

*PEOPLES
AND
PEOPLES HANDBOOK*



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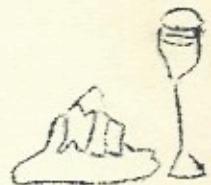
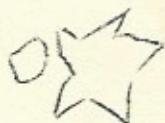
BY THE

YODER WOMENS ZIONIST SOCIETY

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F O R E W O R D .

We would like to thank everyone who has made the publication of this booklet possible - our advertisers for their most generous support, & all our contributors who so kindly gave us their favourite recipes.

We feel that this book will be welcomed in all households, and users have the added satisfaction of knowing that their support is helping a deserving cause.

The Committee
Ndola Women's Zionist Society.

ooooooooooooooo

"I guessed my pepper, my soup was too hot.
I guessed my water, it dried in the pot.
I guessed my salt, and what do you think?
For the rest of the day we did nothing but drink.
I guessed my sugar, my sauce was too sweet,
And thus by guessing I spoilt my treat.
So now I guess nothing, for cooking by guesses
Will ruin all skill and produce nothing but messes,

Lemon Fish:

2 lbs. firm fish	4 bay leaves
1 onion	Egg yolk
salt and pepper	1 teaspoon pepper-
Little water	corns
	Lemon jelly

Boil fish and all ingredients slowly. When three-quarter cooked add one packet lemon jelly which has been dissolved in $\frac{1}{2}$ pint water. Add to fish. Add juice of one lemon and sugar to taste. When cooked take one egg yolk, rub in sugar and some of the gravy from fish. Stir well and pour over mixture. Remove fish carefully and strain gravy over fish. Allow to set.

Salmon Delight:

1 lb. tin salmon	1 teaspoon melted
$\frac{1}{2}$ cup milk	butter.
2 tablespoons grated onion	Lemon juice
1 tablespoon flour	salt and pepper
$\frac{1}{2}$ cup grated cheese	

Drain gravy from salmon and add $\frac{1}{2}$ cup milk and the melted butter to it. Stir the flour into gravy, butter and milk and add salt and pepper to taste. Add the cheese to mixture and cook over medium heat until the mixture is thick. Then add two tablespoons lemon juice and the grated onions to the mixture. Pack the salmon (after removing big bones) into a pyrex dish well greased with butter and pour mixture over it. Bake in a moderate oven for 25 minutes. Put small pieces of celery over top.

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Sweet and Sour Herrings:

4 Herrings	Vinegar and sugar to
1 sliced onion	taste
peppercorns and 2 bay leaves	Syrup

Soak herrings overnight, then clean and soak in hot water for a few minutes. Cook onion until soft, add peppercorns, bay leaves, vinegar, sugar and syrup. Put in sliced herrings and cook for a few minutes. Serve hot or cold.

Fish Fritters:

1 lb. small fish	$\frac{1}{2}$ teaspoon pepper
3 eggs - separated	1 tablespoon minced
3 tablespoons flour	parsley
1 tablespoon salt	$\frac{1}{2}$ teaspoon minced garlic

Cook fish, remove skin and bones and mash. Beat egg yolks until light and thick, then add flour, salt, pepper, garlic, parsley and fish. Fold in white of eggs beaten until stiff. Drop by tablespoonsful into hot deep fat and fry until brown.

Chopped Herring:

3 herrings	3 eggs
1 small onion	9 Marie biscuits
Vinegar, sugar	1 or 2 apples

Soak herrings overnight, clean and skin. Boil eggs till hard. Mince eggs, onion, herring and peeled apple (or chop, if preferred). Soak biscuits in $\frac{1}{2}$ cup vinegar and add to mixture. Add sugar to taste. Spread on plate and decorate with chopped egg.

