

# Pot Pourri

## Peanut Stir

- 2 Cups shelled raw peanuts      ½ Cup water  
1 Cup granulated sugar

Put all three ingredients in sauce pan. Cook until sugar crystallizes. Then let it cook until it becomes syrupy again. Pour out in buttered platter and let cool.

## Date Loaf Candy

- 2 Cups sugar      1 Cup pecans (chopped)  
1 Cup water      1 tsp. vanilla  
1 pkg. dates, chopped      2 Tbsp. butter

Boil sugar and water until it forms a soft ball when tested in cold water. Add dates and cook 5 minutes longer. Watch closely and stir as necessary to prevent scorching. Remove from heat and beat thoroughly. Add nuts, vanilla and butter. Continue beating until very stiff. Pour onto damp cloth and mold into long roll. Slice.

Mrs. H. McMillin

## Rum Balls

- 1¼ Cups finely chopped vanilla wafers      2 Tbsp. light corn syrup  
1 Cup confectioners sugar      ¼ Cup rum  
1½ Cups chopped nuts      ¾ Cup granulated sugar  
2 Tbsp. cocoa

Combine crumbs, confectioners sugar, nuts and cocoa. Add syrup and rum. Mix well; shape into balls; roll into ½ cup nuts and rest in sugar.

Olga Rozencwajg

## Date Loaf (Christmas Confection)

- 3 Cups sugar      ¾ Cup white Karo

Moisten well with evaporated milk. Boil 10 minutes. Add one pound pitted dates. Mash dates to pulp with potato masher while boiling. Cook to soft ball stage.

Remove from fire and add one pound pecans and one pound English walnuts. Add sifted confectioner's sugar until right consistency to form "log" rolls. Roll in damp cloth. When cool, cut in slices.

Pat Hart

## Sandwiches

### Walnut Sandwich Filling

- |                           |                               |
|---------------------------|-------------------------------|
| 6 Hard boiled eggs        | 1 Small onion, finely chopped |
| 1 Cup chopped walnuts     | Mayonnaise to moisten         |
| 1 Small can red pimentoes |                               |

Sally Allen

### Sloppy Joe's (Scout Style) Serves 50

- |  |                                   |
|--|-----------------------------------|
| 4 Kilos (8 pkgs.) ground round - brown in $\frac{1}{2}$ cup corn oil | 2 Cans tomato soup                |
| 8 Onions, diced (med. size) add:                                     | 4 Cups water                      |
| 2 Cups diced celery, add:  | 4 Tbsp. mustard                   |
| 5 Diced green peppers, add:  | 1 Tbsp. garlic juice              |
| 4 Bottles catsup, add when above is done                             | 3 Tbsp. salt                      |
| 2 Cans tomato puree  | 2 tsp. pepper                     |
|  | 3 Tbsp. Kitchen Bouquet           |
|  | 1 tsp. hot pepper sauce, optional |

Serves 50

Cook on low for three hours. Served on hamburger buns.

Esther Monroe

### Chipped Beef Sandwiches

- |                              |                                     |
|------------------------------|-------------------------------------|
| $\frac{1}{4}$ Lb. dried beef | 1 Medium size can tomatoes, drained |
| $\frac{1}{8}$ Lb. cheese     |                                     |

Drain juice from tomatoes and use tomatoes only. Grind beef, cheese and tomatoes through meat grinder. Makes 1 dozen sandwiches. Can be kept in jar in refrigerator for a reasonable length of time or sandwich can be frozen.

Esther Monroe

### Baked Tuna-Cheese Buns

- |   |                              |
|---|------------------------------|
| $\frac{1}{4}$ Lb. cubed American cheese | 2 Tbsp. minced onion         |
| 3 Chopped hard-boiled eggs              | $\frac{1}{2}$ Cup mayonnaise |
| 2 Tbsp. pickle relish                   | 3 Tbsp. chopped olives       |
| 1 Can Tuna fish                         | 6 Split hamburger buns       |
| 1 Tbsp. minced green pepper             |                              |

Combine all ingredients. Spoon mixture between bun halves. Wrap well in alum. foil. Refrigerate (or freeze) until ready for use.

Leave buns wrapped in foil and bake 15 min. @ 400 degrees.

