

# Nim Ideas





# Introduction

This cookbook was devised to faithfully serve volunteers through feast and famine, meat or none, from first pa'ango to the last seniti of the month.

Rest assured that all recipes were prepared and personally tasted by our hard-core samplers and authors, the degree of success inversely dependent upon the amount left over. This painstaking process involved all of 1976, twelve months of dedicated attendance to weekly meetings during which recipes were tested and selected.

Many thanks must be extended to the dishwashing staff - the happy husbands - who, without Carlos Tasteda to keep their minds attuned and good natured hen-pecking, would never have completed their chore. A special mālō to Linderella Foseta, our typist, who managed to decipher our various array of arrows, abbreviated codes and directions.

May the contents enclosed provide as much enjoyment to those who leaf through these pages, as it has given to those of us who brought them together.

Jan Basile	Artistic Endeavors:
Jerry Loutant	Vicki Fish
Rajeau Fijore	Ed Wong
Vicki Fish	Jackie Russum
Jackie Russum	Bill Dunn



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# Exasperation Extinguishers

COOKING AND BAKING TERMS

- Baste - Moisten by spooning a liquid over a roast or other food as it cooks.
- Batter - A mixture of flour and a liquid, which is thin enough to pour.
- Beat - Make a mixture smooth by a vigorous over and over motion with a spoon.
- Binding - Adding a liquid, egg or melted fat to a dry mixture, to hold it together.
- Blanch - Dip in and out of boiling water to loosen the skins of fruits or vegetables.
- Blend - Thoroughly combine all ingredients until very smooth and uniform.
- Boil - Heat until bubbles rise continuously and break on the surface of the liquid ( rolling boil -bubbles form rapidly )
- Braise - Cook tightly covered, in a small amount of liquid, at a low temperature, either in the oven or over direct heat. When braising meat, brown it in the fat before adding the liquid.
- Brown - Cook until food changes color, usually in a small amount of fat over moderate heat (meat).
- Chop - Cut into pieces with a knife or other sharp tool (hold knife tip on the board with one hand; move the blade up and down with the other.)
- Coating - 1) Covering food, which is to be fried, with batter of flour, egg and bread crumbs.  
2) Covering food, which is cooked or ready to serve, with a thin layer of mayonnaise or sauce.
- Cook and Stir - Cook food in small amount of shortening until tender, stirring occasionally (onion).

Cool - Allow to come to room temperature.

Cream - Beat just until smooth, light and fluffy (the combination of sugar and shortening).

Creaming - The beating together of fat and sugar to resemble whipped cream in color and texture - until pale and fluffy. This method of mixing is used for cakes and puddings containing a high proportion of fat.

Crush - Press to extract juice with side of knife (garlic).

Cube - Cut into cubes  $\frac{1}{2}$  inch or larger.

Dice - Cut into small cubes less than  $\frac{1}{2}$  inch.

Double-boiler - A pan consisting of a bottom pot which contains boiling water and a top pot in which food is placed. The food is then heated by the steam from the boiling water.

Dredge - Coat with flour or sugar.

Dredging - The action of sprinkling food lightly and evenly with flour or sugar.

Dust - Sprinkle lightly with flour or sugar.

French-frying - (Deep-fat fry) Heat fat in pan with sides at least 5 inches deep. Have fat at least 1 inch deep.

Glaze - Cover with a transparent coating of jelly, meat juices or caramel.

Grate - Cut into tiny particles using small holes of grater.

Grilling - The process of cooking food by direct heat under a broiler, grill or over a hot fire.

Julienne - Cut into match-like sticks.

Kneading - Working a dough firmly, using the knuckles for bread-making and the finger-tips in pastry-making. In both cases the outside of the dough is drawn into the center.

Lukewarm - Moderately warm; about blood heat, approximately 100<sup>0</sup>F.

Marinate - Cover with a liquid and let stand to season or to become tender.

Mince - Cut into very small pieces (onion, garlic).

Pan-boiling - Cook in a shallow, heavy pan over direct heat.

Pan-frying - (Sauteing) Heat cooking oil or fat in a frying pan large enough to hold the food in a single layer. Have fat about  $\frac{1}{4}$  inch deep.

Parboil - Partially cook in preparation for further cooking.

Pare - Cut off outer covering with a knife or other sharp tool.

Peel - Strip off outer covering.

Poaching - Cooking in an open pan, at simmering point, with sufficiently seasoned liquid to cover.

Reduce - Cook a liquid until some has been carried off as steam.

Reducing - The process of boiling a liquid (especially when making a soup, sauce or syrup) in an uncovered pan, in order to evaporate surplus liquid and give a more concentrated result.

Scalding - The process of pouring boiling water over food to clean it, to loosen hair, or to remove the skin. The food must not be left in the boiling water or it will begin to cook. The term also refers to the heating of milk to just below boiling point, to retard souring.

Scallop - Bake in a sauce with crumbs on top.

Score - Make a series of shallow cuts on the surface of a food.

Sear - Cook at a high temperature over direct heat until the surface is browned.

Shred - Cut into thin pieces using large holes on grater or shredder.

Sieving - Rubbing or pressing food through a sieve; a spoon is used to force it through.

Sifting - Shaking a dry ingredient through a sieve or flour sifter, to remove lumps and to aerate dry ingredients.

Simmer - Cook in liquid just below the boiling point. Bubbles form slowly and collapse below the surface.

Sliver - Cut into long thin pieces.

Snip - Cut into very small pieces with scissors (parsley, chives).

Sponge - A batter to which yeast has been added.

Steeping - The process of pouring hot or cold water over food and leaving it to stand, either to soften it or to extract its flavor and color. (tea)

Sterilize - Boil for 20 minutes.

Stewing - Cook in liquid deep enough to cover.

Stock - The liquid produced when meat, bones poultry, fish or vegetables are simmered in water with herbs and flavorings for several hours, to extract their flavor.

Thickening - To give body to soups, sauces or gravies by the addition of flour, cornflour or arrowroot.

Toast - Brown in oven or toaster.

Whip - Beat rapidly in order to incorporate air.

#### OVEN TEMPERATURE CONVERSION

<u>Degrees F</u>	<u>Gas Mark</u>	<u>Description</u>	<u>Test</u>
150	1		
200	$\frac{1}{4}$	very slow	White paper or white flour in a tin will still be white after a few minutes in the oven
250	$\frac{3}{4}$		
300	2	slow	
350	4	moderate	paper or flour will be light brown
400	6	moderately hot	
450	8	very hot	paper or flour will be dark brown

COMMON EQUIVALENTS

	<u>Amount</u>	<u>Approx. Measure</u>
Butter or other shortening	1 pound	2 cups
Cheese	4 ounces ( $\frac{1}{4}$ lb.)	1 cup shredded
Chocolate chips unsweetened	6 ounces 8 ounce pkg.	1 cup 8 sq. (1 oz. each)
Coconut shredded	4 ounces	1 $\frac{1}{3}$ cups
Coffee ground	1 pound	80 T.
Cream sour	8 ounces	1 cup
Flour all-purpose cake	1 pound 1 pound	about $3\frac{1}{2}$ cups about 4 cups
Lemon juice	1 medium	2 - 3 T.
peel, grated	1 medium	1 $\frac{1}{3}$ - 3 tsp.
Nuts peanuts	1 lb. in the shell	$2\frac{1}{4}$ c. nutmeats
Orange juice	1 medium	$\frac{1}{3}$ - $\frac{1}{2}$ cup
peel, grated	1 medium	1 - 2 T.
Sugar white	1 pound	$2\frac{1}{4}$ c.
dark brown	1 pound	$2\frac{1}{4}$ c. (firmly packed)
icing	1 pound	about 3 c.
raw	1 pound	2 cups

SUBSTITUTIONS

<u>FOOD</u>	<u>AMOUNT</u>	<u>SUBSTITUTION</u>
Baking powder	1 <del>1</del> tsp.	$\frac{1}{4}$   <del>1</del> tsp. baking soda plus $\frac{1}{2}$ tsp. cream of tartar.
Buttermilk	2 cups	2 c. milk 2 T. vinegar, let stand 5 minutes.
Cake flour	1 cup	1 c. plain flour minus 2 T. plus 2 T. cornflour
Cheese for sauces or cooking	1 c.	Campbell's Cheddar Cheese soup
Chocolate (unsweetened)	1 square or 1 oz.	3 T. cocoa plus 1 T. oil or butter OR $\frac{1}{4}$ c. sweetened cocoa and reduce sugar in recipe by 1 T.
Chocolate chips or Semi-sweet chocolate	1 c.	1 - 300 g. Cadbury Energy bar, coarsely chopped
Cream of Chicken Soup (for cooking)	1 can	$1\frac{1}{4}$ c. of white sauce plus 2 chicken bouillon cubes
Eggs in Baking	1	1 tsp. baking powder or 2 egg yolks
Flour for Thickening	1 T.	$\frac{1}{2}$ T. cornflour
Graham Crackers for Crumb Crust	as required	crush either Arrowroot, Vanilla Wine or Golden Krispies cookies.
Karo syrup, dark or light		Golden syrup
Mustard Seed	1 tsp.	$\frac{1}{2}$ tsp. dry mustard
powdered sugar	1 c.	1 c. Castor sugar
Sour cream	1 c.	1-8 oz. can of reduced cream and 1 to 2 T. vine- gar. Let stand 5 minutes
Spinach	as required	silverbeet, pe!e

MAKE YOUR OWN

## Bean Sprouts

Use a light green bean from a green bean. Place beans in a baking pan; add water to the level of beans. Place pan in sunlight. Sprouts will be usable in two days.

## Juice (other than citrus)

Mash fruit; squeeze through cheesecloth. Add sugar and water to taste.

## Self-raising Flour

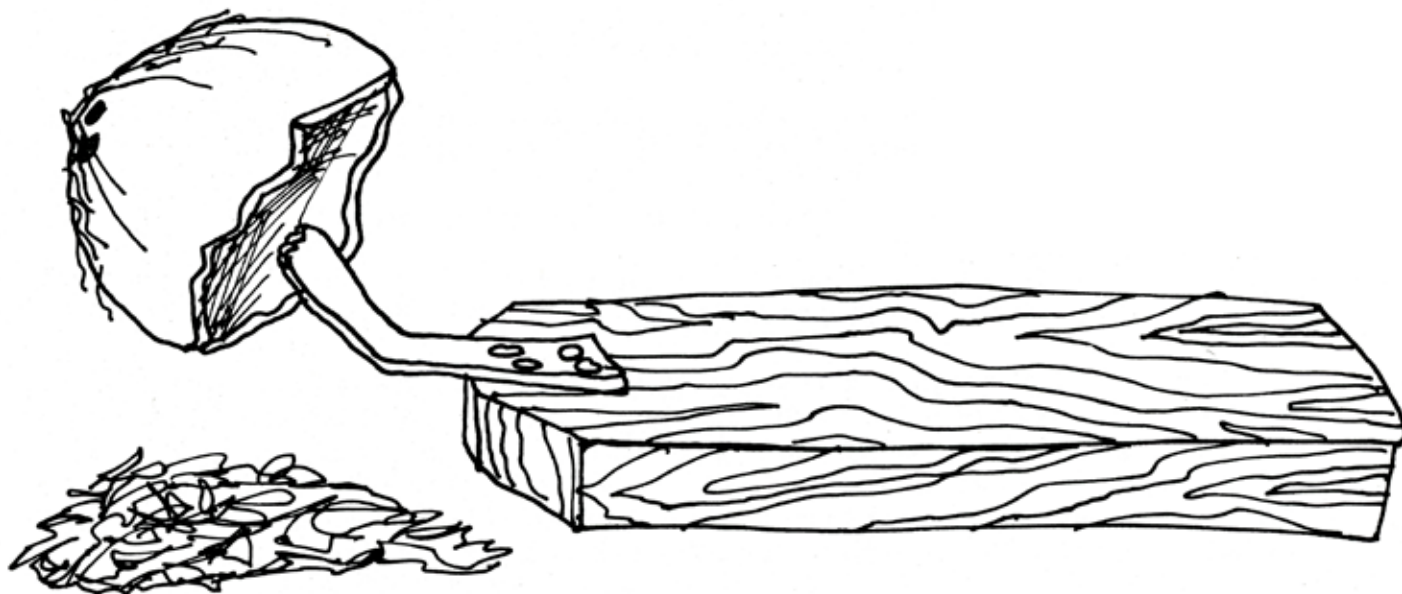
For 1 cup, mix together 1 cup all-purpose flour,  $1\frac{1}{2}$  tsp. baking powder,  $\frac{1}{2}$  tsp. salt.

## Tabasco Sauce

Crush about 50 little chillies with  $\frac{1}{4}$  c. vinegar,  $\frac{1}{3}$  c. water, and 2 T. salt. Strain and mash.

## Wine Vinegar

Uncork a bottle of red wine, cover with a piece of foil, and let stand for a weeks.



## HELPFUL HINTS

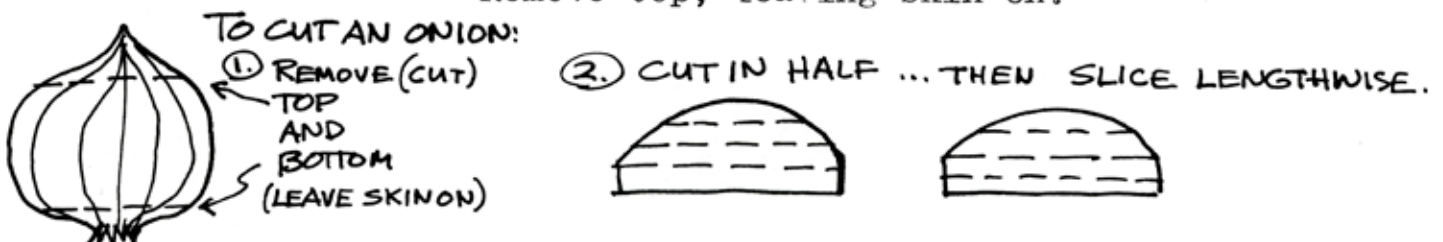
- Don't peel breadfruit before baking them in an 'umu.
- To soften brown sugar, place a perfect lime, lemon or apple in a sealed jar with the mouth wide enough to accommodate the whole fruit. In twelve hours, the sugar will be soft. Or place the sugar in a low oven for several hours; then use immediately.
- If you don't have brown sugar, use raw.
- By adding one tablespoon of corn syrup to candy mixtures, you will prevent their becoming granular.
- To test baked custard to see if it's done, insert a dry knife vertically in the center.
- To test an egg for freshness, place egg in glass of water:
  1. If egg falls to bottom and lies on its side, it's fresh.
  2. If large end rises slightly, it's somewhat old. Use in baking.
  3. If egg stands on end or floats, beware - it is very old.
- Put a little vinegar in the boiling water when you poach eggs. The egg will not run all over.
- When adding eggs to a hot mixture, best results are obtained by adding a bit of the hot mixture to the eggs, first; mix well. Then blend this egg mixture in with the rest of the hot mixture.
- Eggplant bitter? Soak sliced eggplant in salt water 10 minutes. Dry between dish towels and cook as planned.
- To prevent fish from sticking to fry pan, add 1 tsp. salt to fat, before frying.
- Add one egg yolk to frosting to keep it soft.
- Pile the salt called for, in your recipe, on your cutting board before you mince or crush garlic. Place garlic on salt pile; mince. The juice will not penetrate the board.
- To remove skin of garlic clove, crunch individual section (clove) until a crack is heard. This will loosen skin.
- To chop garlic, place clove on salt (part of the amount called for in recipe) and chop. When  $\frac{3}{4}$  finished chopping, turn blade of knife sideways, and mash garlic. This allows garlic to be broken down almost completely, forming a paste. (Be sure to use this salt in recipe)

- To remove the white membrane from oranges for special salads or desserts, let orange stand in boiling water for five minutes before peeling.
- For best results when making pickles, use enameled pans, and stir with a wooden spoon.
- Cut drinking straws into short lengths and insert through slits in pie crust to prevent juice from running over the oven and to permit steam to escape.
- To prevent filling from soaking into pie crust, dust over bottom crust with a mixture of flour and sugar before adding fruit or other filling.
- For flakier pie crust add a teaspoon of vinegar to the cold water when preparing the dough.
- Use spatula to lift pie crust to put in pan.
- Put a layer of marshmallows in the bottom of a pumpkin pie, then add the filling. You will have a nice topping, as the marshmallows come to the top.
- Put a handful of rice in your salt to absorb the moisture, so it won't stick together.
- For clearer sauce without lumps, substitute cornflour mixed with water for regular flour.
- A potato dropped into a pot absorbs the grease from the top of the soup. Remove the potato and throw it away as soon as it has served its purpose.
- Add one Tablespoon of cooking oil to water when cooking spaghetti noodles. They won't stick together when served.
- To simplify the peeling of tomatoes, toss them in boiling water (blanch) for 2 minutes.
- To crisp tomatoes, remove stems with shallow cuts. Soak tomatoes in water for 1 hour; refrigerate.
- White vinegar (made from apples) is highly distilled, and therefore much stronger than malt vinegar (made from grain). Each may be substituted for the other, but carefully flavor to taste.
- Use powdered sugar in whipping cream instead of granulated. It will stand much longer without separating.
- Put a little vinegar in the water and soak slightly wilted vegetables if you want them crisp and fresh.

- A pan can boiling water on the top shelf while baking yeast breads prevents ants from drying out.
- Do not keep peep or bread in an air-tight container unless you want to grow row in.
- If you have a fr fr store your flour in it. Flour in it. Flour will keep almost 1st fer without the bugs.
- Ants and other pests sts an uncanny ability to gnaw their way through any kind of pac pa of foil packet. Keep foods sold in such packets in glass or or erware containers.
- Use an empty, clean fish or or ertable can to make cakes, etc. for one person.
- Short of bowls? Use your empty ety cuts, lesi, pineapples, passion-fruit, watermelons and clam shell hell.
- Always keep an extra bottle of keros ros on hand so your stove won't run out in the middle of cooking.
- Place a marble in your teapot to prevent ent from forming on the inside. If you already have lime in your our, wipe out as much as possible; then boil vinegar inside.
- To clean food encrusted pans, fill them with wah wa. Heat to boiling, and allow water to boil for at least 15 15utes.
- Collect some coconut ribs (as found on a Tongan bro bro cut them so they are 6-8 inches long then tie them together. r. 3 makes a useful whisk for de-lumping gravy or whisking eggs. 3.
- If your test proves the soup too salty, add a piece of pot pot. The potato will absorb the salt, remove the potato before sre sing soup. Or counter the salt with a little sugar. For over-sal-sal vegetables, add a bit of lemon juice, cream or sugar.
- If your gravy or sauce is lumpy, put it through a fine strainer, er, then reheat it in a clean pan (double-boiler style), stirring constantly.
- If your soup or gravy is flavorless, add wine, tomato paste, mustard or lemon juice to taste.

- Gelatin will set without a refrigerator in  $1\frac{1}{2}$  days when the liquid is reduced to  $1\frac{1}{4}$  cup.
- To prevent lumpy gravy, add a little salt to the flour before adding the water.
- When you need ground nuts, crush them between sheets of wax paper or in a 'Baggie' with your 'rolling pin'.
- To keep a layered cake from sliding while icing, insert uncooked spaghetti instead of toothpicks.
- To keep lettuce fresh, wash and drain well. Put in a plastic container or plastic bag.
- Papaya can be used as a meat tenderizer. Smother a tough piece of meat in slices of green papaya, cover and cook for  $\frac{3}{4}$  of the cooking time called for in recipe. Remove the papaya and continue cooking meat, uncovered, until finished.
- Meat can be kept quite a number of days if you re-cook it each day.
- To measure molasses or honey, grease cup in which it is to be measured.
- Keep the tears away while peeling onions. Pour cold water over onion when peeling. Or place a piece of bread, or crackers, in your mouth.
- Even if part of an onion has gone bad, the rest is still suitable for use.
- The best onions are bulbous, with no bumps.
- Lavender-colored onions are sweeter than white onions.
- How to cut an onion:

Remove top, leaving skin on.



Remove bottom end.

Make cuts as shallow as possible. Two membranes deep, run knife down each side, from top to bottom. Lay onion half flat side down.

Make cuts (top to bottom) from left to right.

KIWI CONVERSIONS

## Measuring Spoons

Teaspoon (tsp.)

Dessertspoon (Dsp.)

Tablespoon (T.)



- 1 British Dsp. = 2 U.S. tsp.  
 4 British tsp. = 1 British T. = 1 U.S. T.  
 2 British tsp. = 1 British T. = 4 U.S. tsp.  
 1 American Pint = 2 cups (16 ounces)  
 1 Breakfast Cup = approx.  $1 \frac{1}{8}$  -  $1 \frac{1}{4}$  U.S. measuring cup (9-10 ounces)  
 1 English Pint =  $2 \frac{1}{2}$  cups (20 ounces)  
 1 Tea Cup = approx.  $\frac{7}{8}$  U.S. measuring cup (7 ounces)

Cookies = Biscuits

Corn Syrup = Golden Syrup

Cornstarch = Cornflour

Crisco = Kremelta

Eggplant = Aubergine

English Muffins = Crumpets

Extract = Essence

Fine whole meal flour = Sharps or Atta

Flaps = Ribs of mutton (sipi), primarily bone, lots of fat, little meat

Ghee = Butter made from water buffalo milk

Green Pepper = Capsicum

Ground Beef = Mince or Mince Meat

Jello = Jelly

Ketchup = Tomato Sauce

Lard = Drippings (Ngako)

Molasses = Treacle

Pikelets = Silver Dollar pancakes  
Raisins = Sultanas  
Red Food Coloring = Cochineal  
Scones = Similar to a baking powder biscuit  
Serviettes = Napkins (napkins in N.Z. are diapers)  
Tomato sauce = Tomato Puree  
Unprocessed Rice = Broken Rice  
Whipping Cream = Thick Cream  
Broiler = Griller  
Coffee Pot or Pitcher = Jug  
Stove = Cooker

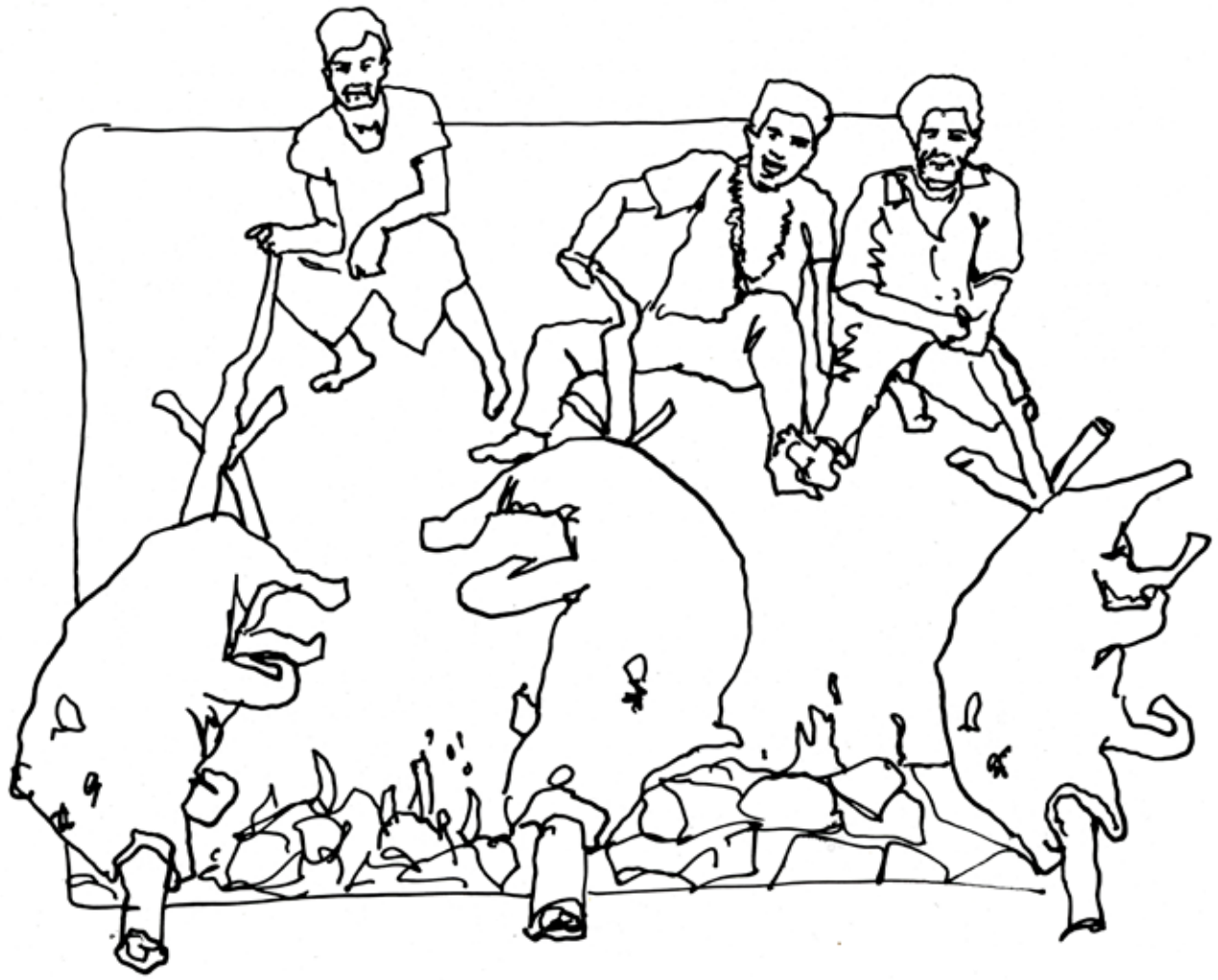
#### Milk Types and Substitutes

Reduced Cream  
Evaporated Milk  
Sweetened Condensed Milk  
Full Cream Milk Powder  
Skim Milk Powder (in plastic bags)





# *Local Foods and Seafoods*



AVOCADO (U.S.) - 'AVOKA (TONGAN) - AVOCADO PEAR (N.Z.)

Types available:

Avoka Mata - green skin when ripe

Avoka Kula - reddish-black skin when ripe, juicy and tasty

When available: December to May.

Where available: Talamahu market.

How used: A most versatile fruit, the avocado can be used in everything from appetizer to dessert. Select fruits which yield slightly to thumb pressure, but are not mushy.

How to store: To prevent browning, sprinkle avocado with citrus juice. If using only half an avocado, keep unused portion unpeeled, with the seed still embedded in it, and store it at 40° - 70°, wrapped in foil. Avocadoes ripen quickly; the ripe fruit will keep no longer than two days at room temperature, and approximately one week in a refrigerator.

Growing your own: Although it takes years for an avocado plant to mature to a fruit-bearing tree, you can grow an attractive house plant very easily.

Recipes:

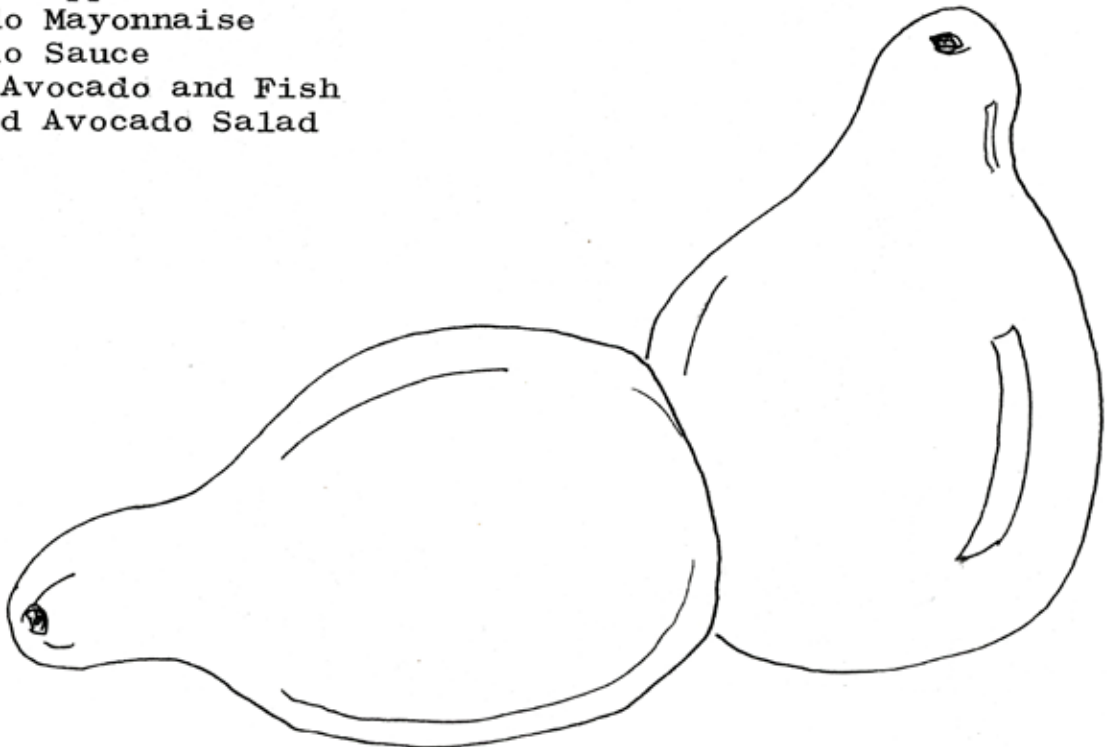
Avocado Appetizer

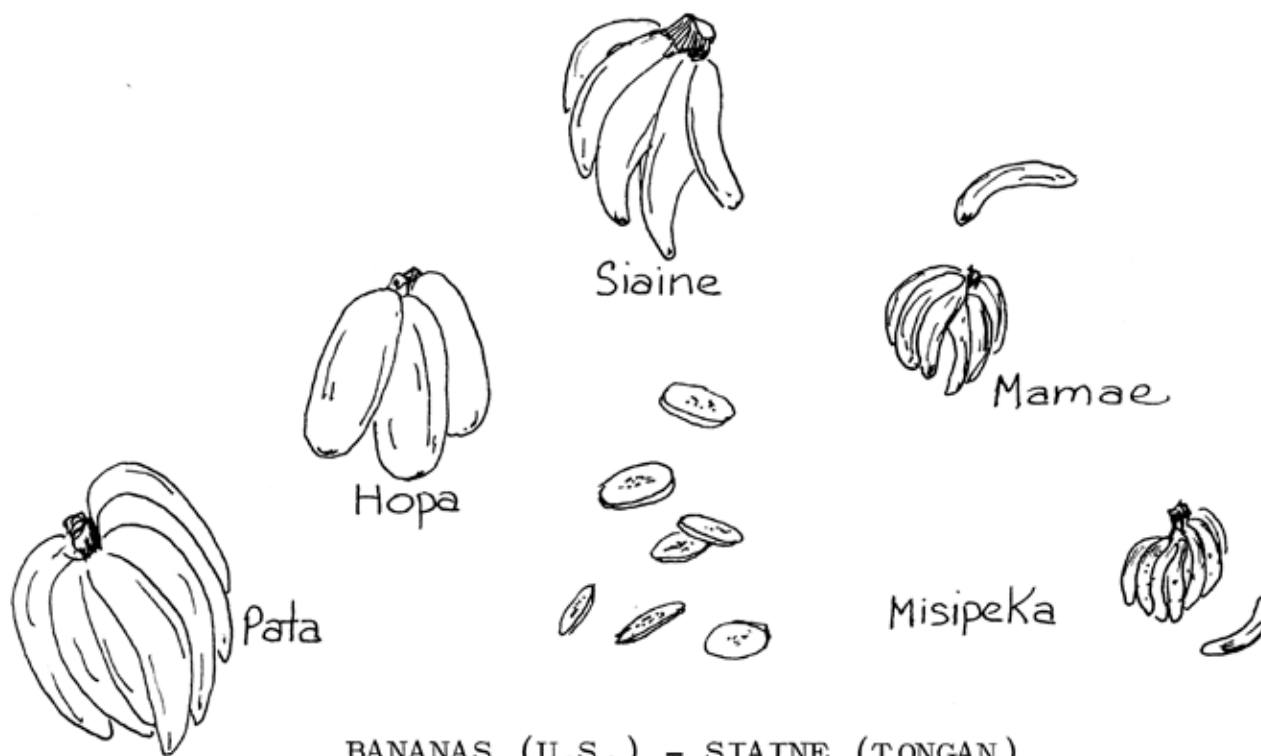
Avocado Mayonnaise

Avocado Sauce

Baked Avocado and Fish

Stuffed Avocado Salad





BANANAS (U.S.) - SIAINE (TONGAN)

Types available: Banana types may be distinguished by shape and size of the fruit.

Siaine - ordinary bananas

Hopa - fat and stocky, pink flesh, fairly sweet

Pata - very large banana (actually a plantain) with large seeds and a slightly starchy flavor when ripe

Misipeka - small, lady-finger banana, lemony flavor

Mamae - large lady-finger banana

When available: All year round.

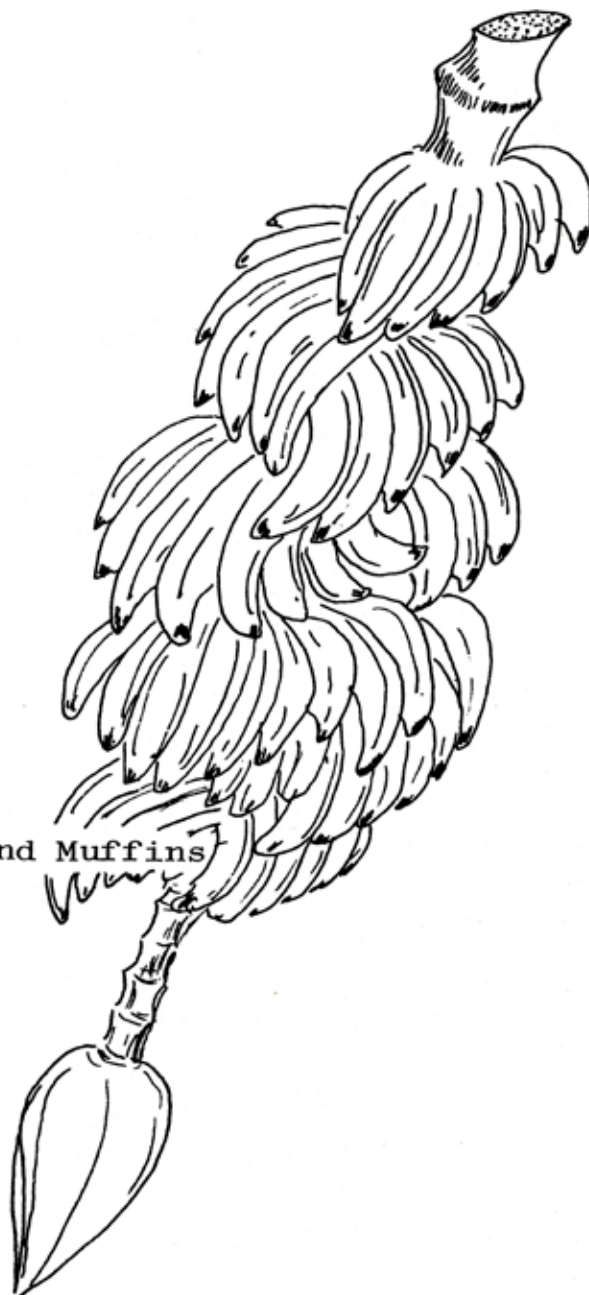
Where available: Talamahu market and occasionally at the Produce Board (across the corner from Tonga High.) The Produce Board bananas are very cheap because they are too ripe for export.

How used: When fully grown, but still green, bananas can be cooked boiled, or baked in an 'umu, and served as a starchy vegetable. If they are allowed to ripen (skins become yellow with brown spots) they become sweet, and are delicious eaten raw, baked in their skins, sauteed in butter, or used in salads, casseroles and desserts. Banana leaves are often used to wrap foods to be cooked in the 'umu, but the leaves themselves are not eaten.

Growing your own: Bananas grow from suckers, not from seeds. Suckers are the baby plants you see growing around a big banana plant. Carefully remove the sucker from the mother plant, using a hoe. Plant the sucker in a two-foot hole, add fertilizer, and fill in the hole. It will take from six to nine months for a new plant to produce a bunch. Each plant produces only one bunch of bananas in its lifetime. The plant will also produce several new suckers which can be left to mature. It is best to cut back or transplant excess suckers to allow enough room for the plants to grow. (A single fruit is called a finger, each cluster of fingers is called a hand, and a stalk of hands is called a bunch.)

#### Recipes:

Banana and Bacon  
 Banana Bread  
 Banana Cake  
 Banana Casserole  
 Banana Cocktail  
 Banana Cream Pie  
 Banana Ice Cream  
 Banana Milkshake  
 Banana Meat Casserole  
 Banana Mold  
 Banana Nut Bread  
 Banana Pancakes  
 Banana Peanut Butter Cookies  
 Banana-Plus Chutney  
 Banana Radish Dressing  
 Banana Soup  
 Banana Tuna Curry  
 Fried Bananas  
 Glazed Fruit with Crumb Topping  
 Green Banana Porridge  
 Hawaiian Banana Pie  
 Honeyed Banana Scones  
 Hopped-Up Hopa  
 Master Mix Banana Coffee Cake and Muffins  
 Oatmeal Banana Cookies  
 Peanut Butter Bananas Pancake  
 Pilgrims Yammunion  
 Sweet Potato Casserole  
 Tropical Omelete  
 Vai Siaine



BREADFRUIT (U.S.) - MEI (TONGAN)

Types available: All types are green and taste the same.

Mafala - small rounded fruit with smooth skin.

Loutoko - elongated fruit with bumpy skin.

Kea - large round fruit with bumpy skin.

Puou - large round fruit with smooth skin.

When available: In season from December through April.

Where available: Talamahu market.

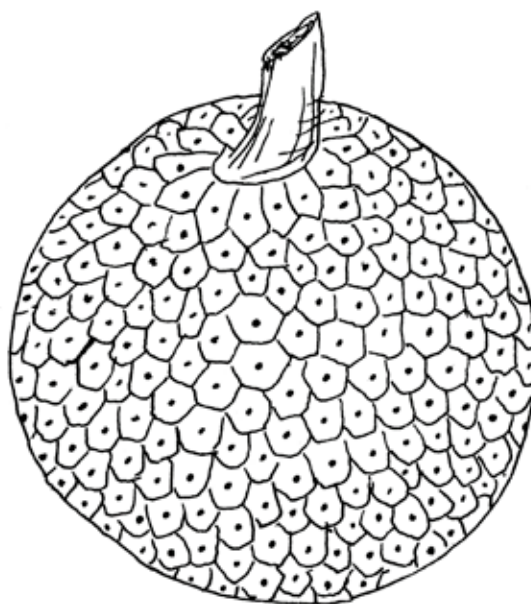
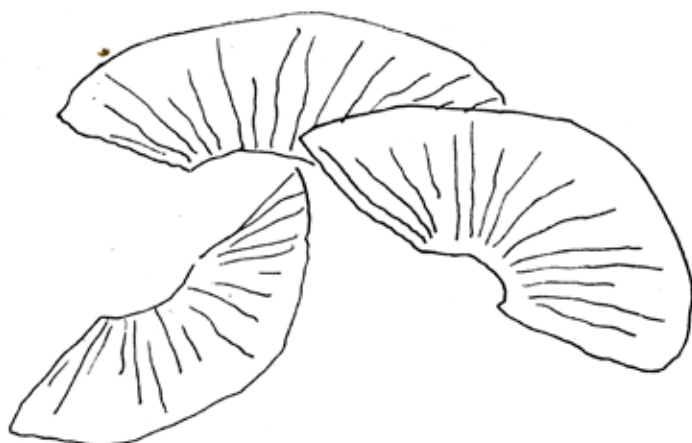
How used: Use as you would potato, i.e. boil, bake, boil in coconut milk, fry, roast, curry, stew, scallop, stuff, make into French fries, etc.

How to store: Cover with water when fruit begins to ripen, and it will keep 4 days longer. Refrigerated fruit will keep about a week and a half.

Growing your own: Not recommended as it takes six years for the tree to bear fruit.

Recipes:

Baked Breadfruit  
 Breadfruit Fritter  
 Breadfruit in Rice Ring  
 Breadfruit Patties  
 Breadfruit Salad  
 Breadfruit Soup  
 Buttered Breadfruit  
 Candied Breadfruit  
 Creamed Breadfruit  
 Faikakai  
 Fried Breadfruit  
 Haka  
 Sauteed Breadfruit  
 Scalloped Breadfruit



CASSAVA (U.S.) - MĀNIOKE (TONGAN)

Types available: All manioke has the same taste.  
 Manioke Kula - reddish-brown skin  
 Manioke Hiha - brown skin with white inside  
 Manioke Fisi - yellow inside and brown skin

When available: All year round.

Where available: Talamahu market

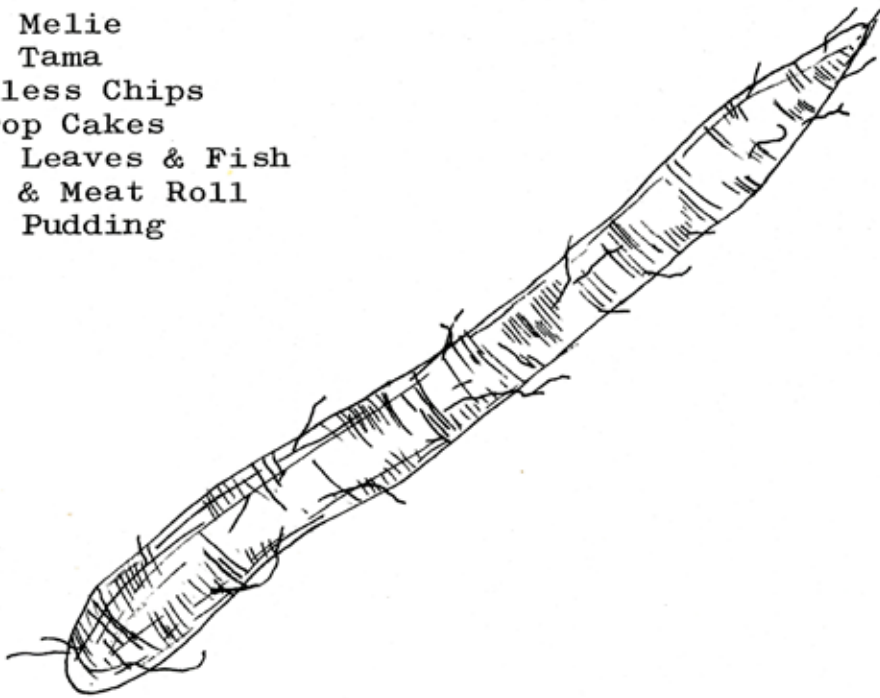
How used: Use as you would potato, ie. boil, bake, boil in coconut cream, fry, roast, and scallop.

How to store: Cover manioke with burlap bags and keep bags wet.  
 The manioke will keep about 2 weeks this way. OR Dig a hole and bury the manioke under ground covering it with soil. The manioke will keep about 1 month this way.

Growing your own: Cut a 12" stick from existing manioke stem and plant it about 4" in the ground; in 8-9 months the vegetable is ready.

Recipes:

Basic Lote Supreme  
 Boiled Tapioca  
 Cassava Drops  
 Haka  
 Manioke Melie  
 Manioke Tama  
 Potato-less Chips  
 Root Crop Cakes  
 Tapioca Leaves & Fish  
 Tapioca & Meat Roll  
 Tapioca Pudding



CHINESE CABBAGE (U.S) - KAPISI SIAINA (TONGAN)

Types available: Only one type is available. It is tall and has light green leaves with small prickles.

When available: May - September

Where available: Talamahu market

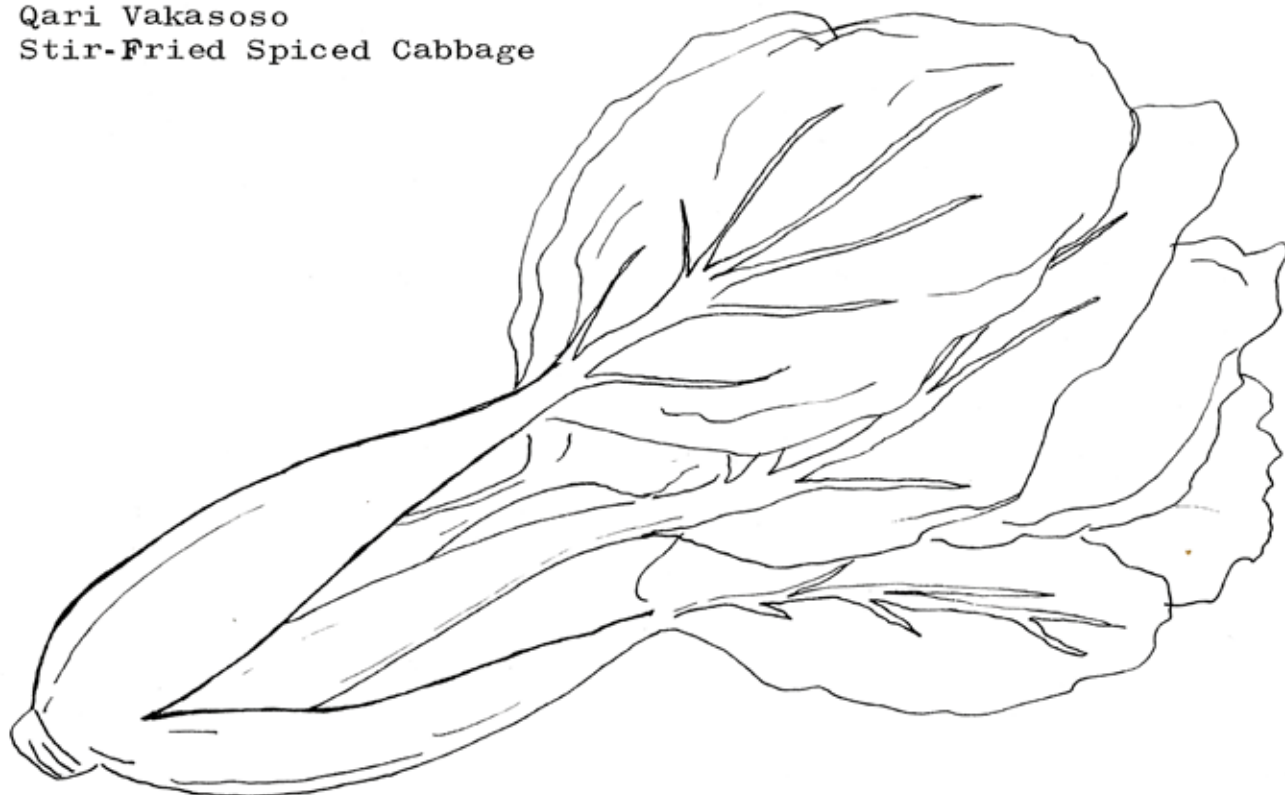
How used: Boil in salted water or coconut cream, fry in butter, fry with soy sauce or shred finely for salads.

How to store: Chinese cabbage can be kept 2-3 days without a refrigerator, if you place it in about an inch of water as if it were growing. If you have a refrigerator you can keep it for 1-1½ weeks.

Growing your own: It is relatively easy to grow and should be planted in March or April. You will need to spray it with insect and fungus spray. Chinese cabbage is ready to eat in about 2 months if your soil is fertile. Seeds are usually available from M.H., B.P., the Farm Store, and Jones.

Recipes:

Beef and Chinese Cabbage Soup  
 Cabbage in Sweet and Sour Sauce  
 Chinese Cabbage and Carrot Salad  
 Fried Chinese Cabbage  
 Kim Chee  
 Qari Vakasoso  
 Stir-Fried Spiced Cabbage



CITRUS (U.S.) - FA'AHINGA MOLI (TONGAN)

## Types available:

- orange - moli
- mandarin - moli pele (juicier & larger than tangerine)
- tangerine - moli vaikeli
- grapefruit - moli tonga
- lemon - lemani
- lime - laimi
- kola - kola (same color as lime but smaller and orange flesh inside)

Where available: Available at Talamahu market and in the bush.

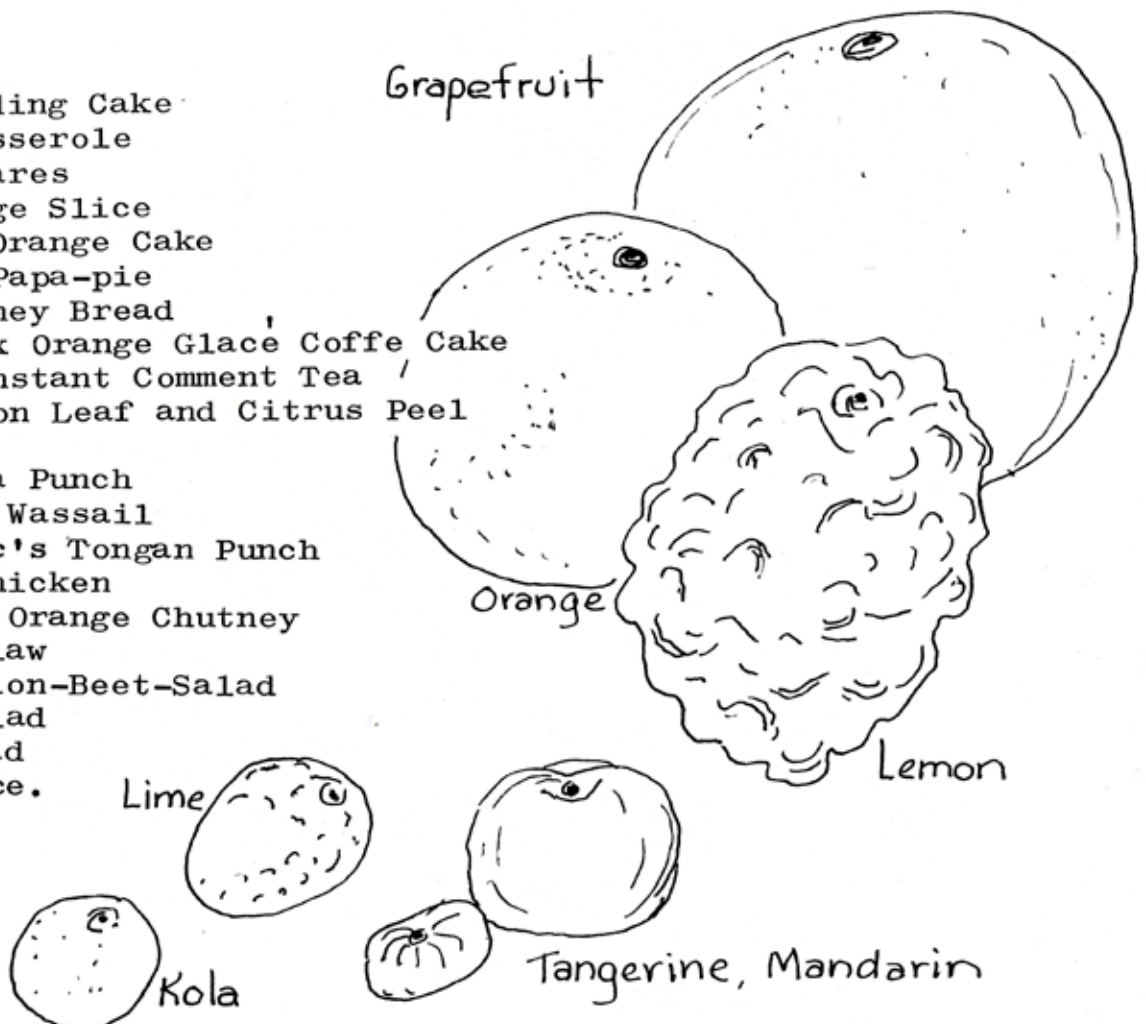
When available: The summer months of December, January & February are the peak of the season.

How to grow: Dry the seeds from the plant and plant in a hole about 6" deep. Planting your own tree is not recommended as it takes 3 to 5 years to bear fruit.

How to use: Can be eaten raw as a fruit, in fruit salad, squeezed for juice, in otaï or in marmalade.

## Recipes:

- Lemon Pudding Cake
- Banana Casserole
- Lemon Squares
- Jaffa Fudge Slice
- Mandarin Orange Cake
- Tropical Papa-pie
- Orange Honey Bread
- Master Mix Orange Glace Coffe Cake
- Vava'u Constant Comment Tea
- Tea - Lemon Leaf and Citrus Peel
- Tea Punch
- Citrus Tea Punch
- Christmas Wassail
- Trader Vic's Tongan Punch
- Oranged Chicken
- Pineapple Orange Chutney
- Cabbage Slaw
- Orange-Onion-Beet-Salad
- Orange Salad
- Fruit Salad
- Lemon Sauce.



## COCONUT (U.S.) - NIU (TONGAN)

The nut of the coconut tree is eaten in all stages of development. available all year round at the market and in the bush.

### VERY IMMATURE COCONUT - NIU NGONO

Its husk is green, and when tapped it sounds empty. It doesn't contain much meat and its liquid is not very sweet.

### GREEN DRINKING COCONUT - NIU MATA

Its husk is green, and when tapped it sounds solid. At this stage the liquid is very refreshing. It seems slightly carbonated and may squirt out when the nut is opened by poking a hole through the 'mouth'. (Looking at the end of the husked nut, you'll see a 'face' - 2 eyes and a mouth.) The flesh is like custard and quite tasty. When you've finished drinking the liquid, crack the nut against a rock to open it, and eat the flesh.

These will keep for several days if husked, and about a week if not husked.

Tongans use this stage coconut to make veifua, a hot beverage often drunk by mothers with young babies. They husk the nut, and bake it in the 'umu for about an hour.

