

FAVORITE RECIPES from the UNITED NATIONS



185 Authentic dishes

from all countries of the United Nations. Edited and tested by the Home Service Department of

Robin Hood
FLOUR MILLS LIMITED

Published by
Robin Hood
Flour Mills Limited



FLAGS OF THE UNITED NATIONS



United Nations Flag adopted by the General Assembly, October 20, 1947

BULGARIA



BURMA



AFGHANISTAN



ALBANIA



ARGENTINA



CUBA



CZECHOSLOVAKIA



DENMARK



CAMBODIA



CANADA



DOMINICAN REPUBLIC



ECUADOR



GHANA



GREECE



GUATEMALA



GUINEA



HAITI



IRAN



IRAQ



IRELAND



ISRAEL



ITALY



LIBYA



LUXEMBOURG



MEXICO



MOROCCO



NEPAL



PANAMA



PARAGUAY



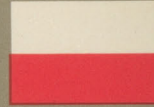
PERU



PHILIPPINES



POLAND



SWEDEN



THAILAND



TUNISIA



TURKEY



UKRAINIAN SSR



URUGUAY



VENEZUELA



YEMEN



YUGOSLAVIA



185
authentic dishes

FAVORITE
RECIPES from the
United Nations



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The Home Service Department,
Robin Hood Flour Mills Limited

Published by
ROBIN HOOD FLOUR MILLS LIMITED
Montreal, P.Q., Canada

IN A VERY REAL SENSE, what we eat is what we are; a nation expresses itself in its food as well as its architecture, its literature, and its art.

We hope this cookbook, bringing the world into your kitchen through delicious recipes from other lands, will help the world's women to a closer understanding of one another.

ROBIN HOOD FLOUR MILLS LIMITED

SINCE THIS BOOK WAS PRINTED, an exciting discovery has taken place: the discovery of Robin Hood NO-SIFT BAKING.

Now, no matter what you bake, you NEVER NEED SIFT Robin Hood Flour. Baking is easier - results are superb.

You will want to try these recipes the new NO-SIFT way. It is very easy - just make this adjustment:

[Measure the amount of flour the recipe calls for, but without sifting. Then take out one heaping tablespoon for every cup.]

(NOTE: Stir, instead of sifting, to blend dry ingredients.)

If you still prefer to sift Robin Hood Flour, go right ahead. If you sift, of course, you will not need to adjust these recipes.

foreword



Rita Martin
Director, Home Service Department
Robin Hood Flour Mills Limited

FAVORITE Recipes from the United Nations” was first published in 1951, and revised both in 1956 and in 1959 to include recipes from new member-nations of the UN. These recipes were compiled with the generous cooperation of delegations to the United Nations, the Pan-American Union, foreign offices, embassies and legations of member-nations. Original editing and testing of recipes was done by members of the American Home Economics Association.

When we at Robin Hood Home Service Department first discovered this fascinating cookbook, we wanted right away to share it with Canadian women. First, though, we had to make sure that the recipes were practicable . . . and truly “authentic”, even with Canadian ingredients.

So all recipes were checked very carefully. Some footnotes were added to tell you what substitutions could be made, and where unusual ingredients could be bought (in cities, this is usually at specialty stores, listed in the yellow pages of the telephone directory). Recipes containing substantial amounts of flour were tested in our own kitchens, to make sure that proportions were correct for Canadian flour.

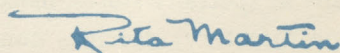
Testing and editing these recipes was an exciting project. Our staff found them fun to make and eat, and we are sure you will too. Many of the recipes are novelty items, to be prepared for special occasions using one country, or group of countries, as a theme. Others you will want to make again and again, as they suit Canadian tastes so well.

Vienna Apfelstrudl, page 93, is one we found particularly intriguing. Most recipes for this delicacy scare the average woman, because the dough must be stretched and stretched to cover a whole table top. This dough is stretched only to 12 by 15 inches, and is very easy to handle. The "Babka" on page 98 is simply delicious — if you feel you have 14 egg-yolks to spare! The dumplings for Chicken Paprika (page 43) have no shortening in them, and so are chewy rather than fluffy and tender. Different, but nice.

You will notice that recipes from many countries contain a great deal more fat than we are accustomed to find in our Canadian food. Some recipes are much more highly spiced, as well. Be sure to read the recipes carefully before attempting to make them. You may discover that special ingredients will be needed, and plenty of time allowed for preparation (some of the recipes, by our standards, take quite a long time to make).

This is a book to be mulled over by the fireside, with a geography book or atlas. In buying it, you help support the United Nations Association in Canada. We hope you will like it and use it all year round . . . perhaps planning weekly "UN Menus" based on children's social studies and geography lessons.

But especially we hope you will let it help you celebrate UN Day, October 24th, with a "UN Day Family Meal". More and more Canadians are observing this pleasant custom, to the enrichment of their lives and the delight of their palates!



*Director, Home Service Department
Robin Hood Flour Mills Limited*

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Suggested Menus

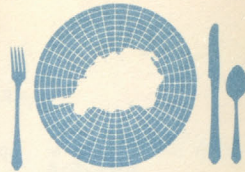
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AFGHANISTAN

Area: 250,000; Pop.: 13,000,000.



VEGETABLE AND MEAT SOUP

- 1 pound ground beef
- ¼ cup butter
- 1 large onion, minced
- 1 clove garlic, minced
- 1 green pepper, minced
- 1 cup canned tomatoes
- 1 teaspoon salt
- ¼ teaspoon red pepper
- 1 cup water
- ½ pound egg noodles
- 4 cups boiling water
- 1 cup cooked kidney beans
- 1 cup cooked dried peas
- 1 pint yogurt
- Few leaves of dry mint

Brown the meat in melted butter. Add onion, garlic, green pepper, tomatoes, salt, and red pepper. Blend. Add 1 cup of water and mix well. Pour into a 1-quart casserole and bake in slow oven (325° F) for one hour. Remove from oven and stir thoroughly.

For the soup, boil the noodles in the boiling water for ten minutes. Add salt, pepper, beans, and peas. Remove from fire and add the yogurt. Mix thoroughly. This soup should have the consistency of a vegetable soup. If too thick, thin with boiling water. Add one-fourth of the meat mixture to the soup and mix well. Serve the soup in soup dishes. Garnish with dry mint. Serve additional meat mixture with the soup as desired. Yield: 8 servings.

FIRENEE (Rice Dessert)

- 1 cup long-grain rice
- 2½ cups water
- 1 quart milk
- ½ to ¾ cup sugar
- Crushed cardamom seeds to taste

Wash rice and boil until very soft. Mash rice or put through a potato ricer; add milk, sugar, and cardamom. Mix thoroughly. Boil vigorously until foamy, stirring constantly. Chill. Serve in sauce dishes with jam or marmalade. Yield: 6 servings.

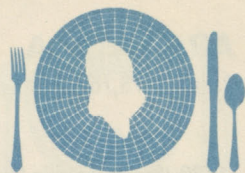
MARGOD (Cornstarch Pudding)

- ½ cup sugar
- ¾ cups water or milk
- ⅛ teaspoon salt
- ¼ cup cornstarch
- ½ cup water or milk
- ½ cup pistachio nuts, chopped

Heat sugar, the ¾ cups water or milk and salt in a double boiler. Bring to the boiling point. Mix cornstarch and the ½ cup water or milk. Stir until smooth. Gradually add cornstarch to the mixture, stirring constantly. Cook the pudding over boiling water for 20 minutes, or cook and stir over a very low heat until pudding thickens and loses its raw cornstarch taste. Cool and pour into a wet mold. Chill pudding, sprinkle with pistachio nuts, and serve. Yield: 4 servings.

ALBANIA

Area: 10,629; Pop.: 1,421,000.



TERITUAR (Cucumber Cocktail or Dip)

- 2 cloves garlic
- 1/2 cup walnuts
- 2 medium-size cucumbers
- 1 teaspoon salt
- 1 tablespoon vinegar
- 1/4 cup olive oil

Grind peeled garlic and walnuts as fine as possible. Grind the peeled cucumbers coarsely. Mix all together with salt, vinegar, and oil. Chill. Serve in cocktail glasses and eat with a spoon. Yield: about 1 pint.

Note: This may also be served in a bowl as a dip, surrounded by crackers.

PULE ME DROP (Sweet Stuffing for Chicken)

- 2 cups soft bread crumbs
- 1/2 cup butter
- 1/4 cup currants
- 1/4 cup raisins
- 1/2 cup chopped mixed nuts
- 1/4 cup sugar
- 1 tablespoon chicken broth

Brown bread crumbs in butter. Add rest of ingredients and mix well, tossing lightly. Stuff neck and body cavity of prepared roasting chicken. Makes enough to stuff a 3- to 4-pound chicken.

E MATUR (Pastry with Almond)

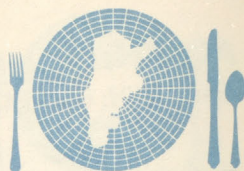
- 1 cup butter
- 1 cup water
- 1 cup sugar
- 2 cups sifted Robin Hood All-Purpose Flour
- Blanched almonds

Melt butter. Add water and sugar; bring to boil. Boil for 2 minutes. Add flour all at once; then beat over low heat until mixture leaves sides of pan and forms compact ball. Cook 1 minute longer, stirring. Spread the mixture in a greased 8-inch square pan. Cut into diamonds with a sharp knife. Place a blanched almond in the center of each diamond. Bake in a hot oven (400° F) 15 minutes, then reduce heat to a slow oven (300° F) and bake 20 minutes longer, until done. The product is a cross between pastry and cake, and is recommended only to those who enjoy very heavy, rich food.

Note: Albanians use no flavoring, but a few drops of almond extract may be added before spreading mixture in baking pan.

ARGENTINA

Area: 1,078,769; Pop.: 19,858,000.



LOCRO (Beef-Vegetable Stew)

- 2 ears corn
- 3 pints water
- 1 teaspoon salt
- $\frac{3}{4}$ pound beef stew meat,
cut in 1-inch cubes
- 3 summer squash, peeled
- 3 carrots
- 3 potatoes
- 3 sweet potatoes
- 2 tablespoons oil
- 1 onion, chopped
- 1 green pepper, chopped
- 1 tablespoon chopped parsley

Cut corn from ears and boil for 5 minutes in water to which salt has been added. Add meat and simmer for 30 minutes. Add squash, carrots, and potatoes (white and sweet), and simmer for $2\frac{1}{2}$ hours or until a thick sauce results. In a separate pan sauté onion, green pepper, and parsley in the oil. Add to vegetable and meat mixture and serve hot as stew. Yield: 3 servings.

ALMOND PASTRY

- 4 eggs
- 1 cup sugar
- $4\frac{1}{2}$ -ounce can blanched almonds,
toasted and chopped very fine
- Grated rind of 1 lemon

Separate eggs. Put yolks in medium-size mixing bowl, one white in small bowl, and 3 whites in bowl large enough for beating. Beat yolks until thick and lemon colored. Beat 1 egg white to soft peak stage and gradually add sugar, continuing to beat constantly. When firm peaks form, fold egg white and sugar mixture into beaten yolks. Add almonds and lemon peel. Line shallow baking pan, 8x8 inches square, with waxed paper. Pour mixture into pan. Bake in slow oven (250° F) for about 25 minutes or until firm to touch. Remove from oven, let cool, and turn out on cookie sheet.

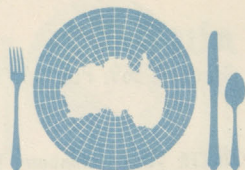
Meringue

- $\frac{3}{4}$ cup sugar
- $\frac{1}{4}$ cup water
- 3 egg whites (from above)

Boil sugar and water until a thread forms when sirup is dropped from spoon (234° F). Beat egg whites. Gradually add sirup, continuing to beat constantly. Beat well. Completely cover almond pastry with meringue on top and sides. Place in slow oven (250° F). When golden brown, remove, and cool. Yield: 8 pieces 2x4 inches.

AUSTRALIA

Area: 2,974,581; Pop.: 9,747,471.



BEEFSTEAK AND KIDNEY PIE

- 1 pound steak (chuck or round)
- 2 lamb kidneys
- 1 tablespoon Robin Hood
All-Purpose Flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons fat
- 1 slice onion
- 1 pint of cold water or stock
(canned consommé or bouillon
cubes may be used)
- Flaky pastry for topping of pie
(see p. 23)*
- * Refers to recipe for Beefsteak Pie
from Canada

Cut steak into one-inch squares and kidneys into slices. Dip into flour blended with salt and pepper. Sauté until slightly brown in the fat. Add slice of onion and water or stock. Simmer 30 to 45 minutes. Cool and pour into casserole. The liquid should come nearly to the top of the dish. Cover the casserole with pastry, brush with egg or milk. Bake in 425° F oven until brown or about 20 minutes. Reduce heat to 350° F and cook further for 45 minutes. Yield: 4 to 6 servings.

Note: One or two tablespoons of chopped parsley and 1/4 or 1/3 cup of red wine may be added before putting the mixture into the casserole.

FRUIT SALAD

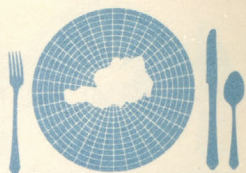
- 1 small fresh pineapple
- 4 bananas
- 4 tablespoons of lemon juice
- 4 oranges
- 1/4 teaspoon salt
- 1 apple or pear
- 2 passion fruit or 6 tablespoons of
passion fruit juice
- 4 tablespoons powdered sugar
- 1/2 cup whipping cream, sweetened

Cut 5 or 6 slices of fresh pineapple about one inch thick. Peel and dice the pineapple into half-inch cubes. Slice the bananas and cut into small pieces. Sprinkle with lemon juice to minimize discoloration. Peel and remove membrane from oranges and cut into small pieces, adding with juice and salt to the prepared pineapple and bananas. Add diced apple or pear. Peel the passion fruit and add the pulp or 6 tablespoons of passion fruit juice. Toss fruit lightly and sprinkle with four tablespoons of powdered sugar. Refrigerate the mixture for at least one hour. Serve in sherbet glasses and garnish with sweetened whipped cream.

If passion fruit is unobtainable, passion fruit juice (procurable at special food shops) may be substituted. Fresh soft fruits in season such as peaches, small white grapes, or very small melon balls may be added if desired, but pineapple, bananas, oranges, and passion fruit are the essentials of fruit salad, Australian style. Yield: 6 to 8 servings.

AUSTRIA

Area: 32,369; Pop.: 6,997,000.



LINZER TORTE (Cranberry Tart)

- 1 1/4 cups Robin Hood All-Purpose Flour
- 1/2 cup sugar
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 cup brown sugar
- 1/2 cup butter or margarine
(where legal)
- 1 egg
- 1/2 cup browned unblanched almonds,
chopped
- 2 cups jellied cranberry sauce

Sift flour, sugar, baking powder, salt, and cinnamon together. Add brown sugar and cut in butter. Add unbeaten egg and almonds. Blend with a pastry blender or fork. Reserve a generous 1/2 cup of dough for topping and chill. Press remaining dough evenly into bottom and sides of an 8-inch pie pan. Do not cover rim of pie pan.

Fill pastry-lined pie pan with cranberry sauce. Roll out chilled dough on floured pastry cloth to 1/8-inch thickness. Cut into 1/2-inch strips with a pastry wheel. Arrange over filling in a crisscross pattern. Cover the ends of the lattice with another strip, circling the pie, but not covering rim of pan. Press to seal. Bake in a moderate oven (375° F) 30 to 35 minutes. Yield: 6 servings.

KALB GUYLASCH (Veal Paprika)

- 1 1/2 pounds boneless veal
- 1/4 cup Robin Hood All-Purpose Flour
- 1 teaspoon salt
- Dash pepper
- 1/4 cup chopped onion
- 1 teaspoon paprika
- 1/2 cup fat
- 2 medium tomatoes
- 1/2 cup hot water
- 1/2 cup sour cream

Cut veal in 1-inch cubes. Dredge with flour mixed with salt and pepper. Sauté onion, veal cubes, and paprika in fat until meat is well browned, stirring frequently. Cut tomatoes into small pieces, add hot water and rub through sieve. Add to meat, cover, and simmer 1 1/2 hours or until veal is tender. Add sour cream and simmer 15 minutes longer. More paprika may be added to taste. Yield: 4 servings.

BELGIUM

Area: 11,775; Pop.: 8,989,000.



FISH SOUFFLÉ

- ¾ cup diced cleaned mushrooms
- 2 tablespoons butter or margarine (where legal)
- ½ pound fillet of haddock, cooked and flaked
- ¼ cup butter or margarine (where legal)
- 4 tablespoons Robin Hood All-Purpose Flour
- 1 cup milk
- 3 egg yolks, slightly beaten
- 1 teaspoon salt
- Dash nutmeg
- Dash cayenne pepper
- ⅛ teaspoon powdered mace
- ⅛ teaspoon celery salt
- ⅛ teaspoon onion salt
- ¼ teaspoon paprika
- ¼ teaspoon monosodium glutamate
- 5 egg whites

FLEMISH CARBONADES (Beef Stew)

- 2½ pounds beef (boned neck, top shoulder, or thin flank)
- ¼ pound smoked ham hock
- ½ cup lard or vegetable fat
- 2 teaspoons salt
- 1 pound onions, sliced thin
- 2 tablespoons Robin Hood All-Purpose Flour
- 1 bottle or can of beer (12 fluid ounces)
- ½ teaspoon pepper
- 2 teaspoons sugar
- Bouquet of herbs (marjoram, thyme, and rosemary—a pinch of each or ½ teaspoon of the three mixed)
- 1 clove garlic, minced
- 2 tablespoons vinegar

Note: Canadians may find this flavourful dish too greasy. Lard or vegetable fat may be cut to 2 tablespoons, and the vinegar to 1 tablespoon.

Preheat oven to moderate, 350° F. Grease a 2-quart casserole.

Sauté mushrooms in first amount of fat over moderate heat 5 minutes. Dice fish.

To make thick cream sauce, melt second amount of butter or margarine; blend in flour; add milk slowly, stirring it in. Cook, stirring until thickened and smooth. Stir a small portion of the cream sauce into the beaten egg yolks; stir back into larger amount. Add seasonings, mushrooms, fish.

Beat egg whites stiff but not dry. Fold into fish mixture. Turn into prepared casserole. Set in a pan containing an inch of water. Bake in a moderate oven, (350° F), until firm and brown, about one hour. Serve immediately. Yield: 6 servings.

Cut the beef into strips about 2 inches long and 1 inch thick. Cut ham hock in ½-inch cubes. Brown beef and ham hock in hot fat in large skillet or frying pan. When browned lift meat from fat and sprinkle with 1 teaspoon of salt. Brown onions in same fat; lift from fat and place in separate dish. Drain off remaining fat except about 2 tablespoons. Stir 2 tablespoons of flour into the fat in the pan and make a light brown *roux*. Gradually add the beer and stir continuously until the mixture boils. Add the other 1 teaspoon salt, pepper, sugar, herbs, and garlic to the sauce. Arrange alternate layers of meat and onions in a 2-quart casserole; pour in the sauce. Meat should be well covered with sauce. Cover the casserole; cook in a slow oven (300° F) for 2½ hours. More beer may be added if necessary. Just before serving add the vinegar. Serve in the casserole with plain boiled potatoes. Yield: 8 to 10 servings.

BOLIVIA

Area: 416,040; Pop.: 3,273,000.



LLA-UCHITAS (Bolivian Tidbits)

Dough:

- 1 pkg. yeast
- 1 tsp. sugar
- 1 cup warm water
- ¼ cup shortening
- 1 tablespoon salt
- 2 teaspoons sugar
- 2¼ cups sifted Robin Hood All-Purpose Flour
- 1 egg white, slightly beaten

Filling:

- 12 ounces creamed cottage cheese
- 1 teaspoon salt
- 4 tablespoons flour
- ¼ teaspoon cayenne pepper
- OR 2 teaspoons paprika

Sprinkle yeast in ½ cup warm water containing 1 teaspoon sugar. When bubbly add shortening, salt, sugar and remaining water.

Work in flour. Knead until dough springs to touch and will not stick to board.

Divide dough into balls 1" in diameter. Flatten them with a rolling pin to form circles 4 inches in diameter; or roll all the dough out very thin and cut with 4" cutter.

Combine filling ingredients and mix until creamy. Put a teaspoonful of filling on half of each circle of dough. Fold double and press edges together very firmly. Brush all over with egg white to seal. Put the *lla-uchitas* on a greased cookie tin. When they begin to rise, coat them with more of the egg white. Allow them to rise until light to touch (about 45 minutes to 1 hour in warm room); brush top again with egg white. Place in a preheated oven (450° F) and bake until brown. Yield: 16 *lla-uchitas*.

Note: Other seasoning, such as chopped chives, may be used for flavor. Also a sharp cheese might be used for filling.

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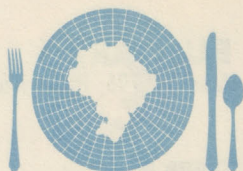
UMINTAS (Baked Corn)

- 5 ears fresh corn, or 2 cups corn kernels
- 2 eggs
- 1 tablespoon fat
- ⅛ teaspoon chili powder
- ⅛ teaspoon anise seed (optional)
- 1 teaspoon Robin Hood All-Purpose Flour
- ¼ pound Swiss or goat's milk cheese

Scrape kernels from uncooked corn. Beat eggs and combine with corn. Heat fat, add chili powder, anise seed, and flour, and cook for one minute. Combine with corn and egg mixture. Pour half of mixture into well-oiled 1-quart casserole. Cover with thin slices of cheese. Cover with remaining corn mixture. Bake in moderate oven (350° F) for 1 hour. Yield: 4 servings.

BRAZIL

Area: 3,288,050; Pop.: 63,101,627.



TORTA DE BANANA

(Brazilian Banana Tart)

4 large bananas
1/2 cup sugar
1/8 teaspoon salt
1 tablespoon butter
1/4 cup white wine
(or juice of 1 lime)
1/2 teaspoon nutmeg
1 baked pastry shell or individual pastry shells
Whipping cream

Peel bananas and press through sieve. Put pulp into saucepan with sugar, salt, and butter. Stir and cook until mixture starts to boil. Remove from fire and cool.* When it is cool, whip in the wine (or lime juice) and nutmeg. Pour into baked pie shell. Top with whipped cream. Yield: 4 to 6 servings.

*Note: If firmer mixture is desired 1 teaspoon softened plain gelatin may be added at this point.

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BRAZILIAN ICED CHOCOLATE

2 squares unsweetened chocolate
4 tablespoons sugar
1 cup strong, hot coffee
4 cups milk
Ice cream (optional)
Whipping cream (optional)

Cut up or shred chocolate and melt in double boiler. When chocolate melts, add sugar. Pour in hot coffee gradually, stirring all the while. Scald milk and combine it with chocolate-coffee mixture. Cook for 10 minutes or until it is smooth. Remove from stove. Chill thoroughly. Before serving, add ice cream or ice cubes if desired. Sweetened whipped cream may be placed on top. Yield: 6 to 8 servings.

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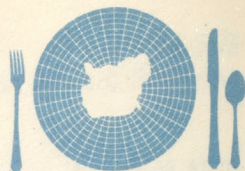
ABACATE BATIDA (Avocado Whip)

1 avocado
Juice of 1 lime
2 tablespoons sugar
1 cup (1/2 pint) vanilla ice cream

Remove peel and pit from avocado. Mash through a sieve. Add lime juice and sugar. Combine avocado mixture and ice cream and beat with rotary beater until smooth. Place in freezing tray and chill but *do not freeze*. Yield: 3 to 4 servings.

BULGARIA

Area: 42,796; Pop.: 7,667,000.



STUFFED PEPPERS

- 6 large green peppers
- 1 teaspoon salt
- 1 small onion
- 1/2 cup butter or margarine (where legal)
- 2 medium-size fresh or canned tomatoes, cut in small pieces
- 2 slices white bread soaked in milk
- 1 pound uncreamed cottage cheese
- 4 eggs, beaten
- 1/4 teaspoon pepper
- 1 tablespoon chopped parsley

Wash peppers, cut off tops and remove seeds, and sprinkle inside of each pepper with salt. Sauté chopped onion in butter or margarine until transparent. Combine onion with remaining ingredients and mix well. Stuff peppers with mixture. Place peppers in baking dish and dot with butter. Bake 1 hour in oven preheated to 350° F, or until peppers are done and lightly browned on top. Yield: 6 servings.

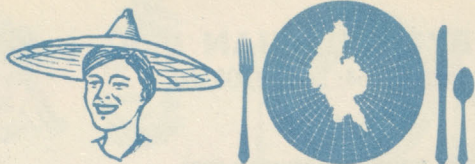
MOUSAKA (Eggplant Casserole)

- 2 1/2 pounds eggplant
- 1 small onion, chopped
- 2 tablespoons fat
- 2 pounds ground lamb, veal, or mixed
- 2 teaspoons salt
- 1 teaspoon paprika
- 1/4 teaspoon pepper
- Flour
- 3 to 4 medium-size fresh tomatoes
- 1/2 pint yogurt
- 4 egg yolks
- 1/2 cup sifted Robin Hood
All-Purpose Flour

Peel and slice eggplant in 1/4-inch slices; salt slices on both sides and let stand one hour. Meanwhile chop onion and sauté in 2 tablespoons fat. Add meat, salt, paprika, and pepper; brown slightly. Pour off any excess fat into another fry pan. Dip eggplant slices in flour and brown on both sides in hot fat drained from meat, adding fat if necessary. In a 3-quart casserole, arrange alternate layers of meat mixture and browned eggplant and top with tomato slices. Bake for 1 hour in oven preheated to 350° F. Stir yogurt and egg yolks into the 1/2 cup flour and mix well. Pour over top of casserole and bake about 15 minutes longer until brown on top. Yield: 8 to 10 servings. Serve with a tossed green salad or tart cole slaw, bread, beverage, and dessert for a complete meal.

