

COOKING WITH INSPIRATION





KITCHEN BOUQUET

the magic sauce used by good cooks
and chefs for over 90 years

Kitchen Bouquet is a blend of thirteen garden vegetables, herbs, and spices. Famous for making gravy perfect every time, Kitchen Bouquet enriches the color and enhances the flavor. For cooking meats, poultry and fish Kitchen Bouquet helps seal in the savory juices and flavor and cuts down shrinkage. And for that wonderful outdoor charcoal broiled effect in your kitchen range, brush on Kitchen Bouquet before broiling or roasting.

cooking out of doors with KITCHEN BOUQUET

grilling barbecuing spit-roasting



THE LURE OF WIDE OPEN SPACES

There's a bit of gypsy in every one of us! The moment we see the first heralds of spring—a splash of color in the crocus bed, a hint of warmth in a sunbeam, a perfumed breeze that carries no hint of chill—we long to be free of walls, to have only the sky for a ceiling, to be off and away, far from city skyscrapers, carefree as a gypsy.

One way to satisfy this longing is to eat out-of-doors. Rugged souls may prefer to go on a camping trip, armed only with a frying pan, matches and the simplest of groceries, but most of us prefer the patio, or at most a short motor trip to shore or stream where a good grill fired with charcoal lets us cook fare for the gods. Food to be eaten with the keen relish of outdoor appetites must be good—and there must be plenty of it! So, after a few useful hints for the outdoor chef, let's get on to some superlative recipes for outdoor cookery.

HOW TO APPLY KITCHEN BOUQUET TO MEATS, POULTRY OR FISH TO HELP SEAL IN THE SAVORY JUICES AND FLAVOR, AND CUT DOWN SHRINKAGE

Dip a broad pastry brush in Kitchen Bouquet; press out surplus. "Paint" surfaces of meat, poultry or fish with back-and-forth strokes (just as you would apply paint) first lengthwise, then crosswise.

(Kitchen Bouquet Browning Glaze, page 39, is used when meat is very lean. Honey Glaze, page 39, is used when meat has a deep fat coating of its own. Specific directions are given in recipes.)

hints for the outdoor chef



Read and keep the instruction booklet that came with your grill. Follow the directions in it to the letter. There are many different types of grills and almost as many different types of operation—no one recipe can hope to include directions for them all.

Use the best fuel you can buy—it will pay off in the results you get. Briquets of top quality are made from hard woods which smoke less and which have very little odor. Store briquets in a dry place.

If the fire box in your grill is not perforated, line it with heavy duty aluminum foil, then cover with a layer of gravel about 1 inch deep. This lets the fire “breathe.” In brazier bowls, level the gravel out to the edge of the bowl. Gravel can be washed in hot water after several uses and spread out to dry. Damp gravel is apt to “pop,” so be sure it is thoroughly dry before re-using. Crushed stones, $\frac{1}{4}$ to $\frac{1}{2}$ inch in diameter, make the best gravel.

Start the fire well in advance of the time you plan to begin cooking. Fire starters are available which get briquets to burning in from 15 to 45 minutes.

A fine grey ash develops on the surface of the hot coals, which should be removed before cooking starts. Tap the coals lightly with a poker or fire rake.

When the briquets are ready, spread them in a single layer, spacing them about $\frac{1}{2}$ inch apart.

When a spit is used, keep the briquets toward the back of the fire box and set a shallow metal pan or an aluminum foil drip pan in front where it will catch any drippings. If you brush the meat with Kitchen Bouquet about 10 to 15 minutes before putting it on the spit, you help seal in savory juices and flavor.

Warm extra briquets at the edge of the fire box. Never dump cold briquets on live ones. Add warm briquets about 15 minutes before they are needed.

how to cook out of doors-- charcoal flavor without char!

All the recipes recommended for outdoor cooking on a revolving spit or grill can be prepared indoors in a rotisserie or broiler, keeping the surface of foods in a broiler as many inches below the heat as is suggested for the distance above the coals on a grill.

ON A GRILL (OR IN THE BROILER)

Avoid charring by placing the grill about 2 inches above the bed of coals, unless searing is specifically recommended. The meat will be deliciously brown if you brush it with Kitchen Bouquet before it is placed on the grill.

Don't forget to brush the grill with a little melted vegetable fat or salad oil to keep the meat from sticking.

ON A ROTATING SPIT (OR ROTISSERIE)

Large cuts of meat, turkey and whole chickens may be cooked on a revolving spit out-of-doors, or in a rotisserie in the kitchen. The secrets are 1) to balance the meat properly on the spit (sometimes this involves special preparation at the meat market), 2) to use a meat thermometer to insure the desired degree of doneness, and 3) to use Kitchen Bouquet for retention of juices and appetizing browning.

Detailed directions for various meats and poultry are given on pages 4 to 16.

USE A MEAT THERMOMETER

Be certain-sure that large cuts of meat cooked on a spit are done just to the right turn. Insert thermometer at an angle so that the tip reaches the center of the thickest part. Don't let it touch the spit or bone or fat or the reading won't be accurate.

TO BASTE OR NOT TO BASTE

If meat is brushed with Kitchen Bouquet before spit-roasting and again when most of the fat has dripped off, it need not be basted. However, if a barbecued flavor is desired it may be basted, during the last half hour of cooking, with any one of the Kitchen Bouquet barbecue sauces (pages 40 and 41).

outdoor recipes for beef



STANDING RIB ROAST OF BEEF

Select a roast of 2 ribs or more. Have meat dealer saw through backbone to free ribs and completely through ribs about 2½ inches from ends.

Remove bone ends, leaving a flap of meat. Fold flap back over long bones. Tie firmly at 1-inch intervals.

About 10 to 15 minutes before cooking, brush all exposed lean meat surfaces with Kitchen Bouquet and let stand until ready to cook.

Slip meat on rod; center and balance. Insert meat thermometer in thickest part of roast. Attach rod. Adjust so that meat is close to hot coals. Start motor.

When roast is seared, adjust so that meat is 6 inches away from coals. Calculate 12 to 15 minutes per pound for rare to medium, or until thermometer registers 140° for rare, 160° for medium or 170° for well-done.

After most of the fat has dripped off, brush again with Kitchen Bouquet. If desired, sprinkle with garlic powder, thyme, allspice or any favorite herb or spice.

When roast is seared, adjust so that meat is 6 inches away from rod. Let stand in warm place 10 minutes to "firm."

ROLLED RIB ROAST

Select a roast that will weigh 4 pounds or more after boning. Have dealer tie roast at 1-inch intervals with heavy twine. About 10 to 15 minutes before cooking, brush all exposed lean meat surfaces with Kitchen Bouquet and let stand until ready to cook.

Put roast on rod. Test for balance. Insert meat thermometer in thickest part of roast. Attach rod. Start motor. Follow cooking directions for Standing Rib roast, above. Slice crosswise to serve.

BEEF STEAKS, PLAIN AND FANCY

Everyone, but everyone, loves a good steak—one with the savory juices and flavor sealed inside. Brushing with Kitchen Bouquet keeps juices and flavor inside the steak while it grills. Takes just a minute to do the brush-on—and pays off in the greatest tasting steak you ever ate.

Buy individual steaks, one for each person, or one or two large steaks, cut to the thickness you prefer. Then cut off most or all of the fat (it catches fire, smudges). Brush Kitchen Bouquet generously over entire surface of the steak. Let stand. For best results, brush on Kitchen Bouquet about 10 to 15 minutes before grilling.

When coals are white hot, tap off grey ash. With grill close to white-hot charcoal, sear each side one or two minutes. Then raise grill about 2 inches and broil to rare, medium or well-done, turning steak with tongs (not fork) at regular intervals.

If desired, when steak is about two-thirds done, season it by sprinkling with garlic powder and freshly ground black pepper.

Greatest steak ever! Rare, medium or well-done, your steak turns out evenly broiled with a tasty thin crust that has sealed in juices and that great steak flavor—greatest you ever ate—thanks to Kitchen Bouquet.

Extra delicious when served with BinB Broiled in Butter Whole Crown or Sliced Mushrooms.



HAMBURGERS

Season chopped lean beef to your taste; shape into patties. Brush each burger lightly with Kitchen Bouquet all over before grilling—keeps meat juices inside, so they don't drip into the coals. So easy to do—and insures the juiciest burgers you ever bit into.

With grill close to white-hot charcoal, pop on your burgers. Quickly sear both sides. This will cut down shrinkage. After searing, raise grill about 2 inches. Broil burgers to rare, medium or well-done. Turn frequently with spatula (a fork may let the juices out).

Burgers stay plump when you brush with Kitchen Bouquet. Result—tastiest burgers ever. The Kitchen Bouquet brush-on puts a tender crust on every burger. A thin crust that seals in flavor—keeps juices inside till you slip the burger between halves of a roll and bite. Every bite a juicy delight.



CONNECTICUT KEBOBS

Buy top round steak cut 1-inch thick. Trim off all fat; cut meat into 1-inch cubes. Sprinkle with Kitchen Bouquet; toss with fork until well coated on all surfaces.

Cut onions into $\frac{1}{2}$ -inch chunks. Cut bacon strips into 1-inch pieces. String on skewers, alternating meat, onion and bacon.

Put several skewers in wire holder with long handle. Broil about 3 inches above hot coals, turning often, about 10 minutes. Remove skewers from holder. Slide food from skewers into split, toasted buns.

BARBECUED STEAK

$\frac{1}{2}$ cup salad oil
2 tablespoons lemon juice
1 garlic clove, minced
1 teaspoon onion salt
 $\frac{1}{8}$ teaspoon pepper

1 teaspoon
Kitchen Bouquet
Sirloin steak, $1\frac{1}{2}$ to $1\frac{3}{4}$
inches thick, weighing
3 to 4 lbs.

Combine salad oil, lemon juice, garlic, onion salt, pepper and Kitchen Bouquet, to make marinade. Remove all or most of fat from steak; place steak in shallow dish; cover with marinade. Let stand 4 to 6 hours before broiling, turning several times. Drain well. Sear 1 or 2 minutes on each side, close to glowing coals, turning with tongs, not fork. Raise grill about 2 inches; broil over glowing coals to rare, medium or well done, turning at regular intervals with tongs and brushing with marinade. Slice to serve. Makes 6 generous servings.

LONDON BROIL

1 flank steak, cut from
thickest part ($1\frac{1}{2}$ to 2
lbs.)

2 teaspoons
Kitchen Bouquet
 $\frac{1}{2}$ teaspoon salt

2 tablespoons butter

Score steak on both sides against grain of meat, using sharp knife. About 10 to 15 minutes before cooking, brush all surfaces with Kitchen Bouquet; let stand until ready to cook. Grill with steak 2 inches above glowing coals about 5 minutes. Sprinkle with half of salt. Turn; grill 5 minutes on second side. Remove to hot platter; dot with butter; sprinkle with remaining salt. To serve, cut diagonally into thin slices. Makes 4 to 6 servings.

BEEF TENDERLOIN FOR A CROWD

For a very special occasion, when cost is no object, buy the tenderest of all beef cuts, a fillet or tenderloin. This cut is thicker at one end than the other, so, as it rotates on the spit or in a rotisserie, the thin end will cook well-done, the thick end will be rare, and the section between will be medium. A slice to everyone's taste!

Allow $\frac{1}{3}$ to $\frac{1}{2}$ pound per person. Trim off all or most of the fat. About 10 to 15 minutes before cooking brush all surfaces with Kitchen Bouquet and let stand until ready to cook. Balance on spit. Insert meat thermometer in thickest part. Start motor. Keep the coals white hot for quick cooking.

