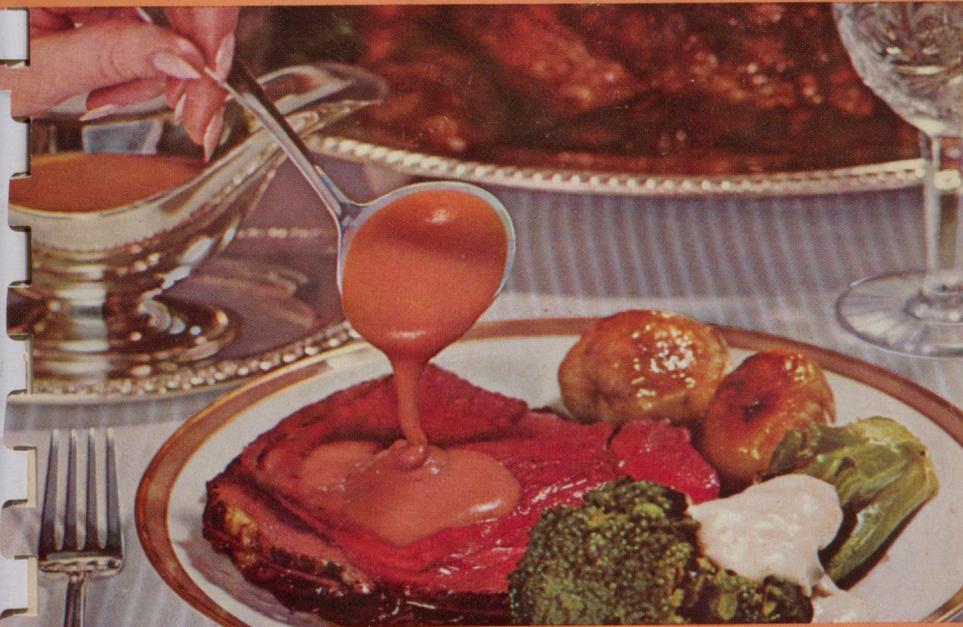


FIVE ROSES

Guide
to
Good
Sauces



THE COMPLETE COOKBOOK ON

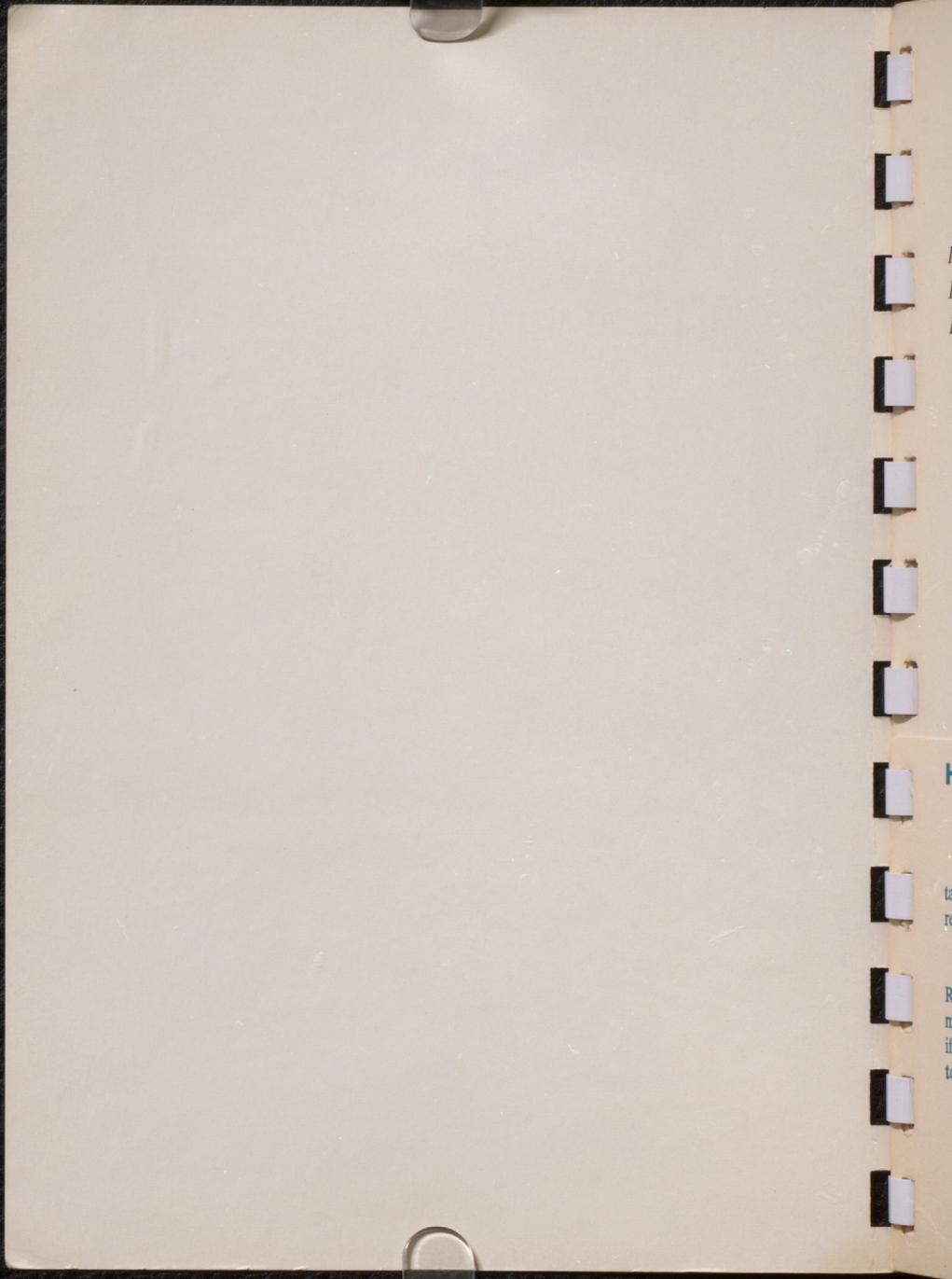
SAUCES

SALAD DRESSINGS

GRAVIES

DIPS

GLAZES



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*Introduction by
Pauline Harvey,
Director of the Five Roses Kitchens*

Sauce

HOME-BAKING SHORTCUT

You know, there are very few short-cuts to good home-baking. Women who take pride in their baking know that it requires time plus loving care to turn out really light, golden-crust bread, or tender, even-textured cakes.

But with Five Roses Flour, there is one short-cut you can take. You see, Five Roses Flour is pre-sifted through silk before it reaches your kitchen shelf. This means you need not sift at all. (See reverse side for measuring table). Of course, if you'd rather sift, follow your own recipe exactly. Five Roses Flour will continue to give you delicious results.

Pauline Harvey

See reverse side for PRE-SIFT Measuring Instructions

Five Roses 'Pre-Sift' Measuring Instructions

If you would like to use this easier no-sifting method, you can adjust recipes requiring sifting by simply spooning the flour direct from the bag into the measuring cup (do not dip cup into flour) — then removing two level tablespoons per cup. Dry ingredients are blended by stirring together.

*Introduction by
Pauline Harvey,
Director of the Five Roses Kitchens*

Sauce

THE WONDERFUL DIFFERENCE

What's hot roast beef without a generous helping of rich brown gravy? Green salad without a tangy dressing, spaghetti without Italian sauce? Ham without a glaze? Or plum pudding without hard sauce? Rather uninteresting fare, don't you agree?

But add the sauce, and what a wonderful difference. Suddenly an everyday dish has the gourmet touch, an ordinary recipe becomes out of the ordinary.

I've heard it said that saucemaking is a lost art. That today women are too busy to take time out for the 'unnecessary extras' in cooking. Personally, I disagree heartily. Women still *like* to cook. They entertain more than ever before, and they take pride in serving up the 'specialty of the house'.

This cookbook is dedicated to you — the millions of women who take pride in their cooking. When we first planned it, it was designed to include only recipes for sauces. But we soon found out that sauces were just the beginning of a glorious gastronomic adventure. From sauces we went to gravies . . . on to glazes, salad dressings, and dips. We found dozens of delicious new recipes around every corner. After they were collected together — over 100 of them — each one was cooked, tasted and tested in the famous Five Roses Kitchens. We wanted to make sure they would taste as good in your kitchen as they did in ours.

The result is the book you now have. The first complete cookbook on sauces, gravies, glazes, salad dressings and dips. The recipes you will find on the following pages represent a great variety of tastes and methods of cooking. Some are exotic, many are traditional. Some were culled from far-away countries, others are favourites you already know and use. Some can be prepared at a moment's notice; others require tender care and longer cooking (but they're

worth it!) Each one has its own special role in the wonderful world of good eating.

You will notice that the Five Roses Guide to Good Sauces is divided into the following categories:

- Gravies
- Sauces for Meat, Poultry, Fish and Vegetables
- Salad Dressings
- Sauces for Spaghetti
- Sauces for Desserts
- Dips
- Glazes

You will find that many vegetable sauces, for example, can be served with meat — and vice versa. So that you can see at a glance just which sauce can be served with what, look up the quick Reference Table on Pages 4 to 7. We've also included some valuable cooking and serving hints.

All of us at Five Roses hope this Guide to Good Sauces will bring you delicious eating, compliments from your family and friends, and some new cooking ideas. Béarnaise on your steak tonight? Why not! Discover the wonderful difference a sauce can make.

Pauline Harvey

P.S. If you have a special cooking problem, or are interested in a particular recipe not listed in this book, I would be delighted to hear from you. Just write:

PAULINE HARVEY,
Director, Five Roses Kitchens,
Box 6089, Montreal, P.Q.

