



Geography, background affect cuisine

AMERICAN CUISINE is as diverse and complex as the cultures and geography that go into its making.

Since the first settlers arrived in New England over two hundred years ago, numerous ethnic groups have moved across the country adapting their native cooking techniques and recipes to the available bounty. The result... our American food heritage... a truly unique cuisine blending tradition with ingenuity and good taste.

From the Southeast comes Creole cookery, perhaps one of the best known single types of cooking in the country. In dishes such as jambalaya, Indian herbs and native foods are combined with the French cooking skills of the region's original colonists to produce a cuisine of delicate blends and distinct sauces.

Moving into the Southwest, one finds a totally different variety of regional cooking. Here, menus draw on the varied food styles from the West combined with the fiery spiced dishes from across the border.

A totally different atmosphere is found in the Pacific Northwest where climate and geography provide a great deal of cool, rainy periods along the coast and dry, almost parched weather inland. Seafood of the best quality and an abundance of succulent fruit give the region a cuisine that capitalizes on the freshness of its resources.

As a salute to our nation's wealth of regional culinary contributions, the Kraft Kitchens would like to share some of their favorite American heritage recipes, selected to utilize the most familiar produce of the country's fields and waters.

CHICKEN AND SHRIMP JAMBALAYA

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| 4 bacon slices, chopped | 1-1/2 cups water |
| 1-1/2 cups celery slices | 1/2 cup Kraft garlic flavored barbecue sauce |
| 1 cup rice | 1 teaspoon salt |
| 1 cup chopped onion | 1-1/2 cups chopped cooked chicken |
| 1 cup chopped green pepper | 1-1/2 cups cleaned, cooked shrimp |
| 1 16-oz. can tomatoes | |

Fry bacon until crisp in 3-quart Dutch oven or large frying pan. Stir in celery, rice, onion and green pepper; cook 5 minutes, stirring frequently. Add tomatoes, water, barbecue sauce and salt; mix well. Bring to a boil. Cover; simmer 20 minutes, stirring occasionally. Add chicken and shrimp; heat thoroughly. 6 servings

SALAD VINAIGRETTE

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| 2 qts. torn assorted greens | 2 tablespoons chopped pimiento |
| 1/2 cup Kraft oil and vinegar dressing | 1 tablespoon chopped chives |
| 1 hard-cooked egg, chopped | |
- Place greens in salad bowl. Combine remaining ingredients; mix well. Pour over greens; toss lightly. 6 servings

CAPITOL PUFFS

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| 1 cup water | 3/4 cup (3 oz.) Kraft grated parmesan cheese |
| 1/2 cup Parkay margarine | 4 eggs |
| 1/2 teaspoon salt | |
- Combine water, margarine and salt in saucepan; bring to boil. Add flour; stir vigorously over low heat until mixture forms a ball. Remove from heat. Stir in cheese. Add eggs, one at a time, beating smooth after each addition. Spoon dough into well-greased medium-sized muffin pan, filling cups almost full. Bake at 375°, 40 minutes. Prick puffs with a fork. Continue baking 15 minutes. Serve warm. 12 puffs

CHEDDAR STICKS

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| 2 cups flour | 1/2 cup chopped onion |
| 1 tablespoon baking powder | 2 tablespoons chopped pimiento |
| 1 teaspoon salt | 2/3 cup milk |
| 1-1/2 cup Parkay margarine | |
| 1-1/2 cups (6 oz.) shredded Kraft sharp natural Cheddar cheese | |
- Combine dry ingredients; cut in margarine until mixture resembles coarse crumbs. Add cheese, onion and pimiento; mix well. Add milk, mixing just until moistened. Spread dough into greased and floured 8-inch square pan. Bake at 450°, 25 to 30 minutes or until done. Cut into 4 x 1-inch sticks. Serve warm.

