

Cookbook

Francisco Perez

Gourmet cook tours the world

By CHARLOT M. DENMON
Staff Correspondent

Francisco Perez of Harveys Lake is an experienced chef, having been employed in continental gourmet cuisine for the past 20 years. Chef Francisco has worked as chef or manager in the hotels or clubs in Spain, France, Canary Islands, Peru, Ecuador, Venezuela, and the United States.

More recently, since he married the former Sandra Serhan of Harveys Lake, Francisco has been employed locally and is presently the chef at a cafe in Hazleton. He has an excellent rapport with the clientele and takes personal concern for the pleasure of individuals with gourmet palates.

Most of the food he prepares are original recipes he has created or altered for the many diners he has served in various parts of the world.

Since meeting and marrying his wife, Sandra, Francisco has also turned his talents to designing educational toys-toys propelled by natural energy. The educational toy kits created by Chef Perez were distributed to students in the various school districts in the Back Mountain and Wyoming Valley Areas and were received by students and administrators with enthusiasm.

Perez designed a puppet, acrobat and a turbine, all three designed for the development of creativity of children and intended for pupils ages six to 14 years. The kits are directly connected with physics since students can prove that with a little sand, rice, salt, etc., movement can be produced by means of a toothpick that acts as a central axis.

The toy is a cutout so only a scissors is needed and colors can be any the student desires. The movement motivates the student to make the toy and curiosity of the finished product makes the construction a great enjoyment.

The educational toy is only one of Chef Francisco Perez's leisure time activity. When he finds the time, he spends hours remodeling their home

at the lake, installing beautiful hardwood floors; a brick firewall; and remodeling their large family room.

He also spends time with their two-year old son, Francisco Xavier Perez, Jr., who enjoys donning a chef coat and hat to match his father's and help (or at least try) his dad prepare dinner.

Perez enjoys gourmet cooking and this week agreed to share a few of his favorite recipes with Dallas Post readers. They are some that he and Sandra enjoy serving when entertaining friends or relatives.

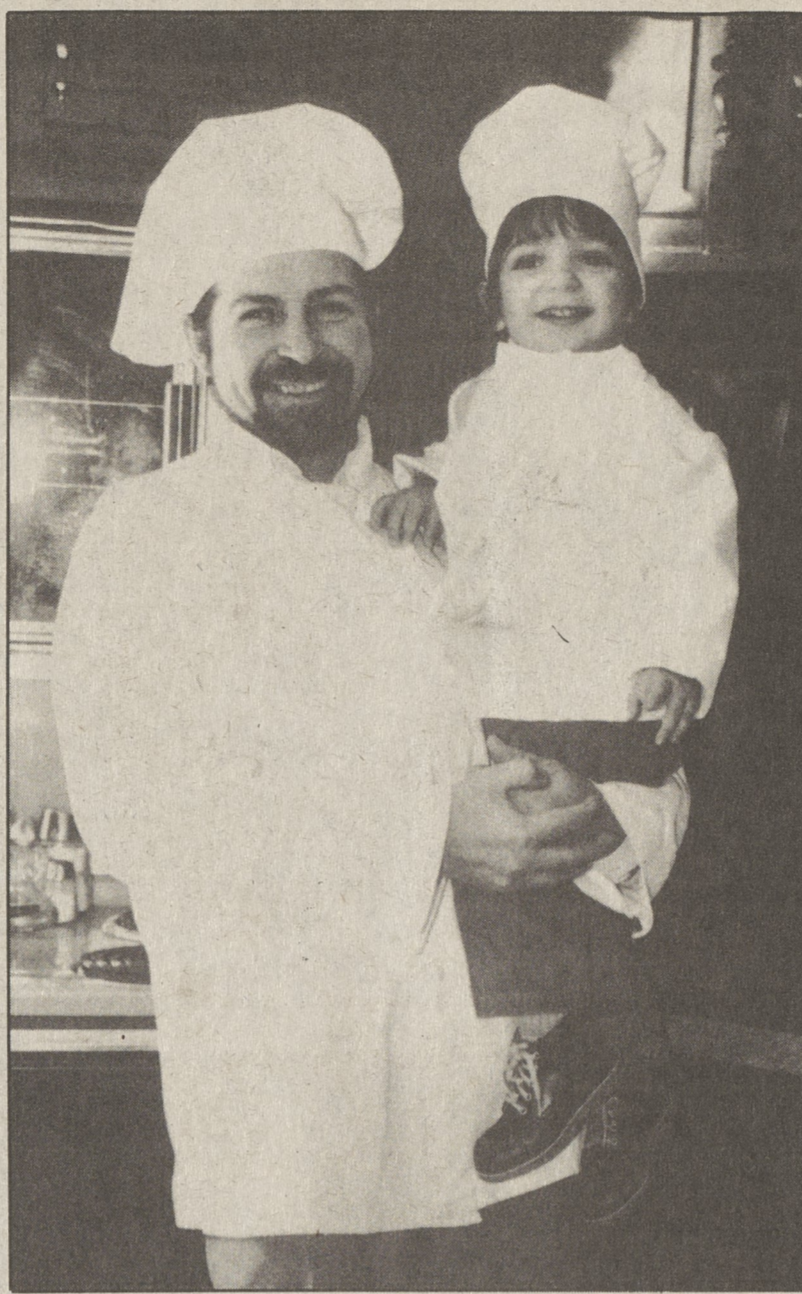
The Shrimp Scampi is a delicious entree for family or for entertaining. If desired, it may be used in smaller amounts as an appetizer. The Escargot is an appetizer many people may not have tried but once they do, we are certain they will enjoy them. Lobster Thermidor and Steak Diane are both mouth-watering and although 'gourmet' entrees, they are worth the time it takes to prepare them.

