

UPDATED ETHNIC CLASSICS

Right for Today!

melting pot is a process of blending that often results in invigoration or novelty, according to Webster. Perhaps he was referring to the combined efforts of the multitudes of people from many lands who felled our forests, forded our rivers and scaled our mountains to tame the wilderness into the "New World." Whatever Webster's motivation, the same spirit of adventure and longing for a better life that propelled our pioneers can transform today's tired menus into a new world of dining pleasure!

Each of these melting pot recipes has stood the test of time to become a classic in its native land. And, each has been adapted to take advantage of ingredients readily available across America and to suit modern timetables.

One common thread runs through this recipe collection — eggs. No matter what corner of the globe, eggs are an important part of the local cuisine. With their high-quality protein, inexpensive price tag and incredible versatility, it's no wonder!

See for yourself. Try one of these taste-tempters tonight to add new vigor and vitality to your menu.

QUICK BRIK

4 servings

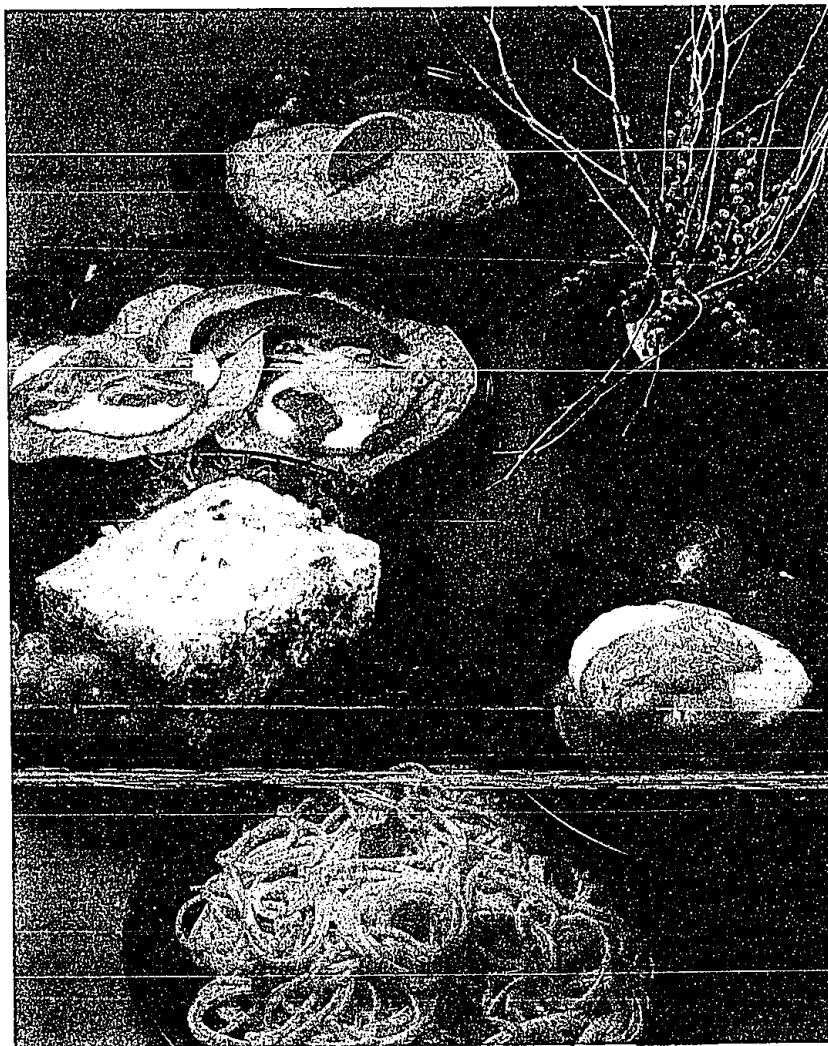
In Tunisia, brik is made with malsouqua pastry, similar to filo, and, once filled, is deep fried. The crescent roll dough used here is much easier to work with and can be popped into the oven. And, there's no need to cook and mash potatoes when instant flakes are available. Though these turnovers are flavored American-style, you might prefer to eat them the Tunisian way — held at both ends and start with the center.

