

Recipe for

MAIN ENTRÉE

ingredients

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soup to nuts (INTRODUCTION)

“Going out to eat” has become a favorite American pastime. Americans have become avid restaurant-goers eating 25% of their meals away from home. In every city new restaurants are opening daily to accommodate growing American tastes. The old meat and potatoes menu has grown to include everything from fish and chips to Lobster Thermidor. People are becoming more and more interested in learning the fine art of dining out. How do you learn? Sure there are books on etiquette to tell you which fork is which, however, there is a more enjoyable way than by reading ten chapters in any index!

MAIN ENTREE was designed by a well-known Pacific Northwest restaurateur who has used his 24 years of experience in the food and beverage industry to make the excitement of dining out available in your home. Play it with your family and friends and become as well informed as the best-travelled diner. MAIN ENTREE follows the same basic rules of a board game using money manipulation to simulate typical dining situations. By following the color codes, meal ordering can be as simple for the most elaborate gourmet dinner as it is for a hamburger and shake.

Just by playing MAIN ENTREE you’ll learn how to handle situations that arise every day in restaurants throughout the country. You’ll learn the proper method of dealing with that well-done steak you ordered and the rare one that arrived. You’ll learn how and when to tip for services that are provided by everyone from the busboy to the maitre d’. Phonetic pronunciations are included for each of the European dishes used. Now you can learn how to identify and pronounce those fascinating gourmet courses you’ve always wanted to try but were afraid to because you thought your accent wasn’t up to snuff. More importantly, the approximate food costs (to the nearest dollar) will help you to become more knowledgeable on how to order while staying within the limits of your wallet. You’ll become aware of the expenses incurred by restaurants for food spoilage. We’ve even included a list of common slang terms used by food and beverage employees.

Soon Lifestyle will produce a game board for every major city in the world which will give you the advance knowledge of the best restaurants available and possibly help plan your next vacation or trip.

recipe (RULES)

(RULE BOOK)

OBJECT — The object of MAIN ENTREE is to make the Player aware of the proper procedure in ordering meals and also to familiarize him with the situations which usually occur while dining out. To win, the Player must purchase three complete meals for four or more guests, with appropriate food and beverage in all three categories . . . inexpensive, medium priced and gourmet or ala carte meals.

Game Equipment

30 Tip/Situation cards
30 Dining cards

Money (Scrip) 46 — \$1
 22 — \$5
 22 — \$10
 66 — \$20

1 pad guest checks (chits)
2 dice
6 colored plates
Gameboard
Recipe and game book

GUEST CHECKS — At the start of each new game, each Player gets a new Guest Check.

All completed Guest Checks must be for 4 or more people.

The following items must be entered on Guest Checks:

1. Number of people the dinner serves.
2. All food and beverage items. (The Player writes in ONLY the BOLD FACED main entree words of the main entree or beverage he is purchasing.
3. Extended cost.

HOW TO PLAY THE GAME — Place gameboard in center of table. Elect one Player "Cashier." The Cashier gives each Player \$150 in Scrip (Money) in the following denominations:

Five — \$1: Three — \$5; Three — \$10: Five — \$20

and places the remaining money beside him to be used as the Bank. Each Player then selects a colored plate.

The Player to left of Cashier starts the game by throwing the dice and moving his plate the number of places shown on the dice. When the player lands on the square, he has the option of purchasing that food or beverage item (entering it on his Guest Check) or passing the dice to the person to his left. Each Player takes his turn in order, entering his purchases in the appropriate category on his own Guest Check.

When a Player completes a category (All required food and beverage items) for four or more people, he must have the person to his left verify this, pay for the completed category, plus 10% minimum tip payable to the tip tray, and then cross the completed category out on his Guest Check.

Failure to do the above means:

1. If he is caught by another Player with an unpaid completed meal, he must pay that Player a \$5.00 fine.
2. If he fails to cross the category out after paying and is caught, he must pay the cash register again for that meal.
3. Any Player who extends and adds his Guest Check incorrectly must pay a \$1.00 fine to the Player who catches his mistake.
4. If a Player completes a meal and cannot pay for it, he is automatically out of the game.
5. If Player forgets to pay the tip or pays less than 10% minimum, he must double the tip to be paid to tip tray.

CREDIT CARD — Credit Card option good for only one meal per game:

A Player who lands on square marked "Lifestyle Charge Card" may charge the completed meal by checking the appropriate box on his Guest Check.

If a Player uses the Charge Card, he must pay for those meals at the conclusion of the third and final game plus a 5% service charge.


If a Person has any charges that he cannot pay for at the end of the final game, he is automatically out of the game.


CHECKS – When a Player lands on the square marked “The Bank of California,” he may enter this option on his Guest Check. Later he may write a check for the total amount of one meal and enter the check amount on his Guest Check.

When a Player writes a check to cover the expenses of any meals, he must pay for these meals in CASH at the conclusion of the third and final game.

If the Player is unable to pay, he is automatically eliminated from the game.

This check writing option is good for one meal only per game.

TIP/SITUATION AND DINING CARDS – When a Player lands on a square with the tip symbol , he must draw a card from the Tip/Situation deck and follow the instructions fully before placing that card FACE UP at the bottom of the Tip/Situation deck.

When a Player lands on a square with the dining symbol , he draws a card from the Dining deck and follows the instructions fully before placing that card FACE UP at the bottom of the Dining deck.

All instructions on any card drawn from either deck must be carried out fully before the next Player may proceed.

TO END INDIVIDUAL SETS OF GAMES – In order to win, you must have completed three meals . . . an inexpensive, medium priced and gourmet meal with appropriate beverage.

Any Players caught with unpaid items on their Guest Check at the end of each game must pay the winner of that individual game one-half of the total of items left on the check which represents food spoilage.

A color code has been provided on the Game Board. The food chit (check) has been divided into three sections as follows:

1. Orange Code – Inexpensive Meal
2. Magenta Code – Medium priced Meal
3. Purple – Ala Carte or Gourmet Meal

A Liquor is not considered an appropriate beverage.

TO BECOME THE TRUE GOURMET WINNER – A Player must have spent the most money in the three games and/or have won the most total games.

