

Meals in minutes for two: perfect for novice cooks!

As every new bride quickly learns, it's a real challenge to juggle a weekly food budget and provide exciting meals.

Delicious dining is only minutes away with "Tuna Coquilles for Two," an attractive easy-to-prepare dinner . . . even for novice cooks!

Tuna and mushrooms combine in an elegantly simple wine and cheese sauce, perfectly seasoned with instant cream of chicken flavor soup mix. Sprinkle with bread crumbs and bake for a delightful experience in creative cooking.

TUNA COQUILLES FOR TWO

2 tablespoons butter or margarine
 1/4 pound mushrooms, thinly sliced
 1 envelope Lipton Cream of Chicken Flavor Cup-a-Soup
 1/3 cup dry white wine
 1/4 cup water
 3/4 cup shredded Swiss cheese (about 3 oz.)
 1 can (7 oz.) tuna, drained and flaked
 Buttered bread crumbs

Preheat oven to 350°.

In medium skillet, melt butter and cook mushrooms until tender.

Stir in instant cream of chicken flavor soup mix blended with wine and water.

Add cheese and continue cooking, stirring constantly, until cheese is melted; add tuna.

Spoon into two 1-cup baking shells or casseroles; top with bread crumbs.

Bake 15 minutes or until bread crumbs are golden brown.

Makes 2 servings.

For more quick 'n delicious recipe ideas, Lipton is offering "Cooking for One, Two, or a Few . . . Meals in Minutes with Lipton® Cup-a-Soup."

Simply send your name, address, zip code and 25¢ to cover postage and handling, to: CUP-A-SOUP COOKBOOK, P.O. Box 8329MR, Clinton, IA 52736.



Photo courtesy: Thos. J. Lipton, Inc.

CREATIVE COOKING that the new bride will appreciate, Tuna Coquilles for Two is an attractive and easy-to-prepare main dish which combines tuna, dry white wine, mushrooms, Swiss cheese and instant cream of chicken flavor soup mix. Delicious!



USE ONE OF THE NEW LIP PENCILS by L'erin cosmetics for soft, sensuous looking lips on your wedding day.

Experts give newlyweds elegant entertaining tips

For newlyweds, giving that first party can cause almost as many jitters as taking those first steps down the aisle. But elegant entertaining doesn't have to be traumatic—or expensive. Here are some pointers from experts:

Dina Merrill says, "In planning a party, always invite some guests who haven't met all the others. It helps assure an interesting conversation mix."

Columnist Harriet Van Horne warns, "No dinner served under the hot-white glare of a 1,000 watt chandelier can possibly be elegant.

Get out those candles!"

Her favorite dinner is a serve-yourself Beef Stroganoff, into which she stirs an elegant finishing touch, three tablespoons of cultured sour cream and a splash of vodka.

Celeste Holm recommends, "Create an elegant luncheon party around a dish that's unpredictable—like an Indian egg curry."

House Beautiful decorating editor Mary Emmerling advises, "Placecards are elegant. Think of new and fun ways to let your guests know where you want them to sit, like a tagged gift or flower at each place setting."

And for elegance in table settings she uses one big wine glass no matter what she's serving.

These are just a few of the lively entertaining ideas in a new 16-page booklet called "Bringing New Elegance to the '80s." It's a free publication, published as a consumer service by the U.S. offices of Finlandia Vodka, and it's a perfect hostess-helper for newlyweds.

For instance, Chip Tolbert, fashion director of the Men's Fashion Association, warns, "Never serve drippy hors d'oeuvres. They're disastrous to both clothes and carpets. And have enough hangers—guests don't appreciate having their coats heaped on a bed."

An eye-catching idea for an elegant occasion is serving drinks from a block of ice.

Make an ice mold by putting a bottle of the imported Finlandia Vodka in a half-gallon milk carton.

Fill with water and freeze until solid—the deluxe vodka won't freeze. Remove the carton by running lukewarm water around the outside.

Then, line a tray with napkins, place the vodka ice block on top and serve—as they do in reindeer country!

Other elegant party ideas and recipes by modern experts are in the pointer-packed booklet.

For a complimentary copy, just send a stamped, self-addressed envelope to Finlandia Elegance, P.O. Box 1058, FDR Station, New York, NY 10150-1058.

Cookbooks help newlyweds get acquainted with entertaining

Of all the purchases a soon-to-be-married person makes, that first cookbook may well be her—or his—best friend! For people starting out in their first home or apartment (and this applies to single people as well as newlyweds), there's no better investment than a good basic cookbook.

Such classics as *The Joy of Cooking* and *The Settlement Cookbook* have graced the kitchens of many people over the years, and their food-stained pages attest to their inestimable value to generations of cooks.

How many inexperienced cooks have gotten over such hurdles as their first Thanksgiving dinner, or that momentous first meal for the in-laws, with the help of these books, or others like them.

