



Junior Cooking Edition

This week's "Junior Cooking Edition" files are slightly depleted, so to let them fill up again, we are featuring recipes made with the junior cook in mind. In this time of cold weather,

hearty lunches are in order on Saturday and Sunday afternoons. So, featured this week are chili con carne, barbecued frankfurters, and three sandwich fillings which should fill you up.

Or, if you want, these sandwich recipes can make good snacks when friends come over after school. Some tips to making attractive sandwiches are to A.) match the slices of bread so that the sandwich will be neat. B.) Spread bread thinly with butter, margarine, or mayonnaise before adding filling. This keeps the bread from getting soggy. C.) Spread the filling all the way to the edges. This insures good taste to the last bite. D.) When your friends make their own sandwiches, the spread should be soft enough so that it is easy to spread.

For lunch, sandwiches can be served with raw vegetables and fruit and a beverage such as milk.

A quick tip for the chili con carne is that you can make it a couple of weeks in advance and then store it in the freezer. To heat, place the frozen chili on top of a double boiler.

CHILI CON CARNE

Ingredients
1 onion, diced
1 pound hamburger
2 cups canned tomatoes
2 cups red kidney beans, canned
½ teaspoon chili powder
1 teaspoon salt

Equipment
Skillet
Cutting Board
Sharp knife
Spatula
Mixing spoons
Measuring cup (liquid ingredients)
Measuring spoons

Cut up onion using knife and cutting board. Place hamburger in cold skillet and begin to heat with medium heat. When meat is beginning to brown, add onions. Stir meat and onions until well browned. Add tomatoes, beans, and seasonings. Cover and turn heat to simmer. Cook for 20 minutes. Add water if chili seems too thick. Chili should look like a very thick soup. Serve it in bowls.

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BARBEQUED FRANKFURTERS

Ingredients
1 medium onion
8 frankfurters
½ cup catsup
½ cup water
¼ teaspoon chili powder
½ teaspoon salt
1 teaspoon sugar
1-½ teaspoons Worcestershire Sauce
8 frankfurter rolls

Equipment
Cutting board
Large skillet
Measuring cups (liquid ingredients)
Measuring spoons
Mixing spoon
Large knife

Chop onion fine. Place frankfurters and chopped onion in skillet and cook over medium heat until lightly browned. Turn to brown evenly. Combine catsup, water, chili powder, salt, sugar, and Worcestershire sauce. Mix well. Pour barbecue sauce over frankfurters. Cover skillet and simmer 20 minutes. Split frankfurter rolls and, if desired, roast in hot oven for few minutes. Serve frankfurters hot with sauce in rolls.

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EGG SALAD WITH DRIED BEEF FILLING
Ingredients
5 eggs
2 ounces dried beef
One-third cup salad dressing
Equipment needed
Saucepan with lid
Mixing bowl
Paring knife
Small cutting board
Measuring cup (dry ingredients)
Fork

Hard cook eggs. To do this, put eggs in saucepan with enough cold water to cover. Put lid on saucepan and bring water to a boil. Remove from heat and let stand for 20 minutes. At end of 20 minutes, chill eggs thoroughly in cold water and remove the shells. Then, chop the eggs and pull the dried beef apart with your fingers. Combine the eggs, dried beef, and salad dressing. Mix well. Makes six sandwiches.

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CHOPPED LIVER WITH BACON FILLING

Ingredients
¼ pound liver, fried and chopped fine
2 slices bacon, fried and chopped fine
½ teaspoon salt
2 tablespoons pickle relish
2 tablespoons mayonnaise
Equipment needed
Frying pan
Spatula
Paper towels
Mixing bowl
Measuring spoons
Cutting board
Knife

Fry bacon until it is crisp, using medium heat. Remove from frying pan and place on paper towels. These towels absorb the fat on the bacon and make it more crisp. Next, pour most of the fat out of the pan. Place liver in the pan and put on the heat. After three to six minutes, turn the liver and allow it to brown on the second side. When both sides are brown, the liver is done. (Calves'

liver takes less time to cook than pork liver.) Let the liver cool before cutting it. Cut the liver and bacon in mixing bowl and add salt, pickle relish, and mayonnaise. Stir until thoroughly mixed. Makes eight sandwiches.

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TUNA AND APPLE FILLING

Ingredients
1 can (7 ounces) tuna, grated style
¼ apple, chopped fine with skin left on
1 tablespoon lemon juice
2 tablespoons mayonnaise
Equipment
Can opener
Juicer
Measuring spoons
Mixing bowl
Mixing spoon
Cutting board
Knife

Open the can of tuna and pour off any oil. Place the tuna in a bowl and break it up with a spoon until it is in small pieces. Quarter the apple and cut out the core. Chop into small pieces using a cutting board and knife. Add chopped apple to the tuna. Squeeze ½ the lemon and measure one tablespoon of juice. Add to tuna and apple. Add mayonnaise and mix thoroughly. Makes four to six sandwiches.

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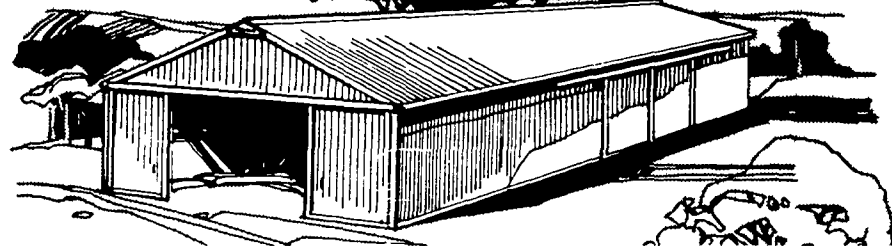
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