

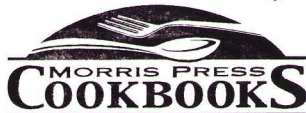
Recipes and Recollections

**Centennial Collection
1901-2001
A Century of Ministry**

**St. Barnabas Episcopal Church
301 Trinity Avenue
Arroyo Grande, California 93420**

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History

The first recorded service of St. Barnabas' Church was held on Easter Sunday, 1901, in the Masonic Hall in Arroyo Grande. Bishop Nichols, second Bishop of California, and Archdeacon John A. Emery later visited Arroyo Grande on September 1, 1901, and at that time the name St. Barnabas' was given to the mission. Shortly thereafter, Mr. R.W. Sanford, owner of Tar Springs Ranch, donated two lots on Mason Street. A small church was built there at a cost of \$689. The first service in the new church was conducted on January 19, 1902, by Archdeacon Emery. During the first half of the century, the mission was supported by the Diocese of California and was served by a succession of clergy from neighboring parishes and by lay readers.

It wasn't until August, 1949, that St. Barnabas' had a resident clergyman, when Robert L. Darwall became the first resident Vicar Clergyman. In January 1950, work began to move an army chapel from Camp San Luis to a location on the corner of Grand Avenue and Barnett Street. The first service in the new church was held on December 10, 1950. The original church was sold to the Roman Catholic parish of Arroyo Grande and moved to Oceano where it stands today. During the early sixties, the Sunday School wing, parish hall and church offices were built with used lumber and donated labor. On March 15, 1959, the St. Barnabas' Mission applied for and achieved parish status.

In January, 1974, the Rev. Dan McHugh led a group of parishioners to gather clothing for the community's needy citizens. Items were gathered, and given or sold for a small fee from the basement of the church. This small operation grew into a thriving enterprise located at 114 Brisco Road in Arroyo Grande. The St. Barnabas' Thrift Shop provides a valuable service to the community in many ways. It is staffed entirely by volunteers and is able to provide clean, usable clothing and other items to a large segment of our community as well as funds to twelve different local community outreach recipients such as Hospice, the Five Cities Christian Women's food bank and the Women's Shelter. The Thrift Shop also funds special church projects and contributes to the church operating fund.

In January, 1986, under the leadership of Rev. McHugh, a dream began to take shape to build a new church at a site southeast of the Barnett Street location. The groundbreaking ceremony for the present church was held on November 12, 1989, with the Rev. Charles Atcheson officiating. On December 9, 1990, the first service in the new building was held at 301 Trinity Avenue. The Sunday School addition was completed during the summer of 1991. The Rev. Dr. Norman Somes assumed parish leadership in 1992 and currently serves as pastor. St. Barnabas' Episcopal Church has enjoyed a century of ministry, outreach and worship in the Arroyo Grande Valley and surrounding areas. It is just the beginning.

Dedication

We dedicate this book to all cooks. May you grace your table with elegant and nutritious dishes for your family and friends. With you in mind, we offer these many recipes, they all reflect the love of good cooking.

We hope you will enjoy the many outstanding recipes on the following pages.

The St. Barnabas Episcopal Church
Centennial Cookbook Committee

For Little Blessings

Heavenly Father, we thank you for all the blessings that we take for granted; for life as we awake each morning, for a task to be done this day, for rain that we may drink, for food that we may eat, for a home to return to at day's end so that we may rest and for so many more little blessings that are not shared by millions in our world, and to whom our little blessings would loom large. Dear God, make us thankful in all ways, always.

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Forward Movement Publications

Acknowledgements

The St. Barnabas Centennial Cookbook Committee is pleased to present this collection of cherished, treasured recipes from its members and friends. We sought recipes that represent family favorites and traditions. We also have collected many new, very interesting recipes. Throughout our cookbook we have honored past members who published in our 1980 cookbook, "Thou Preparest a Table," collected by the Episcopal Church Women. Many of these women are now deceased, they are designated by an asterisk (*).

A big "Thank You" to all our contributors for sharing their culinary talents in celebration of St. Barnabas Centennial year, 2001.

Centennial Cookbook Committee

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Appetizers & Beverages

PIZZA PUPU'S

Nancy Walters

1 loaf sliced cocktail rye bread
8 oz. grated Swiss cheese
1 (4-oz.) can minced olives
1 (4-oz.) bottle bacon bits
Mayonnaise

Combine grated cheese, minced olives and bacon bits. Blend in enough mayonnaise to make spreadable. Spread on slices of rye bread. Bake in hot oven, 425°, until cheese melts.

EAST INDIAN SPREAD

Jane Martin

2 (8-oz.) pkgs. cream cheese
½ c. grated coconut
⅓ c. chutney, finely chopped
1 tsp. curry powder
½ c. ruby port

Soften cheese at room temperature. Blend cheese, coconut, chutney and curry powder, using electric mixer. Blend in wine gradually to desired consistency. Serve with toast rounds, wheat crackers or raw vegetables.

SHRIMP HORS D'OEUVRES

Reta Hope

1 can buttermilk biscuits, baked
1 can sm. cocktail shrimp
Mayonnaise
Parmesan cheese

Split biscuits; spread with mayonnaise, cover with shrimp. Sprinkle top with Parmesan cheese. Broil until cheese melts.

PESTO PIZZA APPETIZER

Karen Somes Krueger

1 lg. Boboli thin pizza crust
4 oz. cream cheese, softened
4 oz. "Safeway" classic pesto sauce
3 oz. chopped sun-dried tomatoes
2 oz. pine nuts
4 oz. shredded Parmesan cheese

Spread cream cheese on pizza crust. Spread pesto sauce on top of cream cheese. Sprinkle sun-dried tomatoes over pesto sauce. Sprinkle pine nuts and top with cheese. Bake at 350° until heated and bubbly but not brown. Cut into wedges for finger food.

Appetizers & Beverages

HOT ARTICHOKE DIP

Kim Vargo

- 1 c. mayonnaise
- 1 c. shredded Parmesan cheese
- 2 sm. jars marinated artichoke hearts, cut in sm. pieces
- 1 sourdough round loaf
- Dash paprika
- 1 can crab meat (opt.)

Cut sourdough round loaf into a bread bowl. Save and cut inside into bite-size pieces. Mix mayonnaise, Parmesan and chopped artichoke hearts and microwave for about 2-3 minutes, until hot. Pour mixture into bread bowl and put in 400° oven for 8-10 minutes, until crust is hot. Serve on a plate with bread pieces. Put a dash of paprika on top.

BLACK BEAN CORN SALSA

Kim and Donna Newman

- 2 (16-oz.) cans black beans
- 1 (16-oz.) can corn
- ½ c. red onion
- ½ c. green onion
- ½ c. tomatoes
- ½ c. cilantro
- 6 T. lime juice
- 6 T. vegetable oil
- 2 tsp. cumin
- ½ tsp. salt
- ½ tsp. pepper
- 1 lg. pumpkin
- 1 lg. bar tortilla chips

Chop onion, tomatoes and cilantro; drain beans and corn. Mix beans, corn, onion, cilantro, juice, oil, cumin, salt and pepper. Chill mixture in large baggie. Cut off top of

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pumpkin and clean out insides. Add tomato to mixture. Pour mixture into pumpkin. Dip with tortilla chips.

BACON RAPS

Jan Potter

- 1 lb. thin sliced bacon
- Waverly wafers saltine crackers
- Maple syrup (opt.)

Cut bacon strips in half (through the package). Wrap room temperature bacon strips halves around Waverly crackers. Place on foil-lined cookie sheet. Brush with maple syrup, if desired. Bake at 325° oven temperature for 20 minutes. Turn with tongs and bake for an additional 20 minutes, until brown and crisp. Can be made ahead, refrigerated and reheated quickly in the microwave.

SPINACH AND ARTICHOKE CUSTARD

Alice Witt

- 12 lg. eggs
- 2 c. sm. curd low-fat cottage cheese
- 2 c. (½ lb.) shredded Jack cheese
- ½ c. (2½ oz.) grated Parmesan cheese
- About ½ tsp. salt
- ¼ tsp. ground nutmeg
- 1 (8-oz.) pkg. frozen artichoke hearts, thawed or 1 (13¼-oz.) can quartered artichoke hearts, drained
- 1 (10-oz.) pkg. frozen, chopped spinach, thawed

In a large bowl, whisk eggs, cottage cheese, 1 cup Jack cheese, Parme-

(continued)

Appetizers & Beverages

san cheese, $\frac{1}{2}$ teaspoon salt and nutmeg until well blended. Coarsely chop artichoke hearts. With your hands, squeeze as much liquid as possible from spinach. Stir artichokes and spinach into egg mixture. Spread mixture level in a buttered shallow, rectangular $2\frac{1}{2}$ -to 3-quart casserole. Sprinkle remaining 1 cup Jack cheese evenly over the top. Bake in a 350° regular or convection oven until custard is firm to touch in the center, 25 to 40 minutes. Let stand about 10 minutes, then cut into portions. Add more salt to taste.

CLAM DIP

Betty Miller

- 1 (3-oz.) pkg. cream cheese**
- $\frac{1}{2}$ c. sour cream**
- 1 env. Good Seasons Italian dressing mix**
- 1 (10 $\frac{1}{2}$ -oz.) can minced clams, drained**
- 1 tsp. lemon juice**

Beat cream cheese until smooth. Add sour cream and salad dressing mix; blend well. Stir in drained clams and lemon juice. Chill. Makes about $1\frac{1}{2}$ cups dip.

CHEESY ARTICHOKE HEART APPETIZER

"The Committee"

- 2 (8-oz.) cans crescent rolls**
- $\frac{3}{4}$ c. shredded mozzarella**
- $\frac{3}{4}$ c. grated Parmesan**
- $\frac{1}{2}$ c. Miracle Whip salad dressing**
- 1 (14-oz.) can artichoke hearts, drained and chopped**
- 1 (4-oz.) can chopped green chilies**

Unroll crescent dough into rectangles. Press into bottom and sides of jellyroll pan. Bake at 375° for 10 minutes. Combine remaining ingredients, mix well. Spread over crust and bake again at 375° for 15 minutes or until cheese is melted. Let stand 5 minutes before serving. Garnish with thin red pepper strips.

SHRIMP MOUSSE

*Lucille Fredrickson**

- 8 oz. cream cheese**
- 1 can tomato soup**
- 1 tsp. unflavored gelatin, diluted in 2 tsp. water**
- 2 (5-oz.) cans shrimp (tiny)**
- 1 c. mayonnaise or salad dressing (we like salad dressing)**
- 1 c. diced celery**
- $\frac{1}{2}$ c. diced onion**

Bring soup to a boil; add softened cream cheese. Beat until smooth. Remove from heat; add gelatin and water. Add mayonnaise, celery and onion. Mix well; add shrimp. Pour into an oiled mold (you can use mayonnaise or salad dressing to oil your mold). Chill salad. Makes 4 cups.

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Appetizers & Beverages

Triscuits go well with this. I usually put a butter knife in the mousse. Fresh sprigs of parsley around the mold look real pretty.

EASY TEX-MEX HOT DIP

Jan Potter

- 1 can "no bean" chili
- 1 can cheddar cheese soup or nacho cheddar cheese soup
- 1 sm. can chopped green chilies
- 4 green onions, tops and all or 1/2 c. dried, chopped onion
- 1/2 tsp. dried cilantro and Mexican seasoning

Mix all ingredients together in saucepan or crockpot. Heat thoroughly, stirring occasionally. May be served with sour cream and chopped ripe olives on top.

WARM BRIE WITH BROWN SUGAR

Betty Tuft

- 6-to 8-oz. wheel of Brie cheese
- 2 T. brandy
- 3 to 4 T. brown sugar
- 5 T. chopped pecans

Mix the brandy, brown sugar and pecans. Heat Brie in 400° oven for 4 minutes. Remove from oven, spread mixture on Brie and bake again for 3-4 minutes. Remove from oven again and serve with crackers or baguette slices.

A LOAF OF BREAD AND "WOW"

Jan Potter

- 1 lg. round loaf French or sourdough bread
- 2 (8-oz.) pkgs. cream cheese, softened
- 1 1/2 pt. sour cream
- 1/2 c. dried, chopped onion
- 1 T. Worcestershire sauce
- 1 dash Tabasco sauce
- 1/2 c. dried parsley
- 3/4 c. real bacon bits
- 2 tsp. Morton's Natures Seasoning blend
- 1/2 standard loaf French bread, cubed or torn in bite-sized pieces
- 1/4 c. melted butter or margarine

Cut off top of round loaf; save lid. Tear out inside of loaf in bite-sized pieces. (Just before serving, toss all bread pieces with melted butter and sprinkle with 1 teaspoon Nature's Seasoning and 1/4 cup dried parsley. Toast in 350° oven, stir occasionally.) Mix cream cheese, sour cream, onion, 1/4 cup parsley, 1 teaspoon Natures Seasoning, Worcestershire sauce, Tabasco sauce and bacon bits. Fill loaf, replace lid. Wrap in heavy foil and bake 2 hours at 250°. Open and serve with toasted seasoned bread "bites".

Appetizers & Beverages

ZUCCHINI APPETIZERS

Mary L. Justice

- 3 c. sliced thin zucchini (about 4 sm. ones)**
- 1 c. Bisquick**
- ½ c. finely chopped onion**
- ½ c. grated Parmesan cheese**
- 2 tsp. snipped parsley**
- ½ tsp. salt**
- ½ tsp. seasoned salt**
- ½ tsp. dried marjoram or oregano leaves**
- Dash pepper**
- 1 clove garlic, finely chopped**
- ½ c. vegetable oil**
- 4 eggs, slightly beaten**

Heat oven to 350°. Grease oblong 12 x 9 x 2-inch pan. Mix all ingredients; spread in pan. Bake until golden brown, about 25 minutes. Cut into pieces, about 2 x 1 inches. Makes 4 dozen appetizers.

COCKTAIL CHEESE RINGS

Theresa Soeten

- 1 c. sifted flour**
- 1 c. sharp cheese**
- ¼ lb. butter**
- Salt to taste**

Place above ingredients in bowl and work with hands until well mixed. Roll out until ¼ inch thick. Cut with biscuit or cookie cutter, using thimble for center hole. Bake on flat pastry tin in oven at 375° for 12 minutes, until rings are a delicate brown.

SPAGHETTI SQUASH SQUARES

Charmaine Petersen

- 4 c. prepared spaghetti squash**
- 7-oz. Mexican corn**
- 3 T. Ortega chilies**
- ½ butter cube, melted**
- ½ c. dry bread crumbs**
- 4 eggs, slightly beaten**
- 1 c. evaporated milk**
- 8 oz. Jack cheese**
- 1 tsp. salt**
- 1 tsp. cayenne pepper**
- Squirt of honey**
- 2 c. green beans**

Mix together all ingredients in a large bowl, then pour into an greased 12 x 9 x 2-inch pan. Heat oven to 350°. Bake 40-45 minutes. Cut into squares.

ALL-PURPOSE CHEESE GOO

*Jan Durney**

- 1 lb. (approximately) Cheddar cheese**
- 1 can tomato sauce with tomato bits**
- 1 whole bunch green onions, chopped fine**
- 1 can chopped ripe olives**
- 1 can diced green chilies**

Grate cheese; combine with other ingredients, mixing well. Use cold as dip or run under broiler on top of hamburgers, omelettes, English muffins, etc.

Appetizers & Beverages

TEX-MEX DIP

Dolores Fischer

- 3 med.-sized ripe avocados
- 2 T. lemon juice
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. pepper
- 1 (8-oz.) c. dairy sour cream
- $\frac{1}{2}$ c. mayonnaise or salad dressing
- 1 ($\frac{1}{2}$ -to 1-oz.), depending on taste, pkg. taco seasoning mix
- 1 lg. pkg. round tortilla chips
- 2 (10 $\frac{1}{2}$ -oz.) cans plain or jalapeño-flavored bean dip
- 1 lg. (1 c.) bunch green onions with tops, chopped
- 3 med.-sized tomatoes, cored, seeded and coarsely chopped
- 1 (8-oz.) pkg. sharp cheddar cheese
- 2 (3 $\frac{1}{2}$ -oz.) cans olives, pitted, drained and coarsely chopped

Peel, pit and mash avocados in a medium-sized bowl with lemon juice, salt and pepper. Combine sour cream, mayonnaise and taco seasoning mix in bowl. **To assemble:** Spread bean dip on a large, shallow serving platter; top with seasoned avocado mixture, layer with sour cream-taco mixture. Sprinkle with chopped onions, tomatoes and olives. Cover with shredded cheese. Serve chilled or at room temperature with round tortilla chips.