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F I S H

Herrings and Tomatoes:

- 3 Herrings
- Bay leaves & Peppercorns
- 2 tomatoes

1 large onion
Lemon juice & sugar
to taste

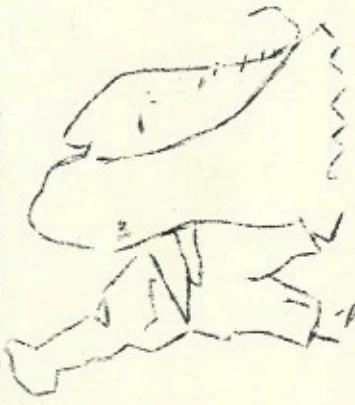
Soak herrings overnight. Remove skin and cut herrings in half. Put in a dish, add a few bay leaves and peppercorns. Boil 2 large tomatoes until soft. Put through a strainer, add sugar and lemon juice to taste and leave to cool. Fry one sliced onion in oil until brown, add to tomatoes. When cool, put over herrings and put in refrigerator for a day. Fresh herrings may be used instead of salted ones.

Herring Salad:

- 3 HERRINGS
- 2 cold cooked potatoes
- 2 cold cooked beetroot
- 4 pickled onions
- Some chopped cashew nuts

1 cup cream
1 pickled cucumber
 $\frac{1}{2}$ fresh cucumber
pepper, sugar
lemon juice (approx.
 $\frac{1}{2}$ cup)

Wash, bone and skin herrings. Add sliced potatoes, beetroot, cucumbers, onion, etc. Add lemon, a little sugar and pepper to taste. Add cup thick cream.



F I S HBaked Fish in Tomatoes:

4 slices fish	$\frac{1}{2}$ cup water
4 potatoes	small piece butter
1 onion (medium)	seasoning
2 tomatoes (medium)	$\frac{1}{2}$ cup sweet cream

Put fish, sliced onion, tomatoes, potatoes, seasoning and butter in a casserole or baking dish, add the water and put in oven to bake. Just before serving, pour over the cream.

Pickled Herring with Cream:

6 Salt Herrings	peppercorns
1 cup sour cream	2 sliced onions
2 lemons (juice)	2 teaspoons sugar
1 sliced lemon	

Soak herrings overnight. Clean, skin and bone herrings. Place in glass jar in alternate layers with onions, lemon slices and peppercorns. Mix lemon juice, sugar and sour cream well together and add to the jar. Allow to stand for 48 hours.

Baked Fish Balls:

Mince any kind of fresh fish, about 1 lb. Add while mincing, 1 onion, parsley and a small piece of bread. Add seasoning and a little sugar and 1 egg to each pound of fish. If desired, Matzoh meal can be used to replace bread. Make into balls and place in Pyrex dish containing a little water to which add a piece of butter. Bake until tops are beginning to brown, then add milk. Cream can be added when ready to serve.

S O U P S

7.

Oxtail Soup:

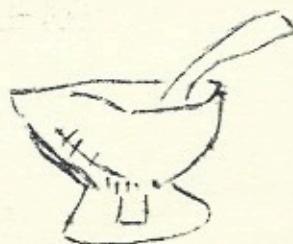
1 large oxtail	6 peppercorns
1 onion	4 carrots
1 bay leaf	cooked vegetables
2 whole cloves	

Wash the oxtail and cut into pieces. Cut the onion and cook in a tablespoon of any meat fat. When brown add the oxtail and let it also brown. Then put meat in a saucepan with 2 quarts of water, salt to taste, the 2 whole cloves, 6 peppercorns, bay leaf and 4 carrots. Simmer until the meat is tender. Strain and remove all fat. Serve with a little of the meat cut in pieces and small pieces of cooked vegetables.

Green Pea Soup:

Peas stock
chopped parsley

Make soup stock as usual, but add to it in addition to other vegetables, 1 pint of washed pea pods. In a separate pan melt a tablespoon of chicken or other fat. Add 2 cups of peas and one tablespoon of finely chopped parsley. Stir until the peas are well coated. Add one cup of soup stock, cover and cook until the peas are tender. Add one quart of strained stock and salt to taste. Two tablespoons of sugar may be added if desired. Add dumplings before serving.



