The original documents are located in Box 38, folder “Ford, Betty - Food - Family Recipes” of the Sheila Weidenfeld Files at the Gerald R. Ford Presidential Library.

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Saute one large onion (diced) in 1/2 cup vegetable oil in a large, heavy-duty pot. Heat until the onion reaches a transparent color (don't brown). Add one glove garlic (thinly sliced). When garlic is golden-brown add 1 tsp. salt, dash of pepper from pepper mill, 1/2 tsp. red peppers, 1/2 tsp. oregano, thyme, or sage (whatever is on hand). Add 1 lb. ground beef. Stir until meat is browned. Add 1/2 cup flour, mix well, and cook over low heat for one minute. Add 1 6-oz. can tomato paste. Mix well. Add 1 cup red wine and 1 qt. hot water. Mix well. Add 2 beef bouillon cubes and 1 16-oz. can tomatoes that have been drained and chopped into pieces.

Stir until it comes to a boil. Cover and simmer over low heat for 1 1/2 hours, stirring occasionally. After the first half-hour of cooking, taste for salt.
CURRY OF LAMB WITH RICE
Serves 4

1. Remove the gristle and fat from a 2 lb. lamb shoulder.
2. Cut the meat into 1 inch cubes.
3. Heat 3 tablespoons of oil and brown the meat with 1 tablespoon of chopped onion.
4. Add: 1 tablespoon of curry powder
   1/2 cup chopped celery
   2 tablespoons chopped parsley
   1 tablespoon chopped pimento
   1 tablespoon flour
   Mix well with meat and vegetables.
5. Add - 1-1/2 cup hot water in which 1 teaspoon salt has been added.
6. Cover the meat and simmer it for 45 minutes to an hour. Stir frequently.
7. Serve with steamed rice.
LIVER DELUXE

1 lb. of thin slice liver
2 cups brown gravy
dash of parsley
dash of salt
1 large onion (sliced thin)
6 pieces of bacon
1 cup of flour
2 tbsp. of butter

Dredge thin slices of liver with flour and brown each side on a skillet with melted butter. Pour gravy on the liver and season with parsley, salt, and pepper to taste. Simmer for 2 minutes and arrange it on a serving dish. Place bacon on top of liver. (4 servings)
Praline Ice Cream Bombe

8+ servings

1 qt. Vanilla Ice Cream
\( \frac{1}{2} \) pint Whipping Cream
4 oz. Praline Paste
4 oz. Ground Toasted Hazelnuts
2 Teaspoons melted sweet Chocolate

Soften vanilla ice cream
Whip cream and 2 teaspoons sweet Chocolate
Fold Whipped cream; Toasted Hazelnuts and Praline Paste into Ice Cream.

Fill in Forms and freeze over night.

Unfold and decorate with Whipped Cream and Hazelnut Chocolate candy (ground toasted Hazelnuts in sweet chocolate)
CELEBRY STUFFING

(about 8 servings)

1 medium onion - chopped
1 stalk celery with leaves, chopped
1/3 cup butter
2 teaspoons poultry seasoning
2 tablespoon chopped parsley
1 teaspoon salt
pinch white pepper
5 cups diced stale bread
1 cup giblet broth
2 eggs - beaten

Saute the onions and celery in the butter until tender but not brown.

Combine the seasoning and the bread and mix together with the onion and celery mixture.

Combine giblet broth and eggs. Add to stuffing - mix well.
CORN PUDDING

1. 16 oz. can whole kernel corn - drained
2. 16 oz. can cream style corn
3. 3 tablespoons flour
4. 2 tablespoons sugar
5. Pinch of salt
6. 1 teaspoon baking powder
7. 3 eggs
8. 1 cup scalded milk
9. 2 tablespoons melted butter

Put whole kernel corn into mixing bowl, add flour and mix well. Add cream style corn, sugar, salt, pepper, baking powder and melted butter.

Beat eggs in separate bowl, add scalded milk to eggs and beat well again. Pour over corn mixture - mix well - pour into pyrex dish.

