



PICNIC in the POINT PARK COOK BOOK

Contra Costa Shoreline Parks Committee

PICNIC-IN-THE-POINT-PARK

COOKBOOK

Editor: GERTRUDE HARRIS

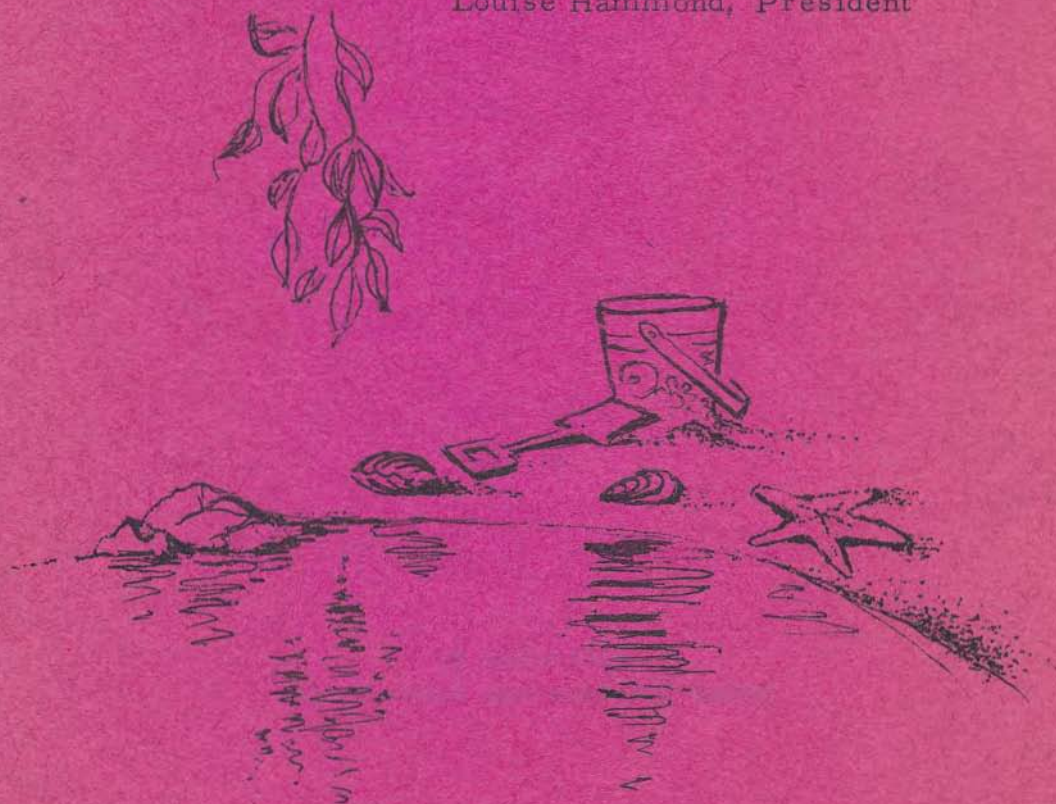
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Donna Roselius and Eunie Morin

This book is dedicated to the Board and the staff of the East Bay Regional Park District, without whom the Point Richmond Regional Shoreline Park would remain an impossible dream; and to the far-sighted members of government who have worked against great odds to retain some shoreline areas for public access and recreation.

THE CONTRA COSTA SHORELINE
PARKS COMMITTEE

Louise Hammond, President



The financial needs of the Contra Costa Shoreline Committee in sponsoring this park are, by comparison with similar projects elsewhere, very modest indeed. But, modest or not, the need existed and provided the impetus that propelled us into this "adventure": To compile a culinary portrait of the Point.

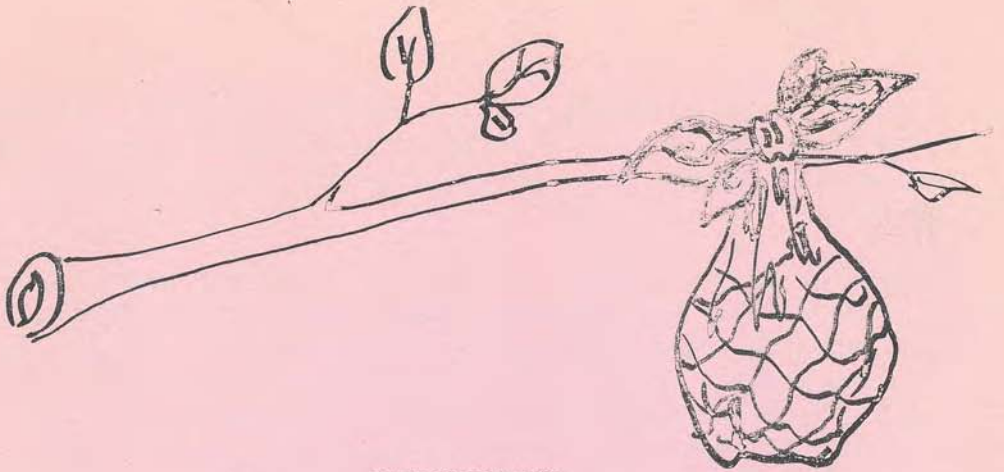
The Committee and the Editor wish to express fervent thanks to all who have given time and effort toward making this a reality, and particularly to Dulcie Johnson who, with gorgeous good humor, typed both last drafts of the manuscript and whose general suggestions have proven incomparably valuable; to Judy Polanich for her delightful "illuminations" and general design; to Donna Roselius and Eunie Morin, our publisher and printer. Finally, deepest gratitude is owed and acknowledged to every contributor whose name graces his or her contribution.

THE CONTRA COSTA SHORELINE COMMITTEE and
GERTRUDE HARRIS, Editor

Point Richmond, California
November 1968

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INTRODUCTION

Webster tells us that our word picnic is from the French: *pique-nique*, and perhaps from *piquer*, to pick or peck. Originally, it referred to a fashionable social entertainment at which each guest contributed food to a common table; now, an excursion or pleasure party, the food for which is usually provided by members of the group, and eaten in the open air.

That's all very well, but a clue to the secret, the magical delight of picnics may be found in the King James account of the very first picnic:

"...and when the woman saw that the tree was good for food and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of the fruit thereof, and did eat, and she also gave to her husband and he ate..."

for there is the pleasure, to all the senses, to be found in food, as well as in sharing that which one has found good.

The result of that first picnic, however, would have been enough to put an end to all picnics, if we were a less stubborn breed, we humans...but the Good Book proceeds to relate one good picnic after another, and literature and history pick up any loose ends. For of all outdoor pastimes

- it is *al fresco* dining that is the most enjoyable, whether in a green public park or in one's own backyard, patio, luau or garden. Be you guest or host, outdoor cooking and eating is FUN!

It is our design to make good weather, outdoor eating seem so much simpler and pleasanter than indoor-dining that you will come to regard even unexpected guests with delight, as an excuse for a picnic. "As if we needed an excuse," you will add, in a confidential aside to your family, for you will be confident that they will agree with you that this will come to be an activity in which, with a little planning, family and guests can share - in the preparations as much as in the final result: the eating.

As simplicity and informality are the key to the success of outdoor dining, so is the sharing and active participation of everyone present - everyone, that is, who wishes to be included. On the other hand, so simple and elastic should the preparations be, that one person - YOU - can handle all the "works", if need be.

It is to this end that - within the narrow boundaries of a regional culinary portrait such as this - we have tried to include the basic, the traditional, the popular, the unique, the amusing, the very simple and a few elaborate recipes; complete menus, hints and suggestions to make your picnics memorable for other reasons than a plague of ants, a fire that will not light or - horror of horrors! - a completely charred steak and no one to blame but yourself when it should have been all down-hill and fun: fun to anticipate, fun to plan, fun to prepare, fun to cook and, above all, fun to eat.

And to ornament and elaborate upon your *chef d'oeuvre*: appetizers, soups, garnishes, salads, desserts, beverages - most of which are not duplications of those easily found in a general cookbook.

As to how I came to suggest and edit this booklet - well, I

adore cookbooks. I have been collecting cookbooks since my late teens when there were comparatively few to be found; a book shop with a full shelf of cookbooks was a rare find, indeed. As a result, if I was to expand my collections, I had to buy old ones and although I have since lost many, in one way or another, a few valuable items still remain.

Since I am that deadly type of cook who cannot resist altering a recipe (with occasional disastrous results, of course) I read cookbooks not so much to learn methods of cookery and details of recipes, as to be inspired to new "creations".

Cookbooks are as fascinating to me as stock market reports are for financiers or erotic literature for teen-agers. If well-written and well-conceived, I can almost smell the herbs and spices, taste the developing sauces, feel the steam rising from the pan. Perhaps long practice is responsible. Certainly, I was encouraged and abetted by an indulgent mother and by the intense parallel interest that my husband, ZEV, also takes in books of cookery (as much as in books on esoteric religions, philosophies and those devoted to his own fields: painting, sculpture and related arts).

Until one has read aloud from a cookbook - to a sympathetic companion - and discussed with breathless excitement the value of certain deletions and certain additions to recipes, or guessed at personal characteristics of the author from excesses and timidities in her directions to readers - not until then can one understand the pleasure it afforded me to beg recipes and menus from neighbors and then to elucidate, to add, to augment, to amplify, to extend and expand, i.e., to develop this small work.

Beyond that abstraction, it pleases me to pass on some of the results of more than 25 years of experimenting and, above all, of feeding people: friends and strangers, friends of friends and even, on occasion, amusing passersby - on two continents.

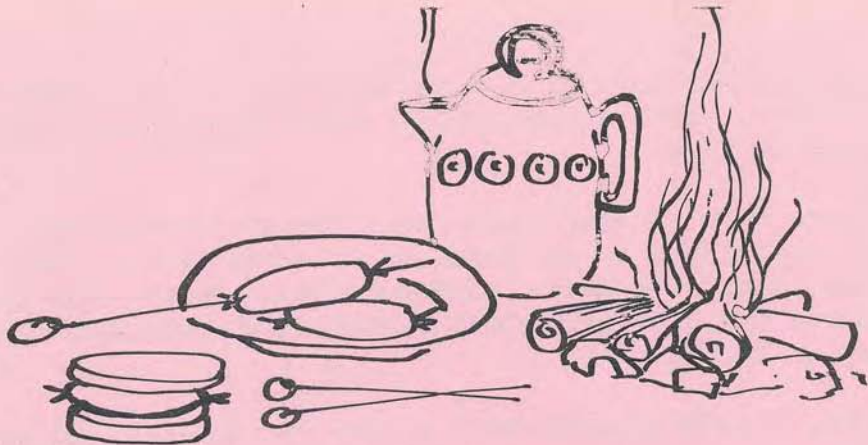
As one Point Richmonder to another, I must confide that this collection of recipes, reminiscences, historical asides and

other informal data - albeit of importance only to us and our area - is what I think a cookbook is really all about. What's more, I have discovered that an Editor has a ball. She not only has the last word, but can indulge her most florid fantasies and wield the blue-pencil as if it were a fairy wand or a tyrant's sceptre. This Editor enjoyed it thoroughly...and for more reasons than those: most of all, for the endless recollections of amusing and almost forgotten incidents, in urban and rustic *milieus*, that this activity has dredged up in me, as it has done in many contributors and as I hope it will in all our readers.

Finally, why not a Picnic cookbook, here in Point Richmond, where one of the most anticipated parties of each year is a New Years' Day outdoor party, - weather being one of our very best friends!

Gertrude Harris

Point Richmond, California
November 1968



OF PICNICS REMEMBERED...

and this-and-that about our contributors

It is of singular interest to me - virtually a newcomer to The Point - that where food is concerned, the most vital reminiscences of most Point Richmonders relate to outdoor eating events, above and about the Bay: hill trappings, beach parties, bonfires, excursions to islands in the Bay. Prod a bit further and out pour the stories farther afield and so intensely felt and so charmingly told, I felt compelled to include them here.

Good eating and good storytelling go hand-in-hand for me, particularly when each story ends in a suggested picnic menu, in which the starred items will be found in greater detail in the proper section of this book. To simplify matters, I have arranged this chapter in alphabetical order of contributor-names.

Bent on getting a rounded picture of the Point's culinary possibilities, Louise Hammond and I set off one Saturday morning to "interview" SIGNORA ANTONIETTA BIANCHIN and SIGNORA MARIA BUZIOL.

We were fortunate indeed to find Signora Buziol visiting her childhood chum in the bright Bianchin kitchen, and enjoyed a charming old-world chat with both of them.

Signora Bianchin came to us from the beautiful hill country near Venice, Italy: a tiny village named Castelchucco in the province of Treviso.

With many other of their countrymen, Signor Bianchin and Signor Buziol came to the Point in the early 1920's, when the logging camps in Mendocino narrowed operations and left them job-less; they came here first to work in the quarries and, later, at Standard Oil.

Proudly, Signora Bianchin told us that her children had been born here, married here and still live here: Mary Bianchin Highfill and Bruno Bianchin.

The tiny house the Bianchins bought when they first came has grown with the expanding needs of time, as has their small but beautifully productive garden. True to tradition, the growing area is extended by terracing. It boasts fruit trees as well as a wide variety of vegetables, herbs and flowers: zucchini, basil, parsley, tomatoes, roses, peaches among them.

Our request for a picnic menu brought quiet smiles and a quick exchange of glances from the life-long friends.

"Do you still take the same things on picnics that your mothers took?" we asked.

"Of course," they shrugged. Why not? Why bother to change from something as good as this?

*Spaghetti Trevisan
Barbecued Steak
Insalata Pomidori (Tomato Salad)
Frutta Vino Formaggio

In parting, Signora Bianchin mentioned an ancient French-Italian saying: "When buying for guests, buy the best!"

Signora Maria Buziol was born in Sao Paulo, Brazil, and brought to Italy when she was 3 years old. She grew up in the village of Monfumo in the province of Treviso near Venice and very near Castelchucco, where Signora Bianchin was raised. They were school friends.

The Buziols also came to Point Richmond in the early 1920's and it was here they were married. Their sons, Ciano and Leo, were born here - Point Richmonders still.

Signora Buziol suggested the following mouth-watering picnic menu:

*Chicken Cacciatore
*Risotto della Costa
Insalata Verde con Ceci (Green Salad with
Garbanzo Beans)
Frutta Vino Formaggio

As a special bonus, Signora Buziol gave her recipe for *CHICKEN IN WHISKEY, a unique formula that evolved "one day when we ran out of wine".

BETTY CLARK and VIRGINIA DANTONVILLE related their most amusing picnic experience. It occurred when they first came to share a house on the Point, about 16 years ago.

Late one mild autumn Sunday afternoon, they impulsively decided to drive up to Mount Diablo for a picnic supper. Taking 2 gorgeous steaks, they set off and drove until they found the perfect spot.

Blankets laid out, the fire built and burning brightly, they set their steaks aside to await the proper time and turned to have their martinis and hors d'oeuvres. They told a few hilarious and long-winded stories, warmed up as they went and were soon dancing around the fire.

It was not long before darkness embraced them and they became aware of little eyes - hundreds of little eyes - gleaming all about them. They were delighted: they felt themselves in a wild and beautiful Eden.

"Well," said Betty after a while, " we'd better get the steaks on. I'm starving."

They turned - just as a wee chipmunk disappeared into the dark brush, dragging the huge steak with him, and a friend of his about to get the second one!

Emitting loud war-cries, Betty and Virginia pounced on the poor beast and rescued what they could of their dinner. But the first steak had quite vanished!

These days they have their picnics on Nicholl Nob or on their spacious and protected deck, more than satisfied with its view of the Point and the Bay.

They suggest:

Shish Kebabs
*Zucchini Salad
Ice Cream with Kahlua
Coffee



The following discourse on picnics by LUCRETIA EDWARDS led me on a veritable orgy of memories. I hope it does the same for you...

"Because I was brought up to enjoy food in the substantial and lavish school of Pennsylvania Dutch cooking, and was blessed with a good appetite and excellent digestion, it follows that in the middle of my middle age I have experienced many glorious meals; meals which frequently have been enhanced by the beautiful, bizarre or charming surroundings in which they

were served. Unquestionably, the one I remember with keenest nostalgia are those that were eaten out-of-doors.

"I recall a beach picnic in Maine where I ate all the fresh lobster I could hold, and one in Labrador - only a peanut butter sandwich - on a small boat so storm-tossed that hot food could not be prepared, and a funny unlikely picnic in England where the butler covered card tables with damask cloths, beautiful silver and lovely china. Remarkable 'un-picniclike' foods, including a variety of what the English call 'cold shapes', were brought from a vast array of formidable hampers. This preposterous picnic was topped off by an exquisite *CREME BRULEE a dish I have since tried to duplicate in the tranquillity of my own kitchen, without approaching the English masterpiece in either looks or flavor.

"Since California is the promised land of outdoor living, I have of course many memories of gustatory joys connected with my West coast life. They include a high-style Thanksgiving dinner on Mount Diablo and a continuum of picnics at beaches along the coast, featuring various menus and weather conditions, but identically flavored with salty, sandy contentment. Outstanding are the roasted oysters served with champagne at the Vaughans' Christmas parties. Lovingly remembered is an Easter birthday party of great elegance, gaiety and style, given by three friends for a fourth on a hillside overlooking the Bay, which was pure French Impressionist in quality. And I sigh with yearning for the marvelous, wild, untidy feasts we used to have when Mr. Alvarez and the Blanchettes permitted us to use Cozy Cove for kayak jamborees...

"It is not astonishing that my preference for an outdoor eating spot seems to focus on my own neighborhood, for what could be more beautiful than the hills and beaches of Point Richmond. Just to be out of doors gives spice to a meal (witness the countless numbers of people in sub-division housing who rush out to their tiny, viewless backyards or patios to eat) but I have become highly selective, thanks to my spoiled and pampered life in Point Richmond, and find

that, given a choice, my preference for a picnic site is on a hill or a beach, overlooking either a small or large view of the ocean or Bay....While it is fun to picnic far afield, from time to time, there are so many intriguing spots within five minutes of my own home that I have a wide variety of choices.

"With the possibility that a regional park will be created in Point Richmond, these choices will be increased, and the zest of my outdoor meals will also be increased by the presence of other cheerful picnickers, who hopefully will find Point Richmond as happy a place to eat as I.

"I think it was that English picnic that showed me that eating out of doors need not be restricted to hot-dogs or hamburgers, delicious as they are, but can be in any style the heart desires, from bread, cheese and an apple, to a formal dinner, complete with linen, silver, china, flowers, candles and several elaborate courses. This latter meal takes more planning and organizing, of course, but it is fun, occasionally, because it is anomalous. Actually, with the exception of a few frail dishes that demand a carefully controlled oven (such as a souffle or a baked alaska) almost any meal can be taken picnicking. The variety of insulated containers available to us means that we can bring food from our kitchens as hot or as cold as required. For those who scorn such sophisticated paraphernalia, plenty of newspapers wrapped round with an old blanket or plastic sheet, provide the same temperature control.

"For a picnic on a cool day, I suggest the following meal. This should be a beach picnic, since it requires a fire, preferably utilizing a small cast-iron hibachi, though a chafing dish (using canned alcohol fuel) can be substituted."

Hot Consomme in Mugs
*Teriyaki
Buttered French Rolls
Assorted Raw Vegetables: cherry tomatoes, green
onions, radishes, green pepper strips,

carrot strips, raw mushroom
Served with sour-cream curry-herb dip
Individual Lemon Tarts
Coffee

MRS. DODIE B. GERALD *tells about beach picnics in another part of the world.*

"When the sea is calm and the sun hot, most Filipino people hurry to the seashore to lay out their beach-blankets on the sand. Young and old alike love the water and the sun: To swim or take a boat out on the sea, or simply to lie on the sand, transistors turned to a Filipino "combo" - or to just do nothing! Some enjoy looking at young girls in their brief swim-suits - approvingly or otherwise. Bikinis are not very popular in the Islands. The children splash around with balls in the water or give vent to vivid imaginations in the construction of sand-sculpture.

"The best part of the day, of course, is spent at the huge beach-tables where a great variety of food is to be found. Everyone sets his food out; where friends or strangers may help themselves.

"Large groups - a few families together - sometimes bring a 'lechon' (roast pig with an apple in his mouth) as good as it is appetizing to look at. Among side-dishes, one of the most popular is the 'lumpia', a patty of pie crust around a combination of vegetables and ground meat, usually fried. The crust is as thin as onion skin. This delicacy is also made with the sweet young stem of the coconut palm mixed with mango sprouts and lettuce. It is served with a sweet-and-sour sauce.