### ALMOST MATURE (ADOLESCENT) COCONUT - NIU MOTOMOTO

When you shake this stage of coconut you can hear the liquid slosh around. The outside of the husk may still be green or turning bronze. The shell will have dark brown or black veins. The nut at this stage is used for making a relish for dipping Tongan foods (meat and root crops), called vai polo. To make it, cut the meat of a niu motomoto into chunks and fill a beer bottle about  $\frac{1}{4}$  full with them. Add 10 to 15 whole chillies, then fill the bottle with sea water. Close bottle tightly and let sit 3 to 5 days.

### MATURE COCONUT - NIU MOTU'U

The mature coconut is brown and has many uses: for copra, for food, and in the making of cream and oil. It will keep for about a month if kept in a cool dry place. There is some confusion about the name of the liquid contents of the coconut. Within the nut is a liquid called water. Botany books also call this milk. On the other hand, cookbooks refer to 'milk' or 'cream' as the result of extracting juice from the grated coconut meat. Sometimes this involves the addition of water.

FRESH COCONUT MILK:

Grate the meat of a fresh mature coconut. To each cup of coconut meat add 2 cups hot water. Let it soak 30 minutes. Then squeeze through a piece of cheesecloth to extract all of the liquid. Tongans traditionally use coconut husks in place of the cheesecloth.

FRESH COCONUT CREAM:

For each 2 cups grated coconut, add 1 cup hot water. Let stand 30 minutes, then squeeze through cheese cloth to extract all liquid.

You can get a 'hakalo' (Tongan coconut grater) made for you at the Ministry of Works, or you can remove the meat from the shell with a knife, and grate it on a kitchen grater.

Finely grated coconut for toppings, cakes and confections may be prepared as follows: Remove husk. After draining water from the coconut, place the whole coconut in an oven at a temperature between 250 and 275 for one hour. This causes the meat to shrink slightly from the shell and also facilitates removal of the meat in large pieces. The coconut may crack in the oven. Remove from oven and cool. Tap the shell over the entire surface with a hammer to help loosen the meat. Crack and break into two to four large pieces. Pry out kernel with a screwdriver. (Do not use sharp-edged knife as the knife may break.) Peel off the brown skin, wash and drain. Grate on a medium grater and use at once or freeze for future use. Grated coconut may be successfully frozen by packing firmly to press out the air and sealing in airtight containers. For convenient use, wrap the grated coconut in  $\frac{1}{2}$  cup portions before placing them in a large package. Freeze with or without sugar.

A side product of the mature nut is its husk, which makes very good charcoal for your barbeque pit.

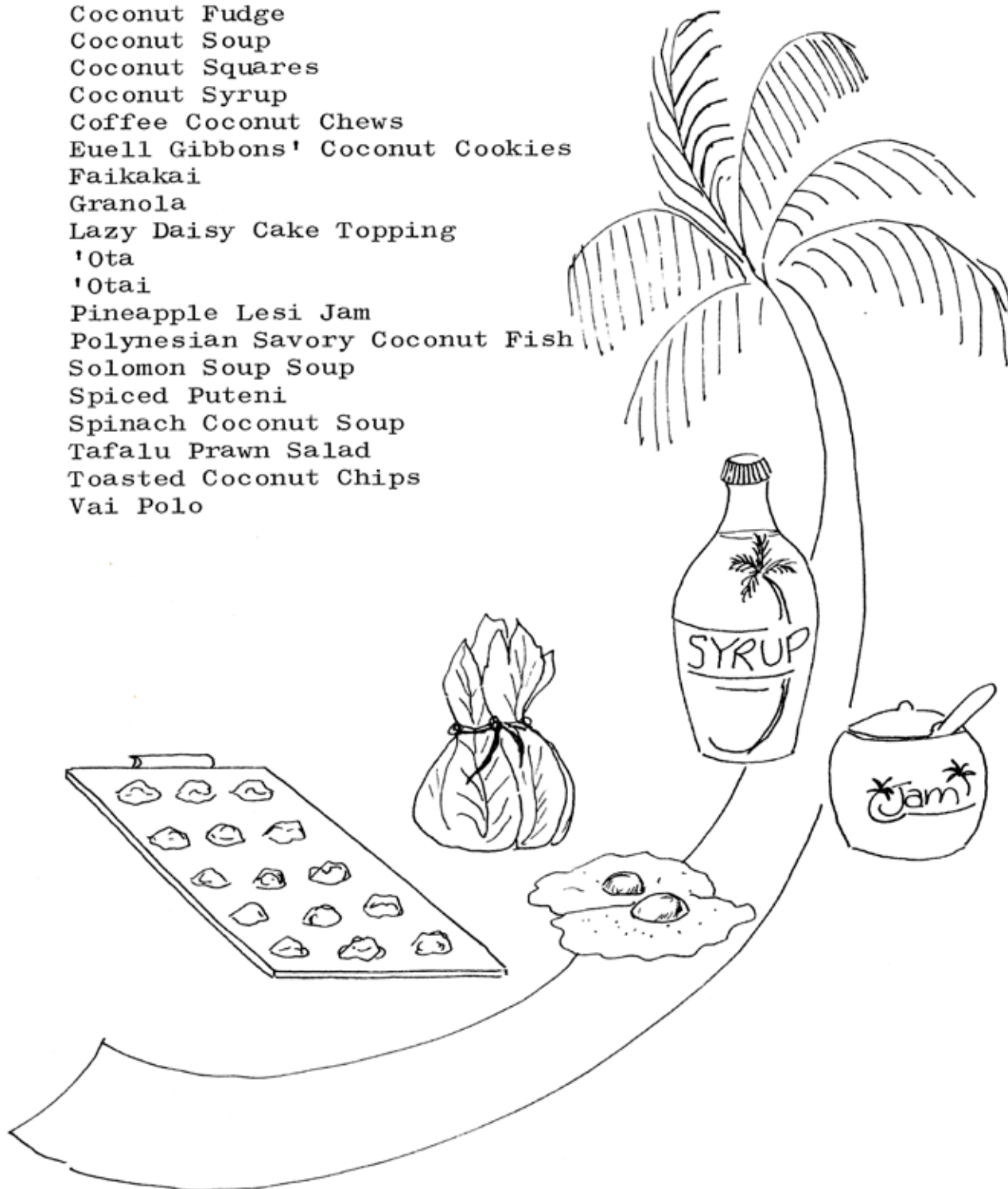
SPROUTING COCONUT - 'UTO

When a mature coconut is allowed to sprout, the milk in the interior gradually transforms into a cottony mass beginning as a small button at one end of the nut. This cotton eventually expands and occupies the whole nut. This styrofoam-like meat is rather tasteless, but is a choice food for some. It is sometimes called 'coconut candy'.



## Coconut Recipes:

Baked Coconut  
 Coconut Bars  
 Coconut Candy  
 Coconut Chews  
 Coconut Cream Sauce  
 Coconut Crumb Crust  
 Coconut Curried Eggs  
 Coconut Fudge  
 Coconut Soup  
 Coconut Squares  
 Coconut Syrup  
 Coffee Coconut Chews  
 Euell Gibbons' Coconut Cookies  
 Faikakai  
 Granola  
 Lazy Daisy Cake Topping  
 'Ota  
 'Otai  
 Pineapple Lesi Jam  
 Polynesian Savory Coconut Fish  
 Solomon Soup Soup  
 Spiced Puteni  
 Spinach Coconut Soup  
 Tafalu Prawn Salad  
 Toasted Coconut Chips  
 Vai Polo



EGGPLANT (U.S.) - PAINGANI (TONGAN) - AUBERGINE (N.Z.)

Types available: There is one type available here.

When available: April - September

Where available: Talamahu Market

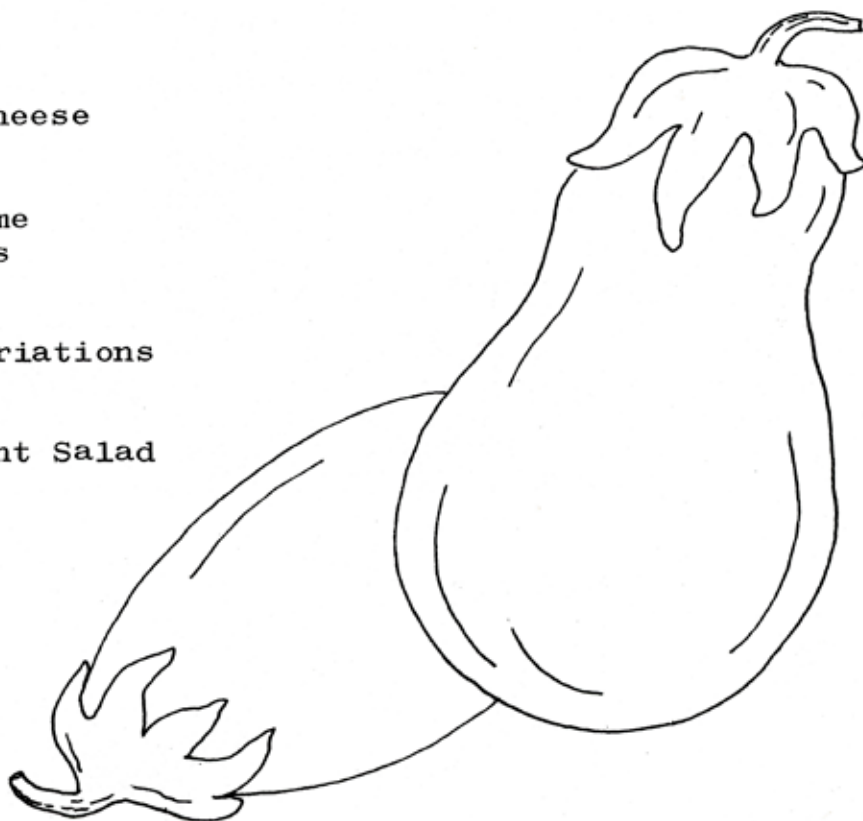
How used: Eggplant can be prepared in a variety of interesting ways: boiling, baking, frying, sauteing, or grilling over the coals. Eggplant lends itself well to appetizer and side dish recipes. Select firm, heavy eggplant with shiny purple, uniformly smooth skins, which are not hard at the ends.

How to store: Store in a cool place. Fully ripened eggplant will keep for a couple of days at room temperature, and for about a week if refrigerated.

Growing your own: Eggplants grow well in Tonga, and one bush produces many fruits. Seeds are available locally.

Recipes:

Breaded Fried Eggplant Sticks  
 Curried Eggplant  
 Curried Rice  
 Eggplant a la Greque  
 Eggplant Baked in Coconut Cream  
 Eggplant Caviar Spread  
 Eggplant Istanbul  
 Eggplant Lasagna  
 Eggplant Parmesan  
 Eggplant - Pepper - Cheese  
 Eggplant Ragout  
 Eggplant Salad  
 Eggplant Squash Supreme  
 Eggplant with Tomatoes  
 Fried Eggplant  
 Greek Goddess Salad  
 Grilled Eggplant & Variations  
 Scalloped Eggplant  
 Stuffed Eggplant  
 Sweet and Sour Eggplant Salad



GINGER ROOT (U.S.) - SINISA (TONGAN)

**Types available:** No special varieties. Ginger root is a light brown semi-woody root with a very pungent flavor and smell.

**When available:** It is available occasionally all year round in the market.

**How used:** It is used minced as a spice in many Chinese and Indian style dishes. You can substitute 1/3 as much powdered ginger for minced fresh ginger root in recipes. It can be preserved for use in sweets and chutney as candied ginger.

**How to choose:** Ginger root should be firm with no soft or mold spots.

**How to store:** Unpeeled fresh ginger root will keep on a rack in a cool dry place for several weeks. If you peel it and cover with dry sherry it will keep indefinitely in the refrigerator.

**Growing your own:** Plant a piece of the root with a sprout, and you can have your own ginger plant.

**Recipes:**

Banana Plus Chutney  
 Euell Gibbons' Pineapple Chutney  
 Ginger Beer  
 Ginger Root Barbeque Sauce  
 Ginger Wine  
 Green Mango Chutney  
 Kim Chee  
 Pineapple Ginger Strudel



GUAVA (U.S.) - KUAVA (TONGAN)

Types available: Only one type available. It is green to yellow on the outside and pink on the inside.

When available: November - March

Where available: Talamahu Market

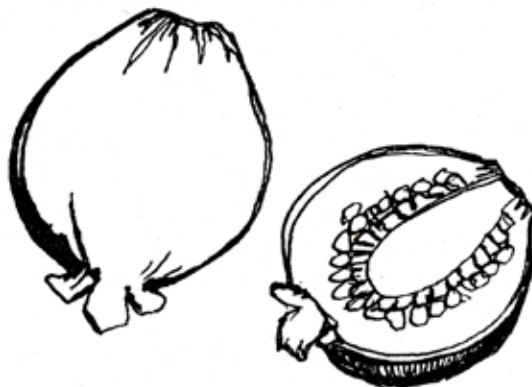
How used: Select fruit that is yellowish-green, but not yellow. The fruit fly lays its eggs under the skin and they hatch into small white worms when the fruit turns yellow. Wash and eat fruit fresh, stew it, or make jam, jelly or juice.

How to store: Guava will keep in the refrigerator a week or so without ripening.

Growing your own: Not recommended as the tree takes 5 years to bear fruit. But if you want to plant a tree; cut a branch off an existing tree, prune as you would a usual transplant, and plant in the ground.

Recipes:

Euell Gibbons' Guava Butter  
Guava Candy  
Guava Jam  
Guava Jelly  
Guava Juice  
Guava Ketchup

TAVA (TONGAN)

Types available: Only one type available. It is dark green on the outside with a thin brown membrane on the inside of the peel. The inside is a soft, white, sweet fruit which contains one brown nut in the center.

When available: Usually available during the summer months from November to February.

Where available: Talamahu market

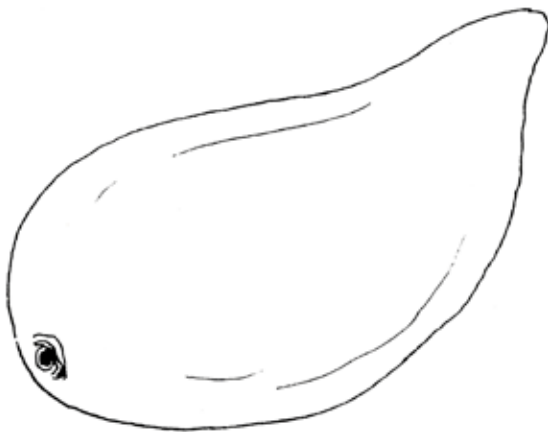


CRACK IN MEMBRANE  
IS TYPICAL WHEN  
FRUIT IS RIPE.

How used: It is eaten generally as a hand fruit. It can be used in any recipe which calls for litchi. The tava should be soft but not squishy.

How to store: Tava ripens very quickly. You can keep it 1-2 days at room temperature in a food cupboard, or 3-4 days in a refrigerator.

Growing your own: Not recommended due to the long time the tree requires to bear fruit.



MANGO (U.S.) - MANGO (TONGAN)

Types available:

- Mango lesi - rounded and juicy
- Mango 'akau - very sweet, thick skin, long oval shape
- Mango 'apele - crisp and sweet
- Mango kalasini - smells like kerosene but is still good to eat
- Mango kaimata - 'eat it green', as it is sweet even when green.

When available: Mango season is during the hot months, especially November and December.

How used: Green mangoes are often used in chutneys and can be substituted for cooking apples in many recipes. Peel ripe fruit and use it raw in salads; or add sugar or syrup, and use as a dessert.

How to choose: Ripe mangoes should be firm and yellow to orange in color.

How to store: They will keep for about 2 days on racks in a cool dark place.

Growing your own: Unless you already have a mango tree on your 'api or plan to stay here a long time, you can't grow your own mangoes.

Recipes:

- Euell Gibbons' Mango Sauce
- Green Mango Chutney
- 'Otai
- Papaya Mango Cocktail

OKRA (U.S.)

Types available: Only one type available. It has medium to light green pods with prickly hairs on the outside.

When available: May - September

Where available: Sometimes Talamahu market; but it is best to grow your own.

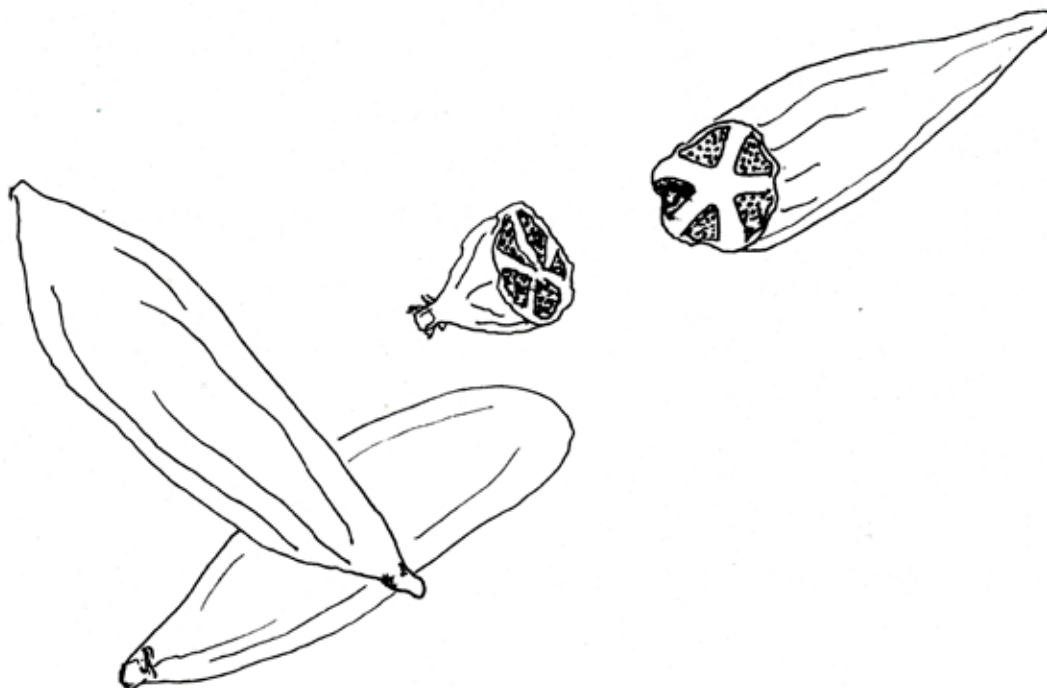
How used: Select pods which are about 2-3". The pods will grow very large, but then they are tough, stringy and woody. Wash and use okra whole, or slice it. It can be fried, boiled or steamed. Use in soups, curries, salads, etc.

How to store: Okra will not keep a long time after it is picked; usually after 3 days at room temperature, it withers. In a refrigerator it will keep about 1 week.

Growing your own: Okra grows and produces fruit rapidly. Approximately 6 to 8 weeks after you plant the seed, it will bear fruit.

## Recipes:

Indian Okra  
Okra and Rice  
Okra Gumbo



PAPAYA (U.S.) - LESI (TONGAN) - PAWPAW (N.Z.,AUST.)

Types available:

- Lesi Tonga - round, with sweet orange flesh
- Lesi Initia - long and skinny with orange flesh
- Lesi Meleni - large and long, with very juicy pink flesh;  
not too sweet

When available: All year round

Where available: Talamahu market

How used: If cooked like a vegetable, all three varieties of lesi can be eaten while still green. The flesh may be pale green, white, or just turning orange, and the lesi will be as crisp as a carrot. Simply cut the fruit into cubes and boil in salted water until tender. An enzyme present in the immature fruit tenderizes meat, making green lesi a great addition to stews, curries, and baked meats, if the meat is tough. (When using lesi as a tenderizer, be sure to cover baking dish or pan, as moist heat assists the tenderizing action of the enzyme). When the fruit ripens the skin turns from green to yellow, and the flesh becomes soft. In the hollow at the center of the fruit you'll find small black seeds which are edible, but are usually discarded. Ripe lesi is a colorful addition to fruit salads, its rather mild flavor enhanced by the flavor of other fruits.

How to store: Ripe fruit will keep several days at room temperature, and for one week if refrigerated.

Growing your own: Lesi trees grow very well here, requiring little care. The lesi tree bears fruit all year round, if its growing in good soil. To plant, take the seeds from a ripe lesi, and plant them under several inches of soil. In about six months, the first fruits will appear. Lesi trees are either male or female. Male trees have small flowers which grown in clusters on long drooping stalks. Female trees have large single blooms immediately above each leaf stalk. Only the female trees produce fruit, but the male trees are needed for pollinization purposes.



## Papaya Recipes:

Basic Meat Curry  
 Fruit Salad  
 Glazed Fruit with Crumb Topping  
 Green Lesi Pickles  
 Hawaiian Sweet and Sour Meatball  
 Papaya - Mango Cocktail  
 Papaya Oatmeal Bars  
 Papaya Upside Cake  
 Pat's Papaya Jam  
 Paw Paw Drink  
 Pineapple-Lesi Jam  
 Solomon Soup Soup  
 Tropical Papapie  
 Vailesi



PASSIONFRUIT (U.S.) - PASIONE (TONGAN)

Types available: There are three types available:  
 Grenadilla - A large, greenish-yellow, oblong fruit.  
 Vaine - A medium-sized, oblong yellow fruit.  
 Passionfruit - A small, round, yellow fruit.  
 Each type is filled with seeds. The smaller the fruit, the less juicy and sweeter it is.

When available: Available in the summer months from November to February.

Where available: Talamahu market

How used: Use the larger fruits for juice. Use the small passionfruit in fruit salad and desserts. You can use the shells for decorative bowls.

How to store: Passionfruit will wither in 3 or 4 days at room temperature. It will keep in the refrigerator over a week.

Growing your own: Passionfruits grow on vines which grow very rapidly. Dry seeds and plant - you should have fruit the next season.

## Recipes:

Euell Gibbons' Passion Cake Icing  
 Passionfruit Marshmallow Whip

PELE (TONGAN)

Types available: There are two types of pele in Tonga, identical except for the color of their leaves. Pele lanu mata is green; pele kula has red leaves.

When available: All year round

Where available: Talamahu market

How used: Pele is a leafy vegetable, similar to spinach, which grows on a bush. It is best to pick the young top leaves. Buy or pick pele just before using, as it does not keep well. Cook whole leaves in boiling water for 2 minutes, turn and for 2 minutes longer. Serve as a vegetable with butter or coconut cream.

How to store: Place rinsed and drained leaves in a covered container store in a cool place. Use as soon as possible. Pele will keep in plastic bags, in a refrigerator, for 24 - 48 hours.

Growing your own: Plant a cutting from a mature plant.

Recipes:

Green Jade Fried Rice

Lolo'i Pele

Savory Spinach Dish



PINEAPPLE (U.S.) - FAINA (TONGAN)

Types available:

Tongan Pineapple - small and sweet with prickly skins.  
 Samoan Pineapple - large and juicy with relatively smooth skins.

When available: Fresh pineapple is available in the market during most of the year, but it is most plentiful, and cheapest, during December and January.

How used: Peel off outer skin with a sharp knife. Remove black eyes by cutting a wedge  $\frac{1}{4}$  inch deep diagonally across fruit. They are delicious just sliced or cubed, and make a nice addition to a fruit salad. Be sure not to use fresh pineapple in a gelatin salad, as it will prevent it from setting.

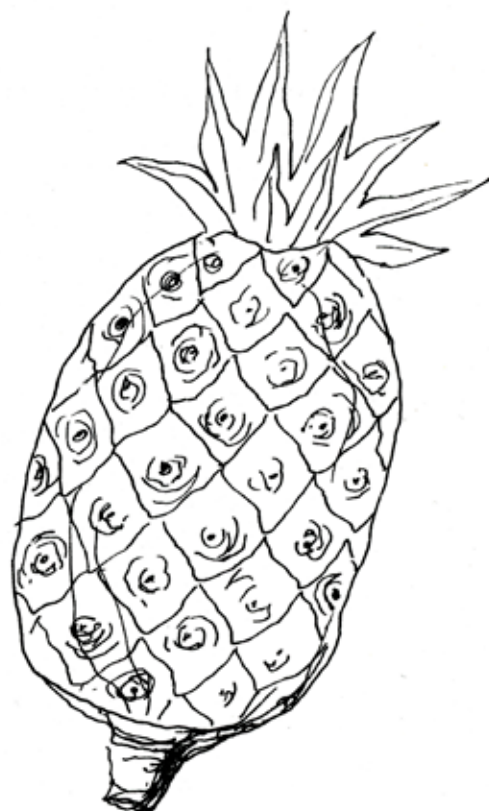
How to choose: A pineapple's skin turns from green to yellowish-orange when it ripens. Choose one which is firm with no soft spots.

How to store: An already-ripe pineapple will keep for several days on a rack or longer in the refrigerator.

Growing your own: Pineapples can be grown by cutting off the crown of leaves found on top of the fruit, placing them in water to root, then planting in soil. This method takes a long time (about 18 months). It's better to plant the suckers which form around the mature plant, as they take about 6 months to produce fruit.

Recipes:

Euell Gibbons' Pineapple Chutney  
 Fruit Salad  
 Glazed Fruit with Crumb Topping  
 Hawaiian Sweet and Sour Meatballs  
 'Otai  
 Pineapple Carrot Cake  
 Pineapple Fish  
 Pineapple Ginger Strudel  
 Pineapple Lesi Jam  
 Pineapple Orange Chutney  
 Pineapple Pie  
 Pineapple Slaw with Mustard Dressing  
 Sela's Pineapple Pie  
 Tomato, Pineapple and Peanut Salad



PUMPKIN (U.S.) - HINA (TONGAN)

Types available:

Tongan pumpkin - Mustard gold pumpkin which is more watery than the Queensland blue. Resembles the squash family.

Queensland blue pumpkin - Green-grey pumpkin with a stronger flavor.

When available: Pumpkin is available all year, though you may have to take a walk in the bush to find it. It is most prevalent during November - January.

Where available: Talamahu market

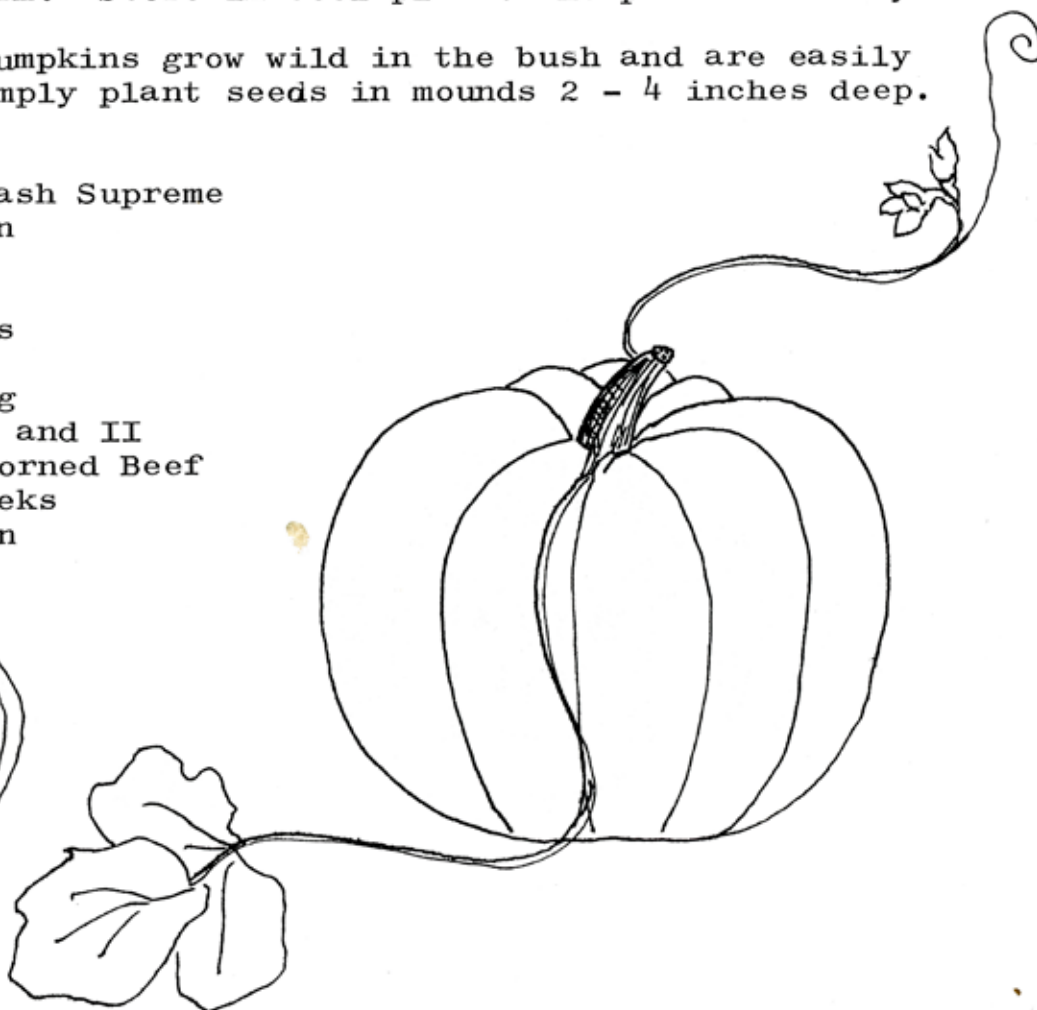
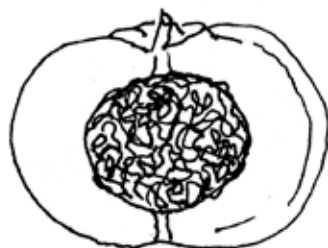
How used: Pumpkin may be used as a vegetable or as a base for sweet dishes. Peel or leave the skin on. Cut into slices or dice. Steam boil in salted water. Drain well and mash and use as starchy vegetable or for pies, breads, scones. Pumpkin may also be sliced and baked in the oven. Dot with butter and sprinkle with nutmeg. Use in curries, stews and soup. Another method is to slice thinly (about  $\frac{1}{4}$  -  $\frac{1}{2}$  inch) and fry. OR Cut off top, scoop out center and stuff with meat, vegetables and rice mixtures, and bake.

How to store: Choose pumpkins of uniform shape, golden or dark green color firm. Store in cool place. Keeps several days.

Growing your own: Pumpkins grow wild in the bush and are easily cultivated, simply plant seeds in mounds 2 - 4 inches deep.

Recipes:

Eggplant - Squash Supreme  
Gourmet Pumpkin  
Mashed Pumpkin  
Pumpkin Bread  
Pumpkin Muffins  
Pumpkin Pie  
Pumpkin Pudding  
Pumpkin Soup I and II  
Pumpkin with Corned Beef  
Squash with Leeks  
Stuffed Pumpkin



ROSELLA (U.S.J) - LASIPELLI (TONGAN)

Types available: Only one type available. It is a dark red fruit which looks similar to a tulip sitting on a circular base of points.

When available: June to September

Where available: Talamahu market

How used: Wash fruit and remove from seed pod in the center. It helps to soak the fruit a few minutes to be sure that all the dirt and insects are removed. Drain off water. Break or cut fruit into a suitable size for eating. For stewed rosellas, place fruit in a saucepan with a 2:1 ratio of sugar and fruit. Add a small amount of water and cook on medium to low heat until tender. Taste to make sure the mixture is sweet enough - if not, add more sugar while still cooking. Stewed rosellas are good over shortcake, custard, ice cream; almost any desserts.

How to store: Rosellas will keep best if not picked from the branch. Put the long branches in a bucket of water and the rosellas will not wither for about a week.

Growing your own: If a rosella branch is planted in September or October and is well established, you can have rosellas the next season. To plant, take a cutting from an existing rosella bush, prune it, and plant it in the ground. Or dry the seeds from the rosella pod, and plant. The seed will not bear as rapidly as the cutting.

Recipes:

Rosella Jelly  
Rosella Juice



THE ROSELLA LEAF...  
ROSELLA FRUIT WAS'NT  
IN SEASON.

SOURSOP (U.S.) - 'APELE (TONGAN) - CUSTARD APPLE (N.Z.)

Types available: There are two types available in Tonga. The most common is a large, green, almost kidney-shaped fruit. It has slender thorn-like protrusions which do not prick. The flesh is white and very juicy. The second type is small, about the size of an apple. The entire fruit is made up of small sections. Each section contains a seed. The small 'apele has a lighter yellowish-green color than the large one. The taste and consistency of the two fruits are slightly different.

When available: The large fruit is available year round, but is most plentiful in the summer months. The small 'apele is usually available during only the summer months.

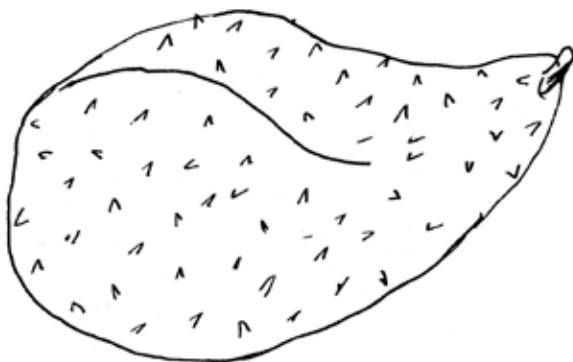
Where available: Talamahu market

How used: Cut in half and scoop out soft flesh. Sieve to remove fiber and seeds. Use in drinks and desserts. It combines well with bananas and avacado. Choose a fruit that is green and soft but not mushy.

How to store: Depending on ripeness, the fruit will last 1-3 days in a food cupboard and up to a week in a refrigerator.

Growing your own: Not recommended due to the long time the tree requires to bear fruit.

Recipes: Soursop Drink



SWEET POTATO (U.S.) - KUMALA (TONGAN)

Types available: Many varieties are available, the principle difference being in the coloration of the root crop. Kumala Vai has white skin and white flesh. It is less sweet, and more moist than the other varieties. Other varieties of kumala have a red-orange skin. This variety is sweeter and has a dry texture. This type of kumala has a greater nutritive food value than the other variety.

Tongamai - skin is white like kumala vai, but flesh is firmer. Palu - exterior is red-orange in color. The flesh is yellow, firm and dry. Similar to sweet potato found in the States.

Silika - skin is white also. Flesh is firm drier than kumala vai.

Kumala Vai - White smooth, exterior. White moist flesh.

When available: Kumala is available throughout the year.

Where available: Talamahu market

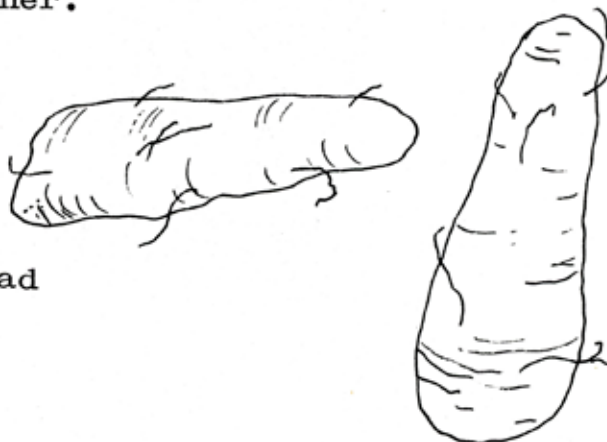
How to store: Choose roots that are round and free from insects. Store on open wire shelves. Kumala keeps for 3 - 4 weeks or more.

How used: Kumala is generally eaten as a starchy supplement to meals. Use as you would sweet potatoes. Scrub the skin well, then steam, boil, bake or fry. Fry in hot fat or oil and serve as chips with salt. Steamed or boiled kumala may be served with melted butter and chopped parsley.

Growing your own: The recommended way to plant this crop is on mounds of good soil 3-4 feet apart. Four or five cuttings are planted in each mound. The crop does not need much attention and is harvested after about six months. When the tubers are nearing harvest time, the leaves begin to turn yellow. The best way to propagate sweet potatoes is to use tip cuttings. These are the tips of the stems - about 8 - 12 inches long. They are planted at an angle with 1/3 of their length below the ground. It is best to plant them during a spell of rainy weather.

Recipes:

Fish and Yam Fritter  
Haka  
Peanut Butter Ham Rolls  
Pilgrim's Yammuniton  
Solomon Soup  
Spiced Kumala and Banana Salad  
Stuffed Kumala  
Sweet Potato Casserole  
Sweet Potato Pie



TARO (U.S.) - TALO (TONGAN)

Types available:

- Talo Tonga - flesh of a blue-grey color and a cheese-like texture. It is spherical in shape, grey exterior.
- Talo Futuna - flesh of a violet hue and a soft moist texture. It is brown in color, shaped like a potato. The skin is rough and hairy.
- Talo Tea - Exterior is brown and rough like Talo Futuna. The flesh is firm and white.

When available: All year round.

Where available: Talamahu market.

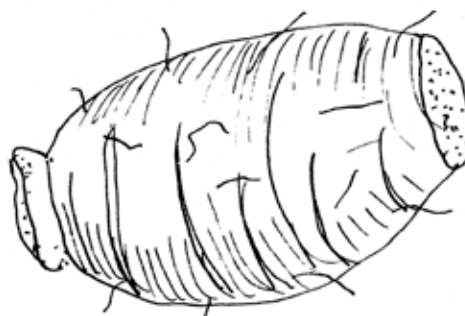
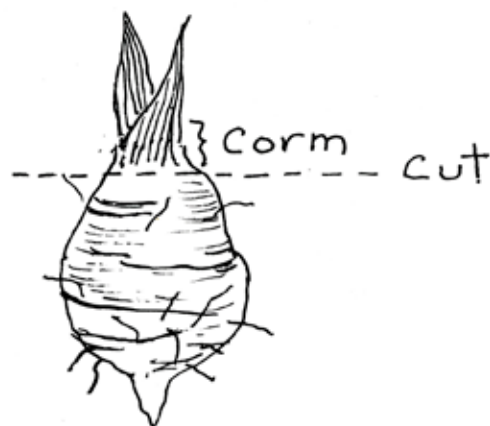
How to store: Keep in a cool dry place. Roots stay in good condition for 3-4 days.

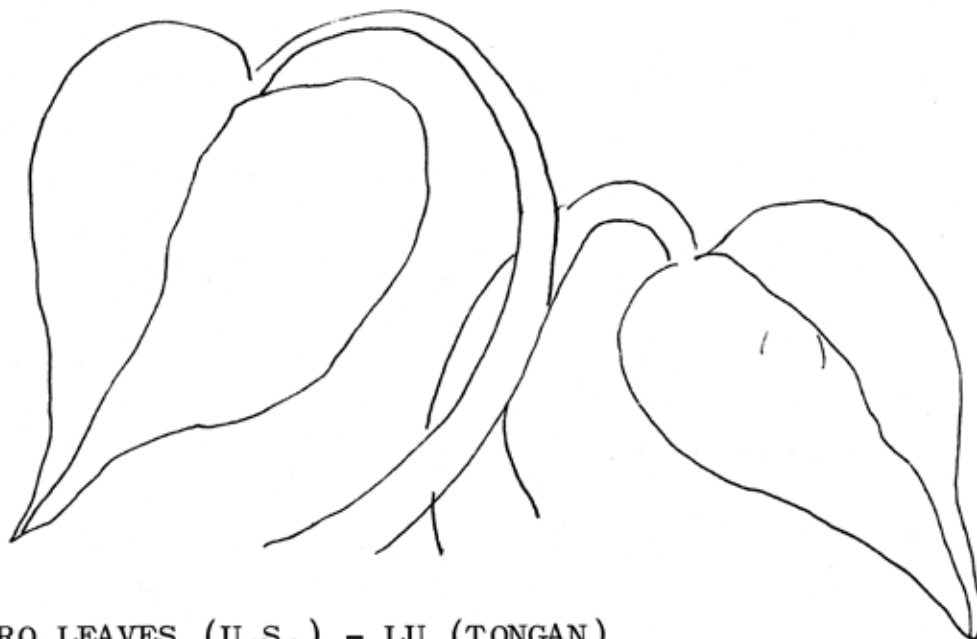
How used: Taro is another of the root crops which are a staple of the Tongan diet. Serve as you would a potato. Peel and bake whole in an 'umu; cut in half and bake in an oven; cut in slices and steam or boil, and serve with butter; fry to make chips. The leaves can be used in preparing lu, and also as a substitute for spinach.

Growing your own: Dig a hole 1 - 2 feet in diameter. Place taro cutting in hole, and cover. The best method of propagation is to use a young side shoot. The top of the 'corm' (see illustration) may be cut off and used to start the new plant. For taro to grow properly, it must be harvested 6 - 8 months after planting.

Recipes:

- Faikakai
- Haka
- Root Crop Cakes
- Taro Soup





TARO LEAVES (U.S.) - LU (TONGAN)

**Types available:**

Lu Kula - green leaves and red stems

Lu Tonga - oval-shaped green leaves and stems

Lu Tea - green leaves and green stems (lu tea is the only one that burns your mouth if not cooked properly.)

**When available:** All year round

**Where available:** Talamahu market

**How to use:** All lu must be boiled before consumption, to remove the oxalic acid which will make the inside of your mouth and throat burn and itch. Use lu as a leafy green vegetable and in place of spinach.

**How to store:** If you keep taro leaves for more than two days at room temperature, they will wilt and turn yellow. Lu can be kept up to two weeks in a refrigerator.

**Growing your own:** A sucker planted in new ground will produce lu in 2 to 3 days. A piece of taro 4" x 4" will yield lu in about a month.

**Recipes:**

Creamed Young Taro Leaves

Lu Pulu

Lu Salad

Savory Spinach Dish

Spinach-Coconut Soup

Taro Leaves and Coconut Cream

Tropical Vegetable Soup



'UFI (TONGAN) - YAM (N.Z.)

Types available:

Mahoa'a - oblong, white inside

Pahalo - round, purple inside

Voli - round, white inside

'Ufilei - small about the size of potatoes with a sweeter flavor.

When available: January to October

Where available: Talamahu market

How used: Use as you would a potato; boil, bake, fry, deep fry, or in soups and casseroles.

How to store: 'Ufi will keep for months in a basket or cupboard if unpeeled. After you have cut a piece from the end, turn the 'ufi upside down and place on a plate.

Growing your own: 'Ufi can be grown without difficulty but it takes approximately 9 months. Cut an 'ufi into approximately 4" x 4" squares. First dig as many 2' deep holes as you want 'ufi. Let the holes set about 2 weeks to ensure that all the insects, etc. have left. - You can soak them in Benelate (an insecticide) if you want, but it isn't necessary. Plant the piece of 'ufi in a mound of dirt built over the hole. When the plant begins to vine, insert tree branches or stakes in the patch, so that the vines will crawl on the sticks. (If the vines crawl on the ground they will burn, and the plant will die.)

Recipes:

'Api Fried 'Ufi

Easy Scalloped 'Ufi

Faikakai

Fish and Yam Fritter

Haka

No - Bake 'Ufi Au Gratin

'Ufi Au Gratin



WATER CHESTNUT (U.S.) - IFI (TONGAN)

Types available: There is one type available. It is usually seen split in half and strung on a coconut rib. It has a thin brown coating on the outside and a white meaty nut on the inside.

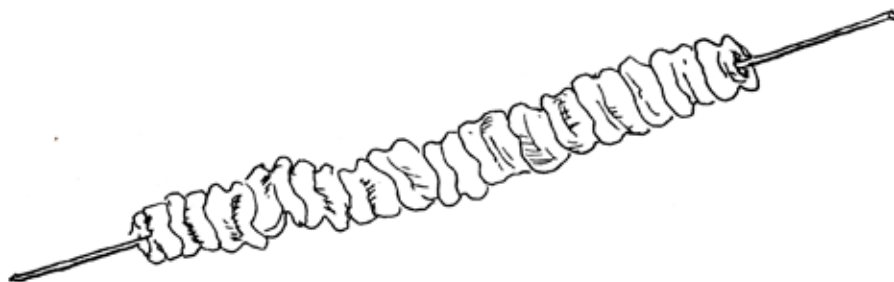
When available: In the summer months, usually from November to February.

Where available: Talamahu market

How used: Eat as a finger food or use as you would water chestnuts.

How to store: Ifi will keep in a food cupboard for a day or two, and in a refrigerator for up to a week.

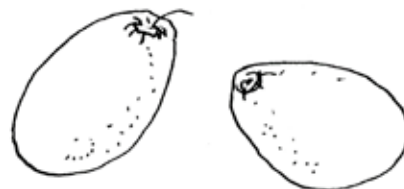
Growing your own: Not recommended, due to the length of time the tree requires to bear fruit.

WI (U.S) - VI (TONGAN)

Types available: One type available. Small, hard, green fruit, with a white core in the center.

When available: November to February

Where available: Talamahu market



How used: Vi is generally eaten as a hand fruit. You can substitute it for apples in recipes, but it doesn't have exactly the same flavor.

How to store: Vi will keep 3-4 days in a fruit bowl at room temperature, before withering.

Growing your own: Not recommended as it takes a long time to bear fruit.

Recipes:

'Otai

FISH (U.S.) - IKA (TONGAN)

## Types available:

'One (Barracuda)	Dark gray upperside, gray belly, mouth and scales. Has good flavor, fine texture and little fat.
Ngatala (Rock cod)	Color varies from red to brown. Spots vary in color with blue to brown scales. Has very fine white flesh. Good flavor and medium fat.
Menenga Sikatoki (Parrot fish)	Greenish-blue scales. Has very white soft flesh. It must be used soon after catching. Flesh has a fine flavor and texture. A fatty fish.
Menenga Kalia	
Hapatu	
Kanahe (Mullet)	Gray with silver belly and scales.
Te'evela (Baby)	White flesh, fine flavor and good good texture but is bony, fairly fat, and has scales.
Te'ekona	
Te'efo	
'Unomoa	
Kanahe	
Kanahe fau (full size)	
Fai kili	Flat with long tail, smooth skin and no bones. The white flesh has a good flavor. It is moderately fat.
Fai mona (Stingray)	
Fai pola	
Fai tala Ngatae	
Fat toho	
Hoputu (Snapper)	All fish in this family are similar in appearance but vary greatly in blue, color, from green red, to white and has scales. It is a reef fish with good flavor and firm, white, flaky flesh. It is not a fatty fish.
Koango	
Kulapo	
Mohuafi	
Lupo (Trevally)	Gray, silver, black, or gray with yellow fins and no scales. The flesh is white and has a fine texture and is of low fat content. Inclined to be a dry fish and best cooked in liquid.
Lupolupo	
Matamea	
Tafa'uli	
'Ulua	
Atu Tuna (skip jacks Heleta & bonito)	Silver and black fish, some with white stomachs. Has dark flesh with a strong flavor.
Valu	
Nga'a	
Valu (Spanish Mackerel)	Silver belly with dark gray sides and no scales.

'Anga tea (shark)  
 Latea  
 Fakahiku'ulua  
 'Anga'anga mofai  
 Matai  
 'Aho  
 'Alova  
 Kavakau hingano  
 Neiufi

All sharks have gray-silver sandpaper-like skin with no scales. The skin must be removed before cooking. The flesh is soft and ranges from light to dark. Shark is best fried slowly in butter.

Where available: All varieties are available from the sea. You can usually find them beside the government market or at Faua wharf.

When available: Available year round.

How to choose: Always buy fish that the eyes are bright and full and the flesh is firm. Fish deteriorates very quickly and it is best to get already gutted fish if possible. The head is usually the part that will go bad first, so if in doubt, don't eat it.

How to prepare: To scale a fish, scrape with a blunt knife or large spoon from tail to head (against the grain). To gut the fish, cut from the anus to the fish's head, remove the entrails and wash thoroughly. To skin a fish, first remove the fins by cutting horizontally along the fin, and pulling up. Remove the head by slipping the knife under the lateral fin and cutting down. Insert the top of a sharp knife under the skin at the head end and around the sides. With a piece of cloth, pull the skin from head to tail. To fillet: scale and gut first. Score flesh fish at all fins and at the head. Sever flesh at tail and run knife horizontally toward the head along the bone removing as much flesh as possible.

How to cook: Fish with scales must be scaled and then thoroughly washed. All varieties are suitable for frying, baking or steaming. Varieties which are suitable raw or for 'ota include snapper, parrot fish, mullet and spanish makereel. Fatty fish are best rolled in flour and fried.

#### Recipes:

Baked Fish  
 Fish and Fritters  
 Grilled Mahimahi  
 Mahimahi Sesame  
 Pineapple Fish  
 Polynesian Savory Coconut Fish  
 Root Crop Cakes  
 Sautéed Seafood and Cucumber  
 Savory Fish Hash  
 Seafood Jambalaya  
 Sweet and Savory Fish

SHELLFISH (U.S.) - FINGOTA (TONGAN)

## Types available:

kukukuku - small clam	kivikivi
tokanoa - vary large clam	mehingo
matahele - similar to clam	pa'ikea
matahekeheka - shellfish	pipi
tavatave - shellfish	potupatu
kekeho - shellfish	pule
poto - cockle	pulepule
tava'amanu - large cockle	fakaniko
kaloa'a - oval cockle	tofe
angaanga -	tofetofe
angaanga moana -	topulangi
fole - scallop	to'o
fotu'ohua - oyster	tuahi
fuhu - conical shellfish	tui
hihi - like hard shelled snail	tu'e
kahi	'elili
kaokaoleleva	'ohule
keke'a - conch shell	

Where available: All available from the sea, and often beside the government market.

When available: Year round.

How to prepare: Wash shells and soak in fresh water for 3-4 hours to remove any sand from the inside of the shells. To open the shell if you want to use it raw: slip a knife in and cut the muscle. Cut the black sack from the flesh and discard it.

How to use: All varieties except kekeho, pule, keke'a, kivikivi, pulepule, kahi, and poto can be eaten raw. 'Ohule and topulangi are O.K. raw if made into 'ota. All varieties are good steamed or cooked in coconut cream or water.

## Recipes:

Deviled Clams  
Clam Cocktail  
Clam Chowder  
Italian Scampi  
Seafood Jambalaya  
Sautéed Seafood and Cucumber



MUSSELS (U.S.) - KUKU (TONGAN)

Types available:

- kuku - pink fleshed
- kukua - lives inside rocks



Where available: Both available from the sea, and often beside the government market.

When available: Year round

How to prepare: Follow the same as for shellfish.

How to use: Best eaten raw or in 'ota. Can be cooked the same as shellfish.

Recipes: See recipes listed under 'shellfish'.

EEL (U.S.) - TUNA (TONGAN)

Types available:

- tuna
- toke ngatala
- toke moana
- toke poila
- toke pokulu



Where available: All available from the sea, and often beside the government market.

When available: Year round

How to use: All eel must be cooked. They can be prepared the same as fish or other sea foods.

LOBSTER (U.S.) - 'UO (TONGAN)

## Types available:

- 'uo fisi - spotted
- 'uo tavake - striped
- 'uo motapatapa - broad head
- 'uo fakavaingatutu - broad and flat body; small tail

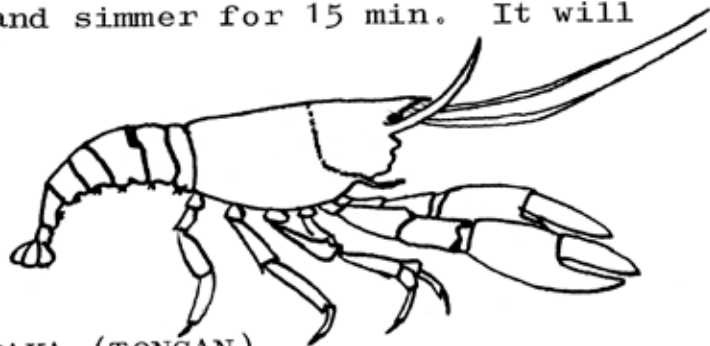
Where available: All available from reefs in the sea and often beside the government market.

When available: Year round

How to use: Wash to remove sand and mud. Drop into boiling salted water, cover, return to boil and simmer for 15 min. It will turn bright red.

## Recipes:

- Bengali Lobster Ball Curry
- Lobster Newburg
- Seafood Jambalaya
- Sauteed Seafood and Cucumber

CRAB (U.S.) - PAKA (TONGAN)

## Types available:

- |          |              |
|----------|--------------|
| pakatea  | tafola       |
| kuka     | tata'uha     |
| kakafatu | tolitoli     |
| kalamihi | tulunghehe   |
| kamakama | tupa         |
| keviki   | tupaolelangi |
| pesiloa  | tutu         |
| pesiluku | 'unga        |
| polupolu | 'unga kikiva |
| popotu   | 'u'u         |
| sovini   | huhutefua    |

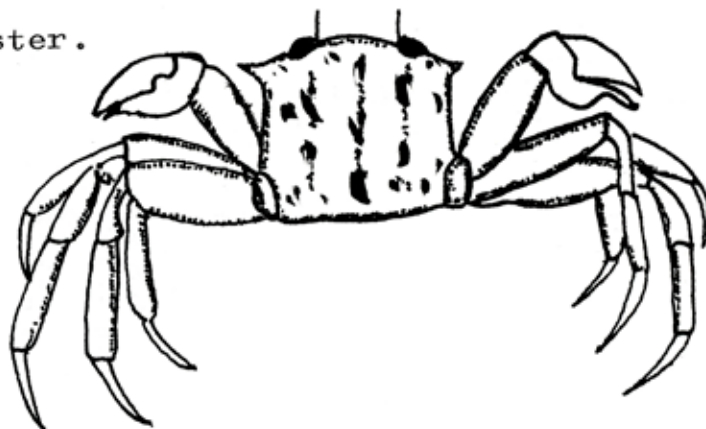
Where available: All available from sea and often beside the government market.

When available: Year round

How to use: Prepare the same as lobster.