BAJA ROLLS

Sandy Diaz

- 1 (15-oz.) can chili with beans
- 5-6 (10-inch) flour tortillas
- 1 (8-oz.) pkg. cream cheese, whipped
- $\frac{1}{4}$ c. canned, chopped jalapeño peppers
- $\frac{1}{2}$ c. fresh seeded, chopped tomatoes
- $\frac{1}{4}$ c. Blend $\frac{1}{2}$ cheddar and $\frac{1}{2}$ Jack cheese, shredded
- 1 (10-oz.) pkg. prewashed spinach, fresh
- $\frac{1}{2}$ sliced avocado, per tortilla

Blend cream cheese and jalapeños in small bowl. Spread 1 tortilla with cream cheese blend; top with layer of spinach. Spread 3 tablespoons of chili across middle of tortilla. Top with cheese, tomatoes and avocado. Roll up jellyroll-style; insert toothpicks to hold. Slice into serving-size pieces. Serve with salsa. Serves 5-6.

NUTTY BLUE CHEESE ROLLS

Ruth Mangiaracina

- $\frac{2}{3}$ c. finely chopped walnuts
- $\frac{1}{3}$ c. crumbled blue cheese
- 1 T. finely chopped parsley
- $\frac{1}{4}$ tsp. pepper
- $\frac{1}{2}$ (15-oz.) pkg. folded refrigerated pie crust (1 crust)
- 1 T. milk
- 2 tsp. grated Parmesan cheese
- Finely chopped parsley

Filling: In a medium bowl, stir together walnuts, blue cheese, 1 tablespoon parsley and pepper. On

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Appetizers & Beverages

a lightly floured surface, unfold pie crust according to package directions. Spread filling evenly over the crust. Cut the pastry circle into 12 wedges. Starting at wide ends, loosely roll up wedges. Place rolls, tip side down, on a greased baking sheet. Cover and chill for up to 24 hours, if desired. Before baking, brush rolls lightly with milk. Sprinkle with Parmesan cheese and additional parsley. Bake in a 425° oven for about 15 minutes or until golden. Cool on a wire rack. Serve warm. Makes 12.

SUNDAY EGGS

"The Committee"

- 1 doz. hard-boiled eggs**
- ½ tsp. salt**
- ¼ tsp. pepper**
- ½ c. mayonnaise**
- 1 T. Worcestershire sauce**
- 1 tsp. mustard with horseradish**
- 1 c. cream of chicken soup**
- 1½ c. water**
- ½ c. milk**
- ½ c. grated cheese**

Cut eggs in half lengthwise. Remove yolk. Mash yolks with first 5 ingredients. Refill whites. Put egg halves in a baking dish. Pour mixture of soup, water and milk around eggs. Sprinkle on grated cheese. Bake for 25-30 minutes in 350° oven until bubbly and slightly brown. Eggs may be stuffed ahead of time and refrigerated. Makes 8-10 servings.

TACO APPETIZER

Twila Erlewine

- 1 lg. can refried beans**
- 1 sm. can Ortega chiles**
- 2 tomatoes, diced**
- 8 oz. cream cheese, softened**
- ½ med. onion, diced**
- 1 c. shredded lettuce**
- 1 c. grated cheddar cheese**

On large plate, place as follows: refried beans, cream cheese, Ortega chiles, diced onions, diced tomatoes and shredded lettuce. Top with grated cheddar cheese. Serve 24.

DEVILED CRAB RAMEKINS

Libby Gray

- 10 oz. crab meat**
- 2 hard-boiled eggs**
- 3 T. melted margarine**
- ¼ tsp. salt**
- ⅛ tsp. mustard**
- 2 T. vinegar**
- 1 dash cayenne pepper**
- 2 egg whites**
- ½ c. bread crumbs**

Drain crab, fresh or canned, and pick out any cartilage. Chop hard-boiled egg whites. Mash yolks and mix yolks with margarine, ¼ cup boiling water, salt, mustard, vinegar and cayenne pepper; mix well. Then stir in chopped whites and crab. Beat egg whites until stiff and fold into crab mix. Place into 4 small greased ramekins and sprinkle with crumbs. Bake in 350° oven until firm. Serves 4.

Appetizers & Beverages

RUSSIAN TEA

Mary Loucks

- 2 c. sugar**
- 8 c. water**
- 1 T. whole cloves**
- 1 T. allspice**

Boil together for 10 minutes then add juice of 1 orange and 1 lemon.

- 8 c. strong tea**
- 3 oranges**
- 1 lemon**

Add tea to syrup and juices. Strain with cheesecloth.

KAHLUA

Nancy Walters

- 2½ c. distilled water**
- 3¾ c. sugar**
- 6 T. instant coffee**
- 2 tsp. vanilla (or 1 vanilla bean cut up)**
- 1 (750 ml.) bottle vodka**
- 2 tsp. glycerin**

Boil sugar in 2 cups of distilled water until dissolved. Add instant coffee and ½ cup distilled water. Remove from heat. Add vanilla, vodka and glycerin. Let age until taste test says it's ready!

EGGNOG

Nancy Walters

- 2 qt. eggnog mix**
- 1 qt. vanilla ice cream, broken up**
- 1 c. whiskey (opt.)**
- ⅓ c. rum (opt.)**
- Nutmeg**

Have everything, including whiskey, chilled. Even punch bowl should be very cold. If using liquors, blend with eggnog mix in punch bowl. Ice cream should be broken into approximately tablespoon-sized bites. Then add to eggnog mix. Sprinkle with nutmeg. Serves 20.

FRUIT (SLUSH) PUNCH

*Helen Cardinal**

- 4 c. sugar**
- 8 c. water**
- 2 (46-oz.) cans pineapple**
- 1 (8-oz.) can frozen juice**
- ½ c. lemon juice**
- 4 or 5 lg. bananas, very ripe**

Bring to boil sugar and water; cool. Add pineapple, frozen juice, lemon juice and bananas; put in blender with a little juice and blend. Mix well and freeze in ½-gallon container (milk cartons work well). One container of base and 2 large bottles of ginger ale make 1 punch bowl. When ready to serve, remove frozen base at least ½ hour before ready to mix. Put 1 container of base in punch bowl and break up with ice pick to make slush. Add 1 bottle of ginger ale and stir, then add second bottle and mix well.

Appetizers & Beverages

CHEESE PUFFS

*Edythe Williams**

- 2 c. grated cheese**
- 1/2 c. soft butter**
- 1 c. sifted flour**
- 1 tsp. paprika**
- 48 stuffed olives**

Mix ingredients; wrap around olives and freeze. When ready to use, bake 15 minutes at 400°. Use very sharp Cheddar cheese.

BAKED ASPARAGUS WITH TOASTED WALNUTS

Marlene Sorosky

- 2-3 lbs. asparagus**
- Salt and freshly ground pepper**
- 1 tsp. nondairy or reg. butter, cut into sm. pieces**
- 3 T. walnut or olive oil**
- 1 1/2 T. lemon juice**
- 4 T. finely chopped walnuts (toasted)**

Preheat oven to 300°. Prepare asparagus (break off woody stems and peel stems if they are thick). Place in a greased 9 x 13-inch glass baking dish, sprinkle lightly with salt and pepper, dot with butter. Cover with foil and bake for 30-35 minutes.

To make topping: In small bowl whisk together oil, lemon juice, salt and pepper. Spoon topping over asparagus and sprinkle with walnuts.

MANGO SALSA

Sherry Loomis

- 1 lb. mango chunks**
- 1 med. can crushed pineapple (juice too)**
- 4-5 chopped green onions**
- 1 sm. can chopped green chilies**
- 1/2 bunch chopped cilantro**
- 1 clove pressed garlic**
- 1 T. ground coriander**
- Juice of 1 or 2 limes**

Mix all ingredients and let stand for several hours or overnight. Salsa will keep in the refrigerator for several days. It may also be frozen for longer storage.

Appetizers & Beverages

Recipe Favorites

Soups & Salads

ARTICHOKE SALAD

*Norma Harloe
Susan Murray*

- 1 (6-to 7-oz.) pkg. chicken-flavored rice**
- 2 green onions, sliced thin**
- ½ green pepper, minced**
- 8 pimento-stuffed olives, sliced**
- 2 (6-oz.) jars marinated artichoke hearts**
- ¼ tsp. curry**
- ⅓ c. mayonnaise**

Cook rice as on package (omit butter). Cool. Add next 3 ingredients. Drain artichokes and reserve marinade. Combine marinade with curry and mayonnaise. Add artichoke and mayonnaise mixture to rice and refrigerate. Even better if made a day ahead.

LEMON-OREGANO COUSCOUS SALAD

Emma Vincent

- 1 pkg. couscous, cooked as directed**
- 1 sm. red onion, thinly sliced**
- ¼ c. green olives, sliced**
- ¼ c. pitted black olives, sliced**
- ½ c. feta cheese**
- ⅓ can golden raisins or plain seedless**
- ⅓ c. pine nuts, toasted**
- ¼ c. lemon juice**
- ¼ c. extra virgin olive oil**
- 1 T. dried oregano or 2 T. fresh oregano**
- 1 T. minced garlic, can use more**
- Salt to taste**
- Pepper to taste**
- Strips lemon peel (opt.)**

Dressing: Combine lemon juice, olive oil, oregano, garlic, salt and pepper. Whisk together, cover and set aside. **Salad:** Prepare couscous according to package. Add red onions and cook with couscous. After you've let couscous stand for 5 minutes and fluffed with a fork, transfer couscous to a large bowl and gently add the olives, raisins, pine nuts and feta cheese. Stir in dressing and toss. Garnish with the lemon peel strips, if desired. Serves 8. Total preparation and cooking time: 30 minutes.

Soups & Salads

FRUIT SALAD DRESSING

*LaDelle Russell**

- 1/2 c. sugar**
- 1 tsp. dry mustard**
- 1 tsp. salt**
- 1/4 onion, grated**
- 1/3 c. vinegar**
- 1 c. oil**
- 1 tsp. celery seed**

Blend oil and vinegar alternately into dry ingredients. Add celery seed after well beaten. Serve over fruit or Wits End Salad.

Wits End Salad:

- 3 med. oranges, cut up**
- 1 sm. onion or 6 green onions, sliced thin**

Also very good on avocado and grapefruit salad.

CARIBBEAN CRAB SALAD

Phyllis Callen

- 2 (6-0 or 8-oz.) pkgs. Crab Delight, flake style**
- 1/4 c. mayonnaise**
- 2 T. chopped cilantro**
- 2 oranges, peeled and sectioned**
OR 1 (16-oz.) can mandarin oranges
- Lettuce leaves**
- Cayenne pepper**
- 1 T. lime juice**

Combine crab, mayonnaise, cilantro, lime juice and pepper to taste. Arrange lettuce on plates with oranges, top with crab mix. Serves 4.

CUCUMBER SALAD

Marilyn Dwight

- 5 lg. cucumbers**
- 1/4 c. minced green or red onion**
- 1 c. sour cream**
- 2 T. red vinegar**
- 1 tsp. seasoned salt**
- 1/2 tsp. pepper**
- 1 tsp. dried dill weed**
- 1/4 tsp. Mrs. Dash or other multi spice seasoning of your choice**

Peel and quarter cucumbers lengthwise. Remove most of seeds. Cut in 1/2-inch chunks, put in bowl. Mix in separate bowl all other ingredients (sour cream, vinegar, onion and spices) to make a dressing. Let set for a while to blend flavors. Pour over cucumbers covering all chunks. A half teaspoon of honey or corn syrup in dressing is also good, if you want to try a slightly different taste.

BROCCOLI SALAD

Sandy Diaz

- 1 med. head broccoli**
- 8 strips bacon, cooked and crumbled**
- 1/2 c. golden raisins**
- 1/4 c. sunflower seeds**
- 1/4 c. onion**
- 1 c. mayonnaise**
- 2 T. sugar**
- 2 T. rice vinegar**

Rinse and drain broccoli. Cut broccoli into small bite-size pieces. Combine broccoli, crushed bacon, raisins, sunflower seeds and onion. Set aside. Combine mayonnaise,

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Soups & Salads

sugar and rice vinegar. Then add to broccoli. Stir, refrigerate and serve.

BROCCOLI SALAD

Debbie Bennett

- 4 c. chopped broccoli with stems**
- 1 bunch chopped green onions**
- 1/2 c. golden raisins**
- 1/2 c. toasted, slivered almonds**
(toast at 350° for 2-3 minutes)
- 5-6 slices crisp bacon, crumbled**
- 2 c. sliced mushrooms (opt.)**

Dressing:

- 1 c. mayonnaise**
- 1/4 c. sugar**

Place all ingredients into large bowl. Toss with dressing before serving (can do 2X , 3X etc.).

BROCCOLI COLESLAW

Kristen Reeves

- 1 (12-oz.) pkg. broccoli coleslaw mix**
- 1 bunch green onions, chopped**
- 2 pkgs. chicken-flavor Ramen noodles, crushed**
- 1 c. sunflower seeds**
- 1/2 c. slivered toasted almonds**
- Parmesan cheese**

Dressing:

- 1/3 c. balsamic vinegar**
- 1 c. oil**
- 1/2 c. sugar**
- 2 pkgs. chicken seasoning from Ramen noodles pkgs.**

Mix together salad ingredients. In separate bowl, mix dressing ingredients together. Pour dressing over

(continued)

salad and toss. Refrigerate. Sprinkle with Parmesan cheese before serving.

BROCCOLI-"PICNIC"

*LaDelle Russell**

- 1 bunch broccoli, cut into bite-size pieces (no stems)**
- 4 hard-cooked eggs**
- 3-4 green onions, diced**
- 1/2 sm. jar green stuffed olives, halved**
- 2 T. real bacon, cooked, chopped (3-4 slices)**
- 1 sm. jar pimentos**
- Sliced almonds (opt.)**

Dressing:

- 1/2 c. lite mayonnaise**
- 1/4 tsp. mustard**
- 2 T. sweet pickle relish**

Prepare all ingredients and mix in glass or plastic covered bowl. Serves 6-8. Good picnic salad, keeps well in refrigerator.

Soups & Salads

MARIETTA'S SAUERKRAUT SALAD

Marietta Allen

- 1 (No. 2½) can sauerkraut, well drained**
- ½ c. catsup**
- ½ c. chili sauce**
- 1 green bell pepper, chopped fine**
- ½ c. celery, chopped fine**
- 1 red onion, chopped**
- ½ c. sugar**
- 1 lemon, juiced**

Mix all ingredients well and chill in refrigerator until served. Keeps up to 2 weeks in refrigerator.

OVEN CHICKEN SALAD

*Helen Cardinal**

- 2 c. diced, cooked chicken**
- 1½ c. chopped celery**
- ¼ c. toasted, sliced almonds**
- 2 tsp. finely chopped onion**
- ¼ c. chopped pimento**
- ½ tsp. grated lemon rind**
- 1 c. grated sharp cheese**
- 2 T. sherry**
- ½ tsp. poultry seasoning**
- ¼ c. milk**
- 1 c. mayonnaise**
- 1 c. Chinese fried noodles**

Combine chicken, celery, almonds, onion, pimento and lemon rind. Add grated cheese, sherry, poultry seasoning and milk to mayonnaise. Blend mayonnaise mixture into chicken mixture thoroughly. Place salad in 4-6 individual baking dishes or baking dish. Top with Chinese noodles. Bake at 350° for 25 minutes. Serves 4-6.

CHICKEN & BERRY

Dorine Bolterman

- 6 c. romaine lettuce**
- 2 c. shredded, cooked chicken breast**
- ½ pt. fresh raspberries**
- 1 c. sugar snap peas, cut in half**
- ¼ c. pecan halves, toasted**
- ¼ c. red onion, sliced thinly in wedges**

Combine lettuce, chicken breast, berries, peas, pecans, onion and toss lightly with tongs.

Citrus Vinaigrette:

- ¼ c. frozen orange juice, thawed**
- 2 T. vegetable oil**
- 1 T. white wine vinegar**
- ½ tsp. Dijon mustard**

Mix all well. Add vinaigrette to salad just before serving and toss well. Yield: 4 servings.

BOMBAY CHICKEN SALAD

Dorothy Good

- 2 c. cooked chicken, cut in 1-inch cubes**
- 4 oz. diced water chestnuts or jicama**
- ½ c. diced celery**
- ½ lb. seedless green grapes**
- ½ c. sour cream**
- ⅓ c. mayonnaise**
- 2 tsp. curry powder**
- 1 tsp. lemon juice**
- 1 tsp. soy sauce**

Combine chicken, chestnuts and celery. Blend together sour cream, mayonnaise, curry powder, lemon juice and soy sauce. Pour over

(continued)

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chicken mixture; add grapes and stir well. Chill for several hours.

