



Main Dishes



Chicken à la king



4 tablespoons butter

1/2 green pepper

1 cup sliced mushrooms

2 tablespoons flour

1 teaspoon salt

2 cups cream

3 cups cooked chicken
skin

1 pimiento

1/4 teaspoon pepper

1 cup chicken stock

Sauté green pepper in butter

add chicken stock, then mushrooms, cover and
cook about 5 minutes. Add chicken cut in
generous chunks, pimiento, cream and seasoning
and thicken with flour to right consistency.

Mrs. Jack Egan

Meat Dressing - For Turkey or Chicken

(This is for 10 or 15 lb. turkey)

or Meat Pie



2 lbs. pork - (blade meat) - 1 lb. beef - ground together.
5 medium size potatoes. 4 slices stale bread (about)
2 medium size onions. $\frac{1}{4}$ teas. cinnamon.
 $\frac{1}{2}$ teas. ground cloves 1 lb. parsley
Salt and pepper to taste.



Cook pork and beef with enough water so it will not stick to pan - for about 25 minutes, or until meat is white - then add cooked mashed potatoes and seasoning, then stale bread broken into small pieces - just enough to absorb liquid, then stuff the turkey or chicken. This mixture can also be used for a 2 crust pie - good either hot or cold.

Mrs. Aime' J. Forand

Tasty Pepper Relish

3 lbs. sweet red peppers
2 " green "
1 lb. hot finger "
3 lbs. onions
2 " sugar
3 tablespoons salt
 $1\frac{1}{2}$ teaspoonfuls pepper
2 cups vinegar

Jessie C. Chatterton

Grind peppers and onions. Add sugar, salt, pepper and vinegar. Simmer 25 minutes. Stir occasionally to prevent sticking. Bottle while hot in sterilized jars.

Yield: 5 qts.

FROSTED MEAT LOAF

- 4 cups corn flakes
- 2 eggs, slightly beaten
- 1 cup milk
- 2 tsps. salt
- 1/8 tsp. pepper

- 1 tsp. Worcestershire sauce
- 1/4 cup chopped parsley
- 1 tbsp. chopped onions
- 1 1/4 lbs. ground beef
- 1/4 lb. ground pork

Crush corn flakes slightly, combine with remaining ingredients and mix thoroughly. Spread in greased 9 1/2 x 5 1/2 inch loaf pan. Bake in moderate oven (350° F) for one hour. Unmold on greased baking sheet or ovenproof platter. Frost the loaf with four cups of seasoned mashed potatoes. Crush another cup of corn flakes into fine crumbs, mix with a tablespoon of melted butter and sprinkle over the mashed potato. Bake 20 more minutes in a moderate (350° F) oven.

Mrs. Aram P. Fleurant, Jr.

MARSETTI

- 1 lb. ground beef
- 1 small onion
- 2 tbsp. butter or fat
- 1/2 pk. wide noodles
- 1 can mushrooms
- 1/2 lb. mild cheese
- 2 small cans tomato sauce
- 3/4 tsp. salt
- 2 tsp. sugar



Fry meat and onions in butter and cook

noodles in salted water until tender. Put all together in baking dish. Add mushrooms cheese (cubed) tomato sauce with salt and sugar added

Bake in oven 350° F. for 45 minutes. 55

Mrs. Arthur R. Merkel

CHICKEN TETRAZZINI

This recipe will fill a 4-quart casserole and serve 12 people generously. Get a 5 to 5 1/2 lb. roasting chicken. Clean and cover with 7 cups boiling water. Add salt and 1 tablespoon monosodium glutamate and bring to a rolling boil. Lower heat and simmer until tender. Add a little water from time to time. Allow chicken to cool in broth, then remove skin and cut chicken into bite size pieces. Strain broth, chill and skim off fat. Cooking the chicken a day before job.

The next day measure broth and, if necessary, add water to make 7 cups in all. Bring broth to a boil and sprinkle in 1 lb. medium broad noodles. (This is the extra twist, using noodles instead of spaghetti and cooking them in chicken broth.) Cook noodles about 8 minutes or until tender. Don't overcook, as they get more cooking when they are reheated in the oven. Drain noodles, reserving broth. There should be 3 cups broth.

