DAWN RECIPES

EVERYBODY IN THE KITCHEN WITH TUNA . . .
IT'S TIME FOR A TUNA-FULL SOUP!

Beau—ootiful Soo-oop! Beau—ootiful Soo-oop! With these words, Lewis Carroll firmly established soup as one of the most appetizing of foods in culinary history.

And even though soup is one of the least expensive, folksiest dishes around, it can be an adventure every time. Nobody knows better than you how the same soup can be revamped with additional ingredients (leftovers) several days in a row.

MEDITERRANEAN TUNA SOUP TUREEN

- 2 tablespoons butter or margarine
- 1 cup sliced celery
- 1/2 cup sliced carrots
- 1/3 cup chopped onion
- 2 cups chicken or vegetable broth
- 1 bay leaf
- 1/4 teaspoon salt
- 1/4 teaspoon allspice
- Pinch of fennel
- 1 can (6½ or 7 ounces) tuna, drained
- 1/4 cup dry vermouth or white wine
- 2 eggs, beaten
- Cooked saffron rice or hot French bread

Heat butter in deep kettle; add celery, carrots and onion, and cook until onion is tender. Add broth and seasonings. Cover. Cook over medium heat 15 minutes. Add tuna and vermouth; heat. In small bowl, gradually add about 1 cup of the hot liquid to the beaten eggs. Remove kettle from heat. Beat in warmed egg mixture. Remove bay leaf. Serve in soup plates over saffron rice or with hot French bread.

YIELD: 4 servings.

TUNA SENEGALESE

- 1 can (6½ to 7 ounces) tuna, drained
- 1 apple, pared, cored, cut in pieces
- 1 tablespoon chutney
- 1 small onion, cut in quarters
- 1 cup milk
- 2 cups half and half
- 2 teaspoons curry powder
- 1/4 teaspon Tabasco pepper sauce
- Toasted coconut

In container of electric blender combine tuna, apple, chutney, onion and milk. Cover. Process until smooth. In a large saucepan combine tuna puree, half and half, curry and Tabasco sauce. Bring to a boil, stirring occasionally. Remove from heat. Chill thoroughly. Serve in small bowls topped with toasted coconut.

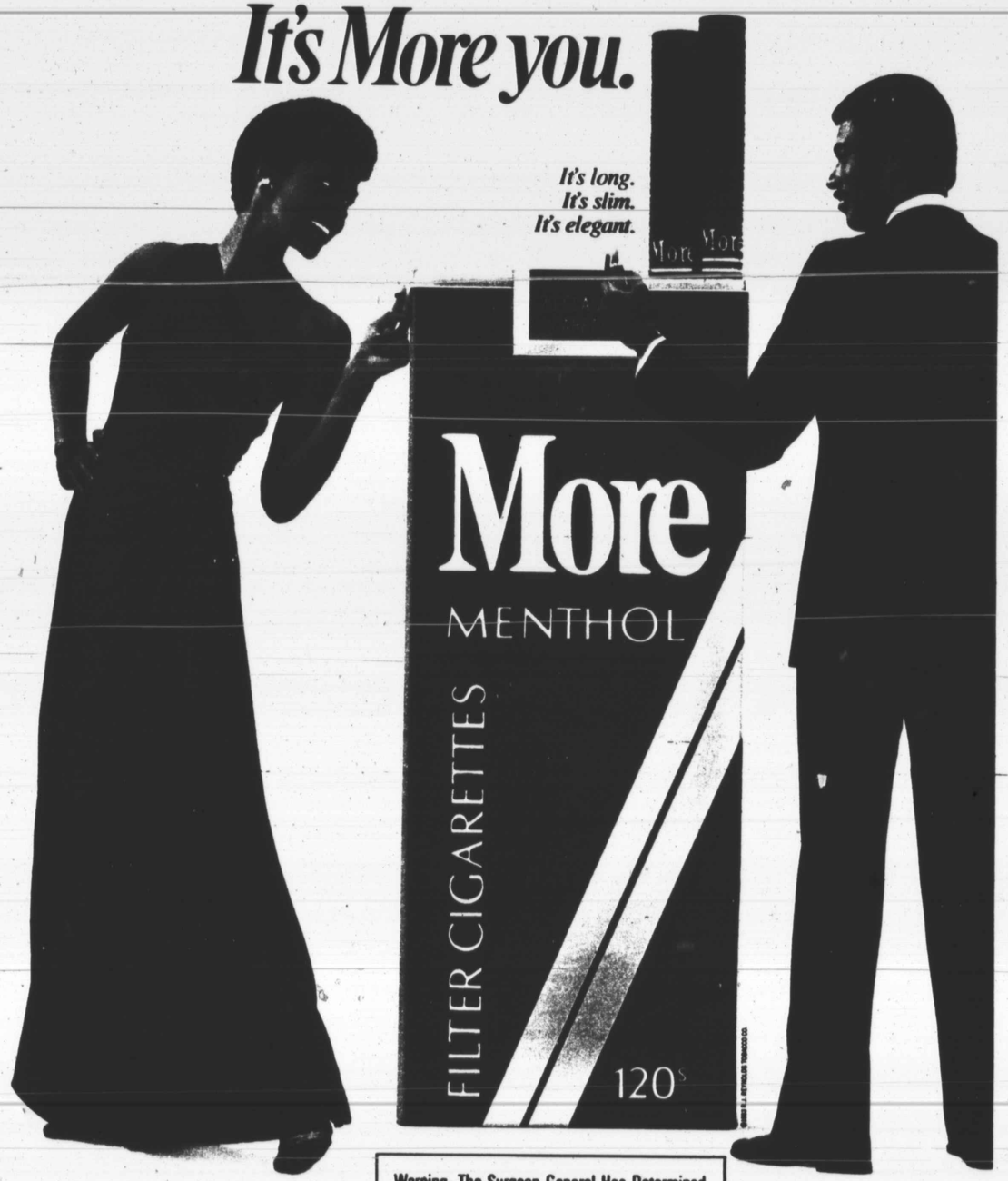
YIELD: 6 servings. (about 4 cups).

PUFF-TOP TUNA BISQUE

- 1 package (10 ounces) frozen, creamed spinach, thawed
- 1 cup chicken or vegetable broth
- 2 cups milk
- 1/2 cup grated Parmesan cheese
- 2 tablespoons chopped chives
- 1 teaspoon dried leaf basil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 can (6½ or 7 ounces) tuna, drained
- 6 frozen patty shells (10 ounce package), defrosted
- 1 egg

In a container of electric blender, combine spinach and chicken broth; process until smooth. Add milk, cheese, chives, basil, salt and pepper. Divide tuna equally among 6 oven-proof, 1-½ cup soup bowls. Pour soup mixture into bowls. Using a rolling pin, roll each patty shell into a 6-inch circle. Gently lay pastry over top of soup bowls, leaving about a 1-inch overhang. Seal by pressing firmly to sides of bowl (do not crimp to rim; pastry must be allowed to rise freely). Position oven rack

It's More you.



17 mg. "tar", 1.4 mg. nicotine av. per cigarette by FTC method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.