SAUCES FOR MEAT

BEEF	Roasts: Creamy Horseradish Sauce, 14; Kettle Gravy (Pot Roast), 9; Pan Gravy, 9; Unthickened Gravy, 9; Wine Gravy, 9. Steaks: Barbecue Sauce, 13; Beurre Noir, 17; Brown Sauce, 12; Creamy Horseradish Sauce, 14; Diable Sauce, 12; Hollandaise Sauce, 16; Horseradish Gravy, 9; Lemon Butter, 17; Maitre d'Hôtel Butter, 17; Mushroom Sauce, 12, 14; Mushroom Gravy, 9; Mustard Sauce, 11, 14; Pan Gravy, 9; Parsley Butter, 17; Pepper Gravy, 9; Quick Mushroom Sauce, 14; Savory Gravy, 9; Sour Cream Gravy, 9; Unthickened Gravy, 9. Meat Loaf: Brown Sauce, 12; Creole Sauce, 13; Mushroom Gravy, 9; Mushroom Sauce, 12, 14; Onion Sauce, 11; Pan Gravy, 9; Quick Mushroom Sauce, 14; Quick Tomato Sauce, 14; Spanish Sauce, 13; Tomato Sauce, 13. Corned Beef: Creamy Horseradish Sauce, 14; Mustard Sauce, 11, 14.
PORK	Roasts: Apple Sauce, 15; Pan Gravy, 9. Chops: Apple Sauce, 15; Barbecue Sauce, 13; Creole Sauce, 13; Mushroom Gravy, 9; Mushroom Sauce, 12; Pan Gravy, 9; Quick Mushroom Sauce, 14; Spareribs: Barbecue Sauce, 13; Sweet-Sour Sauce, 14.
HAM	Creamy Horseradish Sauce, 14; Glazes, 19; Mustard Sauce, 14; Pineapple Ham Gravy, 9; Raisin Sauce, 15; Wine Sauce, 16.
LAMB	Roasts: Currant Jelly Sauce, 12; Glazes, 19; Mint Sauce, 15; Pan Gravy, 9. Chops: Mushroom Sauce, 12; Pan Gravy, 9; Quick Mushroom Sauce, 14; Quick Tomato Sauce, 14; Soubise Sauce, 12; Tomato Sauce, 13; Velouté Sauce, 12.
VEAL	Roasts: Chasseur Sauce, 12; Currant Jelly Sauce, 12; Pan Gravy, 9; Wine Gravy, 9. Chops: Allemande Sauce, 12; Brown Sauce, 12; Creole Sauce, 13; Horseradish Gravy, 9; Lemon Butter, 17; Mushroom Sauce, 12; Pan Gravy, 9; Pepper Gravy, 9; Quick Mushroom Sauce, 14; Quick Tomato Sauce, 14; Savory Gravy, 9; Sour Cream Gravy, 9; Tomato Sauce, 13.
LEFT-OVER MEATS	Barbecue Sauce, 13; Brown Sauce, 12; Creole Sauce, 13; Curry Sauce, 11, 14; Mushroom Sauce, 12; Quick Mushroom Sauce, 14; Spanish Sauce, 13.
LIVER	Creole Sauce, 13; Pan Gravy, 9; Mint Sauce, 15.
TONGUE	Creamy Horseradish Sauce, 14; Creole Sauce, 13; Glaze, 19; Mustard Sauce, 14; Raisin Sauce, 15; Sweet-Sour Sauce, 14.
KIDNEYS	Wine Sauce, 16.
SWEETBREADS	Beurre Noir, 17; White Sauce, 11; Wine Sauce, 16.

SAUCES FOR POULTRY AND EGGS

CHICKEN	Roast: Bread Sauce, 15; Cranberry Sauce, 15; Giblet Gravy, 9; Oyster Sauce, 11; Pan Gravy, 9; Velouté Sauce, 12. Fried: Barbecue Sauce, 13; Chinese Gravy, 9; Pan Gravy, 9. Broiled: Diable Sauce, 12.
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TURKEY	Pan Gravy, 9; Giblet, 9, Cranberry Sauce, 15; Bread Sauce, 15.
DUCK	Orange Sauce, 15; Bread Sauce, 15; Glaze, 19.
OMELETS	Creole Sauce, 13; Mushroom Sauce, 12; Quick Mushroom Sauce, 14; Soubise Sauce, 12; Spanish Sauce, 13.
FRIED EGGS	Beurre Noir, 17.
POACHED EGGS	Curry Sauce, 11; Hollandaise Sauce, 16; White Sauce, 11.
HARD-COOKED EGGS	Cheese Sauce, 11; Curry Sauce, 11.
STUFFED EGGS	Béchamel Sauce, 11; Cheese Sauce, 11; Tomato Sauce, 13.

SAUCES FOR FISH AND SEAFOOD

FISH	Baked or Poached: Almond Sauce, 17; Creole Sauce, 13; Curry Sauce, 11, 14; Drawn Butter Sauce, 11; Egg Sauce, 11; Hollandaise Sauce, 11, 16; Mushroom Sauce, 12; Mustard Sauce, 11, 14; Olive Sauce, 11; Onion Sauce, 11, 12; Quick Mushroom Sauce, 14; Quick Tomato Sauce, 14; Shrimp Sauce, 11; Tomato Sauce, 13; Vinaigrette Sauce, 16; White Sauce, 11. Fried or Broiled: Almond Sauce, 17, 28; Beurre Noir, 17; Diable Sauce, 12; Hollandaise Sauce, 11, 16; Lemon Butter, 17; Maître d'Hôtel Butter, 17; Mustard Sauce, 11, 14; Tartar Sauce, 16; Vinaigrette Sauce, 16.
CRABMEAT	Almond Sauce, 17, 28; Velouté Sauce, 12; White Sauce, 11.
LOBSTER	Beurre Noir, 17; Curry Sauce, 11, 14; Lemon Butter, 17; Seafood Cocktail Sauce, 16; Tartar Sauce, 16.
OYSTERS	Drawn Butter Sauce, 11; Maître d'Hôtel Butter, 17; Seafood Cocktail Sauce, 16; Tartar Sauce, 16.
SCALLOPS	Béarnaise Sauce, 17; Quick Tomato Sauce, 14; Tartar Sauce, 16; Tomato Sauce, 13.
SHRIMP	Curry Sauce, 11, 14; Lemon Butter, 17; Mustard Sauce, 11, 14; Seafood Cocktail Sauce, 16.

SAUCES FOR VEGETABLES

ASPARAGUS	Allemande Sauce, 12; Beurre Noir, 17; Drawn Butter Sauce, 11; Egg Sauce, 11; Hollandaise Sauce, 11, 16; Lemon Butter, 17; Parsley Butter, 17; Vinaigrette Sauce, 16; White Sauce, 11.
BEETS	Harvard Sauce, 17.
BROCCOLI	Cheese Sauce, 11; Drawn Butter Sauce, 11; Hollandaise Sauce, 11, 16; Soubise Sauce, 12; Vinaigrette Sauce, 16; Parsley Butter, 17; Lemon Butter, 17.

BRUSSEL SPROUTS	Hollandaise Sauce, 11, 16; Vinaigrette Sauce, 16.
CARROTS	Allemande Sauce, 12; Glaze, 19; White Sauce, 11.
CAULIFLOWER	Allemande Sauce, 12; Béchamel Sauce, 11; Beurre Noir, 17; Cheese Sauce, 11; Egg Sauce, 11; Hollandaise Sauce, 11, 16; Onion Sauce, 11, 12; White Sauce, 11.
EGG PLANT	Quick Tomato Sauce, 14; Tomato Sauce, 13.
GREEN BEANS	Allemande Sauce, 12; Almond Sauce, 17; Beurre Noir, 17; Egg Sauce, 11, Mushroom Sauce, 12, 14; Parsley Butter, 17.
GREEN PEAS	Almond Sauce, 17; Mint Sauce, 15; Mushroom Sauce, 12; Quick Mushroom Sauce, 14.
GREEN PEPPERS	Cheese Sauce, 11; Tomato Sauce, 13, 14.
ONIONS	Cheese Sauce, 11; Glaze, 19; White Sauce, 11.
POTATOES	Parsley Butter, 17; White Sauce, 11.
SPINACH	Hollandaise Sauce, 11, 16.
SWEET POTATOES	Glaze, 19.
TURNIPS	White Sauce, 11.

DRESSINGS FOR SALADS

FRUIT SALADS	Cream Fruit Dressing, 22; Fruit Salad Dressing, 21; Special French Dressing, 21; Standard French Dressing, 21.
MEAT, FISH, or POULTRY SALADS	Cooked Salad Dressing, 22; Low Calorie Dressing, 21; Mayonnaise, 22; Russian Dressing, 22; Special French Dressing, 21; Standard French Dressing, 21.
VEGETABLE SALADS	Cooked Salad Dressing, 22; Creamy Roquefort Dressing, 21; Low Calorie Dressing, 21; Mayonnaise, 22; Russian Dressing, 22; Sour Cream Dressing, 21; Special French Dressing, 21; Standard French Dressing and Variations, 21; Thousand Island Dressing, 22; Vinaigrette Dressing, 21.

SAUCES FOR SPAGHETTI, MACARONI, ETC.

SPAGHETTI	Chicken Liver Sauce, 25; Chinese Sauce, 25; Creole Sauce, 13; Garlic Sauce, 24; Meat Balls, 24; Meat Sauce, 24; Quick Tomato Sauce, 14; Red Wine Sauce, 24; Sauce Napoli, 24; Sausage Sauce, 25; Spanish Sauce, 13; Tomato Sauce, 13.
MACARONI	Chinese Gravy, 9; Cheese Sauce, 11; Chicken Liver Sauce, 25; Quick Tomato Sauce, 14; Mushroom Cheese Sauce, 25; Tomato Sauce, 13. Rice, etc.: Creole Sauce, 13; Meat Balls, 24; Meat Sauce, 24; Quick Tomato Sauce, 14; Sauce Napoli, 24; Sausage Sauce, 25; Spanish Sauce, 13; Tomato Sauce, 13.