Slice 1 1/2 lbs. mushroom and sauté 5 minutes in 3 or 4 tablespoons butter. Melt 4 tablespoons butter with 1 clove garlic, minced; blend in 7 tablespoons flour and add 3 cups broth in which noodles were cooked and add 1 cup cream. Cook, stirring constantly, until thick and boiling.

In a 4-quart casserole put a layer of noodles, a layer of mushrooms, sprinkle heavily with grated parmesan cheese and cover with some of cream sauce. Continue this routine until the casserole is full, ending with cream sauce and a final topping of the grated cheese. The quantity of parmesan cheese is important, so get the best you can.

Before serving, heat in a hot (450°) oven.

Mary C. Roberts
Mary C. Roberts



Meat and Egg Fricassee

Brown well in frying pan

2 lbs cubed meat with

1 clove chopped garlic

2 tbs olive oil

1 tsp butter

salt and pepper to taste

Beat 4 eggs and 2 tbs.

grated parmesan cheese

In mixing bowl add

pinch of parsley.

Just before serving, heat
in egg and cheese mixture
into browned meat.

Serve immediately.

Lena C. Pastore

"Go often to the house of your
friend, for weeds choke up the
unused path."



HAMBURG DUMPLING STEW

2 LBS TOP ROUND-GROUND
SALT, PEPPER, CELERY SALT
CELERY-FINELY CUT
1 SMALL ONION
 $\frac{1}{2}$ CUP BUTTER
2 CUPS HOT WATER
1 $\frac{1}{2}$ TABLESPOONS CHILI SAUCE
1 CUP TOMATO SOUP
1 TEASPOON FLOUR
DUMPLING MIXTURE



SHAPE HAMBURG STEAK INTO SMALL CAKES, HAVING SEASONED WELL WITH SALT, PEPPER, CELERY SALT, AND CELERY. PLACE THE BUTTER IN DEEP STEW PAN, SLIGHTLY BROWN CUT UP ONION IN FAT, PUT IN CAKES AND BROWN ON BOTH SIDES. LIFT OUT THE CAKES AND ADD 2 CUPS HOT WATER, THE CHILI SAUCE, TOMATO SOUP, SALT TO TASTE. THICKEN SLIGHTLY WITH 1 TEASPOON FLOUR, MIXED SMOOTH WITH COLD WATER. REPLACE CAKES IN SAUCE PAN. DROP DUMPLING MIXTURE ON TOP OF MEAT CAKES, COVER CLOSELY AND COOK 10 TO 15 MINUTES.

MEAT LOAF

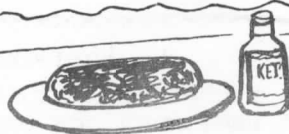
2 LBS TOP ROUND-GROUND
1 LARGE SAUSAGE-GROUND WITH THE MEAT
SALT, PEPPER, FINELY CUT CELERY
 $\frac{1}{2}$ TEASPOON MARJORAM OR POULTRY SEASONING
2 EGGS, WELL BEATEN
1 CUP SOAKED BREAD CRUMBS, SQUEEZED OUT DRY
1 CUP MILK



THOROUGHLY MIX ALL INGREDIENTS, PACK FIRMLY IN BUTTERED LOAF PAN AND COOK ABOUT ONE HOUR IN 350 DEGREE OVEN

My recipe by Sullivan
Knapton
R.I.

Meat Loaf




- 1 lb. hamburger
- 1 medium onion chopped - salt + pepper to taste
- 1 egg
- 12 saltine crackers
- 1 teaspoon mustard
- $\frac{1}{2}$ cup ketchup
- $\frac{1}{2}$ cup hot water
- milk enough to soak crackers.

crumble crackers into bowl.
cover with milk and let soak.
(crackers will be soft and milk will be soaked up.) Mix all other ingredients except ketchup and water. Mix in crackers. Put mixture in baking dish. Pat down evenly. Make mixture of hot water and ketchup and pour over loaf. Bake in covered dish for about 1 hr. in 350° oven.

Mrs. Lina Brown
77 Parkway Drive
Warwick, R.I.