Cook corn pudding in a 350 degree oven in Bain-Marie on middle shelf for 40 to 45 minutes. Yield: 1 qt.
TO:
MEMORANDUM
OF CALL

WILL CALL AGAIN
RETURNED YOUR CALL
STANDARD FORM 63
REVISED AUGUST 1964
GSA FPMR (41 CFR) 101-11.6

YOU WERE VISITED BY-

DATE
TIME

MESSAGE

O坏ra—green leaves
squeak—turnips
Mustard
butter pecan
CHICKEN AND BEEF

Serves 6

4 whole chicken breasts, halved and boned
8 slices bacon
1/2 cup sour cream
1/2 cup shredded cheddar cheese
1 can (10 1/2 ounce) condensed mushroom soup
Paprika

Wrap bacon around each chicken breast and place on top of chipped beef. Mix soup with sour cream. Place chicken on top of bacon. Sprinkle top with paprika. Do not salt. Bake at 275 degrees for 2 hours. Serve over rice or noodles.

BAKED POTATOES A LA SCHULER

Serves 6

Medium baking potatoes (8 unpeeled)
Package processed cheese spread
1 cup light cream
Chopped green onion
Butter or margarine
Salt and pepper

Besides Valentine's Day (on Saturday), this month contains the famous birthdays of two of our greatest Presidents, Washington and Lincoln. We thought it might be nice in this Bicentennial year to bring you a menu of favorite recipes from the Presidents' pantries. Try them on your family. We think you'll enjoy them.

By Marilyn Hansen
Food Editor

BAKED SMOKED HAM
TRUMAN STYLE
Variation of Callaway County
Country Ham

1 fully cooked smoked ham*
½ cup prepared mustard
2 cups fine dry bread crumbs
1 teaspoon ground cinnamon
1 teaspoon ground ginger
½ teaspoon ground cloves
2 cups pineapple juice

1. Preheat oven to 325°F. Place ham, fat side up, on a rack in a shallow roasting pan.
2. Insert thermometer so that tip is in thickest part of meat and does not touch bone or fat.
3. Roast ham 10 to 15 minutes per lb., or until meat thermometer reads 130°F.
4. Remove ham from oven."

MARYLAND CARAMEL
 TOMATOES
An original recipe from the Hoover collection

6 large, firm tomatoes
6 teaspoons butter or margarine
6 teaspoons sugar
Salt
Parsley sprigs
6 toast rounds

1. Preheat oven to 325°F.
2. Cut off the tops of tomatoes, and make a cavity in each.
3. Fill each cavity with 1 teaspoon butter and top with 1 teaspoon sugar. Sprinkle lightly with salt.
4. Bake about 15 to 20 minutes, until tomatoes are just tender. Garnish tomatoes with tiny
Trifles recipe traced to our first First Lady
By ELLA ELVING

Trifles are those fascinating creations that are as good as they are beautiful. Considered a family favorite, they are easy to make and a delight to eat. One cup heavy cream, one cup milk, scalded milk, and whipped cream (optional)

Wash Washington. It is firmed up with gelatin. This makes it possible to turn it out on a candle-topped fruit (cherries, citrus, apples) in a bowl. It has rum and brandy. A peel is cut in a circle, charcoal, brandy and rum, cover and serve. Whipped cream as a final touch is not essential, but a good touch.

MOLDED RUM TRIFLE

Place a colored, moldable mold (6 cups) over a candle, pour in the mixture, and place in the refrigerator or freezer until set, several hours or overnight.

One-half cup sugar

One cup brandy

One-half cup dark rum

One cup marinated fruit, diced

One-ounce mixed candied fruit, diced

One-fourth cup brandy

One cup marinated fruit, diced

One-fourth cup brandy

One cup marinated fruit, diced

Let stand several hours or overnight. Turn out on a serving plate and garnish each serving. Wash Washington, or omit, and garnish each serving with unflavored gelatin, if desired. One-fourth cup brandy

Soften gelatin, stirring, until custard thickens, will coat a metal spoon. One-fourth cup brandy

Combine with marinated fruit, and pour into mold (6 cups). Chill or overnight until set.