SHRIMP SCAMPI (Entree)

7 lg. shrimp per serving
Butter
Salt & pepper to taste
Tabasco Sauce
1 T. chopped fresh garlic
4 oz. Chablis
Juice of 1 lemon
1 sprig fresh parsley, chopped
Sautee shrimp in butter, salt, pepper, tabasco sauce and garlic. Pour in chablis, lemon juice and sautee till tender. Garnish with parsley and serve immediately. Ingredients for one entree only.

ESCARGOT (Appetizer)

4 oz. butter
Juice of 1/2 lemon
1/2 shot glass brandy
Pepper to taste
1 T. chopped fresh garlic
1 t. fresh parsley, chopped fine
Soften butter to room temperature, then combine the rest of above ingredients and mix.
1 can escargot (snails)
16-18 empty snail shells
Place 1/2 teaspoon butter mixture in each empty shell, then put in



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Like father, like son

Chef Francisco Perez and his son, Francisco, Jr., don their chef coats and hats as Chef Francisco prepares to make the sauce for Lobster Thermidor.

snail and top with more of butter mixture. Bake in 350 degree oven for 3-4 minutes, or until butter melts. Serve as appetizer while hot.
+Empty shells may be purchased in gourmet shops in area.

LOBSTER THERMIDOR

1 lobster, size desired
Steam lobster for five minutes in small amount of vinegar, water and two or three bay leaves and salt. Let it cool, remove skin and cut in half lengthwise, then cut meat in half inch pieces.

Melt 3 tablespoons butter in frypan. When butter is melted (do not boil) place lobster chunks in pan. Salt and pepper to taste. One minute later, flambe with brandy, or if desired, use only half shot glass of brandy in lobster. Sprinkle with five or six drops tabasco sauce and same amount of Worcestershire sauce; top with four ounces of thick white sauce and mix. Let cook for

approximately three minutes. Remove from pan and place in individual baking dishes or one large baking dish. Cover with provolone cheese. Bake in 400-450 degree oven until cheese is golden brown. Serve immediately.

STEAK DIANE

1 8-oz. filet mignon, cut in two ounce pieces.
Pound lightly with wooden meat mallet to tenderize. In frypan place 4 T. melted butter
1 t. dry mustard or
1 T. Dijon mustard
Place filet mignon in mixture and flambe with one shot glass of brandy. Cover with package of beef gravy mix, prepared according to directions on packet. Next cover with 4-oz. heavy cream and top with half shot glass of Grand Marnier. Let simmer for one minute. Remove and serve with tossed salad and rice. (Potato may be substituted if desired.)

School menus

(Following are cafeteria menus for area school districts for the following week.)

DALLAS SCHOOLS Nov. 13-19

WEDNESDAY - Breakfast for lunch, pancakes w-warm syrup and sausage link or Italian hoagie w-lettuce and cheese, chilled fruit juice, choice of milk or juice. Bonus: Blueberry dessert square.

