

### Meat Loaf Supreme

- |                                 |  |
|---------------------------------|--|
| 1 Pound ground beef             | 1 $\frac{3}{4}$ Cups milk                    |
| $\frac{1}{2}$ Pound ground veal | $\frac{1}{4}$ Cup melted butter or margarine |
| $\frac{1}{2}$ Pound ground pork | 1 Clove garlic (optional)                    |
| 2 Eggs                          | 1 tsp. dill seed or other favorite herb      |
| 1 Package onion soup mix        | 2 Tbsp. chopped parsley                      |
| 2 Cups soft bread crumbs        |  |

Combine all ingredients; shape into a mound on a baking sheet lined with aluminium foil or pack into a loaf pan. Bake at 350 for 1 $\frac{1}{2}$  hours. Serve hot or cold with onion gravy: 1 Package onion soup mix, 3 cups water, 4 T. flour,  $\frac{1}{2}$  cup water, milk or cream, 1 T. parsley. Combine soup mix with water. Simmer 10 minutes; stir in flour mixed with the  $\frac{1}{2}$  cup liquid and cook 5 minutes longer. Add parsley and serve hot.

Emma Clark

### Meat Loaf

- |                       |                           |
|-----------------------|---------------------------|
| 1 Pound chopped beef  | 2 or 3 slices white bread |
| 1 Can stewed tomatoes | 1 tsp. salt               |
| 1 Egg                 | $\frac{1}{2}$ tsp. pepper |
| 1 Onion, chopped      | 3 Slices bacon            |

Mix all ingredients, except bacon. Place loaf in baking pan. Top with 3 slices bacon. Bake one hour at 350°. Serves 4 to 6.

Evie Gebauer

### Individual Meat Loaves

- |  |                                 |
|--|---------------------------------|
| 1 Lb. ground beef                              | 9 to 12 chopped, stuffed olives |
| $\frac{1}{4}$ Lb. grated cheese                | 1 tsp. salt                     |
| Juice of 1 lemon                               | 1 Egg                           |
| $\frac{1}{4}$ Cup green pepper, chopped        | 1 Cup bread crumbs              |
| 1 Small can of mushrooms, cut,<br>(use liquid) |                                 |

Combine all ingredients; form into 6 or 8 individual meat loaves. Wind half strips of bacon around each loaf, and bake about 1 hour in a moderate oven.

I pour off some of the grease when the loaves have baked about  $\frac{1}{2}$  an hour. This recipe also makes a good large meat loaf, and is good sliced for cold meat or sandwich meat.

Ethel Osborn

## Meat and Fish

### Beef Rolls

- 1 Large, tenderized beef round steak  
2 Cans brown mushroom gravy  
Salt and pepper  
1 pkg. prepared stuffing mix

Prepare stuffing by directions on package. Cut meat in strips, about 3½ inches wide (across steak), season with salt and pepper. Spread stuffing on steak, roll up, and tie lightly with twine. Sauté the rolls in a small amount of fat. When brown, add mushroom gravy and a small amount of water. Cover and simmer until done. Serve with gravy poured over the rolls.

Mrs. Charles K. Scott

*Looking ahead is a good way to keep from falling behind.*

### Meat in Cabbage Rolls

- |                      |                     |
|----------------------|---------------------|
| ½ Cup rice           | 1 Cup milk          |
| 1¼ Cups milk         | 2 tsp. salt         |
| 1 Large head cabbage | ¼ tsp. pepper       |
| 1 Pound ground beef  | 2 Tbsp. brown sugar |
| ¼ Pound ground pork  | ½ Cup hot water     |

Cook rice in 1¼ cups milk until fluffy. Remove cabbage leaves from head, and immerse in boiling, salted water; cook until leaves are partially translucent and pliable. Combine meats with 1 cup milk, salt, pepper, and cooked rice; mix thoroughly. Spoon meat mixture on each leaf; roll and tie securely or fasten with toothpicks. Brown in hot fat; sprinkle with brown sugar; add water; cover and cook slowly for about 2 hours. Thicken broth for gravy. Serves 6.

Betty Johnson

### Baked Bean and Hamburger Savory

- |                              |                                    |
|------------------------------|------------------------------------|
| 3 Tbsp. salad oil            | 1 Tbsp. Worcestershire sauce       |
| ½ Cups sliced peeled onions  | 1 tsp. salt                        |
| 1 Cup diced celery           | 1 tsp. powdered sage               |
| ¼ Lb. chuck beef, ground     | ½ Cup water or canned tomato juice |
| 4 Cups canned pork and beans |                                    |

Heat the salad oil in a skillet. Then add the onions celery, and beef and cook, uncovered, about 10 min. Add rest of ingredients; heat thoroughly. Serves 6.

