



MEALS

FOR

TODAY

**FAMILY
STYLE**

**ROCHESTER GAS and ELECTRIC
HOME SERVICE DEPT.
89 EAST AVENUE • ROCHESTER 4, N. Y.**

FAVORITE RECIPES FOR

- FAMILY FOOD -

Homemakers do double duty, with a job at home and one outside.

More entertaining is done at home, with father and the children and the guests, too, helping out.

Meals are apt to be eaten anywhere in the house, in the kitchen, living room, game room.

These are only a few characteristics of Living 1951 Style. To keep up with a busy schedule of shopping, preparing and serving meals, streamline household chores and give the family more time to be together. They enjoy that time spent together, when routine work is fun, because it has a new slant.

The recipes in this folder are brand new, collected with an eye to easy preparation, which means fewer dishes to wash and more ease in serving. They take advantage of the best in new foods and equipment that are available now, and they show you how to make good use of the food and equipment you already have.

We hope you will use and like these recipes. We invite you to call the RG&E Home Service Department, whenever you have a homemaking problem. Our service is at your service.

MEAL PLANNING "HOW - TO'S"

Meals prepared when time is short do not need to be short on eye appeal, taste appeal, or food value. Here are some menus planned from the recipes in this booklet. Look them over, and you'll see an easy way of planning your own new menus for the family. Be sure you include in your family's daily food:

- Milk - 1 qt for each child, 1 pt for each adult. Use some of it in desserts, casserole dishes, soups.
- Citrus Fruits and Tomatoes
- Green Leafy Vegetables
- Yellow Vegetables
- Eggs - 1 a day or at least 4 a week. Use some of these in made-up dishes
- Meat, Poultry or Fish - at least once a day; oftener is better. Serve liver once a week.
- Bread and Cereals

MENUS THAT EVERYONE WILL LIKE

- Party Spaghetti Sauce - Spaghetti
- Green Salad - Hard Rolls
- Frosted Lime Sherbet

- Liver Italian Style
- Hashed Brown Potatoes
- Mustard Cole Slaw
- Butterscotch Rice - Nut Sauce

- Cubed Beef Huszar Style
- Big Fruit Salad Plate - Tropical Dressing
- Coconut Angel Pie

- 3-Way Chowder
- Toasted French Rolls with Cheese or
- Pizza Louisa or
- Hot Cheddar Cheese Wedges
- Brownies - Sliced Peaches

MEAT DISHES

New ideas for satisfying hearty appetites

PARTY SPAGHETTI SAUCE

$\frac{1}{2}$ lb pork sausage	1 t Worcestershire sauce
1 lb ground beef	$\frac{1}{2}$ c finely chopped onion
1 #2 $\frac{1}{2}$ can tomatoes	1 green pepper, finely chopped
1-6 oz can tomato paste	1 c finely chopped celery
1 t oregano	$\frac{1}{2}$ cloves garlic, minced
Pinch of rosemary	$\frac{1}{2}$ c finely chopped parsley
Pinch of thyme	$\frac{1}{3}$ c chopped ripe olives
Pinch of marjoram	$\frac{1}{3}$ c canned mushrooms
Pinch of allspice	$\frac{1}{3}$ c sliced stuffed olives
2 T sugar	Dash of Tabasco sauce
2 t salt	$\frac{3}{4}$ lb spaghetti, cooked

1. Cook sausage and ground beef together until brown.
 2. Add tomatoes, tomato paste, herbs and spices, sugar, salt, and Worcestershire sauce. Stir well.
 3. Add onion, green pepper, celery, garlic and parsley. Cook slowly about 45 minutes. Stir often, adding small amounts of tomato juice if necessary as mixture thickens.
 4. Add ripe olives, mushrooms, and stuffed olives. Cook 15 minutes longer.
 5. Just before serving, add Tabasco sauce.
 6. Arrange hot cooked spaghetti on a large platter and pour sauce over it. Serve with grated cheese.
- N.B. This amount of sauce and $\frac{3}{4}$ lb spaghetti serves 6.