Cook about 45 minutes or until thermometer registers 140° . If desired, when meat is about $\frac{2}{3}$ done, season as for steak, page 5. Cut in crosswise slices to serve.

CHUCK WAGON STEAK SANDWICHES

$\frac{1}{4}$ cup salad oil
 $\frac{1}{4}$ cup wine vinegar or
dry red wine
 $\frac{1}{8}$ teaspoon oregano
 $\frac{1}{8}$ teaspoon thyme
 $\frac{1}{2}$ teaspoon salt
1 medium onion, sliced

1 garlic clove, minced
 $2\frac{1}{2}$ lbs. boned chuck steak,
about 2 inches thick
2 teaspoons
Kitchen Bouquet
12 frankfurter rolls

Combine all but last 3 ingredients; trim all or most of the fat from steak; pour first mixture over steak. Marinate in refrigerator overnight or at room temperature for several hours. Remove steak from marinade; drain well, saving marinade; brush both sides with Kitchen Bouquet. Grill with surface of steak about 4 inches above coals for 15 minutes on each side, turning and basting at regular intervals with marinade. Slice diagonally into thin slices, about $\frac{1}{8}$ inch thick. Serve on toasted rolls. Makes 12 servings.



DEVILED FLANK KEBOBS

Spread inside surface of flank steak (2 to $2\frac{1}{2}$ pounds) with thin layer of deviled ham. Roll up lengthwise and fasten if necessary. Cut into 1-inch slices with a sharp knife. Slip onto long skewers, piercing lengthwise. Combine 1 teaspoon Kitchen Bouquet, $\frac{1}{3}$ cup ketchup and 1 tablespoon salad oil. Brush both sides of kebobs generously with this sauce. Grill 3 to 4 inches above glowing coals 5 minutes on each side. Makes twelve 1-inch slices or 6 servings.

outdoor recipes for veal

BARBECUED ROLLED ROAST LEG OF VEAL

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|---------------------------|----------------------------------|
| 1 cup wine vinegar | 1 teaspoon dried mint |
| 1/4 cup salad oil | leaves or rosemary |
| 1 tablespoon | 1 boned and rolled leg of |
| Kitchen Bouquet | veal 4 to 5 lbs. |

Combine first 4 ingredients to make a barbecue sauce. About 10 to 15 minutes before cooking, brush all exposed lean meat surfaces with additional Kitchen Bouquet and let stand until ready to cook. Cook on spit over glowing charcoal about 30 minutes per pound, or until meat thermometer registers 170°. Baste often with sauce.

ROAST VEAL (RIB, LOIN OR LEG)

About 10 to 15 minutes before cooking, brush all exposed lean meat surfaces with Kitchen Bouquet. Let stand.

Roast on spit, figuring 25 minutes per pound for rare, 30 minutes per pound for medium and 35 to 40 minutes per pound for well-done.

When most of the fat has dripped off and meat is about two-thirds done, brush again with Kitchen Bouquet or Kitchen Bouquet Browning Glaze (page 39) and season as suggested for Leg of Lamb, if desired.

GRILLED VEAL CHOPS, STEAKS OR CUTLETS

About 10 to 15 minutes before cooking, trim off all or most of fat. Brush all surfaces with Kitchen Bouquet. Let stand until ready to cook. Proceed as for Beefsteak, page 5.

VEAL CHOPS HUNGARIAN

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|----------------------------------|-----------------------------------|
| 1/3 cup dry white wine | 1/4 teaspoon garlic powder |
| 2/3 cup salad oil | 6 veal chops, cut 1-inch |
| 1 tablespoon lemon juice | thick |
| 1 tablespoon grated onion | Kitchen Bouquet |
| 1 teaspoon paprika | Dairy sour cream |
| 1 teaspoon sugar | |

Combine wine, oil, lemon juice, grated onion, paprika, sugar and garlic powder; pour over chops. Marinate in refrigerator several hours or overnight. Drain chops well, saving marinade. About 10 to 15 minutes before cooking, brush on both sides with Kitchen Bouquet and let stand. Place chops on greased grill 4 or 5 inches above hot coals. Cook about 40 minutes, turning often and basting each time with the marinade. Serve topped with sour cream and additional paprika.

outdoor recipes for lamb

LEG OF LAMB

Have meat dealer saw 3 inches of bone from small end, leaving meat to form a flap. About 10 to 15 minutes before cooking, brush all exposed lean meat surfaces with Kitchen Bouquet.

Fold flap up; run rod through flap and leg. Insert meat thermometer in thickest part. Adjust rod. Start motor. Calculate 30 minutes per pound or until thermometer registers 170° (rare) to 180° (well done).

When most of the fat has dripped off and roast is about two-thirds done, brush again with Kitchen Bouquet. If desired, season at this time (page 4). For barbecue flavor, baste with any Kitchen Bouquet sauce (pages 40 and 41) during last 15 minutes.

ROLLED LEG OR SHOULDER OF LAMB

About 10 to 15 minutes before cooking, brush all exposed lean meat surfaces with Kitchen Bouquet. Let stand until ready to cook. Roast on spit, figuring about 35 minutes per pound for rare, 40 minutes for medium, and 45 minutes for well-done.

When most of the fat has dripped off and meat is about two-thirds done, brush again with Kitchen Bouquet and season if desired (page 4).

GRILLED LAMB CHOPS AND STEAKS

About 10 to 15 minutes before cooking, trim off all or most of fat. Brush all surfaces with Kitchen Bouquet. Let stand until ready to cook. Proceed as for Beefsteak (page 5).

BARBECUED LAMB STEAKS

| | |
|----------------------------------|--------------------------------|
| ¾ cup honey | ½ teaspoon curry powder |
| 1 tablespoon | Few grains salt |
| Kitchen Bouquet | ¼ teaspoon mint extract |
| ¼ cup brown sugar | 1 leg of lamb, cut into |
| 3 tablespoons lemon juice | steaks about 1-inch |
| 1 teaspoon dry mustard | thick |

Blend honey and Kitchen Bouquet. Add next 5 ingredients. Stir over low heat until sugar dissolves and ingredients are well-blended. Cool slightly; stir in mint extract. Arrange lamb steaks on greased grill. Brush generously with sauce. Adjust grill 4 inches above coals. Cook to medium or well-done stage (page 19), turning often and basting with sauce.

outdoor recipes for pork

LOIN OF PORK

Have meat dealer split backbone between ribs and cut loin in 3 pieces for easier balancing. About 10 to 15 minutes before cooking, brush all exposed lean meat surfaces with Kitchen Bouquet. Let stand until ready to cook. Balance on rod. Insert meat thermometer in cut end of thickest piece. Continue as for Standing Rib Roast of Beef (page 4). Figure 35 to 40 minutes per pound or until thermometer registers 190°.

When most of fat has dripped off, and roast is about two-thirds done, brush again with Kitchen Bouquet. About 15 minutes before meat is done brush fat surface with Kitchen Bouquet Honey Glaze (page 39).

WHOLE HAM

For easier preparation and shorter cooking time select a ready-to-eat ham. Have the ham cut in half diagonally so that it will balance on the rod. About 10 to 15 minutes before cooking, brush all exposed lean meat surfaces with Kitchen Bouquet.

Score fat surface in diamond pattern. Brush fat with Kitchen Bouquet Honey Glaze (page 39). Balance on spit rod, leaving an inch or two of space between pieces. Insert meat thermometer in thickest part of one piece. Continue as for standing rib roast beef (page 4). Calculate about 10 minutes per pound or until thermometer registers 140°. (Uncooked hams need 25 minutes per pound with a thermometer reading of 170°.)

During last 20 minutes baste several times with Honey Glaze.

GRILLED HAM STEAK

About 10 to 15 minutes before cooking, trim off all or most of the fat (if fat is left on, slash it at 1/2-inch intervals). Brush all surfaces with Kitchen Bouquet. Let stand until ready to cook.

With grill 2 to 4 inches above coals, broil uncooked ham steak, cut 1 inch thick, for 20 minutes, turning at regular intervals and brushing with Kitchen Bouquet Honey Glaze. Ready-to-eat ham slice, 1 inch thick, requires only 10 to 12 minutes total time.

GRILLED SPARERIBS

Allow 1 pound meaty spareribs for each serving. Brush all surfaces lightly with Honey Glaze (page 39).

Beginning at narrow end, lace rack of spareribs through middle, accordion-fashion, on rod. Start second rack from wide end; lace it on rod. Bring ribs to center of rod; push close together; hold in place with metal skewers. Adjust rod. Start motor.

Cook well-done, 45 to 60 minutes. During last 5 minutes brush constantly with Honey Glaze.

outdoor recipes for poultry

TURKEY

About 10 to 15 minutes before cooking, place breast side down on working surface. Bring neck skin up over neck cavity; skewer in place. Brush all surfaces evenly with Kitchen Bouquet Browning Glaze (page 39). Skewer wings to body; tie drumsticks to tail. Balance on spit rod. Adjust spit rod as directed for your own grill. Insert meat thermometer in thickest part of thigh. Start motor.

Allow 12 to 15 minutes per pound cooking time or until thermometer registers 190°. When turkey is about two-thirds done, brush again with Kitchen Bouquet Browning Glaze. During last 15 minutes baste several times with drippings or Browning Glaze.

CHICKEN

Prepare in same way as for turkey, using broiler-fryers weighing 2½ to 3 lbs. each. As many as 3 birds of approximately the same weight can be balanced on a long spit. Allow 1¼ to 2 hours total cooking time, depending on weight of chickens, or 190° on thermometer.

ROCK CORNISH GAME HENS

Select birds weighing at least 1 pound each. Prepare as for turkey. Truss each bird securely. Adjust several birds on spit rod. Start motor. If grill has cover, close it. Cook 45 minutes to 1 hour or until done. Brush several times during cooking with Kitchen Bouquet Browning Glaze (page 39).

SPLIT BROILERS, FRYERS OR CHICKEN PARTS

Seal in the savory juices and flavor of split broilers, fryers or chicken parts by brushing them before grilling with Kitchen Bouquet. This will keep the juices from dripping on the coals. It's so easy—takes only a minute.

Blend equal parts of melted fat and Kitchen Bouquet. Brush the mixture generously on both sides of chicken. This cuts down shrinkage! Brush grill with melted fat. Place chicken on it, skin side up. Sear with grill close to hot coals, 1 to 2 minutes on each side. After searing, raise grill 2 to 3 inches above the coals. Turn chicken with tongs (not fork) at regular intervals until it is done.

See how plump chicken stays when you brush with Kitchen Bouquet. Your chicken turns out evenly cooked, succulent under a thin, crisp crust that seals in the delicate juices and flavor. You'll love every bite—to the very last morsels near the bones.

CHICKEN BILOXI

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|---|--|
| 1 cup canned chicken broth | 1 teaspoon salt |
| $\frac{1}{3}$ cup salad oil | 1 teaspoon chili powder |
| 1 tablespoon Worcestershire sauce | Few grains cayenne |
| 1 teaspoon prepared horseradish | 1 garlic clove, minced |
| 1 teaspoon sugar | 2 broiler-fryer chickens, 1 $\frac{1}{2}$ to 2 lbs. each, halved |
| | Kitchen Bouquet |

Combine all but last 2 ingredients. About 10 to 15 minutes before cooking, brush all surfaces evenly with Kitchen Bouquet, then with the sauce. Arrange on greased grill, skin side up, with under surface of chicken 3 or 4 inches above hot coals. Grill 30 to 40 minutes, turning often, basting with sauce each time. Serve any remaining sauce with chicken. Makes 4 servings.