HOT PASTA SALAD

Barbara Wolcott

4 to 5 boneless, skinless chicken breasts
2 eggs, beaten
Bread crumbs
Pasta, any kind
1 lg. red pepper
1 med. onion
1 frozen pkg. petite peas
1 bottle Good Seasons Zesty Italian dressing

Dip chicken into egg. Coat with crumbs and bake in a 375° oven for 45-50 minutes. Cook pasta and drain. Chop red pepper and onion (bite size) and place in separate bowl. Heat peas. Prepared chicken should be chopped into bite-size pieces. Mix all in bowl and cover with dressing. any pasta, veggies, thin sliced meat are complimentary. Also cheese is a great addition.

MACARONI

Dorine Bolterman

1 lb. sm. elbow macaroni, cooked and drained
½ c. marinara sauce (Contadina pizza is good)
½ c. sweet pickle relish
1½ c. celery, chopped
2 T. wine vinegar
1 sm. can sliced black olives
1 sm. onion, chopped
1 c. mayonnaise
1 T. chili powder
Salt and pepper to taste

Cook and drain macaroni in cold water. Mix marinara sauce, pickle relish, celery, chili powder, vinegar, olives and add to macaroni. Mix mayonnaise with onion and add to macaroni just before serving. Taste for seasoning. Add more vinegar or salt and pepper if needed. Serves 10-12.

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MACARONI - SPICY

Carol Wilcock

1 lb. cooked and cooled macaroni
1 tsp. horseradish
½ tsp. dried mustard
1 clove minced garlic
¼ tsp. cayenne pepper
1 c. diced celery
1 sm. can chopped olives (10-12 green olives, opt.)
6 hard-boiled eggs, diced
4 green onions, sliced, tops included
1 red bell pepper, diced
Parsley (cilantro)
1 c. Trader Joe's no egg mayonnaise
Parmesan cheese

In a large bowl, place cooled macaroni. Mix mayonnaise, horseradish, mustard, garlic, cayenne pepper together. Add to macaroni, diced celery, olives, green onions, bell pepper and eggs; mix well. Add mayonnaise mixture and mix well. Add parsley, Parmesan cheese, salt and peppers to taste. **Optional:** Sweet or dill pickle juice.

MARINATED VEGETABLE SALAD

*Maud Loomis**

1 can French-style string beans
1 can white whole kernel corn
1 can Le Sueur baby peas
1 sm. jar pimentos
1 c. celery
1 c. bell pepper
1 c. red onion
1 tsp. salt
¾-1 c. sugar
¾ c. white vinegar
½ c. oil

Drain beans, corn, peas and pimentos very well. Chop celery, pepper and onion very fine. Mix well salt, sugar, vinegar and oil. Combine all the above and refrigerate at least overnight, the longer the better.

STRAWBERRY/LETTUCE SALAD

Betty Tuft

Lettuce leaves to serve 4
(romaine, butter, red leaf or a mix of all 3)
1 pt. fresh strawberries, halved
1 sm. red onion, sliced, separated into rings
Thinly sliced almonds to taste

Arrange lettuce on 4 salad plates. Arrange berries and onion rings equally divided on lettuce. Sprinkle almonds over all. Dress with Poppy Seed salad dressing.

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Poppy Seed Salad Dressing:

- 1/3 c. vegetable oil**
- 3 T. cider vinegar**
- 2 T. water**
- 1 1/2 T. honey**
- 1 T. poppy seeds**
- 1/2 tsp. salt**
- 1/2 tsp. paprika**
- 1/4 tsp. pepper**

In electric blender, combine oil, vinegar, water, honey, poppy seeds, salt, paprika and pepper; whirl until thoroughly mixed. Set aside.

SPINACH SALAD

*Maud Loomis**

- 1 lb. (2 bunches) fresh spinach**
- 1 can bean sprouts, drained (fresh is better, 1 pkg.)**
- 1 can sliced water chestnuts**
- 2 hard-cooked eggs, chopped**
- 6-8 slices bacon, cut very sm. fried crisp and dried on paper towel**
- 1 or 2 T. grated Romano cheese**
- 1 tsp. Lawry's seasoning salt**

Break spinach in small pieces. Do not use stems. Mix all together and use the following dressing.

Dressing:

- 1 c. oil (I use 3/4 c. peanut oil and 1/4 c. olive oil)**
- 1/4 c. catsup**
- 1/3 c. sugar**
- 1 med. onion, grated fine**
- Salt and pepper**

This amount of dressing will make enough for 3 salads. Keeps well.

ORANGE WEDGES WITH ROMAINE

Carol Wilcock

- Romaine lettuce, torn in pieces**
- 2 lg. oranges**
- 1 lg. avocado**
- 1/2 red onion, thinly sliced**

Tear lettuce in wooden or glass salad bowl. Slice oranges in wedges. Slice avocado on top. Add thin slices of red onion, broken in rings. Dress with your favorite citrus salad dressing, i.e., Fruit Poppy Seed dressing or Chinese salad dressing.

HAND-ME-UP SALAD

Jane Martin

- 1 c. walnut halves**
- 1 (5-oz.) bag spring mix salad**
- 1 (5-oz.) bag chopped romaine**
- 2 heads Belgian endive**
- 2 Fuji apples**
- 1/2 (8-oz.) pkg. dried cranberries**
- 1/2 (8-oz.) pkg. feta cheese**

Spread nuts on baking sheet, toast at 350° until lightly browned, 10-15 minutes. Wash and dry greens. Tear into large bowl. Cut unpeeled apples into bite-sized pieces. Add to bowl with berries and nuts. Crumble cheese and spread over top. Toss with 1/2 cup of Good Seasons Italian dressing. Serves 8-10.

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HOLIDAY VEGETABLE SALAD

Gene E. McLean

2 c. cauliflower, sliced
1/2 c. red onion, sliced
1/3 c. sliced stuffed olives
1/3 c. blue cheese
1/4 c. green pepper strips
2 T. pickle relish
5 T. salad oil
3 T. rice wine vinegar
1/4 tsp. dry mustard
1/2 tsp. basil
1/2 tsp. salt
1/8 tsp. pepper

Pour dressing over salad ingredients. Allow blending. Will keep several days in refrigerator.

COLESLAW

Jim Good

2 eggs
1 c. sugar
1 c. vinegar
1 scant T. butter
1 tsp. salt
3 c. finely shredded cabbage
Dash pepper

Bring vinegar and sugar to a boil. Pour over eggs beaten lightly. Remove and add salt and pepper; let it boil until creamy. Pour either hot or cold over cabbage. Let set several hours or overnight before serving.

COLESLAW THAT KEEPS

Terry Grant

3 to 4 c. shredded cabbage (3/4 lb.)
1 to 2 T. chopped onion
1/3 c. sugar
1/3 c. white vinegar
1/4 c. cooking oil
1 tsp. celery seed
1/2 tsp. salt
1/4 tsp. dry mustard

Combine cabbage and onion in bowl; set aside. Combine sugar, vinegar, oil, celery seed, salt and dry mustard in 2-cup glass measure. Microwave on high, uncovered, 1 1/2 to 2 minutes or until mixture boils and sugar is dissolved, stirring once. Pour over cabbage; mix lightly. Cover tightly and refrigerate at least overnight. Store salad in refrigerator for up to 2 weeks. Makes about 4 servings, 200 calories each.

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COUSCOUS SALAD

Dorothy Good

- 1/2 c. couscous
- 3 green onions
- 1/2 red pepper
- 1 c. peas, frozen and thawed
- 3/4 c. boiling water
- 1/2 green pepper
- 1/2 c. raisins
- 1/2 c. chopped cashews

Dressing:

- 1/4 c. oil
- 2 T. lemon juice
- 1/2 tsp. ground cumin
- 1/2 tsp. curry powder
- 1 lg. clove garlic, crushed
- 1/4 c. mint, fresh and chopped
- Salt and pepper to taste

Stir couscous into water; simmer until water is absorbed. Cool and separate grains with a fork. Add sliced onions, diced peppers, thawed peas, raisins and chopped cashews. **Dressing:** Combine oil, lemon juice, spices, salt and pepper, garlic and mint. Pour over salad, mixing well. Refrigerate.

STUFFED HEAD LETTUCE

*Edythe Williams**

- 1 lg. head firm lettuce
- 12 oz. cream cheese
- 1 heaping T. chopped green pepper
- 1/3 c. drained, crushed pineapple
- 1 sm. jar pimentos
- 1/4 c. pecans, chopped
- Enough triple sec to soften cheese

Allow cheese to soften at room temperature. Wash and drain lettuce; dry, removing core. Remove outer leaves and entire heart. Mix all other ingredients into cream cheese. Pack tightly into lettuce cavity. Wrap into paper towel and foil. Chill overnight. Cut into wedges. May be served with dressing.

CORN SALAD WITH LIME DRESSING

Betty Tuft

- 2 c. fresh corn kernels
- 1/3 c. sliced olives
- 1/4 c. chopped green bell pepper
- 1/4 c. plum tomato, diced
- 1/2 lg. avocado, coarsely chopped
- 1/4 c. chopped radishes
- 1 T. chopped fresh garlic chives or ordinary chives

Lime Dressing:

- 3 T. canola oil
- 1/2 tsp. grated lime rind
- 2 T. fresh lime juice
- 1/4 tsp. kosher salt
- Freshly ground black pepper

Combine corn, olives, bell pepper, tomatoes, avocado, radishes and

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chives in a medium bowl. Toss with dressing. Serve at room temperature or chilled. **Dressing:** Combine oil, lime rind, lime juice, salt and pepper in a small tightly lidded jar. Shake well. The dressing will keep for up to 1 week while refrigerated.

GAZPACHO ASPIC

Jan Potter

- 4 env. unflavored gelatin
- 1 (24-oz.) can V8 juice
- 1 (10½-oz.) can undiluted chicken broth
- 1 clove minced garlic
- 1 (24-oz.) ctn. fresh mild salsa
- ¾ c. each: chopped celery and green pepper, blanched and drained
- ¾ tsp. herbs de provence
- ½ c. water
- 4 ripe avocados, cubed
- 2 lg. dashes white wine and Worcestershire sauce

Soften gelatin in an unheated mixture of ½ cup water and ½ cup chicken broth. Heat V8 juice, chicken broth, garlic and herbs to a boil. Add softened gelatin, stirring to dissolve. Cool to "egg white" consistency. Add salsa, blanched celery and pepper and cubed avocado. Pour into Pam-sprayed mold and chill until firm. Serve with guacamole dressing. Serves 10 to 12.

GUACAMOLE DRESSING FOR GAZPACHO ASPIC

Jan Potter

- 1 (16-oz.) ctn. guacamole dip
- 1 c. sour cream
- ¼ pkg. onion soup mix
- ½ tsp. Worcestershire sauce

Blend all ingredients together. Chill several hours. Serve with Gazpacho Aspic. Can also be served as a dip with chips.

ASPIC-SNAPPE-TOM

Molly Bangle

- 1 (3-oz.) pkg. lemon Jello
- ½ c. green pepper, chopped*
- ½ c. celery, chopped*
- ½ c. green olives, cut up*
- ½ c. bay shrimp, cooked (opt.)
- 2 c. Snappy Tom

*Use one or all of these. Heat 1 cup Snappy Tom and dissolve Jello in it. Add rest of Snappy Tom (1 cup) and mix with chosen ingredients. Let set and chill in refrigerator. Serve with a dollop of mayonnaise on fresh lettuce leaves.

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CRANBERRY SALAD

Tilli De Bruyn

- 2 pkgs. raspberry Jello
- 1 c. hot water
- 1 can whole cranberry sauce
- 1 can crushed pineapple
- 1/2 c. apple cider
- 1 c. nuts, cut
- 1 pt. sour cream
- 1 lg. pkg. cream cheese

Mix Jello in hot water. Stir well and cool. Add cranberry sauce, pineapple, apple cider and nuts. Chill until firm. Mix sour cream and cheese together. Spread on top. Let stand at least 1 hour.

JELLO-CARROT RELISH CUPS

*Myrtle Mathews**

- 1 (3-oz.) pkg. orange gelatin
- 1/2 c. sugar
- 1 1/2 c. boiling water
- 1 (8-oz.) pkg. cream cheese, softened
- 1 c. chopped, unpeeled apples
- 1/2 c. orange juice
- 1/2 tsp. shredded lemon peel
- 2 T. lemon juice
- 1 c. shredded carrots

Dissolve gelatin and sugar in boiling water. Add cream cheese and beat smooth with electric or rotary beater. Stir in orange juice, lemon peel and lemon juice. Chill until partially set. Add carrots and apples. Chill until firm.

TENNESSEE PRETZEL SALAD

Arlene Fuller

- 2 c. lightly crushed pretzels
- 1 1/4 c. sugar
- 1 1/4 sticks margarine, melted
- 1 (8-oz.) pkg. cream cheese, softened
- 8 oz. Cool Whip
- 1 (6-oz.) strawberry Jello
- 2 c. pineapple juice
- 2 pkgs. frozen berries (raspberries or blackberries)

In bowl combine crushed pretzels, 1/4 cup sugar and melted margarine. Spread over bottom of 9 x 13-inch baking pan sprayed with nonstick spray. Bake at 350° for 10 minutes; cool. Beat cream cheese, 1 cup sugar and Cool Whip until smooth. Spread over cooled pretzels. In mixing bowl, dissolve Jello in boiling pineapple juice. Add frozen berries, mix and let stand for about 5 minutes, Jello will thicken. Pour over layers. Chill until firm.

FROZEN CREAM CHEESE FRUIT SALAD

Pat Wardell

- 1/2 c. powdered sugar
- 1 pt. heavy cream, whipped
- 6 oz. cream cheese, softened
- 6 T. mayonnaise
- 1 1/2 c. canned Bing cherries, halved
- 1 1/2 c. chopped canned pears
- 1 c. chopped pecans

Mix sugar with whipped cream. Add mashed cheese to mayonnaise.

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Blend with cream. Add cherries, pears and pecans. Pour into 5 x 9-inch loaf pan. Freeze. Remove from freeze for 20 minutes before serving for easier cutting into slices. Serve on lettuce leaf, with mayonnaise, if desired.

CINNAMON SWIRL SALAD

*LaDelle Russell**

- 1 (6-oz.) pkg. lemon Jello**
- ½ c. red cinnamon candies**
- 3 c. boiling water**
- 2 c. applesauce**
- 1 T. lemon juice**
- ¼ c. milk**
- 2 (3-oz.) pkgs. cream cheese, softened**
- 2 T. mayonnaise**
- Salt**
- 1 jar cinnamon apple rings (opt.)**

Dissolve Jello and candies in boiling water. Stir until candies are dissolved. Stir in applesauce, lemon juice and pinch of salt. Turn into 9 x 13-inch pan or large mold. Beat together cream cheese, milk and mayonnaise. Spoon on top of Jello. Swirl through with table knife or spoon. Chill 4 hours or overnight. Serves 6-8.

PEACH JELLO SALAD

Dorine Bolterman

- 1 (6-oz.) peach flavor Jello**
- 2¼ c. hot water**
- ⅓ c. lemon juice**
- 1 can condensed milk**
- 1 tsp. vanilla**
- 1 (8-oz.) ctn. Cool Whip**

Mix Jello and water; cool mixture, then whip lemon juice, condensed milk, vanilla and Cool Whip into cooled Jello mixture. Put in 7 x 11-inch Pyrex dish and put in refrigerator overnight.

SPARKLING GRAPE JELLO

Phyllis Callen

- 1½ c. boiling water**
- 1 lg. sparkling grape Jello**
- 2 c. cold club soda**
- ½ c. seedless grapes, sliced in half**
- 1 (15-oz.) can chunk pineapple**
- 1 (11-oz.) can mandarin oranges**
- ½ c. dried cranberries**
- ½ c. diced celery**

Dissolve Jello in boiling water. Refrigerate 15 minutes. Stir in club soda. Refrigerate 30 minutes until slightly thick. Gently stir fruit and celery into Jello; refrigerate.

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MAMA'S BLUE CHEESE- GARLIC DRESSING

Carol Wilcock

- 1 lg. clove garlic**
- 1½ T. salt**
- 1 fresh lemon**
- 1½ c. olive oil or safflower oil
(half and half)**
- 1 wedge blue cheese or ½ c.
crumbles**

In a wooden salad bowl rub garlic into bottom and sides. In small mixing bowl, press garlic and salt together to mince all the garlic. Add juice of 1 lemon and blue cheese. Slowly add olive oil and whip well. Pour into jar to set for at least 2 hours. Use to dress romaine or favorite salad greens.

TRANSPARENT DRESSING

Lois Balent

- ⅝ c. sugar**
- 1 tsp. dry mustard**
- 1 tsp. salt**
- ⅓ c. vinegar**
- 1 c. Wesson oil**
- 1 T. celery seed**
- Onion juice to taste or 2 green
onions**

Beat together and add 1 cup Wesson oil slowly and beat hard until very thick. Add 1 tablespoon celery seed and onion juice to taste or cut in, very fine, 2 green onions.