SAUCES FOR DESSERTS

APPLE CRISP	Lemon Sauce, 29; Whipped Cream, 30.
BREAD PUDDING	Hard Sauce, 29; Vanilla Sauce, 27.
COTTAGE PUDDING	Butterscotch Sauce, 27; Caramel Sauce, 27; Eggnog Sauce, 30; Fluffy Lemon Sauce, 28; Fluffy Orange Sauce, 28; Fruit Sauce, 29; Hard Sauce, 29; Lemon Sauce, 29; Maple Sauce, 27; Melba Sauce, 29; Vanilla Sauce, 27; Chocolate Fudge Sauce, 27; Custard Sauce, 28; Whipped Cream, 30.
CREAM PUFFS	Butterscotch Sauce, 27; Caramel Sauce, 27; Fruit Sauce, 29; Maple Sauce, 27.
CUSTARD	Eggnog Sauce, 30; Fluffy Lemon Sauce, 28; Fluffy Orange Sauce, 28; Melba Sauce, 29; Mocha Sauce, 30; Whipped Cream, 30; Zabaglione, 28.
FRUIT PUDDINGS	Amber Whipped Cream, 30.
GELATIN DESSERTS	Custard Sauce, 28; Foamy Sauce, 28; Whipped Cream, 30.
ICE CREAM	Butterscotch Sauce, 27; Caramel Sauce, 27; Chocolate Fudge Sauce, 27; Eggnog Sauce, 30; Maple Sauce, 27; Marshmallow Sauce, 27; Melba Sauce, 29; Mincedmeat Sauce Flambé, 30; Mocha Sauce, 30.
MERINGUES	Chocolate Fudge Sauce, 27; Whipped Cream, 30.
MINCE PIE	Hard Sauce, 29.
SOUFFLES	Foamy Sauce, 28; Fluffy Lemon Sauce, 28; Mocha Sauce, 30; Vanilla Sauce, 27; Whipped Cream, 30; Zabaglione, 28.
SPONGE PUDDINGS	Custard Sauce, 28; Eggnog Sauce, 30; Fluffy Lemon Sauce, 28; Fluffy Orange Sauce, 28; Maple Sauce, 27.
STEAMED PUDDINGS	Foamy Sauce, 28; Fluffy Lemon Sauce, 28; Hard Sauce, 29; Lemon Sauce, 29; Vanilla Sauce, 27.
TAPIOCA	Custard Sauce, 28; Fluffy Lemon Sauce, 28; Fluffy Orange Sauce, 28; Fruit Sauce, 29.
TRIFLE	Custard Sauce, 28.
UN-ICED CAKE	Butterscotch Sauce, 27; Caramel Sauce, 27; Chocolate Fudge Sauce, 27; Eggnog Sauce, 30; Fluffy Lemon Sauce, 28; Fluffy Orange Sauce, 28; Fruit Sauce, 29; Lemon Sauce, 29; Maple Sauce, 27; Marshmallow Sauce, 27; Melba Sauce, 29; Mocha Sauce, 30; Vanilla Sauce, 27; Zabaglione, 28.
WAFFLES	Maple Sauce, 27.

DIPS FOR PARTY SNACKS

POTATO CHIPS, ETC.	California Dip, 32; Cheese-Bacon Dip, 32; Chili Dip, 32; Clam Dip, 32; Cocktail Dip, 32; Liver Paté Dip, 32; Piquant Shrimp Dip, 32; Sardine Dip, 32; Smoked Oyster Dip, 32.
RAW VEGETABLES	Chili Dip, 32; Party Dip, 32; Sour Cream Dip, 32.



Gravies

Always make your gravy in the pan you used to cook the roast. This way, it will have all the delicious flavour of the meat drippings. (Be sure to use all the bits of meat on the bottom of the pan. These can be strained just before serving, if you like. Personally, I leave them in—they add to the colour and taste of the gravy).

If there is not enough juice in the pan, use a meat cube to extend the quantity. Flour may be browned *before* use by stirring it in a dry pan over a very low heat. Brown flour has only about half the thickening power of ordinary flour, so double the quantity. For further hints on basic sauce-making, see the introductory paragraph to Sauces for Meat, Poultry, Fish and Vegetables, Page 10.

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PAN GRAVY

Remove meat from pan and keep warm. Pour off fat and drippings. Measure 2 tbsp. fat back into pan. Blend in 2 tbsp. Five Roses Enriched Flour. Cook and stir over low heat until the mixture thickens and browns. Slowly stir in 1 cup liquid (drippings, stock, bouillon or water). Cook and stir until gravy thickens and comes to a boil. Season to taste. If necessary, strain before serving. Makes 1 cup gravy.

For oven roasts, steaks, chops, meat loaf, liver, chicken, turkey, sausages.

CREAM GRAVY—Use milk or cream as the liquid.

CURRENT JELLY SAUCE—Add ¼ cup currant jelly to lamb or veal gravy.

GIBLET GRAVY—Use giblet stock as liquid and add chopped, cooked giblets to chicken or turkey gravy.

HORSERADISH GRAVY—Add 2 tbsp. drained prepared horseradish and ½ tsp. paprika to gravy.

MUSHROOM GRAVY—Cook ½ cup sliced mushrooms in the fat until tender. Then add flour and proceed as above.

PEPPER GRAVY—Cook ¼ cup vinegar, 1 bay leaf, 2 sprigs parsley, 1 chopped onion and stalk celery together until reduced to about half. Add to gravy and cook 5 minutes. Add ½ tsp. crushed peppercorns and cook 5 minutes. Strain.

SAVORY GRAVY—Add ½ tsp. Worcestershire sauce and 2 tsp. catsup or chili sauce to gravy.

SOUR CREAM GRAVY—Use sour cream as the liquid. Add a dash of cayenne and 1 tsp. minced parsley.

WINE GRAVY—Use part red wine for liquid.

For beef and veal steaks and roasts.

KETTLE GRAVY

Remove meat from kettle and keep warm. Skim excess fat from stock. Pour off stock and measure out 1 cup. Return to kettle and heat. Thoroughly mix 2 tbsp. Five Roses Enriched Flour with ¼ cup cold water. Stir mixture gradually into heated stock. Cook and stir until mixture thickens and comes to a boil. Season. Makes 1 cup gravy.

For stews and pot roast.

UNTHICKENED GRAVY

Remove meat from pan; skim off fat. Add ¼ cup boiling water to pan; scrape pan well to loosen cooked glaze. Cook over low heat until blended. Dilute as desired and season.

For roasts, steaks, chops, chicken, etc.

CHINESE GRAVY

2 tbsp. cornstarch
3 cups chicken bouillon
2 tbsp. soya sauce
½ tsp. sugar
Few grains pepper

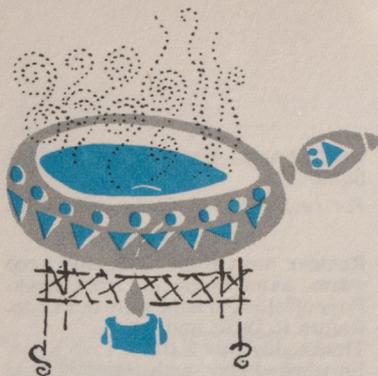
Place cornstarch in saucepan, slowly add bouillon. Cook and stir over low heat until mixture thickens. Add remaining ingredients and cook until raw starch taste has disappeared.

For chicken, rice.

PINEAPPLE HAM GRAVY

1 15-oz. can sliced pineapple
Pan stock from fried or baked ham. Drain pineapple and save juice. Brown pineapple slices in pan stock and remove. Add juice to remaining stock. Heat and stir to scrape up all particles from pan.

For ham, pork, spare ribs.



Sauces

for meat, fish, poultry and vegetables

Smooth texture, subtle seasoning and proper consistency are the essentials of a good sauce. All three are easy to achieve if the process of sauce-making and blending is understood, and if directions are followed carefully.

Sauces are thickened by adding starch, usually in the form of flour, to liquid. A smooth sauce is obtained if the starch granules are separated, and then allowed to expand. If the granules are *not* separated, they expand together and cause lumps. To prevent this, stir flour *slowly* into melted fat, then *gradually* stir in liquid so that expansion of the granules takes place slowly.

Roux is the mixture of fat and flour often used to thicken sauces. It can be cooked and kept on hand, under refrigeration, until ready to use.

The terms stock, bouillon and consommé are used in some of the following sauce recipes. Stock refers to the liquid in which meat, fish, poultry or vegetables have been simmered. If you have stock on hand, keep it in a close-covered jar in the refrigerator. Bouillon refers to canned bouillon or bouillon made with meat or poultry cubes, essences or pastes. Consommé refers to canned consommé.

WHITE SAUCE

2 tblsp. butter
2 tblsp. Five Roses Enriched Flour
1 cup milk
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{8}$ tsp. pepper

Melt butter in a double boiler. Add flour and stir in until well blended. Stir in milk very slowly. Add seasoning. Cook and stir sauce until it is smooth and thick and comes to a boil.

THIN SAUCE—Follow above recipe but use only 1 tblsp. each butter and flour. *To make soups.*

THICK SAUCE—Follow above recipe but use 4 tblsp. each butter and flour.

BÉCHAMEL SAUCE—Use $\frac{1}{2}$ cup meat, vegetable or chicken stock and $\frac{1}{2}$ cup cream in place of milk.

If stock does not have enough flavour simmer it for 20 minutes with 1 tblsp. chopped onion and carrot, bit of bay leaf, sprig of parsley and 4 peppercorns. Strain, then make sauce as directed.

For chicken, eggs and vegetables.

CHEESE SAUCE—Stir in $\frac{1}{2}$ -1 cup mild grated or diced cheese. Stir over heat until cheese is blended with sauce. Season with a dash of paprika and dry mustard.

For eggs, broccoli, cauliflower, onions, green pepper, macaroni.

CREAM SAUCE—Use cream or part cream in place of milk.

CURRY SAUCE—Add 1 tsp. curry powder and 1 tsp. minced onion.

DRAWN BUTTER SAUCE—Use hot water, vegetable stock or fish stock in

place of milk. When sauce has thickened, stir in 1 tsp. lemon juice and 2 tblsp. butter, bit by bit.

For fish, oysters, asparagus, broccoli.

EGG SAUCE—Add 2 chopped hard-cooked eggs and 1 tblsp. minced parsley, chopped capers or chopped pickles. Add 1 tsp. lemon juice, if desired.

For fish, asparagus, green beans, cauliflower.