Mrs. Helen Humphreys

### Filled Cabbage Rolls (Gwombka)

- |                             |                           |
|-----------------------------|---------------------------|
| 1 Medium sized head cabbage | 1½ tsp. salt              |
| Filling:                    | ¼ tsp. pepper             |
| ½ Cup rice                  | (Other seasoning to suit) |
| 1 Cup salt water            | 1 Small onion             |
| 1 Lb. ground beef           | 1 Clove garlic            |
| 1 Egg                       | ¼ tsp. leaf oregano       |

Discard wilted leaves and cut out core of cabbage head. Place cabbage in pot of 2 cups salted boiling water. Steam ten minutes, remove from water, cool and separate leaves. Save salt water. Rinse ½ cup rice and boil in 1 cup salt water until water dissolves. Don't overcook. Cool rice and mix with meat, egg, etc., mixture. Trim thick center vein of cabbage leaves. Put approx. 2 heaping tablespoons filling on each leaf. Fold leaf ends over and roll up, fasten with toothpicks. Use remaining cabbage leaves to line bottom of pan containing salt water. Place cabbage rolls in water and cover with your favorite spaghetti sauce or tomato soup. Cover and simmer slowly 1 to 1½ hrs. Baste occasionally. Remove toothpicks and arrange in deep serving dish with sauce.

Lillie N. Hedlund

### Cabbage Rolls

#### Filling:

- |                              |                                     |
|------------------------------|-------------------------------------|
| 1 Lb. ground round steak     | 1 Egg unbeaten                      |
| 1 Large onion, chopped       | 1 Tbsp. Chili powder                |
| 1 Med. green pepper, chopped | 1 tsp. salt - dash or two of pepper |
| 2 Stalks celery, chopped     | 2 Whole drained tomatoes            |
| ½ Cup uncooked rice          | (see sauce below)                   |

Mix above ingredients lightly - set aside.

#### Sauce:

- |   |                              |
|---|------------------------------|
| 1 Can tomato soup                               | 2 Beef bouillon cubes        |
| 1 Large can of tomatoes — less<br>the two above | dissolved in ½ cup hot water |
|   | Salt to taste                |
| 1 Leafy head of cabbage                         | 1 tsp. of Chile powder       |

Steam the cabbage leaves in boiling salted water until just tender; remove hard stem of leaf. Roll about 2 tablespoons of mixture in steamed leaf. Tie or use tooth picks to secure. Arrange rolls in roaster, pour sauce over all. Cover and bake for 2 hrs. at 350°.

Emily Fuller

## Meat and Fish

### Argentine Beef Pie

- |                               |   |
|-------------------------------|---|
| 1 Lb. ground beef             | $\frac{1}{2}$ Cup sliced Spanish olives |
| 1 Small onion, chopped        | 2 Hard boiled eggs, cut up              |
| 2 Tbsp. green pepper, chopped | Salt and pepper                         |
| 1 Cup seedless raisins        |   |

In 2 Tbsp. butter, melted, sauté the onion and green pepper. Add ground beef and stir until it is well done. Add the rest of the ingredients and mix well. Take off fire. Have 3 or 4 boiled potatoes mashed with cream and butter. In a medium-size greased casserole, line bottom and partly up the sides with half of the mashed potatoes. Put in all of the meat mixture, and cover with the rest of the mashed potatoes. Bake uncovered, in a 350 degree oven for about 20 minutes.

Dolly Smith

### Texas Hash - J. Likas

Sauté until tender in 3 Tbsp. fat:

- |                              |                                    |
|------------------------------|------------------------------------|
| 3 Large onions $\frac{1}{2}$ | $\frac{1}{4}$ Green pepper, minced |
|------------------------------|------------------------------------|

Add and brown:

- 1 Lb. ground beef

Stir in:

- |   |                           |
|---|---------------------------|
| 1 Can tomatoes (large)                  | $1\frac{1}{2}$ tsp. salt  |
| $\frac{1}{2}$ Cup uncooked, minute rice | $\frac{1}{8}$ tsp. pepper |
| 1 tsp. Chile powder                     |                           |

Pour into greased, 2 quart baking-dish, and bake 1 hour at 350 degrees. Grated cheese may be sprinkled over the top if desired. Serves six.