Eight to twelve

Serving size: Eight to twelve

Servings (8 to 12): Eight to twelve

Nutritional information: Eight to twelve

Preparation time: Eight to twelve

Cooking time: Eight to twelve

Difficulty: Eight to twelve

Ingredients: Eight to twelve

Instructions: Eight to twelve

Yield: Eight to twelve

Keywords: Eight to twelve
Boil wild rice in 3 quarts salted water for 45 minutes; strain through a colander. Melt butter in sauté pan. Add wild rice, white pepper, and nutmeg. Stir rice well with meat fork. Add vegetable juice, celery, and carrots. Mix together carefully. Test rice for flavor. Cover pan, and heat very slowly on very low flame until rice is hot and ready to serve.
FORDS' FARE:

Simple American Food Is Best

By MARIAN BURROS
Washington Post Service

WASHINGTON — White

Gerard Ford will no longer

worth the dinner dishes after

family moves into the

White House, and Betty

Ford will no longer cook

the dinner, the Fords sim-

ple food preferences cer-

tainly won’t change for

their private meals in

the family dining room.

The first family’s tastes in

are an American, nor

except that the Fords don’t

each much apple pie, and dif-

ferent desserts for each mea-

ner. Otherwise, their eating

habits are typically true 20-

century American for-

ing foods that have be-

come an integral part of the

diet like milk, yogurt, vit-

amins, and fruits and

vegetables, along with

curried hamburgers, but-

termilk pancakes and baked

potatoes covered with prin-

ces cheese.

ACCORDING to Mrs.

Ford’s assistant, Nancy

Hower, “they are one of the

craziest families to please.

... the chef at the White

House is going to have the

biggest job in the world.”

So will Betty Ford, who

really doesn’t like to cook

even though she does it

well. According to Mrs.

Melvin Laird, who has been

testified at the Fords Al-

kwardly, “Joan is a

‘manly goody’ cooking at their informal parties.”

ACTUALLY, Mrs. Ford was

able to turn over the cook-

ing to the two Filippino serv-

ers who served shortly

after Ford became Vice

President.

MRS. FORD SAYS that

her biggest problem has al-

ways been getting every-

thing on the table at the

same time. “When they put

me in a card,” she told an

interviewer, “they’ll put a

ribbon across me saying,

‘When will dinner be ready?’”

Mrs. Ford did not choose
to follow in her mother-in-

law’s culinary footsteps, a

woman who has described

“an excellent woman

whose pies were a work

of art,” etc.

Yet all of the First Lady’s

contributions to “The Con-

gressional Club Cook

Book,” a compilation of

recipes from past and pres-

ent political wives, appeal
to a broad range of tastes.

Those that we tested were

delicious and useful.

DAUGHTER SUSAN consid-

ered the best cook in the

family. If any of the Fords has to

watch his weight, it is prob-

ably the President. A love

of cottage cheese and fruits

and vegetables, helps him diet.

He does not do much cook-

ing nor does the rest of

the family. And Betty

Ford has always been care-

ful to serve balanced meals,

more or less instinctively.

Mrs. Hower said.

The breakfast that the

President will continue to

fix for himself in the White

House begins either with a

whole grapefruit or morni-

ing plus a big glass of orange

juice. The midmorning

breakfast of waffles with

pure maple syrup and some

cream always includes

strawberries and orange

juice.

At her first press confer-

ence, Mrs. Ford confirmed

the constraints of the prac-

tice, commenting to an In-

creasious press corps,

“All he needs is a fronte-

er.”

When it comes to the

breakfast beverage, the

Fords part company with

most Americans: they drink

tea. A pot of tea brims on

the back of the stove, “al-

most 24 hours a day.” When

it gets too strong, they just add water.

Their cocktail choices are

fairly typical: Vodka and

tonic for the First Lady, a

martini for the President.

When they entertain, wine

is usually served with din-

ner. Mrs. Ford prefers

white wine.