## Recipes:

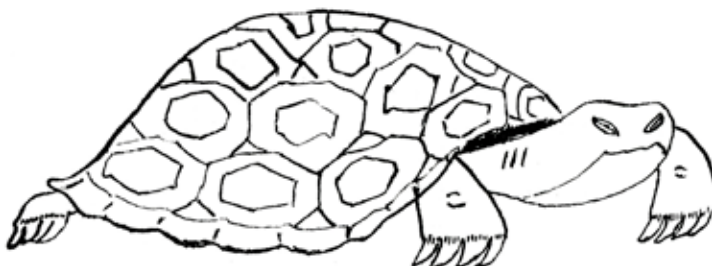
- Tafolu Prawn Salad
- Crabmeat Dip
- Seafood Jambalaya
- Sauteed Seafood and Cucumber
- Qari Vakasoso



TURTLE (U.S.) - FONU (TONGAN)

## Types available:

fonu foloa  
 fonu tongotongo  
 fonu tangange  
 fonu tu'akula  
 fonu tu'apolata  
 fonu tu'a'uli  
 tufonu



Where available: All available from the sea, and often beside the government market.

When available: Year round.

How to prepare: Cut meat from shell. Remove most of the green fat and cartilage.

How to use: Cook just as you would beef, or in coconut cream on the stove. Turtle is best marinated and then baked.

WHALE (U.S.) - TOFUA'A (TONGAN)

## Types available:

tofua'a hamupaka - humpback whale  
 tofua'a sipamuelo - sperm whale.

Where available: Available out at sea, sometimes at the government market and from whaling boats which are flying a black flag in the harbor.

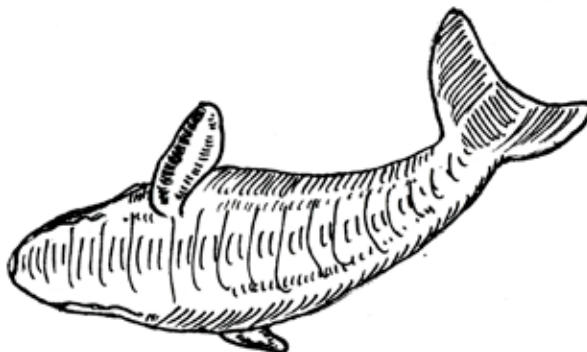
When available: Available several times a year, during the winter months.

How to prepare: The whale is usually cut into big chunks. If the piece has skin on it, remove the skin and blubber, then cut whale into desired size pieces, which can be baked, fried, or steamed.

How to use: Cook as you would beef, but it is best cooked in very little liquid. Too much liquid brings out the 'fishy' taste.

## Recipes:

Baked whale



JELLY FISH (U.S.) - KOLUKALU (TONGAN)

## Types available:

kolukalu  
ma'anau  
lepoaki

Where available: All available from the sea and lagoon, and often available beside the government market.

When available: Year round.

How to use: All jelly fish can be cooked in coconut cream on the stove, or wrapped in a banana leaf and put in the oven. Ma'anau and lepoaki are the only varieties you should eat raw.

SEA SLUGS (U.S.)

## Types available:

finemotu'a  
hulali  
hulihuli  
lomu  
mama  
matamata  
mula  
muli'one

ngaito  
ngoua'a  
tekiato  
telehea  
te'epupulu  
umana  
mokohunu



Where available: All available from the sea, and often available beside the government market.

When available: Year round

How to use: All seaslugs can be cooked in coconut cream on the stove, or wrapped in a banana leaf and put in the oven. You can eat the following varieties raw or in 'ota:

hulihuli  
lomu  
mama  
matamata  
muli'one

ngaito  
ngoua'a  
tekiato  
te'epupulu

OCTOPUS (U.S.) - FEKE (TONGAN)

## Types available:

ngufeke - squid  
pilipili - squid  
tonapata - large squid  
'atalava - squid with 7 tentacles  
fekemoana - large octopus

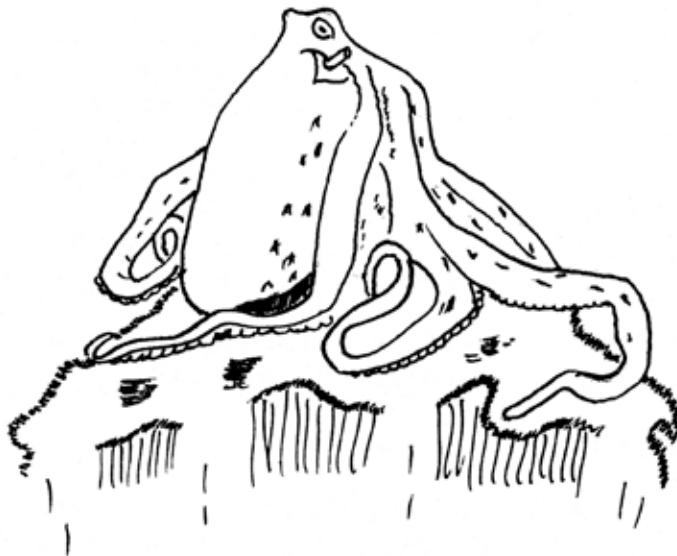
Where available: All available from sea and lagoon often beside the government market.

When available: Year round

How to prepare: For fresh octopus wash well to remove the ink. Beat both fresh & dried - octopus until soft.

How to use: Cook in coconut cream either wrapped in a banana leaf in the 'umu or in a pan on the stove.

Recipes: Curried Octopus



# Tongan



# Treasures

The following recipes have been carefully invented and collected by the authors. Though the original recipes were from a genuine Tongan source, they had to be translated and revised for the recipe scheme. The recipes here are not guaranteed to taste as good as the real Tongan homecooked equivalent, as most Tongans do not follow a recipe. The best method for producing an authentic Tongan Treasure is to make it together with a Tongan.

## LU PULU

Serves 2-4

banana leaf	$\frac{1}{2}$ chopped onion
8-12 young taro leaves	$\frac{1}{2}$ c. concentrated coconut cream
$\frac{1}{2}$ 12 oz. can of corned beef	

Spread out banana leaf. Overlap taro leaves on top of banana leaf. Place the corned beef in the center of the leaves. Add chopped onion. (a chopped tomato is good also.) Hold taro leaves together so a cup is formed. Pour in coconut cream. Close the taro leaves around the meat mixture. Fold banana leaf around the taro leaves. This is 'lu'. Tie a banana leaf rib around the lu to hold it together. Bake in an 'umu or in an oven for 1 hour.

\* Lu may be made with  $\frac{1}{2}$  lb. of any type of meat: beef, fish lamb (sipi) or chicken.

## 'UMULESS LU

8-12 young taro leaves	$\frac{1}{2}$ onion chopped
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ c. coconut cream

Cut taro leaves into small pieces; place in a pot with salt, onion, and coconut cream. (chopped tomato may also be added). Cook 10 - 15 minutes. If meat is desired, add  $\frac{1}{2}$  can of corned beef, canned fish, beef, chicken, fish or sipi before cooking.

OTAI

1 pineapple	2 T. sugar or more to taste
$\frac{1}{4}$ med. watermelon	1 c. water

Fresh coconut from one nut

Grate the pineapple into a large container. Finely chop the watermelon, or scrape the melon and the juice into the pineapple. Sprinkle with sugar. Otai made either by simply adding the coconut directly to the fruit or by making a rich coconut cream from the grated coconut and adding the cream to the fruit juices. Dilute the mixture with 1 c. water. Chill and serve. Otai may be made with any fruit, although vi, mangos and mandarins adapt to this recipe particularly well.

BAKED COCONUT (Veifua)

Serves 1

1 drinking coconut

Husk the nut and scrape the outer shell clean. Place the coconut into the 'umu and bake it along with the rest of the meal. Drink while warm. The flesh has a custard-like taste.

VAI POLO

2 coconuts	2-3 red chillies, chopped
1 c. seawater or	juice from 2-3 lemons
1 c. water with 1 T. salt	

Grate the coconut and squeeze out the cream. Mix the grated flesh with the salt water; add the red chillies. Add the juice from the lemons and onion. Pour into a bottle and cover. Leave in a warm place for at least one week, stirring daily. Use as you would Tabasco sauce.

SELA'S PINEAPPLE PIE.

Serves 10 - 12

3 c. crushed fresh pineapple	$\frac{1}{2}$ c. butter
6 T. flour or	2 c. flour
3 T. custard powder	2 tsp. baking powder
1 c. sugar	4-5 eggs, separated
pinch of salt	5 T. sugar
2 T. butter	$\frac{1}{2}$ tsp. cream of tartar
1 c. sugar	

Heat the crushed pineapple in a saucepan. Mix in the flour. Add 1 cup of sugar, and the salt. Cook until thick, stirring constantly. Remove from heat; add the butter. Cool. Prepare pastry: Cream sugar, butter and egg yolks; add sifted dry ingredients. Stir well. Roll out pastry and place in 13" x 9" pan or a large casserole dish. Bake 20-25 min. or until browned in 350° oven. Pour in pineapple mixture. Beat the egg whites until frothy; add cream of tartar and sugar. Beat until stiff. Pie and bake until lightly browned in 375° oven. Spoon over.

BAKED FISH WITH CHILLI PEPPER

Serves 2-4

1 fish (parrot, small snapper  
or any reef fish may be used)       $\frac{1}{2}$  lemon  
2-3 small red chili peppers,       $\frac{1}{4}$  onion, sliced  
depending on size of fish

Clean and scale the fish. Insert peppers, lemon and onion into the body cavity. Wrap in banana leaf. Place fish in the 'umu and bake. The fish will have a spicy flavor. (Chili peppers may be inserted into an incision made in the skin instead of within the cavity.)

FISH IN COCONUT SAUCE

Serves 2-4

$1\frac{1}{4}$  c. coconut cream      1 small onion  
1 medium fish or 1 can mackerel      1 chili (opt.)  
1 tsp. salt

Pour a little coconut cream into the pot. Cut the cleaned, filleted fish into 2-3 pieces. Add the rest of the coconut cream. If tinned fish is used, drain off oil. Add the onion, chili, salt, and slowly bring to the boil. Cook slowly until fish is cooked, 15-20 min. Serve hot with lemon juice.

SPICED PUTENI

$1\frac{1}{2}$  c. sugar      1 tsp. cinnamon  
 $\frac{1}{2}$  c. butter (may be omitted)       $\frac{1}{2}$  tsp. nutmeg  
4 coconuts       $\frac{1}{4}$  tsp. cloves  
2 c. flour      sultanas or fruit mix  
2 tsp. baking powder      clean cloth  
1 tsp. vanilla

Heat the sugar until melted and brown. If using butter, add at this time. Make a thick coconut cream from the coconuts adding only a little water. Add cream to sugar and butter. Stir well and allow to cool. Sift liquid into the dry mixture and mix well. Wrap in floured cloth. Boil for 1 hr., or pour into a greased pan and bake in a 300° oven. Serve with custard or whipped cream.

FAI KAKAI

Sauce:

2 c. rich coconut cream      2 c. sugar

Melt sugar over low heat. Slowly add coconut cream. Boil for 9 min. or until very thick. Cool. Use for fai kakai or serve over ice cream, cake, or pancakes.

Pudding: Roast a breadfruit, taro or yam with the skin still intact. Bake for 1 hr. Pound the root crop until a paste is formed. Cut into small pieces and serve. Dumplings may be used instead of a root crop. This is called 'fai kakai topai' by the Tongans. Cut the dumplings into pieces and pour sauce over all.

VAI LESI (Papaya)

Serves 4-5

1 papaya ½ c. coconut cream

Peel papaya and remove seeds. Chop into small pieces. Place papaya in a saucepan; add coconut cream and cook for 25-30 min. Serve warm or cold. Grated nutmeg may be sprinkled over the top. (¼ c. chopped onion may be added to papaya if a savory dish is desired.)

VAI SIAINE

Serves 4

4 bananas, ripened ½ c. coconut cream

Slice bananas into pan; add coconut cream. Cook 25-30 min. May be served warm or cooled. Serve with cake or garnish with whipped cream.

MANIOKE TAMA

2 c. grated manioke	Taro leaf, banana leaf, or
½ c. sugar	Breadfruit leaf
½ c. cream from a grated coconut	

Mix together grated manioke, sugar and coconut cream. Form into a roll, and wrap in leaf. Bake in an 'umu or oven for 1 hr. The prepared wrapped roll may also be steamed in boiling water.

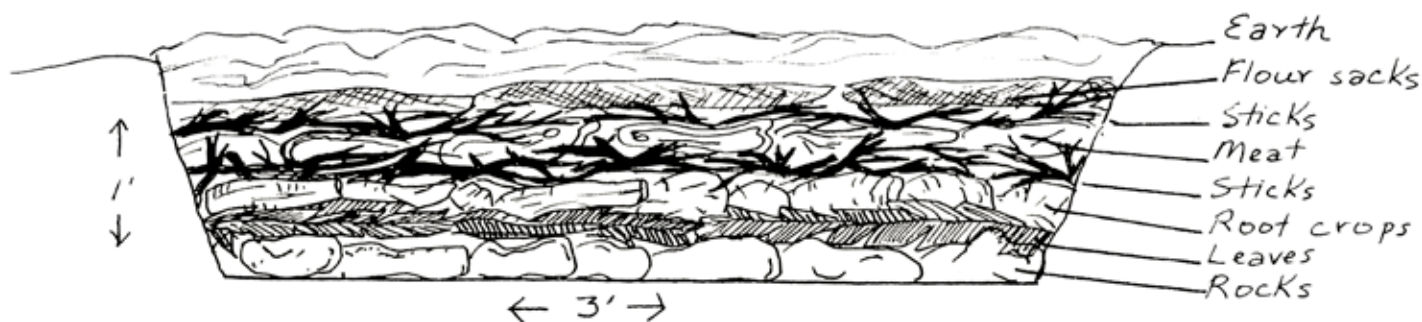
Variations: The mixture may be molded around a ripe banana and baked. ½ c. ripe papaya may be added to the grated manioke and baked.

'OTA

Serves 4

1 lb. or 2 c. fish (tuna is best or use parrot or snapper)	½ cucumber
juice of 2-3 lemons	½ medium carrot
1 tsp. salt	½ onion
½ tomato	3 coconuts, grated
	dash papper

Clean the fish, removing all the bones, skin and any dark flesh. Cut the fish into small pieces. Cover with the juice of the lemons and 1 tsp. of salt or more. Allow the fish to marinate approximately 1-1½ hrs. or until it is tender and white. Meanwhile, chop the tomato, cucumber, and onion finely. Grate the carrot. Make coconut cream from the 3 grated coconuts. Drain off the salt and lemon juice from the fish. Add the coconut cream to the fish. Add more lemon juice to taste. Chill. Just before serving, add the prepared vegetables and dash of pepper.



#### How to make an 'umu:

1. Dig a hole in the ground, one foot deep and three feet in diameter.
2. Collect rocks (about baseball-size) in sufficient quantity to cover the bottom of the hole. Lava rocks are best, and can be found on Kao, Late, Tofua and the Niuas. Coral rocks, from any beach, are also suitable.
3. Assemble wood. 'Toa' is best, but sialemohe or coconut husks also work well.
4. Using the wood collected, build a large fire in the hole. Place rocks on top of fire. When rocks are RED HOT, pull out any unburned wood.
5. With a stick or pole, spread the hot rocks over the bottom of the 'umu. Cover the rocks with one of the following: Kapa bark, banana leaves, or split banana stumps.

Now the 'umu is ready for use:

If meat is cut in pieces:

On top of leaf-covered rocks, pile the root crops which will be baked. Top with a layer of sticks, for ventilation. Place meat slices over sticks. Add another layer of sticks; then cover with banana leaves. Cover all with empty flour sacks, and then fill in hole with earth, making sure that no steam escapes.

If meat is whole (such as a puaka), a larger 'umu will be needed.

Follow directions for cut up meat, but place several hot rocks inside the animal. Cover animal with sticks; follow with layers of root crops, banana leaves, flour sacks, and earth.

Depending on the type of meat, 'umu baking requires  $1\frac{1}{2}$  - 5 hours. Be sure to protect hands when removing hot foods from 'umu.

# Appetizers



# Punafawai

## CREAM CHEESE DIP

Makes 1 cup

1 c. cream cheese  
 1/2 pkg. French onion soup mix  
 1 tsp. curry powder  
 1 hard boiled egg chopped

Mix cream cheese and onion soup; add curry powder, then add chopped egg. Serve with crackers or chips.

## CHEESE WAFERS

1 c. flour  
 1 1/4 c. grated sharp cheddar  
 1/4 lb. butter

Mix flour and cheese; cut in butter. Roll dough in long sausages, the diameter of quarters. Chill overnight. Slice into thin wafers. Bake at 325° on greased cooky sheet for 10 min. You can add 1 T. finely chopped parsley or chives, or sprinkle with caraway or celery seed before baking.

## CHEESE SPREAD

Makes 3 cups

1 lb. cheese  
 1 c. beer  
 1/4 c. soft butter  
 1 tsp. caraway seed  
 1 tsp. dry mustard  
 1/2 tsp. celery seed  
 salt

Let cheese stand at room temperature until soft. Grate cheese on fine grater. Add beer, butter, caraway seed, mustard, celery seed, and salt; mix until well blended. Serve with crackers.

## TOASTED COCONUT CHIPS

Ripe coconut  
 Salt

Remove meat from fresh coconut and slice paper thin with knife or potato peeler. Spread on cooky sheet and sprinkle with salt. Bake at 300° until golden brown (about 20 min.), stirring twice to ensure even cooking. Cool and store in an air-tight container. Serve as an appetizer and with beverages.

RED BEAN SPREAD

Makes 1½ cups

½ onion, finely chopped	1 T. tomato paste
1 clove garlic, crushed	1 tsp. fresh basil, chopped
1 T. oil	salt to taste
1 c. kidney beans, cooked	

Sauté onion and garlic in oil until soft. Stir in kidney beans, add tomato paste (or substitute 2 T. tomato puree), and fresh basil (or substitute ½ tsp. dried basil). Simmer for 3 min. Puree in a blender or rub through sieve. Add extra liquid from the beans to produce a creamy spread of the right consistency. Season to taste with salt.

EGGPLANT CAVIAR SPREAD

Makes 1 cup

1 large eggplant	1-2 tsp. lemon juice
1 T. oil	salt
1 clove garlic, crushed	pepper

Bake eggplant; scoop the flesh out of the skin. Heat oil and sauté garlic. Simmer a few minutes. Season with lemon juice, salt and pepper. Sautéed onions, tomatoes and green peppers may be added.

YOGURT AND CUCUMBER DIP

½ medium cucumber	½ clove garlic, crushed
½ tsp. salt	½ tsp. salt
1 c. thick yogurt	1 tsp. fresh dill

Peel and grate cucumber. Sprinkle with salt and leave to drain in a strainer. Mix with yogurt and garlic. Add salt and dill or chives. Chill well.

MUSHROOM DIP

Makes 1 cup

1 pkg. mushroom soup mix	pinch of salt
1 250 g. reduced cream	crushed nuts

Mix all ingredients together. Serve.

ONION - GARLIC DIP

Makes 1½ cups

1 250 g. tin of reduced cream      1 pkg. dry French onion soup mix  
1 T. vinegar or lemon juice      2 cloves garlic, crushed

To cream, add vinegar or lemon juice, blending well. Add soup mix and garlic. Let stand 2-3 hrs., or refrigerate 2 hrs. to thicken. Good with breadfruit and manioke chips, avocado slices and carrot sticks, as well as with traditional dippers.

ORIENTAL DIP

Makes about 2 cups

½ c. minced scallion      2 T. minced water chestnuts (ifi)  
½ tsp. cumin or dill seed      1 c. cottage cheese  
¼ c. chopped parsley      1 T. mayonnaise  
2 tsp. chopped crystallized ginger 1/3 c. heavy cream

Thoroughly combine all ingredients. Serve with crackers or raw mushrooms, cauliflower, and other raw vegetables as dippers.

AVOCADO APPETIZER

½ avocado      Thyme  
½ small onion, chopped      salt to taste  
½ small tomato, chopped      French dressing

Halve avocado lengthwise, clean out hollow where stone has been and fill with mixture of tomato and onion. Sprinkle with thyme and salt, then pour on dressing until hollow is almost full. Spoon out segment of avocado from other half and add as a 'lid' if desired.

CURRIED EGGPLANT

4 appetizer servings or  
2 side dish servings

1 small eggplant, about 4 oz.      1 tsp. crushed red pepper flakes or  
Oil for frying      ¼ tsp. chili powder  
6-7 T. fine yellow cornmeal or      1 tsp. curry powder  
flour      2 egg whites, beaten until stiff  
½ tsp. salt

Cut eggplant into 1½ cubes. Heat oil in medium saucepan to 375°. Mix cornmeal, salt, and spices. Coat eggplant cubes with egg white; roll in cornmeal mixture. Fry eggplant until golden, about 1 min. Drain on paper toweling. Sprinkle with salt. Serve immediately..

SEAFOOD DILL

Makes 2 cups

3 T. butter	1 tsp. dill, chopped fresh
3 T. flour	$\frac{1}{2}$ tsp. dry dill
$\frac{1}{2}$ tsp. salt	2 tsp. lemon juice
dash pepper	dash pepper
$\frac{1}{2}$ tsp. dry mustard	chili or Tabasco sauce
1 c. milk	1 T. cucumber, finely chopped
$\frac{1}{2}$ c. cooked prawns or white fish	salt

Melt butter in pan. Stir in flour, salt, pepper and dry mustard. Slowly stir in milk and cook over low heat until thick and smooth. Allow to simmer for 3 min. Chop prawns or fish. Season sauce with dill and lemon juice. Further season with pepper and chili. Stir in prawns or white fish. Just before serving, add cucumber and season to taste with salt.

BANANA AND BACON

Bananas

Bacon

Cut just ripe, but still firm, bananas into 1 pieces. Wrap with 2 pieces of bacon and fasten with toothpicks. Grill until bacon is crisp, turning frequently, or bake until golden. Drain and serve immediately. (Can substitute pineapple chunks for bananas)

BANANA COCKTAIL

Serves 6-8

$\frac{1}{2}$ c. ketchup	2 T. finely chopped celery (or green lesi)
3 T. lime or lemon juice	2 tsp. Worcestershire sauce
1 T. finely chopped scallion (or onion)	$\frac{1}{8}$ tsp. Tabasco sauce
	3 c. diced bananas

Mix together the ketchup, lime juice, scallion, celery, Worcestershire sauce, and Tabasco. Fold in bananas. Chill 30 min. Serve in lettuce cups or sherbet cups.

DEVILED CLAMS

Makes about 24

1 kato clams	1 tsp. oregano
2 T. oil	2 hard-cooked eggs
2 c. bread crumbs	3 T. parmesan cheese
2 cloves garlic, minced	paprika
3 T. chopped parsley	

Steam clams, remove from shell and chop finely. Heat oil in frying pan, sauté bread crumbs with garlic. Cook until bread crumbs are lightly browned; add parsley and oregano. Grind eggs, mix with breadcrumb mixture and chopped clams. Add parmesan cheese and enough clam juice to make a moist mixture. Stuff back into shells and sprinkle tops with paprika. Heat until hot in a very hot oven.

CLAM COCKTAIL

Minced clams, pre-steamed	ketchup
Fresh grated coconut	lemon juice

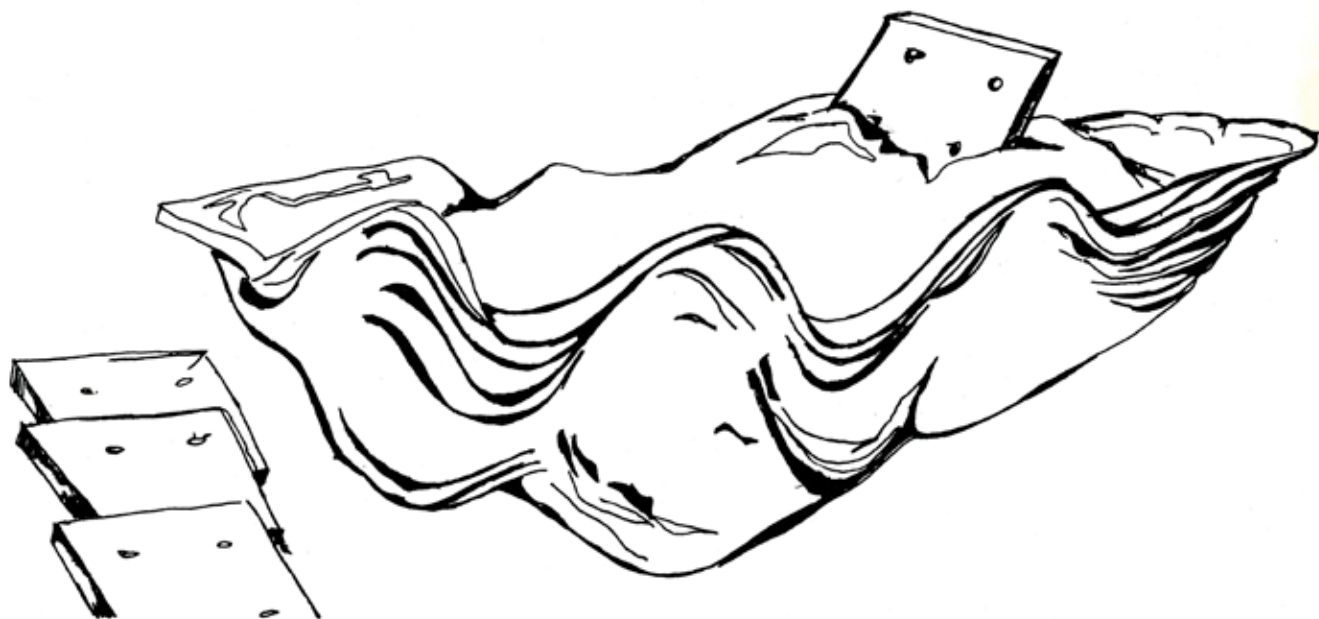
Adjust proportions according to your own taste. Mix together clams and coconut. Add ketchup and lemon juice to desired consistency. Serve as you would shrimp cocktail.

CRABMEAT DIP

Makes about 4 cups

2 8 oz. pkg. cream cheese	2 tsp. dry mustard
10 oz. cooked crabmeat (1 to 1½c.)	3 T. white wine
½ c. mayonnaise	4 tsp. icing sugar
2 tsp. onion juice	salt to taste
½ c. sour cream	

Combine all ingredients, mixing until smooth. Heat in ovenproof serving dish until bubbly. Serve hot with crackers.



# Beverages



# Fia'ahinga Im Im

## BANANA MILK SHAKE

Serves 1

1 ripe banana  
1 tsp. sugar

1 c. milk

Mash banana and sugar together. Mix with milk.

## PAPAYA DRINK

Serves 1

$\frac{1}{2}$  c. mashed papaya  
2 tsp. sugar

$\frac{1}{2}$  c. milk  
1 tsp. lemon juice

Combine ingredients and serve.

## PERK UP YOUR COFFEE!

To one serving of coffee, add any of the following:

- $\frac{1}{8}$  tsp. cinnamon and  $\frac{1}{8}$  tsp. nutmeg
- 2 tsp. cocoa
- $1\frac{1}{2}$  tsp. 'MILO'
- $1\frac{1}{2}$  tsp. brown sugar
- $\frac{1}{8}$  tsp. cloves

## HOT CINNAMON COCOA

Serves 4

$\frac{1}{4}$  T. sugar  
 $\frac{1}{4}$  T. cocoa  
 $\frac{1}{2}$  tsp. cinnamon  
Few grains salt

$\frac{1}{3}$  c. water  
 $\frac{1}{4}$  c. milk  
 $\frac{1}{4}$  tsp. vanilla

Mix sugar, cocoa, cinnamon, salt and water together in a 2 quart sauce pan. Heat quickly to a boil; lower heat; cook for 3 min. Stir in milk and vanilla. Keep hot but don't boil.

## VAVA'U CONSTANT COMMENT TEA

2 T. orange peel, diced and dried  
1 T. lemon leaves, diced and dried  
8-10 whole cloves

1 T. cinnamon  
 $\frac{3}{4}$  c. tea leaves

Dry the orange peel and lemon leaves in low oven. Mix all ingredients together. (Use in place of tea leaves) When preparing tea, steep for 3-5 min., to attain full flavor.

TEAS

Serves 8

- Lemon Leaf:

2 c. lemon leaves

8 c. boiling water

Add washed leaves to boiling water and allow to steep until the desired strength is achieved. (about 5 min.)

- Cinnamon:

Serves 8

1 or 2 sticks cinnamon

8 c. boiling water

Add cinnamon stick (s) to boiling water and allow to steep until the desired strength is achieved.

- Citrus Peel:

Serves 6

1 c. dried citrus peel

6 c. boiling water

Dry citrus peel in sun. Add peel to boiling water and allow to steep until the desired strength is achieved.

SPICED TEA I $\frac{1}{2}$  c. instant tea

1 tsp. cloves

1 tsp. grated lemon rind

1 tsp. allspice

2 c. Tang

 $\frac{1}{4}$  tsp. ginger

2 c. sugar

Blend together all ingredients. Store in an air-tight container. Use 2 tsp. per cup of boiling water.

SPICED TEA II

2 c. instant tea

1 tsp. cinnamon

2 c. orange Tang

 $\frac{1}{2}$  tsp. ground cloves

1 c. sugar

Combine ingredients and keep in an airtight container. Add 2 tsp. mixture to 1 c. hot water. Use the same proportions for iced tea.

TEA PUNCH

Makes 4 quarts

2 c. sugar

juice of 6 oranges

3 c. strong tea

9 c. water

juice of 2 lemons

2 cans ginger ale (optional)

Mix together all ingredients except gingerale. Chill. Add chilled gingerale just before serving. Extra nice if you add mint for garnish (and flavor).

CITRUS TEA PUNCH

Serves 4-6

$\frac{1}{2}$ c. sugar syrup	1 c. orange juice
1 c. tea	$1\frac{1}{2}$ c. water
$\frac{1}{2}$ c. pineapple juice	$\frac{1}{2}$ c. lemon or lime juice

Make sugar syrup with  $\frac{1}{2}$  c. water and  $\frac{1}{2}$  c. sugar. Mix all ingredients together, chill and serve.

FOR THE COMMON COLD

Serves 4

4 c. hot tea	honey to taste
juice of 1 lemon	

Mix all ingredients together, then pour into mugs. Serve with a grain of salt.

PAPAYA MANGO COCKTAIL

1 part papaya juice	1 part lemon or lime juice
1 part mango juice	honey
	cherries to decorate

Mix all juices, preferably in an electric blender. Sweeten with honey to taste, blend again and chill slightly. Serve each glass decorated with a cherry on a stick. This cocktail, high in digestive enzymes, is known as an antidote to over-eating and is served at Christmas in some of the Leeward Islands of the Caribbean.

TOMATO JUICE

Wasn ripe tomatoes. Three to four pounds yield 1 quart juice. Cut out stems, white cores, and any soft spots. Cut into small pieces and simmer until tomatoes are soft enough to put through sieve. Add 1 tsp. salt for each quart of juice. Fill sterilized jars. Vary seasoning by adding sugar, bay leaf or a few cloves to taste, while juice is heating.

GUAVA JUICE

guava, sliced  
water  
sugar

Wash and slice guavas. Put in a large pot and half cover the fruit with water. Bring the mixture to a boil and cook until the fruit is soft. Strain mixture through a muslin bag. If you prefer your juice weaker, just add water.

SOURSOP DRINK

$\frac{3}{4}$  c. strained soursop pulp  
 $\frac{1}{4}$  c. water  
 1 T. sugar

Mix all well together. (Try one soursop and add water and sugar according to taste using above as approximate proportions.)  
 Try mixing soursop with lemonade, pineapple juice, orangeade, coconut milk, etc.

CHRISTMAS WASSAIL

Serves 12

2 qt, apple cider	4-6 whole cloves
2 c. orange juice	sugar or honey to taste
1 c. lemon juice	$\frac{1}{2}$ fifth of vodka (opt.)
$1\frac{1}{2}$ c. pineapple juice	

Combine ingredients and bring to a simmer. Strain and add vodka. Serve hot. Nice and decorative with clove-studded oranges added to punch bowl.

TRADER VIC'S TONGA PUNCH

Makes 2 gallons

60 oz. orange juice	60 oz. rum (light bacardi)
40 oz. lemon juice	84 oz. water
20 oz curasac (orange liqueur)	sugar to taste
10 oz. grenadine	

Mix all ingredients together. Cool and serve.

HOT BUTTERED RUM BATTER

Served 12

$\frac{1}{2}$ c. butter	$\frac{1}{2}$ tsp. cinnamon
1 lb. brown sugar	$\frac{1}{2}$ tsp. ground cloved
$\frac{1}{2}$ tsp. nutmeg	pinch of salt

Cream butter and sugar together until smooth and fluffy. Add spices and salt. Roll the batter into balls the size of large walnuts. You can keep these in the refrigerator indefinitely. Put one ball in a 6 oz. mug. Add  $1\frac{1}{2}$  oz. dark Jamacian rum. Add hot water. Stir with a cinnamon stick as a swizzle stick.

DRAMBUIE

1 bottle scotch	1 bottle clover honey
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Use  $1\frac{1}{2}$  parts scotch to 1 part honey. Simply stir and place in bottle or decanter. Don't worry about aging.

KAHLUA HOME BREW

1 vanilla bean	2 c. boiling water
4 c. sugar	1 fifth cheap vodka
1 small jar instant coffee	

Put vanilla bean in half gallon jar. Using a funnel, pour in sugar and coffee. Add boiling water to dissolve coffee and sugar. Mix and shake well, then add vodka. Set aside in a dark closet for 30 days.

GINGER BEER

2 oz. green ginger root	2 oz. cream of tartar
1 gallon boiling water	$\frac{3}{4}$ oz. brewer's yeast, dissolved
juice and rind of 2 small lemons or limes	in a little warm water
	1 $\frac{1}{2}$ lb. sugar

Wash and pound ginger and pour boiling water over. Add juice and rind of limes and cream of tartar. Cover jar with several thicknesses of cloth, but stir frequently. When liquid is lukewarm, add dissolved yeast and stir very well. Cover again and allow to stand for 6 hours. Stir in sugar until dissolved, then bottle. Allow to stand for at least 3 or 4 days before using.

GINGER WINE

1 lb. raisins	2 $\frac{1}{2}$ lb. sugar
2 oz. ginger, well bruised	3 limes or 2 lemons, peeled
1 gallon water	and thinly sliced

Add raisins and ginger to water and bring to the boil. Boil for 30 min. Pour on to sugar and lemons and stir. Cool, strain into a jar and cover. It will be ready for use in a week.



# Soup



# Supo

## BEEF AND CHINESE CABBAGE SOUP

Serves 4

$\frac{1}{4}$ lb. rump steak, thinly sliced	3 c. water
1 tsp. cornflour	2 c. chinese cabbage, shredded
$\frac{1}{2}$ tsp. soy sauce	1 tsp. salt
$\frac{1}{2}$ tsp. dry sherry	$\frac{1}{4}$ tsp. monosodium glutamate
2 tsp. oil	

Marinate steak in cornflour, soy sauce, dry sherry and oil. Bring water to boil and add chinese cabbage. Return to boil and add salt and msg. Cover and simmer for 10 min. and serve immediately.

## NOODLE SOUP

Serves 5-6

$\frac{1}{2}$ lb. ground beef	$\frac{1}{4}$ c. lentils
1 small grated onion	1 c. noodles
$\frac{1}{4}$ tsp. cinnamon	$\frac{1}{2}$ tsp. pepper
$\frac{1}{4}$ tsp. pepper	$\frac{1}{2}$ c. parsley, chopped
$\frac{1}{2}$ tsp. salt	1 T. dried mint
4-5 c. water	$\frac{1}{4}$ t. pepper
$\frac{1}{4}$ c. black-eyed peas	$\frac{1}{4}$ t. cinnamon
$1\frac{1}{2}$ tsp. salt	

Put meat in a bowl. Add grated onion,  $\frac{1}{4}$  tsp. cinnamon,  $\frac{1}{4}$  tsp. pepper and  $\frac{1}{2}$  tsp. salt. Mix well and make meat balls the size of walnuts. Put the water in a 3 qt. pot. Add  $1\frac{1}{2}$  tsp. salt and black-eyed peas, and let cook for 15 min. Add meat balls, lentils, noodles,  $\frac{1}{2}$  tsp. pepper and parsley, and let simmer over medium heat for about 35 min. Rub dried mint in the palm of your hands to make it powdery. Add cinnamon and pepper to the mint. Add this to the soup just before removing it from the heat.

## CLAM CHOWDER

Serves 8

3 c. fresh clams, steamed	1 large onion, chopped
3 c. diced potatoes	2 c. white sauce
1 c. diced carrots (opt.)	salt and pepper to taste

Steam clams, remove from their shells and wash. Cook vegetables until almost done and drain. Retain water. Add clams and vegetables to white sauce. Add salt and pepper. Simmer, add milk or vegetable water if the soup gets too thick.

CHICKEN VELVET SOUP

Serves 6-8

1 whole raw chicken breast	1 can cream-style corn
2 egg whites	1½ tsp. salt
½ tsp. salt	2 tsp. sugar
1 tsp. sesame oil	3 T. cornstarch in ¼ c. water
6 c. chicken broth	1 scallion, chopped

Skin and bone chicken breast, then mince it. Combine chicken, egg whites, ½ tsp. salt, and sesame oil and mix well. Bring broth to boil, add corn, salt, sugar, and cook for 1 to 2 min. Add dissolved cornstarch and stir until thickened. Add chicken mixture to soup, then add chopped scallion. Serve immediately.

FRENCH ONION SOUP

Serves 6

4 c. beef stock	3 T. butter
1½ c. finely sliced onion	2 T. parmesan cheese

Bring beef stock to a boil, Simmer gently. Fry onion in butter until transparent. Add to stock and simmer 10 min. Just before serving, add parmesan cheese. Toasted garlic croutons sprinkled on top are delicious.

TOMATO MINT SOUP

Serves 5-6

2 lb. tomatoes or 1lb. 15 oz. can	½ tsp. marjoram
1 clove garlic, minced	1 tsp. mint, finely chopped
1 small onion, chopped finely	3 c. beef stock
1½ T. oil	2 tsp. sugar
½ tsp. fresh basil	salt
1 tsp. parsley, finely chopped	1 T. cornflour & 2 T. water, blended

Chop tomatoes, mince garlic and chop onion finely. Fry onion and garlic in oil. Add tomatoes and stir well. Season with herbs. Simmer gently for 5 min. Add 3 c. beef stock, sugar and season to taste with salt. Cover and simmer for 45 min. Strain and thicken with cornflour paste. Bring to the boil. Serve hot with a spoonful of cream and chopped green onions if desired.

CHINESE TOMATO SOUP

Serves 4-6

1 lb. tomatoes	1 egg, slightly beaten
1 T. peanut oil	1¼ tsp. salt
1 scallion, chopped	dash of pepper
5 c. chicken or beef broth	

Peel tomatoes, cut into wedges and remove seeds. Heat oil in saucepan over high heat. Add tomato wedges and chopped scallion; stir-fry 2 min. Add broth; bring to boil and slowly stir in egg, salt, and pepper. Cook until egg is lightly set (about ½ min.).

TROPICAL VEGETABLE SOUP

Serves 6

1 medium onion	5 c. water
2 T. oil	1½ tsp. salt
1 c. potato, diced	1½ c. green beans, sliced
4 medium tomatoes, chopped	1 c. cucumber, finely chopped
1 bunch spinach	1 bunch parsley, finely chopped
1 sprig of mint	

Chop onion and fry in oil until golden. Add potato, tomato, spinach and mint. Stir fry for 3 min. Add water and salt. Simmer until tender. Add beans and cucumber. Simmer until just tender. Chop parsley and add to soup just before serving. Excellent served with cheese.

RED BEET SOUP

Serves 6

12 oz. beets, canned	2 medium tomatoes, chopped
1 med. onion	3 T. lemon juice
2 stalks celery	1 T. vinegar
5 c. beef stock	1 T. sugar
salt and pepper	2 egg yolks, well beaten

Chop finely beets, onion and celery. Heat stock, stir in prepared vegetables and season to taste. Cook until celery is soft. Add tomatoes or 1T. tomato paste. Simmer for 5 min. or until tomato is mushy. Rub stock through a sieve. Season with lemon juice, vinegar and sugar. Bring soup to a boil. Slowly pour soup over egg yolks in a bowl. Beat well. Chill soup thoroughly. Serve with sour cream flavored with chives.

PUMPKIN SOUP I

Serves 4

2 T. butter	2 c. prepared pumpkin
2 T. chopped onion	2 c. chicken stock (2 chicken boullio: cubes in 2 c. water)
½ tsp. ginger	2 c. milk
1 T. flour	salt to season

Sauté butter, onion and ginger. Stir in flour. Add pumpkin and cook 5 min. Gradually add chicken stock and milk. Simmer 5 min. Season with salt.

PUMPKIN SOUP II

Serves 4

2 lbs. (about 3 to 4 c.) prepared pumpkin	1 T. sugar
3 c. scalded milk	dash nutmeg
1 T. butter	dash cinnamon

Place pumpkin in scalded milk, add butter, sugar and spices. Season. Heat but do not boil.

TARO SOUP

Serves 4

1 c. grated taro	2 tsp. salt
1 small onion, chopped	$\frac{3}{4}$ tsp. pepper or chili
2 c. boiling water	2 c. milk or coconut cream

Grate taro and chop onions. Put in boiling salted water and add pepper. Cook until tender (about 15 min.) Add the milk or coconut cream.

BREADFRUIT SOUP

Serves 4

$2\frac{1}{2}$ c. water	$\frac{1}{2}$ onion
$1\frac{1}{2}$ t. salt	1 tsp. curry
$\frac{1}{2}$ med. breadfruit	$\frac{1}{2}$ ripe papaya
1 can corned beef	$\frac{1}{2}$ ripe coconut

Bring salted water to a boil. Add breadfruit, meat, onion, curry, and papaya. Grate coconut and squeeze in cream just before serving.

SPINACH - COCONUT SOUP

Serves 2

2 c. coconut milk	$\frac{1}{2}$ c. finely chopped, cooked spinach
2 cubes beef boullion	

Dissolve boullion cubes in a little water. Combine all ingredients and warm, stirring constantly.

COCONUT SOUP

Serves 4

2 T. butter or oil	$\frac{1}{2}$ tsp. curry
3 T. flour	1 T. tomato sauce
$2\frac{1}{2}$ c milk	thick cream from two coconuts
salt and pepper	

Melt butter, add flour and cook for 2 or 3 minutes or until it begins to bubble. Gradually add milk. Add salt, pepper, curry and tomato sauce. Stir constantly over fire until boiling. Boil a few minutes. Just before serving add the coconut cream.

PEANUT SOUP

Serves 4

2 c. peanuts	2 tsp. salt
4 c. milk	pepper to taste

Put peanuts in hot oven for 10 min. Remove shells and rub off skins. Finely dice nuts: Add milk, salt and pepper. Stir until boiling. Simmer gently about 10 min.

IRANIAN YOGURT SOUP

Serves 4-6

3 c. yogurt	2 sprigs savory ( $\frac{1}{2}$ tsp. dried)
2 cucumbers	$\frac{1}{2}$ c. raisins
3 green onions (approx. 4T. onion)	$\frac{1}{2}$ tsp. salt
2 sprigs mint	$\frac{1}{4}$ c. walnuts (opt.)
2 sprigs basil ( $\frac{1}{2}$ tsp. dried)	

Beat yogurt till smooth. Chop cucumber and green onions fine. Mix all ingredients together and chill. May be diluted with milk if desired.

SOLOMON SOUP-SOUP

Serves 4

1 or 2 kumalas (raw)  
 1 small unripe lesi (just turning orange but still firm)  
 6-12 spring onions to taste  
 some water  
 other vegetables ie., tomatoes, beans, etc. (optional)  
 2 coconuts  
 tinned meat can also be added to make it into stew  
 salt and pepper to taste

Peel kumala and chop coarsely; put in large pot. Peel lesi, discard seeds, chop and add to pot. Wash and chop spring onions, then add to pot. Boil vegetables in minimum amount of water until kumala is tender. Grate coconuts and squeeze out cream; add cream to the cooked vegetables. Add salt and pepper to taste.

BANANA SOUP

Serves 6

4-5 c. boiling water	$\frac{1}{2}$ c. manioke, grated
12 very ripe bananas	1 c. coconut cream

Boil 4-5 cups water in pan. Peel bananas and put in boiling water. After 5 min. remove lid, stir while cutting up bananas then beat with egg beater until mashed. Add  $\frac{1}{2}$  cup grated manioc, stirring constantly. Replace lid and let cook over low heat for 5 to 10 min. Add 1 cup coconut cream and boil for 5 min. Leave lid on, but stir occassionally.



# Salads



# Salate

## TAFOLU PRAWN SALAD

Serves 6

1 baked breadfruit	$\frac{3}{4}$ c. diced cucumber or celery
4 c. coconut cream	1 c. cooked prawns, fish or crab
2 tsp. cornflour per cup cream	salt
1 T. finely chopped onion	chili powder
$\frac{1}{3}$ c. lemon juice	parsley and lemon slices

Bake breadfruit, peel and place flesh in large bowl and pound until smooth with a heavy spoon, clean stone, or with the hands. Prepare coconut cream. Work cream into breadfruit until a pastry-like consistency is achieved. Cut into cubes or roll into balls. Place remaining cream in a pan with 2 tsp. cornflour for each cup of cream. Bring to the boiling point, stirring constantly until thick, simmer, but do not boil. Season the thickened cream with onion, lemon juice, diced cucumber or chopped celery, cooked prawns, fish or crab, salt and chili powder to taste. Combine the cream with the breadfruit and refrigerate several hours before serving. Garnish with parsley and lemon slices.

## GREEK GODDESS SALAD

Serves 2-4

1 eggplant	1 c. chopped celery
lemon juice	$\frac{1}{4}$ c. sliced green onion
1 tsp. salt	2 tomatoes, sliced
1 tsp. oregano	1 T. sugar
$\frac{1}{4}$ tsp. garlic salt	1 T. lemon juice
$\frac{1}{2}$ c. olive oil	2 T. vinegar
2 c. cooked, diced lamb	1 tsp. mint
1 c. minced parsley	$\frac{1}{8}$ tsp. pepper

Cut eggplant in half lengthwise. Scoop out pulp and dice. Brush inside of eggplant shells with lemon juice. Cook and stir diced eggplant, salt, oregano and garlic salt in hot oil until tender. Remove to large bowl. Add lamb, parsley, celery, green onion, and tomatoes. Mix sugar, 1 T. lemon juice, vinegar, mint and pepper. Pour over all, cover and chill 2 hours. Fill eggplant shells to serve.

TUNA SALAD

Serves 3

1 7 oz. can flaked tuna	$\frac{1}{4}$ c. fresh dressing
1 c. diced celery (or 1 tsp. celery salt)	1 large cucumber, sliced
1 tsp. minced onion	salt and pepper

Combine tuna, celery and onion. Toss with dressing. Cut cucumber into very thin slices. Line bowl with cucumber slices. Fill with tuna mixture. Garnish with cucumber. (Add hard boiled eggs if desired.)

POTATO AND SAUSAGE SALAD

Serves 4-6

2 c. cooked, cubed, potatoes	1 T. finely chopped parsley
$\frac{3}{4}$ c. frozen peas (or fresh)	6-8 T. french dressing
4 pork sausages	$\frac{1}{4}$ tsp. basil
1 large tomato	salt and pepper to taste

Cook potatoes and cube. Cook peas. Fry or grill sausages until golden and cooked thoroughly. Chill. Peel, seed and slice tomato and finely chop parsley. Combine hot potatoes and peas with dressing and season. Slice cold sausages. Toss sausage, tomato, and parsley into salad. Chill until ready to serve.

SPICED KUMALA AND BANANA

Serves 8

1 lb. cooked kumala, cubed	2 cloves garlic, crushed
4 ripe bananas	$\frac{1}{2}$ c. mayonnaise
$\frac{1}{4}$ c. lemon juice	$\frac{1}{4}$ c. spring onions
2 T. oil	parsley or coriander leaves
2 tsp. curry powder	

Cubed cooked kumala. Slice ripe bananas and marinate in lemon juice. Heat 2 T. oil in saucepan. Saute curry powder and crushed garlic. Cool and combine with mayonnaise. Combine kumala and banana. Fold in curry dressing and chopped onions. Garnish with chopped parsley or coriander leaves.

BREADFRUIT SALAD

Serves 6

2 c. cooked breadfruit, cubed	$\frac{1}{2}$ c. shredded cabbage
1 c. fish - tuna, salmon or crab	3 T. chopped onion
2 boiled eggs, chopped	salad dressing or mayonnaise
$\frac{1}{2}$ c. grated carrots	salt and pepper

Combine all ingredients, add dressing and serve.

CABBAGE SLAW

Shred desired amount of cabbage;

Add enough mayonnaise or salad dressing to coat.

Add salt and sugar to taste.

Add chopped onion (2 T. to 1 small head of cabbage).

Add chopped oranges, tangerines, sliced bananas or crushed pineapple bits, raisins or currants.

Toss all together.

CABBAGE SALAD

Serves 6

$\frac{1}{2}$  c. vinegar  
 $\frac{1}{4}$  tsp. salt  
 1 T. butter

1 small onion, minced  
 1 small cabbage, shredded

Combine vinegar, salt, butter and onion. Simmer until onion is soft. Add to cabbage and mix well.

HOT SLAW

Serves 6-8

1 medium cabbage  
 $\frac{1}{4}$  c. chopped onion  
 $\frac{1}{2}$  c. sour cream  
 $\frac{1}{2}$  c. mayonnaise

1 tsp. prepared mustard  
 1 tsp. lemon juice  
 Pinch of sugar  
 Salt to taste

Place shredded cabbage in a small amount of boiling salted water; cover and cook rapidly until tender-crisp (3 to 5 min.), depending on how finely shredded; drain. To the cabbage add onion, sour cream, mayonnaise, mustard and lemon juice. Blend in sugar and salt. Stir over low heat until heated through.

PINEAPPLE SLAW WITH MUSTARD DRESSING

Serves 4

3 c. shredded cabbage  
 $1\frac{1}{2}$  tsp. vinegar  
 $\frac{1}{2}$  tsp. mustard  
 2 T. mayonnaise

salt and pepper  
 1 c. pineapple, diced  
 1 T. pineapple juice  
 paprika

Combine cabbage, vinegar, mustard and mayonnaise. Add salt and pepper; mix well. Add pineapple and juice and toss. Sprinkle with paprika.

CHINESE CABBAGE AND CARROT SALAD

Serves 6

1½ c. shredded Chinese cabbage 2 T. dressing  
 1½ c. grated raw carrot

Shred Chinese cabbage, grate carrot and toss together. Place ½ c. salad on each plate and top with 2 T. dressing.

CARROT SALAD

Serves 6-8

2 lbs. carrots (½ inch slices), cooked in salted water ½ hr.  
 3 or 4 green peppers, sliced  
 2 large onions, sliced

Alternate layers of carrots, green pepper and onions in a bowl.

Combine:

1 can tomato soup	¾ c. vinegar
½ c. salad oil	1 tsp. prepared mustard
1 c. sugar	1 tsp. Worcestershire sauce

Heat and beat to blend. Then cool while carrots are cooking. Pour over vegetables and let stand at least a day.

TOMATO, PINEAPPLE AND PEANUT SALAD

Serves 6

6 medium tomatoes	1/3 c. diced celery or Chinese cabbage
½ tsp. salt	2 T. French dressing
1 c. crushed pineapple	6 lettuce leaves
1/3 c. chopped peanuts	

Cut a slice from the top of each tomato and remove some of the pulp. Drain the tomatoes and sprinkle with salt. Chill thoroughly. Dice tomato pulp and combine with drained pineapple, peanuts, celery and French dressing. Place in cavity of the tomatoes and chill. Arrange on lettuce leaves.

STUFFED AVOCADO SALAD

Serves 1

1 avocado	¼ c. pineapple, diced
½ c. pawpaw, diced	1 T. grated coconut

Halve avocado, remove flesh and mix with pawpaw and pineapple. Place in avocado, sprinkle with coconut and serve on lettuce leaf.

THREE BEAN SALAD

Serves 8

- 1 16 oz. can cut green beans
- 1 16 oz. can whole yellow or wax beans
- 1 16 oz. can red kidney or chili beans
- 1 c. apple jelly
- $\frac{1}{4}$  c. cider vinegar (can substitute white or malt)
- 1 tsp. salt
- 4 level tsp. cornstarch
- $\frac{1}{2}$  c. sliced green onions (may use any type)
- 2 c. sliced celery (opt.)

Drain all beans. Cook jelly, vinegar, cornstarch and salt until thickened. Add all ingredients to marinade. Let stand at least 2 hours.

CHEESEY BEAN SALAD

Serves 6

- |                                 |                             |
|---------------------------------|-----------------------------|
| $\frac{1}{2}$ lb. cheese, cubed | 2 c sliced green beans      |
| 2 medium red apples, unpeeled   | $\frac{1}{4}$ c. mayonnaise |
| 2 T. lemon juice                | 2 tsp. sugar                |
| 1 c. finely chopped celery      | salt and pepper             |

Cube cheese. Core and finely chop apples. Place in a bowl with 1 lemon juice. Chop celery finely and slice beans. Cook 5 min. or until tender but still crisp. Toss beans, cheese, apple, and celery together. Add mayonnaise, season and serve.