GOLDEN GATE BARBECUED BROILERS

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|---|--|
| 2 broiler-fryer chickens, quartered | 2 tablespoons Worcestershire sauce |
| Kitchen Bouquet | $\frac{1}{2}$ cup vinegar |
| Browning Glaze | $\frac{1}{2}$ teaspoon Tabasco |
| $\frac{1}{2}$ cup honey | 1 teaspoon |
| $\frac{1}{3}$ cup prepared yellow mustard | Kitchen Bouquet |

Brush all surfaces of chicken with Kitchen Bouquet Browning Glaze (page 39). Place on greased grill about 4 inches above hot coals. Brown on both sides. Place in aluminum-foil pan. Combine remaining ingredients; brush liberally over chicken. Place pan on grill. Cook about 45 minutes, basting often with sauce.

BARBECUED DUCKLING HALVES

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|--|---|
| 2 quick-frozen, ready-to-cook ducklings, 4 to 5 lbs. each | 1 teaspoon Kitchen Bouquet |
| $\frac{1}{4}$ cup honey | $\frac{1}{2}$ teaspoon salt |
| | $\frac{1}{2}$ teaspoon ginger |

Thaw ducklings in warmest place in the refrigerator for 24 to 36 hours. Cut ducklings in half, removing backbone and wing tips. Place skin side down on ungreaed grill at highest position above the coals. Grill 15 minutes on each side. Combine last 4 ingredients; brush generously over skin side of duckling. Broil 2 minutes longer.



outdoor recipes for fish and shellfish

SMALL WHOLE FISH

A frying pan over a wood fire may be all right for a fisherman not equipped with a charcoal grill. But for truly superb flavor try the latter! Brush all surfaces of the fish lightly with Kitchen Bouquet Browning Glaze (page 39). Grease grill to prevent sticking and set it at least 3 inches above the hot coals. Cook 10 to 15 minutes, depending on thickness of fish, turning once. Brush, before turning, with additional Kitchen Bouquet Browning Glaze. Brush often during last 5 minutes of cooking. Fish is done when it flakes easily with a fork.

(A revolving spit basket attached to the spit rod is perfect equipment for charcoal grilling small whole fish. Be sure to grease the basket and don't fasten the cover so tightly that it will tear the skin.)

LARGE WHOLE FISH

(3 pounds or over)

Remove head and clean fish. Lace up cavity with poultry pins and white twine. For a really big fish, tie it with twine spaced at half-inch intervals along entire length of body, to keep it from breaking apart.

Brush all surfaces lightly with Kitchen Bouquet Browning Glaze (page 39). Balance on spit. Attach spit; start motor. During cooking, brush often with Browning Glaze. Cook 15 to 25 minutes or until it flakes easily, depending on size of fish.

A large whole fish may also be grilled. Brush liberally with Kitchen Bouquet Browning Glaze; wrap in 2 thicknesses of heavy duty aluminum foil. Set grill 4 or 5 inches above coals; place fish on grill. Cook, without turning, until fish flakes easily, about 20 to 25 minutes.

BARBECUED WHOLE FISH IN FOIL

Select a large fish, such as a sea bass, weighing 4 to 5 pounds. Remove head when fish is cleaned. Brush all surfaces of fish with Kitchen Bouquet. Place fish on large double sheet of heavy duty aluminum foil. Pull foil up around fish. Heat All-Purpose Barbecue Sauce (page 41); add 1 can (6 oz.) BinB Broiled in Butter Sliced Mushrooms, with their broth. Pour hot sauce over fish. Fold foil securely over fish so sauce cannot escape. Place on grill 3 or 4 inches above hot coals. Cook 25 to 30 minutes. Open foil; test for doneness (fish flakes easily with a fork when done). Makes 6 servings.

BARBECUED LOBSTER TAILS

| | |
|--|--|
| 6 quick-frozen rock lobster tails, about 8 oz. each | 1 tablespoon lemon juice 1 teaspoon Kitchen Bouquet |
| 1/3 cup softened butter | |

Thaw lobster tails. Using kitchen shears, cut off thin undershell membrane covering meat. Bend tail back to crack shell or insert long skewers lengthwise to prevent curling during cooking. Place on grill 3 to 4 inches above glowing coals, shell side down. Broil 6 to 8 minutes. Blend butter, lemon juice and Kitchen Bouquet; brush generously over meat side. Using tongs, turn tails meat side down; broil 3 to 5 minutes longer. Serve with hot melted butter. Makes 6 servings.



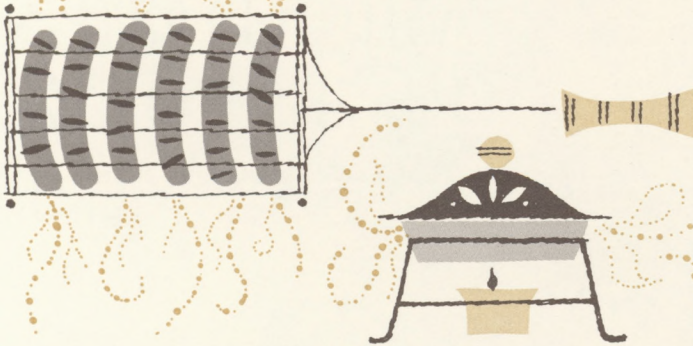
SKEWERED SCALLOPS

Sprinkle sea scallops with Kitchen Bouquet; toss with a fork until well coated. Skewer scallops, canned BinB Broiled in Butter Whole Mushroom Crowns and squares of bacon alternately on short skewers. Grill, about 4 inches above coals, for about 10 minutes, turning often and brushing with any favorite Kitchen Bouquet Basting Sauce (pages 40 and 41) throughout cooking.

GRILLED SOFT SHELL CRABS

Place cleaned crabs in a shallow pan. Brush all surfaces with Kitchen Bouquet Browning Glaze (page 39). Let stand a few minutes until ready to cook. Remove from pan to grill. Grill, about 2 inches above coals until done, about 8 to 10 minutes, turning at regular intervals with tongs.

other outdoor recipes



FRANKFURTERS

Always popular, the all-American frankfurter scores a high rating season after season. To keep franks from curling, score them lightly at half-inch intervals, using a sharp knife. Brush with Kitchen Bouquet. Grill 4 inches above coals, turning often, until they acquire a rich, even brown without charring.

BARBECUED BAKED BEANS

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|---|-------------------------------|
| 1 pound Canadian bacon | 2 teaspoons |
| 1/2 cup diced onion | Kitchen Bouquet |
| 1 garlic clove, minced | 1/4 teaspoon marjoram |
| 2 cans (1 lb. each) pork and beans | 1/4 teaspoon salt |
| | 1 teaspoon dry mustard |
| | 1/2 cup molasses |

Cut Canadian bacon into 1/4-inch thick slices; then into large squares. Fry in skillet over outdoor grill until brown and slightly crisp. Add onion and garlic; cook until just tender, about 5 minutes. Stir in remaining ingredients. Cover; cook over low heat at back of grill about 30 minutes. Remove cover; cook 15 minutes longer, stirring often. Makes 4 to 6 servings.

MARINATED MUSHROOMS

(a wonderful meat accompaniment)

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|--------------------------------|-----------------------------------|
| 2 cans (6 oz. each) | 1/4 cup salad oil |
| BinB Broiled In | 2 tablespoons wine vinegar |
| Butter Whole | 2 teaspoons |
| Mushroom Crowns | Kitchen Bouquet |
| 2 garlic cloves, minced | |

Drain mushrooms. Combine remaining ingredients; mix well; pour over mushrooms. Toss with a fork. Cover tightly. Chill at least 24 hours.



cooking indoors with KITCHEN BOUQUET

meats
poultry
fish and shellfish
gravies • glazes
sauces • soups

MEATS

How is it possible to cook meat the modern way, at moderate temperatures, and not have it pale and unattractive when you serve it? Kitchen Bouquet—the magic ingredient—is the genie that comes to your rescue, giving meat the rich brown, luscious look that is so necessary for appetite appeal. Kitchen Bouquet helps seal in the savory juices and flavor—gives meat, poultry and fish that wonderful outdoor charcoal-broiled effect even when it is cooked in the kitchen range.

Kitchen Bouquet when brushed on meat, poultry and fish before broiling practically eliminates the spattering of grease in the broiler, reducing the chances of the meat catching fire.

Brush on Kitchen Bouquet (page 1) or use Kitchen Bouquet Browning Glaze (page 39), according to recipe directions.

Whether you roast, broil, braise, or stew, you need Kitchen Bouquet for the ultimate in appearance and flavor.

ROASTING POINTERS

Choose tender meat, low in connective tissue. Almost any cut of lamb, veal or pork is suitable for roasting. For beef roasts choose prime rib, sirloin or top round. Now follow these simple steps:

1. About 10 to 15 minutes before cooking, brush all exposed lean meat surfaces with Kitchen Bouquet to insure an appetizing brown crust that helps seal in the savory juices and flavor, and lessens shrinkage. Let stand until ready to cook.

2. Place roast on rack in shallow open roasting pan, fat side up.
3. Insert meat thermometer into thickest part of meat, making sure the tip or bulb does not touch any fat or bone.
4. Roast in preheated 325° to 350° oven to desired degree of doneness.
5. When most of the fat has dripped off, and roast is about two-thirds done, brush again with Kitchen Bouquet. At this time, if desired, sprinkle with salt, garlic powder, coarsely ground black pepper or any favorite herb or spice. Finish roasting.
6. Remove to hot serving platter. Make gravy from drippings in pan, adding more Kitchen Bouquet for rich, brown color (page 37).

ROASTING TIMETABLE

| | <i>Kind and Cut</i> | <i>Approximate Weight Pounds</i> | <i>Internal Temperature</i> | <i>Approximate Cooking Time at 325° (Hours)</i> |
|------------------------|--|--|---------------------------------|---|
| <i>BEEF</i> | <i>Rolled Rib Roast</i> | <i>4</i> | <i>140° (rare)</i> | <i>2¼</i> |
| | | | <i>160° (medium)</i> | <i>2½</i> |
| | <i>Standing Rib Roast</i> | <i>6</i> | <i>140° (rare)</i> | <i>2¼</i> |
| | | | <i>160° (medium)</i> | <i>2½</i> |
| <i>LAMB*</i> | <i>Leg</i> | <i>6-8</i> | <i>180° (well-done)</i> | <i>3-4</i> |
| | <i>Rolled Shoulder</i> | <i>3</i> | <i>180° (well-done)</i> | <i>2½</i> |
| <i>VEAL*</i> | <i>Leg, Loin or Rib Roast</i> | <i>5</i> | <i>180° (well-done)</i> | <i>3½</i> |
| | <i>Rolled Leg or</i> | <i>5</i> | <i>180° (well-done)</i> | <i>3⅓</i> |
| | <i>Rolled Shoulder</i> | <i>5</i> | <i>180° (well-done)</i> | <i>3</i> |
| <i>PORK, FRESH</i> | <i>Loin</i> | <i>5</i> | <i>185° (well-done)</i> | <i>3</i> |
| | <i>Cushion Shoulder</i> | <i>5</i> | <i>185° (well-done)</i> | <i>3½</i> |
| <i>PORK, CURED</i> | <i>Ham, whole, bone-in ready-to-eat</i> | <i>8-10</i> | <i>130°</i> | <i>2-2¼</i> |
| | <i>Smoked Picnic, bone-in ready-to-eat</i> | <i>6</i> | <i>130°</i> | <i>2</i> |
| <i>POULTRY</i> | <i>Capon (Stuffed)</i> | <i>6</i> | <i>190° (well-done)</i> | <i>4</i> |
| | <i>Chicken (Stuffed)</i> | <i>3½-4½</i> | <i>190° (well-done)</i> | <i>3½-4</i> |
| | <i>Turkey (Stuffed)</i> | <i>10-12</i> | <i>190° (well-done)</i> | <i>4½-5</i> |
| | <i>Turkey (Stuffed)</i> | <i>12-14</i> | <i>190° (well-done)</i> | <i>5-5¼</i> |

* For rare to medium the meat thermometer should register 170° to 175°. Total cooking time will be shorter by ½ hour or more.

