

# Let's Talk Food

## COOKBOOKS ► continued from 3

### From the 1980 Cook Book



#### Seafood Casserole

*Marcia Turenne, International Falls*

1/2 cup butter  
1/2 cup flour  
1/2 green pepper  
1 tsp. grated onion  
1 tsp. lemon juice  
1/2 tsp. salt  
1/8 tsp. pepper  
Few drops Tabasco sauce  
2 cups milk  
2 egg yolks, slightly beaten  
1 cup crab meat  
1 cup lobster, chopped

1 cup cooked shrimp, chopped  
2 egg whites, beaten  
2/3 cups buttered crumbs  
Melt butter in pan. Blend flour and seasonings into melted butter. Cook over low heat, stir until smooth and bubbly. Remove from heat, add milk and boil one minute. Stir constantly. Remove from heat, add egg yolks. Bring to boil while stirring constantly. Remove from heat, add seafood and fold in beaten egg whites. Put in casserole, top with crumbs and paprika. Bake at 350 degrees for 30-45 minutes.

### From the 1983 Cook Book

#### Rio Grande Pork Roast

*By Susan Gardiner, International Falls*

First-time entry and first-prize winner in The Daily Journal Cookbook Contest  
4- to 5-pound pork loin roast  
1/2 tsp salt  
1/2 tsp. garlic salt  
1/2 tsp. chili powder  
1/2 cup apple jelly  
1/2 cup ketchup  
1 tbsp. cider vinegar  
1/2 tsp. chili powder  
Place pork, fat side up, in shallow roasting pan. Combine the salt, garlic salt, and the

first 1/2 tsp. chili powder; rub into roast. Roast till well done. In small saucepan, combine jelly, ketchup, vinegar and the remaining chili powder. Bring to boiling and simmer till jelly melts. Remove roast from roasting pan. Pour off fat, but reserving pan drippings in pan. Pour apple jelly mixture into pan with drippings and simmer till all has blended. Add 2 tbsp. water and heat to boiling. Pass with sliced meat. Also delicious over boiled potatoes that have been browned with the roast.

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