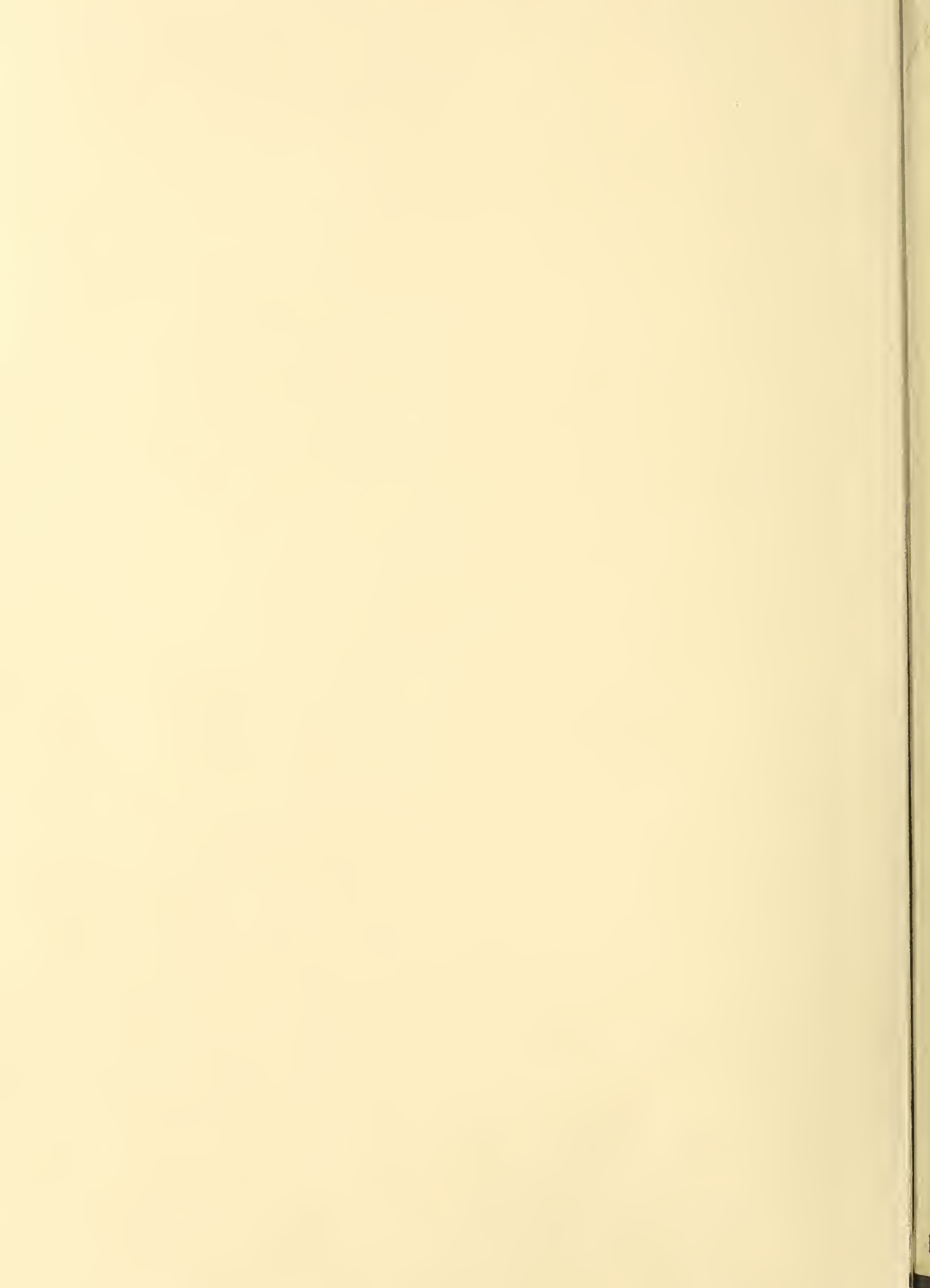


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# George Mardikian's FAVORITE RECIPES

Compiled especially for CONSUMER TIME listeners.  
by San Francisco's famous chef

Mr. Mardikian recently made a guest appearance on CONSUMER TIME, in cooperation with the War Food Administration's programs for effective use of our food supply.

The Armenian-born chef specializes in preparing delicious, unusual dishes, with the most economical use of foods. . . and has consented to pass on to homemakers some of his food-saving hints, and favorite recipes.

## Potato Salad

1 pound firm, fresh potatoes  
2 hard-boiled eggs  
1 teaspoonful salt  
White pepper to taste  
1/4 cupful vinegar  
1 pimento (chopped fine)  
2/3 cupful mayonnaise  
1 small onion sliced  
2 tablespoonfuls chopped parsley

Boil potatoes in skins. When cool, peel and cut in quarters. Then slice or dice. Add vinegar, mix well, and let soak. Slice onion, and sprinkle salt over it. Then squeeze out all the juice and wash salt away with cold water. Mix onion with potatoes, add pimento, eggs, salt and pepper, parsley, and mayonnaise. Mix well and let stand in refrigerator for some time before serving.