BROILING POINTERS

For broiling choose tender cuts such as chops, steaks, tenderized or ready-to-eat ham slices and ground meat. Pork is not usually broiled because it requires a longer cooking time. Modern methods recommend broiling at constant, moderate temperatures whether the cooking be done in a range, an electric broiler or out-of-doors. For that wonderful outdoor charcoal broiled effect in your kitchen range brush meat, poultry and fish with Kitchen Bouquet or Kitchen Bouquet Browning Glaze (page 39) before broiling. Many cooks still prefer to sear both sides of meat before the heat is lowered; when this is done, brushing with Kitchen Bouquet will help seal in the savory juices and flavor and cut down shrinkage during the searing.

1. About 10 to 15 minutes before broiling, trim off all or most of the fat, brush all surfaces with Kitchen Bouquet and let stand until ready to cook.

2. Preheat broiler about 10 minutes. Set thermostat at 350° if your broiler is part of the oven unit; turn heat to medium or half-way if broiler is a separate unit. (For searing set at 550° or highest heat.)

3. Place meat on lightly greased broiler rack.

4. Sear both surfaces quickly if desired, then proceed as follows. Place rack so that source of moderate heat is at least 4 inches from surface of meats more than 2 inches thick and 3 inches from those 1½ inches thick or less. If using an electric broiler, follow manufacturer's directions.

5. If not seared, broil under moderate heat until top is brown; turn; brown the other side.

6. Broil to desired degree of doneness (page 19).



BROILED STEAKS

People are fussy about the way they want steak cooked. But whether they belong to the rare, medium or well-done school they all want the outside crisply brown, the inside juicy and flavorful. It's so easy with magic Kitchen Bouquet to seal in the savory juices and flavor of your steak. Simply cut off most or all fat (it catches fire, smudges). About 10 to 15 minutes before broiling, brush Kitchen Bouquet generously over entire surface of the steak. Let stand until ready to cook.

With steak close to heat sear each side one or two minutes. Lower broiling rack so surface of meat is two inches below heat. Broil to rare, medium, or well-done (page 19), turning steak with tongs (not fork) at regular intervals. Your steak turns out evenly broiled with a tasty thin crust that has sealed in juices and that great steak flavor—greatest you ever ate—thanks to the Kitchen Bouquet brush-on.



BROILING TIMETABLE

| | | <i>Total Time in Minutes</i> | | |
|-------------------------|--------------------------|------------------------------|---------------|------------------|
| | | <i>Rare</i> | <i>Medium</i> | <i>Well-Done</i> |
| BEEF STEAKS | | | | |
| <i>Sirloin,</i> | <i>1 inch thick</i> | 12 | 15 | 20 |
| <i>Tenderloin,</i> | <i>1½ inches thick</i> | 15 | 20 | 25 |
| <i>Porterhouse,</i> | <i>2 inches thick</i> | 30 | 40 | 45 |
| <i>T-Bone, Club,</i> | | | | |
| <i>Shell or</i> | | | | |
| <i>Tenderized Round</i> | | | | |
| CHICKEN | | | | |
| | <i>Broiler Halves</i> | | | 45 (about) |
| CHOPS or STEAKS | | | | |
| | <i>1 inch thick</i> | 10 | 12 | 14 |
| <i>Lamb</i> | <i>1½ inches thick</i> | 15 | 18 | 22 |
| | <i>2 inches thick</i> | 20 | 24 | 30 |
| <i>Veal</i> | <i>¾ to 1 inch thick</i> | 12 | 15 | 20-25 |

STEWING AND BRAISING POINTERS

Less tender cuts of meat have two advantages. First, they cost less than choice cuts. Secondly, they often have more flavor than the more tender meat. Cook these cuts with added moisture so that they will not dry out in the process of cooking tender.

Meat cooked by stewing or braising should be well-browned before adding liquid or the brown color will gradually disappear during the cooking process. To insure satisfying brown color and flavor, brush the meat with Kitchen Bouquet, or sprinkle it over small pieces of meat in a bowl and toss with a fork to coat evenly.

Brown in a small amount of fat or salad oil over moderate heat. Add the amount of liquid required and whatever seasoning you wish. For the liquid use water, tomato juice, fruit juice, sour cream, wine or any combination of liquids. For the seasonings, experiment with small amounts of herbs and spices, onion, garlic, chili, curry or special prepared seasonings in addition to salt and pepper.

Simmer, covered, until meat is tender. Or bake at 325°. If liquid boils away, replenish it. Thicken juices slightly before serving, if desired.

how to cook beef



Beef is easily the most popular of all meats. Cuts for roasting are expensive, so every care should be taken to cook them properly. Less expensive cuts are packed with rewarding flavor if lovingly cooked to insure tenderness.

STANDING RIB ROAST OF BEEF

About 10 to 15 minutes before roasting, brush all exposed lean meat surfaces with Kitchen Bouquet (page 1) and let stand until ready to cook.

Place fat side up on rack in shallow open roasting pan. Roast at 325° to 350° to rare, medium or well-done (see timetable, page 17), using a meat thermometer to insure perfect results. When most of the fat has dripped off, and roast is about two-thirds done, brush again with Kitchen Bouquet. At this time, if desired, season with garlic powder, coarsely ground black pepper or any favorite herb or spice.

ROLLED RIB ROAST OF BEEF

Same as above, following timetable (page 17) and using meat thermometer for best results.

APPLE BROWN POT ROAST

- | | |
|--------------------------------|--------------------------------|
| 4 lbs. boned and rolled | 1 cup water |
| beef pot roast | 1 onion, quartered |
| 1 tablespoon | 2 stalks celery, sliced |
| Kitchen Bouquet | 1 large apple, |
| 2 tablespoons salad oil | cored and sliced |
| 1½ teaspoons salt | 1 teaspoon cornstarch |
| 1/8 teaspoon pepper | 1 tablespoon cold water |
| 1/8 teaspoon cloves | 1 teaspoon horseradish |

Brush all surfaces of meat with Kitchen Bouquet. Heat oil in Dutch oven; brown meat on all sides. Sprinkle with seasonings. Add water, onion, celery and apple. Cover tightly; cook over low heat until meat is tender, about 3 hours, turning once when half done. Replenish water during cooking, if necessary. Remove meat; keep warm. Skim excess fat from pan liquid. Put pan liquid, vegetables and apple through sieve or food mill. Blend cornstarch, water and horseradish; add; bring to boil, stirring constantly. Slice meat; top with gravy. Makes 8 servings.

RICH BROWN POT ROAST

- | | |
|------------------------------|----------------------------|
| 2 tablespoons honey | 1 teaspoon salt |
| 1 tablespoon | 1 cup water |
| Kitchen Bouquet | 2 small onions |
| 1 pot roast (4 lbs.), | 2 stalks celery |
| boned and rolled | 3 tablespoons flour |
| 1/4 teaspoon marjoram | 1/2 teaspoon salt |

Combine honey and Kitchen Bouquet in bottom of Dutch oven over moderate heat. Add pot roast, turn to coat evenly. Brown lightly. Add next 5 ingredients. Cover; cook over low heat 3 to 4 hours, or until meat is tender. Replenish water if necessary. Remove meat. Skim fat from pan liquid; reserve 3 tablespoons fat. Put pan liquid including vegetables through sieve or food mill. Blend flour and salt with reserved fat. Add water to pan liquid to make 2 cups. Combine with fat-flour mixture. Cook, stirring constantly, until thickened. Add a few drops of Kitchen Bouquet to tint gravy a rich brown. Makes 8 servings.

BEEF BURGUNDY

- | | |
|--------------------------------------|---------------------------------|
| 3 lbs. lean boneless sirloin, | 1 can (10 1/2 oz.) |
| cut 2 inches thick | consommé |
| 1 tablespoon | 1 can (6 oz.) BinB |
| Kitchen Bouquet | Broiled in Butter |
| 3 tablespoons salad oil | Whole Mushroom |
| 1/2 cup minced onion | Crowns |
| 1/2 cup Burgundy | 3 tablespoons cornstarch |

Cut meat in 3-inch squares; place in bowl; sprinkle with Kitchen Bouquet. Toss until well-coated. Brown in hot oil in large skillet or Dutch oven, turning frequently, until evenly browned. Add Burgundy and consommé; cover; simmer, until tender, 2 1/2 to 3 hours. Drain mushrooms, reserving broth; add. Blend cornstarch and mushroom broth; stir in. Cook, stirring, until thickened. Makes 6 servings.

HAMBURGER SCRAMBLE

- | | |
|--------------------------------|-------------------------------|
| 2 tablespoons salad oil | 1 can (6 oz.) |
| 1/4 cup minced onion | BinB Broiled in Butter |
| 1 lb. chopped lean beef | Sliced Mushrooms |
| 1 teaspoon salt | 1 can (10 1/2 oz.) |
| 1 teaspoon | condensed cream of |
| Kitchen Bouquet | mushroom soup |

Heat oil in frying pan. Add onion; cook 3 minutes. Separate meat into small chunks; add to frying pan. Cook, stirring occasionally with fork, until meat is crumbly and brown. Stir in salt, Kitchen Bouquet, mushrooms (including broth) and soup. Serve over toasted hamburger buns. Makes 4 servings.



STUFFED FLANK STEAK

- | | |
|---------------------------------|-----------------------------------|
| 2 cups mashed potatoes | 2 teaspoons |
| 1/2 cup fine dry | Kitchen Bouquet |
| bread crumbs | 2 tablespoons salad oil |
| 1 slightly beaten egg | 1/2 cup water |
| 1 teaspoon salt | 2 stalks celery |
| 1/2 teaspoon celery salt | 2 medium onions, |
| 1/4 teaspoon onion salt | quartered |
| 1/2 teaspoon pepper | 1 can (8 oz.) tomato sauce |
| 2 lbs. flank steak | |

Combine first 7 ingredients. Brush 1 side of steak with Kitchen Bouquet. Turn; spread other side with potato mixture, leaving 1 1/2-inch margin on all sides. Roll up like jelly roll; skewer over-lapping edge firmly in place. Brown rolled meat on all sides in oil. Place rack under meat. Add water, celery and onions. Cover; cook over low heat until meat is tender, about 1 1/2 hours. Replenish water if necessary. Remove meat. Put pan liquid, including vegetables, through sieve or food mill. Add tomato sauce to vegetable mixture; bring to boil. Serve with meat. Makes 4 to 6 servings.

