies

Place ingredients in blender. Mix thoroughly. Store in tightly sealed bottle.
SWEDISH MEATBALLS

1/3 cup minced onion
2 tbsp. butter
1 egg, beaten
1/2 cup bread crumbs
1/2 cup milk
1 1/4 tsp. salt
2 tsp. sugar
1/2 tsp. allspice
1/4 tsp. nutmeg
1 lb. ground beef
1/4 lb. minced pork
2 tbsp. butter
3 tbsp. flour
1 tsp. sugar
1 1/2 tsp. salt
1/8 tsp. pepper
1 cup water
3/4 cup cream

Saute onion in butter until golden brown in electric frying pan. Combine beaten egg, bread crumbs and milk in large bowl. Let stand 5 minutes. Add salt, sugar, allspice, nutmeg, beef, pork and onion. Blend well with fork. In electric frying pan, melt butter. Shape meat into balls, about 3/4 inches in diameter. Brown meatballs well on all sides. Remove to plate. Keep warm. Repeat until all balls are browned. Into fat left in frying pan, stir flour, sugar, salt and pepper. Slowly add water and cream. Stir until thickened. If desired, return meatballs to gravy and heat, or serve gravy separately. YIELD: 6 Servings.

Note: This recipe may be made a day ahead and refrigerated. Reheat just before serving.

UKRAINIAN HOLOPCHI

1 medium cabbage
1 cup uncooked rice
2 tbsp. butter
1 tsp. salt
1/4 tsp. pepper
3/4 lb. minced pork
1 medium onion, chopped
2 cups tomato juice

Remove the core from the cabbage and scald a few minutes in hot water to soften the leaves. Remove the leaves separately and slice off the stem ends. Cook rice for 10 minutes in boiling salted water. Drain well. Add butter, salt and pepper. Toss lightly. Brown pork in electric frypan. Add chopped onion and continue frying until onions are golden brown. Combine pork and onions with cooked rice. Mix well. Spread a spoonful of the mixture on each cabbage leaf. Roll up tightly. Line a large baking dish with cabbage leaves. Place the cabbage rolls closely together in the dish. Pile others on top until dish is full. Pour tomato juice over it and cover. Place in a 350° oven for 1 hour 15 minutes.
ITALIAN LASAGNE

1 lb. ground beef
2 cloves garlic, minced
1 tbsp. sweet basil
2 tsp. oregano
1/2 tsp. thyme
1 1/2 tsp. salt
1 tsp. M.S.G.
2 cups canned tomatoes
2 - 6 oz. cans tomato paste
10 oz. lasagne noodles
3 cups creamed cottage cheese
1/2 cup grated Parmesan cheese
1/2 cup grated Romano cheese
2 tbsp. parsley flakes
2 eggs, beaten
2 tsp. salt
1/2 tsp. pepper
1 lb. Mozzarella cheese, sliced very thin


Note: Lasagne may be assembled early in the day and refrigerated. Be sure to allow about 15 minutes longer in the oven.

NOODLES ROMANOFF

6 oz. wide egg noodles
1 quart boiling salted water
3 tbsp. chopped onion
1 cup creamed cottage cheese
1 cup sour cream
1/4 tsp. garlic powder
1/2 tsp. celery seed
1 tsp. M.S.G.
1 1/2 tsp. Worcestershire sauce
Dash tabasco
1/4 cup dry fine bread crumbs
1/2 cup grated Parmesan cheese
Paprika

FOREIGN FARE

HUNGARIAN POTATO CASSEROLE

1 cup sour cream
1/2 cup whipping cream
1 1/2 tsp. salt
6 cold cooked medium potatoes, sliced thin
3 hard-cooked eggs, sliced
1 cup finely diced cooked ham
1 cup fresh bread crumbs
2 tbsp. melted butter
1/4 tsp. onion salt

Preheat oven to 350°. Pour sour cream into small bowl. Stir in whipping cream. Add salt. Stir until well-blended. In a greased 1 1/2 quart casserole, arrange 1/3 of the potatoes. Top with the egg slices and half of the cream mixture. Add another third of the potatoes. Sprinkle with ham. Pour on remaining cream mixture. Top with remaining potatoes. Toss crumbs with butter and onion salt. Sprinkle evenly over potatoes. Bake 30 minutes or until bubbly. YIELD: 6 to 8 Servings.