Mrs. R. C. Busacker

### Porcupine Meat Balls

- |                                 |   |
|---------------------------------|---|
| $1\frac{1}{2}$ Lb. ground beef  | 1 Can tomato soup                           |
| $\frac{1}{2}$ Cup uncooked rice | 1 Can water                                 |
| 1 Medium onion, chopped         | 1 Bay leaf                                  |
| Salt and pepper                 | $\frac{1}{8}$ tsp. each cloves and cinnamon |

Combine meat, rice, onion, salt, and pepper. Shape into medium-sized balls. Combine tomato soup, water, bay leaf, and spices in a deep skillet; heat to boiling. Add meat balls. Cover and cook slowly for 1 hr. Makes 4-5 servings.

Mrs. R. F. Martin

### Königsberger Meat Balls with Gravy

Meat balls:

- |                       |                           |
|-----------------------|---------------------------|
| 1 Lb. Hamburger       | 1 Egg                     |
| 1 Chopped onion       | 2 to 3 Tbsp. bread crumbs |
| 1 tsp. chopped capers | Salt and pepper to taste  |

Mix all ingredients well together & form little round balls.  
Gravy:

- |                        |                          |
|------------------------|--------------------------|
| 3 Tbsp. butter         | ½ Cup milk               |
| 1 Finely chopped onion | Salt and pepper to taste |
| 4 Tbsp. flour          | 2 tsp. chopped capers    |
| 1¼ Cups bouillon       | 1 Tbsp. lemon juice      |

For Gravy melt butter over slow heat. Add flour & onion stirring constantly until golden brown. Add bouillon slowly, while stirring. Add milk, and if still too thick add some water. Let cook for 3 minutes while stirring then add meat balls, close cover & let cook slowly over low heat for 20-30 minutes. Remove meat balls into serving dish; add capers, lemon juice, salt and pepper to the gravy while stirring. After removing from heat you may add one beaten egg yolk. Pour gravy over meat balls and sprinkle with 1 Tbsp. chopped parsley.

Gitta May

### Patio Meat Balls

- |                         |  |
|-------------------------|--|
| ½ Cup soft bread crumbs | 2 Tbsp. bacon drippings or other fat   |
| 1¼ Cups milk            | 1 Can condensed cream of mushroom soup |
| 1 Lb. lean ground beef  | 1/3 Cup white table wine               |
| 1 Egg, slightly beaten  | 2 Tbsp. chopped parsley                |
| 1 Tbsp. minced onion    |  |
| ¼ tsp. mace             |  |
| ¼ tsp. allspice         |  |
| Salt and pepper         |  |

Soak bread crumbs in ½ cup milk for 5 to 10 minutes. Add ground beef, egg, onion, mace, allspice, 1 tsp. salt and 1/8 tsp. pepper; mix thoroughly. Shape mixture into walnut-sized balls. Heat bacon drippings in a large heavy skillet; brown meat balls nicely on all sides. Remove balls and pour off all drippings from skillet. Combine soup, wine and remaining ¾ cup milk in skillet; add parsley, salt and pepper to taste; heat to simmering; add meat balls. Cover, simmer 20 minutes, stirring occasionally. Serve with rice, noodles or mashed potatoes. Serves 4 or 5.

Mrs. R. F. Martin

## Meat and Fish

### Ground Beef in Sour Cream-Tomato Sauce

1 Lb. ground beef	1 tsp. salt
½ Cup dry bread crumbs	3 Tbsp. butter or margarine
3 Tbsp. milk	2 Tbsp. flour
1 Egg	1 Can (1 lb.) tomatoes
1 Tbsp. Worcestershire sauce	1 Cup sour cream
1 tsp. grated onion	

Mix together ground beef, bread crumbs, milk, egg, worcestershire sauce, grated onion, and salt; shape into 4 patties. Brown well on both sides in butter in skillet; remove from pan. Add flour to butter in pan, blend well. Gradually add tomatoes and sour cream. Return meat patties to sauce; cover and simmer about 10 minutes. Serves four.

Mrs. C. B. Huffaker

### Argentine Empanadas

Lightly brown 2 large chopped onions & 1 clove of garlic in 3 tablespoons of beef fat. Add 1 kilo ground steak. Cook for a few minutes only, add 1 Tbsp. Chili powder & cook 2 min. longer. Remove from fire. Add ½ teaspoon black pepper, 1 cup seedless Raisins, ½ cup chopped olives, 1 teaspoon sugar, 3 hard boiled eggs, chopped.

Make pastry of 4 cups sifted flour, 1 cup shortening, 1 egg & a little salted water. Roll dough as thin as possible, cut into 3 inch squares. Put a generous teaspoon of meat mixture on each square, dampen borders and form patty. Fry till brown in deep fat.