HUNGARIAN GOULASH

- | | |
|------------------------------------|---------------------------------|
| 2 lbs. boneless beef, | 1 can (8 oz.) tomato |
| cut in 1-inch cubes | sauce |
| 2 teaspoons | 1 tablespoon paprika |
| Kitchen Bouquet | 1 1/2 cups water |
| 2 teaspoons salt | 2 tablespoons cornstarch |
| 1 cup sliced onions | 1/4 cup dry red wine, |
| 2 tablespoons salad oil | or cold water |
| 1/2 cup finely diced celery | |

Sprinkle beef with Kitchen Bouquet and salt. Toss to coat beef evenly. Cook onions in oil until golden brown. Add meat; brown, turning often. Add celery. Blend tomato sauce, paprika and water; add. Cook, covered, over low heat until meat is tender, about 1 hour. Blend cornstarch and wine; add. Stir until thickened. Makes 6 servings.

how to cook veal

ROAST LEG OR LOIN OF VEAL

About 10 to 15 minutes before roasting, brush all exposed lean meat surfaces with Kitchen Bouquet Browning Glaze (page 39) and let stand until ready to cook.

Wrap veal loosely in heavy duty aluminum foil. Place on rack in shallow open roasting pan. Roast at 325°-350° to rare, medium or well-done stage, following chart on page 17.

Open foil for last half hour of cooking; brush again with Browning Glaze. Insert meat thermometer at this time, and, if desired, season by sprinkling with garlic powder, coarse black pepper or any favorite herb or spice.

ROLLED LEG OR SHOULDER OF VEAL

Prepare and roast as above. Cooking time will be longer by about 10 minutes per pound.

VEAL CHOPS, STEAKS OR CUTLETS

About 10 to 15 minutes before cooking, trim off all or most of the fat. Brush all surfaces with Kitchen Bouquet and let stand until ready to cook. Proceed as for Lamb Chops or Steaks (page 25), using Kitchen Bouquet Browning Glaze (page 39) for second brushing.

VEAL STROGANOFF

| | |
|--------------------------------|---------------------------------|
| 1 lb. boned veal cutlet | 1 cup sliced onion |
| 1 teaspoon | 1 can (3 oz.) |
| Kitchen Bouquet | BinB Broiled in Butter |
| 1 teaspoon salt | Sliced Mushrooms |
| 1 teaspoon dry mustard | 1 tablespoon cornstarch |
| 1/8 teaspoon pepper | 2 tablespoons cold water |
| 1/8 teaspoon marjoram | 1/2 cup dairy sour cream |
| 3 tablespoons salad oil | 2 tablespoons ketchup |

Have meat dealer pound veal until 1/4-inch thick. Cut in 1-inch strips. Sprinkle with Kitchen Bouquet and seasonings. Toss lightly with fork to coat evenly. Brown meat lightly on both sides in oil. Add onion; cook about 5 minutes, stirring often. Add mushrooms with their broth. Cover; cook over low heat until meat is tender, about 45 minutes. Blend cornstarch and water. Add to meat; stir until thickened. Combine sour cream and ketchup; stir into mixture. Heat slowly. Makes 4 servings.



VEAL CHOPS NEAPOLITAN

- 4 veal chops, 1 inch thick,**
about 2 lbs.
- 2 slices cooked ham,**
 $\frac{1}{8}$ inch thick
- 2 slices Swiss cheese,**
 $\frac{1}{8}$ inch thick

- 2 teaspoons**
Kitchen Bouquet
- 2 tablespoons salad oil**
- $\frac{1}{2}$ **teaspoon salt**
- $\frac{1}{8}$ **teaspoon marjoram**
- $\frac{1}{8}$ **teaspoon pepper**

Have pocket cut in each chop. Cut ham and cheese slices in half; fill each pocket with one half-slice of each. With meat at room temperature, brush with Kitchen Bouquet. Let stand about 1 hour. Brown chops on both sides in oil. Transfer chops to shallow baking dish. Add seasonings; bake uncovered at 350° for 45 minutes.

VEAL GOULASH

- 2 lbs. boned veal**
- 2 teaspoons**
Kitchen Bouquet
- $2\frac{1}{2}$ **teaspoons salt**
- $\frac{1}{8}$ **teaspoon pepper**
- $1\frac{1}{16}$ **teaspoon cloves**
- 2 tablespoons salad oil**
- 1 cup sliced onions**
- 1 garlic clove, minced**

- $\frac{1}{2}$ **cup finely diced celery**
- 1 can (8 oz.) tomato**
sauce
- $1\frac{1}{2}$ **cups water**
- 1 teaspoon paprika**
- 2 tablespoons cornstarch**
- $\frac{1}{4}$ **cup dry red wine**
or water

Cut meat in 1-inch cubes. Sprinkle with Kitchen Bouquet, salt, pepper and cloves. Toss lightly to coat evenly. Brown meat in oil. Add onions and garlic. Cook about 5 minutes longer, stirring often. Add next 4 ingredients. Cover; bring to boil. Lower heat; simmer until meat is tender, about $1\frac{1}{4}$ hours. Blend cornstarch and wine; stir in. Cook and stir until liquid is thickened. Cover; simmer 5 minutes longer. Makes 6 servings.

how to cook

lamb



Have you ever tried roast lamb cooked just to the rare or medium stage? Europeans prefer it this way—with the slices delicate pink in color as they yield to the knife. Perhaps you will learn to prefer it this way too, and with the magic of Kitchen Bouquet you need not sacrifice the attractive brown, crisp surface.

ROAST LEG OF LAMB

About 10 to 15 minutes before cooking, brush all exposed lean meat surfaces with Kitchen Bouquet. Let stand until ready to cook.

Place lamb on rack in shallow open roasting pan. Insert meat thermometer in thickest part, being careful that the tip of the thermometer does not rest against bone or in fat.

Roast at 325° (see page 17 for timing). When most of fat has dripped off, and roast is about two-thirds done, brush again with Kitchen Bouquet. If desired, season the lamb at this time by sprinkling with garlic powder, freshly ground black pepper or any herb or spice.

BONED AND ROLLED LEG OR SHOULDER OF LAMB

Prepare and roast the meat as above. Cooking time will be longer by about 10 minutes per pound.

LAMB CHOPS OR STEAKS

About 10 to 15 minutes before cooking, trim off all or most of the fat. Brush all surfaces with Kitchen Bouquet and let stand until ready to cook. Broil with surface of meat about 3 inches below source of heat to rare, medium or well-done stage (page 19), turning at regular intervals with tongs, not fork.

LAMB ORIENTAL

- | | |
|---|-----------------------------------|
| 4 lamb shanks (about 1 lb. each) | 1/2 teaspoon ginger |
| 2 cups water | 1 garlic clove, minced |
| 2 tablespoons Kitchen Bouquet divided | 1/2 cup lamb broth |
| 1/4 cup salad oil | 1/2 cup ketchup |
| 1/2 teaspoon salt | 1 tablespoon cornstarch |
| | 2 tablespoons sliced scallions |

Place lamb shanks on rack in Dutch oven. Add water; cook over moderate heat until tender, about 1 hour. Cool slightly in broth. Remove meat from bones in large pieces. Toss pieces with 1 1/2 tablespoons Kitchen Bouquet until coated. Cook lamb, salt, ginger and garlic in oil, turning occasionally, about 10 minutes. Combine lamb broth, ketchup, cornstarch and remaining Kitchen Bouquet. Add to lamb. Cook, stirring, until sauce thickens. Cover; cook 15 minutes longer. Stir in scallions. Makes 4 servings.

SAVORY STUFFED LAMB SHOULDER

- | | |
|--|--------------------------------|
| 4 lbs. shoulder of lamb | 1/4 cup minced green pepper |
| 1 can (8 oz.) pineapple tidbits | 1 tablespoon vinegar |
| 1/4 lb. butter or marjoram | 2 teaspoons Kitchen Bouquet |
| 1 package (8 oz.) herb-flavored stuffing mix | 1/4 teaspoon marjoram |

Have meat dealer remove blade bone from shoulder to make pocket for stuffing. Measure pineapple syrup from can; add water to make 1 cup. Melt butter in syrup mixture in large saucepan. Add stuffing mix; toss with fork to mix. Add pineapple tidbits and green pepper. Fill pocket with stuffing; fasten with small poultry pins or skewers. Place lamb, fat side up, on rack in open roasting pan. Combine remaining ingredients; brush over entire surface. Roast at 325°, about 2 1/2 hours or until meat thermometer registers 170° to 180°. Serve with gravy made from drippings (page 38). Makes 6 servings.

BROILED LAMB PATTIES WITH HOT SAUCE

- | | |
|-------------------------------|------------------------------------|
| 1 lb. lean ground lamb | 2 tablespoons |
| 1 cup grated raw carrot | Kitchen Bouquet |
| 2 tablespoons minced onion | Browning Glaze (page 39) |
| 1 egg, slightly beaten | 3 tablespoons chili sauce |
| 1 teaspoon salt | 2 tablespoons lemon juice |
| 1/4 teaspoon pepper | 1 teaspoon dry mustard |
| 1/4 teaspoon curry powder | 1 teaspoon Worcestershire sauce |

Combine first 7 ingredients; mix well. Shape into 6 patties. Place on broiler rack. Brush with half the Browning Glaze. Broil 5 minutes, 4 inches below heat. Turn. Brush with remaining Browning Glaze. Broil 5 minutes longer. Combine remaining ingredients for sauce.



ELLEN'S LAMB STEW

- | | |
|-----------------------------------|---------------------------------|
| 4 lbs. boned lamb shoulder | 6 medium onions, |
| 2 tablespoons | quartered |
| Kitchen Bouquet | 4 carrots, cut in 1-inch |
| 2 teaspoons salt | slices |
| 1/4 teaspoon pepper | 4 potatoes, quartered |
| 3 tablespoons shortening | 2 stalks celery cut in |
| 2 bay leaves | 1-inch slices |
| 4 or 5 peppercorns | 1 cup green peas |

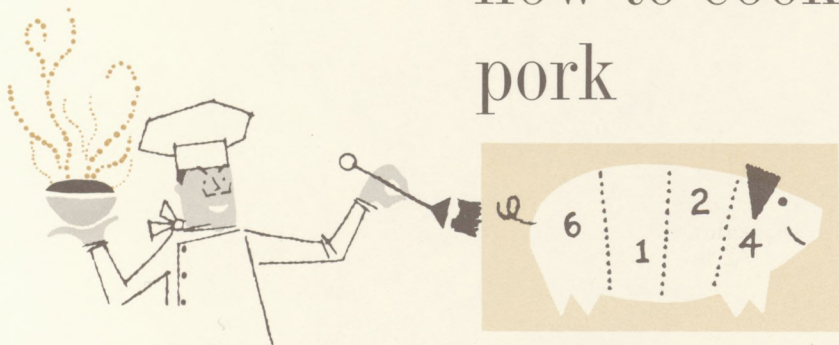
Cut lamb in 1-inch cubes. Sprinkle with Kitchen Bouquet, salt and pepper. Toss lightly with fork to coat evenly. Brown meat cubes in shortening over moderate heat, turning often. Add enough hot water to cover. Add bay leaves and peppercorns; cover; cook slowly about 1 1/2 hours. Add vegetables, except peas; simmer about 1 hour longer or until tender. Add peas for last 15 minutes cooking time. Thicken gravy with 1 1/2 tablespoons flour blended with 1/2 cup cold water and 1/2 teaspoon Kitchen Bouquet. Makes 6 generous servings.