Mrs. George A. Janson

### Chili Stack

- |                              |  |
|------------------------------|--|
| 2 Tbsp. shortening           | 1 Tbsp. chili powder                   |
| 1 Onion, chopped fine        | 1 tsp. salt                            |
| 1 Clove garlic, chopped fine | Dash of pepper                         |
| 1 Green pepper, chopped      | 1 Can (No. 2 $\frac{1}{2}$ ) tomatoes  |
| 1 Pound ground beef          | $\frac{1}{2}$ Cup sharp cheese, grated |
| 2 Tbsp. all-purpose flour    |  |

Put shortening in skillet. When hot, add onion, garlic and green pepper and cook until onions are slightly browned. Add meat and cook until crumbly. Next, blend flour though mixture, then add remaining ingredients, except cheese. Turn heat to a low setting and cook for 30 minutes. Just before serving stir in the cheese.

Delicious served on toast or toasted hamburger buns. Serves 4 or 5.

Mrs. Helen Humphreys

**Lobster Rolls**

6 Frankfurt rolls split down center, butter outside and toast on hot griddle.

Place crisp lettuce inside split roll and heap with lobster salad. Serve with potato chips and pickles.

**Lobster Salad**

2 Cups fresh lobster meat                      2 Stalks diced celery

Moisten as desired with a tart salad dressing. Onion or green pepper may be added but it is usual to have just lobster meat. Served at roadside stands and coast resorts in N.E. Rock Lobster may be used.

Lucille Seekins

**Camarones Pacifico (Canape)**

16 Raw shrimps (large)                      1 tsp. Worcestershire sauce  
12 Ounces grated cheddar cheese        4 Large eggs, separated  
½ tsp. garlic salt                              1 tsp. baking powder

Clean shrimp; cut in half lengthwise and marinate in 2/3 oil, 1/3 vinegar for at least 1 hour in the refrigerator. Make rounds or triangles of bread (32) and toast on one side. Combine grated cheese, garlic salt and worcestershire sauce with beaten egg yolks. Blend thoroughly. Beat egg whites with baking powder and fold in. Spread thin layer of this mixture on untoasted side of bread. Place ½ of shrimp on each piece and cover with more of cheese mixture. Place under preheated broiler to brown and puff up.

Mrs. T. Waasdorp

**Shrimp or Lobster Dip**

1 Pint mayonnaise                              ½ tsp. caraway seeds  
1 Cup cottage cheese                        ½ tsp. celery seed  
¾ Cup finely chopped onion                ½ Tbsp. dry mustard  
1 tsp. garlic salt                                1½ Tbsp. Worcestershire sauce  
½ tsp. salt                                        1 tsp. dry sherry  
½ tsp. black pepper                            1 tsp. chili sauce  
¼ tsp. tabasco sauce

Mix together thoroughly the mayonnaise, cottage cheese and chopped onion. Add the remaining ingredients, and blend everything well. Allow the mixture to stand in a cool place (not the refrigerator) for at least 6 hours. This makes about 1 quart of dip.

Peggy Orr

## Canape's

### Cheese Balls (Spread)

- |                                      |                                |
|--------------------------------------|--------------------------------|
| Small pkg. Philadelphia cream cheese | 1/2 Lb. Coon cheese            |
| One jar Old English                  | 3/4 Lb. New York cheese        |
| Two ounce pkg. of Leiderkranz        | 1/4 Lb. sharp cheddar          |
| 1/4 Lb. Roquefort                    | 1 Tbsp. Lea and Perrin's sauce |

Grate the hard cheeses and mash the soft ones. Knead and mold in ball. Sprinkle wax paper with chill powder and roll cheese ball in this to sufficiently coat outside. Wrap tightly in aluminum foil. May be kept in icebox or deepfreeze. Remove from icebox 1/2 hour before using to facilitate spreading. Substitutions may have to be made here for some of these cheeses; try to get as much of a variety as possible.

Mary Byington

### Ad Newton's Cheese and Bacon Squares

- |                               |                                      |
|-------------------------------|--------------------------------------|
| Grate fine:                   | 1 Pound of coon cheese               |
| Chop fine:                    | 5 or 6 slices of bacon               |
| Mix with:                     | 3/4 Stick of softened oleo or butter |
| Add:                          |                                      |
| 1/2 tsp. Worcestershire sauce | 1/2 tsp. dry mustard                 |
| Dash of tabasco sauce         | 2 Tbsp. finely grated onion          |
|                               | Salt and pepper to taste             |

Spread on small squares of bread. Bake in 375 degree oven until brown. Serve hot as canapes.