LIVER ITALIAN STYLE

$\frac{1}{4}$ lb beef or pork liver, sliced thin	Salt and pepper
1-8 oz can tomato sauce	3 T butter, margarine or bacon drippings
1 clove garlic	2 T prepared horseradish
3 T flour	

1. Remove thin membrane from liver, if necessary. Place liver slices in a shallow dish and add tomato sauce. Add clove of garlic and allow to stand several hours in the refrigerator.
2. Remove liver, saving the sauce. Discard garlic. Coat liver with flour, sprinkle with salt and pepper, and brown well on both sides in melted fat, about 10 minutes. Transfer to hot platter.
3. Place horseradish and tomato sauce in skillet, heat thoroughly, stirring constantly. Pour over liver. Serves 6.

CUBED BEEF HUSZAR STYLE

2 lbs shoulder beef, cut
in $\frac{1}{2}$ " cubes
3 T drippings
1 large onion, chopped
1 clove garlic, chopped
1-3 oz can ($\frac{3}{4}$ c) mushrooms
and broth or
 $\frac{1}{4}$ lb fresh mushrooms

Temp: 325^oF Time: 1 $\frac{1}{2}$ hours
2 T flour
 $\frac{1}{2}$ c chopped celery
1 c sour cream
1-8 oz can (1 c) tomato sauce
1 t salt
 $\frac{1}{8}$ t pepper
1 T Worcestershire sauce
 $\frac{3}{4}$ lb wide noodles, cooked

1. Brown beef cubes in melted drippings. Add onion, garlic and mushrooms; cook until golden brown.
2. Add flour and stir until smooth. Add remaining ingredients and mix thoroughly.
3. Place in 3 qt casserole, cover and bake in preheated oven until meat is tender.
4. Serve on hot cooked noodles. Serves 8.

FRANKFURTER SKILLET ROLLS

1 T butter or margarine
 $\frac{1}{2}$ c milk
1 c cooked whole kernel corn

1-8 oz can tomato sauce
 $\frac{1}{2}$ c cubed sharp cheese

1. Melt butter in heavy skillet. Add milk and corn. Gradually add tomato sauce, stirring constantly.
2. Add cubed cheese. Cover and remove from heat while making frankfurter rolls.

FRANKFURTER ROLLS

$\frac{1}{2}$ c milk (about)
 $1\frac{3}{4}$ c biscuit mix

1 T prepared mustard
4 frankfurters (about $\frac{1}{2}$ lb)

1. Add milk to biscuit mix and stir just enough to combine well.
2. Turn out on lightly floured pastry cloth or board and knead gently 30 seconds. Roll out to form a 10" square.
3. Spread dough with mustard. Cut dough into 4-5" squares. Roll 1 square around each frankfurter. Cut each roll into 1" pieces.
4. Arrange pieces, cut side down, in sauce. Cover skillet and cook over low heat about 30 minutes.
5. Serve hot, scooping some of the sauce over the rolls. Serves 5.

CREOLE TUNA

3 T butter or margarine	$\frac{1}{2}$ c canned tomatoes
2 T green pepper, chopped	$\frac{3}{4}$ t salt
4 T flour	Dash of pepper
$\frac{1}{2}$ c milk	1 can tuna fish

1. Melt butter in saucepan. Add green pepper and cook gently about 3 min.
2. Stir in flour to make smooth paste. Add milk gradually, stirring constantly. Cook until smooth.
3. Add tomatoes, salt, and pepper and cook slowly until thickened, stirring constantly.
4. Add flaked tuna and cook 2 minutes more.
5. Serve on slices of buttered toast or in Toast Cups.

TOAST CUPS

Temp: 400°F Time: 10-15 min

1. Cut crusts from slices of bread. Butter both sides.
2. Press each slice into muffin pans and bake in a preheated oven until tips are a golden brown.