BURMA

Area: 261,789; Pop.: 20,054,000.



PRAWN (SHRIMP) SALAD PLATE

1½ pounds uncooked prawns
Boiling water
Salt
½ cup finely chopped onion
Juice of 1 lime
Salt and pepper to taste
Lettuce leaves

Remove shells from prawns. With sharp knife, make a cut down the length of each and lift out the black vein. Drop prawns into boiling, salted water to cover (use 1 teaspoon salt to 1 quart water). Reduce heat, cover, and simmer 5 to 10 minutes or until prawns are pink in color. Chop the cooked prawns.

Combine finely chopped prawns, onion, lime juice, and seasonings. Toss lightly and chill. At serving time, arrange a lettuce cup filled with prawn salad on each dinner plate. If desired, garnish salad with finely chopped celery leaf and leek. Yield: 3 to 4 servings.

KYET-THA HIN (Chicken Curry)

4 to 4½-pound ready-to-cook stewing chicken, cut up
Hot water
2 teaspoons salt

Place chicken in deep kettle, cover with hot water, add salt, and simmer for two hours or until tender. Strain chicken (reserve broth) and remove meat from the bones. Cut chicken into 1-inch cubes. A chicken of this size will yield about 3 cups of cooked meat.

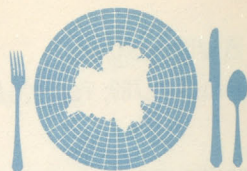
Curry:

¼ cup salad oil
4 chili peppers finely crushed
½ clove garlic, minced
1 cup finely chopped onion
⅛ teaspoon saffron
Cubed chicken
Chicken broth
1 tablespoon cornstarch
¼ cup cold water
3 cups hot rice (optional)

Heat oil in heavy saucepan. Add peppers, garlic, onion, and saffron and cook over medium heat until onion is soft. Add chicken and 1 to 2 cups of the chicken broth (the amount of broth depending upon the quantity of sauce desired). Simmer 15 to 20 minutes to blend flavors. To thicken sauce, blend 1 tablespoon of cornstarch with ¼ cup cold water. Add to hot curry and continue cooking, stirring constantly for about 5 minutes. Serve with hot rice. Yield: 3 to 4 servings.

BYELORUSSIAN SSR

Area: 80,154; Pop.: 8,000,000.



BEEF CUTLETS, BYELORUSSIAN STYLE

- 1 pound ground beef
- 1 egg
- 1 teaspoon salt
- 1 tablespoon melted butter
- 1/2 teaspoon Worcestershire sauce
- 4-ounce can of mushrooms
- 1 tablespoon fat
- Parsley

Preheat broiler.

Mix well beef, egg, and salt and form into three round flat patties. Place the patties on broiler rack 3 inches from heat. Broil 6 minutes on one side, turn, brush with butter, and broil 6 minutes on the other side.

Add Worcestershire sauce to the juice in dripping pan. Sauté mushrooms in fat in a separate pan. Add the juice from the dripping pan and serve as sauce over meat. Garnish with parsley. Serve with boiled potatoes. Yield: 3 servings.

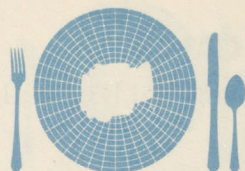
BYELORUSSIAN DESSERT

- 9-inch spongecake layer or slice, or poundcake
- Canned fruits (apples, peaches, apricots, and cherries), sliced
- 3 egg whites
- 2 1/2 tablespoons sugar
- Powdered sugar
- 2 tablespoons cranberry or bilberry jam

Cut the cake in a slice about 3/4 to 1 inch thick and lay on an ovenproof plate. Arrange the fruits on the top of the cake so that when the cake is cut, each serving will include some of each fruit. Moisten with sirup from the fruits. Spread with the beaten egg whites to which the sugar has been added. The finished product will be more attractive if the meringue is not spread too flat. Bake 10 minutes in a 400° F oven, reduce heat to 350° and cook another 10 minutes or until the meringue is golden brown and cooked. Sprinkle with powdered sugar and garnish with cranberry jam or bilberry jam. Blueberry preserves may also be used. Yield: 6 servings.

CAMBODIA

Area: 88,780; Pop.: 5,000,000.



PHOAT KHSAT (Royal Rice)

2 chicken legs, uncooked
1/2 pound lean pork
4 shrimp, shelled and de-veined
4 to 6 cloves garlic
20 scallions
3/4 cup lard or fat
3 cups cooked rice
Pinch of fennel seed or fennel sprigs
2 tablespoons vinegar
1 1/2 cups medium white sauce
1/8 teaspoon Chinese five-spice essence
3 tablespoons powdered sugar
Dash of salt
Dash of pepper
2 eggs, slightly beaten
2 tablespoons pimiento strips
Juice of 1 lemon

MICHHA TRONG KROEUNG

(Fish with Sauce)

4 pounds any white fish, filleted, or
1 1/2 pounds fillets
6 tablespoons lard or fat
4 cloves garlic
12 scallions
1 tablespoon dried pimiento or paprika
1 tablespoon lemon juice
2 teaspoons dried fennel seed
Dash of salt
Dash of pepper
1/2 cup water
1 tablespoon sugar
Chopped parsley

Wash chicken, pork, and shrimp; then dice. Brown garlic and scallions in fat in a large skillet. Add diced meat and shrimp and sauté until flavor is nicely blended, about 30 minutes. Pour cooked rice over mixture and mix well. Add fennel, vinegar, white sauce, five-spice essence, sugar, salt, and pepper. Heat a few minutes to blend flavors.

Pour eggs into a greased skillet making a thin layer. Heat until almost firm, then turn over. Remove from heat, cut into very thin strips, and add to the rice mixture. Place rice mixture in a serving dish and garnish with the pimiento strips and additional fennel. Sprinkle with lemon juice. Yield: 4 servings.

Note: Monosodium glutamate may be used for Chinese five-spice essence.

Cut fish fillets into 1/4-inch pieces and sauté in fat in skillet until light brown. Remove fish pieces carefully and place on dish.

Grind garlic and scallions. Add to fat in skillet and cook slowly with dried pimiento, lemon juice, fennel seed, salt, pepper and water for about 30 minutes adding more water, if necessary. Stir in sugar and replace fish pieces. Heat thoroughly, stirring occasionally. Serve garnished with parsley. Yield: 4 servings.

CANADA

Area: 3,851,113; Pop.: 16,080,791.



BEEFSTEAK PIE

- 1½ pounds beef (round or chuck)
- 4 tablespoons drippings
- 2 teaspoons salt
- ¼ teaspoon pepper
- 2 cups sliced onions (about medium-size)
- 3 cups hot water
- 4 tablespoons Robin Hood All-Purpose Flour
- 6 tablespoons cold water
- 1 tablespoon thick condiment sauce, catsup, or chili sauce
- Plain pastry

Cut beef into 2-inch pieces. Brown in hot drippings in a deep frying pan. Add salt, pepper, sliced onions, and hot water. Cover and simmer for 2 hours. Remove meat to a 2-quart baking dish. Blend flour and cold water to a smooth paste; stir into gravy. Boil 1 minute, stirring constantly. Add condiment sauce. Pour gravy over meat in baking dish; let mixture cool. Cover with pastry crust. Bake in a hot oven (450° F) 10 minutes; reduce oven temperature to moderate (350° F) and bake 35 minutes longer. Serve hot. Yield: 4 servings.

Plain Pastry for Beefsteak Pie:

- 1 cup sifted Robin Hood All-Purpose Flour
- ½ teaspoon salt
- ⅓ cup shortening
- 2 to 3 tablespoons cold water

Sift together flour and salt. Cut in shortening with pastry blender or two knives until mixture is size of small peas. Sprinkle water over, tossing mixture lightly with fork. Gather dough together and press firmly into a ball. Roll out to fit top of baking dish; cut air vents in crust.

BLUEBERRY CRISP PUDDING

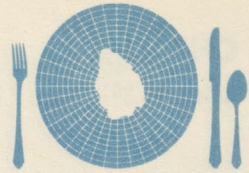
- 4 cups fresh blueberries*
- ⅓ cup granulated sugar
- 2 teaspoons lemon juice
- 4 tablespoons butter or margarine (where legal)
- ⅓ cup brown sugar, firmly packed
- ⅓ cup sifted Robin Hood All-Purpose Flour
- ¾ cup Robin Hood Oats

Place blueberries in a 1½-quart baking dish. Sprinkle with granulated sugar and lemon juice. Cream butter or margarine; gradually add brown sugar. Blend in flour and oats with fork. Spread topping over blueberries. Bake in a moderate oven (375° F) 35 to 40 minutes. Serve with plain or whipped cream. Yield: 6 servings.

* Substitute 2 15-oz. cans drained, sirup-packed blueberries and ⅓ cup sirup. Omit granulated sugar. Bake in 1-quart baking dish.

CEYLON

Area: 25,332; Pop.: 9,165,000.



VEAL SMORE

- 2-pound piece boneless veal shoulder
(or lamb, or pork shoulder, or beef
chuck)
- 1 medium onion, peeled and thinly sliced
- 3 cloves garlic, cut fine
- 2 teaspoons salt
- 2 teaspoons chili powder
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1/8 teaspoon turmeric
- 2 slices green ginger, chopped or
1/2 teaspoon ground ginger
- 2-inch piece stick cinnamon
- 1/4 cup vinegar
- 2 cups water
- 1 cup milk
- 1/4 cup salad oil

SHRIMP CURRY

- 1 pound uncooked medium-size shrimps
- 1 medium onion, sliced
- 1/4 to 1 teaspoon ground red pepper
- 1/8 teaspoon turmeric
- 2 cloves garlic, sliced
- 2 slices green ginger
or 1/2 teaspoon ground ginger
- 1 teaspoon salt
- 2-inch piece of stick cinnamon
- 3/4 cup milk or coconut milk
- 1 tablespoon salad oil
- Juice of 1/2 lime

ONION SAMBOL

- 1 large onion, peeled
- 1 medium cucumber
- 1 medium green pepper, seeds removed
- Juice of 1/2 lemon
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 3 hard-cooked eggs, peeled

Place meat in kettle. Add onion, garlic, salt, chili powder, coriander, cumin, turmeric, ginger, cinnamon, and vinegar. Add 2 cups water. Stir to blend spices. Cover. Simmer 1 hour. Uncover. Simmer 1/2 hour or until meat is fork tender. Add milk and simmer 15 minutes. Remove meat. Pour sauce into a bowl and keep hot.

Pour oil into kettle and fry meat until lightly browned. Serve sauce with meat. Serve as a main dish with hot cooked rice. Yield: 7 to 8 servings.

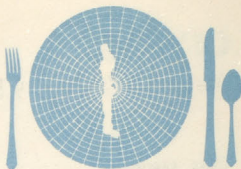
Shell, de-vein, and wash shrimps. Put shrimps, half of the onion slices, and all seasonings and spices in a kettle. Add milk. Boil 10 minutes. Brown remaining onion slices in salad oil and add to shrimps. Add lime juice. Stir. Simmer 10 minutes. If desired, thicken the liquid with 1 teaspoon cornstarch mixed with 1/4 cup water. Boil until thickens. Serve as a main dish with hot cooked rice. Yield: 4 to 5 servings.

Slice fine the onion, cucumber, and green pepper. Combine in bowl. Add lemon juice, salt, and black pepper. Mix lightly. Cut eggs in half. Arrange on onion-cucumber mixture. Chill.

Serve as an accompaniment to curry and rice. Yield: 6 small servings.

CHILE

Area: 286,397; Pop.: 7,121,000.



BAKED EMPANADAS (Meat Pies)

- 4 cups sifted Robin Hood All-Purpose Flour
- 3 eggs, lightly beaten
- 2 cups finely chopped suet
- 1 cup water
- 1 tablespoon salt
- 2 cups chopped onion
- 2 pounds chopped beef or chicken, raw or cooked
- ¼ cup chopped sweet red pepper
- 32 small stuffed olives
- ½ cup raisins
- 2 hard-cooked eggs, coarsely chopped

PICANTE DE MAIZ (Chilean Spiced Corn)

- 6 ears of fresh corn
- ½ cup milk
- 1 to 2 green peppers, diced
- 4 tablespoons minced onion
- Dash of nutmeg
- Dash of cayenne pepper
- 4 tablespoons butter
- Salt and pepper to taste
- 6 medium-size potatoes
- 4 to 6 tablespoons grated sharp cheese
- 3 hard-cooked eggs

This is Chile's favorite national recipe.

Combine the flour, eggs, and 1 cup suet. Stir in salted water until dough assumes a mass capable of being rolled into very thin sheets. Mix together the onions, meat, red pepper, and second cup of suet in a skillet. Stir and fry until the onions are tender.

Roll out the dough into very thin sheets and cut into 5-inch squares for individual empanadas. Place a heaping tablespoon of onion and meat mixture, olives, a few raisins, and chopped cooked egg on each square. Fold dough over meat and press edges together. Place on a baking pan and bake in a slow oven (325° F) about 30 minutes. Yield: about 16 empanadas.

Grate the corn and mash it through a sieve. Combine the corn and milk. Add diced green pepper, onion, nutmeg, cayenne pepper, butter, salt, and pepper. Cook mixture over a low fire until it thickens. Meanwhile, boil, peel, and slice potatoes. Place alternate layers of potatoes, grated cheese, and hard-cooked eggs in serving dish. Cover with corn sauce and serve. Yield: 6 servings.

CHINA

Area: 3,760,339; Pop.: 621,225,000.



LOH PAI KWUT

(Sweet-Sour Pork Cubes)

Pork Cubes:

- 2 1/2-pound slice from whole shoulder of pork
- 2 cups water
- 1 teaspoon salt
- 4 tablespoons soy sauce
- 2 tablespoons sherry, if desired

Sweet Sour Sauce:

- 1/3 cup sugar
- 4 tablespoons cornstarch
- 4 tablespoons cider vinegar
- 1/3 cup pineapple juice (drained from one 9-ounce can pineapple tidbits)
- 3/8 cup tidbits (one 9-ounce can)
- Broth from the meat

HAM AND CHINESE-CABBAGE SOUP

- 1/2 pound slice of ham
- 6 cups cold water
- 1 teaspoon salt
- 1 Chinese cabbage (about 1 pound)

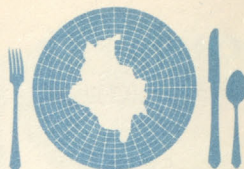
Ask butcher to remove bone from pork shoulder; cut meat into 1-inch cubes (about 4 cups). Put into a 2-quart saucepan. Add water, salt, and soy sauce. Place on high heat; bring to a rolling boil. Turn down heat; cover saucepan; simmer meat about 50 minutes, or until tender when tested with fork. Drain off meat broth into small saucepan. Skim off floating fat; add sherry if used. Set broth aside.

In a saucepan blend sugar, cornstarch, vinegar, and pineapple juice until smooth. Slowly stir in meat broth. Stir over medium-high heat until sauce is thick and translucent, about 5 minutes. Pour over pork cubes; add pineapple tidbits. Stir together; keep warm over low heat. Yield: 8 to 10 servings.

Remove rind and bone from ham; cut into 1/2-inch cubes; place in a deep kettle with bone. Add water; sprinkle in salt; cover kettle. Place on high heat; bring to a rolling boil. Turn down heat; simmer about 20 minutes. While ham pieces are simmering, separate leaves of Chinese cabbage and wash. Lay leaf stalks together and thinly slice crosswise. Add greens to ham and broth. Heat to boiling; simmer about 10 minutes longer. Don't let the soup stand too long before serving as it will take on a bitter taste. Yield: 6 to 8 servings.

COLOMBIA

Area: 439,520; Pop.: 13,227,000.



CARNE CLAVETEADA

(Beef Stuffed with Vegetables)

- 3 pounds beef (chuck)
- 4 carrots, sliced lengthwise
- 2 onions, quartered
- 1 green pepper, sliced lengthwise
- 1 tablespoon vinegar
- ½ cup water
- 1½ teaspoons salt
- ¼ teaspoon pepper (½ teaspoon if you like it hot)
- Herb bouquet
- 1 tablespoon corn meal to each cup of liquid

Make incisions in the beef around the entire surface. Insert a mixture of the vegetables into each cut. Place beef in a deep container. Mix 1 tablespoon vinegar and ½ cup water and pour over meat. Cover and let stand overnight in the refrigerator.

Place meat in a Dutch oven with a lid or in a deep-well cooker; add two cups of water and cook over low heat. Watch to see that water does not evaporate, as meat must cook for two and three-quarter hours; then add salt and pepper, herbs to taste, and cook for 15 minutes more. Remove roast from pan and measure remaining liquid. For each cup of liquid left in pan, put 1 tablespoon of corn meal into ¼ cup of cold water and stir into a smooth paste. Add to meat liquid and cook for three minutes. Serve with meat. Yield: 8 servings.

Pan American Union

SOPA DE AJIACO DE PAPAS

(Colombian Potato Purée)

- Chicken (1 piece of white meat per person)
- 1½ quarts of water
- 1 onion, chopped fine
- 4 to 5 sprigs of parsley, minced, and extra parsley for garnishing
- Rosemary (optional)
- Salt and pepper to taste
- 1 large baking potato, diced
- 4 medium-size boiling potatoes, diced

Wash and clean chicken; cover with cold water. Add onion, minced parsley, rosemary, salt, and pepper. Simmer until chicken is tender. After first half hour, add baking potato so that it will disintegrate and give body to the soup. Add the rest of the potatoes about 15 minutes before the soup is to be served so that pieces will be tender but not too soft. Garnish with sprigs of parsley. Yield: 6 to 8 servings.

Pan American Union

COSTA RICA

Area: 23,421; Pop.: 1,072,000.



ARROLLADITOS DE CARNE

(Costa Rican Meat Rolls)

- 2 pounds beef chuck (or pork may be used)
- Salt
- Pepper
- Garlic salt
- 1 apple, chopped
- 10 prunes, cut up
- 1 large onion, chopped
- 1 large tomato or 1 cup drained canned tomatoes
- 1 tablespoon Worcestershire sauce
- ½ cup red wine
- 2 bread rolls or 3 slices of bread
- 3 tablespoons tomato sauce
- 1 egg, slightly beaten
- Bacon—2 or 3 slices for each meat roll

Have meat cut in slices ½ inch thick; pound each slice to tenderize. Season with salt, pepper, and garlic salt.

Mix chopped apple and prunes. Crumble bread, slightly moistened with water, and add tomato sauce and egg. Season with salt and pepper. Mix with apple and prunes. Spread meat slices with mixture and roll. Wrap each meat roll with bacon and fasten with toothpicks. Sear meat rolls, then remove from pan. Drain off all but 3 tablespoons of fat from pan and brown chopped onion and tomato in remaining fat. Add Worcestershire sauce and wine. Cook for five minutes.

Place meat rolls in the sauce, cover and simmer until meat is tender (about 1½ hours), adding a small amount of water if necessary. Yield: If meat is cut into ½-inch thick slices about 5 or 6 inches in diameter, yield will be about 5 slices, or 5 servings.

Pan American Union

SOPA DE ALBONDIGAS

(Costa Rican Meat Ball Soup)

- 1½ pounds ground beef
- 2 eggs
- 2 onions, chopped fine
- ⅛ teaspoon marjoram
- 1 teaspoon salt
- ¼ teaspoon pepper
- Corn meal or flour
- 2 quarts beef broth

Mix meat, eggs, onions, and seasonings together; form into small balls and roll in corn meal or flour. Heat broth to boiling point and drop in meat balls. Reduce heat and simmer until meat balls are done. Yield: 8 servings.

Pan American Union

CUBA

Area: 44,206; Pop.: 6,410,000.



ARROZ CON FRIJOLES

(Cuban Rice with Black Beans)

- 1 1/4 cups of black beans (these can be purchased in a store featuring Spanish food)
- 1 large onion
- 2 cloves garlic
- 1 green pepper
- 1 bay leaf
- 1 tablespoon salt
- 1 teaspoon pepper
- 2 cloves
- 1 1/2 cups long-grain rice
- 1/2 cup olive oil
- 1/4 pound smoked ham, minced

Wash beans thoroughly and let them stand overnight in one quart of water. Use a 3-quart kettle with lid or Dutch oven. Next day boil in same water 40 minutes. Add more water if necessary. Beans should be tender, but whole. Add half of the minced onion, garlic, and green pepper and one half of the seasoning to the beans. Put in the rice. Add 1 1/2 cups of hot water. Cover and cook over low heat until rice is tender and dry; about 40 minutes. Stir once, turning rice from bottom to top. Remove from heat. Add 1/4 cup of oil and allow to stand for 5 minutes. Meanwhile, in remaining 1/4 cup of oil, heat minced ham. When this is half fried add remaining garlic, onion, and peppers. Fry until brown. Serve over beans and rice. Yield: 6 to 8 servings.

This may be served with a mixed green salad and assorted fruit for dessert.

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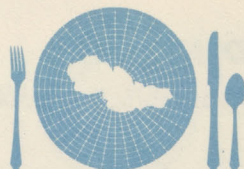
PICADILLO CUBANO (Cuban Hash)

- 1 pound ground beef
- 3/4 pound pork, finely ground
- 2 teaspoons salt
- 1/2 teaspoon black pepper
- 1 cup dry sherry wine
- 1/2 cup olive oil
- 2 garlic cloves, finely minced
- 1 large onion
- 1 medium green pepper
- 1/4 cup capers (1/2 of 2 1/4-ounce bottle)
- 1/2 cup pitted olives (3-ounce bottle)
- 1 large bay leaf
- Dash of cumin (optional)
- Dash of oregano (optional)
- 1 can tomato paste
- 1/2 cup raisins
- 1/2 cup blanched almonds

Mix beef and pork thoroughly with the salt and pepper. Add 1/2 cup sherry and let stand 2 hours. Sauté garlic, onions, green pepper, capers, and olives in olive oil in heavy skillet until light brown. Add meat, bay leaf, cumin, oregano, tomato paste, raisins, and almonds. Cook for 1 hour over low heat. Remove from fire, add 1/2 cup sherry and let stand 5 minutes. Serve with rice, tossed salad, and fruit dessert. Yield: 6 servings.

CZECHOSLOVAKIA

Area: 49,381; Pop.: 13,353,000.



FISH WITH BLACK SAUCE

- 1 4-pound carp or other fresh-water fish
- 1 pint vinegar
- 1 quart water
- 2 medium onions, sliced
- 2 stalks celery, diced
- 1 small parsnip, sliced (optional)
- 1 small carrot, sliced
- 1 clove garlic
- 2 bay leaves
- 7 whole cloves
- 7 whole allspice
- Small piece of ginger or 1 teaspoon ground ginger

Black Sauce:

- 1/2 pound prunes
- 1/2 lemon, juice and grated rind
- 1 tablespoon butter
- 1/2 cup raisins
- 1/2 cup chopped almonds or other nuts
- 1/2 cup sugar

MILOSTI (Fried Pastries)

- 2 cups sifted Robin Hood All-Purpose Flour
- 2 tablespoons butter
- 1 egg
- 2 egg yolks
- 2 tablespoons sugar
- 1 teaspoon grated lemon rind
- 1 tablespoon grape juice or other sweet fruit juice
- 1/4 cup milk
- Fat for deep-fat frying
- 1/2 cup sifted powdered sugar

Clean fish and cut into serving pieces. Put all ingredients except fish into a large saucepan or skillet. Bring to a boil and let boil 15 minutes. Add fish, reduce heat so that liquid simmers slowly. Cover and let simmer about 30 minutes or until fish separates easily from bones. Take fish from the liquid and remove bones. Place fish in soup tureen or deep dish and keep warm. Strain soup, add black sauce, and let cook about 5 minutes. Pour sauce over fish. Serve hot or cold. Yield: 6 to 8 servings.

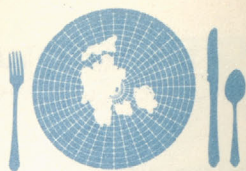
While fish is cooking prepare black sauce.

Cook prunes; drain, remove pits and chop. Mix with other sauce ingredients. Add to soup as directed.

Sift flour into mixing bowl; cut in butter with 2 knives. Make well in center of flour mixture; add eggs, sugar, lemon rind, grape juice, and milk. Rub together with wooden spoon until well blended. Knead on waxed paper. Wrap and chill about 1/2 hour. Divide in two and roll out half at a time, keeping remainder cold. Roll very, very thin on floured board. Cut into small triangles or squares; make slashes in center of each; fry in deep hot fat (370° F) until golden brown. Drain. Dredge in powdered sugar. Yield: 2 1/2 to 5 dozen, depending on size.

DENMARK

Area: 16,576; Pop.: 4,500,000.



RØDGRØD (Red Fruit Juice Dessert)

- 2 10-ounce packages frozen raspberries
- 3 cups water
- 1 cinnamon stick
- Rind of 1/2 lemon, cut in pieces
- 6 tablespoons cornstarch
- 1/2 cup sugar or more, if desired
- 1/2 cup water
- 1/4 cup blanched almonds, if desired

Bring to boil in saucepan the raspberries, water, cinnamon stick, and lemon rind. Boil 5 minutes. Remove from heat and strain. Return mixture to saucepan. Mix cornstarch and sugar and add water. Blend into raspberry mixture in saucepan. Return to heat and bring to boil, stirring constantly. Boil 1 minute. Add almonds, chopped or sliced. Pour into serving dish and sprinkle top with sugar to prevent skin from forming. Cool. Serve with sugar and cream. Yield: 8 to 10 servings.