CHINESE STYLE WALNUT CHICKEN

1 cup coarsely broken walnuts
1/4 cup salad oil
2 chicken breasts, raw, boned and cut into thin strips
1/2 tsp. salt
1 cup onion slices
1 1/2 cups bias cut celery slices
1 1/4 cups chicken broth
1 tsp. sugar
1 tbsp. cornstarch
1/4 cup soy sauce
2 tbsp. cooking sherry
1 - 5 oz. can (2/3 cup) bamboo shoots, drained
1 - 5 oz. can water chestnuts, drained and sliced

FRENCH ONION SOUP

2 cups onion, minced
2 tbsp. butter
1 tbsp. flour
1 tsp. salt

10 cups beef stock OR 5 tins beef bouillon and 3 cups of water
Dash of pepper
Slices of French bread

Place onions in electric frypan with the butter and cook slowly until golden. Add flour, mix and cook a few minutes. Add stock, salt and pepper and boil gently for ten minutes. When soup is ready to serve, turn it into an ovenproof casserole, place slices of bread on top and sprinkle with Parmesan cheese. Place in a hot oven (450°) until the cheese has melted and browned.

HAWAIIAN PORK AND PINEAPPLE SURPRISES

2 lb. fresh pork shoulder, cut in 2" pieces
1 3/4 tsp. onion or garlic salt
1/8 tsp. pepper
1/2 tsp. powdered ginger

1 - 20 oz. can pineapple chunks, drained
2 green peppers, cut in strips
8 small tomatoes, or 6 medium tomatoes, quartered

Preheat oven to 350°. Place pork on wax paper. Sprinkle with onion salt, pepper and ginger. Cut 8 - 12" squares of foil. Place some pork, pineapple, green pepper strips and tomato on shiny side of each piece. Seal packages and arrange on a shallow baking pan. Bake 2 hours. YIELD: 8 Servings.

HAWAIIAN MIXED RICE CASSEROLE

1 cup wild rice, washed
1 cup long grain rice (white)
3 tbsp. finely chopped onion
3 tbsp. soy sauce

4 chicken bouillon cubes
4 cups boiling water
1/2 cup macadamia nuts, chopped
Fresh parsley for garnish (optional)

Combine wild rice, white rice, onion and soy sauce in a 2 quart casserole. Dissolve bouillon cubes in the boiling water. Stir into the ingredients in the casserole. Cover and bake in a 350° oven for 30 minutes. Remove cover and bake for 15 minutes more. Remove from oven and sprinkle with the chopped macadamia nuts. Place parsley on casserole just before serving. YIELD: 8 Servings.
BELGIAN PANNED CARROTS

2 tbsp. butter
6 medium carrots, cut into thin 2" sticks
1 tsp. salt
3/4 tsp. sugar
1/3 cup cereal cream
2 egg yolks
1 1/2 tsp. lemon juice

Saute carrots in butter about 5 minutes. Stir in salt, sugar and 1/2 cup water. Simmer covered until carrots are tender, about 10 - 15 minutes. Beat together cream and egg yolks. Remove carrots from heat (do not drain). Stir in cream mixture. Add lemon juice. YIELD: 4 - 6 Servings.

BELGIAN SPICY BEEF CASSEROLE

1/4 cup salad oil
2 lbs. round beef, cut in 1" cubes
2 medium onions, thinly sliced
1/4 cup flour
1 1/2 cups hot water
1 cup beer
1 clove garlic, peeled, minced (optional)
1 bay leaf
2 tsp. salt
1 1/2 tsp. sugar
1 1/2 tsp. vinegar
1/8 tsp. powdered nutmeg
Sprig of parsley
1/4 tsp. dried oregano
8 - 2" bread squares spread generously with mustard

Preheat oven to 325°. In large skillet heat 2 tbsp. salad oil. Brown beef cubes quickly, a few at a time. Remove cubes to plate. Add 2 more tbsp. salad oil. Brown onions well. Stir in the flour, then hot water, beer, garlic, bay leaf, salt, sugar, vinegar, nutmeg, parsley and oregano. Return meat to the skillet. Bring mixture to a boil. Turn into a 2 1/2 quart casserole. Cover and bake 1 hour 40 minutes or until beef is fork-tender. Remove casserole from the oven. Skim off any excess fat and top with mustard spread bread squares. Spoon a little of the gravy over the bread and return to a 350° oven uncovered. Bake 20 minutes. YIELD: 6 - 8 Servings.