HORSERADISH SAUCE—Add 3 tblsp. prepared horseradish or $1\frac{1}{2}$ tblsp. grated horseradish.

MOCK HOLLANDAISE SAUCE—Pour sauce over 2 slightly beaten egg yolks and mix thoroughly. Stir in 2 tblsp. butter and 2 tblsp. lemon juice; beat thoroughly and serve immediately.

MUSTARD SAUCE—Add 1 tblsp. prepared mustard.

OLIVE SAUCE—Add $\frac{1}{4}$ cup chopped green or ripe olives.

For fish.

ONION SAUCE—Cook $\frac{1}{4}$ cup chopped onion in the butter for 5 minutes. Strain sauce before serving, if desired.

For meat loaf, fish, cauliflower.

OYSTER SAUCE—Add 1 cup finely chopped oysters and juice. Chopped parsley may also be added. If desired, parboil oysters whole and add to sauce.

For chicken.

SHRIMP SAUCE—Prepare as for Drawn Butter Sauce (above) and add $\frac{1}{2}$ cup cooked or canned shrimp, cut in pieces.

For fish.

BROWN SAUCE

2 tblsp. butter
1 tblsp. chopped onion
2 tblsp. Five Roses Enriched Flour
1 cup beef bouillon, beef stock or
consommé
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{8}$ tsp. pepper

Melt butter. Cook onion in butter until light brown. Remove onion and stir butter until well browned. Add flour. Brown fat and flour together. Add liquid very gradually. Stir and cook sauce until it is thickened and boiling.

For extra flavour 1 tsp. sherry or Worcestershire sauce may be stirred into sauce.

For beef, veal, left-over meats.

CHASSEUR SAUCE—Melt 2 tblsp. butter, and in it sauté $\frac{1}{2}$ lb. chopped mushrooms, thinly sliced, and $\frac{1}{4}$ cup onions or shallots, finely chopped. Add 2 tblsp. tomato paste, 1 tblsp. parsley, finely chopped, and $\frac{1}{4}$ cup dry white wine. Stir constantly. Add Brown Sauce and heat.

For chicken and veal.

CURRENT JELLY SAUCE—Stir in $\frac{1}{4}$ cup currant jelly and dissolve in sauce. Add 1 tblsp. sherry or 2 tsp. lemon juice. *For veal and lamb.*

DIABLE SAUCE—Cook 2 finely chopped shallots, $\frac{1}{8}$ tsp. cayenne, and 1 cup dry white wine to a paste. Stir into Brown Sauce and add 1 tsp. dry mustard and 1 tsp. Worcestershire sauce. Mix well and heat.

For broiled chicken, fish or meat.

MUSHROOM SAUCE—Sauté $\frac{1}{2}$ cup sliced mushrooms in 2 tblsp. butter. Stir into sauce.

For steaks, chops, meat loaf, left-over meats, omelets.

ONION SAUCE—Increase onion to $\frac{3}{4}$ cup and do not remove before serving.

SWEET-SOUR SAUCE—Omit pepper and add 1-2 tblsp. vinegar or lemon juice, 2 tblsp. sugar and $\frac{1}{4}$ tsp. paprika.



VELOUTÉ SAUCE

2 tblsp. butter
2 tblsp. Five Roses Enriched Flour
1 cup chicken bouillon
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{8}$ tsp. pepper

Melt butter in top of double boiler. Add flour and stir in until well blended. Stir in bouillon very slowly. Add seasonings. Cook and stir sauce until it is smooth and thick and comes to a boil.

For lamb chops, chicken, crab meat.

ALLEMANDE SAUCE—Before removing sauce from heat, stir in 1 beaten egg yolk. Allow sauce to thicken and add 1 tsp. lemon juice.

For veal, chops, asparagus, green beans, carrots, cauliflower.

SOUBISE SAUCE—Rub 4 boiled onions and 1 sprig parsley through coarse sieve. Stir into sauce.

For lamb chops, fish, broccoli, omelets.

TOMATO SAUCE

- 1 slice onion
- 2 ribs celery with leaves
- 1 bay leaf (optional)
- 2 cloves (optional)
- Sprig parsley (optional)
- 1½ cups tomato juice
or
- 2 cups stewed tomatoes, canned
or fresh
- 3 tbslp. butter
- 3 tbslp. Five Roses Enriched Flour
- ½ tsp. salt
- ⅛ tsp. pepper
- ¼ tsp. sugar

Cook vegetables and tomatoes 15 minutes; strain. Melt butter and stir flour in until blended. Stir in strained tomatoes slowly. Cook and stir sauce until it is smooth and boiling. Add seasoning. If desired, bay leaf and cloves only need be removed, leaving onion, celery and parsley in sauce.

For meat loaf, veal and lamb chops, fish, scallops, omelets, egg plant, macaroni and spaghetti.

CREOLE SAUCE

- 2 tbslp. butter
- 2 tbslp. chopped onion
- ¼ cup chopped green pepper
- 2 tbslp. chopped celery
- 6 chopped green olives (optional)
- 2 tbslp. Five Roses Enriched Flour
- 2 cups stewed tomatoes
or
- 1 cup tomato juice and 1 cup bouillon or brown gravy
- ¾ tsp. salt
- Few grains cayenne

In butter, sauté onions, green peppers, celery and olives until tender. Stir in flour, then gradually add tomatoes. Cook and stir until sauce thickens and comes to a boil. Add seasonings.

For meat loaf, chops, liver, tongue, left-over meats, fish, omelets, spaghetti.

SPANISH SAUCE

- 2 tbslp. chopped ham or bacon
- 3 tbslp. chopped onion
- 2 tbslp. chopped carrot
- 2 tbslp. chopped celery
- 4 tbslp. butter, or 2 tbslp. if bacon is used
- 3 tbslp. Five Roses Enriched Flour
- ¼ cup water
- 2 cups stewed tomatoes
- 1 tsp. salt
- ⅛ tsp. pepper
- 1 bay leaf (optional)

Sauté ham or bacon in fat with vegetables until butter is well browned. Add flour and stir. Gradually stir in water and tomatoes. Add salt, pepper and bay leaf and cook over low heat 10 minutes. Remove bay leaf. Sauce may be strained, if desired.

For meat loaf, croquettes, omelets, left-over meats, spaghetti.

BARBECUE SAUCE

- ¼ cup vinegar
- 1 cup catsup
- 1 cup water
- 1 tbslp. Worcestershire sauce
- ¼ cup brown sugar
- ½ cup minced onion
- 1 tsp. salt
- ¼ tsp. pepper
- 1 tbslp. butter
- Few drops Tabasco sauce
- ¼ tsp. celery seed (optional)

Combine all ingredients in saucepan. Simmer over low heat 15 minutes. Use sauce to baste meat and chicken while roasting, broiling or grilling.

For steaks, chops, spare ribs, chicken.

QUICK TOMATO SAUCE

One 10-oz. can condensed cream of tomato soup

Bay leaf
Sprig of parsley
4 cloves

Water or milk

Heat soup, bay leaf, parsley and cloves together. Simmer 5 minutes and strain. Add up to $\frac{1}{4}$ cup water or milk to give desired sauce thickness. Re-heat.

For meat loaf, veal, lamb chops, fish, scallops, egg plant, macaroni, spaghetti.

QUICK MUSHROOM SAUCE

One 10-oz. can condensed cream of mushroom soup

1 tsp. Worcestershire sauce
Water or milk

Combine undiluted soup and Worcestershire sauce. Add up to $\frac{1}{4}$ cup water or milk to give desired sauce thickness. Re-heat.

For steaks, chops, meat loaf, omelets, green beans, peas, and left-over meats.

MUSTARD SAUCE

2 tblsp. butter
2 tblsp. Five Roses Enriched Flour
1 tblsp. prepared mustard
1 cup bouillon or meat stock

In a saucepan, melt butter. Stir in flour, mustard and liquid. Cook and stir sauce until it thickens and boils.

For steaks, corn beef, ham, tongue, fish, shrimp.

CREAMY HORSERADISH SAUCE

$\frac{1}{2}$ cup whipping cream
2 tsp. lemon juice
2 tsp. vinegar
 $\frac{1}{2}$ tsp. salt
2 to 4 tblsp. grated horseradish
Few grains cayenne

Beat cream until stiff. Stir in other ingredients and allow to stand 1 hour before serving.

For beef roasts, steaks, corn beef, ham, tongue.

CURRY SAUCE

$\frac{1}{4}$ cup chopped onion
 $\frac{1}{4}$ cup chopped apple
 $\frac{1}{4}$ cup butter
2 $\frac{1}{2}$ tblsp. Five Roses Enriched Flour
1 cup chicken or meat broth
1 cup cream
1 to 2 tsp. curry powder

Sauté onion and apple in butter until very tender. Stir in flour and make a smooth paste. Stir in liquids slowly. Add curry powder and cook and stir until thickened and well blended.

For fish, lobster, shrimp, hard-cooked eggs, left-over meats.

SWEET-SOUR SAUCE

2 tblsp. cornstarch
 $\frac{1}{2}$ cup vinegar
 $\frac{1}{2}$ cup water
 $\frac{1}{4}$ cup orange juice
1 cup canned crushed pineapple, undrained
 $\frac{2}{3}$ cup sugar
1 $\frac{1}{2}$ tblsp. chili sauce or catsup
1 tblsp. salad oil (optional)
 $\frac{1}{2}$ tsp. monosodium glutamate
 $\frac{1}{2}$ tsp. salt
2 medium-size tomatoes, chopped
1 green pepper, chopped (optional)

Mix cornstarch and vinegar to a paste. Gradually stir in rest of ingredients except tomatoes and green pepper. Bring mixture to a boil, stirring constantly. Add remaining ingredients. Bring sauce to a boil. Simmer, covered, for 10 minutes.

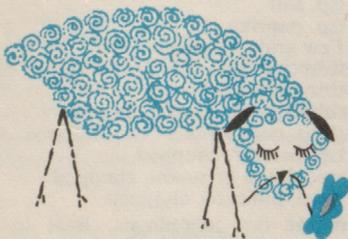
For spare ribs, tongue, pork.