LAMB PIE WITH POPPY SEED CRUST

- | | |
|-----------------------------|---------------------------------|
| 3 lbs. lamb shoulder | 1 teaspoon |
| 1/3 cup shortening | Kitchen Bouquet |
| 1 teaspoon salt | 2 cups cooked green peas |
| 1/8 teaspoon pepper | 1 cup cooked |
| 1/3 cup flour | small white onions |
| 3 cups lamb broth | 1 cup pie crust mix |
| | 1 tablespoon poppy seeds |

Cook lamb until tender with 2 cups water and 2 teaspoons salt, about 1 1/2 hours. Cool slightly in broth. Remove meat from bones; cut in 1-inch cubes. Melt shortening in saucepan; blend in salt, pepper and flour. Skim fat from broth; add water to broth to make 3 cups broth. Stir broth into flour mixture. Cook, stirring constantly, until gravy thickens. Add Kitchen Bouquet, peas, onions and cubed lamb. Pour into shallow greased 1 1/2-quart baking dish. Stir poppy seeds into pie crust mix, then prepare as directed on package. Roll out to fit top of baking dish; cut slits in top. Bake at 400° about 25 minutes. Makes 4 servings.

how to cook pork



Pork is rich and tender, well covered with a layer of creamy fat. When it is cooked we want the fat covering to be crispy brown, the meat beneath still tender and juicy. The answer, of course, is that magic ingredient, Kitchen Bouquet. Brush it over all surfaces (page 1) about 10 to 15 minutes before cooking, or use a Kitchen Bouquet Glaze (page 39).

ROAST LOIN OF PORK

To insure a crisp, golden brown surface at moderate oven temperature, follow this procedure: About 10 to 15 minutes before cooking, brush all exposed lean meat surfaces with Kitchen Bouquet. Let stand until ready to cook.

Roast at 325°, following timetable on page 17, using a meat thermometer to be sure pork is cooked well-done. About 20 minutes before end of roasting period brush fat surface with Kitchen Bouquet Honey Glaze (page 39).

CALIFORNIA PORK CHOPS

4 loin pork chops,
cut 1-inch thick
Kitchen Bouquet
2 tablespoons fat or
salad oil
2 tablespoons
minced onion
1 teaspoon salt

1/16 teaspoon marjoram
1 can (3 oz.)
BinB Broiled in Butter
Sliced Mushrooms
1 lemon, thinly sliced
1 tablespoon cornstarch
2 tablespoons sherry,
dry vermouth or water

About 10 to 15 minutes before cooking, brush all surfaces of chops with Kitchen Bouquet (page 1). Brown quickly in hot fat or oil over moderate heat. Sprinkle in onion, salt and marjoram. Cook 1 minute longer. Add mushrooms with their broth. Add lemon slices. Cover; lower heat; simmer until chops are done, about 35 to 40 minutes. Discard lemon. Combine cornstarch and sherry; stir in. Cook, stirring until sauce is thick and clear. Makes 4 servings.

PORK HAWAIIAN

- | | |
|-------------------------------|---------------------------------|
| 2 lbs. lean boned pork | 1 jar (8 oz.) |
| 1 teaspoon ginger | large sweet gherkins |
| 2 teaspoons | 2 teaspoons salt |
| Kitchen Bouquet | 2 green peppers, |
| 1/4 cup salad oil | cut in strips |
| 1 can (1 lb. 4 oz.) | 3 tablespoons cornstarch |
| sliced pineapple | 1/4 cup water |
| 1 can (6 oz.) | |
| BinB Broiled in Butter | |
| Sliced Mushrooms | |

Cut pork into 1/2-inch cubes. Sprinkle with ginger and Kitchen Bouquet. Toss lightly until meat is well coated. Cook in oil in large skillet until lightly browned. Drain pineapple syrup, mushroom broth and pickle syrup into pint measuring cup; add enough water to make a pint. Pour into skillet. Add salt. Bring to boil; simmer, covered, about 10 minutes, or until pork is tender and well-done. Cut pineapple slices in thirds; cut pickles in thirds diagonally; add with mushrooms to contents of skillet. Cook, covered, until hot. Add green pepper strips. Blend cornstarch and water; add; stir until thickened. Makes 6 servings.

SAVORY BROILED HAM SLICE

- | | |
|-------------------------|----------------------------------|
| 3/4-inch slice | 2 teaspoons vinegar |
| pre-cooked ham, | 1/2 teaspoon curry powder |
| about 1 1/4 lbs. | 1/2 teaspoon dry mustard |
| 1 teaspoon | 1 tablespoon brown sugar |
| Kitchen Bouquet | 1 tablespoon minced onion |

Place ham on heat-proof platter. Combine remaining ingredients; brush over top surface of ham. Place platter on broiler rack 4 inches below moderate heat. Broil until ham is sizzling and brown, about 15 minutes. Makes 4 servings.

HONEY SWEET PORK BUTT

- | | |
|-----------------------------------|--------------------------------|
| 1 boneless smoked | 1/2 teaspoon onion salt |
| pork butt, about 2 lbs. | 1/8 teaspoon allspice |
| 1 can (8 oz.) tomato sauce | 1 teaspoon |
| 1/4 cup wine vinegar | Kitchen Bouquet |
| 1/2 teaspoon celery salt | 3 tablespoons honey |

Simmer pork butt in unsalted water to cover until tender, about 1 hour. Cool. Cut into slices 1/3-inch thick. Place slices close together in baking dish. Blend remaining ingredients; spread evenly over meat. Bake at 350° until meat is hot and sauce has formed glaze, about 30 minutes. Makes 6 servings.

how to cook poultry



ROAST CHICKEN OR CAPON

After the bird is stuffed, brush all surfaces with Kitchen Bouquet Browning Glaze (page 39). Skewer wings in place, with tips folded under the bird. Tie legs to tail. Skewer neck skin to back. Sew up stuffing cavity or lace together with poultry pins and twine.

Roast on a rack in a shallow open roasting pan at 325°–350°. During the last 20 minutes brush twice with Kitchen Bouquet Browning Glaze. Allow about 30 minutes per pound roasting time. The bird is done when the leg joint moves freely.

ROAST DUCKLING

Duckling needs no trussing, but stuffing cavity should be sewed up or laced as for chicken. Duckling, with its protective layer of fat, need not be brushed with a glaze before roasting. However, brushing it with Kitchen Bouquet Honey Glaze (page 39) about 15 minutes before removing from oven will insure a beautiful, golden brown, crisp skin. Roast on a rack in a shallow open roasting pan from 2 to 2½ hours.

PIQUANT BAKED CHICKEN

- | | |
|---|---------------------------------|
| 1 frying chicken, about 3 lbs. | 1 teaspoon |
| ¼ cup soft butter | prepared mustard |
| 1 tablespoon | 1 teaspoon vinegar |
| Kitchen Bouquet | Milk |
| 1 teaspoon salt | 3 tablespoons shortening |
| | 3 tablespoons flour |

Have meat dealer quarter chicken, cutting out neck and backbone. Place neck, backbone and giblets in saucepan. Add 2 cups water, 1 teaspoon salt, slice of onion and some celery tops. Cover; cook over moderate heat until giblets are tender. Meanwhile blend butter, Kitchen Bouquet, salt, mustard and vinegar. Spread chicken with Kitchen Bouquet mixture. Bake at 350°, skin side up, until tender, about 1 hour. Strain giblet broth; add enough milk to make 2 cups. Blend shortening and flour; stir in broth. Cook, stirring constantly, until thickened. Dice giblets and meat from neck and backbone; add. Remove chicken to platter. Pour giblet sauce into baking pan; heat and stir to dissolve all drippings. Serve with chicken. Makes 4 servings.



ROAST TURKEY

Stuff turkey just before roasting. Brush all surfaces with Kitchen Bouquet Browning Glaze (page 39), giving special attention to areas between thighs and wings and body. Truss turkey as usual. Pad bone ends and trussing pins with folds of aluminum foil.

Place turkey on single sheet of 18-inch wide heavy duty aluminum foil, long enough to overlap 3 or 4 inches along turkey from breast to tail. Bring ends up loosely to hold drippings—do not seal air-tight.

Place on rack in open roasting pan. Roast at 325° for 3 hours. Fold top foil back or tear it off; pierce bottom foil. Brush all surfaces again with Kitchen Bouquet Browning Glaze. If meat thermometer is used, insert it at this time, with tip in thick part of thigh close to the body or thickest part of breast. Return to oven.

Roast 1 to 1½ hours longer or until done (thermometer at 185° to 190°, or when leg bone moves freely).

The turkey will have a beautiful, even golden-brown surface and you will be amazed at how juicy it will be when sliced—even the white meat which is sometimes so dry will be juicy, tender and delicious.

COQ AU VIN

| | |
|--|---|
| 2 oz. salt pork, finely diced | 1½ teaspoons Kitchen Bouquet |
| 1 frying chicken, cut up | ½ teaspoon salt |
| 12 small white onions | ⅛ teaspoon pepper |
| 1 garlic clove, minced | ⅛ teaspoon thyme |
| ½ cup sliced scallions | 1 small bay leaf |
| 1 teaspoon minced parsley | 1 can (6 oz.) BinB Broiled in Butter Sliced Mushrooms, undrained |
| 1 tablespoon butter | |
| 2 tablespoons flour | |
| 1½ cups dry red wine | |

Cook salt pork in Dutch oven until crisp and brown. Remove pieces of salt pork; brown chicken well in pork fat. Remove chicken. Add onions, garlic, scallions and parsley to pork fat; brown lightly, stirring often. Add butter to pork fat. Stir in flour. Add wine; bring to boil, stirring constantly. Add remaining ingredients, browned chicken and pork. Be sure chicken is well covered with sauce. Cover; cook over low heat until tender, about 30 minutes. Makes 4 generous servings.

OVEN-BARBECUED CHICKEN

- | | |
|---|--|
| 1 broiler-fryer, about 2½ lbs. | 1 tablespoon vinegar |
| 2 tablespoons soft shortening | 1 teaspoon Worcestershire |
| 2 teaspoons Kitchen Bouquet, divided | Dash Tabasco |
| ½ cup tomato ketchup | 2 tablespoons chopped onion |
| | 2 teaspoons sugar, brown or white |

Cut chicken in serving pieces; place skin side down on broiling rack. Blend shortening and 1 teaspoon Kitchen Bouquet; brush half the mixture on chicken. Broil about 3 inches below moderate heat 7 minutes. Turn skin side up; brush with remaining shortening mixture; broil 8 minutes longer. Blend remaining Kitchen Bouquet with all other ingredients; heat. Arrange broiled chicken in baking pan. Cover with sauce; bake at 350° 20 minutes, basting often. Makes 4 servings.

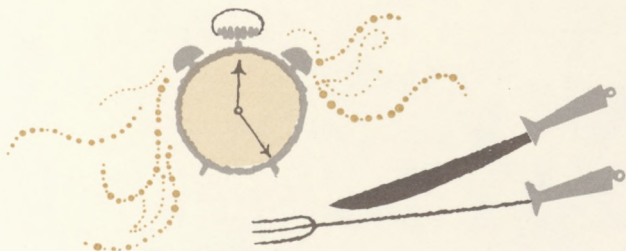


BAKED PINEAPPLE CHICKEN

- | | |
|---|---|
| 1 frying chicken, cut up | ½ teaspoon ginger |
| ¼ cup salad oil | 2 cups seasoned chicken broth* |
| 2 tablespoons minced onion | ½ cup crushed pineapple |
| ¼ cup flour | 1 teaspoon Kitchen Bouquet |
| 1 teaspoon salt | |

Brown chicken lightly on all sides in oil. Remove chicken to 1½-quart casserole. Cook onion in same pan 1 minute. Stir in flour, salt and ginger. Add remaining ingredients; mix well. Cook, stirring constantly, until sauce thickens. Pour sauce over chicken; bake, covered, at 350° until chicken is done, about 45 minutes. Makes 4 servings.

