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Around The World Foods



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Around the World Foods

If we can't travel extensively, we can visit many lands via their typical foods, decorations, and methods of serving. In how many languages can you cook?

Each country is known by its language, its dress, its customs, and its typical foods, but in America we have adopted and adapted the food customs of the many lands from which our ancestors came.

We cannot speak all languages, nor can we appreciate the delicacies of every country in their native forms. But to be truly international-minded we must be willing to try their foods, as well as to understand the best in people and customs of other countries. As the Song of Peace says, "But other lands have sunlight, too, and clover, and skies are everywhere as blue as mine."

FIRST COURSE FOODS

Antipasto

This is the Italian word for hors d'oeuvre or appetizer. Literally, it means "before the pasta" (dinner), and is served as the first course of an elaborate meal. The antipasto may be simple or a meal in itself, sometimes being served as the main course. It could consist of fresh figs and prosciutto (Italian ham), or it could include 8 or 10 different foods, such as sliced meats, fish, eggs, cheese, or vegetables. It may be served on individual plates, or arranged on large platters, accompanied by hard-crust Italian bread and butter.

Foods which might be served as the antipasto are:

Meats—salami, prosciutto, boiled ham (all very thinly sliced).

Fish—tuna, marinated herring, sardines, anchovies, shrimp.

Eggs—deviled, hard-cooked, either sliced or quartered.

Cheese—varies according to the kinds available. Provolone and Gruyere are popular.

Vegetables—fresh tomatoes, pickled or raw peppers, radishes, pimienta, pickled vegetables (carrots, cauliflower, beets, artichokes, zucchini), green and black olives.

Fruit—fresh figs, melons of all kinds (except watermelon).

SOUPS

Most European countries eat much more soup than we do, serving it as the first course for most noon and night meals, in summer as well as winter. No flavor of meat or vegetable is wasted if it can be used for soup. Herbs, often preserved in salt, are extensively used.

French Onion Soup — France

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| 4 medium onions | ½ tsp. Worcestershire sauce |
| 1 tbsp. butter | Salt and pepper |
| 1 qt. brown stock (concentrated,
or four boullion cubes) | Rounds of toast |
| | Grated Parmesan cheese |

Slice onions thin and brown in butter. Add broth, sauce, salt, and pepper; simmer until onions are tender. Pour soup into a casserole. Arrange toast on top, sprinkle with grated cheese, and place under broiler until cheese melts and browns. Rub casserole or toast with cut clove of garlic. Serves 4.

Kartoffelsuppe (Potato Soup) — Switzerland

- 1 lb. potatoes
- 2 tbsp. butter
- 1 medium onion
- 1 tbsp. marjoram
- 1 cup milk
- 6 cups water

Wash and peel potatoes, and cut into cubes. Fry in hot fat until light brown. Add onion and brown together. Add hot water and salt. Cook 45 minutes. Add herbs and milk 10 minutes before serving. Serves 8.



MAIN DISHES

In a Japanese tea house, you would remove your shoes at the door and replace them with soft sandals. At home, you might sit on the floor on cushions and eat from coffee tables, or try your skill at chopsticks.

Japanese people cook suki-yaki at the table. If you have an electric skillet, you can do this too. Set control at 325°F. Arrange the vegetables and meat attractively on a large chop plate or platter ready for the table cooking ceremony.

Suki-Yaki — Japan

- 1 lb. tender chuck, round, or sirloin
- 1 or 2 onions, sliced thin
- 2 to 4 stalks celery, sliced into 1-inch pieces
- 1 cup thinly sliced carrots, green beans, or mushrooms
- 2 cups chopped spinach, chard, or romaine (or 1 pkg. frozen)
- 4 to 6 green onions
- 2 or 3 tbsp. salad oil
- 2 tbsp. sugar
- 1 cup water
- ¼ to ½ cup soy sauce



When you get the beef, freeze it slightly so that it is firm enough to slice into thin pieces. Then, cut beef into long strips that are about 1 to 1½ inches wide; trim off gristle. Cut strips across the grain into ¼-inch pieces. Stack pieces on a tray; put in refrigerator until you are ready to cook. Trim and slice the onions, celery, and other vegetables and put them in separate piles on trays. It is best to slice these just before cooking. However, it takes some time to do the cutting, so allow yourself time to get food items ready.

