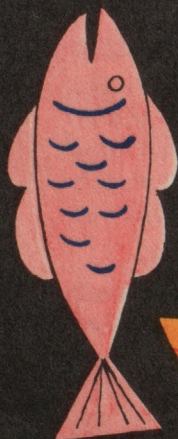




recipes for tasty dishes



Feast and fast dishes
Cooking with Olive Oil
Meat and fish dishes
One dish meals
European dishes



UNE ÉDITION EN FRANÇAIS
sera envoyée sur demande par
La Compagnie Pastene, Limitée

The purest form in which the oil of the selected ripe olives may be obtained



PASTENE OLIVE OIL is available from the Oil imported in bulk and packed in Canada by the Pastene Co., Limited, or in containers direct from Italy's Olive Groves.

The Pastene Co. is the only Company on this Continent with its own olive oil plant in Italy.

In both Italian and Canadian packed Olive Oil, the consumer gets the finest imported Olive Oil, unconditionally guaranteed to be 100% pure and health-giving Olive Oil that will satisfy even the most discriminating.

Excellent for use where fats are called for.

An Introduction to more delicious cooking

THROUGH the ages cooking with OLIVE OIL has been a regular practice among Europeans who introduced it to the vast territories of the New World to which they migrated. And so for the past three-quarters of a century, PASTENE IMPORTED OLIVE OIL has been used by food-lovers on the North American continent to bring more eating pleasure to their tables. The use of Olive Oil in cooking on this continent has rapidly increased, and in salads and salad dressings, it is not only the most palatable ingredient, but also the most nutritious. In every-day cooking, or in the preparation of more elaborate dishes, PASTENE IMPORTED OLIVE OIL imparts a delicious flavour, a unique zest and goodness.

PASTENE OLIVE OIL has also become the superior and best shortening for use in cooking and meat dishes.

Here are recipes which feature this purest juice of selected ripe olives. They will enable you to bring variety to your meals and surprise your family and friends, and new dishes to delight the palate and offer sound nourishment to young and old.

In offering you this recipe book, the Pastene Company hopes you will find these recipes interesting and helpful, and quite worthy of the famous PASTENE Fine Foods that have contributed so much to the art of good eating for the past 86 years.

Goodness... Gracious... PASTENE!

Tips to Good Eating

- * Select the best ingredients for your salads, crisp, firm greens and vegetables. To avoid a limp, watery salad be sure greens are drained and dry.
- * Some gourmets mix the dressing right in the salad bowl and advise pouring olive oil on first to coat the greens before adding the vinegar. The olive oil seals in the flavors of the greens and enhances the natural taste.
- * Olive oil dressings should be made with wine vinegar. If you've always used cider vinegar, next time try red wine vinegar and enjoy the zesty Continental flavor it adds.
- * The basic proportions for an olive oil salad dressing are three parts olive oil to one part wine vinegar.
- * The dressing in the salad should be practically all absorbed by the greens and other ingredients, there shouldn't be any surplus liquid left over.
- * Glorify all your vegetables—raw or cooked—by seasoning them generously with PASTENE'S pure Olive Oil. The delicious, delicate olive flavor of this genuine olive oil brings out hidden goodness.
- * Use leftover meats, fish or poultry in salads for an economical way to add variety to your menus.
- * Use your ingenuity in selecting ingredients for salads. If you usually have tomatoes and lettuce, try experimenting with some of the more unusual greens like romaine, chicory, dandelion, endive, escarole: each has a unique taste all its own.
- * Add delicious flavor to your seafoods—fish, scallops, oysters, etc.—cook them as famous chefs do, in flavorful PASTENE OLIVE OIL. The delicate, sweet taste of seafoods prepared this way is beyond compare. When frying fish, roll in meal or cracker crumbs and fry in savory PASTENE Olive Oil. When baking or broiling, rub seafood with PASTENE Olive Oil before putting under broiler.
- * When broiling meat, fish or poultry, brush generously with PASTENE Olive Oil to hasten the browning of the outside and to seal in the natural flavors.
- * Try freshly ground pepper for your seasoning. You'll enjoy the real mild pepper taste.
- * If some of your favorite recipes call for salad oil, try using olive oil, the best oils for salads. You will find that the dishes will taste even better.

Recipes



Lentil Soup, Roman style

- 1/2 lb. lentils
- 1 medium-sized onion
- 1 clove garlic
- 2 sprigs parsley
- 2 stalks celery
- 4 tablespoons PASTENE OLIVE OIL
- 1 small cabbage, chopped
- 1/2 cup PASTENE ITALIAN TOMATOES
- Salt and pepper to taste

Cook lentils in one and one-half quarts of water until almost done. Chop the onion, garlic, parsley and celery, and put all into a pan with olive oil, salt and pepper. Allow to cook until lightly browned, then add the chopped cabbage and tomatoes, and cook for 10 minutes. Pour this mixture into pot with lentils and let all cook together until cabbage is done. Dice some toast into a large bowl and pour lentil mixture over it. A delicious dish, enough for six.