ORANGE SAUCE

- 3 tblsp. butter
- 4 tblsp. Five Roses Enriched Flour
- 1 1/3 cups water or poultry stock
- 1 tblsp. grated orange rind
- 2/3 cup hot orange juice
- 2 tblsp. sherry (optional)
- Few grains salt and paprika

Melt butter. Stir flour into butter until browned. Slowly stir in water or stock and cook and stir until sauce is smooth and thick. Just before serving, stir in remaining ingredients.

For duck.



MINT SAUCE

- 2 tblsp. water
- 2 tblsp. confectioners' sugar
- 1/3 cup mint leaves, chopped fine
- 1/2 cup vinegar

Boil water and sugar together to make a syrup. When cool, add vinegar and mint leaves. Allow to stand at least 1 hour before serving.

For lamb, green peas.

RAISIN SAUCE

- 1/4 cup brown sugar
- 1 1/2 tsp. dry mustard
- 1 tblsp. Five Roses Enriched Flour
- 1/8 tsp. salt
- Few grains pepper
- 2 tblsp. vinegar or lemon juice

- 1 1/2 cups water
 - 1/4 cup seedless raisins
- Mix dry ingredients. Stir in vinegar (or lemon juice) and water slowly. Add raisins. Cook to a syrup.

For tongue and ham.

APPLESAUCE

- 8 apples
 - 2/3 cup water
 - 1/2 cup sugar
 - Flavouring
- Wash, quarter and pare apples. Cook slowly in water until apples are soft. Add sugar; stir and cook until dissolved. Add lemon juice, cinnamon or nutmeg if desired or if apples need more flavour. To make very smooth applesauce press through a sieve.

For pork.

CRANBERRY SAUCE

- 1 cup water
 - 2 cups sugar
 - 1 lb. cranberries
 - 1/2 orange
 - 1/4 cup cognac (optional)
- Combine sugar and water in saucepan. Bring to a boil and boil 5 minutes. Add cranberries and finely chopped orange rind and pulp. Cook, stirring occasionally, over low heat until cranberries start popping. Remove from range. Add cognac if desired, and chill.

For game and poultry.

BREAD SAUCE

- 1 onion
 - 4 cloves
 - 2 cups milk
 - 1 cup fine, white, stale bread crumbs
 - 3/4 tsp. salt
 - Few grains cayenne
 - 3 tblsp. butter
 - 1/2 cup coarse, stale bread crumbs
- Skin the onion and stud it with cloves. Place onion in double boiler with

milk and scald milk. Add fine crumbs and continue heating mixture about 15 minutes. Remove onion and stir salt, cayenne and 1 tblsp. of the butter into sauce. Brown coarse crumbs in remaining butter and sprinkle over sauce before serving.

For game, poultry and roasts.

WINE SAUCE

1½ tblsp. butter
1½ tblsp. Five Roses Enriched Flour
1 10-oz. can consommé
1 bay leaf
⅛ tsp. thyme
1 tblsp. sherry or Madeira

Melt butter. Stir in flour slowly and brown. Slowly stir in the consommé. Add bay leaf and thyme and simmer sauce for 20 minutes. Remove bay leaf and add sherry or Madeira.

For ham, liver, sweetbreads, kidneys.

TARTAR SAUCE

1 cup mayonnaise
1 tsp. onion juice
1 tblsp. chopped capers
1 tblsp. chopped cucumber pickles
1 tblsp. chopped green olives
½ tblsp. chopped parsley

Mix all ingredients well. Add 1 tsp. plain or tarragon vinegar if sauce is not acid enough. Chill.

For fish, lobster, scallops, oysters.



SEAFOOD COCKTAIL SAUCE

1 tblsp. prepared horseradish
¼ cup catsup
¼ cup chili sauce
2 tblsp. lemon juice
½ tsp. salt
2 drops Tabasco
1 tblsp. grated onion
1 tsp. Worcestershire sauce
2 tblsp. minced celery (optional)

Mix all ingredients thoroughly. Chill before serving.

For oysters, shrimps, lobster.

VINAIGRETTE SAUCE OR DRESSING

1 tsp. salt
¼ tsp. paprika
Few grains pepper
3 tblsp. vinegar
6 tblsp. olive oil
1 tblsp. green pepper, chopped
1 tblsp. cucumber pickle, chopped
1 tsp. parsley, chopped
1 tsp. chives or onion, chopped
1 tblsp. pimento, chopped

Combine dry ingredients. Beat in vinegar and oil. Add remaining ingredients.

This dressing may be served hot or cold.

For fish, asparagus, brussel sprouts, broccoli, vegetable salads.

HOLLANDAISE SAUCE

½ cup butter
2 egg yolks
1 tblsp. lemon juice
⅛ tsp. salt
Few grains cayenne

Divide butter into 3 portions. Put 1 piece in heavy bowl with slightly beaten egg yolk and lemon juice. Cook over hot but never boiling water, stirring constantly until butter melts. Add second piece of butter and stir into sauce until thickened; add

third piece. Take immediately from heat and beat with wooden spoon until glossy. Add salt and cayenne and serve.

If separation occurs, stir in 2 tablespoons boiling water, drop by drop.

For steak, fish, poached eggs, asparagus, broccoli, brussel sprouts, cauliflower, spinach.

BÉARNAISE SAUCE—Add 1 tsp. each finely chopped parsley and tarragon and 1 tsp. onion juice.

For scallops, steaks.

LEMON BUTTER

$\frac{1}{4}$ cup butter
1 tblsp. lemon juice

Beat lemon juice into butter, drop by drop. May be served hot or shaped into balls and chilled before serving.

For steak, chops, fish, lobster, shrimp, asparagus, broccoli.



PARSLEY BUTTER

$\frac{1}{4}$ cup butter
1 tblsp. chopped parsley
Melt butter and mix in parsley.

For steak, fish, asparagus, broccoli, green beans, potatoes.

ALMOND SAUCE OR AMANDINE

$\frac{1}{4}$ cup butter
 $\frac{1}{4}$ cup blanched shredded almonds
Melt butter. Stir and sauté almonds in butter until lightly browned.

For fish, crab meat, green beans and green peas.

MAÎTRE D'HÔTEL BUTTER

$\frac{1}{4}$ cup butter
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{8}$ tsp. pepper
2 tsp. parsley, chopped fine
2 to 3 tsp. lemon juice

Cream butter, add salt, pepper and parsley. Stir in lemon juice, drop by drop.

For steak, fish, oysters.

BEURRE NOIR

$\frac{1}{4}$ cup butter
1 tblsp. lemon juice
Salt and pepper

Cook butter until it is brown. Add lemon juice and seasoning. Grated onion, chopped chives or minced garlic may also be added.

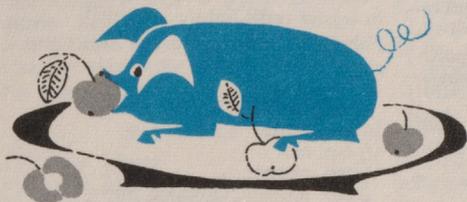
For steak, lobster, sweetbreads, calves' brains, fried eggs, asparagus, green beans, cauliflower.

HARVARD SAUCE

$\frac{1}{2}$ cup sugar
1 tblsp. cornstarch
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ cup mild vinegar
2 whole cloves
2 tblsp. butter

Mix sugar, cornstarch and salt. Stir in vinegar and boil 5 minutes over low heat. Add butter.

To serve over beets: Add 3 cups sliced, whole or diced cooked beets to sauce and allow to stand over hot water 30 minutes. Heat beets just before serving.



Glazes

Glazes add immeasurably to the flavour and appearance of meat and vegetables. They're well worth the little time they take to prepare!

TO GLAZE A HAM: Pour off the drippings at the bottom of the pan. Remove skin from ham and score the fat into diamond shapes about $\frac{1}{4}$ " deep. Spread with glaze and bake for 15-20 minutes in a 400° F. oven until brown.

TO GLAZE LAMB: Baste lamb with glaze during last hour of roasting.

TO GLAZE VEGETABLES: Parboil vegetables about 15 minutes. Drain and pour glaze on top. Heat on stove or in low oven until vegetables are cooked.

FRUIT GLAZE

1 pkg. apple, cherry, grape or orange-flavoured gelatin
1/2 cup brown sugar
1 cup hot water

Dissolve gelatin and brown sugar in hot water.

For ham, tongue or duck.

GLAZE FOR VEGETABLES

1/4 cup sugar
1 1/2 tblsp. butter
1/3 cup water or vegetable stock
Seasoning as desired

Combine ingredients in a saucepan. Heat and stir until a syrup is formed.

For carrots, onions, sweet potatoes.

HONEY GLAZE

1 cup honey
1/2 tsp. cloves
Combine; mix.

For ham.

JELLY GLAZE

1/2 cup currant or grape jelly
1/2 cup boiling water
Combine ingredients.

For lamb and ham.

MAPLE GLAZE

1 cup maple syrup
2 tsp. prepared mustard
Combine; mix.

For ham.

MINT APRICOT GLAZE

1 cup sugar
2 cups water
1/2 bunch mint leaves
2/3 cup cooked, sieved apricots
2 tblsp. butter

Cook sugar, water and mint leaves 5 minutes. Strain. Add apricots, continue cooking until well blended; add butter.

For lamb.

MUSTARD GLAZE

1 cup brown sugar
1 tblsp. dry mustard
1/2 cup sweet pickle juice
Combine; mix.

For ham.

ORANGE GLAZE

1 cup orange juice
1 cup brown sugar
1 tblsp. grated orange rind
Combine; mix.

For ham, duck.

PINEAPPLE GLAZE

3/4 cup crushed pineapple
1 cup brown sugar
Combine; mix.

For ham.