Ruth Cvejanovich

### Broiled Fillet of Beef

In a saucepan melt 2 tablespoons of butter, add ¼ cup of soy sauce, 1 clove of garlic, crushed, 1 tablespoon powdered ginger, 1½ tablespoons lemon juice and 1 tablespoon sugar. Simmer 5 min. to blend flavors.

Place 1 large whole fillet of beef, which has 3 to 4 strips of bacon wrapped around it, on a broiler pan as far from the highest heat for 15 minutes, turning three times, and basting each time with the above sauce. Remove bacon (or beef fat) from fillet.

Broil another 10 to 15 minutes, basting and turning three times. This will be rare. Increase time for medium, and for well done.

Emily Fuller

### Pot Roast

Brown:

2 Kilo beef  
A handful of raisins

2 Onions in 3 Tbsp. crisco,  
or olive oil

When browned add:

1 Can tomatoes  
1 Cup water  
Stuffed olives

6 oz. wine,  
Salt, pepper and garlic.

Cook 3 to 4 hours.

Mrs. W. F. Hughes

### Yankee Pot Roast

Brown 2 kilos eye round roast on all sides, then pour 2 Tbsp. vinegar over the top. Put one clove of garlic in the juice, cover roast, and cook slowly for 4 hours. Add salt and pepper 45 minutes before the roast is done. Remove meat from broth, carve, make gravy and return slices to gravy. Place covered roast in oven again, at 275 degrees this time, for an additional 1-1½ hours.

Mrs. A. H. High

(submitted by Mrs. Peter Storey)

*For the blessings that we know,  
For the food Thou dost bestow,  
Bring we, Lord, thru all our days,  
Thankful hearts to sing Thy praise.*

### Swedish Pot Roast

Heavily salt a 4-5 lb. bottom round beef roast. Sear on all sides in a little extra fat. Remove meat, and place 2 canned tomatoes in pan; mash. Add ½ a medium sized onion, diced fine; cook for 4 minutes. Add 1 bud garlic, diced very fine; cook for 1 minute. Add enough flour to take up the "slush," making a paste; be careful not to burn it. Add the remaining juice from the can of tomatoes, replace roast in pan, and add enough cold water to cover roast. Add 4 cloves, 1 bayleaf. Check gravy for salt, adding more if necessary. Simmer until roast is done; at least 4 hours. One cannot overdo the cooking. Roast can be reheated in some gravy for leftovers. Vegetables such as whole carrots, onions and potatoes can be added to the simmering roast the last 1½ hours.

Mrs. Donald L. Stahlfeld

## Meat and Fish

### Marinated Pot Roast

4 Lbs. pot roast	$\frac{1}{2}$ Cup Wesson oil
$\frac{1}{2}$ tsp. each of pepper, ground cloves, mace, allspice	2 Tbsp. lemon juice
1 Tbsp. salt (about)	1 Tbsp. vinegar
1 Large onion	$1\frac{1}{2}$ Cups tomato juice or canned tomatoes
1 or more garlic cloves	2 or 3 bay leaves

Wipe meat with a damp cloth. Mix all spices, then rub them into cut surfaces of the meat. Chop onion and garlic very fine, add lemon juice, vinegar and  $\frac{1}{4}$  cup of oil. Pour mixture over meat, turning several times so that the meat is well covered. Let soak in refrigerator overnight. When possible, turn meat occasionally. To roast: Heat  $\frac{1}{4}$  cup oil in a heavy pan (Dutch oven). Sear meat on all sides until dark brown, but be careful not to burn. Reduce heat and add liquid in which the meat was marinated, tomatoes and bay leaves. Cover. Simmer about 3 hours. Add carrots, onions and peeled potatoes 45 minutes before the meat is done. Serve with thickened gravy.

Mrs. Rose C. Ciccarelli

### Teriyaki Steaks

1 Cup soy sauce	4 or 5 cloves garlic
7 Rounding Tbsp. sugar	2 Tbsp. chopped green onions
$\frac{1}{4}$ tsp. accent	1 Tbsp. sesame seed
Ginger root, size of thumb, grated or chopped fine (or ground ginger)	2 Tbsp. Wesson oil

Combine all ingredients. Marinate steaks 2-3 hours and broil. This will marinate up to 5 lbs. of steak. Marinade can be stored in the refrigerator for quite a long time. Especially good for picnic steak sandwiches or skewered strips of steak.