"Grilled spareribs with a spicy-hot barbecue sauce, fried or barbecued 'banqus' (pond milk-fish) with a white sauce, huge crabs and prawns either boiled or grilled and served with boiled rice and corn-on-the-cob are among the variety to be found on the beach-table.

"Served with the food, are cold drinks and especially 'buko' (young coconut) that is drunk directly from a hole in one end of the fruit. Later it is cut in half and the meat spooned out and eaten with or without sugar and milk. Locally grown fruits serve as table decoration as well as dessert: various kinds of fresh bananas, mangos, pineapple, watermelon and 'lanzones'.

"Naturally, many of the diners come with camera in hand...some are very aware of being photographed, most are too busy eating...

"As the sun sets, the Filipino picnickers prepare to return home; the procedure is almost habit, for in a sunny clime like the Islands this festivity comes often.

"However, there is much more to this kind of outing than fun and food. Making friends and sharing with others is typical of the hospitality in a Filipino's heart."

MRS. MELBA FARLEY *writes that, for her, the essential ingredients for a successful picnic are "good friends, good food and a choice spot!"*

Her menu: *Alphabet Salad

Fried Chicken

Sliced Tomatoes

"Som-Mors": an old Campfire Girl favorite,
graham crackers, Hershey bars and
toasted marshmallows

LOUISE FORAN'S *charming letter speaks for itself:*

Dear Editors: I wrote to my nephew to discover what a bachelor would take on a picnic to Nicholl Nob. Here is his response:

Dear Aunt Louise: You ask what a bachelor would take on a picnic to Nicholl Nob. Which bachelor? I, for one, loathe picnics, especially if there are children - they seem to draw ants!

If one must picnic, and I admit the view from Nicholl Nob is enchanting and can be arrived at without an undue amount of puffing, certain precautions should be taken. Select a site away from other picnickers. The view from any side - north, south, east, west - commands an equal sweep and each has its own beauty.

One's companion should be carefully chosen. She should be flexible in her interests, able to tolerate bugs but not be inclined to study or collect them. Bird watchers are included in this category. I had an unfortunate experience with a young woman who brought her copy of 'Walden' and insisted on reading to me! Dedicated hikers are also to be avoided - there is much to be said for strolling.

The food is equally important. It should be light: no heavy salads, no ghastly casseroles. Perhaps a thermos of gazpacho, roasted Cornish hens or squab, one or two distinguished cheeses, water biscuits, fruit. A good sparkling Burgundy is a fine picnic drink. It has the charm of carnival but none of the stickiness! It must be kept chilled, of course....

There you are. You know, I hadn't thought of Nicholl Nob, but writing this and thinking of it makes me want to go on a picnic!

Take care!

JEREMY NAROFF

"He didn't enclose a recipe, so I'm giving you mine of
*GAZPACHO.

"As for me, I like nice confused picnics. The ones I remember most happily are those we had when I was a child in Oregon. Usually, several families went to a favorite spot on the banks of the river and there would be several kinds of salad and meat loaves and fried chicken and cakes and homemade ice cream, both peach and strawberry. Perilous for a little fat girl! I don't know why I didn't sink in the river, even after waiting the prescribed hour after eating before going into the water!

"These days, when I'm assailed by restlessness, I have only to take a short walk to the top of Nicholl Nob. There I can see the world all around me and get niggling things back into proper perspective.

"I sometimes take a lunch, usually of 'baby' tomatoes, rye crisp, a bit of cheese, an apple and for dessert, one or two *LEBKUCHEN: the number depending on my weight that morning. Then I can glory in the sight of the sun on the Bay or watch the fog pour down through the gullies between the Marin hills...waiting for Brunnehilde - I'm sure she'll appear there one day!"

I take it upon myself to offer Jeremy Naroff the special title of "Honorary Point Resident"!

I naggd this one from LOUISE HAMMOND. I knew she, a passionate traveler, would have at least one great picnic story.

"It really was a picnic to remember, the one that took place on the Greek island of Corfu, on a July day in 1961. I can recall other picnics - in Turkey, Norway and Balboa Park in San Diego, California. Even one on the Great Wall of China outside Peking on a dusty hot summer day in 1936.

"But unlike M. F. K. Fisher and Gertrude Harris, I cannot remember what we ate on those picnics. I can see the bare brown hills and the Wall looking exactly as it had in my school geography book, with the endless stretch of Mongolian desert beyond, punctuated by a camel train. I can even remember

the hot dusty smells and hear the hollow clank of the camel bell, but I can't for the life of me remember what we ate, except for an improbable and elaborate English Trifle as dessert!

"In contrast, I can remember everything we ate on that Corfu picnic. We were to be there only a few days and wanted to see as much as possible, so joined the 'Greek Touring Society of Corfu' as guest members, for their Sunday beach expedition. The hotel clerk informed us we were to bring our own lunch.

"As it was quite late on Saturday night and most food shops were closed, we went to the arcaded center of town where we had seen chicken being broiled on vertical spits. Fortunately, they were still open and we would at least have a chicken - wrapped in an Athens newspaper and stowed in our Greek string beach bag with our bathing suits.

"The next morning at nine, we found a rickety bus, one of the regular island ones, with a big sign on the front identifying it as our's. The only other foreigners were a young Swiss couple. The rest of the party were young people from the town. As there were not quite enough seats, we all crowded together and a few young girls sat demurely on the knees of their young men. A black-eyed baby named Spiro was passed about and admired; as the island-Saint was St. Spiro, at least half the men were named for him.

"As usual with gatherings of Greeks, the bus hummed with talk. We had a leader - a jolly lady of about thirty named Psyche (and pronounced Pishe) - who decided we should all sing. The only song we could join them in was NEVER ON SUNDAY - and we did, as gustily as we could.

"The road was rough but we passed through beautiful fruit orchards: olive and cypress trees were everywhere.

"Our destination was a lovely beach which Psyche explained was where Ulysses met Nausicaa, the princess who brought him clothing and took him to the King of the island. It was far below us.

"An open-bed truck met the bus and trundled us down, down, down the long way through the cypress covered hill to the crescent-shaped beach.

"The Greeks seem to have a special talent, we discovered, for enjoying picnics. The girls giggled and ran up and down the beach, while a frenzy of acrobatic joy engulfed the boys. They turned somersaults and leaped about, singing all the time.

"Psyche took us to a little farm-cottage where we changed into our beach-suits. At lunchtime she led us to a tiny grove of trees where we brought out our chicken. The farmer who owned the cottage, and his wife, brought boiled eggs, black figs, purple grapes and a bucket of delicious spring water. Everyone shared his food generously - giving and taking - and what a delicious meal we had!

"There were several chickens beside our's and figs, both green and black, wonderful Greek bread, wrinkled black olives, *CHEESE PIES, tomatoes, green salad and Turkish pastries! There was Retsina wine, but most of us drank the cold spring water.

"After lunch, everyone took the usual Greek two-hour nap, of course, before the beach frenzy resumed with the addition of the farmer's donkey, who obligingly took us all for rides up and down the length of the beach. We swam and ran and jumped with the rest of them: I have never seen such activity!

"Late in the afternoon the truck returned to take us to the top of the cliff where blankets were spread so we could watch the sun set over the sea.

"For the first time, everyone sat in silence as the sun sank into the sea. Then the Greek tongues came to life again, the bus arrived and we merrily returned across the island to town.

"A wonderful picnic!"

LOIS HARCOURT *revives a romantic period in Richmond history with the following story:*

"Thirty years ago Mrs. Tsar Calfee (Leona), the mother of Judge David Calfee, 'sold' me this recipe for *TAMALE PIE. She was a Girl Scout official in Richmond and entertained a large group of Girl Scout leaders, of which I was one, at a picnic in her large back yard. The *piece de resistance* was Tamale Pie, and she 'sold' each of us leaders the recipe for five cents, which, of course, was donated to the Girl Scouts.

"For years, the recipe was a party favorite when our kids were growing up. After our daughter was through college and working in Hawaii, she called, long distance, reversed charges, and said, 'Mom, how do you make tamale pie? I'm having a party?' Needless to say, we never let her forget it!

"It seems appropriate that a beloved civic leader, Leona Calfee, should have her recipe in a Picnic-at-the-Point-Park Cookbook."

The following account was first published in POINT COUNTER-POINT September 6, 1968. The incident occurred at the tag end of the winter of 1955-56; one of the fiercest ever recorded in France. Meats froze in the open marble markets, to the amazement of the old *Parisiennes*. As I entered one of them, the butcher called out to me - *L'Americaine* of the neighborhood - to witness and substantiate his claim that such meat was indeed edible (banging the frozen steak on the marble counter as he talked!) "Yes, of course, it is," I answered carefully. "On condition that it was indeed fresh when it was attacked by the frost. Was it?" Naturally, it was.

In all of France, it was an unforgettable winter. About two hours south of Paris, in the ancient town of Vezelay, (where the Basilica holds the sacred bones of St. Mary Magdelene, and to which the pious have made pilgrimage since well before the seventh century, and where St. Bernard preached the

sermon that precipitated the most important of the Crusades, drawing St. Louis and Richard Coeur de Lion, and their armies, to be blessed before starting out for the East) were some of the most enchanting medieval gardens in all of Europe. That year, 700 year old rose bushes died out, never to revive.

In the Midi and all the northern part of Provence, the disaster was plainly evident at Easter time. With a French-Russian friend, we drove the length of France to the fishing village of Cassis on the Mediterranean in search of warmth and sunshine. En route, at that time of the year, we should have feasted our eyes on miles and miles of blossoming trees: almond, cherry, pear, - but more than 80% were frozen to gray-brown twisted stumps, as were the ageless olive trees further south. Later, many were to send out experimental baby shoots, from which tiny leaves timidly emerged, or so it seemed, and the farmers were to be able to save many of them - but just, as many died out, irretrievably.

At Cassis, we bought shellfish on the docks for a picnic in the hills above the sea, where we could swim in the little pools formed by the icy water that rushed down the mountain slopes. Some of the shellfish were completely unfamiliar to me, nor did I learn their names, for the fishermen shrugged and merely grunted, "It is a crab, Madam." But, crabs like huge spiders or little monkeys? Still, how delicious in the sharp perfumed air around the pools!

It was cold in Cassis, too, and there was little sun, after all, so we turned northward again after two days. Just above Avignon, we turned eastward, to visit Jean-Paul Klebert, the brilliant young writer. He had just bought an ancient 'farm' in the mountain region above Vaucluse, most famous for being the locale of the destroyed castle where the Marquis de Sade indulged his most lurid tastes.

Jean-Paul had not yet moved in and was staying with friends down in the village. We arrived early in the day and a spontaneous plan developed, to buy the necessities and drive up to the farmhouse to cook and eat *pique-nique* fashion.

Twelve of us joyously set off on the narrow, winding mountain roads, loaded down with rugs, mats, blankets, wooden bowls and wine glasses. Only once did we stop, and that was to buy wine from an old vintner, who assured us that although it was 'green' we would find it refreshing.

The air was brisk and seemed to promise full sun (later, much later - too much later!) and we accepted the promise, for the moment.

The house was little more than four stone walls, each about 3 feet thick, and surmounted by a steeply sloping stone roof from which jutted a huge chimney. A small opening served for an entrance (but no door) and two tiny openings for windows. The one room was little more than 20 by 12 feet with a narrow staircase on the side, leading to a loft. One 12 foot wall, however, was entirely devoted to a fireplace. A long iron spit with a manually operative handle jutted from one side of the fireplace opening.

We had brought a large *gigot* (leg of lamb) and a huge rolled-beef roast. Both were twisted on to the spit, long pans carefully set under them and a fire built behind. Long French breads were carefully set into the farthest corners to warm.

Everyone took a turn at operating the spit, which was no great chore, for as the fire sucked the fat from the meat, it created a small carnival of fireworks, spitting and hissing like playful imps.

When I was free of the chore, I wandered over the fields. It was an area devoted to the raising of lavender and the vista of miles of young tender gray-green plants was a delight, though it was much too early for the perfume to have developed. Yet there was a pungent aroma in the air and I could not pin it down until I bent to examine the 'weed' that grew wildly in the neglected fields of Jean-Paul's 'farm'; it was wild thyme. I picked a generous armload of it and rushed back to the house to throw it in the cooking fire and on the roasts. The perfume was not one easily forgotten.

When the meat was almost done, we began to cut chunks from it. The loaves of bread were warm and crusty and dusted with a fine layer of ash that seemed only to add to the delicacy of it.

Wooden bowls in hand, we approached the fire, where our French-Russian friend, Alix, and Jean-Paul, armed with huge knives, lopped off hunks we were to eat 'finger-style'. We dipped our bowls into the drip pans and scooped up gravy, broke off chunks of bread, then carried our bowls outside. Beside the door stood the five-litre bottles of 'green' wine and we helped ourselves to it.

Though the sun rarely shown fully - nor gave more than the original 'promise' - and the breeze was almost a sharp wind, we huddled on mats and blankets behind the endless 'dry' walls, sniffed the pungent air and dipped with wild abandon meat and bread into the delicious drippings that dribbled down our chins and back into our bowls. We drank the dark red, almost-opaque wine that tasted fruity and *sauvage* - ate and drank until we could take no more.

Then, and only then, did the story-telling begin: that form of entertainment that follows gastronomical orgies as inevitably as the night the day....

The menu I offer for a picnic in our "Park":

Hors d'Oeuvres Variees: dill pickles cut in
long thin wedges, pickled beets, black
and green olives, cherry tomatoes, celery
sticks, carrot sticks, cauliflowerrets

Salad: cucumbers and shrimps, yoghurt dressing

Filet de Boeuf en Croute

Liederkranz Cheese, Jack Cheese, thinly sliced
rye bread

Fruit

Viano's Zinfandel Wine Coffee

YOUR EDITOR

LILLIAN V. INKE *gives us:*

LILLY'S COOK-OUT COMBO



- *Spicy Spareribs
- *Bubbly Butter Beans
- *Crispy Cabbage Salad with Dill
- Buttered Rolls or Bread (for non-counters
of calories)

"With everything prepared wholly or partly the night before, the cook will have it easy and can enjoy the barbecue."

With this "Moon-Viewing Picnic on Nicholl Nob", GERRIE KRETZMER definitely gives a glimpse of what it really will be like - picnicking in a park on that very site!

"'It's serendipity!'" said the men from the East Bay Municipal Utility District. They were atop Nicholl Nob looking for the right spot for a water tank, when we arrived laden with ice buckets of pink champagne, baskets of glasses wrapped in cocktail napkins, and a big platter of *hors d'oeuvres*. The food was set on the stile and pronounced edible by Lucretia Edward's black pussycat. The champagne was served from the trunk of the car. Ladies and gentlemen wandered over the hilltop, fascinated with the panorama of the Bay, spread out below. The men from the East Bay MUD decided against a tank on such a lovely spot.

"For your picnic, choose an Indian-summer evening in early September when the golden grains are still and there are no whitecaps on the Bay. The moon will be full on September 6th and there will be a 6' tide. (Alas! quoth the Editor.) Bring pillows and individual trays or chow tables for everyone, and a bucket of sand crowned with assorted colors and sizes of candles."

Menu: Apricot Halves filled with Cream Cheese
 and Walnuts
*Tempura Vegetables with Saki Sauce
 Garlic French Bread
 Chicken Teriyaki
 Apple Turnovers from the Apple Tree Bakery
 Green Apples and Grapes in a basket with
 Chunks of Mild Cheddar Cheese

(Have a wide-mouth thermos containing cloth napkins wrung out in hot water to which you have added Jean Nate 'friction pour le bain'.)

"As the lights twinkle on in San Francisco and Marin, and the bridges string necklaces of amber across the Bay, light the candles and with tummies full, contemplate the quietening night and the rising full moon, with love."

Our own illustrator JUDY POLANICH first wrote that she and her husband, Jerry, had "only recently moved to the Point. As newlyweds with a new job in Richmond, we toured the entire East Bay in search of a nice place to live. The hills were beautiful, but beyond our budget, the flat lands were the right price but too dull. Discouraged, we looked at the map again and discovered a snarl of streets on a point on the Bay. We drove out at sunset and rode through the town and up into the hills...we never considered NOT living here, once we saw Point Richmond."

Once involved in our project, she read some of the "picnic tales" and produced one of her own:

"In the farmlands of Indiana where I grew up, a favorite summer pastime was to picnic - on raspberries and 'ghost stories' - in an ancient graveyard, at twilight.

"We kids would gather up paper sacks and glass canning-jars (in which to imprison fireflies to light our way) and sneak

off, leaving the grown-ups absorbed in their grown-up-talk. Raspberries grew in confused brambles on both sides of the dusty road that wound past a creaking old mill. We gathered the berries as we made our way to the cemetery in the chirping twilight.

"Slinking through the rusty gate at the entrance, we stole into the weed-choked graveyard. It seemed important to find the very oldest and the very youngest inhabitants, and we diligently read the headstones aloud to each other. Then we gathered at the leaning headstone of a Revolutionary War hero and told stories of mystery and terror to each other and the long-dead Indiana farmers.

"Munching raspberries and listening spellbound to stories and crickets, half-expecting the wail of a banshee, we would frighten ourselves delightfully.

"Then, as our shadows became clearer, we would suddenly find good reason to run panting back to the big house filled with light and parents and safety."

She finished with the succinct comment that, "I cook with all the enthusiasm of a new wife whose husband loves good food. Here are a few picnics to please the palate:"

Italian Outing: Barbecued Chicken a la Richmond
Green Salad
*Terta
Garlic Bread Tewksbury
Spumoni

Nicholl Nob Outing: Nicholl Nob T-Bone
Barbecued "Baked" Potato
*Curried Vegetable Salad
Chocolate Brownies

Polanich's Special Outing: Chili with Beans
Green Salad
*Onion-Cheese Bread
Oatmeal Cookies

SUSAN REYNOLDS PRINE *remembers the Point as a splended place for a child to grow up.*

"Our days were filled with activities on and near the Bay: fishing, boating, swimming - and the wonderful times we had when the herring ran! We had lots of impromptu barbecues with our neighbors and friends. I still love the Point and so does my husband, Jerry, and so will my new son, Matthew Charles, when we visit his maternal grandparents. I am sending a recipe that is easy to make and feeds lots of people."

*Her suggestion is for *GOOD CHILI BEANS.*

MARLYS L. REYNOLDS *writes:*

"We discovered Point Richmond when we migrated from Oregon in the spring of '37. Oregonians are by heritage nature lovers and instinct took us away from the flatlands of Richmond toward the Bay and the Point. We used to swim on the beach near the Salt Water Station and often picnicked on the many empty waterfront lots, never tiring of the Bay and its many moods. A favorite meal was one I prepared in advance; one that packed easily and could be eaten with a minimum of equipment.

PACK-UP-AND-GO-PICNIC

- *Pick-up Parmesan Chicken
- Sliced and Buttered French Bread
- Tomatoes, cut in wedges
- Rose or Grey Risling Wine (pre-chilled)
- Chunk of Aged Jack Cheese
- Devil's Food Cake - baked and served from pan
- Fresh Fruit, in season

MAXINE and JACK STODDARD *are, it seems, proud members of a "Singing Society", made up of "five couples who enjoy gourmet food with an occasional song". Apparently, each couple in*

turn hosts a get-together.

"Last summer", *writes Maxine*, "we entertained the 'Singing Society' and as hosts, our assignment was the cocktails, appetizers and the meat course. We decided to have a picnic at Napa State Park. It was quite a challenge to set a sparkling and colorful table under the trees. We used bedspreads from India for table cloths, olive green crystal wine goblets, hurricane candle-lights and colorful paper plates and napkins. It was indeed attractive. The drinks were to order and the menu was as follows:"

*Prairie Fire Dip

*Mushrooms Burgundy (both served from elegant chafing dishes)

The main course was:

*Lemon Barbecue Chicken

*Corn on the Cob

Tossed Green Salad, Oil and Vinegar Dressing

A Light White Wine was served

Hand-cranked Freezer Ice Cream

Coffee (boiled, camping-style)

In the first burst of enthusiasm for this book I wrote of it to my husband, ZEV, sculpting and painting in Rome. His response was precisely what I had anticipated: the following warm account of a colorful yet simple picnic.