MOTHER'S HEALTH DRESSING

*Jim Scrivani**

- 1 med. lemon**
- ½ c. raisins**
- 1 ripe avocado**
- 1 c. plain yogurt**
- 2 tsp. dill weed**

Squeeze juice of lemon over raisins. Mash avocado and mix with yogurt. Combine lemoned raisins and avocado/yogurt. Add dill weed and mix thoroughly. Refrigerate. Serve over escarole and fresh sliced mushrooms.

PEA AND NUT SALAD

Marilyn Nelson

- 2 c. frozen peas**
- 2 c. chopped celery**
- ½ c. chopped onion**
- 8 to 12 oz. Spanish peanuts OR 8
to 12 oz. cashew halves**
- 4 oz. sour cream**
- 4 oz. Ranch-type dressing**

Chop or dice and measure celery and onions. Refrigerate. Mix dressing and sour cream. Set aside. Just before serving, mix all ingredients together with peas just out of the freezer. Serve immediately.

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CRAB-SPAGHETTI SALAD

Laurie Vierheilig

2 c. cooked spaghetti
1 c. imitation crab, chopped
 $\frac{3}{4}$ c. carrot, shredded
 $\frac{3}{4}$ c. frozen peas, thawed
 $\frac{1}{3}$ c. green onions, diced
3 hard-boiled egg, diced
2 T. mayonnaise
1 T. oil
Salt to taste
Pepper to taste
Garlic powder to taste

Combine everything: cooked spaghetti, chopped crab, shredded carrot, thawed peas, diced green onions, diced eggs, mayonnaise, oil, salt, pepper and garlic powder; mix well.

SPAGHETTI SALAD

Kay Losier

1 lb. cooked spaghetti
1 cucumber, chopped
 $\frac{1}{2}$ bell pepper, chopped
 $\frac{1}{2}$ red onion, chopped
1 (8-oz.) bottle Kraft Zesty Italian dressing
 $\frac{3}{4}$ bottle Schilling Salad Supreme

Mix and marinate overnight. Just before serving, add 2 large tomatoes, chopped.

SAUERKRAUT SALAD

Sandra Bell

1 (No. 2 $\frac{1}{2}$) can sauerkraut, drained
1 (No. 2) can bean sprouts, drained
1 c. chopped celery
1 c. sm. onion, chopped
1 tsp. celery seed
 $1\frac{1}{4}$ c. sugar
 $\frac{1}{2}$ c. salad oil
 $\frac{1}{2}$ c. vinegar

Mix together well-drained sauerkraut and bean sprouts with chopped celery, onion and celery seed in a large bowl. Heat in a small pan: sugar, oil and vinegar to medium heat (do not boil). Remove from stove and let cool. When cool, pour over sauerkraut mixture and let stand in refrigerator for several days then serve after flavors have blended. This salad will keep for several weeks.

EGGPLANT SALAD

Mary McHugh

1 lg. eggplant
1 clove garlic, mashed
1 med. onion, chopped
1 T. parsley, chopped
1 lg. tomato, peeled and chopped
1 tsp. marjoram
1 tsp. fines herbes
Olive oil
Tomato wedges
Greek olives (opt.)

Pierce eggplant with fork. Bake at 350° for 1 hour. Peel and chop. Add garlic, onion, chopped tomato, parsley, herbes and enough oil to

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moisten. Mix well; chill. Garnish with olives and tomato wedges. Serve as dip. (Pita bread makes good "dipper".) May be served as side dish for fish or roast lamb.

CLAM CHOWDER

Brian L. Petersen

**6 or more clams, chopped fine,
save liquid**
1/4 lb. bacon or salt pork, diced
2 med. onions
2 1/2 c. raw potatoes, diced
1/2 c. celery, diced
1/2 tsp. salt
1/4 tsp. white pepper
2 c. boiling water
1 qt. milk
2 T. butter

Cook pork or bacon until crisp; add onions, sauté about 5 minutes. Add potatoes and celery with seasonings; add water, cover pan and simmer about 10 minutes. Add chopped clams, liquid, then milk and butter. Heat and thicken with cornstarch, if desired. Stir constantly, until creamy.

NEW ENGLAND CLAM CHOWDER

Donna Newman

4 lg. potatoes, peeled
14 oz. clams, canned
2 med. onions, chopped
3 c. water
1 c. half-and-half
Salt and pepper to taste
3 tsp. butter
2 T. cornstarch
Water as required

Cut up potatoes into 1-inch chunks and place in 4-quart kettle; fill with water until potatoes are covered over by the water. Place on medium-high heat. In a small saucepan, melt 3 teaspoons butter, add chopped onions and cook over medium heat until onions are beginning to soften. Add to potatoes in kettle. Cook potatoes until just tender. Salt and pepper to taste. Add clams, including juices. Simmer 5 minutes. Add 1 cup half-and-half. Simmer 5 minutes, stirring to prevent sticking. In small cup, add 2 tablespoons cornstarch and just enough water, about 2 teaspoons, to create a thickener. Stir in cornstarch mixture to thicken the chowder. If not thick enough, make more cornstarch mixture as before.

Note: Chowder will thicken as it cooks. Cook over low heat until desired thickness. Add more salt and pepper to taste.

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WATERCRESS SOUP

Mary L. Justice

- 1 bunch leeks (white part only)**
- 3 stalks celery**
- 1 onion, chopped**
- 4 bunches watercress, washed and sorted**
- 1 lb. russet potatoes, peeled and quartered**
- 4 T. butter**
- 2 pt. chicken broth**

In a heavy pot, sauté leeks, celery, onion and watercress in butter until wilted. Add potatoes and chicken broth. Cook on high heat to boil, turn down to simmer for 45 minutes to 1 hour. Bring to a boil on high, then cool. Run all through a blender until smooth. Reheat to serve.

CURRIED CARROT SOUP

Barbara Kafka

- 3 T. vegetable oil**
- 2 tsp. curry powder**
- 8 med. carrots, peeled and cut into thin slices**
- 4 med. ribs celery, peeled and cut into thin slices**
- 1 med. onion, coarsely chopped**
- 5 c. chicken broth**
- 1 T. fresh lemon juice**
- 2 tsp. kosher salt**
- Freshly ground pepper**

In a medium saucepan, cook the oil and curry powder over medium heat, stirring for 2 minutes. Stir in the carrots, celery and onion; toss to coat in oil. Cook, stirring frequently, for 10 minutes. Stir in the stock. Bring to a boil. Lower the heat and simmer for 10 minutes, or until

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all the vegetables are very tender. Allow to set for a minute and remove the grease from the top. In a blender, working in batches of no more than 2 cups (500 milliliters), purée the soup. Return to the pot and heat through. Season with the lemon juice, salt and pepper.

ROASTED ONION & GARLIC SOUP

Mary Loucks

- 3 lg. onions, unpeeled**
- 8 lg. garlic cloves, unpeeled**
- 2 tsp. plus 2 T. olive oil**
- 5 c. or more canned vegetable broth**
- 3 fresh thyme sprigs or 1½ tsp. dried**
- ¾ c. diced, peeled russet potato (about 4 oz.)**
- Croutons**

Preheat oven to 325°. Mix whole onions, garlic cloves and 2 teaspoons olive oil in baking pan. Roast until garlic and onions are tender, about 30 minutes or garlic and 1½ hours for onions. Cool. Squeeze garlic out of skin and mash. Peel onions and slice. Heat remaining 2 tablespoons olive oil in heavy large saucepan over medium heat. Add onions and sauté 15 minutes. Stir in garlic. Add 5 cups vegetable broth and simmer 15 minutes. Add diced potato and simmer until tender, about 15 minutes. Cool mixture slightly. Discard thyme sprigs. Purée soup in batches in processor. (Can be prepared 1 day ahead. Cover and refrigerate.) Return soup to saucepan. Bring to simmer, thin-

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ning with more broth, if desired. Season to taste with salt and pepper. Ladle soup in bowls, sprinkle croutons and serve. Makes 4 servings.

WONDERFUL CHOWDER

Theresa Ruda

- 1 med. chopped bell pepper
- 1 c. chopped green onion
- 1 clove garlic, crushed
- 1 T. butter
- 4 oz. diced green chilis
- 1 (4-oz.) jar diced pimentos
- 1 c. white corn
- 1 can cream-style corn
- 1½ c. milk
- 1 c. grated or mashed potato
- 1 c. cooked, diced turkey or chicken
- 2 c. broth

Sauté bell pepper, onion and garlic in butter. Add chilies, pimentos, white corn, cream-style corn, milk, broth and potato. Then add diced turkey or chicken. Simmer for 7 minutes.

COLD CUCUMBER SOUP

*Mary LaQuay Symons**

- 4 cucumbers, peeled and diced
- 2 c. half-and-half
- 1 (14½-oz.) can chicken broth
- 2 T. cornstarch
- Salt and pepper to taste

Combine broth and cornstarch. Bring to boil and cook until thickened. Blend cucumbers and half-and-half. Combine with broth mix-

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ture and season to taste. Chill several hours. Garnish with chopped green onions.

FIREFIGHTERS SOUP

Jan Potter

- 1½ lbs. lean ground beef, browned
- 2 (15½-oz.) cans spaghetti and meatballs
- 1 c. chopped onion
- 2 tsp. dried basil
- ¼ c. chopped parsley
- 2 c. chopped cabbage
- 1½ c. chopped celery
- 1½ c. chopped bell pepper
- 2 cloves minced garlic
- 1 (10-oz.) can red kidney beans
- 1 lg. bag frozen mixed vegetables
- 1 (8-oz.) can tomato sauce
- 1 (8-or 10-oz.) can spaghetti sauce
- 3 (10½-oz.) cans chicken broth
- ½ c. Burgundy wine
- 8 to 10 oz. broken, uncooked spaghetti

Seasonings:

- 2 bay leaves
- 1 tsp. salt
- 1 tsp. thyme
- ⅛ tsp. pepper
- ¼ tsp. cayenne pepper
- ½ tsp. Italian seasoning
- 1 pinch sugar
- 1 lg. dash Worcestershire sauce

Use very large kettle. Brown beef and add all ingredients. Bring to a boil, stirring frequently. Simmer, stirring often, for 1½ to 2 hours. Serves 8-10 generously.

Soups & Salads

THRIFT SHOP DAY SOUP

Jane Martin

- 6 c. chicken broth, canned**
- 1 lb. kielbasa sausage, diced**
- 1 lb. boiling potatoes, peeled, diced**
- 1 (5¼-oz.) can kidney beans, drained**
- 1 (14½-oz.) can diced tomatoes**
- ½ med. head green cabbage, coarsely chopped**
- 1 med. onion, chopped**
- 1 lg. carrot, diced**
- ½ bell pepper, diced**
- 3 garlic cloves, minced**

Combine all ingredients in large pot. Bring to boil; stir occasionally. Reduce heat, simmer until thick, stirring occasionally, about 2 hours. Season with pepper.

FRENCH ONION SOUP

Ruth Williams

- 2 c. sliced onions**
- 4 T. butter**
- 2 T. plus 2 tsp. beef flavor**
- ½ tsp. black pepper**
- 4 c. hot water**
- Toast rounds**
- Grated Parmesan cheese**

Sauté onions in butter, beef flavor base and black pepper; add hot water. Simmer 20 minutes. Top with toast rounds and cheese. Serves 4-6.

POTATO CHEESE SOUP

Jan Loomis

- 2 c. diced, peeled potato**
- 1 lg. onion, chopped**
- ½ c. chopped celery**
- 2½ tsp. salt**
- ¼ c. butter**
- ¼ c. flour**
- ¼ tsp. pepper**
- 2½ c. boiling water**
- ½ tsp. dry mustard**
- 1½ tsp. steak sauce**
- 2 c. milk**
- Few sprigs parsley, chopped**
- 1 (8-oz.) can stewed tomatoes**
- Dash dill weed**
- ½ lb. sharp cheddar cheese, grated**

Put potato, onion and celery and 1 teaspoon salt in kettle or Dutch oven with 2½ cups boiling water. Bring to boil, cover and simmer 15 minutes or until tender. Do not drain. Melt butter in pan and blend in flour and seasonings, add milk and cook until thick, stirring constantly. Add remaining ingredients and stir into potato mixture. Heat a few minutes. Makes about 1½ quarts. Can be doubled, also reheated.

Soups & Salads

TOMATO SOUP FLORENTINE

Peggy Shurtleff Barclay

- 1 lg. can crushed tomatoes
- 1 med. can V8 juice
- 1 can chicken broth
- 1 sm. can mushrooms
- 1 pkg. frozen spinach
- 2 onions, cut in chunks
- 3-4 cloves garlic, chopped or pressed
- 1 tsp. Mrs. Dash
- 1 tsp. basil
- 8 oz. curly noodles
- Monterey Jack cheese

Combine all ingredients and cook until done, about 1/2 to 1 hour. Serve over cheese in bowl.

BLACK BEAN AND SAUSAGE POSELE

Jane Fesler

- 1 (12-oz.) pkg. light ground turkey and sausage
- 2 (14 1/2-oz.) cans chicken broth
- 1 (15-oz.) can black beans
- 1 (14 1/2-oz.) can white hominy
- 1 (14 1/2-oz.) can Mexican-style stewed tomatoes
- 1 c. loosely packed, diced hash brown potatoes, frozen
- 1/2 c. green pepper, chopped
- 1/3 c. onion, chopped
- 1 clove garlic, minced
- 1/2 tsp. chili powder
- 1 tsp. dried oregano, crushed

In a large saucepan, brown sausage; drain fat. Stir in broth, black beans, hominy, tomatoes, potatoes, pepper, onion, garlic, chili powder and oregano. Bring to boiling; re-

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duce heat. Cover and simmer for 30 minutes.

BORSCHT FOR BUSY PEOPLE

Erleen Leinsteiner

- 6 c. packaged shredded cabbage with carrot (coleslaw mix)
- 1 c. beef broth
- 1 (15-oz.) can great northern beans, rinsed and drained
- 1 (14 1/2-oz.) can diced tomatoes
- 1 (14 1/2-oz.) can sliced beets
- 1 (8-oz.) can tomato sauce
- 1 lg. onion, sliced
- 1/4 c. sugar
- 2 T. vinegar
- 1/4 tsp. pepper
- 6 T. dairy sour cream

In a 4-quart Dutch oven, combine cabbage with carrot, broth, beans, undrained tomatoes, undrained beets, tomato sauce, onion, sugar, vinegar and pepper. Bring to boiling, reduce heat. Cover and simmer for 20 minutes. Serve in soup bowls. Garnish with sour cream. Makes 6 main dish servings.

Soups & Salads

MATZO BALL SOUP

Libby Gray

2 qt. chicken stock
3 lg. carrots, peeled
1 lg. onion, peeled
1 bunch parsley
6 stalks fresh dill
2 celery stalks
1 T. salt
 $\frac{1}{4}$ tsp. pepper
4 lg. eggs, separated
 $\frac{1}{2}$ c. water
1 c. matzo meal
 $\frac{1}{3}$ c. chicken fat or oil
Dash salt
Dash pepper

Combine broth, carrots, onion, parsley, dill, celery, salt and pepper. Simmer $\frac{1}{2}$ hour, then strain and discard vegetables. Beat egg whites until stiff. Fold in meal. In another bowl beat yolks, water, melted fat (or oil), salt and pepper. Add to whites. Refrigerate all components overnight. The next day, boil salted water. Roll 1-inch balls of chilled mix and drop in water. Cover boiling pot tightly and boil 20 minutes. **Do not for any reason** uncover the pot or dumplings will collapse. After 20 minutes, remove dumplings; drain, and add to soup broth. Heat and serve. Serves 6.

NORTH COUNTRY PEA SOUP

*Florence Colwell**

1 lb. split peas, rinsed
2 qt. water
2 c. chopped carrots
2 c. chopped celery and tops
1 med. onion, chopped
 $\frac{1}{2}$ c. chopped parsley
2 tsp. thyme leaves
1 tsp. marjoram
2 tsp. nutmeg
1 bay leaf
Several twists black pepper
1 T. salt
1 meaty ham bone or ham hock

In Dutch oven or large kettle, combine peas, water, carrots, celery, onion, parsley, spices and ham bone. Bring to boil, then simmer until peas are tender. Remove ham bone and cut off meat in bite-size pieces. Return meat to pot, add salt and pepper and reheat. Serve in large bowl with chunks of homemade bread. Best, made the day before.

Note: Sometimes Mother added white wine or brandy for "insurance against the chill winds from the North Sea."