Italian Minestrone Soup

- 1 cup dried peas or beans
- 8 medium-sized carrots
- 4 potatoes
- 8 stalks celery with leaves
- 1/4 white cabbage
- 2 onions
- 1 clove garlic
- 1 small bunch of parsley
- 4 quarts water
- 2 tablespoons salt
- 2 tablespoons PASTENE OLIVE OIL
- PASTENE IMPORTED GRATING CHEESE

Prepare and dice vegetables. Mince garlic and stem the parsley. Put in pot. Add water, salt, and boil 2 to 4 hours. Add olive oil. Grate PASTENE Imported Cheese and serve with the soup. Serves six to eight.



Spaghetti with Tonno, Neapolitan style

- 1 7-oz. can PASTENE TONNO or TUNA
- 3 tablespoons PASTENE OLIVE OIL
- 1/2 cup finely chopped onions
- 1 clove garlic, chopped fine
- 2 tablespoons minced parsley
- 2 tablespoons PASTENE TOMATO PASTE, diluted in water
- 1/2 lb. Spaghetti
- Salt and pepper to taste

Drain and flake tonno. Pour oil drained from fish into large skillet, add the olive oil, heat and add onions, garlic and parsley. Simmer over low heat 10 minutes or until onions are soft and lightly browned. Add tonno and continue cooking until it begins to brown. Add tomato sauce. Cook uncovered over low heat about 15 minutes or until thickened.

When sauce is nearly ready, cook spaghetti in rapidly boiling salted water until tender. Drain, turn onto serving platter and pour tonno-tomato sauce over. Serve at once. Four servings.

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Spaghetti and Meat Balls, Italienne

- 1½ lbs. round of beef, ground
- 3 eggs
- 2 cloves garlic
- Few sprigs parsley, chopped
- 1 cup bread crumbs
- 2-oz. PASTENE IMPORTED GRATING CHEESE
- 3 tablespoons PASTENE OLIVE OIL
- 1 large can PASTENE ITALIAN TOMATOES
- Bay Leaf
- 1 teaspoon sugar
- ½ lb. spaghetti
- Salt and pepper to taste

Break the eggs into a large bowl, add one clove garlic (minced) and chopped parsley, and beat lightly. Add meat a little at a time, and stir well. Add bread crumbs, 1 ounce grated cheese, salt and pepper to taste, and mix thoroughly with the aid of a fork to obtain a well-blended mixture. Dip your fingers in cold water, and start forming the balls, which should be about 1½ inches in size. After forming each ball, flatten it.

Now pour the olive oil in into a large frying pan and when hot, sauté the meat balls lightly on both

sides, removing them to a saucepan as done. When all the meat balls are sautéed, pour the tomatoes (strained) into the frying pan, let them come to a boil, then pour into the saucepan with the meat balls, add bay leaf, sugar, salt and pepper. Cover tight and allow to cook slowly for one hour. Occasionally lift the lid and stir to prevent sticking.

Now cook the spaghetti in plenty of rapidly boiling salted water for about 12 minutes—longer if preferred. Strain, place on hot platter, season with the tomato sauce, sprinkle with the remaining ounce of grated cheese, arrange the meat balls around the spaghetti, and serve piping hot. Enough for four. A complete dinner and a real treat!



Spaghetti with Meat Sauce and Eggplant

- 6 tablespoons PASTENE OLIVE OIL
- 1 onion, minced
- 1 clove garlic, minced
- Few sprigs parsley, chopped
- 1 tender stalk celery, chopped
- ½ lb. chopped beef
- 1 large can PASTENE ITALIAN TOMATOES
- 1 medium-sized eggplant
- ¾ lb. spaghetti
- 2 oz. PASTENE IMPORTED GRATING CHEESE
- Salt and pepper to taste

Pour 3 tablespoons olive oil into a saucepan, add onion, garlic, parsley and celery, and cook until onion is tender. Add chopped meat, and continue cooking, stirring to avoid sticking. Strain tomatoes and add to pan, season with salt and pepper to taste, and allow to cook slowly about 45 minutes, or until sauce is of desired thickness. While sauce is cooking, peel eggplant, slice it and sprinkle salt over each slice. Put in colander with a weight over it, and allow to drain. After one-half

hour, rinse thoroughly, and fry in remaining olive oil, making sure that each slice is a nice golden color on both sides. Set the egg-plant aside when done. Now cook the spaghetti in rapidly boiling salted water, and when tender, drain, arrange on hot platter, and pour tomato sauce over it. Cut the eggplant slices into strips, arrange over the spaghetti with the tomato sauce, and sprinkle grated cheese over all. Serves four.



For Frying and Seasoning

For all fried foods, for shortening and all deep-fat frying, PASTENE OLIVE OIL is the magic ingredient you need.

And for cooked vegetables, sauces and casserole dishes, a little PASTENE OLIVE OIL performs wonders.

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Sea Foods

To add delicious flavor to your favorite sea foods—fish, scallops, oysters, etc.—try cooking them as many famous chefs do in flavorful PASTENE OLIVE OIL. The delicate, sweet taste of sea foods fixed this way is beyond description. PASTENE OLIVE OIL seals in the natural delicious flavor.