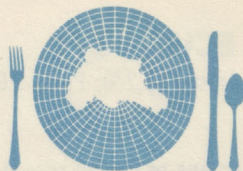
LEVERPOSTEJ (Liver Paste)

- 1 pound pork liver
- 1 small onion
- 6 anchovy fillets
- 1/2 pound fat pork
- 3 tablespoons butter
- 1/3 cup Robin Hood All-Purpose Flour
- 1 tablespoon salt
- 1 teaspoon pepper
- 1 3/4 cups milk
- 2 eggs, slightly beaten

Heat oven to 350° F (moderate). Grind together 3 to 4 times liver, onion, anchovies. Grind fat pork only once. Make a white sauce by melting butter in saucepan and blending in flour, salt, and pepper. Stir over medium heat until smooth and bubbly; remove from heat. Stir in milk gradually. Return to heat, bring to boil, and boil 1 minute, stirring constantly. Remove from heat and add fat pork, stirring until well blended. Mix in ground liver mixture. Stir in slightly beaten eggs and beat well. Pour into greased loaf pan, 9x5x2 1/2 inches, set in pan of water 1 inch deep. Bake 1 hour. When cool, spread on thinly sliced buttered pumpernickel bread. Top with cucumber salad for open-face sandwiches. Yield: approximately 1 1/2 pounds.

DOMINICAN REPUBLIC

Area: 19,333; Pop.: 2,698,000.



CARNE MECHADA (Larded Meat)

- 1 whole beef tenderloin or round steak (4 pounds)
- 1 cup vinegar
- 1 tablespoon salt
- 1/2 teaspoon pepper
- 1/2 cup finely sliced green olives
- 1/4 cup chopped green pepper
- 1/4 cup capers
- 1/2 pound cooked ham, cut fine
- 1 small onion, sliced
- 1/2 cup sliced green pepper
- 1/4 cup chopped parsley
- 1/2 tablespoon tomato paste
- 1 tablespoon vinegar
- 1/2 cup salad oil
- 1/2 cup water
- 3/4 cup red wine

Trim the fat and gristle from the meat but leave the meat in one piece. Rub with a damp cloth. If a tenderloin is used, use a long narrow knife to make an incision lengthwise through the center of the tenderloin. Be careful not to cut through to the outside. If round steak is used, make incisions over different parts of the meat so that each serving will contain one stab.

Combine the cup of vinegar, salt, and pepper. Pour over the steak and into the incisions. Combine olives, green pepper, capers, and ham. Stuff this mixture into all incisions. If tenderloin is used, this stuffing will be in the center of the entire length of the meat. Cover the meat with the sliced onion and green pepper, parsley, tomato paste and 1 tablespoon vinegar. Let stand half an hour.

Heat the salad oil in a deep skillet. Remove the meat from the vegetable marinade, brown on all sides in hot oil. When meat is well browned, add vegetable marinade and water. Simmer 15 minutes.

Serve tenderloin rosy red inside. Round steak should be covered and simmered until the meat is tender, adding more water if necessary. Just before serving, in each case, add the red wine and let simmer 5 minutes. Adjust the salt and pepper flavor. Serve the sliced meat on a hot platter, so that the stuffing or "mechas" show. Garnish with water cress. Pour some of the sauce over the meat and serve the remaining sauce in a sauce boat. Serve with cooked white rice and red kidney beans, and lettuce and chopped avocado salad. Yield: 8 to 10 servings.

ECUADOR

Area: 116,270; Pop.: 3,890,000.



COLADA DE CHOCLO (Corn Soup)

- 1 pound soup meat
- 4 cups boiling water
- 8 ears fresh corn, not quite ripe
- 1½ teaspoons salt
- ⅛ teaspoon pepper
- Few grains of achiote (annatto) or few drops of yellow food coloring
- ½ pound sirloin beef, in small pieces *
- 1 tablespoon fat
- 1 hard-cooked egg, chopped

* To reduce cost, cut cooked soup meat into small pieces and substitute for sirloin beef.

Simmer the soup meat in water, covered, about 1½ hours or till tender. Remove meat. Husk corn, slit each row of kernels with point of sharp knife, then scrape out pulp and creamy liquid. Pour creamy corn into beef stock while stirring. Add salt, pepper, and food coloring. Simmer till consistency of light cream, stirring occasionally. Meanwhile quickly sauté pieces of sirloin beef in fat in skillet till brown. Serve soup garnished with browned beef and chopped egg. Yield: 6 servings.

CARIUCHO (Savory Creamed Potatoes)

- 6 pared medium or 10 new potatoes
- 1 teaspoon fat
- ½ cup chopped white or spring onions
- 1 cup light cream
- 2 teaspoons peanut butter
- ¾ teaspoon salt
- Few drops yellow food coloring
- 1 hard-cooked egg, chopped

Boil potatoes until tender. Meanwhile melt fat in saucepan. Add onions; sauté until tender. Add cream; bring to boil and simmer 10 minutes. Add peanut butter, salt, and food coloring while stirring. Pour over drained potatoes; garnish with the chopped egg. Serve with boiled chicken or meat, accompanied by lettuce salad. Yield: 4 servings.

EL SALVADOR

Area: 8,259; Pop.: 2,350,000.



PUPUSAS (Salvadoran Tortilla)

Dough:

- 2 cups corn meal
- 1 teaspoon salt
- 2 cups boiling water

Filling:

- 1 cup cooked kidney beans, drained and mashed
- 4 slices cooked crisp bacon, crumbled
- 1 crushed bay leaf

For the dough, combine meal and salt. Add boiling water and stir constantly. This makes a very stiff dough. Divide into 8 equal portions and cool. When it is cool, divide each portion and pat into two flat thin cakes about 2 inches in diameter. If mixture is sticky, dip spatula in cold water.

For the filling, mix beans, bacon, and bay leaf. Place two tablespoons of mixture on half of the cakes. Spread evenly. Cover each with one of the other cakes. Press edges together to seal. Place *pupusa* or *tortilla* in hot shallow fat. Fry over low heat until each side is golden brown. Turn only once. Yield: Eight *pupusas* or *tortillas*.

Pan American Union

PASTELITOS DE PICADILLO

(Salvadoran Turnovers)

Make dough for turnovers as for **pupusas**

Filling:

- 1/2 cup chick peas
- 1/2 cup diced cooked potatoes
- 1/2 cup green beans, cooked
- 1/2 cup diced lean cooked pork
- 1 tablespoon chopped onion
- 4 tablespoons tomato paste
- 1/2 teaspoon salt

Combine peas, potatoes, beans, pork, onion, tomato paste, and salt.

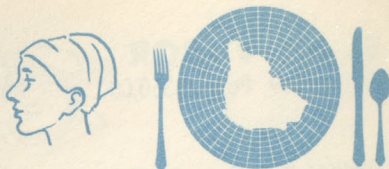
Divide dough into eight equal portions. Cool and pat each portion into a flat thin cake about 5 inches in diameter. If mixture is sticky, dip spatula in cold water. Place two rounding tablespoons of mixture on one half of each cake. Spread evenly. With spatula fold the other half of cake over the mixture. Press edges together to seal. Place turnovers in hot shallow fat and fry over low heat until each side is golden brown. (Deep fat may be used.) Yield: 8 *pastelitos*.

Note: If smaller *pastelitos* are desired, reduce size of cake and amount of mixture used for each.

Pan American Union

ETHIOPIA

Area: 350,000; Pop.: 19,500,000.



MEAT "WAT" (Meat Stew)

- ¼ pound butter
- 2 cups chopped onion
- 1 cup water
- 2 pounds boneless beef, lamb, or veal
(cut into 1-inch pieces)
- 1 teaspoon salt
- ⅛ teaspoon red pepper
- 1 teaspoon black pepper
- 1 tablespoon cornstarch
- ¼ cup cold water
- 4 cups hot buttered noodles (optional)

Melt half of butter in a heavy saucepan, add onions, and cook over medium heat until onions are soft. Mix in remaining butter and the water, and cook uncovered for 5 minutes. Add meat and seasonings. Cover pan and simmer mixture for 1 to 1½ hours or until meat is tender. To thicken sauce blend 1 tablespoon of cornstarch with ¼ cup cold water. Add to hot stew and continue cooking, stirring constantly, for about 5 minutes. This flavorful stew would be good served over cooked buttered noodles. Crisp rolls, a green salad, fruit dessert, and beverage, would be a fine choice to complete the meal. Yield: 6 to 8 servings.

DORO-WEUTT (Chicken with Hot Sauce)

- 2½- pound fryer, cut as for frying
- 3 cups boiling water
- Juice of 1 lemon
- 1 teaspoon salt
- 6 medium-size onions, chopped
- 4 tablespoons fat
- 2 tablespoons chili powder
- 2 tablespoons tomato paste
- 4 tablespoons red wine
- ½ teaspoon ginger
- ½ teaspoon black pepper
- 6 hard-cooked eggs

Wash chicken thoroughly. Cover with boiling water. Add lemon juice and salt. Cover and simmer for 10 minutes. Remove chicken and drain.

Brown onions lightly in fat. Stir to avoid burning. When brown add 1 cup hot chicken broth, chili powder, and tomato paste. Blend well and simmer for 5 minutes. Add red wine, ginger, pepper, and a second cup of hot broth. Place the chicken in this sauce and simmer until chicken is tender, 30 to 40 minutes.

Add 6 hard-cooked eggs about 3 minutes before serving. Pierce each egg several times to permit sauce to penetrate egg. Serve hot with dry rice or Ethiopian bread. Cottage cheese is an excellent accompaniment; its mildness offsets strong flavor of hot sauce. Yield: 4 to 6 servings.

FINLAND

Area: 130,165; Pop.: 4,333,000.



LINGONBERRY MOUSSE

- 1/4 cup farina
- 1 1/2 cups water
- 1/4 teaspoon salt
- * 1 14-ounce jar of lingonberry preserves
- Whipping cream (optional)

Note: Wild cranberry jam or jelly may be substituted.

Add farina slowly to boiling salted water, stirring constantly. Cook over direct heat for 2 1/2 minutes, stirring to prevent sticking. Set aside. Press lingonberry preserves through a sieve. Add sieved preserves to cooked farina. Cool to lukewarm. Beat with electric mixer or rotary beater until thick and fluffy. Pour into serving dishes. Chill. Serve with whipped cream, if desired. Yield: 8 one-half cup servings.

SILLISALAATI (Herring Salad)

Salad:

- 1 salt herring
- 1 cup cooked diced beets
- 1 cup cooked diced carrots
- 1 cup cooked diced potatoes
- 1 cup diced apple
- 1/2 cucumber, diced
- 1 tomato, cut in small pieces
- 2 small onions, diced (raw)
- Lettuce leaves

Dressing:

- 1 cup sour cream (commercial)
- 1/4 cup vinegar
- A little beet juice for coloring

Soak salt herring in cold water to partially freshen. Remove skin and bone and cut into bits. Do not cook. Add beets, carrots, potatoes, apple, cucumber, tomato, and onion to herring. Toss gently. Place on lettuce in large salad bowl or on salad plates for individual servings.

Combine ingredients for the dressing, but do not mix with salad. Serve dressing separately. Yield: 6 servings as salad or 12 for smorgasbord.

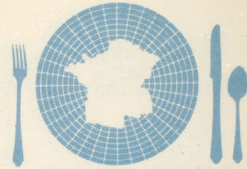
HEDELMÄKEITTO (Cold Fruit Soup)

- 1/2 pound prunes
- 1/2 pound dried apricots and pears
- 1/2 cup sugar
- 3 raw apples, pared and diced
- 1 stick cinnamon
- 2 tablespoons potato or cornstarch

Wash the dried fruit and soak overnight in 2 quarts warm water. In the morning add sugar, apples, and cinnamon. Boil until fruit is tender. Strain out the fruit. Remove prune pits and cinnamon. Mix the starch with a little cold water and use it to thicken the fruit juice. Boil for a few minutes, add the fruit and let stand until cold. Serve with whipped or light cream. Yield: 8 servings.

FRANCE

Area: 212,659; Pop.: 44,000,000.



SAVARIN AU RHUM (Baba Cakes)

Baba:

- 4 eggs
- ½ cup granulated sugar
- 1¼ cups sifted Robin Hood
All-Purpose Flour
- 4 teaspoons baking powder
- 6 tablespoons butter, melted
- ½ cup lukewarm milk

Beat eggs with sugar until fluffy; add flour and baking powder sifted together. Mix; then add butter and milk. Mix vigorously. Pour into a buttered and floured pudding mold or individual molds. Bake individual molds 25 minutes or a large mold 35 to 40 minutes, at 325° F., until delicately browned. Remove from oven; unmold; and while still hot pour rum syrup over the *baba*. Cool and serve with sweetened whipped cream.

Rum Sirup:

- ½ cup granulated sugar
- ½ cup water
- ½ cup rum

Cook sugar in water until a thin sirup is formed. Remove from heat and add rum. Yield: 8 servings.

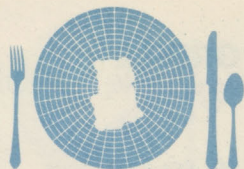
CANARD À L'ORANGE (Roast Duck)

- 1 duck
- 1 cup orange juice
- ½ cup port wine
- 1 teaspoon salt
- 1 whole orange, preferably seedless

Rinse the duck inside and outside with clear water. Dry well with a towel. Truss and place on a rack in an open pan, breast side up. Roast in a moderate oven (350° F) for 35 minutes per pound. Baste every 10 minutes with a mixture of the orange juice, port wine, and salt. Cut the whole orange (with skin) in thin slices. Arrange slices around the duck and on rack in the roasting pan (not in the sauce) about 10 minutes before the end of the cooking time. Garnish the duck with the orange slices for serving. Allow 1 pound dressed weight per person when estimating number of servings.

GHANA

Area: 91,843; Pop.: 4,763,000.



PALAVA SAUCE OR SPINACH STEW

- 2 pounds spinach or any edible greens
- 1 cup dried beans or 3 cups cooked beans
- 2 pounds meat, chicken, or dried fish
- Salt
- 1 spring onion
- 2 medium-sized onions, thinly sliced
- 3 tomatoes
- 4 small eggs, hard cooked
- 1 cup palm oil or groundnut (peanut) oil, or 4 ounces fat
- 2 beaten eggs
- 1 cup stock from cooked spinach and meat
- 1/2 grated nutmeg or 1 teaspoon powdered nutmeg

GROUNDNUT OR PEANUT SOUP

- 2 cups groundnuts or peanuts, roasted (1 pound before shelling)
- 6 okra pods
- 1 pound meat, cut in cubes
- 2 small dry onions
- 1 teaspoon salt
- 3 pints cold water
- 1 pound smoked fish, cut in cubes
- 1 teaspoon red pepper
- 4 tomatoes
- 1/2 ounce salt fish
- 3 small eggs, hard cooked

Note: Okra is a vegetable which may not be obtainable in all markets. It gives soups a gelatinous quality.

Pick over and wash the greens, place in saucepan, add 3/4 to 1 cup water and boil for 10 minutes. Strain and save the liquid.

Boil beans until tender.

Wash and cut meat, chicken, or fish into pieces, put into a saucepan and sprinkle with a little salt, add chopped spring onion and water to cover. Simmer gently for 10 minutes. Chop leaves and grind or chop fine tomatoes and eggs.

Heat oil or fat in saucepan, fry onions, tomatoes, and chopped egg. Add beaten eggs. Simmer gently for 5 minutes, then add beans, meat, chopped spinach, and stock from spinach and meat. Add salt to taste and nutmeg. Stir well. Simmer gently 1 hour or until meat or fish is tender.

Serve warm with rice, yam, or potatoes.

Yield: 4 to 6 servings.

Remove skin from nuts and grind to a smooth paste. Boil okra 7 to 10 minutes.

Place meat in soup pot; add 1/2 sliced onion, salt, and 1 cup water and stew until brown. Add remaining water or enough cold water to cover and allow to simmer gently from 10 to 15 minutes.

Mix nut paste with part of the stock from the meat (about 1 cup) and cook over low heat until oil rises to the top, then pour into the soup pot. Add fish and stir gently.

Grind and add pepper, grind or chop tomatoes, salt fish, eggs, and remainder of onions. Add whole pieces of okra and salt to taste.

Boil gently for 20 minutes and simmer for 45 minutes. Serve hot with rice or yam.

Yield: 6 servings.

GREECE

Area: 51,246; Pop.: 8,050,000.



EGG AND LEMON SOUP

- 8 cups soup stock
- 1/2 to 1 cup rice
- 3 egg yolks
- 1 tablespoon cornstarch
- 1 cup milk
- Juice of 1/2 lemon
- 1 tablespoon butter, melted
- 1 teaspoon chopped parsley
- Salt and pepper to taste

(To make stock: Cut 1 1/2 to 2 pounds of lean lamb in pieces, add 2 quarts water, 3 teaspoons salt, 4 carrots, 1 onion, 2 potatoes, and 1 celery root (celeriac) if available. The vegetables should be sliced or cut in pieces before adding. Simmer until meat is tender, then strain off the stock and chill.)

Remove fat from stock, measure, and add water to make 8 cups. Heat to boiling. Wash rice and add to hot stock. Cook until rice is tender (about 30 minutes). Mix egg yolks with cornstarch and milk and stir into soup. When the mixture has thickened slightly, remove from heat and stir in lemon juice slowly to avoid curdling. Add butter, chopped parsley, salt, and pepper to soup and serve immediately. Yield: 8 to 12 servings.

KARETHOPETA

- 1/4 cup butter
- 1/2 cup sugar
- 4 eggs, separated
- 2 cups finely chopped walnuts.
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- 1 cup sifted Robin Hood All-Purpose Flour
- 2 tablespoons finely chopped walnuts

Syrup:

- 1/2 cup sugar
- 1/4 cup water
- 1/2 cup honey
- 1/4 teaspoon cinnamon
- 1 tablespoon dark rum

Beat together the butter and sugar until fluffy. Add egg yolks and beat with rotary or electric beater until very light. Fold in stiffly beaten egg whites. Combine the 2 cups walnuts, cinnamon, baking powder, and flour. Fold into butter-sugar-egg mixture until just blended. Turn into 9x9-inch pan (rubbed with butter). Sprinkle remaining nuts on top. Bake in a moderate oven (350° F) 45 minutes. Cool in the pan on cake rack about 1 hour.

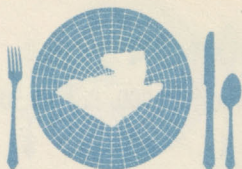
To make syrup: Boil together sugar and water until the syrup spins a thread (230° F). Stir in honey, cinnamon, and rum.

Cut the baked product into diamond-shaped pieces. Pour on hot syrup and let stand 4 to 24 hours to allow the syrup to permeate. Serve with a fork as a dessert or at a tea. Yield: one 9x9-inch pan.

Note: The *karethopeta* may be cut into bars for more uniform portions.

GUATEMALA

Área: 42,042; Pop.: 3,430,000.



ARROZ (Guatemalan Rice)

- 1 cup rice
- 2 tablespoons margarine
- 1 onion, chopped
- 2 medium-size tomatoes, diced
- 2 cups beef bouillon
- 1 teaspoon salt

Wash the rice and let it dry. Melt margarine in medium-size skillet; add onion and sauté. When the onions are tender, pour in the rice and let it brown. Stir to avoid burning. When the rice is brown, add tomatoes, beef bouillon, and salt and let mixture simmer until liquid is completely absorbed. If rice is still too hard, add more hot liquid. Do not stir rice while it is simmering or it will become spongy. Yield: 4 servings.

Note: This rice is good when browned in the oven after following the above recipe; or when plenty of tomatoes have been added to left-over rice, and mixture is baked with grated cheese sprinkled over the top. It may also be mixed with cooked chicken, pimientos, red peppers, and hard-cooked eggs, and garnished with parsley, red peppers and capers, with a little cream cheese crumbled over the top.

Guatemalan Rice and avocado salad can be served with Canadian bacon.

Pan American Union

ENSALADA DE GUACAMOLE

(Avocado Salad)

- 2 avocados
- 2 hard-cooked eggs
- 3 small tomatoes
- 6 stuffed olives
- 1 small onion
- French dressing
- Fresh chili pepper or chili powder
- Bacon, sliced

Dice avocados, eggs, and tomatoes; slice olives; and mince onion. Mix and add enough French dressing to moisten. Season to taste with chili pepper or chili powder. Serve on lettuce with slices of crisp bacon. Yield: 6 servings.

Pan American Union

GUINEA

Area: 105,200; Pop.: 2,505,000.



FRENCH GUINEAN SPECIAL CHICKEN

- 2½-pound fryer, cut as for frying
- 4 tablespoons peanut oil
- 2 medium-size onions, chopped
- 3 medium-size tomatoes, peeled and chopped
- 1 10-ounce package frozen okra
- 2 medium-size green peppers, sliced thin
- ½ teaspoon salt

Sauce

- 1 cup smooth peanut butter
- ½ cup cold water

Salt chicken and cook in hot fat until chicken is golden brown. Remove chicken to shallow casserole with cover and keep hot. Add onion to fat and cook until soft but not brown. Add tomatoes, okra, and peppers and cook over low heat until mixture is hot. Pour over chicken.

Sauce

Mix cold water and peanut butter until sauce is smooth. Pour over the chicken and vegetables.

Cover the casserole and cook one hour in a 325° oven. Place chicken on a platter with vegetables on top. Pour sauce over vegetables or serve in a separate dish. Serve with fluffy cooked white rice. Yield: 6 servings.

BRAISED LAMB

- 2 pounds cubed lean lamb
- 4 tablespoons peanut oil
- 1 teaspoon salt
- 1 cup hot water

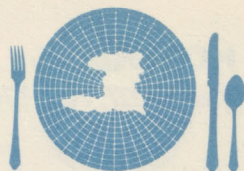
Brown lamb in hot fat. When well browned, add salt and hot water. Cover and cook over low heat for one hour or until meat is tender. If necessary, additional water may be added. Meat should be juicy with brown sauce. Serve over rice. Yield: 4 to 6 servings.

MIXED FRUIT DESSERT

Sliced mangoes, bananas, pineapple, avocados, and garden sweet melon may be combined with whole figs and oranges for typical dessert.

HAITI

Area: 10,714; Pop.: 3,384,000.



SWEET POTATO CAKE

- 1 cup mashed sweet potato
- 2 small bananas, mashed
- 1 cup milk
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 2 egg yolks, beaten
- 3 tablespoons raisins, cut fine

Combine sweet potato and banana. Add milk and blend. Add sugar, salt, egg yolks, and raisins. Mix well and pour in a well-oiled 1-quart casserole. Bake in slow oven (300° F) 45 minutes or until cake is set and firm to touch and top is a golden brown. Cut in pie-shaped pieces and serve on dessert plates. Yield: 4 to 6 servings.

Pan American Union

PLATE NATIONAL

- 1 cup dried pinto or kidney beans
- 3 cups water
- 1 3/4 teaspoons salt
- 6 tablespoons bacon fat
- 1 clove garlic, minced
- 1 onion, chopped
- 1 tablespoon minced parsley
- 1/2 teaspoon pepper
- 1/4 teaspoon ground cloves
- 1 cup rice

Wash beans. Add water, cover and boil 5 minutes, then remove from heat, add salt and let soak 1 hour.

When beans have soaked 1 hour, sauté garlic, onion, and parsley in bacon fat; add pepper and cloves. Drain the beans, reserving liquid. Sauté beans in fat for 5 minutes. Measure the bean water and add sufficient water to make 5 1/2 cups. Add water to beans and cook for 1 to 1 1/2 hours, or until beans begin to soften. Then add 1 cup washed rice to beans and continue cooking until rice is done. (If mixture becomes dry before the rice is done, add hot water.) Pour bean and rice mixture in a well-oiled 2-quart casserole and bake in a very slow oven (250° F) for 30 minutes. Yield: 8 to 10 servings.

Pan American Union

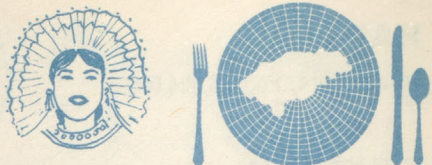
BANANES AU RHUM (Bananas in Rum)

- 6 large ripe bananas
- 1/2 cup olive oil
- 1/2 teaspoon vanilla
- 3 tablespoons rum
- 1/4 cup powdered sugar

Peel bananas and cut across in thin slices. Fry in hot oil. When browned lightly remove from fat and drain on brown paper. Cool and place in shallow serving dish. Add vanilla to rum and sprinkle mixture over bananas. Sieve powdered sugar over top and serve cold as a dessert. Yield: Six servings.

HONDURAS

Area: 43,227; Pop.: 1,769,000.



TORRIJAS (Honduran Christmas and Easter Dessert)

- 1 cup warm water
- 1 cup light brown sugar
- 2 cinnamon sticks
- 12 ladyfingers

Boil water, sugar, and cinnamon sticks together for about ten minutes. Arrange ladyfingers in a flat dish. Remove cinnamon sticks; pour sirup over ladyfingers. Let them stand in sirup for 5 minutes. Serve 2 ladyfingers per person. If desired, sliced bananas may be spread in a layer on the plate before arranging the ladyfingers over the top. Then pour hot sirup over the ladyfingers. This gives a very good tasty dessert. Yield: 6 servings.

Pan American Union

POLLO HONDUREÑA (Chicken, Honduras Style)

- 4 tablespoons olive oil or cooking fat
- 2 cloves garlic
- 1 medium (3-to 4-pound) chicken cut in pieces
- 2 tomatoes, peeled
- 2 large pimientos
- 2 tablespoons capers
- 12 stuffed olives
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup tomato juice or water

Brown the chopped garlic in the hot oil. Add the chicken and brown all pieces well, turn as necessary. When well browned add the tomatoes cut in cubes, pimientos cut in strips, capers, olives cut in half, salt, pepper, and tomato juice. Cover and simmer over low heat 1½ hours or until tender. Serve with steamed rice. Yield: 6 servings.