Actual cooking takes only about 10 minutes. Have the cup of water, the soy sauce, trays of vegetables, and meat nearby so that you can add the items in the right order. In a heavy skillet with a lid, cook the sliced onions and celery in the oil for 3 minutes. Cover the skillet so that ingredients will steam. Do not brown the vegetables. Add the carrots (beans, or mushrooms), sugar and water and cook, covered, about 3 minutes so that they will be crisp and bright colored. Push vegetables to the sides of the skillet and put in the beef. Cook it about 3 minutes, then pour soy sauce over it. Add green onions and greens last, and cook just long enough to wilt. The secret of the crispness and flavor of this dish is to avoid overcooking.

Japanese cooks would add some bamboo shoots. These are expensive, but specialty food shops sometimes stock Oriental food products. If you use them, add just before wilting the greens. Serve in bowls with fluffy rice, a green salad, tea, fruit, and almond cookies. Good suki-yaki contains crisp vegetables, just barely cooked, and is an economical dish (if inexpensive vegetables are chosen) since only a small amount of meat is used.

Quiche Lorraine—(France)



- 1 pint light cream or whole milk
- few thin slices Swiss cheese
(about 1 cupful grated)
- ½ onion, minced and cooked in butter
- 4 eggs
- Chives and parsley chopped fine
- Salt, pepper, nutmeg to taste
- Cooked, but not browned, pastry shell

Heat the cream to boiling and stir, trying to avoid making bubbles. Pour into the slightly beaten eggs. Add cooked onion, parsley, chives, and cheese. Pour mixture into pastry shell and bake in a 325° oven until set, about 30 to 40 minutes. The pastry shell should be pre-cooked only until it is barely colored; it will finish browning as the quiche cooks.

This hot savory pie goes well with salad and a fruit dessert. Bits of lightly fried ham or diced bacon may be used with the cheese or as a substitute for it, when it is not a Lenten dish. French cooks often make quiche a day or a morning in advance, and then re-heat it for 10 minutes in a 400° oven.

Chinese Pork Sub Gum

- 1 lb. lean pork, cubed
- $\frac{1}{4}$ cup butter
- $\frac{1}{2}$ cup chopped green onion
- 1 green pepper, cut in thin strips, matchstick size
- $\frac{1}{2}$ lb. sliced mushrooms, or 2 cups chopped celery
- 2 cups chop suey vegetables, or chopped carrots, or sliced string beans, matchstick size
- $\frac{1}{2}$ cup sliced almonds or water chestnuts
- $1\frac{1}{2}$ cup chicken stock (or 2 boullion cubes)
- 2 tbsp. cornstarch
- 1 tbsp. soy sauce
- Salt and pepper
- Chow mein noodles, or rice



In a large skillet brown pork in butter, cover, and cook 15 minutes. Remove pork from skillet. Put onion, green pepper and mushrooms in skillet; cook until tender, about 3 minutes. Add vegetables, nuts, chicken stock, and pork. Combine cornstarch and soy sauce; stir until smooth. Add meat. Season to taste. Bring to broil; reduce heat and simmer 10 to 15 minutes, stirring occasionally. Serve over chow mein noodles or hot rice.

Kott Bollar Meat Balls — Sweden



- 1 egg, beaten
- $\frac{3}{4}$ cup milk
- $\frac{1}{2}$ cup bread crumbs
- $\frac{1}{4}$ cup butter
- 2 tbsp. finely chopped onion
- 1 lb. beef, ground 3 times
- $\frac{1}{4}$ lb. pork, ground 3 times
- 1 tsp. salt
- $\frac{1}{8}$ tsp. pepper
- $\frac{1}{4}$ tsp. nutmeg

Mix the beaten egg, milk, and bread crumbs. Brown onions in butter. Add meat, salt, pepper, nutmeg, and browned onions to the egg mixture. Mix thoroughly. Shape into small balls from 1 to 1½ inches in diameter. Fry until just brown. Cover with 1 cup boiling water and simmer for 20 minutes. Swedish cooks sometimes roll the meat balls in fine crumbs before browning, then cover the pan, without adding water, and cook in a 350° oven for 30 minutes.