Soups & Salads

EASY VICHYSOISE

*Mary LaQuay Symons**

1 qt water
½ c. chicken base
1 c. instant potatoes
¼ c. minced onion
Salt and pepper
⅓ c. parsley
1 qt. half-and-half
8 oz. cream cheese
⅛ c. chives

Combine water, parsley and base. Cover and bring to boil. Remove from heat and stir in potatoes. Cool 15 minutes. Add cream cheese and blend until smooth. Add seasonings to taste. Chill well and serve with dollop of sour cream.

season and sprinkle with Dixie fry. Sauté in oil until brown, but not done. Place all pieces in saucepan with okra. Sauté all these ingredients: onion, green pepper, celery, parsley and shrimp, about 5 minutes. Add tomato sauce, bay leaf and thyme. Put into saucepan with chicken and okra. Add boiling water. Season to taste.

CREOLE OKRA GUMBO

*Althea Randal**

1 (3-to 4-lb.) fowl
1 lb. med. fresh shrimp
2 lbs. okra, fresh or frozen
2 c. tomato pulp
1 (10-oz.) can tomato sauce
½ c. oil
2 stalks celery, chopped
1 green pepper, chopped
1 lg. onion, chopped
2 sprigs parsley
1 sprig thyme
1 bay leaf
½ c. Dixie fry
2 c. boiling water
Salt and pepper

Cut okra into small chunks and place in saucepan with tomato pulp. Cook on low heat, stirring frequently until all slime is gone. Set aside. Cut chicken into convenient pieces,

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Soups & Salads

Recipe Favorites

Vegetables & Side Dishes

SHERRIED SWEET POTATOES

Judy Burdick

- 3 lbs. sweet potatoes**
- ½ c. melted butter**
- ¾ c. dry sherry**
- 1 tsp. grated orange rind**
- ¼ tsp. cinnamon**
- ¼ tsp. nutmeg**
- Salt and pepper to taste**

Boil potatoes in their jackets 20-30 minutes; drain. Peel and mash. Add butter, sherry, cinnamon, nutmeg, orange rind, salt and pepper. Whip until fluffy. Bake in greased casserole dish for 30 minutes in 375° oven. Prior to baking, sprinkle top of casserole with brown sugar and cinnamon.

ARROYO GRANDE VALLEY STEAMED VEGETABLE PUDDING

*Jane Thompson**

- 1 c. grated raw carrot**
- 1 c. grated raw potato**
- 1 c. sugar**
- 1 c. flour**
- ½ c. raisins**
- ½ c. currants**
- ½ c. butter**
- 1 tsp. soda**
- ½ tsp. cloves**
- ½ tsp. cinnamon**
- ½ tsp. nutmeg**
- Rinds of 2 oranges, grated**

Mix and steam 3 hours. Delicious beyond imagination.

POKE SALLET

Tennille L. Frommelt

- 4 c. greens (poke greens or spinach or turnip greens)**
- 4 slices bacon**
- 2 hard-boiled eggs, chopped**
- 1 med. tomato, chopped**
- 2 T. vinegar**
- Salt and pepper to taste**

Boil greens until tender. In large iron skillet, fry bacon until crisp. Remove bacon and drain on paper towel. Lift greens out of boiling water and add to skillet with bacon drippings. Fry, mashing a little with a fork. Dribble vinegar over greens. Sprinkle with chopped eggs, tomato and crumbled bacon. Serve with cornbread.

CORN PUDDING

Twila Erlewine

- 1 c. butter, melted**
- 1 can cream corn**
- 1 box Jiffy cornbread mix**
- ⅓ c. milk**
- 8 oz. sour cream**
- 1 can whole kernel corn**
- 1 egg**

In 2-quart casserole dish, mix Jiffy cornbread mix with milk and egg. Stir in butter, cream corn, whole kernel corn and sour cream. Bake 40 minutes at 375°, uncovered. Serves 12.

Vegetables & Side Dishes

ASPARAGUS QUICHE

Eileen Curtis

1 baked pie crust
1 lb. fresh asparagus spears
2 green onions
1 T. flour
2 c. Swiss cheese
3 eggs
1 c. half-and-half
½ tsp. salt
½ tsp. basil
⅛ tsp. pepper

Cook ½ pound fresh asparagus in a small amount of water until tender. Drain and cool. Reserve 3 whole spears for garnish. Slice the remaining spears in ½-inch pieces. Toss asparagus together with 2 green onions (thinly sliced) and 1 tablespoon flour. Spoon into crust. Sprinkle with 2 cups (8-ounce) Swiss cheese. Whisk together 3 eggs, 1 cup half-and-half (I use milk), ½ teaspoon salt, ¼ teaspoon basil, ⅛ teaspoon pepper; pour into crust. Bake at 325° for 25 minutes. Split reserved asparagus spears lengthwise and arrange, cut side down, in a wheel pattern on top of filling. Bake 5-10 minutes longer or until a knife inserted in center comes out clean. Let stand 10 minutes before serving. May be made a day or two ahead and reheated in microwave. Yield: 6 servings.

Note: This recipe freezes well and, reheated in the microwave, tastes just as fresh as when first baked.

SANTA MARIA BEANS

Jane Martin

1 lb. "pinquito" beans
1 strip bacon, diced
½ c. ham, diced
1 garlic clove
¾ c. tomato purée
¼ c. red chili sauce
1 T. sugar
1 tsp. dry mustard
1 tsp. salt

Cover beans with water and soak overnight. Drain, cover with fresh cold water and simmer 2 hours or until tender. Meanwhile, sauté bacon and ham until light brown. Add garlic and sauté 1 minute, then add tomato purée, chili sauce, sugar, mustard and salt. Drain most of the liquid off the beans, stir in sauce and simmer 20 minutes, until hot. Keep warm over low heat. Makes 6-8 servings.

Vegetables & Side Dishes

MOTHER'S CORN PUDDING

Jan Potter

- 1 can cream-style corn**
- ½ corn can milk (measure in the empty can)**
- 1½ c. soda cracker crumbs (coarse to finely crushed)**
- 1 med. onion, chopped fine**
- 2 eggs**
- 2 strips bacon**
- 1 piece butter the size of lg. walnut (as per 1870's recipe of my great, great grandmother) or 2 T. butter or margarine**
- ¼ tsp. salt**
- ⅛ tsp. pepper**

Mix together in heavy, medium saucepan the creamed corn, milk, onion, butter, salt and pepper. Heat, stirring constantly, until mixture comes to a low boil and butter is melted. Remove from heat. Grease soufflé or medium-size casserole dish. Add cracker crumbs. Add eggs, unbeaten, into mixture and blend rapidly. Turn into greased dish. Top with 2 strips of bacon, uncooked. Bake in 350° oven for ½ hour until pudding rises as does a soufflé.

CHILIE RICE

Debbie Bennett

- 1 c. cooked rice**
- Salt and pepper**
- 1 lg. pt. sour cream**
- 1 (8-oz.) pkg. grated pepperjack cheese**
- 1 lg. can diced chilies**

Place in greased baking dish. Bake until bubbly, approximately 30 minutes at 350°.

CAULIFLOWER/GRAPE/ ALMOND TRIO

Ron S. Williams

- 1 med. head cauliflower (flowerets)**
- ½ c. sliced almonds**
- 1½ c. green seedless grapes, whole, if sm. or slice in half for lg. grapes**
- 2 to 3 T. melted butter**

Cut cauliflower into small flowerets and steam cook until tender. Do not overcook. Remove and drain off water. Place on serving dish. Add almonds and grapes. Toss and drizzle melted butter over mixture. Serve immediately.

Vegetables & Side Dishes

SUPER POTATO CASSEROLE

*Ruth Williams
Helen Sturges*

2 lbs. frozen hash browns
1 can cream of chicken soup
8 T. butter or margarine
8 oz. grated sharp cheddar cheese
Salt and pepper to taste
1 c. crushed potato chips

Thaw potatoes and break apart. Mix cream of chicken soup, butter or margarine, grated cheese, salt and pepper. Pour into 9 x 12-inch, ungreased baking dish. Cover with crushed potato chips and bake 1 hour, uncovered, at 350°-375°.

ALMOND SWEET POTATO PUFF

Tilli De Bruyn

2 c. mashed, cooked sweet potatoes
2/3 c. orange juice
1/2 tsp. grated orange peel
1/4 c. brown sugar, packed
3 T. melted butter or margarine
2 eggs, separated
1/4 c. chopped, blanched almonds
Salt

Combine sweet potatoes, orange juice and peel, brown sugar and butter. Whip until light. Beat egg whites until stiff, then beat yolks. Blend yolks into sweet potatoes along with half the almonds. Fold in egg whites and salt to taste. Turn into greased 2-quart baking dish and sprinkle with remaining almonds. Bake at

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375° for 30 to 35 minutes. Makes 6 servings.

BROCCOLI CASSEROLE

Marilyn Nelson

16 to 20 oz. frozen chopped broccoli
1 lb. ground beef
1 can cream of mushroom soup
2/3 c. chopped onion
1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp. garlic powder
8 oz. sour cream
1/2 c. grated cheese (opt.)

Brown hamburger in a frying pan with onion, salt, pepper and garlic powder. Add mushroom soup (no water added) and sour cream. Mix well. Bake in a casserole dish at 350° for 30 minutes. **Optional:** Grated cheddar or other favorite cheese may be added before baking.

YAMS AND PARSNIPS

Dorothy Good

2 med. yams, cut into 1/2-inch pieces
5 parsnips, peeled and sliced 1/2 inch
3 T. butter
1/3 c. fresh orange juice
1/8 tsp. orange zest
3 T. light brown sugar
1/2 tsp. salt

Bring large saucepan of water to a boil. Add yams and parsnips. simmer until tender, about 15 minutes. Drain well and transfer vegetables

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Vegetables & Side Dishes

to food processor. Add butter and purée until smooth. Add orange juice, zest, brown sugar and salt; blend well. Season with pepper. Makes 4 servings.

CHILI RICE CASSEROLE

Stormi Martel

- 1 c. white rice**
- 1 c. Jack cheese**
- 1 (4-oz.) can Ortega diced green chilies**
- 1 c. sour cream**
- 1/2 diced white onion**
- Salt to taste**

Cook rice according to box directions; pour into casserole dish (round is best). Add all ingredients, saving enough cheese to sprinkle on top (some of the chilies too, if desired). Bake at 350° about 35-45 minutes, until heated well through.

CHILI EGG PUFF

Bette Beck

- 10 eggs**
- 1/2 c. flour**
- 1 tsp. baking powder**
- 1/2 tsp. salt**
- 1 lb. Jack cheese, shredded**
- 1 pt. creamed sm. curd cottage cheese**
- 1/2 c. margarine, melted**
- 2 (4-oz.) cans diced green chilis**

Beat eggs with mixer until light and lemon colored. Add flour, baking powder, salt and cottage cheese. Pour mixture into well-buttered 9 x 13-inch baking dish. Bake at 350°

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for about 35 minutes, until top is browned and center appears firm. Serve hot. Serves 8-10. Serve with green chili salsa.

ZUCCHINI-JACK CASSEROLE

Lucille Shepherd

- 2 lbs. zucchini, sliced thin**
- 4 eggs**
- 1/2 c. milk**
- 2 tsp. baking powder**
- 1 tsp. salt**
- 3 T. flour**
- 1 clove garlic**
- 1 onion, chopped**
- 1 (7-oz.) can diced chiles**
- 1 lb. Jack cheese**
- 3 T. melted butter**

Layer sliced zucchini, onion, garlic, chiles and cheese. Beat eggs, milk, flour, salt and baking powder together until smooth. Pour over ingredients in greased casserole. Pour melted butter over all. Bake at 350° until done.

Vegetables & Side Dishes

KAY'S DECADENT VEGETABLES

Reverend Judy Mackey

1 c. sliced raw carrots
1/2 c. sliced celery
1 c. fresh or frozen peas
1/2 tsp. salt
1 c. water
1 c. creamed corn
1 T. butter
2 well-beaten eggs
4 T. butter
4 T. flour
2 c. milk
4 T. grated cheddar cheese
Paprika

Cook carrots and celery in the salted water; add peas when carrots and celery are just about tender. Drain and mash. Combine with corn, butter and eggs. Put this mixture into a casserole, about 8 x 8-inch, not too deep. Make a medium white sauce. Combine melted butter with flour in saucepan, gradually stir in milk and stir until thickened over low to medium heat. Slowly pour cream sauce over vegetables in casserole and sprinkle with paprika. Bake 30 minutes at 350°. Exact time will vary with depth of casserole.

PERSIAN RICE

Shirley Holgate

2/3 c. uncooked rice (not Minute Rice)
2 1/2 c. water (or part beef broth)
2 T. butter or margarine
1 (4-oz.) can mushrooms, drained and sliced
1 pkg. dry onion soup

Put uncooked rice in buttered 1 1/2-quart casserole and add remainder of ingredients. Bake at 325°-350° for 1 1/2 hours.

ZUCCHINI JACK CASSEROLE

Jane Fesler

2 lbs. zucchini, about 8 sm.
4 eggs
1/2 c. milk
1 tsp. salt
2 tsp. baking powder
3 T. flour
1/4 c. chopped parsley
1 (7-oz.) can diced chiles
3/4 lb. Jack cheese
1 clove garlic, minced
1 sm. onion, finely chopped
1 c. seasoned croutons
3 T. margarine, melted

Slice zucchini crosswise, 1/4 inch thick, about 7 cups. In a large bowl, beat together eggs, milk, salt, baking powder and flour until smooth. Stir in parsley, garlic, onion, green chilies, cheese and zucchini. Spoon into a greased 9 x 13-inch baking dish. Toss croutons in melted butter, then sprinkle on top. Bake, uncovered, 35 to 40 minutes or until set in center and squash is tender when

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Vegetables & Side Dishes

pierced. Let stand about 10 minutes before serving. Serves about 10.

BAKED BEANS

Bev Parish

2 lbs. hamburger
2 (15-oz.) cans kidney beans
2 (15-oz.) cans pinto beans
2 (15-oz.) cans pork and beans
10 slices bacon, crisp
1/4 c. vinegar
1/4 c. molasses
1 c. brown sugar
1/4 c. ketchup
3 T. onion, minced or reg.

Brown hamburger and bacon. I cook the bacon in the microwave until crisp, then crumble it up with cooked hamburger. Drain most of the grease. Combine with rest of ingredients either in a crockpot or baking dish. Bake at 250° for 3 hours or more if doing in crockpot. Serves 10-15.

POTATO CASSEROLE

Reverend George Mackey

6 med. baking potatoes
2 c. sharp grated cheese
1/4 c. melted butter
1/3 c. sliced green onions
1 tsp. salt
1/4 tsp. pepper
2 c. sour cream
2 T. butter

Preheat oven to 350°. Steam potatoes in jackets. Peel and shred potatoes. Add cheese to potatoes and toss so that cheese and potatoes

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are mixed. Combine remaining ingredients except the 2 tablespoons butter and toss with potatoes and cheese. Pour in at least a 2-quart casserole dish. Dot top of casserole with the butter. Bake at 350° for 30 minutes, uncovered, to golden brown when done. This makes a good amount which is fine for potlucks.

POOR MAN'S QUICHE

*Gladys Loomis**

1/2 c. butter
10 eggs
1/2 c. flour
1 tsp. baking powder
Dash salt
8 oz. canned, chopped green chilies
1 pt sm. curd cottage cheese
1 lb. shredded Jack cheese

Melt butter in a 9 x 13-inch pan. Beat eggs. Add dry ingredients. Blend. Add cheeses, chilies, and blend. Bake at 350° for 50 minutes. Can be baked ahead and warmed over with cover.

Vegetables & Side Dishes

MOM'S CORN MUFFIN CASSEROLE

Stormi Martel

8½-oz. Jiffy corn muffin box mix
2 eggs, beaten
1 can cream corn
1 can Mexi-corn
1 c. sour cream
½ c. melted margarine
1 tsp. sugar (1 T. sugar. opt.)
1 c. shredded cheddar cheese

Preheat oven to 350°. Combine all ingredients except cheese. Fold in half of cheese and save half for topping. Pour into large casserole dish or pan. Bake 35-45 minutes. Remove from oven and sprinkle with remaining cheese. Bake another 10-15 minutes.

SWEET POTATO SOUFFLÉ

Libby Williams

3 c. mashed sweet potatoes
1 stick butter, melted
2 tsp. cinnamon
1 tsp. salt
1 c. sugar
Marshmallows

Mix all ingredients, except marshmallows, well and put in a buttered baking dish. Bake at 350° for 30 minutes. Top with marshmallows and return to oven until they brown slightly.