Robin Garig

### Cream Cheese and Anchovy Spread

- |                      |                        |
|----------------------|------------------------|
| 3 pkgs. cream cheese | 1/4 tsp. caraway seeds |
| 1/4 Lb. butter       | Add a little paprika   |
| 1 Can anchovies      |                        |

Mix it and serve on rye bread or crackers on hors d'oeuvres.

Olga Rozencwajg

### Cheese Appetizers

- |  |                                      |
|--|--------------------------------------|
| 1/2 Cup butter                                       | 1 Cup sifted flour                   |
| 1/2 Lb. Am. cheese grated (other cheese may be used) | Cayenne pepper or tabasco or paprika |

Thoroughly cream the butter and cheese. Add the flour and pepper and mix well. Chill well — may be kept in refrig. several days. Roll in small balls — about 3/4 in. in diameter. Arrange on baking sheets. Bake at 375° for 15 to 20 min. Serve piping hot. Makes about 60 balls. The balls can be made out and kept in freezer until needed.

J. Greene

### Creme de Dindon (Turkey-pate)

Mix 1 cup leftover turkey meat with 4 mashed anchovy fillets, 5 olives, 2 slices uncooked ham without any fat. Grind this mixture and season with ketchup, mayonnaise, capers, worcestershire sauce. Chill well.

Serve this pate as a snack or appetizer on fresh lettuce greens with toast and butter. Marion Neumann

### Snappy Cheese Rolls

Cheese, process American,  
 $\frac{1}{2}$  pound  
 Celery, chopped, 1 cup  
 Dill Pickle, minced,  $\frac{1}{3}$  cup  
 Chili sauce, 2 Tbsp.

Mayonnaise or mayonnaise-type  
 salad dressing, 3 Tbsp.  
 Frankfurter rolls, 8  
 Butter, soft, 1 Tbsp.

Cut cheese in  $\frac{1}{4}$ -inch cubes; add celery and pickle. Stir chili sauce into mayonnaise, mix well. Pour over cheese mixture and toss until all pieces are coated. Slit rolls lengthwise halfway down; remove part of center and fill with cheese mixture. Spread butter on top crusts; place on ungreased shallow baking pan. When ready to serve heat in moderate oven (350 degrees) for 15-20 minutes until rolls are lightly toasted and cheese is melted. Serve hot. These can be made ahead and stored in the refrigerator covered with wax paper. Ruth J. Collins

### Snaks

1 Large box rice checks  
 1 Large box Cherrio oats

1 Large box stick pretzels  
 1 Can nuts

Place all together in large pan. Pour over top 2 sticks melted butter to which 2 T. worcestershire sauce has been added. Stir well. Put in 200° oven not less than 3 hours. Store in tight can. Helen McIntyre

### Cheese Balls (Canapes)

1 Jar small stuffed olives  
 1 Stick butter  
 $\frac{1}{4}$  tsp. baking powder  
 1 Glass of sharp cheese  
 (Kraft glass size)

1 Cup flour  
 5 Shakes tabasco sauce  
 Paprika

Cream cheese and butter. Add flour, baking powder, and tabasco. Roll dough around olives. Sprinkle with paprika. Bake at 375 degrees for 10 minutes or until just browned. May be frozen unbaked. Mrs. V. K. Reeve

## Sauces

### Bearnaise Sauce

- |                          |   |
|--------------------------|---|
| 4 Egg yolks              | 1 Tbsp. chopped parsley (1 tsp. if dried) |
| 1 Cup of butter          |   |
| 1 Tbsp. lemon juice      | 1 Tbsp. of onion juice                    |
| 1 Tbsp. tarragon vinegar | Dash Cayenne or tabasco                   |

Place egg yolks with 1/3 of butter in top of double boiler. Keep water in bottom of boiler hot but not boiling. Add remaining butter in two portions as sauce thickens, stirring constantly. (Preferably with a wire whisk). Remove from heat and add remaining ingredients. Serve with broiled meat (beef tenderloin). Makes 1 cup. Do not reheat. This may be made ahead and kept at room temperature until ready to serve. Left over sauce may be stored in refrigerator and warmed up at room temperature.