When frying fish roll in meal or cracker crumbs and fry in deep PASTENE OLIVE OIL with little savory. When baking or broiling, rub sea food with PASTENE OLIVE OIL before putting in oven or broiler.

Put "PASTENE" to work in YOUR kitchen—and discover the royal road to greater eating pleasure!



Baked Fillet of Haddock Supreme

- 1½ lb. fillet of haddock
- 1 medium-sized onion
- 1 green pepper
- 2 stalks celery
- 3 tablespoons PASTENE OLIVE OIL
- 2 cups PASTENE ITALIAN TOMATOES
- 1 tablespoon parsley, chopped
- 1 bay leaf
- 1 teaspoon sugar
- 1 teaspoon salt

Chop onion very fine; cut pepper in strips, removing seeds; chop celery, and cook all slowly in the olive oil about ten minutes. Add the tomatoes, well mashed with a fork, the chopped parsley, the bay leaf, the sugar and salt, and cook 15 minutes longer.

Place fish carefully in a well-greased baking dish, pour this sauce over it, and bake in moderate oven 35 minutes. A real treat for four.



Baked Fish Italian style

- 2 lbs. swordfish, halibut or any white fish
- 3 tablespoons PASTENE OLIVE OIL
- 1 small can PASTENE ITALIAN TOMATOES
- ¼ cup chopped onions
- ½ cup finely sliced celery
- ½ cup green olives (cut from stones)
- 2 tablespoons capers
- 3 cloves
- 3 tablespoons flour
- Few sprigs parsley
- ½ teaspoon sugar
- ¾ teaspoon salt
- ⅛ teaspoon pepper; ½ cup water

Cook onion in olive oil until tender. Add tomatoes, water, cloves, sugar, salt and pepper. Cover and simmer twenty minutes. Make a smooth paste of the flour and three tablespoons water, stir into tomato mixture, cook five minutes, strain, add olives, celery and capers.

Prepare fish and place in buttered baking pan. Pour sauce over it and bake in a moderately hot oven (375° F.) about thirty-five minutes, basting frequently. Serve on a hot platter, with sauce poured over fish. Garnish with parsley.



Shrimp Creole

- 3 cups hot boiled PASTENE Rice
- 4 tablespoons PASTENE OLIVE OIL
- 2 onions, sliced
- 4 stalks celery, chopped
- 1 tablespoon flour
- 1 teaspoon salt
- 1 small can PASTENE ITALIAN TOMATOES
- 1 can Peas
- 1 tablespoon vinegar
- 1 teaspoon sugar
- 1½ cups cooked shrimps

Cook the onions and celery until brown in the oil; add flour, seasonings, and slowly add the water. Cook fifteen minutes. Add tomatoes, peas, vinegar, sugar and shrimps. Continue cooking ten minutes more or until shrimps are thoroughly heated. Mold rice either in cones or ring and surround with the shrimp creole. Enough for six servings.

- 2 teaspoons chili powder
- 1 cup water



Pastene Tonno—Venetian style

- 4 tablespoons PASTENE OLIVE OIL
- 8 medium-sized onions
- 8 medium-sized potatoes
- ½ small can PASTENE ITALIAN TOMATOES
- 2-3½-ounce cans PASTENE TONNO
- Salt and pepper to taste

Put the olive oil and onions (whole) in a saucepan, cover well and allow to cook about ten minutes over moderate flame. Add the potatoes cut in halves, also salt and pepper. When the potatoes are half done, add the tomatoes and continue cooking until potatoes are soft. Then add the Tonno, being careful to keep it in solid chunks as it comes from the can, and cook slowly eight minutes longer. Serves four.



Tonno alla Casalinga

- 1 large onion
- 1 sprig parsley
- 1 clove garlic
- 4 tablespoons PASTENE OLIVE OIL
- 1 small can PASTENE ITALIAN TOMATOES, sieved
- 1 large can PASTENE TONNO (or 2 small cans)
- 1 can Peas
- Salt and pepper to taste

Chop up the onion, parsley and garlic, and place in a saucepan with the olive oil. When the onion begins to turn a golden yellow color, add the tomatoes, salt and pepper, and allow to cook very slowly for an hour, covered. Now add the tonno and the peas, and allow all to cook together for ten minutes. Serve hot, or warm.



Veal Cutlets Milanese

- 2 pounds veal round, cut in thin slices
- 2 eggs, beaten
- 2 cups stale bread crumbs
- a little flour
- 4 tablespoons PASTENE IMPORTED GRATING CHEESE
- Sprig of parsley, chopped
- ½ teaspoon salt
- a little pepper
- ½ cup PASTENE OLIVE OIL

Cut the slices of veal in the desired size, removing all fat, etc., and pound a little with the handle of a butcher's knife. Dredge with flour, dip in the beaten eggs, and then in a mixture made from the rest of the dry ingredients (bread crumbs, grated cheese, chopped parsley, salt and pepper).

