Try these recipes for holiday entertaining

BARBECUED DUCK INGREDIENTS Sauce 1/2 cup dry sauterne Salt and pepper Dash of olive oil Pinch of oregano One duck Celery leaves Onion alices Lemon wedges Salt Cooking oil METHOD

Sprinkle body cavity with a little salt and then fill with celery, lemon and onion. Skewer body cavity closed. Put bird on spit and brush lightly with cooking oil. Do not use bacon or other fats as a garnish.

Cooking time 15-20 minutes per pound. Yields will vary on size of duck.

BEEF CASSEROLE INGREDIENTS 1 lb. ground beef I cup bread crumbs 1/2 cup uncooked rice 1/4 tsp. salt 14 tap: baking powder 1/2 onion, chopped fine 1 egg 1 can tomato soup METHOD Combine beef, bread, rice, salt, baking powder, onion. egg (beaten) in a bowl. Place in large casserole (4 qt.). Add one can tomato soup, mixed with two cans of hot water. Bake at 350 degrees a good hour. Serves 6.

CHICKEN ORANGE INGREDIENTS 1 frying chicken (cut up) salt and pepper 1/4 cup all-purpose flour 1/4 cup Crisco oil 1 cup fresh orange juice 1/4 cup chill sauce ¼ cup chopped green pepper i tsp. dry mustard I tsp. garlie salt 2 tbsp. soya sauce 1 tbsp. molasses -

1 thep, brown sugar 1 tin mandarin oranges or pineapple chunks. METHOD

Dredge chicken with flour. sait and pepper. Heat oil in frying pan, add chicken and brown lightly on all sides. chicken Remove casserole.

Drain oil from pan. Add remaining ingredients except orange alices. Simmer for three minutes. Pour sauce over chicken in casserole.

Cover and bake in preheated oven at 350 degrees for one hour. Just before serving add oranges. Serve with rice.

FUDGE POPSICLES INGREDIENTS Combine in saucepan: 14 cup sugar or honey 2 lbsp. corn starch 3 lbsp. cocoa 21/2 cups milk METHOD

Cook over low heat until thickened, stirring constantly. Add 1 thsp. vanilla and 1 thep, margarine (optional). Cool, freeze in popaicle moulds. Yield: 8-10 popsicles. Option: Use one box chocolate pudding mix (not instant) prepared with three cups of milk.

Melt these two ingredients in a small sauce pan. Put to one side and prepare following ingredients. Then add melted butter and sugar. 14 cup whole wheat flour

1 tsp. vanilla l isp. salt

1 tsp. baking powder 1 tsp. baking soda 4 cups Oatmeal 34 cup sunflower seeds 1/4 cup sesame seeds

1/4 cup chopped almonds METHOD . Oil or grease a cookie sheet or two 9 x 13 pans. Press firmly. Bake at 350 degrees

34 cup unsweetened coconut

for 20 minutes. Cut while warm. Serves approximately 24 bars.

DANISH RHUBARB INGREDIENTS

Soften I envelope gelatine in 1/2 cup cold water. Bring to boil 2 cups sweetened cooked rhubarb. Add softened gelatine and stir until dissolved. Chill until the consistency of unbeaten egg white. Whip with mixer or rotary beater. Fold in 1/2 cup heavy cream, whipped. Turn into a 4-cup mould. Chill until set. Unmould. Makes 4-6 servings.

ROCK CANDY INGREDIENTS Use a large sauce pan. 4 cups white sugar 1 cup corn syrup 1 cup of cold water

METHOD

Add: flavorpeppermint or whatever fla-

vor you wish. Add food coloring till desired color is reached. Sprinkle icing sugar on top of candy but first sprinkle some icing

sugar on the cookie sheet. Then crack into pieces after candy sets. Yields number of pieces depending on how big you crack the candy.



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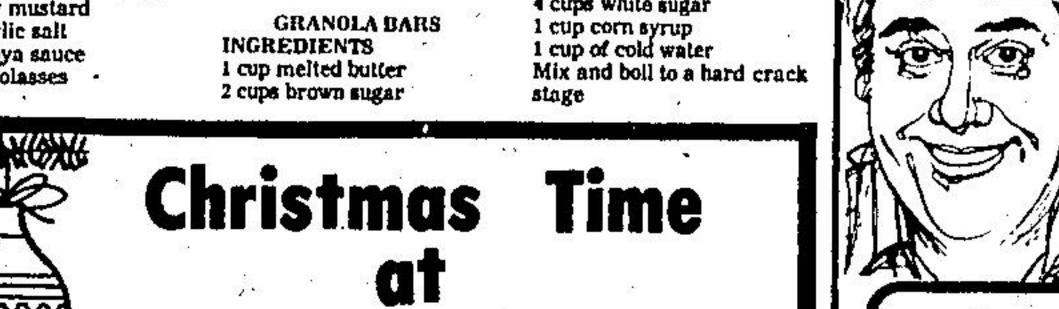


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