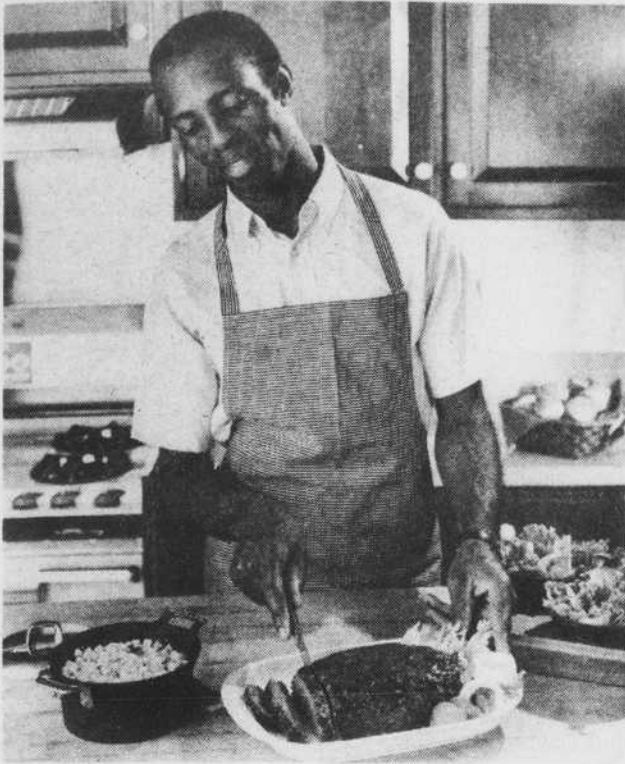


The KITCHEN BEAT



In today's black American home, cooking is no longer the responsibility of one person. Because of busy and varied schedules, usually every member of the family at some time or another has to prepare personal meals or meals for other members of the family. *The Kitchen Beat* is designed to meet some needs of the various cooks in the modern black family.

for this menu is that the dinner can be on the table within two hours. Once the meat loaf is in the oven, prepare and refrigerate the salad, set the table, bake the muffins, and put the corn on the fire—in that order. By this time the gentleman in the kitchen can begin slicing Barbecue Meat Loaf.

Barbecue Meat Loaf

Courtesy General Foods

- 1 cup soft bread crumbs
- 1/2 cup milk
- 2 pounds ground beef
- 2 tablespoons minced onion
- 1 1/2 teaspoons salt
- 1 egg
- 1 cup all-purpose barbecue sauce, any flavor
- 1/2 cup water

Soak bread crumbs in milk for about 5 minutes. Add ground beef, onion, salt, egg and 1/2 cup of the barbecue sauce; mix well. Shape into a loaf in shallow baking dish. Combine remaining barbecue sauce with the water. Pour about 1/4 cup of the sauce mixture over the meat loaf. Bake at 350° for about 1 hour, basting frequently with the remaining sauce mixture. Makes about 8 servings.

Barbecued Corn

Courtesy General Foods

- 1 can (12 oz.) whole kernel corn
- 2 tablespoons finely chopped green pepper
- 1 tablespoon all-purpose barbecue sauce, any flavor
- 1 tablespoon butter or margarine
- 1/8 teaspoon salt
- 2 tablespoons chopped pimiento (optional)

Combine all ingredients in saucepan. Heat thoroughly, stirring occasionally. Makes about 1 1/2 cups or 3 servings.

Note: recipe may be doubled.

One other big plus factor

Hot Corned Beef Snack Cheers Football Fans



When it comes to football-season appetites, sometimes it's hard to tell the players from the fans! Whether you're treating the football stars-of-tomorrow after a practice session, cheering a televised game or hungrily trooping home from the stadium, a hot zesty corned beef and cheese sandwich is as welcome as a touchdown for the home team.