Pour the olive oil into a frying pan, and when hot fry the cutlets carefully on both sides, until crisp and golden colored.

Serve hot, with French fried potatoes, or any other fried vegetable, garnished with sliced lemons.

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Veal Scaloppini Venetian style

- 6 shoulder veal steaks
- $\frac{1}{2}$ cup flour
- 3 tablespoons PASTENE OLIVE OIL
- 1 can mushroom buttons (or stems and pieces)
- 2 cloves garlic, chopped fine
- 1 cup dry white wine
- $\frac{1}{2}$ cup PASTENE ITALIAN TOMATOES
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 2 tablespoons chopped parsley

Dredge veal steaks with flour. Heat olive oil in a heavy skillet and sauté meat until brown on both sides. Drain mushrooms (set liquid aside) and add to meat with the chopped garlic. Simmer for five minutes, covered. Add wine, tomatoes and mushroom liquid. Season to taste with salt and pepper, cover, and simmer for about fifteen minutes, or until meat is tender.

Sprinkle steaks with chopped parsley and serve at once. Yield: six servings.

Casserole Supreme— Pastene style

- 2 large onions, sliced
- 2 green peppers, minced
- 3 tablespoons PASTENE OLIVE OIL
- 1 lb. round steak, ground
- 1 large can PASTENE ITALIAN TOMATOES
- 1 cup PASTENE RICE (uncooked)
- 1 teaspoon chili powder 2 teaspoons salt $\frac{1}{4}$ teaspoon pepper

Brown onions and peppers lightly in olive oil. Add meat and cook about 5 minutes. Add tomatoes (mashed with fork), rice and seasonings. Mix well and turn into casserole. Bake in a moderate oven (350° F.) about one hour. Serves four or five.

Eggs Julienne

- 4 tablespoons PASTENE OLIVE OIL
- 1 large onion, chopped
- 1 small can PASTENE ITALIAN TOMATOES
- 1 can Tender Sweet Peas
- 6 eggs
- Salt and pepper to taste

Cook the onion in the olive oil until soft. Add the tomatoes, and cook for about fifteen minutes. Add peas, salt and pepper to taste, and cook for ten minutes longer. Drop eggs in, one by one, without breaking yolks, and cook slowly until eggs are done. Serves six.

Italian Style Fried Eggs

- 2 tablespoons PASTENE OLIVE OIL
- Fresh laid eggs
- Salt and pepper

Cover bottom of a skillet with olive oil—about 2 tablespoons; the amount depending upon the size of the skillet used. Heat until oil starts to smoke. Break raw eggs carefully. Slip one at a time into oil, cover and cook 2 minutes. Season with salt and pepper. Serve at once.

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PASTENE COOKED WHITE KIDNEY BEANS

Are deliciously tasty and tender. Simply heated and seasoned with Italian Olive Oil, they make an appetizing side dish; mixed with cooked macaroni or cooked rice, they are nourishing and highly palatable; added to vegetable soup, they impart a meaty rich goodness.



PASTENE ITALIAN STYLE MINISTRONE

Just as the Italian housewife prepares it—with properly ripened vegetables—cut macaroni—perfect seasoning—a delightful dish that will make a welcome change from ordinary soups.



PASTENE PIMENTOS

To lend flavor and color to your cooking try Pastene Pimentos. Perfect for hors d'oeuvres, sauces, and for lending piquant taste to everyday dishes.



PASTENE ITALIAN TOMATO PASTE

Plump, red, ripe tomatoes from the sunny gardens of Italy—tender sweet and small—are used to make Pastene Tomato Paste—wonderful for spaghetti and macaroni sauces.



PASTENE RIPE OLIVES

Olives are picked at the moment of full ripeness and packed in convenient tins. A delicious treat at dinner—a perfect appetizer. Pastene Ripe Olives have an unusually delicate flavour.



PASTENE ITALIAN PEELED TOMATOES

Flavorful — plump — rich red color. Anyone can make the perfect sauce with Pastene Tomatoes.

TINS for DELICIOUS DISHES



PASTENE ESPRESSO COFFEE

For and after dinner coffee of richest flavour—smooth, velvety, delectable . . . the one and only Pastene Espresso Coffee.



PASTENE ANTIPASTO

The true Italian Hors d'Oeuvre. Each tin contains mushrooms, artichokes, pickles, sardines, olives and tuna—deliciously flavored with rare spices. A delightful appetizer or salad.



PASTENE RICE

A fancy rice from the famous Italian fields. Highly nutritious and full flavoured.



TONNO PASTENE

This tempting Italian style Tuna Fish is packed in savory Pastene Olive Oil. Sweet, tender meat. Perfect for salads, cold suppers, sandwiches.



PASTENE FILLETS OF ANCHOVIES

The perfect appetizer. Pastene Anchovies are packed, rolled or flat in Pastene Olive Oil. Rolled style are seasoned with capers.

SOME OTHER "PASTENE"

- PASTENE**
- Romano Cheese for grating
 - Parmesan Cheese for grating
 - Cooked Chickenpeas
 - Cooked Roman Beans
 - Peppers in Vinegar
 - Oregano
 - Rosemary leaves



PASTENE PORTUGUESE SARDINES

A delicious sardine of delicate flavor packed in pure olive oil in Portugal.