3-WAY CHOWDER

1 medium onion, chopped	1 qt milk*
2 stalks celery, cut fine	$\frac{1}{4}$ t paprika
$\frac{1}{4}$ c butter or margarine	$\frac{1}{3}$ t pepper
1 c water	$\frac{1}{3}$ c grated cheese
1 #2 can whole kernel corn or 1 lb shrimp, cooked and cleaned or 2 c cubed raw potatoes	

1. Saute the onion and celery in the melted butter in a large saucepan for 5 min.
2. Add water and corn or shrimp or potatoes. Simmer 5 min.
3. Add milk and seasonings, bring to boil and simmer 20 min.
4. Add grated cheese just before serving. Serves 6.

* In place of fresh-milk, you may use: 1 tall can evaporated milk plus enough water to make 1 qt or $\frac{3}{4}$ c dry milk mixed with 4 c water.

HAM-CHEESE BAKE

Temp: 350°F Time: 30 min

12 slices bread	2 eggs, beaten
6 slices cheese	1 t salt
6 thin slices cooked ham	$\frac{1}{3}$ t pepper
2- $\frac{2}{3}$ c milk	Grated cheese

1. Make sandwiches of bread, cheese, and ham, spread with mustard if desired, and place in 6 greased individual casseroles or in a large baking dish.
2. Add milk to eggs with salt, and pepper and pour over bread.
3. Sprinkle cheese over top. Bake in preheated oven. Serve immediately. Serves 6.

N.B. Deviled ham may be used in place of cooked ham. This may be stored in refrigerator over night before baking.

POTATOES

Every man's favorite - Fried Potatoes
Here they are - 2 different ways

HASHED BROWN POTATOES - from raw potatoes

3 large potatoes, uncooked Butter
1½ T bacon or ham fat Salt and pepper

1. Pare potatoes and leave whole.
2. Place medium-sized heavy skillet on medium heat. Add bacon or ham fat. Tip so that fat covers entire bottom of pan.
3. Shred potatoes on medium grater. Place immediately in hot skillet. Dot butter over entire surface and add salt and pepper to taste.
4. Turn heat up slightly and cover skillet. When butter is melted, remove cover.
5. When brown and crusty, turn with a long spatula, as you would a pancake. Brown other side. Allow 10-15 minutes total cooking time. If these potatoes cook too long, they become soggy.
6. Garnish with parsley and sprinkle chopped chives over top.
Serves 6.

HASHED BROWN POTATOES - from cooked potatoes

4 cooked medium potatoes, Dash of pepper
 chilled 3 T butter or margarine
1 T grated onion 3 T bacon drippings
1 t salt

1. Grate potatoes onto wax paper using medium grater. Toss onion, salt, and pepper with potatoes.
2. Melt fat in 10" skillet over medium high heat. When it is bubbling hot, pour in potatoes, press down firmly with turner.
3. After 12 to 15 minutes, lift edge with turner. When potatoes are golden brown on the bottom, cut through with the turner from the far edge to the center of the potato cake. Fold these 2 quarters onto the uncut half. Run turner under potatoes, loosening them thoroughly.
4. Turn out on hot platter. Serves 6.

VEGETABLES

How does your family like their vegetables?.....Not at all?.....Maybe a new method of cooking vegetables is what you need to sell them on this delicious, nutritious part of their daily food.

HOW TO COOK FRESH VEGETABLES

1. As soon as vegetables are brought into the house, wash, trim, and shake off excess moisture, and store immediately in the vegetable pan of your refrigerator. (This saves vitamins.)
2. At cooking time, - peel, slice, or dice vegetables. 3 cups of prepared vegetable will serve 6 people. Place in a pan which has a tight fitting cover (preferably without a pouring lip), add $\frac{1}{4}$ c water (no more) and 1 t salt and bring to the boiling point. Then turn the heat down to simmer, just enough heat to keep the pan boiling, and that's all, and cook until vegetables are tender-crisp.
3. Drain off excess water (notice how little there is) and add butter or other seasoning. Maybe you'll think they're not done, but try the family on this new method and see if their appetite for vegetables improves. This method of cooking is good for: potatoes, diced beets, sliced carrots, peas, snap beans, broccoli, lima beans.....in fact almost any vegetable you can think of, frozen or fresh.

