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## MENU I

CLEAR HOT  
SPICED BEEF CONSOMMÉ  
WITH SOUR CREAM

TUNA PIE

COOKED-VEGETABLE SALAD

FRESH-FRUIT BOWL

COFFEE OR TEA

# Magic Meals for Lent

Lenten menus can have special magic. Using ingenuity as your inspiration, explore the potential of fish, cheese and eggs. As main dishes they can be memorable. Sea food, of course, stars. So serve family fish favorites with a new flair. You'll soon discover that subtracting meat from the menu can add up to new adventures in good eating. To prove the point: four exciting entrées.

## TUNA PIE

Make enough pastry for a double-crust 9" pie. Line the pie plate with pastry. Hard-cook 6 eggs; cool, peel and slice. Open a 7-ounce can tuna and drain. Sauté  $\frac{1}{2}$  cup chopped onion in 1 tablespoon tuna oil. Add a 3-ounce can sliced mushrooms that have been well drained and continue cooking until the mushrooms are slightly browned. Next add a 10 $\frac{1}{2}$ -ounce can condensed cream-of-mushroom soup and stir until smooth. Remove from the heat and season with 2 tablespoons grated Parmesan cheese,  $1\frac{1}{2}$  teaspoons lemon juice,  $\frac{1}{2}$  teaspoon parsley and  $\frac{1}{8}$  teaspoon each celery seed and thyme. Arrange eggs and tuna in layers in the shell. Pour sauce over all. Roll out remaining pastry, cut steam slits and arrange on top of pie. Crimp edges. Bake in a very hot oven, 450° F., for 10 minutes. Reduce heat to 350° F., and continue baking until crust is browned and filling is bubbly, about 35 minutes. Garnish with sliced dill pickles and radish roses. Makes 6 servings.

*Cut each of the family a generous wedge of this hearty, golden-crust tuna pie—hot from the oven!*

## MENU II

ANTIPASTO HORS D'OEUVRES

RISOTTO ORIENTALE

ORANGE-AVOCADO-  
AND-ONION SALAD

BREAD STICKS

CARAMEL CHIFFON

COFFEE OR TEA

*Golden-brown fish fillets to top layers of rice, eggplant and tomatoes provocatively seasoned with lemon rind and bay leaf make Risotto Orientale a delicious dish.*

## RISOTTO ORIENTALE IN CASSEROLE

Cook  $1\frac{1}{2}$  cups rice according to package directions until almost tender. Peel a  $1\frac{1}{2}$ -pound eggplant and cut into  $\frac{1}{2}$ " slices. Lightly dust the slices with seasoned flour and sauté in about  $\frac{2}{3}$  cup butter until golden on both sides. Remove from skillet and set aside. Add 3 tablespoons butter to the skillet and sauté 4 large onions which have been peeled and cut into  $\frac{1}{2}$ " slices. When tender and golden, add a 1-pound-13-ounce can tomatoes, 2 teaspoons salt,  $\frac{1}{2}$  teaspoon pepper,  $\frac{1}{4}$  teaspoon grated lemon rind and 1 bay leaf, crumbled. Simmer 5 minutes. In the bottom of a shallow 3-quart casserole make a layer of rice, using  $\frac{1}{3}$  the total amount. Sprinkle lightly with salt and pepper. Over this place the eggplant and then another layer of rice. Spread the tomato mixture evenly over all. Top with the remaining rice. Salt and pepper lightly and cover casserole. Place in a moderately hot oven, 375° F., for 30 minutes. Meanwhile, lightly flour 4 large fillets of sole weighing about 2 pounds altogether, or an equivalent weight of flounder, which are smaller and cheaper, and sauté in 3 tablespoons butter until golden brown. Season with salt and pepper. Arrange fillets on top of casserole, cover and return to oven for 15 minutes. Makes 6 servings.