Fine
Quality



Since
1874

Italian Omelet, alla Pastene

- 3 tablespoons PASTENE OLIVÉ OIL
- 1 onion sliced thin
- 1 can Tender All Green Asparagus Tips
- 1 clove garlic
- 1 tomato, peeled and cut up
- $\frac{1}{4}$ teaspoon PASTENE OREGANO (thyme)
- 9 eggs
- Salt and pepper to taste

the frying pan. Cover and cook over low flame till sides of the mixture shrink away from the pan. Puncture with a fork if middle puffs up. When bottom is cooked and sides have shrunk somewhat, transfer to the broiler section of the oven and finish off the cooking under a low flame. Cut like a pie and serve at once. Six portions of a really delicious omelet.

Pour olive oil into frying pan, add onion and garlic. Cook slowly for ten minutes, then add the asparagus tips (well drained), the tomato and seasonings. Stir well, cover and cook slowly five minutes longer. Remove from heat and cool.

Now beat eggs lightly in a bowl, season with salt and pepper and then stir the vegetable mixture into them. Mix and pour back into

Chinese Omelette

- 1 onion, chopped fine
- $\frac{1}{4}$ cup mushrooms, chopped fine
- 3 tablespoons PASTENE IMPORTED OLIVÉ OIL
- $\frac{1}{4}$ cup cooked fresh shrimp, chopped fine
- $\frac{1}{4}$ cup cooked chicken, chopped fine
- $\frac{1}{4}$ cup cooked ham, chopped fine
- 6 eggs, well beaten
- Salt and pepper to taste

In a large frying pan cook the onion and mushrooms together in the olive oil, for several minutes. Then add the shrimp, chicken and ham, and stir for about one minute to mix and heat. Season the beaten eggs with salt and pepper, and pour over the mixture in frying pan. Proceed with the omelet in the usual way, and serve piping hot. Something different the family will enjoy—and it will help you use up left-overs.

Eggplant—Parmesan style

- 1 large eggplant
- 1 can PASTENE ITALIAN TOMATOES
- $\frac{1}{2}$ onion
- 1 clove garlic
- 2 springs parsley
- 6 tablespoons PASTENE OLIVÉ OIL
- 1 cup PASTENE IMPORTED GRATING CHEESE
- 1 egg
- 1 cup flour
- Salt and pepper to taste

Peel and slice eggplant. Salt each slice and put in a colander; place a weight on top and let stand for one hour.

In the meantime, make the sauce. Put two tablespoons olive oil in saucepan, cut up onion, garlic and parsley very fine, and cook in the olive oil. When golden brown, add the can of tomatoes, and let simmer slowly for an hour, adding salt and pepper to taste.

Wash eggplant thoroughly, squeezing out all water, dip each slice in the beaten egg, then in flour, and sauté in remaining olive oil.

Arrange a layer of the fried eggplant in a baking dish, cover with some of the tomato sauce, and sprinkle with grated cheese. Then add another layer of eggplant and sauce and cheese, finishing with the sauce and cheese on top. Bake in a moderate oven until nicely browned.

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Zucchini Pipieni a la Sardegnola **(Stuffed Italian Squash)**

- 6 small Zucchini (Italian Squash)
- ½ cup PASTENE OLIVE OIL
- 1 medium sized onion—chopped
- 3 sprigs parsley—chopped
- ½ cup grated PASTENE PARMESAN CHEESE
- ½ cup milk (optional)
- ¼ teaspoon ground mixed spices
- 1 cup bread crumbs
- 3 eggs unbeaten
- Salt and pepper to taste

Slightly scrape the outside of the squash, cut in halves and remove the pulp with a teaspoon. Cook the shells in frying pan, in half the olive oil. Mix onion and parsley together and cook until golden brown in about two tablespoons olive oil. Add the chopped pulp and cook slowly about thirty-five minutes. Put this in bowl and add the grated cheese, bread crumbs and eggs. Mix well and add spices, salt and pepper. If found dry, add one half cup milk. Fill the shells of the squashes and sprinkle with bread crumbs on top. Place in baking dish and brown in oven about twenty-five minutes, basting with olive oil to keep from getting dry. Serve hot.

Baked Eggplant with Meat Sauce

Peel an eggplant. Cut in ¼ inch slices. Sprinkle with salt and let stay for 2 hours. Wash several times in fresh water to extract salt. Dry in clean cloth and fry in deep, flavorful PASTENE OLIVE OIL. When well browned, lay in shallow baking dish—sprinkling each layer with PASTENE IMPORTED GRATED CHEESE. Top abundantly with Italian meat sauce (see recipe for sauce). Bake in a moderate oven of 350°F. for ten minutes. Serves six.