I have dubbed him Honorary Point Resident and included his account and his recipes:

"...the picnic that instantly came to mind was a Mexican one, rather gorgeous and very delicious. Perhaps you could work out the details. I remember this family had a great purple silk handkerchief that made a perfectly round ball when it was tied up. It was put down on a green grassy spot and opened into a huge purple square against the green grass and

there, in the middle was a red pyramid of food, consisting of cracklings mixed with shrimps and seasoned with chili and lemon. It was delicious stuff and we ate it with tortillas and cold beer. It seems to me that the cracklings were made first, then, at the last moment, the shrimp and chili sauce were added. The lemon we squeezed on as we ate. We sat on the ground around this colorful dish and no further utensils were offered or needed. It was a simple dish, really.

"Another thought comes to mind, just as simple: why couldn't those puffs used for cream puffs be filled instead with tasty creamy foods rather than sweets? Creamed crab, shrimp, tuna, chicken, etcetera. The puffs can be bought at the baker's and the cream fillings are easy enough to make, I think...."

Love, ZEV

The recipe is in the Fish section.

From LOUISE HAMMOND come directions for an impromptu picnic.

"There should be a picnic menu in the cookbook which requires no cooking. Here is one."

Menu: Point Orient Egg Rolls
 Mexican Inn Corn Tacos
 Green Salad and French Dressing
 Fresh Fruit
 Buttermilk Cake
 Chilled Beer or Coffee
 French Bread and Butter

"Here are directions for the whole menu - for six people.

1. Take from home
 - 1 large basket
 - 1 Thermos jug
 - 1 bright table cloth
 - Sharp bread knife to double as tomato slicer

6 of each: knives, forks, spoons
1 salad server
1 large salad bowl
8 paper plates
6 heat-proof cups
6 'cold' cups
Salt and pepper shakers, sugar and cream and butter
Bottle and beer-can openers

2. Go to downtown Point Richmond

Order 12 beef tacos at Mexican Inn on Park Place
Order 12 egg rolls from Point Orient Restaurant
While tacos and egg rolls are being prepared, walk
down Park Place to Apple Tree Bakery and buy
buttermilk cake
Cross the square to Ichthus Coffee house to have
Thermos filled with coffee
Walk up Washington to Ron's Market or Santa Fe
Market and buy fruit and salad stuff, (lettuce,
tomatoes, pepper, radish, etc.) Girard's French
dressing. Sour French bread, Camembert cheese
if desired, and beer
Return to Mexican Inn and Point Orient Restaurant
for tacos and egg rolls

3. Proceed to Keller's Beach

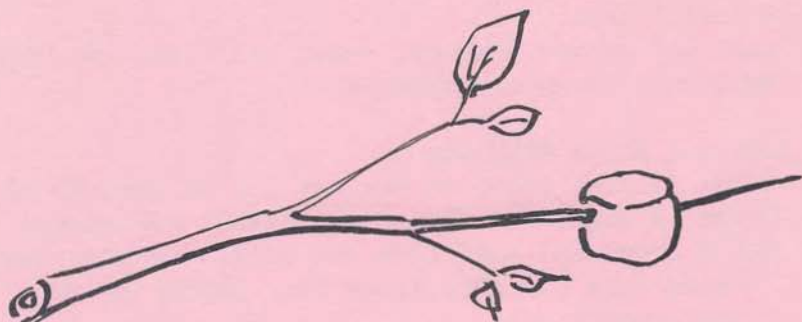
Pick out a nice table
Set table
Wash fruit and salad stuff in salad bowl
Arrange fruit as table decoration in center of
table
Toss salad

4. Serve!

"Variations - on a cool day bring a large covered pan and
substitute or add 2 orders of Won Ton soup at Point Orient
Restaurant. (Bring soup bowls, spoons or buy some beautiful
blue and white bowls at The Shop Upstairs in the Old Fire
House.

Choose tamales and beans and rice from Mexican Inn.

Or buy smoked beef on rye sandwich at Ichthus Coffee Shop."



In all recipes, the following code has been used:

tsp = teaspoon

Tbs = tablespoon

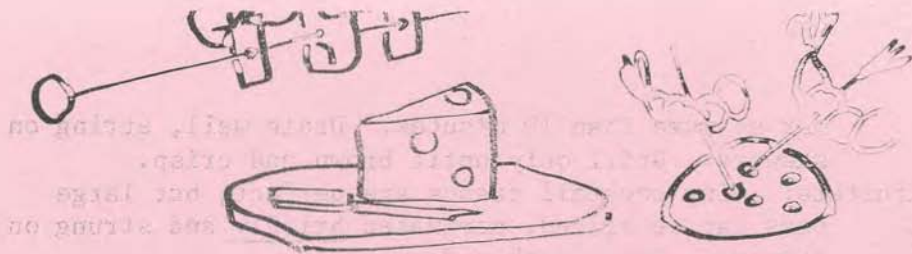
C = cup or cups

lb = pound

oz = ounce

In all cases, the use of I or we (unless enclosed within quotation marks!) refers to the Editor.

When no name follows a recipe (or suggestion), it is the Editor contributing her "2¢ worth".



HORS D'OEUVRES

The use of a small hibachi has become very much a part of party-giving in the last few years, outdoors and in. It can stand on coffee-table, bar or picnic table, and a general invitation to guests to "make their own" can result in a very lively opener for even the most reserved of guests.

A few plates of "makings", a bunch of short skewers, either metal or bamboo, are all that are needed - plus a bit of imagination! Your guests will do the rest.

Meat - beef, lamb, pork or chicken - cut into bite-sized pieces or thin slivers, served in a marinade (in which it has rested for at least 8 to 10 hours); fish, also cut in the same way and marinated; even some vegetables. (See marinades in Barbecue Section.)

It is wise to start the charcoal burning in your hibachi at least an hour before you plan to use it. Be sure the charcoal has burned down to nice, gray, quivering embers: meat should be cooked very rapidly and be browned on the outside, rare inside. For this, the coals must be very hot and the meat should rest about 3 to 4 inches above it, no more.

Suggestions for grilled *hors d'oeuvres*:

Chicken livers: Cut each in half. Marinate. Grill very rapidly.

Meat cubes: (Sirloin or filet) cut into 1 to 1 1/2 inch cubes.

Sausages: Little breakfast sausages (parboil for 5 minutes beforehand) or slices of Italian or Louisiana sausages, hot or mild. Precook in a little white wine and a pinch of thyme; simmer very gently and

for no more than 10 minutes. Drain well, string on skewers. Grill only until brown and crisp.

Frankfurters: Tiny cocktail franks are perfect, but large ones can be sliced, marinated briefly and strung on skewers. Serve with a dip.

Fish: Swordfish, cod, tuna, salmon or any fresh, firm-fleshed fish can be marinated briefly; cook rapidly.

Spareribs: Cut into 2 inch lengths, marinate, grill.

Smoked Pork: Cut into 1 inch cubes. Use the sweet and sour marinade.

Lamb: Cut into 1 inch cubes: shoulder or leg are best. Or, use breast of lamb as you do spareribs. Season with rosemary, pepper, salt and garlic salt.

Vegetables: Green pepper and onion chunks, cherry tomatoes, mushrooms, to alternate with meat or fish on skewers.

The alternate to grilling on a hibachi, is the *Fondue Bourignonn* of the Swiss or the *Bagna Cauda* of the northern Italians.

This requires a cooking apparatus that is rapidly becoming familiar to Americans, and is available now in most good hardware and houseware shops. It consists of a wide-bottomed, narrow necked saucepan with a long handle, that fits over a spirit-cooker. In it is cooked a certain amount of oil. And with it, one buys long-handled forks called Fondue-forks.

When serving, the saucepan is placed on an alcohol burner in the center of the table, and the forks are nearby. They are surrounded by bowls containing small cubes of tender meat and a variety of vegetables and dips: chopped onions, chopped green pepper, chopped celery, fine-chopped currants or raisins, chopped nuts, hot mustard, mild mustard, curry sauce, mayonnaise and ketchup or a variety of sauces made of mayonnaise PLUS any anumber of additions:

Herb mayonnaise: add basil, parsley, green onions, oregano, all finely minced.

Tomato mayonnaise: add ketchup to mayonnaise.

Remoulade sauce: add 2 tsp mustard, 1 tsp chives, lemon juice, to mayonnaise.

Each guest avails himself of a fondue-fork, stabs a chunk of meat, dips it into the boiling oil for just long enough to cook it lightly, then dips it into his choice of condiment (or sauce) before eating it.

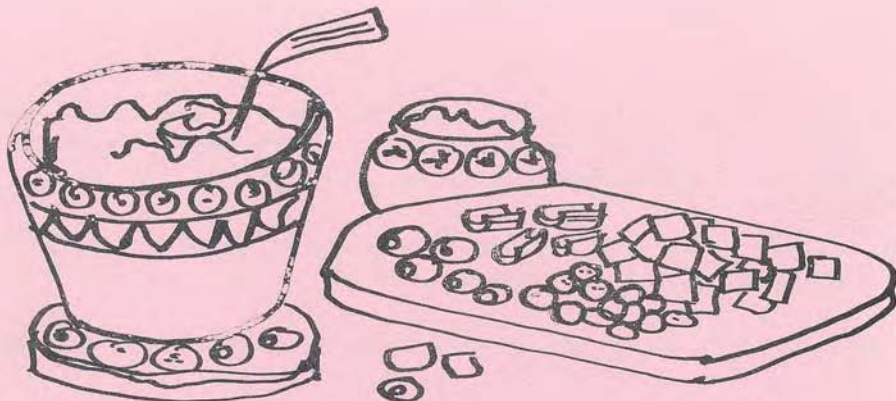
MUSHROOMS BURGUNDY

Wash thoroughly 2 lbs of fresh button mushrooms. Cut stems to 1/2 inch. Put the washed mushrooms in a deep saucepan, barely cover with water, boil for about 7 minutes, and then drain thoroughly.

Now, return drained mushrooms to saucepan and cover with a full bottle of burgundy wine. Add 1 tsp garlic powder, 1 Tbs salt and bring all to a boil. Lower heat and simmer for 20 minutes. Drain well and put into a bowl. Dot with a stick of butter (1/4 lb), broken into pieces; let melt over the mushrooms.

Serve warm with a good supply of toothpicks for spearing. Lovely and elegant in a fine chafing dish.

MAXINE STODDARD



DIPS

At a barbecue picnic, one of the difficulties that often arise is that of keeping guests occupied as the fire is laid, the flames die, and the cooking and serving proceed.

The simplest answer is the offer of dips and nibbles served with a colorful array of raw vegetables and crackers for scoops. Arrange them around the dips, invite guests to sit around the tray - and you are free to attend to your own chores. Following are a few dips, some well known, others perhaps a surprise....They are all rapidly and easily made of food readily available today.

AVOCADO DIP: Also known as GUACAMOLE and of Mexican origin. There are an infinite variety of recipes for this one...you will eventually discover the one you prefer, by experimenting.

1. 2 avocados, peeled, cut in half. Remove the pit and save it. Place pulp in a good-sized bowl and mash roughly. Throw in the pit (it will keep the pulp from turning brown, say my Mexican friends). Add 1 Tbs lemon juice, 2 dashes of Tabasco sauce and mix in none too thoroughly. Serve.

2. 2 avocados, peeled and cut in half. Remove pit and re-serve. Pour on 1 Tbs lemon juice and mash thoroughly. Add 1 Tbs Worcestershire sauce, 1/4 tsp Chili powder, salt and freshly-ground black pepper. Throw in the pit. Stir in thoroughly and chill.

3. 2 avocados, cut in half, peeled. Add 1 Tbs lemon juice, stir in. Add 2 Tbs mayonnaise, 1 tsp Worcestershire sauce, salt and papper, beat in thoroughly. Add pit.

4. ...add 2 Tbs sour cream, 1 tsp curry powder, salt, pepper ...stir, add pit. Serve.

Take it from there and let me hear about your own variations.

GOLDEN DIP

2 C mayonnaise	1 tsp lemon juice
1/2 C sour cream	1/2 tsp seasoned salt
1 tsp grated onion	1/2 tsp freshly ground black pepper
1 Tbs curry powder	
1 tsp dry mustard	Dash Tabasco sauce

Mix well - either beating by hand, or in a blender. Let stand for at least an hour before serving.

LIVERWURST-AVODADO DIP

1 ripe avocado	1/2 C sour cream or mayonnaise
1/2 lb liverwurst or Bruenschweiger	Tabasco sauce
1 tsp grated onion	Salt and pepper

Peel avocado, cut in half, remove pit. Peel chunk of liverwurst, add to avocado. Add remaining ingredients, mash well, mix thoroughly. Serve chilled.

BLUE CHEESE DIP or ROQUEFORT CHEESE DIP

8 oz package of cream cheese
1/4 lb Roquefort or Blue cheese
1 Tbs butter

Combine and beat until creamy. Add

2 Tbs sour cream
Salt and pepper to taste

Dash Tabasco sauce

PRAIRIE FIRE DIP



2 cans Pinto beans
1/3 lb grated sharp cheese
1/2 lb butter
2 hot peppers
1 medium onion
1 clove garlic
A little juice from the hot
peppers

Drain the beans and put through a sieve or mash in a blender. Mix the remaining ingredients and blend thoroughly. Put all together in a double boiler until the cheese is melted. Serve warm, in a chafing dish, with Fritos.

MAXINE STODDARD

The Vaughan Christmas party is looked-forward-to with more enthusiasm than any other event of the Point Richmond year. Following is one of the Vaughan recipes; it is guaranteed to please everyone.

SANDWICH or CRACKER SPREAD

1 5-oz jar chipped beef	butter
1 pint small curd cottage cheese	mayonnaise

Chop the chipped beef fine, and saute in butter until crisp. Mix thoroughly with the cottage cheese and enough mayonnaise to make it spread easily.

Pepper, chopped parsley and/or chopped onion may be added, if desired.

THE VAUGHANS

HAM DIP: Add one small can of devilled ham to an 8 oz. package of cream cheese and 1/2 C of mayonnaise, a dash of Tabasco sauce, 1 tsp chopped chives and freshly ground pepper to taste. Salt if you wish but the ham is usually salty enough. Beat all together well, chill and serve on thinly sliced rye or pumpernickel bread, or Triscuit crackers.

SMOKED OYSTER DIP: Empty a can of smoked oysters into a good-sized bowl. Reserve 4 to 5 oysters for garnish. With a fork, mash the oysters. Add an 8 oz. package of cream cheese (softened), 1/2 C mayonnaise. Beat very lightly. Sprinkle over a tsp each of chopped chives and chopped parsley; arrange the reserved oysters at one side of the bowl. This is lovely with very bland crackers, pieces of matzo or rounds of Melba toast. Delicious, of course, with raw vegetables.

When cutting the vegetables, try cutting the celery crosswise on the diagonal, Chinese-style, instead of the usual sticks, to form small scoops.

CHOPPED OLIVE DIP: To a small can of chopped olives (either ripe or green Spanish with pimento) add 1 C of sour cream, 1 Tbs mayonnaise, freshly ground black pepper. Mash together until smooth-ish. Sprinkle over a Tbs of chopped chives.

CLAM DIP: I think this may be the best-known of all the dips. Naturally, there are 8-10 variations that I know of, and you may know 8-10 more. My favorite, however, is the simplest of all: Drain a 7 oz. can of minced clams and reserve the juice. Soften an 8 oz. package of cream cheese and add the drained clams to it, mashing and beating until smooth. Gradually add as much of the clam juice as desired to make a manageable dip.

I usually stop right there! But you may prefer to add any or all of the following:

1 Tbs lemon juice
1/2 C mayonnaise or sour cream
1/2 tsp garlic powder
Worcestershire sauce
Tabasco sauce
Etcetera!



SMOKED SALMON DIP: Add 2 thin slices of smoked salmon to an 8 oz. package of cream cheese. Beat until smooth and add 1 tsp of lemon juice. Sprinkle over a tsp of chopped chives and a light sprinkling of paprika. Chill well.

CAVIAR DIP #1: 1 small jar of black caviar. Place in a bowl, reserving a tsp of the caviar for garnish. Mix with a 1/2 C of sour cream. Set into a pretty bowl holding chopped ice. Arrange the reserved caviar on the top in one dollop.

RED CAVIAR DIP #2: Same as for black, but do not break ALL the eggs; leave some intact for prettiness, as well as flavor.

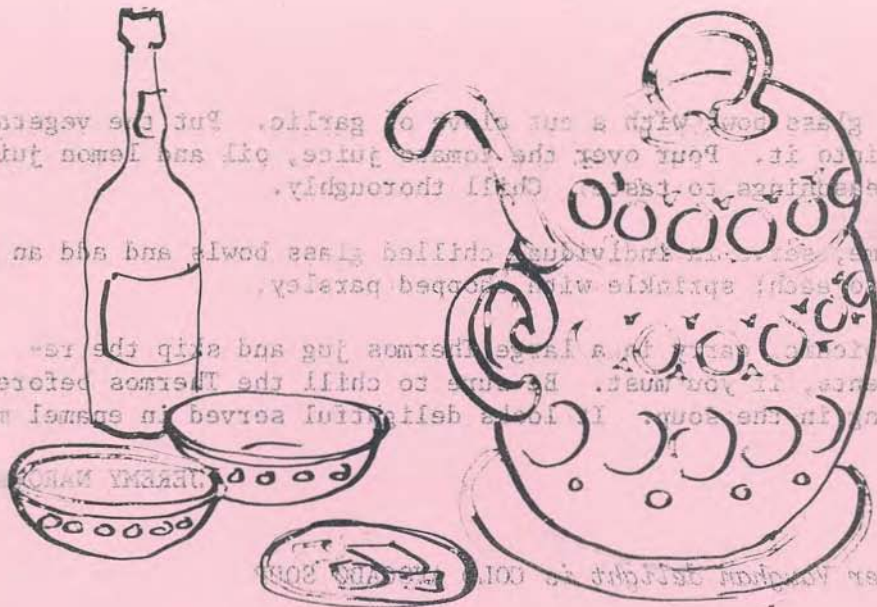
All caviar dips should be served with thin wedges of lemon, a small bowl of sieved hard-boiled egg-yolk and very thinly sliced rye or pumpernickel bread.

TEA EGGS a la ZEV

1 Qt boiling water	2 Tbs salt
4 Tbs black tea	1 dozen hard-cooked small eggs
4 Tbs soy sauce	

Pour boiling water over tea and steep for 5-8 minutes. Strain and add soy sauce and salt. Shell eggs carefully and add to the liquid, then let simmer very gently for an hour. Let eggs cool in liquid. If kept in liquid, they will keep almost indefinitely in refrigerator.

A most interesting hors d'oeuvre; they look like large olives. Also, a fabulous addition to condiment selection for Curry dinners.



SOUPS

Concerning the soup that Louise Foran's nephew suggested, GAZPACHO, it holds a most interesting place in the art of cuisine. Every part of Spain has its own recipe for GAZPACHO and each Spaniard also has his own version. However, in a discussion among different nationalities, each claims the basic recipe under a different name. A fascinating discourse on this is to be found in the Alice B. Toklas Cookbook: Doubleday Anchor (Paperback) 1960, pp. 53-57. She also gives many versions of this superb summer soup.

GAZPACHO

- | | |
|---|---|
| 6 large ripe tomatoes chopped | 1/3 C olive oil |
| 2 cucumbers, sliced | 3 Tbs lemon juice |
| 1/2 C red or green sweet
peppers, minced | 1 clove garlic |
| 1/2 C onion, minced | Salt and pepper to taste |
| 2 C tomato juice | Dash of Tabasco sauce |
| | 1/2 C thinly sliced zucchini
(optional but very nice!) |

Rub a glass bowl with a cut clove of garlic. Put the vegetables into it. Pour over the tomato juice, oil and lemon juice. Add seasonings to taste. Chill thoroughly.

At home, serve in individual chilled glass bowls and add an ice cube to each; sprinkle with chopped parsley.

On a picnic, carry in a large Thermos jug and skip the refinements, if you must. Be sure to chill the Thermos before pouring in the soup. It looks delightful served in enamel mugs!

JEREMY NAROFF

Another Vaughan delight is COLD AVOCADO SOUP

2 ripe avocados
1 C heavy cream plus some half and half
2 1/2 C chicken broth or 1 can of Campbell's broth, thinned
3/4 C dry white wine
2 tsp lemon juice

Mash avocados fine and mix with chicken broth, in a blender, if possible. Gently stir in the cream, wine and lemon juice. Thin to desired thickness with half and half. Salt to taste and chill in refrigerator.