S O U P S

D.-M.I.S.S.E.R.-L.T.D.

Barley Soup:

$\frac{1}{2}$ cup medium barley	2 onions
$\frac{1}{2}$ cup diced carrots	salt and pepper

Cook the barley, finely sliced onions, diced carrots, salt and pepper to taste, in 1 quart of water until tender. Stir in a quart of soup stock and bring to boil. (Stock made with Lamb makes a delicious soup.)

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Borsht:

Beetrots	Salt, sugar, lemon juice
Boiled Eggs	or tartaric acid.
Boiled potatoes	Egg yolks

Wash and scrub beetroots, remove any spots or leaves. Cook in enough water until beets are tender. Remove beets, skin and grate. Put grated beets in fresh water, season to taste with salt, sugar, lemon juice or tartaric acid and cook about 15 minutes longer. Chill. Beat 2 egg yolks with a little sugar or with sour cream. It can be served with boiled eggs and boiled potatoes.

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Bean and Barley Soup: (Pressure Cooker)

1 lb. flank
1 cup beans
Tomato Sauce

$\frac{1}{2}$ cup barley
seasoning
water

Wash, but do not soak beans and barley. Place all ingredients in pressure cooker, with sufficient water to fill half the cooker. Bring to pressure; boil gently for about 1½ hours.

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N D O L A .

M E A T.

Filletto Ala Woronoff (Italian style):

4 slices beef	1 teaspoon prepared mustard
4 tablespoons butter or fat	
3 teaspoons Worcestershire sauce	Salt, pepper
$\frac{1}{4}$ teaspoon Rosemary	

Remove all fat from Beef. Melt the butter or fat in a pan. Add the rosemary. When the butter is slightly brown add the fillets and cook over high heat for 2-3 minutes each side. Season both sides with salt and pepper. Mix the Worcestershire sauce and the prepared mustard; you may add 3 teaspoons cognac if desired. Pour into pan with more butter if necessary. Cook fillets 1 minute more in the sauce, turning once. Remove meat to hot serving platter and keep warm. Cook sauce over high heat stirring constantly for 1 minute and serve. (Serves $\frac{1}{4}$ people).

Russian Cabbage Borsht:

3 lbs Flank or Brisket	2 sour apples
1 head of Cabbage	lemon juice
3 or 4 large skinned tomatoes	salt, pepper, sugar to taste.

Bring to boil meat and water, salt and pepper. Boil for $1\frac{1}{2}$ hours. Add shredded cabbage, tomatoes, sliced apples, sugar and lemon juice to taste. Boil for $1\frac{1}{4}$ hours. Add a little garlic if desired. Serve hot.

M E A T.Prune Tzimas:

3 lbs brisket	3 tablespoons syrup
1 lb prunes	8 potatoes
1 onion.	

Put meat on to boil with water to cover and add one sliced onion and salt. Bake about $1\frac{1}{2}$ hours. Add potatoes, prunes and syrup and bake in oven at 350° for an hour until potatoes are well browned and meat is tender.

Carrot Tzimas:

3 lbs brisket	2 tablespoons syrup
12 large carrots	salt and pepper to
Onions	taste

Fry an onion in fat. Season brisket with salt and pepper and brown on all sides, then add enough water to cover the meat. When half done remove all fat from the top and add sliced or grated carrots, syrup and a little sugar if not sweet enough. When meat and carrots are soft, make a paste of one tablespoon of flour and water and add to mixture. Put into a roasting pan & brown off tzimas in oven.

Tomato Bredie:

2 lbs mutton chops	8 potatoes
2 lbs tomatoes	cooked rice
salt and sugar	

Braise the chops and allow to simmer until tender. Add the potatoes. When the latter are soft, add the tomatoes, quartered. Finally add salt and sugar to taste. Serve on mounds of rice.