TROPICAL BEAN SALAD

Serves 4-6

- |  |                                      |
|--|--------------------------------------|
| 1 lb. can kidney beans                       | $\frac{1}{2}$ c. cooked butter beans |
| 3 slices finely sliced<br>pineapple          | 1 large tomato                       |
| $\frac{1}{4}$ c. finely chopped green pepper | 2 T. french dressing                 |
| $\frac{1}{2}$ c. cooked green beans          | salt and pepper                      |

Mix drained kidney beans with pineapple. Add green pepper. Cook, cool and add green beans and butter beans. Section and remove seeds from tomato. Cut into fine strips and add to salad. Fold in dressing, season to taste, and serve. Good with cold meat, and looks attractive on the buffet table.

GREEN BEAN SALAD

Serves 4

- |                               |                            |
|-------------------------------|----------------------------|
| 1 lb. green beans             | $\frac{1}{3}$ c. oil       |
| $\frac{1}{2}$ c. water        | 1 onion, thinly sliced     |
| 1 tsp. salt                   | 1 garlic clove, split      |
| $\frac{1}{3}$ c. wine vinegar | $\frac{1}{4}$ tsp. oregano |

Wash beans, add water and salt, and cook until tender. Drain reserving cooking water. To  $\frac{1}{2}$  c. cooking water; add vinegar, oil, onion, garlic and oregano. Pour over beans and let stand for at least 6 hours.

BEAN SPROUT SALAD

Serves 6

2-3 c. bean sprouts                      ½ c. chopped spring onion  
 ½ c. grated carrot                      sesame dressing

Wash bean sprouts and place on a towel to dry. Put in a bowl and add carrot and onion. Toss with sesame dressing. Serve on lettuce leaf or plain.

EGGPLANT SALAD

Serves 4

2 med. sized eggplants                      2 cloves garlic, crushed  
 juice of one lemon                      seasoning  
 2 hard boiled eggs, finely chopped      3-4 T. mayonnaise  
 3-4 T. diced cucumbers

Bake the eggplants in a hot oven for 30 min. Remove the skin and chop the flesh very finely. In a bowl combine the chopped eggplant lemon juice, eggs, cucumber, crushed garlic and seasoning. Blend in the mayonnaise. Chill well and serve with crisp french bread or cream crackers as an hors d'oeuvres.

SWEET AND SOUR EGGPLANT SALAD

Serves 6

4 large eggplants, cubed ½"                      ½ c. lemon juice (or vinegar)  
 2½ c. water                      fresh herbs and bay leaf  
 ¼ c. salad oil                      ½ c. currants  
 ½ tsp. crushed coriander seed  
 1 tsp. salt

Peel and cube eggplant. Put water, salad oil, crushed coriander seed, salt, lemon juice and herbs into a pan. Bring to a boil. Add eggplant and simmer until tender not mushy. Remove eggplant and reduce liquid by half, through boiling. Strain, add currants and simmer 5 min. Pour over cooked eggplant and chill.

MARINATED CUCUMBER AND PEPPER SALAD

Serves 8

2 large cucumbers, thinly sliced      salt and pepper  
 5 green peppers                      salad oil  
 2 T. lemon juice                      2 hard boiled eggs

Season cucumbers with salt and let stand in colander to drain. Press out gently and pat dry with towel. Mix cucumbers and peppers and toss with pepper, lemon juice and little oil. Let marinate for 2 hours. Garnish with eggs.

CUCUMBER SALAD WITH SPICY DRESSING

Serves 3-6

2 medium cucumbers	2 tsp. sesame seed oil
1 tsp. soy sauce	$\frac{1}{4}$ tsp. Tabasco
1 T. white vinegar	$\frac{1}{2}$ tsp. salt
1 T. sugar	

Peel cucumbers and cut lengthwise in half. With a small spoon, scrape the seeds out of each half, leaving hollow, boatlike shells. Cut the cucumbers crosswise into  $\frac{1}{4}$  inch slices. In a small bowl combine the soy sauce, vinegar, sugar, sesame seed oil, Tabasco and salt, and mix well. Add the cucumber. With a large spoon, toss to coat each slice thoroughly with the dressing. Chill slightly before serving.

CUCUMBER SALAD WITH SOUR CREAM DRESSING

1 250 gram can of reduced cream	1 T. vinegar
1 T. vinegar	$\frac{1}{8}$ tsp. salt
1 T. lemon juice	2 cucumbers, sliced
1 T. sugar	2 small onions, sliced

Mix cream with vinegar. Add lemon juice, sugar, vinegar, and salt. Mix well. Mix into cucumbers and onions.

BROADWAY BEET SALAD

Serves 2-4

1 garlic clove, halved	2 hard boiled eggs, sliced
lettuce	4 oz. mayonnaise
1 medium-sized can beets, diced	$\frac{1}{4}$ tsp. salt
2 small onions, sliced	pepper
1 7 oz. can tuna	

Rub salad bowl with garlic. Line bowl with lettuce leaves. In another bowl add beets, onions, tuna and eggs. Combine mayonnaise, salt and pepper. Toss gently with beet mixture and serve in salad bowl.

ORANGE-ONION-BEET SALAD

fresh oranges	lettuce
onion	fresh mint or watercress
beets, cooked	

Peel oranges and slice crosswise. Alternate slices of orange with rings of onion and slices of beet on a lettuce bed. Garnish with fresh mint or watercress. Serve with fruit salad dressing.

BING CHERRY-COKE SALAD

Serves 12

- 1 No. 2 can bing cherries, seeded and drained
- 1 No. 2 can crushed pineapple, drained
- 2 c. fruit juice and water
- 1 pkg. black cherry gelatin (cherry or sour cherry are OK.)
- 1 pkg. raspberry gelatin
- 2 8 oz. bottles of Coke
- 2 3 oz. pkgs. cream cheese
- 1 c. chopped almonds

Heat fruit juice to boiling. Add gelatin and stir to dissolve. Add Cokes, chill until slightly thickened, mix softened cream cheese with nuts, then with fruits and fold into gelatin. Chill until firm.

PEA, PICKLE, CELERY SALAD

Serves 5-6

- |                      |   |
|----------------------|---|
| 1 pkg. lemon gelatin | $\frac{1}{2}$ c. finely chopped celery  |
| 2 c. boiling water   | $\frac{1}{4}$ c. chopped sweet gherkins |
| 2 T. lemon juice     | 1 c. cooked peas                        |

Dissolve gelatin in water. Add lemon juice. Refrigerate until partially set. Fold in celery, (can substitute green papaya), sweet gherkins and cooked peas. Chill until firm. A tangy salad that's delicious with fish or meat or just by itself.

COTTAGE CHEESE SALAD

Serves 12

- |                             |                      |
|-----------------------------|----------------------|
| 1 lg. can crushed pineapple | 1 lb. cottage cheese |
| 1 c. cold water             | 1 c. chopped nuts    |
| 2 pkg. raspberry jello      |                      |

Heat pineapple to almost boiling. Add jello, cold water, cottage cheese and nuts. Chill until firm. Cut into squares for serving.

ORANGE SALAD

Serves 8

- |   |                               |
|---|-------------------------------|
| 1 pkg. lemon jello                            | 1 medium onion, thinly sliced |
| 3 oranges or tangerines,<br>peeled and seeded | 20 fresh mint leaves          |

Prepare jello according to package directions. Add oranges, onions and mint. Chill.

LU SALAD

Serves 6

1 lb. lu leaves  
 2 c. coconut cream  
 1 tsp. salt

1 small onion  
 1 T. gelatine  
 $\frac{1}{4}$  c. cold water

Remove large stem from leaf. Bring to a boil enough salted water to cover leaves. Boil leaves about 5 min. Pour off water and drain lu in colander. Make 2 c. coconut cream, add 1 tsp. salt and onion, finely chopped. Heat this mixture until onions are just tender, about 5 min. Add mashed lu leaves and cook 5 min. longer. Soak gelatin in  $\frac{1}{4}$  c. cold water. Stir into mixture. Put into mold and chill. You can line the mold with sliced tomatoes, which looks nice and tastes good.

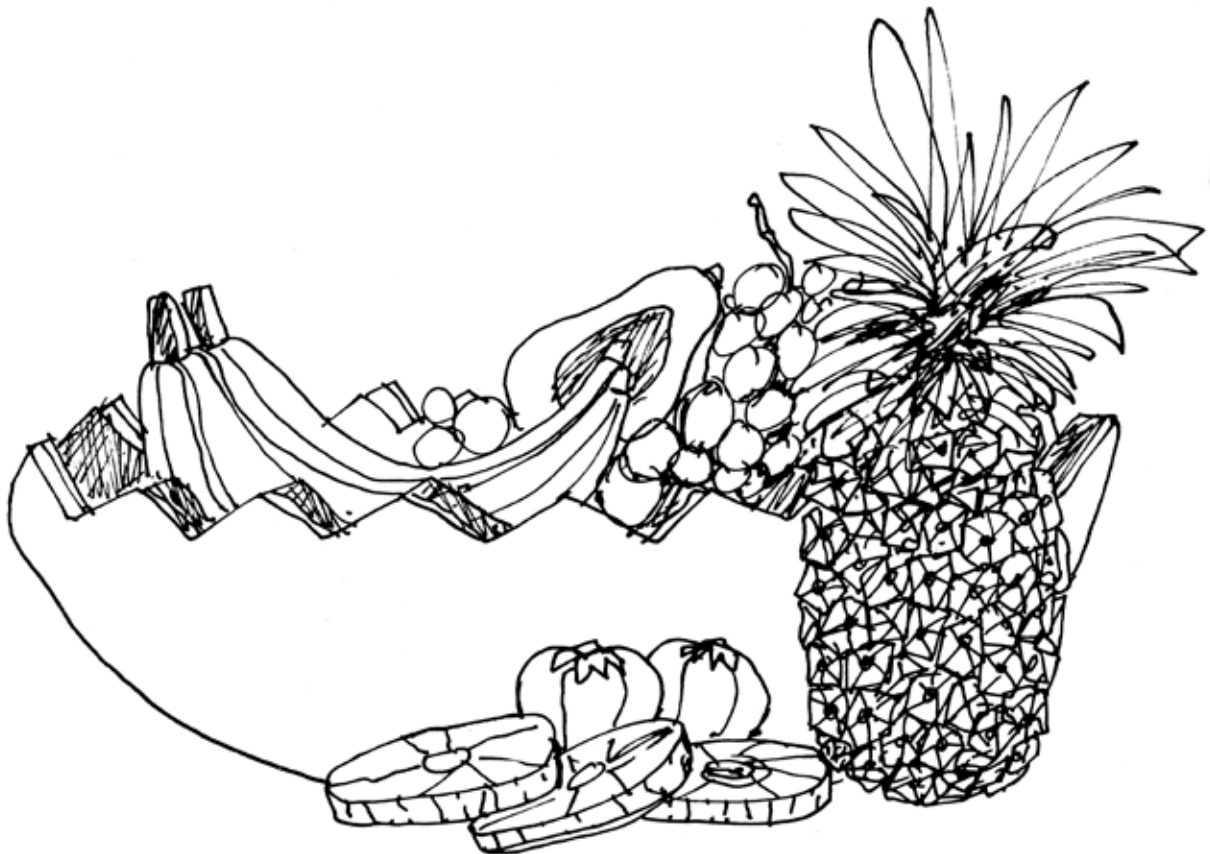
FRUIT SALAD

Serves 2

1 c. pineapple, diced  
 1 c. papaya, diced  
 $\frac{1}{4}$  c. oranges, diced

1 T. lemon juice  
 $1\frac{1}{2}$  T. sugar  
 $\frac{1}{2}$  c. coconut milk

Assemble fruit in a bowl. Add lemon juice and sugar to coconut milk and stir. Pour over fruit and serve.



# Salad Dressing



# Salate

## MAYONNAISE

Makes 1 $\frac{1}{4}$  cup

1 egg yolk, beaten	$\frac{1}{2}$ tsp. sugar
$\frac{1}{2}$ tsp. salt	1 T. vinegar
cayenne pepper	1 c. oil
$\frac{1}{2}$ tsp. dry mustard	$\frac{1}{2}$ or 1 T. vinegar

Beat egg yolk with salt, cayenne pepper, dry mustard and sugar. Add vinegar and continue beating. Slowly add oil, drop by drop, being sure to blend thoroughly. Thin to desired consistency with vinegar after the mixture has thickened. Store in a covered jar in refrigerator.

## AVOCADO MAYONNAISE

Makes 1 cup

2 T. milk	$\frac{3}{4}$ c. mashed avocado
1 T. lemon juice	paprika
1 tsp. prepared mustard	Tabasco sauce

Mix well and season with salt. Use as you would mayonnaise. It also makes a delicious dip.

## ALMOST LIKE MIRACLE WHIP

Makes 1 quart +

4 egg yolks	$\frac{1}{4}$ c. vinegar
1 tsp. salt	3 T. flour or cornstarch
2 tsp. dry mustard	1 c. boiling water
$\frac{1}{2}$ tsp. sugar	2 T. sugar
6 T. vinegar	1 tsp. salt
3 c. salad oil	

Blend egg yolks, salt, mustard, sugar and vinegar. Very slowly add oil, a few drops at a time and mix thoroughly after each addition. When all the oil has been used, add vinegar. Now put remaining ingredients in a pan and cook to a smooth paste. Add this hot mixture to the first mixture and blend well. Pour into container and cool in refrigerator.

## EASY THOUSAND ISLAND DRESSING

Mix one part ketchup to two parts mayonnaise. Add dash of pepper and  $\frac{1}{4}$  tsp. salt per half cup of mixture. Additional flavor-adders are finely chopped cucumber, onion, green pepper, pickles, and hard boiled egg.

SESAME OIL DRESSING

Makes 1 cup

1/3 c. oil	1 tsp. prepared mustard
1/3 c. sesame oil	1/4 tsp. black pepper
2 tsp. soy sauce	1/3 c. lemon juice

Put oil and sesame oil in a bowl. Add soy sauce, mustard, pepper and lemon juice. Beat thoroughly. Excellent for rice, bean sprouts or Chinese cabbage salads.

BANANA RADISH DRESSING

Makes 1 1/2 cup

1 c. banana, mashed	1/4 tsp. salt
2 T. fresh radish, grated	1 tsp. castor sugar
1/4 c. mayonnaise	1/4 tsp. Worcestershire sauce
1 T. lemon juice	

Blend bananas, radish, and mayonnaise. Season with lemon juice, salt, sugar and Worcestershire sauce. Excellent served with cabbage slaw.

SASSY SALAD DRESSING

1 can (10 3/4 oz.) cr. of mushroom soup	2 T. chopped parsley
1/2 c. sour cream	2 T. chopped pimiento (opt)
1/2 c. vinegar (tarragon is best)	1/8 tsp. pepper

Combine all ingredients. (Chill if possible) Serve with fresh green salad, garnished with sliced hard-cooked eggs.

TOMATO FRENCH DRESSING

1 can (10 1/2 oz.) tomato soup	2 tsp. dry mustard
1/2 soup can vinegar	2 cloves garlic, crushed
1/2 soup can oil	2 dashes Worcestershire sauce
2 T. minced onion	salt and pepper to taste
1 tsp. sugar	

Combine all ingredients in a 1 qt. jar. Shake well before using. Makes about 2 2/3 cups. (Keeps well for 2 weeks unrefrigerated. Good meat marinade)

HAWAIIAN FRENCH DRESSING

$\frac{1}{4}$ c. white wine vinegar	1 tsp. sugar
$\frac{1}{4}$ c. salad oil	$\frac{1}{4}$ tsp. ground pepper
1 tsp. salt	$\frac{1}{4}$ c. pineapple juice or crushed fresh pineapple
$\frac{1}{4}$ tsp. monosodium glutamate	$\frac{1}{4}$ c. minced fresh mint
$\frac{1}{2}$ tsp. dry mustard	

Blend vinegar with dry ingredients before mixing in oil, pineapple, and mint. Shake in a closed jar and chill before using. Excellent on both green and fruit salads.

CLEVELAND DRESSINGMakes about  $1\frac{1}{2}$  cup

1 tsp. salt	$\frac{1}{4}$ c. vinegar
$\frac{1}{2}$ c. sugar	1 tsp. paprika
1 tsp. dry mustard	1 c. oil

Mix salt, sugar, mustard, vinegar and paprika, and let set overnight. With a beater, beat in salad oil. Beat until thick. Good on fruit salads.

PEANUT BUTTER DRESSING

Makes about 1 cup

4 T. evaporated milk	4 T. peanut butter
4 T. lemon juice	salt to taste

Mix together and use on fruit salads. Especially good with bananas.

SWEET VERMOUTH DRESSINGMakes  $1\frac{1}{4}$  cup

$\frac{1}{4}$ c. sweet vermouth	1 c. mayonnaise
2 T. spring onions, finely chopped	banana
$\frac{1}{4}$ tsp. sugar	grapefruit

Add sweet vermouth, onion and sugar to mayonnaise; stir well. Serve well chilled over fruit cocktail composed of equal quantities of banana and grapefruit.

SPICY FRUIT SALAD DRESSING

Makes enough for one large watermelon filled with mixed fruits. To the natural juices of the mixed fruits (such as melon, papaya, orange and banana) add 1 T. cinnamon,  $\frac{1}{2}$  tsp. nutmeg, 2 T. sugar, and 4 T. Golden Syrup.

SOUR CREAM HONEY DRESSING $\frac{1}{2}$  cup

Blend  $\frac{1}{2}$  c. sour cream, 1 T. honey and 1 T. orange juice. Serve over fruit salads.

THREE-FRUIT DRESSING $1\frac{1}{4}$  cup

$\frac{1}{2}$ c. sugar	Grated peels of 1 small lemon and
$1\frac{1}{2}$ T. cornstarch	1 small orange
$\frac{1}{2}$ c. unsweetened pineapple juice	2 T. lemon juice
2 T. orange juice	

Mix sugar and cornstarch in small saucepan. Stir in pineapple juice. Cook, stirring constantly, until mixture thickens and boils. Boil and stir 1 min.; remove from heat. Stir in remaining ingredients; cool.

VINEGAR AND OIL DRESSING

Makes 1 cup +

$\frac{1}{4}$ c. oil	$\frac{1}{2}$ c. water
$\frac{1}{4}$ c. vinegar	1 tsp. salt
3 cloves garlic, minced	1 tsp. pepper
1 tsp. garlic powder	2 tsp. sugar

Combine all ingredients and mix well. It works best to put it in a jar and shake. The longer the dressing sets the better the flavor is. For variation you can add 1 T. oregano, reduce the water to  $\frac{1}{3}$  c. and add 2 T. tomato sauce, or add 1 tsp. parsley flakes, or  $\frac{1}{2}$  tsp. celery seed.



# Sauces



# Soosi

## HOT SAUCE

Makes 1 quart

Grind or cut finely:

12 hot peppers, about 1" each (polo)	1 clove garlic
$\frac{1}{2}$ medium green pepper	1 medium onion

Combine in saucepan with:

2 425 ml. cans tomato puree	1 tsp. sugar
2 T. curry powder	$1\frac{1}{2}$ tsp. salt
4 T. vinegar	

Simmer for 2 hrs. Nice to add chili powder and or Tabasco sauce if available.

## DILL SAUCE

Makes 1 cup

$\frac{1}{2}$ c. sour cream	1 tsp. dill weed (dried)
$\frac{1}{2}$ c. mayonnaise	2 T. finely chopped dill pickle

Mix all ingredients and chill. Good served with vegetables.

## COCONUT CREAM SAUCE

Makes 1 cup

1 coconut, grated	1 tsp. salt
$\frac{1}{2}$ onion, finely chopped	

Squeeze gratings in cloth until all juices are in pan. Add onion and salt. Bring to boil, stirring until sauce thickens. Excellent over rice or roots or used in lu.

## GINGER ROOT BARBEQUE SAUCE

Makes 1 cup

$\frac{1}{2}$ c. soy sauce	2 T. grated fresh ginger root
$\frac{1}{2}$ c. ketchup	or 2 tsp. dry ginger
3 T. brown sugar	1 tsp. monosodium glutamate

Mix ingredients; let stand over night before using.

ROYALTY MEAT SAUCE

Makes 1 cup

1 c. ketchup	2 T. vinegar
$\frac{1}{2}$ tsp. dry mustard	$\frac{1}{4}$ c. oil
1 T. brown sugar	

Mix all ingredients together in small saucepan and cook for 5 min. Good for BBQd food, burgers, etc.

BARBEQUE SAUCE

Makes about 5 cups

1 tsp. salt	1 onion, finely chopped
1 tsp. chili powder	$\frac{1}{4}$ c. Worcestershire sauce
$\frac{1}{4}$ c. brown sugar	1 tsp. celery seed
1 c. tomato' sauce	2 c. water
$\frac{1}{4}$ c. vinegar	

Combine all ingredients and simmer slowly for  $\frac{1}{2}$  hr. Use with any kind of meat. Especially good with corned beef.

GARLIC SAUCE

Serves 2

$\frac{1}{4}$ c. oil	2 or 3 mashed garlic cloves
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Heat oil with garlic. Pour oil over cooked spaghetti. Toss. For variations, add 1 tsp. oregano, or 1 T. chopped parsley, or  $\frac{1}{2}$  c. cooked clams, just before removing oil from pan.

TARTAR SAUCE

Makes 1 cup

1 c. mayonnaise	2 tsp. chopped pimiento (opt)
2 T. finely chopped dill pickle	1 tsp. grated onion
1 T. snipped parsley	

Mix all ingredients. Beat if chilled.

MUSTARD SAUCE

Makes 1 cup

$\frac{1}{2}$ c. mayonnaise	$\frac{1}{4}$ c. milk
$\frac{1}{4}$ c. prepared mustard	

Combine and heat to boiling. Good over green vegetables.

WHITE SAUCE

Thin - like coffee cream - for vegetables and soups

For each cup of sauce:	$\frac{1}{4}$ tsp. salt
1 T. butter	$\frac{1}{8}$ tsp. pepper
$\frac{1}{2}$ to 1 T. flour	1 c. milk

Medium - like thick cream - for creamed and scalloped foods

For each cup of sauce:	$\frac{1}{4}$ tsp. salt
2 T. butter	$\frac{1}{8}$ tsp. pepper
2 T. flour	1 c. milk

Thick - like batter - for croquettes and souffles

For each cup of sauce:	$\frac{1}{4}$ tsp. salt
$\frac{1}{4}$ c. butter	$\frac{1}{8}$ tsp. pepper
$\frac{1}{4}$ c. flour	1 c. milk

Directions: Melt butter in saucepan over low heat. Blend in flour, salt, and pepper. Cook over low heat, stirring until mixture is smooth and bubbly. Remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir for one minute. Use smaller amount of flour with starchy vegetables (peas, potatoes) Use larger amount of flour with non-starchy foods (cream of tomato soup)

VARIATIONS: From a medium white sauce you can make:

Cheese sauce - Stir in  $\frac{1}{4}$  tsp. dry mustard and  $\frac{1}{2}$  c. shredded cheddar cheese. (for vegetables, rice, macaroni, and egg dishes)

Rich cheese sauce - Add 1 c. shredded cheese, 1 tsp. dry mustard,  $\frac{1}{2}$  tsp. Worcestershire sauce, and  $1\frac{1}{2}$  tsp. cooking sherry. (for vegetables, rice, macaroni and egg dishes)

Curry sauce - Add  $1\frac{1}{2}$  tsp. curry powder with the flour (for chicken, lamb, shrimp, and rice)

Egg sauce - Stir in 2 hard-cooked eggs, very finely chopped (for salmon and other fish)

Cucumber sauce - Stir in  $\frac{1}{2}$  c. thinly sliced or shredded cucumbers and dash of cayenne pepper; simmer for 5 min. (for fish)

Dill sauce - Add 1 tsp. minced fresh dill or  $\frac{1}{2}$  tsp. dill weed and dash nutmeg to the flour (for bland meat or fish).

COCONUT SYRUP

Grate coconut. Add  $\frac{1}{4}$  c. hot water to coconut and squeeze it to get cream. Add to cream an equal amount of sugar. Bring to a boil, then remove from heat.

SALIVACIOUS SYRUP

1 pint.

$\frac{3}{4}$ c. sugar	3 T. butter
$\frac{1}{2}$ c. water	1 T. vanilla

Cover sugar with water and simmer for 5 min. Add butter. Remove from heat. Add 1 T. vanilla.

HOT APPLE SYRUP

$\frac{1}{2}$ c. apple jelly	$\frac{1}{8}$ tsp. cinnamon
2 T. butter	

Heat until smooth. Good served over pancakes.

HONEY DESSERT SAUCE

1 8 oz. container of plain yogurt	2 T. honey
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Mix together until well combined. Use as a sauce on top of canned or fresh fruit.

LEMON SAUCE

$\frac{1}{4}$ to $\frac{1}{2}$ c. sugar	$\frac{1}{2}$ tsp. grated lemon rind
1 T. cornstarch	$1\frac{1}{2}$ T. lemon juice
1 c. water	$\frac{1}{8}$ tsp. salt
2 to 3 T. butter	

Stir first three ingredients over low heat until thickened. Add rest of the ingredients. May be used hot or cold.

HOT FUDGE SAUCE

1½ c. granulated sugar	1 14½ oz. can evaporated milk
½ c. brown sugar	2 T. butter
¾ c. cocoa	1 c. water
¼ c. flour	2 tsp. vanilla
½ tsp. salt	

Combine first five ingredients in med. saucepan. Add milk, butter and water. Cook over med. heat, stirring constantly until boiling. Cook 5 min. longer. Cool, and stir in vanilla.

CHOCOLATE TOPPING

1 c. sugar	2 T. Golden Syrup
2 T. cocoa	4 T. butter
2/3 c. water	

Simmer first three ingredients. Add the rest and boil 2 min. for thin topping and 3 min. for thick.

CARAMEL SAUCE

1 T. butter	2 T. condensed milk
2 T. brown sugar	pinch salt
2 tsp. Golden Syrup	4 T. hot water.

Melt butter in a saucepan. Add remaining ingredients except water. Stir over heat until mixture is thick and turns a rich caramel color. When the mixture leaves the sides of the pan, remove pan from heat and add hot water, a little at a time. Return to heat and simmer 2 - 3 min. Allow to cool. Serve with ice cream, pancakes, or cake.

AVOCADO SAUCE

Serves 6

1 c. ripe avocado, sieved	½ tsp. monosodium glutamate
½ clove garlic, crushed	½ - 1 tsp. chili sauce
2 tsp. onion, finely chopped	1 c. evaporated milk
1 T. lemon juice	fruits
1 tsp. salt	

Into avocado, spoon mixture of garlic, onion, lemon juice, salt, msg. and chili sauce. Beat in evaporated milk. Serve well chilled with grapefruit, oranges, bananas and celery.

# Accompaniments



# Mea Leuten 'oe Kai 'oe Kai

## ROSELLA JELLY

Fruit	lemon juice
water	sugar

Wash fruit and remove any blemishes. Put fruit in a large pot and add sufficient water to half cover the fruit. Bring to a boil and cook until the rosellas are soft and mushy. Strain through a cloth such as muslin, etc. Use  $\frac{3}{4}$  c. rosella juice and  $\frac{1}{4}$  c. lemon juice to 1 c. sugar. Stir well until sugar is dissolved and mixture boils. The mixture should not be allowed to boil before the sugar is dissolved. Put 6 c. juice in pan with 6 c. sugar. Boil until skin forms on a teaspoon of jelly placed in a saucer. Remove the white scum as it forms during cooking. It is important to cook jelly in small quantities; 6 c. is the maximum amount for a successful boiling.

## GUAVA JELLY

2 qts. guavas, chopped	water
2 lemons, chopped	sugar

Cover guavas and lemons with water. Simmer for about 2 hours, then strain through muslin. Measure liquid obtained and allow 1 c. sugar for each cup juice. Bring to boil; add sugar and stir until dissolved. Boil hard until thickened. Pour into jars and cool.

## PAT'S PAPAYA JAM

Makes a large coffee jar full.

1 medium-sized papaya, cut up and cooked until mushy  
 $\frac{1}{2}$  c. or more of lemon juice (depends on how runny you want your jam;  $\frac{1}{2}$  is thick but spreadable)  
 1 tsp. ginger  
 $1\frac{1}{2}$  tsp. cinnamon  
 1 c. sugar for each cup of fruit - about  $2\frac{1}{2}$  for a medium papaya

After cooking papaya, add rest of the ingredients and mix well. Boil together until thick and clear. Stir often. Pour into jars while hot and seal.

PINEAPPLE - LESI JAM

1 large, firm-ripe papaya, diced	$\frac{1}{4}$ c. water
1 pineapple, peeled and cored	1 coconut grated
6 c. sugar	

Place the papaya, pineapple and sugar in a large saucepan. Pour the water over the grated coconut, then squeeze out all the milk you can. Add this milk to the fruit mixture. Boil it down until thick and jam-like, about 1 hour. This is a Euell Gibbons recipe and has been made successfully, using only grated coconut (not the cream), and substituting banana for the pineapple.

GUAVA JAM

guavas	lemon juice
water	sugar

Wash guavas and remove any blemishes. Cook until soft, cool and rub through a seive or strainer. Measure the sieved pulp. Add  $\frac{3}{4}$  c. lemon juice to every 1 c. pulp, then 1 c. sugar to every 1 c. pulp and lemon juice. Stir frequently to prevent its sticking to the pan. Boil until set.

BANANA-PLUS CHUTNEY

Makes about 5 pints

12 ripe bananas	1 tsp. allspice
1 lb. dates, pitted (or raisins)	2 tsp. curry powder
1 lb. cooking apples (or vi) peeled and cored	2 T. salt
2 lbs. onions	1 pint malt vinegar
4 oz. candied ginger, chopped	1 lb. treacle
	$\frac{1}{2}$ pint water

Peel and chop bananas, chop dates and thinly slice apples and onions into a large pot. Stir in ginger, allspice, curry powder, salt, vinegar, treacle, and water. Stir thoroughly. Bring mixture to boiling, then simmer uncovered for about two hours stirring occasionally. While still hot, bottle and seal.

EUELL GIBBONS' PINEAPPLE CHUTNEY

4 c. coarsely diced fresh pineapple	2 T. candied gingerroot
1 c. vinegar	2 cloves garlic chopped fine
1 c. brown sugar	2 small pickled red peppers. chopped fine
1 T. salt	$\frac{1}{2}$ c. sliced almonds (opt).

Stir together all ingredients, except the almonds, and allow to stand for a day. Then boil mixture slowly until the pineapple is tender; add the almonds, and cook until the mixture thickens to the desired consistency. Pour into hot sterilized jars and seal.

PINEAPPLE - ORANGE CHUTNEY

Makes about 5 pints

3 large oranges	$\frac{1}{2}$ tsp. allspice
2 white or cider vinegar	$\frac{1}{8}$ to $\frac{1}{4}$ tsp. cayenne
1 firmly packed brown sugar	1 cinnamon stick (about 2 long)
1 large onion, chopped	1 cup chopped pitted dates
1 clove garlic, minced or mashed	$\frac{1}{2}$ cup raisins
1 tsp. salt	1 large (about 4 lb.) ripe pine- apple
$\frac{1}{2}$ tsp. ground cloves	

With a vegetable peeler, carefully remove the thin outer peel from one of the oranges; cut it into thin slices and set aside. Holding the oranges over a bowl to catch their juices, cut the peel and white membrane off all the oranges; lift out sections, and set aside. In a large pot, combine the vinegar, brown sugar, onion, garlic, salt, cloves, allspice, cayenne, cinnamon, dates and raisins, bring to a boil; reduce heat, add orange peel and simmer 30 min. or until slightly thickened. Cut pineapple into small cubes. Add pineapple to syrup and simmer uncovered  $1\frac{1}{2}$  hours. Stir in orange sections and not more than  $\frac{1}{4}$  c. of the orange juice. Bring to simmering again and bottle.

GREEN MANGO CHUTNEY

1 lb. green mangoes	2 c. brown sugar
salt	1 oz. bruised ginger root
6 chillis (pola)	$\frac{1}{4}$ c. mustard seeds
2 T. garlic cloves	$\frac{3}{4}$ c. sultanas
$1\frac{1}{4}$ c. vinegar	

Peel and slice the mangoes, discard the stones. Sprinkle them with salt and leave in a warm, dry place for 24 hours. Pound the chillis and garlic with a little vinegar. Boil the sugar, vinegar, chillis, garlic, ginger, mustard seeds and sultanas until the syrup thickens. Add the mangoes and cook them until they are tender. This takes about 35-40 min. Put into warm jars, tie down when cold.

EUCELL GIBBONS' GREEN MANGO SAUCE

12 cups green mango slices
3 c. water
4 c. sugar

Cook the mango slices with the water until they're soft, then add the sugar and cook 5 min. longer. Pour boiling hot into hot, sterilized jars and seal. Use as you would apple sauce.

KETCHUP (It's tangy!)

8 c. tomatoes, chopped	4 cloves
water	1 c. onion, finely chopped
1 c. vinegar	1 T. garlic, crushed
1 c. sugar	1 T. green ginger, crushed
1 T. salt	2 chillies, finely chopped
1 tsp. ground allspice	1 sm. lemon rind, grated
1 tsp. cinnamon	1 tsp. monosodium glutamate

Place clean chopped tomatoes in a saucepan with sufficient water to just cover. Boil until soft and sieve to yield 5 cup sieved tomato. Add vinegar, sugar, salt, allspice, cinnamon, cloves, onion, garlic, ginger, chillies, lemon rind, and monosodium glutamate to the sieved tomatoes. Combine all ingredients in a saucepan and boil for 20 minutes. If mixture becomes too thick, add a little water. Pour into sterile hot jars.

EUPELL GIBBONS' GUAVA KETCHUP

1 medium onion, finely sliced	$\frac{1}{2}$ tsp. allspice
1 clove garlic, chopped or crushed	$\frac{1}{4}$ tsp. cinnamon
$\frac{1}{4}$ c. water	$\frac{1}{8}$ tsp. ground cloves
2 c. guava pulp	1 c. sugar
1 small red pepper, chopped	pinch of salt
$\frac{1}{4}$ c. vinegar	

Cook onion and garlic in water until they are soft. Add guava pulp, pepper, vinegar, spices, sugar and salt. Cook all together over low heat for about 40 min. Pour into hot sterilized jars and seal.

EUPELL GIBBONS' GUAVA BUTTER

2 c. guava pulp	$\frac{1}{4}$ tsp. cinnamon
$1\frac{1}{2}$ c. sugar	$\frac{1}{4}$ tsp. allspice
Juice of one lime	1 tsp. ginger

Combine all ingredients in saucepan and boil until thick, stirring often to prevent scorching. Pour boiling hot into jars, Excellent on pancakes, toast, hot rolls, scones. Combine with peanut butter ( $\frac{1}{2}$  and  $\frac{1}{2}$ ) to make a sandwich spread.

KIM CHEE

2 lbs. chinese cabbage	1 clove garlic, minced
$\frac{1}{2}$ c. salt	1 tsp. fresh ginger, minced
1 qt. water	1 T. sugar
$1\frac{1}{2}$ T. hot red peppers	

Wash cabbage; cut into  $1\frac{1}{2}$  pieces. Sprinkle with salt. Add water and let stand over night. Rinse cabbage and drain. Make a paste of the rest of the ingredients and rub into cabbage slices. Pack into quart jar and cover with plastic bag to prevent odor. Ready in 4-5 days.

GREEN LESI PICKLES

Makes about 4 pints.

1 medium sized lesi, peeled, seeds removed and cut into thin  
 'pickle sized' slices (about 5 to 6 cups of slices)  
 2/3 c. onions, thinly sliced  
 1 tsp. celery salt (optional)  
 2 T. salt  
 cold water

Place lesi, onions, and celery salt in a large bowl, sprinkle with salt and just cover with cold water. Let stand for 3 hours. Drain.

1-1/3 c. sugar  
 4 tsp. dill seed  
 1-1/3 c. white vinegar  
 2 cloves garlic, halved

Heat sugar, dill seed and vinegar to boiling. Add vegetables and heat again to boil, Place half a garlic clove in each sterilized jar, add vegetables and liquid. Seal.

WATERMELON PICKLES

2 lbs. watermelon rind	1 T. broken up stick cinnamon
1/4 c. pickling salt (non-Iodized)	1 1/2 tsp. whole cloves
4 c. water	1/2 lemon, thinly sliced
2 c. sugar	5 maraschino cherries, halved(opt)
1 c. white vinegar	

Trim the dark green and pink parts from the watermelon rind. Cut rind in 1" cubes; measure 7 cups. Soak rind overnight in a solution of pickling salt and water. (If it takes more to cover, use the same proportion of salt to water.) Drain; rinse watermelon rind. Cover rind with cold water and cook until just tender. Then combine sugar, vinegar, cinnamon, cloves, lemon, cherries, and watermelon rind. Simmer the mixture until rind is clear. Bottle and seal.

DILL PICKLES

Makes 6-8 quarts

50 small cucumbers	2 qts. water
1 qt. mild vinegar	dill sprigs
3/4 c. salt	garlic cloves

Cover cucumbers with cold water. Let stand overnight. Drain and pack into jars. Boil in pan vinegar, salt and water. Pour over cucumbers. Add dill and garlic to each jar. Seal. Ready in about 2 weeks.

ORIENTAL VEGETABLE PICKLE

1 lb. carrots, sliced thinly	3 c. sugar
1 lb. radishes, sliced thinly	$\frac{1}{4}$ c. salt
1 lb. cucumbers, cut 2" x $\frac{1}{4}$ "	2 c. vinegar
2 c. water	

Pack vegetables into clean jars. Bring water, sugar, salt and vinegar to a boil. Cool and fill jars, making sure that vegetables are completely covered. Cover and keep in a cool place for at least 3 days before using. Store in refrigerator. Good with sweet and sour dishes.

DILL ONION RINGS

4 large onions	$\frac{1}{2}$ tsp. dill weed
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ c. vinegar
2 tsp. salt	$\frac{1}{4}$ c. water

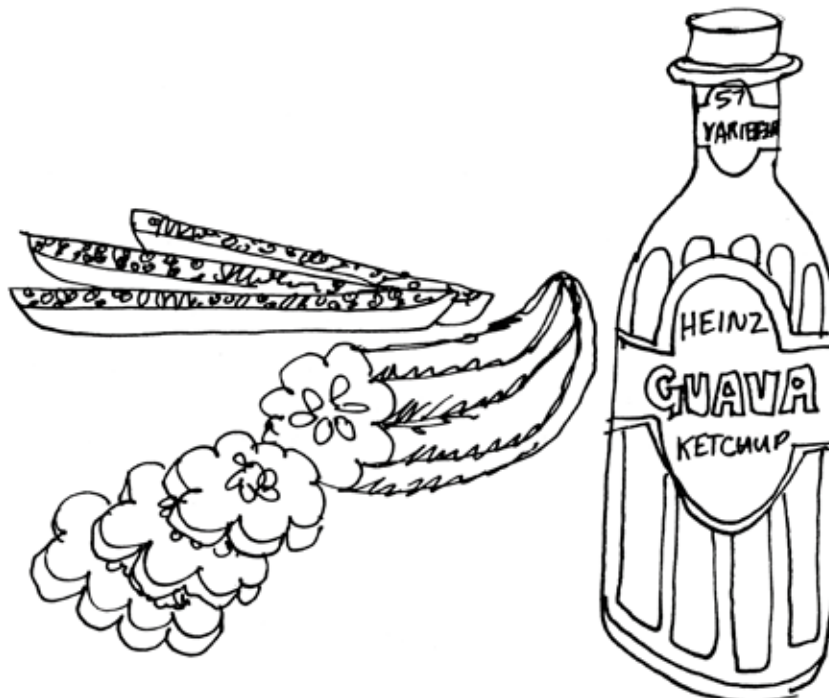
Peel and slice onions, break apart and pack loosely in jar. Combine other ingredients in saucepan and heat until sugar dissolves. Pour over onions. Cover and chill.

PEPPER RELISH

Makes 5 pints

8 c. sliced red and green peppers	3 c. vinegar
7 medium onions, sliced	2 T. salt
3 c. sugar	

In saucepan, combine peppers, onions, sugar, vinegar and salt. Simmer for 30 min. Pour into hot clean jars.



*Bread**Ngaahí Fói Ma*PANCAKES

Makes 30 small or  
12 large pancakes

2 c. sifted flour	2 eggs, beaten
6 tsp. baking powder	2 c. milk
2 tsp. salt	6 T. melted shortening or oil
3 T. sugar	

Sift together flour, baking powder, salt and sugar. Beat eggs in mixing bowl. Add milk, shortening and flour mixture. Stir until well blended. Heat heavy frying pan slowly until moderately hot. Test temperature by sprinkling a few drops of water on it. When drops stay round and bounce about, temperature is right. Grease pan very lightly before baking each batch. Ladle or pour about  $\frac{1}{4}$  cup batter for each cake onto hot pan. Bake until top side is full of bubbles that begin to break and edges are dry; turn; brown on other side.

Note: To make sour milk pancakes, substitute  $2\frac{1}{4}$  cup sour milk or butter milk for sweet milk. For leavening use 1 tsp. baking soda and 1 T. baking powder.

## Variations:

Apple: Add 1 c. finely chopped unpeeled raw apples and 1 tsp. cinnamon.

Banana: Add 2 mashed ripe bananas.

Pineapple: Add 1 c. well-drained crushed pineapple.

Mincemeat: Add  $\frac{1}{2}$  to  $\frac{3}{4}$  c. mincemeat.

Cheese: Add  $\frac{1}{2}$  c. grated cheese.

Rice: Add 1 to 2 c. leftover rice,  $\frac{1}{2}$  tsp. cinnamon or nutmeg, and a little milk if it needs thinning.

Tuna: Add ( $6\frac{1}{2}$  oz.) can flaked tuna.

OATMEAL PANCAKES

12 pancakes

Have you ever had leftover oatmeal? These pancakes are super!

Mix:	$\frac{1}{2}$ c. flour	$1\frac{1}{2}$ c. cooked oatmeal
	1 tsp. baking powder	$\frac{3}{4}$ c. milk
	$\frac{1}{2}$ tsp. salt	2 T. oil
	1 egg	

Stir all ingredients together. Fry on a griddle or in a pan.

BUTTERMILK PANCAKES

Serves 2

$\frac{7}{8}$ c. flour	1 c. sour milk (sour with 2 T. lemon juice)
1 tsp. sugar	
$\frac{1}{2}$ tsp. baking soda	2 T. butter
$\frac{3}{4}$ tsp. baking powder	1 egg

Mix flour, sugar, baking soda and baking powder. Add  $\frac{1}{2}$  c. milk. Mix very gently. Melt butter. Let cool. Mix egg with butter, using fork. Add  $\frac{1}{2}$  c. milk and mix very thoroughly. Add this liquid slowly to the flour batter, mixing very gently and as little as possible. There will be lumps. Fry in lightly greased skillet, flipping to fry both sides.

PEANUT BUTTER-BANANA PANCAKES

16-18 pancakes

$1\frac{1}{2}$ c. self-rising flour	2 tsp. lemon juice
2 T. sugar	$1\frac{1}{4}$ to $1\frac{1}{2}$ c. milk
1 tsp. baking soda	1 egg, slightly beaten
1 c. mashed bananas	1 T. oil
$\frac{1}{4}$ c. peanut butter	

Sift flour, sugar & baking soda. Blend bananas, peanut butter & lemon juice; stir in milk, egg and oil; stir to combine. Add liquid ingredients all at once to flour mixture, stirring only until flour is moistened. Batter may be lumpy. Fry on hot greased skillet.

FRENCH TOAST

Beat 2 eggs  
Add:  $\frac{1}{2}$  tsp. salt  
 $\frac{2}{3}$  c. milk

Dip 6 slices of bread into mixture, one at a time. Brown on buttered frying pan.

DUMPLINGS

sift:  
1 c. flour  $\frac{1}{2}$  tsp. salt  
2 tsp. baking powder

Mix following into flour mixture:  
1 T. onion, chopped 3 T. green pepper, chopped  
1 egg to which you add enough milk to make  $\frac{1}{2}$  c.

Cook 10 min. in simmering broth or soup or stew.

GRANOLA

Mix in a large bowl:

1 lb. rolled oats (Used 800 gram size)  
 1 c. fresh grated coconut (Used 1 coconut)  
 $\frac{1}{2}$  c. walnuts  
 $\frac{1}{2}$  c. sunflower seed kernels (Usually only coconut and oatmeal  
 2 c. wheat germ are available in Tonga. Could  
 $1\frac{1}{2}$  tsp. salt try weet-bix.)

In another bowl mix:

$\frac{3}{4}$  c. melted butter  
 $\frac{1}{3}$  c. water  
 $1\frac{1}{4}$  c. honey

Combine both mixture and spread about  $\frac{1}{2}$  thick on cookie sheets. Place in 250° oven and bake for  $1\frac{1}{2}$  hrs. stirring occassionally. After removing from oven add 1 c. raisins.

CINNAMON OATMEAL

Serves 3-4

$1\frac{3}{4}$ c. water	$1\frac{1}{3}$ c. oats
$\frac{1}{4}$ tsp. salt	1 c. milk
1-2 T. cinmmon	fruit
$\frac{1}{4}$ c. raisins	1-2 T. honey

Boil water; add salt, cinmmon and raisins while it boils, then add oats. Lower the heat and cook until water is absorbed. Serve with milk, and add fruit and honey.

GREEN BANANA PORRIDGE

Serves 2

3 green bananas	sugar and salt
1 T. cold water	1 T. flour
4 T. milk	2 T. coconut cream

Grate the bananas, stir in water and milk and beat well until smooth. Add salt and cook for 1 hr., stirring, add flour to thicken if necessary. Add coconut cream 10 min. before serving.

FRITTER BATTER

2 eggs, separated	1 c. flour, sifted
2/3 c. milk	1/2 tsp. salt
1 T. oil or melted butter	(1 T. sugar for sweet fritters only)

Beat egg yolks until thick and lemon-colored, add milk and oil or butter. Add flour, salt and sugar. Stir only until blended. Fold in egg whites, beaten until stiff but not dry. To vary, season to taste with lemon juice or wine. For a thinner coating, increase milk to 1 c. and use only 1 egg, slightly beaten.

To fry: Heat fat to 370<sup>0</sup> or until hot enough to brown an inch cube of bread in 1 minute. Put fruit (such as quartered bananas, sliced apples, or flour-dredged pineapples slices) in batter, lift up with long-handled fork (letting surplus batter drain into bowl) and carefully lower into fat. Fry 3-5 min., or until delicately browned. Remove and drain on paper.

To Serve: Sprinkle with icing sugar. Can be topped with jam or lemon sauce. If served as accompaniment to poultry or seafood, omit sugar from fritter batter.

Variations: To fritter batter you may add any leftovers you have. Particularly tasty are ground beef, minced onion and green pepper, corn and rice. Serve with ketchup or try as a sandwich filling with a slice of raw onion.

WHITE BREAD

1 c. milk	2 1/2 tsp. salt
1 c. hot water	1 cake yeast
1 T. lard	1/4 c. lukewarm water (85 <sup>0</sup> )
1 T. butter	6 1/2 c. flour
2 T. sugar	

Scald milk, add hot water; pour over the lard, butter, sugar, and salt. Dissolve yeast in warm water (must not feel hot on your inner wrist). When the first mixture is lukewarm, combine it with the dissolved yeast. Stir in 3 c. flour. Beat batter 1 min. Add 3 1/2 c. flour. Knead. Rise until double (approx. 1 hr.) Knead down to original size, shape lightly into 2 loaves and place in greased tins. Butter the top and let rise until doubled. Bake at 450<sup>0</sup> for 10 min. Lower oven heat to 350<sup>0</sup> and bake bread about 40 min. until it shrinks from side of pan.

CURRENT LOAF

Makes 1 loaf pan

1 c. currants, raisins or mixed fruit	2 c. flour
1 c. cold tea	2 tsp. baking powder
1 c. sugar	1 tsp. cinnamon
	1 tsp. nutmeg

Mix currants, tea and sugar and let stand for 2 hrs. or more; stir frequently. Sift together the dry ingredients and add to the liquid mixture. Bake in greased loaf pan 40-60 min. Serve sliced thin with butter or with thin icing.

PUMPKIN BREAD

2 loaves

3 eggs	1 $\frac{1}{4}$ tsp. salt
1 lb. prepared pumpkin (2 c.)	$\frac{3}{4}$ tsp. nutmeg
$\frac{3}{4}$ c. oil	$\frac{3}{4}$ tsp. cinnamon
$\frac{1}{2}$ c. water	$\frac{1}{4}$ tsp. allspice (opt.)
2 $\frac{1}{2}$ c. sifted flour	$\frac{1}{4}$ tsp. ground cloves (opt.)
2 $\frac{1}{4}$ c. sugar	$\frac{1}{2}$ c. raisins (opt.)
1 $\frac{1}{2}$ tsp. baking soda	$\frac{1}{2}$ c. chopped walnuts (opt.)

Beat eggs, pumpkin, oil and water. Sift together flour, sugar, baking soda, salt and spices. Fold into pumpkin mixture. Add raisins and nuts. Pour batter into 2 well greased and floured loaf pans (9" x 5" x 4"). Fill whatever size pan used no more than half full. Bake 350° for 1  $\frac{1}{2}$  hours. (or less time in smaller size pan).

ORANGE HONEY BREAD

1 $\frac{1}{2}$ c. flour	$\frac{1}{2}$ c. honey
2 tsp. baking powder	grated rind of 1 orange
$\frac{1}{2}$ tsp. baking soda	1 egg
$\frac{1}{2}$ tsp. salt	7-8 T. orange juice
2 T. butter	4 oz. chopped mixed nuts

Sift dry ingredients into a large mixing bowl. Cream butter with the honey and orange rind; beat in egg. Add dry ingredients and orange juice alternately to the creamed mixture to make a fairly thick batter. Stir in the chopped peel and beat until well blended. Turn into a greased 9 x 5 x 4 loaf pan. Smooth over the top, and make a slight hollow in the center. Bake about 1 - 1  $\frac{1}{2}$  hrs. at 350° or until bread is golden brown and firm to the touch.

BANANA BREAD

Makes 1 loaf

1/3 c. shortening (or butter)	1/2 tsp. salt
2/3 c. sugar	1 c. mashed ripe bananas
2 eggs, beaten	raisins, chopped dates or chopped
1- $\frac{3}{4}$ c. sifted flour	nuts (opt.)
2- $\frac{3}{4}$ tsp. baking powder	

Beat shortening until creamy. Gradually add sugar, beating until light and fluffy. Add eggs and beat until thick. Sift dry ingredients; add alternately with bananas; mix well. Pour into greased loaf pan and bake in 350° oven 60 to 70 min. Let cool 20 min. before turning on rack.

BANANA BREAD

3 ripe bananas	1 tsp. salt
$\frac{3}{4}$ c. sugar	1 tsp. soda
2 eggs, beaten	$\frac{1}{2}$ c. nutmeats, chopped (opt.)
2 c. flour	

Crush bananas. Add eggs, sugar, then flour sifted with salt and soda. Mix in nutmeats, if desired. Bake in greased and floured 9 x 5 loaf pan for 1 hour at 350°.

BANANA BREAD

4 T. butter	$\frac{1}{2}$ tsp. baking powder
1 c. sugar	$\frac{1}{2}$ tsp. baking soda
1 egg	$\frac{1}{2}$ tsp. salt
2/3 c. mashed banana	3 T. buttermilk
1 $\frac{3}{4}$ c. flour	

(Buttermilk - 1 T. dry milk,  $\frac{1}{2}$  tsp. lemon juice, 3 T. water)  
Cream butter, sugar and egg. Stir in bananas. Sift in dry ingredients alternately with buttermilk. Bake in greased and floured loaf pan about 40 min. (until straw comes out clean).

HONEYED BANANA SCONES

Makes 12-15

1 c. white flour	2 T. butter
1 c. wholemeal flour	2 ripe bananas
2 T. baking powder	$\frac{1}{2}$ c. milk
$\frac{1}{2}$ tsp. salt	2 T. honey

Sift flours, baking powder, and salt together into a bowl. Rub in butter until mixture resembles fine breadcrumbs. Mash bananas; combine milk, honey and mashed bananas. Add to dry ingredients and work into soft dough. Turn on to floured surface and knead lightly. Pat out to  $\frac{3}{4}$ " in thickness. Cut and place on a greased baking sheet. Glaze with a little milk. Bake in a hot oven 475°-500° for 12-15 min.

GARLIC QUICK BREAD

3½ c. flour	¼ c. butter
3 T. sugar	1¼ c. milk
1 T. baking powder	1 egg
1½ tsp. salt	2 garlic cloves, crushed

Preheat oven to 375°. Grease well a 9"x 5" loaf pan. Into large bowl measure flour, sugar, baking powder, and salt. With pastry blender (or 2 knives used scissor-fashion), cut in butter until mixture resembles coarse crumbs. Add remaining ingredients, stir until moistened. Turn dough onto well-floured surface and knead until smooth and not sticky (about 5 min.). Shape dough into a loaf; place in pan. With knife, make 6 diagonal slashes, ¼" deep, across top of bread. Bake 70 min. or until golden. Remove from pan immediately onto wire rack; cool 30 min. Best served warm.

DEBBIE'S CINNAMON ROLLS

Serves 6

4 c. flour	2 T. honey
1 tsp. baking powder	1 c. milk
1 tsp. baking soda	4 T. butter, melted
1 tsp. cinnamon	1 c. sugar
½ tsp. salt	1 T. cinnamon
4 T. butter	

Mix or sift together flour, baking powder, baking soda, 1 tsp. cinnamon, and salt. Rub in 4 T. butter. Add honey and milk, and mix. Add more flour if necessary for kneading consistency. Knead dough on floured board. Roll out into a thin sheet. Pour 4 T. melted butter over the rolled out dough and sprinkle with cinnamon sugar mixture, made by mixing together 1 c. sugar and 1 T. cinnamon. Roll up and cut into 1 inch pieces. Bake 15-20 min. in a hot oven, about 425°.