### Hollandaise Sauce

- |                          |                                |
|--------------------------|--------------------------------|
| 1/2 Cup butter           | 1 Tbsp. lemon juice            |
| 2 Egg yolks, well beaten | Proceed as per Bearnaise sauce |
| Dash cayenne             |                                |

Kay Howdeshall

### Butterscotch Sauce

In a saucepan combine:

- |                   |                               |
|-------------------|-------------------------------|
| 1 Cup brown sugar | 2 Tbsp. white corn syrup      |
| 1/4 Cup milk      | 3 Tbsp. butter (or margarine) |

Stir; heat to boiling-then boil 3 minutes or to 220 F. on candy thermometer. Enough for 6 good servings.

Joan Bridges

### Teriyaki Sauce

- |                      |                           |
|----------------------|---------------------------|
| 1/2 Cup soya sauce   | 3 Cloves garlic (crushed) |
| 6 Tbsp. honey        | 2 Chopped green onions    |
| 4 Tbsp. vinegar      | 1 1/2 Cups salad oil      |
| 3 tsp. ground ginger |                           |

This sauce may be used for marinating steaks, chicken, spare ribs, pork loins, tenderloin roasts, skewered meat, etc. before grilling.

Frances Van Schouwen

### Bar-B-Que Sauce

- Excellent for pork chops.
- Makes about 2 quarts
- |                                     |  |
|-------------------------------------|--|
| 1/4 Lb. oleo                        | 2 Tbsp. chili powder (more if desired) |
| 4 Cloves garlic chopped             | 1 or more Tbsp. mustard                |
| 2 Cans tomato sauce                 | 1/2 Tbsp. horse radish                 |
| 2 Cans water                        | Dash of tabasco (Hot to taste)         |
| 1 Whole bottle A1 sauce             |  |
| 1 Whole bottle Worcestershire sauce |  |

Let simmer until well mixed, set in pit and brush meat often — will thicken. If you care for it you may also add a few Bay Leaves. This is wonderful for pork ribs.

Mrs. W. L. Baker

3T lime juice  
1T mustard  
1/2 horse radish

### Tomato-Cheese Sauce

- |                            |                  |
|----------------------------|------------------|
| Small pkg. Velveeta cheese | ½ Lb. of butter  |
| 1 Green pepper             | 3 Tbsp. flour    |
| 1 Can tomato soup          | Button mushrooms |
| 2 Cups milk                | Hard boiled eggs |

Melt cheese in top of double boiler; add butter and melt, add flour, milk, soup, green pepper (chopped or thinly sliced), mushrooms, mix and stir — add salt and pepper to taste. Before serving, add sliced hard boiled eggs. Serve on toast.

Joan Bridges

### Chili Sauce

- |   |  |
|---|--|
| 6 No. 2 cans tomatoes — 5½ pints                              | 2 Scant cups vinegar                           |
| 3 Green or red peppers  | Put in bag:                                    |
| 3 Onions  | 1 Red pepper - hot                             |
| 6 Stalks celery heart - 3 stalks                              | 1 Clove garlic - I just cut mine in with onion |
| pascal celery   | 2 Tbsp. mixed pickling spices                  |
| 1 Tbsp. salt  |  |
| 2 Scant cups brown sugar or 1½ cups if you want it less sweet |  |

Chop tomato, onion, etc. Cook down; add vinegar, cook down again. Add salt, sugar, spice bag and about 1 tsp. mace or any spice you like. Cook until thick.

If you can get red hots — add package with sugar and cut sugar to 1 cup tightly packed; omit tsp. mace.

Charlotte Fitzgerald

### Mango Chutney

(Sunset Barbecue cook book)

- |  |   |
|--|---|
| 3¼ Cups sliced, peeled mangoes (approximately 7 small mangoes) | 2 Tbsp. finely chopped garlic                                   |
| 2½ Cups white sugar  | 4 Tbsp. finely chopped green ginger or preserved ginger         |
| 1 Cup brown sugar, firmly packed                               | 1½ tsp. salt  |
| 1 Cup cider vinegar  | 1½ tsp. whole cloves  |
| ½ Cup seedless raisins   | 1½ Small dry red chili peppers (or French's crushed red pepper) |

Combine mangoes with white sugar and brown sugar; stir in mix well, then let stand overnight. In the morning remove the mangoes from the syrup that has formed. To the sugar syrup, add the vinegar, raisins, garlic, ginger, salt and cloves. Snip the stems off the chili peppers and shake out seeds; crumble the peppers and add to the syrup mixture (or use French's). Stirring occasionally, simmer for 30 minutes. Add the mangoes and continue cooking for 20 minutes. Pour into hot sterilized jars and seal. Makes 4 half pints.

