

Flan is an international dessert

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When cooled invert onto a platter. To make sure the caramel comes, too. Dip quickly into a bowl of hot water and then invert.

#### BEEF ORIENTALE

Travel to the Far East with foods with Oriental character. Consider something cooked in the traditional "wok" a fast cooker and easy one-dish meal maker.

Thinly slice beef tenderloin into strips. Do the same to fresh spinach and Chinese cabbage. Slice onions thinly and cut into crescents. Slice fresh mushrooms and waterchestnuts.

To these ingredients add soy sauce and sesame oil to taste. Add ½ teaspoon sesame or peanut oil to the wok, add beef and brown over medium high heat.

When beef is cooked to liking,

add other ingredients. If thicker sauce is desired add 2 tablespoons cornstarch dissolved in water and stir until desired consistency.

Serve with crisp fried noodles and/or rice.

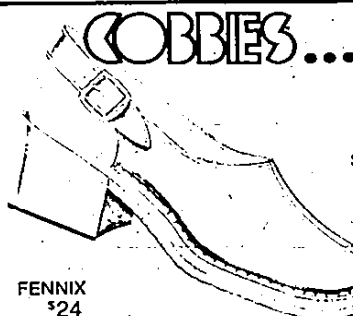
#### TABOULI

Thinly chop cracked wheat, fresh mint leaves, tomatoes, onions and parsley in desired proportions.

The wheat is the base for the salad and onions add flavor, pungence and aroma, while tomatoes add color. The mint is a surprisingly delightful addition in small doses.

Toss the entire mixture and add a dressing of olive oil and lemon juice to taste.

The dressing should not cover the flavor of the other ingredients, but rather bring out their natural flavors. Chill and serve.



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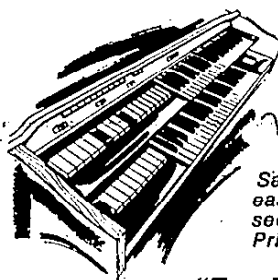
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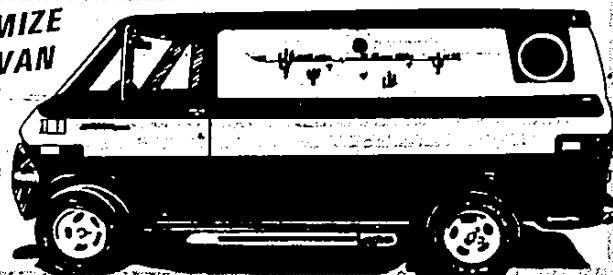


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