SALLY LUNN

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| 4 cups flour | 1/2 cup Parkay margarine |
| 1/2 cup sugar | 1/2 cup milk |
| 1/2 teaspoon salt | 1/2 cup water |
| 1 pkg. active dry yeast | 3 eggs |
- In a large mixing bowl, combine 2 cups flour, sugar, salt and yeast. Heat margarine, milk and water over low heat until warm. Add liquid to flour mixture; beat until smooth and elastic, about 2 minutes on medium speed of electric mixer. Blend in eggs; stir in remaining flour. Cover; let rise in warm place 1 hour or until double in volume. Stir down dough; turn into greased and sugared 3-quart Dutch oven mold or 18-inch tube pan. Cover; let rise in warm place until double in volume, about 1 hour. Bake at 400°, 25 to 30 minutes or until done. Cool 5 minutes; remove from pan. Serve warm. 12 servings

SANTA FE BRUNCH

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| 12 corn tortillas | 1 teaspoon salt |
| 1/3 cup Kraft oil | 8 oz. Casino brand natural monterey jack cheese, cut in 3/4-inch cubes |
| 1 cup chopped onion | Chili Sauce |
| 10 eggs, beaten | |
| 1 tablespoon chopped hot chili peppers | |
- Cut each tortilla into 12 wedges. Heat oil in a 10-inch skillet. Fry tortillas in hot oil until crisp, stirring frequently. Add onion, saute over medium heat 1 minute. Combine eggs, chilis and salt; pour over tortilla mixture. Stir gently until eggs begin to cook. Add cheese; mix lightly. Continue cooking until cheese begins to melt and eggs are done. Garnish with avocado slices, if desired. Serve with:

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| Chili Sauce | 1/4 teaspoon oregano leaves |
| 8 oz. can tomato sauce | 1/4 teaspoon garlic salt |
| 1 teaspoon chopped hot chili peppers | |
- Combine ingredients. Simmer 15 minutes, stirring occasionally. 8 servings

SPANISH FLAN

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| 14 Kraft caramels | 1/4 teaspoon salt |
| 3 tablespoons water | 1 teaspoon vanilla |
| 4 eggs | 2-3/4 cups milk |
| 1/4 cup sugar | |
- Melt caramels with water in covered double boiler or saucepan over low heat. Stir occasionally until sauce is smooth. Pour into greased 8-inch layer pan. Combine eggs, sugar, salt and vanilla; mix well. Stir in milk. Set layer pan in 13 x 9-inch baking pan. Slowly pour milk mixture over caramel sauce. Pour boiling water into 13 x 9-inch pan to 1/2-inch depth. Bake at 350°, 40 minutes or until knife inserted in center comes out clean. Remove from water; cool 5 minutes. Invert on serving dish with low edge. 6 to 8 servings



ORCHARD FRUIT PIE

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| 1 16-oz. can pitted sour cherries |
| 1/3 cup sugar |
| 1/4 cup cornstarch |
| 1/4 teaspoon cinnamon |
| Dash of salt |
| 1/8 teaspoon red food coloring |
| 5 cups peeled pear slices |

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| 1-1/2 cups flour |
| Dash of salt |
| 1/3 cup shortening |
| 1-1/2 cups (6 oz.) shredded Kraft sharp natural Cheddar cheese |
| 4 to 6 tablespoons cold water |

Drain cherries, reserving 1/2 cup syrup. In a 10-inch skillet, combine sugar, cornstarch, cinnamon and salt. Gradually add syrup to sugar mixture; mix until blended. Stir in red coloring. Add pears; cook until mixture begins to thicken, stirring gently. Continue cooking 1 minute. Remove from heat; stir in cherries. Cool. Combine flour and salt; cut in shortening until mixture resembles coarse crumbs. Stir in cheese. Sprinkle with water while mixing lightly with a fork; form into a ball. Divide dough in half. Roll each half to 12-inch circle on lightly floured surface. Place one in 9-inch pie plate. Spoon filling into shell. Cover with top pastry; seal and flute edges. Cut slits in top crust. Top with pastry cut-outs, if desired. Bake at 400°, 35 minutes.

PACIFIC NORTHWEST CHEESE AND FRUIT TRAY

Arrange Cracker Barrel brand sharp natural Cheddar cheese, Casino brand natural monterey jack cheese and Kraft midget longhorn style natural colby cheese on serving tray. Serve with fruits of the season and assorted crackers.