The sight of the swar-

king family and close

friends toasted with Cal-

ifornia champagne at the

buffet dinner. There was

saga, ham, green bean,

garlic bread and hot rolls, a

huge tossed salad with oil

and vinegar dressing and a

platter of ramp vegetables,

carrots, cauliflower, radish,

black olives. But no de-

sert.

BUFFET-STYLE entertaining

has been the rule in the

Ford’s informal cooking. The

dining area, actually part of

the kitchen, is very small

so guests sit either at card

tables or balanced their

plates in their laps. Some-
times they are around the

pool when the host grilled a

steak. But outdoor barbe-

quees are likely to go the

way of the dishwashing. If

for no other reason than the

lack of a backyard at 1600

Pennsylvania Avenue NW.

THE FORDS keep to en-

tertain and while Mrs. Ford

may defer to the White

House chef, Henry Halle,

for menu suggestions, she is

known to be “shy” and

“budget-minded.” She ex-

pects to get her money’s

worth. “She is,” Mrs. Hower

says, “very conscious of the

rising cost of food.”

There will be more infor-

mation and accessibility at

White House parties than

there were in the previous

administration, friends and

associates of the Fords pre-

dicted. According to Mrs.

Hower, the Ford’s who love

to dance, “will not retire to

the second floor when the

music stops.”

Now, if it’s possible, will

they give up eating out, es-

pecially at the popular sea-

food restaurant in the Fair-

fax Hotel, The Sea Catch.

Along with favorites such

as liver and bacon, and pot

roast with vegetables, the

new President of the United

States gets fried fish.

CARAMEL PEACHES

Serves 8

8 Fresh firm medium

peaches

4 tablespoons brown

sugar

4 tablespoons butter or

margarine

Peeled peaches, halved and

pit. Place hollow side up in

frying pan. Place table

spoon of sugar and 1 ta-

blespoon butter in each bol-

low. Cook over low heat,

turn once, until juices be-

come syrupy, about 15 or

20 minutes. (Add more

sugar for thicker syrup if

desired.) Delicious served

hot or cold with ice cream

for topping, if desired.

BUTTERMILK PANCAKES

Makes 3 dozen four-inch

or 6 dozen three-inch

2 cups sifted flour

24 teaspoons baking

powder

1 teaspoon baking soda

1-1/2 teaspoons salt

3 tablespoons sugar

2 eggs or 1 cup beaten

3 cups buttermilk

1-1/2 cups butter or other

shortening, melted

Combine Flour, baking

powder, soda, salt and sugar.

Stir in eggs and buttermilk; add

to flour mixture. Add shortening

and stir until all flour is dampened.

(Butter will be slightly lumpy.)

Bake on hot greased griddle

until top is bubbly and

brown on second side.

Serve hot with butter and

syrup.

CHICKEN AND LETT

Serves 6

4 whole chicken breasts,

basted and boned

8 slices bacon

1-4 pound chipped beef

1 can (15-1/2 ounce) con-

densed mushroom soup

1 cup sour cream

Paprika

Wrap Bacon around each

piece of chicken. Line 8x8

shallow baking dish with

chipped beef. Place bacon-

wrapped chicken in top of

beef. Mix soup with sour

cream and spread over

chicken. Sprinkle top with

Paprika. Do not salt. Bake

at 275 degrees for 2 hours

Serve over rice or noodles.

brown on second side. Serve hot with butter and syrup.
Living

Betty Ford’s recipes — Yes and no

By Gail Perrin
Globe Staff

Some things are hard to swallow, and a food report out of the White House is one of them.

To show her interest in the national economy, Betty Ford has agreed to share some of her favorite low-budget recipes.

Not only that, but a news syndicated article out of Washington tells how Mrs. Ford watches food ads in the newspapers and keeps a watchful eye on all grocery costs.

She reportedly has had Republican Congressional wives, bring their own lunches to White House meetings and even pressure the President into cooperating with the budget.

For instance, whenever Mr. Ford is in Colorado, says the article, he buys a couple of cases of his favorite Coors beer to bring back to Washington. For while Coors is now available in the East, it does cost more.