* Made with neck and giblets, or canned.



BROILED DUCKLING

**1 frozen, ready-to-cook
duckling, about 5 lbs.**

**2 tablespoons
Kitchen Bouquet
Honey Glaze (page 39)**

Have meat dealer split duckling, removing neck and backbone. Place, skin side down, on broiler rack. Broil 4 to 5 inches below heat 20 minutes. Turn; broil 20 minutes longer, or until tender. Brush duckling with Honey Glaze. Broil 2 minutes longer. Makes 4 servings.

ORANGE-GLAZED DUCKLING QUARTERS

**1 frozen, ready-to-cook
duckling, 4 to 5 lbs.
1 tablespoon
grated orange peel**

**2 tablespoons
Kitchen Bouquet
Honey Glaze (page 39)**

Quarter duckling, removing wing tips and backbone. Arrange quarters, skin side up, on rack in shallow roasting pan. Roast at 325° until tender, about 1½ to 2 hours. Combine remaining ingredients. About 15 minutes before duckling is done brush with Honey Glaze mixture. Finish roasting. Makes 4 servings.

DUCKLING ITALIENNE

**1 frozen, ready-to-cook
duckling, 4 to 5 lbs.
2 tablespoons salad oil
½ cup finely diced onion
¼ cup finely diced celery
1 can (8 oz.) tomato
sauce**

**1 teaspoon
Kitchen Bouquet
1½ teaspoons sugar
1½ teaspoons salt
⅛ teaspoon oregano
8 oz. thin spaghetti,
cooked**

Cut duckling in serving size pieces. Brown duckling on all sides in oil. Add onion and celery. Cook 5 minutes. Combine remaining ingredients, except spaghetti. Pour over duckling. Cover; bring to boil. Simmer until duckling is tender, about 45 minutes. Meanwhile cook giblets. Remove duckling. Skim fat from sauce. Chop giblets; add to sauce. Arrange spaghetti on serving platter. Top with sauce and duckling. Makes 6 servings.



how to cook fish and shellfish

Because fish cooks so quickly it may not be brown enough when it is done. To be sure of a rich brown, appetizing look, brush it lightly before cooking with Kitchen Bouquet or Kitchen Bouquet Browning Glaze (page 39), depending on whether fish is the fat or lean type.

Broiling is one of the simplest methods of preparing fish. If a sheet of aluminum foil is placed on the broiling rack beneath the fish, washing up will be easier.

Baked fish may require more preparation, but it needs less attention while it cooks. Stuffed whole fish is a good choice for the larger family, but it is easy to bake steaks or fillets also.

A whole fish, stuffed and baked, is one of the most attractive ways to serve fish. Don't bake it too long, or it will be dry and flavorless. Use a temperature of 400° and cook only until the fish flakes readily and loses its transparency. Brush well with Kitchen Bouquet Browning Glaze before baking.

Fish steaks and fillets are also delicious when baked, particularly when served with an unusual sauce. To give them a well-browned look brush before cooking with Kitchen Bouquet Browning Glaze.

For broiling, use split small whole fish weighing up to 1 pound, fish steaks, fillets or shellfish such as shrimp or lobster. Brush before broiling with Kitchen Bouquet or Kitchen Bouquet Browning Glaze; season lightly. Arrange fish on greased rack in broiling pan, or on a heatproof serving platter. Broil about 4 inches from heat. It is unnecessary to turn fish fillets and split whole fish.

OVEN-BARBECUED SWORDFISH STEAKS

**2 lbs. swordfish steaks,
about 1-inch thick
Kitchen Bouquet for
brushing
1 teaspoon
Kitchen Bouquet**

**3 tablespoons melted
butter or margarine
1/8 teaspoon pepper
3 tablespoons
lemon or lime juice**

Arrange fish steaks on heatproof platter. Brush tops and sides with Kitchen Bouquet. Combine remaining ingredients; pour around fish. Bake at 400° until fish flakes easily, about 30 minutes, basting with sauce every 10 minutes. Makes 6 servings.



STEAMED SEA BASS WITH SAVORY SAUCE

- | | |
|----------------------------------|---------------------------------|
| 1 sea bass, about 3 lbs. | 1/2 teaspoon salt |
| 1 cup orange juice | 1 teaspoon ground ginger |
| 2 tablespoons lemon juice | 2 medium-sized |
| 2 teaspoons | green peppers, |
| Kitchen Bouquet | cut in 1-inch pieces |
| 1 can (6 oz.) | 2 tablespoons cornstarch |
| BinB Broiled in Butter | 1/4 cup cold water |
| Sliced Mushrooms | |

Remove head from fish. Cut fish into 3 pieces; place in 9-inch pie pan. Pour water 1 inch deep into kettle with tight-fitting cover. Place pie pan on trivet or rack deep enough to hold pan above water. Cover tightly; steam 30 minutes. Carefully remove fish to heatproof platter; place in warm oven. Combine orange juice, lemon juice, Kitchen Bouquet, mushrooms, including broth, seasonings and green peppers. Bring to boil; simmer until green pepper is tender-crisp. Blend cornstarch and cold water; add to sauce. Cook, stirring, until sauce thickens, about 5 minutes. Pour over fish. Makes 4 servings.

BROILED HALIBUT OLIVETTE

- | | |
|---------------------------------|--------------------------------------|
| 1 1/2 lbs. halibut steak | 1/8 teaspoon paprika |
| 2 tablespoons shortening | 2 tablespoons |
| 1 teaspoon | melted butter or |
| Kitchen Bouquet | margarine |
| 1 teaspoon salt | 2 teaspoons lemon juice |
| 1/8 teaspoon pepper | 1/2 cup sliced stuffed olives |

Place fish on greased heatproof platter. Blend next 5 ingredients. Spread half the mixture on fish. Broil about 4 inches from heat, about 5 minutes or until lightly browned. Turn; spread with remaining Kitchen Bouquet mixture; broil until fish flakes readily, about 5 minutes. Combine remaining ingredients; pour over fish just before serving. Makes 4 servings.



BROILED ROCK LOBSTER FLORIDIAN

- | | |
|--|---|
| 4 frozen rock lobster tails (about 8 oz. each) | 1 teaspoon Kitchen Bouquet |
| 2 quarts boiling water | 1/4 cup melted |
| 1 tablespoon salt | butter or margarine |
| 1/4 cup lemon or lime juice | |

Drop lobster tails into boiling water; add salt; bring to boil again. Lower heat; cover; simmer about 10 minutes. Drain. With knife or shears, remove soft shell-like covering on underside of tail. Make a deep cut through center of flesh and remove dark vein. Combine last 3 ingredients; brush on lobster meat. Place, meat side up, on broiler rack, about 5 inches from heat. Broil about 6 minutes, brushing several times, using all of Kitchen Bouquet mixture. Makes 4 servings.

SCAMPI

- | | |
|---|---|
| 1 lb. raw shrimp or 1 pkg. (12 oz.) frozen raw shrimp | 1/3 cup melted butter or margarine |
| 1 garlic clove, minced | 1/2 teaspoon Kitchen Bouquet |

Remove shells and back vein from shrimp. Leave tails intact. Combine remaining ingredients. Sprinkle over shrimp; toss lightly to coat shrimp evenly; arrange on heat-proof platter. Broil 5 inches from heat about 10 minutes, turning after 5 minutes. Makes 2 to 3 servings.

SAVORY SEA SCALLOPS

- | | |
|---|---|
| 1 1/2 lbs. sea scallops | 2 tablespoons grated onion |
| 1 teaspoon Kitchen Bouquet | 1/4 cup melted butter |
| 1/2 teaspoon salt | 2 tablespoons |
| 1/4 teaspoon curry powder | lemon or lime juice |

Cut scallops in 3/4-inch pieces; sprinkle with Kitchen Bouquet and salt. Toss lightly to coat evenly. Arrange on shallow heat-proof platter. Combine remaining ingredients; cook 3 minutes. Pour over scallops. Broil 4 inches from moderate heat about 15 minutes, stirring after 10 minutes. Serve on toast. Makes 4 servings.

gravies, glazes and sauces



Gravy that is smooth, deeply brown and flavorful—sauces like velvet—how often do you find perfection in these accompaniments?

New cooks shy away from making sauces because they think it is a difficult task. Careless cooks serve lumpy gravy. Indifferent cooks produce sauces that are like wallpaper paste in consistency and flavor!

It's so easy, really. There is no excuse for insipid color when a few drops of Kitchen Bouquet will add a warm hue from beige to deep brown. There is no excuse for lack of flavor when this bottled garden-bouquet is at hand, plus additional condiments, herbs and spices.

gravies

PAN GRAVY

Pan gravy is made in the pan in which meat has been cooked over direct heat. Remove cooked meat to hot platter. To make 2 cups gravy, pour all but 3 tablespoons fat from pan, retaining crisp, brown drippings. Stir in 3 tablespoons flour. Add 2 cups water, or other liquid. Cook, stirring constantly, until gravy thickens and boils. Season to taste. Add as much Kitchen Bouquet as needed for rich brown color.



POT ROAST GRAVY

Skim excess fat from liquid in kettle. Measure liquid. Add water to increase amount of gravy, if necessary. Use same proportions of flour to liquid as for Pan Gravy (page 37). Blend flour smoothly with twice its own measure of cold water; pour into hot pan liquid; bring to boil, stirring constantly. Season to taste. Add enough Kitchen Bouquet to give the gravy a rich brown color. If you like, sieve the seasoning vegetables cooked with the pot roast and add to gravy.

ROAST MEAT GRAVY

Drain fat from roasting pan. Measure 3 tablespoons of this fat into saucepan. Add 3 tablespoons flour; blend. Pour 2 cups hot water into roasting pan; stir until drippings have dissolved. It may be necessary to simmer gently over low heat to loosen brown particles. Add liquid from roasting pan to flour mixture all at once. Cook over moderate heat, stirring constantly, until gravy thickens and boils. Add 1 teaspoon each salt and Kitchen Bouquet. Simmer 2 minutes. Makes 2 cups.

"AU JUS"

Skim excess fat from juices in roasting pan. Add 1 cup water and a few drops of Kitchen Bouquet to juices. Heat. Season to taste.

GIBLET GRAVY FOR ROAST TURKEY

Combine 1 quart water, giblets and neck in saucepan. Cover; bring to boil. Cook slowly until tender, removing liver as soon as it is done (other giblets take longer). Strain off broth; measure; add water to make 3 cups, if necessary. Mince giblets and meat from neck; add to broth. Heat.

Blend $\frac{1}{2}$ cup flour, 1 cup cold water and 2 teaspoons salt until smooth; add slowly to hot broth. Cook, stirring, until thickened.

Drain all but $\frac{1}{2}$ cup fat from roasting pan. Add thickened broth and 2 teaspoons Kitchen Bouquet to fat in pan. Bring to boil, stirring, until drippings are dissolved. Makes 4 cups.