ORNAMENTAL GLAZE

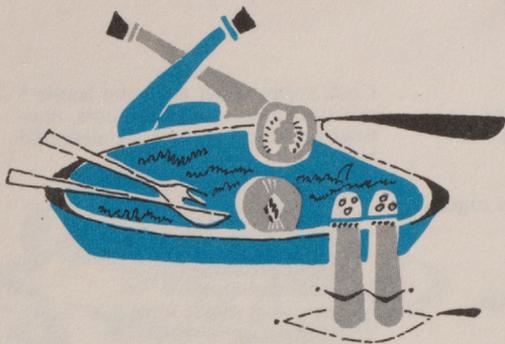
1 1/2 tsp. gelatin
1/4 cup water
1 cup meat stock or bouillon
Soak gelatin in water; add to stock and heat.

For meat, fish, poultry.

WINE GLAZE

1 cup brown sugar
1/2 cup cider, or Muscatel or Tokay wine
Combine; mix.

For ham.



Salad Dressings

Salads have really come into their own with today's trend to lighter eating. They can be served as a first course, main course, accompaniment to a main course, or as a dessert. Nutritionally, they are excellent. Prepared with a dash of imagination and a good dressing, a salad can make the meal.

The preparation of salads is most important to their flavour and appearance. Ingredients must always be fresh, cold, crisp and dry. Preparation too long in advance will cause the ingredients to go limp and to lose their nutritive value. Also, remember that the outside leaves of greens have a higher vitamin and mineral content than the inside leaves.

Any of the following herbs may be added to salads for deliciously different flavour: anise, basil, burnet, chevril, dill, mint, sorrel, thyme, marjoram.

STANDARD FRENCH DRESSING

- 1 tsp. dry mustard
- 2 tsp. salt
- 1/2 tsp. pepper
- 1 tsp. paprika
- 2 tsp. sugar
- 2 cups salad or olive oil
- 2/3 cup vinegar or lemon juice
- 1 clove garlic (optional)

Combine ingredients in a bottle or glass jar with a cover. Shake well and chill. Before serving, shake hard to blend.

CHIFFONADE DRESSING—To 1 cup French Dressing, add 2 chopped hard-cooked eggs, 2 tsp. chopped onion, 2 tblsp. chopped parsley, 4 tblsp. chopped green pepper and 1 tblsp. chopped chives.

FRUIT SALAD DRESSING—Omit mustard and use 1 cup grapefruit, orange, or lemon juice in place of vinegar.

HERB DRESSING—To 1 cup French Dressing, add 1 tblsp. minced parsley, 1/2 tsp. marjoram and 1/8 tsp. thyme and basil.

OLIVE DRESSING—To 1 cup French Dressing add 1/4 cup chopped stuffed or ripe olives.

ROQUEFORT DRESSING—To 1 cup French Dressing, add 1/2 cup or more crumbled Roquefort or other blue cheese and a few drops onion juice.

VINAIGRETTE DRESSING—Add 2 tsp. each chopped parsley, onion, green pepper and cucumber pickle to 1 cup French Dressing.

SPECIAL FRENCH DRESSING

- 1/2 cup sugar
- 1 tsp. salt
- 1 tsp. paprika
- 1 tsp. dry mustard
- 3/4 tsp. celery seed
- 1 tsp. onion powder
- 1/4 tsp. pepper

- 1/2 cup salad or olive oil
- 1/2 cup vinegar
- 1 clove garlic

Combine ingredients in a bottle or glass jar with a cover. Shake well and chill. Before serving, shake hard to blend.

LOW CALORIE DRESSING

- 1/4 tsp. gelatine
- 1 tblsp. cold water
- 1/4 cup boiling water
- 1 tblsp. sugar
- 1/2 tsp. salt
- 2 tblsp. lemon juice
- 2 tblsp. catsup or chili sauce
- 1/8 tsp. dry mustard
- 1/4 tsp. paprika
- Few grains cayenne
- Few grains pepper
- 1/4 tsp. onion juice

Soak gelatine in cold water. Dissolve mixture in boiling water. Stir in sugar and salt. Cool mixture, then add remaining ingredients. Shake and chill dressing. Shake well before serving.

SOUR CREAM DRESSING

- 1/2 tsp. salt
- 1 tsp. sugar
- Few grains cayenne or pepper
- 2 tblsp. vinegar or lemon juice
- 1 cup sour cream

Combine all ingredients and mix thoroughly.

Celery seed, dill seed, chopped parsley or chopped green pepper may be added.

CREAMY ROQUEFORT DRESSING

- 8 oz. cream cheese
 - 4 oz. Roquefort or other blue cheese, crumbled
 - 1 cup mayonnaise
 - 1 tsp. Worcestershire sauce (optional)
- Beat cream cheese and blend in other ingredients. Beat thoroughly.

MAYONNAISE

- 1/2 tsp. mustard
- 1/2 tsp. sugar
- 1/2 tsp. salt
- 1/2 Few grains cayenne
- 1 egg yolk
- 1 tblsp. vinegar
- 3/4 cup salad oil
- 1 tblsp. lemon juice

Sift dry ingredients together into a deep bowl. Add egg yolk and beat thoroughly. Add vinegar gradually, stirring constantly. Using hand beater, electric mixer, wire whisk or silver fork, beat in 1 tablespoon oil, a drop at a time. Beat in remaining oil, 1 teaspoon at a time, until mixture thickens. Be sure mixture is smooth each time before adding more oil. Stir in lemon juice.

If mayonnaise separates: place 1 egg yolk in a bowl and, stirring constantly, add the mayonnaise to it very gradually.

RUSSIAN DRESSING

- 1 cup mayonnaise
- 1/2 cup chili sauce
- 1 tblsp. lemon juice

Blend and mix ingredients thoroughly.

SPECIAL RUSSIAN DRESSING—Replace 1/4 cup of chili sauce with 2 tblsp. each chopped green peppers, chopped celery and chopped pimento.

THOUSAND ISLAND DRESSING

- 1 cup mayonnaise
- 6 tblsp. chili sauce
- 1 hard-cooked egg, chopped
- 2 tblsp. chopped stuffed green olives
- 1 tblsp. chopped pimento
- 1 tsp. minced onion
- 1 Few grains cayenne

- 2 tblsp. chopped green pepper (optional)

Combine ingredients and mix thoroughly. Chill.

CREAMY THOUSAND ISLAND DRESSING: Mix in 1/2 cup heavy cream, whipped.

COOKED SALAD DRESSING

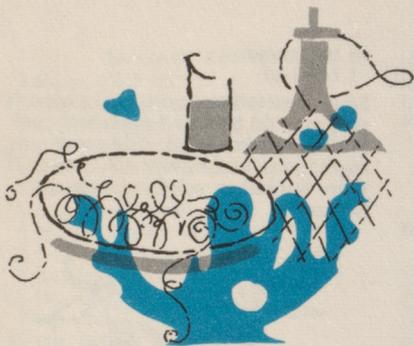
- 1/2 tsp. salt
- 1 tsp. mustard
- 1 tblsp. sugar
- 1 Few grains cayenne
- 2 tblsp. Five Roses Enriched Flour
- 1 egg or 2 egg yolks, slightly beaten
- 3/4 cup milk
- 1/4 cup vinegar
- 2 tblsp. butter

Sift together salt, mustard, sugar, cayenne and flour into top of double boiler. Add egg and milk and mix well. Add vinegar very slowly. Cook and stir mixture over boiling water until mixture begins to thicken. Remove from heat and stir in butter. Strain and cool.

CREAM FRUIT DRESSING

- 2/3 cup sugar
- 2 tblsp. Five Roses Enriched Flour
- 1 Few grains salt
- 2 eggs, slightly beaten
- 1 tblsp. butter
- 3 tblsp. lemon juice
- 1/4 cup orange juice
- 1 cup pineapple juice
- 1/2 cup whipping cream

Mix sugar, flour and salt. Stir in remaining ingredients except cream and cook in double boiler until thickened. Chill. Whip cream until thick but not stiff and fold into chilled mixture. Beat thoroughly until blended. Other juices may replace orange and pineapple juice.



Sauces for Spaghetti

Spaghetti is a member of the pasta family which also includes egg noodles, macaroni and the many novelty-shaped pastas. Spaghetti and macaroni are made with a mixture of water and semolina flour. Egg noodles are similar but have added egg solids.

Spaghetti and macaroni almost double in volume when cooked; therefore, cook 8 ounces for 4 people. If sauce is very hearty, 6 ounces is sufficient for 4 people.

When cooking, immerse spaghetti very slowly into salted, rapidly boiling water so that water remains at the boiling point. Cook in boiling water until it is done (10-15 minutes), remove and drain in a strainer. Douse with melted butter if desired. To keep warm or to re-heat, place over hot water.

GARLIC SAUCE

$\frac{1}{3}$ cup olive oil
6 cloves garlic, chopped
Heat olive oil with garlic. Remove garlic and pour oil over spaghetti.

VARIATIONS Add $\frac{1}{2}$ cup sliced, sautéed mushrooms
Add $\frac{1}{2}$ cup minced, fresh or canned clams
Add 6 anchovy fillets, cut in pieces

SAUCE NAPOLI

2 tblsp. olive oil
2 cloves garlic, minced
 $\frac{1}{3}$ cup diced celery
1 cup chopped onion
1 tblsp. chopped parsley
2 cups Italian tomatoes
2 tblsp. Italian tomato paste
1 tsp. sugar
 $1\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. pepper
1 tsp. oregano

In olive oil, lightly brown first 4 ingredients. Add rest of ingredients and simmer, uncovered, about 30 minutes.

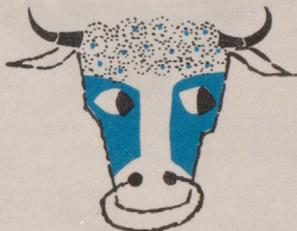
Makes 4 servings.