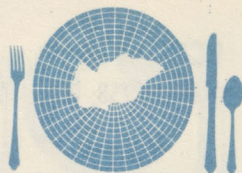
DULCE DE LECHE (Honduran Milk Sweet)

- 1 quart milk
- 1 pound sugar
- 2 tablespoons ground almonds
- 1 cinnamon stick

Place milk, sugar, almonds, and cinnamon in heavy saucepan. Cook over medium heat. Stir constantly until mixture thickens to consistency of custard. Serve cold. Yield: 4 to 6 servings.

HUNGARY

Area: 35,902; Pop.: 9,812,000.



TÖLTÖTT KAPOSZTA (Stuffed Cabbage)

- 1 large head cabbage
- $\frac{3}{4}$ pound ground pork
- $\frac{3}{4}$ pound ground beef
- $\frac{1}{2}$ cup finely chopped onion
- 1 egg
- 2 tablespoons salt
- 1 teaspoon black pepper
- 1 tablespoon paprika
- 1 cup rice (regular)
- 1 No. 2 can sauerkraut
- 1 No. 2 can tomato juice
- 3 cups water
- 1 cup sour cream

Core the cabbage and place head down in enough boiling water to cover. Turn off heat. When cabbage has wilted remove from water and peel the leaves off, leaving them whole. Trim heavy vein down to make it look flat. Combine meat, onion, egg, seasonings, and rice. Mix well. In the center of each cabbage leaf place 2 to 3 tablespoons of this filling mixture. Fold sides in first then roll up. Place in large kettle and spread sauerkraut over the rolls. Add the tomato juice and water. Bring to a boil, then simmer for $1\frac{1}{2}$ hours. Place cabbage rolls on serving dish. Mix a little of the liquid with the sour cream and pour over the cabbage rolls. Yield: 8 servings.

CHICKEN PAPRIKA

- $\frac{1}{2}$ cup finely chopped onion
- $\frac{1}{4}$ cup shortening
- 1 tablespoon salt
- 1 tablespoon paprika
- $\frac{1}{2}$ teaspoon black pepper
- 3- to 4-pound chicken, disjointed
- $1\frac{1}{2}$ cups water
- 1 cup sour cream

Dumplings for the Paprika:

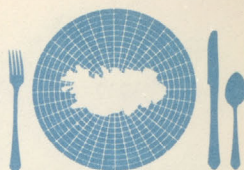
- 3 eggs, well beaten
- $\frac{1}{2}$ cup water
- 2 cups sifted Robin Hood
All-Purpose Flour
- 2 teaspoons salt

Note: Dumplings are very chewy; not fluffy and tender like Canadian dumplings.

Sauté the chopped onion in the shortening until tender but not browned. Combine the salt, paprika, and black pepper and stir into the onions. Add the chicken and fry until all sides are lightly coated. Add water and cover. Cook slowly about $1\frac{1}{2}$ hours or until chicken is tender. Mix all ingredients for the dumplings, beating the mixture until dough is not lumpy. Pour 6 cups of water into a 3-quart saucepan, add 1 teaspoon of salt, and bring to a boil. Into this spoon the batter, a teaspoonful at a time. Boil 10 minutes, then drain. Remove chicken from skillet and blend the sour cream into the liquid in the skillet. Pour dumplings into the sauce and serve hot with the chicken. Yield: 6 servings.

ICELAND

Area: 39,758; Pop.: 166,000.



CAULIFLOWER SOUP

- 1 medium cauliflower
- 6 cups liquid (water from cauliflower, and meat stock or milk)
- $\frac{1}{3}$ cup butter
- $\frac{1}{2}$ cup flour
- 2 egg yolks

Remove the leaves from the cauliflower and soak it in cold water, head down, for 30 minutes. Boil in salted water until tender (about 20 minutes). Remove cauliflower; cool; cut into flowerets. Measure the water; add stock or milk to make six cups. Melt the butter in a pan and blend in the flour. Stir in the liquid slowly and heat to boiling. Before serving stir in slightly beaten egg yolks. Do not let the soup boil after the eggs have been added. Serve hot and garnish each plate with flowerets of the cauliflower. Yield: 6 servings.

PÖNNUKÖKUR (Icelandic Pancakes)

- 1 cup sifted Robin Hood All-Purpose Flour
- 2 eggs
- 1 cup milk
- 3 tablespoons butter, melted
- 2 teaspoons vanilla

Note: Use about 1 tablespoon of batter for each pancake.

Sift the flour into a small bowl. Beat the eggs and add half the milk. Stir this mixture, the melted butter, and the vanilla into the flour. Add enough more milk to make a batter of the thickness of whipping cream. Cover the bottom of a hot, lightly buttered, small (5- or 6-inch) skillet with a thin layer of batter by tilting the skillet slightly. Brown lightly on both sides. When baked, spread one teaspoon of jam and a tablespoon of whipped cream over pancake. Fold twice and remove to a warm serving plate. Yield: 6 servings.

INDIA

Area: 1,221,880; Pop.: 392,440,000.



MINT CHUTNEY

- 1 cup fresh mint leaves—firmly packed
or ¼ cup dried mint leaves
- 1 cup finely chopped onion
- 1 medium, fresh tomato, finely chopped
- 4 tablespoons lemon juice
- ½ teaspoon salt
- Dash of Tabasco Sauce

Wash the mint leaves then chop until very, very fine. If using dried mint leaves, simply measure, then combine all the ingredients. This is good served with lamb. It is also very good served with *pakoras*, which is an Indian appetizer. Yield: Approximately 2 cups of chutney.

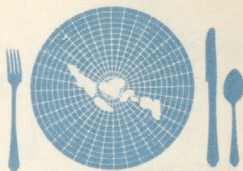
PAKORAS (Fried Appetizers)

- 2 cups water
- 1 cup yellow split peas
- ½ cup sifted Robin Hood
All-Purpose Flour
- 1 teaspoon curry powder
- ⅛ teaspoon allspice
- 1 teaspoon salt
- ⅛ teaspoon Tabasco Sauce
- ½ cup finely chopped onions
- ½ cup finely chopped green pepper
- ½ cup finely chopped celery
- 1 tablespoon dried mint
- Fine dry bread crumbs
- Fat for deep-fat frying

Pour the water into a 2-quart saucepan and bring to a boil. Add the split peas and simmer until peas are tender but not mushy. Drain thoroughly. Cool. Sift together the flour, curry powder, allspice, and salt and stir into the cooled, cooked peas. Add the Tabasco Sauce, onions, green pepper, celery, and mint. Drop the mixture by teaspoonsful onto the fine bread crumbs and roll around to cover all sides. Drop 6 or 7 of the balls at a time into deep fat which has been preheated to 370° F. Fry 2 or 3 minutes or until nicely browned. Serve hot with mint chutney. These are fine served as an appetizer. Yield: 8 servings.

INDONESIA

Area: 735,865; Pop.: 85,500,000.



GADO-GADO (Mixed Salad)

Vegetables:

- 1/2 pound cabbage
- 1/2 pound string beans
- 1 pound bean sprouts
- 1 cucumber
- 1 bunch radishes

Sauce:

- 1 teaspoon salt
- 2 teaspoons brown sugar
- 1 teaspoon lemon juice
- 1 teaspoon soy sauce
- 1 onion, sliced and fried
- 1 or 2 cloves garlic, chopped fine or sliced and fried
- Few hot peppers
- 1/4 to 1/2 pound finely ground peanut butter
- 1/2 cup of warm water from boiled vegetables
- Garnish: 2 hard-cooked eggs, small package potato chips

Cut cabbage and beans in nice eating size. Parboil with bean sprouts, reserving cooking water. Slice cucumbers and radishes.

Prepare the peanut-butter sauce or dressing in a bowl by crushing and mixing the ingredients and adding the warm vegetable water.

Arrange cooled vegetables in layers. Garnish with slices of hard-cooked eggs and potato chips. Serve with peanut-butter sauce and rice. Yield: 6 servings.

SEMUR (A Stew-like Dish)

- 3 to 4 pounds chicken or 2 to 3 pounds beef
- Salt and pepper
- 1/4 cup butter or margarine (where legal)
- 2 large potatoes
- 2 cloves garlic, minced
- 1 teaspoon nutmeg
- 1/2 teaspoon powdered cloves or 4 whole cloves
- 4 tablespoons soy sauce
- 1 to 2 cups water
- 1/4 pound Chinese transparent vermicelli *

Cut up chicken or meat as for a stew. Sprinkle meat with salt and pepper; then sear in butter or margarine. Add potatoes and all other ingredients except vermicelli, and cook 2 to 3 hours. About 15 to 20 minutes before serving add vermicelli. Add additional water, if necessary. Yield: 6 servings. Serve with hot rice.

* May be bought in Oriental food stores

IRAN

Area: 628,060; Pop.: 18,944,821.



KEBAB (Beef on Skewers)

- 1/2 cup olive oil
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon dried oregano or rosemary
- 1 pound lean lamb or beef, cut in 1 1/2-inch cubes
- 8 ripe olives, pitted
- 2 onions, cut in wedges
- 2 tomatoes, cut in wedges

Mix olive oil, salt, pepper, and herbs. Sprinkle this mixture over meat and let stand in a cool place for at least one hour. Put skewer through meat, olives, and vegetables alternately using 1/4 of each for each kebab. Broil until meat is well browned. Turn skewers to brown meat evenly. Loosen and push from skewer directly onto the serving plate.

Variation: Cover lamb with mixture of 1 cup yogurt, 1/8 teaspoon saffron and two onions sliced thin. Allow to stand overnight, or at least 4 hours. Put skewers through meat, brush with fat, and broil over charcoal 10 to 12 minutes, or under broiler flame until meat is well browned. Serve immediately. Yield: 4 servings.

MAST (Yogurt) AND CUCUMBER SOUP

- 3 cups yogurt
- 1 1/2 cups finely cubed or grated cucumbers
- 1/2 cup currants or small seedless raisins
- 3/4 cup water
- 1 tablespoon minced fresh dill
- 3 tablespoons minced chives or green onion tops
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper, freshly ground

Beat yogurt well. Add cucumbers and currants or raisins. Blend thoroughly and add 3/4 cup water or more until the mixture is the consistency of cream soup. Add dill, chives or green onion tops, salt and pepper. Blend well and chill. Serve very cold. For added heartiness use 2 chopped hard-cooked eggs. Yield: 4 to 6 servings.

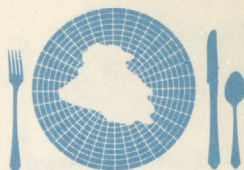
PALUDEH SEEB (Apple Delight Dessert)

- 4 medium apples
- 2 tablespoons lemon juice
- 4 to 6 tablespoons powdered sugar
- 2 teaspoons rosewater
- 4 ice cubes

Pare and grate apples. Sprinkle each apple immediately with lemon juice after grating to prevent apples from darkening (slight darkening is not objectionable). Add sugar and rosewater. Stir lightly. Add ice cubes, which serve to chill and dilute the mixture. Serve in dessert dishes. Yield: 4 servings.

IRAQ

Area: 175,000; Pop.: 6,538,109.



DOLMAS (Meat and Vegetable Rolls)

- 1½ cups rice
- 1½ pounds minced lamb
- ½ cup butter or margarine (where legal)
- 1 teaspoon salt
- ¼ teaspoon pepper
- ½ cup water
- 1 large head of cabbage
- 2 green peppers
- 1 large Spanish onion
- ½ teaspoon salt
- ½ cup tomato juice
- 1 tablespoon lemon juice
- 1 teaspoon sugar

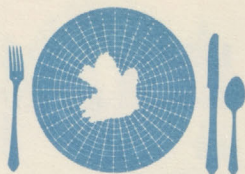
Mix uncooked rice with meat and butter. Add salt, pepper, and ½ cup water. Mix well. Remove cabbage leaves carefully. Wilt leaves in boiling water for five minutes. Remove center stem of each leaf and cut leaf in two. Place 1 tablespoon of meat mixture on each half leaf and roll into shape of cigar.

Cut tops off peppers, remove seeds. Fill peppers three-fourths full of meat and rice. Cut off top of onion and slit one side. Wilt onion in boiling water sufficiently to remove each layer without breaking. Roll 1 teaspoon meat and rice mixture in each large onion leaf.

Place rolled cabbage and onion leaves in alternate layers in deep skillet with green peppers in center. Add salt, tomato juice and water to cover. Press a plate on the *dolmas* to keep them from bursting while boiling. Cover with skillet lid. Boil 15 minutes. Remove plate and sprinkle with lemon juice and sugar. Replace lid and simmer 45 minutes. Yield: 6 to 8 servings.

IRELAND

Area: 26,599; Pop.: 2,885,000.



GINGERBREAD

- 1¾ cups sifted Robin Hood
All-Purpose Flour
- 1 teaspoon soda
- ½ teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon ginger
- ¾ cup sugar
- 2 eggs, slightly beaten
- 1 cup buttermilk
- ½ cup melted shortening
- ½ cup molasses

RABBIT PIES

- 1 rabbit

Crust:

- 2 Cups sifted Robin Hood
All-Purpose Flour
- 1 teaspoon salt
- ¾ cup shortening
- 2 tablespoons butter or margarine
(where legal)
- 4 or 5 tablespoons cold water

Filling:

- 2 tablespoons butter or margarine
(where legal)
- 3 tablespoons Robin Hood
All-Purpose Flour
- 1 cup milk
- ½ teaspoon salt
- ⅛ teaspoon pepper
- ¼ cup bread crumbs
- ½ cup cooked ham, cubed
- ½ teaspoon grated lemon rind
- 1 tablespoon chopped parsley

Sift flour, soda, salt, cinnamon, and ginger into mixing bowl. Add sugar. Combine slightly beaten eggs, buttermilk, shortening, and molasses. Add liquids to dry ingredients all at once; beat for 1½ minutes. (Use medium speed of electric mixer or beat 225 strokes by hand.) Pour into 9x9x2-inch pan, well greased and lightly floured on the bottom only. Bake in a moderate oven (375° F) 35 to 40 minutes until it springs back when touched lightly in the center. Serve warm. Yield: 9-inch square.

Cover rabbit with salted water in saucepan. Cover and simmer until tender. Remove meat from bones and cut into ½-inch pieces (about 2¼ cups). Set aside.

Sift flour and salt into mixing bowl. Cut in shortening and butter until particles are the size of small peas. Sprinkle water over mixture, a little at a time, while tossing and stirring lightly with fork. Add water to driest particles, pushing lumps to side, until dough is just moist enough to hold together. Chill while preparing filling.

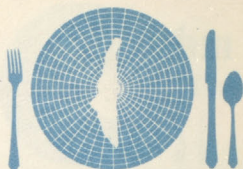
Melt butter over low heat in heavy saucepan. Blend in the flour. Gradually stir in the milk. Cook over medium heat, stirring constantly, until thick. Add the salt, pepper, the rabbit meat, bread crumbs, ham, lemon rind, and parsley. Remove from heat.

Roll out pastry on floured pastry cloth or board to ⅛-inch thickness. Cut into sixteen 5-inch circles. Place ⅓ cup filling in centre of half the circles; top with remaining circles. Seal edges with fork or fingers, prick top for escape of steam and place on ungreased baking sheet.

Bake in hot oven (450° F) 18 to 20 minutes until golden brown. Yield: 8 pies.

ISRAEL

Area: 8,048; Pop.: 1,979,933.



KISHUIM (Squash)

2 tablespoons butter or margarine
(where legal)
1 medium-size onion, finely shredded
2 tablespoons stewed or canned tomatoes
2 pounds squash
Juice of 1/2 lemon
Salt
Pepper

Melt shortening in 2-quart saucepan, add shredded onion, and cook until light brown. Add the tomatoes and peeled squash cut in 2-inch cubes. Add lemon juice, salt, and pepper. Cook over low heat until squash is tender (about 7 to 10 minutes). Yield: 4 servings.

CHEESE STEAKS

1 pound cottage cheese (very dry and fine)
2 eggs
4 tablespoons Robin Hood
All-Purpose Flour
1/2 teaspoon salt
1/2 teaspoon red pepper
2 tablespoons fat, or more if needed

Drain all excess moisture from cottage cheese. Mix all ingredients except fat. Heat fat in iron skillet. Drop small portions of cottage cheese mixture 2 or 3 tablespoons at a time into the hot fat. Cook over low heat until golden brown on both sides. Yield: 4 servings.

Serve with a fruit salad.

NEZID ADASHIM (Lentil Casserole)

1 cup lentils
4 cups cold water
2/3 cup minced onion
1 tablespoon minced parsley
1/2 clove garlic, minced
3 tablespoons minced celery stalk
1 tablespoon shortening
2 tablespoons Robin Hood
All-Purpose Flour
2 teaspoons salt
1/8 teaspoon pepper
2 tablespoons tomato purée
6 to 8 small sausages (smoked)

Wash lentils and soak overnight in 4 cups cold water. Drain and reserve liquid. Heat 2 cups of this liquid to boiling point and add lentils, onion, parsley, garlic, and celery. Cook until tender (about 15 minutes). Drain and measure liquid. Pour lentil mixture in greased baking dish.

To the liquid add enough of the reserved liquid to make 1 1/4 cups. Melt shortening in saucepan, add flour, salt, pepper, and stir in the 1 1/4 cups reserved liquid. Cook until thickened. Pour over lentils, then spread with tomato purée. Arrange sausages in attractive design on the top of the mixture and bake in 350° F oven, 30 minutes. Serve hot. Yield: 6 servings.

ITALY

Area: 117,471; Pop.: 48,353,000.



LASAGNE VERDI AL FORNO (Baked Green Noodles)

Noodles:

- 2 3/4 cups sifted Robin Hood
All-Purpose Flour
- 1/2 cup plus 1 tablespoon cooked drained,
finely chopped spinach
- 2 eggs
- 3 tablespoons water
- 1/2 teaspoon salt

Meat Sauce:

- 1/4 cup minced or grated carrots
(1 carrot)
- 1 small onion, minced
- 1 stalk celery, minced
- 1 tablespoon olive oil
- 1/2 pound ground beef
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 tablespoon tomato paste
- 1/2 tablespoon water
- 1/2 tablespoon Robin Hood
All-Purpose Flour

Cream Sauce:

- 1/4 cup butter or margarine (where legal)
- 3 tablespoons Robin Hood
All-Purpose Flour
- 1/2 teaspoon salt
- 2 cups milk
- 1 cup (3 ounces) grated Parmesan cheese

Note: A 9" x 13" x 2" pan may be used.

Sift the flour, measure, and sift onto pastry board. Make a well in the center. In it, put the drained, chopped spinach, eggs, water, and salt. Work together until a stiff dough is formed. Then knead for 20 minutes. This will make a stiff, satiny dough. (The long kneading develops the elasticity of the dough). Roll out to paper thinness. (This will cover several boards). Let dry on board. When dry, cut into oblongs, 2 by 4 inches. Drop into a large kettle of boiling salted water and cook until tender or about 25 minutes. Drain.

While noodles are drying, prepare and cook meat sauce. Chop carrot, onion, and celery fine. Sauté in salad oil in skillet. Add beef, salt, and pepper. Cook over moderate heat, stirring to brown all particles of meat. Blend in tomato paste to which water and flour have been added. Cook over low heat until meat is well cooked and sauce is thickened.

For the cream sauce, melt butter or margarine in a saucepan. Blend in flour and salt. Add milk slowly, stirring it in as it is added. Cook, stir till thick and smooth.

Grease a 2 1/2- or 3-quart shallow baking dish. Preheat oven to 300° F. Line baking dish with a layer of *lasagne* (noodles). Cover with meat sauce, spreading it thin. Moisten generously with cream sauce. Cover it with a coating of grated cheese. Continue alternating layers until all is used. Finish with cream sauce. Dot over with additional butter. Bake 10 minutes at 300° F, and 35 minutes at 450° F. Yield: 8 to 10 servings.

JAPAN

Area: 142,644; Pop.: 90,900,000.



BEEF SUKIYAKI

Sauce:

1 cup shoyu (soy sauce)
1/3 cup sugar
1/4 cup sake (rice wine). Sherry may be used.
Mix shoyu, sugar, and sake, and set aside.

Other Ingredients:

Arrange the following on a large serving platter and bring to the table.

4 ounces beef suet
2 pounds tenderloin of beef,
sliced very thin
Freshly prepared mustard
12 scallions, cut in 2-inch lengths
1/2 Chinese cabbage, cut in 2-inch lengths
1/2 pound fresh spinach, cut in 1-inch
strips
2 cups shirataki*
12 large mushrooms
12 pieces of tofu (soybean curd), in
1-inch cubes
1 can bamboo shoots, cut in large
bite sizes
Hot rice

* Translucent threads of gelatinous starch extracted from a root plant. Also available in cans, and ready for use without advance preparation. Cold cooked egg noodles, preferably the long, thin variety, may be used in place of shirataki.

To many persons sukiyaki is the tastiest of Japanese dishes. The principal ingredients are familiar ones, and the meat and vegetables cooked in a savory sauce are satisfying to the heartiest of appetites. An electric plate with heavy saucepan or an electric fry pan or skillet may be used for table cooking.

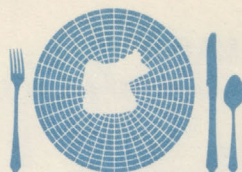
Cut suet into small pieces and place in hot saucepan. When sufficient fat is melted, take a slice of beef and dip in the sauce allowing sauce to coat meat.

Place meat in hot saucepan. As soon as beef changes color, turn and cook other side lightly. This takes but a moment since the thin beef is most delicious when left as rare as possible. When cooked to the desired state, dip in freshly prepared mustard (dry mustard and water blended until smooth). Eat at once. About one-third of the beef is consumed in this manner.

To the remaining fat add enough sauce to cover bottom of saucepan. Add the rest of the beef and cook lightly only until beef turns color. Place all other ingredients on top of beef slices. Cook briefly and with tongs or chopsticks transfer beef to top of vegetables. Do not stir. Continue to cook gently over medium fire until vegetables are just tender. Serve with bowls of hot rice. Yield: 4 servings.

JORDAN

Area: 37,500; Pop.: 1,500,000.



KOUSA MAHSHI

(Lamb and Rice Stuffed Zucchini)

- 12 medium zucchini *
- 2 pounds ground lamb
- 2 cups rice
- 1 tablespoon salt
- 1 tablespoon allspice
- 1 small can tomato paste
- 1 tablespoon butter
- 1 teaspoon garlic salt
- 1 tablespoon lemon juice

* Or other soft-rind small squash

Cut zucchini in half lengthwise and hollow out center. Combine this center portion, diced, with lamb, rice, salt, and allspice. Fill center of squash with this lamb-rice mixture. Do not pack firmly. Place squash, filled side up, in 1 layer in large roasting pan. Combine tomato paste and butter. Spread over rice stuffing. Add boiling water to just cover squash. Heat until water boils. Cover. Reduce heat and simmer 20 to 25 minutes or until rice is tender. Uncover. Stir garlic salt and lemon juice into sauce around squash. Then spoon sauce over rice stuffing. Simmer 5 to 10 minutes or until sauce is thickened. Place squash on serving dish and pour remaining sauce over stuffing. Serve hot as a main dish. Yield: 12 servings.

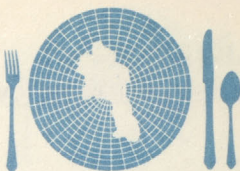
LAMB-RICE TURNOVER

- 1/2 cup salad oil
- 2 pounds cubed lean lamb
- 2 large onions, peeled and sliced
- 1 large or 2 small heads cauliflower, sliced
- 2 tablespoons salt
- 1 tablespoon ground allspice
- 4 cups rice
- 1 green pepper, sliced (optional)

Pan-brown lamb in 1/4 cup oil in a 4-quart kettle. Sauté onions and cauliflower in oil and add to lamb. Add 2 quarts boiling water, salt, and allspice. Heat until water boils. Add rice slowly so that all of rice is covered by the water. Boil 5 minutes. Cover. Reduce heat and simmer about 20 minutes or until rice is tender and all the water is absorbed. Turn over onto a hot, large platter so that lamb is on top of mound of rice. Garnish with strips of green pepper or cooked frozen peas if desired. Serve as a main dish. Yield: 10 to 12 large servings.

LAOS

Area: 89,000; Pop.: 3,000,000.



PUMPKIN PUDDING

- 1 whole pumpkin (approximately 3 pounds)
- 2 cups boiling water
- 1 cup freshly grated coconut
- 5 eggs
- 6 tablespoons sugar

Select firm pumpkin which will stand with stem end up. Cut off sufficient of the stem end to form a lid and to facilitate serving from the pumpkin. Scrape out seeds and fibrous flesh. Pour boiling water over coconut and let stand 20 minutes. Mix well and squeeze through a fine sieve or cloth. This liquid is referred to as coconut milk. Beat eggs well, add sugar and coconut milk. Pour this mixture into the pumpkin, replace lid. Place pumpkin on rack or trivet in tightly covered kettle with water to reach just below bottom of pumpkin. Steam until custard is set and pumpkin is tender. The pudding may also be baked in a moderate oven 350° F about one hour or until pumpkin is thoroughly cooked and the custard is firm. Serve from the pumpkin and include some custard and pumpkin in each serving. Yield: 4 to 6 servings.