All charges must be paid for in full when trying to determine a true gourmet winner.

TO BECOME THE CO-GOURMET WINNER – A Player may become the co-gourmet winner either by having purchased the most completed meals during the 3 games or by having spent the most money during the three games.

glossary for groceries

(FRENCH MENU TERMS)

A:

Abricot: Apricot

Agneau: Lamb

Agneau de Lait: Baby lamb

Aigre: Sour

Aiguillette: Silver

Ail: Garlic

Aile: Wing (poultry)

À la: In the manner of

À l'Américaine: With shallots, tomatoes, garlic, cayenne and a little brandy

À l'Anglaise: With fresh butter on top, or in butter

À la Bellevue: In aspic; transparent

À la Carte: Freedom to select from menu, paying for each item separately.

À la Florentine: Fish, poultry or beef served on shredded spinach

À la Française: Fried potato purée filled with diced vegetables

À la King: In cream sauce

À la Louisiana: Stuffed with creamed corn; garnished with rice and fried banana

À la Marengo: With sauce colored red by tomatoes, seasoned with dry white wine, a little garlic, mushrooms and truffle

À la Mont-Blanc: Finely-chopped almonds and chestnuts, vanilla-flavored kirschwasser and maraschine; mixed and served cold as a dessert

À la Newburg: With a creamy Madeira wine sauce

À la Parisienne: Potatoes or braised lettuce

À la Provençale: Sautéed with garlic and stewed tomatoes

À la Stroganoff: Tenderloin cut in little strips, sautéed, cream sauce, cayenne; served with rice or noodles.

Allumette: Match stick potatoes

Amandes: Almonds

Ananas: Pineapple

Anchois: Anchovies

Anglaise: English

Artichaut: Artichoke

Asperges: Asparagus

Aspic: Meat jelly

Assiette: Plate of any kind, including dinner plate

Au: With

Au Beurre: Prepared in butter

Au Gratin: Covered with cheese or breadcrumbs, baked in oven

Aubergine: Eggplant

Au Four: Baked in the oven

Au Naturel: Cooked plain without seasoning

Au Vin Blanc: White wine added to sauce or cooked in white wine.

B:

Baba: Molded yeast cake

Babeurre: Buttermilk

Baies: Berries

Ballotine: Stuffed lamb or beef

Banane: Banana

Barquettes: Small tarts

Béarnaise: Sauce of tarragon, shallots, egg yolk and butter

Bechamel: Cream sauce with egg yolk

Beurre: Fresh butter

Beurre Fondu: Melted butter

Beurre Salé: Salted butter

Bien Cuit: Meat, poultry or fish well-done

Bisque: Crayfish soup

Blanc d'oeuf: White of egg

Blanchi: Parboiled or blanched

Blé: Wheat

Blinis: Pancakes (Russian)

Boeuf Épicé: Spiced beef

Boeuf Fumé: Smoked or dried beef

Boeuf Salé: Salted beef (corned beef)

Boisson: Drink

Bombe: Shell-shaped frozen dessert

Bon Goût: Well-seasoned

Bonne Femme: With mushroom and wine sauce

Bordelaise: Tomatoes and red Bordeaux wine

Bouillabaise: Fish stew

Bouillon: Unseasoned broth

Bourgeoise: Family-style

Bouteille: Bottle

Brioche: Breakfast bun

Brochette: Skewer

Brouillé: Scrambled

Foie: Liver

Foie Gras: Goose liver

Fondant: Sugar icing

Fondue: Melted cheese

Forestière: Mushrooms

Four: Baked

Frais: Fresh

Fraise: Strawberry

Framboise: Raspberry

Frappé: Iced

Fricandeau: Braised veal

Fricassée: Chicken or veal stew

Frit: Deep fat fried

Froid: Cold

Fromage: Cheese

Fromage Blanc: Cream cheese

Fumé: Smoked

G:

Gastronome: A Gourmet

Gâteau: Cake

Gelée: Jelly

Gigot: Leg of mutton

Glâce: Ice; ice cream

Gratin: Brownd, baked with cheese

Grand Marnier: Orange-flavored liqueur

Grenouille: Frog

Grillé: Broiled

H:

Haricot Vert: String beans

Hollandaise: Sauce made with egg yolk, butter, lemon juice

Homard: Lobster

Hors d'Oeuvres: Pre-dinner appetizer, tidbits

Hûtre: Oyster

J:

Jambon: Ham

Jardinière: Garden vegetables

Julienne: Thin strip

Jus: Juice, gravy

L:

Lait: Milk

Laitue: Lettuce

Langouste: Crayfish

Langue: Tongue

Lapin: Rabbit

Lard: Bacon

Legume: Vegetable

Lyonnaise: Flavored with onions

M:

Maître d'Hôtel: Head Waiter

Mariné: Pickled

Marmite: Beef consommé with stock

Meringue: Beaten egg white and sugar

Meuniere: Brown butter

Mignon: Tenderloin

Mirabeau: Stuffed green olive

Mirepoix: Vegetables in green sauce

Morceau: Morsel

Moule: Mussel

Mousse: Whipped eggs

Mousseline: Hollandaise sauce with cream

Moutarde: Mustard

Mouton: Mutton

Mur: Ripe

N:

Naturel: Cooked as is, plain
 Newburg: Sherry cream sauce
 Noir: Black
 Noix: Nut
 Nouille: Noodle

O:

Oeuf: Egg
 Oeuf Dur: Hard boiled egg
 Oeufs Brouillés: Scrambled eggs
 Oeufs Poches: Poached eggs
 Oie: Goose
 Oignon: Onion

P:

Pain: Bread
 Pamplemousse: Grapefruit
 Parmentier: Diced potatoes in butter
 Pâté: Meat pie
 Pâtisserie: Pastry
 Pêche: Peach
 Persil: Parsley
 Petit: Small
 Petit Déjeuner: Breakfast
 Petits Fours: Fancy, small filled cakes
 Petits Pois: French green peas
 Pigeon: Squab
 Poire: Pear
 Poireau: Leek
 Pois: Peas
 Poisson: Fish
 Poitrine: Breast
 Poivre: Pepper
 Pomme: Apple