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| 1/2 cup water | 1 tablespoon minced green onion with top |
| 3/4 cup instant mashed potato flakes | 1/2 teaspoon dill weed |
| 1/2 cup dairy sour cream | 1/4 teaspoon salt |
| 1/4 cup (1 oz.) shredded Cheddar cheese OR 2 slices bacon, crisp-cooked, drained and crumbled | 1 package (8 oz.) refrigerated crescent dinner rolls |
| | 1 egg, beaten |
| | 4 eggs |
| | Lemon wedges |

In small saucepan over high heat, bring water to boiling. Remove from heat. Thoroughly blend in remaining ingredients except crescent roll dough, eggs and lemon wedges. Set aside.

Separate roll dough into 4 rectangles. Press to seal diagonal perforations. On lightly floured board or pastry cloth, roll each rectangle to 8 x 6 inches. Place on lightly greased baking sheet. Brush edges of dough with beaten egg. Build a 4-sided rim of potato mixture on lower half of rectangle about 1/2 inch from 3 edges and across middle. Rim should be about 3/4 inch high. Break an egg into each space. Fold top half of dough over eggs and potato mixture, stretching gently to meet lower edges. Press edges together with fingers or fork to seal. Brush with remaining beaten egg.

Bake in preheated 375°F. oven until golden brown, 12 to 14 minutes. Serve with lemon wedges.



NORTH-OF-THE-BORDER HUEVOS RANCHEROS

4 servings

This wonderfully variable country-style Mexican dish becomes quite a meal when accompanied by refried beans. You needn't spend time making the sauce from scratch with all the excellent bottled and canned ones on the market today. Any of a dozen or so different sauces are used in Mexico, so if the taco sauce called for here doesn't tempt your taste buds, use any salsa you prefer. And, if fried eggs aren't your favorite, go ahead and poach or scramble them!

- 1 ripe avocado, optional
- Lemon juice, optional
- 1 can (8 oz.) taco sauce
- 8 corn tortillas
- 1/2 cup cooking oil
- 1/4 cup butter, divided
- 8 eggs
- 1/2 cup (2 oz.) shredded Monterey Jack or Cheddar cheese

Halve, pit and peel avocado, if desired. Cut into 16 slices and sprinkle with lemon juice. Set aside. In small saucepan over medium heat, bring taco sauce to simmering. Cover and keep warm.

In 10- to 12-inch omelet pan or skillet over medium heat, cook tortillas 1 at a time. In hot oil until lightly browned at edges but still soft, turning once, about 1 to 2 minutes. Drain on paper towels and place on aluminum foil. When all tortillas are cooked, wrap and keep warm in preheated 300°F. oven. Pour off any excess oil.

In same skillet, over medium-high heat, heat 2 tablespoons of the butter until just hot enough to sizzle a drop of water. Break and slip 4 eggs into skillet. Reduce heat to low. Immediately, cook slowly to desired doneness, spooning butter over eggs to baste or turning eggs to cook both sides. Repeat with remaining butter and eggs.

For each serving, place 1 of the eggs on each of 2 of the warm tortillas. Top each with 2 tablespoons of the reserved taco sauce, 1 tablespoon of the cheese and 2 of the reserved avocado slices.

PASTITSIO AMERICAN-STYLE

4 servings

More readily available feta cheese and ordinary macaroni substitute for the kefnithi and mizithra cheeses and pastitsio macaroni originally called for in this hearty Greek entree. And, instant minced onion and garlic salt eliminate time-consuming vegetable mincing. Serve this custard-topped casserole with a tossed salad and either fresh fruit or baklava for dessert.