Yet back to the recipes, however, the White House released three inflation-fighting dishes as an example of the everyday fare whipped up by chef Henry Haller. One is a Curry of Lamb with Rice, a tarty dish which the White House kitchen can make for $2.57. When we tried it, the four servings cost us $3.72. But it was good.

That we could swallow.

But that’s not what she did.

For two reasons.

First, it seems hard to believe the First Family really does dine on baked ham, potatoes and onions, to say nothing of sitting down to tuna fish and noodles casserole.

What is particularly mind-blowing is that the dishes are prepared by Chef Haller, a man whose culinary talents have been trained to delight the most discriminating taste buds.

We made all these dishes and, as we’ve said, the lamb was an adjudged success despite the cost discrepancy.

The voters, we add, were a family of six — two adults, a boy 12, two girls ages 10 and 7, and another boy, 5.

The two adults ranked the lamb as good, the tuna and ham dishes as “OK for budget-type fare.”

The 12-year-old reported: “The lamb is No. 1, the tuna is No. 2 and the ham is No. 3. Before we could ask he said the non-White House salad we served was No. 4.”

The 10-year-old said: “The lamb was best and the ham is OK, and I hate tuna fish,” she said.

The two younger children preferred to squirm in their chairs and refused to judge, leaving father to clean their plates.

While we felt the tuna casserole was tasty, we thought it overly soupy. The ham-potato-onion bake was just the opposite — downright nasty with distasteful little pockets of unincorporated ham.

We called the White House to double check on the budget that we had fed —
Economic edibles from Betty Ford

By Frances Spatz Leighton

IF SHE HAD her druthers Betty Ford would serve visiting dignitaries her favorite few cost-conscious dishes. Lately, because of protocol, she served the Prime Minister of Great Britain this fancy menu: turtle soup with sherry, supreme of royal squab, wild rice, zucchini sauteed, hearts of palm salad, horseradish, and praline mouse.

Even this bounty, however, has touches of economy. For this formal feast, served in the state dining room, the First Lady cut two corners. She substituted soup for the traditional fish course, telling her staff, "Soup is less expensive and will cut the cost considerably."

She also ordered the chef to cut the squab into halves so that those who wanted less could take less and not leave half a portion on their plates to be thrown out.

EVEN THE STATE dinners are paid for by the government, the President's wife watches Uncle Sam's money as if it were her own.

Mrs. Ford, after frequent consultations with the White House chef Henry Haller, has laid down several rules:

- Use fresh vegetables in season, which are much less expensive than frozen foods or out-of-season foods flown great distances.
- Use American rather than imported wines.
- Make portions small and let people take what they want.
- Use all leftovers.

MOST LEFTOVERS find their way into a soup. "I love soup," Mrs. Ford said, "and it's a great way to keep calories down at lunch time."

Not long ago Mrs. Ford served grilled hamburger patties with strips of bacon over her salad. The following day, at her advice, the leftover hamburger was added to a vegetable soup.

According to a White House aide: "The President has occasionally referred to his wife as his secretary of White House economics. He's happy with the way she manages. Yet he's not sure what his housekeeper thinks it is like and a sandwich and he's happy." For other meals, Mrs. Ford tried to watch her husband's portions, as much for calories as for diet. As she tells it: "He just loves food. All kinds of food. I have to take the plate away or he'll eat that, too."

In the interest of national economy, Mrs. Ford agreed to share some of her delicious low-cost menus and recipes from the White House kitchen. Prices for each item are recent ones in Washington, but may vary in other localities.

**CURRY OF LAMB WITH RICE**

Remove the gristle and fat from a pound lamb shoulder (1 1/2 lb.). Cut the meat into 1-inch cubes. Heat 3 tablespoons oil in saucepan, with 1 tablespoon chopped onion (3 cents) and brown the meat. To 1 cup chopped celery (7 cents), add the following ingredients (9 cents):

1 tablespoon curry powder
2 tablespoons minced
parsley
1 tablespoon chopped
onions
1 tablespoon rice
WASHINGTON — White House cooking is a family business. Gerald Ford will no longer wash the dinner dishes after the family moves into the White House, and Betty Ford will no longer cook the dinner, the Fords' simple food preferences distinctly won't change for their private meals in the family dining room.