Beef Enchiladas — (en-chee-lah-dahs) Mexico

Meat Filling:

- 1 lb. ground beef
- 1 clove garlic, finely chopped
(or ¼ tsp. garlic salt)
- 2 tsp. salt
- 1 tbsp. vinegar
- 1 tbsp. water
- 1 tbsp. chili powder
- 1 can (1 lb.) kidney beans, undrained



On low heat, saute meat with garlic, salt, vinegar, and chili powder until brown. Then stir in kidney beans. Set aside.

Tomato Sauce:

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| 3 tbsp. salad oil | 1 tsp. vinegar |
| 1 clove garlic, (or ½ tsp. garlic salt) | 1 beef boullion cube |
| ¼ cup chopped onion | 1 cup boiling water |
| 2 tbsp. flour | 2 tbsp. finely chopped green chiles or peppers |
| 2 cans (10½ oz.) tomato puree or 2 cups tomato sauce or catsup | Dash ground cumin (if available) |
| | ½ tsp. salt |
| | Dash pepper |

In hot oil, saute garlic and onion until golden-brown. Remove from heat. Stir in flour until smooth, stir in tomato puree, vinegar, and boullion cube dissolved in boiling water. Bring mixture to a boil, stirring, over medium heat. Add green chiles, cumin, salt, and pepper. Simmer, uncovered and stirring occasionally, about 5 minutes. Set aside.

Note: Meat filling and tomato sauce may be made ahead of time and refrigerated or frozen. Reheat slightly when ready to use.

To Assemble Enchiladas:

- 10 tortillas, canned, frozen, or homemade (recipe below)
- 1 cup grated sharp cheese (Cheddar) or 1 cup cubed "Monterey Jack" cheese.

Preheat oven to 350°F. Place about ⅓ cup filling in center of each tortilla; roll up; arrange seam side down, in a baking dish. Pour tomato sauce over all, sprinkle with cheese, and bake 25 minutes. Makes 10 enchiladas or 5 servings.

Tortillas—(tor-tee-yahs)—Very thin corn pancakes

1½ cups corn meal*

1½ cups flour

¾ tsp. salt

3 tbsp. shortening

¾ cup warm water

In a large bowl, combine corn meal, flour, and salt. With pastry blender or 2 knives, cut in shortening until well blended. Add warm water, using more than ¾ cup if necessary, stirring until mixture is completely moistened. Form into a ball. On floured surface, knead or work dough with hands until it is no longer sticky (about 5 minutes). Divide into 2 equal balls. Let rest 20 minutes at room temperature. Then, on floured surface, roll out each ball into 18-inch circles. Cut 5 tortillas from each circle (use rim of 5¾ inch bowl as guide). On heated, ungreased griddle, bake tortillas 1 minute; turn and bake 1 minute longer. Makes 10. *Authentic tortillas are made with *masa*, not available here. Our adaptation uses regular corn meal.

Curry—India

3 cups cooked, cubed lamb or chicken

1 cup buttermilk or yogurt

1 clove garlic, minced (or garlic salt)

½ to 1 tbsp. curry powder

1 tsp. ground almonds

2 onions chopped

¼ cup salad oil

1½ tsp. salt

½ tsp. powdered ginger

2 whole cloves



Put cubed meat in a large bowl. Mix half the minced garlic with the buttermilk or yogurt. Pour over the meat and let stand 2 hours. Mix the curry powder and almonds with the chopped onions. Cook for 5 minutes in the oil in a heavy skillet. Stir while cooking. Add the rest of the garlic, the ginger, cloves, salt, meat, and buttermilk to the cooked onions. Simmer slowly for 30 minutes. Serve with steamed rice. Makes 8 servings.

Often in India, small bowls of fresh grated coconut, raisins, chutney, and ground or whole nuts are passed as accompaniment for the curry. These are called "boys". You may serve a 2 to 6 "boy" curry, depending upon how many accompaniments are served.

Ceylon Onion Sambol (Salad)

1 large onion peeled

1 medium cucumber

1 medium green pepper, seeds removed

Juice of ½ lemon

½ tsp. salt

½ tsp. ground black pepper

3 hard-cooked eggs, peeled

Slice thin the onion, cucumber, and green pepper. Combine in bowl. Add lemon juice, salt, and black pepper. Mix lightly. Cut eggs in half. Arrange on onion and cucumber mixture. Chill. Serve as an accompaniment to curry and rice.

