

Food

Feeding a crowd

The best bet for feeding a crowd is cooking a wonderful combination of foods together in one pot. Call it dinner-in-a-dish, casserole or skillet supper. After skiing, curling or skating, there's nothing better.

You can serve it right out of its own dish, add a tossed green salad and buttered buns and give each diner a fork rolled in a napkin. It can be handled with ease sitting at a table, perched on a floor or leaning against a fireplace.

Pasticcio, a lasagna-like Greek dish, is a winner in all those areas. Layers of macaroni, tomato-beef sauce and creamy sauce are baked together. The flavours mingle and together, taste better than any of the separate parts.

For the creamy sauce, eggs are combined with flour and milk creating a delicate, delicious, light custard. But, remember it will curdle if the casserole is cooked at too high a temperature.

PASTICCIO

Ingredients:

- Bottom -**
3 cups cooked macaroni, drained
2 eggs, lightly beaten
½ cup grated Parmesan cheese
- Filling -**
½ lb. medium ground beef
2 cups sliced mushrooms
1 cup chopped onion
1 can (14 oz.) tomato sauce
1 tsp. garlic powder
1 tsp. each dried oregano, basil leaves
¼ tsp. salt
¼ tsp. pepper
¼ tsp. ground cinnamon

Topping -

- ½ cup butter or margarine
½ cup all-purpose flour
¼ tsp. salt
¼ tsp. ground nutmeg
3 cups milk
2 eggs, lightly beaten
½ cup grated Parmesan cheese

Method:

Bottom -
Combine macaroni, eggs and cheese, spread over bottom of greased 13 x 9 inch baking dish, set aside.

Filling -

In large frying pan, cook beef, mushrooms and onion until tender and browned. Drain off fat. Stir in tomato sauce and seasonings. Simmer, uncovered, while preparing topping.

Topping -

In large saucepan, melt butter. Stir in flour, salt and nutmeg. Add milk; cook and stir until thickened and bubbly. Gradually stir into eggs, then return to saucepan. Cook over low heat 1 minute longer.

To assemble, spread meat filling over macaroni. Spread topping over all. Sprinkle with Parmesan cheese.

Bake in pre-heated oven at 350 F for 35 to 40 minutes or until golden brown and bubbly.

Makes 8 to 10 servings. Freezes well, if desired.

Preparation time: 20 minutes.
Cooking time: 35-40 minutes.

For a cookbook with this exciting new recipe, and other sure-to-please family recipes, send 75 cents for postage and handling, along with your name and address to: Easy Elegant Eggs Cookbook, P.O. Box 5044, Paris, Ontario, N3L 3W5.



CAJUN SHRIMP IN BEER SAUCE

Ingredients:

- 5 shrimps cleaned, thawed or fresh
2 tsp. butter
½ tsp. garlic
½ tsp. white pepper
½ tsp. cayenne
½ tsp. thyme, basil and sage, mixed
½ tsp. dijon mustard
½ tsp. paprika
1 tsp. shallots
Salt to taste
4 tsp. Canadian beer

Method:

Saute the shrimp in a tsp. of butter and remove from the pan. Using the same pan, add the rest of the butter, shallots, garlic, peppers, basil, sage, paprika and thyme until lightly browned. Add the dijon mustard and beer and simmer for 3 minutes. Add the shrimp to the sauce and cook for 2 more minutes.

Makes 1 appetizer plate.

SEAFOOD GUMBO

- Serves 6-8 -

Ingredients:

- 1½ cups vegetable oil
1 large Spanish onion, chopped fine
2 stalks celery, chopped fine
5-6 cloves garlic, chopped fine
½ green pepper, chopped fine
4 sprigs parsley, chopped fine
2-8 oz. cans tomato sauce
1-8 oz. can tomatoes, mashed
2 cups water
4 pounds fresh shrimp
4 hard shell crabs, boiled and broken in half
1½ lbs. fresh okra or 2 packages frozen
2 bay leaves - broken
1½ tsp. salt
1 tsp. pepper
½ lb. lump crabmeat

Method:

Put the oil in heavy 6 quart saucepan. Add all vegetables, except okra and simmer until soft. Add sauce and tomatoes. Simmer. Add all except crabmeat. Cook until tender. Add crabmeat just before serving. Serve over rice.



PRICES EFFECTIVE SUN. FEB. 3 - SAT. FEB. 9, 1991.
(**Where applicable) We reserve the right to limit quantities to normal family requirements. Coupon items limited to two.

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