

Sheet1

RNLNAME,C,40	KING,C,30
1 CITRUS BEEF ROAST	beef/orange/lemon/cocoa
2 STEAK AU POIVRE VERT	beef/green peppercorns
3 SPAGHETTI SAUCE (MICROWAVE)	beef/tomato/onion/spices
4 OLD FASHIONED MACARONI AND BEEF	beef/pasta/tomato/mushrooms
5 POACHED APRICOTS	apricots/wine/cream
6 LASAGNA	pasta/tomato/cheese
7 BEEF CORD'ON BLEU	beef/crumbs/cheese/ham
8 BEIGNETS	yeast/flour/sugar/milk
9 MICROWAVE RICE	rice/water/salt
10 COLD POACHED SALMON	salmon/leek/carrot/vinegar
11 CUCUMBER SALAD	cucumber/vinegar/sugar/salt
12 FRESH HERB SAUCE	cream/herbs/lemon
13 COLD POACHED SALMON W/CUCUMBER & HERB	salmon/cucumber/herb sauce
14 VICHYSOISE	potato/onion/cream/chives
15 LOW FAT - LOW SALT JAMBALAYA	sausage/shrimp/rice
16 ZUPPA DI VONGOLE (CLAM SOUP)	clams/wine/bread/shallots
17 FROZEN CHOCOLATE MOUSSE	gelatin/milk/chocolate/cream
18 LIME-SEASONED SALMON	fish/lime/soy/radish/sprouts
19 MODERN MEATLOAF	beef/turkey/onion/catsup
20 VENISON STROGANOFF	venison/hamburger helper
21 MICROWAVE RICE	rice/water/butter/salt
22 MIXED BERRY COULIS	berries/lemon/sugar
23 PEACH MELBA SAUCE	peaches/raspberries/liquor
24 PICKLED CHICKEN GIZZARD	wine/oil/onion/spices
25 POP CORRIHER'S APPLESAUCE CAKE	applesauce/pecans/raisins
26 APPLESAUCE	apples/sugar
27 BAYOU COUNTRY BEIGNETS	flour/sugar/milk/yeast/egg
28 WHAT IS 'BLACKENED'	none
29 MEATLOAF 1	beef/onion/potato/egg
30 MEATLOAF 2	beef/tomato/onion/oatmeal
31 MEATLOAF 3	beef/milk/bread/eggs
32 MEATLOAF 4	beef/cheese/pepper/onion
33 ELEGANT PORK RECIPE	pork/chorizo/pepper/pecans
34 GREEN ONION CREAM	cream/shallots/leeks/wine
35 SQUASH SOUP W/CHEESE & APPLES	apple/cheese/squash/onion
36 DINNER IN A PUMPKIN	pumpkin/chicken/sausage/nuts
37 MEASURING (HUMOROUS TEXT)	none
38 FRENCH CHOCOLATE SILK PIE	chocolate/almonds/cream
39 MUSHROOMS MIREILLE	crab/mushrooms/butter/flour
40 FRANK'S N' N'AWLINS BARBECUE SHRIMP	shrimp/beer/spices
41 LONG ISLANDS ICE TEA	alcohol
42 TRENCHER BREAD	flour/yeast/sugar/water
43 PIEROGIES	yogurt/flour/egg
44 NORTHERNER'S STUFFED ARTICHOKE	artichokes/mushrooms/crumbs
45 MEXICAN STYLE SHREDDED BEEF	beef/onion soup mix/salsa
46 CHOCOLATE MOUSSE PIE	gelatin/cream/cocoa
47 RUM CREAM TOPPING	cream/rum/sugar
48 CHOCOLATE DREAM PIE	milk/pudding/whipped topping

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49 CHOCOBERRY MOUSSE  
50 MICROWAVE RICE, QUICK-COOKING

pudding/wine/cream  
rice/butter/salt/water



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