The first family's tastes in food are as American, one is tempted to say, as apple pie, except that the Fords don't eat much apple pie, and they prefer other desserts for that matter. Otherwise, their eating habits are typically late 20th century American: foreign foods that have become an integral part of the native diet like egg rolls, chow mein, and spaghetti; sandwiches and hamburgers; buttered potatoes covered with cheese.

According to Ford's assistant Nancy, "they are one of the easiest families to please...the chef at the White House is going to have easiest time in the world...so will Betty Ford. She doesn't like it when we say it's a 'family business,' but she's so happy..." The chef at the White House is going to have the easiest time in the world, so will Betty Ford. She doesn't like it when we say it's a 'family business,' but she's so happy...

MRS. FORD SAYS that her biggest problem has always been getting everyone on the table at the same time. "When they pu me in a casserole," she told an interviewer, "they'll put a ribbon across my face saying 'When will dinner be ready?'

Mrs. Ford did not choose to follow in her mother-in-law's culinary footsteps, a woman she has described as an "excellent cook" whose "pies were a work of art." Yet all of the first lady's contributions to "The Presidential Club Cookbook," a compilation of recipes from past and present political wives, appeal to a broad range of tastes. Those that we test will be the ones Mrs. Ford makes.

The night the Fords moved in, they entertained friends served with "Great American Food: The New President." A la carte at the dinner, expensively affordable. The menu included:

- Caramel Peaches
- Buttermilk Pancakes
- Filet of Beef
- Buttered Fried Potatoes

Entertainment was modest. The buffet was simple: a table of the President, a room for the Fenway fans, and a room for the Ford fans. According to Betty, the Fords' "friends...will look forward to the second floor when the jazz starts."

The Fords love to entertain and white Mrs. Ford, in the presid..."the White House chef, Henry Haller, for her mother-in-law's house." The Ford president, for her mother-in-law's house, for her mother-in-law's house.

The Fords love to entertain and white Mrs. Ford, in the pre..."the White House chef, Henry Haller, for her mother-in-law's house." The Ford president, for her mother-in-law's house, for her mother-in-law's house.

T.1027.

Actually, Mrs. Ford is able to turn over the cooking to the two Filipino women who arrived shortly after Ford became President.

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Add hot water to which salt has been added. Cover meat and simmer 45 minutes to an hour, stirring frequently. Serve with steamed, long-grain rice. Serves four.

BAKED HAM, POTATOES AND ONIONS
1 (4/4 pound slice of smoked ham
6 medium-sized potatoes
Paprika, salt and pepper to taste
1/4 cup flour
2 large onions
Milk
Place ham in roasting pan. Peel and slice potatoes and spread them over ham. Season with salt and pepper. Add paprika with flour and sprinkle over potatoes. Peel, slice and add onions. Add enough milk so that it comes half way up the pan (about 2 cups). Bake covered for 1 1/2 hours in 350 degree oven. Let stand for 15 minutes before serving. Serves four to six.

TUNA FISH AND NOODLES
Two 6 1/2-ounce cans of tuna fish
6 or 7 ounces of noodles
3 tablespoons butter
1 cup diced green pepper
1 cup diced celery
1/2 cup hot milk
1/4 teaspoon salt
1 teaspoon Worcestershire sauce
1 tablespoon minced parsley
Grated Parmesan cheese
Drain off oil from tuna and break into seven-sized pieces. Cook noodles and place in greased casserole dish. In a 2-quart saucepan, melt butter and add green pepper and diced celery. Simmer vegetables and butter covered for 5 minutes. Add flour to the vegetables and milk well with spatula. Add hot milk and bring mixture to a simmer. Add salt, Worcestershire sauce and minced parsley. Simmer 5 minutes, then fold in tuna fish. Spoon tuna mixture over noodles. Sprinkle with Parmesan cheese. Bake uncovered in a 375 oven for 30 minutes. Serves four.