THE VAUGHANS



SANDWICH PICNICS

Sandwiches of almost any kind are often improved by being made beforehand and frozen. During the trip to the picnic-ground, they will defrost, yet still be fresh. Naturally, freezing is not recommended for toasted sandwiches nor for such goodies as are heavily loaded with garlic, such as aioli or garlic-mayonnaise. Even the crusty French bread sandwich (the warrior, hero, poor boy types) are sometimes improved by freezing: the crust is still crisp but not quite so hard.

Anent the latter kind of sandwich, since adults have not the need to show how widely their mouths can open up, I find they appreciate them served open-style, in the Scandinavian fashion. Even better, cut and butter the bread, then lay out the "makings": (A Lazy Susan is lovely for this).

Tuna fish (in the tin)
Sliced tomatoes
"Cups" of lettuce or shredded
Sliced cucumbers
Sliced salami and other cold meats
And whatever else pleases you...

THE NO-NAME SANDWICH

Use a large round sour-dough French bread. Slice horizontally 5 times and layer with your favorite sandwich fillings.

Stack in place as you go. Wrap in foil, then cut in wedges to serve, as you would a pie. The possibilities for fillings are limited only by your imagination! A few suggestions:

Ham salad
Mild cheese
Chicken or turkey slices
Lettuce (shredded) and mayonnaise
Cucumbers, thinly sliced



I may add that for a very elegant party, the fillings could be: caviar, cream cheese, smoked salmon, shredded lettuce and mayonnaise, egg salad. Try it with a large round "Jewish Corn-sour-dough rye". Co-op market stocks a good one called "Quick Oven" in the freezer section. It can be baked at home in 12 minutes.

With this sandwich, serve wine and fresh fruit.

BETTY PEARSON

WESTERN SANDWICH (also called "Denver")

This was invented by pioneer women in order to salvage eggs "gone high" after a long haul on hot trails, or to use the eggs of wild fowl, much stronger in flavor than domestic ones. They disguised the undesirable flavor by mixing into the eggs whatever seasonings they had, and whatever vegetables were at hand.

2 slices bacon, diced	4 eggs
1 green pepper, chopped	Salt and pepper
1 onion, chopped	Bread or rolls

Fry the bacon for several minutes until edges curl. Toss in the green pepper and onion and cook until vegetables are almost tender. Mix the eggs with salt and pepper and beat; pour over vegetable mixture in pan. Cook until eggs are set, then turn and brown the second side lightly. Place between slices of bread, or a cut roll.

ITALIAN HERO SANDWICHES

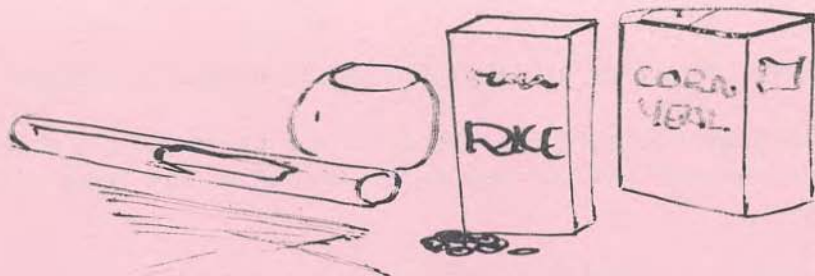
These can be cooked at home and transported in a wrapped casserole or, even better, made over a campfire, in a large skillet.

Plan 1/3 of a long French sour-dough loaf for each person, or use long French rolls. Cut in half horizontally and butter lightly.

For each person: 2 Italian sausages (half mild, half hot)
2 onions
1 green pepper
Olive oil
Oregano
Salt and pepper

Cut sausages in 2 inch lengths. Cut onions in good-sized chunks. Cut peppers into large chunks.

Heat 2 Tbs olive oil in skillet. Throw in sausage chunks and brown well. Throw in onion and pepper chunks and turn down heat. Cook until vegetables are limp (not brown), stirring from time to time. Season to taste with salt, pepper and oregano. Spoon between bread slices.



BEANS

PASTA

RICE

CORN-MEAL

SPAGHETTI TREVISAN



- 1 large onion, chopped
- Bunch parsley, minced
- 2 stalks celery, chopped
- 1 twig rosemary, crumbled
- 6 leaves sage, minced
- 2 Tbs olive oil
- 1 1/2 lbs chuck, coarsely ground or chopped
- 1/2 lb chicken giblets
- 1/2 C tomato sauce
- 1/2 C tomato paste
- 1 C red wine
- Salt and pepper
- Parmesan cheese, grated

In a heavy skillet, heat the oil and saute the onion until soft and golden, then add the herbs and celery. Cook on a medium fire, stirring occasionally, until limp. Be certain not to burn it!

Add the meat, browning rapidly but thoroughly.

Add the tomato sauce and paste, blending it with the other ingredients before adding the red wine. Taste and season, as necessary.

Cook over moderate heat for about 2 hours, stirring occasionally. It may be necessary to add more wine (or water) as the sauce reduces.

Cook spaghetti in plenty of water, well salted, but only just until it is *al dente* (literally, to the teen - that is, chewy).

Add plenty of sauce and sprinkle generously with grated cheese.

Signora Bianchin suggests the sauce be carried in a wide-mouthed Thermos and the spaghetti cooked at the site of the picnic.

This sauce is remarkably versatile: it may be used on macaroni, lasagna or rice, as well.

SIGNORA ANTONIETTA BIANCHIN

RISOTTO della COSTA

Use the Spaghetti Trevisan recipe for sauce. When done, add:

1 C rice
2 C chicken broth
1 tsp salt

Cook, without stirring, over a gentle fire, until the rice has absorbed all liquid and is tender and fluffy. Season to taste. Sprinkle with Parmesan cheese when serving.

This can be carried to the picnic site in the pan in which it is cooked. Cover tightly, then wrap in many thicknesses of newspaper. Finally, wrap your sitting-blanket around all.

OR, transfer to a wide-mouthed Thermos jug, if you prefer. To do this without mashing the delicate rice, use two forks to stir it up.

SIGNORA MARIA BUZIOL

CANELLONES (stuffed Macaroni)

3/4 pkg of wide macaroni (or prepared Canellone, if available).
1 lb hamburger
1/3 C olive oil
1 tsp Lawry's seasoned salt

1/3 C parsley, minced	Pepper to taste
1 pkg frozen chopped spinach	1 Tbs butter
1/2 C Parmesan cheese, grated	1/2 C Romano cheese, grated
2 eggs, beaten	

Cook macaroni until tender (do not overcook as it will split). Drain and pour cold water over. Cook spinach until soft, drain and add chopped parsley. Cook hamburger in skillet and drain as much grease away as possible, then add all other ingredients. Add the egg last and mix well.

Gently poke this filling into the cooked macaroni and set the filled ones in a greased baking dish, 9 x 13 inches or larger. Cover with CHEESE SAUCE and sprinkle more cheese on top. Bake in a 375° oven for about a half hour.

CHEESE SAUCE

1 can Aunt Penny's white sauce (or 2 C of your own recipe)
 1 1/2 C milk
 1/2 cube butter
 Salt and pepper to taste
 Dash of Worcestershire sauce

Heat and pour over the filled Canellone and sprinkle with more cheese.

MRS. ETHEL G. KERNS

BUTTER BEANS (for Lilly's Combo Picnic)

These are cooked, dried lima beans out of a can, but need a little pepping-up.

Open the cans (2 or 3 depending on your guests' capacities) the night before, and put in a kettle. Throw in some chopped green onions and chopped parsley and 1/4 tsp ground mustard. Bring beans to a boil and let cool. Refrigerate until ready to take to the cook-out, where you can re-heat them. Serves 6.

LILLIAN V. INKE

BAKED BEANS a la SOPHIE's EMPORIUM

Parboil 2 C navy beans in plenty of water until half-done.

Drain the beans, saving the liquid, and place in a baking dish. Add seasonings to water in which beans were cooked:

1 tsp dry mustard	1/3 C black molasses
3/4 lb salt pork (dice pork and boil out the salt, discard the water)	1/3 C catsup

Vary seasonings to taste. Pour over beans and bake 4 to 5 hours in a slow oven until juice is absorbed and beans cooked. Add water during baking, if necessary.

JANET FLEMING

CHILI BEANS are such a great favorite that I can think of endless recipes, off-hand. As you will see, so can our contributors:

CHILI FROM a FLOWER SHOP

1/2 lb pinto beans	2 Tbs salt
5 C canned tomatoes	1 1/2 tsp black pepper
1 lb green pepper, chopped	1 1/2 tsp cumin seed
1/2 C parsley, chopped	1 1/2 tsp Accent
1/2 C butter (or margarine)	1/3 C chili powder (less for milder chili)
2 cloves garlic, crushed	1 lb lean ground pork
2 1/2 lbs ground lean chuck (use chili grind)	

Wash beans, soak overnight (unless they are the quick-cooking variety). Then simmer the beans, covered, in same water, until tender. Add tomatoes and simmer together for 5 minutes.

Saute onions and green pepper in salad oil, cook until tender, stirring often. Add the garlic and parsley. Melt the butter

and saute the meat in it for 15 minutes. Mix the meat and onion mixtures and stir in the chili powder. Cook for 10 minutes.

Add this to the beans and then stir in the spices. Cook, uncovered, for 30 minutes. Skim fat from the top.

Set table and serve up a feast!

Good with a tossed green salad and French bread.

KLEINSTEIBER-SWINNEY
WAYNE'S FLOWER SHOP
POINT RICHMOND, of course

BARBEQUE BEANS (makes 60 lbs - for 150 persons)

8 #10 can red kidney beans	1 #10 can tomato paste
6 lbs stewing beef, cut into 1/2 inch cubes	1 pint cooking oil
3 lbs hamburger	8 large onions
1 large head celery	3 cloves garlic
4 Tbs chili powder	4 tsp fresh-ground black pepper
1 medium can of paprika	

In a large heavy-iron kettle (about 8 gallons capacity) saute the meat in oil, over very hot fire. Break up with potato masher. Add the tomato paste and spices.

Put celery, onion and garlic through a coarse food chopper and add to mixture. DO NOT SALT. Simmer for 4 hours over very low heat.

Punch several holes in the bean cans and drain off and discard liquid. Open drained cans and add beans to mixture. Bring to a slow simmer, stirring frequently. (If you are going to burn this dish, now is the time to do it!) Use a wooden spoon or paddle - a metal spoon simply will not do!

DOUGLAS EDWARD JOY

*Another of the famed Vaughan goodies...feeds 50 to 60 people.
Dr. Vaughan says he usually buys three kinds of beans for this:
i.e., pinto, small red, large red....*

CHILI and BEANS

8 lbs lean beef stew meat, cut in cubes 1/2 to 3/4 inch (or
have butcher put through coarse grinder once only)

8 lbs beans

10 8-oz cans Del Monte tomato sauce

12 medium onions

5 Tbs allspice

16 Tbs paprika (1 cup)

1 C chili powder

5 Tbs chopped garlic

Salt to taste - probably about 10 Tbs

Add Tabasco sauce if you want it hot.



Soak beans overnight.

Brown the meat, onions and garlic in olive oil. Add the whole
mess together (beans, etc.) and simmer for 4 hours.

Taste and correct seasoning, if necessary.

THE VAUGHANS

GOOD CHILI BEANS

1 small pkg red pinto beans

1 lb ground round steak

Bacon drippings

1 large onion, chopped

2 cloves garlic, mashed

Salt and pepper

1 large can whole peeled
tomatoes

1 can tomato soup

1 Tbs sugar

2 Tbs chili powder

Soak the beans overnight in water to cover, after first
picking them over and washing.

Brown the ground meat in bacon fat in the bottom of a pressure
cooker. Add the remaining ingredients.

Drain the beans and add to meat mixture; add water to just cover well.

Cook for 40 minutes at 15 lb pressure. Then let pressure drop slowly of own accord.

SUSAN REYNOLDS PRINE



EGGS

Louise Hammond remembers that Ted once took her boys on an overnight picnic to Brooks' Island and the most memorable item was this recipe, cooked outdoors over hot coals.

CHORIZO and SCRAMBLED EGGS

4 eggs to each chorizo sausage.

Slice up chorizos. Heat gently in a little oil or butter. When soft and hot, stir in the eggs, beaten just enough to break them up. Stir constantly as they cook over moderate heat.

Have plates ready and dish them up as soon as the eggs have set.

TED FOSTIAK

While on a visit to Torremolinos in the south of Spain, we lived in the old sprawling "Basket-maker's" house, just off the beach. We usually had our lunch in the lovely big garden with the sea whispering beyond the low stone wall.

However, we did often have picnics in the countryside. One particularly fascinating memory is of the day the great oxen of the farms around were "honored" in a meadow outside of town, where they were brought (in a rather euphoric state, it

seemed to me) decorated from horn to tail with flowers, fresh and artificial, ribbons, streamers and silver bells. Farmers and their families in traditional costume rode behind in great farmcarts also fantastically be-decked.

Rich and poor, native and tourist, were on hand in the meadow. Everyone brought picnic lunches, of course.

Maria and Olympia - our maids - were invited to ride to the meadow with us in our "taxi" - a horse and buggy - from which they saluted their friends with the unique reverse hand-wave of the Spanish - back of hand outward and fingers clenching and unclenching toward themselves.

Our menu that day was a "Spanish" omelet, broiled chicken, salad, cake and coffee.

SPANISH OMELET TORREMOLINOS DI MARIA

Potatoes peeled and cubed (about 1/2 inch square). Simmer gently in salted water to cover, until almost done. Drain thoroughly.

Saute a finely chopped onion in a little butter, until transparent and tender.

Figure 2 eggs per person, add a little water, beat them lightly.

Add drained potatoes to the onions, stir lightly to coat potatoes with butter. Then, stir in the eggs and cook very slowly until eggs are set. Turn gently and that's it.

The "omelet" was carried in its frying-pan to the picnic, covered and wrapped in newspapers.

DEVILLED EGGS

Figure 2 eggs per person. Hard-boil the eggs in water to cover; simmer 15 minutes after bringing to a boil, then pour

cold water over them and let stand until cool.

Shell and cut each egg in half horizontally and remove the yolks to a bowl.

Mash the yolks and season with salt, pepper, mustard, dash Tabasco, little vinegar and firm mayonnaise. Taste.

Refill the whites, piling yolk mixture high.

For a picnic, press together 2 halves and wrap each "reconstructed" egg securely in plastic wrap or waxed paper.

Interesting variations:

1. add a little anchovy paste to yolk mixture
2. add finely chopped herbs (or dried fines herbes)
3. add chipped beef to yolk mixture
4. add sardines to yolk mixture
5. add devilled ham to yolk mixture

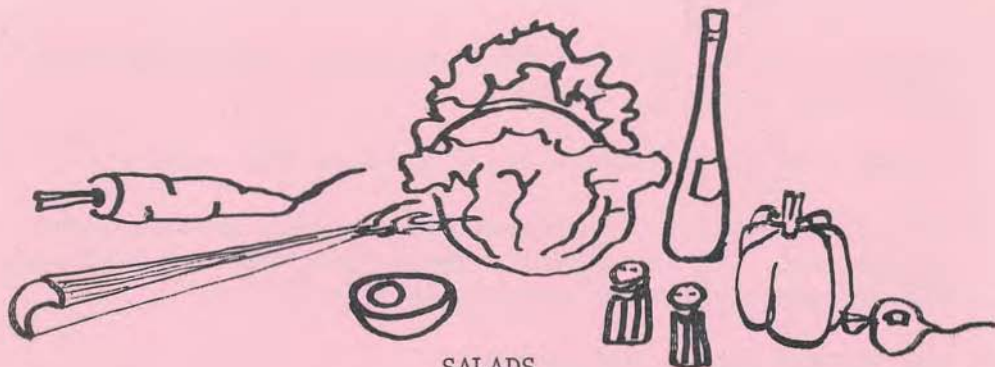
PICKLED EGGS

2 pints white vinegar	2 dozen eggs
2 Tbs peppercorns	2 bay leaves
1 clove garlic	6 cloves
1 stick cinnamon	

Tie spices in a muslin bag. Drop into vinegar and bring to a boil. Simmer for 19 minutes, remove from stove and, leaving lid on, let stand for 2 hours, then strain.

Put eggs into cold water to cover, bring to a boil, turn off heat and let eggs stand for 20 minutes. Remove eggs and plunge immediately into cold water. Shell and let cool completely.

Put eggs into a glass jar, pour the cold vinegar over them, then cover and let stand for 48 hours before serving.



SALADS

Green salads, being an all-year-round food here in California, are treated very jauntily by contributors. "Green salad," they say, "is delicious with this..." or "Serve with a tossed salad..." or "A mixed salad goes well with this dish..."

However, as I come from a part of the country where this is not quite so, and where, in the winter, lettuce is often brownish and wilted, green onions (scallions, that is) non-existent, and all fresh vegetables were painfully expensive in cold weather (at least, when I was a girl!) we are much more specific about our salads and dressings.

Therefore, for the edification of newlyweds, teenagers, and all who may be curious enough to try:

TOSSED GREEN SALAD, EDITOR-STYLE

Use a few different kinds of greens: add a few leaves of young spinach, some young dandelion, mustard greens, Chinese cabbage and whatever other leafy-green you fancy. Wash well in cold water, then shake each leaf as you remove it to a lettuce basket or a large kitchen towel. Pat or shake as dry as possible, then set aside in a cool place - or in the refrigerator, if you like it that cold.

In a large salad bowl (I prefer wood) put a clove or two of garlic, chopped, and cover with salt, pepper, dry mustard and/or chopped herbs, if you use them dry. Let stand for at least a half-hour - more, if possible. Just before dinner-time, mash all together very smoothly. Add oil and stir vigorously before adding vinegar or lemon juice - or both. Stir well again. I use one part vinegar to two parts oil. Taste and correct

Tear the chilled greens into conveniently sized pieces and throw over dressing, in bowl.

Do not toss until you are about to serve the salad.

Do not be afraid to experiment with various greens, herbs, spices, etc. If it is really awful, you have not lost much. Discard and start over again is my best advice!

HOW TO WRAP SALADS FOR PICNICS

Wash well, wrap in a kitchen towel (paper or fabric) shake about or pat dry. Then remove greens to a large plastic bag, close securely and chill.

Mix the salad dressing and pour into another plastic box, bag or jar. Close very securely.

When ready to serve, simply pour the dressing into the bag of greens, close, shake vigorously to be sure to coat each leaf with dressing, then open the bag, turn back the top and set firmly on the picnic "table". A few small sticks set under the top roll of plastic will hold the bag upright on table or ground.

Serve salad, then re-tie the bag and discard!

INSALATA VERDI CON CECI (green salad with garbanzo beans)



- 1 can garbanzo beans, well drained
- Parsley, chopped
- 2 stalks celery, chopped
- 1 medium onion, sliced
- Salt and pepper
- 2 Tbs olive oil
- 1 Tbs red wine vinegar

Mix ingredients together and set aside for about a half-hour.

Arrange crisp greens in a bowl and over them pour the bean-mixture. Taste and correct seasoning, if necessary.

This can be varied to taste by the addition of one or all of the following:

garlic
oregano or Italian herbs, mixed
green pepper
zucchini, thinly sliced

SIGNORA MARIA BUZIOL

CURRIED VEGETABLE SALAD

2 red or green sweet peppers	1/2 lb mushrooms
1 head cauliflower	1 bunch broccoli
1 box cherry tomatoes	1/2 lb green beans

Wash all vegetables and break or cut into bite-sized pieces. Arrange on serving platter, cover and chill. Serve with:

CURRY MAYONNAISE DIP

1 1/2 C mayonnaise	Salt and pepper
2 Tbs curry powder	Few drops Tabasco sauce
1 Tbs grated onion	1/2 tsp dry mustard

Mix together all ingredients and chill. Serve as a dip for the fresh raw vegetables.

JUDY POLANICH

ZUCCHINI SALAD

Crisp salad greens	2 lbs small zucchini squash
1/4 C vinegar	Boiling salted water
1 tsp salt	2 Tbs each, chopped parsley
2 tsp sugar	1/2 C salad oil

3 Tbs each, minced green pepper
and sweet pickle relish

4 Tbs minced green onion

Scrub the zucchini and cut into thin slices. Drop into boiling salted water; cook for 2 minutes. Drain well and cool.