Dorothy O'Brien

### Liver

Place thin slices of calves liver in tomato puree that has been seasoned with salt and pepper, and sliced clove of garlic. Let stand for  $\frac{3}{4}$  of an hour. Drain each piece slightly by holding liver above pan before dredging in flour lightly seasoned with salt. Fry quickly in iron skillet and serve hot and crisp. (My children will eat liver cooked this way!)

Emma Clark



## **Rijsttafel**

First of all, I want to explain to you what Rijsttafel stands for. Literally, it means: Rice-table; it is not an original native East Indian dish, but it is the treasure of culinary cooperation, ingenuity and taste between the Dutch and the Natives in the East Indies, as built up through centuries of close relationship.

Thus, it is clear, that hundreds of recipes evolved around a multitude of herbs and seasonings or spices, of which the correct use is decisive for the ultimate flavor of the dishes.

But, before all, everyone interested in making Rijsttafel must be able to cook rice. Rice should not be sticky, neither wet. The grains must be rigid, yet not cluttered together.

The dishes belonging to this, can be classified under 8 major groups. These are:

1. **Sajurs** (comparable to soup, always served hot). The sajurs must never be ladled out over the rice, but served in a special mug. The reason is, that the sajur would permeate the rice and in so doing pollute the basic idea of Rijsttafel; namely, that every bite is another combination of aromas or tastes.
2. **Sambelans** - Fundamentally, a sambelan is a stewed or fried concoction of vegetables, meats, fish and spices in many combinations, but always based on vegetable oil.
3. **Crisp things**, such as Krupuk, abon-abon, serundeng, empal, fried salted fish, etc.
4. **Sambals** - There are only a few recipes. The basis of each sambal is red pepper. The difference with sambelan is that a sambal is always 100 percent fresh, in other words, it is never exposed to any heat.
5. **Lalabs** - Half-boiled vegetables, in such a manner, that the vegetables are not entirely soft. The only additive is salt. It is served cold, and taken with ketjap (Chinese sauce).
6. **Is the group fresh appetizers**, such as sliced green mango, cucumber, sauer fruit and watercress.
7. **Sate's**, barbecued meat on screwers.
8. **Atjars** (ready-made pickles).

## Meat and Fish

### Spices Used

There are about 50 or more special roots, leaves, seeds, tuberous roots, that contain those intriguing and exotic aromas which are blended together in the dishes of the Rijsttafel, which are described in hundreds of recipes.

Here, in Aruba, we are of course limited. I will narrow down the recipes to those for which we can obtain the necessary spices. These are:

KETUMBAR — (seeds)	GULA DJAWA — (brown palm sugar)
DJIENTEN — (seeds)	DAON DJERUK PURUT — (citrus leaves)
LAOS — (tuberous root)	ASSEM — (tamarind fruit)
DJAHE — ginger (tuberous root)	TRASSEE — (shrimp paste)
KUNJIT — (tuberous root)	KEMIRIE — (a nut)
KENTJOOR — (tuberous root)	KETJAP — (Chinese sauce)
DAON SALAM — (leaves)	

### Fried Kruput

Put kruput in sun first.

Fry kruput in deep fat fryer, pops out.

Temp.: approx = french fries.

*If bitterness has crept into the heart in the friction of the busy day's unguarded moments, be sure it steals away with the setting sun.*

### Gado - Gado

This is a vegetable dish.

Katjang pandjang - long bean or fresh or frozen string beans	½ Cabbage
2 Bunches kan-kung or fresh spinach (crisp)	½ Kilo of fresh or cn. bean sprouts

Cut katjang and cook with water and salt; not too soft. From kan-kung pick leaves, cook with water and salt. Shred cabbage and cook with water and salt, also remove all roots from bean sprouts and cook as above. Place vegetables on large platter. Do not mix. Hard boiled eggs and cucumbers may also be used.

**Sauce - Peanut Butter**

- |                               |                                  |
|-------------------------------|----------------------------------|
| ½ Onion                       | 2 tsp. brown sugar or gula-djawa |
| ½ Red pepper                  | Salt to taste                    |
| 4 Heaping Tbsp. peanut butter | 1 Clove garlic                   |
| 1-2 Tbsp. of tamarind juice   | ¼ tsp. trasee                    |

Grind onions, garlic, pepper; add trasee. Fry in veg. oil. Add peanut butter, assam juice, sugar and salt. Add hot water till you have a nice thick gravy. Taste it. Place in bowl in middle of platter. May be served cold or warm.

**Krupuk - Belindja** - made from bean of tree.

Put in sun. Fry and sprinkle with salt.

