

...the hardest to come by...
 They are scattered into family histories, on bits and pieces of paper in sewing boxes, tucked into bedspread stacks of love letters, in photo albums, but mostly in the heads of one of the oldest women.
 In answer to "and why would you be wanting this recipe?" there was only one reply.
 Americans love Ireland and the Irish. More of us have gone there every single year since 1864, looking for our roots, looking for yesterday, being reassured about tomorrow. Ireland is a basic in everything it does. They try to replicate directions when you ask for the shortest route to somewhere, but only because they see time, by making time, for living. The Irish live with a philosopher's wit and, long ago, learned to paint pictures with words.
 Joe Malone, Director General of Irish Tourism, says Americans of all backgrounds seem to find some of their past in Ireland, and its cooking seems to remind everyone of "something" Grandma served when we were young.
 The Irish also "celebrate" with their

on paper towel.
 In a bowl combine sour cream with 1/8 teaspoon of strained meat juice, drained onion, chopped chives, watercrest, salt and pepper until well mixed. Just before serving, stir bacon into sour cream sauce. Garnish with watercrest. Makes 6 servings, about 600 calories each with sauce.
 EBI NOTE: The vegetables dry up during roasting but they act as a rack for the meat and provide flavor. They should be discarded.
 FROM MRS. MARGARET DOYLE, DUBLIN
 pictured on page 72
 1/2 cup butter or margarine, cut up
 2 cups confectioners' sugar
 2 pounds golden delicious apples (about 6 large apples)
 1 sheet frozen puff pastry, or 3 frozen puff-pastry sheets
 1/4 cup milk
 Whipped cream, for garnish
 Generously butter an 8- or 9-inch ovenproof skillet; sprinkle sugar into it.

appeared in print—and took an enormous amount of cooking and patience to whittle them away from their proud possessors.
 FROM EMMETT PALMER, OUGHTERD, Co. Galway
 pictured on page 72
 1/2 cup butter or margarine
 1/2 cup sour cream
 1 onion, chopped
 1/2 cup milk
 1/2 lb. sliced smoked bacon, cut into 1/4-inch pieces
 1 garlic clove, crushed
 1 cornstarch (6 oz.) sour cream
 1 tablespoon ground onion
 1/2 cup milk
 1/2 cup milk
 1/2 cup milk
 Salt and pepper, to taste
 Additional watercrest for garnish
 Preheat oven to 300°F. In large skillet melt butter & margarine. Add carrot, celery and onion. Sauté for 10 minutes or until soft; spoon into roasting pan. Place beef on vegetables and roast for 20 minutes for rare, or longer for medium, depending on how well done you like it.

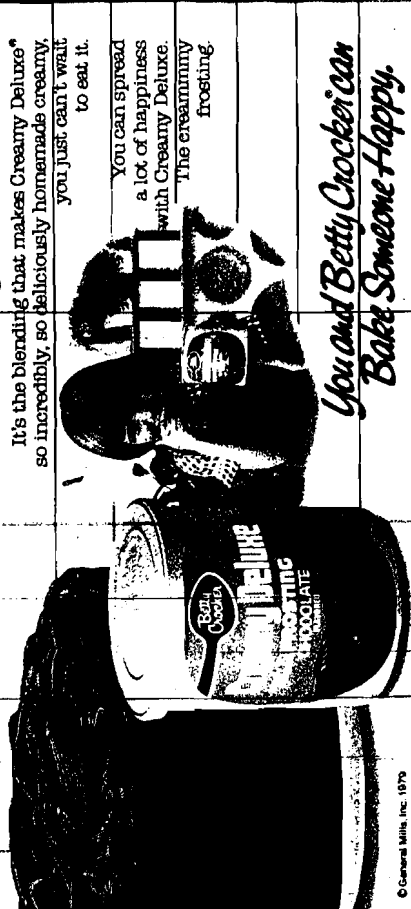
UPSIDE DOWN APPLE PIE
 FROM MRS. MARGARET DOYLE, DUBLIN
 pictured on page 72
 1/2 cup butter or margarine, cut up
 2 cups confectioners' sugar
 2 pounds golden delicious apples (about 6 large apples)
 1 sheet frozen puff pastry, or 3 frozen puff-pastry sheets
 1/4 cup milk
 Whipped cream, for garnish
 Generously butter an 8- or 9-inch ovenproof skillet; sprinkle sugar into it.