THURSDAY - Juicy bacon cheese-burger or fluffernutter sandwich, oven baked French fries, choice of milk or juice. Bonus: Banana nut pudding.

FRIDAY - Frankfurter on roll w-cheese sauce or plain, or Tuna cheese bagel melt, creamy macaroni salad, peach-pear combo, choice of milk or juice. (Check your tray you might win 1/2 doz. cookies).

MONDAY - Hot ham-cheese on roll, or Italian hoagie w-lettuce-cheese, Boston baked beans, choice of milk or juice. Bonus: Celery sticks w-peanut butter to dip.

TUESDAY - Thanksgiving dinner - Our own special Turkey casserole (roast turkey w-sage dressing), fluffy whipped potatoes w-gravy, buttered corn, cranberry relish, pumpkin pie w-topping, choice of milk or juice.

WEST SIDE TECH Nov. 13-19

WEDNESDAY - Ham patty on bun, macaroni-cheese, stewed tomatoes, fruited jello-whipped cream, milk.

THURSDAY - Hoagie-lettuce-tomato, Italian dressing, spiced applesauce, brownies, milk.

FRIDAY - Fish-cheese, French fries, cole slaw, sugar-spice cookies, milk.

MONDAY - Hot dog on bun, relish-chopped onion, baked beans, chips, soft pretzels, milk.

TUESDAY - Grilled cheese, fresh relish cup-dip, tomato soup-crackers, tandy cake, milk.

LAKE-LEHMAN SCHOOLS Nov. 13-19

Junior High & Elementary
WEDNESDAY - Early Dismissal - Peanut butter-jelly hoagie, potato chips, chicken noodle soup-saltines, carrot-celery sticks, apple crisp, milk.

THURSDAY - Chicken nuggets w-dip, French fries, mixed garden vegetables, Parker House roll-butter, Tastykake, milk.

FRIDAY - French bread pizza, tossed green salad, potato chips, banana fruit cup, milk.

MONDAY - Steak hoagie, onion rings, buttered green beans, pudding, milk.

TUESDAY - Hamburg on bun, potato puffs, buttered corn, pears, milk.

Senior High

WEDNESDAY - Early dismissal - Tuna or fluffernutter hoagie, chicken noodle soup-saltines, carrot-celery sticks, apple crisp, milk.

THURSDAY - Chicken nuggets w-dip, French fries, mixed garden vegetables, Parker House roll-butter, Tastykake, milk.

FRIDAY - French bread pizza, tossed green salad, potato chips, banana fruit cup, milk.

MONDAY - Steak hoagie, onion rings, buttered green beans, pudding, milk.

TUESDAY - Ham patty or hamburger on bun, French fries, applesauce, cookies, milk.

GATE OF HEAVEN SCHOOL Nov. 13-19

WEDNESDAY - Tacos, Mexican beans, peaches, pudding pops, milk.

THURSDAY - Chicken nuggets-sauce, French fries, green beans, pears, Tastykake, milk.

FRIDAY - Shrimp shapes, home fries, cole slaw, applesauce, cookies, milk.

MONDAY - Flying saucer, chips, pickles, pears, milk.

TUESDAY - Ravioli, peas, pineapple, Tastykake, milk.

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Be careful at Thanksgiving

Thanksgiving is a great family holiday. But a person who comes down with food poisoning will not be very thankful. Unfortunately, every year we hear reports of accidental food poisoning caused by eating either contaminated or undercooked food. The result is fever, diarrhea, and severe abdominal pain.

The symptoms of food poisoning - also known as salmonellosis - usually appear from 12 to 36 hours after eating contaminated food.

How best to avoid food poisoning? Billee June Eichelberger, nutrition consultant with the Pennsylvania Department of Health, has some suggestions.

"Although it is not always possible to prevent salmonellosis, you

can reduce your chances of encountering this unpleasant ailment by following this advice," she said.

"Don't stuff the turkey ahead of time for cooking later. The safest way to prepare the bird for stuffing, stuff it, and roast it in one continuous operation. This is a big job, but to do it any other way is to risk food poisoning.

"Also, it's always smart to use a meat thermometer to make sure the turkey is completely cooked. The proper temperature is 180 degrees F for the bird itself, and 165 degrees F for the stuffing.

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