

COOK WELL IN ANY LANGUAGE

Foreign Dishes Share Secret of Better Taste

Portuguese



BRAZILIAN GREEN RICE

- 1-1/2 cups converted rice
- 2 envelopes dehydrated chicken broth
- 1 cup chopped fresh raw spinach (pack cup lightly)
- 1/4 cup chopped chives
- 1/4 cup chopped parsley
- 1 small green pepper, chopped
- 1 clove garlic, mashed
- 1/2 cup butter or margarine
- 1 can (4 oz.) sliced mushrooms and their liquid
- 2 teaspoons Angostura aromatic bitters

Cook rice as directed on package. When rice is tender, drain and rinse with boiling water. Keep hot. In a large skillet combine broth, spinach, chives, parsley, green pepper, garlic and butter. Sauté until vegetables are wilted and almost tender. Add mushrooms and Angostura. Simmer for 5 minutes. Fold in rice and reheat. Pour into serving bowl and garnish with a sprinkling of chopped chives. Yield: 6 servings.

French



FRENCH KETTLE OF FISH

- 1/4 cup butter or margarine
- 1 large onion, sliced
- 1 tomato, diced
- 2 cod fish steaks, skinned, boned and diced white raw
- 1 lb. shrimp, shelled and deveined white raw
- 2 cans (13-3/4 oz. ea.) chicken broth
- 1 cup water
- Juice of 1 lemon
- 2 teaspoons Angostura aromatic bitters
- Salt and pepper
- 1/4 cup chopped parsley

Melt butter and sauté onion and tomato until soft. Add fish and shrimp, broth, water, lemon juice and Angostura. Simmer for 10 minutes or until fish turns white and shrimp become pink. Season to taste with salt and pepper and sprinkle top with chopped parsley. Yield: 6 servings.

Compliment a French chef on his fine kettle of fish and, if he knows you pretty well, he may come back with a little rhyme.

"Un peu d'amer et c'est meilleur."

Translated, a bit of bitters makes it better.

Sukiyaki in a famous Japanese restaurant is flavored with the same secret ingredient.

In Rio, cooks use bitters to bring out the best in a classic recipe called green rice. Holland housewives add bitters to buttermilk pie to give it an unidentifiable tang.

And wherever the influence of the British Empire has been felt during the last century and a half, bitters is used in food and drink. As a matter of fact, some people think "British" whenever the talk gets around to bitters.

But that's not the way it is at all. Angostura bitters aren't British. They came out of a place called Angostura, a port in Venezuela. It was there that a Dr. Johann Siegert worked out a formula for making an elixir of certain tropical herbs and spices. He called the mixture "bitters" because it was derived from plants that are bitter in their natural state.

The bitters proved enormously useful in improving the appetites and general well-being of the troops of Simon Bolivar, the great liberator of South America, in whose army Dr. Siegert was Surgeon-General. The fame of the formula spread quickly. Sailors putting into the port of Angostura carried bottles away with them to the far corners of the earth. "Angostura" bitters became a familiar product and a familiar name throughout the world. First formulated in 1828, Angostura is still produced in Trinidad by the descendants of Dr. Siegert.

Angostura bitters is both a flavoring and a seasoning. As a seasoning, it adds relish and provides interest and character to the dishes and drinks to which it is added. As a flavoring, it imparts a distinguishing quality of its own, albeit a most subtle one. It is a secret ingredient used by famous chefs and really practicing gourmets to make people seek out and talk about the food they prepare.

Here is a complete international dinner, from soup to nuts, in which bitters improves the flavor of each dish. Diners won't be able to identify what it is that makes everything taste especially good. They will just know that the cook knows how to cook well in any language.

JAPANESE

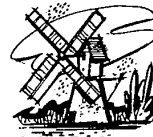


SUKIYAKI

- 2-1/2 lbs. well marbled sirloin
- 2 cups thinly sliced carrots
- 2 cups thinly sliced celery
- 1 cup finely chopped onions
- 1 can (8 oz.) bamboo shoots, drained and sliced
- 1 can (8-1/2 oz.) water chestnuts, drained and sliced
- 1 tablespoon sugar
- 1/4 cup soy sauce
- 1 cup beef broth
- 1 tablespoon Angostura aromatic bitters

Cut fat from outer edge of sirloin and reserve. To slice meat thinly, freeze until hard, then cut into paper thin strips about 1-1/2 inches wide. Arrange meat and all vegetables on a tray. Combine all remaining ingredients and keep in a bowl. Dice reserved fat and fry in a large skillet until crisp. Remove crisp pieces and add meat to hot fat. Cook meat quickly over very high heat. Add vegetables and cook while stirring. Add liquid mixture. Cover and let steam for 5 minutes or until vegetables are tender crisp. Yield: 6 servings.