Combine, in a bowl or jar, the remaining ingredients. Beat or shake and pour over the cooled zucchini. Refrigerate for at least 2 hours. Will keep well for 24 hours.

When serving, line a bowl with crisp greens and spoon in the zucchini mixture.

Betty adds that it is delightful with:

cold sliced ham
macaroni salad
ice cream with Kahlau
coffee

BETTY CLARK

CELERI REMOULADE

Cut raw celeriac (celery root) into very fine strips (or grate on appropriate side of an ordinary grater). Squeeze lemon juice over it to keep color fresh. Mix with *Remoulade sauce*.

REMOULADE SAUCE

1 C firm mayonnaise
1 tsp dry mustard, heaping
1 shallot, grated (or chives, finely chopped)

Beat together until smooth, chill

SNOBUSH SALAD

- 1 pkg frozen peas, cooked slightly, then drained
- 1 pkg French-style green beans, same as above
- 1 small onion, chopped
- 1 small can pimento, chopped
- 4 stalks of celery, cut up fine
- 1/2 green pepper, cut fine

Marinate overnight in:

- | | |
|-----------------|----------------|
| 1/2 C vinegar | 1 1/2 tsp salt |
| 1/4 C salad oil | 1/2 C sugar |

Serve in a large bowl, (either with or without a bed of lettuce).

This serves 4 to 6 picnickers, depending on appetite.

S.HOWARD -An Honorary Pointer
(from El Cerrito)

ALPHABET SALAD



- 1/2 pkg alphabets (soup macaroni)
- 1 can albacore tuna
- 1 C celery, minced
- 2 or 3 hard-boiled eggs
- 1 onion, minced
- Salt and pepper
- 1/2 C green pepper, chopped
- 1 C mayonnaise

Mix, sample and season to taste.

MELBA FARLEY

BEAN SALAD

1 can green beans	1 C diced celery
1 can yellow (wax) beans	1 can pimento, sliced
1 can kidney beans	1/2 C chopped onion
1 can garbanzo beans (optional)	

Drain beans well and mix together.

DRESSING: 1 C vinegar, half wine, half tarragon
1 C sugar
1 tsp salt
2/3 C olive oil

Mix in a saucepan and bring to a boil. While hot, pour over the salad. Cool and refrigerate for several hours.

This is followed with the suggestion that if you grow your own cherry tomatoes, break off a branch of them and use to decorate the picnic table. Lovely!

BETTY WIRTH

FRENCH SALAD

In a wide-mouthed Mason jar, arrange the following in layers, ending with the basil.

Sliced tomatoes	Sweet onion, thinly sliced
Salt and pepper	Oil
Fresh basil, coarsely chopped	Vinegar or lemon juice

Arrange tomatoes first, then onions, basil, some dressing, and repeat until jar is filled.

Let stand in a cold place for at least 6 hours - 2 days is even better. Occasionally turn jar upside down, so dressing mixes evenly.

When serving, try to remove tomato slices intact.

50 CALORIE DINNER



- 1 C finely shredded cabbage
- 1 small carrot, sliced very thin in rounds
- 1/2 stalk celery, sliced thin
- 1 clove garlic, minced
- 1/2 small onion, sliced thin
- 1 tsp Lawry's Seasoning Salt
- 1/4 tsp black pepper
- 3 Tbs tomato juice
- 1 rounded-tsp Accent
- 1 pint water

Mix all together in a large saucepan and bring to a boil; simmer 20 minutes. While cooking, drink 1/2 glass of ice water to which has been added 1/4 tsp of Accent and 1/4 tsp Lawry's Seasoning Salt. Eat dinner with two soda crackers.

Suggestion: Plan to do something else at your regular dinner hour and eat the 50-Calorie dinner about two hours later.

DOUGLAS EDWARD JOY

PIQUE-NIQUE NICOISE

MRS. JOHN T. KNOX says that a "*salade Nicoise*" makes a marvelous cold supper at home. There's no reason it couldn't go on a picnic, in an ice chest or - better still - in a styrofoam hamper with a package of 'blue ice' on top. Carry ingredients, chilled, in separate containers. Assemble in a large salad bowl - oblong, flattish shape would be ideal - at the picnic. Shortly before serving, season the beans and tomatoes with vinaigrette sauce. Toss the lettuce with 1/4 C of the vinaigrette. Arrange the potato salad in the bottom of the bowl, lettuce on the sides, decorate with remaining ingredients and pour the balance of the vinaigrette over all.

"Serve with French bread and a bottle of chilled white wine - *voila! Le pique-nique!* Cheese and fruit for dessert would make it a feast."

3 or 4 quartered tomatoes	1 head lettuce
1/2 C olives (Mediterranean dry are best)	1 C drained tuna chunks
6 to 12 drained anchovy filets	2 lbs green beans (see below)
	3 C cold potato salad (see below)

Wash and trim green beans, place in a steamer or lettuce basket and submerge in 7-8 quarts boiling, salted water. Cook until just tender. Plunge immediately into ice water to stop cooking. Dry on a towel and chill.

Scrub 4 or 5 medium boiling potatoes and cook in boiling, salted water until tender. Drain, peel and slice thinly. Sprinkle with white wine or bouillon. Toss with chopped onions and 1/2 C vinaigrette sauce.

VINAIGRETTE SAUCE (makes 1 cup)

4 Tbs good wine vinegar (or mixture of vinegar and lemon juice)	
1/4 tsp salt	
1/2 Tbs prepared mustard	
3/4 C salad or olive oil	Freshly ground black pepper

Beat together vinegar, mustard and salt until salt is dissolved. Then beat in the oil by droplets. OR, place all ingredients in a jar and shake vigorously for 30 seconds.

JEAN KNOX

CABBAGE SALAD with DILL DRESSING (serves 6)

"This is a great salad which will save you considerable worry about wilting, on a warm day," says Lillian Inke.

The night, before shred 4 or 5 C of cabbage (discard hard core). Place in a large colander and blanch by pouring boiling water over it. Drain immediately, then run cold water over it. Put the cabbage into towels (cloth or paper) pat dry and refrigerate overnight. Also, make the dressing:

DILL DRESSING

1/3 C sugar	1 tsp dill weed (dried)
1 tsp salt	1/4 C white wine vinegar
1/4 tsp coarse black pepper	1 C olive oil or
1 tsp celery seed	safflower oil

Mix all together in a jar and shake vigorously.

The following morning, shake the dressing vigorously and pour about 1/3 of it over the cabbage. Mix well.

Keep cabbage cool. When ready to serve, pour over it remainder of dressing. Toss well and serve.

LILLIAN V. INKE

The following recipes for POTATO SALAD give as fine a range as we gave for Chili Beans. It is certainly a favorite, to judge from the number of contributions.

In making potato salad, never use "baking potatoes", as they tend to get soft and mushy. The new potatoes, both white and red, or the big, thin-skinned whites are best for this purpose. In using the new potatoes, by all means dig down to the bottom of the bin for the tiny ones and cook them whole, skin and all, after cleaning thoroughly. When cooked, peel and slice or cube them. A pinch of sugar in the dressing will help bring out their fresh springtime flavor.

The favorite picnic of the BARUSCH FAMILY is:

- Fresh fruit salad (mainly melons, cubed)
- Green salad, heavy on wine vinegar and light on oil
- "Santa Fe" ground round on French rolls
- *Potato Salad a la Barusch

Boil potatoes and cut into cubes while hot. Add warm hard-boiled eggs, cold sweet-pickle relish, chopped onion and

celery, if desired. Moisten all with prepared mayonnaise-mustard (about 3 parts mayonnaise to 1 part mustard). Add salt, pepper and garlic powder, to taste. Toss and chill.

PHYLLIS BARUSCH

PROFESSOR WALTER HORN *and his wife*, DR. ALBERTA PARKER HORN (*who flies from one end of the country to the other almost weekly for the U. S. Health Department*), and *their children*, MICHAEL, PETER and BECKY, are great *Nichol Nob* hikers and often picnic on their beach, as well.

For years, one of the highlights of those picnics has been the potato salad of their good angel, MRS. WILLIE MAE COLEMAN.

WILLIE MAE'S SPECIAL POTATO SALAD

Potatoes	Hard-boiled eggs, chopped
Wine vinegar	Parsley, minced
Red onions	Pimento
Salt	Black pepper
Mayonnaise	

Cook potatoes in salted water, drain and - while still hot - pour on a generous amount of wine vinegar, then dice them.

Slice red onions in rings, sprinkle salt over them and let stand for 10 minutes; then, press out all the juice with a flat wooden spoon until onions are limp. Add to potatoes.

Add hard-boiled eggs, parsley, pimento, black pepper and mayonnaise. Blend together and serve.

POTATO SALAD a la SOPHIES'S EMPORIUM

To hot, peeled and cut-up potatoes, add:

Vinegar	Salt and pepper
Garlic powder	Sweet basil

Paprika
Parsley
Sour cream

Chopped green onions
Mayonnaise

"Adding vinegar to the hot, cooked potatoes is the important thing. They absorb better. No rush on the rest of it."

JANET FLEMING

BERNICE DARLEY *serves this with cold meats for hot-weather picnics.*

POTATO SALAD

4 C diced cooked potatoes	1 Tbs prepared mustard
4 hard-cooked eggs (cubed or sliced)	1 tsp salt
1 C chopped celery	1/2 tsp pepper
1 C mayonnaise	1/2 C chopped parsley
	2 Tbs vinegar

Mix all ingredients gently, in a large bowl. Serves 6.

NOTE: Some people add onion, pickles and/or pimento to it, but I prefer it without....

SALADE DE POMME DE TERRE a la CREOLE (Creole Potato Salad)

Boiled potatoes, sliced and mixed with a generous amount of cooked shrimp (shelled and cleaned, of course) and garnished with slices of hard-cooked egg.

DRESSING:	4 Tbs oil	1 tsp salt
	2 Tbs vinegar	1/2 tsp pepper
	1 tsp prepared mustard	

Mix well, heat and pour over the salad while still warm.

Garnish with small chili peppers. Best served at room temperature.

Before leaving the salad department, I must admit to an overpowering fondness for a salad I call RISI-BISI (inspired by the cooking of RUDI GERNREICH'S Austrian mother, who served it hot with butter).

- 1 C cooked rice, chilled
- 1 large can of the tiniest sweet green peas
- 1 tsp finely chopped green onion
- Mayonnaise thinned with white wine
- Seasonings

Mix and moisten with a mayonnaise thinned with white wine. Add salt and pepper, herbs, whatever seasoning you fancy, and serve in a flat bowl surrounded by butter-lettuce cups. Sprinkle on paprika lightly. Serve cold.

For Louise Hammond, who asked me particularly to find her a recipe for the unsweetened cheese pie she ate on her Greek picnic:

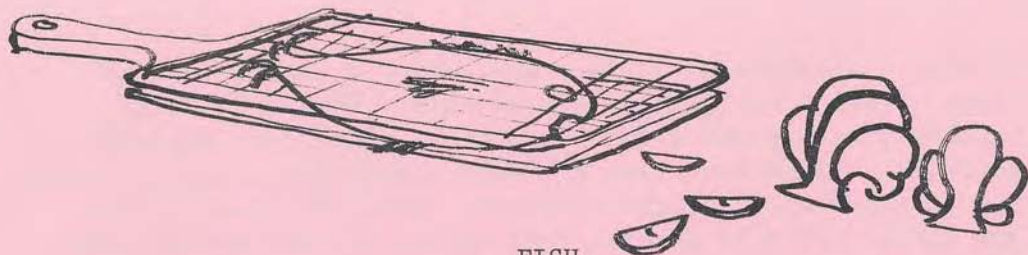
TIROPITA (Greek Cheese Pie)

1/2 lb Feta cheese, crumbled	8 eggs, beaten
1/2 lb Ricotta cheese (or white "dairy cheese")	3/4 C butter, melted
1 pint large-curd Cottage cheese	
1/2 C heavy cream (or evaporated milk, undiluted)	
1/2 lb Filo dough (at least 16 sheets) can be bought in "Eastern" bakeries or use strudel dough in frozen-dept. of supermarkets.	

Blend together the 3 cheeses until creamy. Add the beaten egg and cream; beat until smoothly blended.

Butter a baking pan 9 x 13". Spread remaining butter on the filo dough. Line pan with 8 sheets of dough, arranging it up the sides of the pan as well as on the bottom. Pour in the cheese mixture and arrange the 8 remaining buttered filo sheets on the top.

While still hot, cut into small squares or diamond shapes; should make about 36 pieces. Cool



FISH

A California crab is one of the local items that truly merits its fame. Don't overlook it as a picnic item during the crab season. Get them ready-cleaned and cracked at the shop, wrap each in a plastic bag and many, many layers of newspaper (to keep cold and hold in flavor and odor). The newspapers can then be spread out by each person as his personal tablecloth and each can be responsible for the cleaning-up of his own debris. A few rubber bands to wrap the bundles and you have only to find the nearest trash-bin. Then you still have a neat, fresh table for the next course.

THE JACK LONDON CLAMBAKE

Bernice Darley offers a delightful account of the early days of Point Richmond and one of California's most famous writers:

"According to Mr. J. James, Jack London was famous for his clambakes. In the early 1900's, when Mr. James was about 10 years old, he and a friend would run down to the beach as soon as the sails of the Snark, or one of the other sailing vessels owned by Jack London, was seen off Cozy Cove.

"The boys would help gather stones and seaweed, then look on in amazement at the assortment of ingredients that were unloaded from a row boat, knowing they would later be rewarded with generous servings from the inevitable clambake. A modern version of the 'recipe' follows:

6 dozen clams
6 lobsters
4 broiling chickens
10 dozen bluefish
6 dozen ears sweet corn

10 lbs potatoes
1 lb butter, melted
12 lemons
Salt
Pepper

Arrange a platform of large rocks, about 4' square and 12" high. Build a hot fire on top of this. Prepare food by cutting chickens and fish in quarters. Husk corn and wash potatoes. Place each type of food in foil separately. Remove any unburned wood and place seaweed, about 6" thick, on the hot rocks. Quickly arrange food on top of the seaweed, and place more seaweed on top of food; cover with a large canvas held in place with stones.

"After about 2 hours it should be about ready. Serves about 20."

BERNICE DARLEY

MEXICAN CHACKLINGS and SHRIMP

One of the most vital parts of ZEV'S picnic is the choice of a colorful scarf (or tablecloth; any large square of fabric will serve, as long as it is bright and gay!).

Ask butcher for ham-skins or pork-skins; you will need about 5 lbs for 6 people. Clean thoroughly, dry well and cut into 1 1/2" squares. Toss into a large iron kettle over a very low fire. Let cook slowly, slowly, stirring frequently, until cracklings are crisp and golden - do not burn!

Then, clean and devein lots of large prawns. Toss them into the kettle with the cracklings and stir well. When they turn pink, remove cracklings and shrimp from the kettle (using a slotted spoon so fat remains in kettle) and place in a large, heavy, brown paper sack. Shake well to drain off fat.

Preheat oven to no more than 250°, then turn off heat.

Open neck of sack and set sack-and-all into the oven for a proper drying and crisping. Leave there - shaking sack from time to time - until you are ready to leave.

Use a prepared chili sauce or make one from a favorite recipe.

I suggest that a large piece of foil be placed in the center of the cloth. Place cracklings and shrimp on top of foil; turn up edges around it then knot corners of cloth up and around, forming a large ball with knots on top. Carry to picnic grounds, open knots, lay out flat - pour on chili sauce. Eat with lots of lime juice sprinkled on!

ZEV from Rome, Italy

FRESH BONFIRE WILLOW TROUT

"Small trout are best. Take a number of long willow boughs and strip the bark from one end about the length of your fish.

Split the bough and lay the fish in the slit. Then wrap the bark back around the stick. Now roast this fish over an open fire (hot dog style). If you have fresh butter, salt and pepper, all the better! Also, a handful of bay leaves thrown on the fire adds flare and flavor.

"Some cold artichokes and a stream-chilled bottle of good wine and I guarantee a treat most unusual, exquisite and simple.

"For the dessert-minded: Bisquick can be molded around ends of sticks and roasted in the same manner. When you remove the toasted biscuit, fill with butter and jam, or fruit, and enjoy..."

ANNE PETERS

NOTE: It might be well, at this point, to warn nature-buffs and picnickers that the willow is not a common tree in California. As you may be tempted to substitute whatever is at hand, do remember that certain trees and plants are quite impractical to use in cookery. The Eucalyptus, for example, will lend a bitter flavor to the food; the Oleander is definitely poisonous, as is the California Laurel (better known as Bay) and the Daphne, when used in large enough quantities or in concentrated form.

SALMON AND OYSTER CASSEROLE

2 salmon steaks about 3/4 lb each 2 dozen oysters
3 Tbs butter

Remove bones and skin from salmon and cut into bit-sized pieces.

Heat butter and saute salmon for 5 minutes. Transfer to a shallow casserole.

Clean oysters carefully. Add more butter to skillet, add oysters and cook only until edges curl. Transfer oysters to the casserole, leaving juice in pan, and alternate them with pieces of salmon. Save juice.

SAUCE

In another pan, melt 4 Tbs butter and add 6 Tbs flour; mix to a smooth paste. Stir in:

1 1/2 C sherry	Oyster juice from skillet
1/4 lb Monterey Jack cheese, grated coarsely	1 tsp dried chervil
1 Tbs lemon juice	1/2 tsp each, salt and pepper
	1 tsp MSG

Cook in a double boiler, stirring constantly.

Taste and correct seasoning. Pour sauce into casserole, lifting fish pieces gently to let sauce run down. Sprinkle cheese over top.

Half hour before serving, place in a 350° oven. A few minutes under the broiler will turn the top nicely golden.

Garnish with parsley, and serve immediately.



ORIENTAL SALMON



1 6-lb fresh whole salmon
1/2 C Kikkoman (Japanese)
soy sauce
1/2 C saki (or sherry)
1/2 C peanut oil
2 Tbs grated fresh ginger

Clean fish, remove head, innard and scales.

Mix last 4 ingredients in a flat bowl large enough to hold the salmon. Marinate for at least 2 hours (or overnight).

Wrap fish in heavy aluminum foil and seal well. Include 1/2 C of the marinade with fish.

Barbecue about 4 to 5 inches above cool embers. Turn several times.

Excellent with grilled corn, fresh fruit salad, dessert.

ERICA TUCKER

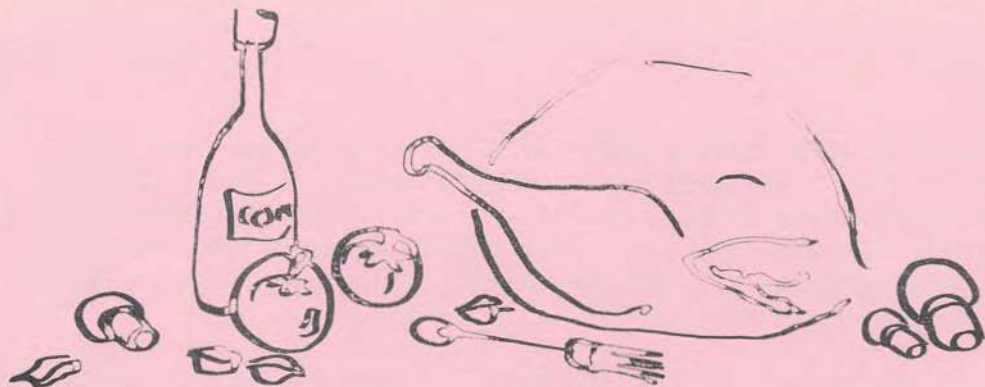
SAVECHI

This is a Brazilian dish - a great favorite with many of the early Gold Rush argonauts who came around the Horn and tasted it during stops at Brazilian ports, en route.

Use any firm-fleshed fish: halibut, haddock, ling cod, salmon, etc. Have it skinned and boned. Clean thoroughly and cut into slices or large cubes.

In a long bowl, lay out fish and cover liberally with lime or lemon juice. (The little sour oranges or sweet lemons we grow so easily here, are also good for this purpose.) Cover well and refrigerate overnight - and it is cooked!

When serving, sprinkle with lots of finely-chopped onion, green pepper and the juice in which it has "cooked". A green salad (with very delicate dressing), crusty French bread and butter, fruit and a mild cheese for dessert...a delicious and historical dish.