Pomme a l'Anglaise: Boiled potatoes
 Pomme de Terre: Potato
 Potage: Soup
 Pot au Feu: Beef soup
 Poulet: Chicken
 Princess: Chicken sauce, asparagus
 Provençale: Garlic and tomato
 Purée: Thick soup

Q:

Quénelle: Small, forced meat balls

R:

Ragoût: Stew
 Reine: Chicken supreme sauce
 Ris de Veau: Sweetbread
 Rissolle: Browned in butter
 Riz: Rice
 Rognon: Kidney
 Rôti: Roasted
 Roulade: Rolled

S:

Saignant: Rare
 Saucisse: Small sausage
 Saucisson: Large sausage
 Saumon: Salmon
 Sautéed: Pan fried
 Savarin: Sponge cake mold
 Sel: Salt
 Serviette: Napkin
 Sorbet: Sherbet
 Soufflé: Whipped pudding puree
 St. Germain: Pea soup

T:

Table d'Hôte: Fixed priced meal
 Tasse: Cup
 Tête: Head
 Thermidor: Stuffed lobster with mushrooms
 Timbale: Scoopful
 Tortue: Turtle
 Tournedos: Small tenderloin
 Truite: Trout

V:

Veau: Veal
 Velouté: White sauce made from fish, chicken or meat stock
 Verre: Glass
 Vichyssoise: Cold chicken, leek and potato soup
 Viennoise: Vienna style, breaded
 Vinaigrette: With oil, vinegar and herbs
 Vol au Vent: Patty shell with chicken, seafood
 Volaille: Chicken

C:

Café au Kirsch: Coffee with Kirsch-wasser
 Café au Lait: Coffee with hot milk
 Café Brûlé: Coffee with brandy and sugar (made in chafing dish and set afire)
 Café Noir: Black coffee
 Café Royal: Coffee with brandy
 Café Turque: Turkish coffee (specially prepared on the table)
 Canapé: Small open sandwich, hot or cold
 Canard: Duck
 Canard Sauvage: Wild duck
 Carré: Loin
 Carte du Jour: Bill of fare for a given day; menu
 Cerise: Cherry
 Cervelle: Brains
 Champignons: Mushrooms
 Chapon: Capon
 Chasseur: Sautéed mushrooms and tomatoes
 Chateaubriand: Thick filet mignon
 Chaud: Hot
 Chaud-Froid: Hot-cold (fowl, or any other dish, covered with sauce and served cold)
 Chevreuil: Venison
 Chou: Any kind of cabbage, except Brussels sprouts
 Chou-Fleur: Cauliflower
 Choucroute: Sauerkraut
 Choux de Bruxelles: Brussels sprouts
 Cidre: Cider
 Citron: Lemon
 Cochon: Pig
 Coeur: Heart
 Compote: Stewed fruit
 Concombre: Cucumber
 Confiture: Jam

Consommé: Clear soup served hot or jellied
 Coquilles: Shells
 Cordon Bleu: Stuffed with ham and cheese
 Crème: With cream
 Crêpe: Pancake
 Cresson: Water cress
 Crevette: Shrimp
 Croissant: Curved roll

D:

Dauphine: Roasted potatoes
 De Jour: Food ready to serve
 Déjeuner: Lunch
 Diable: Deviled

E:

Eau: Water
 Ecrevisse: Shrimp
 Entrecôte: Rib
 Entrée: Main dish of meal
 Entremets: Sweet desserts
 Épice: Spice
 Épinard: Spinach
 Escargots: Snails

F:

Faisan: Pheasant
 Farce: Ground meat
 Farci: Stuffed
 Filet: Tenderloin
 Fines Herbs: Small herbs
 Flambé: In flaming brandy
 Flan: Custard or custard tart

chop talk (SLANG)

Blue Heaven	Bromo
Broadway Breakfast	Bromo and coffee
Bum's Rush	Trying to get rid of someone
Burned	Stiffed
Burn One	Chocolate Shake
Burn one—make it cackle!	Add an egg
Canned Drink	Blended drink
Coming In!	Waiter is ready to order
Deep Six	Chuck away
Ditch	Water
Dry	No sauce or dressing
Easy	Not too well done
Feather	Light drink
Fry One or Two	Order of fried eggs
Graveyard Stew	Toast and milk
Hamburger, pin a rose on it	With an onion
Honeymooners	Two of "the boys" having dinner together
LosLos	Goof-off
Not too hard	Not too well done
Ordering!	Waiter is ready to order
Over	On the rocks
Pad	To add additional charges to Chit
Pill water	Plain water
Red Flannel Hash	Corned beef hash with beets
Rounder	Big spender, big shot
Sandbagger	One who hides from his side work
Shoemaker	Restaurant worker who can't cut the mustard
Silver Bullet	Martini on the rocks (over)
Snake	Stiff
Stack	Order of hot cakes
Steamed Schooner	Eggs between a stack of hot cakes
Stiff	Non-tipper
Stretch	Tall glass
Two in Water Med	Two poached eggs, not too runny
86	Out of a certain item
1000 on a Plate	A side of beans

vittle prescriptions

(MENUS)

BREADED VEAL CUTLETS

Make this dish for any number of people. Just multiply by the number you are serving. Example: you are having Uncle Harry, Cousin June, the new neighbors, and your fiancé to dinner. Multiply by 6. Five guests and you. Now for the cutlets: pound a 4-ounce veal cutlet to the tune of 20 bashes until the meat is flattened a bit. Do not destroy the meat. Bread the meat, using flour, salt and pepper, dip in an egg wash of egg and milk and fold in bread crumbs or cracker meal. Cover the bottom of a heavy skillet with oil and fry meat until golden brown. Flip and fry the other side until golden brown. Remove from pan and drain. Uncle Harry will love it.