Beef in Herb Wine Sauce

3 or 4 medium onions (diced)	$\frac{1}{4}$ tsp. marjoram	
2 tbsp. bacon drippings	" thyme	
2 lbs. lean beef	" oregano	
(sirloin tip preferably) cut	1 " salt	
in 1/2 inch cubes	$\frac{1}{4}$ " pepper	
$1\frac{1}{2}$ tbsp. flour	$\frac{1}{2}$ lb. fresh mushrooms	
1 cup beef bouillon	sliced and sauteed in	
$1\frac{1}{2}$ cups dry red wine	$\frac{1}{4}$ cup butter	

Saute onions in bacon drippings until yellow; remove from pan, add meat cubes, sprinkle lightly with flour, and brown meat thoroughly. When meat is well browned, add $\frac{3}{4}$ cup beef bouillon, 1 cup red wine, and the herbs and seasonings. Cover tightly and simmer over low heat about 2 hours, gradually adding remaining bouillon and wine. Add onions and mushrooms, and cook 20 to 30 minutes longer, or until meat is tender.

It gives 4 to 6 servings.

Veronica D. Thorpe
Veronica D. Thorpe

Pea & Salmon Casserole

1 can salmon, $\frac{1}{2}$ cup chopped onion, 2 cups cooked tomatoes, 2 cups cooked rice, 2 cups canned peas, 1 tsp. salt, 3 tbsp. butter.

Combine peas with tomatoes, add salmon which has been broken or flaked into small pieces after removing bone and skin, then add onion and salt. Arrange in a layer in bottom of large greased casserole, then add a layer of the cooked rice, alternating thus until casserole is filled. Melt butter (or substitute) and pour over top. Bake in a hot oven for 30 minutes.

Anna L. Rochford
Mrs. Anna L. Rochford



"He who sows courtesy reaps
friendship; he who plants kindness
gathers love."

CHICKEN FRICASSEE

- 4 pound chicken (cut into serving pieces)
- 2 tablespoons butter
- 2 tablespoons olive oil
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- $\frac{1}{4}$ cups sherry wine

Melt butter in large skillet and add olive oil and chicken. Sprinkle chicken with salt and pepper and brown slowly on all sides. When well browned, pour wine over chicken. Cover pan and cook slowly until chicken is tender.



STUFFED MUSHROOMS

- $1\frac{1}{2}$ lbs large mushrooms
- $\frac{3}{4}$ cup dry bread crumbs
- $\frac{1}{2}$ cup chopped mushroom stems
- 3 sprigs parsley
- 1 small garlic (chopped fine)
- $\frac{1}{4}$ teaspoon salt
- 3 tablespoons olive oil

Moisten crumbs and rest of ingredients with olive oil. Stuff mushroom caps with this bread dressing. Arrange in **pyrex dish**. Bake in moderate oven until tender.

Eleanor Carlson

Jelly Sauce for Meat: 1 cup of jelly, $\frac{1}{4}$ cup lemon juice, $\frac{1}{4}$ teaspoon each: cloves, cinnamon, nutmeg, curry. Melt jelly over hot water. add other ingredients. Simmer 5 minutes - Serve.

Dorothy Hade West

{ Pork Chops with Browned Rice }

4 pork chops ½ cup green pepper
 2 tablespoons fat 1 finely chopped
 1 cup uncooked rice ½ cup onion
 2 cups canned tomatoes 1 finely chopped
 1½ cups water 3 teaspoons salt
 ¼ teaspoon pepper

Brown the pork chops in fat, remove from pan and season with 1 teaspoon salt. Wash rice, and brown in fat, stirring constantly. Add tomatoes, water, green pepper, onion and seasonings. Lay chops over the top. Cover and cook on low heat 20 minutes. Turn current off and cook 20 minutes longer.



..... Mary E. Clingham

HOT CHICKEN LOAF

- 1 stewing chicken cut up
- 3 cups chicken stock
- 1 cup cooked rice
- 2 cups soft bread crumbs
- 1 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 Tablespoon grated onion
- 2 tablespoons minced pimientos
- 4 eggs beaten
- 2 cups mushroom sauce

Stew chicken, until it falls apart; remove from bones and chop meat, skim fat from stock which should make 3 cups.

Combine all ingredients except sauce.