Summer Squash and Green Peppers

- 2 medium-sized summer squashes
- ⅓ cup PASTENE OLIVE OIL
- 6 medium-sized green peppers
- 2 tablespoons PASTENE TOMATO PASTE, diluted in water
- Salt and pepper to taste

Wash, scrape and dry the squashes, remove white center, and cut in thin 3-inch strips. Heat olive oil, and fry squash until brown. Remove from oil. Fry in same oil the peppers, cut in strips. Remove from oil when brown. Remove from pan all but 3 tablespoons of olive oil, then pour in tomato paste and cook thoroughly for 15 minutes. Add squash, peppers and seasonings. Cook five minutes longer over a slow fire. Serves four.

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Stuffed Peppers

- 4 good-sized green peppers
- $\frac{3}{4}$ pound beef or pork meat, ground
- 1 cup boiled PASTENE RICE
- Few sprigs parsley
- 2 tablespoons grated Parmesan cheese
- Salt and pepper to taste
- 1 large can PASTENE TOMATOES
- $\frac{1}{2}$ cup PASTENE OLIVE OIL
- 1 clove garlic
- Few basil leaves

Cut green peppers in halves lengthwise. Boil rice twenty minutes, strain dry (do not wash) and allow to cool. In the meantime, mix ground meat, eggs, parsley, cheese, salt and pepper thoroughly, and sauté lightly in about two tablespoons of olive oil. Add all this to rice, and mix thoroughly. Then stuff peppers with this mixture.

Put about two tablespoons of olive oil in a pan and place peppers in it.

Cook sauce next, in the following manner: Place remaining olive oil (about four tablespoons) in frying pan with garlic and basil leaf; allow to simmer a few minutes, then add strained tomatoes, salt and pepper, and cook for about twenty minutes, or until thickened. Pour this sauce over the stuffed peppers, cover and bake in moderate oven forty-five minutes to one hour, or until peppers are done.



Rice Alla Pastene

- $\frac{3}{4}$ package PASTENE RICE
- 1 lb. ground meat
- 1 large can PASTENE ITALIAN TOMATOES
- 1 large onion
- 4 tablespoons PASTENE OLIVE OIL
- $\frac{1}{2}$ teaspoon sugar
- Salt and pepper to taste
- 2 oz. PASTENE IMPORTED GRATING CHEESE

Chop the onion fine and put in a frying pan with the olive oil. Let it cook slowly without allowing it to brown for about five minutes. Add chopped meat, salt and pepper, and with a fork keep stirring constantly and breaking up the meat, which has a tendency to form large lumps. Cook for about 10 minutes. Then place the contents of the frying pan into a saucepan, and pour over it the tomatoes (strained) and a cup or

two of water. Add sugar. Let the whole cook slowly for about one-half hour. Then add the rice well cleaned and washed, and allow it to cook slowly, adding water, a little at a time, as needed. It takes from 20 to 30 minutes for the rice to be well done. It is preferable to cook it over a very low flame, and allow more time. When the rice is cooked, add the grated cheese, allow it to stand for a few minutes, and serve. If preferred it can be served in a glass baking dish, with a layer of slice hard cooked eggs over it. This amount will serve six.



Risotto a la Milanese

- 1 package PASTENE RICE
- 2 oz. butter
- 1 large onion
- $1\frac{1}{2}$ qts chicken broth
- 1 2-oz. jar PASTENE IMPORTED GRATING CHEESE
- Cooked Chicken giblets, chopped
- Salt and pepper to taste

Wash the rice and drain. Put butter in a saucepan, and when hot add the onion chopped fine. When the onion is soft and golden color, add the rice and allow to cook for about 5 minutes, stirring constantly. Then add a cup of chicken broth, and continue cooking. Add broth little by little as needed, and watch carefully to prevent sticking. When the rice is

tender (about 25 minutes) add half the grated cheese and the chopped chicken giblets. By this time the risotto must be pretty dry—if not, allow it to steam for a few minutes. Arrange on a hot platter, sprinkle the rest of the cheese over the top, and serve piping hot. A real treat for six.



Rice Torta

- 1 cup PASTENE RICE
- 3 eggs
- 1 teaspoon chopped parsley
- 1 2 oz. jar PASTENE IMPORTED GRATING CHEESE
- 4 tablespoons PASTENE OLIVE OIL
- 2 tablespoons butter
- Salt and pepper to taste

Boil rice about 20 minutes in plenty of water to which a teaspoon of salt has been added, stirring with a fork occasionally so that it won't stick. Drain and place into a bowl. Add beaten eggs, retaining a tablespoonful to spread over the top just before baking.

Add chopped parsley, grated cheese, butter, olive oil, salt and pepper, and mix all well together.

Pour into a pan which has been oiled, and bake in medium hot oven for about 30 minutes, or until a light brown. Cut into squares and serve.