COQUILLES ST. JACQUES

The first pilgrims to Santiago de Compostela, Spain, returned home with a scallop shell as proof that they had arrived at their destination. From this comes the French name for scallops - - Coquilles St. Jacques. This dish when set on your table will be the proof of your expertise over the range. First sauté 10 ounces of scallops in 1 ounce of butter for 1 minute. Add juice from 1 lemon. Remove scallops and place in coquilles (shells). Keep warm. Now, sauté ½ teaspoon chopped shallots and 2 ounces of sliced mushrooms in remaining butter. Add 2 ounces of dry white wine and liquid from scallops. Reduce to one third. At this point add hot cream sauce (see cream sauce recipe for Filet of Sole Lesley). Blend in liaison (2 ounces of heavy cream and 2 egg yolks) and season to taste. Do not boil. Pour sauce over scallops. Sprinkle with 1 ounce grated cheese. Brown under broiler, sprinkle with parsley. There, you've got it! Coquilles St. Jacques for two.

IVAR'S CAPTAINS TABLE

CRAB IMPERIAL

3-1/2 Cups Milk
1-1/2 Medium Onions, Chopped
1 Green Pepper, Chopped
4 Tablespoons Flour
2 Ozs. Butter
1 Oz. Cooking Oil
Dash Cayenne Pepper
1 Teaspoon Worcestershire Sauce
4 Ozs. Mushrooms, Stems and Pieces
2 Ozs. Rhine Wine (Sauterne)
1 lb. Crab Meat
Salt, Pepper (white), and Accent
to taste
Bread Crumbs & Parmesan Cheese
Dash Yellow Food Coloring
In frying pan, saute onion, green pepper, mushrooms in butter until just done. Add wine. In medium sauce pan, heat milk slowly to boiling; keep hot while making roux. In large sauce pan, melt butter and oil and add flour to form a roux. To roux add hot milk, stirring constantly. Simmer 2 minutes. Add sauteed vegetables and crab meat, stirring gently. Then add cayenne pepper, Worcestershire Sauce, salt, white pepper, accent, and dash yellow food coloring. Pour into large casserole, sprinkle with bread crumbs and parmesan cheese and place under broiler for 2 or 3 minutes, or until lightly brown. Serve with rice.
(Serving for 4)

THE GOLD COIN

IMPERIAL BEEF

3/4 Lb. Flank Steak or Tenderloin of Beef

1/4 C. Pea Pods, cut (Juliene Cut)

3/4 C. Sliced Celery (large slices)

1/4 C. Onion (largely sliced)

1/4 C. Sliced Water Chestnuts

1/4 C. Sliced Bamboo Shoots

1/4 C. Sliced Mushrooms

1/4 C. Green Pepper (Juliene Sliced)

6-8 Ears Mini Corn

Salt - Cornstarch - Soy Sauce

Method:

1. In frying pan add a little oil.
 2. While oil is heating, add sliced flank steak or tenderloin of beef and saute for 3-4 minutes with a little salt.
 3. Remove meat; add vegetables and saute for 3-4 minutes. Add one cup of water and salt to desired taste. Let simmer for 2-3 minutes, uncovered.
 4. Add meat and thicken with corn starch mixed with water; simmer 2-3 minutes.
 5. Add a few drops of soy sauce for coloring.
 6. When sauce has thickened, dish out and serve with white fried or steamed rice, piping hot.
- (Serves 2 Guests)

THE LA CASITA

CHILES RELENOS

One 2-Lb. Can Ortegas Green Chiles.

1 Lb. Shredded Cheddar or Monterrey Jack Cheese

5 Eggs (separated)

2 Tbls. Flour

1/4 Cup Olive Oil

Place green chiles on paper towels to drain, reserving 4.

Relleno Sauce:

1 Small Onion (thinly sliced)

1 Bell Pepper (thinly sliced)

1 Clove Garlic (crushed)

4 Ortegas Green Chiles (chopped)

1/4 Cup Olive Oil

1 Small Can Tomato Sauce

2 C. Cold Water

2 t. Coarsely ground Oregano

Salt and Pepper

1. In heavy sauce pan, saute garlic in oil just until transparent. Remove clove.
 2. Add bell pepper, onion, and cook until barely tender.
 3. Add flour gradually, to coat peppers and onion, stirring rapidly.
 4. Add water tomato sauce, chopped green chiles and oregano; salt and pepper to taste.
 5. Cover and simmer over low heat 20-30 minutes. If sauce becomes too thick, more water and tomato sauce may be added to dilute it.
- Meanwhile:
1. Stuff peppers with Shredded cheese (reserving 1/2 cup) and set aside.
 2. Beat egg whites until stiff, gradually beating in the flour.
 3. Gradually fold in egg yolks, which have been slightly beaten.
 4. Dip each stuffed pepper into egg mixture.
 5. Fry in oil in large skillet or grill until golden, turning only once.
 6. When done, place on large skillet or grill until golden, turning only once.
 6. When done, place on large platter, sprinkle with cheese, cover with sauce.
 7. Place in hot oven for minute or two. Serve immediately.
- (Serves 4-6 Guests)

THE SPACE NEEDLE RESTAURANT

TERRINE de VIANDE MIRASOL – MIRASOL PATE

(Pork, veal, sausage meat, bacon, olive oil, white wine, herbs, spices)
Cut 1 pound each of lean fresh pork and veal into 1/4-inch slices and cut the slices into 2-inch squares.

Marinate the meat for 24 hours in 1/2 cup of olive oil and 1 cup of dry white wine, with 1 onion, 2 cloves of garlic, and 2 shallots, all chopped, 1 sliced carrot, 2 sprigs of parsley, 2 bay leaves, 1/2 teaspoon of thyme, salt, pepper, and grated nutmeg.

Line the bottom and sides of an earthenware terrine (an ovenproof dish with a lid) with bacon. Fill the terrine with alternating layers of the marinated meat (drained and free of herbs and vegetables) and fresh sausage meat (about 1 pound.) Fill the terrine with strained marinade barely to the level of the top layer of meat, and cover the pate with more bacon.

Make a stiff paste of flour and water, shape it into a narrow roll, and fit the roll around the edge of the terrine. Press the lid on firmly, and bake the sealed pate in a 300° oven for 3 hrs.