TURKISH ORANGE SALAD

6 large oranges
1/2 cup pitted, ripe olives
1 small onion
1/8 tsp. cayenne
1/2 tsp. salt
1/2 tsp. celery seeds
4 tbsp. white wine vinegar
4 tbsp. olive oil
1 large head lettuce

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TURKISH ORANGE SALAD - Continued


CHINESE EGG ROLLS

1 cup flour
1 tsp. salt

Shortening or vegetable oil for frying

4 eggs, beaten
1 1/2 cups milk

Sift flour and salt. Combine eggs and water. Add to flour mixture. Beat with electric mixer until smooth. Heat and grease a 9" skillet. Pour enough batter into skillet and tip so that the mixture covers the skillet. Cook over moderate heat until light brown on under side. Remove and place on flat surface. Note: Try to make layers as thin as possible. YIELD: 3 Dozen.

Egg Roll Filling
1/2 small onion, chopped
3/4 cup bean sprouts
1 cup flaked tuna fish
1/2 tsp. salt

1/4 tsp. pepper
1 tbsp. soy sauce
1 - 2 oz. can deviled ham (opt.)
1/2 cup chopped cooked mushrooms, (opt.)

Put enough shortening in deep fat fryer so it will be 2" deep when melted. Heat to 360°. Place a spoonful of the filling on each pancake. Fold sides toward center. Roll up. Fasten with wooden picks. Place in fat. Cook until brown. Remove picks. Serve with Plum Sauce.

Plum Sauce
1 cup brown sugar
1 cup plum jam
4 tbsp. dry mustard
2 tbsp. vinegar

Combine ingredients in saucepan. Simmer over low heat until ingredients are blended and heated through. YIELD: 1 1/2 cups Sauce.

PUERTO RICAN PLATANUTRI

(Banana Chips)

3 or 4 green unripe bananas
Ice water
Salad oil

Two hours before serving, slice peeled bananas on an angle, crosswise into very thin slices. Let stand, in a bowl of ice water for 5 minutes. Meanwhile heat salad oil in electric deep fat fryer to 370°. Dry banana slices thoroughly on paper towel. Fry, a few at a time, until golden brown on both sides. Drain on paper towel. Repeat until all bananas slices have been fried. If desired, sprinkle lightly with salt before serving as a nibbler.
WORLDLY DESSERTS

FRENCH - CANADIAN MOCHA Torte

2 tsp. water
1 tsp. instant coffee
1/4 cup butter
1 tsp. vanilla
4 eggs, separated
1/2 cup fruit sugar
1 cup sifted pastry flour
1 tsp. baking powder
Pinch salt
2 squares (2 oz.) semi-sweet chocolate, grated.
Mocha Butter Cream

Grease and line the bottoms of two deep 8-inch layer cake pans with circles of greased waxed paper. Mix water and coffee together in a small saucepan and add the butter. Heat and stir until butter melts. Add the vanilla and set aside to cool. Beat egg whites in the small beater bowl until moist peaks form, then beat in the sugar gradually until egg whites are very stiff. Scrape into a larger bowl. Beat egg yolks in the small bowl until thick, then add the cool butter mixture. Fold yolk mixture into the egg whites with a whisk, then fold in sifted dry ingredients until flour disappears. Fold in the chocolate and spread in prepared pans. Bake at 350° F. for about 30 minutes. Cool. Remove from the pans and peel off the waxed paper. This is a rich cake and will rise only to about 1 1/4 inches in height. When cold, fill and frost with Mocha Butter Cream. Garnish sides with chopped walnuts, and top with rosettes of Chocolate Butter Cream, then refrigerate to set the icing. YIELD: 12 Servings.

Mocha Butter Cream

Measure 1 cup sugar and 1/2 cup strong coffee into a small saucepan and stir over medium heat until sugar melts. Then boil without stirring until syrup forms a thread when a spoonful is lifted high and poured slowly back into the pan. Repeat lifting until a thin thread floats from the bottom of the last dribble. Meanwhile, in a small beater bowl, beat 4 egg yolks until thick. Then beat in the hot syrup in a steady stream. Add 1 teaspoon vanilla and 1 tablespoon rum and beat until cooled to room temperature. Cut 1/2 pound butter into 1 inch cubes and add 2 or 3 at a time, beating constantly until smoothly blended. Chill until quite firm, then beat again before spreading.

Chocolate Butter Cream...Use water in place of coffee and add 2 squares melted unsweetened chocolate to the egg-syrup mixture.
AMERICANA GRASSHOPPER PIE

1 pkge. chocolate cookies with white icing
1/4 cup butter
2 cups whipping cream
1/4 cup creme de menthe
1 - 8 oz. jar marshmallow cream

Preheat oven to 350°. Crush cookies until white icing disappears (very fine). Melt butter, add butter to crumb mixture. Stir with fork. Reserve 1/4 cup of crumb mixture. Press remaining crumbs into 9" pie plate. Bake shell 10 minutes. Cool. Add creme de menthe very slowly to marshmallow cream or otherwise it will separate. Next add green food coloring. Whip cream. Fold marshmallow cream into whipped cream. Pour filling into pie shell and garnish with remaining 1/4 cup crumbs. Freeze.