PORK AND BEANS SOUTHERN STYLE

Kristen Reeves

1 lb. bacon
1 med. onion, chopped
1 lb. ground beef or turkey
1 (28-oz.) can pork and beans, any flavor
1 can stewed tomatoes
¼ c. favorite BBQ sauce
3 T. packed brown sugar
2 T. spicy brown mustard
1 tsp. red pepper sauce (opt.)

Fry up bacon and set aside, saving grease. Sauté onion in bacon grease until almost done. Add ground beef and brown. Drain off excess grease. Stir in pork and beans, tomatoes, BBQ sauce, sugar, mustard and red pepper sauce. Reduce heat to medium-low and simmer 15 to 20 minutes. Crumble bacon over the top before serving.

CREAMED ONIONS

*Viola Smith**

2 lbs. sm. onions
2 c. water
1 c. sauterne wine
½ tsp. salt
4 T. butter
4 T. flour
1 c. cream
2 T. parsley
2 T. Parmesan cheese
Pepper to taste

Put water, wine and salt in pan. Heat to boiling. Add onions and cook, uncovered, 20 minutes. Drain reserve liquid. Make white sauce, then add

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Vegetables & Side Dishes

parsley, salt and pepper to taste. Add onions and put in greased casserole. Sprinkle with Parmesan cheese. Bake at 375° for 25 minutes.

SOUTHWESTERN CHEESE AND GRITS SOUFFLÉ

Carol Wilcock

- 6 c. boiling water**
- 1½ c. quick grits**
- 1 lb. sharp cheddar cheese, grated**
- 1 stick margarine**
- 4 tsp. Lawry's seasoned salt**
- 3 eggs, beaten**
- 1 sm. can diced green chilies**

Preheat oven to 350°. Use 2-quart casserole. Stir slowly 1½ cups quick grits into water. Cook 4-6 minutes, until thickened. Add to hot cooked grits: cheese, margarine, seasoned salt, mixing well until cheese and margarine are melted in. Add beaten eggs and diced chilies. Pour into casserole dish and refrigerate. Take out 1 hour before baking. Bake 1 hour at 350°. Great for potlucks or bar-b-ques. Serves 10-12.

STUFFED ONIONS

Libby Gray

- 4 med. onions**
- 2 T. olive oil**
- ½ c. white wine**
- ¼ lb. chopped prosciutto**
- ⅔ c. bread crumbs**
- ½ c. fresh grated Parmesan**
- 2 fresh thyme sprigs**

Remove tops from the onions ¼ of the way down. Do not peel, but remove loose paper skin. Brown in oil, top down, for 5 minutes. Edges should be crispy. Place onions right side up in baking pan, pour the wine over, cover, bake 1 hour. Onions should be soft. Cool onions. Scoop out centers and chop with prosciutto, crumbs, Parmesan and diced thyme sprigs. Return to baking pan with liquid and bake 40 minutes. Serves 4.

MCCAMMON GRITS

*Jane Thompson**

- 6 c. hot water**
- 1½ c. Albert's quick grits**
- 1 lb. Cheddar cheese, cubed**
- 1 stick butter**
- 3 eggs**
- 4 tsp. Lawry's seasoning**

Cook first 2 ingredients 4 minutes, stirring. Add cheese and when cooled a bit, add beaten eggs. Add butter and cheese. Add seasoning. Bake at 350° for 1 hour.

Vegetables & Side Dishes

SPANISH STRING BEANS

*Fran Conley**

- 2 lbs. string beans, green or yellow**
- 3 T. butter or margarine**
- 1 bell pepper**
- 3 sm. onions**
- 1 pt. water**
- 1/2 tsp. salt**
- 2 c. tomatoes, fresh or canned**
- 1/2 tsp. chili powder**

Wash and string beans. Melt butter in frying pan and put in chopped onions and bell pepper and string beans. Cook 5 minutes. Add water, salt and tomatoes. Cook slowly for 1 hour. Season with pepper, paprika and chili powder.

VEGETABLE BAKE

Joyce Barnes

- 2 (10-oz.) pkgs. frozen green beans or broccoli spears, thawed**
- 2 (1-oz.) pkgs. Swiss Knight Gruyere cheese**
- 1/8 tsp. pepper**
- 2 T. butter**
- 2 T. flour**
- 1 c. milk**
- 1 env. instant onion soup mix**
- 1/4 c. dry bread crumbs**

Preheat oven to 375°. Arrange green beans or broccoli in bottom of 2-quart shallow baking dish. Set aside. In small saucepan melt butter over moderate heat. Blend in flour. Gradually stir in milk. Cook, stirring constantly, until mixture thickens. Add cheese, instant onion soup mix and pepper. Heat until cheese melts

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and soup mix is dissolved. Pour evenly over vegetables. Sprinkle bread crumbs over top. Bake at 375° for 25 minutes. Makes 6 to 8 servings.

HOMINY CASSEROLE

Edna Gilbert

- 2 lg. cans yellow hominy**
- 1 lg. onion, chopped**
- 1 or 2 cans diced green chilies**
- 1/2 pt. sour cream**
- 1/2 c. cheddar cheese**
- Seasoned salt**

Mix all ingredients. Pour into a 2 1/2-quart casserole. Top with more cheddar cheese. Bake at 350° for 1/2 hour.

COMPANY YAMS

Dolores Hellmuth

- 6 yams, boiled with skins on until tender, remove skins**
- Marshmallows**
- Sm. can crushed pineapple**
- Brown sugar**

Mash and add 1 large banana, small can crushed pineapple and 2 tablespoons brown sugar. Bake until hot. Remove and decorate with marshmallows. Brown lightly under broiler.

Vegetables & Side Dishes

PARMESAN PEARS

Stormi Martel

1 can (6 halves) pears
 $\frac{1}{3}$ c. dry bread crumbs
2 T. grated Parmesan cheese
2 T. melted butter or margarine
 $\frac{1}{4}$ tsp. Italian herbs

Mix ingredients and sprinkle over pears, sliced side up. Broil until crumbs are golden. Great with fried chicken or holiday dinners.

Vegetables & Side Dishes

Recipe Favorites

Main Dishes

CHICKEN ADOBO

Kim Vargo

- 1/4 c. water**
- 1/4 c. red wine vinegar**
- 1/4 c. balsamic vinegar**
- 1/2 c. soy sauce**
- 1/4 c. orange juice**
- 1 onion, cut up**
- 6 cloves chopped garlic**
- 3-4 bay leaves**
- 1 chicken, cut-up pieces or 3 breasts with ribs attached**
- 2 T. olive oil**

Brown chicken in olive oil on all sides. Mix water, vinegars, soy sauce and orange juice. Add onion and garlic to pan with chicken and cook until translucent. Add vinegar mixture and bay leaves. Cover and simmer 45 minutes. Serve with mashed potatoes or rice. Use liquid for gravy.

CHICKEN FROM THE ISLANDS - TAHITIAN STYLE

Eileen Curtis

- 1 broiler-fryer, cut up**
- 1 c. flour**
- 1 tsp. salt**
- 1/2 lb. butter or margarine, melted**
- 1/2 c. orange juice**
- 2 T. lemon juice**
- 1 T. cornstarch**
- 1/2 c. brown sugar, packed**
- 2 T. soy sauce**
- 2 c. cubed ripe papaya (substitute mango, peach or apricot)**

Shake chicken pieces in a bag with mixture of flour and salt. Grease a shallow baking dish with some of

(continued)

the butter. Place chicken pieces in a single layer in the dish and drizzle with the remaining butter. Bake at 350° about 1 hour or until tender. Meanwhile, combine orange and lemon juices, cornstarch, sugar and soy sauce. Cook until sauce thickens and is clear. Add fruit and pour over chicken when done. Bake an additional 10 minutes. Yield: 4 servings.

PARTY CHICKEN

Pat Wardell

- 1 c. sour cream**
- 1 (10½-oz.) can cream of chicken soup**
- 2 c. chopped, cooked chicken**
- 3 T. dehydrated onion**
- 1 (4-oz.) can water chestnuts**
- 4 to 6-oz. chopped cashew nuts**
- 1 (2¼ oz.) sliced olives**
- 1 c. grated sharp cheddar cheese**

Mix sour cream and soup. Add chicken, onion, chestnuts (drained and sliced), nuts and olives. Place in buttered baking dish. Top with grated cheese. Bake at 350° for 30-35 minutes. May be frozen ahead or refrigerated overnight. Serves 4-6. This is a great buffet dish.

Main Dishes

MOCK ABALONE

Sandra Bell

4 chicken breasts, boneless and skinless
1 bottle clam juice
 $\frac{3}{4}$ c. cracker crumbs
4 T. butter
1 egg, slightly beaten
Salt and pepper to taste
Lemon wedges (opt.)

Pound out chicken breasts to slightly more than $\frac{1}{4}$ inch thick. Pour clam juice in glass dish, place chicken breasts in, cover and refrigerate 24-48 hours. (Longer marination gives more "fish" flavor). Turn chicken over once half way through marination time. Mix salt and pepper with cracker crumbs while draining chicken. Slightly beat 1 egg. Pat chicken dry with paper towels. Dip in egg, then cracker crumbs and place in skillet with melted butter. Cook on medium-high heat until golden on both sides, about 20 minutes, total. Serve immediately with lemon wedges.

ARTICHOKE 'N CHICKEN CASSEROLE

Patricia Somes

2 (9-oz.) pkgs. frozen artichoke hearts
 $\frac{1}{2}$ tsp. olive oil
2 cloves garlic
3 c. cooked, diced chicken
3 c. cream of chicken soup
 $\frac{1}{2}$ c. mayonnaise
1 tsp. lemon juice
1 tsp. curry powder
 $1\frac{1}{4}$ c. Swiss cheese
 $1\frac{1}{4}$ c. soft bread crumbs
2 T. butter, melted

Cook artichokes as directed on package, adding olive oil and garlic to the cooking water. Drain and arrange in 8 x 12-inch casserole. Place diced chicken on top of artichokes. Combine chicken soup, mayonnaise, lemon juice and curry powder. Spread over the chicken. Sprinkle grated cheese on top. Mix bread crumbs with melted butter and sprinkle evenly over the cheese. Bake at 350° for 30 to 40 minutes. Serves 8.

Main Dishes

PASTA WITH CHICKEN AND BROCCOLI

Jane Fesler

1/4 c. olive oil
2 garlic cloves, finely chopped
1/2 lb. boneless, skinless chicken
breasts, cut into 1/2-inch strips
1 1/2 c. broccoli flowerets
3/4 c. sun-dried tomatoes, sliced
1 tsp. dried basil leaves
Grated Parmesan cheese
Pinch of crushed red pepper
flakes
Salt and pepper to taste
1/4 c. dry white wine
3/4 c. chicken broth
1 T. margarine
1/2 lb. bow tie pasta, cooked and
drained

In a large skillet, heat oil over medium heat. Sauté garlic for about 1 minute, until golden. Add chicken strips and sauté until white and almost completely cooked. Add broccoli and sauté until crisp-tender, then add sun-dried tomatoes, dried basil leaves, red pepper flakes, salt and pepper. Add the wine, then add broth and butter. Cook for 3 to 5 minutes or until heated through. Toss the freshly cooked pasta with chicken mixture. Serve with Parmesan cheese.

HOT CHICKEN SALAD

Phyllis Callen

2 c. cooked, cubed chicken
3 hard-boiled eggs, sliced
1 can cream of chicken soup
1 c. diced celery
Potato chips and cornflakes
1 T. lemon juice
1 T. minced onion
3/4 c. Best Foods mayonnaise
1 can water chestnuts, sliced

Butter a 9 x 12-inch dish, cover bottom with crushed cornflakes. Toss all ingredients together and put in dish. Top with crushed potato chips. Bake at 350° 45 minutes to 1 hour. When doubling, use extra soup. Makes 4-6 servings.

CHICKEN-IN-THE- GARDEN (BBQ)

Sandra Bell

1 chicken breast, boneless
1/2 med. potato
1/2 sm. onion, sliced
4-6 mushrooms
2 green pepper rings, 1/4 inch
Salt, pepper and paprika to taste
2 T. uncooked Minute Rice
2 tsp. Worcestershire sauce
2 1/2 ft. aluminum foil

Multiply the above times the number of people being served. In middle of foil, layer the chicken, potato, onion, rice, mushrooms, green pepper and Worcestershire sauce. Season to taste. Fold over foil and crimp edges to make a packet. Put over coals on grill. For 1 hour, 15 minutes, turning every 20 minutes (3 times). Remove and serve. Enjoy!

Main Dishes

PARTY CHICKEN NOODLE BAKE

*Helen Cardinal**

8 oz. lasagna noodles
1 can cream of mushroom soup
 $\frac{2}{3}$ c. milk
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. poultry seasoning
2 (3-oz.) pkgs. cream cheese
1 c. cottage cheese
 $\frac{1}{3}$ c. chopped onion
 $\frac{1}{3}$ c. chopped green pepper
 $\frac{1}{4}$ c. minced parsley
3 c. diced, cooked chicken
Pimentos

Cook noodles. Mix soup, milk, salt and poultry seasoning. Heat. In separate bowl, blend cheeses together. Stir in onion, green pepper and parsley. Place half of the noodles in an 11½ x 7½ x 1½-inch baking dish. Spread half the cheese, half the chicken and half the soup mixture. Repeat layers. Bake at 375° oven for 30 minutes. Trim with pimento. Let stand 10 minutes before serving. Serves 8.

DRUNKEN CHICKEN

Sue Diggles

8 pieces chicken
 $\frac{1}{8}$ lb. or less butter
1 jigger bourbon
1 c. sherry
1 tsp. thyme
 $\frac{1}{2}$ tsp. Worcestershire sauce
Garlic powder, dash
10-12 green olives
12 sm. onions

Salt and pepper chicken and sauté in butter. When browned, pour 1 jig-

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ger bourbon over chicken and flame. Put chicken in dish. Thicken juice with $\frac{1}{2}$ teaspoon flour. Add 1 cup sherry, 1 teaspoon thyme, $\frac{1}{2}$ teaspoon Worcestershire sauce, garlic powder, 10-12 green olives, 12 small onions (I use frozen). Pour juice mix over chicken, bake at 325°, covered, for 2 hours.

ITALIAN CHICKEN

Nancy Vanderziel

1 c. salsa
2 oz. water
1 oz. vermouth
 $\frac{1}{4}$ c. olive oil
Lemon juice
1 T. each: garlic and parsley
1 tsp. basil
 $\frac{1}{4}$ tsp. salt
4 chicken breasts, skinned and boned

Dip chicken in flour and brown; mix salsa, water, vermouth, olive oil, lemon juice, garlic, herbs and seasonings. Pour over chicken. Sprinkle Parmesan cheese and sliced fresh mushrooms on top. Bake at 350°, 30 to 45 minutes.

Main Dishes

CHICKEN BREASTS

*Gladys Loomis**

- 6 halved chicken breasts, skinned**
- 2 cans cream of chicken soup**
- 1 pkg. dried beef**
- 1½ c. sour cream**
- 6 bacon slices, crumbled or
bacon bits**
- 3 oz. cream cheese**

Do not salt chicken breasts. Wrap slice of bacon around each halved chicken breast. Place layer of dried beef in bottom of baking dish. Arrange bacon-wrapped chicken on beef slices (or sprinkle with bacon bits if not using sliced bacon). Cover with mixture of chicken soup, sour cream and cream cheese. Cover pan tightly with foil. Place in 325° oven for 2 hours. When tender, remove foil and let brown slightly. Serve on rice.

Note: Mushrooms are good in sauce, but are not necessary.

TERIYAKI CHICKEN

Patricia Strible

- 3-4 lb. chicken thighs**
- ¾ c. soy sauce**
- ¾ c. sugar**
- 2 T. sherry**
- 1 T. sesame oil**
- 1 T. sesame seeds**
- 1 clove garlic**
- 1½ pieces ginger, crushed**

Preheat oven to 325°. Place chicken in shallow pan. Mix soy sauce, sugar, sherry, sesame oil, sesame seeds, garlic and ginger for marinating sauce. Pour sauce over

(continued)

chicken and marinate at least 4 hours or overnight. Turn chicken over and bake 1 hour. Serve with chopped green onion and cilantro. Serves 4-6.

LOUIS' TURKEY CABBAGE ROLLS

Carol Wilcock

- 1 lb. Louis Rich turkey, ground,
frozen club**
- 1 lb. Louis Rich turkey sausage,
frozen club**
- ½ c. barley**
- 2 c. water**
- 1 egg, beaten**
- 1 sm. onion, chopped fine**
- 1 lg. head cabbage**
- 1 can milk**
- Spices: oregano, thyme, garlic
powder, to your taste**
- Dashes Worcestershire sauce**

Heat oven to 350°. Use glass 9 x 13-inch pan, oiled. Cook barley in water to done and cool. Mix all ingredients except cabbage and milk. In large pot, boil water for cabbage. Immerse whole cabbage enough to "wilt" outside leaves, about 3 minutes. Remove and cut each leaf and place on paper towels to drain. Roll a "large size egg" portion of meat mixture and place on core end of leaf and fold sides while rolling and place into pan. Fill pan with rolls and pour milk over all and sprinkle with paprika. Bake 15 minutes and turn each roll and baste with milk again with lemon/butter sauce, 1 stick butter melted with ½ juiced lemon.