M E A T.Monkey Gland Steak:

2 lbs sliced steak	salt & pepper
2 tablespoons worcester-	1 large grated onion
shire sauce	2 tablespoons tomato
$\frac{1}{2}$ teaspoon mustard powder	sauce
2 tablespoons vinegar	

Mix all above ingredients together. Soak the sliced steak in the above mixture for about 2 hours. Heat pan with 2 tablespoons chicken fat and fry steak in same. Pour sauce over steak in pan and cook until meat is tender. Serve piping hot with sauce from pan.

Sweet and Sour Cabbage Rolls:

2 lbs meat	Grated onion
1 egg	salt & pepper
2 tablespoons syrup	juice of 1 lemon
Sliced carrots	1 cabbage

Separate the leaves of the cabbage, cover with boiling water and allow to cool. Mince the meat and combine with one egg, grated onion, salt and pepper. Form into rolls. Place each roll into a cabbage leaf and fold over. Arrange in casserole dish and add a little water, 2 tablespoons syrup, lemon juice and sliced carrots. Cover and put in a moderate oven. Baste frequently and add a little more syrup or lemon juice if necessary. Cook until cabbage is tender and golden brown.

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Chicken with Spaghetti en Casserole:

1 tender young chicken	1 cup stock
Olive oil	Spaghetti
1 cup canned mushrooms	salt
1 cup white wine	pepper

Prepare the chicken as for roasting. Place in casserole, add two tablespoons olive oil, the white wine, stock, salt and pepper to taste, the canned mushrooms. Cover tightly and place in a preheated oven at 350°, and cook until the chicken is tender. Meanwhile cook enough spaghetti to make two cups and to this add 1 tablespoon tomato puree, salt and pepper to taste. Place chicken on platter, add the spaghetti and sauce and serve.

Roast Stuffed Duck:

1 Duck	2 eggs
4 slices white bread	2 tablespoons fish oil
1 teaspoon grated onion	chopped parsley
salt & pepper	ginger, allspice

Prepare the duck in the usual way, and stuff with the following:

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Soak the four slices of bread in water, squeeze out the water, and remove crusts. Add 2 eggs, the fish oil, grated onion, some chopped parsley, salt and pepper. Fill the duck three-quarters full. Place in a roasting pan with a little water, and spice with allspice, onion, ginger, salt and pepper. Cover and roast until tender, basting frequently.

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Duck in Aspic:

- 1 Duck
- Calf's foot jelly
- seedless oranges

Roast duck. Cool and remove breast meat carefully. Remove all skin, fat and bones from duck. Chop fine all but the breast meat. Arrange in a mould. Make the calf's foot jelly, adding a little sherry. Pour jelly over the duck in the mould and set until firm. Unmould on a bed of lettuce. Peel and slice thinly the seedless oranges and lay the slices around the duck. Cut the breast meat into neat slices or strips and garnish the orange slices with them.

Another stuffing for Roast Duck:

1 cup cooked rice	$\frac{1}{4}$ cup chopped onion
2 tablespoons fat	$\frac{1}{4}$ teaspoon celery salt
1 teaspoon salt	1 cup dried apricots

Cook onion in fat but do not brown. Add salt, celery salt and dried apricots cut into thin strips. Add mixture to rice and stuff the bird as usual.

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Stuffed Chicken:

Chicken
 $\frac{1}{4}$ lb almonds
1 egg

Steam chicken and when it is almost tender
stuff with the following:

Take the almonds (chopped), season with parsley,
pepper and salt to taste. Add one tablespoon
breadcrumbs and bind with one well beaten egg.
Place the chicken in a roasting pan and roast
until tender.