MOKE KHAT PA (Steamed Spiced Fish)

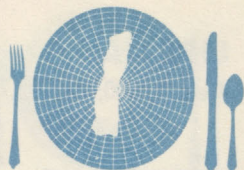
- 4 fillets (preferably shad or mackerel or other oily fish)
- 1 pound fish roe
- ½ teaspoon salt
- ⅛ teaspoon cayenne pepper
- 2 cloves garlic, crushed
- 4 spring onions, chopped fine
- 4 pieces aluminum foil

Cut each fillet in 1-inch pieces. Add fish roe, salt, pepper, garlic, and onions. Blend together well. Place ¼ of the mixture on a piece of foil. Fold foil and make flat packets. Place packets in a steamer and steam slowly for 45 minutes. Have the water below the level of the rack holding the fish and boiling gently.

Serve spiced fish with steamed rice. Yield: 4 servings.

LEBANON

Area: 4,000; Pop.: 1,525,000.



BAKED KIBBI

(Baked Lamb and Wheat Dish)

Wheat Mixture:

- 1 pound Borghul (very finely crushed wheat)
- 2 pounds ground lean lamb
- 1/3 cup grated onions
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 1/4 teaspoon cinnamon

Filling:

- 2/3 cup chopped onions
- 4 teaspoons shortening
- 1/2 pound ground lean lamb
- * 1/4 cup pine nuts
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons shortening

*Pine nuts may be obtained at most small nut shops.

STUFFED SQUASH

- 8 summer squash, 4 inches long
- 1/2 pound ground shoulder of lamb
- 1/4 pound (about 1 cup) rice
- 2-ounce can, tomato paste
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/8 teaspoon cinnamon

For the wheat mixture, soak wheat in water to cover for 30 minutes. Then mix in lamb, grated onion, and seasonings. Knead well.

While the wheat soaks, make the filling. Sauté onions in shortening until light brown. Add lamb, pine nuts, and seasonings. Cook and stir until meat is browned.

Spread one-half of the wheat mixture in well-greased 9x12-inch baking pan. Sprinkle with filling. Cover with remaining wheat mixture, and press down firmly. Then with a sharp knife cut diagonal lines across top to mark off into diamond shapes. Dot top with the 2 tablespoons shortening. Bake in hot oven (400° F) for 30 minutes. Then reduce heat to slow oven (300° F) and bake 30 minutes longer. Yield: 8 servings.

Cut off one end of the squash and scoop out the inside. Wash rice. Place 1/4 cup water in a skillet and add rice, mix well, then add the meat, stir and cook slowly for 10 minutes. Add seasonings and stuff squash lightly with this mixture. Arrange squash in a covered baking dish.

Mix tomato paste with enough hot water to make about half an inch of liquid in the baking dish and pour over the squash. Cover and bake in a moderate oven for 30 to 40 minutes or until the squash is tender. Or, the stuffed squash may be placed in saucepan and covered with hot water to which the tomato paste has been added and boiled gently until tender—about 30 minutes. Yield: 8 servings.

LIBERIA

Area: 43,000; Pop.: 2,750,000.



UNITED NATIONS CAKE

- 2/3 cup butter
- 3/4 cup sugar
- 4 eggs
- 2 cups sifted Robin Hood
All-Purpose Flour
- 3/4 teaspoon soda
- 1/2 teaspoon cinnamon
- 1/2 teaspoon allspice
- 1/4 teaspoon mace
- 1/2 teaspoon baking powder
- 1/8 teaspoon cloves
- 2/3 cup light molasses
- 1/2 cup milk
- 1/3 cup citron, cut very fine
- 1/2 cup seedless raisins, chopped
- 1/2 cup shredded coconut

PERLEAU RICE

(Chicken and Rice)

- 1 chicken (3 1/2 to 4 pounds)
- 1 tablespoon salt
- 2 to 3 teaspoons black pepper
- 1/4 cup Robin Hood All-Purpose Flour
- 1/4 cup drippings, vegetable fat, or lard
- 1/2 pound ham, cubed
- 3 quarts water
- 1 onion, sliced
- 1/3 cup tomato paste
- 1/2 cup chopped cabbage
- 2 1/2 cups (1 1/4 pounds) brown rice

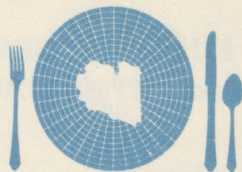
Heat oven to 350° F (moderate). Cream butter and sugar. Add eggs, one at a time. Sift together dry ingredients and stir in alternately with mixture of milk and molasses. (Start and end with dry ingredients.) Stir just until smooth. Fold in fruit and coconut. Pour batter into 2 greased and floured loaf pans, 9x5x2 1/2 inches. Bake 35 to 40 minutes.

Note: This cake is better if allowed to mature one day before cutting.

Have butcher cut chicken into serving pieces. Wash; drain. Season with salt and pepper and let stand for about 15 minutes. Then sprinkle lightly with flour. Heat fat in heavy skillet over medium heat. With fork, carefully place chicken in hot fat. Fry until lightly browned on both sides. Remove chicken and place in large kettle. Fry ham in remaining fat. Add to chicken. Add water, onion, tomato paste, and cabbage. Cover and simmer for 20 minutes or until chicken is tender. Remove chicken from stock. Add rice. Cover and cook about 45 minutes, stirring occasionally. If necessary, add boiling water during cooking. Return chicken to rice and heat thoroughly. Yield: 8 servings.

LIBYA

Area: 679,358; Pop.: 1,091,830.



ABRAK (Stuffed Grape Leaves)

- 2/3 cup rice
- 1 1/2 cups boiling water
- 1/2 cup minced lamb
- 2/3 cup finely chopped onions
- 1/2 cup strained tomatoes
- 1/2 cup butter, melted
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3 tablespoons chopped parsley
- 40 grape leaves *

* Ready-prepared grape leaves may be purchased in special food shops.

Add rice to 1 1/2 cups boiling water, boil 5 minutes, drain. Add to the rice the lamb, onions, tomatoes, 2 tablespoons of the melted butter, salt, pepper, and parsley. Mix well.

Wilt the grape leaves in boiling water. Place about a tablespoon of rice mixture on each grape leaf, then fold sides of grape leaf over rice mixture and roll up loosely. Grease a 10-inch fry pan with 4 tablespoons of the butter and place grape leaf rolls in pan, loose edges down. Pour remaining butter over top. Cover tightly and cook over low heat for 35 to 45 minutes. Yield: 4 to 5 servings.

KUSKUSY (Soup with Semolina)

Soup:

- 1/2 cup chick peas
- 1/8 teaspoon salt
- 1 tablespoon oil
- 2 medium-size onions
- 2/4 teaspoon red pepper*
- 1/2 teaspoon salt
- 1/2 small can, tomato paste
- 1 cup canned tomatoes
- 2 medium-size potatoes, cubed
- 3 cups of water
- 1/2 pound lamb cut in 1-inch cubes
- 1/2 cup chopped pumpkin (or squash)
- 2 carrots, cubed

Dough:

- 2 pounds semolina**
- 1 cup Robin Hood All-Purpose Flour
- 1 teaspoon salt
- 3/4 cup butter, melted
- 1/2 cup raisins

* Use less red pepper if desired.

** Soup may be poured over cooked macaroni if semolina is not available.

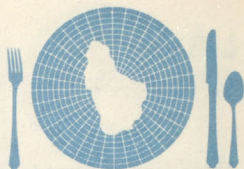
Soak chick peas in water to cover overnight. Cook peas in some water to which salt has been added until peas are done.

Sauté 1 chopped onion in oil until brown. Add red pepper, salt, tomato paste, tomatoes, potatoes, and 3 cups of water. Add meat, chopped pumpkin, 1 sliced onion, cubed carrots and cooked chick peas. Transfer this soup mixture to bottom part of a large steamer or to a kettle with rack or strainer in which semolina mixture can be steamed.

Mix semolina, flour, and salt. Add water to make a pliable dough. Gradually roll until all semolina and flour are used. Place ball of dough in top of steamer or strainer over boiling soup. Cover kettle and steam dough for 1 1/2 hours. Remove dough from steamer and place in a large bowl. Mix melted butter and raisins into semolina mixture. Pour soup over mixture. Let semolina absorb soup for 15 minutes before serving. Yield: 6 servings.

LUXEMBOURG

Area: 999; Pop.: 314,000.



VEGETABLE SOUP

- 3 carrots
- 3 parsnips
- 2 potatoes, medium-size
- 6 leeks
- 3 tomatoes, fresh
- 1 cup cabbage
- 1 cup celery
- 1/4 head lettuce
- 1/2 pound fresh peas, shelled
- 1/2 pound fresh Lima beans, shelled
- 1/2 pound fresh string beans
- 3 quarts boiling water
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 2 tablespoons butter or margarine
(where legal)
- 1/2 cup cream
- Milk to thin

Wash vegetables. Cut carrots, parsnips, potatoes, leeks, tomatoes, cabbage, celery, and lettuce into small pieces. Place all vegetables in boiling water and simmer for 3 hours. Strain the vegetables through a sieve. Add salt, pepper, butter, and cream. Thin with milk to desired consistency. Yield: 6 to 8 servings.

LIEVERKNIDDELEN (Liver Dumplings)

- 1 1/2 pounds calf or beef liver
- 1 large onion
- 1 small leek or 2 tablespoons minced chives
- 4 to 6 slices white bread
- 2 eggs
- 2 tablespoons Robin Hood
All-Purpose Flour
- 3 teaspoons salt
- 1/2 teaspoon pepper
- 2 tablespoons chopped parsley (optional)
- 1/4 pound bacon

Grind raw liver with onion, leek, and bread. Add eggs, flour, 2 teaspoons of the salt, pepper, and parsley. Mix well.

Bring 6 cups of water to a boil in large saucepan; add 1 teaspoon of salt. Drop meat mixture, a tablespoonful at a time, into the boiling water. (Dip tablespoon in hot water each time before scooping up meat mixture.) Cover pan and simmer for 10 minutes.

Meanwhile cut bacon in small pieces and pan-fry until light brown. Remove dumplings from water and place on heated platter. Then pour bacon and fat over the dumplings. Serve with steamed or boiled potatoes and sauerkraut. Yield: 6 servings.

MALAYA

Area: 50,690; Pop.: 6,276,915.



TIMUN SALAD (Cucumber Salad)

- 1 large unpeeled cucumber
- 2 teaspoons salt
- 1½ teaspoons finely chopped fresh ginger*
- 2 tablespoons cider vinegar
- ½ pound cooked, peeled, and deveined shrimp, finely chopped
- 2 hard-cooked eggs, diced
- ⅛ teaspoon cayenne pepper
- ½ teaspoon salt

*If fresh ginger is not available, replace it with 1 teaspoon ground ginger. Add it along with the other seasoning before tossing.

Wash and cut cucumber lengthwise into quarters. Remove and discard seeds. Dice cucumber finely. Sprinkle with 1½ teaspoons of salt, mix well. Let stand 5 minutes. Sprinkle fresh ginger with the remaining ½ teaspoon salt. Let stand 5 minutes. Rinse cucumber and ginger with iced water, drain. Add remaining ingredients and toss lightly. Serve on crackers as an appetizer, salad, or as an accompaniment to a fish dish. Yield: Approximately 1¾ cups.

KUWE IKAN (Fish Pudding)

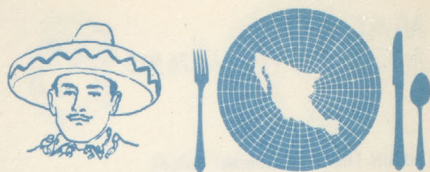
- 1 pound fillet of sole, flounder, or haddock
- 1⅓ cups rich coconut milk
- 1 teaspoon salt
- 1 teaspoon ground turmeric
- ¾ teaspoon garlic powder
- ¼ teaspoon ground cayenne pepper
- 1 tablespoon paprika
- 2 tablespoons onion powder
- 5 eggs
- Thinly sliced cucumbers, scored

Cut fish into ½-inch strips and place in a buttered 1-quart casserole or baking dish. Combine coconut milk with the next 6 ingredients. Beat eggs *only until foamy*. Fold eggs into the coconut milk mixture. Pour into casserole over the fish. Place in a pan of hot water. Bake in a pre-heated oven at 325° F, 50 minutes or until knife inserted in center comes out clean. Serve with thinly sliced cucumbers. Yield: 6 servings.

To Make Coconut Milk: Combine 1 grated fresh coconut with 1 cup cold water. Cook *only until just before boiling point is reached*, stirring constantly. (*Do not boil coconut milk*). Strain through 2 thicknesses of cheese cloth, being sure to squeeze out all of the milk. There should be 1-1/3 cups.

MEXICO

Area: 760,373; Pop.: 31,426,000.



POLLO EN ESTOFADO

(Mexican Stewed Chicken)

- 3 to 4 pounds of chicken, cut up
- Robin Hood All-Purpose Flour
- Salt
- Pepper
- 1 medium-size onion, chopped
- ¼ cup shortening
- 1 medium-size tomato, chopped
- 1 cup raisins
- ½ cup sliced stuffed olives
- 1½ cups water
- 1 stick Spanish cinnamon *

*Stick cinnamon is available at spice counters during the pickling season.

Dip chicken in flour, salt, and pepper. Add onion. Brown in shortening. Add onion and tomato and cook five minutes, then add raisins, olives, and sufficient water—about 1½ cups to allow for simmering of chicken until it is thoroughly cooked in a covered pan. Simmer for 1½ hours after browning. Add cinnamon last. Stir for about 5 minutes. Cinnamon may then be removed if desired. Remove chicken bones prior to serving. This is an excellent chafing dish recipe.

May be served with wild rice, with mushrooms, whole kernel corn, avocado salad, ripe olive salad. Yield: 6 servings.

Pan American Union

NATILLA (Custard with Caramel Sauce)

- 4 cups milk
- 6 egg yolks, beaten slightly
- ½ cup sugar
- ½ cup sifted Robin Hood All-Purpose Flour
- ¼ teaspoon salt
- 1 teaspoon vanilla
- ½ cup light brown sugar

Scald 3 cups of milk in top of a double boiler. Mix sugar, flour, and salt, and stir in 1 cup of cold milk and egg yolks; add mixture to scalded milk.

Continue cooking over boiling water, stirring constantly until thick. Remove from heat, let stand a few minutes, then add the vanilla. Pour custard into a shallow glass baking dish. When custard is entirely cold sprinkle brown sugar generously over the top. Be sure sugar is free from lumps. Then place the baking dish beneath the broiler until the sugar caramelizes all over the top. Take care that the flame does not touch the sides of the dish. Let stand in the refrigerator for several hours before serving, so that the caramelized sugar forms a sauce on top of the custard. Yield: 6 servings.

MOROCCO

Area: 172,104; Pop.: 9,823,000.



STUFFED CHICKEN À LA MOROCAINE

2 whole fryers
1/2 lb. butter or margarine (where legal)
1 cup water
1/2 teaspoon ginger
1/2 teaspoon pepper
1/2 teaspoon cinnamon
Pinch saffron *
Salt

Stuffing:

1 1/2 cups rice
1 teaspoon salt
1/2 cup raisins, plumped in boiling water
1/2 cup almonds, toasted and ground
1/4 teaspoon ginger
1/4 teaspoon pepper
1/4 teaspoon cinnamon
Pinch saffron *

*Saffron may be obtained at well-stocked spice counters.

MECHOUI (Lamb Shoulder)

1 shoulder of lamb
Salt
3 cups water
2 buds of garlic, crushed
1/2 teaspoon cumin powder or crushed seeds
1/4 cup butter, melted

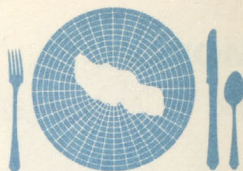
Brown chickens in butter, turning to brown on all sides. When brown, stuff chickens with rice mixture. Close and secure openings with skewers. Place chickens in pan with close-fitting cover, add 1 cup boiling water in which spices have been blended. Simmer for 1 3/4 hours over low heat. Additional water may need to be added.

Add rice to 3 cups boiling, salted water. Simmer until water is absorbed, add plumped raisins, almonds and spices. Mix lightly. Yield: 8 servings.

Rub lamb with salt and place in saucepan. Add water, garlic, and cumin. Simmer until meat is tender. Drain meat, brush with melted butter and roast in a slow oven, 325° F for one hour. Serve very hot. Dust slices of lamb with powdered cumin if desired. Yield: 6 to 8 servings.

NEPAL

Area: 54,000; Pop.: 8,431,547.



RICE PUDDING

- 2½ cups milk
- 1 cup rice
- ¼ teaspoon (or less) saffron
- 4 tablespoons sugar
- ½ cup seedless raisins
- ½ cup chopped almonds

Heat milk to simmering point. Add rice and simmer until rice is done but still moist. Mix saffron and sugar. Add this mixture, raisins, and almonds to rice. Toss lightly and serve hot or cold with cream or whole milk. Yield: 6 to 8 servings.

ALUKO ACHAR

(Dressed Boiled Potatoes)

- 2 pounds potatoes for boiling
- ½ cup oil
- 2 tablespoons dry mustard
- 1 teaspoon salt
- 4 tablespoons lemon juice
- 2 tablespoons chopped hot green or red pepper

Scrub potatoes and cover with boiling water. Boil until done. Peel and cut into 1-inch cubes. Mix oil, mustard, salt, and lemon juice. Pour over hot cubed potatoes and toss gently to coat each cube with dressing. Sprinkle chopped peppers over potatoes. Yield: 6 servings.

FLOUR PUDDING

- ½ pound sweet butter, unsalted
- 2 cups Velvet Cake Flour
- 6 tablespoons sugar
- 6 tablespoons raisins, chopped
- 6 tablespoons chopped almonds
- Pinch saffron

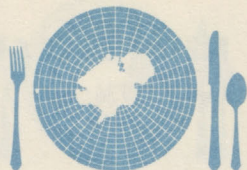
Melt butter in heavy saucepan. Mix flour and sugar. Stir into butter and add raisins and almonds. Cook over low heat, stirring constantly until flour is golden brown. Add saffron and chill mixture until solid enough to handle. Knead and shape with hands into a roll about 2 inches in diameter similar to an icebox cookie roll. Serve at room temperature. Slice in ½-inch rounds and serve with custard sauce. Yield: 8 servings.

Note: Dough can be shaped into molds for individual servings.

This is a very unusual recipe, for only the most adventurous cooks.

NETHERLANDS

Area: 12,850; Pop.: 11,095,721.



ERWTENSOEP (Pea Soup)

- 2 cups green split peas
- 3½ quarts water
- 1½ teaspoons salt
- 2 pig's feet
- 4 leeks (1½ cups, chopped)
- 1½ cups chopped celery
- ½ pound smoked sausage, cubed or sliced

Soak the peas in 3 cups of the water (cold) for 12 hours. Drain and add enough water to make 3½ quarts. Add salt and bring to a boil. Skim, then add the pig's feet, leeks, and celery. Simmer for 3 to 5 hours, or until the pig's feet are quite tender and the meat loosens from the bone. Lift out the pig's feet and discard skin and bones. Add meat bits to soup. Half an hour before serving add the smoked sausage. Strips of toasted bread or pumpernickel bread are eaten with this soup. Yield: approximately 8 servings.

BLINDE VINKEN

(Blind Finches or Beef Birds)

- 6 thin lean beefsteaks (minute or cube steaks)
- ½ pound lean pork or veal
- ½ teaspoon salt
- 6 gherkins
- ⅓ cup butter or drippings
- 1 cup water
- 1 teaspoon Robin Hood All-Purpose Flour (for thickening, if desired)

Wipe the beef and pork with a damp cloth. Salt the beefsteaks. Cut the pork into 6 strips. Lay a strip of pork on each beefsteak and place a gherkin in the middle of each and roll up. Tie rolls with thread or hold together with toothpicks. Brown them in butter. Add 1 cup water, cover, and simmer the birds for one hour, adding more water from time to time if necessary. Thicken the gravy, if desired, with flour mixed to a thin paste with water. Yield: 6 servings.

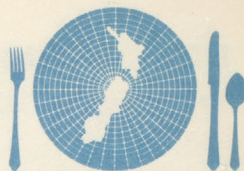
CITROENVLA (Lemon Chiffon Cream)

- 4 eggs, separated
- ½ cup confectioner's sugar
- ½ cup white wine
- Juice of two lemons

Beat egg yolks and sugar in top of a double boiler off the fire until thick, light, and fluffy. Slowly add white wine and lemon juice until well mixed. Place double boiler on the fire and stir vigorously until the mixture stiffens. Cut and fold in the stiffly beaten egg whites, stirring gently for a while over low heat until they are cooked and can no longer separate. Cool thoroughly, and serve with ladyfingers or wafers. Yield: 6 to 8 servings.

NEW ZEALAND

Area: 103,736; Pop.: 2,232,591.



OYSTER SOUP

2 dozen oysters
2 tablespoons butter
2 tablespoons Robin Hood
All-Purpose Flour
1/2 teaspoon salt
Few grains cayenne pepper
4 cups milk
Whipping cream
Minced parsley

Inspect the oysters for bits of shell; chop if desired; save the liquid. Melt butter in a heavy-bottomed saucepan; add flour and seasoning gradually and stir till quite free of lumps; add milk and oyster liquid a little at a time and stir until mixture boils. Add oysters; simmer for 5 minutes. If too thick, add more milk. Season to taste and serve in a heated tureen. When serving, top with whipped cream and parsley. Yield: 4 to 5 servings.

PAVLOVA (Fruit-filled Meringue)

6 egg whites
1 teaspoon vinegar
3/4 cup sugar
1 teaspoon vanilla
Whipping cream
Sliced fruit

Heat oven to 250° F (slow). Beat egg whites and vinegar until frothy. Beat in sugar gradually until stiff and glossy. Add vanilla. Line 9-inch round layer pan with waxed paper which has been dampened with water. Pour in egg white mixture, pulling up slightly at edges. Bake 1 hour, until meringue is a rich cream color and firm but not hard. Remove from pan when cool. Place on serving dish and cover thickly with whipped cream and sliced pineapple or other fruit. Yield: 6 to 8 servings.

QUEEN OF PUDDINGS

2 cups soft bread crumbs
2 cups milk, scalded
2 egg yolks
1 tablespoon sugar
1 teaspoon vanilla
2 teaspoons butter
2 tablespoons raspberry jam

Put crumbs in bowl and pour over them the hot milk. Allow to stand 10 minutes. Beat yolks with sugar; add vanilla and bread crumbs. Mix in softened butter. Turn into buttered 1-quart casserole. Place dish in pan of hot water and bake slowly in moderate oven (350° F) 45 minutes or until set. Remove from oven; allow to cool slightly. Spread top with raspberry jam.

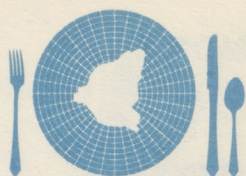
Meringue:

2 egg whites
1/8 teaspoon salt
2 tablespoons sugar
1 teaspoon lemon juice

Add salt to egg whites and beat until stiff. Gradually add sugar and lemon juice and beat until stiff. Spread over top of pudding. Place in oven and brown slowly. Yield: 4 servings.

NICARAGUA

Area: 57,145; Pop.: 1,331,000.



ARROZ (Nicaraguan Rice)

- 1 cup rice
- 2 tablespoons butter or margarine
- 2 cups hot water
- ½ cup diced onion
- ⅓ cup diced green pepper
- 2 medium tomatoes, cut in cubes
- 1 teaspoon salt

Sauté rice in butter or margarine until slightly brown. Add water, onion, pepper, tomatoes, and salt. Boil until rice is tender and water absorbed. Cover and let steam until ready to serve. Yield: 4 to 6 servings.

MONDONGO NICARAGUENSE

(Nicaraguan Tripe)

- 3 pounds fresh raw tripe
- 2 veal soup bones
- Juice of 1 lemon
- Salt
- 1 large onion
- 3 garlic cloves
- 4 to 6 quarts water
- 1 small cabbage, cut fine
- 3 small summer squash, cubed
- 4 ears of green corn, washed and kernels cut from cob
- ¼ pound string beans, washed and cut into ½-inch pieces
- 1 chayote,* pared and cut into cubes
- 2 plantains,* pared and cut into cubes
- 3 fresh tomatoes, washed and cut into small pieces
- 1 green pepper, washed and cut into small pieces
- 2 malanga,* pared and cubed
- 1 pound Hubbard squash, pared and cut into cubes
- 4 tablespoons tamalina or browned flour
- 2 tablespoons vinegar
- 1 tablespoon Worcestershire sauce
- 1 tablespoon paprika
- 1 tablespoon tomato paste

Wash tripe and soup bones thoroughly. Rub tripe with lemon juice and salt. Boil tripe and veal bones in water with onion and garlic cloves for 2 to 3 hours or until tender. Remove tripe and veal from soup. Remove bones from veal. Cut tripe and veal into small pieces.

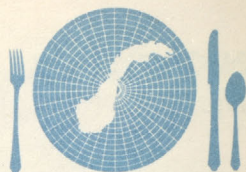
Prepare the vegetables for boiling. Add the prepared vegetables to soup and boil until tender, about 20 to 30 minutes.

When vegetables are cooked, add tripe and veal, and add the *tamalina*, vinegar, Worcestershire sauce, paprika, tomato paste, and salt and pepper to taste. Boil for 5 to 10 minutes. Serve hot in soup plates. Yield: 14 to 16 servings.

* If these vegetables are not obtainable in markets selling tropical foods, summer squash can replace the chayote; and potatoes, the starchy plantain and malanga.

NORWAY

Area: 125,064; Pop.: 3,500,000.



SPINACH SOUP

- 2 pounds spinach
- 4 cups soup stock
- 3 tablespoons butter
- 3 tablespoons Robin Hood
All-Purpose Flour
- 1 teaspoon salt
- 1 tablespoon sugar

Wash spinach well and cook in soup stock until tender (about 10 minutes). Place in strainer and drain, saving liquid. Chop spinach well. Blend butter and flour and gradually add the spinach liquid, stirring well until the mixture boils. Add spinach, salt, and sugar. Simmer about 5 minutes. Serve with toast, rye bread, or French bread. Yield: 8 servings.