POULTRY

CHICKEN IN WHISKEY

- 1 3-lb frying chicken
- 2 C whiskey (cheap serves same purpose as fine!)
- Salt and pepper

Cut chicken into convenient sizes for serving, and place in a deep casserole. Pour on the whiskey, salt and papper. Allow to stand for at least 8 hours, turning frequently, in a cool place. About an hour before cooking, bring out to return to room temperature.

Set casserole into a cool oven, then turn up heat to 400°. After a half-hour, turn down to 350° and bake until tender - about another hour and a half. Taste and correct seasoning.

Serve immediately or wrap in many thicknesses of newspaper, tie securely and carry to picnic.

SIGNORA MARIA BUZIOL

BACHELOR CHICKEN

"My proposal", writes Bob Read, journalist and author of a cookbook, "involves a way of preparing chicken for which I claim no originality, but which I recommend unstintingly not only for its maximal ease but equally for its all-but-foolproof excellence...."

Arrange chicken pieces, meaty side up, in a baking pan. Set oven at 350°. Sprinkle pieces lightly with soy sauce (and do not be disturbed if most of it runs off). This is absolutely all the seasoning you use - that means, no salt! You may, if you like, add about a tablespoonful of cooking sherry. It is not necessary to turn pieces of chicken.

Place, uncovered, in oven for about an hour (or until desired degree of browning). Baste once, at 40 minutes.

So much for the chicken - which is beautifully crisped and has leaked all of its fat down into the pan. For years, I simply ate the chicken and threw away this lovely fat-and-soy sauce mixture...which I now realize was a shocking display of ignorance and profligacy: for it can be used wherever you use bacon drippings, plus a few more places...for example, used judiciously in soups, it adds a touch of enrichment and an unusual flavor. By all means, pour it off into a little bowl and keep it in the refrigerator - it remains sweet almost indefinitely.

Use it on beans, in any chicken dish, try it on baked fish... with many thanks to me, you will find it has infinite usefulness.

BOB READ

CHICKEN CACCIATORE

1 3-lb frying chicken

2 Tbs olive oil

SAUCE: 1 Tbs olive oil
1 large onion, chopped
Parsley
Sage
Rosemary

1/2 lb ground meat
1 C chicken broth
1 C tomato sauce
1/2 lb mushrooms

Heat oil in heavy pan. Saute onion until wilted and golden. Add herbs, cook for a few minutes, then add mushrooms (peeled or lightly washed and drained) and the meat. Simmer gently

for an hour or so.

Cut the chicken into quarters and brown rapidly in oil. Cover and continue cooking until done.

About 15 minutes before serving, pour the sauce over chicken, cook about 10 minutes longer and serve with grated Parmesan cheese.

SIGNORA MARIA BUZIOL

PICK-UP PARMESAN CHICKEN

1 C fresh bread crumbs	1 clove garlic, mashed
1 tsp salt	Freshly ground pepper
1/3 C parsley, minced	1/2 C Parmesan cheese, grated

Brown bread crumbs in a 300° oven. In a bowl, combine all ingredients; blend well.

1 frying chicken, cut into convenient sizes
1/2 C butter, melted

Dip each piece of chicken in melted butter and roll in the crumb mixture. Arrange in a shallow baking dish. Dot with more butter. Bake in a 350° oven for 1 hour.

Wrap pan in several layers of foil then newspaper. Tie well.

MARLYS L. REYNOLDS

CHICKEN CASSEROLE a la SOPHIE'S EMPORIUM

1 large can whole chicken	Equal amount ready-cooked ham
Rich cream sauce, flavored	1 can small button mushrooms
with A-1 sauce	Parsley, minced

Cut chicken and ham into bite-sized pieces. Set in a large

casserole. Cover with cream sauce. Toss on drained mushrooms and garnish with minced parsley.

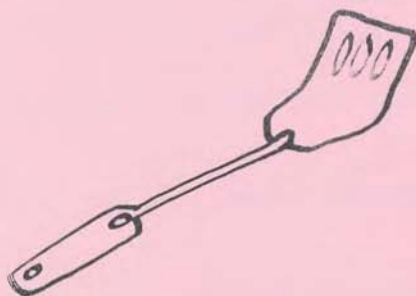
Place in a 375° oven and heat through.

Either wrap casserole well or remove contents to a wide-mouth Thermos, for transporting.

Serve with chilled raw vegetables: cucumber sticks, carrot sticks, cauliflower buds, cherry tomatoes and GOLDEN DIP.

JANET FLEMING

CORNISH or GAME HENS



3 Tbs butter
1 onion, chopped
1 lb mushrooms, chopped
1 tsp each of thyme, rosemary
sage
4 Cornish hens
1 C brown rice
2 C water
giblets, finely chopped
Salt

Heat the butter and saute the onion and herbs until onion is golden. Add rice, water, giblets, and salt. Cook for 15 minutes, correct seasoning.

Clean the hens and rub butter inside and out. Salt them lightly. Fill with the above stuffing and sew or skewer them securely. Place in a deep baking dish and pour over:

1 C orange juice

1 C white wine

Bake at 375° for one half hour. Reduce heat to 325°. Baste every 15 minutes until done. These can also be cooked on a spit and basted with the same juice - or with teriyaki sauce,

in which case, do not salt the outside of the hens.

HUGH BROYLES

Not even one recipe for fried chicken - the great American picnic dish? Not to be condoned!

AMERICAN FRIED CHICKEN (for 8)

3 young fryers
2 C flour
2 tsp salt
1 tsp pepper
1 egg, beaten
Corn meal

Use a large iron or copper skillet with high sides and lid...known here as a "chicken fryer" and in France as a "sauteuse".

Rinse chickens, wipe dry and disjoint them. Mix flour, salt and pepper on a large piece of waxed paper. Break the egg in a good-sized bowl. Pour some corn meal in another bowl.

Dip each piece of chicken first in the flour mixture, then in the beaten egg, and finally in the corn meal.

In large chicken-fryer-skillet, heat about 2" of salad oil; when bubbling gently, drop in pieces of chicken, one at a time. Do not crowd them. When nicely golden on under side, turn over. When done, take out pieces, set on paper towels and replace with more chicken in skillet. When all the chicken is nicely browned, pour off some of the oil. Replace chicken in pan, cover. Cook very gently for another 20 minutes. Remove lid and crisp for 10 minutes more (or put into a hot oven for 10 minutes).

A variation is to fry in deep fat for 15 minutes altogether.

BARBECUED CHICKEN

Figuring a half chicken (fryer or broiler) per person place the halves in a marinade of your choice....

Leave in a cool place for at least 2 hours.

When ready to broil, shake each piece over the marinade-bowl, and place on a grill over hot coals.

It is wise to separate the briquets in order to cool the fire down: leave about an inch or so between each. Keep the grill fairly high above the fire. Turn pieces often and do not again brush sauce over until about 5 minutes before serving - or it will burn.

LEMON BARBECUE CHICKEN

5 2-1/2 to 3 lb broiling chickens

2 C salad oil

1 C fresh lemon juice

2 Tbs salt

1 tsp thyme

2 tsp paprika

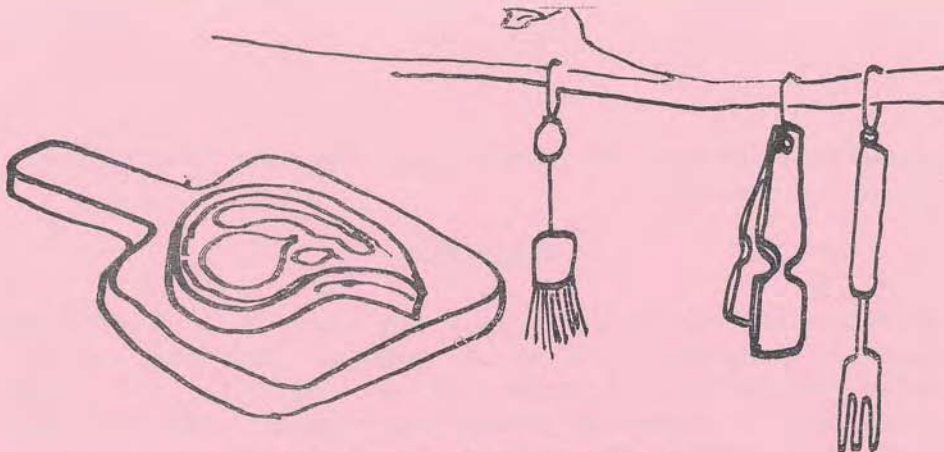
4 tsp onion powder

4 tsp sweet basil

1 tsp garlic powder

Split chickens, clean, place in large plastic bag. Combine oil, lemon juice, salt, paprika, onion powder, basil, thyme, and garlic powder in a pint jar. Shake to blend. Pour over chicken. Cover tightly and marinate 6 to 8 hours or overnight. Remove to room temperature 1 hour before grilling. Place chicken on grill, skin side up, brush with marinade often. Cook 20 to 25 minutes, turn and repeat, brushing with marinade until chicken is golden brown and cooked through, 20 minutes longer.

MAXINE STODDARD



BARBECUES OR GRILLED MEATS

It is generally held that red meat should be salted only after cooking, particularly if it is to be served rare. This, however, holds true only for meats that are cooked in butter or fat: sautéed, stewed or boiled.

Grilling or broiling, on the other hand, on very high, radiant heat, tends to draw out the juices and cause a loss of flavor due to this drying-out process.

A generous layer of salt, applied before grilling or broiling, will form a surface crust that keeps in the precious juices and, incidentally, the flavor.

Therefore, salt beforehand when grilling. Salt afterwards when sautéing, stewing or boiling.

Broiled or grilled meats should be cooked over hot *EMBERS*. Flames, we admit, make a most impressive show and start the juices of guests flowing happily - but only the juices of guests! And only until they start eating! Contact with an open flame chars the surface of the meat and forms at the point of contact a crust of burned juice, the flavor of which is not too unlike the embers on which it "cooked". Be certain therefore, that the charcoal or wood fire has burned down to gray, glimmering ashes before you apply the meat, so that it is cooked by heat and not by flames.

If, during cooking, fat drips down and awakens the sleeping fire so it leaps upward romantically, splash on a bit of

water immediately! It cannot spoil the meat for it dries almost on contact.

MARINATING

Pioneer women (of every century and every part of the world) were the greatest of all picnic makers. They made use of every eventuality; if fresh milk was available, it was separated and the cream was poured into a proper container and hung where, during the trek, it could, by the motion of walking or of the conveyance in which they rode, be churned into butter before the next stop. As for bread, the first "sponge" was started before the take-off in the morning; it was set aside in wagon or in pack (on back) so the heat of the sun or of the body, could work during the day. When evening came, flour was added, the kneading done as the fire "worked" in the hole dug for an oven. The bread baked as the rest of the meal was being prepared. A good planner could have bread at every meal.

We can well take tips from the Pioneer Woman, despite all our modern equipment. Marinades, for example, can be prepared at home and poured into a plastic bag or large jar. The meat, fish or fowl to be marinated, is then added to it - and off we go! Or it can be done in any vessel with a trustworthy lid. If you do not trust the lid, make a thick paste of flour and water, slap it over any possible leakage spot and let dry thoroughly before wrapping further. This kind of marinating has certain advantages over that done at home, for as the car jolts along, the liquid will slosh about and touch every surface of the meat.

By the time the fire is laid and settled to ashes, the meat is thoroughly marinated.

Another fine tip we can take from the pioneers - and which they learned from the American Indian - is the making of JERKY.

Cut beef in long thin strips - as thin as possible and no more than 1 inch wide.

Dry as quickly as possible, in the sun or, if you have a gas stove, turn on high for only 5 minutes, then turn off. This heat, with the constant low heat supplied by the pilot light, is sufficient to dry the Jerky properly. Spreading the meat on a wire broiler or bread-cooler will make it work faster.

The meat can be marinated, then patted dry, before setting in oven. Salt after cooking and before storing.

The name comes from the fact that originally the meat was pulled or jerked into strips.

JERKY has many uses. It can be eaten as-is between meals or as an hors d'oeuvre, with drinks.

It can be used to make a STEW: using onions, tomatoes, long green chilis, all thinly sliced. First, parboil the jerky, then cool. Melt fat in a heavy skillet with cover, sauté the onions and chili until limp. Add a bit of flour and blend thoroughly, then add tomatoes, beef jerky, salt and pepper.

Cover closely. Cook until tender.

GRILLED LAMB SHANKS and CORN

JAY THOMAS *hails from the gentle, dry hills of Iowa, so it is only natural that she has a passionate devotion for our panoramic Point with its incomparable view of the Bay and the distant hills.*

It is also natural that her picnic suggestion include corn!

*Grilled lamb shanks and corn
Salad with simple French dressing
Cookies and Coffee

1 lamb shank per person
2 parts olive oil to 1 part red vinegar, mixed
Salt and pepper

Rub the oil and vinegar mixture into all sides of the lamb shanks. Season to taste. Place each shank on a generous piece of foil, wrap tightly and secure well. Put on a grill over a moderately hot charcoal fire, turning every 15-20 minutes. Cook for about 1 1/4 hours.

For each person use one or more ears of sweet corn-in-the-husk. Carefully strip down the husks, remove the silk, leaving the husks attached. Salt and pepper each ear and smear liberally with butter, then pull up the husks around the ears and tie in place with thin wire. Wrap loosely but securely, in foil.

When the lamb shanks have cooked about 45 minutes, place the wrapped corn on the grill alongside the lamb shanks. Turn the corn at 5 minute intervals. It should be ready to eat in 10-15 minutes, when the shanks are also ready.

It is well to remember that cooking time varies with the size of shanks and corn.

BARBECUED SPARERIBS (serves 6)

Using about 5 pounds, cut into 10 sections. Steam the sections the night before, using a raised grid or steamer, over a few inches of boiling water, for about 20 minutes. This should take off some of the fat, keep the ribs moist and reduce barbecue-time considerably. While ribs steam, make a MARINADE:



- 1/4 C soy sauce
- 1 tsp ground ginger
- 1/4 C ketchup
- 1/3 C orange or lime marmalade
- 2 cloves of garlic, crushed
- 2 tsp water

Mix and heat well, then let stand.

Cool ribs and douse with the marinade, then wrap in foil and refrigerate, saving some of the marinade for the next day's cooking.

Cook over charcoal embers and brush with the leftover marinade. Cook for approximately 15 minutes each side.

(If fire is too hot, add dampened wood chips to cool it. It should be a fairly coolish fire.)

NOTE: Obviously, this recipe which has an Oriental-type marinade, was not passed on to me by my Latvian mother. However, she would cringe at the thought of underdone or hard-cruste and dried-out spareribs...hence, the parboiling, which is good even for broiling in the oven at home.

LILLIAN V. INKE

STEAK TERIYAKI

Cut flank steak diagonally across the grain in 1" strips.

Marinate in:

1/4 C chopped green onions	2 Tbs honey
1/2 C red wine	1 clove garlic
1/2 C concomme	1 tsp ground ginger (or
1/3 C soy sauce	1 Tbs fresh)
1/2 tsp seasoned salt	

Let stand an hour or more before broiling very quickly over a hot fire.

LUCRETIA EDWARDS

Same procedure for chicken or pork teriyaki: Pork should be very lean.

FILIPINO BARBECUE

4 lbs spareribs and/or chicken, cut up

Marinade: 1 C soy sauce
Salt and pepper

3 Tbs lemon juice
Bay leaf

Marinate meat in above ingredients for 2 hours or more.

Sauce: 1 bottle hot ketchup
1 tsp brown sugar
1 Tbs dry mustard
1 bay leaf
1 clove garlic
1 small onion, chopped
2 tsp Worcestershire sauce
Lemon juice or vinegar
Salt and pepper



Mix all together in a saucepan and simmer until well blended. Divide it in half, saving one part for dipping.

Prepare grill and let fire die down to gray embers. Place meats on a rack not too close to burning coals. (Slow heat is necessary, so outer skin will not burn.) Turn meat and brush on the sauce. Repeat procedure until done. Serve remaining sauce for dipping.

Serve with vegetable salad or tomatoes.

DODIE B. GERALD

Try adding a few drops of liquid smoke to your own recipe for a marinade!

TEEN-AGERS PICNIC

RAW VEGETABLES and DIP: Carrot sticks, celery sticks, cherry tomatoes, cucumber sticks, cauliflower buds. Dip; mayonnaise, catsup, lemon juice.

BARBECUED HAMBURGERS: Shape, wrap and freeze hamburger patties the night before. They'll be just right to grill after several hours in a picnic basket.

Plain or French buns
Mayonnaise
Mustard
Catsup

Relish
Sliced raw onion-rings
Potato chips

Don't forget charcoal, lighter and matches!

PUNCH: Mix in a large Thermos jug, 1/2 full of ice cubes;
2 cans frozen Hawaiian Punch, 2 cans frozen grape juice. Add
water to fill and stir. Bring paper cups.

DESSERT: A bag of oatmeal cookies or try freezing cupcakes
ahead, so they won't fall apart on the way! Apples and
oranges.

GRETHE TEDRICK

HAMBURGER SPECIAL - and MUSHROOMS (serves 8)

4 lbs lean ground beef	8 slices cheese
3 eggs	16 slices bacon
1 tsp salt	Soy sauce
1/2 tsp freshly ground pepper	
3 Tbs water	
Soy sauce	

Mix together first 6 ingredients (preferably with the hands)
and then divide into 16 equal balls. Flatten each with your
hand on a piece of waxed paper, forming into a thin flat round
cake about 5" across. Cover it almost to the edge with a
slice of cheese and top with another round of meat. Press to-
gether and even the edges.

Use 2 slices of bacon to bind around the edge of each patty
and fasten with toothpicks. Sprinkle each with soy sauce.
Now wrap each patty in waxed paper and refrigerate.

Start fire about 2 hours before cooking-time and prepare a
nice bed of coals, not too near the grill.

The patties require very little cooking and should only be
turned once. If someone should wish his "well-done",

set that patty on the side of the grill where heat is less intense; leave on a bit longer than the others.

BARBECUE-SAUCE to be served with meat - not to be brushed on during cooking:

1/4 lb butter, heated
2 small cloves garlic, minced, and sautéed in the butter

When lightly browned, remove from heat. Blend in:

1 Tbs flour	1 tsp brown sugar
1 tsp prepared mustard	1/2 tsp salt
2 Tbs chili sauce	Freshly ground black pepper
2 dashes Tabasco sauce	2 Tbs vinegar

Stir together well, then add 1 cup boiling water. Cook over low heat until mixture boils. Taste and correct seasoning. (Sauce can be made in advance.) Serve in individual bowls.

GRILLED MUSHROOMS

Big fresh mushrooms. Wash and pat dry. Place them topside-down in a pan and pour into each cap: 1 tsp olive oil, few drops soy sauce. Set pan on side of grill and cook partially before meat is broiled.

Five minutes before serving (with hamburgers), transfer the mushrooms to the grill and broil rapidly for a few minutes. Watch they do not burn!

ETHELYN MILTON

HONOLULU STEAK MARINADE

This marinade is for Barbecue or Broiling...not for pan cooking.

1 C soy sauce	4 Tbs cane sugar
1 piece fresh ginger root	2 tsp sesame seeds
3 cloves garlic	2 Tbs whiskey, gin or sherry

1 tsp Ajinomoto (MSG or Accent)

Combine soy sauce, MSG, sugar, whiskey. Mash ginger root and garlic; add. Toast sesame seeds in a frying pan until brown; mash and add to mixture. Refrigerate to blend flavors.

Use on steak, or hamburger for a few hours before cooking.

DOUGLAS EDWARD JOY

BOCCONCINI (little mouthfuls)

This is a variation on a traditional Roman dish.

1 part veal
2 parts ham

2 parts French bread
Whole sage leaves

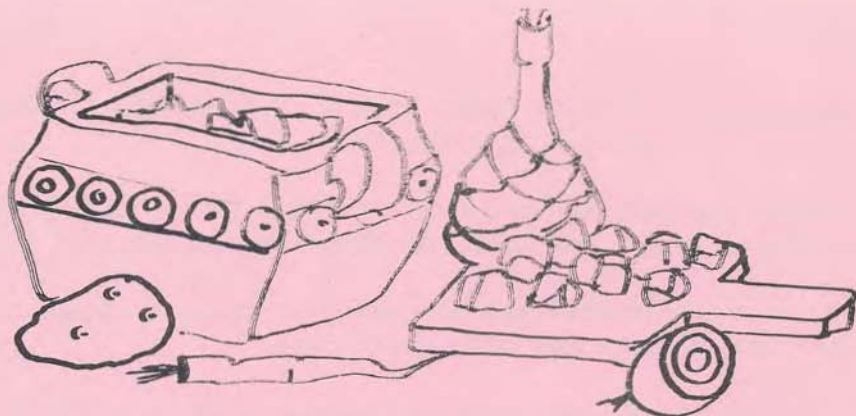
Have butcher cut veal steaks about a half-inch thick: then cut into two inch squares. Cut boiled ham into good-sized cubes. Also, the French bread.