Take off the lid and flour paste, cover the pate with aluminum foil, and cool it under pressure, using any handy object heavy enough to pack the meat down firmly. Chill for 2 days before serving. Serve sliced, with small sour pickles, as an hors d'oeuvre or with salad. Or use for cocktail canapes, on thinly sliced buttered French rolls, topped with small slices of pickle.

THE SPACE NEEDLE

POULE au RIZ – POACHED HEN with RICE

(Fowl, herbs, vegetables, chicken consomme, rice, egg yolks, lemon juice)

Put a whole dressed fowl in a deep kettle with salt, pepper, parsley, 1 bay leaf, a pinch of thyme, 2 cloves of garlic, 1 stalk of celery, and 1 quartered onion. Add water (or half water and half canned chicken chicken consomme) to cover. Simmer the hen gently, with the lid of the kettle askew to allow steam to escape, for about 2 hours, or until it is tender.

Wash 1-1/2 cups of rice and cook it in 3 cups of stock from the chicken pot; add a little more stock if the liquid is absorbed before the rice is tender. In the top of a double boiler, beat together 3 egg yolks and 1 teaspoon of lemon juice. Add gradually 2 cups of the chicken stock, strained, stirring constantly with a whisk.

Continue cooking the sauce, over simmering water, stirring often, until it is smooth and lightly thickened, taste for seasoning. Meanwhile, carve the chicken, put the cooked rice on a hot platter, arrange the pieces of chicken over it, and sprinkle with minced parsley. Serve the sauce in a sauceboat.

(Serves 6)

THE SPACE NEEDLE RESTAURANT

CELERY REMOULADE – CELERY ROOT with REMOULADE SAUCE

(Celery root, with a sauce of egg yolks, mustard, vinegar, olive oil, herbs)

This is very little trouble if you have a good vegetable shredder. Choose small celery roots (celeriac) and pare off all the fibrous outside. Cut the roots into chunks and put them through the shredder, using a blade that cuts strips about 1/8 inch wide. For 2 cups of shredded celeriac, mash together 1 hardboiled and 1 raw egg yolk. Add 1–1/2 teaspoons of Dijon mustard for 1 tablespoon of American mustard), salt, pepper, and 2 teaspoons of tarragon vinegar.

Work the mixture to a smooth paste, and add bit by bit 1/2 cup of cold olive oil, stirring constantly until the sauce thickens like mayonnaise. Mix the dressing and celery root together, chill, and sprinkle with minced parsley and chives.

Celery remoulade is delicious for cocktail canapes: Cut the celeriac into quite small chunks, and shred them with the finest blade of the vegetable shredder. Combine with the dressing, pile the mixture in neat domes of small circles of firm buttered whole-wheat bread, and decorate with a very small sprig of parsley.

THE MIKADO RESTAURANT

BEEF TERIYAKI

8–10 slices Rib Eye Steak

Marinade in:

12 ozs. Chicken Broth
1.08 ozs. Sake
10.08 ozs Soy Sauce
4 ozs. Sugar
1/2 oz. Sliced Ginger Root
1/2 oz. Whole Garlic
1/4 oz. Ajino-Moto (Accent or Mono Sodium Glutamate)
(Serves 2 Guests)

MIRABEAU RESTAURANT

MIRABEAU PHEASANT VLADIMIR

1/2 Pint Sour Cream
1 Lb. Fresh Mushrooms
4 Pieces Bacon
1 Glass Dry White Wine
2 Cloves Garlic
1 oz. Gin or Vodka
1. Oil the birds, salt and pepper and saute them for a few minutes in a skillet to brown them. 2 Put a little garlic inside the birds. Place bacon on top of the breasts (or in between the skin and flesh if the birds have been plucked). Add the wine and put in the oven (preheated at 450). Bake 30–40 minutes. 3. Carve your birds.

CELERY-PECAN STUFFED PORK CHOPS

Do you ever feel there is nothing new to cooking? Ah-ha, that's only because there's nothing new in your kitchen. Throw out that book of "Forty-five Thousand Hamburger Recipes," and restock your shelves with new spices and things. Try the old food with the new look. Take pork chops for instance. This time, spread bread crumbs in a shallow baking pan and put the pan in a 325°F. oven for 14 to 20 minutes, or until crumbs are dry and lightly toasted. Remember to turn them while browning. Now, combine 2 ounces of broken pecan pieces, ½ teaspoon of dried onion flakes, a dash of dried tarragon and 1 can of cream of celery soup, less the can, with the toasted bread crumbs. Then, cut a pocket in each pork chop and fill it with the stuffing you have just made. Fasten it up with toothpicks. Place 4–6 stuffed pork chops in an ungreased pan and cover. Bake in a 350°F. oven for 30 minutes or until they look like they're getting tender, then uncover them and continue baking for 30 minutes. It's not as easy as frying them . . . but it's not as dull either.

ROAST PARISIENNE POTATOES

Buy a Parisienne knife. With the Parisienne knife make round potato balls. Rinse off with boiling water (the balls not the knife), dry and insert in deep frying pan. Cook at 350°F. until tender. Then saute potatoes in brown butter and sprinkle with parsley.

CONSOMME "BELLEVUE"

All right folks, here's a good one. A little something to wet your whistle. Mix 2 pints of clear chicken consommé with 3 pints of clambroth. Season well. Just before serving, place 1 teaspoon of whipped cream (unsweetened) on top of each serving and place for one second under a hot broiler. If you wish it were spicier yet . . . grab the Tabasco. A few drops will do. Sprinkle with parsley or paprika. Serve to 10 of your favorite friends.

SPINACH TIMBALES

Really this recipe should be called, "How to Make the A&P Look Good." Take 1 package of frozen spinach (A&P or otherwise) and cook according to directions. Chop the spinach and add 1 beaten egg. Combine with ½ ounce melted butter, ½ ounce of minced onions and a dash of vinegar and salt. Grease or butter four individual custard molds and put a few pimienta pieces in the bottom of each. Then add a slice of hard boiled egg, and last, the spinach mixture. Put the molds or cups in a pan with hot water about halfway to the top of the mold. Bake in 350°F. oven for about 30 minutes or until spinach is firm but not dry. Remove from oven. Invert cup so that pimienta and egg garnish is on top. See, fancy spinach.

