

Symphony Cookbook Is Classic

By ELLY

Music is the fourth great material want of our nature... first food, then raiment, then shelter, then music.

The Plymouth Symphony Orchestra begins its 28th season this month, a good time to share some recipes from a local classic cookbook, the 1956 edition of Symphony for Pots and Pans. I repeat the crab casserole recipe because it's been such a favorite for family and entertaining and is easily prepared ahead of time for after symphony suppers.

COCKTAIL PECANS
4 c. large shelled pecans
1/4 to 1/3 c. Worcestershire sauce
10 dashes Tabasco sauce
1 1/2 c. butter
Salt to taste

Melt butter in pan. Add Tabasco and Worcestershire sauce and mix well. Add pecans and stir well so that they are all well covered. Put on cookie sheet and heat in slow oven at 275 degrees until nuts are crisp. (15-20 minutes). Watch so as not to let brown too much. Pour out on paper towel to cool. Store in covered container.

CHEESE PUFFS
U.S. GOV'T GRADED CHOICE
1 small pkg. cream cheese
1 1/2 doz. small bread rounds
1 t. grated onion
1 egg yolk
Beat yolk of egg with fork and blend in cream cheese. Season with salt and pepper. Add onion. Spread one-half inch thick on bread rounds - two inches in diameter. Let them puff up under the broiler for three or four minutes. Serve hot. Makes 18.

STUFFED CHILLED LETTUCE
3 ounces cream cheese
2 T. bleu cheese
2 T. grated raw carrot
2 T. minced green pepper
2 T. diced fresh tomato (drained)
1 L. minced onion
1/2 t. salt 1/2 t. pepper
Combine all ingredients in order given. Stuff large head of lettuce. Wrap in clean damp cloth. Chill several hours in refrigerator. Slice to serve. This filling is very good used in celery for a relish tray or for an appetizer. If preferred, the filling may be spread on individual slices of lettuce for salads. This can be done at serving time. Serves six to eight.

CRAB CASSEROLE
1/4 lb. margarine
2 cut-up hard cooked eggs
1 green pepper, cut fine
1 T. parsley flakes
1 large can evaporated milk
2 slices bread broken into crumbs
1 small onion, diced fine
2 T. flour
1 can crab meat
Melt margarine in top of double boiler. Drop in soft bread crumbs. Add eggs, green pepper, onion and parsley flakes. Blend in flour. Add canned milk gradually and cook until thickened and vegetables are soft. Add seafood and turn into buttered baking dish and cover with more soft bread crumbs that have been tossed in melted butter. Sprinkle with paprika and brown in oven 25-30 minutes and 350 degrees.

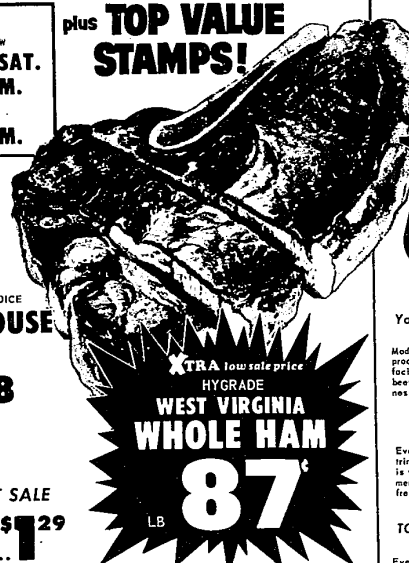
SILLABUB
1 pt. milk
1/4 t. salt
1 t. vanilla or sherry
1/4 c. sugar
3 eggs, separated
9 marshmallows
Put milk, sugar and salt into top of double boiler. When warm, very slowly stir in well beaten egg yolks. Cook slowly in double boiler (about 20-25 minutes) until it coats a silver spoon. It will not be very thick. Put in marshmallows and vanilla and stir until marshmallows are dissolved. Put aside to cool and beat egg whites until stiff but not dry. Fold egg whites into custard and put in refrigerator. Thirty minutes before serving put into sherbet dishes and place in freezing compartment until set but not frozen. Serves six. This is an old family recipe. Sillabub was a very popular Christmas treat in the South, and is good any time. It may be flavored as eggnog.

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