Main Dishes

MAUI CHICKEN

Sue Diggles

- 1 cut-up chicken (about 2 to 3½ lbs.)**
- 1 can cranberry sauce**
- 1 pkg. Lipton onion soup mix**
- 1 sm. bottle Russian dressing**

Place chicken in 9 x 13-inch baking dish. Mix sauce, onion soup mix, dressing thoroughly. Pour over chicken and marinate 2 hours. Bake in this sauce for 1 hour at 350°.

CHICKEN & BROCCOLI CASSEROLE

Peggy Shurtleff Barclay

- 2 pkgs. frozen or fresh broccoli, cook**
- 4 chicken breasts, boned, cooked, cut up**
- 2 cans cream of chicken soup**
- 1 c. mayonnaise**
- 1 tsp. lemon juice**
- ¾ tsp. curry powder**
- ½ to 1 c. shredded sharp cheese**
- Toast made into bread crumbs or prepared bread crumbs**
- 3 T. melted margarine**

Combine soup, mayonnaise, lemon juice and curry powder. Arrange broccoli on bottom of 9 x 13-inch glass pan, spread chicken over broccoli. Pour soup mixture over, sprinkle with cheese. Combine bread crumbs with melted butter and sprinkle over top. Bake 30 minutes or more at 350°. Serves 6-8.

QUICK CHICKEN CASSEROLE

Edna Gilbert

- 2 c. cooked chicken, bite size**
- 2 tsp. finely cut onion**
- ½ c. chopped walnuts (opt.)**
- 1 can Campbell's cream of chicken soup**
- ½ tsp. salt**
- ¼ tsp. pepper**
- 1 c. sliced celery**
- 1½ c. cooked rice**
- ¾ c. mayonnaise**
- ¼ c. water**
- 1 tsp. lemon juice**
- 3 hard-cooked eggs**

Mix and lightly stir in 2 cups crushed potato chips. Bake in 9-inch pan at 450° for 15 minutes or until bubbly.

CHICKEN CACCIATORE

Sherry Loomis

- ⅓ c. olive oil**
- 1 lg. clove garlic, minced**
- 4 lbs. chicken parts**
- 1 lb. peeled, chopped tomatoes, or 1-lb. can, undrained**
- ½ c. Marsala**
- 1 tsp. salt**
- ¼ tsp. black pepper**
- ½ tsp. oregano**
- 1 lg. sliced onion**
- 1 chopped green pepper**
- 1 stalk celery, chopped**
- 1 carrot, sliced**
- ¼ lb. fresh mushrooms, sliced**

Cut chicken into serving-size pieces and pat dry. Heat oil in large skillet. Add garlic and chicken pieces. Sauté for about 10 minutes or until evenly browned. Add remaining in-

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Main Dishes

gredients, except mushrooms. Cover and simmer for 40 minutes, stirring occasionally. Add a bit of water if the pot goes dry. Add mushrooms and continue cooking for 15 minutes until tender. Serve with pasta, polenta or crusty Italian bread.

BREAST OF CHICKEN WITH ORANGE SAUCE

"The Committee"

This can actually be prepared early in the day. Refrigerate and reheat in oven or microwave.

1/2 c. finely chopped onion
1/2 c. grated carrot
1/2 c. chopped green pepper
1 T. grated orange rind
4 chicken breasts, skinned
1 c. orange juice
1/2 c. dry white wine
1/2 c. chicken stock
1 tsp. fresh grated ginger or 1/4
tsp. powdered ginger
Orange slices for garnish
2 T. cornstarch dissolved in 2 T.
water

Place vegetables and rind in bottom of shallow casserole. Place chicken breasts on top. Mix 1/2 cup juice and wine and pour over chicken. Cover and bake at 350° for 45 minutes. Remove chicken and keep warm in oven. Pour drippings and all other ingredients into saucepan. Heat until thickened, stirring to prevent lumps. Pour over chicken on platter. Garnish with orange slices.

BAKED CHICKEN SANDWICHES

*Tottie Anderson**

18 slices white bread
1 1/2 c. cubed chicken, about 3
breasts)
2 T. chopped pimiento
1 can cream of mushroom soup
2 T. chopped onion, green or
white
1 can water chestnuts, sliced

Cut crusts from bread. Spread with mixture of chicken, pimiento, onion, chestnuts and mushroom soup. Wrap each sandwich in foil and freeze. When ready to serve, dip frozen sandwich in mixture of 4 eggs and 2 tablespoons milk, beaten. Roll in barbecue potato chip crumbs. Place on buttered cookie sheet and bake 1 hour in 300° oven.

TURKEY TETRAZZINI

Susan Walters Kimber

1/4 c. oleo
1/4 c. flour
1/4 tsp. salt
1/4 tsp. pepper
1 tsp. chicken base
2 c. cooked turkey, cubed
1 c. boiling water
1 c. heavy cream
2 T. cooking sherry
1 (8-oz.) pkg. spaghetti, cooked
and drained
1 sm. can mushrooms
1/2 c. Parmesan cheese

Melt oleo. Blend in flour, salt, pepper and chicken base (or bouillon cube). Gradually stir in boiling water and cream. Cook until thick and smooth.

(continued)

Main Dishes

Add sherry, spaghetti and mushrooms. Pour into 2-quart casserole. Sprinkle with cheese. Bake, uncovered, until hot and bubbly.

TURKEY ITALIANO

Jan Potter

- 1 (26-oz.) Classico spaghetti sauce, ripe olive and mushrooms**
- ½ c. chicken bouillon**
- ½ c. sherry**
- ¼ tsp. granulated garlic powder**
- ½ tsp. Italian seasoning**
- 1 T. dried parsley flakes**
- 3 raw turkey breast fillets, halved lengthwise**
- 6 slices mozzarella cheese**
- 1 c. grated Parmesan cheese**

Blend Classico sauce, chicken bouillon and sherry. Pour a small amount of this in bottom of medium-sized casserole, greased. Sprinkle turkey fillet cuts with the garlic powder, Italian seasoning and dried parsley flakes. Sprinkle with ¼ cup Parmesan cheese. Fold cut fillets over 1 piece each mozzarella cheese. Pour remaining sauce over folded fillets in the casserole and top with the remaining Parmesan cheese. Bake, uncovered, in a 350° oven for 1 hour.

MUSAKHAN

Charlie Imig

- 1 Cornish game hen**
- ½ c. olive oil**
- ½ c. pine nuts**
- 2 med. onions**
- 4 loaves pita bread**
- 3 T. sumac (available at Mideast markets)**

Cut game hen in half. Barbeque or grill the game hen until done. Meanwhile, peel the onions and cut in half vertically. Then thinly slice the onion halves and lightly brown them in the olive oil. Then brown the pine nuts in the oil. Reserve the remaining oil. When game hen is done, let it cool enough to handle and remove from the bones. Briefly soak the pita in the warm oil and place on a baking sheet. Layer the game hen, pine nuts and onions on the pita and sprinkle with sumac. Heat in hot oven for 5 minutes and serve.

CHINESE NOODLE CASSEROLE

*Alberta Baker**

- 1 can Chinese noodles, save ½ for topping**
- 1 can tuna**
- 1 can mushroom soup**
- ½ c. chopped onion**
- 1 c. chopped celery**
- 1 c. cashew nuts**
- ¼ c. water**
- Dash pepper**

Bake, uncovered, at 325°.

Main Dishes

CRUSTLESS QUICHE

Lucille Shepherd

8 slices white bread
½ c. butter, melted
2 c. bacon or ham, chopped
4 c. cheddar cheese, grated
8 eggs
2 c. milk

Trim crusts off bread slices. Arrange in a 9 x 13-inch pan, greased. Melt butter and pour over bread slices. Sprinkle cheese and bacon or ham over bread. Beat eggs and milk together and pour over bread. Cover with foil and set in refrigerator overnight. Next day, bake in 350° for ½ hour covered, then remove foil and finish baking until inserted knife comes out clean.

SLOPPY JOES FOR 120

People's Kitchen

25-28 lbs. ground beef
7 lg. onions, chopped
6 lg. green peppers, chopped
2 lg. bunches celery, chopped
1½ c. packed brown sugar
1½ c. spicy brown mustard
6 c. ketchup
3 (12-oz.) cans tomato paste
6 (15-oz.) cans tomato sauce
8-10 c. water
1½ c. vinegar
1 c. Worcestershire sauce
1 lg. box instant potato flakes
120 hamburger buns

Brown the beef with the onions, peppers and celery; drain fat. Add the remaining ingredients. Cover and simmer for 3-4 hours. Serve on buns. (If the mixture appears too

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runny, add potato flakes to thicken it.) Serves 120.

TEX MEX TACO

Darla Deats

Filling:

3 lbs. ground beef
1 env. onion soup mix
1½ c. tomato juice
½ c. packed brown sugar
3 T. cider vinegar
3 T. Worcestershire sauce
2 tsp. salt

Crepes:

6 eggs
3 c. milk
2 c. flour
2 tsp. salt
1 c. yellow cornmeal
4 T. melted butter

Topping:

2 c. sour cream
1 c. cheese

Make filling; simmer, stirring often, 1 hour. Make crepes in a blender; beat until smooth. Heat 7-or 8-inch pan, over medium heat. Lightly butter. Pour about ¼ cup butter to fill bottom of pan (drippings). Bake until top side dry, flip out on plate. Put wax paper between crepes. Makes at least 16. Spoon about ¼ cup filling into crepe. Roll and lay seam-side down in buttered, shallow dish, 13 x 9 inch. Ribbon sour cream over top and sprinkle with cheese. Spoon any remaining sauce on top. Bake at 350° 30 minutes.

Main Dishes

CHILIES RELLENOS

Jan Loomis

- 1 lb. ground beef**
- ½ c. chopped onion**
- 2 (4-oz.) cans green chilies**
- 6 oz. sharp cheddar cheese, grated**
- 1½ c. milk**
- 4 beaten eggs**
- ¼ c. flour**
- ½ tsp. each; salt, pepper, Tabasco**

Brown beef and onion; drain grease off. Sprinkle meat with salt and pepper. Cut chilies in half, crosswise. Remove seeds and place half chilies in a flat baking dish. Sprinkle with cheese and top with meat mixture. Arrange remaining chilies over meat. Combine remaining ingredients and beat until smooth. Pour over chilies and bake in a 350° oven for 45-50 minutes.

CHILE RELLENOS CASSEROLE

*John Morse
Neal Mandich*

- 4 corn tortillas**
- 1 T. salad oil**
- ½ c. finely chopped onion**
- ¾ lb. jalapeño-flavored Jack cheese, shredded**
- 2 (7-oz.) cans whole green chiles**
- ½ c. chopped fresh cilantro**
- 4 lg. eggs**
- 2 T. all-purpose flour**

Cut tortillas into ½-inch squares. In a 12-inch frying pan, combine 1 teaspoon oil and the onion. Stir often over medium-high heat until onion

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is limp. Add tortilla pieces and rest of oil. Turn heat to high and stir until brown. Scatter tortillas and onion into an 8 x 12-inch rectangular pan. Add 1 cup cheese to pan. Drain chiles, stuff with 1 cup of cheese. Lay in casserole; sprinkle with cilantro. Separate eggs; whip whites to peaks; set aside. Mix yolks with flour and beat on high for 2 minutes. Beat half of the egg whites into the yolks, then fold in remainder of egg whites. Pour over chiles. Top with remaining cheese. Bake at 375° for 15 minutes.

CHILI EGG PUFF

Ann Mathias

- 10 eggs**
- ½ c. flour**
- 1 tsp. baking powder**
- ½ tsp. salt**
- 1 pt. cottage cheese**
- 1 lb. Jack cheese, shredded**
- 2 (4-oz.) cans diced chilies**

Beat eggs until light and lemony. Combine flour, baking powder, salt, cottage cheese and grated cheese into eggs. Blend until smooth and stir in chiles. Pour into greased 9 x 13-inch pan. Bake at 350° for about 35 minutes until browned and center is firm.

Main Dishes

EASY CHILE RELLENOS

Sandy Matson

- 1 (7-oz.) can diced green chilies
- 1 c. cheddar cheese, grated
- ½ c. Jack cheese, grated
- 4 eggs
- 2 T. flour
- 1 (12-oz.) can evaporated milk
- ½ tsp. salt

Place half of the chilies on the bottom of a greased 9 x 13-inch pan. Sprinkle with half of both cheeses. Add remaining chiles. Top with remaining cheeses. Beat eggs, flour, milk and salt until smooth. Pour over chiles and cheeses. Bake at 350° for 45 minutes. Makes 6 to 8 generous servings or 40 appetizers.

CASSEROLE DE CHILI RELENOS

Mary Loucks

- ¼ c. margarine
- 1 (7-oz.) can whole chilies
- 12 oz. Cheddar and/or Jack cheese, grated
- 3 eggs
- ¼ tsp. salt
- 2 c. milk
- 1 c. Bisquick

Melt butter into 11 x 7-inch baking dish. Arrange chilies, seeded, in a layer over bottom of dish. Layer with cheese. Blend eggs, salt, milk and Bisquick. Pour over cheese. Bake at 350° for 35 to 40 minutes or until puffy and golden. Excellent!

CHICKEN ENCHILADAS

Charmaine Petersen

- 2 pkgs. flour tortillas
- 4 cans cream of chicken soup
- 2 cans green chiles, diced
- ½ lb. grated longhorn cheese
- 1 pt. sour cream
- 2 sm. cans chicken
- Chopped green onions

Fry tortillas in oil and dry with paper towels. Mix soup, green onions, green chiles, cheese, sour cream and chicken. Fill and roll; bake at 350° for 30 minutes. Mushrooms are optional.

CHICKEN ENCHILADAS

Lucille Shepherd

- Shredded chicken meat from 1 boiled chicken
- 1 c. chicken stock
- 1 T. flour
- 1 pt. sour cream
- 1 pt. sweet cream
- 2 tsp. salt
- Pepper
- 2 T. grated onion
- 1 sm. can chiles, chopped
- 1 lb. Jack cheese, grated
- 1 doz. tortillas

Mix chicken stock with flour and cook until thickened. Stir in sour and sweet cream and stir until mixed. Add onion, salt and pepper. Fry tortillas in hot oil until limp, then dip in cream mixture. Then place in greased dish. Arrange chicken, chiles and cheese on tortillas. Roll up tortillas and place side by side. Pour remaining cream mixture over

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Main Dishes

tortillas. Sprinkle remaining cheese on top. Bake at 350° for 30 minutes.

CHICKEN ENCHILADAS

Marlys A. Donnelly

- 2 lg. chicken breasts
- 1 clove garlic, minced
- 1 (16-oz.) can cut-up tomatoes
- ¼ c. chopped green chilies
- ½ tsp. salt
- ½ tsp. dried basil
- 1 c. chopped onion
- 2 T. butter
- 1 (8-oz.) can tomato sauce
- 1 tsp. ground cumin
- ½ tsp. dried oregano
- 12 tortillas
- ¾ c. sour cream
- 2½ c. (10 oz.) shredded Monterey Jack cheese

Simmer chicken breasts in water to cover, 15-20 minutes. Drain and carefully remove skin and bones. Sprinkle chicken with a little salt. Cut into 12 strips; set aside. In saucepan, cook onion and garlic in butter until tender. Add tomatoes, tomato sauce, chilies, cumin, salt, oregano and basil. Bring to boil; reduce heat and simmer, covered, for 20 minutes. Remove from heat. Dip each tortilla in tomato mixture, to soften. Place 1 piece of chicken and about 2 tablespoons shredded cheese on each tortilla; roll up and place seam-side down in a 13x 8 x 1¾-inch baking dish. Blend sour cream into remaining sauce; pour over tortillas. Sprinkle with cheese. Cover and bake for 40 minutes at 350°.

MEXICAN CHICKEN CASSEROLE

*Bette Beck
Alice Witt*

- 6 chicken breasts, cooked
- 12 corn tortillas
- 1 finely chopped onion
- 1 (4-oz.) can Ortega green chilis, chopped
- 1 c. cream of mushroom soup
- 1 c. cream of chicken soup
- 1 c. chicken broth
- ¾ lb. sharp cheese, grated
- 1 c. sliced black olives

Mix all soups, chilis, olives and onions together. Cut chicken in small pieces. Cut tortillas in wedges. In large casserole, layer tortillas, chicken, soup mixture ending with cheese on top. Let stand in refrigerator 24 hours. Cover and bake for 1½ hours at 350°. Uncover for last 15 minutes.