CREPES SUZETTES

Beat together 4 eggs and 4 egg yolks and you're on your way. Add 1½ cups of sifted flour with 2 tablespoons of sugar and ½ teaspoon of salt. If you stop now, you have nothing but paste. So, add 3 tablespoons of melted butter and 1 teaspoon of rum (Cognac—for all you Cognac lovers). Strain all this through a very fine sieve and let the batter stand for two hours. In two hours, put just enough butter on a hot griddle or skillet to coat it, and pour on a very thin layer of batter. In about one minute the crêpe should be set and brown on the underside. Turn it and cook the topside (which is now the underside) until golden brown. The pan must be very hot because slow-cooked crêpes are tough. When they are done, roll them or fold them like a handkerchief and put them in a chafing dish. Put together two ounces of butter, a bit of sugar and an orange peel and heat. Take the whole works into the dining room and in front of your guests add brandy and Grand Marnier. Set the sauce aflame and call your local fire department. Good luck!

CHATEAUBRIAND

If you start with chateaubriand, chateaubriand is what you get. This is a thick, diagonally cut steak from the center of the tenderloin. If you are cooking for two, buy 1½ to 2 pounds of meat. Grill it over very hot, glowing coals and serve it rare. You can hit the top with Béarnaise sauce, if you know how to make it.

RICE PILAF

This is the dish that looks good next to any food, but it looks lonely alone. Sauté two finely chopped onions in two teaspoons of butter. Add two cups of rice and 6 cups of chicken broth. For the fancy flavor, add 3 cloves, 2 bay leaves and salt and pepper. While this is baking in a moderate oven for 20 minutes, think up a meal to serve with it. Anything goes.

BUTTERED STRING BEANS WITH ALMONDS

Add almonds to your buttered stringbeans.

BUTTERED BROCCOLI

Butter your broccoli, simple — no?

ROAST RACK OF SPRING LAMB

Get ready, get set, go. Take 8 pounds of rack of lamb and split and trim off all that ugly fat. Season with your favorite seasonings and roast in a very hot oven (450°F.) for half an hour. If the meat is thick, leave it in longer. Then, remove from oven and rinse off excess fat. Add the Mirepoix—2 sliced carrots, 3 chopped medium onions, 4 sliced outside stalks of celery, 2 bay leaves, and 2 crushed cloves of garlic. Keep the lamb in a warm place for at least 30 minutes before serving (meat should be kept medium). Don't stop now. Start to prepare the sauce. Add 2 pints of brown meat stock and bring to a boil. Thicken with cornstarch and strain. There you have it—a real winner.

BIBB LETTUCE SALAD

Got some sloppy eaters coming over for dinner? Better start them off with a serving of Bibb (get it?) lettuce which has been cut in quarters. Just so they don't think you completely lack confidence in their eating habits, top the lettuce with a dressing made of ½ teaspoon salt, a little freshly ground pepper, and 2 tablespoons vinegar. Add 6 tablespoons light olive oil or salad oil and really mix it up well. Stir in 2 tablespoons finely chopped parsley or chives. Garnish with cherry tomatoes. Here's hoping the tomatoes stay on the plate and not on the floor.

VICHYSOISE

What do you serve 20 stuffy ladies for brunch? How about 1-3/4 gallons of Vichyssoise. Cook 1 pound of chopped onions in ¼ cup of butter until tender but not brown. Add 1-3/4 pounds of thinly sliced potatoes, 1 quart of water, and 1 teaspoon of salt. Cover it up and cook it slowly until the potatoes are very, very soft. Blend in 5 cans of condensed cream of chicken soup (or one 50-ounce can, if you know where to buy one.) Now, beat in an electric blender. Then, blend in 2 quarts of milk and 1 quart of cream and chill. Serve it in chilled bowls garnished with chives or small leaves of watercress.

BAKED STUFFED LOBSTER THERMIDOR

Grab 3 whole Maine Lobsters (preferably in any region other than the claws) and boil these attractive denizens of the deep in a court bouillon (water, vinegar, whole pickling spice, salt, celery, onions, and carrots). Cool them and split the lobsters, removing all the meat from the shells. In a separate saucepan, sauté 3 finely chopped shallots and 1 pound of cut mushrooms in ½ stick of butter. Add the cut lobster meat, a bit of paprika, salt, and pepper. Also, add 1 tablespoon of English mustard, the cream sauce (We'll come back to this because you don't know how to make it yet.), ½ cup white Bercy wine, ½ teaspoon chopped tarragon and a jigger of Cognac. Now for the cream sauce mentioned above: It's a half pint of lobster stock to ½ pint of milk and ½ cup of flour and ½ cup of butter. Easy, huh? Let everything simmer together for 15 minutes. Place it all back into the lobster shells and cover with a glasage (You don't know how to make this yet, either.) Ready? One-half cup Hollandaise sauce, ½ cup fish veloute, ½ cup whipped cream and on top of it all, 2 tablespoons of Parmesan cheese. Broil until golden brown and serve it up (if you serve it down, nothing shows but the shell.)

CLEAR TURTLE SOUP

No, you really don't need a whole turtle for this one. As a matter of fact, this is a jiffy recipe because you buy the turtle meat already precooked in a can. Just cut up the turtle meat into small pieces and put into saucepan along with 2 cups of consommé. Raid the spice rack for one of everything else: clove garlic cut in half, whole oregano, whole bay leaf, whole clove, whole black pepper and add to the pot. Then add pinches (this is where things get romantic) of rosemary, thyme and parsley branches. Now for the hard stuff. Add a ½ shot each of sherry and cognac (brandy) and you're ready to go. Bring to a simmer and cook for 10 minutes. Please don't boil the soup—it hurts the rosemary. Just before you impress your 14 well-chosen friends, strain soup through a fine cloth into a warmed tureen. Salt to taste. Voila!