Turn mixture into shallow pan. Bake 1 hr. in moderate oven.

Cut in squares and serve with mushroom sauce.

Mrs. George H. Grady



CREOLE LAMB SHOULDER CHOPS

- 2 1/2 lb. lamb shoulder arm chops
- 1 1/2 tablespoons fat
- 2 teaspoons salt
- 1/3 cup sliced onion
- 1 1/2 cups tomato juice
- 2 medium carrots sliced
- 1 teaspoon chopped parsley

Wipe chops clean with a damp cloth and brown slowly on both sides in fat. Add remaining ingredients; cover closely and simmer until tender (about 1 1/2 hours). 5 or 6 Servings.



Florence Morrissey
Florence Morrissey

Curried
(chicken - lamb - pork)

Melt 3 tbl. butter in pan, add 2 med. onion (chopped), add $\frac{1}{2}$ apple (chopped), add 1 tbl. cocoanut, and cook slowly for a few minutes.

Combine $\frac{1}{2}$ tsp. dry mustard, 2 tsp. flour, 1 tbl. curry powder, 1 cup chicken broth, add to above and stir constantly for a very few minutes. Thin with milk, add meat and 1 cup cooked rice. "Salt."

Keep hot in double boiler, and serve hot.

Meat Loaf - Mushroom

- 1 $\frac{1}{2}$ lbs. ground round or chuck
- 1 can mushroom soup
- 1 cup corn flakes
- 1 onion ground
- 1 egg
- Salt and pepper
- 3 slices salt pork

Jane Shannon (Brien)

Mix all together, and bake 40 minutes at 350°. Lay salt pork on top for flavor.

This makes a very moist loaf and is good hot or cold.

Deviled Oysters

- 2 tablespoons butter
- 1 tablespoon chopped onion
- 4 tablespoons flour
- $\frac{1}{2}$ teaspoon salt
- Few grains pepper
- $\frac{3}{4}$ cup milk
- 1 teaspoon Worcestershire sauce

- $\frac{1}{4}$ cup cream
- 1 cup chopped celery
- 1 dozen large oysters
- Buttered crumbs
- $\frac{1}{4}$ cup horseradish
- $\frac{1}{2}$ cup whipping cream

Rose E. Shea

Melt the butter in a saucepan, add the onion, cover and cook about 10 minutes. Add flour, salt and pepper, and mix well. Add milk, Worcestershire sauce and cream and cook, stirring constantly until thickened. Add the finely chopped celery and chopped oysters. Mix well and fill large oyster shells with the mixture. Cover with buttered crumbs and bake in a moderate oven (350 F) about 15 minutes. Add horseradish to whipped cream and serve with the oysters. It serves six.

Chili Con Carne

- 2 cloves garlic (crushed)
- 1 can kidney beans
- 1 can shell beans
- 1 " tomatoes (large)
- 1 lb round steak (ground)
- $\frac{1}{8}$ " fat salt pork
- 3 medium size onions (cut fine)
- 2 peppers
- 2 tsp salt (or salt to taste)
- $\frac{1}{4}$ tsp cayenne pepper
- 2 tbl chili powder
- 2 xbl flour, 1 teaspoon dry mustard

Combine all dry ingred, & add to solids, bake slowly three hours. If too solid, add a very little water, as in baked beans

" Good." Jane Shannon (Sister)

Be careful, girls, it's old but true
It's not the way you look,
A boy may hire his inner man,
And judge by how you cook.

Spaghetti and Meat Balls



1½ lbs. beef (or 1 lb beef and ½ lb pork) ground
1/4 cup Parmesan cheese
2 slices bread - Milk (or water)
Salt, pepper and garlic salt to taste

Pour enough warm milk (or water) over slices of bread to soften well; add rest of ingredients. Mix thoroughly. Shape into balls.