Remove the gristle and fat from the lamb. Cut meat into 1-inch cubes. Heat the oil with chopped onion and brown the meat. To the chopped curry add curry powder, minced parsley, chopped pimientos and flour. Mix well with meat.
PRESIDENT Gerald Ford prepares his own breakfast. 'All he needs is a toaster," says the First Lady.

CHICKEN AND BEEF
Serves 6
4 whole chicken breasts, halved and boned
5 slices bacon
12-ounce can chipped beef
1 can (10 1/2 ounce) condensed mushroom soup
1/2 cup sour cream
Paprika

Wrap bacon around each slice of chicken. Line flat shallow baking dish with chipped beef. Place bacon-wrapped chicken on top of beef. Mix soup with sour cream and spread over chicken. Sprinkle top with paprika. Do not salt. Bake at 275 degrees for 2 hours. Serve over rice or noodles.

BAKED POTATOES A LA SCHULER
Serves 6
6 medium baking potatoes
2 (8 ounce) packages processed cheese spread
1 cup light cream
1/2 cup chopped green onion
Butter or margarine
Salt and pepper

Wrap baking potatoes in Aluminum foil and bake in 350 degrees for one hour or until done. Blend cheese in top of double boiler. Add cream and heat through. Cut potatoes crosswise, place together and serve with a pat of butter, salt and pepper and a heaping tablespoon or more of chopped green onion. Cover with cheese sauce.
America's "First Lady", Mrs. Betty Ford, has the same problem all other wives have, preparing food which the family will enjoy at the dinner table. Today Mrs. Ford shares one of her favorite rice recipes which President Gerald likes best of her rice dishes appears in today's Rice Cookbook in this Harvest Edition. (Color photo courtesy The White House)
Mrs. Ford’s Recipes in Book

By Nancy Finch

Food Editor

If Mrs. Gerald R. Ford gave the Congressional Club her favorite recipes for the club’s cookbook, she has unusual taste in food.

She has four recipes in the cookbook, which was first published 6 years ago. It is now in its eighth edition.

The Congressional Club is a prestigious club for congressional wives in Washington. The clubhouse is at 201 New Hampshire Ave.

Mrs. Nelson A. Rockefeller, wife of the nominee for vice president, was also a contributor to the book when her husband was governor of New York. She has two recipes in the book.

MRS. ROCKEFELLER’S vöcose

Mrs. Rockefeller’s selections were a punch and baked apples, which sound unusual and good. The “Executive Mansion Sauertein Punch” sounds delicious.

The most unusual of Mrs. Ford’s recipes is “Carrot Vichysoisse.” It is easy to make and quite good. Two of Mrs. Ford’s recipes, a chicken bake and the vichysoisse, use short cuts with canned soup. The recipes also call for sour cream.

Mrs. Ford’s other recipes are for “Chicken and Beef Bake,” a variation of the popular boston baked beans, and “Glazed Pecans,” a confection of sweetened and baked pecans.

The carrot vichysoisse tastes very good even without the sour cream if you care to serve it that way but to make it special (and higher-calories) the sour cream does dress it up. It is light orange in color.

Compared with some other vichysoisse recipes, Mrs. Ford’s is quite easy.

Mrs. Ford’s other recipes were for “Chicken and Beef Bake,” a variation of the popular boston baked beans, and “Glazed Pecans,” a confection of sweetened and baked pecans.

THE TEXTURE of the cake is quite fine. It is light and makes an attractive slicing cake in the loaf shape. However, if a larger loaf pan is not available it would be best to bake the cake in 8-inch layers.

I used the cake uniced with a sauce made of fresh blueberries served over vanilla ice cream.