VENTURA CATERING

FILLET OF SOLE LESLEY

The main ingredient for this sole dish is to have a whole lot of soul. Next, try cutting and mincing ¼ dry onion, not your fingers. Place onion in a shallow pan. Remove fingers and add 8 pieces of rolled fillet of sole, 1 bay leaf, and 3 to 4 cups of fish stock. Cover and poach until the color comes out. Remove pan from stove and drain off fish stock. Sit down and light up one of your husband's favorite cigars. Next, place in a double boiler 4 tablespoons of butter and melt, add gradually, stirring constantly, 4 tablespoons flour. Watch out for your ashes—remember, this is a white sauce! Cook 3 to 5 minutes to make a good roux. Turn up heat and add strained-off fish stock and blend well, adding 2 ounces of white wine, salt and white pepper to taste. Now, add two more ounces of wine to a glass and taste. Arrange sole in casserole and top with a fresh oyster held by a toothpick. Sprink 1/8 pound of shrimp over this and add white sauce. Place 1 teaspoon Hollandaise sauce on each fillet, sprinkle over with capers and bake for 5 to 7 minutes in a hot oven. Now, sit down and enjoy it with your favorite soulmate.

BRUSSEL SPROUTS CALIFORNIA

Cook one package of frozen brussel sprouts according to directions. And what do you have? The start of a new adventure. Drain the little things and set them aside. Now, melt 1/3 cube of butter and add 1/3 cup of slivered almonds and stir until they are very lightly browned. Add 2/3 cup of seedless grapes (or canned pineapple chunks or tidbits) and heat . . . very gently. Pour the sauce over the cooked brussel sprouts and mix. Season to taste.

BEURRE d'ESCARGOTS

If snails make you queasy, then better pass this one up. If not, cream 1 pound of butter with 1 tablespoon of finely chopped shallots, 2 cloves of finely chopped garlic and 3 tablespoons of finely chopped parsley. This makes a lot of sauce, but it sure helps the snails on the way down.

STEAK AU POIVRE (PEPPER STEAK)

Your husband just said he's stopping your charge account at Magnin's. You're annoyed, but they always say the way to a man's heart (would you believe, wallet?) is through his stomach. Here's the meal to vent your anger while getting back your credit. Trim or hack the excess fat from 2 shell steaks about 3/4 inch thick. With the heel of your hand pound 1 tablespoon cracked white peppercorns into the meat. Rub a heated skillet with a little beef fat, add the steaks and sear them for 3 or 4 minutes on each side. Reduce heat slightly and continue to cook steaks until the meat is pink when cut near the bone with a small sharp knife, or however he likes his steak. Transfer the steaks to individual heated platters. Warn him the plate is hot; you've got too much invested in this to blow it now. Garnish with a kiss.

CAESAR SALAD

What Caesar had to do with this salad has not yet been made totally clear. Undoubtedly, though, if he had been around for comment, he would have given this dish a thumbs up signal. To achieve similar compliments from your guests just combine a few leaves of iceberg lettuce, chicory, Boston lettuce, a bit of escarole and some watercress in a garlic-rubbed bowl. Throw on some croutons, diced tomatoes and anchovies. Add a beaten egg. Shake on some grated Parmesan cheese followed by pepper, salt, lemon juice and finally a few drops of Worcestershire sauce. Now, toss enthusiastically. Serve and stand by for approval.

FRENCH DRESSING

FOR CAESAR SALAD

When in Rome serve a French Dressing. That makes sense, doesn't it? Really the only requirement for this dressing is that you start a couple of hours ahead of time. Combine 1 cup of olive oil, ½ cup of cider vinegar (did you know the word vinegar came from the French language meaning "old wine"—as we know, when wine gets old and spoils it tastes like . . . you guessed it, vinegar.), 1/8 cup water, 1 teaspoon of salt, ½ teaspoon of paprika, 1 teaspoon of sugar, ¼ teaspoon of English mustard, 1 tablespoon of Worcestershire sauce, 1 clove of garlic . . . almost done now . . . and a dash of tabasco. Once everything has been put together (about 2 cups, but don't worry, it keeps), just let it sit so that ol' vinegar can work on getting back to the wine stage. That's it. And, of course— "shake well before serving."

VENTURA CATERING

BEEF WELLINGTON

This one will provide both your palate and your culinary acumen with a brisk workout. To start with, prepare a shell (Pâté en Croute) to be placed around the tenderloin. Sift 1½ pounds of bread flour. Fold in ½ teaspoon salt, 6 ounces butter, 6 ounces shortening, 3 egg yolks, 1 teaspoon olive oil and ¾ to 1 cup of water. Blend lightly. Cover dough with a cloth and allow to stand for one hour. Although this looks like an ideal spot for a brief respite, now is not the time. With the end result in mind, we should push on to the Wellington itself. Sear tenderloin (about 5 pounds, whole, trimmed and tied) leaving the center practically raw. Cool tenderloin and spread with liver Pâté or Foi Gras. Eight ounces should do it. Sprinkle with 2 ounces chopped truffle. Next roll out Pâté en Croute dough to ¾" thick and wrap dough around Wellington, keeping seam on bottom. Decorate with cutouts of dough trims. Brush with egg wash and place on oiled bake sheet. Bake in 375° oven for about 40 minutes or until dough is done. (If dough browns too quickly, shield with foil.) Now you're ready to serve to eight discerning guests. Slice Wellington ¾" thick per serving and accompany with a tureen of Madeira sauce.

COCKTAIL SAUCE

We're guessing all the way on this one. If it turns out, write us. Start with one can of tomato sauce and thin it with a bit of vinegar. Add enough sugar to cut the vinegar edges and add a dash of all the rest: salt, garlic powder, Worcestershire sauce, horseradish and red pepper. This should be good with any type of seafood, but if not, can it.

STUFFED ARTICHOKE BOTTOMS COLBERT

This one will really impress the neighbors. Call them up right now and invite them over. Now, run to the kitchen and marinate artichoke bottoms in a well-seasoned french dressing. Drain and fill with tuna fish salad. Arrange around the tuna fish, small carrot balls and peas. On top throw a fluted, sliced egg, mayonnaise, and a cooked mushroom cap with a piece of truffle or ripe black olive. Serve it up with a tarragon-flavored mayonnaise or Russian dressing. Set the whole deal on a leaf of lettuce with a tomato wedge and a sprig of parsley. It's not something you see everyday, but then again nothing is too good for your neighbors.