For duckling or chicken: cook giblets in 2 cups water; cut remaining ingredients in half.

glazes

KITCHEN BOUQUET BROWNING GLAZE

Blend $\frac{1}{4}$ cup softened vegetable shortening and 1 tablespoon Kitchen Bouquet. If desired, blend in any favorite herbs, spices or seasonings. Use for brushing over meats about 10 to 15 minutes before cooking. (This glaze may be made in larger quantities and stored, covered, in the refrigerator.)

KITCHEN BOUQUET HONEY GLAZE

Blend 2 tablespoons strained honey and 1 teaspoon Kitchen Bouquet. Use for brushing meats with plenty of fat of their own—such as pork, ham or duckling. Brush on about 30 minutes before end of cooking period. (Or make a larger quantity and store as above.)

sauces

WHITE SAUCE

Vary the flavor of standard white sauce by choosing any of the infinite number of herbs and spices that are available. For a warm attractive color add a few drops of Kitchen Bouquet. For additional color and flavor add paprika, or chopped parsley, water cress or green pepper. Subtly flavored sauces can be made by substituting broth or consommé for half the milk.

BLACK BUTTER SAUCE

$\frac{1}{2}$ cup butter or
margarine
2 tablespoons
tarragon vinegar

1 teaspoon
Kitchen Bouquet
 $\frac{1}{2}$ teaspoon
Worcestershire sauce

Melt butter in small saucepan. Add remaining ingredients; heat thoroughly. Serve over freshly cooked vegetables, baked or broiled fish. Makes about $\frac{1}{2}$ cup.

BROWN ROUX

1 cup soft shortening
1 cup flour

2 tablespoons
Kitchen Bouquet

Blend shortening and flour until smooth. Blend in Kitchen Bouquet. Store, covered, in refrigerator. Use 3 tablespoons roux per cup liquid for sauce or gravy of medium thickness. Add liquid to roux all at once, while stirring over low heat. Bring to boil, stirring. Season to taste.

barbecue sauces and marinades

THE BIG 3 BARBECUE SAUCES

GENERAL DIRECTIONS: To make any of these barbecue sauces, combine all ingredients; blend well. Store in covered jar in refrigerator. Shake before using. Each recipe makes from $\frac{3}{4}$ to 1 cup sauce.

FOR SPARERIBS:

- | | |
|------------------------------------|---------------------|
| 1 can (8 oz.) tomato sauce | 1 tablespoon |
| $\frac{1}{4}$ cup wine vinegar | Kitchen Bouquet |
| $\frac{1}{2}$ teaspoon celery salt | 3 tablespoons honey |
| $\frac{1}{2}$ teaspoon onion salt | |

FOR CHICKEN:

- | | |
|-------------------------------|------------------------------------|
| $\frac{1}{4}$ cup lemon juice | $\frac{1}{2}$ teaspoon celery salt |
| $\frac{1}{2}$ cup salad oil | $\frac{1}{2}$ teaspoon onion salt |
| 1 tablespoon | $\frac{1}{2}$ teaspoon marjoram |
| Kitchen Bouquet | $\frac{1}{8}$ teaspoon pepper |

FOR FRANKFURTERS:

- | | |
|-----------------------------|------------------------------------|
| $\frac{1}{2}$ cup ketchup | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{4}$ cup salad oil | $\frac{1}{4}$ teaspoon dry mustard |
| 1 tablespoon lemon juice | $\frac{1}{4}$ teaspoon pepper |
| 1 tablespoon | |
| Kitchen Bouquet | |

QUICK BASTING SAUCE

- | | |
|-----------------------------------|-----------------------------|
| $\frac{1}{3}$ cup garlic vinegar* | 2 teaspoons sugar |
| $\frac{1}{3}$ cup lemon juice | $\frac{1}{2}$ teaspoon salt |
| $\frac{2}{3}$ cup salad oil | $\frac{1}{4}$ teaspoon |
| 1 tablespoon | coarse black pepper |
| Kitchen Bouquet | |

Combine all ingredients; beat with rotary egg beater before using. Makes about $1\frac{1}{3}$ cups.

* To make garlic vinegar, add several peeled garlic cloves to a bottle of wine vinegar. Let stand several days; remove garlic.

ALL-PURPOSE BARBECUE SAUCE

- | | |
|--------------------------------------|-------------------------------------|
| 2 tablespoons salad oil | 2 teaspoons |
| 2 tablespoons vinegar | Worcestershire sauce |
| 1 tablespoon | 2 drops Tabasco |
| Kitchen Bouquet | 1 teaspoon salt |
| $\frac{1}{2}$ cup ketchup | $\frac{1}{4}$ teaspoon pepper |
| $\frac{1}{4}$ cup water | $\frac{1}{4}$ teaspoon dry mustard |
| $\frac{1}{2}$ cup finely diced onion | $\frac{1}{2}$ teaspoon chili powder |
| 1 garlic clove, minced | |

Combine all ingredients in saucepan. Bring to boil. (If you have an electric blender, place all ingredients in container and blend smooth before heating.) Makes about $1\frac{1}{2}$ cups.

ALL-PURPOSE MARINADE OR BASTING SAUCE

- | | |
|-------------------------------|---------------------------------------|
| $1\frac{1}{2}$ cups salad oil | 1 teaspoon |
| $\frac{1}{4}$ cup | coarse black pepper |
| Worcestershire sauce | $\frac{1}{2}$ cup wine vinegar |
| 1 tablespoon | $\frac{1}{4}$ cup lemon or lime juice |
| Kitchen Bouquet | 2 teaspoons instant |
| 2 tablespoons | minced green onion |
| dry mustard | 1 teaspoon sugar |
| 2 teaspoons salt | |

Combine all ingredients. Beat with rotary egg beater until well-blended. Makes about 3 cups. (Can be stored, tightly covered, in refrigerator for a week or 10 days, or indefinitely in a freezer.)

MUSHROOM STEAK SAUCE

- | | |
|-------------------------|-------------------------|
| 1 can (6 oz.) | Few drops Tabasco |
| BinB Broiled in Butter | 1 teaspoon |
| Sliced Mushrooms | Kitchen Bouquet |
| $\frac{1}{2}$ cup water | 1 tablespoon cornstarch |

Do not drain mushrooms. Combine all ingredients in saucepan; mix well. Bring to boil, stirring constantly. Serve over steaks or hamburgers. Makes about $1\frac{1}{2}$ cups.

WINE SAUCE FOR STEAK

- | | |
|--------------------------------|-------------------------------|
| $\frac{1}{2}$ cup salad oil | 1 teaspoon |
| $\frac{1}{2}$ cup dry red wine | Kitchen Bouquet |
| 2 tablespoons grated | $1\frac{1}{2}$ teaspoons salt |
| onion | Few drops Tabasco |
| 1 garlic clove, slashed | |

Combine all ingredients; heat. Brush on steaks as they broil, turning and brushing frequently. Makes about 1 cup.

soups



With the wonderful array of canned and packaged soups on market shelves, there is no need to make soup “from scratch” unless it is a soup you cannot buy ready-made—one that is something special. However, you will be amazed at what a few drops of Kitchen Bouquet can do for the soups you buy. Richer color, subtle added flavor—something that makes the soup your own creation. Add it to soup combinations, too: cream of chicken and cream of celery; cream of mushroom with canned BinB Broiled in Butter Sliced Mushrooms added; green pea and tomato—the combinations are infinite.

But, when you are in the mood, bring out the soup kettle and try one of these so-different soups. It’s worth the trouble.

MUSHROOM CONSOMMÉ

**1 can (6 oz.)
BinB Broiled in Butter
Sliced Mushrooms
Water**

**2 cans (10½ oz. each)
condensed consommé
1 teaspoon
Kitchen Bouquet**

Drain mushrooms, saving broth. Measure broth; add enough water to make 3 cups. Combine consommé and Kitchen Bouquet; add with mushrooms. Bring to boil; simmer 10 minutes. Makes 8 servings.



QUICK BORSCH

- | | |
|-----------------------------|-------------------------------|
| 1 pkg. (1½ oz.) | ½ teaspoon sugar |
| onion soup mix | 1 can (1 lb.) |
| 1 quart water | shredded beets |
| 1 tablespoon vinegar | 1 cup shredded cabbage |
| 1 teaspoon | ½ cup dairy sour cream |
| Kitchen Bouquet | |

Combine first 5 ingredients. Add beets, including juice. Bring to boil; cook 10 minutes. Add cabbage; cook about 10 minutes longer. Top each serving with sour cream. Makes 6 servings.

PARISIAN SOUP

- | | |
|----------------------------------|-------------------------------|
| 2 tablespoons | 1 teaspoon Ac'cent |
| minced parsley | 6 cups water |
| 1 cup chopped water cress | 1 cup light cream |
| 1 tablespoon grated onion | 1 teaspoon |
| ¼ cup salad oil | Kitchen Bouquet |
| 4 large potatoes, | French bread, |
| sliced thin | sliced and toasted |
| 2 teaspoons salt | Grated Parmesan cheese |
| ⅛ teaspoon pepper | |

Cook parsley, water cress and onion in salad oil 5 minutes. Dice potato slices; add with seasonings and water. Bring to boil; simmer 20 minutes. Add cream and Kitchen Bouquet. Heat but do not boil. Top each serving with slice of toasted French bread. Sprinkle with grated cheese. Makes 8 servings.

CHICKEN EGG DROP SOUP

- | | |
|----------------------------------|--------------------------|
| 3 cups chicken broth | Few grains pepper |
| 1½ tablespoons cornstarch | 1 teaspoon |
| 1½ tablespoons cold water | Kitchen Bouquet |
| ¼ teaspoon sugar | 1 egg, beaten |
| ½ teaspoon salt | |

Heat broth to boiling; blend cornstarch and water; add seasonings and Kitchen Bouquet; stir slowly into broth until smoothly blended and boiling. Reduce heat; add beaten egg slowly, while stirring. Stir 1 or 2 minutes until egg separates into shreds. Makes 4 servings.



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BinB are the choice
BROWN MUSHROOMS
 broiled in butter — just heat and serve

BinB Mushrooms are superior in flavor because they are the choice *brown* variety of cultivated mushrooms—broiled in pure creamery butter and packed in tasty, butter-enriched mushroom broth. BinB Broiled-in-Butter Mushrooms are packed in three ready to use styles: BinB Whole Mushroom Crowns, BinB Sliced Mushrooms, and BinB Chopped Mushrooms. All three ready to use styles are packed in both three and six ounce sizes.

FREE! Recipe Book "Mushrooms in your menu." Just write to: *BinB Mushrooms*, Dept. BB, West Chester, Pa.



BinB gravy's got everybody spooning!

BinB Beef Flavor Mushroom Gravy is the only beef flavor gravy made with BinB Broiled-in-Butter Sliced Mushrooms and Kitchen Bouquet. Ready to use—just heat and serve BinB Mushroom Gravy over toast, sliced meat, noodles, rice, potatoes, or use to add flavor to hash, stew, meat pies and casseroles.

The importance of granulated rice in special diets



Special diets create special problems . . . not only for the dieter, but also for the menu planner. However, for most special diets there is *one* food that is a boon to dieter *and* to creator of meals: Cream of Rice. Medical studies prove it is easier to digest than any other kind of cereal.

Doctors recommend Cream of Rice for people who suffer from many food allergies, sensitive stomachs and other digestive ailments because it is free of so many irritating, allergy-producing elements . . . low in fat, it is rich in Vitamin B₁, Riboflavin, Niacin and Iron.

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Cream of Rice is as delicious as it is nutritious and cooks in half a minute.

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