Large can (No. 2½) tomatoes
2 6-ounce cans tomato paste
1/4 cup onion 1/3 teaspoon sugar
3 tablespoons (more or less) olive oil
Salt, pepper and garlic salt to taste
Parmesan cheese



Simmer tomatoes (which may be passed through sieve if desired to remove seeds) in deep saucepan for about ten minutes, then add tomato paste and about 1½ cups water, sugar, salt, pepper and garlic salt; continue to simmer. Meanwhile, in a skillet or frying pan, brown meat balls in olive oil, add onion and sauté onion until soft, then put contents of skillet into tomato sauce. Let sauce come to full boil, then reduce heat and simmer very slowly for about 1½ to 2½ hours, stirring occasionally until sauce is the consistency desired.

Drop 1½ lbs. spaghetti into rapidly boiling salted water; cook for about 20 minutes, stirring occasionally to avoid sticking. Drain and place on large platter. Pour sauce over spaghetti. Top with Parmesan cheese. Serve at once with additional sauce and cheese if desired.

Note: If spicy flavor is desired, add 1 bay leaf, about 3/4 teaspoon oregano and 1/8 teaspoon sweet basil - or any one of them.

"Great things often
result from little
words of encouragement."

Irma L. DeCotis

Irma L. DeCotis



HAM AND POTATO CASSEROLE



1 lb. ham, sliced 1/2 inch thick
1 tablespoon bacon or ham drippings
2 tablespoons butter
2 tablespoons flour

1 1/2 cups milk
Salt if required
Dash black pepper, if desired
6 to 8 medium potatoes, sliced thin

Fry ham in drippings until browned on both sides. Place in bottom of well-greased casserole. Melt butter in same skillet used to fry ham and blend in flour. Add milk gradually, and stir over direct heat until sauce boils and thickens. Add salt, if tenderized ham is used, and pepper. Add sliced potatoes, reheat to boiling and pour over ham. Bake uncovered in a moderately slow oven (325° F.) about 1 hour. Either raw or cooked ham may be used for this dish. 5 Servings.

Catherine Mc Clanaghan

BEEF AND CORN CASSEROLE

Cook in 1 tbsp fat until tender:

1/4 cup chopped onion 1/4 cup chopped g. pepper

Add and cook until beef frizzles at edges:

2 cups Med. White Sauce 1 tsp. prepared mustard

2 egg yolks, beaten salt and pepper to taste

Combine with dried beef mixture. Add:

2 cups kernel corn (#2 can) drained

Pour into greased 1 1/2 qt casseroled (7 1/2 qt)

Sprinkle with: 1/2 cup grated sharp cheese (1/8 lb.)

1/4 tsp. paprika. Bake. Serve hot

Time - Bake 30 min. Temp 350 oven. Makes 6 - 8 servings

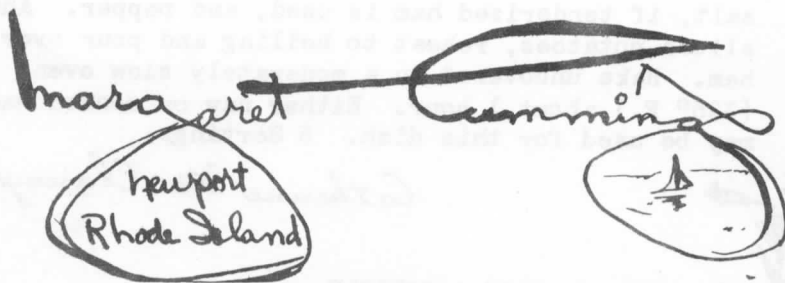


Mary Farrelly

BAKED EGGS WITH PIMIENTO POTATOES

2 cupfuls riced potatoes	2 tablespoonfuls of
1/3 cupful milk	chopped pimiento
2 tablespoonfuls butter	1/4 cupful dry bread
Salt	crumbs
Pepper	4 eggs

Mix potatoes, butter, milk, one teaspoonful of salt and pimiento together well. Arrange in baking dish. Make four indentations; into each break an egg. Dust with salt and pepper, sprinkle with crumbs, and bake at 400° F. until eggs are done. This recipe serves four.



FRIED CHICKEN

Newport, R. I.

Wipe two tender young chickens, each weighing 2 lbs, cut them into quarters, and reserve the backbones and necks for other use. Season with salt and pepper: Dip the chicken into milk, roll in seasoned flour, and fry in 1 inch of melted lard. Transfer to a covered baking dish and finish cooking in a moderate oven. Pour off all but 2 tablespoons fat from the skillet and add 1 cup scalded light cream, stirring and scraping in all the brown bits. Remove the skillet from the heat and beat in 2 well-beaten egg yolks. Pour the sauce onto a heated platter and arrange the chicken over it. Serve with corn fritters and strips of bacon.