CURRIED SHRIMP

A real dandy dish to serve 10 shrimp lovers: Saute in 1½ tablespoons of melted clarified butter, 1½ pounds of cooked, shelled and veined shrimp, 1½ pounds of apples finely diced with the skins on, and ½ of a large onion diced very fine. Add ¾ teaspoon curry powder and 2 tablespoons of shredded coconut. Mix it up well. Now add a cream sauce—1½ cups of it. Combine thoroughly and season to your liking.

ESCARGOTS BOURGUIGNONNE

(es kär 'gõ bor gee 'nyohn)

Rest assured, if you can say it, you can make it. Mix 1/3 cube of butter (soft) with a dash of salt, a dash of pepper, a teaspoon of parsley flakes, 2 dashes of garlic powder and the same of minced onion. Then take 30 snail shells and place a small dab (about 1/8 teaspoon) of the softened garlic butter in each. Follow it up with a snail, then seal the shell with another 1/8 teaspoon of butter. Place these in depressions of special earthenware or metal snail dishes if available. Heat them up in a 400°F. oven until thoroughly heated. Serve immediately. It's best to accompany the dish with special snail forks or tongs; otherwise it's pretty hard to get the little gems out of there. If you really run into trouble, try your pinky.

ROAST PRIME RIBS OF BEEF, AU JUS

Everybody likes this one. Trim and tie a 15 to 20 pound standing rib roast of prime beef. Better yet, have the butcher do that. Place your meat in a pan, in a hot oven (400°–450°F.) for ½ hour. Cut heat down to 325°F. and finish roasting for another hour and a half (for medium rare). When you take it out of the oven, keep the meat in a warm place for at least 2 hours before cutting or serving. Have a drink — you've got two hours 'til dinner. Shortly before serving, remove the string and trim roast beef. With the meat drippings and 1 pint of meat stock you can prepare the au jus by adding salt, pepper and aromatics to taste. Skim off all excess fat. Serve and enjoy.

CHICKEN GUMBO SOUP

This recipe makes for a vat of soup. It can serve anywhere from 8 to 16 people depending on how well people like your soup. Start by cooking 1 medium diced onion and 2 diced green peppers in 1¼ ounces of chicken fat or butter until they are softened but not brown. Blend in an ounce of flour, then add the whole simmering mess to nearly a gallon of chicken stock which has been bubbling on another burner. Bring it all to a boil. Then, let it simmer. Okay, now add 1 can of tomatoes, 1 package of okra, ¼ pound of rice, and sufficient salt, pepper and paprika to suit the crowd. Let this simmer for 30 minutes while you stir it now and then. Last of all, put in the chicken. One-fifth of a pound or 3.2 ounces of cooked, diced chicken. That's it. Serve it up and hope for success. We're not guaranteeing it.

SPAETZLE

For those of you who were wondering just what is "spaetzle", maybe this will help. It comes from the German word for "sparrow" and is primarily a pasta or noodle dish. First of all have a stock pot simmering on the stove. To prepare the dough, sift 3 cups of flour into a bowl. Make a depression in the middle of the flour and break 3 eggs into it. Add ¾ teaspoon salt, ¼ teaspoon each of black pepper and nutmeg, and 1 cup of water, or enough to make a medium batter. Beat batter only until it is smooth. Pour batter into a colander with large holes and let spaetzle fall directly into simmering stock. Stir gently so that they do not stick together. No need to time this because when the noodles rise to the surface they are ready to be drained and placed in a warmed serving dish. Now, just pour ½ cup of melted butter over the spaetzle and you're ready to fly.

GLAZED CARROTS AND ONIONS ALMONDINE

Having a banquet? This recipe yields 32 portions. Invite the hockey team over, or eat this one for a week. It can easily be frozen in small portions or you can attempt to divide the ingredients by 8 for a serving of 4. Drain 1 quart of canned baby whole onions and one No. 10 can of small whole carrots and 3 quarts cooked carrot pieces. Put them all in a 12" x 20" x 2½" pan (you have one don't you?). Heat ¼ pound of butter, ¾ cup of corn syrup, 1/3 cup of lemon juice and 1 teaspoon of salt until they boil. Pour sauce over the vegetables and sprinkle with 1-1/3 cups of lightly toasted almonds. Heat, uncovered, in a 400° F. oven for 15 minutes, or until vegetables are hot and well glazed. Stir once during heating to glaze it all evenly. Remove from oven and sprinkle with parsley and serve right now. Serving to a crowd of 32 may require roller skates.

POTATOES AU GRATIN

Take 3 or 4 potatoes. Peel them. Slice them (¼"). Throw them into a pan of boiling water. Don't cook them too long. Drain them. Put them in a buttered casserole. Cover them with 4 cups of cheese sauce. Mix it up well. Really get in there and stir it all together. Sprinkle bread crumbs and paprika all over the thing. Melt a teaspoon of butter to sprinkle on the top and bake in 350° F. oven for 30 minutes or until fully cooked and well colored. This will serve 4 or 5 people, a whole flock of birds, or a partridge family living in a pear tree.

BRAISED SHORT RIBS OF BEEF

If you use six to eight 10-ounce portions of short ribs, this recipe will serve six to eight people. Trim the ribs, removing fat, cut and tie. Lightly grease a roasting pan and put in ½ onion, cleaned and sliced, 2 carrots, cleaned and sliced and 2 stalks of celery, cleaned and sliced. Place your short ribs on top of vegetables and 2 tablespoons of oil on top of everything. Combine one dash of sage, one dash of thyme, and two of sweet basil and sprinkle on top as evenly as you can. Brown the whole concoction in a preheated 400° F. oven and remember to turn the thing occasionally so you don't burn the vegetables. When nicely browned, add 3 or 4 tablespoons of flour and the same of oil. Blend it all up and cook for 5-10 minutes. Then add 2½ cups of hot beef stock, stir and mix well until slightly thickened. Add a can of tomatoes (or two fresh diced tomatoes) and blend. Cover the dish and cook 2 to 2½ hours, turning meat occasionally. When ribs are cooked, strain sauce and pour over your ribs.

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