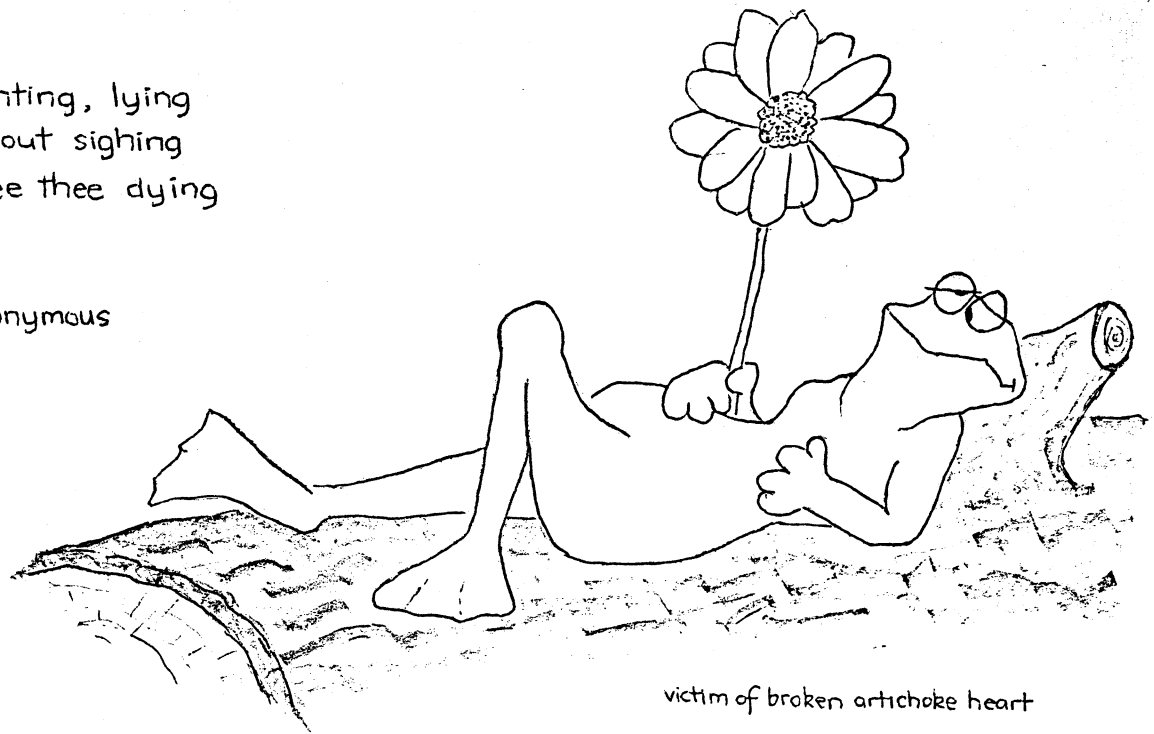


Can I view thee panting, lying  
 On thy stomach without sighing  
 Can I, unmoved, see thee dying  
 On a log  
 Expiring frog?

- anonymous



victim of broken artichoke heart

dr. bob's kitchen  
 testing laboratory presents  
 its *FIRST ORIGINAL RECIPE*

# HEARTATTACK CASSEROLE

not even inspired by an existing  
 published or unpublished recipe  
 of any kind

We was all just sittin around in the lab one night when we suffered a massive artichoke heart attack. We knew it was serious - no time to waste shopping around for ingredients. Emergency measures, quick thinking and pure chance inspired the following improvization, proving that almost anybody can break the imagination barrier under the right circumstances. If hack cooks like us did it, so can you.

## just the two of us \*

- 1 small cauliflower
- 1 8.5 oz can artichoke hearts
- 1 small onion
- 1/4 green pepper
- some white wine, dry
- 1 cup cheddar cheese, grated
- 1 can cream of mushroom soup

\* or you and yourself on two separate occasions

## just the four of us \*\*

- 1 large cauliflower
- 2 cans artichoke hearts
- 1 regular-size onion
- 1/4 green pepper
- a little more white wine, dry
- 2 cups cheddar cheese, grated
- 1 can cream of mushroom soup
- 1/4 can milk

\*\* if one of us is on a diet or there is a good dessert later on

## just the 48 of us

- 30 lb cauliflower
- 1 case artichoke hearts
- 2 dozen onions
- 1 dozen green peppers
- 6 bottles cheap white wine, dry
- 6 quarts cheddar cheese, grated
- 1 case cream of mushroom soup
- 1 gallon milk

Terse no frills recipe: Sauté grated onion, grated green pepper in butter until soft. Add halved artichoke hearts, white wine, cover till soft over medium heat, maybe low heat, wing it here, reducing wine and softening the hearts. Add already heated mushroom soup, previously mixed with milk. Mix up with pressure cooked cauliflower florets and grated cheddar cheese in casserole dish. Spread mixture of grated Parmesan cheese and Italian bread crumbs on top, sprinkle with olive oil. Jam in 350°F oven 20 minutes or less, hoping the crust finishes before your patience does.

Serving suggestions: Eat on plates with forks. Buttered bread or buns optional. Choice of drink advised.