In recent years, with the awakening of the American palate to international influences, the task of the novice cook has become increasingly complex.

Despite the recent swing back to wholesome cookery which celebrates the natural flavors and aromas of food, the surge of interest in cuisines from all parts of the globe continues unabated.

Thus, the newly wedded pair may find themselves expected to have mastered *Veal Cordon Bleu* and *Beef Wellington* before they've learned how to roast a chicken.

And, they may receive as perfectly well-intentioned

presents cookbooks written for people with a tremendous interest in food and, all too often, the time and pocketbook to match.

These books should not be abandoned, by any means, for they contain within them a tremendous knowledge of the art and craft of cookery that anyone who is interested in food would do well to probe.

However, if you don't feel you are "up to" mastering the complexities of the recipes they offer, don't despair. There are many alternatives to be explored.

Most bookstores carry a wide selection of cookbooks that range from the mundane to the exotic. Depending on your interests, you may want to take home one or several: a good, basic, all-around cookbook that will stand you in good stead for years to come is a "must," but let your taste buds guide you in the choice of one or more others to add variety to your diet.

If your passion is Italian food; or if you received a wok as a shower present, and don't know what to do with it; or if you're a vegetarian or must cook for someone on a low-salt, low-cholesterol or low-sugar diet, you will find an ample selection of volumes from which to choose.

If you expect to be doing a great deal of entertaining, a wise investment for you might be a book that not only details

recipes for a wide variety of occasions, but which devotes a chapter or two to planning the event—whether it's a buffet for 50 or a cozy dinner for four.

Such a book is the recently published *Entertaining: Step-by-Step Menus for Every Occasion* by Robert Carrier (A & W Publishers, Inc.). Lavishly illustrated with color photographs, *Entertaining* is a thorough guide which both the novice and the experienced chef/party-giver will appreciate.

Carrier offers a wide variety of menu suggestions for a multitude of occasions—everything from a Sunday brunch to a Fondue Party to a Barbecue.

There are menus designed with economy in mind and easy-to-prepare one-dish menus, Game Dinners to warm an autumn evening and Summer Meals, European style. All in all, a treat . . . not only for the newlyweds but for their guests as well!

Entertaining in a thoroughly elegant fashion is the theme of Sara Stamm's *The Park Avenue Cookbook* (Doubleday & Co., Inc.). Elegant, however, is not always difficult—which point the author proves with *eclat* time and again.

Stamm, too, provides suggested menus—hers run the gamut from "The Great American Cocktail Party" to thoroughly *intime*, thoroughly

enjoyable "Romantic Dinners" to dinners for "Holidays Great and Small"—everything from St. Patrick's Day to Derby Day to an unforgettable menu for a once-in-a-lifetime occasion.

Stamm's recipes are as varied as Bell Peppers Stuffed with Corn and Roast Pheasant, *Tournedos Dauphinois* and Chicken Curry. Delicious!

An increasingly popular phenomenon is smaller-format paperback cookbooks, which are inexpensive enough to buy in multiples. Dell has recently released half a dozen such books, all written with an eye to flavorful dishes which are both economical and easy-to-prepare—in other words, the ideal guides for people who have little time to invest in cooking.

Sure to be of particular interest to a newly-married couple is Dell's *Cookery for 1 or 2* by Barbara Swain, which, its author proclaims in her introduction, "considers the fact that most of us are busy people with limited time, limited storage and somewhat unpredictable schedules."

"In brief, the theory is simply to buy the foods that make the most sense for small-quantity cooking, store them so they stay in top condition, and combine them creatively in an infinite number of ways." Enough said!

Ceil Dyer's *Wok Cookery*, another book in the Dell

series, takes an increasingly popular approach to food preparation, which has the inestimable virtue of being delightfully versatile, makes the most of food (in terms of both flavor and nutrition) and uses relatively small quantities of high-calorie oils.

And, Dyer offers a wide selection of recipes that dispels the notion that cooking with a wok means an Oriental menu. Chicken Breasts Maryland, a savory dish with asparagus and mushrooms; Scrambled Eggs, Italian-Style; and Salmon Cocktail Croquettes are just a few of the non-Oriental recipes to be found in *Wok Cookery*, in addition to a tasty selection of recipes from the Far East.

A third book from Dell which is sure to make a hit, as more and more people discover the pleasures of brunching, is Pat Jester's *Brunch Cookery*.

The recipes range from Apricot Citrus Cooler and Sangria, to Buttery Croissants and Herbal Popovers, to Eggs Benedict and Champagne-Glazed Chicken.

There are seven recipes for quiche, and eight omelet variations, not to mention waffles six different ways, and 17 salads.

What a wonderful way to start the day! And, it's not a bad way to start the entertaining portion of your married life, either!