CHEESE BISCUITS

3 c. flour	4 T. shortening
6 tsp. baking powder	¼ lb. cheese, grated
1 tsp. salt	1 c. water
4 T. dry milk powder	

Sift dry ingredients into mixing bowl. Add shortening and cheese, and blend until mealy-textured. Stir in water, adding a few drops more if needed, until dough is a clean ball. Knead lightly 25 times; roll and cut in desired shape. Bake on greased and floured cookie sheet until lightly browned, about 10 min.

QUICK STIR SCONES (BISCUITS!)

Makes about 12

2 c. flour	1/3 c. oil
2 T. baking powder	2/3 c. milk
1 tsp. salt	

Sift together flour, baking powder, and salt. Add oil and milk. Stir with fork until mixture cleans sides of bowl. Place on a piece of waxed paper, knead without adding additional flour, and press or roll out to  $\frac{1}{4}$ " or  $\frac{1}{2}$ " thick. Cut with unfloured scone cutter (the top of a glass will work), place on ungreased cooky sheet and bake in a very hot oven ( $450^{\circ}$ - $475^{\circ}$ ) for 10 to 15 min., depending on the size of the scones.

SCONES

2 c. flour (may use whole grain)	$\frac{1}{4}$ c. oil
3 tsp. baking powder (only in Tonga, otherwise use 2 tsp.)	1 egg (not necessary)
$\frac{1}{2}$ tsp. salt	milk
$\frac{1}{4}$ c. sugar	$\frac{1}{2}$ c. desiccated coconut, if desired

Mix all ingredients with just enough milk to moisten and not make dough too sticky or tacky. Knead slightly on floured board. Pat into cake about  $\frac{1}{2}$ " thick. Cut into squares. Put in slightly greased pan. Bake at low heat until done.

If you have no oven but have a grill: Place under grill until scones rise and get golden brown on top. Then place pan on top of stove on VERY low heat. Keep moving pan around. When biscuits are golden brown on the bottoms they are usually done.

PUMPKIN MUFFINS

Makes 12

1 egg	2 tsp. baking powder
$\frac{1}{2}$ c. milk	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ c. cooked pumpkin, mashed	$\frac{1}{2}$ tsp. cinnamon
$\frac{1}{4}$ c. butter, melted	$\frac{1}{2}$ tsp. nutmeg
$1\frac{1}{2}$ c. flour	$\frac{1}{2}$ c. raisins (opt.)
$\frac{1}{2}$ c. sugar	

Grease bottoms of muffin tins. Beat egg slightly. Stir in milk, pumpkin and butter. Blend in dry ingredients and stir just until flour is moistened. Batter will be lumpy. Fold in raisins. Fill muffin cups  $\frac{2}{3}$  full. Sprinkle  $\frac{1}{4}$  tsp. sugar over each muffin. Bake 18-20 min. at  $400^{\circ}$ . Serve hot.

GINGER MUFFINS

2 dozen

$\frac{1}{2}$ c. shortening	1 tsp. cinnamon
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ tsp. salt
1 egg	1 tsp. ginger
1 c. molasses	$\frac{1}{2}$ tsp. ground cloves
3 c. sifted flour	1 c. hot water
$1\frac{1}{2}$ tsp. baking soda	

Cream shortening and sugar, add egg and then molasses. Sift together dry ingredients and stir molasses mixture into them. Gradually add hot water, beating until smooth. Fill greased muffin tin  $\frac{2}{3}$  full. Bake at  $375^{\circ}$  for 20-25 min.

SUGAR APPLE MUFFINS

Makes 12-16

2 c. sifted flour	3 T. melted fat
1 T. baking powder	1 c milk
$\frac{1}{4}$ tsp. cinnamon	$\frac{1}{2}$ c. sugar
$\frac{1}{4}$ tsp. nutmeg	$1\frac{1}{2}$ c. finely chopped apples
$\frac{1}{2}$ tsp. salt	(or 1 small can pie apples)
1 egg, beaten	

Sift flour, baking powder, cinnamon, nutmeg and salt. To beaten egg add fat, milk and sugar. Add liquid ingredients to dry ingredients. Stir thoroughly. Fold in apples. Put in greased muffin tin. Bake at  $425^{\circ}$  for 25 min.

ENGLISH MUFFINS

1 c. hot water	1 T. dried yeast
$\frac{1}{2}$ c. scalded milk	2 T. warm water
2 tsp. sugar	4 c. sifted flour
1 tsp. salt	3 T. softened butter

Combine 1 c. hot water, scalded milk, sugar and salt. Dissolve yeast in 2 T. water. Combine two mixtures. Beat 2 c. flour into milk mixture. Cover bowl with damp cloth. Let mixture rise in warm place until it collapses back into bowl. Beat in butter. Beat or knead in remaining flour. Let dough rise again until doubled. Place dough on a lightly floured board. Pat or press until about  $\frac{3}{4}$ " thick. Cut into three-inch rounds. Let stand until doubled. Cook until light brown on a fairly hot grill that is well buttered. Turn once. Cool. To use, split in half and toast until brown. Serve with butter or whatever you fancy.

PIZZA

Makes 2 10" x 10" pans

## Crust:

2 c. flour	2/3 c. flour
1 tsp. salt	1/4 c. oil
2 tsp. baking powder	

Stir all ingredients together. Knead with oiled hands about ten times. Spread dough on lightly oiled cooky sheet(s), and make a small rim around the edge. Add topping.

## Topping:

1 can tomato puree (310 g.)	choice of herbs-oregano, basil
1/2-1 lb. ground beef, browned and drained	1 lb. New Zealand bulk cheese, grated
1/2 c. chopped onion	

Spread tomato puree over crust. Layer ground beef, onion and herbs; Sprinkle cheese over all. Bake pizza at 350° for 20 - 25 min., or until cheese is melted and golden brown.

STOVE TOP PIZZA

Serves 3 - 4

## Flour tortilla crusts:

2 c. flour	3/4 tsp. salt
	1/4 c. shortening

Sift dry ingredients. Cut in shortening. Mix well. Add enough water to form soft dough. Turn onto floured board and knead a few times. Divide dough into 3 or 4 balls, cover with a cloth and let stand 20 min. Roll out each ball into a flat pancake that fits in your skillet. Cook on one side in ungreased skillet over moderate heat. Top cooked side with your choice of traditional pizza toppings: tomatoes or tomato sauce, peppers, onions, browned meat grated cheese, etc. Return to skillet, uncooked side of crust down. Cover and heat over heat until cheese melts.

FLOUR TORTILLAS

Serves 4

4 c. flour	1/2 c. shortening
1 1/2 tsp. salt	

Sift dry ingredients. Cut in shortening and mix well. Add enough water (almost 1 c.) to form soft dough. Turn on floured board and knead until soft. Divide into 4 balls the size of an egg and cover with a cloth. Let stand 20 min. Roll out balls into flat pancakes. Cook in ungreased skillet over moderate heat.

CHAPATIS

Makes 12

2 c. sharps, atta, or whole wheat flour	2 T. butter or ghee
1 tsp. salt	$\frac{2}{3}$ c. water

Put flour and salt into a bowl. Cut in butter. Add water and mix to a stiff dough; knead well until dough feels firm and elastic. Then place in a greased plastic bag, or cover bowl, and leave in a warm place for 30 min. Turn onto a floured board, shape dough into a long roll, and divide into 12 equal slices. Roll out paper thin. Heat heavy frying pan or griddle and, when very hot, cook chapatis for not more than one minute on either side. Cool in a tea towel. Serve with Curries.

STREUSEL COFFEE CAKE

1 egg	$\frac{1}{4}$ c. milk
$\frac{1}{2}$ c. sugar	3 T. melted butter
1 c. flour	$\frac{1}{4}$ tsp. lemon extract or vanilla
1 tsp. baking powder	Streusel Topping (below)
$\frac{1}{4}$ tsp. salt	

Beat egg and add sugar while beating. Add flour sifted with baking powder and salt. Then add milk, melted butter and flavoring. Pour  $\frac{1}{2}$  of batter into greased and floured 8" x8" or 9"x7" pan. Sprinkle  $\frac{1}{2}$  of topping over batter; add rest of cake batter. Top with remaining streusel topping. Bake for 25 min. at 350°.

**STREUSEL TOPPING:** Blend well  $\frac{1}{2}$  c. brown sugar or raw sugar, 2 T. flour,  $\frac{1}{4}$  T. white sugar, 2 tsp. cinnamon, 2 tsp. nutmeg, and 3-4 T. butter.

MASTER BISCUIT MIX: Can be used in any recipe that calls for Bisquick or in any of the following MASTER MIX recipes.

for 13 cups

9 c. sifted all-purpose flour  
 1/3 c. double-acting baking powder  
 1 T. salt  
 1 tsp. cream of tartar  
 1/4 c. sugar  
 2 c. shortening which does not need refrigeration

for 29 cups

5 lbs.  
 3/4 c.  
 3 T.  
 1 T.  
 1/2 c.  
 2 lbs. (4 c.)

Stir baking powder, salt, cream of tartar and sugar into flour. Sift together three times into a large container. Cut in shortening until mix is consistency of cornmeal. To measure, pile it lightly into a cup and level off.

MASTER MIX PANCAKES6 cakes

1 c. mix  
 1/2 c. milk  
 1 small egg

12 cakes

2 c. mix  
 1 c. milk  
 1 egg

18 cakes

3 c. mix  
 1 1/2 c. milk  
 2 eggs (1 works)

Stir the combined milk and beaten egg into the mix until blended. Bake on hot griddle.

MASTER MIX DUMPLINGS4 medium

1 c. mix  
 1/4 c. milk

12 medium

3 c. mix  
 3/4 c. milk

Add milk to the mix all at once, stirring about 30 strokes. Drop by tablespoon on top of boiling stew or soup. Cover and boil gently 12 min. without removing cover.

MASTER MIX COFFEE CAKE

2 1/2 c. mix  
 1/3 c. sugar  
 2/3 c. milk  
 1 egg

Topping

1/2 c. brown sugar (raw works)  
 3 T. butter  
 1/2 tsp. cinnamon

Stir sugar into the mix. Combine milk and beaten egg. Stir into the mix until well blended. Put into greased 8" x 8" pan. Spread or dot topping over batter and bake in a hot oven (400°) about 25 min.

MASTER MIX BANANA COFFEE CAKE

2 c. mix	1 egg
$\frac{1}{4}$ c. sugar	$\frac{3}{4}$ c. mashed ripe bananas
3 T. soft butter	$\frac{1}{2}$ c. chopped nuts
$\frac{1}{4}$ c. milk	Creamy Icing (below)

Mix the mix, sugar, butter, milk, egg, bananas, and nuts with spoon; beat  $\frac{1}{2}$  min. Spread in greased round pan, 9" x 1 $\frac{1}{2}$ " Bake 20 to 25 min. at 400°. Cool slightly. Spread with Creamy Icing: Blend  $\frac{1}{3}$  c. confectioner's sugar and 2 tsp. milk. You may sprinkle with  $\frac{1}{4}$  c. nuts.

MASTER MIX CHOCOLATE SWIRL COFFEE CAKE

$\frac{1}{3}$ c. flaked coconut	$\frac{1}{4}$ c. sugar
$\frac{1}{4}$ c. chopped nuts	1 egg
$\frac{1}{4}$ c. sugar	$\frac{2}{3}$ c. water or milk
3 T. melted butter	$\frac{1}{3}$ c. semi-sweet chocolate pieces, melted.
2 c. mix	

Mix coconut, nuts,  $\frac{1}{4}$  c. sugar, and 1 T. of butter; set aside. Combine baking mix,  $\frac{1}{4}$  c. sugar, remaining 2 T. butter, the egg and water; beat  $\frac{1}{2}$  minute. Spread batter in greased square pan, 8" x 8" x 2" Spoon chocolate over batter; lightly swirl batter several times for marbled effect. Sprinkle coconut mixture evenly over top. Bake at 400° 20 to 25 min.

MASTER MIX UP-SIDE DOWN COFFEE CAKE

1 12 oz. jar apricot, peach, strawberry or raspberry preserves	2 T. sugar
2 c. mix	1 egg
	$\frac{2}{3}$ c. water or milk

Spread preserves in round layer pan, 9" x 1 $\frac{1}{2}$ " Mix remaining ingredients with spoon; beat vigorously  $\frac{1}{2}$  min. Spread batter evenly over preserves. Bake 20 to 25 min. at 400°. Immediately invert onto serving plate; leave pan over coffee cake a few minutes.

MASTER MIX TOP-OVER CAKE

1 21 oz. can fruit pie filling	$\frac{1}{2}$ c. water or milk
1 $\frac{1}{2}$ c. mix	2 T. shortening
$\frac{1}{2}$ c. sugar	1 tsp. vanilla
1 egg	

Heat pie filling in square pan, 9" x 9" x 2", in oven 10 to 15 min. or until hot and bubbly. Blend remaining ingredients in large mixer bowl on low speed  $\frac{1}{2}$  min., scraping side and bottom of bowl frequently. Beat 4 min. med. speed. Pour batter over hot pie filling. Bake 45 to 50 min. at 350°. Invert onto plate; leave pan over cake a few minutes.

MASTER MIX ORANGE GLACÉ COFFEE CAKE

sugar	$\frac{1}{2}$ c. milk
2 c. mix	2 tsp. grated orange peel
1 T. sugar	Glacé topping (below)
2 T. butter	

Butter square pan, 8" x 8" x 2", generously; sprinkle with sugar. Mix 1 T. sugar, butter, milk, and orange peel with spoon; beat for  $\frac{1}{2}$  min. Spread batter evenly in pan. Pour hot topping evenly over batter. Bake at 400° 20 to 25 min.

Glacé topping: In small saucepan, melt  $\frac{1}{4}$  c. butter, stir in 1 tsp. grate orange peel, 2 T. orange juice and 3 T. sugar. Heat to boiling over low heat; boil 3 min.

MASTER MIX SHORTCAKE

2 $\frac{1}{3}$ c. mix	3 T. melted butter
3 T. sugar	$\frac{1}{2}$ c. milk

Mix all ingredients with fork to form soft dough. Pat dough into greased square or round pan. Bake about 15 min. at 450°. Cut warm shortcake into 6 pieces. Split; fill and top.

MASTER MIX SHORT PIE CRUST

1 c. mix	3 T. boiling water
$\frac{1}{4}$ c. softened butter	

Combine mix and butter in small bowl or 9" pie pan. Add water; stir vigorously with fork until dough forms a ball and cleans the bowl. (Dough will be puffy and soft). Pat dough with fingers and heel of hand into 9" pie pan, bringing up dough to edge of pan, Bake at 450° 8 to 10 min. Cool.

MASTER MIX BISCUITS

<u>6 biscuits</u>	<u>10 to 12</u>	<u>18</u>
1 c. mix	2 c. mix	3 c. mix
$\frac{1}{4}$ c. milk	$\frac{1}{2}$ c. milk	$\frac{2}{3}$ c. milk

Add milk to the mix all at once, stirring 25 strokes. Knead 15 strokes on lightly floured board. Roll or pat  $\frac{1}{2}$ " thick. Cut. Bake on ungreased baking sheet in hot oven (450°) 10 min. (Water may be used instead of milk)

MASTER MIX MUFFINS6 small muffins

1 c. mix  
 1 T. sugar  
 1/3 c. milk  
 1/2 egg or 1 yolk, beaten

12 medium muffins

3 c. mix  
 2 T. sugar  
 1 c. milk  
 1 egg

Add sugar to the mix. Combine milk and beaten egg. Stir into the mix with about 25 strokes. Bake in greased muffin pans at 425° about 20 min.

Make oatmeal muffins by replacing one-third of the mix by quick cooking oats.

A teaspoon of marmalade can be baked with each muffin, either on top in a center hole or about half way down. Brown sugar instead of white is a variation. Broken bits of crisp bacon, chopped apple or grated orange rind add variety to the muffins.

MASTER MIX BANANA MUFFINS

2 c. mix  
 1/4 c. sugar  
 2 T. melted butter

## 12 muffins

1 egg  
 1 c. mashed ripe bananas  
 Thin icing (below)

Mix sugar, butter and egg with spoon; beat vigorously 1/2 minute. Fold in bananas. Fill greased muffin cups 2/3 full. Bake 12 to 15 min. at 400°. While warm, frost with 1/2 c. confectioners' sugar and 1 T. water.

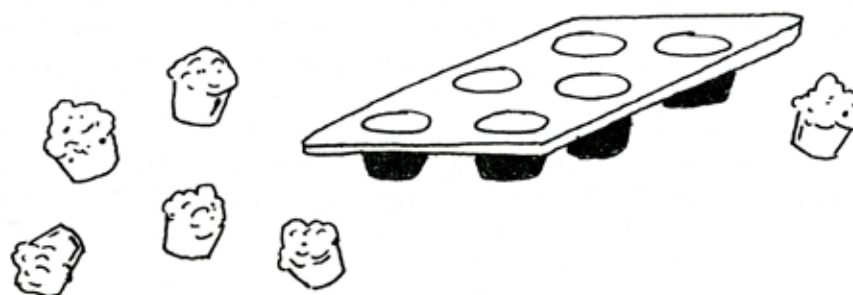
MASTER MIX OATMEAL MUFFINS

2 c. mix  
 2 T. sugar  
 1 egg

## 12 muffins

2/3 water or milk  
 3/4 c. oats

Mix all ingredients with spoon; beat virgorously 1/2 minute. Fill greased muffin tins 2/3 full. Bake at 400° 15 min.



# Pasta and Rice



# Laise Moe Sipeketi

## Rice Proportion Guide:

For 1 c. cooked rice, use  $\frac{1}{3}$  c. rice,  $\frac{2}{3}$  c. water,  $\frac{1}{4}$  tsp. salt.

## Rice Tips:

When stirring or fluffing, always use a fork to avoid crushing the grains.

Avoid overcooking; it produces a mush.

To reheat cooked rice: heat cooked rice in top of double boiler over hot water, about 10 min.; or place rice in heavy pan with tightly fitted cover. Sprinkle water over rice, using about 2 T. water for every cup of rice. Cover; heat over low heat 5-8 min. or until hot & fluffy.

Cooked rice will keep 4-5 days, covered tightly in a refrigerator.

## To Cook Rice:

Heat rice, water and salt to boiling, uncovered, stirring once or twice. Reduce heat to simmer; cover pan tightly and cook 14 min. (Do not lift cover or stir.) Remove pan of cooked rice from heat. Fluff rice lightly with fork; cover and let steam 5-10 min.

## Rice Flavor Variations:

### Cook-Ins:

Substitute chicken or beef bouillon for all of the water  
Substitute orange, pineapple or tomato juice for half of the water.

### Stir-Ins: To 3 c. of cooked rice add:

Browned butter ( $\frac{1}{4}$  c. butter heated until light brown)  
Lemon (2 tsp. lemon juice and 2 T. butter, melted)  
Carrot ( $\frac{1}{2}$  c. shredded carrot and 2 T. butter, melted)  
Onion (2 T. minced onion sauted in 2 T. butter)  
Parsley (2 T. snipped parsley)  
Herb (Combine 1 heaping tablespoon each parsley and either onion, all finely chopped, with 1 T. melted butter)



PULAO RICE

Serves 4

1 $\frac{1}{4}$ c. long grain rice	1 $\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ c. ghee or butter	1 $\frac{1}{2}$ c. peas
2 onions, sliced	2 $\frac{1}{2}$ c. hot water

Clean, wash and soak rice for half an hour. Heat ghee, fry onions until golden. Add drained rice, garlic, salt, and peas; continue to cook for 5 min. stirring.. Gradually add hot water, mix thoroughly, and bring to the boil, Simmer, covered, 20 - 25 min. or until all liquid has been absorbed and rice is tender.

NOTE: Any of the following can also be added: cloves, cinnamon, caraway seeds, turmeric, ginger, red pepper, corinader, parsley, garaway masala or cumin.

SIMPLE SWEET PULAO

Serves 6

1/3 c. butter	2 T. sugar
2 $\frac{1}{2}$ c. rice	2 blades mace
seeds of 3 cardamoms	pinch salt
6 cloves	good pinch saffron
$\frac{3}{4}$ c. raisins	4-inch cinnamon
$\frac{3}{4}$ c. blanched almonds	

Melt the butter and add the rice; brown it well without scorching it. Add the cardamom seeds, cloves, raisins, almonds, sugar, mace, salt and saffron. Stir int he pan for 1 min. Cover with water, add add the cinnamon, bring to the boil. Boil for 1 min., then lower heat to simmer very gently in covered saucepan. Cook until rice is tender, adding water a little at a time, should liquid become absorbed before rice is cooked.

BURMESE COCONUT RICE

Serves 6-10

3 $\frac{1}{4}$ c. milk	3 T. peanut oil
1 lb. fresh shredded coconut	$\frac{1}{2}$ tsp. salt
3 $\frac{1}{2}$ c. long grain rice	1 $\frac{1}{4}$ c, extra coconut milk
3 onions, grated	

Bring the milk to the boil and add the shredded coconut. Remove f from the heat at once and let stand, covered, for 1 hour. Mix the rice and onions and fry together in the heated oilffor about 3 min. Add this mixture to the milk and coconut and add the salt. Mix well and bring to the boil. Reduce heat, cover, and let simmer over low heat for 30 min., or until rice has absorbed all the liquid. If mixture becomes too dry before rice is soft, add a little of the extra coconut milk; heat it before adding, but do not let it boil.

FRIED RICE

Serves 4

1/4 c. chopped onion	15 oz. can water chestnuts, drained & sliced.
2 T. chopped green pepper	13 oz. can sliced mushrooms, drained
2 T. oil	2 T. soy sauce
2 c. cooked rice	3 eggs, beaten

In large skillet, cook and stir onion and green pepper in oil until onion is tender. Stir in rice, water chestnuts, mushrooms and soy sauce. Cook over low heat 10 min., stirring frequently. Stir in beaten eggs; cook and stir 2-3 min. longer. Makes about 2 1/2 c.

To serve as a main dish, add pork, seafood, cubes chicken or 1lb. ground beef, browned and drained.

SPANISH RICE

Serves 4-6

2 onions, sliced	salt
2 T. oil or butter	pepper
3 c. water, boiling	chili powder
1 c. tomatoes, chopped	prepared mustard (opt.)
2 green peppers, chopped	1/2 c. cheese, grated

Sauté onions in oil until soft. Add water, tomatoes, green pepper and seasonings. Cover and cook slowly 30 to 40 min. Sprinkle with grated cheese.

CURRIED RICE

Serves 4

3 T. oil	1 c. rice, washed and drained
1 T. curry powder	2 c. water
2 onions, chopped	2 green peppers, chopped
1 eggplant or 1 can tuna	1 tsp. salt

In a large saucepan with lid, heat oil. Add curry powder: fry for 2 min. Add chopped onions and eggplant, cubes; saute until limp. Add rice and fry for 2 min. Add water, peppers, tuna (if used) and salt. Cover, reduce heat to low, and cook until liquid is absorbed.

HOME MADE NOODLES

1 egg, slightly beaten	2 c. flour, approx.
1/2 tsp. salt	

Beat egg and salt together. Mix in enough flour to make stiff dough. Knead 5 min. on lightly floured board. Roll paper thin. Cover with towel and let stand 20 min. Cut into strips of any width. Spread out to dry. Store in tightly covered container.

LASAGNA NOODLES

Enough for 3, 8" square dishes

2 eggs, slightly beaten  
 $\frac{1}{2}$  tsp. salt

2 c. flour

Beat egg and salt together. Add enough flour to make a stiff dough. Knead on floured board about 6 min. Cover with a towel and let stand 20 min. Roll dough thin but not too thin. Cut into strips about  $1\frac{1}{2}$ " wide. Allow noodles to dry completely. They will keep a short time in an air-tight container.

SPAGHETTI ALLA CARBONA

Serves 4

1 lb. spaghetti  
 boiling salted water  
 $\frac{3}{4}$  lb. bacon  
 $\frac{1}{2}$  c. white wine  
 2 eggs

$\frac{1}{2}$  c. grated parmesan cheese  
 freshly ground pepper  
 chopped parsley  
 extra grated parmesan cheese

Cook spaghetti in large saucepan of salted boiling water for 10 to 12 min. or until tender but still firm. While spaghetti is cooking, remove rind from bacon, cut bacon into  $\frac{1}{2}$  squares. Sauté in pan until cooked through but not crisp. To this, add the wine and simmer gently 3 min. Drain spaghetti well, return to saucepan. Immediately add the bacon-wine mixture. Blend together, then add well beaten eggs and cheese. Toss together over low heat. Add a little freshly ground pepper. Make sure spaghetti is well coated with egg and cheese mixture. Serve in individual dishes sprinkled with parsley and extra cheese.

LO MEIN

Serves 4-6

1 lb. spaghetti noodles  
 3 T. oil  
 3 c. chinese cabbage, first cut  
 into 2" lengths then  
 julienne sliced lengthwise  
 $\frac{1}{2}$  c. carrots, julienne sliced

4 green onions, julienne cut  
 4 dried chinese mushrooms, which  
 have been soaked for 20 min.  
 in hot water, sliced (opt)  
 2 tsp. salt  
 3 T. soy sauce

Prepare spaghetti noodles according to package instructions. Heat oil in wok or large skillet over high heat. Add cabbage, carrots, green onions, and mushrooms; stir-fry for 1 min. Add salt and soy sauce; stir-fry for another 1 min. Add drained spaghetti noodles, stirring constantly for about 2 min. Serve hot. If you wish, add between  $\frac{1}{2}$  and 1 c. shredded ham and/or shredded cooked chicken breast along with the salt and soy sauce.

# Eggs and Cheese



# Foi Moa <sup>moe</sup> Sisi

## BOILED - EGGS

Slip each egg carefully from a tablespoon into a pan of boiling water deep enough to cover the eggs. Reduce heat to simmering; cook required number of minutes:

Soft	3-5 minutes
Medium	5-10 minutes
Hard	15-20 minutes

Tap egg to crack shell. Roll egg in hands to loosen shell; then peel. Hold egg under running water to help ease off shell.

## POACHED - EGGS

In saucepan or skillet, heat water ( $1\frac{1}{2}$  - 2 min.) to boiling; reduce to simmer. Break each egg into a measuring cup or saucer; slip eggs one at a time into water, holding cup or saucer close to water's surface. Cook 3-5 min. Lift eggs from water with slotted spatula. Serve on buttered toast. Season with salt and pepper.

## FRIED - EGGS

In heavy skillet, heat butter or bacon drippings to  $\frac{1}{8}$  depth just until hot enough to sizzle drop of water. Break each egg into a measuring cup or saucer; carefully slip eggs one at a time into skillet. Immediately reduce heat to low. Cook slowly, until egg whites are set and a film forms over yolks (sunny-side up). Or turn eggs over gently when whites are set and cook until of desired doneness.

## SCRAMBLED - EGGS

For each serving, break 2 eggs into bowl with 2 T. milk or cream,  $\frac{1}{4}$  tsp. salt and dash pepper. Mix with fork, stirring thoroughly for a uniform yellow, or mixing just slightly if streaks of white and yellow are preferred. Heat  $\frac{1}{2}$  T. butter in skillet over medium heat until just hot enough to sizzle or drop of water. Pour egg mixture into skillet. As mixture begins to set at bottom and side, gently lift cooked portions with spatula so that thin, uncooked portion can flow to bottom. Avoid constant stirring. Cook until eggs are thickened throughout but still moist, about 3-5 min.

### Variations:

To egg mixture you may add grated cheese, finely chopped saute'd onions, chopped tomatoes or chopped green peppers.

JIM'S SCRAMBLED EGGS

Serves 2

4 eggs	1 tsp. salt
4 T. milk	3 T. butter
$\frac{1}{2}$ tsp. Tabasco	

Mix all ingredients except butter in a bowl. Vigorously whip all together until consistent and starting to foam. Heat butter to very hot. Add rest of the ingredients. Scrape across bottom as eggs coagulate. Serve medium rare.

CAMPBELLED EGGS

Serves 3-4 as a brunch or light supper food

1 can cream of chicken soup (may substitute cr. of mushroom or celery)	4 slices bacon
8 eggs, slightly beaten	$\frac{1}{2}$ c. chopped green pepper
Dash pepper	$\frac{1}{4}$ c. chopped onion

In small bowl, stir soup until smooth; blend in eggs and black pepper. In skillet cook bacon until crisp; remove and crumble. Pour off all but 2 T. drippings. Cook green pepper and onion in drippings until tender. Pour in egg mixture. Cook over low heat until set, lifting eggs gently now and then. Garnish with bacon.

COCONUT CURRIED EGGS

Serves 5

3 T. grated onion	1 T. lemon juice
3 T. ghee or butter	$1\frac{1}{4}$ c. coconut milk
$\frac{1}{2}$ tsp. ground turmeric	$\frac{1}{2}$ tsp. salt
1 fresh red chilli	$\frac{1}{2}$ lb. tomatoes, sliced
2 c. fresh shredded coconut	5 hard cooked eggs, sliced or halved

Brown the onions lightly in the heated ghee. Stir in the turmeric and fry for a minute longer. Add the chili, coconut, lemon juice, coconut milk, salt and tomatoes. Simmer for 5 min., or until a paste is formed. Arrange the egg slices in a baking dish. Spoon the coconut mixture on top of them and place in the oven at 350° for 10 min., or until some of the liquid is absorbed. (If you don't have an oven, just add the eggs and simmer on top of the stove.) Note: As red chillies are very hot, you may wish to remove them before serving.

FRENCH OMELET

4 eggs	$\frac{1}{2}$ tsp. salt
4 T. water or milk	$\frac{1}{8}$ tsp. pepper
2 T. butter	

Beat eggs slightly, just enough to blend yolks and whites, add water and seasonings. Melt butter in heavy skillet; when melted, turn in mixture and reduce heat slightly. As omelet cooks, lift with spatula, letting uncooked part run underneath. Omelet should be creamy inside. Fold and turn on hot platter.

Variations: Before folding, spread with 2 T. heavy cream or any of the following fillings:  $\frac{1}{2}$  c. tomato pulp, 2 T. grated cheese, 2 T. finely chopped green peppers or cooked and flaked fish. For a sweet omelet you may omit pepper and half the salt, add 1 T. sugar and spread jam or jelly on the omelet before folding.

TROPICAL OMELET

Serves 4

$\frac{1}{4}$ c. butter	2 ripe bananas, chopped
2 onions, finely chopped	1 T. curry paste (curry powder is OK)
2 green peppers, finely chopped	pinch salt
2 tomatoes, chopped	6 eggs

Heat the butter and add onions, peppers, and tomatoes. When almost cooked through, add bananas and then the curry paste and salt. Stir until the curry paste is dissolved and oily. Separate the eggs, beat the egg yolks, and beat the egg whites until stiff, separately. Fold the whites into the yolks and pour over the curried fruit and vegetables in the pan. When it begins to set, divide into 4, so that each segment can be turned over to finish cooking.

DEVILED EGGS

Serves 6

6 hard cooked eggs	$\frac{1}{4}$ tsp. pepper
$\frac{1}{2}$ tsp. salt	3 T. salad, dressing, vinegar or
$\frac{1}{2}$ tsp. dry mustard	light cream

Cut peeled eggs lengthwise in half. Slip out yolk; mash yolks in small bowl with fork. Mix in seasonings and salad dressing. Fill whites with egg mixture, heaping it up highly. For flavor variation, mix in 2 T. snipped parsley, or  $\frac{1}{2}$  c. grated cheese.

EGGS GOLDENROD

Serves 4

6 hard cooked eggs . salt and pepper to taste  
 2 c. white sauce (med. thickness) toast triangles

Cut hard cooked eggs in half; remove yolks. Chop the egg white and add to white sauce, season with salt and pepper, and heat through. Pour over toast triangle. Then push egg yolks through a seive and sprinkle on top of white sauce mixture.

ITALIAN FRITTATA

Serves 4

$\frac{1}{2}$  c. chopped green pepper  $\frac{1}{4}$  tsp. oregano  
 $\frac{1}{2}$  c. chopped onion 8 eggs  
 4 T. butter Dash pepper  
 1 lg. tomato, peeled and chopped  $\frac{1}{4}$  c. shredded cheese  
 1 tsp. salt

Saute green pepper and onion in 2 T. butter until soft. Add tomato,  $\frac{1}{2}$  tsp. salt, and oregano. Cook slowly 10 min., until all liquid is absorbed. Reserve. Beat eggs with  $\frac{1}{2}$  tsp. salt, and pepper. Heat skillet with 2 T. butter. Pour in egg mixture; cook until omelet is firm. Spread tomato mixture over top. Sprinkle with cheese. Cover to melt cheese. Cut in wedges to serve.

EGG & ONION PIE

Serves 4

1 unbaked pastry case 4 tsp. milk  
 4 large onions thyme to taste  
 4 eggs 3 or 4 drops Tabasco  
 salt and pepper oil for frying

Slice peeled onions into rings and fry until lightly browned. In pie shell, layer onions and light sprinkling of thyme. Beat eggs, milk, pinch of salt, Tabasco, and pepper. Pour over onions and bake in moderate (350°) oven until eggs are set, approx. 40 min.

Pastry:  $\frac{3}{4}$  c. flour  $\frac{1}{2}$  c. butter  
 $\frac{1}{2}$  tsp. baking powder water to mix  
 pinch salt

Mix dry ingredients together. Rub in butter until like dry breadcrumbs. Add water until mixture is right consistency (not too wet). Roll out and place in greased pie dish.

QUICHE LORRAINE

Serves 4

Pie pastry	4 eggs
Crisp bacon (can be substituted with mushrooms or left out)	2 c. light cream
1 c. cheese, grated	$\frac{3}{4}$ tsp. salt
$\frac{1}{3}$ c. onion, diced	$\frac{1}{4}$ tsp. sugar
	$\frac{1}{8}$ tsp. cayenne

Line pan with pastry. Sprinkle in bacon, cheese, onion. Beat eggs, beat in remaining ingredients. Pour into pie pan. Bake  $425^{\circ}$  for 15 min. Bake  $300^{\circ}$  for 30 min.

CHEESE SOUFFLE

Serves 4

3 T. butter	$\frac{1}{4}$ tsp. dry mustard
3 T. flour	$\frac{1}{2}$ tsp. salt
1 c. milk	2-3 c. shredded cheese
dash cayenne	6-8 eggs, separated

In pan, melt butter; stir in flour until smooth. Blend in milk and dry ingredients; cook and stir until thick. Add cheese; stir. Remove from heat and add egg yolks. Whip egg whites to form peaks, and gently fold into sauce. Pour into greased  $1\frac{1}{2}$  qt. souffle dish. Bake  $375^{\circ}$  for 35 min.

Variations: Add  $\frac{1}{2}$  c. onions, 1 c. spinach.

WELSH RAREBIT4-6 Servings ( $\frac{1}{2}$  c. sauce per serving)

$\frac{1}{4}$ c. butter	1 c. milk
$\frac{1}{4}$ c. flour	$\frac{1}{2}$ c. beer (can substitute milk)
$\frac{1}{2}$ tsp. salt	2 c. shredded cheese
$\frac{1}{4}$ tsp. pepper	4-6 slices toast
$\frac{1}{4}$ tsp. dry mustard	
$\frac{1}{4}$ tsp. Worcestershire sauce	

Melt butter in medium saucepan over low heat. Blend in flour and seasonings. Cook over low heat, stirring until mixture is smooth and bubbly. Remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 min. Gradually add beer to sauce mixture. Stir in cheese; heat over low heat, stirring constantly, until cheese is melted. Serve over toast. If desired, garnish with paprika and parsley.

GRILLED CHEESE SANDWICHES AND VARIATIONS

Hopefully you can make a grilled cheese sandwich! (Butter two slices of bread. Place sliced cheese on the unbuttered side and grill or pan fry the sandwich.) What we want you to think about are the variations. Here are some starters:

Strip of crisp bacon

Slices of tomato

As well as cheese, spread bread with mayonnaise, mustard or jam

Finely minced or round slices of onion

Chopped pineapple (also good with a little onion)

Any of your own chutneys or the store varieties

Thin slice of corned beef and onion

CREAMY MACARONI & CHEESE

Serves 4

2 c. cooked macaroni, drained

1/3 c. mayonnaise

1/4 c. chopped pimipento (opt.)

1/4 c. chooped green pepper

1/4 c. chopped onion

1 10½ oz. can cream of mushroom soup

1/2 c. milk

1 c. shredded cheese

Blend all ingredients together using 1/2 c. cheese. Place in a casserole dish; top with 1/2 c. cheese. Bake at 400 for 25 min.

PLAIN OLD MACARONI & CHEESE

Serves 2-4

2 qts. salted water

1/2 of 375 g. pkg. of elbow macaroni

2 T. butter

2 T. flour

1 c. milk

1/2 lb. New Zealand cheese, grated or cut irtto cubes

salt, pepper, nutmeg to taste

Boil 2 quarts of water. Add macaroni and boil for about 10 min. or until al dente. Meanwhile, melt butter in a large saucepan. Add flour and stir into a paste. Add milk and stir until sauce begins to thicken; add cheese and stir while cheese melts. Add drained, cooked macaroni to the sauce and stir until well blended. Simmer o over low heat for 5-10 min. until bubbly or put into casserole dish and bake at 350° for 30 min.

CHEESE ENCHILADAS

Serves 5-6

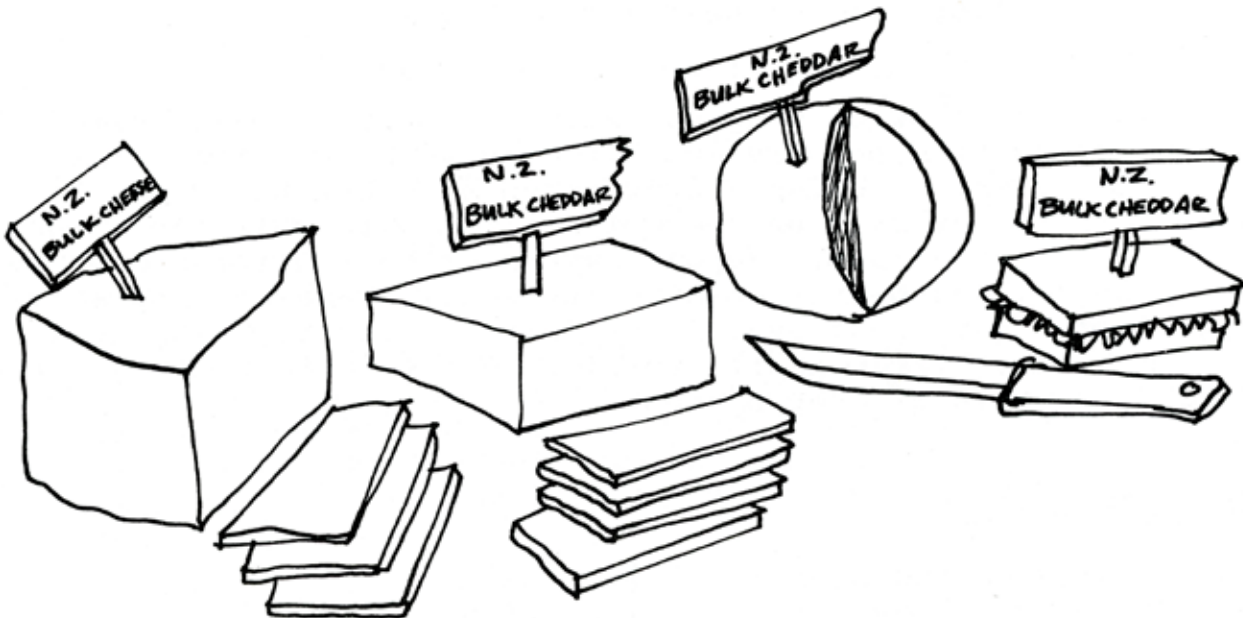
2 lbs. cheese, grated	$\frac{3}{4}$ c. water
2 onions, diced	1 tsp. garlic powder
$\frac{1}{2}$ c. milk powder	$1\frac{1}{2}$ tsp. chili powder (adjust to taste)
2 small cans tomato puree	$\frac{1}{2}$ tsp. cayenne
2 T. oil	1 tsp. salt
1 onion, diced	20 tortillas

Toss cheese, onion, and milk powder together. In another bowl, mix together the tomato puree, oil, other onion, water and seasoning for the sauce. Dip the tortillas in the sauce, place some cheese mixture on the tortilla and roll it up. Place enchiladas, flap side down, in baking dish. Pour the sauce over the enchiladas. Bake 375° until bubbly ( approx. 30 min.)

COTTAGE CHEESE

1 qt. milk	$\frac{1}{2}$ - 1 c. lemon juice or vinegar
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Bring milk to full rolling boil; add lemon juice or vinegar to separate whey from curd. Drain. Salt to taste.



*Meats**Kakanoi Mamu*TONGAN ROAST BEEF

Serves 4

- |                                   |                      |
|-----------------------------------|----------------------|
| 1 can Hellaby's beef              | 2 c. flour           |
| 2 chili peppers or hot sauce      | 4 tsp. baking powder |
| 2 tsp. curry (garlic is good too) | 1 tsp. salt          |
| 1 onion, chopped                  | 2/3 c. milk          |

Drain oil from meat into pot. Sauté chillies and curry powder. Remove chillies stir in onion and meat. Remove from heat. In mixing bowl, prepare biscuit dough. Knead and roll out into rectangle. Put filling on dough and roll up. Bake on greased sheet about 45 min. until browned. Good with rice and coconut cream sauce.

CORNED BEEF, CABBAGE, PEPPERS

Serves 6-8

- |                                  |                       |
|----------------------------------|-----------------------|
| 1 medium-sized head cabbage      | 4 drops Tabasco Sauce |
| 1 large onion                    | 2 tsp. soy sauce      |
| 2 red bell peppers               | 2 T. vinegar          |
| 2 cans (12 oz. each) corned beef | 1 tsp. sugar          |
| 1 c. water                       |                       |

Cut cabbage into 1"-wide wedges. Slice onion in rings. Remove stems and seeds from peppers and slice in 1/4"-wide strips. Cut corned beef in thin slices. Using a Dutch oven or other heavy pan, arrange half the cabbage on the bottom; top with half the onion, peppers, and beef slices. Repeat layers using remaining cabbage, onion, peppers, and beef. Combine the water, Tabasco, soy sauce, vinegar, and sugar; pour over foods in pan. Cover, bring to a boil, reduce heat, and simmer gently until tender (about 30 min.) Serve in wide soup bowls or deep plates.

CORNED BEEF PATTIES

Serves 2-4

- |                            |             |
|----------------------------|-------------|
| 1 can (12 oz.) Corned Beef | 1/2 c. milk |
| 1 c. soft bread crumbs     | 1 c. flour  |
| 1 T. Worcestershire Sauce  | 1 c. oil    |
| 1 egg                      |             |

Flake corned beef, add bread crumbs and Worcestershire sauce; form into patties. Mix egg, milk and flour into a batter. Heat salad oil in a skillet. Dip corned beef patties into the batter and fry in oil until golden.

CHOP SUEY

2 T. Peanut oil	$\frac{1}{2}$ c. chicken soup
1 clove garlic, (crushed)	salt and pepper to taste
2 lbs. meat, (diced)	chopped vegetables (carrots and and beans) - optional
5 T. Soya Sauce	
1 pkt. Chinese Vermicelli	

Heat oil. Fry crushed garlic in oil. Add diced meat and fry until done. (If using vegetables add with meat). Add some Soya Sauce. Soak vermicelli in lukewarm water. Add chicken soup to meat and bring to boiling. Add vermicelli, salt and pepper and rest of Soya Sauce. Simmer 2 min., then thicken with cornflour if you wish. Serve with rice.

TONGAN GRAVY MEAT OVER RICE

Serves 4

1 lb. stew meat	fat
$\frac{1}{2}$ c. flour	1 onion, chopped
1 tsp. salt	1 chicken bouillon cube
$\frac{1}{4}$ tsp. pepper	1 dry mushroom soup mix

Toss meat in mixture of flour, salt and pepper. Brown meat in fat; add onion. Cover with water; add bouillon cube and simmer 45 min. Add dry soup and simmer 10 min. Serve over rice.

BASIC MEAT CURRY

Serves 2-4

1 T. butter or oil  
 1 T. curry paste or 1 T. curry powder and  $\frac{1}{8}$  tsp. chilli powder  
 2 onions, chopped  
 1 lb. boned beef or sipi, cut into cubes  
 1 c. broth or 1 c. water and 1 bouillon cube  
 $\frac{1}{2}$  small green lesi, peeled and chopped into small chunks  
 other vegetables or sultanas (opt).  
 2 T. lemon juice (opt.)

Heat butter or oil in large skillet. Add curry and onions and brown for several minutes. Then add meat and fry until browned. Then pour in broth and add lesi and other vegetables and lemon juice, and simmer until vegetables are tender, about half an hour. The longer you cook it, the richer the flavor. Serve with chutney and rice or chapatis.

BEEF CURRY FAVORITE

Serves 6-8

2/3 c. oil	2 stalks celery, chopped
3 onions, chopped	or 1/4 green papaya, chopped
1/4 c. curry powder	1 T. dried apricot halves
2 tsp. paprika	2 lb. lean stewing beef, cubed
2 1/2 c. beef stock	1 bay leaf
1 1/4 c. tomato juice or 1/4 c. tomato paste	salt

Heat the oil and lightly fry the onion until transparent. Remove onion and cook the curry powder and paprika in the oil, simmering gently for 3 min. Return onion to oil; add stock, tomato juice, celery, and apricot halves, and cook gently for 1 min. Add the meat and bay leaf; salt to taste. Cook on low heat for 2 to 2 1/2 hrs. Leave overnight in a cool place and reheat the next day when required, taking about 30 min, on a gentle heat. As this is a curry which is best made the day before, it is a useful dinner party dish. Serve it with pulao rice, plain boiled rice, chutney, fruit side dishes (such as pineapple pieces and sliced banana with lemon juice, cucumber and tomatoes), and desiccated coconut, to make a festive spread.

BEEF WITH TOMATOES

Serves 2-4

1 lb. steak	1 T. dry sherry
1 green pepper	1/2 tsp. salt
1 large onion	1/2 c. water
1 lb. tomatoes, peel	1 T. cornstarch
1 T. soy sauce	2 T. peanut oil

MARINADE FOR BEEF;

1 T. soy sauce	salt
1 T. dry sherry	sugar

Slice meat against the grain 1/2 inch thick and cut into 1 x 2 inch strips. Combine marinade and mix well. Add beef; toss to coat. Marinate beef for 20 minutes. Cut green pepper and onion into chunks; cut tomatoes into wedges and remove seeds. Heat 1 T. oil in wok or skillet over high heat until very hot. Add meat; stir-fry for 1 min. Remove and set aside. Heat the remaining oil over high heat. Add green pepper, onion; stir-fry for 1 min. Blend in soy sauce, sherry, salt, and water; cook for 2 min. Add tomato wedges and meat and mix well. Stir in cornstarch dissolved in 2 T. cold water; cook, stirring constantly until thickened. Serve at once.

GREEK BEEF AND ONION STEW

Serves 4-6

4 T. butter	salt and pepper
2½ lb. chuck or round, cubed ½"	beef cube
3 T. tomato paste	2 lb. onion, sliced
1 clove garlic, minced	½ T. ground cinnamon

Heat butter in pan. Brown beef in butter over high heat. Add tomato paste, garlic, salt and pepper. Add broth to barely cover meat. Bring to boil and lower heat. Simmer covered, over low heat, for about 1 hour. Add onions and cinnamon to meat. Continue to simmer for 15 - 20 min. or until meat and onions are tender.

OUTRIGGER RIBS

Serves 4-5

3 lb. meaty spareribs or pork loin	1 tsp. salt
¼ c. sugar	1 recipe Ginger-root Barbeque sauce

Rub ribs on both sides with sugar and salt; let stand 2 hrs. Brush with Ginger root Barbeque Sauce; let stand at least an hour, and longer if possible. Place rib meat side up, on rack in shallow pan. Bake in very hot oven (450°), for 15 min; pour off fat. Continue baking in moderate oven (350°) for 1 hr. or until done, turning ribs and brushing with barbeque sauce several times.

STUFFED SIPI

Serves 2-4

1 mutton flap (about 1½ lbs.)	1 chopped onion
1 tsp. meat tenderiser (opt.)	¼ c. chopped parsley
½ packet roast lamb seasoning mix	3 to 4 T. melted butter
½ loaf bread	

With a sharp knife remove meat from bones, keeping meat in one piece. Sprinkle both sides with meat tenderizer and seasonings. Make stuffing by tearing bread into small cubes, add onion, parsley and melted butter, and mix together. Sew or skewer the ends of the meat together, forming a cylinder. Stuff opening with stuffing mixture. Bake at 400° for 1 to 1½ hours or until done.

SIPI FLAPS

4 lbs. sipi	2 onions
2 cups water	3 T. Soya Sauce
salt and pepper	

Cut up sipi and boil with 1 cup cold water until sipi is fairly brown in its own fat. Add salt and pepper, chopped onions, and soya sauce. Add an additional cup of water and simmer 45 min. Serve with 'ufi, etc.

BAKED SMOKED HAM ALA TONGA

Skin ham if necessary.

Cut off excess fat.

Score top of fat with knife; insert cloves in each square.

Mix glaze for ham:

2 T. hot English mustard

3 T. fruit chutney

4 heaping T. of raw sugar

1 c. white wine (or substitute white vinegar thinned with water)

Mix all together.

Spoon glaze over ham. Bake in 350° oven - 35 min. per pound. While baking, periodically spoon more glaze over ham. Approximately 45 min. before ham is finished, slice fresh pineapple circles over the top securing with a toothpick. Spoon glaze over the pineapple and finish baking.

BANANAS IN A BLANKET

6 oz. sliced luncheon meat  
or ham

1 can cheese soup  
3 T. milk

6 bananas

Wrap meat slices around bananas. Place in a shallow baking dish. Combine soup and milk; pour over bananas, Bake at 375° for 30 min.

PEANUT BUTTER HAM ROLLS

Serves 4

2 c. sweet potatoes  
3 T. melted margarine  
8 slices of cooked ham  
½ c. dark corn syrup

¼ c. peanut butter  
¼ c. fresh orange juice  
1 tsp. grated orange rind

Mash sweet potatoes and blend in 2 T. butter. Spread about ¼ c. on each ham slice. Roll up and secure with toothpicks. Put in shallow baking dish. Mix remaining ingredients, including 1 T. butter and pour over ham rolls. Bake at 350° for 30 min. Baste occasionally.

LIVER ITALIAN STYLE

Serves 4-6

6 tsp. fine dry breadcrumbs  
3 tsp. parmesan cheese  
1 tsp. minced parsley  
salt and pepper

4 tsp. wine vinegar or dry red wine  
6 slices liver  
4 tsp. oil

Combine crumbs, cheese, parsley and seasoning and place on a plate. Pour wine into a shallow bowl. Dip each slice of liver quickly, into wine and then into crumb mixture, coating both sides. Saute lightly and quickly in hot oil.

BARBEQUE SLOPPY JOES

Serves 4-6

6 small peppers (5 green, 1 red)	1 T. Worcestershire Sauce
4 small onions	1 to 1½ c. ketchup
2 T. butter	¾ c. brown sugar
1 lb. mince	salt
1 T. vinegar	pepper

Chop up finely peppers and onion, sauté in butter until soft. Slowly add mince and brown. Pour off excess fat. Add 1 T. vinegar, 1 T. Worcestershire Sauce, ketchup, brown sugar and simmer mixture for 1 hour.

BBQD MEATBALLS

Serves 3-4

1 lb. ground beef	1 tsp. salt
¾ c. bread crumbs	½ tsp. pepper
½ c. milk	½ tsp. oregano
½ c. chopped onions	1 egg

Combine ingredients and form into 1-inch size meatballs. Brown in skillet and drain. To skillet, add the following:

1 can (310g.) tomato puree	¼ c. vinegar
¼ c. molasses	1 tsp. sweet basil
¼ c. brown sugar	

Simmer (covered) for about 15 min. to allow the flavors to blend. Delicious over rice or noodles.

HAWAIIAN SWEET AND SOUR MEATBALLS

Serves 4-6

1½ lbs. ground beef	1¼ c. pineapple juice
2 eggs	1 T. soy sauce
4 T. corn starch	3 T. vinegar
1 onion, minced	1/3 c. water
¼ tsp. pepper	½ c. brown sugar
¼ tsp. nutmeg	2 c. fresh pineapple and papaya chunks
1 tsp. salt	2 green peppers, cut bite - size
¼ tsp. garlic powder or grated garlic	
2 T. salad oil	

Blend together beef, eggs, 1 tsp. corn starch, onion, pepper, nutmeg, salt and garlic. Form into 1-inch balls. Heat oil in skillet and brown meat balls on all sides. In a large sauce pan, add remaining corn starch to pineapple juice along with soy sauce, vinegar, water and brown sugar. Cook until thickened, stirring constantly. Add meat balls, fruit and green pepper, and cook 5 min., or until fruit is well heated.

SWEET AND SOUR MEAT BALLS

Serves 4-6

4 slices bread - coarsely crumbled	pepper
1 egg	$\frac{1}{2}$ lb. ground beef
2 T. milk	1 onions, finely
2 tsp. tomato sauce	$\frac{1}{4}$ c. flour
2 tsp. soy sauce	cooking oil
$\frac{1}{2}$ tsp. salt	

Mix thoroughly and make into small balls all ingredients but flour and oil. Roll in flour, and brown in oil.