FAAR I KAAL (Lamb and Cabbage)

- 4 pounds lamb (breast or shoulder)
- 1 firm medium cabbage
- 1 celery root (1 cup diced celery)
- 1½ tablespoons salt
- ½ cup Robin Hood All-Purpose Flour
- Boiling water
- 1½ tablespoons whole black pepper
(peppercorns)

Cut lamb into pieces suitable for serving (about 3-inch squares). In large soup kettle, or Dutch oven, place the fatty pieces first in a layer, with the fat down. Cover with cabbage cut in wedges a little larger than the meat pieces. Sprinkle the layer with diced celery and a mixture of salt and flour. Repeat layers until there is no more meat or cabbage left, and add enough water to cover meat and cabbage only halfway. Put pepper into a spice bag and cook with mixture. Bring to a boil slowly and let simmer 1½ to 2½ hours until tender. Remove spice bag. Yield: 12 servings.

FYRSTEKAKE (Cake Royal)

- ½ pound butter
- 2¼ cups sifted Robin Hood
All-Purpose Flour
- 2 teaspoons baking powder
- ½ cup sugar
- 1 egg
- ½ pound blanched almonds, cut fine
- 2 cups powdered sugar
- 1 egg white
- Wine or water

Cut butter into flour. Add baking powder, sugar, and beaten egg. Mix. Divide dough in two parts. Roll out one part to fit the pan and place in a greased 9 x 12-inch baking pan to cover bottom of pan. Combine almonds, powdered sugar, egg white, and enough wine (about 3 tablespoons) to make spreading consistency. Mix well and spread over bottom layer of cake. Roll out second part of cake dough. Cut in strips about 1½ inches wide with cookie wheel and place side by side on top of the filling. Bake in a medium oven (375° F) 30 to 35 minutes, until lightly browned. Yield: 12 servings.

PAKISTAN

Area: 364,737; Pop.: 84,777,000.



MURGH-I-MUSSALAM (Stuffed Chicken)

- 1 small onion
- 1 medium green ginger root*
- 2 tablespoons pepper
- 1 teaspoon salt
- 1 cup yogurt
- 1 (3½ to 4 pound) roasting chicken
- ¼ cup butter

*May be purchased in Oriental food stores.

Shred onion and ginger together. Mix with pepper, salt, and yogurt, and spread over chicken. Stab chicken all over with fork and rub the mixture in so it will soak in well. Allow to stand 1 hour or longer so flavors will penetrate into chicken. Stuff and truss chicken. Melt butter in deep heavy pan (Dutch oven), put chicken in; cover and cook very slowly until tender, about 2 hours, turning frequently. The chicken may be roasted in the oven if preferred.

Stuffing:

- 4 small boiled potatoes
- 2 hard-cooked eggs
- 1 lemon
- 2 tablespoons blanched almonds
- ¼ cup seedless raisins

Dice potatoes and eggs and sprinkle with juice of lemon. Chop almonds. Mix almonds and raisins into potato mixture. Yield: 4 or 5 servings.

SIWAYYONE-KA-ZARDA

(Vermicelli Dessert)

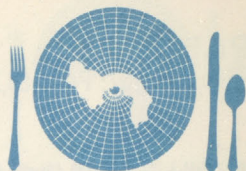
- ½ pound (1 cup) butter
- 2 cardamom seeds
- 2 3-inch sticks cinnamon
- ½ pound (3½ cups) vermicelli
- 2 tall cans evaporated milk
- 2 cups sugar
- 1 teaspoon saffron
- 1 teaspoon water
- ¼ cup shredded almonds
- ¼ cup pistachio nuts
- ½ cup seedless raisins

Melt butter with spices. Add uncooked vermicelli and cook slowly about 5 minutes. Add milk and cook slowly until milk is absorbed and vermicelli is tender, about 15 to 20 minutes. Remove cardamom seeds and cinnamon. Add sugar and stir until dissolved. Mix saffron with water and add to pudding. Stir in almonds, pistachios, and raisins. Cover and let stand 5 minutes. Garnish with small silver candies to serve. Serve warm. Yield: about 5 cups.

Note: In Pakistan, this dessert is garnished with silver paper. In Canada, silver-coated candies (*dragées*) can be used.

PANAMA

Area: 28,571; Pop.: 960,000.



TAMAL PANAMÉÑO (Panama Tamale)

- 2¼ cups uncooked corn meal
- 1¼ cups sifted Robin Hood
All-Purpose Flour
- 2 teaspoons baking powder
- 2½ teaspoons salt
- 1¾ cups cold water
- 1¼ cups shortening or lard

Note: Aluminum foil may be used instead of cooking parchment.

Meat Filling:

- ¼ cup fat
- 1 pound pork, cut in pieces
- 4-pound chicken, disjointed
- 1 cup tomato sauce (1 small can)
- 2 onions, sliced
- 1 clove garlic, minced
- 2 teaspoons salt
- ½ teaspoon pepper
- ¼ teaspoon paprika
- ¼ teaspoon orégano
- 1 tablespoon vinegar

Vegetable Mixture:

- 1 large tomato, chopped
- 1 green pepper, sliced
- 1 onion, sliced
- 12 stuffed or pitted olives
- 12 pitted prunes, if desired
- 2 tablespoons seedless raisins, if desired

Mix all together until well blended. Cook, over direct heat or in top of double boiler, until mixture is very thick, about 10 to 15 minutes. Stir frequently to prevent burning.

Cut 12 pieces of cooking parchment paper, 8 x 10 inches (as a substitute for 12 large banana or *bijao* leaves, which would be used in Panama). Spread warm corn-meal paste ¼-inch thick over the surface of paper to make a 6 x 8-inch oblong. This will leave sufficient room to roll paste around filling. Then in center of corn-meal paste place a portion of the following fillings.

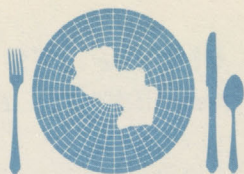
Place ingredients in large kettle or Dutch oven. Cover and cook until sauce is thick and meat is very soft and tender. If mixture becomes dry, add small amounts of hot water or broth as needed. Then cool, remove meat from bones and set aside. Drain any excess fat from sauce. There should be 1 to 1½ cups sauce. If less than this amount add tomato sauce to make up required proportion.

Mix ingredients, add to meat mixture, and pour just enough of the sauce drained from the meat over the mixture to moisten.

Fold the corn-meal paste toward the center to cover filling and form a rectangular tamale. Roll up the parchment paper, or leaves, from the edges, and twist ends tightly. Steam the tamales over continuously boiling water, in a large kettle, for 30 to 45 minutes. Yield: 16 servings.

PARAGUAY

Area: 157,000; Pop.: 1,638,000.



SO-E YOSÓ PY (Soup)

- 1 pound finely ground lean beef
- 2 cups cold water
- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 cups cooked rice (½ cup raw rice)
- 1 small green pepper, cut fine
- ½ teaspoon oregano or marjoram
- 1 tablespoon chopped parsley
- 1 teaspoon, or more, salt

CHIPA GUAZU (corn pie)

- 2 medium onions, chopped
- 3 tablespoons cooking oil
- 2 tomatoes, peeled
- ½ cups creamed corn
- 1 cup corn meal
- ⅓ cup sifted Robin Hood All-Purpose Flour
- 4 teaspoons sugar
- ⅓ teaspoon salt
- 3 teaspoons baking powder
- 2 egg yolks
- ⅓ lb. soft cheese, coarsely grated (such as Bel Paese)
- 2 egg whites

PERU

Area: 514,059; Pop.: 9,923,000.

AJU DE GALLINA (Chicken)

- ¼ pound hot red peppers
- ¾ pound white bread
- 2 cups evaporated milk
- 1 frying chicken, 2½ to 3 pounds
- 1 cup olive oil
- 1 large onion, finely minced
- 1 clove garlic, finely minced
- 1 tomato, peeled and quartered
- 2 cups chicken broth
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½-ounce can grated Parmesan cheese

Mix beef with cold water, blending thoroughly. Sauté chopped onion in olive oil slowly, stirring constantly. Add meat mixture, rice, pepper, and *orégano* or marjoram. Place over medium heat, stirring frequently, and heat to the boiling point, adding water if necessary. Remove from fire. Add parsley and salt. Yield: 6 servings.

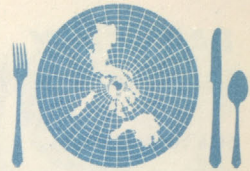
Sauté chopped onion in oil slowly and stir until onion begins to get soft. Add sliced tomatoes and continue cooking for 5 minutes. Sift together the flour, sugar, salt and baking powder. Stir in cornmeal and creamed corn. Add to this the egg yolks, the fried onion and tomato mixture, and cheese. Beat egg whites stiff and fold in. Turn into a greased baking dish and bake in a slow oven (300° F) for about 1 hour, or until firm. Serve immediately. Yield: 8 servings.



Wash peppers, remove centers, soak in water overnight. On second day, grind peppers. Remove crusts from bread. Break up remainder, soften in evaporated milk. Cut chicken into serving pieces. Brown in oil. Remove chicken and brown onion and garlic. Add tomato, ground peppers, and sieved bread and milk to oil mixture. Add chicken broth, salt, and pepper. When boiling, add chicken. Simmer over low heat for an hour. Sprinkle with cheese, serve with sliced hard-cooked eggs, sweet potatoes, and ripe olives. Yield: 6 servings.

PHILIPPINES

Area: 115,600; Pop.: 23,000,000.



CHICKEN AND PORK ADOBO

(Braised Chicken and Pork)

- 1 broiler (about 1½ pounds) cut into 6 to 8 pieces
- 2 pounds pork (preferably a cut with considerable fat) cut into 1-inch cubes
- ½ cup vinegar
- 4 cloves garlic
- 2 tablespoons soy sauce
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons lard or drippings

Place chicken and pork in a saucepan and add vinegar, garlic, soy sauce, salt, and pepper. Bring to a boil and simmer until meat is tender (approximately 45 minutes). Remove meat and drain, reserving liquid. Sauté meat in shortening until well browned. Strain liquid if desired, and return to saucepan.

Meanwhile, mash or grind the chicken liver and add to the liquid in the saucepan. Add the browned meat to the liquid and mix carefully to avoid breaking up the meat. Add more salt and pepper if needed. Keep hot until ready to serve with boiled rice. Yield: 6 to 8 servings.

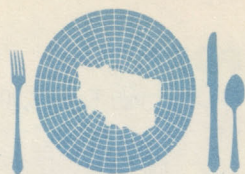
FLAN (Caramel Custard)

- 1 quart coffee cream or "half and half"
- 12 egg yolks
- 5 tablespoons sugar
- Grated rind of ½ lime
- Juice of 1 lime
- 1 cup sugar for caramelized sirup

Scald cream in top of a double boiler. Beat egg yolks and sugar together; pour cream very slowly over egg mixture, stirring constantly. Add lime rind and juice. Caramelize the cup of sugar. With the caramelized sirup thickly coat the sides and bottom of a 2-quart baking dish. Pour in the cream mixture. Set the baking dish in a pan of hot water. Bake in moderate oven (350° F) about 1 hour, or until a silver knife inserted in center comes out clean. Serve very cold. Yield: 8 to 10 servings.

POLAND

Area: 120,355; Pop.: 28,535,000.



POLISH BARSHCH (Beet Soup)

- 1 No. 2 can beets
- Water
- 1 No. 1 can condensed consommé or bouillon
- Salt and pepper to taste
- 1 cooked frankfurter or ½ cucumber, sliced

Unlike the Russian Bortsch, the Polish Barshch is a clear soup. Here is a Canadian "short cut" for preparing this delicious party dish.

Drain the liquid from the can of beets into a saucepan. If the beets are whole, slice or chop them coarsely and add to the liquid. Fill the beet can with water and add. Cover and simmer for 1 hour, or until juice is cooked out of beets. Remove beets and to the juice add 1 can condensed consommé or bouillon. Cover and simmer 10 minutes longer. Season to taste with salt and pepper. It is served in cups, either hot (with sliced frankfurter) or cold (with sliced cucumbers) floating in it. Yield: 4 servings.

ZRAZIKI PO KRAKOWSKU

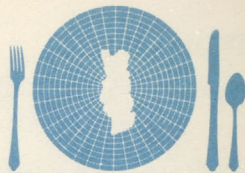
(Beef Roll-ups)

- 2 pounds round steak cut ¼ inch thick
- 2 teaspoons salt
- ½ teaspoon pepper
- 2 cups soft bread crumbs
- 1 small onion, minced
- 1 egg, slightly beaten
- ½ cup butter (¼ pound stick)
- Robin Hood All-Purpose Flour
- 2 cups water or meat stock
- 1 tablespoon chopped parsley

Cut round steak into strips about 4½ by 2 inches. Sprinkle with part of salt and pepper and pound with a wooden mallet or the edge of a heavy plate to flatten pieces slightly. Combine bread crumbs, onion, egg, ¼ cup butter (melted), and remaining salt and pepper. Spread mixture on pieces of meat; roll up and fasten with skewers or toothpicks. Dredge roll-ups with flour and brown in the remaining ¼ cup butter. Add water or meat stock. Cover and simmer for about 2 hours, or until meat is tender. Remove skewers or toothpicks and place roll-ups on a heated platter. Pour gravy over roll-ups; sprinkle with chopped parsley. Serve with mashed potatoes. Yield: 5 to 6 servings.

PORTUGAL

Area: 35,466; Pop.: 8,909,000.



SQUAB IN CASSEROLE WITH PEAS

- 3 squabs (12 ounces each)
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 6 strips bacon
- 2 tablespoons butter or margarine
- 1 medium onion, quartered
- ¾ cup white wine
- 3 tablespoons tomato paste
- 1½ cups fresh shelled green peas
(approximately 1¾ pounds unshelled
fresh green peas)

Dress squabs and wipe inside and out with a damp cloth. Sprinkle with salt and pepper inside and out. Wrap each squab with two strips of bacon, completely covering the breasts and thighs, securing the bacon with toothpicks.

Place butter or margarine in a 1½-quart casserole and melt in oven. Arrange squabs in the casserole, add onion and wine.

Cover tightly, placing the casserole in a 425° F oven for 15 minutes then reducing the heat to 350° F. Baste occasionally. Cook for 45 minutes. Add tomato paste and peas to sauce. Cook for 30 minutes.

Serve hot with the green peas, new potatoes, or boiled rice. Yield: 3 servings.

CODFISH A LA GOMES DE SA

- 1 pound fresh fillet of codfish
- 1½ teaspoons salt
- 3 large potatoes
- 3 medium onions
- 1 pint olive oil for frying
- 1 clove garlic
- ½ teaspoon black pepper
- 2 hard-cooked eggs
- ½ cup finely chopped parsley

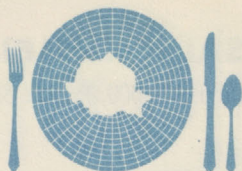
Place the codfish fillets in a saucepan, cover with boiling water and one teaspoon of the salt and cook for 30 minutes or until the codfish fillets are tender. Drain and flake the codfish, removing bones.

Wash the potatoes and cook them with their skins on in boiling water until tender. Peel and cut into ½-inch slices. Pare onions and slice into ¼-inch slices.

Pour the olive oil into a large skillet (12-inch diameter and 3-inch depth) and heat with the garlic clove until the clove is browned. Remove the garlic and add the onion slices, cooking slowly until the onions have browned. Add the potato slices, codfish, pepper, and remaining salt. Fry for 10 minutes, stirring lightly. Remove mixture from oil and serve hot on a platter. Sprinkle with the chopped hard-cooked eggs and parsley. Yield: 8 to 10 servings.

ROMANIA

Area: 91,584; Pop.: 17,829,000.



HORS D'OEUVRES OF GREEN PEPPERS

- 2 pounds ripe tomatoes, or 1 quart
canned tomatoes, sieved
- 8 large green peppers
- Salt
- 1 small onion
- 1 medium-size carrot
- 2 tablespoons olive oil or salad oil
- 1 clove garlic, minced
- 1 teaspoon sugar
- 1½ teaspoons salt
- ¼ teaspoon pepper

Wash tomatoes, cut out stem ends, cut in quarters. Boil in 3-quart saucepan until soft, press through strainer or food mill. Heat peppers in large fry pan without fat or place on broiler grid about 2 to 3 inches from heat. Cook until skin browns and blisters. Sprinkle with salt and allow to cool in a covered dish. Remove skins and wash quickly in cold water. Remove seeds and cut in ½-inch strips. Peel onion and carrot, slice thinly. Use a 2- to 3-quart saucepan, add two tablespoons of oil, sauté onion and carrot until slightly colored. Add the strained tomatoes, peppers, minced garlic, sugar, salt, and pepper. Simmer 20 minutes. Chill and serve. Yield: 1 quart.

SARMALE (Ground Meat Balls)

- 1 slice bread
- 1 tablespoon water
- 1 pound uncooked ground veal or lamb
- 1 small onion, chopped
- 1 teaspoon fat
- 1 teaspoon rice
- ⅓ teaspoon mixed dry herbs or savory
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 pounds spinach or about 40 leaves*
- 1¼ cups water
- 1 teaspoon tomato purée
- 1 teaspoon lemon juice or vinegar
- Sour cream or yogurt

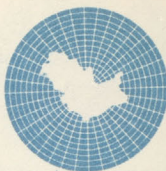
Cut crust from slice of bread, place in medium-size bowl, soak in the tablespoon of water, break up with a fork, and add ground meat. Sauté the onion slightly in the fat and add to the meat mixture. Add rice, herbs, and seasonings. Mix well, roll into small balls the size of a walnut.

Wash spinach and drop into boiling water for 1 or 2 minutes, just long enough to wilt the leaves but not to cook them, then drain. Wrap meat balls in spinach leaves and place in large well-greased shallow baking dish. Combine 1¼ cups water, tomato purée, and lemon juice, and pour over the balls. Bake at 350° F for 1½ hours, uncovered. The spinach turns very dark and looks dry when done. Serve *sarmale* with sour cream or yogurt. Yield: about 40 balls.

*Grape leaves can also be used and can be purchased at a store selling foreign foods. In Romania whole heads of cabbage are brined for sauerkraut and these leaves are also used in the same way as spinach or grape leaves.

SAUDI ARABIA

Area: 870,000; Pop.: 6,500,000.



MALFOOF MAHSHI

(Stuffed Cabbage Leaves)

- 1 cup rice
- ½ pound ground lamb (fat and lean)
- ½ cup butter
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon cinnamon
- 1 small head cabbage
- 2 cups tomato juice

Cook rice until tender (about 30 minutes). Drain and add meat, butter, and seasonings. Form into small rolls. Cook individual cabbage leaves in a small amount of water until wilted (for about 5 minutes). Wrap around meat rolls and place in heavy skillet. Add tomato juice, cover, and cook for 30 minutes. Yield: 6 servings.

LENTIL SOUP

- ½ cup lentils
- 2 cups onion, coarsely chopped
- 2 teaspoons salt
- 8 cups water
- 1 cup chopped Swiss chard or spinach
- 2 tablespoons olive oil
- Juice of ½ lemon

Wash lentils thoroughly. Cook in salted water with the onion for 1 hour or until the lentils are tender. Add Swiss chard or spinach, olive oil, and lemon juice and cook for 10 minutes. Yield: 8 servings.

RUS BUKHARY (Rice with Chicken)

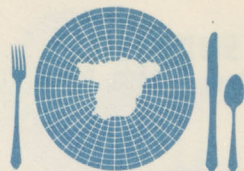
- 1 frying chicken, medium size
- 4 cups water
- 3 tablespoons butter or margarine (where legal)
- 2 medium onions, sliced
- 6 to 8 carrots, sliced thin
- 3 cups cooked rice
- 1 teaspoon cinnamon
- 1 teaspoon cardamom
- ½ teaspoon ground cloves
- 2 cups hot tomato juice
- 2 to 3 cups hot chicken broth

Simmer chicken in water until about half done. Remove chicken from broth and cut up family style. Save broth. Heat butter or margarine in a large heavy skillet. Sauté onions in fat until they begin to turn yellow, then add carrots, and fry with the onions for 5 minutes. Remove onions and carrots from skillet. Cook chicken in fat until brown. Return onions and carrots to skillet.

Mix rice and spices and spread over top of chicken. Then pour tomato juice and broth over rice. Cover and cook until the moisture has evaporated. Remove cover and reduce heat. Allow mixture to simmer until the rice becomes fluffy. Yield: Six servings.

SPAIN

Area: 195,504; Pop.: 29,431,000.



LANGOSTA DIABLO (Deviled Lobster)

- 1 live, 1- to 1½-pound lobster
- ½ cup olive oil
- 1 clove garlic
- 3 tablespoons butter
- ½ cup mushrooms, stems and pieces
- ¼ cup chopped pimiento
- ⅛ teaspoon tarragon
- 3 tablespoons sliced ripe olives
- 3 tablespoons grated onion
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 3 tablespoons sherry wine

Sauce:

- 2 tablespoons butter
 - 4 tablespoons sliced scallions
 - 1 teaspoon dry mustard
 - 1 teaspoon anchovy paste
 - 1 hard-cooked egg yolk
 - 2 tablespoons olive oil
 - 1 tablespoon tarragon vinegar
 - 2 tablespoons sherry wine
 - ¼ teaspoon salt
- Dash of Tabasco Sauce

EGGPLANT SALAD

- 2 medium eggplants
- 1 teaspoon lemon juice
- 1 teaspoon minced onion
- 1 cup celery
- ½ cup chopped nuts
- ¼ cup French dressing
- Romaine
- Hard cooked eggs
- Stuffed olives
- Mayonnaise

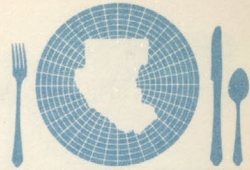
Split lobster, remove gravel sac, and reserve fat and coral. Crack claws. Heat olive oil in a large skillet. Add garlic. Place lobster split side down in the oil. Cover and steam on medium heat for 5 minutes. Turn lobster, cover, and continue cooking for 10 minutes. Let lobster cool. Remove meat from shell and cut into medium-size pieces. Reserve shell. Heat butter in skillet and add mushrooms, pimiento, tarragon, olives, onion, salt, pepper, and lobster meat. Mix thoroughly and cook 5 minutes. Add sherry and fill into shell. Top with sauce and brown under broiler, about 5 minutes.

To prepare sauce: Heat butter, add scallions, and cook slowly for 5 minutes. Add remaining ingredients and spoon over stuffed lobster before broiling. Yield: One lobster will serve 2 persons.

Peel and cube eggplant, cook until tender in salted water to which the lemon juice has been added. Drain, allow to cool, and mix with the minced onion, nuts, celery, and French dressing. Chill. Serve on romaine and garnish with hard cooked eggs, olives, and mayonnaise. Yield: 6 servings.

SUDAN

Area: 967,500; Pop.: 10,000,000.



MELOCHIA (or Mouloukhria)

- 1 large onion, chopped
- 2 tablespoons olive oil
- 1 pound lamb or boiling chicken, cut in 1-inch cubes
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 1 clove fresh garlic
- 1 cup melochia*

* Dried melochia (a green, leafy vegetable) can be obtained at Greek stores.

Sauté the chopped onion in olive oil. Add the lamb or chicken. Season with salt and pepper and add chopped garlic. Add 4 cups of water and simmer until the meat is tender (about 1 hour). Remove from fire and drain off the liquid. If dried melochia is used, crumble and add to the liquid and cook from 8 to 10 minutes; if fresh melochia is used, cook 2 or 3 minutes. Meanwhile put meat into a frying pan and brown to a golden color. The melochia sauce can either be poured over the meat before serving or it can be served in a separate dish. The sauce should be the consistency of a cream soup. It is usual to serve rice with this meal, and then the sauce is served over the rice. Yield: 4 servings.

OKRA WITH MEAT

- 1 large onion, chopped
- 2 tablespoons olive oil
- 1 pound lean lamb, cut in 1-inch cubes
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 1 package frozen okra or equal amount of fresh okra
- 1 small can undiluted tomato paste
- Rice

Sauté onion in oil until golden brown. Add meat, salt, and pepper and cook slowly until brown. Then add the okra and simmer for a few minutes. Add one can of tomato paste diluted with three cans of water. Simmer 10 to 12 minutes until the okra becomes tender. This mixture may be served over rice. Yield: 4 servings.

SWEDEN

Area: 173,378; Pop.: 7,395,000.



PLÄTTAR MED LINGON

(Swedish Pancakes with
Lingonberries)

- 2 cups sifted Robin Hood
All-Purpose Flour
- 2 tablespoons sugar
- ¼ teaspoon salt
- 3 eggs, beaten
- 3 cups milk
- 1 cup cooked lingonberries*

*Lingonberries resemble the wild cranberries that grow in western Canada. Canned lingonberries imported from Scandinavia may be bought in some markets. A tart jelly may be used instead of lingonberries.

Sift flour into bowl; add sugar and salt. Then add eggs and milk gradually, stirring until well blended, and let stand 2 hours. Heat Swedish pancake pan (or ordinary pancake griddle) and butter well. Beat batter again, pour by tablespoonsful into sections of pan and cook on both sides until nicely browned. Place on very hot platter and serve immediately with lingonberries or other small cooked berries. Berries may be rolled inside pancakes. Yield: 48 small pancakes (6 to 8 servings).