Pour sauce over vegetables, crumble kruput over all.

**Note:** Lemon juice may be substituted for assam.

**Satee Babie**

- |                                       |                     |
|---------------------------------------|---------------------|
| 1 Kilo raw pork meat cubed and salted | 1 tsp. brown sugar  |
| 1½ Onion                              | 4 Cloves garlic     |
| 1½ Red pepper                         | 5 Kemirie nuts      |
| ¼ tsp. trasee                         | ½ tsp. grated laos  |
| 1½ Tbsp. ketumbar                     | 1 Tbsp. djienten    |
| 1 tsp. kunjit                         | 1 Tbsp. assam water |
| 1 Piece sereh                         | 4 Doan djeruk       |
|                                       | 1 Cup santen        |

Grind onion, garlic, pepper, kemirie, sereh; mix with other spices. Take half to marinate over meat; other half, cook. Put meat on sticks (five pieces), leaving space between. Barbecue, adding remaining sauce.

**Babie - Ketjap**

Pork with a chinese sauce.

- |                        |                 |
|------------------------|-----------------|
| 1 kilo fried pork      | 5 Tbsp. ketjap  |
| Fry in butter and cube | 3 cloves garlic |
| 2 onions               | ½ Tbsp. djahe   |
| 1 red pepper           |                 |

Grind onions, garlic and pepper. Mix with djahe and fry in gravy of pork meat. Add ketjap, meat and 2 to 3 Tbsp. of water. Cook about 15 minutes or until sauce penetrates pork. Serve with rice and Sambal Ulek.

## Meat and Fish

### Sambal Tomaat

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|-------------------------|-----------------|
| 1/2 Kilo green tomatoes | 1 Onion         |
| 4 Cloves garlic         | 1 Red pepper    |
| 1 Piece laos            | 1/4 tsp. trasee |
| 1/2 Cup thick santen    | 1/2 pkg. shrimp |

Grind onion, garlic, pepper; mix with trasee. Fry in veg. oil. Cut tomatoes in four, add tomatoes, salt to taste and laos. Cook together. Add santen and shrimps; cook short time longer.

### Agam Besengek

1 chicken cut in serving pieces, salted and browned in butter.

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|---------------------|----------------------|
| 1 Large onion       |                      |
| 1 Red pepper        | 3 Cloves garlic      |
| 1/2 Tbsp. djinten   | 1 Tbsp. ketumbar     |
| 5 Kemirie nuts      | 1/2 tsp. grated laos |
| 2 Tbsp. lemon juice | 1/4 tsp. trasee      |
| 1 1/2 Cup santen    | 1/2 tsp. white sugar |
| Handful laksa       | Salt                 |

Grind onion, garlic, pepper; mix with all spices and nuts. Fry in chicken gravy. Add chicken, santen, lemon juice and sugar. Cook together. Add laksa last.

### Sajor Lodeh

- |                            |                            |
|----------------------------|----------------------------|
| 1/4 Cabbage                | 1/2 Bunch katjang pandjang |
| 1 Can tauge (bean sprouts) | 1 Can corn kernels         |
| 1 Large egg plant          | 1 1/2 Onions               |
| 3 Cloves garlic            | 1 Red pepper               |
| 1/4 tsp. trasee            | 5 Kemirie nuts             |
| 1/2 Tbsp. grated laos      | 3 Daon salam               |
| Santen of one coconut      |                            |

Cook cabbage and beans together. Cook egg plant separately in a little salt water; add corn and bean sprouts. Grind onion, garlic, pepper and nuts; add trasee and laos. Fry in veg. oil. Add to cooked vegetables plus santen.

Cook vegetables with daon salam. Cook about 10 minutes. This is a soup.

### Rempah

- |                                   |                     |
|-----------------------------------|---------------------|
| 1/2 grated coconut - without skin | 2 Tbsp. assam water |
| 1 Tbsp. finely chopped sereh      | 2 Tbsp. flour       |
| 1/2 red pepper chopped fine       | 1 egg               |
| 2 Daon djeruk purut (lime leaves) | 1 tsp. salt         |
| 1 Daon salam                      |                     |

Mix ingredients all together. Form into balls and fry in deep fat.

**Sambal - Dajing (Meat)**

- |                     |                       |
|---------------------|-----------------------|
| 1 Kilo veal meat    | 2 Onions              |
| 4 Cloves garlic     | 1 Red pepper          |
| ½ tsp. grated laos  | ¼ tsp. trasee         |
| 3 Daon salam        | 3 Daon djeruk purut   |
| 2 Tbsp. assam water | Sugar & salt to taste |

Fry veal meat as pork. Cube. Grind onion, garlic, pepper, add laos and trasee. Fry in meat gravy. Add meat, leaves, assam water, sugar, salt and little water. Cook together. Add santen. Liver may be used. Hot dish.