String on skewers in following order: bread, ham, sage leaf, veal, sage leaf, ham, bread.

SAUCE: 2 parts olive oil
1 part melted butter
1 part lemon juice

Mix well. Dip skewers into sauce. Shake off excess sauce and broil over charcoal until veal is tender.





MEATS

CASSEROLES

STEWES

ETC.

CROUSTADES

A simple and elegant way to serve casserole dishes or beans, rice or stews on a picnic is in a *CROUSTADE*.

Buy a large white bread, unsliced and square (sandwich style). If home-made, bake in an old-fashioned deep, narrow pan.

Cut bread into pieces about the thickness of 4 slices, (almost a cube) and carefully form into a bowl by scooping out some of the dough and leaving three sides and the bottom intact.

Toast in a hot oven until just barely golden.

Pack for transporting, by reconstructing the shape of the original loaf - each piece, end to end - and wrap carefully.

When ready to serve casserole or salad or any entree composed of meat, fish or cheese and a "gravy", place a *croustade* on each plate and pour the food into each one. Serve with fork or spoon.

"HELEN'S COMMON"

"Helen's Common", is HELEN KOCHER'S guess on how that old San Francisco favorite "Joe's Special" is made. Great for picnics!

Take-alongs: Skillet, eggs, ground chuck or round, chopped spinach, garlic, salt, pepper

Crumble the meat and brown in skillet, adding garlic when meat is almost done. Add salt and pepper to it and stir until done.

Stir in well-drained spinach and cook about a minute. Break eggs into mixture and stir until done.

"Proportions of eggs, meat and spinach can vary. With 8 eggs, I use about 1/2 lb meat, about 1/2 package frozen chopped spinach and a medium-sized clove of garlic. Serve with tomatoes, ripe olives, pickles and sour French bread."

HELEN KOCHER

This can be made the day before and allowed to cool slowly. Served cold, it is a fabulous picnic-dish, sliced thin and served with the relish dishes surrounding it. It is, incidentally, superb served hot with a Madeira sauce.

FILET DE BOEUF EN CROUTE

1 1/2 lbs filet of beef

Few cloves garlic

2 Tbs butter

1 Tbs olive oil

1/2 lb mushrooms, sliced

1 wine glass of dry, red wine

1 egg-yolk

Crust

2 C flour

3/4 C beef or bacon

drippings mixed with a

little water

Season meat with salt and pepper. Make small slits in the sides and insert slivers of garlic. Brown the meat on all sides in the butter and oil, mixed. Remove meat to a warm plate, and in the same butter-oil, sauté the sliced mushrooms until limp, then remove and pour mushrooms over the meat. Now add the wine to the butter-oil and bring to a boil; let bubble until slightly thickened.

Mix flour and drippings and roll out to form a rough triangle. Set meat on one-half of it. Arrange the mushrooms and wine-sauce over it, then cover with the rest of the dough, forming a roll. Moisten edges and close firmly, then cut a small hole in the top and insert a small chimney made of foil, to permit steam to escape during baking. Set on a cookie tin.

Decorate the top with bits of left-over dough, if you like. Then mix the egg-yolk with a tsp of water and brush over the top.

Bake for 3/4 hour to 1 hour, in a moderately hot oven (400°). Do not permit crust to get too dark.

NOTE: A rump steak, if tenderized, can be used instead of filet, and is certainly less expensive. The addition of chopped truffles over the meat makes this dish elegant enough for royalty.

CORNER BEEF PICNIC

An Honorary Pointer, NAN DEGELMAN, served this delectable dish while visiting her sister-in-law, Louise Hammond.

4 to 5 lb corned beef brisket, in water to nearly cover.

Bring to a boil and skim off fatty scum. Change the water and bring to a boil once again. Reduce heat and simmer.

Add *Bouquet Garni*: Bay leaf, 1/4 tsp thyme, a few celery leaves - all tied in a cheesecloth bag;
and Chopped Vegetables: 2 C mixed onion, carrot, celery, turnip, parsnip. (I chop in my blender!)

The beef should be cooked about 3 hours or a little longer. When meat is tender, remove the *bouquet garni*.

The beef can be taken out of the stock and served on a platter immediately, or it can be left to cool in the stock and then served cold, sliced on a platter, with horse-

radish and mustard nearby.

The stock makes a delicious soup.

With the sliced beef, set out a choice of sliced dark breads, a block of white soft cheese, a bowl of "finger-vegetables" such as small wedges of crisp iceberg lettuce, carrots, green onions, etc. and a bowl of potato salad. Beer and wine as cold as possible.

A dessert of small doughnuts, some chocolate-frosted, with a big platter of fresh whole fruit and coffee to finish off....

NAN DEGELMAN

BEEF PILAU MEXICAINE

3 1/2 lbs steak, cut 1/2 inch thick

Rub steak well on both sides with garlic, salt, ground pepper and chili powder. Spread a thin coating of prepared mustard on top and cut into 1 inch squares.

1 1/2 lbs long-grain rice	3 Tbs salad oil
3 Tbs butter	2 large onions, finely minced

Wash and drain rice. Heat oil and butter in a skillet till pale gold. Add rice, stirring constantly until golden all over. Add:

- 2 #2 cans tomatoes
- 1 #2 can drained kidney beans
- 15 sliced ripe olives

Grease a large earthenware casserole that has a tightly-fitting lid.

Put in a layer of meat, then a layer of rice (about 1/2 " no more). Then a layer of tomatoes and a sprinkle of black pepper and olives. Repeat, then add a layer of kidney beans

and a little chili powder. Continue with two more layers of meat, rice, tomatoes and olives - saving plenty of tomatoes and olives for the top.

At this point, casserole should be no more than 2/3 full - when finished cooking, it will be completely full!

Now pour on enough beef broth to fill the casserole almost to the top. Cover and place in a 350° degree oven. Cook about 3 hours, adding more broth if necessary.

This can all be done the day before the picnic. In the morning replace casserole (in a pan of hot water) in a 300° oven for 1 1/2 hours.

With this serve a large platter of chilled crisp greens and raw and cooked vegetables (cucumbers, radishes, green onions, tomatoes, cauliflower buds, carrots, asparagus string beans) and a jar of french dressing (pour on when serving at picnic).

Wrap each kind of vegetable in a damp towel wrung out in ice water and add an ice cube. Carry to picnic in a styrofoam picnic hamper. A good ice-source: fill 2 plastic milk-carton with water and set in freezer the day before.

ETHELYN MILTON

FILIPINO "ADOBO" (serves 6)

2 lbs pork butt	(few dried banana flowers)
2 lb stewing chicken	2 cloves of garlic, mashed
1/4 C vinegar	Water
1/4 C soy sauce	Salt and pepper
2 small bay leaves	MSG

Cut up chicken and pork to bite sizes. Boil till soft (if pressure cooker is used, it takes about 8-10 minutes to cook. Follow directions for cooker). Then add remaining ingredients. Stir slowly three times on a slow fire. Add water if necessary, be sure it is hot water. Serve with boiled rice.

DODIE B. GERALD

LAMB CURRY

Cut lamb into bite-sized pieces. Brown in oil. In a dry skillet, brown the curry powder, then add 1 Tbs of fat.

Chop a large onion and clove of garlic and sauté in the curry powder and fat. When done, add lamb.

Add enough bouillon to barely cover and simmer until meat is tender. At the last moment, lightly stir in a small carton of yoghurt.

Amounts of all ingredients depend on how much lamb is used.

Serve on white rice.

PETER FOSTIAK

Another old California stand-by to which I was early introduced is TAMALES PIE. It, too, has countless variations. Here is the famous one of MRS. TSAR CALFEE.

TAMALES PIE (serves 10)

Fry 1/2 C chopped onions and
2 cloves garlic in
1/2 C salad oil, for 5 minutes

Add 1 1/2 lbs ground beef and
1/2 lb pork sausage, fry until brown

Add 2 C tomato sauce
1 Tbs Spanish pepper dissolved in water (chili powder)
1 tsp salt
1 C yellow corn meal
2 eggs beaten into
1/2 C milk
1 C ripe olives, pitted

Mix together in order given, in a large casserole. Bake at 325° for 1 to 1 1/2 hours.



This is very good served with a white sauce and lots of melted cheese. On a picnic, it might be more convenient to serve chili sauce or catsup over it.

LOIS HARCOURT

A number of simple yet amusing picnic-barbecue suggestions - something a bit different, let's say - are the following:

BRATWURST white or smoked, wrap in aluminum foil and broil for about 35 minutes. Or, barbecue over coolish coals, turning often. Lovely served with red-cabbage cole slaw and baked potatoes.

Or use: LARGE GARLIC sausages
POLISH sausages (big ones)
KNACKWURST

CHOUROUTE GARNI

Arrange a selection of cooked pork, ham, sausages and frankfurters on grill over coolish coals. Turn often. On the side, have a casserole of sauerkraut simmering over the coals. Boiled potatoes wrapped in foil could also be heating on the side. When meats are ready, arrange them over the hot sauerkraut. Surround with the potatoes. Sprinkle with caraway seeds and parsley. Cover casserole and let heat together for a good 20 minutes before serving.

Of all Western foods made famous during the Gold Rush, this one is probably the best known by name and least known by recipe!

SON-OF-A-BITCH-STEW

Also known to the delicate as Son-of-a-Gun-Stew, it continued to be used by cowboys after the Gold Rush pioneers had simmered down to civilized home life. There are infinite varieties of this dish and it was originally made of buffalo "innards"...equally good if made of lamb, beef, or any other animal you prefer

Only the heart, liver, kidneys, tongue, sweetbreads and brains were tossed into the big, black iron kettle that was hung from crossed branches over the fire; a little chopped-up salt pork and perhaps an onion or two were added. Sometimes other meats were used with it, but never other vegetables. Only enough water was added (to keep the mess from sticking to the pot) and salt and pepper.

It was simmered for as long as possible...as long as it was possible to keep hungry hands from grabbing at it, that is. Some reports had it cooking for 4-5 hours, others, for a half-hour...use your judgement.

It may, to our civilized tastes, seem a barbarous combination, but it makes a surprisingly delicious and obviously rich stew.

In many cities of Europe, where it is possible to get all these ingredients easily, it is often made of the innard of very young lamb, of goats, of veal...delicious!

Eat it with hot biscuits or warm, crusty bread on a cool and crisp night.

VEAL IN FOIL

1 pkg veal steaks (4)

Bread-onion type dressing, (such as turkey dressing)

Separate the veal steaks and put dressing between each, then re-stack.

Season with soy sauce, pepper, margarine and 3 Tbs canned milk.

Wrap in foil loosely. Bake at 350° for about 45-50 minutes. Open foil, pour juices into small frying pan and add: 1/4 C wine and a pinch of nutmeg or mace. Stir quickly over heat.

Slice the veal "roast" vertically and serve with baked potatoes and the gravy.

Good cold, too!

CLAIRE FRIEND



VEGETABLES

SPINACH PIE

Prepare enough crust for double crust pie. Roll out half and fit in 9" pie pan. Reserve remainder for top crust.

Thaw 2 packages of frozen spinach or wash, drain and chop fine
2 lbs fresh spinach.

Saute 1 chopped onion in 1/4 lb butter. When cool, add:

1/3 C cracker crumbs
1/4 C Parmesan cheese
1 beaten egg

Mix together with spinach and spoon into pie shell. Cover with top crust and slit crust.

Bake in 400° oven 20-30 minutes or until nicely golden.

May be re-heated over coals if wrapped in aluminum foil.

Serve with barbecued steaks, sliced tomatoes, and red wine.

SHEILA FOSTIAK

TERTA (Italian Spinach Loaf)

2 bunches of spinach or Swiss chard (or 1 bunch each)	1/4 C grated cheese
1/4 C olive oil	4 eggs
3 crackers, crumbled	1/4 onion, chopped fine

Cook chard and/or spinach and chop medium-fine. Beat eggs,

add olive oil, grated cheese and onion. Season with salt and garlic powder. Add egg mixture to chopped spinach; stir in cracker crumbs.

Pour mixture into a greased heavy pyrex pie plate. Bake at 350° for 30-35 minutes. Delicious either hot or cold.

LAVERNE POLANICH

TEMPURA VEGETABLES

Slice thinly: zucchini (unpeeled)
carrots
Japanese eggplant
French-cut fresh string beans

Batter: Mix 1 egg and 1/2 C ice water. Sprinkle 1/2 C sifted flour over the egg-water mixture. Stir 3 times only with fork.

Dip slices of vegetables and bunches of string beans into the batter and deep fry in vegetable oil heated to 380° in an electric frying pan.

When golden, remove from oil and drain on paper towels.

For picnics, re-heat in a chafing dish.

Serve with individual rice bowls filled with saki sauce:

1 tsp soy sauce
1 tsp mirin
3 tsp water
Dash of Ajinimoto (Accent, MSG)

Provide "hashi", (chopsticks!).

GERRI KRETZMER

ZUCCHINI CASSEROLE

Cut up: 3 cooked zucchini, with cooking juice
Add: 1 tsp butter
Enough cracker meal to soak up the juice
1/2 C grated dry Jack cheese
Light dash of garlic powder, marjoram, thyme
Salt and pepper to taste
Stir in: 3 eggs

Bake uncovered in a moderate oven 350° until well set
(knife in center comes out clean). Sprinkle with paprika
and serve.

JANET FLEMING

PAULINE'S BEANS and CORN



2 cans Boston baked beans
2 cans whole kernel corn,
drained
1/2 lb thin bacon, fried
and drained
catsup or chili sauce
Brown sugar

Arrange in layers and bake for 1 hour at 350°.

For a picnic, cover and wrap in several layers of newspaper.
It will remain nice and hot.

MAXINE STODDARD

GRILLED-CORN-ON-THE-COB

Husk, butter and grill for 20 minutes, turning often....

MAXINE STODDARD

Also, see Grilled Lamb and Corn in BARBECUE section.

ARTICHOKES

1 artichoke per person
Garlic slivers
Salt
Vinegar
Olive oil

Cut off the topmost part of artichoke; be sure to get the points. Then, with kitchen scissors, cut off top and about quarter-inch of each leaf. Insert slivers-of-garlic between leaves here and there; about 3 per artichoke.

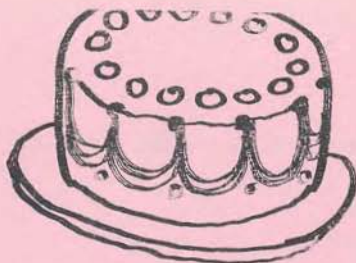
Put into plenty of boiling, salted water. Then pour in about 1 Tbs of vinegar and 1 Tbs of olive oil. Cover kettle and cook until the big bottom leaves pull off easily.

Serve with a simple vinaigrette dressing (salt, pepper, mustard, oil and vinegar), or with mayonnaise, to which add a mashed clove of garlic, a tsp of prepared mustard, herbs, if you wish.

Hot or cold, these make delicious, leisurely eating.

Be certain to carry an extra empty plastic bag (or newspapers) for the debris.





DESSERTS

A picnic cookbook is not complete without a recipe for homemade ice cream and it seems to me that peach ice cream is about as traditional as one can get.

PEACH ICE CREAM

1 1/2 C peach pulp
1 1/2 C granulated sugar
Juice of one lemon

1 quart thin cream
Ice
Rock salt

Pare and stone ripe peaches and rub the pulp through a strainer (or puree in a blender); add sugar and lemon juice and pour into the freezer can which is packed in ice and salt (using 3 parts crushed ice to 1 part rock salt).

Add the cream and proceed as usual...i.e., churn, turn or whatever the directions on your particular freezer suggest.

WATERMELON-COUPÉ FRUIT SALAD

Cut off the top few inches horizontally of a big watermelon, saving the top part for a lid.

Scoop out the pulp (preferably with a melon baller to form little balls). The bottom of the melon should now form a large oblong bowl.

Fill it with the watermelon balls, and balls of other melons you desire. Also diced pieces of any fruit you fancy: pineapple, orange, peach, banana. Add berries if you prefer: strawberries, raspberries or blueberries.

Over it pour a mixture of the following: Mix thoroughly

2 Tbs lemon juice
3 Tbs orange juice
3 Tbs lime juice
1 C sugar
Sprigs of fresh mint

Let stand an hour or two.

Or: 2 Tbs lime juice
 4 Tbs pineapple juice
 1 C sugar

and sprigs of mint for garnish. Put on the "lid" and let stand for a few hours.

Set entire watermelon in a huge bowl of cracked ice. If you haven't so large a bowl, line a wheelbarrow with aluminum foil. Put in cracked ice and the watermelon on top of it.

See BEVERAGES for use of this watermelon as a punch cup.

CREME BRULEE

A fragile confection to transport to a picnic, but it was this dessert that our English friends produced for us with cool confidence and sublime success. I have never dared take this dessert picnicking, but it poses a challenge which will richly reward the audacious cook who attempts it.

Crème Brûlée is a French custard made in an unusual way, which gives it an unusual flavor.

2 C light cream	Stir 2 cups of light cream; bring to the boiling point and boil for exactly one minute.
4 egg-yolks, well beaten	Remove the cream from fire and pour into it, in a slow stream, 4 well-beaten egg-yolks. Beat vigorously. Stirring

constantly, return the mixture to the fire and cook it over low heat until it is nearly boiling, or stir and cook for 5 minutes in a double boiler.

Brown sugar

Now, place the cream in a buttered baking dish. Chill it well. Then, cover the cream with a 1/3" layer of brown sugar and put it under the broiler. Keep the oven-door open to form a crust and to caramelize the sugar. Chill well again.

Serves 4

The cream may be made one day and caramelized the next.

LUCRETIA EDWARDS

CHOCOLATE POTATO CAKE

Cream well 1 C shortening

Beat in 3 C sugar
 2 tsp vanilla extract
 4 oz chocolate
 4 eggs

Add 1 C hot mashed potatoes

Sift together 3 C pastry flour
 4 tsp baking powder
 1 tsp salt

and add to first mixture (chocolate), alternately with

2 C water

Bake for 30 minutes in a moderate oven 350°.

SUN LANDSCAPE COMPANY

BOSTON FAVORITE CAKE

Sift together 3 1/2 C pastry flour
 1 tsp salt
 4 tsp baking powder
 1 tsp cinnamon
 1 tsp ground ginger

Cream 2/3 C butter (or margarine)

Add 1 tsp vanilla extract

Beat in gradually 1 C honey - until fluffy

Beat in 4 egg yolks

Stir in 1 C flour mixture
 1/2 C milk

Add 1 more C flour mixture
 1/2 C milk

Add remainder of flour mixture

Beat 4 egg whites until they form peaks and fold in.

Bake for 35=45 minutes in a 350° oven.

LORI WHITE
Honorary Pointer

SAILOR BOY CAKE

2 C brown sugar	1/2 C chocolate, powdered
1/2 C butter	1 tsp baking soda
3 eggs, separated	1 C sour milk
2 C flour	1 tsp vanilla extract
1 tsp baking powder	

Cream butter and sugar. Beat egg yolks and add to butter-sugar mixture. Beat well. Sift flour, baking powder and chocolate several times. Dissolve baking soda in sour milk and add to egg mixture alternately with the sifted flour

mixture. Beat all well. Add vanilla.

Beat egg whites until peaks form and hold; fold in.

Bake in a 350° oven for 25 minutes or until done. Test with toothpick. Stick toothpick into center of cake and if it comes out dry, it is done.

FILLING and FROSTING

1 pkg chocolate pudding mix. Cook according to instructions, then cool.

Into it, fold 1 pint whipping cream (do not beat). Refrigerate until set. Cut cake in half horizontally; use mixture for filling and frosting.

GERTRUDE PAASCH

"This recipe for LEBKUCHEN," writes Louise Foran, "has been distorted by me, so don't come up with the word 'traditional'; I know it's not. But they are my favorites for they improve with ripening in an airtight container and they don't disintegrate when bumped along in a picnic basket."