KOKT LAMM MED DILL SÅS

(Boiled Lamb with Dill Sauce)

- 2 to 2½ pounds breast or shoulder
of lamb
- 3 to 4 peppercorns
- 1 bay leaf
- 12 sprigs of fresh dill
- 1 tablespoon salt for each quart water
- Pepper

Place meat in kettle and cover with boiling water. Bring to boil, skim; add peppercorns, bay leaf, few sprigs of the dill, salt and pepper. Cover and simmer 1 to 1½ hours or until meat is tender. Cut in pieces, place on hot platter, and garnish with remaining dill. Serve with dill sauce and boiled potatoes or rice. Veal may be substituted for lamb. Yield: 4 to 6 servings.

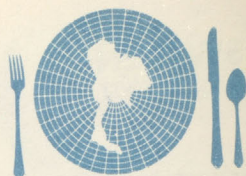
Dill Sauce:

- 2 tablespoons butter
- 2 tablespoons Robin Hood
All-Purpose Flour
- 2 cups stock
- 2 tablespoons dill, chopped
- 1½ tablespoons vinegar
- ½ to 1 tablespoon sugar
- Salt
- 1 egg yolk

Melt butter, add flour, and stir until well blended. Add stock gradually while stirring; then cook slowly 10 minutes, stirring occasionally. Add dill, vinegar, and sugar. Season to taste. Remove from heat. Mix a little of the hot sauce with the beaten egg yolk. Blend with remaining sauce. Serve sauce separately. Yield: 4 to 6 servings.

THAILAND

Area: 200,148; Pop.: 21,076,000.



MILD CURRY THAIE (Siamese)

- 2½-pound chicken
- 1 whole fresh coconut
- 6 cups water
- 4 potatoes, pared
- 1 tablespoon curry powder
- 2 teaspoons salt
- 1 teaspoon sugar
- 1 teaspoon monosodium glutamate

Cut chicken into serving pieces. Break open the coconut with a cleaver; remove meat from rind; grate or grind meat into a kettle. Pour 2 cups water over coconut flakes. Mash and squeeze. Drain off cream and save. Add 2 more cups of water, mash and squeeze flakes again. Pour off "cream". Repeat twice more using just 1 cup of water each time. This makes 6 cups of coconut cream. Discard flakes. Add chicken pieces and potatoes to coconut cream in the kettle. Simmer uncovered, stirring gently, until coconut cream is reduced to about 4 cups (about 1 hour). Remove kettle from heat. Combine in saucepan 3 tablespoons of liquid from the kettle with curry powder. Stir and heat slowly. When the aroma "bursts out," stir into chicken mixture. Add salt, sugar, and seasoning powder. Continue to stir, cook gently about 10 minutes. Serve with rice. Yield: 6 servings.

THE GOLDEN SILK

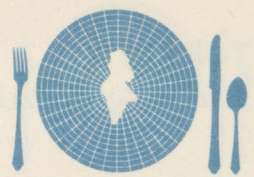
- 12 egg yolks
- 2 cups sugar
- 2 cups water

Use a small tin can with top removed and a hole the size of a pencil point punched in middle of the bottom. Remove thickened membrane that holds yolk in place. Gently simmer water and sugar until it becomes sirup. Beat egg yolks only enough to give mixture a uniform shade. Place tin can over boiling sirup. Place one tablespoon of egg yolk in can at a time; allow yolk to stream into boiling sirup; it becomes a golden thread. Rotate can to form rosette. Remove from sirup. Place in stemmed glass. Repeat for each serving. Yield: 6 servings.



TUNISIA

Area: 48,313; Pop.: 3,800,000.



PASHA'S CHAKCHOUKA

- 1 medium onion, finely chopped
- 1/2 pound link beef or mutton sausages, cut in bite size pieces (pork sausage may be substituted)
- 2 tablespoons olive oil
- 1 medium eggplant
- 1 1/2 teaspoons salt
- 1 cup water
- 4 medium fresh tomatoes, sliced (2 cups canned tomatoes may be substituted, reducing*the amount of water to 1/2 cup)
- 1 medium green pepper, cut in rings

Sauté onion and sausage in olive oil until delicately browned. Peel eggplant and cut into cubes; place in saucepan; add salt, water, sautéed onion and sausage; tomatoes and green pepper. Cover and cook over low heat, 20 to 30 minutes. Cauliflower and slices of carrots may be added, if desired. Serve over hot rice. Yield: 4 to 6 servings.

Note: Two cups of cooked rice may be added and the mixture cooked in a casserole for 30 minutes. Oven temperature: 375° F.

TUNISIAN SALAD

- 1 medium cucumber
- 2 medium tomatoes
- 1 medium onion
- 1 medium green pepper
- 3 hard-cooked eggs

Slice the cucumber fine, sprinkle with salt and let stand for 1/2 hour; drain. Slice tomatoes, onion, green pepper, and eggs. Arrange vegetables and eggs on lettuce in a large salad bowl or on salad plates for individual servings; pour French dressing over the salad. Olives may be used as a garnish if desired. Chill. Yield: 4 servings.

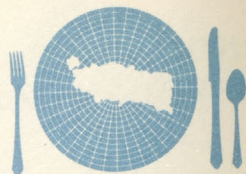
French Dressing

- 1/4 cup olive or salad oil
- 1 tablespoon vinegar
- 1 tablespoon lemon juice
- 1/4 teaspoon salt
- 1/8 teaspoon sugar
- 1/8 teaspoon dry mustard
- 1/8 teaspoon paprika

Place all ingredients in a covered jar and shake to blend.

TURKEY

Area: 296,500; Pop.: 24,797,000.



PILAF

- 4 cups water
- 1 teaspoon salt
- 1/2 cup (1/4 pound) butter
- 2 cups rice

Bring water to boil. Add salt, butter, then rice. Boil for 15 minutes, or until rice is tender and water has been absorbed. Leave in kettle covered with soft towel to keep warm and fluffy until ready to serve. Yield: 10 servings of 3/4 cup each.

KOEFTASI (Beef Balls in Tomato Sauce)

- 2 slices dry white bread with crusts removed (or 1 cup coarse bread crumbs)
- 1 pound ground beef
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons fat
- 2 1/2 cups tomato sauce (purée)
- 1/2 teaspoon garlic salt

Crumble bread and combine with meat, salt, and pepper. Form into 1 1/2-inch balls and brown in fat. Place balls in shallow baking dish. Add garlic salt to tomato sauce and pour over meat balls. Cover. Bake for 5 minutes in a moderate oven (350° F). Yield: 6 servings.

EKMEK KADAIF (à l'Américain) (Rusk Dessert)

- 1 cup water
- 2 cups sugar
- 1 box rusks (12)
- 1 cup ground hazelnuts (or filberts)
- 1/2 pint whipping cream
- 1 tablespoon sugar
- 1/8 teaspoon salt
- 1/4 teaspoon vanilla

Boil sugar and water for 10 minutes. Dip rusks in sirup and let soak for 1 minute, then drain. Place on serving plate. Cover each rusk with 1 tablespoon ground hazelnuts. Whip cream, add sugar, salt, and vanilla, and use as topping. Yield: 12 servings.

UKRAINIAN SSR

Area: 232,664; Pop.: 40,600,000.



BORSCH (Spring Beef Soup)

- 4 cups water
- 1 teaspoon salt
- 1/4 head medium-size cabbage, chopped fine
- 1 medium carrot, cubed (1/2 cup)
- 1 teaspoon chopped parsley
- 2 cups diced celery
- 1 medium-size onion, grated
- 1 pound raw spring beets, peeled and grated
- 1 clove garlic
- 1 tablespoon sugar
- 4 tablespoons lemon juice
- 1 tablespoon Robin Hood All-Purpose Flour
- 1 cup sour cream
- Salt and pepper to taste

PYRHOY (Potato and Cheese Dumplings)

Dough:

- 1 3/4 cups sifted Robin Hood All-Purpose Flour
- 1 egg, well beaten
- 1/2 cup water
- 1/4 teaspoon salt

Filling:

- 1 1/2 cups mashed potatoes
- 1/2 cup cottage cheese
- 1/2 tablespoon fat
- 1/2 small onion, chopped
- 1/2 teaspoon salt
- Pepper

Add salt and vegetables except beets, to water. Simmer for 30 minutes or until vegetables are just tender. Add grated beets and cook 10 to 15 minutes. Crush garlic in the sugar, add lemon juice, and add to soup. Blend flour with sour cream, add to soup, and bring to boil. Add more salt if desired and pepper to taste. Serve hot. Yield: 8 to 10 servings.

Combine flour, egg, water, and salt. Knead until smooth. Divide into 2 or 3 balls. Roll each ball very thin on floured board and cut in circles about 3 inches in diameter. Place 1 rounded tablespoon of filling in center of each circle and form dumpling, being sure to seal well. Place dumplings in large kettle of boiling water (3 quarts). Place in water just enough dumplings to cover bottom of kettle without crowding. Continue to boil for 4 minutes after dumplings float. Remove to a colander, drain, and spray dumplings with cold water to set them. Place dumplings on platter, garnish with crumbled, crisp bacon (3 slices) and serve with sour cream. Yield: 20-24 dumplings.

Mix potatoes and cheese. Sauté onion in fat until brown, then add to potato and cottage cheese mixture. Add salt and pepper and blend well.

UNION OF SOUTH AFRICA

Area: 472,550; Pop.: 14,418,000.



BOBOTEE (Meat Timbales)

- 1 medium onion, chopped
- 2 tablespoons butter or margarine (where legal)
- 1 slice white bread
- 1 cup milk
- 2 eggs, beaten
- 1 pound ground meat
- 1½ teaspoons to 1 tablespoon curry powder
- Juice of 1 lemon
- 12 almonds, chopped
- 8 dried apricots, soaked and chopped
- ¼ cup chutney
- Salt and pepper to taste
- 2 bay leaves, broken in pieces

Sauté onion in butter or margarine until golden brown. Soak bread in milk, remove, and squeeze dry. Add beaten eggs to milk. Mix the meat with the bread, onion, curry powder, lemon juice, almonds, apricots, chutney, salt, and pepper. Add half of egg mixture and blend well. Place in a greased, shallow baking dish or 6 individual casseroles. Hollow center slightly to allow for rising. Stick pieces of bay leaves on top. Bake in moderate oven (350° F) for 20 minutes. Remove leaves and pour rest of egg mixture on top. Return to oven and continue baking until custard sets, about 25 minutes. Serve with yellow rice. Yield: 6 servings.

The cooking in South Africa is a mixture of French, Dutch, and Malayan (from the early slaves) and later, 1820, a little English. It is usually highly spiced.

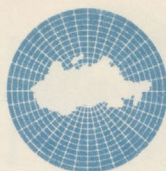
YELLOW RICE

- 1 cup rice
- 2 cups boiling water
- 1 tablespoon butter
- ¼ cup brown sugar
- 1½ teaspoons turmeric
- 1½ teaspoons salt
- ½ cup seedless raisins

Wash rice and place with remaining ingredients in covered saucepan. Bring rapidly to boiling, stir with fork, reduce heat to low, and cook covered until rice is tender, 25 to 30 minutes. Serve in a ring as an accompaniment to curried meat. Yield: 6 servings.

UNION OF SOVIET SOCIALIST REPUBLICS

Area: 7,877,598; Pop.: 200,200,000.



SHCHI (Sauerkraut Soup)

- 1 onion, chopped
- 2 tablespoons butter or margarine (where legal)
- 2 tablespoons Robin Hood All-Purpose Flour
- 1 tablespoon tomato paste
- 1½ pounds sauerkraut
- 8 cups meat or mushroom stock
- Sour cream, if desired

Brown chopped onion in fat. Stir in flour. Add tomato paste and blend well. Stir in sauerkraut. Cover and simmer very slowly for 10 or 15 minutes. Add meat stock, or, if a meatless soup is desired, mushroom stock. Simmer until done, about 20 to 25 minutes. Sour cream, if desired, is served separately. Yield: 12 servings.

KAVKASKI SHASHLIK

(Broiled Lamb on Skewers)

- ¼ cup salad oil
- Clove of garlic, finely chopped
- 1 onion, finely chopped
- 3 tablespoons lemon juice
- 1 teaspoon salt
- 3 to 4 pounds lamb, cut in 1¼-inch cubes
- 2 firm tomatoes
- 2 medium onions, cut in chunks

Combine oil and seasonings and rub well into the meat. Cover and let stand 4 to 5 hours to marinate. Drain. When ready to cook, string chunks of meat on metal skewers alternating with pieces of fresh tomato and chunks of onion. Broil until brown, turning occasionally so that all sides are browned evenly. Yield: 8 servings.

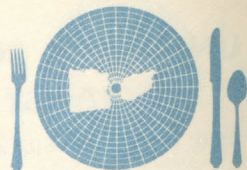
MAZURKI (Fruit Bars)

- 1 cup each dried currants, raisins, chopped blanched almonds, chopped walnuts, dried apricots
- 1 cup thick jam, raspberry or strawberry
- 2 eggs, unbeaten
- 1 teaspoon vanilla
- ¼ cups sifted Robin Hood All-Purpose Flour

Wash and dry the fruits; put the apricots through the food chopper. Mix all ingredients, except flour, until well blended. Sprinkle the flour over the mixture and again mix. Spread in a buttered shallow pan (11 x 15 inches) to depth of ½ inch. Bake in a slow oven (300° F) about 35 minutes. Remove from oven, cut into diamond shapes and return pan to oven for 5 minutes to dry out cut edges. Remove to a wire cake rack to cool. Yield: 12-16 servings.

UNITED ARAB REPUBLIC

Area: 458,432; Pop.: 27,990,000.



EGGPLANT AND GROUND BEEF CASSEROLE

- 1 large onion
- ¼ to ½ cup butter or drippings
- 1 pound ground beef
- ½ cup tomato sauce
- ½ cup water
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 1 medium eggplant

Cut onion in small pieces and sauté in 2 tablespoons of the fat until yellow. Add ground beef and cook until brown. Combine tomato sauce and water, salt, and pepper, and pour over meat mixture. Bring to boil and cook for 5 minutes. Remove from fire, lift meat from sauce with a perforated spoon. Slice the eggplant and brown lightly in remaining butter or drippings. Place a layer of eggplant in 1½-quart casserole, then a layer of meat, another of eggplant, and another of meat. Pour the sauce over all. Bake uncovered in a moderate oven (350° F) for 20 to 30 minutes or until eggplant is done. Yield: 5 to 6 servings.

YOGURT SALAD

- ½ teaspoon minced garlic
- 1 teaspoon minced fresh mint (or dried flakes)
- ½ pint yogurt
- 3 cups cucumber slices (1 large cucumber)
- 3 medium radishes

Mix garlic and mint well with yogurt. Stir in cucumber slices. Serve in lettuce cups. Garnish with radish slices. (This salad is very pretty if the cucumber is not peeled.) Yield: 3 to 4 servings.

GRABIE (Short Bread Cookies)

- 1 cup (½ pound) butter
- 1 cup icing sugar
- 2 cups sifted Robin Hood
All-Purpose Flour

Cream the butter; add the sugar gradually; cream thoroughly. Stir in the flour. Roll the dough about ¼ inch thick on a board coated lightly with flour. Cut with a doughnut cutter. Bake on cookie sheet in a slow oven (300° F) for about 25 minutes. The cookies should be dry but still white in color. Do not remove from baking pans until thoroughly cool. Yield: 3 to 4 dozen cookies.

UNITED KINGDOM

Area: 94,279; Pop.: 51,455,000.



STEAK AND KIDNEY PIE

- 2 beef kidneys
- 1 pound round steak
- 1½ tablespoons fat
- ½ teaspoon sugar
- 1 tablespoon Robin Hood All-Purpose Flour
- ½ cup sliced onions
- 3 cups stock or 3 cups water with 1 tablespoon beef extract
- ⅛ teaspoon pepper
- 3 teaspoons salt
- Pie crust or rough puff paste for topping
- 1 egg white, slightly beaten

Soak kidneys in salt water for 30 minutes. Cut steak and kidneys in 1-inch cubes. Melt fat in saucepan; add sugar and heat until sugar is caramelized. Add pieces of meat and sauté until brown on all sides. Blend in flour, add remaining ingredients, and simmer for 1½ hours or until meat is tender. Cool slightly; place meat and onions in baking dish; add liquid to almost cover; save the rest for gravy. Cover the dish with pastry. Make a small hole in center of the crust and decorate with leaves cut from pastry. Brush with egg white and bake in a hot (425° F) oven for 25 to 30 minutes or until brown. Serve hot with remaining gravy. Potatoes and a root vegetable or green peas are often served with the pie. Yield: 5 servings.

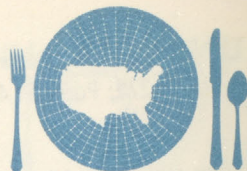
ENGLISH PLUM PUDDING

- 1 pound suet (2½ cups, chopped)
- 1 pound brown sugar (2⅔ cups, packed)
- 1 pound Robin Hood All-Purpose Flour (4 cups, sifted)
- 1 pound raisins (2¾ cups)
- 1 pound English currants (3 cups)
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon allspice
- 1 teaspoon salt
- 6 eggs
- ½ cup cold water

Chop suet in small pieces and mix all ingredients; turn pudding into 2 thoroughly greased, 4-cup pudding moulds and cover with greased lids, or tie on securely 3 layers of greased brown paper. Steam 3 hours. To serve flaming, place the hot pudding on a serving plate, sprinkle liberally with heated brandy. Hold a tablespoon in the left hand; fill with brandy; ignite with a long match; pour the flaming liquid over the pudding to ignite the rest of the brandy. Serve with hard sauce. Yield: about 24 servings.

UNITED STATES OF AMERICA

Area: 3,040,760; Pop.: 174,064,000.



FUDGE CAKE

4 squares unsweetened chocolate, melted
1/2 cup water
1/2 cup sugar
2 cups sifted Velvet Cake Flour
1 teaspoon soda
1 teaspoon salt
1/2 cup butter
1 1/4 cups sugar
3 eggs, unbeaten
2/3 cup milk
1 teaspoon vanilla

Heat chocolate with water in top of double boiler. Cook and stir over boiling water until chocolate is melted and mixture is thickened. Add 1/2 cup sugar and cook 2 minutes stirring constantly. Cool to lukewarm.

Measure sifted flour, add soda and salt, and sift together three times. Cream butter, add 1 1/4 cups sugar and cream together until very smooth. Add eggs, one at a time, beating thoroughly after each. Then add flour, alternately with milk in small amounts, beating after each addition until smooth. Add chocolate mixture and vanilla; blend.

Use two round 9-inch layer pans, 1 1/2 inches deep. Line the bottoms with paper. Pour batter into pans and bake in a 350° F oven for about 30 minutes.

Use a four-minute frosting between layers and a chocolate frosting on outside.

Four Minute Frosting:

1 egg white, unbeaten
2 tablespoons light corn sirup
3/4 cup sugar
2 tablespoons water
Dash of salt
1/2 teaspoon vanilla

Place egg white, sirup, sugar, water, and salt in top of double boiler. Beat with rotary beater until partially mixed. Place over boiling water and beat constantly until frosting stands in peaks, about 4 minutes. Remove from heat and continue beating about 1 minute longer. Add vanilla, beating in well. Spread between layers. Let stand a few minutes before putting chocolate frosting on cake.

Chocolate Frosting:

3 cups icing sugar
1/3 cup cocoa
Dash of salt
1 teaspoon vanilla
1/4 cup strong coffee (or more)
2 tablespoons melted butter
Chopped nuts, walnuts or assorted nuts

Combine sugar, cocoa, salt, and vanilla. Add enough hot coffee to make mixture right consistency to spread. Add melted butter and blend. Spread on top and sides of cake. Sprinkle with chopped nuts.

Mrs. Earl Warren

OLD-FASHIONED BEEF STEW

2 pounds stewing beef (prime round)
1 pound small Irish potatoes
1 bunch small carrots
3/4 pound small onions
2 fresh tomatoes (or 1 cup canned tomatoes)
Assorted spices (1 teaspoon thyme, 2 bay leaves, 1 clove garlic, cut in several pieces) in cloth bag
2 1/2 pints beef stock
Robin Hood All-Purpose Flour
Shortening
Salt
Pepper
Monosodium glutamate

PUMPKIN CHIFFON PIE

3 beaten egg yolks
3/4 cup brown sugar
1 1/2 cups cooked pumpkin
1/2 cup milk
1/2 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1 envelope unflavored gelatin
1/4 cup cold water
3 stiffly beaten egg whites
1/4 cup granulated sugar
1 large pie shell or 8 individual shells, baked
Whipping cream

POUND CAKE

2 cups granulated sugar
1 pound butter
9 large eggs, separated
3 cups sifted Robin Hood All-Purpose Flour
1 teaspoon lemon extract
1 recipe white icing
12 walnut halves

Note: Cake may be baked in two 8" x 5" x 3" loaf pans at 300° F for 1 1/4 hours.

Stew meat in water to cover (about 3 pints) until tender, add vegetables and spices. Cook until vegetables are done. Strain off stock from stew. Measure. Blend 1 tablespoon of flour with 1 tablespoon of shortening, melted, for each cup of stock. Gradually pour stock into mixture, blend thoroughly, add seasonings, and cook slowly, stirring constantly until thick and smooth. Pour back into stew and let simmer until ready to serve (about 1/2 hour).
Yield: 6 servings.

Dwight D. Eisenhower

Combine egg yolks, brown sugar, pumpkin, milk, salt, and spices. Cook in double boiler until thick, stirring constantly. Soak gelatin in cold water and stir into hot mixture. Chill until partly set. Beat egg whites, add granulated sugar, and beat until stiff. Fold into gelatin mixture. Pour into pie shell and chill until set. Garnish with whipped cream. Yield: 1 large or 8 individual pies.

Mrs. Dwight D. Eisenhower

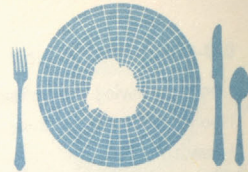
This 200-year-old recipe has been in Mrs. Truman's family for many years and was given to Mrs. Truman by a kinswoman, Nelle Tilford Noland.

Mix sugar and butter; add well-beaten egg yolks. Add flour gradually and last, fold in stiffly beaten egg whites and lemon extract. Bake in tube cake pan in slow oven (325° F) for 70 minutes. Ice and then cover with walnut halves.

Mrs. Harry S. Truman

URUGUAY

Area: 72,172; Pop.: 2,650,000.



PUCHERO (Boiled Dinner and Soup)

- 4 pounds lean beef or veal
- 2 teaspoons salt
- 1 onion, quartered
- 4 leeks
- 1 tomato
- 1 red pepper, seeded and cut in strips
- 4 turnips, quartered
- 1 tablespoon minced parsley
- 3 ears corn
- 6 potatoes, pared
- 1 small head cabbage
- 3 light-yellow sweet potatoes
- 1/2 pound of yellow squash or pumpkin
- 1 cup chick peas, previously soaked
- 1/2 pound salt pork or bacon
- 3 pork sausages
- 2 blood sausages
- 2 quarts water
- 1/2 pound finely cut egg noodles
- 1/2 teaspoon salt

Place the meat in a deep kettle; pour in boiling water barely to cover; add salt; simmer for 1 hour. Add the onion, leeks, tomato, red pepper, turnips, parsley, and corn, and cook for 45 minutes; add the potatoes and cook until potatoes and meat are tender. Cook separately in salted water the cabbage cut in wedges, pared sweet potatoes, squash or pumpkin, chick peas if used, salt pork or bacon, and the 2 kinds of sausage. When all the meats and vegetables are cooked, remove the beef or veal from the cooking water, place on a large serving platter, arrange the drained vegetables, sausages, and pork around it.

Meanwhile, heat 2 quarts of water. When it boils, add the noodles and 1/2 teaspoon salt. Cook ten minutes. Pour off the water. Then pour the liquid from the meat and vegetables into the vessel with the noodles and cook 5 minutes longer. Serve as soup.

Serve the *puchero* (meat and vegetables) as the main course, with a green salad. Yield: 12 to 16 servings.

Note: If preferred, the meat and vegetables may be left in the soup, the noodles not added, and the dish served as a stew.

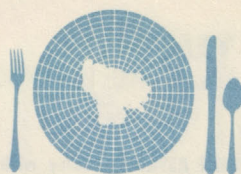
STRING BEANS

- 1 1/2 pounds string beans
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons butter
- 1 tablespoon minced parsley
- 2 tablespoons lemon juice

Wash the beans and either break them into small pieces or shred them. Boil quickly in salted water in an uncovered pan. When beans are tender, wash them twice in cold water. Then put them into a frying pan with butter, pepper, and minced parsley. Cook over a brisk fire for about 10 minutes. Sprinkle with lemon juice just before serving.

VENEZUELA

Area: 352,150; Pop.: 6,134,000.



AREPAS (Venezuelan Corn Cakes)

- 3½ cups water
- ½ tablespoon salt
- 2¼ cups white corn meal

Heat water with salt to a rapid boil. Slowly stir in corn meal. It will thicken rapidly. As soon as all corn meal is in, turn off heat. Beat vigorously with a wooden spoon. (Do not remove from heat for this step.) Turn thick mass onto a breadboard to cool for 10 minutes. Dampen hands with cold water. Knead approximately 15 minutes, until smooth and almost satiny. Then form dough into balls about the size of tennis balls and flatten to a thickness of about one inch. Put the *arepas* on a greased warm skillet and cook until a crust forms. Regrease skillet when turning *arepas*.

Preheat oven to 450° F; broil *arepas* 30 minutes. Turn every 10 minutes until a thick crust forms. Split and serve with butter. Yield: 18 servings.