*Mr Daniel A Sullivan
Newport, R. I.*

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BEEFSTEAK, TOMATO AND CARROT CASSEROLE

Place one lb. chopped beefsteak in bottom of a two qt. casserole dish.

Sprinkle with one tablespoonful of chopped onions.

One layer of mashed or diced carrots.

Pour one can of Campbell's tomato soup over carrots.

Top with about three cups of mashed potatoes.

Season all layers as you go along.

Bake in 350° oven about one hour.

Same recipe can be used for creamed corn casserole.

Omit carrots and tomato soup.

Mrs Henry G. Allaire

EGG TIMBALES

6 whole eggs (beaten)

1/2 teaspoon salt

1/4 teaspoon onion juice

1 1/2 cup milk

2 tablespoons chopped parsley

1/4 teaspoon pepper

Mix in order given.

Bake in Timbale molds placed in a pan of hot water for 15 to 20 minutes.

Serve with thin white sauce to which 2 teaspoons of minced green peppers and pimentoes have been added.

Mrs. George H. Grady 69

Mrs. George H. Grady



HAWAIIAN BAKED PORK



- 2 cups crushed pineapple
- 3 medium sweet potatoes
- 2 tablespoons brown sugar
- 4 shoulder pork steaks, cut into individual servings
- Salt and pepper
- 4 strips bacon

Place pineapple in 1 large baking dish or 4 individual ones. Pare and slice sweet potatoes, place over pineapple and sprinkle with brown sugar. Season pork steaks with salt and pepper and place on top of sweet potatoes. On top arrange bacon strips. Cover and bake in moderate oven (350° F.) until sweet potatoes and chops are tender, about 1 hour. Remove cover and increase the temperature to very hot (450° F) for the last 10 minutes of cooking to brown the steaks and bacon. Serves 4.

- Kathleen Judge -

HOMEMADE BEEF LOAF

1 cup bread crumbs) mix Add:
1/2 cup milk)

- 2 t. salt
- 1/4 t. pepper
- 1/4 t. Bell's seasoning
- 1 t. celery seed
- 1 t. dry mustard
- 1 t. Worcestershire sauce
- 1/4 cup of ketchup
- 1 finely chopped onion
- 2 eggs

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Mix well. Add 2 1/2 lbs. ground beef and mix all ingredients.

Pack into loaf pan and bake 1 1/2 hours in 350° oven.

Mrs. Francis L. Cummings

TUNA FISH CAKES

- 4 cups mashed potatoes, newly cooked
- 1 tbsp. butter
- 1 well beaten egg
- 1 can tuna fish
- 6 soda crackers rolled fine
- Pepper and salt to taste
- Curry powder if desired (good with curry)



Make into flat cakes, dip in flour and fry. Or dip cakes into beaten egg and bread crumbs and fry. Serve with creamed peas. This recipe makes enough for six people. Salmon may be used instead of tuna fish.

Mrs. Cornelius O'Shea

SALMON LOAF

- 1 cup salmon (flaked)
- 1 tab. butter
- 1 cup bread crumbs
- 1 tab. chopped onion
- 1 cup hot milk
- 2 eggs(well) beaten
- pinch of salt

Combine ingredients in order given, press into a buttered bread pan and bake 30 minutes at 350°.



*Mrs. Albert Smith
Newport, R.I.*

BAKED MACKEREL WITH SAUCE

2 mackerel, about 2 lb. size
1 large onion
1 large carrot
1/2 green pepper
3/4 cup wine
1/2 tsp. salt
1 tb. chopped parsley
1/4 tsp. minced thyme
1 bay leaf



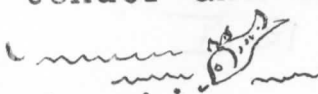
Make a sauce by chopping the vegetables until quite fine and adding the wine. Add salt, parsley, thyme and bay leaf; simmer in covered pan 20 minutes. Remove bay leaf. Place mackerel, washed and split, in baking dish, cover with sauce; bake 30 minutes at 400°. Serves 4.



