

# The Guardian

SECOND SECTION

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## Island-wide response assures top recipes

Island women from Woodstock to Elmira entered recipes this year for publication in the annual cookbook, so that the 1964 edition is a true cross-section of P.E.I. cooking and baking.

Recipes numbered almost 1500, and unfortunately, there is not sufficient space in the cookbook to publish all these entries. However, it is hoped that recipes unavoidably omitted from the edition will be published in the Guardian and Patriot women's pages later in the year during appropriate growing and festive seasons.

A total of 19 various types of recipes are represented here. This year, seven prizes were awarded in connection with the cookbook. Mrs. Gerald Walsh, Elliotvale, merited two awards for the individual sending in the largest number of recipes, and for the best seafood recipe: "Fillet rolls with savory stuffing".

Anita MacIsaac, Mermald, was winner in the teenage class with her recipe for "Lobster Bordelaise". A considerable number of teenage girls and one boy entered recipes in this class.

Wood Islands West WI was winner of the public service award for the women's organization sending in the largest number of recipes. Prizes awarded in three counties for sending in the first 40 recipes after a special advertisement appeared were: Woodstock WI, Prince; Mrs. Guy Pierce, Brantley; Queens; and Lakesville WI, Elmira P.O., Kings.

Following are the winning seafood and teenage recipes:

**FILLET ROLLS WITH SAVORY STUFFING**  
2 lb. thin fillets  
salt and pepper  
2 tsp. chopped onion  
1/4 cup chopped celery  
3 tsp. melted butter  
1/2 tsp. salt  
1/4 tsp. sage or thyme  
1 tsp. lemon juice  
2 cups soft bread crumbs

1/4 cup minced butter  
2 tsp. lemon juice  
Sift fillets if necessary and split large ones down the centre. Make fillets about 5 inches, by 2 inches.  
Season them on both sides with salt and pepper. Make the stuffing by cooking the onion and celery in the butter for 8 minutes, and combining it with salt, sage or thyme, 1 tsp. lemon juice and bread crumbs; mix well.  
Place a small ball of stuffing on each fillet, at the wider end, and roll fillet around it. Secure each roll with a toothpick. Place in a greased baking dish and pour over a lemon butter sauce made by combining the last 2 ingredients.  
Bake in a hot oven 450 degrees for 15-20 minutes. Remove toothpicks, garnish with lemon and serve

**LOBSTER BORDELAISE**  
1 1/2 lbs fresh lobster meat  
4 tsp. butter  
2 tsp. flour  
1/4 tsp. salt  
1/2 tsp. cayenne  
1/4 tsp. ground nutmeg

1 cup rich milk  
12 stuffed olives (peeled and minced)  
1/4 small carrot, scraped and minced  
1/4 tsp. oregano  
1/4 cup claret  
4 or 5 slices buttered toast  
12 stuffed olives (chopped) watercress  
Boil 1 two-lb. lobster and remove meat from claws. Melt butter in upper part of double boiler over boiling water. Gradually add flour, stirring smoothly; add salt, cayenne, and nutmeg. Pour milk into small saucepan over medium heat. Add onion, carrot, and oregano, cook, gently 5 minutes. Slowly pour milk and vegetables into butter-four mixture in double-boiler. Stir continually until very smooth and sauce begins to thicken, (about 6 minutes). Cook 5 minutes more. Add lobster meat, mix well, heat 3 minutes; add claret, heat 2 minutes more. Serve piping hot over buttered toast on warm plates. Garnish each serving with chopped olives or watercress. Makes 4-6 servings.



MRS. GERALD WALSH

## Elliotvale woman captures 2 awards

Mrs. Gerald Walsh, Elliotvale, had a wide assortment of recipes to choose from when she sent in her entries to the cookbook — collecting recipes and cookbooks is her hobby. She would not hazard a guess as to the number of recipes she actually has, but said that she sent many of her favorites to the cookbook.

Mrs. Walsh won the prize for the individual sending the most recipes to the cookbook. Her entry totalled over 300 recipes. This 1964 winner prefers doing plain cooking, especially 1/2 lb. bread and rolls. Her baking has earned her a number of prizes at the Dundas plowing match.

This was the first year Mrs. Walsh sent recipes to the Guardian Patriot cookbook. Another prize — for the best seafood recipe also went to Mrs. Walsh. "Fillet rolls with savory stuffing", the winning entry, is from her separate collection of seafood recipes. In addition to being a homemaker with five children, Mrs. Walsh teaches remedial work at St. Theresa's Consolidated School. She is also a member of Vernon River CWL, St. Theresa's Home and School Association and a leader in the 4-H Club in Elliotvale. She is now attending summer school at Prince of Wales College.

### Estimating proportions

- Use 4 egg yolks to 1 quart milk, **soften curdarius.**
- Use 1/2 cup cornstarch to 1 quart milk for blanc mange.
- Use 4 teaspoons baking powder to 2 cups (1 pint) flour.
- Use 1 teaspoon vinegar to each cup milk to substitute for sour milk
- Use 1/2 cup uncooked rice to yield 2 cups cooked rice
- Use 1/2 cup flour to 1 quart liquid for white sauce, gravy
- Use 1 teaspoon salt to 1 quart water for boiling vegetables

### Temperature, time chart

Water simmer	180 deg. F.
Water boils	212 deg. F.
Slow	250 deg. F. to 300 deg. F.
Moderate	300 deg. F. to 350 deg. F.
Hot	350 deg. F. to 400 deg. F.
Very hot	450 deg. F. to 500 deg. F.
For boiling	450 deg. F.

### Timetable for baking

Bread (loaf) according to size	45 to 60	375 deg. F.
Yeast rolls and biscuits	12 to 15 min.	375 deg. F.
Baking powder biscuits	6 to 10 min.	400 deg. F.
Muffins	20 to 25 min.	350 deg. F.
Cookies	7 to 9 min.	350 deg. F.
Gingerbread	25 to 30 min.	350 deg. F.
Laver Cake	18 to 25 min.	300 deg. F.
Lard Cake	40 to 60 min.	350 deg. F.
Brust Cake (low oven)	2-3 hrs.	350 deg. F.

### Weights and Measurements

Many home-cooks find it a nuisance when recipes call for use of ingredients by weights when they customarily use other units of measurement. In such cases, the following table provides equivalents of weights and helps eliminate guesswork in cooking:

- 1/2 lb. butter or fat
- 1 lb. granulated sugar
- 1 lb. brown sugar
- 1 lb. icing sugar
- 1 cup egg yolks
- 1 cup egg whites
- 1 lb. all-purpose flour
- 1 lb. cake flour
- 1 lb. graham flour
- 1 lb. cake flour
- 1 lb. white wheat flour
- 1 lb. rye flour
- 1 medium lemon
- 1 medium orange
- 1 lb. cheddar cheese
- 1 pint whipping cream



**WOOD ISLANDS WEST WI WINS "MOST" AWARD**  
The 15-member Wood Island West Women's Institute branch was winner this year of the public service award for the organization entering the largest number of recipes. Standing, left to right are Mrs. Duncan MacMillan, secretary treasurer, Mrs. Charles Clark, vice-president, and Mrs. L.B. MacMillan, past president. Seated is Mrs. William MacKeown, charter president. The group was organized in September, 1949.

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