HALLACAS (The Venezuelan Version of Tamales)

Stuffing:

- 1- to 3-pound chicken
- 2 pounds pork
- 1 No. 2 can tomatoes (2 cups)
- 1 cup chopped onion
- ⅓ cup chopped parsley
- 1 small clove garlic, finely chopped
- 2 tablespoons capers
- ½ cup raisins
- ⅓ cup sliced stuffed olives
- 2 teaspoons salt
- 1 teaspoon ground allspice

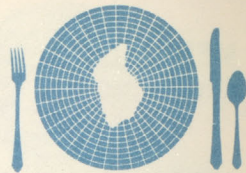
Corn-Meal Dough Wrapping:

- 4 cups white corn meal
- 6 cups water
- 2 teaspoons salt
- 1 cup fat
- 2 eggs, slightly beaten

Simmer the chicken and pork in water until almost tender. Remove meat from bones of chicken and cut into small pieces. Cut pork into ½-inch cubes. To the chicken and pork add vegetables and seasonings for stuffing. Simmer about an hour. Stir occasionally. Pour corn meal into rapidly boiling salted water. Add fat. Stir and cook about 10 minutes. Stir in eggs and blend to form a dough. Place about ¾ cup of the corn meal mixture on sheets of cooking parchment. Pat the mixture into 6-inch squares. Spread a scant half cup of stuffing over one half of each square of dough. Fold the dough over the stuffing. Wrap parchment securely around the *hallacas*. Tie to hold in shape. Put *hallacas* into a kettle of boiling, salted water. Boil two hours. Unwrap only *hallacas* to be served; refrigerate others and reheat in boiling water for serving. Yield: about 20 *hallacas*.

YEMEN

Area: 75,000; Pop.: 4,500,000.



BINT ASSAHN (Pastry with Honey)

- 1/4 pound butter
- 2 1/4 cups sifted Robin Hood
All-Purpose Flour
- 1/2 teaspoon salt
- 3 eggs
- 1/2 cup milk
- 1/2 cup chopped nuts (optional)
- 1/4 cup melted butter
- Honey

Note: Dough may be rolled out very thin and cut with a large cutter to save time.

This recipe requires a great deal of patience.

Work butter into 2 cups of flour, saving remaining flour for work surface. Add salt. Beat eggs and add the eggs and milk to the flour and mix well. Divide the dough into small balls about the size of an egg. Work each ball into a very flat, wafer-thin circle like a pizza. The size of the pastry depends on the skill of the individual cook in flattening out the round balls of dough. A skillful cook aims for wafer-thin layers of dough which produce a flat, circular pastry after cooking. Place a circle on a round pie tin or on a cookie sheet, spread with melted butter, and sprinkle with finely chopped nuts. Lay another circle lightly on the first, spread with butter and sprinkle with nuts. Continue until all circles form one stack. If the circles are small and rather thick it may be better to make two stacks. Bake about 45 minutes in a 350° F oven or until golden brown. Serve hot with more butter and honey. Yield: 6 servings.

RICE-BEEF CASSEROLE

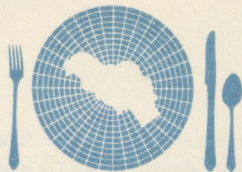
- 1 cup ground fenugreek seeds*
- 3 cups water
- 1/2 teaspoon bicarbonate of soda
- 1 pound cooked beef, ground
- 2 cups cooked rice
- 1 1/2 cups tomato juice
- 8 tablespoons leek juice or 4 tablespoons
onion juice
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon chopped mint
- 4 hard-cooked eggs, sliced

*Fenugreek seeds may be purchased in Oriental food stores or in small jars in stores carrying a variety of spices and herbs.

Soak fenugreek seeds in three cups of water, stirring for a few minutes. Add bicarbonate of soda and leave seeds in water for about eight hours. Drain and beat softened seeds for several minutes. Mix softened seeds with cooked ground beef, cooked rice, tomato juice, leek or onion juice, salt, pepper, and mint. Place in greased casserole dish and cook in moderate (350° F) oven for half an hour. Cover top with sliced hard-cooked eggs and serve hot. Yield: 6 servings.

YUGOSLAVIA

Area: 98,766; Pop.: 18,200,000.



SLOVENIAN NOODLE AND CHIVE SOUP

2¼ cups sifted Robin Hood

All-Purpose Flour

4 eggs

¾ cup lard or other shortening

3 quarts beef stock*

2 tablespoons chopped chives

* Canned consommé may be substituted for beef stock.

Blend flour and eggs with a fork to form a stiff dough. Roll out small pieces of dough, wafer-thin, about the size of skillet. Heat lard in skillet. Place pieces of dough in skillet, one at a time, and fry, about 1 minute or until golden brown and crisp on one side; turn and fry about 1 minute longer to brown on other side. Drain on absorbent paper. When cool, cut into narrow strips about ¼ inch wide and simmer in beef stock 15 to 20 minutes. Just before serving, sprinkle soup with chives. Yield: 10 servings.

CROATIAN STUFFED MUSHROOMS

2 pounds large fresh mushrooms, uniform size

3 tablespoons lard or other fat

½ pound finely ground veal

2 teaspoons finely chopped garlic

½ cup chopped onions

1 tablespoon finely chopped parsley

1½ teaspoons salt

Wash mushrooms. Remove stems and chop. Melt fat in heavy skillet over medium heat. Add veal, garlic, onions, and chopped mushroom stems. Sauté until lightly browned, stirring occasionally. Add parsley and salt; mix well. Fill mushroom caps with meat mixture. Place in greased shallow baking pan. Bake in moderate oven (375° F) 20 to 25 minutes. Prepare sauce while mushrooms are baking. Yield: 6 servings.

Sauce for Croatian Stuffed Mushrooms:

½ cup chopped onions

2 teaspoons finely chopped garlic

½ cup lard or other shortening

1 tablespoon Robin Hood

All-Purpose Flour

1 tablespoon finely chopped parsley

1½ tablespoons chopped pickles

1½ teaspoons salt

½ teaspoon pepper

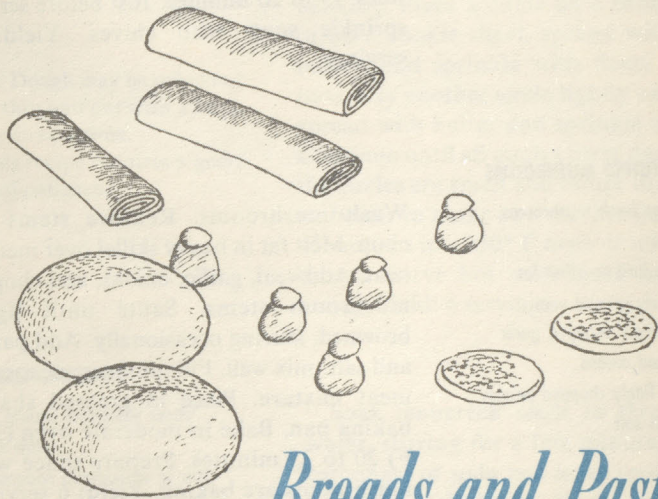
¼ teaspoon dry mustard

1½ tablespoons lemon juice

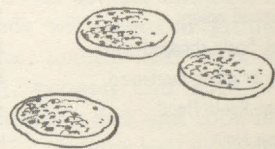
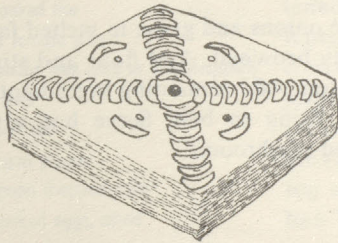
1 cup sour cream

½ cup white wine

Sauté onions and garlic in melted fat until lightly browned. Add flour and stir until blended. Add remaining ingredients, mix well. Bring to boil. Serve hot with the stuffed mushrooms.



Breads and Pastries



AUSTRIA

VIENNA APFELSTRUDEL (Applecake)

- 1½ cups sifted Robin Hood
- All-Purpose Flour
- 1 egg
- 1 tablespoon cooking oil
- ⅓ cup lukewarm water
- 1 pound (2 medium-size) cooking apples
- 2 tablespoons vanilla
- ½ cup sugar
- 1 cup dry bread crumbs
- ¼ cup butter
- 1 teaspoon grated lemon rind
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- ¼ cup ground walnuts
- ⅓ cup raisins or currants
- ½ cup brown sugar
- Melted butter for brushing
- Icing sugar
- 1 cup whipping cream

Combine 1¼ cups flour, egg, oil, and water. Beat vigorously! When a ball of dough can be formed, place on a floured board and knead well, until dough is not sticky, using remaining ¼ cup flour on board. Brush with oil, cover, and let stand for 45 minutes.

Pare and dice apples, combine with vanilla and sugar. Let stand 1 hour. Brown crumbs in ¼ cup of butter.

When dough has stood for the 45 minutes, place on floured board and roll, pat, or stretch dough into a rectangle 12 x 15 inches, being careful not to break or tear it. Allow the rolled-out sheet of dough to dry for 5 minutes. Brush the dough liberally with melted butter. Cover the center half of the dough with the browned crumbs, apples, lemon rind, spices, nuts, fruits, and brown sugar. Fold up one end of the dough, an inch or two over the filling. Fold both sides of dough toward the center, over the filling. Brush with melted butter. Roll as a jelly roll starting at the unfolded end. Place on oiled pan, brush with melted butter, and bake 45 to 50 minutes at 375° F. During the baking, brush with melted butter several times.

Cool, sprinkle with confectioner's sugar. Slice and serve with whipped cream. Yield: 10 servings.

CZECHOSLOVAKIA

CHRISTMAS STOLLEN

- 2 teaspoons sugar
- 1 cup warm (not hot) water
- 2 cups milk
- 2 pkgs. active dry yeast
- 1 cup sugar
- 1 teaspoon salt
- About 8 cups sifted Robin Hood
All-Purpose Flour
- 4 eggs, beaten
- 1 cup melted shortening
(butter and lard mixed)
- 1/2 lb. unblanched almonds, chopped
- 1/2 lb. raisins
- 1/2 cup citron
- 1/2 teaspoon nutmeg

VANOCKA

- 2 teaspoons sugar
- 1 cup warm (not hot) water
- 2 pkg. active dry yeast
- 8 cups sifted Robin Hood
All-Purpose Flour
- 1/2 lb. butter
- 4 eggs or 6 yolks (yolks are better)
- 2/3 cup sugar
- 2 teaspoons salt
- 2 teaspoons lemon rind, grated
- 1/2 teaspoon mace
- 1 1/2 cups milk, scalded
- 1 cup raisins
- 1/2 cup blanched almonds (optional)

Dissolve 2 teaspoons sugar in water. Sprinkle yeast on top and let stand until bubbly. Scald milk, add sugar and salt. Cool until lukewarm. Add yeast and 3 1/2 cups flour. Beat well; let rise until light. Add beaten eggs, shortening, almonds, and rest of ingredients. Knead until light. Work down, let rise again, toss on board, divide into 4 parts. Make into long flat loaves; sprinkle with mixture of 1/2 cup sugar and 1 teaspoon cinnamon. Press down, roll into loaves. Place in loaf pans or on cookie sheets. Brush top with butter. Let rise until double in size. Bake at 350° F. for 50 minutes. When done, brush with icing sugar frosting.

Dissolve 2 teaspoons sugar in water. Sprinkle yeast on top and let stand until bubbly. Sift flour and cut in butter. Beat together eggs, sugar, salt, lemon rind, and mace with milk, cooled to lukewarm. Add bubbly yeast to liquid mixture. Add liquid to flour. Make a stiff dough. Knead until dough is smooth and elastic. Knead in raisins and almonds. Put in bowl to rise; cover with cloth. When dough doubles its bulk, cut into 2 portions. Cut each portion into 4 large and 5 small pieces. Roll 4 large pieces into long rolls the length of cookie sheet. Braid together on buttered sheet. Roll three small pieces and braid. Lay on first braid; pinch ends together. Roll remaining 2 small pieces, twist together and lay on three-strand braid. Pinch ends. Repeat for second *vanockas*. Let rise in warm place until light. Beat egg yolk with a little milk and spread on *vanockas*. Repeat three times while baking to make a shiny crust. Bake at 350° F for 35 to 45 minutes. Yield: 2 *vanockas* (24 servings).

DENMARK

ABLEKAGE (Applecake)

- 2 cups dry bread crumbs
- 1 tablespoon sugar
- 1/2 cup butter
- 2 cups applesauce
- 1 cup whipping cream, whipped
- 2 tablespoons sugar
- Red jelly

Sauté bread crumbs and sugar in butter until browned. Place in serving dish in alternate layers with applesauce. Serve topped with whipped cream sweetened with sugar. Decorate with red jelly. (Macaroons may be crushed and blended with toasted crumbs, if desired.) Yield: 8 servings.

Note: 1/2 cups bread crumbs and 1/3 cup butter may be used for less bready texture.

COFFEE KRINGLE

- 4 cups sifted Robin Hood All-Purpose Flour
- 1/2 cup sugar
- 1 teaspoon salt
- 1/2 cup lard and butter, mixed
- 1 cup milk, scalded
- 1 pkg. active dry yeast
- 3 eggs

Prune Mixture

- 2 cups cooked prunes, chopped
- 2 tablespoons lemon juice
- 1/2 teaspoon grated lemon rind
- 4 tablespoons sugar

Mix dry ingredients and cut in shortening the same as is done for pie crust. Cool scalded milk to lukewarm; stir in 2 teaspoons sugar and sprinkle yeast on top. When bubbly, stir; add beaten eggs and pour combined liquids into dry ingredients. Stir until liquid is absorbed; then work with hands to form a ball. Work in extra flour if necessary. Let rise to double its size. (Meanwhile combine ingredients for prune mixture). Divide dough into 4 parts. Roll one into sheet (12 x 18 inches) on heavily-floured board. Transfer to greased baking sheet; spread with half the prune mixture and top with another portion of rolled-out dough. Repeat process with other 2 pieces of dough for the second kringle. Let rise until light. Bake in moderate oven (350° F) about 20 to 30 minutes. Frost with powdered-sugar frosting. Yield: each kringle serves about 12 persons.

FRANCE

BRIOCHE (Sweet Rolls)

- 1 cup milk
- ¼ cup cold water
- 2 teaspoons sugar
- 2 packages active dry yeast
- ½ cup butter or margarine (where legal)
- 1 teaspoon salt
- ½ cup sugar
- 4 eggs, beaten
- 1 teaspoon grated lemon peel
- 4½ cups sifted Robin Hood
All-Purpose Flour
- Melted butter

Scald the milk; add cold water. Stir in 2 teaspoons sugar and cool to lukewarm. Sprinkle yeast on top and let stand 10 minutes; then stir. Add butter, salt, sugar, beaten eggs and lemon peel. Add flour; beat well. Cover lightly with a cloth and let rise in a warm, not hot, place until doubled in bulk, about 3 hours.

Knead and cut off one-quarter of the dough for "head" of the brioches. Rub muffin pans with butter or lard. Shape dough from larger portion into balls that half fill muffin pan and place in muffin rings. Make an indentation on the ball and brush with melted butter. From the one-quarter of the dough make small pear-shaped balls. One small ball of dough pointed side down, should be pressed into each of the larger balls. Brush the tops with melted butter. Let the pans stand uncovered in a warm, not hot, place about 30 minutes. Bake in a moderately hot oven (375° F) about 20 minutes. Remove at once from the pans. Makes approximately 32 2-inch brioches. Delicious when split and toasted, even after one week old.

NETHERLANDS

DUTCH APPLE CAKE

Batter:

- ½ cup sugar
- ½ cup butter or margarine
(where legal)
- 3 eggs
- Grated lemon rind
- 1¼ cups sifted Robin Hood
All-Purpose Flour
- 1½ teaspoons baking powder

Filling:

- ⅓ cup brown sugar
- ½ teaspoon cinnamon
- 5 medium-size apples

Peel, core, and slice apples and sprinkle with mixture of the brown sugar and cinnamon. Cream butter and sugar; add unbeaten eggs one at a time, stirring well after each; add lemon rind; add sifted flour and baking powder a little at a time, folding in carefully. This makes a very thick batter. Spread half of batter in an 8-inch square greased baking dish; cover with about half of the sliced apples; spread on remaining half of batter; arrange balance of apple slices in pattern on top. Bake 1 hour at 325° F. Yield: 12 servings.

NORWAY

NUT BREAD

- 1 cup sifted Robin Hood All-Purpose Flour
- 1 cup whole wheat flour
- 1 teaspoon soda
- 1 teaspoon salt
- 1/2 cup chopped nuts
- 3/4 cup chopped dates
- 1 egg, well beaten
- 1 1/2 cups buttermilk
- 2 tablespoons melted shortening

Sift together flour, soda, and salt. Add nuts and chopped dates. Combine egg, buttermilk, and melted shortening and add to the dry ingredients. Turn into 3 greased cans, 15 oz. size. Bake at 375° F for 45 minutes to 1 hour. Turn tins on their sides for last 15 minutes. To remove from tin, cut out the bottom with a can opener. Yield: 3 loaves.

Note: This bread may be baked in a greased 9" x 5" x 3" loaf pan at 325° F for 1 to 1 1/4 hours. The batter should be allowed to stand in the pan for 20 minutes before baking.

POLAND

KOLACHKY

- 1/2 cup lukewarm water
- 1 teaspoon sugar
- 1 package active dry yeast
- 3/4 cup milk, scalded
- 1/2 teaspoon salt
- 4 tablespoons butter or margarine (where legal)
- About 2 3/4 cups sifted Robin Hood All-Purpose Flour

Dissolve 1 teaspoon sugar in lukewarm water; sprinkle yeast on top. Let stand 10 minutes. Add salt and butter to scalded milk and cool to lukewarm. Combine liquids and add enough flour to make a stiff, but easy-to-handle dough. Work into a ball with hands. Place in greased pan and set aside in warm place for about 1 hour or until it has doubled in bulk. Roll out on board, cut with a round cookie cutter. Make a depression in centre of each round, and fill this with cottage cheese filling. Bake in a moderate oven, 375° F, until golden brown, about 1/2 hour. Yield: about 1 dozen.

Cottage Cheese Filling:

- 1 cup dry cottage cheese
- 1 egg yolk
- 1/4 lemon rind, grated
- A few drops of lemon juice
- 2 tablespoons raisins

Mix well the cheese, egg yolk, rind, lemon juice and raisins.

**BABKA (Means "a Delicious Cake"
and also "Grandmother")**

1/2 cup warm, (not hot) water
1 teaspoon sugar
3 pkg. active dry yeast
1/2 cup milk, scalded
1 teaspoon salt
14 egg yolks
5 cups sifted Robin Hood
All-Purpose Flour
1/4 cup butter, melted
1 cup sugar
1/4 teaspoon almond extract
1 teaspoon vanilla
1/2 cup fine dry bread crumbs

Dissolve 1 teaspoon sugar in warm water; sprinkle yeast on top. Let stand. Scald milk; cool to lukewarm. Put salt in egg yolks and beat until fluffy and cream-coloured; add yeast, lukewarm milk and half the flour. Mix well and leave standing until double in bulk. Add remaining flour, butter, sugar and flavouring. Knead thoroughly. Then let it rise until double in bulk. Punch down and let rise again. Butter a 10" x 4" tube pan or two 9" tube pans. Sprinkle with bread crumbs and fill with dough, one-third full. Let rise about one hour and bake 40 minutes in 350° F oven.

SWEDEN

SWEDISH LIMPA (Rye Bread)

1 1/2 cups lukewarm water
2 teaspoons sugar
2 pkgs. dry, granular yeast
1/4 cup molasses
1/3 cup sugar
1 tablespoon salt
2 tablespoons soft shortening
Finely shredded rind of
1 or 2 oranges
2 1/2 cups sifted rye flour*
2 1/2 to 3 cups sifted Robin Hood
All-Purpose Flour

*This is a soft dough which the rye flour makes sticky. Flour must be added so it can be handled.

Dissolve 2 teaspoons sugar in 1/2 cup lukewarm water; sprinkle yeast on top and let stand 10 minutes; then stir. Mix together remaining water, molasses, sugar, salt, shortening and orange rind in large bowl. Add yeast. Mix in, first with spoon, then with hand, the rye flour and the white flour, adding in two additions, using 2 1/2 cups white flour and working in remaining 1/2 cup if necessary to make a soft dough but possible to handle. Turn dough onto lightly-floured, cloth-covered board; cover and let stand 10 minutes to tighten up, then knead until smooth and elastic. Place in greased bowl. Cover with damp cloth and set to rise until double in bulk, about 2 hours. Punch down dough. Round up and set to rise again until not quite double in bulk, about 45 minutes. Punch down and divide in half. Form into 2 round loaves. Place on lightly greased baking sheet. Cover with damp cloth and let rise until double in bulk, about 1 hour. Bake about 35 minutes in quick, moderate oven (375° F). Brush top with shortening and cool on rack.

Suggested Menus

CONTINENTAL MENU

- Egg and Lemon Soup—Greece (*page—38*)
Michha Trong Kroeung (Fish with Sauce)—Cambodia (*page—21*)
or
Veal Smore—Ceylon (*page—23*)
Kishium (Squash)—Israel (*page—50*)
Cariucho (Savory Creamed Potatoes)—Ecuador (*page—32*)
Rødgrød (Red Fruit Juice Dessert)—Denmark (*page—30*)
United Nations Cake—Liberia (*page—56*)

LATIN AMERICAN MENU

- So-e Yosó Py (Soup)—Paraguay (*page—69*)
Carne Mechada (Larded Meat)—Dominican Republic (*page—31*)
Picante de Maíz (Chilean Spiced Corn)—Chile (*page—24*)
String Beans—Uruguay (*page—88*)
Ensalada de Guacamole (Avocado Salad)—Guatemala (*page—39*)
Natilla (Custard with Caramel Sauce)—Mexico (*page—60*)

CONTINENTAL BUFFET

- Kousa Mahshi (Lamb and Rice Stuffed Zucchini)—Jordan (*page—53*)
Sillisalaati (Herring Salad)—Finland (*page—35*)
Timun Salad (Cucumber Salad)—Malaya (*page—59*)
Yogurt Salad—United Arab Republic (*page—84*)
Pavlova (Fruit-Filled Meringue)—New Zealand (*page—64*)

Favorite Recipes from the United Nations for Fifty Persons

Suggested Menus:

Kokt Lamm med Dill Sås (Boiled Lamb with Dill Sauce)—Sweden

Rice Pilaf—Turkey

Gado-Gado (Mixed Salad)—Indonesia

Pumpkin Chiffon Pie—United States of America

SWEDEN

KOKT LAMM MED DILL SAS (Boiled Lamb with Dill Sauce)

20 pounds breast or shoulder of lamb

2 teaspoons pepper corns

10 or more bay leaves

1 small bunch of dill

1 tablespoon salt for each quart
of water

1 teaspoon ground pepper

Dill Sauce:

½ lb. butter 1 cup vinegar

1¼ cups flour ½ cup sugar

5 quarts stock Salt to taste

1 cup chopped dill 10 egg yolks

TURKEY

RICE PILAF

6 quarts water

6 teaspoons salt

1 pound butter

5 pounds rice

INDONESIA

GADO-GADO (Mixed Salad)

5 pounds cabbage

5 pounds string beans

10 pounds bean sprouts (canned bean
sprouts may be used)

10 cucumbers

5 bunches radishes

Sauce:

3 tablespoons salt

1¼ cups brown sugar

4 tablespoons lemon juice

1 cup soy sauce

1 pound onions

10 cloves garlic

6 to 8 hot peppers

3 pounds peanut butter

5 cups water

1 dozen eggs

2 large packages potato chips

UNITED STATES OF AMERICA

PUMPKIN CHIFFON PIE

6 or 7 pies needed for 50 persons

Note 1. General directions for recipes as given in Favorite Recipes from the United Nations can be followed.

Note 2. Beverage, bread, and appetizer may be added to the above.

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Appetizers and Soups

Borsch (Spring Beet Soup)
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Arroz (Guatemalan Rice)
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Baked Kibbi (Baked Lamb and Wheat Dish)
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Bobotee (Meat Timbales)
Braised Lamb
Canard à l'Orange (Roast Duck)
Cariucho (Savory Creamed Potatoes)
Carne Claveteada (Beef Stuffed with Vegetables)
Carne Mechada (Larded Meat)
Cheese Steaks
Chicken and Pork Adobo (Braised Chicken and Pork)
Chicken Paprika
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United Nations Table Decorations

Encourage children to find out something about each country represented in an international meal. Let them help mother and father to make table decorations for the occasion, possibly improvising the national head-dresses of the UN nations. Paper flags of all the UN countries are available which the children could mount and arrange. Many ideas on the costumes, songs and stories of the various countries can be had from UNICEF's "Hi Neighbour" books.

Set a United Nations table at home or when your club holds a United Nations night. Handsome five-color paper napkins and place mats with scenes of the UN headquarters, and a flag kit containing 82 flags and sticks, map and booklet edited by Mrs. Franklin D. Roosevelt, are available from the National Office of the United Nations Association in Canada, 329 Bloor Street West, Toronto 5, Ontario. (Prices subject to change. Please include 10¢ mailing charge).

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AUSTRALIA



AUSTRIA



BELGIUM



BOLIVIA



BRAZIL



CEYLON



CHILE



CHINA



COLOMBIA



COSTA RICA



EL SALVADOR



ETHIOPIA



FEDERATION OF MALAYA



FINLAND



FRANCE



HONDURAS



HUNGARY



ICELAND



INDIA



INDONESIA



JAPAN



JORDAN



LAOS



LEBANON



LIBERIA



NETHERLANDS



NEW ZEALAND



NICARAGUA



NORWAY



PAKISTAN



PORTUGAL



ROMANIA



SAUDI ARABIA



SPAIN



SUDAN



UNION OF SOUTH AFRICA



UNION OF SOVIET SOCIALIST REPUBLICS



UNITED ARAB REPUBLIC



UNITED KINGDOM



UNITED STATES OF AMERICA



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If you wish to support the Association, or to have information about the UN, write to Willson Woodside, National Director, United Nations Association in Canada, 329 Bloor Street West, Toronto 5, Ontario.