VEGETABLES

Rice Kunda (serves 12)—India

$\frac{1}{2}$ cup oil or butter	$5\frac{1}{2}$ cups water
10 whole peppercorns	$1\frac{1}{2}$ tsp. oil
6 cloves	1 onion
3 small sticks cinnamon	$\frac{1}{2}$ cup almonds
3 cups rice	

Heat oil in a heavy pan. Add peppercorns, cloves, cinnamon, and rice. Cook until rice is brown. Add water and salt and cook under 5 lbs. pressure about 10 minutes, or cook covered 25 minutes. Cook onion and almonds in $\frac{1}{4}$ cup fat until lightly browned. Add to rice and serve. (This recipe and the one which follows were contributed by Kunda Sirur, an Indian Home Economics student at V.P.I.)

Green Beans Kunda (serves 12)—India

$\frac{1}{3}$ cup oil	3 pkgs. frozen french green beans
1 tsp. cumin	

Heat oil, add cumin and beans. Cover and steam without adding water about 5 minutes, or until tender.

Umintas (Baked Corn)—Bolivia

5 ears fresh corn or 2 cups corn kernels
2 eggs
1 tbsp. fat
$\frac{1}{8}$ tsp. chili powder
$\frac{1}{8}$ tsp. anise seed (optional)
1 tsp. flour
$\frac{1}{4}$ lb. Swiss or goat's milk cheese sliced thin (other cheese can be substituted)



Scrape kernels from uncooked corn, or use canned. Beat eggs and combine with corn. Heat fat, add chili powder, anise seed, and flour, and cook for 1 minute. Combine with corn and egg mixture. Pour half of mixture into well oiled 1-qt. casserole. Add cheese. Cover with remaining corn mixture. Bake in moderate oven (350°F) for 1 hour. Yield: 4 servings.

Renate's Cabbage—Germany

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| ¼ cup fat | 1 apple, chopped |
| 1 medium onion, chopped | ½ cup water |
| 1 tsp. sugar | 2 tbsp. vinegar |
| 1 qt. chopped cabbage | |

Brown onion with sugar in fat. Add cabbage and apple. Brown slightly. Add water, cover, and let steam. When done, remove cover, add vinegar, and serve. (Renate Wittmann was a German Home Economics student at V.P.I.)

Mousaka (Eggplant Casserole)—Bulgaria

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| 1 large eggplant | ¼ tsp. pepper |
| 1 small onion chopped | ½ cup flour to dip eggplant |
| 2 tbsp. fat | 3 to 4 medium size fresh tomatoes |
| 1 lb. ground lamb, veal, or mixed meat | ½ pint yogurt or buttermilk |
| 2 tsp. salt | 4 egg yolks |
| 1 tsp. paprika | ½ cup sifted flour |

Peel and slice eggplant in ¼-inch slices; salt on both sides and let stand 1 hour. Meanwhile, chop onion and saute in 2 tbsp. fat. Add meat, salt, paprika, and pepper; brown slightly. Pour off any excess fat into another frypan. Dip eggplant slices in flour and brown on both sides in hot fat drained from meat, adding more if necessary. In a 3 quart casserole, arrange alternate layers of meat mixture and browned eggplant, and top with tomato slices. Bake for 1 hour in oven preheated to 350° F. Stir yogurt and egg yolks into ½ cup flour and mix well. Pour over top of casserole and bake about 15 minutes longer until browned on top. Serve with a tossed green salad or tart cole slaw, bread, beverage, and dessert for a complete meal. Yield: 8 to 10 servings.

Polynesian Mingle—Hawaii

- 1½ cups quick-cooking rice or (¾ cup plain rice)
- 1½ cups diagonally sliced celery
- ¼ cup minced onion
- 2 10-oz. pkgs. frozen peas
- 4 chicken boullion cubes
- 1 tbsp. soy sauce
- 1 tsp. sugar
- 1 tsp. salt
- 2 cups water



Preheat oven to 375°; combine rice, celery, onion and peas in a 2 qt. casserole. Add next 4 ingredients to water in pan; bring to a boil, pour over casserole mixture, and stir well. Cover and bake for 30 minutes. Remove cover, stir again, and bake uncovered for 15 minutes more. Yield: 8 servings.

