

**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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Spaghetti Sauce  
(for 8)

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~~ 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 boullion cubes and ~~1~~ 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.

Serves with Waldorf / A / A /

*Carrots*



THE WHITE HOUSE

WASHINGTON

LIVER DELUXE

*beef*

- 1 lb. of thin slice liver
- 2 cups brown gravy
- dash of parsley
- dash of salt
- 1 large onion (sliced thin)
- 8 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.

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



CELERY 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
- 1 16 oz. can creme style corn
- 3 tablespoons flour
- 2 tablespoons sugar
- pinch of salt
- 1 teaspoon baking powder
- 3 eggs
- 1 cup scalded milk
- 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: 1qt.

*↑ IN PAN with WATER*





MEMORANDUM  
OF CALL

TO:

YOU WERE CALLED BY  YOU WERE VISITED BY—

*Betty Penzner*

OF (Organization)

*296 - 3049*

PLEASE CALL  $\rightarrow$  PHONE NO. CODE/EXT. \_\_\_\_\_

WILL CALL AGAIN  IS WAITING TO SEE YOU

RETURNED YOUR CALL  WISHES AN APPOINTMENT

MESSAGE

*okra - green beans  
squash - turnips  
mustard  
butter peas*

RECEIVED BY

DATE

TIME

*10!*



—Associated Press

*PRESIDENT Gerald Ford prepares his own breakfast. 'All he needs is a toaster,' says the First Lady.*

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

#### CHICKEN AND BEEF

Serves 6

- 4 whole chicken breasts, halved and boned
- 3 slices bacon
- 1-4 pound chipped beef
- 1 can (10 1-2 ounce) condensed mushroom soup
- 1-2 cup sour cream
- Paprika

Wrap Bacon around each piece of chicken. Line 8x8 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

Serve 6

- 6 medium baking potatoes
- 1 (8 ounce) package pasteurized processed cheese spread
- 1-2 cup light cream
- 3-4 to 1 cup chopped green onion
- Butter or margarine
- Salt and pepper

Wrap Baking potatoes in Aluminum foil and bake at 350 degrees for one hour, or until done. Melt cheese in top of double boiler; thin with cream and heat through. Cut potatoes crosswise; pinch 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.





# A Sampler of Great White House Recipes

Photo by Victor Scocozza/Baking Dishes: Homestead Collection Corning

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 meat 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 30

## 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 tomato.

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



Baked Smoked Ham Truman Style with Caramel Tomatoes, Salad of Mixed Garden Greens with Monticello Dressing, Delmonico Potatoes Lincoln and Betty Ford's Strawberry Blitz Torte.

*Daily News*  
*5/21/76*

# Trifles recipe traced to our first First Lady

By **ELLA ELVIN**

Trifles are those teamings  
of cake and fruit and custard  
that are as good as

One and one-half cups  
scalded milk

**Wild Rice**  
eight servings

8 ounces wild rice  
3 tablespoons butter  
¼ teaspoon white pepper  
¼ teaspoon ground nutmeg  
½ cup diced celery, cooked

½ cup diced carrots, cooked  
1 cup vegetable juice (use juice  
from carrots and celery)  
Salt to taste

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.