LEBKUCHEN (sort of)

4 eggs	1/4 tsp salt
3 C brown sugar	1 tsp vanilla extract
2 1/2 C flour	1 C coarsely chopped walnuts
1/2 tsp ground cloves	

Mix sugar and eggs thoroughly. Sift flour and measure. Sift again with spices and add to sugar mixture. Add vanilla. Add walnuts last.

Spread dough 3/8" thick in well greased and floured pans. (I use an old, battered, beloved cookie pan, 12 x 18 x 1" which takes the whole recipe perfectly.)

Bake in a moderate oven (350°) for 20 minutes (but watch it;

I prefer to test after 17 minutes by pressing the surface lightly; if it springs back, they're done!).

Remove from oven and while hot, spread lightly with a simple frosting:

1 C powdered sugar mixed with
1/4 C water

When cake is almost cold, cut into finger-length strips (I once waited until it was stone-cold and - my! what resistance!).

Makes about 8 dozen, depending on size of finger.

LOUISE FORAN

EXOTIC BARS

Butter a 9 x 13" pan and cover bottom with whole graham crackers.

Filling:	1 C margarine	1/2 C canned milk
	1 C sugar	2 eggs, slightly beaten

Combine all ingredients in a saucepan and bring to a boil. Boil for 1 minute, stirring constantly. Remove from heat and

add:	1 C coconut	1 C nut meats, chopped
	1 tsp vanilla extract	

Cool for 5 minutes and spread over the crackers. Chill thoroughly, then top with following:

1/2 C butter, creamed with 2 C powdered sugar and 1 1/2 tsp lemon juice. Beat until smooth.

Cut into bars 1 x 3" - makes 25 bars.

KAY MILLER



FRUIT SALAD CAKE

1 C flour
1/2 tsp soda

1 C sugar
1 tsp salt

Sift all together. Add to

1 egg, beaten
1 tsp vanilla extract

2 C fruit cocktail (canned)

Pour into a 10 x 10" greased pan.

Mix 1 C brown sugar 1/2 C chopped nutmeats

Sprinkle over top of cake. Bake for 1 hour in a 350° oven.

Serve plain or with whipped cream or ice cream topping.

CLAIRE FRIEND

LEMON JELL-O CAKE

1 pkg yellow cake mix
1 pkg lemon Jell-O
3/4 C water

4 eggs, separated
3/4 C salad oil

Stir together the cake mix and lemon Jell-O powder.

Beat vigorously the egg yolks, oil and water, then add the dry ingredients, and blend well.

With a hand beater, whip the egg whites until they form stiff peaks and fold into the cake mixture.

Bake at 350° for 40 minutes. After baking and while still hot, poke cake with a fork, forming many holes in the surface, and pour on the following glaze:

grated rind and juice of 2 lemons
2 C powdered sugar

Mix well until sugar is dissolved.

BETTY WIRTH

A unique dessert-cake is the following Creole gingerbread.

ESTOMAC MULATRE (Mulatto's Stomach)

2 C molasses	1 C sour milk
1 Tbs ground ginger	1/2 C lard (or other shorten-
3 C flour	ing)
1 tsp baking soda	

Put molasses, lard and the ginger into a large saucepan and stir over a low fire until melted, then beat well for 10 minutes. (By hand, of course.) Dissolve the soda in a little boiling water, cool, and add the sour milk; mix into the molasses mixture.

Add the flour gradually, beating into a stiff batter and pour into several well-greased, shallow pans.

Bake in a quick oven (425°) for about 10 minutes or until lightly browned.



BREADS

Friends and neighbors can attest to the delicate goodness of BOB NEWTON'S water bread, to the apparent ease with which he makes it, as well as the generosity with which he offers it.

Served with a variety of good cheeses, slices of boiled ham, and an excellent wine, followed by strudel and coffee - all you add is love!

WATER BREAD

- 1 packet dry yeast
- 2 C warm water (105°-115°)
- 4 C flour (white, whole wheat or 2 C each)
- 2 tsp salt
- 2 Tbs sugar (white or brown) or honey (if using honey, add about 1/4 C more flour to make up for extra liquid)

Pour yeast in large bowl. Add 1 C water and mix thoroughly until yeast is completely dissolved. Add 2nd C water and stir to be sure yeast is dissolved.

Add salt and sugar and stir until dissolved. Sift in 2 C flour (flour measured before sifting) and stir to mix thoroughly. Dough should be rather runny, with consistency like thick gruel.

Add 2 more cups flour, sifting into bowl. Stir to mix. Dough will become very thick and resistant, hard to stir.

Dampen a cloth with warm water and cover bowl. Place it in a warm spot, free of drafts (about 80° - unheated oven can be used provided pilot-light does not keep it too warm). Let dough rise until roughly doubled in size - usually about 1 1/2 hours.

Oil baking pans; this recipe will make 1 large loaf or 2 smaller ones. A round spring pan makes a good large loaf; 2 pans about 8 1/2 x 4 1/2 x 2 1/2" are suitable for smaller loaves.

Flour a bread board or table top liberally and turn dough out on it. Sprinkle flour on dough. Press dough firmly with heel of hand to squeeze out air bubbles; add flour as needed to keep it from sticking. Turn dough and press down 3 - 4 times, until bubbles have been worked out and dough has been reduced to about its original volume.

Place dough in baking pan(s), cover with warm damp cloth, and set aside in warm spot to rise a second time. This should take about the same amount of time - 1 1/2 hours. Again, dough should roughly double in size.

Heat oven to 450° and bake loaves for 30 minutes or until crust is medium brown. Remove from oven and cool (in pans).

For a shiny crust, rub with butter while still warm. Loaf can be topped with poppy or sesame seeds; sprinkle on dough during second rise or just before placing in oven.

ONION-CHEESE BREAD

3 Tbs soft margarine	1 1/2 C onion, chopped
2 C unsifted flour	1 tsp salt
3 tsp baking powder	2 Tbs dried parsley flakes
1/3 C soft margarine	1 C milk
1 egg	1/2 C grated cheddar cheese

Heat margarine in a skillet. Add onions and saute until tender. Mix flour, baking powder, parsley and 3 Tbs of the cooked onion. Cut in 1/3 C margarine until mixture is crumbly. Beat milk and egg together and add to the flour mixture. Spoon into 8 x 8" baking pan. Spread remaining onion over the top and sprinkle with grated cheese. Bake at 425° for 30 minutes. "Enjoy," adds

JUDY POLANICH

MAMA ANSHEN'S SABBATH EVE EGG-BREAD (CHALAH)

7 C flour	1 cake compressed yeast
1 pint lukewarm water	2 eggs
1/2 tsp salt	1/2 C shortening
1/4 C sugar	

Place the flour in a large bowl. Mix the yeast with 1/2 C of the water; stir well. Make a well in the flour and pour in the yeast-water. Mix very well and let stand in a warm, protected place for 1 hour. Then, add all the remaining ingredients and knead well (knead for perhaps 10 minutes). Let stand again until it doubles in bulk - perhaps another hour. Knead again and set aside again for another hour. Then, make your loaves and set into greased and floured bread pans, for a 4th rising.

Beat up an egg and brush over the tops of the loaves. Bake in a moderate oven for 3/4 - 1 hour. The bread will rise again but do not open the oven door until the bread has baked for at least a half-hour. The bread is done when it sounds hollow if tapped.

Mama did not use bread pans for this recipe, she made long loaves, rather pointed at each end and about 11" long, in all. Then, with some dough she had earlier set aside, made braids to set on top of the loaves. Then she baked them on cookie sheets. They were always golden-brown and crusty; inside, they were egg-yellow, moist and delicious!

A wonderful bread that can be cooked over coals:

INDIAN FRY BREAD

2 Tbs baking powder	Warm water
1/2 C powdered milk	Shortening (lard or bacon
1 Tbs salt	drippings)
6 C flour	

Combine first 4 ingredients in a large bowl. Make a well in

the center and add lukewarm water to make a soft dough (about 2 1/2 - 2 3/4 C) and knead thoroughly.

Break off a piece of dough about the size of a small apple and shape it round and flat; punch a hole in the middle. Now, in the manner that Mexican women make tortillas, slap it back and forth between your palms to make it thinner and thinner, stretching it to about 9" across. (Of course, you could roll out the dough - but that would be cheating!)

Have a large skillet warming over a grill on the pit. Heat at least an inch of fat on the bottom of the skillet. When bubbly, drop the round flat of dough into it. Cook to a light brown then turn and fry the other side. The bread will puff up and come out light and crisp. Drain on paper towels or in a large brown paper sack. Makes about 20.

Serve hot with butter and jam or honey. The Indians eat it with a lamb stew. It should be great with Son-of-a-Bitch-Stew, also.

BOSTON BROWN BREAD

Sift 1 C bread flour
2 tsp soda
1 tsp salt

Mix 3/4 C molasses
2 C sour milk

Mix with 1 C corn meal
1 C whole wheat flour

Mix wet and dry ingredients. Beat vigorously.

Add 1 C raisins, currants and nuts, if desired. Grease a mold (or a coffee can) and pour in batter about 2/3 full. Cover tightly (with foil) and set into a pan of hot water. Steam for 2 hours. Uncover and bake 30 minutes at 325°.



BEVERAGES

WATERMELON COUPE

Following direction for the Watermelon Fruit Cup (in the DESSERT section). Use a very large watermelon. Replace the watermelon balls and add pineapple cubes and strawberries.

Pour over the following:

2 bottles champagne
1 bottle vodka (a fifth)
1 bottle white dry wine
2 lemons, sliced very thin
1 C sugar
Sprigs of mint

Mix and put as much as possible into the melon "bowl" - bottle the remainder and save for refills.

A large chunk of ice can be put into the watermelon before pouring in the liquids.

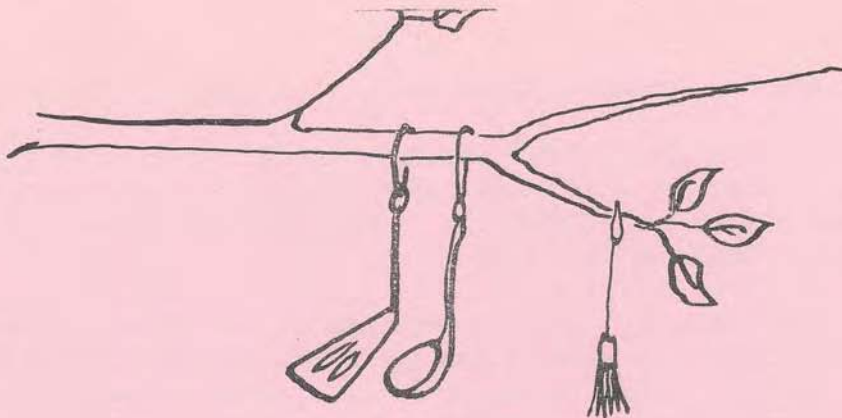
Note directions for serving in a foil-lined wheelbarrow or large bowl.

A Creole tradition worth adopting is to turn off all lights and set afire LE BRULO, which is a brandy punch. There are many varieties of this; in fact, each person has his own, as each has his own version of gumbo!

LE BRULO

Cut a large, thick-skinned orange in half. Remove all the pulp and put 2 lumps of sugar in each orange half. Fill each with brandy and set alight.

After a few minutes, pour the brandy into a glass (or drink from the orange half). Burning it in the orange gives the brandy a very pleasant flavor.



HINTS AND SUGGESTIONS

A picnic should be a way of life, an approach to the enjoyment of living, a state of mind. Whether you share a pheasant-under-glass or a liverwurst sandwich, *pate' de foie gras* or a hot dog, it is the mood that matters, a euphoria that comes not so much from the forgetting of everyday troubles as a conviction that "tomorrow is time enough". People who love picnics will use any pretext to go on one. And those who don't like picnics, just don't like them!

However, if one's reason for that, is that they are untidy affairs, that paper plates are ugly and wobbly, that salads are warm and limp - forget it, you're far behind the times. There's no need for such disasters these days. The variety of equipment available at any variety store, market, hardware or department store plus a bit of planning should take care of any or all of these - and more.

Today, one can even carry hot soup to a distant picnic ground and serve it in the most elegant dining-room fashion - and it is no problem at all to carry ice for one's drinks. By all means, take advantage of the wide variety of plastic bags, plastic coated plates, stainless steel cutlery, dry ice and packaged ice, styrofoam hampers and insulated bags, wide and narrow lipped Thermos jugs and the myriad of modern miracles that have made the untidy picnic a thing of the past.

As for ants, mosquitoes and other such uninvited guests - a press of a finger on a conveniently shaped "bomb" is all

that's needed to erase that nuisance.

If, however, you still think the new plastic coated plates are a horror, there are thin wooden ones from Scandinavia or tin from Mexico that are lightweight and pretty, but solid enough to hold hot foods on your lap.

Of great convenience, too, and very pretty, as well, are the large Japanese straw mats to use as table cloths or sitting-mats. They are easily folded or rolled, and so closely woven, food does not fall between the straw; a quick wipe with a damp cloth, makes them ready for the next picnic: Just roll into a small bundle and store.

One more item I have found indispensable for a really pleasurable picnic is a plastic "Lazy Susan" to make goodies more readily available to everyone.

If the picnic is really impromptu and last-minute, it is often simpler to stop enroute to the picnic ground and buy the "makings". The suggestion made by Louise Hammond in the section on "menus" should be carefully read. It makes a delicious meal by any standard. But there are even easier ways: A bag of French rolls, some sliced luncheon meats, cheeses, fruit and cold "pop" are readily found on almost any block, no matter how small or large the market.

The old-fashioned picnic, no matter how delightful it remains in memory, meant work, work, work for somebody, and only seasonal and regional fresh food, however varied, was available.

For a really gourmet picnic, a diligent search through any fine journal with national distribution will disclose advertisements by food firms in far-flung corners of our own continent: Live lobsters from Maine, clams from Maryland, hams from Virginia, succulent steaks from the Midwest are only a few of the fine treats of which one can avail oneself on very special occasions.

The shellfish come, aromatic with Atlantic seaweed and sea

water, in a container convenient to use as a cooking pot. A "clambake" using a variety of Eastern shellfish may be an expensive picnic, but without doubt it would be a memorable one.

EQUIPMENT

BASKET GRILLS or HINGED GRILLS: Quite indispensable for the barbecuer. They should have long handles and should be adjustable so they will accomodate equally well a slice of bread, a thick steak or chicken halves as well as tiny shrimp. They are lightweight and can be carried easily with the picnic gear.

I particularly like them for such fatty meats as frankfurters and spareribs, for they make frequent turning a simple and rapid procedure. In case of flare-ups, they can be grabbed up and off the fire readily.

SKEWERS: A good variety is available today and I have found many uses for the tiniest as well as the large ones.

Oriental bamboo skewers come in different lengths and thicknesses, from those little larger than a toothpick for grilling *hors d'oeuvres* to the longer ones for meats, fish and vegetables. I have learned to use them for all the purposes for which I once used metal skewers and they have the advantage of being easy to cut off wherever one wishes.

There is little need to mention the infinite variety of "barbecue" skewers from the huge rapier-like metal ones almost a yard long with lovely wooden handles to the all-metal ones of any size desired. They are, to boot, as decorative in the barbecue-pit as they are practical. Try forgetting them just once and see!

One should, on the other hand, learn that a long branch - particularly a willow branch - was the first skewer man ever used and it is simple and lovely to look at. Learn to peel the bark off the end for the approximate length of the food you mean to impale on it. Become adept at splitting the branch so

that you may, with confidence, place the food into that split and know it will remain there during the cooking. Learn to handle such sticks so they will not burn or break. It is a very pleasant bit of knowledge - and practical, too.

Perhaps it is necessary to repeat here that those using tree-limbs or branches as skewers should have some knowledge of the properties of common California plants. As earlier stated (after recipe for BONFIRE WILLOW TROUT) the Oleander bush is definitely poisonous, as is the California Laurel (better known as Bay) and the Daphne, when used in large enough quantities or in concentrated form. Check out all plants before using them.

BASTING BRUSHES of several sizes are very handy. Little ones to use at the table-hibachi and big, long-handled ones for steaks, chicken, turkey, roasts - and that half-beast you may one day wish to barbecue.

However, it is well to remember that the American Indian made-do with whatever was on hand. On those occasions when I forgot my brushes, I found a nice soft limb of a tree and, with my sharpest knife, split the end about an inch up many times so it could serve as a brush. It worked beautifully.

Another method that is colorful, dramatic and practical, is to use a bunch of herbs tied together and attached to a long stick. Parsley, rosemary, thyme, whatever pleases you. Dip it into the sauce and carry to the grilling surface, back and forth...it carries its own seasoning, built-in, and adds to the aromatic perfume in the air around the pit or grill.

GLOVES: For handling charcoal, wood, hot handles or pots. Later, for the cleaning up. Asbestos ones have their place as well as rubber and cotton.

TONGS: Both large and small for handling hot objects as well as dirty ones. Indispensable!

CUTTING BOARD: Serves many purposes. It will provide a level,

even surface where there is none other about, or a surface on which to mix biscuits, for example.

HOT-POT HOLDERS: Pads or gloves...(need I go on?)

KNIVES and SCISSORS: This too may seem a superfluous warning until the day you do forget them! Do remember knives for butter, knives for cutting meat and fish...Keep a pair of kitchen scissors handy for they double as bottle-opener or wedge to pry open the pickle-jar, for mincing herbs, for cutting wire - you tell me! Kitchen-scissors are one item I hate to be caught without....

ALUMINUM FOIL: To go into the ways of using this "I-don't-know-how-I-ever-lived-without-it" kind of modern miracle, would require more space than is available to me. But a few reminders won't hurt:

Make a wind-break of it.

Make a drip-pan of it.

Make a saucepan of it, for heating vegetables and sauces.

Wrap bread in it, then put on the side of the grill for slight heating.

Wrap potatoes in it and drop among coals.

Arrange a sheet of it over cooking food, during last few minutes, to keep in heat and speed up cooking.

Use it to line the charcoal pit for reflected heat, an easy way to dispose of ashes later.

Line bowl for a punch bowl, if the only one large enough is wooden.

Form a basting cup of a few thicknesses.

Rather expensive, true, but do learn how to handle it carefully to keep from tearing and do gain the habit of washing it whenever possible, for re-use. It will pay for itself many times over.

PAPER TOWELS also have a thousand uses at picnic grounds. Keep a roll handy in the car. You'll be amazed at how often

you'll use it.

PLASTIC BAGS: Ditto!...in various sizes, on the roll and off. From the moment preparations start until re-packing to go home, these will prove indescribably useful.

RUBBER BANDS and PIPE CLEANERS: Ditto!

SEASONINGS and SPICES: The plastic pill bottles in which medicines come from the drug store are available in many sizes, they are lightweight, transparent and have tight caps - what more could one ask of a container for such items as salt, peppercorns (with a good sturdy mill), sugar, dried herbs, curry powder, what-you-will and what-have-you...?

INSTANT COFFEE has many uses besides the obvious. Try sprinkling it over ice-cream and puddings for an exotic touch. Vary it with espresso coffee powder, sugar added or not.

MARGARINE has a number of advantages over butter for picnics. It will not spoil in the heat and will always spread easily. Carry in a glass jar or plastic box. Mix a little, with a favorite minced herb or garlic powder, for an unusual basting sauce or to smear over hot breads.

SUGAR: The liquid non-caloric type packs handily in an old Tabasco sauce bottle with cap. But if you must have the real thing, cubes carry well in a plastic box or bag.

GENERAL: Before any kind of party - simple, rustic, sophisticated or elegant - make lists of foods you plan to serve, foods to be bought, equipment you will need, and tools to remember. Don't trust your memory.

When arriving at site of picnic, immediately set up a working area and surface for arranging foods, for chopping, for serving, and so on. That area should be taboo to anyone not immediately concerned with getting the food out.

Decide beforehand how dishes (paper or china) will be handled after using; where and how to scrape, clean, stack or discard ...it may seem an unnecessary matter until they pile up all around you.

Do vary your menu: alternate garlic-flavored dishes with smoke-flavored ones, for example. Too much of even a favorite dish can be just too much!

Try to be able to give something to everyone with the first serving off the grill. If necessary, cut big steaks in quarters each time, if your grill will hold only one at a time.

Don't forget water: some to drink, some to rinse hands, some for an emergency. To wash blood from even a small cut can be a very urgent matter. An excellent meal can be ruined for a thirsty diner.

Now choose a mild, dry evening or a bright afternoon, make your lists, gather your "audience" and - Happy Picnic-ing!



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