ITALIAN SPUMONE

1 1/2 pints French vanilla ice cream
Rum flavoring
6 candied cherries or maraschino cherries
1 1/2 pts. French vanilla ice cream
Pistachio flavoring to taste
Few drops green food coloring
1/3 cup finely chopped almonds or pistachio nuts
3/4 cup whipping cream
1/3 cup instant chocolate drink powder
1 - 10 oz. pkge. frozen raspberries, thawed
1/2 cup whipping cream
1/4 cup sifted icing sugar

For White Layer: Chill a 2 quart metal bowl in freezer. In a separate bowl, beat 1 1/2 pints ice cream just to soften. Add rum flavoring to taste. Refreeze, until spreadable. With a chilled spoon, spread quickly in layer over bottom and sides of chilled bowl, being sure ice cream comes all the way to the top. (If ice cream tends to slip, refreeze). Circle cherries on ice cream around bottom of bowl. Freeze until firm.

For Green Layer: Beat 1 1/2 pints ice cream just to soften. Stir in pistachio flavoring, green food coloring and nuts. Refreeze, until spreadable. Quickly spread over top and sides of first layer. Freeze until firm.

For Chocolate Layer: Combine 3/4 cup whipping cream and chocolate drink mix. Whip to peaks. Quickly spread over pistachio layer and freeze.

ISREALI BUTTERSCOTCH WALNUT TORTE

6 eggs  
1/2 tsp. cream of tartar  
1 cup sugar  
1/2 cup cake flour  
1 tsp. baking powder  
1 tsp. vanilla  
1 1/2 cups chopped walnuts  
1 pint whipping cream  
2 tbsp. icing sugar


Butterscotch Sauce

1/2 pint whipping cream  
1 cup brown sugar  
2 tbsp. butter


ENGLISH TRifle

1 large pkge. vanilla pie filling  
1 sponge cake (about 1/2 lb.) cut in 1" squares  
6 tbsp. sherry  
1 dozen macaroons  
1/2 cup raspberry jam  
1 - 28 oz. can apricots  
1/2 pint whipping cream  
1/2 cup toasted sliced almonds

Prepare vanilla pie filling. Place sponge cake pieces in bottom of large bowl. Sprinkle evenly with 3 tbsp. of the sherry. For the next layer, crumble 6 of the macaroons. Dot with raspberry jam. Drain apricots. Place 1/2 of them over the macaroons. Pour 1/2 of the vanilla pie filling over layers. Repeat layers. Chill for at least 4 hours. To serve, whip cream until stiff. Sweeten and flavor cream to taste with almond extract and powdered sugar. Swirl whipped cream on top of the trifle. Garnish with toasted almonds stuck upright into cream. YIELD: 12 Servings. Note: Your favorite custard recipe may be substituted for the vanilla pie filling.
EUROPEAN FRUIT AND CHEESE TRAY

Serving fruit and cheese for dessert is an adventuresome, pleasant and old-world way to end any meal.

Start with your best plate, tiered compote or even a wooden platter. Arrange a variety of cheeses, selecting those that will give you a good variety of flavors and textures. As a guide, select at least one from each of the following categories as well as a selection of sharp and mild flavors.

Soft... Brie, Camembert, Cream, Neufchatel
Semi-Soft... Blue, Brick, Gruyere, Port du Salut, Roquefort, Stilton
Hard... Cheddar, Edam, Gouda, Swiss, Fontena

Fill in the tray with fruit... apples, pears, oranges and grapes. Add strawberries or raspberries if in season.

Dates, prunes and figs will help to glamorize the tray.

A variety of crackers in different shapes and flavors will complete the dessert.

Remember to serve all cheeses at room temperature.

Serving can be very simple. Provide your guests with an individual dessert plate and small knives for cutting and spreading the soft cheeses.

INTERNATIONAL COFFEE

1/3 cup instant chocolate drink
1/4 cup instant coffee
4 cups boiling water
Sweetened whipped cream

Mix chocolate and coffee in serving pot. Pour in boiling water. Top with sweetened whipped cream. Serve steaming hot. Serve in demitasse or other small cups. YIELD: 8 Servings.