Carson, Pirie, Scott & Co. .... Chicago	Brown's Sh.
Carson, Pirie, Scott & Co. .... Decatur	Herberger's
Carson, Pirie, Scott & Co. .... Evergreen Park	<b>TEXAS</b>
Carson, Pirie, Scott & Co. .... Matteson	Townsend's
Carson, Pirie, Scott & Co. .... Mount Prospect	Wellborn's
Carson, Pirie, Scott & Co. .... Peoria	Means Sho-
Miller's Shoes ..... Chicago Heights	Ball's Dept.
Glaser's Quality Shoe Store ..... Cicero	Guarantee
Rodger's Shoe Store ..... Decatur	Hohit's Dep.
Diamond's Shoes ..... Downers Grove	Anderson's
Wilson Shoes ..... Elgin	Austin Shoe
E & W Clothing House, Inc. .... Freeport	Ball's Dept.
Ted's Shoes ..... Kankakee	Austin Shoe
The Shoe Trunk-Registered ..... Marion	Bridges Sho-
Shoe City ..... Metropolis	Stapling's C.
Edward's Shoe Store ..... Peoria	Gindler's De
Harry's Shoe Store ..... Quincy	Gindler's De
Grennan Shoes ..... Rochelle	McGarvey F.
Home Shoe Co. .... Rockford	Saks Shoe S.
Rolling Meadows	Gindler's De
Shoes, Inc. .... Rolling Meadows	Ball's Dept.
Roland's ..... Springfield	Louise Hicks
Sycamore Shoe Store ..... Sycamore	Austin Shoe
Rabin-Gantar Shoes ..... Waukegan	Guarantee S.
Frank's Shoes ..... Wood River	Howell's Sho-
<b>IOWA</b>	Austin Shoe
The Shoe Box ..... Albia	Ball's Dept.
Armstrong's Dept. Store ..... Cedar Rapids	Dolan's S.
Boat Wagon Shoes ..... Clinton	

*bf - food*

# FORDS' FARE:

# Simple American Food Is Best

By MARIAN BURROS  
Washington Post Service

WASHINGTON — While 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 certainly 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 few 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, vichyssoise and spareribs with sauerkraut, along with carry-out hamburgers, buttermilk pancakes and baked potatoes covered with processed cheese.

ACCORDING to Mrs. Ford's assistant Nancy Howe, "they are one of the easiest families to please . . . the chef at the White House is going to have the easiest time 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 entertained at the Fords' Alexandria, Va., home, there is "some awfully good cooking at their informal

Actually, Mrs. Ford was able to turn over the cooking to the two Filipino stewards who arrived shortly after Ford became Vice President.

MRS. FORD SAYS that her biggest problem has always been getting everything on the table at the same time. "When they put me in a casket," 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 she has described "an excellent cook" whose "pies were a work of art."

Yet all of the First Lady's contributions to "The Congressional Club Cook Book," a compilation of recipes from past and present political wives, appeal to a broad range of tastes. Those that we tested work well and are all delicious.

DAUGHTER SUSAN is considered the best cook in the family.

If any of the Fords has to watch his weight, it is probably the President. A love of cottage cheese and yogurt, lots of salad and fruits for dessert, helps him diet. He does not do much snacking nor does the rest of the family. And Betty Ford has always been careful to serve balanced meals, more or less instinctively.

The breakfast that the President will continue to fix for himself in the White House begins either with a whole grapefruit or melon plus a big glass of orange juice. The standard Sunday morning brunch of waffles with pure maple syrup and sour cream always includes strawberries and orange juice.

At her first press conference, Mrs. Ford confirmed the continuance of the practice, commenting to an incredulous press corps:

"All he needs is a toaster."

When it comes to the breakfast beverage, the Fords part company with most Americans; they drink tea. A pot of tea brews on the back of the stove, "almost 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, martinis for the President. When they entertain, wine is usually served with dinner. Mrs. Ford prefers white wine.

The night of the swearing-in, family and close

friends toasted with California champagne at the buffet dinner. There was lasagna, ham, green beans, garlic bread and hot rolls, a huge tossed salad with oil and vinegar dressing and a platter of raw vegetables; carrots, cauliflower, radishes, black olives. But no desert.

Buffet-style entertaining has been the rule in the Fords' modest home. The dining area, actually part of the kitchen, is very small so guests ate either at card tables or balanced their plates in their laps. Sometimes they ate around the pool when the host grilled a steak. But outdoor barbecues 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 love to entertain and while Mrs. Ford may defer to the White House chef, Henry Haller, for menu suggestions, she is known to be "thrifty" and "budget-minded." She expects to get her money's worth. "She is," Mrs. Howe says, "very conscious of the rising cost of food."