Betsy Frazier

## Sauces

### Barbecue Sauce

(this was in old cook book already printed in Aruba and is Julia Sherman's. It was always used at golf club etc. We use it in all of our outside cooking — it can be stored in the refrigerator for months).

- |                             |                           |
|-----------------------------|---------------------------|
| 1 Bottle catsup             | 2 Tbsp. sugar             |
| 1 tsp. Worcestershire sauce | 1 Whole onion             |
| 1 tsp. prepared mustard     | 2 Cloves of garlic        |
| ½ Cup vinegar               | Salt and tabasco to taste |
|                             | Simmer ½ hr.              |

I always triple this for convenience.

Jane Humphreys

### Smokey Barbecue Sauce

- |                                 |                      |
|---------------------------------|----------------------|
| 2 Cups finely chopped onion     | 1 tsp. tabasco sauce |
| 2 Cloves garlic, finely chopped | ⅓ Cup water          |
| ½ Cup catsup                    | 3 Tbsp. brown sugar  |
| 2 Cup chili sauce               | 1 tsp. dry mustard   |
| ⅓ Cup lemon juice               | 2 Tbsp. liquid smoke |
| 2 Tbsp. vinegar                 | 1 Bay leaf           |

(If sauce is to be used for basting lean meat, add ½ C. cooking oil). Combine ingredients and simmer over low heat for one hour.

Jean Fincher

### Hot Homemade Mustard

- |                                  |                           |
|----------------------------------|---------------------------|
| 4 Oz. dry mustard (2 2 oz. cans) | ⅓ Cup, plus 2 Tbsp. water |
| ½ Cup sugar                      | ½ tsp. vinegar            |

Blend together ingredients. Store in covered jar in the refrigerator about 2 weeks before using it. The longer it stands, the better the flavor.

Ruth J. Collins

### Cranberry and Orange Relish

- |                    |             |
|--------------------|-------------|
| 2 Cups cranberries | 1 Cup sugar |
| 1 Orange           |             |

Wash cranberries and grind in meat chopper with medium blade. Add pulp and juice of orange and grated rind to cranberries. Add sugar. Allow to stand 24 hours tightly covered before using. Molded salad may be made by using mixture with orange jello dissolved in 1½ cups of boiling water poured into mold and chilled. Usually served with Thanksgiving turkey.

Lucille Seekins



**Brandy Cherry Sauce**

- |                                 |   |
|---------------------------------|---|
| ½ Cup sugar                     | ¾ Cup cherry juice, drained from<br>canned cherries |
| ¼ Cup water                     | 1 Cup canned pitted Bing cherries                   |
| 1 or 2 pieces of stick cinnamon | 1 Tbsp. brandy                                      |
| 1 Tbsp. cornstarch              |   |

Combine sugar, water and cinnamon stick in saucepan and boil over medium flame for 5 minutes, stirring occasionally. Remove from heat and discard cinnamon stick. Mix together in another saucepan, the cornstarch and cherry juice. Pour sugar syrup over cherry juice and blend well. Cook over medium flame until thick and clear, stirring constantly. Remove from heat and add cherries and brandy and serve over plain cake or ice cream. Serves 4.

Mrs. Van Gaalen

**Bittersweet Fig Sauce**

- |                        |                                 |
|------------------------|---------------------------------|
| ½ Cup pecans           | ¼ Cup Sherry wine               |
| ½ Cup soft dried figs  | ⅓ Cup orange or pineapple juice |
| 1 Cup orange marmalade |                                 |

Chop pecans; clip off stems and cut figs in small pieces. Blend all ingredients and heat slightly. Serve warm over firm vanilla ice cream or chilled baked custard. Makes about 1½ cups of sauce.