Creole Beef with Rice

- 1 lb. ground beef
- 3 tablespoons PASTENE IMPORTED OLIVE OIL
- 1 onion, chopped
- 1/2 green pepper, chopped
- 1/2 cup chopped celery
- 2 tablespoons flour
- 1 cup water
- 2 cups PASTENE TOMATOES
- 1/2 teaspoon chili powder
- 1 teaspoon salt
- 1 teaspoon Worcestershire Sauce
- 2 cups PASTENE extra long grain rice

Brown beef in one and one-half tablespoons olive oil. Brown onion, pepper and celery in remaining one and one-half tablespoons olive oil, add flour and blend. Add water, tomatoes, meat, chili powder, salt and Worcestershire sauce and cook slowly for 10 minutes, stirring often. In the meantime cook the rice in the usual way, about 20 minutes, or until tender. Drain and arrange on hot platter. Pour the beef creole over it, and serve hot. Enough for four or five —and a special treat.



Pastene Tonno Salad

- 2 tins PASTENE TONNO, 3 1/2 oz.
- 1 medium-sized onion, chopped fine
- 1 chopped hard-cooked egg
- 1 heart of celery, chopped
- 1 tablespoon chopped parsley
- Pinch PASTENE OREGANO (thyme) . . . Dash pepper
- 2 tablespoons home-made mayonnaise

Flake the tonno in a small mixing bowl. Add the other ingredients, in the order listed. Mix well, chill a little, and serve. Enough for four.



Basic Salad Dressing

- 1/2 cup PASTENE OLIVE OIL
- 1/4 cup vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 1/8 teaspoon paprika

Pour olive oil and vinegar into a small bottle (about 8 oz.) and add dry ingredients. Shake violently just before using. This dressing can be kept in refrigerator for days, and is delicious on green salads, on broiled fish, boiled beef, tongue, etc.

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Pastene Mayonnaise Dressing

- 1 egg yolk
- 1 tablespoon lemon juice
- 1 teaspoon salt
- 1 teaspoon sugar
- ¼ teaspoon curry powder
- Pinch pepper and cayenne
- 1 tablespoon vinegar
- 1 cup PASTENE OLIVE OIL

Mix all ingredients together except the vinegar and olive oil. Add oil very slowly at first, beating with rotary egg beater. As mixture thickens, add larger quantities of oil, and lastly add vinegar. Continue beating thoroughly and if dressing is not quite thick enough, add more oil. Keep ingredients as cool as possible, and dressing thickens much more quickly.



Chicken—alla Cacciatore

- 1 chicken, disjointed
- ¼ cup PASTENE OLIVE OIL
- 1 small can PASTENE ITALIAN TOMATOES
- 1 clove garlic
- ½ teaspoon PASTENE OREGANO (thyme)
- Salt and pepper to taste
- Heart, liver, gizzard of chicken
- A little water

Singe, wash and dry pieces of chicken; wash giblets. Heat the olive oil very hot in frying pan; brown garlic and remove; brown pieces of chicken, a few at a time, and transfer to casserole. Turn can of tomatoes into oil, mix and pour over chicken; add thyme (more if desired), salt, pepper and the giblets. Bring to a boil; reduce heat; cover; simmer over asbestos mat until chicken is tender. As tomato cooks away, add a tablespoon or two of water, if necessary.



Pizza Pie

- Ingredients for dough
- 3 cups all-purpose flour
 - ½ cake yeast
 - 1 cup or more lukewarm water
 - 2 tablespoons PASTENE OLIVE OIL
 - ½ tablespoon salt
 - PASTENE OLIVE OIL

Measure flour into large mixing bowl; make a well in centre. Dissolve yeast in water, add salt, mix thoroughly into flour and then add the PASTENE OLIVE OIL. Knead until elastic and pliable. Spread a little PASTENE OLIVE OIL over dough and knead for a few minutes. Cut enough dough to roll thin to fit the size of pan or pans to be used.

Brush with PASTENE OLIVE OIL

OR

use a packaged biscuit dough mix

OR

call at any of the numerous Italian bakery shops and buy a loaf of "unbaked" bread dough. Keep warm until you reach home, roll as above, and then:

cover with a thin layer of crushed PASTENE TOMATOES and then add any or all of the following as preferred:

- thin slices of Mozzarella Cheese—strips of PASTENE Anchovies—grated Parmesan Cheese—sliced onions—oregano—peperoni sausage

Bake in moderate oven 375°F. for 45 minutes.

Goodness... Gracious... PASTENE!



Fruit Cake

- 1/2 cup PASTENE OLIVE OIL
- 1 cup sugar
- 1 lemon (grated peels and juice)
- 3 eggs (beaten)
- 3 cups flour
- 1 cup milk
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 cup green cherries (cut in halves)
- 1 cup red cherries (cut in halves)
- 1 cup raisins; 1/2 cup nuts or almonds

Mix the 1/2 cup of PASTENE OLIVE OIL together with the beaten eggs, add sugar, grated peel, juice, flour, milk and salt. Add cherries (green and red), raisins, nuts or almonds, mix well and add at the end the baking powder.

Bake at 325°F. for about 1 hour.