Stuffed Vegetables—Russia



- 4 tomatoes
- 4 green peppers
- 4 large cabbage leaves
- 1 egg
- 2 cups ground cooked ham
- $\frac{1}{4}$ cup finely chopped onion
- $\frac{1}{2}$ clove finely chopped garlic
- $\frac{1}{4}$ cup chopped pimiento
- $\frac{1}{4}$ tsp. salt, few grains pepper
- 1 tbsp. melted butter
- $1\frac{1}{2}$ cups rice

Remove centers from tomatoes; remove tops and seeds from peppers; dip cabbage leaves in boiling water to soften. Beat eggs slightly and mix well with remaining ingredients in order listed. Stuff tomatoes and green peppers with this mixture. Put a small spoonful of stuffing in center of each leaf of cabbage, roll and tie or fasten with small skewers. Place stuffed tomatoes, peppers and cabbage rolls alternately in kettle or casserole with tomato sauce. Cover and simmer about 30 minutes. Yield: 4 servings.

Tomato Sauce

- $\frac{1}{4}$ cup salad oil
- $\frac{1}{2}$ tsp. black pepper
- $\frac{1}{4}$ cup chopped onion
- 3 tbsp. tomato paste
- 1 tbsp. sugar
- $\frac{1}{2}$ cup warm water
- 2 cups tomatoes
- 1 bay leaf
- 1 tsp. salt



Put salad oil in saucepan, add pepper and heat 2 minutes. Add onion and simmer until tender. Mix tomato paste with water; add to oil and pepper in three installments, allowing mixture to boil up after each addition. Add tomatoes, bay leaf, and salt; cook slowly for about 45 minutes or until thick. Add sugar and cook about 15 minutes longer, stirring occasionally to prevent scorching. Serve with stuffed vegetables or spaghetti. Yield: 4 servings.

Broccoli Parmesan—Italy

Broccoli Parmesan brings a delightful touch of Italy right to your table. Cook a package of frozen broccoli spears as directed. Meanwhile, combine 2 tbsp. of shredded Parmesan cheese with 2 tbsp. of melted butter. Just before serving, pour the sauce over the tender green broccoli buds, and top them with another generous sprinkling of Parmesan cheese. Yield: 3 to 4 servings.

Mexican Style Corn

Mexican style corn takes on fresh new glamour in this savory dish. Dice and fry 2 strips of bacon until crisp. In the drippings, cook a tablespoon of grated onion and 2 tablespoons of chopped green pepper until soft. Then add 2 tbsp. chopped pimiento, the bacon, and 2 cups of canned whole kernel corn, drained. Cook slowly until corn is heated through. Yield: 4 servings.

BREADS

Europeans eat far more bread and a greater variety than we do. Most of the bakery products are cooked at home or in small, neighborhood bake shops, rather than in large commercial bakeries. To us, pastry is usually a crust in which we put pie filling, but to the European, pastry means a wide variety of sweets, each country having its own specialties.

In France, each day officially begins with a plump brioche and cafe au lait. This bread was first made in Brie, a section of France famous for its cheese, and originally Brie cheese was used in the dough, to enhance the flavor.

These very light and rich yeast rolls take many forms. They may be rounds, or more elaborate crescent-shapes or twists. These little brioches have a knob on top which gives them a pear or animal shape. Some say this traditional knob, which lends enchantment to these rich French rolls, resembles a top hat. Frenchman describe the knob as a beret atop a popover.

Little Brioches (France)

- 2 pkgs yeast, compressed or dry
- $\frac{1}{4}$ cup water (lukewarm for compressed yeast, warm for dry)
- $\frac{3}{4}$ cup butter or margarine
- $\frac{1}{2}$ cup sugar
- 2 tsp. salt
- 4 eggs
- $6\frac{1}{2}$ cups sifted enriched flour (approximate)
- 1 egg beaten
- 1 tbsp. water



Soften yeast in water. Scald milk, stir in butter or margarine, sugar, and salt. Cool to lukewarm, add 2 cups flour and beat well. Add softened yeast and beat well. Cover and let rise in warm place until bubbly (about 1 hour). Stir down. Add eggs and beat well. Add enough more flour to make a soft dough. Turn out on lightly floured board or pastry cloth and knead until smooth and satiny. Place in

greased bowl. Cover and let rise in warm place until doubled, about 1½ hours. When light punch down. Let rest 10 minutes.