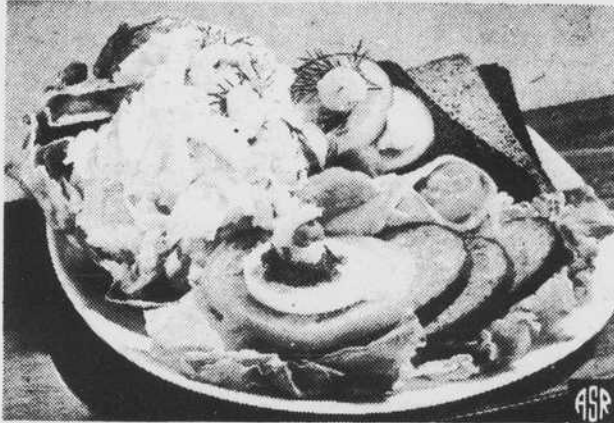
Lean, protein-rich corned beef, handily packed in 12 oz. cans, blends well with cheddar cheese, mayonnaise, celery and zippy seasonings to make this hearty bread-spread. Keep some ready in the fridge for broiling open-face sandwiches in a jiffy whenever you want a superlative snack.

Broiled Corned Beef Sandwich

- 1 can (12 oz.) Libby's Corned Beef
- 1 cup shredded cheddar cheese (4 oz.)
- 1/3 cup mayonnaise or salad dressing
- 2 teaspoons prepared mustard
- 1 teaspoon curry powder
- 1/2 teaspoon Worcestershire sauce
- Dash liquid red pepper seasoning
- 1/3 cup sliced celery
- 8 slices white bread, lightly toasted

Place corned beef in a medium bowl, crumbling with a fork. Add cheese, mayonnaise, mustard and seasonings; mix well. Stir in celery. Top each toast slice with about 1/3 cup of the mixture; spread evenly bringing filling all the way to edges of bread. Broil, about 6 inches from heat (or top brown in toaster oven), for a few minutes, until top is bubbly. Serve hot. Yields 8 open-face sandwiches.

Note: Corned beef filling can be made ahead of time and refrigerated; then used as needed for quick sandwiches.



Take The North Atlantic Route To Easy Party Fixings

When feature films, stereo symphonies and bubbling beverages begin to pall on the long North Atlantic flights, SAS inflight catering service produces do-it-yourself smørrebrød... the famous Danish open face sandwich.

It's an idea you'll find perfect for easy casual entertaining at home. The makings include smoked salmon, tiny shrimp, flaked North Atlantic Haddock salad, farm fresh eggs and smokey sliced sausages—all artfully arranged on individual trays—and ready to pile with abandon on thin slices of rye or pumpernickel bread spread with butter and sprinkled with fresh dill.

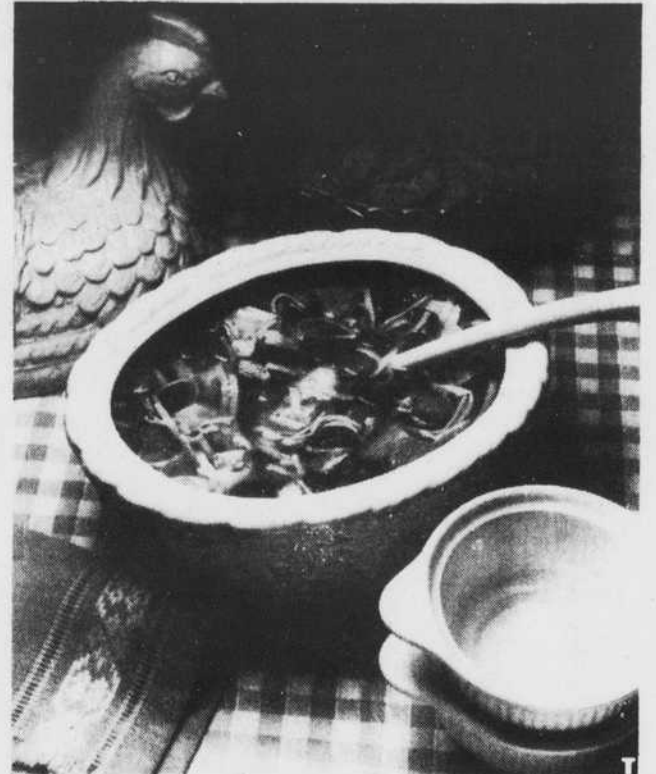
Do as the catering service does and prepare the trays in advance; then cover with clear plastic wrap and refrigerate until time to serve.

Smørrebrød Fisk Salad

- 1 Lb. frozen North Atlantic Haddock
- 1 tablespoon butter
- Juice 1/2 lemon
- Salt and pepper
- Foil for baking
- 1/2 cup mayonnaise
- 1 tablespoon chopped fresh dill (or 2 teaspoons dried dill weed)
- 2 teaspoons finely chopped onion
- Salt to taste
- Dash white pepper
- Thin sliced rye or pumpernickel
- Thin sliced cucumber for garnish
- Shrimp for garnish (optional)

Preheat oven to 450°F. Place block of frozen fillets on buttered foil, season with salt and pepper, drizzle with lemon juice and dot with butter. Wrap foil securely and place in a baking pan or on a cookie sheet. Bake in center of oven for 20 minutes. Remove from foil, flake and chill. Combine chilled Haddock with remaining ingredients and refrigerate 2 to 4 hours. Spread on thin slices of buttered bread and garnish with cucumber and shrimp, if desired.

A New Basic Cookbook Designed For Today's Lifestyles



Changing family lifestyles during the last decade have had a profound effect on how Americans eat and how they cook. And with these changes has come the need for a new basic cookbook designed for the way families live today.

To answer this need, there is a new and revised edition of *Betty Crocker's Cookbook* designed for the way Americans cook today. It includes time-honored favorites plus new recipes developed especially for this book. Each one is streamlined to fit into today's lifestyles. And all of them are success-assured recipes because they were developed and tested in the Betty Crocker Kitchens, and then families all across the country tested them again in their homes.

The new, unique organization features six big, simplified chapters planned the way consumers plan a meal. There are more than 1500 recipes and all are made from scratch with no mixes. Plus, many were developed to make fewer servings to meet the needs of today's smaller households.

All roasts and most casseroles are started in a cold oven with no preheating required to save energy. And for those consumers interested in microwave, recipes are included where the microwave can save half the time required in the conventional oven.



WORCESTERSHIRE PEPS CONVENIENCE FOODS

It's very simple to pull something out of the freezer or cupboard when you get home from work and heat it up. The trick is to make it taste like you've fussed a little. Take a tip from many professional chefs who like to "correct the seasoning" of a dish with a final quick dash of original Worcestershire sauce.

Here are some recipe ideas for typical convenience foods:

For a nutritious vegetarian soup, combine 1 can (1 lb.

Betty Crocker's Cookbook is the cookbook with the difference designed especially for the way Americans cook today. It is published by Golden Press and is available in bookstores.

CHICKEN-NOODLE SOUP WITH VEGETABLES

- 2 1/2-pound broiler-fryer chicken, cut up
- 1 quart water
- 4 medium carrots, cut into 1/2-inch slices (about 2 cups)
- 4 medium stalks celery, cut into 1/2-inch slices (about 2 cups)
- 1 tablespoon salt
- 1 tablespoon monosodium glutamate (optional)
- 1 teaspoon sugar
- 1/4 teaspoon pepper
- 3 chicken bouillon cubes
- 2 cups uncooked thin egg noodles

Heat all ingredients except noodles to boiling in 4-quart Dutch oven; reduce heat. Cover and simmer until chicken is done, about 45 minutes. Skim fat if necessary.

Cook noodles as directed on package; drain. Remove chicken from broth; cool slightly. Remove chicken from bones and skin. Cut chicken into 1-inch pieces. Add chicken and noodles to broth; heat until hot, about 5 minutes. 8 servings (about 1 cup each).

4 oz.) chick peas, 1 can (11 1/2 oz.) condensed green pea soup, 1 can (10 1/2 oz.) condensed cream of celery soup, 2 cups water and 1 tablespoon Lea & Perrins Worcestershire Sauce. Bring to a boil, stirring. Top with chopped parsley and serve 4 as a main course.

To two 1 pound cans of baked beans, add a tablespoon of Lea & Perrins Worcestershire and 2 teaspoons prepared mustard. Spread in a shallow casserole. Top with 4 bacon slices and a dusting of brown sugar. Bake for 30 minutes at 400°F. Serves 4.

For convenience fried chicken with a difference, sprinkle Worcestershire on top of your favorite frozen variety before baking and bake as usual.