Lydia McBurney

*If you wish your Brain to feed,  
Recipes like these are what you need.  
The Garden sends us richest store,  
What could our hearts desire more.*

## Soups

### Ike's Vegetable Soup

Makes about 4 quarts

8	Cups beef stock & meat	1	Cup coarsely shredded cabbage
1	Can (about 1 lb.) tomatoes	½	Cup fresh or frozen peas
1½	Cups diced potatoes	½	Cup Whole-kernel corn (fresh, canned or frozen)
1	Cup diced white turnips	2	tsp. gravy seasoning
1	Cup sliced celery	¼	" celery salt
1	Cup sliced carrots	½	" pepper
½	Cup sliced onion		
¼	Cup barley		

1. Heat stock and meat to boiling in large kettle; add tomatoes, potatoes, turnips, celery, carrots, onion and barley\*; bring to boiling; reduce heat; simmer, stirring occasionally, about 20 minutes.
  2. Add cabbage, peas, and corn; bring to boiling again; simmer about 10 minutes longer, or just until vegetables are crisply tender; stir in gravy seasoning, celery salt, and pepper; taste and add salt if needed.
- \* Ike says to cook the barley separately if you cannot watch the soup and stir it occasionally.

*"Small cheer and great welcome makes a merry feast."*

*William Shakespeare*

### Beef Stock

(For vegetable soup)

Makes about 2 quarts (8 cups)

2	Pounds shin of beef, cut in 1" cubes	1	Large onion, sliced Or: 1 clove of garlic
1	Beef knucklebone, cracked	1	Tbsp. salt
4	Marrowbones, each 2" long	¼	tsp. pepper
		2½	Quarts water (10 cups)

1. Place beef, bones, onion, seasonings, and water in large kettle; heat to boiling; skim top; cover; simmer 3 to 4 hours. (Ike sometimes cooks his all day.)
  2. Remove bones; cool, then chill stock overnight (stock will jell and fat will rise to top and harden); remove fat; store stock in refrigerator until ready to use.
- \* If you have bones from a roast chicken, add them for extra flavor.

Mrs. F. Legenhausen

**Shrimp Chowder**

- |                                |                                   |
|--------------------------------|-----------------------------------|
| 1 Lb. shrimp - cooked & cut up | $\frac{1}{2}$ Cup canned milk     |
| 1 Can mushroom soup            | $\frac{1}{3}$ Cut up green pepper |
| 1 Cup milk                     | 1 Chopped onion                   |
|                                | 2 Stalks chopped celery           |

Saute pepper, onion, celery in about 3 T. butter. Add shrimp, soup & milk - salt & pepper to taste. Simmer slowly a few minutes.

Marvin Massey

**Rabbit Soup**

- |                       |               |
|-----------------------|---------------|
| 1 Rabbit              | Pepper        |
| 1 Small white cabbage | 1 Small onion |
| 2 Large carrots       | Salt          |
| 1 Bay leaf            |               |

Place rabbit in a deep pot; cover with water. Loosen leaves of cabbage and cut up in large pieces. Add cabbage, pepper, salt and bay leaf to rabbit. Bring to a boil and let cook over very small fire until done. This depends on size of rabbit - usually 2 or 3 hours.

Elisabeth Hartog

**Rate Toeje Soup**

- |                        |                               |
|------------------------|-------------------------------|
| 1 Kilo tomatoes        | 1 Large or two small cucumber |
| 4 Green or red peppers | $\frac{1}{2}$ Pound onions    |

Fry chopped onions in a little butter or oil until golden brown. Add a little salt and some fresh Spanish pepper. (Remove seeds). Seed the tomatoes and cucumbers and cut them into small pieces. Add this to onions, without water. Cook soup until vegetables are tender on a very low fire.

Elisabeth Hartog

**Gumbo Soup (West Indian Giambo)**

- |                                  |                     |
|----------------------------------|---------------------|
| 25 Gumbo                         | A piece of basil    |
| 2 Slices fish                    | Hot pepper to taste |
| $\frac{1}{2}$ Pound family beef* |                     |

Put the beef to soak in cold water. Boil fish in a little water. Boil family beef until tender. Slice gumbo in thin round slices. Clean fish off bones; boil fish, beef, gumbo, basil, and pepper in beef and fish stock, until gumbo is tender. Serve with Funchi. This is a real Arubian dish.

A. C. de Veer

\* dried or salted meat.

## Soups

### Arubian Fish Soup

Heads and tails of 2 medium	1 Small of leek
Red Snappers	1 Sweet pepper
4 or 5 carrots	3 or 4 potatoes
3 Tomatoes	6 or 8 jambos (okra)
3 or 4 onions	Salt
2 Stalks of celery	3 or 4 Spanish peppers

Wash and clean fish heads and tails; clean carrots; celery, leek, onion, sweet pepper and jambo and cut into small pieces; quarter tomatoes and potatoes. Place fish and vegetables in 2 pints of water and let cook for 1½ or 2 hours on a low flame. Salt to taste. For those who like the soup *hicante* (and for only those who do!) add the small Spanish peppers. Serve soup with *Funchi*.