NEW IDEAS FOR OLD FAVORITES

Sometimes you want a new dress for a plain everyday vegetable. Here are some good ones:

VEGETABLES IN A CHEESE COAT!

Temp: 375°F Time: 40 min

Defrost a package of brussel sprouts, broccoli or cauliflower just enough to separate pieces. Dip in beaten egg, then in a mixture of 1 T butter, $\frac{1}{2}$ c bread crumbs and $\frac{1}{2}$ c grated cheese. Place in a shallow greased baking pan and bake in a preheated oven.

LIMA BEANS SWEDISH STYLE

Temp: 300°F Time: 45 min

Defrost lima beans partially. Toss with $\frac{1}{2}$ c sour cream and 1 T chopped chives. Add salt and pepper, cover and bake in preheated oven.

SALADS

MUSTARD COLE SLAW

3½ c finely shredded cabbage	3 T salad oil
1 small green pepper, chopped	3 T lemon juice
¼ c chopped parsley	½ T prepared mustard
¼ c chopped celery	1 T sugar
1 medium onion, chopped	1 t salt
½ t celery seed	

1. Combine cabbage, green pepper, parsley, celery, onion and celery seed.
2. Mix salad oil, lemon juice, mustard, sugar, and salt together thoroughly.
3. Pour dressing over chopped vegetables. Toss until well coated with dressing. Serves 8.

MOLDED CRANBERRY SALAD

1 T plain gelatin	2-3 oz pkgs cream cheese or
¼ c cold water	2/3 c cottage cheese
1 can whole cranberry sauce	¾ c crushed pineapple,
1 T lemon juice	undrained
¼ t salt	½ c heavy cream, whipped

1. Soften gelatin in cold water and dissolve over hot water.
2. Add to whole cranberry sauce. Stir in lemon juice and salt.
3. Beat cream cheese with fork until soft. Combine with crushed pineapple and beat until well blended.
4. Fold into cranberry gelatin mixture. Chill until mixture begins to jell. Fold in whipped cream.
5. Turn into one large mold or individual molds, rinsed in cold water. Chill until firm. Serves 8.

This is excellent for a buffet supper. Use a 9" ring mold and unmold on a large chop plate or platter. Garnish with green grapes, a few sprigs of mint, and curly endive and place mayonnaise in center of mold.

TROPICAL SALAD DRESSING - for Fruit Salads and Tossed Salads

6 T frozen orange juice concentrate	2 T chopped Roquefort or bleu cheese
1 T water	1/8 t pepper
2 T lemon juice	1/8 t celery salt
¼ c salad oil	1/8 t garlic salt

1. Combine ingredients in order given in small jar. Shake vigorously.
2. Serve on fruit salads or tossed green salad. Makes about 1 c.

HOT BREADS

Hot breads turn an everyday meal into a party occasion. Do this for the family or when you entertain. It doesn't take much time if you use a ready prepared mix. Vary it according to your mood and taste. Here's how to use bakery rolls for snacks, for luncheon accompaniments, or as before-dinner appetizers:

TOASTED FRENCH ROLLS WITH CHEESE

6 French rolls
 $\frac{1}{2}$ c top milk

$\frac{1}{3}$ c grated Parmesan cheese

1. Split rolls in two, dip in top milk and then in cheese.
2. Place under broiler until golden brown. Serve immediately with soup or salad.

PIZZA LOUISA

Temp: 350°F Time: 10 min

1-6 oz can tomato paste
1 green onion, finely chopped
 $\frac{1}{4}$ t oregano
 $\frac{1}{2}$ t brown sugar
Dash of black pepper

6 T grated cheddar cheese

6 pinches oregano

4 English muffins or
hamburger rolls

1. Mix tomato paste with onion, oregano, brown sugar, and pepper.
2. Spread generously on split muffins.
3. Sprinkle cheese on top and add a pinch of oregano.
4. Bake in preheated oven.