Divide dough into 24 pieces. From each cut a small piece. Form large pieces of dough into balls and place in well-greased 3-inch muffin cups. Form small pieces into balls. Make indentation in center of each large ball by pressing with thumb. Press small balls into indentation. Let rise until doubled, about 40 minutes. Combine egg and water. Brush rolls generously with egg mixture. Bake in moderate oven (375°F) about 15 minutes. Makes about 2 dozen rolls.

NOTE: To freeze little brioches, prepare and bake, cool to room temperature, wrap in aluminum foil, seal, and freeze. When ready to serve, reheat in sealed wrappings 20 to 25 minutes in 300°F. oven.

Danish Pastry

¼ cup sugar	1 egg, beaten
4 tbsp. butter	1 tsp. vanilla
1 tsp. salt	¼ tsp. mace
1 cup scalded milk	3½ cups flour
1 cake of compressed yeast dissolved in 3 tbsp. of warm water	¾ cup butter or other shortening

Put sugar, butter, and salt in a large mixing bowl (3 to 4 qt. size), and add the scalded milk. Stir to dissolve the sugar and let stand until lukewarm. Add the dissolved yeast, beaten egg, flavorings, and 1½ cups of the flour. Beat well, add 1 cup more of flour and stir until well mixed. Add remaining flour and knead, keeping the dough as soft as possible. Let rise until double in bulk, then roll out ¼ in. thick. Divide mashed butter into small bits, and place half of the amount on the rolled-out dough. Fold over one end of dough and then the other. Place remaining butter on top. Then fold over the other end of dough, pressing edges firmly together. Turn ¼ way around, pat with rolling pin, and roll as thin as possible, lifting frequently to keep from sticking. Fold each end to center, pat, fold to make 4 layers, turn ¼ way around and pat, lift, roll, and fold 3 times. Cover and let rise 20 minutes, then roll, shape as desired, let rise half an hour, but not until double in bulk. Bake 5 minutes in very hot oven (500°F) then reduce heat to 350°F and bake 15 to 20 minutes.

DESSERTS

Sweden is a gay, progressive Scandinavian country, known for its SMORGASBORD. Every visitor to Sweden learns at least 3 words: SKAL (to your health), TACK (thank you), and SMORGASBORD, an old and popular repast. It is usually eaten in 3 stages. (1) Fish dishes — often raw, many cold, some hot, seldom fried. (2) Meats — wonderful casserole mixtures of beef, pork, or chicken. (3) Cheese—

(and they have many wonderful ones) which they serve with their flat bread, a crisp, cracker-like wafer.

Their desserts are usually fruits, sometimes accompanied by cookies.

Swedish Oatmeal Cookies

1¼ cup oatmeal	1 tbsp. flour
½ cup sugar	1 tsp. baking powder
½ cup shortening	1 egg
1 tsp. salt	1 tsp. vanilla

Melt fat, and stir all ingredients together. Grease and flour baking sheet. Drop batter by teaspoonsful about 6 in. apart. Bake at 350°F. Makes about 2¼ dozen. For variety add ¼ tsp. nutmeg, ½ tsp. cinnamon, and allspice to ½ the batter. Brown lightly all the way through. Watch carefully, they scorch easily.

Byelorussian Dessert—(Russia)

9 inch spongecake (layer or slice) or poundcake	3 egg whites
Canned fruits (apples, peaches, apricots and cherries) sliced	2½ tbsp. sugar
	Powdered sugar
	2 tbsp. berry or cranberry jam

Slice the cake about ¾ to 1 inch thick and put on an ovenproof plate. Arrange the fruits on top of the cake so that when the cake is cut, each serving will include some of each fruit. Moisten with sirup from the fruits. Spread with the beaten egg whites to which the sugar has been added. The finished product will be more attractive if the meringue is not spread too flat. Bake 10 minutes in a 400°F oven, reduce heat to 350°F, and cook another 10 minutes or until the meringue is golden brown. Sprinkle with powdered sugar and garnish with cranberry jam or berry jam. Blueberry preserves may be used. Yield: 6 servings.

Blueberry Crisp Pudding—Canada

4 cups fresh blueberries*
⅓ cup granulated sugar
2 tsp. lemon juice
4 tbsp. butter or margarine
⅓ cup brown sugar, firmly packed
⅓ cup sifted all purpose flour
¾ cup quick-cooking oats



*Substitute 2-15 oz. cans drained, sirup packed blueberries and ⅓ cup sirup. Omit granulated sugar.