Mrs. Dora Schult

### Chickenoodle & Spinach Soup

1 Small lean (7¼ oz.) can spinach	1 Can Campbell's chicken noodle soup
1 Can water	
Put all together in osterizer and mix at high speed 1 min.	
¼ Cup evap. milk	1 Tbsp. Maggi sauce
¼ Cup water	1 Tbsp. Worcestershire sauce
	1 tsp. salt

Add to mixture, stir well and put to cook on low fire until it reaches boiling point. Remove and serve hot (4 servings).

Mrs. A. C. Eman

### Chicken Soup (*Saucochi di gallinja*)

1 Chicken (about 1½ kilo)	1 Tomato (sliced)
½ Kilo soup bone	1 Small green pepper (sliced)
4 Small potatoes	1 Small red hot pepper (sliced)
2 Small sweet potatoes	2 Onions
2 Jams	Celery and leek
1 Piece of pumpkin	Some olives & capers
2 Corn on cob	Salt
1 Plantain (cut in 4 pieces)	About 2 L. of water
4 Carrots	
½ Cup of peas	

Put chicken and soupbone, tomato and onions in large soup kettle. Cover with water and slowly bring to a boil. When chicken is almost tender, cut this into pieces, strain the soup, add all the other ingredients and continue cooking until potatoes are ready. This may be served in a soup tureen. Or strain soup and serve separately. Arrange the pieces of chicken on large platter, surrounded by all the vegetables. This is a main meal.

Miss Olga Henriguez

**MULLIGATAWNY SOUP (India)**

I'm sure this recipe is not authentic, in all ingredients, but it is wonderfully good.

In: 1½ Tbsp. butter, Saute: 1. Clove garlic, put through garlic press and ½ Cup finely chopped onion.

Add:

- 2 tsp. curry powder, and fry well

Then add:

- |                                |                  |
|--------------------------------|------------------|
| 1/3 Cup rice                   | 1 tsp. MSG       |
| 1/2 Cup finely shredded carrot | 1/4 tsp. saffron |
| 3 14 oz. cans chicken broth    | Salt & pepper    |

Bring to boil and cook until rice is tender.

Stir in:

- 1/4 Cup evaporated milk, blended with 2 Tbsp. cornstarch

Boil 2-3 minutes, then add:

- |                         |                        |
|-------------------------|------------------------|
| 1/2 Cup evaporated milk | 1 Cup boneless chicken |
|-------------------------|------------------------|

Kay Evans

**Dutch Green Split Pea Soup**

- |                          |                                       |
|--------------------------|---------------------------------------|
| 1 Pound green split peas | 4 Stalks celery, including green tops |
| 3 Quarts water           | 2 Bay leaves                          |
| 6 Medium onions, chopped | 2 Cloves                              |
| 2 Carrots, diced         | 1 Dutch smoked sausage                |
| 1 pkg. Vita frozen soup  | 1 Can chicken gumbo soup              |
- Vegetables

Rinse and sort peas. Place in kettle with other ingredients. Bring to a boil and let simmer for about three hours. Stir regularly, and season to taste.

Mrs. Katcen

**Soup**

Leek and Potato Soup (Vichyssoise) - May be served cold, surrounded with crushed ice - or may be served hot - 6 servings.

- Dissolve 3½ bouillon cubes in 3½ cups hot water - set aside.
- Heat in a 3-qt. saucepan: ¼ C. chicken fat or butter.

Add to this and cook over low heat about 5 min.:

6 to 8 leeks (white part only), finely chopped; and, ¼ cup finely chopped celery.

- Wash and pare and thinly slice: 4 medium (3 C.) potatoes. Add to 1 and 2 above, together with 1 tsp. salt and 1/8 tsp. pepper.

Cover and simmer 15 to 20 mins., or until potatoes are tender.

Put mixture through fine sieve and blend in 2 cups cream. If to be served cold, chill in refrigerator. Pour soup into tureen.

Sprinkle over top 1 Tbsp. chopped chives.

Fran Allard

*The grace of our  
Lord Jesus Christ  
And the love of God  
And the communion of  
The Holy Ghost be  
With you all*

*II Cor. 13:14*