MEAT SAUCE

2 tblsp. olive oil
2 cloves garlic, minced
 $\frac{1}{2}$ cup chopped onion
 $\frac{1}{2}$ cup chopped celery
 $\frac{3}{4}$ cup sliced mushrooms (optional)
2 tblsp. chopped parsley (optional)
 $\frac{1}{2}$ cup chopped green pepper (optional)
1 lb. ground beef
 $\frac{1}{2}$ lb. ground pork
1 28-oz. can Italian tomatoes
1 6-oz. can Italian tomato paste
1 tblsp. salt
 $\frac{1}{8}$ tsp. paprika
 $\frac{1}{8}$ tsp. cayenne
 $\frac{1}{2}$ tsp. basil
 $\frac{1}{4}$ tsp. oregano
 $\frac{1}{4}$ tsp. pepper

$\frac{1}{2}$ tsp. sugar
1 bay leaf

Sauté vegetables in oil until onion is golden. Add beef and pork and cook until lightly browned. Add remaining ingredients and simmer 2 hours. If more liquid is needed, add water.
Serves 8.



MEAT BALLS FOR SPAGHETTI

1 lb. ground beef
1 cup buttered bread crumbs
1 tblsp. minced onion
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{8}$ tsp. pepper
Mix ingredients thoroughly and shape into 1" balls. Sauté in oil, then add to Napoli Sauce or Meat Sauce.

RED WINE SAUCE

$\frac{1}{3}$ cup olive oil
2 cloves garlic, minced
 $\frac{1}{2}$ cup minced onion
2 stalks celery, diced
1 lb. ground beef
1 28-oz. can Italian tomatoes
1 cup red table wine
1 6-oz. can tomato paste
 $\frac{1}{2}$ tsp. dried basil
1 tsp. monosodium glutamate
2 tsp. salt
 $\frac{1}{4}$ tsp. pepper

Sauté garlic, onion, celery and beef in oil until lightly browned. Add remaining ingredients, cover, and simmer about 2 hours. *Makes 8 servings.*

SAUSAGE SAUCE

- 3 tblsp. olive oil
- 2 cloves garlic, minced
- 2 cups chopped onions
- 1 green pepper, chopped
- 3 stalks celery, diced
- 1 28-oz. can Italian tomatoes
- 1/2 cup sliced mushrooms
- 5 sprigs parsley, chopped
- 2 6-oz. cans Italian tomato paste
- 1 bay leaf
- 1/2 tsp. oregano
- 2 tsp. salt
- 1/4 tsp. pepper
- 2 cups water
- 3/4 lb. hot Italian sausage
- 1 cup cooked, diced shrimp and lobster (optional)

Small chunks Mozzarella cheese (optional)

Sauté garlic, onions, green pepper and celery in oil. Cook until vegetables are lightly browned. Add all other ingredients, except sausages and seafood, and simmer, covered, about 2 hours. Remove casing from sausage and brown lightly, breaking up with fork. Add meat to first mixture and simmer about 1 hour longer. Add seafood if desired, and heat. Add cheese, if desired. *Serves 8.*

CHINESE SAUCE

- 2 tblsp. salad oil
- 3/4 lb. ground beef
- 1 cup chopped onions
- 1/2 cup chopped green pepper
- 2 cups stewed tomatoes
- 3/4 cup beef bouillon
- 1 cup celery, diced
- 1 tsp. salt
- 1/4 cup Five Roses Enriched Flour
- 1/3 cup water
- 1 tblsp. soya sauce

Sauté beef, onions and green pepper in oil until lightly browned. Add tomatoes, bouillon, celery and salt and simmer 10 minutes. Blend last 3

ingredients and stir gradually into first mixture. Cook, stirring, until thickened. Makes 4 servings.

MUSHROOM CHEESE SAUCE

- 2 10-oz. cans condensed cream of mushroom soup
- 1 cup grated Cheddar cheese
- 3/4 cup milk
- Few grains pepper
- 1/4 tsp. paprika

Combine milk and condensed soup in top of double boiler and mix well. Stir in cheese and cook over boiling water until cheese melts and sauce is hot. Serves 6 to 8.

For macaroni.

CHICKEN LIVER SAUCE

- 4 tblsp. salad or olive oil
- 1/2 cup chopped onions
- 2 cloves garlic, minced
- 2 28-oz. cans Italian tomatoes
- 2 6-oz. cans tomato paste
- 1 cup water
- 2 tblsp. salt
- 1/2 tsp. pepper
- 1/2 tsp. basil
- 1/4 to 1/2 tsp. oregano
- 1 bay leaf
- 2 1/2 tsp. sugar
- 1/4 cup grated Parmesan cheese (optional)
- 1 lb. chicken livers, cut in 1/2 inch pieces
- 1 cup sliced fresh or canned mushrooms (optional)

Using 2 tblsp. of oil, sauté onions and garlic until brown. Add tomatoes, tomato paste, water, spices, sugar and cheese. Mix well and simmer 1 1/2 hours, stirring occasionally. Sauté chicken livers and mushrooms in remaining 2 tblsp. oil. Add to sauce and cook 1/2 hour longer. Makes 8 servings.

For spaghetti, macaroni, rice.



Sauces for Desserts

A sauce can turn the simplest dessert into a gastronomic masterpiece. For instance, instead of icing the next cake you bake, why not serve it plain with a fancy sauce? Almost any pudding tastes better topped with sauce. On the following pages, you'll find a sauce for just about every kind of dessert.

A hint about flavourings. A bland pudding deserves a distinguished sauce; an acid pudding, a bland sauce; a rich pudding, a light sauce.

VANILLA SAUCE

- ¼ cup sugar
- 1 tblsp. cornstarch
- Few grains salt
- 1 cup boiling water
- 2 tblsp. butter
- 1 tsp. vanilla
- Few grains nutmeg

Mix sugar, cornstarch and salt in a saucepan. Add boiling water gradually, stirring constantly. Cook and stir mixture over low heat about 5 minutes, or until clear and thickened. Remove from heat and add butter, vanilla and nutmeg. Brandy, rum or sherry may replace vanilla.

For bread pudding, steam pudding, cottage pudding, un-iced cake, soufflés.

CHOCOLATE FUDGE SAUCE

- 1 tblsp. butter
- 2 oz. unsweetened chocolate
- ½ cup boiling water
- ¾ cup sugar
- 2 tblsp. corn syrup
- Few grains salt
- 1 tsp. vanilla, sherry or brandy

Melt chocolate and butter in top of double boiler. Gradually stir in boiling water. Add sugar, corn syrup and salt and cook until slightly thickened. Remove from heat; add flavouring. May be served hot or cold.

PEPPERMINT FUDGE SAUCE — Add 6 crushed after-dinner mints to sauce.

For ice cream, un-iced cakes, meringues, cream puffs, cottage pudding.

CARAMEL SAUCE

- ⅔ cup sugar
- 1 cup boiling water
- 1 tblsp. cornstarch
- Few grains salt
- 1 tblsp. cold water
- 1 tblsp. butter
- ½ tsp. vanilla

Melt sugar and brown slightly. Add boiling water. Mix cornstarch and

salt with cold water; add to sugar. Cook and stir over hot water until sauce is smooth and thick and raw starch taste has disappeared. Remove from heat; stir in butter and vanilla.

For custard, cottage pudding, ice cream, un-iced cake.

BUTTERSCOTCH SAUCE

- ½ cup brown sugar
- ½ cup corn syrup
- ½ cup thin cream
- Few grains salt
- 2 tblsp. butter
- 1 tsp. vanilla

Mix brown sugar, corn syrup and cream in top of double boiler. Cook 30 minutes, stirring occasionally. Remove from heat and add remaining ingredients. May be served hot or cold.

For custard, cottage pudding, ice cream, un-iced cake.

MAPLE SAUCE

- 1 cup maple syrup
- 2 tblsp. chopped nuts

Boil syrup 5 minutes. Add nuts and serve immediately.

For custard, cottage pudding, ice-cream, waffles, un-iced cake.

MARSHMALLOW SAUCE

- ¾ cup sugar
- 1 tblsp. corn syrup
- ¼ cup milk
- ½ lb. marshmallows
- 2 tblsp. water
- 1 tsp. vanilla or 1 drop oil of peppermint

Mix sugar, corn syrup and milk and stir over low heat until sugar is dissolved. Bring to a boil, then allow to simmer 5 minutes. In top of double boiler stir marshmallows and water until melted. Pour syrup over dissolved marshmallows and beat well. Add flavouring.

To reheat: Place over hot water and beat well before serving.

For ice cream, chocolate cake.



CUSTARD SAUCE

- 2 egg yolks
- 2 tblsp. sugar
- Pinch of salt
- 1 cup scalded milk
- $\frac{1}{4}$ tsp. vanilla, rum or sherry or a little grated lemon rind

Beat yolks slightly; stir in sugar and salt and mix well. Slowly stir in the scalded milk. Cook and stir over hot water until mixture is thickened and will coat a spoon. Remove from heat and cool. Add flavouring to cooled sauce. For a completely smooth sauce, strain before cooling.

For gelatin desserts, tapioca, trifle, sponge puddings, cream puffs.

ALMOND SAUCE—Add $\frac{1}{2}$ cup blanched ground almonds.

FOAMY SAUCE

- $\frac{1}{2}$ cup butter
- 1 cup powdered sugar, sifted
- 1 egg or 2 egg yolks, well beaten
- 1 tsp. vanilla or 1 to 2 tblsp. wine
- Few grains salt

Cream butter. Gradually add sugar and beat until well blended. Beat in egg, flavouring and salt and set over hot water. Beat until it has thickened

and is smooth and light (about 7 minutes). May be served hot or cold. *For gelatine desserts, sponge puddings, soufflés, steamed puddings.*

ZABAGLIONE (SABAYON)

- $\frac{1}{3}$ cup sugar
- 2 egg yolks
- $\frac{1}{4}$ cup sherry, Madeira or Marsala wine
- 2 egg whites, stiffly beaten

Put egg yolks and sugar in top of a double boiler. (Over, not in, boiling water.) Beat constantly with wire whisk or egg beater until yolks become frothy. Slowly add wine and continue to beat until mixture is very thick. Remove immediately and fold into stiffly beaten egg whites.

Serve as a sauce or as a dessert in itself.

For soufflés, fruit, un-iced cake.