12 oz. can pineapple pieces	2 T. soy sauce
water	2 T. cornflour
$\frac{1}{4}$ c. white vinegar	$\frac{1}{2}$ c. peas
2 T. brown sugar	1 green pepper, finely cut

Drain pineapple sauce to make  $1\frac{1}{2}$  c. with water. Add sugar, vinegar, soy sauce and cornflour to make paste. Add all ingredients; simmer to thicken and pepper is tender. Add meatballs to sauce. Heat through and serve with rice.

EASY SPAGHETTI

Serves 4

1 envelope dry onion soup mix	7 oz, can tomato paste
1 8 oz. pkg. spaghetti	1 T. parsley flakes
$1\frac{1}{2}$ qts. boiling water	1 tsp. oregano
1 lb. ground beef	$\frac{1}{2}$ tsp. sweet basil
8 oz. can tomato sauce	opt. mushrooms and onions

In large saucepan, combine soup mix and spaghetti with water; cook 20 min. or until spaghetti is tender. DO NOT DRAIN: In large skillet, brown meat, drain off fat; stir in tomato sauce and paste parsley, oregano, and basil. Add to spaghetti and heat through.

IRISH SPAGHETTI

Serves 3-4

1 onions, chopped	$\frac{1}{2}$ tsp. Tabasco (opt.)
1 lb. ground beef	$\frac{1}{4}$ tsp. black pepper
1 tsp. salt	1 can cream of tomato soup

Brown meat. Simmer all ingredients 45 min. Serve over pasta.

SPAGHETTI SAUCE ABRUZZO (abbreviated version)

Serves 6-8

2 lbs. ground meat (beef, veal or lamb)	2/3 c. breadcrumbs or other filler
1 egg	1 T. butter
salt and pepper to taste	1 T. sweet basil leaves
2 T. fresh parsley	2 quarts tomato juice
3 large onions, diced	2 cans tomato paste
4 cloves garlic, diced	3/4 c. grated cheese

Step A: Combine hamburger, egg, salt, pepper, parsley, two diced onions, one diced garlic clove, and crumbs in large bowl. Mix well. You may alter the amount of crumbs depending on the moisture of the hamburger mixture. If meat sauce is desired, fry loosely. If meat balls are desired, form into balls and fry until crusty. If you're nuts over green peppers, dice one small one and combine with above before frying. But be careful! Green peppers tend to give an acidic taste to the sauce.

Step B: In large pot, lightly sauté in butter the remaining onion and garlic cloves with sweet basil. Add tomato juice and paste. (Note: You may have to work with tomato puree too, if other products aren't available. Judge thickness of sauce for yourself as you go along. Don't make it too thin. If you want to use fresh tomatoes, slice 3 or 4 finely, so they'll cook up well. If they're not quite ripe, you should add a little sugar, again to counteract the acidity).

Step C: When you have finished frying the meat, drain it very well and add to the sauce. Bring to boil slowly, add cheese, and then simmer for at least 3 hrs. (5 hrs. is preferable), stirring occasionally.

Hint for boiling pasta: Don't be afraid of the salt, and add to the boiling water 2 T. oil per pound of pasta. After it's cooked, drain and rinse pasta in cold water. Then pour hot water over again.

Buon appetito!

LASAGNE

Serves 8

1 lb. ground beef	$\frac{1}{4}$ tsp. cayenne pepper
1 c. onion, finely chopped	$\frac{1}{2}$ tsp. basil
1 clove garlic, crushed	$\frac{1}{4}$ tsp. marjoram
2 T. oil	1 bay leaf
1 1 lb. 4 oz. can tomatoes	$\frac{3}{4}$ lb. lasagne noodles
1 5 oz. can tomato paste	$\frac{1}{2}$ lb. cream cheese or 1 lb. cottage cheese
$\frac{1}{2}$ c. water	$\frac{1}{2}$ lb. cheddar cheese, grated
1 tsp. salt	$\frac{1}{4}$ c. Parmesan cheese

Brown ground beef, onion and garlic in oil. Add tomatoes, tomato paste, water salt, cayenne pepper, basil, marjoram and bay leaf to the ground beef. Simmer over low heat for 2 hrs. or until thick. Place lasagne noodles in boiling salted water and cook for 10 min. Drain and lay on cloth to dry for 20 min. Spread cream cheese on dried noodles. If substituting cottage cheese for the cream cheese, put the cottage cheese over the noodles. When layering the lasagne, place a little meat sauce in the bottom of two 8 square casserole dishes or one 9" x 13" dish. Follow this with a crosswise layer of noodles, sauce, cheddar cheese and parmesan cheese. Repeat layer of noodles, sauce and cheese twice more. Add the last layer lengthwise and the last of the sauce and cheese. Bake in 350° oven for 1½ to 2 hours.

EASY STROGANOFF

Serves 4-6

1 lb. ground beef	1 can condensed crm. of mushroom soup
$\frac{1}{4}$ c. chopped onion	2 T. sherry
1 crushed garlic clove	salt
$\frac{1}{3}$ c. milk	chopped parsley
$\frac{1}{2}$ c. sour cream	cooked noodles or rice

Lightly brown meat in skillet with onion and garlic, stirring. Add soup and milk; heat well, stirring. Reduce heat and stir in sherry, then sour cream. Season to taste. Serve over noodles with parsley for garnish.

EASY SKILLET DINNER

Serves 3-4

4 oz. macaroni, cooked and drained	$\frac{1}{4}$ tsp. each: oregano, sweet basil and salt
1 lb. hambruger	$\frac{1}{2}$ onion, chopped
1 can tomato puree	2 cloves garlic, crushed
$\frac{1}{2}$ can water	

Brown hamburger in skillet: drain off fat. Add rest of ingredients. Simmer (covered) 10-20 min., stirring occasionally. Good topped with 1 cup grated cheese.

EGGPLANT RAGOUT

Serves 6 as an entree

2½ lbs. eggplant	¼ tsp. black pepper
½ to ¾ c. oil	⅛ tsp. cayenne pepper
1 medium onion, sliced	⅛ tsp. nutmeg
1 lb. ground lamb or lean beef	⅛ tsp. cinnamon
2 cloves garlic, finely chopped	¾ c. uncooked regular rice
1 tsp. salt	½ c. sliced toasted almonds or cashews
¼ tsp. dried marjoram leaves or thyme leaves, crumbled	1/3 c. seedless raisins
	1 can (10½ oz.) beef consomme

Pare eggplants; cut lengthwise into ¼ inch thick slices. Heat 1 T. of the oil in skillet over medium heat. Cook eggplant slices in oil, a few at a time, until golden, about 30 seconds on each side. Add remaining oil as needed 1 T. at a time to keep eggplant from sticking. Drain thoroughly on paper toweling. Cook onion in 1 T. oil in skillet until tender, about 5 minutes; reserve. Mix lamb or beef, garlic, 1 tsp. salt, the marjoram or thyme, black pepper, cayenne pepper, nutmeg and cinnamon. Spread rice in lightly oiled shallow baking dish, 13½" x 8½" x 2" inches. Layer 1/3 each of the eggplant slices, lamb mixture, almonds, raisins and reserved onions over rice. Repeat layers twice ending with onion. Heat oven to 350°. Pour consomme over eggplant mixture; cover with foil. Bake until mixture bubbles and rice is tender, 35-45.

MEAT FINGERS

Serves 4

½ lb. ground beef	1 egg
1 onion	½ tsp. caraway seeds
1 clove garlic	Sauce: 2 T. oil or fat.
½ c. wine	4 lg. tomatoes

Mix all ingredients except for the sauce. Shape mixture into little fingers. Heat fat for sauce and add sieved tomatoes or tomato puree. Add meat fingers and let cook until sauce thickens. Serve with rice or mashed potatoes.

MEAT LOAF

Serves 4-6

1½ - 2 lbs. ground beef	1 - 10½ oz. can tomato soup
2 beaten eggs	1 tomato soup can full of 7-up
1 onion, chopped	2 c. bread crumbs
1 green pepper, chopped	

Mix all ingredients together in a bowl. (Best done with your hands.) Shape into a loaf and bake at 350° for 1½ to 2 hours.

BANANA MEAT CASSEROLE

Serves 6

3 c. green bananas, sliced	2 T. oil
1 med. onion, chopped	$\frac{1}{4}$ lb. ground beef or mutton
2 med. tomatoes, chopped	$\frac{1}{2}$ c. water
1 large green pepper, chopped	2 tsp. cinnamon
salt and pepper	2 tsp. peanut butter

Peel, and slice bananas. Cover with cold water and leave 1-2 hrs. Saute onions, tomatoes, and green pepper with meat in 2 T. oil in frying pan. Add strained bananas and saute for 3 min. longer. Add water and simmer 16 min. or until dry. Season to taste with salt, pepper, cinnamon and peanut butter. Place in baking dish and cook at 350° for 10 minutes.

ENCHILADAS

Have ready baked tortillas, (under breads)

Heat 2 T. oil. Saute 1 chopped onion until golden.  
 Add:  $\frac{1}{2}$  lb. ground beef                      1 c. tomato puree  
       2 tsp. - 1 T. chili powder            salt and pepper to taste  
       or 1-2 chopped Tongan peppers  
           (pola)

Spread small amount of sauce in center of tortillas and fill with chopped raw onion and grated cheese. Roll tortillas, pour sauce over top and sprinkle with more cheese. Place in a baking dish. Bake 15 minutes at 350°.

CABBAGE MEAT PIE

Serves 9

1 lb. ground beef	2 c. cabbage, shredded
1 med. onion chopped	$\frac{1}{4}$ tsp. pepper
1 tsp. salt	2 c. bisquick mix
$\frac{1}{2}$ tsp. pepper sauce	$\frac{1}{2}$ c. water

Saute meat, onion and spices until browned. Add cabbage; cook 2 min. until cabbage is tender. Combine bisquick and water. Stir into soft dough. Knead 8-10 times. Place meat mixture into 8" x 8" pan. Roll dough out and place on top. Bake at 400° until top is done (about 15 min.)

# Poultry



# Kalasi 'oe Fongamoa

## ROAST CHICKEN

Use a 4 to 5 lb. chicken if possible. After you have cleaned the bird, stuff it with 2 c. of your favorite stuffing or the recipe below. Place the bird, uncovered, on a rack, in the oven. Roast it about 20 min. per pound at 350°. Make gravy from the drippings. The giblets may be used in either the stuffing or in the gravy. Boil them until tender, chop for use.

## BREAD DRESSING

2 c. crust-less day-old bread crumbs       $\frac{1}{2}$  c. chopped onion  
 $\frac{1}{4}$  c. chopped parsley       $\frac{1}{4}$  to  $\frac{1}{2}$  c. melted butter  
 Use spices to your taste: celery seed or salt, sage, tarragon, salt and pepper.

Combine all and lightly stuff chicken. Do not compact stuffing as it expands during roasting. If you want more dressing, bake it in a casserole for approximately 1 hour.

## PAN-FRIED CHICKEN

Allow  $\frac{3}{4}$  lb. per person. Do not attempt to pan-fry chicken unless chicken is young and tender. Clean and cut your chicken into eating pieces. Dredge with seasoned flour. Melt in a skillet a mixture of butter and oil. It should be approximately  $\frac{1}{4}$  deep. When the oil is hot, add the chicken pieces, not crowding the skillet. Cook them until brown, turning occasionally. Reduce the heat and continue cooking the chicken, turning frequently until done, from 20 to 30 min. Remove the chicken and make pan gravy.

## CHICKEN PIE

Makes two 9" pies  
Serves 4

1 can Banquet 'Fricasseed Chicken'  
 1 c. chopped vegetables (such as green beans, onions, tomatoes, carrots, potatoes, corn, peas)

With fingers, carefully remove all bones from chicken. Add vegetables. Pour mixture into two 9" pie pans, lined with pie crust. Cover with crust. Bake at 350° until crust is golden and chicken is heated through.

HONEY CHICKEN

Serves 3 or 4

1 chicken, cut into serving pieces	1 tsp. salt
$\frac{1}{2}$ c. honey	1 tsp. curry powder
$\frac{1}{2}$ c. prepared mustard	$\frac{1}{2}$ c. melted butter

Mix all ingredients but chicken in flat pan. Add chicken. Bake at 325° for 45 min., basting chicken with sauce once or twice.

ORANGED CHICKEN

Serves 4

1 chicken	1 tsp. salt
1 c. orange juice	$\frac{1}{2}$ tsp. pepper
1 small onion, chopped	1 tsp. oregano
1 c. bread crumbs	

Combine orange juice and onions. Marinate chicken in this mixture 2 hours. Combine bread crumbs, salt, pepper and oregano; stuff chicken with mixture. Dot chicken with butter and bake in oven until brown.



# Seafood



# Meakai Mei Jahi

## LOBSTER NEWBURG

Serves 6

6 T. butter	1 tsp. salt
2 T. flour	3 T. sherry
3 c. cut-up cooked or canned lobster	3 egg yolks
$\frac{1}{8}$ tsp. nutmeg	2 c. cream (such as Nestles Reduced)
dash paprika	Toast triangles

In double boiler top, over low heat, melt butter; stir in flour, lobster, nutmeg, paprika, salt and sherry. In small bowl, beat yolks lightly; add cream, mixing well. Slowly stir yolk mixture into lobster. Cook over hot water, stirring until just thickened. Serve on toast. Or, brown in individual clam shells under broiler, and top with buttered fresh bread crumbs. (May also substitute shrimp or crab meat for lobster.)

## BENGALI LOBSTER BALL CURRY

Serves 4

1 large boiled lobster	$\frac{1}{2}$ tsp. ginger powder
1 T. coriander seeds	$\frac{1}{4}$ tsp. chili powder
1 egg, beaten	3 bay leaves
breadcrumbs	$\frac{1}{2}$ tsp. garlic salt
3 T. oil	$\frac{1}{2}$ c. hot water
1 large onion, sliced	juice from $\frac{1}{2}$ lemon

Mince lobster meat and crush coriander seeds. Mix together and shape into balls. Dip first into egg, then into breadcrumbs; put aside. Heat oil and fry onion until brown. Add all the spices and salt, and fry for 5 min. Now add lobster balls and the hot water and simmer for 10 min. Add the lemon juice. Shake the pan and remove from heat. Serve with rice.



QARI VAKASOSO

1 large crab (about 2 c. meat)	1 coconut
1 bunch Chinese Cabbage	$\frac{1}{4}$ c. very thick coconut cream
1 medium size onion	

Boil and remove the meat from 1 large crab. Shred finely the Chinese Cabbage and boil in salted water. Strain and put aside. Finely chop the onion. Peel and chop the tomato, grate the coconut, leaving a good coating of coconut in the shell. Put the shell aside. Mix crab, tomato, onion, cabbage and 2 T. grated coconut together. Place in coconut shell and squeeze the very thick coconut cream over the top. Place the lid on the coconut and put in a sauce-pan with water to steam for 10 min. Serve in shell. This may be prepared with crab as given, or with any available combination of seafood or fish. Excellent for a buffet dinner.

Note: Care must be taken to cut the coconut shell neatly in half.

SEAFOOD JAMBALAYA

Serves 6

2 lb. seafood	3 lg. onions, finely chopped
3 - 4 ripe tomatoes	1 tsp. chili, chopped
$1\frac{1}{2}$ c. rice	2 garlic cloves, minced
2 T. butter	3 qt. water
2 T. flour	salt and pepper

Clean and cook seafood. Melt butter in pan and add onions. Brown onions, and add flour, mixing well. Add spices. Cook 10 min. Add finely chopped tomatoes or substitute 2 c. canned tomatoes. Cook 10-15 min. Add water and boil. Add seafood and washed rice. Stir often until rice is cooked. Serve hot.

Note: Any seafood can be used, such as: shrimp, fish strips, crab, lobster or clams.

SAUTEED SEAFOOD & CUCUMBER

Serves 4

1 lb. seafood	2 tsp. cornflour
1 T. sweet vermouth	2 cucumbers
2 T. salt	3 T. oil
1 tsp. sugar	chives, chopped

Peel and clean seafood and place in a shallow bowl. Combine vermouth with salt, sugar and cornflour; pour mixture over seafood. Cover and let stand about 1 hour. Peel cucumbers, quarter-lengthwise; remove seeds; and cut into 1 pieces. Heat 1 T. oil and saute drained seafood. Add cucumbers and stir over low heat for 3 min. Garnish with chives and serve. Any seafood may be used.

CURRIED OCTOPUS

Serves 4

1 fresh octopus	$\frac{1}{2}$ onion, chopped
coconut milk	curry
salt and pepper	

Clean octopus, removing ink sac and head. Place octopus in pan over medium heat. The water from the octopus will provide liquid for cooking the octopus. (Wash hands with soap after handling; some people get a rash from the octopus.) Simmer until tender. Dispose of the cooking water. Cut the tentacles into bite-size pieces. In a saucepan heat the coconut milk with the seasonings and onion. Add the octopus pieces to reheat through. Serve over rice.

ITALIAN SCAMPI

Serves 4

2 lb. raw clams	$\frac{1}{4}$ c. oil
2 cloves garlic, minced	1 tsp. salt
$\frac{1}{4}$ c. butter	1 T. lemon juice

Remove clams from shell and clean. In a pan sauté garlic for 3 min. in butter mixed with oil; add salt, stir in lemon juice and stir-fry clams in mixture for about 5 min.

BAKED FISH

Serves 4

2 lb. fresh light fish	2-3 tomatoes
2 T. bread crumbs	$\frac{1}{2}$ pint olive oil
chopped parsley	4 T. dry white wine
2-3 cloves garlic	2 T. tomato puree
salt and pepper	juice of 1 lemon

Clean, wash and cut the fish into portions. Sprinkle with salt. Mix the chopped parsley with the bread crumbs and crushed garlic; add salt and pepper to taste. Put a layer of the parsley mixture in a greased Pyrex dish and lay the fish cutlets on top. Cover with the rest of the parsley mixture. Peel and slice the tomatoes and place on top. Blend the oil, wine, tomato puree and lemon juice and carefully pour over all. Cook in a moderate oven for 30 to 40 minutes.

FISH BATTER

1 c. flour	1 tsp. salt
1 egg	1 tsp. Accent or seasoned salt
1 tsp. sugar	$\frac{3}{4}$ c. water
1 tsp. baking powder	

Combine all ingredients and dip fish in batter before frying.

GRILLED MAHI MAHI

Serves 2 to 4

1½ lbs. mahi-mahi steaks (halibut or sole)	¼ tsp. garlic salt
¼ lb. butter	1 tsp. soy sauce
1 tsp. salad oil	½ tsp. lemon juice

Melt butter and pour over fish along with other ingredients. Marinate 30 min. Grill over charcoal until fish is 'flake' done. Serve with lemon slices and parsley sprig. The fish could also be broiled, if you prefer.

MAHI MAHI, SESAME

Serves 6

2 lbs. mahi-mahi (skinned and cleaned of dark parts)	¼ c. heavy cream
6 oz. butter	3 T. sesame seeds
salt and pepper to taste	2 T. flour
1 egg, beaten lightly	Light Supreme Sauce (recipe below)

NOTE: This dish was served to Tonga 11 by United Airlines during their flight to Hawaii.

Portion filets of mahi-mahi into approximately 5 oz. serving. Season with salt and pepper, and dust lightly with flour. Dip into egg and cream mixture, then into flour and sesame seed mixture. In the meantime, heat butter in a skillet, place fish filets into butter and cook until golden brown on both sides. Remove from pan and keep warm.

LIGHT SUPREME SAUCE

Melt 2 T. butter. Stir in 1 T. flour to make a smooth paste. Slowly add 1 c. of chicken broth, blend smoothly, let simmer 10 min. and add ¼ c. heavy cream. Season with salt and pepper. Serve 3 T. of sauce on a plate and place crisp browned fish on top.

POLYNESIAN SAVORY COCONUT FISH

Serves 6

1 large onion	2 eggs, hard boiled and chopped
1 T. butter	salt and pepper to taste
1 coconut, grated fresh if possible	2 tsp. curry powder
1 c. milk	2 c. cooked rice
1½ c. cooked flaked fish	parsley and tomatoes for garnish

Peel and chop onion and cook in butter in a large frying pan until light brown. Add coconut, milk, flaked fish, the chopped eggs and salt and pepper to taste. Cook for 5 min., stirring all the time. Add curry powder and rice. Mix well. Cook for another 10 min. Serve piping hot, garnished with parsley and sliced tomatoes.

SWEET & SAVOURY FISH

Serves 4-6

1 onion, chopped	1 c. water
1 T. butter	4 T. vinegar
1 tsp. ginger	3 c. flaked cooked fish (about
1 tsp. curry powder	2 cans of tuna)
$\frac{1}{4}$ c. brown sugar	$\frac{1}{8}$ tsp. nutmeg
1 tsp. mustard	4-6 c. cooked rice for serving
2 T. flour	2 T chopped parsley
1 c. tomato sauce	

Sauté onion in butter until tender. Add ginger and curry; cook for one minute. Add brown sugar, mustard, flour, tomato sauce, water and vinegar. Bring to a boil over low heat until thickened. Add fish and simmer until heated through. Sprinkle with nutmeg. Serve on bed of boiled rice to which chopped parsley has been added.

BAKED AVOCADO AND FISH

Serves 4

2 lg. avocados	$\frac{1}{4}$ tsp. thyme
lemon juice	pepper
2 T. butter	$\frac{3}{4}$ c. fish, canned
2 T. flour	1 hard-boiled egg, chopped (opt.)
$\frac{3}{4}$ c. milk	4 T. mayonnaise
$\frac{1}{4}$ tsp. salt	
$\frac{1}{4}$ c. onion, chopped	

Cut avocados in half lengthwise; remove pits, rub inside surfaces with lemon juice and set aside. Melt butter, blend in flour and gradually add milk, stirring continually over low heat until sauce is smooth. Add seasonings, fish, egg, onion and stir until well blended. Heap mixture in center of avocado halves and bake in 375° oven for 15 min. Remove from oven and top each with 1 T. mayonnaise. Return to oven and bake 15 min. longer.

KUMALA FISH BALLS

Serves 4

2 c. cold boiled kumala	1 egg
$\frac{1}{2}$ c. boiling milk	1 flour
1 can fish	fat or oil

Mash kumala, add boiling milk and mix well. Add fish and egg and mix well. Shape mixture into small balls and roll in flour. Fry in deep fat.

PINEAPPLE FISH

Serves 2-4

1-1½ lbs. fish fillet  
 1 egg  
 Oil for deep frying

1 tsp. salt  
 1 c. cornstarch  
 Sweet/Sour Sauce (below)

Cut fish fillet into 1" x 2" pieces. Combine salt, pepper, and egg *in mixing* bowl, and mix well. Add fish and toss to coat. Marinate for 10 min., then coat pieces heavily with cornstarch. Heat oil in a 10" or 12" skillet, to a depth of 1", over high heat. Fry fish on both sides until light brown. Arrange fish on platter. Keep in warm oven (about 200°) while preparing sauce.

SWEET/SOUR SAUCE

1 T. vegetable oil  
 2 cloves garlic, whole  
 1 tsp. shredded fresh ginger root  
 OR ¼ tsp. ground ginger  
 ½ c. cider vinegar  
 2 T. soy sauce  
 ½ c. brown sugar

1 c. pineapple syrup from canned pineapple  
 ½ c. water  
 2 T. cornstarch dissolved in 4 T. water  
 1 20 oz. can pineapple, drained  
 1 green pepper, sliced thin

Heat 1 T. oil in saucepan over medium heat. Brown garlic and ginger; blend in brown sugar, vinegar, soy sauce, pineapple syrup, and water. Remove garlic. Bring to a boil; stir in dissolved cornstarch and cook, stirring constantly, until sauce is thickened. Mix in pineapple chunks and pepper. Pour sauce over fish. Serve immediately.

To prepare ahead: Follow recipe for frying fish, but remove from skillet when very light brown. Reheat fish in 400° oven for 5-9 min.

FISH AND YAM FRITTERS

Serves 4 to 6

1½ lbs. fish fillets  
 (halibut, whitefish or sole)  
 1 small onion, chopped  
 2 tsp. seasoned salt  
 ½ tsp. white pepper  
 ½ tsp. monosodium glutamate

1 c. flat beer or water  
 2½ c. yams or sweet potatoes  
 (cooked and mashed)  
 1/3 c. light cream  
 ½ c. flour  
 Oil for deep frying

Simmer the fish, onion, 1 tsp. seasoned salt, pepper and monosodium glutamate in beer until fish is 'flake' done (about 20 min.) Drain, and when fish and onion mixture is cool, flake with fork. Beat the yams, cream, and 1 tsp. seasoned salt until fluffy. Blend with fish mixture. Roll into 2" balls and dust with flour. Heat oil in skillet and fry at 375° until fritters are browned. Drain on absorbent paper and serve immediately. Garnish with watercress or parsley, and wedge of lemon.



HURRY CURRY TUNA

Serves 4

2 T. butter	$\frac{1}{2}$ tsp. paprika (opt.)
3 T. flour	1 clove garlic (opt. or substitute garlic salt or powder)
1 c. evaporated milk	1 7 oz. can tuna, drained
$\frac{1}{2}$ c. chicken broth	3 T. flaked coconut
1 tsp. curry	

Melt butter, stir in flour; slowly add milk and chicken broth, stirring until thickened. Add curry powder, paprika and garlic. Add tuna and coconut; heat through. Serve over rice.

TUNA AU GRATIN

Serves 4

2 7 oz. cans tuna, drained	$\frac{2}{3}$ c. mayonnaise
$\frac{2}{3}$ c. chopped onion	$\frac{1}{2}$ c. fine dry bread or cracker
$\frac{1}{2}$ c. chopped green pepper	$\frac{1}{2}$ c. grated parmesan cheese (may substitute New Zealand Bulk cheese)
$\frac{1}{2}$ c. chopped pimiento (opt.)	

Combine first 5 ingredients in mixing bowl. Spoon into shallow baking dish (7" x 11" ) or individual-size clam shells. Sprinkle with bread crumbs and cheese. Bake at 350° for 20 min. or until thoroughly heated. Garnish with fresh parsley if desired.

TUNA AND BREAD CASSEROLE

Serves 4

2 cans tuna, flaked	salt and pepper to taste,
$\frac{1}{2}$ loaf bread, broken into cubes	(added to sauce)
3 c. white sauce	paprika

In greased two quart casserole, layer bread cubes and tuna flakes. Pour white sauce over the top, then, using a fork, loosen bread and tuna mixture so that the sauce can penetrate (do not stir). Sprinkle a little paprika on top for color. Cover and bake at 375° for  $\frac{1}{2}$  hour, then remove cover and bake an additional 10 min.



TUNA AND MACARONI A LA TONGA

Serves 6-8

- |  |   |
|--|---|
| 1 lb. pkg. macaroni, cooked<br>and drained | 1 tsp. 'Nature's Seasonings'<br>(consists of salt, pepper,<br>parsley, onion, garlic, powder) |
| 1 green pepper, chopped                    | 2 c. water  |
| 2 small red peppers, chopped               | 1 pkg. cream of celery soup   |
| 5 small green onions, chopped              | 1 7 oz. can tuna, drained   |
| 3 T. butter                                |   |
| $\frac{1}{2}$ lb. cheese, grated           |   |

Add peppers and onions to macaroni; top with butter, cheese and seasonings. Set aside. Add water to soup mix, stirring until blended. Add tuna, and stir until mixture thickens. Pour mixture over macaroni, and heat through. Serve hot. (Very hot-reduce red pepper to taste)

TUNA LASAGNE

Serves 6-8

- |  |   |
|--|---|
| 8 oz. lasagne noodles, cooked  | $\frac{1}{3}$ c. milk                                   |
| $\frac{1}{2}$ c. chopped onion   | $\frac{1}{2}$ tsp. dried oregano, crushed               |
| 1 clove garlic, crushed  | $\frac{1}{8}$ tsp. pepper                               |
| 2 T. butter  | 4 slices mozzarella cheese (or<br>N.Z.)                 |
| 2 $6\frac{1}{2}$ oz. cans of tuna, drained<br>and flaked)                                    | 8 slices processed Amer. cheese<br>(substitute cheddar) |
| 1 can condensed cream of celery<br>soup ( or 1 pkg. dry soup and<br>$1\frac{1}{2}$ c. water) | $\frac{1}{2}$ c. grated Parmesan cheese                 |

In medium saucepan, cook onion and garlic in butter until tender. Add tuna, celery soup, milk, oregano, and pepper. Arrange noodles in 12" x 7" x  $1\frac{1}{2}$ " baking dish. Over noodles, arrange the tuna sauce, slices of mozzarella cheese, American cheese, and grated Parmesan. Dish can be frozen at this point- if frozen, casserole should be baked at 400° (covered) for  $1\frac{1}{2}$  hrs. If not frozen, casserole can be baked at 350° for 30 min. or until heated through.

QUICK AND EASY CREAMED TUNA

Serves 3

- |  |  |
|--|--|
| 1 $6\frac{1}{2}$ oz. can tuna, drained | 1 pkg. cream of celery soup<br>(can substitute cream of<br>chicken or cream of mushroom<br>soup) |
| 3 T. chopped onion                     |  |
| 2 c. water                             |  |

Heat dry soup with water; add tuna and onion. Heat through, adding more water if mixture becomes too thick. Delicious over baking powder biscuits, toast points, rice, noodles or scones.

SAVORY FISH HASH

Serves 4

1 $\frac{1}{4}$ c. flaked fish, cooked	1 tsp. prepared mustard
$\frac{3}{4}$ c. diced potatoes, cooked	$\frac{1}{4}$ tsp. salt
1 hard-boiled egg, chopped (opt.)	$\frac{1}{4}$ tsp. Worcestershire sauce
2 T. green pepper, chopped	paprika
2 T. melted butter	1 $\frac{1}{2}$ T. butter
$\frac{1}{2}$ c. milk	

Combine all ingredients except butter and mix until blended. Melt butter in a large frying pan; add the mixture and flatten out in pan. Cover and cook over low heat until bottom is browned. Fold over and serve.

TUNA FISH RICE

Serves 3

3 T. butter	2 c. cooked rice
$\frac{1}{4}$ c. onion, chopped	$\frac{1}{4}$ c. parsley, chopped
$\frac{1}{4}$ c. celery, chopped	salt
1 7 oz. can of tuna	paprika

Melt butter in saucepan or skillet; add onion and celery. Cook until onion is translucent. Drain and flake tuna fish. Add fish, cooked rice, parsley to mixture; season.

TUNA CASSEROLE

Serves 4-6

8 oz. elbow macaroni	$\frac{1}{2}$ tsp. dry mustard
1 large can evaporated milk	1 T. minced onion
1 c. grated cheese	2 tomatoes, sliced
7 oz. can tuna, drained and flaked	$\frac{1}{2}$ c. cheese, grated
1 tsp. salt	

Cook and drain macaroni. Combine it with the next 6 ingredients, tossing until well blended. Put mixture into a greased casserole, top with tomato slices and sprinkle with grated cheese. Bake in oven for 30 min.

TUNA FISH LOAF

Serves 4

2 c. cooked fish	1 tsp. salt
$\frac{3}{4}$ c. soft breadcrumbs	cayenne pepper
1/3 c. milk	1 T. lemon juice
1 T. chopped parsley	2 eggs

Drain oil from fish and flake. Cook breadcrumbs in milk for 5 min. Stir in eggs, seasonings and fish. Turn into buttered loaf pan. Bake about 40 min.

TUNA PIZZA

Serves 3 or 4

Flour Tortilla Crusts (as in stove top pizza)	$\frac{1}{4}$ c. sliced green onion
$\frac{1}{2}$ c. mayonnaise	2 T. chopped sweet red pepper
$\frac{1}{2}$ c. chopped parsley	1 T. lemon juice
1 or 2 cans tuna flakes	$\frac{1}{2}$ lb. grated cheese
	1 or 2 tomatoes, sliced and halved

Make flour tortilla crusts. Mix next 6 ingredients together and spread on cooked side of crust. Top with tomato slices and cheese. Return to skillet, uncooked side of crust down. Cover and cook over moderate heat until cheese melts.

TUNA CAKES

Serves 2-3

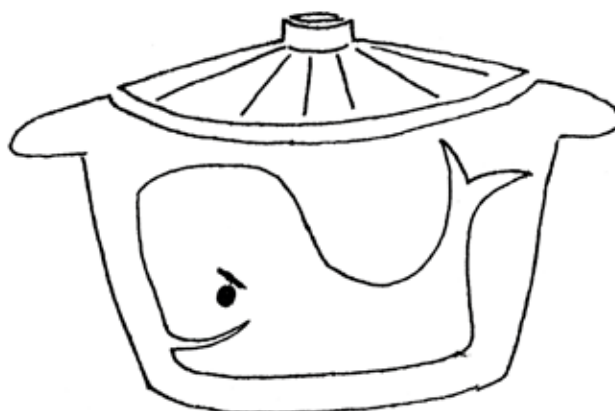
2 eggs	4 slices bread, cubed (stale is OK)
1 can (7 oz.) tuna, drained	salt and pepper to taste
1 small onion, finely chopped	

In a bowl beat eggs slightly. Add flaked tuna, onion, bread cubes and seasonings. Mix to moisten. Form into four to six patties, and fry in skillet or on griddle until golden brown, turning once. Serve with mayonnaise.

BAKED WHALE

$\frac{1}{4}$ c. oil	1 c. salt
$\frac{1}{8}$ c. red wine	1 clove garlic minced
1 t. peppercorns	1 small onion minced
2 lb. whale meat	

Combine the oil, wine or vinegar, peppercorns, salt, garlic and onion. Cut the whale into cubes or slices. Marinate in the marinade for 2 to 3 hours. Cover and place in 300° oven for 1 hour.



# Vegetables



# Vesitapolo

## EDIBLE STRING BEANS

Serves 6

2 lb. green beans  
5 T. butter  
1 T. chopped parsley

1 clove garlic, minced  
juice of  $\frac{1}{2}$  lemon  
salt and pepper to taste

Saute beans, butter, parsley and garlic together for 7-10 min. Just before serving, add lemon juice and season to taste with salt and pepper.

## HOT BEANS

Serves 6

1 T. prepared mustard  
1 T. sugar  
2 T. butter  
 $\frac{1}{2}$  tsp. salt

1 T. lemon juice  
1 T. vinegar  
3 c. cooked green beans

Mix mustard, sugar, butter and salt in a pan. Heat slowly, stirring well. Add lemon juice and vinegar. Stir well. Pour over cooked green beans.

## REFRIED BEANS

Serves 4-6

$1\frac{1}{2}$  c. dry kidney beans  
5 c. water or stock  
1 c. onion, chopped  
2 medium tomatoes, chopped

$\frac{1}{2}$  tsp. garlic  
1 tsp. chili powder  
cayenne pepper  
1 tsp. salt

Soak beans overnight, then cook with  $\frac{1}{2}$  c. onions, tomatoes,  $\frac{1}{4}$  tsp. garlic, chili, cayenne and water. When tender, add salt. In large frying pan heat oil and saute remaining onion and garlic until onion is transparent. Add tomato mixture. Mash  $\frac{1}{4}$  c. beans into mixture; continue mashing and adding beans by quarter cups. Cook about 10 min. longer.

ITALIAN GREEN BEANS

Serves 2-4

6 T. chicken stock	pinch of dried herbs
2 T. oil	salt and pepper
4 peeled tomatoes, diced	chopped parsley
1 lb. string beans	

Combine stock, oil and tomatoes and bring to boil. Add beans and herbs. Cover and simmer until beans are almost tender. Remove lid and continue to simmer until excess liquid has evaporated. Add salt and pepper. Sprinkle with parsley.

HARVARD BEETS

Serves 6

12 sm. beets	$\frac{1}{4}$ c. vinegar
$\frac{1}{2}$ c. sugar	$\frac{1}{4}$ c. water
$1\frac{1}{2}$ tsp. cornstarch	2 T. butter

Cook and dice beets. Mix sugar, cornstarch, vinegar and water in a pan and boil for 5 min. Add the beets, let stand 30 min. Just before serving, bring to boiling point and add 2 T. butter.

FRIED CABBAGE

Serves 6-8

3 sm. cabbages	$1\frac{1}{2}$ c. breadcrumbs
1 c. flour	2 c. oil
2 eggs, beaten	pepper

Halve cabbages. Cut out cores. Cook 20 min. in salted water. Squeeze dry and flatten out. Season with pepper. Dip in flour, beaten eggs and then breadcrumbs. Fry until brown.

INDIAN CABBAGE

Serves 4

3 T. peanut oil	$\frac{1}{2}$ tsp. salt.
1 tsp. tumeric	1 head cabbages
1 tsp. mustard seed	

Heat oil, add tumeric, mustard seed and salt. Simmer until mustard seed pops. Then add 4 c. finely chopped cabbage. Stir briskly over heat.

SAUSAGE - SAUCED CABBAGE

Serves 6

$\frac{1}{2}$ lb. sausage	2 tsp. sugar
$\frac{1}{2}$ c. chopped onion	1 tsp. garlic salt
$\frac{1}{2}$ c. green pepper, chopped	$\frac{1}{2}$ tsp. oregano
$\frac{1}{4}$ c. water	1 large head cabbage cut into 6 wedges
1 small can tomato puree	
1 T. parsley	

In 2 quart saucepan cook sausage, onion and pepper until tender. Drain off excess fat. Add water, tomato puree, parsley, sugar, garlic salt and oregano. Cover and simmer 15 min., stirring once or twice. Meanwhile in skillet cook cabbage, (covered in small amount of boiling salted water), about 10 min. Remove and drain. Put cabbage on serving plate. Pour sauce over.

CABBAGE AND NOODLES

Serves 4

$\frac{1}{2}$ box of elbow noodles or 1/3 box of spaghetti	1 tsp. paprika
$\frac{1}{2}$ small head of cabbage, sliced butter	salt and pepper
1 tsp. caraway seeds	1 can cheddar cheese soup
	$\frac{1}{4}$ c. milk

Boil noodles in salted water until tender. Meanwhile, sauté cabbage with butter in large skillet until tender. Sprinkle cabbage with caraway seeds, paprika, salt and pepper to taste. Drain noodles. Add noodles to cabbage. Stir well. Simmer a while. Mix cheddar cheese soup and milk in saucepan until a smooth sauce results. Add to cabbage and noodles. Mix well. Continue to simmer for 5 minutes. (If no cheddar cheese soup is available, you may make a white sauce and add grated cheese to it.)

CABBAGE IN SWEET AND SOUR SAUCE

Serves 4-6

3 T. oil	2 T. vinegar
$\frac{1}{2}$ c. onions, thinly sliced	2 tsp. salt
$1\frac{1}{2}$ cabbage cut in $\frac{1}{4}$ " strips	pepper
3 lg. tomatoes, chopped	1 T. sugar

Heat oil in skillet. Add onions and cook over moderate heat for 2-3 min. Stir in cabbage, tomatoes, vinegar, salt and pepper. Simmer covered for 20 min., until cabbage is tender. Stir in sugar and cook 2 min. longer.

STIR-FRIED SPICED CHINESE CABBAGE

Serves 4

1 lb. Chinese cabbage	1 tsp. salt
2 T. sugar	$\frac{1}{4}$ tsp. cayenne pepper
2 T. white vinegar	1 T. oil
1 T. soy sauce	

With a cleaver or sharp knife, trim the top leaves off the cabbage and the root ends. Separate the stalks and wash them under cold running water. Cut each stalk, leaves and all, into 1" x 1 $\frac{1}{2}$ " pieces. In a small bowl, combine the sugar, vinegar, soy sauce, salt and cayenne pepper, and mix thoroughly. Have the oil within easy reach. To cook: Set a 12" wok or 10" skillet over high heat for about 30 seconds. Pour in the oil, swirl it about the pan and heat for another 30 seconds, then turn heat down to moderate. Immediately add the cabbage and stir-fry for 2 to 3 min. Make sure all the cabbage is coated with the oil. Remove the pan from the heat and stir in the soy-vinegar mixture. Transfer the cabbage to a platter and let it cool to lukewarm before serving. Or if you prefer, serve it chilled.

FRIED CHINESE CABBAGE

Serves 6

$\frac{1}{2}$ c. water	1 tsp. sherry ( opt. )
1 tsp. soy sauce	1 $\frac{1}{2}$ T. oil
$\frac{1}{2}$ tsp. crushed ginger	1 clove garlic, minced
1 tsp. sugar	salt to taste
1 tsp. cornstarch	1 lb. Chinese cabbage

Mix water, soy sauce, ginger, sugar, cornstarch and sherry. Stir well. Put oil in a very hot skillet. Add garlic and salt. Cut cabbage leaves into 1" sections with the stem slanting about 45°. Put white stems in and stir fry 2 min. Add green leaves and fry another min. Add prepared mixture. Stir for 1 min. Cover and cook for 2 min.



CARROT CASSEROLE

Serves 6

2 c. milk	5 med. carrots, shredded
1 c. cooked rice	2 eggs
1 T. brown sugar	3 T. butter
1 tsp. salt	1/3 c. breadcrumbs

Combine milk, rice, sugar, salt, carrots and eggs. Pour into well buttered casserole dish. Melt butter in a separate pan and stir breadcrumbs or wheat germ into it. Sprinkle over top of casserole. Bake at 375° for 40 min. or until top is lightly browned.

GLAZED CARROTS

Serves 4-5

10-12 med. carrots	2 T. sugar
4 T. butter	2 T. chopped parsley
1/2 tsp. salt and pepper	

Peel carrots and cut into 2" cylinders. Bring all ingredients, except parsley, to a boil over moderate heat. Cover and simmer over low heat. Shake skillet occasionally to roll carrots about. If liquid cooks away too fast, add more water. In 20-30 min. carrots should be tender and liquid should be a brown, syrupy glaze. If liquid is not reduced enough, remove carrots and boil liquid down. Roll carrots in glaze, sprinkle with parsley. Small onions can be cooked this same way.

CARROT TZIMMES

2 lb. carrots, sliced 1/4" thick	1 T. lemon juice
cold water to cover	3 T. butter
1/2 tsp. salt	3 T. flour
1/4 c. honey	

Cook sliced carrots in water until almost tender. Add salt, honey and lemon juice. Let simmer with lid partially off until liquid has been reduced and carrots are tender. Brown flour in melted butter and add to carrots while shaking or stirring to distribute evenly. Cook a few min. longer.

CORN OYSTERS

1 c. cooked corn	salt to taste
$\frac{1}{4}$ c. flour	dash of cayenne
1 tsp. baking powder	1 beaten egg

Mix corn and dry ingredients, then beaten egg. Drop from spoon onto well-greased griddle or frying pan. Brown on both sides, turning carefully. Drain on paper and serve. Note: If canned corn is used and no eggs are available, mix just enough corn brine to make into batter.

CORN PUDDING

Serves 2

1 c. creamed corn	1 tsp. flour
1 tsp. salt	2 eggs
2 T. melted butter	1 T. flour
$\frac{1}{4}$ c. breadcrumbs	

Mix all ingredients together. Bake at 350° for about 25 min. until pudding is firm.

EGGPLANT - SQUASH SUPREME

Serves 2 as dinner

## Tomato Sauce:

6-8 ripe tomatoes	$\frac{1}{4}$ tsp. cloves
1 tsp. salt	$\frac{1}{4}$ tsp. pepper
2 T. butter	bay leaf
2 T. flour	1 lb. hamburger

Skin and remove stem from tomatoes. Remove seed and watery part from the inside. Put remainder of tomatoes into another pot. Heat and stir. Add salt, butter, and flour. Stir until flour is well dissolved. Add rest of ingredients and simmer for 20 min.

1 small eggplant	$\frac{1}{2}$ tsp. rosemary
1 small yellow squash	$\frac{1}{4}$ c. water
2 green-peppers, sliced	grated cheese
2 onions, sliced	

Slice eggplant and squash into rounds. Place in large skillet. Next add peppers and onions. Sprinkle with rosemary on top. Add water. Pour tomato sauce over vegetables. Cover and cook on medium heat for 10-15 min. until eggplant and squash are tender. Sprinkle cheese on top; cover until cheese melts. Use 2 eggplants if no squash is available. (Can substitute pumpkin for squash)

EGGPLANT ISTANBUL

Serves 6

½ c. oil	2 tomatoes, peeled and chopped
1 eggplant, peeled and cubed	1 pkg. tomato soup mix
1 onion, chopped finely	½ c. water
2 cloves garlic, crushed	juice of 1 lemon
	salt

Cook eggplant and onion in oil 10 min. Add rest of ingredients and simmer 15 min. Salt to taste. Serve alone or with rice.

EGGPLANT A LA GREQUE

Serves 6

1 med. eggplant	½ c. parsley, chopped
¼ c. olive oil	¼ c. lemon juice
2 T. butter	1 tsp. nutmeg
1 c. onion, chopped	1 tsp. salt
2 cloves garlic, mashed	½ tsp. pepper
1 16 oz. can whole peeled tomatoes	

Peel eggplant and cube. Sauté eggplant a single layer at a time in oil and butter until lightly browned. Sauté chopped onion and garlic until onion is golden. Return eggplant to skillet and add drained tomatoes, parsley, lemon juice, nutmeg, salt, and pepper. Bring to a boil; then reduce heat. Simmer, stirring occasionally until tender.

EGGPLANT PARMESAN

Serves 4

1 medium eggplant	2 c. grated cheese
3 c. bread crumbs	3 T. Parmesan cheese
1 egg, slightly beaten with	3 c. tomato sauce
2 T. water	oil

Peel eggplant and slice into about ¼" slices. Dip eggplant into egg-water mixture, then into crumbs. (You can season breadcrumbs with 1 T. oregano if you like.) Sauté in an oiled frying pan until brown. When done, drain on absorbent paper and set aside. Repeat with rest of eggplant slices. In a baking pan put a layer of tomato sauce, a layer of eggplant, and layer of cheese. Sprinkle with Parmesan cheese, then repeat process until eggplant is all used. Finish with a layer of cheese. Put in a very hot oven until cheese is melted.

EGGPLANT WITH TOMATOES

Serves 6

1 lg. eggplant	$\frac{1}{4}$ c. bread crumbs
2 T. butter	$\frac{1}{2}$ tsp. sugar
1 c. whole kernel corn	1 tsp. salt
4 tomatoes, quartered	$\frac{1}{2}$ tsp. pepper
	1 T. grated cheese

Pare, slice eggplant into  $\frac{1}{2}$ " slices. Cook eggplant in boiling salted water, for 10 min., allowing  $\frac{1}{2}$  tsp. salt per quart of water. Drain. Butter casserole, arrange eggplant, corn and tomatoes. Cover with crumbs, sugar, salt and pepper. Bake 30 min. at 300°, sprinkle with cheese and place in oven until cheese melts.

SCALLOPED EGGPLANT

Serves 6

1 lb. eggplant, sliced	1 sm. onion, finely grated
$\frac{1}{4}$ c. grated cheese	$\frac{1}{4}$ c. dried bread crumbs
1 c. white sauce	$\frac{1}{4}$ c. grated cheese

Cook eggplant in boiling salted water until just soft. Drain. Add cheese to white sauce and onion. Place eggplant in a baking dish. Pour sauce over eggplant. Sprinkle with breadcrumbs mixed with  $\frac{1}{4}$  c. grated cheese. Bake at 350° until brown. Vary this dish by adding alternate layers of eggplant, sliced tomato and chopped green pepper, or use cooked fish in alternate layers.

EGGPLANT FRIES

1 eggplant	basil
4 tsp. butter	oregano
garlic powder	cheese

Slice eggplant in  $\frac{1}{2}$ " slices. Melt butter in frying pan. Add eggplant and sauté for a few minutes. Turn and sprinkle liberal amounts of garlic, basil and oregano. Add cheese slices to tops of eggplant slices. When eggplant is soft, place pan under grill for a few minutes to melt cheese, or cover pan to melt cheese or When eggplant is soft, place on slices of toast and grill until cheese is melted.

SUNSET BASIC GRILLED EGGPLANT

Serves 4-6

The eggplant develops rich flavor as it grills; season only with salt and pepper or you can introduce more flavors with the oil. Wash, trim, and cut a medium sized (about 1 $\frac{1}{4}$  lbs.) eggplant into 8 wedges or  $\frac{3}{4}$ " thick slices. Melt  $\frac{1}{3}$  cup butter or use  $\frac{1}{3}$  cup olive oil and brush all cut surfaces of eggplant with part of the butter or oil. Sprinkle with salt and pepper or seasoned salt and pepper to taste. Arrange eggplant pieces on the broiler pan or barbecue grill. Broil or grill 3 or 4 inches from heat, turning as is necessary until tender and well browned on all sides; brush with butter or oil several times. Total cooking time is about 10 min.

Variations:

ITALIAN HERB-BASTED EGGPLANT

In a small pan combine  $\frac{1}{3}$  cup olive oil,  $\frac{1}{2}$  tsp. salt or garlic salt,  $\frac{1}{2}$  tsp. mixed Italian herbs (or marjoram), and  $\frac{1}{8}$  tsp. pepper. Heat to blend flavors, then remove from heat. Follow directions for Basic Grilled Eggplant above, substituting this flavored oil for the melted butter or oil and seasonings.

LEMON BUTTER-BASTED EGGPLANT

Melt  $\frac{1}{4}$  cup ( $\frac{1}{8}$  lb.) butter in a small saucepan; stir in 1 T. lemon juice,  $\frac{1}{4}$  tsp. salt,  $\frac{1}{4}$  tsp. basil leaves, crumbled and  $\frac{1}{8}$  tsp. ground cinnamon. Follow the directions for Basic Grilled Eggplant above, substituting the lemon butter for the melted butter or oil and seasonings.

SOY-BASTED EGGPLANT

Combine in a small pan  $\frac{1}{4}$  cup salad oil, 2 T. soy sauce, 1 T. sherry or lemon juice, 1 clove garlic, crushed, and  $\frac{1}{4}$  teaspoon ground ginger; heat to blend flavors. Follow recipe for Basic Grilled Eggplant, substituting this soy baste for the melted butter or oil and seasoning.

STUFFED EGGPLANT

Serves 3-6

3 med. eggplant	1 tsp. salt
1 med. onion	$\frac{1}{4}$ tsp. white pepper
1 clove garlic	$\frac{1}{4}$ c. cooked rice
$\frac{1}{4}$ c. oil	2 T. tomato puree
$\frac{1}{2}$ lb. mince	1 egg
1 T. parsley, chopped	

Cut eggplant in half and scoop out the flesh, leaving  $\frac{1}{4}$ " around the sides. Finely chop onion and crush garlic. Sauté onion and garlic in oil. Add mince and chopped eggplant. Saute for 3-5 min. Season with parsley, salt and pepper. Stir in rice and tomato puree. Cook for 2-3 min. Remove from heat and beat in 1 egg. Arrange eggplant shells in casserole. Fill with mixture. Pour remaining oil over. Cover with lid or foil and bake in a moderate oven  $350^{\circ}$  for 1 hour. Equally good hot or cold. Left overs like baked beans, tinned spaghetti, and meat sauce may be used in this recipe.

EGGPLANT - PEPPER - CHEESEServes 2 as whole meal  
Serves 4 as vegetable

1 c. rice	1 tsp. basil
1 tsp. salt	1 tsp. oregano
4 T. oil	$\frac{1}{2}$ tsp. garlic powder
3 c. soup stock (2-3 bouillon cubes)	pepper
3 green peppers. sliced	onion rings
2 tsp. butter	juice of 2 lemons
1 med. eggplant, diced	4 oz. grated cheese or parmesan cheese
7 sprigs parsley, chopped	

Brown rice with salt and oil in large skillet. Stir frequently and keep on low flame (10-15 minutes) Meanwhile make stock and bring to a boil. Saute peppers about 5 min. in frying pan with butter. When rice is browned, add stock. Stir. Add eggplant and peppers, parsley, basil, oregano, garlic powder, and pepper. Arrange onion rings on top. Add lemon juice. Cover and cook on low flame for about 15 minutes until rice and eggplant are tender. Sprinkle grated cheese over the onions. Cover until cheese melts or grill until cheese bubbles.

EGGPLANT LASAGNA

Serves 4-6

2 quarts water (salted with 1 tsp. salt)	$\frac{1}{2}$ c. hot water
1 tsp. cooking oil	1 garlic clove, crushed
$\frac{1}{2}$ lb. lasagna noodles	1 tsp. crumbled dried basil
1 medium eggplant	1 tsp. ground tumeric
1 can (6 oz.) tomato paste	pepper and salt
1 c. red wine	2 c. chopped green pepper
	10 black olives, pitted and chopped
	$\frac{1}{2}$ cup grated Parmesan cheese

Heat the salted water and oil to boiling. Cook the lasagna noodles for 12 to 15 min. Drain, arrange the lasagna lengths on a platter. Slice the unpeeled eggplant crosswise into  $\frac{1}{4}$ " rounds. Fry on both sides in heated oil until tender. (They cook quickly and absorb considerable oil which must be added constantly.) Drain on absorbent paper. Combine the tomato paste, wine, water, garlic, basil, tumeric, salt and pepper to taste. Simmer for 5 min. Add the green peppers and olives. Cook for 5 min. longer. Arrange a layer of lasagna in a buttered shallow baking dish. Cover with a layer of eggplant slices and several spoonfuls of the sauce. Sprinkle with cheese. Repeat until all the ingredients are used. Bake in a preheated moderate oven ( $350^{\circ}$ ) for 30 min.

EGGPLANT BAKED IN COCONUT CREAM

Serves 4-6

1 large eggplant	$\frac{1}{4}$ tsp. dried chillies
4 onions, finely chopped	$1\frac{1}{2}$ c. coconut cream
1 tsp. salt	

Peel eggplant and slice thinly. Lay slices in a buttered shallow baking dish, spread with onions and sprinkle with salt and ground chillies. Pour coconut cream over. Cover and bake in a  $350^{\circ}$  oven for 45 min. Remove cover and bake for an additional 5-6 min.