- 1 pound lean ground beef or lamb
- 1 can (8 oz.) tomato sauce
- 2 tablespoons instant minced onion
- 1 teaspoon oregano leaves, crushed
- 1 teaspoon garlic salt
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 2 cups (8 oz.) elbow macaroni, cooked and drained
- 1/2 cup (2 oz.) crumbled feta cheese
- 2 tablespoons butter
- 2 tablespoons flour
- 2 cups milk
- 4 eggs, beaten

In 10-inch omelet pan or skillet over medium heat, cook ground beef, stirring occasionally to break beef apart, until browned, about 5 minutes. Pour off drippings. Stir in tomato sauce, onion and seasonings.

Evenly spread 1/2 of the meat mixture (1 cup) in 8x8x2-inch baking dish. Top with 1/2 of the cooked macaroni (2 cups). Repeat layers. Sprinkle with cheese.

In medium saucepan over medium-high heat, melt butter. Blend in flour. Cook, stirring constantly, until mixture is smooth and bubbly. Stir in milk all at once. Cook and stir until mixture boils and is smooth and thickened. Stir into eggs and blend thoroughly. Pour over cheese.

Bake in preheated 350°F. oven until knife inserted near center comes out clean, about 30 minutes. Let stand 5 minutes before serving.

MODERN GOLDEN BUCK or BUCK RABBIT

4 servings

There are both English and Welsh variations of rabbit or rabbit, both calling for cheese sauce or cheese slices on toast. The sauce might be laced with beer or ale or the toast soaked in wine before being topped with the cheese. According to legend, the poached egg was added and the name changed to include "buck" after the one that got away from the hunter who returned home with no meat for the table. Serve this fast, flavorful version as the main dish for any meal of the day.

- 2 cups (8 oz.) shredded Cheddar cheese
- 1/2 cup beer or milk
- 2 teaspoons prepared mustard
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon salt
- 2 English muffins, split, toasted and buttered
- 4 poached eggs*
- Paprika or parsley sprigs, optional

In small saucepan, combine cheese, beer, mustard, Worcestershire sauce and salt. Cook over medium heat, stirring constantly, until cheese is melted, about 3 to 4 minutes.

Spoon 2 tablespoons of the cheese sauce over each muffin half. Top each with 1 poached egg. Spoon an additional 2 tablespoons of the cheese sauce over each egg. Garnish with paprika or parsley, if desired.

*To poach eggs, in 3-quart saucepan or 10- to 12-inch omelet pan or skillet, heat 2 to 3 inches of water to boiling. Reduce heat to keep water simmering. Break eggs into large bowl. Then, slip eggs into water, holding bowl close to water's surface. Cook 3 to 5 minutes, depending on desired doneness. With slotted spoon, lift out eggs. Drain in spoon or on paper towels and trim any rough edges, if desired.

EASY SPAGHETTI ALLA CARBONARA

4 servings

Though we are accustomed to thinking of spaghetti and a meat-spiked tomato sauce as being one and the same as if they were inseparable, there are numerous other pasta treatments. From Rome comes this simple, but savory, version. Some recipes call for drenching the spaghetti in butter and heavy cream, but neither are necessary to maintain the rich flavor of the dish. To "do as the Romans do," pass additional Parmesan cheese at the table along with freshly ground black pepper.

- 8 slices bacon, diced
- 8 ounces spaghetti
- 4 eggs
- 1 teaspoon garlic salt
- 1/4 to 1/2 cup (1 to 2 oz.) grated Parmesan cheese

In 10- to 12-inch omelet pan or skillet over medium heat, cook bacon until crisp. Remove from pan, drain and set aside. Pour off all but 2 tablespoons of bacon drippings. Reduce heat to low.

Meanwhile, cook spaghetti according to package directions. Drain and add hot spaghetti to drippings in skillet. Beat together eggs and garlic salt. Stir into spaghetti along with cheese. Toss gently until eggs are thickened but still moist. Add reserved bacon and toss gently until evenly combined.