**Sambal - Boontjes (Beans)**

- |  |                             |
|--|-----------------------------|
| 1 pkg. or ½ kilo French cut string beans | ½ tsp. brown sugar or palm  |
| 1 Onion                                  | ½ Cup santen, salt to taste |
| 1 Red pepper                             | 3 Cloves garlic             |
| 1 Piece sereh                            | ¼ tsp. trasee               |
| 1 Tbsp. assam water                      | ½ tsp. grated laos          |

Grind onion, garlic, pepper; mix with trasee and laos. Fry in vegetable oil; add beans, sereh, sugar, salt and fry together. Add little water when beans are just about soft and assam water; cook together.

**Kwee - Djajung**

- |                  |               |
|------------------|---------------|
| 1 Cup cream corn | ¾ Onion       |
| 2 Cloves garlic  | ½ Red pepper  |
| 1 Egg            | 3 Tbsp. flour |
| Salt to taste    |               |

Fry ground onion, garlic and pepper in vegetable oil; add to cream corn; add beaten egg, salt and flour. Makes thick batter. Fry in deep fat.

KWEE means cookie and Djajung - corn.

**Sambal Udang Basa**

(shrimp-wet)

- |                                  |                     |
|----------------------------------|---------------------|
| 1 pk. shrimps-clean and deep fry | 1 Cup santen        |
| 1 onion                          | 4 cloves garlic     |
| 1 Tbsp. sereh                    | 1 red pepper        |
| ¼ tsp. trasee                    | 1 tsp. grated laos  |
| 2 pieces lemon rind              | 2 Tbsp. assam water |

Grind onion, garlic, pepper and sereh together, add trasee and laos. Fry in veg. oil. Add santen, assam water, lemon rind and salt to taste. Cook shrimp in above gravy.

## Meat and Fish

### Adjar Kuning Kedimun (vinegar-yellow-cucumbers)

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|---|--------------------------------|
| 3 cucumbers - peeled and cut into long strips | 3 cloves garlic                |
| 1 lg. onion                                   | $\frac{1}{2}$ tsp. grated laos |
| 1 red pepper                                  | $\frac{1}{2}$ Tbsp. djinten    |
| 1 Tbsp. ketumbar                              | salt to taste                  |
| 1 Tbsp. kunjit                                | 2 Tbsp. vinegar                |
| $\frac{1}{2}$ Tbsp. wht. sugar                |                                |

Grind onion, garlic and pepper; add laos, ketumbar, djinten and kunjit. Fry in veg. oil. Add cucumbers, vinegar, sugar, salt and a little water. Cook till cucumbers are half done; slightly soft.

### Telor Ketjap

- |                          |                          |
|--------------------------|--------------------------|
| 5 Hard boiled eggs       | 1 onion                  |
| 2 cloves garlic          | $\frac{1}{2}$ red pepper |
| $\frac{1}{2}$ tsp. djahe | 4 Tbsp. ketjap           |
| Little water             |                          |

Slice eggs length wise. Grind onion, garlic, pepper and add djahe. Fry in vegetable oil; add ketjap and a little water. Pour over eggs.

### Rudjak Manis

- |                                 |  |
|---------------------------------|--|
| 2 red peppers - grind           | All kinds of fruit - green mangoes, grapefruit, pine-apples, papaya, sour apples |
| $\frac{1}{4}$ tsp. trasee       |  |
| 1 lg. piece gula java           |  |
| $\frac{1}{2}$ Tbsp. assam water |  |

Melt gula java in a little water; add trasee, assam water red peppers and about  $\frac{1}{4}$  Tbsp. ketjap.

To serve - arrange fruit around centre bowl of sauce; dip fruit in sauce.

### Sambal Ulek

Ulek - grind

- |                               |                          |
|-------------------------------|--------------------------|
| 6 Red peppers — without seeds | 1 Kemirie nut            |
| $\frac{1}{4}$ Onion           | $\frac{1}{4}$ tsp. salt  |
| $\frac{1}{4}$ tsp. trasee     | $\frac{1}{4}$ tsp. sugar |

Soak red peppers in cold water after removing seeds. Don't touch. Grind onions, pepper, kemirie nut; add trasee, salt and sugar. Mix well.

Note: This may be kept in your freezer indefinitely.