BREADED FRIED EGGPLANT STICKS

Serves 2-4

1 eggplant, peeled	1 tsp. salt
1 egg, beaten	$\frac{1}{2}$ tsp. pepper
$\frac{1}{2}$ c. flour	oil for frying
$\frac{1}{4}$ c. cornstarch	

Cut eggplant into sticks about  $\frac{3}{4}$  inches thick and 3 to 4 inches long. Dip in beaten egg. Mix together flour, cornstarch, salt and pepper; roll eggplant sticks in mixture to coat. Heat about 1" of oil in skillet; fry eggplant sticks until golden, turning often. Remove and drain on absorbent paper. Serve with ketchup.

ROOT CROP CAKES

Serves 6

2 c. cooked manioc	1 egg, well beaten
2 tsp. grated onion	salt and pepper
2 tsp. chopped parsley	flour
1 c. cooked mince or fish	

Mash manioke, add onion, parsley, meat or fish, and egg. Mix well. Season with salt and pepper. Form into cakes and roll in flour. Fry in hot fat until golden brown.

Variations: Omit meat or fish and add an extra cup of manioke, and serve as a vegetable.

POTATO-LESS CHIPS

manioke, sliced into rounds  
oil  
salt

Scrub a manioke well and remove the skin. Slice manioke  $\frac{1}{8}$ " or thinner and put the slices in cold water. Place about  $\frac{1}{2}$ " oil in frying pan and heat until hot. Drain slices you are going to fry and blot them with a towel. Place slices in the frying pan and fry for about 3 min. Remove chips and add salt. Serve hot.

MANIOKE MELIE

About 3 dozen

4 c. manioke cooked and mashed	oil
1 c. custard powder	salt to taste
flour	

Mash together the manioke and custard powder until a soft consistency is reached. Place flour on a board and spoon mashed mixture onto it. Flour your hands and shape mixture into desired shape—logs, donuts, etc. Fry each piece in hot oil until golden. Sprinkle a little salt on each one after frying. Can be frozen and reheated in an oven or frozen before frying.

INDIAN OKRA

Serves 2-4

1 lb. okra	1 t. tumeric
4 T. oil	$\frac{1}{2}$ t. cayenne
2 t. cumin	1 t. ground corinader
1 t. salt	

Cut okra into thin slices. Heat oil, add cumin, salt, tumeric and cayenne. Throw in okra, and stir like mad until covered with oil. Cover & cook over low heat for 5 min. Don't add water, stir again. Cook 10 min. more, add coriander & serve.

OKRA & RICE

Serves 4

2 c. cut okra	$\frac{1}{2}$ t. salt
$\frac{1}{2}$ c. dry rice	2 T. butter or oil
1 c. water	1 c. tomato sauce

Place okra, rice, water & salt into pot. Cook 30 to 40 min. Turn okra-rice mixture into greased baking dish & add tomato sauce. Bake 10 min. at 375°.

OKRA GUMBO

Serves 6

1 rasher of bacon	5 lg. tomatoes (2 c.)
1 $\frac{1}{2}$ c. onions, sliced	1 c. sweet corn, canned
$\frac{1}{2}$ c. green pepper, chopped finely	salt and pepper
18 okras	

Chop bacon, fry over medium heat until slightly crisp. Add onions and green pepper to bacon and saute for 5 min. Slice okra, peel and quarter tomatoes. Add to onion and green pepper. Simmer for 10 min. or until dry. Stir in well drained sweet corn. Season to taste with salt and pepper. Cover and simmer for 15 min. Excellent served with lamb, beef or corned beef.

SAUSAGE STUFFED ONIONS

Serves 8

16 onions	1 T. olive oil
1 lb. sausage links	$\frac{1}{4}$ c. chopped parsley
1 clove garlic, minced	$\frac{1}{4}$ c. grated Parmesan cheese

Peel onions and simmer, covered, in small amount of boiling water 15 min. Drain and cool slightly. Hollow-out centers. Chop finely. Remove sausage meat from casing, and put meat in skillet with garlic and oil. Sauté until lightly browned. Add chopped onions and remaining ingredients. Cook, stirring often, about 10 min. Drain off fat and carefully fill shells. Arrange in baking dish with  $1\frac{1}{2}$  inch of hot water, cover and bake in moderate oven for about 30 min.

FRENCH FRIED ONION RINGS

4 lg. onions	$\frac{1}{2}$ c. flour
milk	$\frac{1}{2}$ tsp. salt

Peel onions, slice  $\frac{1}{4}$ " thin, and separate into rings. Dip in milk, drain, and dip in flour mixed with salt. Fry 4-6 min. in deep fat. Drain on paper and sprinkle with salt.

CURRIED ONIONS

Serves 4

3 c. small peeled onions	2 c. water
1 pkg. chicken or mushroom soup mix	curry powder to taste

Cook onions with soup mix and water 20-30 min. or until tender. Season with curry powder.

ONION PEANUT CASSEROLE

Serves 4

2 lbs. onion	$\frac{1}{2}$ tsp. salt
3 T. butter	2 tsp. prepared mustard
3 T. flour	1 tsp. Worcestershire sauce
$1\frac{1}{2}$ c. milk	$\frac{1}{2}$ c. salted peanuts, chopped

Boil onions in salted water until tender. Arrange in baking dish. Melt butter, stir in flour, add milk and stir until thick. Add salt, mustard and sauce. Pour over onions. Sprinkle with peanuts. Bake in 350° oven for 10-15 min.

TEHRAN PEPPERS CASSEROLE

4 or 5 green peppers	$\frac{3}{4}$ tsp. sage
$\frac{1}{2}$ lb. ground beef	$1\frac{1}{2}$ c. tomatoes or canned tomatoes
3 T. diced onion	2 c. cooked rice
4 T. oil	$\frac{1}{3}$ c. bread crumbs
2 tsp. salt	4 T. melted fat

Wash peppers; cut off tops and take out seeds. Cover with salted boiling water. Simmer 5 minutes and drain. Cook ground beef and onions in oil. Add salt, sage, tomatoes and rice. Arrange peppers upright in baking dish. Fill with meat mixture. Top with bread crumbs and melted fat (opt.) Grated cheese could be used. Bake at  $350^{\circ}$  for 35 min.

STUFFED PEPPERS GUATEMALA

Serves 4

2 or 3 Slices white bread	$\frac{1}{2}$ tsp. oregano
2 T. salad oil	$\frac{1}{2}$ tsp. thyme
2 c. chopped onion	$\frac{1}{4}$ c. finely chopped parsley
1 lb. (about 3 c.) finely chopped, fully cooked Toloa bacon or ham	4 medium sized red or green cut in half lengthwise: remove seeds
1 can (8 oz.) tomatoes sauce	

Break up bread into fine crumbs; set aside. Heat salad oil in a large frying pan over medium high heat. (Leftover fat from frying bacon may be used) Add onion and sauté until soft. Stir in bacon or ham, tomato sauce, crumbs, oregano, thyme and parsley. Boil until most of the liquid evaporates (about 5 min.) Cover and cool to room temperature. Meanwhile, parboil peppers by dropping them in to a large pot of boiling salted water. Boil for about 3 min. remove, rinse in cold water and turn upside down to drain. Then set hollow side up in an ungreased baking pan. Divide meat mixture evenly among the pepper shells. Bake uncovered, in a  $375^{\circ}$  degree over for 35 min.

GRILLED MARINATED PEPPERS

Green peppers	vinegar
salt and pepper	sugar to taste
oil	garlic

Hold each pepper on fork over flame. Char each side. Rinse under cold water to blanch. Place in bowl. Season lightly with salt and pepper, and pour a little oil over each each pepper. Prepare marinade of sugar and vinegar. Add a bit of chopped garlic. Pour over peppers and let stand 2 hours in refrigerator.

BRAISED SWEET PEPPERS WITH TOMATOES AND ONIONS

2 T. butter	3 c. tomatoes, chopped
$\frac{1}{4}$ c. oil	1 tsp. vinegar
4 c. onions, sliced $\frac{1}{8}$ "	1 tsp. salt
2 lb. green peppers	pepper

Melt butter with the oil in a large skillet, add onions and cook 10 min. Cut peppers into  $\frac{1}{2}$ " x 1" strips, Add peppers, reduce heat and cook 10 min. Add tomatoes, vinegar, salt and pepper. Cook 5 min. Then cook uncovered over high heat, stir gently, until almost all liquid has boiled away. Serve hot or cold.

SPANISH PEPPERS

Serves 4-6

3 medium green peppers	1 tsp. salt
1 c. celery, chopped (opt.)	dash pepper
$\frac{1}{4}$ c. finely chopped onion	1 15 oz. can tomato sauce
2 T. oil	garlic croutons (below)
$\frac{1}{2}$ tsp. basil	

Remove stem, seeds, and membranes from pepper. Cut peppers into strips. In a large skillet, cook and stir pepper strips, celery, and onion in oil over medium heat until onion is tender. Stir in seasonings and tomato sauce. Cover; cook over medium heat 10 min. or until pepper strips are tender. Turn into serving dish; sprinkle with garlic croutons.

**GARLIC CROUTONS:** Melt 2 T. butter in small saucepan; stir in  $\frac{1}{4}$  tsp. garlic powder. Add 1 c. toasted bread cubes; toss.

GREEN PEPPER CASSEROLE

Serves 5

2 T. butter	1 onion, chopped
1 c. rice	1 clove minced garlic
3 chicken bouillon cubes	1 tsp. each oregano and salt
2 c. boiling water	$\frac{1}{4}$ tsp. pepper
3 green peppers (sliced)	2 cans tomato sauce
1 lb. ground beef	1 $\frac{1}{2}$ c. grated cheese

Heat butter, add rice. Stir until toasted; spoon into pan. Pour bouillon over rice. Place peppers on top and bake 20 min. (Can be cooked over burner.) Sauté meat, onions, garlic, spices for 5 min. Stir in tomato sauce; spoon over peppers, cover; bake 15 min. Sprinkle with cheese; bake 5 min. longer.

FRENCH FRIES

mature potato  
oil or ngako

salt

Pare and slice potatoes into strips, about  $\frac{3}{8}$ " thick. Soak in water for about 15 min. Wipe well with a towel to remove surface moisture and excess starch. Slowly heat oil to 300°- 330°. Drop about a cup of potatoes into hot oil and cook for about 2 min. until all sputtering ceases. Remove potatoes and drain on absorbent paper. Cool at least 5 min. Heat oil to 375°. Place the potatoes in a frying basket. This will assure quick and easy removal for them in just the right condition. Finish frying them for about 3 min. They should be golden brown and will be crisp. Drain on absorbent paper. Serves at once.

BAKED POTATOES

baking potatoes

butter

Wash and scrub even sized, shapely, baking potatoes. Dry them and grease them lightly with butter. Bake the potatoes for 40 min. to 1 hour, depending on their size. When potatoes are half done pull out rack, quickly puncture skin once with fork, permitting steam to escape. Return to oven and finish baking. When done serve them at once with: Butter, sour cream, chopped chives or parsley, chopped bacon or ham, or grated cheese.

MASHED POTATOES

Serves 6

6 medium sized potatoes  
3 T. butter

1 tsp. salt  
1/3 c. hot milk or cream

Wash and pare potatoes. Cook them, covered, for 20 - 40 min. in boiling salted water. When they are tender drain them well. Mash the potatoes with a fork or a potato masher, add rest of ingredients and beat with a fork or heavy whisk until they are creamy.

POTATO PANCAKES

Makes 12

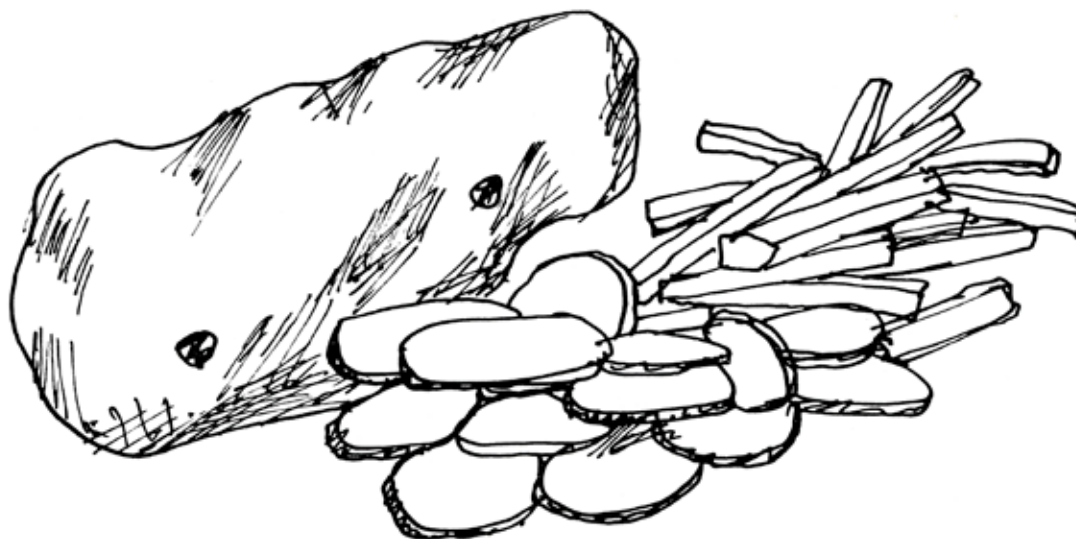
2 lb. potatoes, pared	nutmeg
$\frac{1}{4}$ c. onion, grated	pepper
2 eggs, slightly beaten	oil
2 T. flour	applesauce
$\frac{3}{4}$ t. salt	

Grate potatoes, drain well, pat dry with dish towel and measure 3 cups. Combine grated potato with onion, eggs, flour, salt, nutmeg and pepper. In skillet, slowly heat oil,  $\frac{1}{8}$ " deep, until very hot. For each pancake, drop 2 T. potato mixture at a time into hot fat. With spatula, flatten to make pan cake. Fry 2-3 min., until golden brown. Drain well. Serve with applesauce.

SAVORY SPINACH DISH

$1\frac{1}{2}$ lb. spinach, peles, or 10 leaves	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ c. butter	$\frac{1}{4}$ tsp. pepper
$\frac{1}{2}$ c. chopped onion	2 eggs, well beaten
1 clove garlic, crushed	$\frac{1}{2}$ c. soft bread crumbs
	$\frac{1}{4}$ c. grated cheese

Wash leaves & remove tough stems. Melt butter in saucepan. Add onion, garlic, spinach, salt and pepper. Cook with lid on until spinach is soft. Remove the lid and cook until moisture has evaporated. Cool. Combine cooked spinach with the well beaten eggs. Place mixture in baking dish. Brown soft bread crumbs in a little butter. Combine with  $\frac{1}{4}$  c. grated cheese and sprinkle over spinach. Bake in moderate oven (350°) for 45 min.



STUFFED KUMALA

Serves 2-3

1 good sized sweet potato	1 T. butter
3 T. canned meat	1 sprig parsley
1 small finely chopped onion	1 tomato

Cut kumala in half and scoop out center. Mix canned meat, sauted onion and butter. Stuff sweet potato shell with the mixture-- garnish with tomato and parsley.

PILGRIM'S YAMMUNITION

Serves 6

2 lbs. kumala, boiled and cut into  $\frac{1}{2}$ " slices  
 2 medium ripe bananas, sliced  
 $\frac{1}{3}$  c. butter or margarine  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{3}$  cup light corn syrup (golden syrup)  
 2 T. orange juice  
 $\frac{1}{2}$  cup flaked coconut

Alternate layers of kumala and banana slices in a quart casserole, ending with a layer of kumala. Melt margarine. Stir in salt, corn syrup and orange juice. Pour over kumala. Cover and bake at 375° for 30 min. Remove from oven and carefully pour off some of the juice; pour over yams and bananas to baste. Sprinkle with coconut. Bake uncovered 10 min, or until coconut is browned. Serve hot.

SWEET POTATO CASSEROLE

4 peeled, cooked sweet potatoes	salt and pepper
4 bananas, almost ripe	1½ T. sugar
butter	½ c. orange juice

Slice and layer sweet potatoes and bananas. Dot each layer of banana with butter, salt, pepper and sugar. End with banana layer, and dot with more butter. Pour orange juice over all. Bake at 350° until slightly browned.

HAKA (BOILED SWEET POTATOES, YAM, FARO, BREADFRUIT)

Scrape or peel outer skin. Cut root into 6 pieces. Place in a pot. Pour in coconut cream from 1 coconut and a pinch of salt. Boil until tender and serve with meat, soup, or as a side dish.

MASHED PUMPKIN (BOILED)

Cut pumpkin in half, remove seeds. Peel and cut into small pieces. Boil with water. Time of cooking will vary from 10 to 45 min. You may season with any of the following or combinations of:

To 1 c. squash or pumpkin

Add: 1 T. butter

1 tsp. brown or raw sugar

$\frac{1}{4}$  tsp. salt

dash ginger, allspice

warm cream or orange juice (amount depends on juiciness of pumpkin)

sauteed onions.

MASHED PUMPKIN (BAKED)

Preheat oven to 375°. Scrub pumpkin. Place in oven and bake until it can be pierced easily with toothpick (maybe 1½ hrs.) Cut it in half, remove seeds, peel and mash the pulp. You may add any of the things as for boiled pumpkin.

STUFFED PUMPKIN

Prepare pumpkin by washing, cutting the pumpkin in half lengthwise and scooping out the seeds. Bake 1 hour at 375°. Fill with creamed chicken, crab, fish, hash, hash and vegetables, or fried sausage stuffing. Reheat for 10 to 15 min.

PUMPKIN WITH CORNED BEEF

Serves 2 if whole meal

Serves 4-6 if not whole meal

$\frac{1}{2}$  large pumpkin or 1 small

$\frac{1}{4}$  lb. butter

4 onions, sliced

1 can corned beef

Peel pumpkin, remove seeds and dice. Put pumpkin, onion, and butter into large pot and saute until tender. Add corned beef and simmer about 5 min. until meat is hot. Serve over rice.

GOURMET PUMPKIN

Serves 6

1 pumpkin (about 3 lbs.)

$\frac{1}{2}$  c. finely chopped onion

2 T. butter

1 tsp. salt

1 c. sour cream

$\frac{1}{4}$  tsp. pepper

Heat 1 salted water ( $\frac{1}{2}$  tsp. salt to 1 c. water) to boiling. Add peeled and cubed pumpkin. Cover and heat to boiling; cook 15-20 minutes or until tender. Heat oven to 400°. Mash pumpkin; stir in remaining ingredients. Turn mixture into ungreased 1 quart casserole. Bake uncovered 20 - 30 min.

SQUASH WITH LEEKS

Serves 3-4

3 T. butter	1 leek with leaves (Substitute spring onions if no leeks are available.)
1 medium summer squash, thinly sliced	
1 tsp. rosemary	$\frac{1}{4}$ c. grated cheese

Melt butter in frying pan. Arrange squash over melted butter. Sprinkle rosemary over squash. Slice bulb part of leek. Add to squash. Clean and slice leek leaves. Place over squash. Add a little water to prevent burning. Cover and cook over medium heat about 15 min. until squash is tender. Add grated cheese. Cover pan and let cheese melt.

TARO LEAVES AND COCONUT CREAM

coconut cream from 2 or 3 nuts	2 tsp. curry powder water
1 bunch taro leaves	2 tomatoes, chopped
1 onion, chopped	salt

Bring coconut cream and approximately 2 cups water to boil. (If there is a lot of water in cream don't add more.) Add taro leaves either whole or sliced, submerge. Add onion and simmer until cooked, approximately 20 mins. Add curry and tomato and reheat. Turn leaves only once during cooking and shake pot rather than stirring. Will need salt as eaten.

CREAMED YOUNG TARO LEAVES

$1\frac{1}{2}$ lb. leaves	$1\frac{1}{4}$ c. milk
$1\frac{1}{2}$ T. butter	grated nutmeg
2 T. flour	salt and pepper

Boil leaves in salted water until tender (about 5 min.) Drain and chop. Fry butter and flour. Add milk, nutmeg, salt and pepper. Cook 3 to 5 min. Add leaves and reheat.

TOMATOES FILLED WITH EGGS AND CHEESE

Serves 6

8 lg. tomatoes	$\frac{1}{4}$ c. butter
salt and pepper	8 eggs
1 c. grated cheese	1 T. parsley

Cut out circle at stem end of each tomato. Scoop out pulp. Sprinkle salt, pepper and half cheese into tomatoes. Break an egg into each tomato. Sprinkle with more salt, remaining cheese and parsley. Place a pat of butter on top. Bake in preheated oven  $350^{\circ}$  for 30 min. or until eggs are set.

CURRIED GREEN TOMATOES

Serves 2

2 T. butter  
 2 T. minced onions  
 1 tsp. curry powder

green tomatoes, sliced or  
 chopped

Fry onion in butter until yellow. Add curry powder and tomatoes; cook slowly until well heated. Season with salt and pepper.

STUFFED TOMATOES

4 medium ripe tomatoes  
 1 slice bread  
 2 T. parsley  
 1 small clove garlic, crushed  
 $\frac{1}{2}$  tsp. oregano  
 $\frac{1}{2}$  tsp. thyme  
 $\frac{1}{4}$  t. basil  
 dash nutmeg

$\frac{1}{2}$  lb. ground beef  
 2 T. oil  
 2 T. Parmesan cheese  
 1 tsp. salt  
 dash pepper  
 $\frac{1}{2}$  c. breadcrumbs  
 1 T. butter

Cut a slice off top of each tomato and scoop out centers. Invert tomatoes to drain. Soak bread slice in 2 T. water; crumble and combine with rest of spices. Brown meat in hot oil; add to herbed mixture. Stir in cheese, salt and pepper. Spoon filling into tomatoes. Mix bread crumbs and butter, sprinkle over filling. Bake at 375<sup>o</sup> for 20 min.

MARINATED SLICED TOMATOES

4 large tomatoes, peeled and sliced  
 $\frac{1}{4}$  c. salad oil  
 1 T. lemon juice

$\frac{1}{2}$  tsp. minced garlic  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{2}$  tsp. oregano

Combine all but tomatoes, mix well. Pour over sliced tomatoes and marinate several hours.

BAKED TOMATOES WITH FRENCH DRESSING

Serves 6

6 med. tomatoes  
 1 T. sugar  
 chopped onions  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{4}$  tsp. dry mustard

$\frac{1}{4}$  c. oil  
 4 tsp. vinegar  
 $\frac{1}{4}$  tsp. Worcestershire sauce  
 1 T. melted butter

Cut thin slices from top of each tomato. Hollow tomatoes out slightly. Combine sugar, onion, salt, mustard, oil, vinegar and Worcestershire. Spoon some of the mixture into each tomato. Combine cracker crumbs and butter; sprinkle over top of tomatoes. Place in shallow baking dish. Bake in 350<sup>o</sup> oven for 25-30 min. Garnish with parsley.

GRILLED TOMATOES

To slices of crisp tomatoes add any of the following:

parsley, minced	minced onion
oregano	garlic salt or powder
grated cheese	bacon bits

Place under hot grill until browned.

STEWED TOMATOES

Serves 4-6

6-8 tomatoes	1 tsp. garlic salt
2 T. vinegar	1 tsp. basil
2 T. lemon juice	1 tsp. marjoram
1 tsp. sugar	$\frac{1}{2}$ tsp. pepper
1 onion, diced	

Simmer all ingredients in saucepan until the tomatoes fall apart.

'API FRIED 'UFI

Serves 4-6

$\frac{1}{3}$  c. butter  
 2 or 3 onions, chopped  
 1 small cooked 'ufi (may be left over from the 'umu or baked.)  
 salt and pepper to taste

In a large skillet, sauté the onions in butter for several minutes. Slice the 'ufi into pieces about 2" x 2" and  $\frac{1}{4}$ " thick, add them to the skillet and cook over medium heat until 'ufi becomes golden brown. Stir often to prevent burning. If the 'ufi begins to stick add more butter. Add salt and pepper to taste.

'UFI AU GRATIN

Serves 4

1 small 'ufi (5-6" diam.) peeled and sliced thinly	$1\frac{1}{4}$ tsp. oregano
1 small onion, chopped	4 T. flour
$\frac{1}{2}$ tsp. pepper	$1\frac{1}{4}$ c. milk
$1\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ lb. cheese, grated

In baking dish layer half of the 'ufi slices. Follow with half the onion, pepper, salt, oregano, flour, and cheese. Repeat to form second layer. Just before adding cheese to the second layer, pour milk over all. Top with cheese. Bake for about an hour at 350°, or until 'ufi is cooked through. Most of the moisture will be absorbed by the 'ufi by the time it's finished. (You can also use potatoes.)

NO BAKE 'UFI AU GRATIN

Slice up cooked 'ufi, place in boiling water (just enough to cover) with enough milk powder to make normal-strength milk. Boil covered, until it becomes creamy. Add some small quartered onions, salt, pepper, and shredded cheddar. (Proportions are up to the individual.) Stir constantly until cheese is melted and mixed.

SCALLOPED 'UFI

Serves 6-8

4 small 'ufi	1 c. hot milk
1 T. flour	1 T. butter
1 T. salt	1 onion, chopped
$\frac{1}{2}$ tsp. pepper	

Peel and slice 'ufi thinly. Place a layer in buttered baking dish. Sprinkle some of the flour, onion, salt, and pepper over this layer, and repeat the same way until all the 'ufi and flour are used up. Pour the hot milk over all, dot with butter. Bake at 350° for 30 min. until tender. Taro, potatoes, breadfruit, etc., can also be made this way.

EASY SCALLOPED 'UFI

Serves 4-6

1 medium 'ufi	1 T. onion, chopped
1 tsp. salt	1 T. green pepper, chopped
1 tsp. oregano	1 10 oz. can cream of mushroom soup
1 tsp. basil	1 c. milk

Peel and slice 'ufi. Layer ingredients in buttered casserole; mix soup and milk together and pour over all. Bake for one hour at 375°.

SAUTEED VEGETABLES

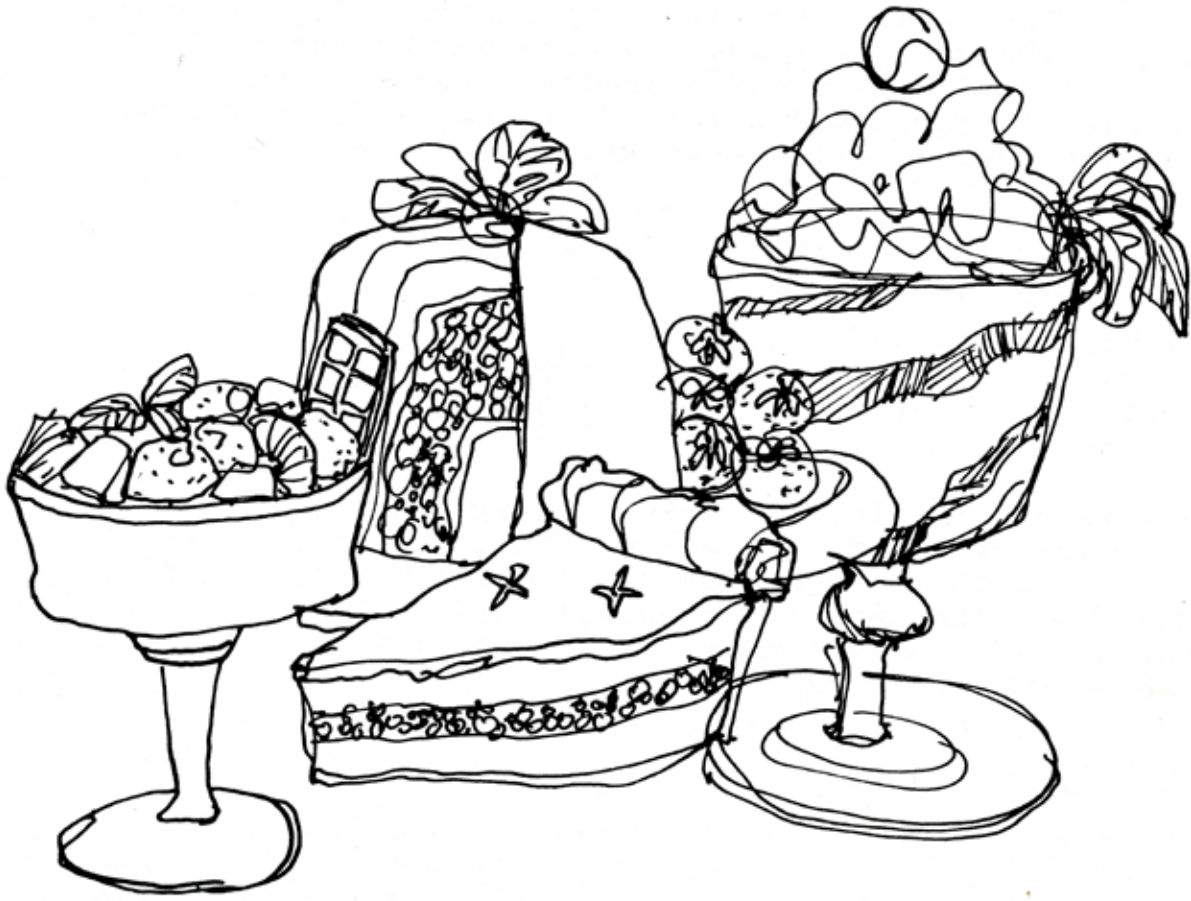
Prepare vegetables in quantities that you want. Suggestions: Chinese cabbage, eggplant, peppers, onions, carrots, tomatoes, parsley, radishes. Use all or as many as you wish. Put vegetables in large pot. Set aside.

Sauce:

For 2-3 servings, use the following. For 4 or more double the quantities.

2 T. oil	1 tsp. curry
1 T. soy sauce	$\frac{1}{4}$ tsp. salt
$\frac{1}{4}$ c. water	1 tsp. thyme

Mix the above ingredients in a small pot until boiling. Pour over vegetables and cover. Cook over medium high heat until vegetables are done. Serve with Fried Rice and Beef Teriaki.



# Desserts



# Hikinga Ua

## DENVER CHOCOLATE PUDDING

Makes 9" x 9" pan dessert

Sift together:

$\frac{3}{4}$  c. sugar  
1 c. flour

2 tsp. baking powder  
 $\frac{1}{4}$  tsp. salt

Melt together over hot water:

2 T. butter  
1 oz. unsweetened chocolate or 3 T. cocoa

Add butter mixture to flour mixture. Stir in:

$\frac{1}{2}$  c. milk  
 $\frac{1}{2}$  tsp. vanilla

Pour into buttered baking dish about 9" x 9" . Over the top scatter:

1 c. sugar  
4 T. cocoa

Pour over the top  $1\frac{1}{2}$  c. cold water or coffee. Bake 40 min. at 350°. Let stand at room temperature and serve cold, but not chilled.

## TAPIOCA PUDDING

Serves 4

3 c. milk  
 $\frac{3}{4}$  c. finely grated manioke  
1 egg  
 $\frac{1}{4}$  c. sugar

1 tsp. salt  
1 T. butter  
1 tsp. vanilla

Heat  $2\frac{1}{2}$  c. milk and add manioke. Cook until manioke dissolved. (20-30 min.) Beat egg with  $\frac{1}{2}$  c. milk, sugar, salt. Slowly add to manioke mixture, mixing well. Cook 2-3 min., remove from heat, add butter and vanilla and stir.

Variations:

Add  $\frac{1}{2}$  c. cocoa and  $\frac{1}{4}$  c. sugar.  
Add 2 mashed bananas.  
Add 1 T. lemon rind, grated and leave cut vanilla.  
Add  $\frac{1}{2}$  c. grated coconut.

PUMPKIN PUDDING

Serves 4-6

$\frac{1}{2}$ large or 1 small pumpkin	1 tsp. allspice
$\frac{1}{2}$ - $\frac{3}{4}$ c. milk	$1\frac{1}{2}$ tsp. cinnamon
1 tsp. custard powder	$\frac{1}{4}$ tsp. salt
sugar (to taste)	

Peel and slice pumpkin. Steam until soft. Mash. Mix a little of the milk with the custard powder to make paste; mix in rest of milk. Add rest of ingredients to the pumpkin. Simmer until thick (appr. 10 min.)

LEMON PUDDING CAKE

Serves 6

2 eggs, separated	1 c. sugar
1 tsp. grated lemon rind	$\frac{1}{4}$ c. all purpose flour
$\frac{1}{4}$ c. lemon juice	$\frac{1}{4}$ tsp. salt
$\frac{2}{3}$ c. milk	

Heat oven to  $350^{\circ}$ . Beat egg whites until stiff peaks form; set aside. Beat egg yolks. Blend in lemon peel, juice and milk. Add sugar, flour, and salt; beat until smooth. Fold in egg whites. Pour into ungreased 1 quart casserole. Place casserole in pan of very hot water 1 inch deep. Bake 45 - 50 min. Serve warm or cool, with whipped cream.

BREAD PUDDING WITH LEMON SAUCEMakes a 1  $\frac{1}{2}$  quart casserole

2 eggs	2 c. milk
$\frac{1}{2}$ c. sugar	1 tsp. vanilla
$\frac{1}{8}$ tsp. salt	2 slices of bread, buttered, cubed

Mix eggs, sugar and salt to dissolve sugar. Add milk, vanilla, and bread. Sprinkle  $\frac{1}{2}$  tsp. nutmeg on top. Put casserole into pan with 1" hot water. Bake at  $350^{\circ}$  for about 1 hr. Test with knife comes out clean. See sauces for lemon sauce.

EDMOND'S CUSTARD POWDER

2 T. powder	2 c. milk
2 - 3 T. sugar	1 T. butter
1 egg	1 tsp. vanilla

Add the powder, sugar, egg and milk together. Bring to a boil slowly. Stir until thick. Add the butter and vanilla.

Variation: Add  $\frac{1}{3}$  c. cocoa or 1 tsp. lemon extract or 1 tsp. almond extract.

PLUM CUSTARD SHORTBREAD

Serves 6-8

1 $\frac{1}{4}$ c. sifted flour	$\frac{1}{2}$ of a 20 oz. can of plums or other drained fruit
6 T. sugar	$\frac{1}{2}$ c. drained juice from plums
$\frac{1}{2}$ c. butter or margarine	2 T. cornflour
1 pkg. vanilla pudding mix	
2 c. milk	

Combine flour and 2 T. sugar. Cut in butter until mixture resembles cornmeal. Line greased baking dish with mixture. Bake in hot oven 400° for 25 min. Cool. Prepare pudding with milk according to package directions. Cool. Combine plums, plum juice, cornflour and sugar. Stir and cook until slightly thickened. Cool. Pour pudding into baked crust; top with plum mixture. Serve with canned whipped cream if desired.

PASSIONFRUIT MARSHMALLOW WHIP

Serves 4

1 c. marshmallow	$\frac{1}{4}$ pt. cream
juice of $\frac{1}{2}$ lemon	pulp of 4 small passionfruit
2 T. water	

Place marshmallows in saucepan with lemon juice and water, and slowly melt. Remove from heat and allow to cool. Whip the cream and add to marshmallow mixture, and whip in the pulp of 4 passionfruit. Chill in parfait glasses in refrigerator.

CHOCOLATE FONDUE

Serves 6-8

12 oz. chocolate (any plain Cadbury will do)	1 -2 T. brandy, kirsh, or 2 tsp. instant coffee
$\frac{3}{4}$ c. cream	Dippers (below)

In heavy saucepan, melt chocolate and cream over low heat, stirring until smooth. Remove from heat; stir in flavoring.

## Dippers:

pieces of cake (pound or angel food)	marshmallows
sliced bananas	mandarin orange segments
pineapple chunks	apple wedges

JELLO WHIP PARFAITS

Serves 6-8

1 pkg. jello	1 c. undiluted evaporated milk
1 c. boiling water	

Dissolve jello in boiling water. Allow to cool but not set. Whip chilled milk until thick and beat in jello mixture. Set in refrigerator.

GLAZED FRUIT WITH CRUMB TOPPING

Serves 6

## Sauce:

1 c. sugar	1 egg
3 T. cornflour	1/3 c. lemon juice
1/4 tsp. salt	1/2 tsp. lemon rind, grated
1 1/4 c. water	2 T. butter

Combine sugar, cornflour, salt and water. Stir and cook over medium heat for 5 min. or until thick and smooth. Beat egg. Slowly beat in with egg a little of the cornflour mixture, then add to remaining mixture in pan. Cook over low heat for 2 min. Remove from stove and cool slightly. Add lemon juice, grated lemon rind and butter; stir.

Fruit: Pineapple, pawpaw or banana.

Cut into pieces, place in bowl and pour sauce over it.

## Topping:

1/3 c. brown sugar	1 tsp. salt
1/2 c. flour	2 T. butter

Mix sugar, flour, salt and butter together. Bake in 375° oven for 10 min. or until crisp and golden. Allow to cool; crumble and sprinkle over the top of dessert.

FRUIT CRUMBLE

Serves 4-6

1 1 lb. can pie apples, apricots, etc. or green lesi slices	3/4 c. flour (2 crushed weet bix biscuits opt.)
1/4 c. currants, raisins	1/2 c. sugar
1 tsp. cinnamon	3 T. milk powder
2 T. sugar	6 T. softened butter
	1/4-1/2 c. fresh grated coconut

Combine fruit, raisins, cinnamon and sugar. Place into greased baking dish. Combine flour, sugar and milk powder. Cut in butter, then add coconut, mix. Sprinkle mixture over fruit. Bake in moderate oven for 30 min. Good with yogurt or ice cream.

APPLE CRUMBLE

Serves 4-6

1 lb. can pie apples	1/2 c. packed brown sugar
1 tsp. cinnamon	3 T. milk powder
2 T. sugar	6 T. softened butter
3/4 c. flour	

Combine apples, cinnamon and sugar. Place in greased baking dish. Combine flour, brown sugar, and milk powder. Cut in butter. Sprinkle mixture over apples. Bake in moderate oven for 30 min. Serve with ice cream.

FRIED BANANAS

Serve 2-3

4 - 6 ripe bananas  
 $\frac{1}{2}$  c. butter  
 sugar

$\frac{1}{2}$  t. cinnamon  
 1 T lemon juice

Slice bananas into bite-size pieces. Melt butter in skillet and add bananas. Fry a few minutes and sprinkle with sugar mixed with cinnamon. Squeeze lemon juice on top. Serve with plain cake or ice cream.

BANANA MOLD

Serves 4-6

1 pkg. pineapple jello  
 $\frac{1}{4}$  pt. cream

4 large bananas

Dissolve jello crystals in  $\frac{1}{2}$  pint hot water. When nearly cold, but before set, gradually stir in cream. Peel bananas; mash with fork, and beat until light and smooth. Stir lightly but thoroughly into jello and cream. Pour into a glass dish and allow to set. Note - if mixing is done before jello is sufficiently cool, the jello, banana and cream will separate into layers.

HOPPED - UP HOPA

Serves 1-2

2 hopas  
 2 T. sugar

$\frac{1}{2}$  coconut, grated  
 $\frac{1}{2}$  c. water

Cut one end off hopa. Make a hole in the hopa with a skewer. Stuff with coconut and sugar mixed together. Place in a steamer. Add water. Steam for 45 min.

BANANA CASSEROLE

Serves 4-6

6 ripe bananas  
 $\frac{1}{2}$  c. orange sections  
 $\frac{1}{3}$  c. sugar

2 T. orange juice  
 2 T. lemon juice  
 pinch of salt

Peel bananas, cut lengthwise and place in buttered dish. Remove membrane from oranges and arrange oranges on top of bananas. Sift sugar over bananas. Add fruit juice, to which salt has been added. Bake at  $300^{\circ}$  -  $350^{\circ}$  for 30 - 45 min.

BANANA ICE CREAM

Makes: 1 quart

4 large bananas	$\frac{1}{2}$ pint of evaporated milk
pinch of salt	$\frac{1}{4}$ c. oat crisp
$\frac{1}{2}$ c. sugar	

Mash bananas. Add the pinch of salt, sugar, and lemon juice. Thoroughly chill milk, then whip it until soft peaks form. Fold banana mixture into whipped milk. Next fold in oat crisp. Freeze.

OAT CRISP

3 T. butter	1 c. oats
$\frac{1}{4}$ c. sugar	

Melt butter; add sugar and oats. Spread on a cookie sheet and toast in oven for 10 min. Cool.

TRI-LEVEL BROWNIES

$\frac{1}{2}$ c. flour	$\frac{3}{4}$ c. sugar
$\frac{1}{4}$ tsp. soda	1 egg
$\frac{1}{4}$ tsp. salt	$\frac{2}{3}$ c. flour
1 c. oats	$\frac{1}{4}$ tsp. baking powder
$\frac{1}{2}$ c. brown sugar	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ c. butter, melted	$\frac{1}{4}$ c. milk
1 oz. unsweetened chocolate	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{4}$ c. butter, melted	frosting

For bottom layer: sift together  $\frac{1}{2}$  c. flour, soda, and salt. Combine with oats and brown sugar. Stir in  $\frac{1}{2}$  c. butter. Pat mixture in bottom of 11" x 7" pan. Bake 350° for 10 min. For middle layer: Combine chocolate, butter and sugar. Add egg; beat well. Sift together  $\frac{2}{3}$  c. flour, baking powder, and salt. Add alternately with milk and vanilla to chocolate mixture. Spread batter over baked layer. Bake 350° for 25 min. longer. Spread with frosting after cool.

TONGAN BUTTERSCOTCH BROWNIES

About 16 thin 2" squares

$\frac{1}{4}$ c. butter	$\frac{1}{2}$ c. flour
1 c. sugar (brown)	1 tsp. baking powder
1 egg	$\frac{1}{2}$ tsp. salt
1 tsp. vanilla	$\frac{3}{4}$ c. desiccated coconut (or 1 c. nuts)

Melt butter. Stir in sugar until it's dissolved. Cool slightly. Add the egg and vanilla. Beat well. Sift and add the flour, baking powder and salt. Stir in the coconut and/or nuts. Pour into a greased 9" x 9" pan and bake at 350° for 20 to 25 min.

LEMON SQUARES

1 c. flour	1 c. sugar
$\frac{1}{2}$ c. soft butter	$\frac{1}{2}$ tsp. baking powder
$\frac{1}{4}$ c. icing sugar	$\frac{1}{4}$ tsp. salt
2 eggs	2 T. lemon juice

Mix together the flour, butter and sugar. Press in 8" x 8" pan and bake at 350° for 20 min. Beat the rest of the ingredients for 3 min. until they are light and fluffy. Pour over hot crust. Bake 25 min. longer.

GINGER CRUNCH

Makes: 1½ dozen

4 oz. butter	1 tsp. baking powder
$\frac{1}{4}$ c. sugar	1 tsp. ginger

Cream butter and sugar. Add sifted dry ingredients; mix well. Spread into greased pan and bake at 350° until browned, 15-20 min.

## TOPPING:

4 T. icing powder	1 tsp. ground ginger
2 T. butter	3 tsp. Golden Syrup

Place all ingredients in a saucepan. Stir over medium heat until butter is melted and ingredients are well mixed. Pour over biscuit layer while both are still warm. Cut into squares when cool.

MAGIC COOKY BARS

Makes 9" pan

$\frac{1}{2}$ c. butter	1 c. chocolate pieces
$1\frac{1}{2}$ c. crushed Arrowroot biscuits	1 c. fresh grated coconut
1 c. chopped nuts (optional)	1 can sweetened condensed milk

Melt butter in pan. Sprinkle crumbs evenly over butter. Sprinkle nuts over crumbs; chocolate pieces over nuts; coconut over chocolate. Pour sweetened condensed milk over all. Bake at 350° for 25 min. or until lightly browned. Cool in pan; set one hour before cutting.

FUDGE BROWNIES

Makes 8" pan

2 T. cocoa	1 tsp. vanilla
1 c. brown sugar	1 c. chopped nuts
1 egg, beaten	$\frac{1}{2}$ c. sifted flour
$\frac{1}{4}$ c. melted butter	

Mix all ingredients together, beating until smooth. Pour into a greased 8" x 8" pan and bake for 20 min. at 325°.

WEET BIX DELUXE

3 Weet bix	$\frac{1}{2}$ can sweetened condensed milk
1 c. flour	1 T. butter
1 c. fresh coconut	$1\frac{1}{2}$ T. Golden Syrup
$\frac{3}{4}$ c. sugar	1 T. cocoa
1 tsp. baking powder	$1\frac{1}{2}$ c. icing sugar
$\frac{1}{2}$ c. butter, melted	hot water

Place all dry ingredients except the cocoa and icing sugar in bowl. Mix in the melted butter and press into a sponge roll tin. Cook in oven at  $350^{\circ}$  for 15 min. Stir condensed milk, 1 T. butter and Golden Syrup together in a saucepan until blended. Pour onto base and return to oven for 3-5 min. Frost while still warm with chocolate icing, made by mixing the cocoa with the icing sugar, and adding hot water until desired consistency is reached.

CARAMEL SHORTCAKE

Makes 10" x 12" pan

$\frac{1}{2}$ c. butter	pinch of salt
$\frac{1}{2}$ c. sugar	1 can sweetened condensed milk
1 egg	$\frac{1}{4}$ c. butter
2 c. flour	$1\frac{1}{2}$ T. Golden Syrup
1 tsp. baking powder	

Cream together the butter and sugar; add the egg. Sift the flour, baking powder, and salt; then add to the egg mixture. Heat the condensed milk, butter, and Golden Syrup enough to blend. Set aside. Press into cake tin very thinly the first mixture. Pour over it the second mixture. Bake 30 min. in a moderate oven. Ice when cold.

COCONUT BARS

Makes 11" x 7" pan

1 c. flour	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ c. brown sugar	2 T. flour
$\frac{1}{2}$ c. butter	1 tsp. baking powder
1 c. brown sugar	1 c. chopped nuts
2 eggs, beaten	$1\frac{1}{2}$ c. fresh grated coconut
1 tsp. vanilla	

Cream together the flour, brown sugar and butter, and press in thin layer in the pan. Bake at  $325^{\circ}$  for 10 min. Mix other ingredients together, then pour onto first layer, and bake for 10 min.

PEANUT BUTTER BARS

1 c. brown sugar	1 tsp. soda
1 c. shortening	$\frac{1}{2}$ tsp. salt
3 T. peanut butter	Chocolate Frosting, below
2 c. flour	

Cream sugar, shortening and peanut butter. Sift flour, soda and salt, and add to creamed mixture. Batter will be very thick. Press into an ungreased pan. Bake at 350° for about 25 min. cool. Prepare frosting.

CHOCOLATE FROSTING

2 T. shortening	$\frac{1}{4}$ c. milk
1 T. butter	icing sugar (about 2 c.)
1 square chocolate	

Heat all ingredients except icing sugar until mixture is smooth. Remove from heat and add icing sugar until thick. Frost cooled cake or any bar-type cooky. (If substituting for chocolate square, use 3 T. cocoa, and add  $\frac{1}{2}$  T. butter to recipe)

FUDGE SLICE

Makes 10" x 12" pan

$\frac{1}{2}$ lb. butter	2 c. flour
1 T. Golden Syrup	1 tsp. baking powder
1 c. sugar	1 c. Fresh grated coconut
2 T. cocoa	

Melt together the butter, Golden Syrup, sugar and cocoa. Sift the flour and baking powder. Add the melted mixture to all the dry ingredients. Press into cake tin very thinly ( $\frac{1}{4}$ "). Cook 25 min. in moderate oven. Ice and cut while warm.

COFFEE COCONUT CHEWS

Makes 3 dozen

1 c. butter	2 c. sifted flour
1 c. sugar	2 egg whites
1 T. instant coffee	$\frac{1}{4}$ c. sugar
2 tsp. cinnamon	1 c. desiccated coconut
2 egg yolks	

Cream butter. Combine sugar, coffee and cinnamon. Add sugar mixture to butter. Add egg yolks and blend. Add sifted flour and mix thoroughly. Press dough into two 8" x 8" greased pans. Beat egg whites until foamy throughout. Add sugar gradually, beating constantly until very stiff. Stir in coconut. Spread meringue mixture over cookie dough. Bake in 350° oven 20-25 min. Cool.

COCONUT CHEWIES

Makes about 2 dozen

$\frac{1}{2}$  c. butter  
1 c. sugar

1 c. wheat or plain flour  
1 fresh grated coconut

Mix all ingredients together, adding enough wheat flour to make a stiff dough. Pat into slab  $\frac{1}{2}$ " thick. Cut into finger lengths. Bake on greased sheet until golden brown (5 min.), in a moderate (350°) oven.

COCONUT SQUARES

Makes about 3 dozen

2 eggs  
2 c. brown sugar  
pinch of salt  
 $\frac{1}{2}$  tsp. vanilla

2 c. fresh grated coconut  
 $\frac{1}{4}$  c. broken nut meats  
6 T. flour

Beat eggs until foamy. Beat in sugar, salt and vanilla. Stir in coconut and nut meats. Sift flour over batter and stir lightly. Spoon into a buttered pan. Bake 30 min. in a moderate oven. Cool and remove from pan.

PAPAYA OATMEAL SQUARES

1 c. flour  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{2}$  tsp. soda  
 $\frac{1}{2}$  c. brown sugar, firmly packed  
 $\frac{1}{3}$  c. butter or margarine  
1 c. rolled oats

## Papaya Filling:

1 c. diced ripe papaya  
 $\frac{1}{3}$  c. sugar  
2 tsp. lime or lemon juice  
 $\frac{1}{2}$  c. chopped nuts (optional)

Sift together first three ingredients. Add brown sugar. Cut in butter until mixture is consistency of cornmeal. Add rolled oats and mix well. Press half of mixture into oiled 6" x 11" or 9" round pan. Combine papaya, sugar, lime or lemon juice and nuts and spread over crumb mixture. Sprinkle remaining crumb mixture over fruit layer and press evenly with hands. Bake in oven at 350° for 40 min. Cool in pan. Cut in small squares, rectangles or triangles, according to personal preference.



JAFFA FUDGE SLICE (UNCOOKED)

$\frac{1}{2}$ c. butter	$\frac{1}{2}$ c. chocolate chips
$\frac{1}{2}$ c. sweetened condensed milk	1 orange rind, grated
1 c. desiccated coconut	Icing (below)

Melt the butter. Stir in other ingredients. Press into greased tin. Leave in a cool place to set.

ICING FOR THE JAFFA FUDGE SLICE

1 T. butter	1 T. orange juice
$1\frac{1}{2}$ c icing sugar	little fresh coconut
2 tsp. sweetened condensed milk	

Soften butter and stir in other ingredients. Spread on cake and sprinkle top with a little coconut.

FUDGY OATMEAL COOKIES2 dozen  $1\frac{1}{2}$ " cookies

1 can sweetened condensed milk	1 tsp. vanilla
2 sq. unsweetened chocolate or or 6 T. cocoa and 2 T. Butter	1 c. oats
	$\frac{1}{2}$ c. coarsely chopped nuts

In top of double boiler combine condensed milk and chocolate (or cocoa and butter). Cook over rapidly boiling water, stirring constantly, until very thick. Remove from heat. Stir in vanilla. Blend in oats and nuts. Drop by teaspoonfuls, about 2" apart, onto greased cooky sheet. Bake at  $350^{\circ}$  for about 8-10 min. until set.

SUGAR COOKIES

Makes 6 dozen

1 c. icing sugar	1 c. oil
1 c. granulated sugar	2 tsp. vanilla
1 c. butter	5 c. flour
$\frac{1}{2}$ tsp. salt	1 tsp. soda
2 eggs	1 tsp. cream of tartar

Cream together the sugars, butter and salt. Add the rest of the ingredients mix well. Form into balls; flatten with a sugared glass, and watch for a delicate brown.

EUELL GIBBONS' COCONUT COOKIES

3-4 dozen

1 coconut, freshly grated	1 c. sugar
2 eggs, beaten	$\frac{3}{4}$ c. flour

Add the fresh coconut to the eggs. Mix well. Add sugar. Add the flour and mix thoroughly. Form into  $\frac{1}{2}$ " balls, and bake on ungreased cooky sheet for about 20 min. at  $350^{\circ}$ .

OATMEAL COOKIES

Makes 3-4 dozen

$\frac{3}{4}$ c. shortening	1 tsp. vanilla
1 c. brown sugar	1 c. sifted flour
$\frac{1}{2}$ c. white sugar	1 tsp. salt
1 egg	$\frac{1}{2}$ tsp. soda
$\frac{1}{4}$ c. water	3 c. uncooked oats

Beat together shortening, sugars, egg, water and vanilla. Sift together flour, salt, and soda; add to shortening mixture, mixing well. Blend in oats. Drop by teaspoon onto greased cookie sheets. Bake at 350° for 10-13 min.

For variety add: chopped nuts, sultanas, chopped Cadbury bar,  $\frac{1}{2}$  tsp. cinnamon and  $\frac{1}{4}$  tsp. nutmeg, or fresh coconut.

MILK OATIE STRAWS

Makes about 2 dozen

1 c. flour	$\frac{1}{2}$ c. sugar
1 tsp. baking powder	1 c. oatmeal
1 tsp. salt	1 tsp. vanilla
4 T. butter	$\frac{1}{4}$ c. milk

Sift flour, baking powder, and salt. Cut in butter using 2 knives. Add sugar and oats. Add vanilla and sufficient milk to make a stiff dough. Roll out on a lightly floured board to  $\frac{1}{2}$ " thickness. Cut into 5" lengths,  $\frac{1}{2}$ " wide. Place on greased baking tray and bake in a hot oven 15-20 min. Sprinkle with granulated sugar or minced nuts before baking.