There will be more informality and accessibility at White House parties than there were in the previous administration, friends and associates of the Fords predict. According to Mrs. Howe, the Fords' who love to dance, "will not retire to the second floor when the music starts."

Nor, if it's possible, will they give up eating out, especially at the popular seafood restaurant in the Fairfax Hotel, The Sea Catch.

Along with favorites such as liver and bacon, and pot roast with vegetables, the new President of the United

## CARAMEL PEACHES

- Serves 8
- 8 Fresh firm medium peaches
- 8 tablespoons brown sugar
- 4 tablespoons butter or margarine

Peel peaches; halve and pit. Place hollow side up in frying pan. Place tablespoon of sugar and 1/4 tablespoon butter in each hollow. Cook over low heat, turn once, until juices become syrupy, about 10 or 15 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 five-inch or
- 6 dozen three-inch
- 3 cups sifted flour
- 24 teaspoons baking powder
- 1-2 teaspoon baking soda
- 1 1-2 teaspoons salt
- 3 tablespoons sugar
- 3 eggs, well beaten
- 3 cups buttermilk
- 1-2 cup butter or other shortening, melted

Combine Flour, baking powder, soda, salt and sugar; sift again. Combine eggs and buttermilk; add to flour mixture. Add melted shortening and stir until all flour is dampened. (Batter will be slightly lumpy.) Bake on hot greased griddle

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

## CHICKEN AND BEEF

- Serves 6
- 4 whole chicken breasts, halved and boned
- 8 slices bacon
- 1-4 pound chipped beef
- 1 can (10 1-2 ounce) condensed mushroom soup
- 1-2 cup sour cream
- Paprika

Wrap Bacon around each piece of chicken. Line 8x8 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.



# 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 presses 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.

To get 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 tasty dish which the White House kitchen can make for \$2.87. When we tried it, the four servings cost us \$3.72. But it was good.

That we could swallow.  
But the other two were hard.  
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 discerning tastebuds.

We made all three 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. 3 and the ham is No. 4." Before we could ask he said the non-White House salad we served was No. 2.

The 10-year-old girl liked the lamb

best "and the ham is OK and I hate tunafish," 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 pasty with distressing little pockets of unincorporated flour.

We called the White House to double check on the recipes that we had fol-

# Economic edibles from Betty Ford

By Frances Spatz Leighton

IF SHE HAD her druthers Betty Ford would serve visiting dignitaries her favorite low cost casserole 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, brie cheese, and praline mousse.

Even this bounty, however, had 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 THO 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 Henri 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 them for dinner. 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 economy. He's happy with the way she manages. Yet he's not fussy about his lunches. Make it a

beer and a sandwich and he's happy." For other meals, Mrs. Ford tries to watch her husband's portions, as much for calories as for thrift. 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 2-pound lamb shoulder [\$1.96]. Cut the meat into 1-inch cubes. Heat 3 tablespoons oil [9 cents] with 1 tablespoon chopped onion [2 cents] and brown the meat. To ½ cup chopped celery [7 cents], add the following ingredients [15 cents]:

- 1 tablespoon curry powder
- 2 tablespoons minced parsley
- 1 tablespoon chopped pimento
- 1 tablespoon flour



Betty Ford has made economy the byword in planning formal and informal White House dinners.



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## BUTTERMILK PANCAKES

Makes 3 dozen five-inch or

- 6 dozen three-inch
- 3 cups sifted flour
- 24 teaspoons baking

# Betty Ford's recipes—Yes, no and maybe

★MRS. FORD

Continued from Page 35.