Boiled Chicken - Baked:

1 Chicken
1 clove garlic
 $\frac{1}{2}$ teaspoon paprika
1 Onion
 $\frac{1}{2}$ teaspoon salt
Soft bread crumbs

Make chicken soup with an old hen. Remove
chicken from soup as soon as tender. Place
in roasting pan with 3 tablespoons of fat or
chicken fat, 1 sliced onion, the garlic and
pepper and salt. Sprinkle with soft bread-
crumbs. Baste frequently, and when sufficient-
ly browned, cut in pieces for serving.

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P O U L T R Y.Chicken or Turkey Risotto:

2 ozs fat	1 pt. stock
4 ozs rice	2 tomatoes
pepper & salt	1 onion (chopped fine)
pieces of cooked chicken or turkey.	

Melt fat in saucepan or casserole. Add washed rice and onion and cook gently for a few minutes. Add stock and seasoning. Cover and cook gently on top of stove or in the oven for about 45 minutes, or until rice is tender and the liquid almost absorbed. Stir rice with a fork occasionally while cooking. Add skinned sliced tomatoes and pieces of meat and cook for a few minutes longer.

Chicken or Turkey Creole:

Stew poultry until tender. Cut up into small pieces. Saute in chicken fat: 2 tablespoons chopped onion, 2 tablespoons chopped green pepper, and stir in 3 tablespoons flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon paprika. Add to this mixture: 1 cup broth from the stewed poultry. Bring to the boil and add one teaspoon lemon juice. Saute 1 tin sliced mushrooms in 2 tablespoons fat, and cook slowly until tender. Add mushrooms to rest of sauce, pour over the poultry and heat. (Add a little extra broth if too thick). Serve with rice or noodles.

S A L A D S.

16.

Beetroot Salad:

Boil beetroots until tender. Skin and slice thinly into a jar, adding thinly sliced onions at intervals. Cover with vinegar. Place lid on top & keep in refrigerator. Use as required.

Cabbage & Pineapple Salad:

1 small cabbage	1 banana
1 pineapple	Salt & pepper

Grate whole cabbage on coarse grater. Peel and grate pineapple. Mix well together, sprinkle with salt and pepper. Garnish with banana slices.

Cabbage Salad:

1 medium cabbage	spring onions
Salad oil	salt & pepper

Finely shred cabbage and wash and drain well. Add chopped up spring onions and season to taste. Put in a bowl and add salad oil until well mixed, then leave in a refrigerator to crisp.

Cabbage Salad:

1 cabbage	$\frac{1}{2}$ pineapple
1 carrot	1 apple
1 teaspoon salt	2 tablespoons mayon-
1 tablespoon sugar	naise.
Juice of 1 lemon.	

Shred cabbage, pour over boiling water and allow to stand 15 minutes. Wash well with cold water. Place in dish, grate in apple, pineapple and carrot. Add lemon juice, salt & mayonnaise. Allow to stand.

S A L A D S.Russian Salad:

- 1 cup cooked diced beetroot
- 1 cup cooked diced carrots
- 1 cup cooked diced potatoes
- 1 cup cooked green peas

Mix all the vegetables with mayonnaise and arrange in salad bowl.

Avocado Pear & Banana Salad:

- 2 avocado pears
- 6 bananas
- 1 egg

Peel pears and cut across in slices. Cut bananas lengthwise, put a ring of avocado pears over each. Lay carefully on a bed of lettuce, sprinkle grated hardboiled egg lightly over and serve with light dressing.

Stuffed Tomato Salad:

- Tomatoes
- Chopped chicken (tongue, fish, cheese)
- Parsley
- Lettuce

Skin medium sized firm tomatoes. Cut off top & scoop out centre. Mix tomato pulp with chopped chicken (or tongue, fish or cheese) and parsley. Fill cases, top with mayonnaise and serve on shredded lettuce, after chilling.