MOLASSES SUGAR COOKIES

Makes about 3 dozen

$\frac{3}{4}$ c. shortening	2 T. baking soda
1 c. sugar	1 tsp. cinnamon
$\frac{1}{4}$ c. molasses or treacle	$\frac{1}{2}$ tsp. ground cloves
1 egg	$\frac{1}{2}$ tsp. ground ginger
2 c. sifted flour	$\frac{1}{2}$ tsp. salt

Cream shortening and sugar. Add molasses and egg; beat well. Sift together flour, soda, cinnamon, cloves, ginger and salt; add to first mixture. Mix well and chill. Form into 1" balls. Roll in granulated sugar and place on greased cookie sheets 2" apart. Bake in moderate oven (375°) for 8-10 min.

OATMEAL BANANA COOKIES

Makes 3½ dozen

¾ c. shortening	1½ c. flour
1 c. sugar	½ tsp. soda
1 egg	1 tsp. salt
1 c. mashed bananas	¼ tsp. nutmeg
1 c. rolled oats	¾ tsp. cinnamon

Cream shortening and sugar. Add egg and beat thoroughly. Mix in bananas, and rolled oats. Sift together remaining ingredients and add to the banana mixture. Drop by a teaspoon onto an oiled cooky sheet about 1½" apart. Bake at 400° for about 12 min.

CHOCOLATE CHIP COOKIES

1½ c. butter	1½ tsp. baking soda
1 c. raw sugar	1½ tsp. salt
2 eggs	2 c. oatmeal
1 tsp. vanilla	1-2 c. chocolate chips (diced energy chocolate bar)
2½ c. flour	

Cream butter and sugar. Beat in eggs and vanilla. Stir in dry ingredients. Add chocolate chips. Drop by rounded teaspoons on ungreased cooky sheet. Bake a 350° until golden, approx. 8 min.

NO-BAKE COOKIES

Makes 3 dozen

½ c. butter	½ c. peanut butter
½ c. cocoa	3 c. oatmeal
2 c. sugar	½ c. fresh coconut
½ c. milk	½ c. nuts
1 tsp. vanilla	

Boil first four ingredients at rolling boil for 5 min. Remove from heat; add dry ingredients. Drop by spoon onto a piece of waxed paper. The mixture should not be dry and stiff before spooning out cookies. If you cook it too long, and this happens, the cooky crumbs make an excellent crumb topping for custard or pudding.

HONEY - PEANUT CHEWS

½ c. sugar	1 c. peanut butter
½ c. honey, syrup or molasses	2 c. cornflakes

Boil sugar and syrup, add other ingredients. Drop by spoonful onto cooky sheet and let cool.

CHOCOLATE-PEANUT COOKIES

Makes about 3 dozen

$\frac{1}{2}$ c. butter	2 tsp. baking powder
$\frac{1}{4}$ oz. sugar	2 T. cocoa
1 egg	$\frac{1}{2}$ lb. peanuts
1 c. flour	$\frac{1}{2}$ tsp. salt

Cream butter and sugar. Add egg and beat well. Mix in sifted dry ingredients. Add peanuts. Put on greased cooky sheets by the spoonful. Bake 20 min. at 375°.

PEANUT WHIRLS

Makes 4 dozen

$\frac{1}{2}$ c. butter	$1\frac{1}{4}$ c. flour
$\frac{1}{2}$ c. peanut butter	$\frac{1}{2}$ tsp. soda
1 c. sugar	$\frac{1}{2}$ tsp. salt
1 egg	2 T. milk
1 tsp. vanilla	6 oz. chocolate bar (or T. cocoa)

Cream butter, peanut butter, sugar, egg and vanilla. Sift flour, soda and salt. Add alternately with milk to creamed mixture. Depending on type of peanut butter, you may need to add 1-2 T. extra flour to get dough that can be managed for rolling. Chill for 1 hr. Roll out on floured paper to form a rectangle 12" x 8". Melt chocolate over hot water, cool slightly and spread on dough. Roll up lengthwise and chill for 30 min. Slice into  $\frac{1}{8}$ " slices. Place on ungreased cooky sheet. Bake at 350° for 8-10 min.

BANANA - PEANUT BUTTER COOKIES

Makes 4 dozen

$1\frac{1}{4}$ c. sifted flour	$\frac{1}{2}$ c. soft shortening
$\frac{1}{2}$ tsp. baking powder	$\frac{1}{2}$ c. peanut butter
$\frac{3}{4}$ tsp. baking soda	1 c. sugar
$\frac{1}{4}$ t. salt	$\frac{1}{4}$ c. mashed bananas

Sift dry ingredients. Cream shortening, peanut butter and sugar. Add banana, then flour mixture. Mix well. Roll into 1" balls and flatten with criss-cross of fork tines. Place on greased cooky sheet, and bake at 375° for 12 min.





CHOCOLATE OATMEAL COOKIES (NO BAKE)

Makes 3 dozen

$\frac{1}{2}$ c. milk	4 T. cocoa
$\frac{1}{2}$ c. butter	$2\frac{3}{4}$ c. oatmeal
2 c. sugar	1 tsp vanilla

In a saucepan, mix first four ingredients and bring to a boil. Boil about five min.; remove from heat and stir in oatmeal. Add vanilla and beat mixture until well mixed. Drop by teaspoonfuls on waxed paper or a buttered plate, and let cool.

VALDA'S BRANDY BALLS

1 c. icing sugar	1 tsp. vanilla
1 c. sultanas	1 tsp. brandy (opt. but add more vanilla if omitted)
2 T. cocoa	1 c. coconut
4 T. melted butter	

Mix together with hands and roll in coconut.

BANANA CAKE

$\frac{1}{2}$ c. butter	2 c. flour
$1\frac{1}{2}$ c. sugar	$\frac{1}{2}$ c. milk or cream
2 eggs, slightly beaten	$\frac{1}{2}$ tsp. baking soda
1 c. mashed bananas	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ tsp. vanilla or lemon extract	raisins and/or nuts

Cream the butter and the sugar. Add the eggs, banana pulp, and extract. Sift the flour, soda, and salt together and add to butter mixture alternately with the milk. Fold in raisins and/or nuts. Pour into a baking pan and bake for 40 min. at 350°. Frost with coconut frosting.

EGGNOG CAKE

2 c. flour	1 tsp. vanilla or rum
$1\frac{1}{2}$ c. sugar	3 eggs
$3\frac{1}{2}$ tsp. baking powder	1 tsp. nutmeg
$\frac{1}{2}$ c. butter	$\frac{1}{4}$ tsp. ginger
1 c. milk	1 tsp. salt

Beat together all the ingredients. Pour into greased and floured 9"x13" pan or two round 9" pans. Bake at 350° for 40 min.

MANDARIN ORANGE CAKE

Makes 9" x 13" pan

2 eggs	2 tsp. baking soda
2 cans (11.5 oz.) mandarin oranges, well drained	$\frac{1}{2}$ tsp. salt
2 c. sugar	$\frac{3}{4}$ c. brown sugar
2 c. flour	3 T. milk
	2 T. butter

Beat eggs; add the oranges. Sift together the sugar, flour, baking soda, and salt; then add to the first mixture. Beat for 4 min. Pour into a greased and floured pan. Bake in preheated 350° oven for 30-35 min. (If oranges are too juicy, it takes longer. Test with toothpick.) In the meantime bring to a boil the brown sugar, milk and butter. Pour over hot cake as soon as it comes from the oven.

GERMAN CHOCOLATE CAKE

Makes 3, 8" pans

## Cake:

4 oz. German chocolate	2½ c. cake flour
$\frac{1}{2}$ c. boiling water	1 tsp. baking soda
1 c. butter	$\frac{1}{2}$ tsp. salt
2 c. sugar	1 c. buttermilk
4 egg yolks	4 egg whites, stiffly beaten
1 tsp. vanilla	

Melt chocolate in boiling water. Can substitute Cadbury Crunch and/or Cadbury Nut bars. Cool. Cream butter and sugar until fluffy. Add egg yolks, one at a time, and beat well after each addition. Add melted chocolate and vanilla. Mix well. Sift together flour, soda and salt. Add alternately with buttermilk to chocolate mixture, beating well until smooth. Fold in egg whites. Pour into two deep 8" pans, lined on the bottom with paper. Bake at 350° for 30-40 min. Cool.

## Frosting:

Makes 2½ cups

1 c. evaporated milk	1 tsp. vanilla
1 c. sugar	1-1/3 c. desiccated coconut
3 egg yolks	1 c. chopped pecans
$\frac{1}{2}$ c. butter	

Cook and stir first four ingredients over medium heat until thickened, about 12 min. Add vanilla, coconut and pecans (can substitute oatmeal). Beat until thick enough to spread.

LAZY DAISY CAKE

2 eggs	1 c. flour
1 c. sugar	1 tsp. baking powder
1 tsp. butter, melted	1 c. milk

Topping:

1 c. desiccated coconut	5 T. brown sugar
2 T. milk	2 T. butter
chopped nuts (opt.)	

Beat eggs and sugar. Add butter, flour, baking powder and milk. Simmer topping while cake is cooking. Bake cake at 350° for 30-35 min. When cake is baked, spread hot topping on and put cake back in oven for 2 min.

ONE EGG CAKE

1-1/3 c. flour	3/4 c. sugar
2 tsp. baking powder	1/2 tsp. vanilla
1/4 tsp. salt	1 egg, well beaten
1/4 c. butter	1/2 c. milk

Sift together flour, baking powder, and salt; mix in butter with a fork. In another bowl mix together sugar, vanilla, and egg. Combine the two mixtures alternately with the milk. Pour batter into an 8" x 8" or 9" round buttered pan, and bake at 375° for 25 - 30 min.

OATMEAL CAKE

Serves 8-9

1 1/4 c. water (boiling)	1 tsp. cinnamon
1 c. oats	1/2 c. butter
1 1/2 c. flour	1 sugar
1/2 tsp. soda	1 c. brown sugar
1/2 tsp. salt	2 eggs
2 tsp. baking powder	

Pour water over oats; cool. In a medium bowl, sift together dry ingredients. In another bowl, cream butter and sugar. To butter mixture, add eggs one at a time, beating till fluffy. Stir in oats, then sifted dry ingredients. Bake in 9" square greased pan for 40 min. at 350°.

Topping:

1/2 c. butter, melted	1/4 c. evaporated milk
1 1/4 c. coconut (fresh or desiccated)	1 tsp. vanilla
1/2 c. brown sugar	

Mix together. Spread on cake and place under a broiler for 5 min. or until browned.

COCKEYED CAKE

Serves 6-8

1½ c. flour	5 T. salad oil
1 c. sugar	1 T. vinegar
1 tsp. soda	1 tsp. vanilla
½ tsp. salt	1 c. cold water
3 T. cocoa	

Sift together flour, sugar, soda, salt and cocoa into a greased 9" x 9" x 2" pan. Make three holes in the dry mixture. Pour oil into one hole, vinegar in the next, vanilla in the next. Pour cold water over all. Beat with spoon until smooth. Bake 30 min. at 350°. (Option: Batter may be mixed in bowl, and poured into baking pan.)

1 EGG POUND CAKE

Serves 4-6

4 T. butter	½ c. flour
½ c. unsifted powdered sugar	1 tsp. baking powder
1 egg, separated	2 T. milk
¼ tsp. vanilla	

Mix together butter and sugar with egg yolk. Add vanilla. Sift together flour and baking powder. Add to creamed mixture alternately with milk. Beat egg white until stiff; and fold into batter. Pour into small loaf pan 5" by 7". Bake at 350° for 30 - 35 min.

PINEAPPLE CARROT CAKE

Makes: 13" x 9" cake

2 c. flour	2 c. sugar
2 tsp. baking soda	1 c. oil or melted butter
1¼ tsp. salt	2 c. grated carrots
2 tsp. cinnamon	2 c. crushed pineapple (drained)
4 eggs	1 c. walnuts or fresh coconut

Sift together dry ingredients; set aside. Mix eggs, sugar, oil, stirring well. Add carrots, pineapple, and nuts, beating after each addition. Add sifted ingredients and stir well. Pour into greased and floured 9" x 13" pan. Bake 350° for 40 min. Frost with whipped cream icing or cream cheese icing.

FRUIT COCKTAIL CAKE

Serves 6

2 eggs	2 tsp. soda
1 can fruit cocktail	1 tsp. vanilla
1½ c. sugar	½ c. brown sugar
2 c. flour	1 c. desiccated coconut
½ tsp. salt	

Mix together 2 eggs and fruit cocktail. Add sugar and mix well. Sift together flour, salt and soda, and add the egg mixture. Mix. Add vanilla. Put in 9" x 13" x 2" inch pan; sprinkle with brown sugar and coconut. Bake at 350° for 30 min.

PRINCESS ANN TART

Serves 6-8

## Crust:

$\frac{1}{2}$ c. flour	pinch of salt
1 tsp. baking powder	6 T. butter
2 T. sugar	2 T. cold water

Combine flour, baking powder, sugar and salt. Work in butter until mixture resembles cornmeal. Add water and stir into stiff dough. Roll our dough on a floured surface. Place dough in 9" pie pan. Spread one 8 oz. can of raspberry jam (it may need to be melted) in the bottom crust. Pour on top of this a custard made of:

2 egg yolks	1 tsp. flour
1 c. milk	pinch of salt
1 T. sugar	1 tsp. vanilla

Combine all ingredients and beat well. Pour into prepared crust. Bake at 350 for 30 min. After filling has been cooked and cooled, pile on meringue and bake at 357° until browned.

## Meringue:

2 egg whites	$\frac{1}{4}$ tsp. cream of tartar
4 T. sugar	

Beat egg whites and cream of tartar until soft peaks form, adding sugar gradually. Beat until stiff peaks form.

PINEAPPLE GINGER STRUDEL

Serves 6

8 oz. puff pastry	$\frac{1}{4}$ c. sultanas
1 (15 oz.) can crushed pineapple	2 T. sugar
$\frac{1}{4}$ c. chopped candied ginger	beaten egg or milk
1 tsp. finely grated lemon rind	1 T. sugar
1 tsp. salt	1 T. chopped almonds

Roll pastry to a 15" square.

Drain pineapple. Add ginger, lemon rind, salt, sultanas, and 2 T. sugar.

Spread fruit mixture over pastry leaving 1" uncovered at the edges. Dampen edges and roll up like a sponge roll. Brush with beaten egg or milk. Sprinkle with sugar and almonds. Bake at 400° for 20 minutes, than at 350° for 15 min. or until pastry is golden brown and cooked through.

PAPAYA UPSIDE-DOWN CAKE

2 c. papaya, sliced	1 egg
2 T. lemon juice	1 $\frac{1}{4}$ c. flour
1/3 c. brown sugar	2 tsp. baking powder
1 T. butter	$\frac{1}{4}$ tsp. salt
$\frac{1}{4}$ c. fat	$\frac{1}{2}$ c. milk
$\frac{3}{4}$ c. sugar	

Pour lemon juice over papaya and let it stand 15 min. Melt butter and brown sugar in saucepan. Pour mixture into baking dish. Layer papaya slices on top of sugar mixture. To prepare cake mixture, cream fat, and  $\frac{3}{4}$  c. sugar and when well mixed add beaten egg. Sift salt, baking powder and flour together and add to egg; mix alternately with milk. Pour batter over papaya slices and bake in a moderate oven 50-60 min. When cake is done, invert it on to a large plate. Serve it hot.

SHORTCAKE

Serves 6-8

2 c. flour	$\frac{3}{4}$ c. milk
4 tsp. cream of tartar	2 T. butter, melted
$\frac{1}{2}$ tsp. salt	2 T. butter, melted
few grains nutmeg	fruit
$\frac{1}{4}$ c. butter	

Heat oven to 425°. Butter a 9" cake pan. Sift together flour, cream of tartar, salt and nutmeg. With a blending fork or fingers, work in butter. Stir in gradually about  $\frac{3}{4}$  c. of milk until the dough holds together, but is soft. Turn out on to a floured board and divide into two parts. Pat or roll out into 9" rounds. Put one round in the pan. Spread lightly with 2 T. melted butter. Place the other half on top. Bake 12 min. Split carefully with a fork. Spread with 2 T. melted butter. Put prepared fruit between layers and on top. For a richer cake use 1/3 cup sugar and 1/3 cup butter, and reduce milk to 1/3 cup.

EASY PIE PASTRY

Sift directly into pie pan 1 $\frac{1}{2}$  c. flour, 1 tsp. salt, 1 T. sugar, and cinnamon if desired. Mix in a cup  $\frac{1}{2}$  c. vegetable oil, 2 T. milk, and 1 tsp. vanilla extract. Pour over flour and blend thoroughly. Press evenly to sides and bottom of pan. Bake in hot oven for 20 min; fill and return to oven for desired baking time.

PIE CRUST

One 9" single crust

1½ c. sifted flour	½ c. shortening or ngako
½ tsp. salt	3 T. cold water

Sift flour and salt together. With a pastry blender or a fork, work in shortening until the grain in the mixture is pea size. Stir in the water, 1 T. at a time, until the mixture holds together when you gather it into a ball. Roll it out on a floured surface.

COCONUT CRUMB CRUST

One 9" single crust

1½ c. flaked coconut	2 T. sugar
2 T. butter, melted	¼ c. arrowroot crumbs

Combine coconut and butter. Add sugar and crumbs, mixing thoroughly. Press firmly on bottom and sides of pie pan. Bake at 375° for 5 min. Cool thoroughly before filling. Good with all cream pies and Tropical 'Papa-pie'.

BANANA CREAM PIE

Makes one 9" pie

½ c. sugar	1 c. bananas, sliced thinly
¼ tsp. salt	9" baked pie shell
1/3 c. flour	3 egg whites
1-1/3 c. milk	1/3 c. sugar
¾ c. water	½ tsp. baking powder
3 egg yolks	

Combine sugar, salt, flour, milk and water over low heat. Add small amount of this mixture to egg yolks, mix, and pour back into custard. Cook 3-4 min. longer. Add bananas and pour into baked pie shell. Top with meringue made of 3 egg whites, 1/3 c. sugar, and ½ tsp. baking powder, beaten until stiff. Spoon over pie and bake until lightly browned. Pineapple cream pie can be made in the same manner by substituting 1 c. chopped pineapple for the bananas.

PINEAPPLE PIE

Serves 8-9

2 c. pineapple (sliced)	1 T. flour
¾ c. sugar	½ tsp. nutmeg
2 T. lemon juice	1 tsp. cinnamon

To pineapple, add mixture of sugar, spices, and flour. Add lemon juice. Put in 9" pastry-lined pan, dot with butter add top crust. Bake 45 - 50 min. at 350°.

TROPICAL PAPA-PIE

$\frac{3}{4}$ c. sugar	2 T. cornstarch
$\frac{1}{2}$ tsp. nutmeg	2 c. papaya
1 tsp. cinnamon	$\frac{1}{4}$ c. orange or lemon juice

Mix sugar, spices, and cornstarch. Add papaya, then juice. Place in crust-lined pie pan. Bake at 400° for 15 min. ; lower heat to 350° and bake 20 - 25 min.

SWEET POTATO PIE

Serves 4-6

6 kumalas	butter
boiling salted water	1 tsp. brown sugar
1 can crushed pineapple	1 tsp. cinnamon

Cover sweet potatoes with boiling water and let boil until tender. Drain pineapple, reserving 3 T. liquid. Mash kumalas, and add pineapple and juice. Put into a 9" pie shell, dot with butter and sprinkle with brown sugar and cinnamon. Bake in 400° oven for 20 min.

SHOOFLY PIE

Serves 8

$\frac{3}{4}$ c. dark molasses (treacle)	$\frac{1}{4}$ c. butter
$\frac{3}{4}$ c. boiling water	$\frac{1}{2}$ c. firmly packed brown sugar
$\frac{1}{2}$ tsp. baking soda	Pastry for 1 crust 9-inch pie, unbaked
$1\frac{1}{2}$ c. sifted flour	

In one bowl mix together the first four ingredients. In another bowl use your hands to mix together the next three ingredients. Pour about 1/3 of the molasses mixture into pastry-lined pie pan. Sprinkle with one third flour mixture. Continue alternating layers, ending with the flour mixture. Bake in preheated moderate oven (375°) for 35 min. Serve warm or cold.

OATMEAL PIE

3 eggs	3 T. cream
1 c. sugar	2 T. milk
$\frac{2}{3}$ c. brown sugar (raw)	2 T. melted butter
$\frac{2}{3}$ c. coconut	1 t. vanilla
$\frac{2}{3}$ c. oatmeal	$\frac{1}{2}$ t. salt

Cream eggs and sugar. Add rest of the ingredients and bake at 350° for 45 min.

HAWAIIAN BANANA PIE

Makes 1 pie

4 c. sliced bananas, ripe but firm	1 tsp. cinnamon
$\frac{1}{2}$ c. pineapple juice	1 T. butter or margarine
$\frac{1}{2}$ c. sugar	Pastry for 2 crust pie

Soak sliced bananas in pineapple juice for 20 to 30 min. Drain, saving the juice. Place bananas in pastry lined pie plate, add sugar and cinnamon which have been mixed together. Add 2 T. of the pineapple juice. Dot with butter and cover with top crust. Bake at 400° for 30 to 45 min., or until crust is browned.

PUMPKIN PIE

2 c. prepared pumpkin	$\frac{1}{2}$ tsp. nutmeg
1 c. sugar	1 egg
1 tsp. salt	$1\frac{3}{4}$ c. milk
1 tsp. cinnamon	1 9" pie crust
$\frac{1}{2}$ tsp. ginger	

Mix together pumpkin, salt, sugar, cinnamon, ginger nutmeg, egg, and milk. Line pan with pastry. Bake as for a custard pie at 350° for 40 minutes or until knife inserted in the center comes out clean.

Preparation of pumpkin:

Skin pumpkin, slice into large pieces. Bring to boil water and add a teaspoon of salt. Place pumpkin into pot and steam until tender. Remove from pot and mash. Use this in other recipes calling for cooked pumpkin.

EGGLESS PUMPKIN PIE

$1\frac{1}{2}$ c. cooked pumpkin or squash	$\frac{1}{2}$ tsp. ginger
$\frac{3}{4}$ c. powdered milk	$\frac{1}{8}$ tsp. ground cloves
$1\frac{1}{2}$ c. water	5 T. custard powder
$\frac{3}{4}$ c. sugar (white, raw or brown)	1 tsp. vanilla
$\frac{1}{2}$ tsp. salt	1 9" baked pie crust
1 tsp. cinnamon	

Mix first 9 ingredients together in a saucepan and boil gently for 3 min. Cool slightly and add the vanilla. Pour the mixture into the baked pie shell.

EUELL GIBBONS' 'PASSION CAKE ICING'

$\frac{1}{4}$ c. butter	$\frac{1}{4}$ c. passion fruit pulp
$\frac{1}{2}$ c. icing sugar	2 c. icing sugar

Cream butter with  $\frac{1}{2}$  c. icing sugar until smooth. Add passion fruit and beat until frothy. Then while still beating, gradually add the 2 c. of icing sugar, continuing the beating until the mixture is stiff enough to spread smoothly on a cake. Allow to set for several hours before serving.

CREAMY SMOOTH FROSTING

4 T. butter	1 tsp. vanilla
2 T. shortening	pinch of salt
$1\frac{3}{4}$ c. icing sugar	

Cream butter and shortening; add icing sugar. Add vanilla and salt; beat until fluffy.

Variations:

Spice-add 1 tsp. cinnamon and  $\frac{1}{2}$  tsp. nutmeg

Chocolate- $1\frac{1}{2}$  T. cocoa

Coconut- $\frac{1}{2}$  c. coconut, grated fresh

CHOCOMALT ICING

3 T. milo	2 c. icing sugar
2 - 3 T. milk	pinch of salt
1 T. butter	

Place 'Milo' and 2 T. milk in saucepan; heat, stirring, over medium heat until smooth and thick. Remove from heat. Blend in butter, and add icing sugar and salt. Mix well, and add the remaining milk until spreading consistency is reached. Frosts one layer cake.

MARSHMALLOW ICING

For 1 cake

1 c. sugar	$\frac{1}{3}$ tsp. cream of tartar
$\frac{1}{3}$ c. water	$1\frac{1}{2}$ tsp. vanilla
2 egg whites, stiffly beaten	

Boil sugar and water and add slowly to the stiffly beaten whites. While still warm add cream of tartar and vanilla. Beat the ingredients until the bowl is cool.

PEANUT BUTTER FROSTING

1/3 c. milk	3 c. icing sugar
2 T. butter	1/3 c. peanut butter

Combine milk and butter in saucepan; heat until butter has melted. Pour over sugar; blend. Add peanut butter. Beat until well mixed and of good spreading consistency. Frosts tops and sides of two 8" layers.

MOCK WHIPPED CREAM

Cream  $\frac{1}{2}$  c. sugar with  $\frac{1}{2}$  c. butter. Slowly add  $\frac{1}{2}$  c. milk, beating until light and fluffy. If mixture seems to curdle, continue beating until smooth. Flavor with vanilla.

NEW ZEALAND PAVLOVA

3 eggs, separated	6 T. white sugar
1 T. cold water	1 tsp. vinegar

To the three egg whites, add the cold water. Beat well, until soft peaks form. Gradually add the sugar, and beat until stiff. Add vinegar and blend thoroughly. With the back of a spoon, shape the paste into a nest on a cookie sheet, and bake at 300° for 30 min. Reduce heat to 250°, and continue baking for 1 hr. longer. Suggested toppings for pavlova include whipped cream, sweetened fruit, and chocolate sauce. (For a larger 'pav', add 2 T. sugar for each additional egg white. Don't increase amount of water and vinegar.)

TOFFEE SQUARES

2 c. brown sugar	2 T. boiling water
$\frac{1}{4}$ c. butter	few grains salt
1 T. vinegar	

In heavy saucepan, cook all ingredients over medium heat to hard-crack stage (290°), stirring as little as possible. Pour into buttered loaf pan, and cut into squares when cool. (To test for hard - crack stage, drop a small amount of mixture into cold water. The mixture will separate into hard, brittle threads).

COCONUT FUDGE

Makes about 3 dozen pieces

3 c. fresh grated coconut  
 $\frac{1}{2}$  c. milk  
 $2\frac{1}{2}$  c. sugar

1 T. ground cinnamon or ginger  
 7-8 cardamon, seeds, ground  
 1 tsp. vanilla

Mix coconut, milk and sugar in deep frying pan. Brown on low heat, stirring constantly. When golden brown and beginning to harden, quickly add ginger, or cinnamon, cardamons, and vanilla. Set candy on a greased tray. Cut into pieces and serve. May also be formed into balls.

TOFFEE

2 T. butter  
 2 T. sugar

2 T. milk  
 2 T. vinegar

Bring ingredients to a boil. Boil for 30 - 40 min. To test drop mixture from spoon into a cup of cold water; mixture will form a small hard ball. Pour into a flat greased pan. When nearly set, mark into squares. When cold, break into pieces and store in an air-tight jar. For Peanut Brittle - add  $\frac{1}{2}$  c. peanuts before pouring into pan to set.

COCONUT CANDY

1 coconut grated  
 3 c. sugar

1 c. water

Combine the sugar and water. Boil for 10 min. Add coconut. Cook slowly, stirring, for 15 min. Then let cool while stirring-shape as desired.

NUT BALLSMakes  $\frac{1}{2}$  lb.

$\frac{1}{4}$  c. syrup  
 1 T. vanilla  
 $\frac{1}{8}$  T. salt

$\frac{1}{2}$  c. powdered milk  
 $\frac{1}{4}$  c. chopped nuts

Put syrup, vanilla and salt into bowl, mix together, then add powdered milk and chopped nuts. Stir with a knife until well blended. Pat into a ball and place on board sprinkled lightly with sugar. Knead until creamy. Let stand until firm enough to shape into 1" balls. Roll in sugar.

CHOCOLATE FUDGE

2 c. sugar  
 $\frac{3}{4}$  c. cream or milk  
 2 T. corn syrup or Golden Syrup

2 oz. unsweetened chocolate  
 OR 4 T. cocoa & 2 T. butter  
 2 T. butter  
 1 tsp. vanilla

In heavy suacepan, over moderate heat, stir all ingredients until chocolate melts. Cook on low heat to softball stage ( $234^{\circ}$ ); remove from heat. Add, but don't stir, 2 T. butter. Let mixture stand until almost cold. Add 1 tsp. vanilla. Beat until no longer glossy, and fudge is thick and creamy. Pour into slightly butter loaf pan. To make CHOCOLATE PEANUT BUTTER FUDGE, substitute 1 T. peanut butter for 1 T. butter. (To test for softball stage, drop a small amount of mixture into cold water. Mixture will flatten but not disintegrate.)

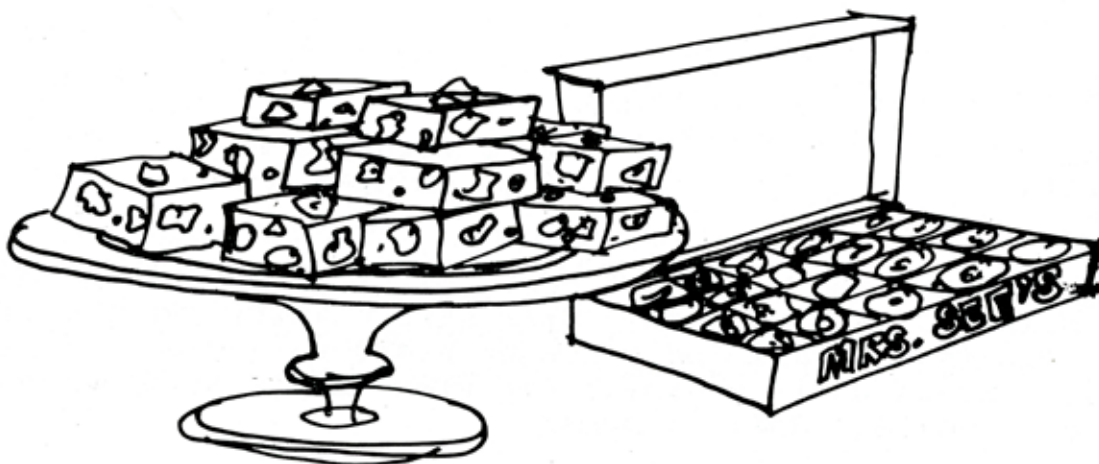
CANDIED GINGER

Makes 1 cup

1 c. fresh ginger root  
 $\frac{1}{2}$  c. sugar

$\frac{1}{4}$  c. sugar  
 $\frac{1}{4}$  c. water

Wash, scrape and slice ginger root into thin slices. Cover with cold water and boil for 5 min. Drain. Repeat once more. Drain, then spread ginger pieces on clean dry towel. Prepare syrup by combining  $\frac{1}{2}$  c. sugar and  $\frac{1}{4}$  c. water. Stir until sugar dissolves. Cook over low flame until syrup thickens. Add ginger slices and cook over low heat until syrup is absorbed. Allow ginger slices to dry for at least an hour. Roll in sugar. Let stand until sugar crystallizes. Store in airtight jars.



CHOCOLATE FUDGE

Makes about 2 dozen pieces

$\frac{1}{2}$ c. milk	1 T. cocoa
2 c. sugar	vanilla to taste
1 T. butter	chopped nuts (optional)

Put milk, sugar, butter and cocoa in a saucepan and bring to a boil. Boil  $\frac{1}{4}$  min. Remove from heat and add vanilla. Beat until thick and pour into buttered dish. Cut when set. Chopped nuts should be added before beating.

FRENCH FUDGE

Makes 8" pan

3 c. semi-sweet chocolate	$1\frac{1}{2}$ tsp. vanilla
pieces (chopped energy bar)	$\frac{1}{2}$ c. ground nutmeats
1 can sweetened condensed milk	optional
pinch of salt	

In top of double boiler melt chocolate over hot water; stir a few times. Remove from heat. Stir in sweetened condensed milk, salt, vanilla and nuts, if used. Stir only until smooth. Turn onto waxed paper lined pan; spread evenly and smooth. Allow to set (2 hr. in refrigerator or 5-6 hr. at room temperature). Turn candy onto cutting board, Peel off paper and cut.

GINGER FUDGE

Makes 9" pan

2 c. sugar	$\frac{1}{2}$ c. milk
1 T. Golden Syrup	1 packet gingernut cookies, crushed
$\frac{1}{4}$ can sweetened condensed milk	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{2}$ c. butter	$\frac{1}{2}$ c. chopped walnuts (optional)

Boil sugar, Golden Syrup, condensed milk, butter, and milk together over a very low heat for about half an hour, until light brown. All crushed biscuits, nuts, and vanilla. Beat until creamy. Pour into a buttered dish and allow to set.

Note: This fudge will keep for weeks in an airtight tin.

GUAVA CANDY

2 c. guava pulp  
 3½ c. sugar  
 1 tsp. unflavored gelatin

2 T. cold water  
 ½ c. chopped almonds or other  
 nuts

Combine guava pulp with sugar and cook over low heat until it's very thick, stirring constantly to prevent burning. Meanwhile, soak gelatin in cold water for 5 min., then melt over hot water. When the guava-sugar mixture becomes so thick that it seems to leave the sides of the pan, stir the gelatin into it and remove pan from heat. Allow the candy to cool until barely lukewarm; stir in the nuts and pour into a buttered dish to harden. When cold, it will have the consistency of smooth gumdrops and can be cut into squares.

CHOCOLATE SURPRISES

3 medium bars of Cadbury  
 chocolate  
 boiling water

3-4 c. raisins  
 4 c. cornflakes

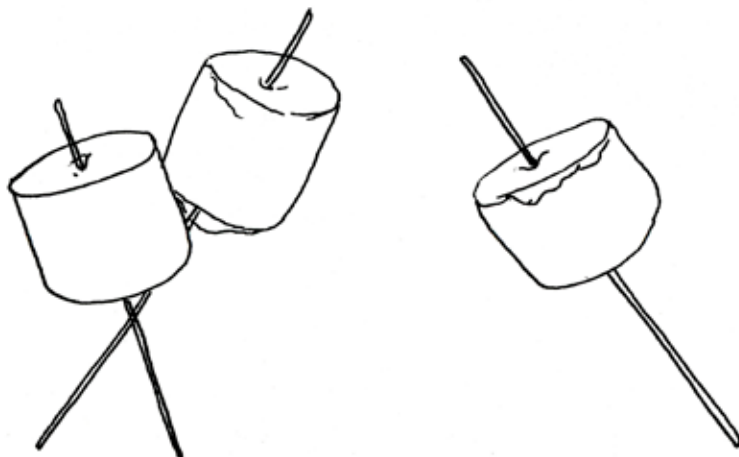
Melt chocolate in saucepan with boiling water; heat until smooth. In large bowl, mix raisins and cornflakes. Pour melted chocolate over the mixture in the bowl, and stir until well mixed. Let cool a few minutes. Then either roll into balls or drops by teaspoonfuls on plate. Refrigerate for a couple of hrs.

MARSHMALLOWS

1 c. sugar  
 1 c. hot water  
 1½ T. gelatin

½ tsp. cream of tartar  
 1 tsp. vanilla  
 powdered sugar

Mix together sugar, water, gelatin and cream of tartar; heat, stirring until sugar has dissolved. Boil for 3 min. Pour into bowl and leave to cool until skin forms on top. Then beat hard until mixture is thick and white. Add vanilla and pour into greased pan dusted with powdered sugar. When set, cut into cubes and roll in powdered sugar.



# Recommended Daily Dietary Allowances

Age	Wt. (lb)	Ht. (in)	Cal.	Prot (Gm)	VitA (IU)	VitD (IU)	VitC (mg)	Nia- cin (mg)	Ribo- flavin (mg)	Thia- mine (mg)	Ca. (mg)	Fe (mg)
1												
<b>Males</b>												
18-22	147	69	2800	60	5000	400	60	18	1.6	1.4	0.8	10
22-35	154	69	2800	65	5000	-	60	18	1.7	1.4	0.8	10
35-55	154	68	2600	65	5000	-	60	17	1.7	1.3	0.8	10
55-75+	154	67	2400	65	5000	-	60	14	1.7	1.2	0.8	10
<b>Females</b>												
18-22	128	64	2000	55	5000	400	55	13	1.5	1.0	0.8	18
22-35	128	64	2000	55	5000	-	55	13	1.5	1.0	0.8	18
35-55	128	63	1850	55	5000	-	55	13	1.5	1.0	0.8	18
55-75+	128	62	1700	55	5000	-	55	13	1.5	1.0	0.8	10
Pregnancy			+200	65	6000	400	60	15	1.8	+0.1	+0.4	18
Lactation			+1000	75	8000	400	60	20	2.0	+0.5	+0.5	18

Abbreviations: Ca-Calcium; Fe-Iron; Prot-Protein; Cal.-Calories; Ht.-Height; Wt.-Weight; lb.-Pound; in.-inches; Gm-gram; IU-International Units; mg-milligram.

Symbols: - not determined

0 contains none

∅ contains too small a quantity to be significant in dietary evaluations.

As a rough guide the American Dietetic Association says that adult males require 21 Calories per pound of desirable weight.

For those who wish to either lose or gain weight please note: A pound of body weight represents about 3,500 Calories. To lose one pound per week you must decrease your Calories intake by 500 Calories per day. To gain one pound per week you must increase your Calories intake by 500 Calories per day.

CEREAL PRODUCTS

	Cal	Prot (g)	Fat (g)	CHO (g)	Ca (mg)	Fe (mg)	VitA (IU)	Thia- mine (mg)	Ribo- flavin (mg)	Nia- cin (mg)	VitC (mg)
Biscuits (Pacific Island)	101	2.8	.7	20.6	4	.2	-	.021	.02	∅	-
Biscuit plain Savoury	133	2.2	6.2	17.7	6	.3	0	.030	.01	.3	0
Biscuit plain Sweet	127	1.7	5.0	19.6	13	.3	0	.014	.01	.1	0
Bread white	72	2.1	.4	14.9	4	.3	0	.027	.01	.3	0
Breakfast food cornflakes	107	2.4	.2	24.1	2	.8	0	.003	.03	.5	0
Breakfast food rice bubbles	109	1.7	.1	25.0	6	.5	0	.006	.02	.3	0
Breakfast food weet bix	99	3.9	.7	21.1	10	1.4	0	.012	.05	1.3	0
Breakfast food, farex	96	4.0	.9	21.3	210	1.1	0	.150	-	-	0
Macaroni, vermi- celli spaghetti	105	3.0	.6	21.8	7	.4	0	.048	.01	.3	0
Oats (uncooked)	110	3.4	2.1	19.3	17	1.4	∅	.142	.04	.3	0
Oats cooked	22	.7	.4	3.8	3	.1	∅	.028	.01	.1	0
Rice (polished)	100	2.0	.14	22.7	1	.3	∅	.017	.01	.3	0
Semolina	100	3.1	.5	22.1	5	.3	∅	.034	0	.6	0
<u>LEGUMES</u>											
Kidney bean	96	6.8	.5	16.0	31	2.3	∅	.142	.06	.6	∅
Lentil	96	6.8	.3	16.8	20	2.0	28	.142	.06	.6	∅
Lima bean	93	5.7	.4	16.5	26	1.7	∅	.142	.04	.4	∅
Pea (dried)	96	7.1	.3	16.2	20	1.4	28	.230	.06	.7	∅
Pigeon pea (yellow dhal)	93	5.7	.6	16.5	28	1.4	14	.140	.04	.6	∅

STARCHY VEGETABLES

	Cal	Prot	Fat	CHO	Ca	Fe	Vita	Thia-	Ribo-	Nia-	VitC
	(g)	(g)	(g)	(g)	(mg)	(mg)	(IU)	mine	flavin	cin	(mg)
								(mg)	(mg)	(mg)	(mg)
Breadfruit pulp	32	.4	.1	7.4	7	.3	∅	.028	.02	.3	6
Cassava - fresh	43	.2	.1	10.5	7	.3	∅	.020	.01	.2	9
Cassava - flour	97	.4	0	23.9	16	.6	∅	.011	.01	.2	0
Plantain (hopa, pata)	36	.3	.1	8.8	2	.1	28	.014	.01	.2	6
Potato Irish	21	.6	∅	4.8	3	.2	∅	.028	.01	.4	4
Sweet potato	32	.4	.1	7.4	7	.3	28	.028	.01	.2	8
Tahitian chestnut (Ifi)	68	1.3	1.3	11.4	-	-	-	.074	-	-	1
Taro (giant) (Kape)	31	.1	∅	7.7	43	.3	∅	.008	.03	.3	∅
Taro (dalo)	32	.6	∅	7.4	7	.3	∅	.028	.01	.3	1
Yam fresh ('ufi)	29	.6	.1	6.8	3	.3	6	.028	.01	.1	3

VEGETABLES

Bamboo shoots	10	.6	.1	1.7	8	.1	∅	.043	.02	.2	1
Bean sprouts	8	.7	∅	1.4	3	.2	∅	.057	.06	.1	8
Green beans	10	.6	∅	1.7	14	.4	57	.020	.03	.1	6.
Bean or peas (fresh, shelled)	29	2.0	∅	5.4	11	.6	43	.085	.04	.4	7
Beet	13	.5	∅	2.8	4	.3	∅	.006	.01	.1	1
Carrots	9	.3	∅	2.0	11	.2	852	.014	.01	.1	2
Cauliflower	9	.8	.1	1.4	8	.3	6	.028	.03	.2	23
Chillies (fresh)	29	1.3	.7	5.6	13	.7	3138	.070	.08	.6	20
Cucumber	3	.2	∅	.6	4	.1	∅	.011	.01	.1	3
Eggplant	6	.3	∅	1.1	3	.3	∅	.014	.01	.2	1
Garlic	39	1.7	∅	8.2	8	.4	∅	.070	.02	.1	3
Ginger root	18	.7	.2	3.1	6	.7	∅	.006	.01	.2	1

VEGETABLES

	Cal	Prot (g)	Fat (g)	CHO (g)	Ca (mg)	Fe (mg)	VitA (IU)	Thia- mine (mg)	Ribo- flavin (mg)	Nia- cin (mg)	VitC (mg)
Lettuce	5	.4	∅	.8	10	.3	85	.030	.03	.1	4
Okra	9	.6	∅	1.7	20	.3	43	.028	.03	.3	7
Onion, spring	10	.5	.1	1.7	11	.8	142	.014	.03	.1	14
Pepper-sweet, green, red,	10	.6	.1	1.7	6	.3	179	.017	.02	.3	43
Pumpkin & squash	10	.3	∅	2.3	6	.3	99	.014	.01	.1	4
Radish	5	.3	∅	1.1	8	.3	∅	.008	.01	.1	8
Tomato	6	.3	∅	1.1	1	.1	71	.017	.01	.2	7
Turnip	9	.3	∅	2.3	8	.1	∅	.008	.01	.2	7
<u>FRUITS</u>											
Apple	17	.1	.1	4.0	1	.1	5.7	.010	.01	.1	1
Avocado pear	47	.4	4.3	1.7	3	.3	57	.020	.04	.3	4
Banana	33	.3	.1	7.7	2	.14	28	.014	.01	.2	3
Citrus (grapefruit)	10	.1	∅	2.5	6	.14	∅	.011	∅	.1	11
Citrus (lemon and lime)	10	.2	∅	2.3	6	.14	∅	.014	∅	.1	11
Citrus (orange and tangerine)	15	.3	∅	3.7	8	.14	8	.023	.01	.1	13
Citrus (lemon juice)	9	.1	.1	2.3	4	0	0	.011	0	0	11
Citrus (orange juice)	13	.2	.1	3.3	5	.1	85	.021	.01	.1	11
Guava	16	.3	.1	3.7	4	.3	57	.014	.01	.3	57
Litchi (tava)	20	.2	.1	4.5	1	.1	-	.011	.01	.1	14
Mango	18	.1	∅	4.3	3	.1	170	.008	.01	.1	8

FRUITS

	Cal	Prot	Fat	CHO	Ca	Fe	Vita	Thia-	Ribo-	Nia-	VitC
	(g)	(g)	(g)	(g)	(mg)	(mg)	(UI)	mine	flavin	cin	(mg)
								(mg)	(mg)	(mg)	(mg)
Melon (sweet)	7	.1	∅	1.7	3	.1	142	.008	.01	.1	8
Melon (water)	6	.1	∅	1.4	1	.1	8	.006	.01	.1	1
Pandanus	22	.1	.1	5.4	3	.3	142	.008	.01	.3	1
Papaya (ripe)	11	.2	∅	2.6	6	.1	284	.008	.01	.1	14
Papaya (unripe)	7	.6	∅	1.4	14	.1	-	.006	.01	.1	∅
Passion Fruit (Grendilla)	26	.6	.6	4.5	3	.3	6	∅	.03	.4	6
Pineapple	16	.1	∅	4.0	6	.1	28	.023	.01	∅	8
Soursop ('apele 'Initia)	26	.3	∅	6.5	7	.14	∅	.028	.02	.2	8
Tamarind	68	.8	.2	17.7	21	.2	8	.096	.04	.3	1.

MEAT PRODUCTS AND EGGS

Bacon (fat)	167	2.8	17.3	∅	2	.3	∅	.100	.03	.5	0
Bacon (lean)	103	4.0	9.6	∅	4	.4	∅	.170	.06	.8	0
Beef (mod. fat)	74	4.5	6.2	∅	3	.7	0	.020	.04	1.3	∅
Beef (lean)	57	5.4	4.0	∅	3	.8	∅	.028	.06	1.4	∅
Beef canned, corned	64	6.5	4.3	0	4	2.6	0	0	.06	1.0	0
Eggs - hens Whole	45	3.7	3.3	.1	16	.8	284	.034	.10	.03	0
Eggs - white	14	3.1	0	.2	2	.1	0	0	.07	∅	0
Eggs - yolk	102	4.6	9.0	.2	42	2.0	910	.077	.10	0	0

(Composition of an average egg. Edible portion)

1 $\frac{3}{4}$ oz. eggs - hen whole one	80	6.4	5.8	4	27	1.4	570	.050	.15	0	0
Goat	41	4.5	2.5	0	3	.7	0	.057	.10	1.4	0
Kidney	36	4.5	2.0	0	3	2.8	284	.085	.57	2.0	3

FISH AND FISH PRODUCTS

	Cal	rot	Fat	CHO	Ca	Fe	VitA	Thia-	Ribo-	Nia-	VitC
	(g)	(g)	(g)	(g)	(mg)	(mg)	(IU)	mine	flavin	cin	(mg)
								(mg)	(mg)	(mg)	(mg)
Pilchards and Herrings Plain canned	57	5.9	3.5	0	28	.4	0	-	-	-	0
Pilchards in tomato sauce	50	4.5	3.0	1.0	28	.4	0	-	-	-	0
Sardines tinned	88	5.7	7.1	.3	114	.8	57	∅	.06	-	0
Salmon tinned	48	5.7	2.8	∅	57	.3	38	.008	.03	2.0	0
Sea slug	27	6.5	∅	.3	34	.4	-	-	-	-	-
Sea weed - Lumi (Agar variety)	-	0	.1	0	-	-	-	-	-	-	-
Sea weed - Nama (Kelp variety)	-	0	.3	0	-	-	-	-	-	-	-
Turtle	22	4.5	.3	.6	28	.3	-	.057	.14	.8	-

MILK AND MILK PRODUCTS

Cheese, cheddar and processed	118	7.1	9.8	0	230	.2	368	.009	.12	0	0
Cream heavy	96	.7	9.9	.9	22	0	486	0	.03	∅	0
Cream light	71	.7	7.1	1.1	24	∅	347	0	.03	∅	0
Ice cream	54	1.0	3.1	5.7	35	∅	147	.011	.05	∅	0
Milk - cow whole	18	.9	1.0	1.3	34	∅	43	.011	.04	∅	.3
Milk - goat whole	20	.9	1.3	1.2	37	∅	34	.014	.03	.1	.3
Milk - evaporated	40	2.9	2.5	2.8	74	.1	91	.017	.09	.1	.5
Milk - condensed (sweet)	90	2.0	2.3	15.0	77	.1	99	.026	.09	.1	1.1
Milk - powder fullcream	142	7.2	7.8	10.6	256	.2	341	.085	.33	.2	3.7
Milk - powder skim	101	10.2	.3	14.5	358	.3	11	.130	.43	.3	4.8

MEAT PRODUCTS AND EGGS

	Cal	Prot	Fat	CHO	Ca	Fe	Vita	Thia-	Ribo-	Nia-	VitC
	(g)	(g)	(g)	(g)	(mg)	(mg)	(IU)	mine	flavin	cin	(mg)
								(mg)	(mg)	(mg)	(mg)
Liver	39	5.7	1.1	1.4	3	2.8	5700	.085	.71	3.7	8
Luncheon Meat	51	4.1	3.1	1.4	7	.4	0	.009	.04	.8	0
Mutton (fat)	117	3.7	11.4	0	3	.6	0	.034	.04	1.1	0
Mutton (mod. fat)	71	4.3	6.0	0	3	.7	0	.043	.06	1.3	0
Mutton (lean)	42	4.8	2.5	0	3	.7	0	.057	.07	1.4	0
Pork (fat)	152	2.8	15.6	0	2	.4	0	.142	.04	.9	0
Pork (lean)	105	4.0	9.9	0	3	.6	0	.230	.06	1.1	0
Pork (salt fat)	222	1.1	24.1	0	0	.2	0	.050	.01	.3	0
Poultry	39	5.4	2.6	0	4	.4	0	.030	.04	2.6	0
Sausage-pork	64	3.0	4.9	1.9	2	.3	0	.105	.04	.9	0
Sausage-beef	59	3.4	4.0	2.2	3	.6	0	.020	.03	.9	0
Veal	52	5.4	3.4	0	3	.8	0	.040	.07	1.8	0

FISH AND FISH PRODUCTS

Eel	46	5.3	2.6	0	5	.2	511	.080	.10	.4	-
Fish - sea fillet lean	21	4.8	.1	∅	6	.2	∅	.014	.03	.7	∅
Fish - sea fillet lean fillet fat	47	5.4	2.8	∅	8	.4	28	.014	.06	.8	∅
Fish - dried	88	17.9	1.8	∅	852	2.4	∅	.028	.06	.2	∅

FISH AND FISH PRODUCTS

Lobster, crab, Prawns	27	5.0	.4	.6	28	1.4	∅	.014	.03	.7	∅
Octopus	22	4.7	.2	-	3	.1	-	.006	.03	.4	-
Oysters, Mussels, clams	26	2.8	.6	.8	43	2.8	57	.014	.04	.4	∅

SUGAR AND PRESERVES

	Cal	Prot (g)	Fat (g)	CHO (g)	Ca (mg)	Fe (mg)	VitA (IU)	Thia- mine (mg)	Ribo- flavin (mg)	Nia- cin (mg)	VitC (mg)
Sugar - white	114	0	0	28.4	0	0	0	0	0	0	0
Sugar - raw	112	∅	0	28.0	5	.2					

FATS AND OILS

Butter	212	.14	23.4	0	4	.1	852	0	0	0	0
Fish liver oils	256	0	28.4	0	0	0	28,400	0	0	0	0
Ghee	235	0	26.1	0	0	0	568	0	0	0	0
Lard and other animal fats	253	0	28.1	0	0	0	0	0	0	0	0
Margarine	217	0	24.1	0	1	0	852	0	0	0	0
Peanut butter	158	8.3	13.4	5.7	12	.5	0	0.24	.04	4.0	0
Vegetable oils	256	0	28.4	0	0	0	0	0	0	0	0

COCONUT PRODUCTS

Coconut green											
Coconut water	3	.1	∅	.7(.5-.3)	.2		-	.001	.02	.1	.4
Green coconut flesh	30	.4	2.6	1.7	2	.3	-	.014-.004	.01	.1	1.5
Mature coconut incl. skin	118	1.1	11.4	1.3	4	.6	-	.011	∅	.2	1.1
Mature coconut water								.001	∅	.1	∅
Mature coconut cream (without water)	98	1.2	9.9	2.0	3	.6	-	.038	.002	.2	.8
Mature coconut cream (with water)	72	.9	7.0	1.5	5	.4	-	.007	.001	.2	.8
Mature nut, 'uto	24	.4	1.3	2.8	6	.2	-	.004	.01	.3	1

MISCELLANEOUS

	Cal	Prot	Fat	CHO	Ca	Fe	Vita	Thia-	Ribo-	Nia-	VitC
	(g)	(g)	(g)	(mg)	(mg)	(mg)	(IU)	(mg)	(mg)	(mg)	(mg)
Cakes and Buns	137	2.8	2.4	20.6	17	.4	0	.023	.06	.1	0
Cakes (plain)	108	1.6	3.4	17.8	27	.3	0	.017	.03	.3	0
Cake (fruit)	93	1.2	3.2	14.8	17	1.0	0	.040	.02	.3	0
Chutney	43	.3	∅	11.0	7	3					
Cocoa	128	5.8	6.6	9.9	15	4.1	6	.020	.09	.5	0
Custard	34	1.3	1.5	3.8	32	.1					
Fruit canned											
Stewed and sugar	19	.1	∅	5.1	1	.1	128	.003	.01	.2	1
Jello	23	.6	0	5.4	3	.2	∅	∅	∅	∅	∅
Oats rolled	22	.7	.4	3.8	3	.1	∅	.028	.01	.1	0
Roti - cooked	76	1.8	1.3	14.2	3	.3	140	.016	.01	.2	0
Rice - cooked	20	.4	.03	4.5	.3	.05	∅	.003	.002	.05	0
Soft drinks	7	0	0	1.8	0	0	0	0	0	0	0
Vegemite	0	0	0	0	0	0	0	1.701	1.70	12.8	0

**Vitamin A**  
**Calcium B complex**  
**Niacin**  
**C**  
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DRINK YOUR ORANGE JUICE!  
 EAT YOUR VEGETABLES!!!



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