Creamy Deluxe is the creammy frosting.

It's the blending that makes Creamy Deluxe® so incredibly, so deliciously homemade creamy, you just can't wait to eat it.

You can spread a lot of happiness with Creamy Deluxe. The creammy frosting.

Other cakes may be moist, but they're not SuperMoist.® It's the moistest layer cake ever from Betty Crocker.®



You and Betty Crocker can Bake Someone Happy.

© General Mills, Inc. 1979

Oh the lovely nutty things you can do with Diamond Walnuts.

Secret Recipes of Ireland

continued

each with potato masher or put through a food mill. Add remaining ingredients except milk and oil. Mix to a smooth dough, adding a little milk if necessary. Turn onto floured board. knead until smooth.
 Divide dough in half. Roll each half into a circle 1/4-inch thick. Cut each circle into 8 wedges. Heat oil in skillet. Cook wedges over medium-high heat until nicely browned on both sides, about 3 minutes. Drain on paper towels. Makes 16f about 45 calories each.

asionally and, if necessary, move skuter from side to side of burner to obtain even browning. This process takes about 20 minutes. Let cool.
 Preheat oven to 425°F. Thaw puff pastry according to package directions. Trim pastry to an 8- or 9-inch circle and place over apples. Or, using puff shells, press edges together and roll out on a floured surface to 9-inch circle. Place over apples. Brush pastry with beaten egg yolk. Bake 20 to 25 minutes. Invert onto platter, serve with apples on top. Serve with whipped cream. Makes 6 servings, about 280 calories each, without cream.

GUINNESS CAKE
 FROM MIRANDA CALDWELL (Lady Tweeth)
 pictured on page 72
 1 cup butter or margarine
 1 cup packed light brown sugar
 4 eggs
 1/2 teaspoon salt
 1/2 teaspoon baking powder
 1/2 teaspoon baking soda
 1/2 cup seedless raisins
 1/2 cup 1 sultana raisins or currants
 1/2 cup fluted pan

COD FILLET IN PINEAPPLE SAUCE
 FROM MARY RYAN (Mrs. Cook)
 Kitchener, Ont. Cook
 1 1/2 pounds cod fillet
 1/2 teaspoon salt
 1/2 teaspoon pepper
 Stuffing:
 1 cup fresh bread crumbs
 1 small onion, chopped
 2 tablespoons butter or margarine
 1/2 teaspoon salt
 1/2 teaspoon pepper

POTATO CAKES
 FROM MICHAEL BENOUGH'S PEACOCK HOTEL, Madison, Wis.
 1/2 lb. peeled and cooked potatoes
 1/2 cup unflavored all-purpose flour
 1 tablespoon butter
 1/2 teaspoon salt
 1/2 teaspoon double-acting baking powder
 2 Tbsp. (optional) milk (optional) salt
 2 tablespoons cold oil
 Place potatoes in bowl; (continued)

Preheat oven to 375°F. Cut fillet into 4 pieces and pat paper pressed baking dish, sprinkle with salt and pepper.
 Combine all stuffing ingredients and place a portion on each piece of fish. Place fillets on a baking sheet. Bake for 20 to 25 minutes.
 Pineapple Sauce: Meanwhile, in saucepan heat oil. Add onion and sauté for 5 minutes. Stir in brown sugar and pineapple. combine vinegar just consistency and add to pineapple. Cook, stirring until blended and thickened.
 Arrange cod portions on hot serving dish. Pour pineapple sauce over and garnish, if desired. Makes 4 servings, about 350 calories each.

SuperMoist has a Ammmoister Recipe



SuperMoist®
 Chocolate-Nut Brownies
 1 large bag SuperMoist
 1/2 cup butter
 1/2 cup packed brown sugar
 1/2 cup water
 Heat oven to 375°. Grease and flour baking pan, 13x9x2 inches. Mix about half of the cake mix (57) and 1/2 cup butter, 1/2 cup packed brown sugar and 1/2 cup water. Spread evenly in pan. Bake until top reads firm when touched, 20 to 30 minutes (do not over-bake). Run knife around edges while warm to loosen sides. Cool, spread with 1/2 cup frosting. Cut into bars. About 30 bars, 2 1/2 squares each.
 High Altitude Adjustments (5000-6000 feet): 20-40-40-20 are necessary.

You and Betty Crocker can Bake Someone Happy.

© General Mills, Inc. 1979

Nothing else feels like real gold.

LHA 74