**Bamie**

- |  |                    |
|--|--------------------|
| ½ Kilo pork meat fried as usual<br>and cubed | 2 Tbsp. ketjap     |
| ½ Cabbage                                    | 1 Bunch leeks      |
| 1 Bunch green celery                         | 1 Tin bean sprouts |
| 1 pkg. mie (noodles)                         | 1 Large onion      |
| 4 Cloves garlic                              | 1 Red pepper       |
| 1 tsp. djahe                                 | 1 pkg. shrimps     |

Shread cabbage, cut leeks and celery. Grind onion, garlic, pepper; mix with djahe and fry in meat gravy. Add cabbage, leeks, celery, and fry together. (these veg. not too soft.) Add bean sprouts, meat and shrimps.

Cook mie with salt as macaroni, wash, add mie and ketjap. Fry short while.

Decorate like Nassie Goreng. Serve with lemon and ketjap.

*"My voice shalt thou hear in the morning, O Lord; in the morning will I direct my prayer unto Thee, and will look up."*

*Psalm 5 : 3*

**Nassie Goreng**

- |                              |                               |
|------------------------------|-------------------------------|
| 5 Teacups raw rice           | 1 Tbsp. bum-bee Nassie Goreng |
| 1½ Lbs. or 1 kilo pork loin  | 1 pkg. cooked shrimps         |
| 3 Large red onions           | Salt to taste                 |
| 4 Cloves garlic              | 1 Omelette                    |
| ½ Red pepper — without seeds | 1 Ounce cooked ham            |
| ½ tsp. trasee                | 1 Cucumber                    |
| 2 Tbsp. ketjap               | Fried onions                  |

Cook rice; 1½ times as much boiling water as rice. Fry pork in butter till brown, add water and simmer 25 to 30 minutes. Cube, chop onions, garlic and peppers fine, mix with trasee and bum-bee Nassie Goreng. Fry in gravy till onions are yellowish in color, add pork, shrimp, ketjap and handful of young green onions. Mix with cooked rice; salt. Put in frying pan, fry all.

For Rijsttafel do not add salt to rice.

Make omelette:

- |                          |               |
|--------------------------|---------------|
| 2 Eggs beaten — add salt | 2 Tbsp. water |
|--------------------------|---------------|
- Fry on both sides. Roll, cut in strips. Sprinkle top with fried onions, strips ham and omelette as decoration. Peeled cucumber may be sliced around platter.

Nassie Goreng may also be made with chicken. (only).

Nassie means - rice and Goreng - fried.

## Meat and Fish

### Rijsttafel (Indonesian Rice Dish)

#### Remodelled for American Ingredients

Ingredients for about 6 people:

- |                                |                              |
|--------------------------------|------------------------------|
| 1 Lb. ground beef or hamburger | 1 Small bottle red peppers   |
| 1 Lb. raw liver                | (to be used partly)          |
| 1 Lb. onions                   | 1 Can baked beans            |
| 2 or 3 garlies                 | 1 Can sardines               |
| 1 Lb. or 1 can whole tomatoes  | 1 Egg per person             |
| 1 Small can tomato paste       | 1 Cup rice per person        |
| 1 Bottle soy sauce             | 1 Jar pickles                |
| 1 Can bean sprouts             | 2 Bottles of beer per person |
| 1 Can Chop Suey vegetables     |                              |

- No. 1. Boil rice with  $2\frac{1}{4}$  cup of water for each cup of rice. Keep lid on pan and use medium or small flame. When water has evaporated stir now and then, till rice is dry.
- No. 2. Cut onions fine and garlies very fine. With about  $\frac{1}{4}$  of the onions and about  $\frac{1}{2}$  of the ground beef make little balls and fry them in butter.
- No. 3. Cut the liver to small cubes. Fry on low flame with plenty of butter. Make gravy from the butter by adding some soy sauce.
- No. 4. Fry half of the remaining onions with half of the remaining ground beef. Mix with Chop Suey vegetables, red peppers, soy sauce, some garlic and water to a thick soup.
- No. 5. Fry part of the onions and mix with beansprouts and soy sauce. Serve when almost dry.
- No. 6. Fry the rest of the ground beef with the tomatoes.
- No. 7. Mix the rest of fried onions with the baked beans.
- No. 8. Fry sardines in their own oil with tomato paste.
- No. 9. Boil eggs hard and cut in halves.
- No. 10. Make "sambal" by mixing red peppers, garlic and tomato paste.

*"I will bless thee . . . and thou shalt be a blessing."*

*Genesis 12 : 2*