Place berries in a 1½ quart baking dish. Sprinkle with granulated sugar and lemon juice. Cream butter or margarine; gradually add brown sugar. Blend in flour and oats with fork. Spread topping over blueberries. Bake in a moderate oven (375°F.) 35 to 40 minutes. Serve with plain or whipped cream. Yield: 6 servings.

Apple Strudel—Germany



- 1 cup sifted flour
- $\frac{1}{4}$ tsp. salt
- 2 tbsp. very soft butter
- 2 eggs, beaten
- $2\frac{1}{2}$ cups apple, chopped
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ tsp. cinnamon
- 2 tbsp. fine dry bread crumbs
- 2 tbsp. chopped lemon peel
- $\frac{1}{4}$ cup seedless raisins
- $\frac{1}{2}$ cup chopped walnuts
- 1 tsp. lemon juice
- $\frac{1}{4}$ cup melted butter
- Powdered sugar

Heat oven to 400° F. Sift flour and salt together. Beat eggs into butter. Stir in half the flour; beat, add remaining flour, stir until dough is smooth and elastic. On floured board, knead 4 or 5 minutes until dough loses its stickiness. Mix next 8 ingredients together. Knead dough a few more strokes; divide into 6 equal pieces. On floured board, roll each piece paper thin to 5 in. by 14 in. Brush with 1 tsp. melted butter; spread with $\frac{1}{3}$ cup apple filling. Roll as for jelly roll, from narrow end. Place in shallow baking pan. Brush with butter. Bake 20 minutes, dust tops with powdered sugar, and bake 5 to 10 minutes more, until golden. Serve warm.

French cuisine is famous the world over. French people handle food with interest and imagination, and enchant the epicure with dishes that have that "something extra." To the French every meal is a party, because the simplest is imaginatively planned and carefully prepared. This is one of the secrets of "great" cooking.

You will note, for example, that crepes, probably one of the most famous of French desserts, are simply the result of thinking creatively about pancakes! Pineapple or other fruit can be used in the sauce. When you're going French, make a grand entrance with your dessert.

For table decor, nosegays have a very "Frenchie" look. At each place, put a small bunch of flowers, wrapped in a small paper doilie and tied with ribbon. Use a larger paper doilie and bigger bouquet for your centerpiece. And be sure to dine by candlelight if you plan to "flambe" the crepes.

Pineapple Crepes

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| $\frac{1}{2}$ tsp. salt | 1 tbsp. melted butter |
| 1 tbsp. powdered sugar | $\frac{3}{4}$ cup milk |
| $\frac{1}{2}$ cup sifted flour | $\frac{1}{2}$ tsp. grated orange rind |
| 2 eggs beaten | |

Add salt and sugar to flour. Mix remaining ingredients; add to flour, beating until smooth. Heat 5-inch frying pan, butter lightly. Fry each crepe separately, dropping 1 tbsp. batter into pan and tilting pan so batter covers bottom. Fry about 1 minute on each side. Spoon 1 tbsp. tidbits (from sauce) on each crepe. Roll. Place in shallow pan or chafing dish. Pour over them remaining sauce. Heat in chafing dish or in oven at 350°F. for about 10 minutes. Makes 16 crepes.

Tidbit Sauce

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| ½ cup pineapple juice (drained
from tidbits) | 3 tbsp. butter |
| 1 orange rind, grated and juice | 2 cups (1 No. 2 can) drained
pineapple tidbits |
| ¼ cup granulated sugar | |

Mix together all ingredients except tidbits; simmer 10 minutes. Add tidbits and heat.

PARTY FARE FLAMBE: Soak sugar cubes in lemon extract 5 to 10 minutes before serving. Then tuck the cubes among the crepes, light them, and bring the flaming dish to the table.

Coconut Ecuador—Ecuador



- 2 eggs separated
- 1 fresh coconut, grated (or 2
cups moist canned)
- 2 cups sugar
- 1 cup water
- salt

Boil sugar and water until it spins a long thread — 240°. Stir in 2 egg yolks, add grated coconut and cook slowly until thick, about 15 minutes. Stir in 2 beaten egg whites and cook slowly about 10 minutes, stirring constantly. Pour into casserole, dot with butter, and bake 30 minutes at 350°, serve on canned peaches.

(This recipe was contributed by Noemi Espinosa, IFYE to Virginia from Quito, Ecuador.)