Date Squares

- 1 1/2 cups sifted flour
- 1/4 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon salt
- 3 unbeaten eggs
- 1 cup corn syrup
- 1 teaspoon vanilla
- 1/2 cup PASTENE OLIVE OIL
- 1 cup chopped nuts
- 2 cups chopped dates

Mix together the four first ingredients. Beat eggs in a bowl until light. Add corn syrup, vanilla, PASTENE OLIVE OIL. Beat well. Add chopped nuts, dates, mix well. Add sifted dry ingredients. Place in a greasy pan (10 1/2 x 15 1/2 x 3/4 inches), bake at 350°F. for 30 to 35 minutes.

Chill—cut in squares—Sprinkle with icing sugar.

Good for 40 squares.



Suggestions on making Sauces

Good, tasty, simple sauces can be prepared in a few minutes—others require a long time, sometimes hours of painstaking effort.

Satisfactory results can be obtained only by a judicious use of a few basic ingredients which go into the making of sauces, such as PASTENE OLIVE OIL, butter, tomatoes and tomato products, meats, mushrooms, and a variety of spices, in addition naturally to salt and pepper.

The quality of these basic ingredients is of course very important to obtain the desired success—regardless of the individual's cooking ability. Good results cannot be obtained with inferior products.

The ingredients which are more or less essential in making sauces are:—

- | | |
|----------------------|------------------|
| PASTENE OLIVE OIL | PASTENE THYME |
| PASTENE ITALIAN | PASTENE GRATED |
| TOMATOES | CHEESE |
| PASTENE TOMATO PASTE | PASTENE ROSEMARY |
| Butter | Cloves |
| Garlic | Nutmeg |
| Dried mushrooms | Bay leaf |

With these tools and with the addition of onions, meats, bacon, sweet basil (in season) or the everyday fresh vegetables and canned goods, almost any kind of sauce can be prepared and the task will become a pleasant one even if time is limited.

Grated cheese is an all-important factor in the use of sauces for macaroni, spaghetti and rice. But cheese of good quality and freshly grated is the only thing that will really serve the purpose. It is preferable to omit cheese rather than use stale grated cheese.

A small piece of Parmesan cheese (mild) or Roman cheese (strong, biting flavor) should be grated at home, as needed. Here are a few simple sauces:

Italian Meat Sauce

2 tablespoons PASTENE OLIVE OIL
1 lb. Beef and Pork, ground
1 small onion, chopped
1 28 oz. tin PASTENE Italian Peeled Tomatoes
2 cloves garlic
2 sprigs parsley
2 bay leaves
1 teaspoon sugar; 2 teaspoons salt
 $\frac{1}{4}$ teaspoon pepper; $\frac{1}{8}$ teaspoon all spice
1-6 oz. tin PASTENE TOMATO PASTE; 12 fl. oz. water

Pour Olive Oil into saucepan, brown meat, add tin of tomatoes, chopped onion, garlic, parsley, bay leaves, sugar, salt, pepper and all spice. Cook 15 minutes. Add can of tomato paste and water; if thin sauce desired add 6 oz. more water, simmer 1½ hours.

Tomato Sauce

Start three tablespoons PASTENE OLIVE OIL and one tablespoon butter in a pan over a moderate fire. Let's try a couple of cloves of garlic this time, instead of onions, and let them brown thoroughly, then remove them. Add a small can of PASTENE ITALIAN TOMATOES—or a small can of PASTENE TOMATO PASTE diluted in lukewarm water. If tomatoes are used they should be strained, Add salt and don't be stingy. Pepper to taste. Add two cloves and a teaspoon of thyme. It will take ten or fifteen minutes to prepare this sauce, depending on the quality of tomatoes you are using. In any event, when the water in the tomatoes is evaporated the sauce is ready. Care should be taken to remove the garlic before serving. Use grated cheese in serving.

Would suggest that this sauce be cooked in a shallow pan and stirred constantly to insure even cooking and a smoother sauce.

Anchovy Sauce, Salsa con Acciughe

10 PASTENE ANCHOVIES fillets
2 tablespoons vinegar
1 clove garlic
2 tablespoons PASTENE OLIVE OIL
4 hard boiled egg yolks
 $\frac{1}{2}$ cup chopped parsley

Put anchovies, garlic, and olive oil in pan, cook slowly about 5 minutes or until anchovies are dissolved. Gradually add parsley, vinegar, mashed egg yolks; stir constantly to blend well. If too thick, add a tablespoon of hot water and a tablespoon of vinegar. Stir. Remove from fire, cool. Serve cold on cold meats or fish.

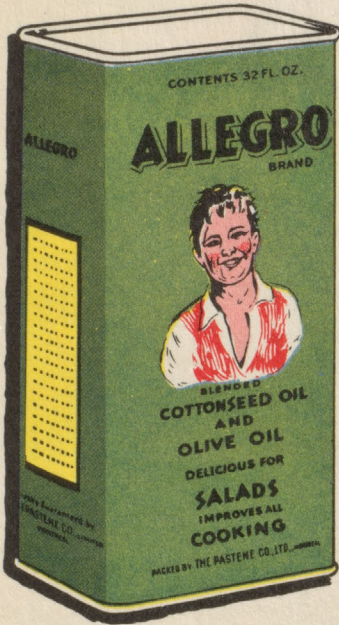
The use of Pastene Olive Oil in general cooking

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