## CURRY OF LAMB WITH RICE

- 2 pounds lamb shoulder
- 3 tablespoons oil
- 1 tablespoon chopped onion
- ½ cup chopped celery

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

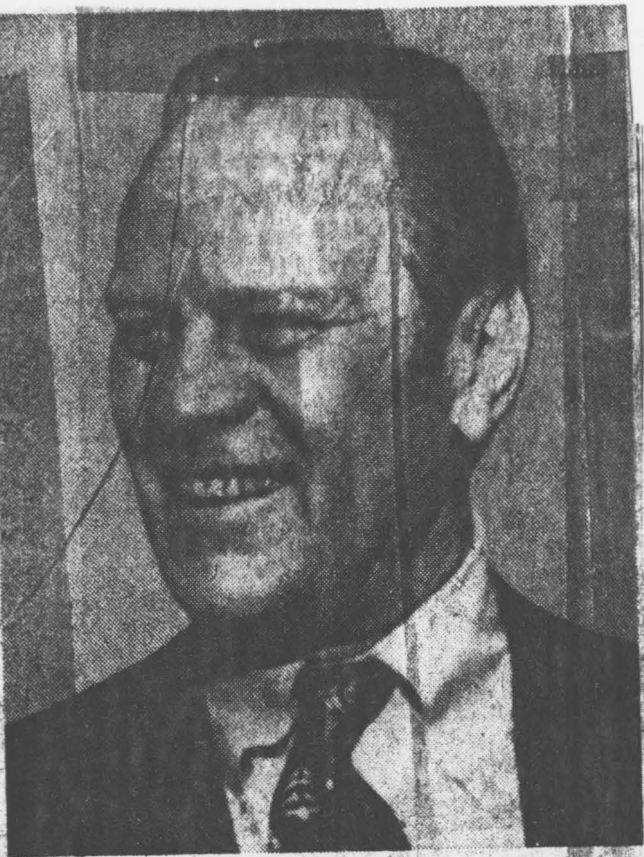
- 1½ pound slice of smoked ham

covered for 1½ hours in 350 degree oven. Let stand for 15 minutes before serving. Serves four to six.

## TUNA FISH AND NOODLES

- Two 6½-ounce cans of tuna fish
- 6 or 7 ounces of noodles
- 3 tablespoons butter
- ½ cup diced green pepper

Drain off oil from tuna and break into even-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 mix well with spatula. Add hot



—Associated Press

**PRESIDENT Gerald Ford prepares his own breakfast. 'All he needs is a toaster,' says the First Lady.**

### BAKED POTATOES A LA SCHULER

Serve 6

- 8 medium baking potatoes
- 1 (8 ounce) package pasteurized processed cheese spread
- 1/2 cup light cream
- 3/4 to 1 cup chopped green onion
- Butter or margarine
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brown on second side. Serve hot with butter and syrup.

### CHICKEN AND BEEF

Serves 6

- 4 whole chicken breasts, halved and boned
- 8 slices bacon



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) *Daily News 7/31/75*

*The Creative Cook*

# Mrs. Ford's Recipes in Book

By Nancy Finch  
*Times-Dispatch*  
Food Editor

If Mrs. Gerald R. Ford gave the Congressional Club her favorite recipes for the club's cookbook, she has unsophisticated tastes in food.

She has four recipes in the cookbook, which was first published 47 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 2001 New Hampshire Ave.



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. Serves 6.

and pour over apples. Bake in preheated oven (350 degrees) 30 to 40 minutes until soft. Serves 6.

Price of the *The Congressional Club Cook Book* is \$5.95.

## MRS. FORD'S YELLOW BIRTHDAY CAKE

2½ cups sifted flour  
1½ cups sugar  
¾ cup milk  
½ cup butter  
½ cup shortening  
1 teaspoon salt

2¼ teaspoons baking powder

# Betty Ford tells SW Louisiana neighbors how to cook lamb

Everybody knows the  
They are the nice  
next door with four  
children, now grown.  
nuts about skiing and  
ing and each doing his  
g.  
names fit in just like  
and mine - Jerry and

since lamb is being grown  
more and more here, maybe it  
is time someone told us how to  
cook it.

And to the credit of Betty  
Ford's everlasting flair for the  
appropriate, she did include  
RICE in her recipe. Here is