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M.E A T L E S S D I S H E S.Delmonico Potatoes:

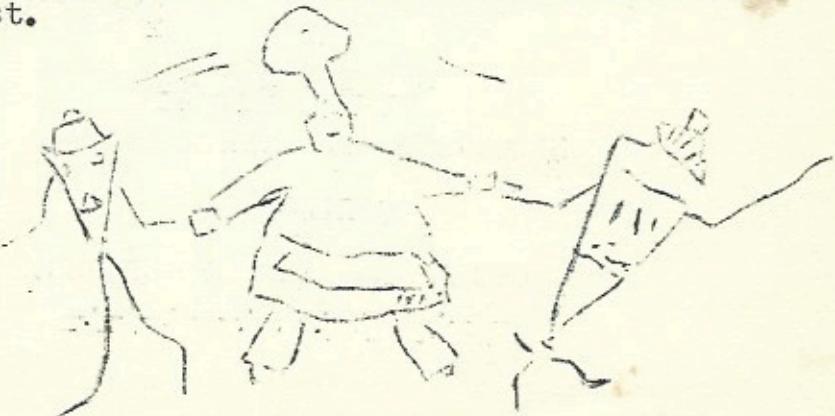
2 cups diced cooked potatoes	salt
2 medium cups white sauce	pepper
	buttered crumbs

Mix potatoes, white sauce and seasonings. Pour into greased baking dish, cover with crumbs and bake in hot oven at 450* for 15 minutes. 2 tablespoons chopped pimiento may be added to white sauce. Serves 4 people.

Mushroom Toast:

2 tablespoons butter	1 cup milk
2 tablespoons flour	1½ cups grated cheese
½ teaspoon worcester- shire sauce	6 slices toast
4 oz. tin mushrooms	salt
¼ teaspoon dry mustard	cayenne pepper

Melt 1 tablespoon butter, blend in flour, salt, pepper, mustard and sauce. Add milk and cook until thick. Add cheese. Stir until cheese melts. Melt remaining butter in a pan, add mushrooms & saute for 5 minutes. Add to cheese sauce. Serve on toast.



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Upsidedown Vegetable Cake:

2 cups sifted flour	1 beaten egg
2 teaspoons baking powder	1 cup milk
$\frac{1}{2}$ teaspoon salt	2 tablespoons butter
$\frac{1}{4}$ cup shortening	$\frac{1}{2}$ cup vegetable stock.

4 cups mixed cooked vegetables

Mix and sift dry ingredients together and cut in shortening. Combine egg and milk; add to dry ingredients, stirring until mixed. Arrange hot seasoned vegetables in bottom of greased shallow baking pan, add vegetable stock, dot with butter, cover with first mixture and bake in hot oven at 425* for 20 /25 minutes. Turn out on hot serving plate with vegetables on top and serve with tomato sauce.

Spinach and Eggs:

Cook spinach. Drain well and sieve. For 2 small cups sieved spinach, fry 1 large chopped onion in 1 tablespoon butter until lightly browned. Add sieved spinach, mix through lightly, then add 2 beaten eggs. Cook slowly for a minute or two, stirring constantly. Add more butter if too dry. Serve immediately in hot dish or on hot buttered slices of toast. If desired, omit eggs, and stir in 2 or 3 tablespoons sour cream. Mix just long enough to heat the cream and serve immediately.

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Candied sweet Potatoes:

6 sweet potatoes	1 teaspoon salt
$\frac{1}{2}$ cup syrup	1 cup applesauce
1 tablespoon butter	

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1 teas. salt, dash
pepper
1 cup fresh milk

Shell peas. Place lettuce leaves and pods in the bottom of a pot, add peas and just cover with boiling water. Add 1 teaspoon sugar, close lid tightly, and boil 10-15 minutes. Drain, put into hot serving dish, add butter or fat, sprinkle over a little salt and serve immediately.

1 lb. young peas
2 outer lettuce leaves
6 pea pods
1 teaspoon sugar
knob of butter or
chicken fat. Salt.

French Style Green Peas:

