

FOR THE
**FARM
WIFE
AND
FAMILY**

Gourmet Outdoor Cookin'

Bring gourmet cooking to the open air. The French call this method of cooking "en papillote" meaning baked in oiled or buttered paper. In America it has come to mean baked in foil.

In the following recipe the foil wrapper holds in the juices of the fish as do the leafy lettuce, celery tops and onion rings. To complement the flavor of the fish, choose a macaroni—tomato—cheese combination simply prepared from Cheddar cheese soup, diced tomato and enriched macaroni shells.

**BAKED FISH WITH
MACARONI AND CHEESE**
Lettuce leaves
Celery tops

Onion rings
Salt and pepper
8 ounces shell or elbow macaroni
1 can (10³/₄ ounces) condensed Cheddar cheese soup
1 medium tomato, chopped
4 fish fillets

Place lettuce, celery and onion on four pieces of aluminum foil. Season fish with salt and pepper and place a fillet on each portion of raw vegetables. Top with additional onion, celery and lettuce. Fold and seal foil. Cook over hot coals (or in preheated 400 degree oven) 20 to 25 minutes, or until done. Combine soup and tomato; heat. Cook macaroni in boiling, salt-

ed water until tender, yet firm. 7 to 8 minutes. Drain and combine with soup-tomato mixture. Serve hot with baked fish. 4 servings.

An "exotic" sweet and sour sauce sparks the flavor of this meal-in-a-skillet dinner. All the ingredients are cooked together in only one pan.

**SWEET AND SOUR
HAM 'N' NOODLES**
2 cans (13¹/₂ ounces each) pineapple tidbits
1/4 cup butter
1/4 cup flour
2 cups water
1/2 cup vinegar
1/2 cup soy sauce
8 ounces wide noodles
1 pound cooked ham, cubed
1 medium green pepper, cut in squares

Drain pineapple and reserve liquid. Melt butter; blend in flour. Gradually add pineapple syrup, water, vinegar and soy sauce. Cook, stirring constantly, on grill 4 inches from medium coals (or over medium heat) until mixture thickens slightly. Add noodles. Simmer, covered, 10 minutes. Stir in ham, green pepper and pineapple. Simmer, covered, 20 minutes or until noodles are tender, yet firm. 6 servings.

Whether the grill is set up in a backyard or backwoods, few things will broil better outdoors than chicken. A tangy lemon baste provides the flavor and oil to work crispy magic on the pieces of chicken. Not much time is needed to prepare the

spaghetti, so this can be done about 10 to 15 minutes before the chicken is ready to eat.

CHICKEN IN LEMON SAUCE
2 broiler chickens, cut up
Lemon Sauce?
1 pound spaghetti
2 tablespoons chopped onions
Baste chicken with Lemon Sauce as it broils over hot coals (or in oven) about 10 minutes on each side, or until tender. Cook spaghetti in broiling, salted water until tender, yet firm, 6 to 8 minutes. Drain. Toss with 1 cup Lemon Sauce and onions. Serve spaghetti topped with chicken.

***LEMON SAUCE**
1 cup oil
1/2 cup lemon juice
1/2 cup water
1 tablespoon sugar
1 tablespoon salt
1/2 teaspoon thyme
1/2 teaspoon garlic salt
1/2 teaspoon hot pepper sauce
Combine all ingredients in saucepan, cook 5 minutes on grill 4 inches from medium coals (or over medium heat), stirring to blend.

The old stand-by and everyone's favorite—ground beef—teams up with a seasoned vegetable-soup-based sauce for a painful of flavor.

CAMPER'S LUCKY POT
1 1/2 pounds ground beef
1 tablespoon instant minced onion
2 cans (10³/₄ ounces each) condensed vegetable beef soup
1 1/4 cups (1 soup can) water

1 tablespoon prepared mustard
2 teaspoons seasoned salt
1/4 teaspoon seasoned pepper
8 ounces egg bows or elbow macaroni

Brown ground beef and onion. Drain off excess fat. Stir in remaining ingredients. Simmer, covered, about 30 minutes, or until macaroni is tender. Stir frequently. Add more water, if necessary, for desired consistency. 4 servings.

**TWO-MAN REUBEN
SUBMARINES**
Sliced roasted corned beef
4 brown 'n serve French rolls
Butter or margarine
8 ounce package sliced natural Swiss cheese
1 cup sauerkraut, drained

Cut 12 slices corned beef, 1/4 inch thick. Brown rolls according to package directions. Split each in half. Spread slices with butter. Cut cheese slices to fit bread. Arrange Swiss cheese slices, 1/4 cup sauerkraut, and 3 slices corned beef on bottom half of each roll. Cover with tops of rolls. Wrap sandwich in aluminum foil. Place on grill for ten minutes. Turn wrapped sandwiches over and grill 10 minutes more. Unwrap, cut each in half, and serve hot. 8 servings.

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(Continued on page 17)

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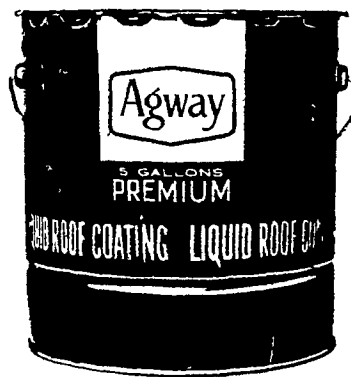
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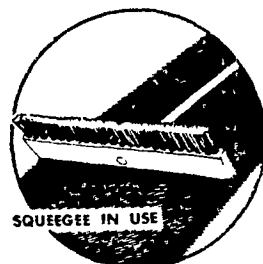
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