HOT CHEDDAR CHEESE WEDGES

Temp: 350°F Time: 10 min

1 lb cheddar cheese spread
 $\frac{1}{8}$ t black pepper
 $\frac{1}{2}$ t onion salt
 $\frac{1}{4}$ t garlic powder

$\frac{3}{4}$ t Worcestershire sauce

8 English muffins or
hamburger rolls

1. Combine cheese with seasonings and blend well.
2. Spread generously on split English muffins or rolls. Bake in preheated oven. Cut in quarters to serve.

DESSERTS

Desserts "like Mother used to make" will be the rule in your household, when you learn what you can do, starting out with a ready-prepared mix.

COCONUT CRUNCH PIE

1½ c coconut	3½ c milk
3 T butter or margarine	1 baked 9" pie shell
2 pkgs prepared pudding (chocolate, butterscotch, vanilla)	4 T brown sugar 2 T light cream

1. Saute coconut in butter in saucepan until golden brown, stirring constantly. Remove from heat.
2. Prepare pudding as directed on package, adding half of the sauted coconut with the milk. Cool slightly, stirring occasionally. Pour into pie shell.
3. Combine reserved coconut with brown sugar and cream. Spread carefully over pie filling. Place under broiler just until top is bubbly.
4. Cool. Garnish with a wreath of whipped cream.

COCONUT ANGEL PIE

16 graham crackers, finely crumbed (1½ cups)	Temp: 275°F Time: 1¼ hours 1 c shredded coconut
½ c melted butter or margarine	2 T sugar
4 egg whites	1 t vanilla
¼ t salt	½ c heavy cream, beaten
¼ t cream of tartar	1 c sliced peaches, bananas, berries, pineapple or other fruit
1 c sugar	

1. Combine graham crackers and melted butter, pat firmly into 9" pie pan.
2. Beat egg whites until frothy; add salt and cream of tartar. Beat until stiff. Gradually add the 1 c sugar, 2 T at a time, beating thoroughly after each addition.
3. Spread in crumb-lined pan. Bake in preheated oven. Cool.
4. Fold ½ c coconut, 2 T sugar, and vanilla into whipped cream.
5. Arrange well-drained fruit on cool meringue. Spread with whipped cream. Sprinkle with remaining ½ c coconut which has been toasted.
6. Chill before serving.

RICE BUTTERSCOTCH WITH NUT SAUCE

2 T plain gelatin	2 c milk, scalded
$\frac{1}{4}$ c cold water	1 c cooked rice (1/3 c uncooked)
$\frac{1}{4}$ c butter or margarine	1 c heavy cream, beaten
1 c brown sugar	1 t vanilla

1. Soften gelatin in cold water.
2. Melt butter and stir in brown sugar; heat slowly until well blended.
3. Add to scalded milk and cook until sugar is thoroughly dissolved.
4. While mixture is hot, add softened gelatin and stir until dissolved.
5. Cool. When mixture begins to thicken, fold in rice and whipped cream. Add vanilla.
6. Pour into a greased mold and chill until thoroughly firm. Serve with Nut Sauce. Serves 8.

NUT SAUCE

2 c brown sugar	1 t vanilla
2 T flour	1 c salted pecans, peanuts, or other salted nuts
$\frac{1}{4}$ c butter or margarine	
2 c cold water	

1. Mix brown sugar and flour until smooth. Add butter and cold water and cook until thick.
2. Remove from heat, add vanilla and nut meats. Cool and serve on Rice Butterscotch.

Keep leftover sauce in the refrigerator. Re-heat and serve over ice cream.

FROSTED LIME SHERBET

1 pkg lime gelatin	1 c light cream or top milk
1 c hot water	$\frac{1}{4}$ c lemon juice
$\frac{1}{2}$ c sugar	1 t grated lemon rind
2 c milk	Dash of salt

1. Set cold control of refrigerator at coldest point.
2. Dissolve gelatin in hot water.
3. Add remaining ingredients. Freeze until mushy.
4. Remove to bowl and beat until fluffy. Return to tray and freeze until firm. Serves 10.

Other gelatin flavors may be used as - cherry, raspberry, lemon, orange.