

Leftovers
Become
Good Fare.

In England they call it "Bubble and Squeak." In Newfoundland it's "Bublem Squeak." It may be a shepherd's pie, pinwheels or a curry. They all boil down (if you'll pardon the pun) to leftovers, usually Sunday dinner leftovers.

The amounts in the recipes may vary according to what's on hand. And you may end up with a dish that is more flavorful than the original.

BUBBLE AND SQUEAK
One version is slices of cold boiled beef, cold boiled potatoes, cabbage and carrots all cooked together in beef drippings or butter until crispy and well mixed.

Or it may be leftover roast beef, cut in small pieces. In a heavy skillet mix cooked potatoes, carrots, rutabaga, cabbage and meat pieces with beef drippings until hot and crisp.

BUBLEM SQUEAK
This may be prepared with cooked, leftover vegetables or with raw vegetables. Reduce cooking time if you use the leftovers.

4 slices salt pork, diced
4 carrots, sliced
4 small turnips, diced
4 potatoes, thickly sliced
3 c. shredded cabbage
1/4 t. pepper
Hot water

Fry salt pork in a stew pot. When pork is golden brown, add onion and stir until soft. Add remaining ingredients, mixing well. Cover and simmer over low heat eight to 10 minutes, then stir and add hot water until to the depth of one inch. Don't add too much water, it should be moist but not wet. Cover and cook over medium low heat until the vegetables are tender. Uncover and cook over high heat until most of the liquid is gone. Add salt to taste. Serves four.

SHEPHERD'S PIE

2 c. leftover cooked meat or poultry
2 c. leftover gravy or canned soup
1 c. sliced carrots, cooked
1/2 c. cooked peas
1 can (one pound) onions, drained
Salt and pepper
1 egg yolk
2 c. leftover mashed potatoes, or 1 pkg. instant mashed potatoes

Combine meat, gravy, carrots, peas and onions. Heat Season to taste with salt and pepper. Pour into a two-quart casserole. Beat egg yolk into potatoes and top casserole with potatoes put through a pastry tube or spooned lightly on top. Bake in a preheated oven, 425 degrees, until potatoes are browned and gravy bubbles, about 25 minutes. Makes four servings.

PINWHEELS

3 c. flour
1 1/2 t. salt
4 1/2 t. baking powder
1/2 c. shortening
Milk
2 c. ground or chopped cooked meat or poultry
2 cans cream of mushroom soup
3 green onions, chopped
1 T. prepared mustard

Mix flour, salt and baking powder. Cut in shortening. Mix in one cup milk to make a stiff dough. Roll out to a six by 10-inch rectangle. Spread with meat mixed with remaining ingredients, using 1/4 cup of the soup. Roll up lengthwise. Cut in 10 slices. Bake in a preheated 425-degree oven for 20 minutes. Thin the remaining soup with milk. Heat and serve as a sauce with the pinwheels. Serves four or five.

CURRY

1 small onion, minced
1/4 c. butter or margarine
3 c. flour
2 to 3 T. curry powder
1/2 t. powdered ginger
1 t. salt
2 c. meat stock or 2 bouillon cubes and 2 c. water
1 c. light cream
3 or 4 c. leftover meat or poultry
Juice of half a lemon
4 c. cooked rice
1 small green pepper, chopped

Cook onion in butter. Stir in flour, curry, ginger and salt. Add stock and cream. Cook until thickened, stirring constantly. Add meat and lemon juice; heat. Push curry mixture to one side of serving dish or skillet. Add rice and garnish with the green pepper. Serves four to six.



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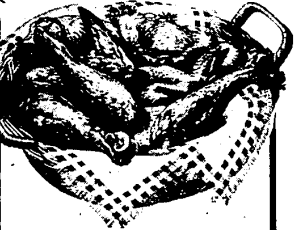
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