BAKED FILLET OF SOLE AU GRATIN



Chop fine 1 medium sized onion, a little parsley and mix with 1/4 lb. mushrooms that have been coarsely chopped. Place half this mixture in the bottom of a buttered baking dish, lightly sprinkled with flour and cover it thinly with bread crumbs. On this bed place 6 small fillets of sole, sprinkle with salt and pepper and cover with the rest of the chopped mixture. Pour over all 1/2 cup white wine and 1/2 cup bouillon. Dust again lightly with bread crumbs and sprinkle grated Parmesan Cheese and dot with butter. Bake in a 350° oven for about 25 minutes or until fish is tender and top is delicately browned.



72 Frances Cato



SALMON CREAMS

- 1 large can red salmon, flaked and mashed
- 3 eggs whites (unbeaten)
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon cayenne pepper
- 2 tablespoon grated onion juice

Mix all together. Fold in 1/2 pint of

whipped cream. Bake in greased custard cup

in a pan of hot water, 15 to 20 minutes in

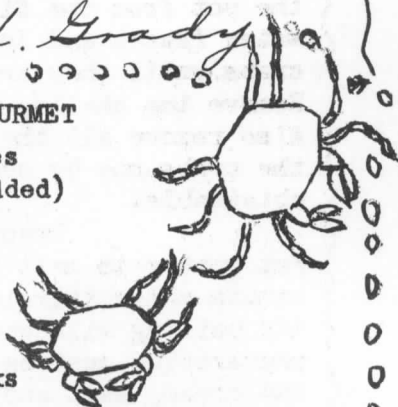
moderate oven.

Serve with Hollendaise Sauce.

Mrs. George H. Grady

CRAEMEAT A LA GOURMET

- 1 lb. fresh crab flakes
- 2 green peppers (shredded)
- 1 cup fresh mushrooms
- 1 cup cream
- 1 teaspoon salt
- 1 teaspoon paprika
- 1/8 teaspoon nutmeg
- 3 well beaten egg yolks
- 1/4 cup sherry



Use double boiler. Combine crab, peppers, mushrooms, cream and seasoning and let simmer ten minutes. Add sherry to eggs and mix with above. Continue cooking on low fire until thickened. Pour into Gourmet Cups and garnish as desired.

Parboiled or canned shrimp or lobster may be substituted for the crabmeat.

Mrs. Edgar R. Consair



Crabs A la Diable Deviled Hard Shell Crabs

Ingredients

- 1 dozen live hard crabs
(the crab meat)
- Salt, pepper, English mustard
- 1 tablespoon butter
- $\frac{1}{2}$ tablespoon flour
- 1 pint boiling milk
- 1 onion chopped fine
- $\frac{1}{2}$ cup fresh bread crumbs
- 2 tablespoons cream
- 1 teaspoon chopped parsley

Cooking of Crabs

Soak crabs for five minutes in cold water containing a handful of salt. Then put the live crabs into a pot sufficiently large to hold two gallons of boiling water to which has been added a handful of salt. Boil for 10 to 15 minutes, according to the size of the crabs; then remove the pot from the fire, place it under the cold water faucet and let the cold water run over the crabs until they are really cold.

Remove the shells, wash and dry them thoroughly. Also remove all the small legs and the lungs. Wash the crabs one by one and pick out all the meat obtainable.

Preparation

Put butter to melt in sauce pan, add flour, cook one minute while stirring with wooden spoon continuously. Add boiling milk and onion and cook ten minutes. This preparation must be quite liquid. Add cream, salt and pepper to taste, then bread crumbs, parsley and crab meat. Be sure the mixture is not too soft. Fill the shells with it - in dome shape. Cover the top of each filled crab shell with English mustard diluted in a little water, add a sprinkling of bread crumbs and some melted butter. Lay each prepared crab on a muffin ring to avoid having them touch the bottom of the pan and to preserve an even level. Brown in a hot oven. Note: A ring of duchesse potatoes could be set around the crab meat. It would protect the shells against the fire and give the crabs a neat appearance.

Mrs. Anna Kirwin - Newport, R. I.