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## Kouzou Kzartma

4 shanks of lamb  
4 large pieces of potato  
2 tomatoes, quartered, or  
1 cupful puree

2 teaspoonfuls salt  
1 teaspoonful paprika  
2 cupfuls water



Wash lamb well and let it stand in clean water for at least 15 minutes. Place in open roasting pan; add tomatoes, salt, paprika, and water. Cook for half an hour at 375 degrees, turn meat over and cook for another half hour. Now add potatoes to same pan and roast with the shanks for 30 minutes, then turn both potatoes and meat and let cook for another 30 minutes. Meat should cook for 2 hours altogether. Serve with its own juice as gravy.

### *Victory Garden Meal*

¼ pound parsnips or celery root	1 cupful peanut or olive oil
½ pound carrots	Salt and pepper
½ pound potatoes	Bell peppers, eggplants, and
1 cupful chopped parsley	tomatoes to stuff
2 cupfuls sliced onions	2 cupfuls tomato puree or sauce

Saute onions in oil for 15 minutes. Then add shredded carrots, and parsnips or celery root, and cook for 15 minutes. Add shredded potatoes, parsley, salt and pepper, and cook until partly done. Stuff this vegetable mixture into the peppers, tomatoes, or eggplants, or a combination of the three, and set in a baking pan. Pour the puree on top and bake for 30 minutes. If any are left over, they are equally tasty when served cold for luncheon the following day.

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### *Raw Spinach Salad*

Remove stems from raw spinach. Wash very well in cold water. To help remove sand and grit, add 1 teaspoonful of baking soda to the water in which you wash it. Drain spinach well and cut into strips 1 inch wide. Season with salad oil and lemon juice, and chill. When ready to serve, add hard-boiled eggs (chopped) and garnish with tomatoes and asparagus. Serve with the following dressing.

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### *Omar's Dressing*

2 eggs	1 teaspoonful Worcestershire
1 tablespoonful sugar	sauce
1 teaspoonful salt	½ cupful catsup
½ teaspoonful paprika	1 pint salad oil
½ teaspoonful dry mustard	½ cupful vinegar
	2/3 cupful warm water

Mix all ingredients except oil, vinegar, and water in mixing bowl that has been rubbed with garlic clove. Stir them into a smooth paste. Add oil slowly, alternating with vinegar. Beat in electric mixer into a thick dressing, adding the warm water slowly. Keep in a cool place.

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### *Bean Plaki*

1 pound white dry beans	2 cupfuls tomatoes
1 cupful diced potatoes	½ cupful olive oil or
1 cupful diced carrots	peanut oil
1 cupful chopped onions	2 cloves garlic chopped
½ cupful chopped parsley	very fine
	Salt and pepper to taste



Soak beans overnight. Wash them and cook in fresh water. After cooking beans for 1 hour, add all other ingredients and cook for 1 hour more. Serve hot as a main dish in stew bowls, or serve cold, as a salad, on a lettuce leaf with a slice of lemon.

*Stuffed Rolled Cabbage Leaves*

1 pound ground meat (lamb)  
 ½ pound onions  
 2 tablespoonsful chopped parsley  
 ½ cupful rice  
 1 teaspoonful salt  
 Black pepper to taste  
 Juice of ½ lemon  
 ½ cupful tomato puree or sauce  
 ½ teaspoonful dry mint or taragon  
 (optional)

Boil cabbage leaves until cooked. Cut cabbage leaves into almost 6-inch squares. Mix well, meat, onions, parsley, rice, pepper, juice of lemon, mint or taragon, and 1 teaspoonful salt and make into stuffing. Put teaspoonful of stuffing into cabbage leaves and roll like a long round package, say about 3 inches long and 1 inch thick. Place in rows in

baking or cooking pct, add salt and ½ cup of tomato puree and cover with water. Cover pan and bake in oven or cook on stove until rice is cooked. At least 1 hour. Serve hot.

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*Dziranov Havgit (Eggs with Apricots)*

6 eggs  
 1 large can apricots, or  
 2 cupfuls cooked, dried apricots  
 ½ cupful butter

Drain off juice and put apricots through a sieve. Pour pulp into preheated butter, and simmer. Beat eggs thoroughly and add to apricots, stirring constantly so that eggs will not lump. Serve at once on hot plates with rice pilaff.

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*Gregorian Cocktail*

2 cupfuls catsup  
 ½ cupful pickled relish  
 1 cupful broiled and mixed chopped green peppers,  
 onions, and tomatoes  
 6 dashes tabasco sauce  
 1 teaspoonful Worcestershire sauce  
 1/6 teaspoonful white or black pepper  
 1½ teaspoonfuls salt  
 ½ teaspoonful finely chopped fresh or dry mint  
 ½ cupful juice of pickled grape leaves

Broil vegetables (I really mean broil, either over charcoal or on the gas broiler) and chop very fine. Mix all ingredients and chill. Keep in refrigerator. When serving, cover top with chopped walnuts.

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Listen to CONSUMER TIME, presented by the War Food Administration, every Saturday--over the coast-to-coast network of the National Broadcasting Company. (12:15 p.m. EWT, 11:15 a.m. CWT, 10:15 a.m. MWT, 9:15 a.m. PWT.)

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