FLUFFY ORANGE SAUCE

- $1\frac{1}{2}$ tsp. lemon juice
- $\frac{1}{2}$ cup orange juice
- 1 tsp. grated lemon rind (optional)
- $\frac{1}{3}$ cup sugar
- Few grains salt
- 2 egg yolks, slightly beaten
- 2 egg whites, stiffly beaten
- 1 tsp. vanilla

Mix fruit juice, rind, sugar, salt and egg yolks in saucepan. Cook and stir constantly over low heat until mixture thickens. Remove from fire and cool slightly. Fold stiffly beaten egg whites into sauce. Add vanilla. May be served hot or cold.

For cottage pudding, tapioca, fruit, un-iced cakes, sponge pudding.

FLUFFY LEMON SAUCE

- 3 tblsp. butter
- $\frac{3}{4}$ cup confectioners' sugar
- 3 egg yolks or 2 whole eggs
- $\frac{1}{2}$ cup boiling water
- 1 tsp. grated lemon rind
- 3 tblsp. lemon juice

Beat butter until soft; sift the sugar into the butter gradually, blending well. Beat in egg yolks or whole eggs. Slowly stir in the boiling water. Cook and stir the sauce in a double boiler until it thickens. Remove sauce from heat and stir in lemon rind and juice.

For tapioca, fruit, cottage pudding, steam pudding, chocolate soufflé, un-iced cake.



LEMON SAUCE

½ cup sugar
1 tblsp. cornstarch
1 cup boiling water
½ tsp. grated lemon rind
2 tblsp. butter
1½ tblsp. lemon juice
Few grains salt

Mix sugar, cornstarch, salt and rind in a saucepan. Add boiling water gradually, stirring constantly. Cook and stir mixture over low heat about 5 minutes or until clear and thickened. Remove from heat and stir in butter, lemon juice and salt.

For steamed pudding, cottage pudding, un-iced cake, apple crisp.

MELBA SAUCE

1 cup canned or fresh berries
¼ cup sugar
Crush berries. If desired, strain to remove seeds. Add sugar and cook to a heavy syrup.

For ice cream, cottage pudding, fruit, un-iced cake.

FRUIT SAUCE

1 cup unsweetened fruit juice
¾ cup sugar
2 tblsp. Five Roses Enriched Flour
2 tsp. lemon juice
1 cup crushed fruit, fresh or canned (optional)

Combine fruit juice, sugar and flour. Heat to boiling. Remove from heat and stir in lemon juice. Cool sauce slightly, then add fruit. Cook and stir sauce until it is thick. Flavour with sherry or wine, if desired. Sauce may be served hot or cold.

For custard, cottage pudding, tapioca, un-iced cake.

HARD SAUCE

⅓ cup butter
1 cup confectioners' brown, granulated or maple sugar
Few grains salt
1 tsp. vanilla or other flavouring

Cream butter thoroughly. Sift sugar and add gradually to the butter until mixture is very smooth. Add salt and flavouring.

BERRY HARD SAUCE—Beat ½ cup mashed strawberries or raspberries gradually into the sauce.

BRANDY OR WINE HARD SAUCE—Add 1 tsp. brandy or 1 to 3 tblsp. sherry.

LEMON HARD SAUCE—Add 1 tsp. lemon juice and 1 tblsp. grated lemon rind.

ORANGE HARD SAUCE—Add 2 tblsp. orange juice and 2 tblsp. grated orange rind.

RICH HARD SAUCE—Beat in 1 egg or ¼ cup of cream.

SPICY HARD SAUCE—Add ½ tsp. cinnamon, ¼ tsp. cloves and ½ tsp. lemon juice.

For bread pudding, steamed pudding, cottage pudding, mince pie.

WHIPPED CREAM

1 cup heavy cream
2 tblsp. sifted confectioners' sugar
 $\frac{1}{2}$ tsp. vanilla
Always chill cream, bowl and beaters before whipping so that maximum volume will be obtained.
Beat cream until it begins to thicken. Fold in sugar and vanilla and beat until cream just holds its shape.

AMBER WHIPPED CREAM—Use $\frac{2}{3}$ cup firmly packed brown sugar to replace granulated sugar.

Especially delicious on fruit pies and fruit puddings.

COFFEE WHIPPED CREAM—Use 1 to 2 tsp. instant coffee to replace vanilla. Toasted chopped nuts may be added, if desired.

PISTACHIO WHIPPED CREAM—Add $\frac{1}{2}$ tsp. almond extract, 6 drops green food colouring and 2 drops yellow food colouring.

NUT WHIPPED CREAM—Add 3 tablespoons finely crushed nut brittle.

COCOA WHIPPED CREAM

1 cup whipping cream
2 tblsp. cocoa
 $\frac{1}{4}$ cup confectioners' sugar
 $\frac{1}{8}$ tsp. salt
1 tsp. vanilla
Combine ingredients and chill 1 hour. Beat until cream just holds its shape.
Especially good on Angel Food cake.

EGGNOG SAUCE

3 tblsp. sugar
1 tblsp. Five Roses Enriched Flour
Few grains salt
1 egg yolk
 $1\frac{1}{4}$ cups milk
 $\frac{1}{2}$ tsp. nutmeg
1 tblsp. rum or brandy or
 $\frac{1}{2}$ tsp. rum or brandy extract
1 egg white

In top of double boiler combine flour, salt and $1\frac{1}{2}$ tblsp. of the sugar. Beat in egg yolk. Gradually add milk, stirring constantly. Cook, stirring occasionally, over boiling water for 5 minutes. Remove from heat and cool. Add nutmeg and flavouring. Beat egg white until foamy, then add remaining $1\frac{1}{2}$ tblsp. sugar. Beat until mixture stands in peaks. Fold into first mixture.

For ice cream, sponge puddings, un-iced cake, custard, cottage pudding.

MINCEMEAT SAUCE

$\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup water
1 cup prepared mincemeat
Boil sugar and water 5 minutes. Stir in mincemeat.
For custard, ice cream.

MINCEMEAT SAUCE, FLAMBÉ—Warm $\frac{1}{3}$ cup rum or cognac in a saucepan and ignite. Pour into mincemeat sauce and serve immediately.

For ice cream.

MOCHA SAUCE

$\frac{1}{2}$ cup sugar
4 egg yolks
1 tblsp. instant coffee
 $\frac{1}{3}$ cup sifted Five Roses Enriched Flour
 $1\frac{1}{2}$ cups milk
1 tsp. vanilla
Few grains salt

Combine sugar, eggs and coffee in top of double boiler and beat until frothy and light. Slowly stir in flour until mixture forms smooth paste. Add milk to mixture. Stir vigorously. Place over boiling water and cook until sauce begins to boil. Stir vigorously and remove from heat; continue to beat until smooth. Chill, stirring occasionally.

For ice cream, un-iced cake, custard, soufflés.



Dips

Dips are always popular at a cocktail party or bridge party. In fact, they're a welcome addition to almost every kind of social gathering, or as a daytime or evening snack. They are simple and quick to prepare — and can be made ahead of time.

Dips are usually served with potato chips, Melba toast, bread sticks, or crackers. Certain Dips like Party Dip or Sour Cream Dip (Page 32) are delicious with crisp, raw vegetables. For example: cucumber sticks, celery chunks, radishes, carrot sticks, cauliflower tips, green pepper strips or turnip strips. The weight-watchers will thank you for this — they can forego the dip and nibble the vegetables.

CALIFORNIA DIP

1 pkg. dehydrated onion soup mix
1/2 pint commercial sour cream
Stir and blend ingredients thoroughly.

COCKTAIL DIP

1/2 pint commercial sour cream
1 pkg. dehydrated spaghetti sauce mix

Beat together. Let stand in refrigerator for at least 1 hour before serving.

CLAM DIP

1/2 pint commercial sour cream
1 7-oz. can minced clams
1 tsp. clam liquid
Few drops tabasco

Mix ingredients. To serve hot, top with bread or cracker crumbs. Place in 325° oven for 15 minutes.

SOUR CREAM DIP

1/4 cup chopped parsley
1 tblsp. chopped fresh dill
1/4 cup chopped chives
1 cup commercial sour cream
1/4 tsp. salt

Mix ingredients thoroughly.

CHILI DIP

12 oz. cream cheese
1/2 cup mayonnaise
1/2 cup chili sauce
2 to 3 tblsp. prepared horseradish
2 tblsp. pickle relish

Beat cream cheese until fluffy. Beat in remaining ingredients.

PARTY DIP

1 4-oz. pkg. cream cheese
1 tblsp. light cream
1 tblsp. chili sauce
2 tsp. grated onion
1/4 tsp. salt
1/8 tsp. dry mustard
Few drops Worcestershire sauce
Dash pepper

Blend ingredients thoroughly.

CHEESE-BACON DIP

1 8-oz. pkg. cream cheese
3 tblsp. mayonnaise
1 tsp. prepared horseradish
2 tblsp. crisp, crumbled bacon
Blend cheese and mayonnaise; add remaining ingredients; mix well. Use less or more horseradish depending on taste.

LIVER PATÉ DIP

2 3-oz. cans liver spread
1/4 cup evaporated milk
1 to 2 tblsp. prepared horseradish
2 tsp. finely grated onion
1/2 tsp. Worcestershire sauce
2 tblsp. chopped stuffed olives
Mix and blend ingredients thoroughly.

SARDINE DIP

2 3 1/4 oz. cans sardines
1 8-oz. pkg. cream cheese
1 to 2 cloves garlic, finely chopped
2 teaspoons minced onion
2 tblsp. lemon juice
1/4 tsp. salt
Mash sardines and cheese thoroughly. Blend in other ingredients.

PIQUANT SHRIMP DIP

1 8-oz. pkg. cream cheese
1/2 cup sour cream
1 tsp. Worcestershire sauce
1/4 tsp. salt
1/4 tsp. dry mustard
1 tsp. sugar
1 tsp. onion juice
1 4 1/2-oz. can shrimp; de-veined and flaked

Beat ingredients together well.

SMOKED OYSTER DIP

1 8-oz. pkg. cream cheese
1/2 pint commercial sour cream
2 3-oz. cans smoked oysters
Dash lemon juice
Few grains salt
Cream cheese thoroughly; then add sour cream, salt and lemon juice. Chop oysters very fine, add and mix thoroughly.

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