MRS. FORD’S CARROT VICHYSSE

2 cups peeled diced potatoes
1/2 cups peeled sliced carrots
1 tablespoon chopped onion
3 cups canned chicken broth
White pepper and salt to taste
1 cup sour cream

Chopped chives and parsley

Simmer potatoes and carrots in chicken broth until tender. Cool puree in a blender and chill thoroughly in refrigerator. Approximately one hour before serving, fold in 1 cup of sour cream to which has been added 1 heaping teaspoon of chopped chives. Serve with a topping of chopped parsley.

MRS. FORD’S YELLOW BIRTHDAY CAKE

2/3 cup sifted flour
1/2 cup sugar
3/4 cup milk
1/2 cup butter
1/2 cup shortening
1 teaspoon salt
2/3 teaspoon baking powder
2 teaspoons grated orange peel
3 eggs
1 teaspoon vanilla

Cream sugar, butter and shortening. Add flour, 1/4 cup milk and salt. Beat two minutes at medium speed. Fold in baking powder. Add one-half cup milk, eggs and vanilla. Beat at medium speed two minutes. Bake in layers 20 to 25 minutes at 375 degrees or in a loaf pan for 45 to 60 minutes at 350 degrees. Serves 12.

MRS. FORD’S PUNCH

1/2 cup simple syrup
1 cup lemon juice
2 cups orange juice
1/2 cup curacao
1/2 cup maraschino juice
2 cups cognac
2 quarts New York State Dry
Sauertein

Peeling from a cucumber

Mix first seven ingredients in large punch bowl with chunks of ice and let stand for at least one hour. Add soda and the cucumber peel. Remove the cucumber peel after a few minutes and serve. Serves 40.

Peel and core apples and place in 8 by 8 by 2-inch baking dish. Combine apricots, water, sugar and butter in saucepan and cook over medium heat until soft, about 20 minutes.

MRS. ROCKEFELLER’S NEW YORK STATE APPLES

8 New York State apples
1/4 cup dried apricots
1/4 cup sugar
1 tablespoon butter

It’s the perfect dessert to complement any holiday meal. The apple sauce adds a touch of sweetness and texture to the dish, enhancing its overall flavor. It’s a simple yet elegant addition to your holiday table. Enjoy! —Sara Rockefeller

Punch and ice juice

Mix the ingredients together in a punch bowl and serve over ice. The combination of lemon and orange juices provides a refreshing and citrusy flavor, while the addition of simple syrup and sugar balances it perfectly. This punch is perfect for celebrating the holidays or any special occasion.

SAUTERNE PUNCH

1 quart club soda

Sauertein

Mix first seven ingredients in large punch bowl with chunks of ice and let stand for at least one hour. Add soda and the cucumber peel. Remove the cucumber peel after a few minutes and serve. Serves 40.
Betty Ford tells SW Louisiana neighbors how to cook lamb

Everybody knows the
They are the nice
next door with four
children, now grown.
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g and each doing his
names fit in just like
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erald R. Ford, the
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is his wife. Betty,
call the First Lady.
leader of over two
the richest people on
is also the world's
fillful leader. And
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ner of Louisiana, 
 Ford has sent her
 Curry of Lamb for
The Daily News
Special issue. Of
she has no way of
that lamb is not very
 the Deep South. But
since lamb is being grown
more and more here, maybe it
is time someone told us how to
cook it.

And in the credit of Betty
Ford’s everlasting flair for the
appropriate, she did include
RICE in her recipe. Here is
how the wife of the President
of the United States cooks one
of the dishes her family likes.
Maybe yours will, too.

Betty Ford’s Curry of
Lamb with Rice
Serves 4
1. Remove the gristle and
fat from a 2 pound lamb
shoulder.
2. Cut the meat into 1-inch
cubes.
3. Heat 3 tablespoons of oil
and brown the meat with 1
tablespoon of chopped onion.
4. Add:
1 tbsp of curry powder
1/2 cup chopped celery
2 tbsp chopped parsley
1 tbsp chopped pimentos
1 tbsp flour
Mix well with meat and
vegetables.
5. Add 1 1/2 cups hot water
in which 1 teaspoon salt has
been added.
6. Cover the meat and
simmer it for 45 minutes to an
hour. Stir frequently.
7. Serve with steamed rice.