

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 slices
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.



1 tbsp. brown sugar
1 tin mandarin oranges or pineapple chunks.

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

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

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

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

1/2 cup whole wheat flour
1 tsp. vanilla
1 tsp. salt
1 tsp. baking powder
1 tsp. baking soda
4 cups Oatmeal
3/4 cup sunflower seeds
1/2 cup sesame seeds
1/2 cup unsweetened coconut
1/2 cup chopped almonds

METHOD
Oil or grease a cookie sheet or two 9 x 13 pans. Press firmly. Bake at 350 degrees for 20 minutes. Cut while warm. Serves approximately 24 bars.

BEEF CASSEROLE

INGREDIENTS
1 lb. ground beef
1 cup bread crumbs
1/2 cup uncooked rice
1/2 tsp. salt
1/2 tsp. 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
1/2 cup chili sauce
1/4 cup chopped green pepper
1 tsp. dry mustard
1 tsp. garlic salt
2 tbsp. soya sauce
1 tbsp. molasses

FUDGE POPSICLES

INGREDIENTS
Combine in saucepan:
1/2 cup sugar or honey
2 tbsp. corn starch
3 tbsp. cocoa
2 1/2 cups milk

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

GRANOLA BARS

INGREDIENTS
1 cup melted butter
2 cups brown sugar

DANISH RHUBARB

INGREDIENTS
Soften 1 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
Mix and boil to a hard crack stage

METHOD

Add:
1 drop of flavor-peppermint 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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