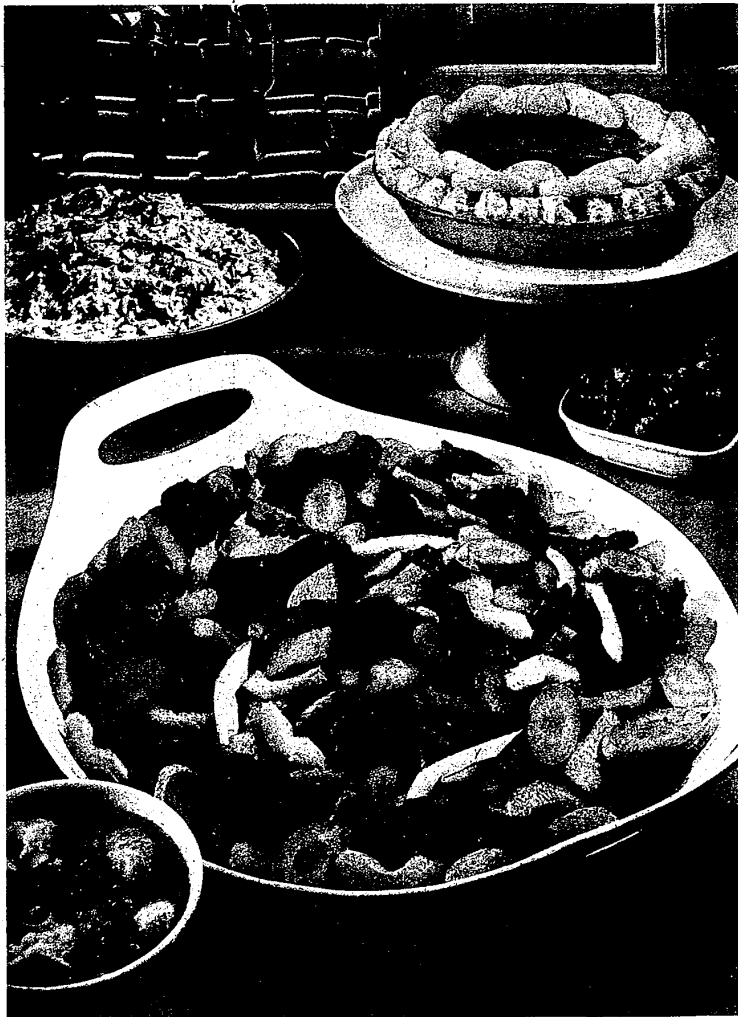
DUTCH



DUTCH BUTTERMILK PIE

- 1/2 cup flour
- 1 cup sugar
- 2 cups buttermilk
- 3 egg yolks
- 3 tablespoons melted butter or margarine
- 1 tablespoon Angostura aromatic bitters
- 3 egg whites, stiffly beaten
- 1 9-in. unbaked pie shell with fluted edge
- 2 cups canned or thawed frozen peach slices, drained

In a bowl mix flour and sugar. Gradually stir in buttermilk. Beat in egg yolks, butter and Angostura. Fold in beaten egg whites. Pour mixture into pie-crust lined 9-inch pie pan. Bake in a preheated moderate oven (350°F.) 50 minutes or until crust and top are richly browned. Cool and then chill. Just before serving, garnish outer edge with peach slices. Yield: 1-9-inch pie.



BRITISH GLAZED NUTS

- 2 cups granulated sugar
- 1 cup clear corn syrup
- 1/2 cup water
- 1 cup butter
- 3 cups assorted shelled nuts — pecans, filberts, walnuts, etc.
- 1 teaspoon baking soda

Combine sugar, syrup and water in a large saucepan. Add Angostura and butter and boil until the candy thermometer registers 300°F. or until small amount when dropped into cold water forms a lollipop-like ball. Heat nuts in a 250°F. oven until warm, about 15 minutes. Stir nuts and soda into syrup. Stir quickly to blend. Divide mixture equally between 2 well buttered 15 x 10 x 1 inch pans. Using 2 greased forks spread out nuts into a single layer. Cool. Break into pieces and store in an airtight container in a cool dry place. Yield: about 2-1/2 lbs. glazed nuts.



English