

# Chef's salad, cannelloni, enough to make anyone's mouth water

## Chef's Salad Bowl

1/2 head lettuce or romaine  
1 bunch endive or escarole  
2 carrots  
1 cucumber, sliced  
1 Italian onion, sliced and separated.  
1 avocado, sliced  
2 tomatoes, cut into wedges  
8 radishes, sliced  
Salad Herbs  
Salad Salt  
Cracked Black Pepper

Tear salad greens into bite-size pieces. Make carrot curls. Put salad greens, carrot curls, cucumber, onion, avocado, tomatoes and radishes in salad bowl. Sprinkle generously with salad herbs, salad salt and cracked black pepper or freshly ground black pepper from pepper mill. Toss lightly with Roquefort, Italian, French or your own special herb-blended salad dressing. Serve immediately. *Serves 6 to 8.*

## Italian Dressing

1/4 tsp. Oregano Leaves  
1/8 tsp. Garlic Powder  
1/8 tsp. White Pepper  
1/4 tsp. dry Mustard  
1/2 tsp. Chives  
1/2 tsp. Parsley Flakes  
1 tsp. Season-All  
1 tsp. Instant Minced Onion  
Dash Cayenne or Red Pepper  
1/2 tsp. sugar  
1/2 cup wine vinegar  
1 cup olive oil

Combine all ingredients in jar; cover and shake vigorously. Chill 1 hour for flavors to blend. Shake well when ready to serve. *Makes 1 1/2 cups.*

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## Poppy Seed Dressing

1/2 cup sugar  
1 tsp. salt  
1 tsp. dry Mustard  
1/2 tsp. Onion Powder  
1/3 cup cider vinegar  
1 Tbsp. lemon juice  
1 cup salad oil  
1 1/2 Tbsp. Poppy Seed

Combine sugar, salt, dry mustard, onion powder, vinegar and lemon juice. Stir until sugar dissolves. Add oil slowly, beating well. Dressing thickens as oil is added. Stir in poppy seed. Store in refrigerator. Just before serving, shake to mix well. Especially delicious with fruit or avocado salad. *Makes about 1 2/3 cups.*

## Sesame Ring

1 pkg. hot roll mix  
Sesame Seed

Prepare hot roll mix as directed on package. After first rising, shape dough into 9 balls about 2 inches in diameter. Place balls side

by side in well greased 1 1/2-quart ring mold. Set in warm place and let rise to double in bulk. Sprinkle sesame seed on top. Bake in 350F oven 30 to 35 minutes. *Makes 1 ring.*

## Cannelloni

Pancakes:  
1 cup all-purpose flour  
1 Tbsp. corn meal  
1/2 tsp. Bon Appetit  
2 eggs  
1/2 cup sour cream  
1 cup water  
2 Tbsp. oil

Combine dry ingredients. Beat eggs; add sour cream and water and mix well. Stir in flour mixture and oil. Cook pancakes on a lightly greased hot griddle, using about 3 tablespoons of the batter for each. *Makes about 12.*

Filling:  
1 lb. raw chicken meat  
1/2 lb. veal  
1/2 lb. pork

4 slices prosciutto ham  
2 Tbsp. olive oil  
2 Tbsp. Instant Minced Onion  
1/4 tsp. MSG  
1/2 tsp. salt  
1/8 tsp. Garlic Powder  
1/4 tsp. Rosemary Leaves  
1/4 tsp. Basil Leaves  
1/4 tsp. Oregano Leaves  
1/4 tsp. Thyme Leaves  
2 tsp. Season-All  
1/4 tsp. Black Pepper  
1/2 cup sherry  
1/2 lb. ricotta cheese  
1/2 cup cream  
Teleme, Monterey Jack or Muenster cheese  
Grated Parmesan cheese

Cut meat into pieces. Saute in hot oil about 2 minutes, stirring to turn meat. Add seasonings; cover and simmer slowly 45 minutes or until tender.

Add sherry and cook 10 minutes longer. Remove from heat; stir in ricotta cheese. Cool, then grind in food mill twice. Add the broth from skillet (there should be about 1/2 cup) and the cream, mixing well.

Add additional broth or cream if necessary to make a very moist, but not runny, filling. Fill pancakes with mixture, folding sides over to make a long roll. Place in buttered baking dish; when ready to serve, heat in 350F oven about 20 minutes. Top with a slice of Teleme, Monterey Jack or Muenster cheese. Continue baking until cheese melts. Serve with Parmesan cheese and sauce. *Serves 6.*

Sauce:  
1 cup chili sauce  
1 8-ounce can tomato sauce  
2 Tbsp. lemon juice

2 tsp. Instant Minced Onion  
1/8 tsp. Garlic Powder  
1/8 tsp. ground Oregano  
Dash or two Cayenne  
1/8 tsp. MSG  
2 Tbsp. butter

Combine all ingredients and simmer slowly about 20 minutes.

## Italian Style Peas

1 Tbsp. Instant Minced Onion  
1 tsp. Parsley Flakes  
1/4 tsp Basil Leaves  
2 slices boiled ham, shredded (about 1/2 cup)  
1 Tbsp. olive oil  
1/2 cup water  
1 tsp. Chicken Seasoned Stock Base  
1/8 tsp. Black Pepper  
1 10-ounce package frozen peas or 2 cups fresh or canned peas  
1 Tbsp. butter

Saute onion, parsley flakes, basil leaves and shredded ham in olive oil over low to medium heat about 5 minutes, stirring frequently. Add water, seasoned stock base and pepper; stir. (Tap the package of peas on edge of cabinet to break peas apart.) Add peas and butter. Cover. Bring to a boil and simmer slowly 25 minutes or until peas are tender. An excellent and different way to serve peas. Especially good with chicken, veal, beef or omelettes. *Serves 4.*