GREEN ENCHILADAS

Nancy Walters

- 1 doz. (9-inch) flour tortillas
- 2 c. shredded Monterey Jack cheese
- 1 med. onion, chopped
- ¼ c. margarine
- ¼ c. flour
- 2 c. chicken broth
- 1 c. sour cream
- 1 (4-oz.) can chopped Ortega peppers

Roll 2 tablespoons cheese and 1 tablespoon onion in each tortilla. Place seam-side down in 10 x 15-inch Pyrex baking dish. In saucepan, melt margarine, blend in flour.

(continued)

Main Dishes

Add chicken broth and cook over low heat until thick, stirring frequently to prevent sticking. Pour sauce over tortillas. Bake at 425° for 20 minutes. Sprinkle any remaining cheese on top and return to oven for 5 minutes.

ENCHILADA PIE

Alice Witt

- 1 lb. lean ground beef**
- 1 chopped onion**
- ½ green pepper, chopped**
- 1 tsp. salt**
- 1 T. chili powder**
- 1 (8-oz.) can tomato sauce**
- 1 (10-oz.) can enchilada sauce**
- 6 corn tortillas**
- ½ c. sliced ripe olives**
- 1½ c. grated cheese (part cheddar and part Jack)**
- ½ c. water**

Brown beef and onion. Add seasonings and tomato sauce and enchilada sauce. Simmer for 20 minutes. In a casserole (round), alternate layers of tortillas, meat sauce, olives and cheese. Add water, cover and bake in a hot oven, 400°, for 20 minutes or until bubbly. Cut into pie-shaped wedges with a sharp knife. Serves 6.

COTTAGE OR SHEPHERD'S PIE

Audrey Farmer

- 1 lb. potatoes**
- 1 onion, diced**
- 1 lb. ground beef**
- Salt and pepper**
- Worcestershire sauce**
- Gravy**
- Oil or shortening**

Heat oil or shortening in a skillet and add onion. Cook over medium heat until clear. Add ground beef and cook until all the "pink" has gone, stirring often. Add salt, pepper and Worcestershire sauce to taste. Add gravy and continue cooking for about 20 minutes. Peel and slice potatoes. Cook until tender. Drain and mash, adding milk and butter for a creamy consistency. Place meat and onion into a casserole dish and cover with the mashed potatoes. This dish can be reheated in the oven when needed, until top begins to brown. Bake for 20-30 minutes at 425°.

Main Dishes

REUBEN CASSEROLE BY ALMA

Marietta Allen

- 12-oz. can corned beef, broken in chunks**
- 16-oz. can sauerkraut, well drained**
- 8-10 slices dill-rye bread, torn in pieces and lightly mustard**
- 1 lg. onion, chopped**
- 2 c. sour cream**
- 1 lb. grated Swiss cheese**
- 1 c. melted butter**

Preheat oven to 350°. Use a 9 x 13-inch pan. Mix sour cream and onion in bowl. **Procedure:** Bottom layer: half of bread. Next, add sour cream mixture and spread. Layer corned beef chunks. Next, half of the grated Swiss cheese. Then layer the sauerkraut. Next, rest of bread on top. Top with rest of Swiss cheese. Last, drizzle butter over top. Bake for 45 minutes. Serves 6-8.

PASTA CARBONARA

Dorothy Good

- 1 T. olive oil**
- 1/3 lb. pancetta or thick bacon**
- 4 eggs at room temperature**
- 2 tsp. fresh thyme leaves**
- 1/4 c. freshly grated parmigiano**
- Salt and pepper to taste**
- 1 lb. spaghetti**
- 1 c. frozen peas**

In small sauté pan, heat oil and cook 1/4-inch thick strips of pancetta until cooked through but not crisp. In a large bowl lightly beat the eggs; add coarsely chopped thyme leaves, parmigiano reggiano, salt and pep-

(continued)

per. Cook spaghetti in plenty of boiling water. Reserve about 1/2 cup of pasta water. When spaghetti is al dente drain and immediately add it and thawed peas to the bowl with the egg mixture. Pour bacon and rendered bacon fat onto the spaghetti; toss well until sauce thickens and coats the spaghetti. Add up to the entire 1/2 cup of pasta water to the bacon pan to deglaze it. Add as much of this as you like to the bowl. Taste and add salt and pepper. Grate more cheese to sprinkle on top and serve. Serves 4.

TIJUANA PIE

Sherry Loomis

- 1 1/2 lbs. ground beef**
- 1 onion, chopped**
- 1 clove garlic, minced**
- 1 tsp. salt**
- 1/4 tsp. pepper**
- 3/4 lb. cheddar, grated**
- 1 (10-oz.) can enchilada sauce**
- 1 (8-oz.) can tomato sauce**
- 2 (16-oz.) cans chili-seasoned beans**
- 1 (16-oz.) can corn, drained**
- 1 (6-oz.) can pitted olives, drained**
- 6 corn tortillas**

Brown beef, onion and garlic. Pour off excess fat and season with salt and pepper. Wipe inside of crockpot with oil. Place a tortilla in bottom of crockpot. Spoon a layer of the meat mixture into the pot, then a layer of sauce and a layer of cheese. Add another tortilla, then add layers of beans, cheese and corn. Drop in a few olives. Continue layers of filling, sauce, cheese and olives, finishing with a cheese and olive top. Cover

(continued)

Main Dishes

and cook in crockpot on low heat for 5-7 hours. Serve with additional hot tortillas. Serves 8-10.

MOM'S SLUMGULLION

Joyce Koehn

3/4 lb. hamburger (not lean, some fat for flavor)
2 stalks celery, sliced in 1/8-inch pieces
1/2 green pepper, cut up
2 (10-oz.) cans tomatoes
1-2 cans water (empty tomato) or tomato juice
Handful of spaghetti, 1 1/2 inches diameter
1/4 c. barley, if desired

In large skillet, fry hamburger. Add celery and green pepper. Add tomatoes and 1 1/2 cans water. Break up spaghetti; add along with barley (if desired). When mixture simmers, stir, lower heat, cover. Simmer 35-40 minutes. Serves 3-4. Great with garlic bread. Leftovers taste even better. (If made ahead, fat can be easily be skimmed off while cooling.) Salt to taste.

SWEDISH MEATBALLS (Kjodbuller)

Joan Parker

1/2 c. fine dry bread crumbs
1/2 c. cream
1/2 lb. ground beef
1/4 lb. ground veal
1/4 lb. ground pork
1/2 c. milk
2/3 tsp. salt
1 egg
2 T. minced onion
1/3 tsp. pepper
1/4 tsp. allspice
Dash nutmeg

Soak bread crumbs and cream. Combine all ingredients and mix well. Shape into small balls. Bake in oven, 350°, for 20 minutes.

HAM & SCALLOPED POTATOES

"The Committee"

1 T. butter or margarine
1 T. flour
1/2 tsp. salt
1/8 tsp. pepper
1 c. milk
8-12 slices ham
2 med. potatoes, sliced
1 med. onion, sliced
Garlic salt
1 c. shredded cheddar cheese

Melt butter in saucepan. Add flour and stir until smooth. Add salt, pepper and milk; bring to boil over medium heat. Boil 1 minute; set aside to cool. In 2-quart casserole dish, place layers of ham, potatoes and onions; season with salt, pepper and garlic salt. Pour half of

(continued)

Main Dishes

cream sauce over layers; repeat procedure. Place in 350° oven. Bake for 1 hour 30 minutes. May add extra milk on final layer. Makes 4 servings.

SWEDISH SAUSAGE SOUFFLÉ

Ruth Williams

- 1 lb. bulk sausage
- 2 c. milk
- ½ tsp. dry mustard
- 8 eggs
- 1 c. shredded cheese
- 1 tsp. salt
- 6 slices day-old bread (fresh ok), cubed
- 9 x 13-inch baking dish

Brown, drain and crumble sausage. Beat eggs and add milk, mustard, cheese and salt. Grease baking dish. Put bread cubes and crumbled sausage in it. Pour mixture over bread cubes and sausage. Refrigerate overnight and bake, uncovered, for 45 minutes at 350°.

CORN AND SAUSAGE BAKE

*Marie Sloane**

- 2 (17-oz.) cans cream-style corn
- ¼ c. green pepper, chopped
- ¼ c. chopped onion
- 1½ c. coarsely broken crackers
- 1 c. undiluted Carnation evaporated milk
- ½ tsp. salt
- ⅛ tsp. pepper
- 2 T. butter
- 1 (8-oz.) pkg. precooked sausage links

Combine corn, green pepper and onion. Place half of mixture in bottom of 10 x 6 x 2-inch buttered baking dish. Sprinkle ¾ cup coarsely broken crackers over corn. Add remaining corn; top with ¾ cup crackers. Mix milk, salt and pepper. Pour over corn mixture. Dot with butter. Bake in moderate oven, minutes, for 30-40 minutes. Brown sausage links. Serve on top of baked corn. Serves 6-8.

TOAD-IN-THE-HOLE (OR SAUSAGE TOAD)

Audrey Farmer

- 1 lb. sausages
- 1 oz. shortening

Batter:

- 4 oz. general purpose flour
- 2 eggs
- ¼ tsp. salt
- ½ pt. milk or milk and water

Mix batter ingredients and leave to stand for 1 hour in refrigerator. Prepare sausages by pricking the skins

(continued)

Main Dishes

several times. Heat shortening in baking tin or fireproof dish and add the sausages. Bake for about 35 minutes at 425°.

OVEN-EASY MEATBALLS

*Marie Sloane**

- 1 (15-oz.) can Hunt's tomato sauce special**
- 1 lb. ground beef**
- $\frac{3}{4}$ c. instant mashed potato flakes**
- 1 egg**
- $\frac{1}{4}$ c. finely chopped onion**
- 2 T. chopped parsley**
- 1 tsp. salt**
- $\frac{1}{4}$ tsp. pepper**
- $\frac{1}{4}$ c. water**
- $\frac{1}{4}$ tsp. garlic salt**
- $\frac{1}{4}$ tsp. sugar**

Combine $\frac{1}{2}$ cup tomato sauce, beef, potato flakes, egg, onion, parsley, salt and pepper. Shape into 12 to 16 meatballs. Arrange in single layer in shallow baking pan. Bake at 400° for 15 minutes. Drain fat. Combine remaining sauce, water, garlic salt and sugar. Pour over meatballs. Reduce oven to 350°. Bake 15 minutes longer. Makes 4 servings.

VEGETABLE MEAT LOAF

*Catharine Futrell**

- 1 lb. ground beef**
- 1 lb. ground pork**
- 1 c. dry bread crumbs**
- 1 tsp. baking powder**
- $\frac{1}{2}$ c. milk**
- 2 eggs**
- 2 med. potatoes, shredded**
- 2 med. carrots, shredded**
- $\frac{1}{2}$ c. cooked spinach**
- 1 sm. onion, chopped**
- 1 can tomatoes**
- 1 tsp. salt**

Combine meats with bread crumbs to which baking powder has been added. Mix well with remaining ingredients except tomatoes. Place mixture in greased pan. Cook, covered, 1 hour. Pour tomatoes over the top and bake, uncovered, 45 minutes longer.

CLYDE'S MEAT LOAF

Fred and Marjorie Mahood

- 2 $\frac{1}{2}$ lbs. ground chuck**
- 1 $\frac{1}{2}$ c. chopped onion**
- 1 $\frac{1}{2}$ tsp. minced garlic**
- 2 T. vegetable oil**
- $\frac{1}{2}$ c. old-fashioned oatmeal**
- $\frac{1}{2}$ c. plus 2 T. honey**
- $\frac{1}{2}$ c. milk**
- $\frac{3}{4}$ c. grated carrots**
- $\frac{1}{3}$ c. ketchup**
- 1 tsp. dry mustard**
- Salt and pepper**

Preheat oven to 375°. Combine oatmeal, honey and milk; let set 30 minutes. Heat oil in sauté pan. Add onion and garlic, salt and pepper to taste until softened. Add to oatmeal

(continued)

Main Dishes

and meat; salt and pepper to taste. Add grated carrots and mix well. Put into 9 x 3 x 5-inch loaf pan. Place in oven on cookie sheet. Bake 50 minutes. Carefully pour off fat. Combine ketchup and mustard and spread top and sides of loaf and return to oven for 20 minutes. Recipe may be doubled and baked in a large bundt pan to serve 12-16.

AUNT RUTH'S MEAT LOAF

Marilyn Nelson

1 1/4 c. whole canned tomatoes
1 lb. ground pork
1 lb. ground beef
2 tsp. salt
1/4 tsp. pepper
2 tsp. chili powder
1/2 tsp. sage
1/2 c. cornmeal
1 egg
1/4 c. green pepper, diced
1/4 c. onion, diced

Mix all ingredients together in a large bowl. When well mixed, place in a loaf pan. Bake 1 1/2 hours at 350°.

LASAGNA

Mike and Jacque Lady

2 T. butter
1 c. chopped onions
2 cloves chopped garlic
1 lb. ground beef
1 (6-oz.) can tomato paste
3 cans stewed tomatoes*
2 tsp. salt
1/4 tsp. pepper
1/2 tsp. dried basil
1/2 tsp. oregano
1 lb. ricotta or sm. curd cottage cheese
1 lb. grated mozzarella cheese
Parmesan cheese as needed
1 box frozen chopped spinach, thawed
1/2 lb. lasagna noodles

* Use stewed tomatoes with basil and oregano. Cook noodles until tender, 10 minutes. Rinse in hot water and separate. Melt butter in skillet, add onion and garlic. Cook 5 minutes. Add beef and cook slowly. Blend in tomato paste, stewed tomatoes, salt, pepper, basil, oregano and cook 1-2 hours. Grease lasagna dish and add ingredients in layers. Start with meat sauce, then noodles, meat sauce, ricotta, mozzarella, sprinkle with Parmesan, all of spinach, noodles, meat sauce, ricotta, mozzarella, sprinkle with Parmesan. Bake 30-35 minutes at 350°. If possible, make the day before, refrigerate and heat to serve.

Main Dishes

SLUMGULLION

Reverend George Mackey

1 plus lb. hamburger
½ med. onion, chopped
½ med. green pepper, chopped
6 med. mushrooms, quartered
1 (14½-oz.) can stewed tomatoes
2 c. elbow macaroni
3 cloves garlic, minced
1 T. Worcestershire sauce
Salt and pepper to taste
6 slices cheddar cheese
6 slices Monterey Jack cheese

Brown hamburger; add onion, green pepper, garlic and sauté for 5 minutes. Add mushrooms and Worcestershire sauce and cook for 3 minutes. Add salt and pepper to taste. While browning hamburger, cook macaroni according to directions to al dente. Do not overcook!! Add tomatoes to meat mixture; mixing well. Drain macaroni and add to meat mixture; mix well. Pour all of this into 6-quart casserole and cook, covered, in oven for 1 hour. The last 10 minutes remove cover, add cheese strips and return to oven until cheese melts. Serve with fresh fruit.

AU GRATIN

Marcia Crescione

4 eggs, beaten
1 lb. mostaccioli, cooked, unrisins
6 oz. mozzarella cheese, grated
1 lg. ctn. sm. curd cottage cheese
2 lbs. bulk pork or turkey sausage, cooked until no longer pink

Combine all ingredients in a large bowl. Pour into greased lasagne pan and bake, uncovered, about 40 minutes at 375° or until a few pieces of pasta are browned.

SAVORY POT ROAST

Pat Wardell

4-to 5-lb. (round, rump, chuck) beef
¼ c. flour
¼ c. cooking oil
1 onion, sliced
1½ c. consomme
¼ c. tomato paste
1 minced clove garlic
½ c. minced celery
1 sm. bay leaf
3 or 4 cloves
4 or 5 peppercorns

Rub flour on all sides of beef. Heat oil in heavy skillet; brown the meat on all sides. Add onion, liquid and spices. Cover and simmer gently 3 to 4 hours. Add more consomme, if necessary. Make gravy, if desired; strain to remove spices.

Main Dishes

BAKED PORK CHOPS

Ron S. William

- 4-6 pork loin chops
- 1 (10-oz.) can Campbell's cream of celery*
- 1/2 med. onion, diced
- 1 stalk celery, diced
- 2 T. canola oil
- 1/2 c. flour

Heat oil in skillet, add half of diced onion. Flour both sides of each chop and brown on each side. Coat the casserole dish with Pam. Add browned chops and celery soup. Spread with remaining onion and diced celery. Add 4 tablespoons of water. Cover and bake 30-45 minutes at 350°. * You can substitute cream of mushroom soup.

AUNT ANA'S STEW

Marilyn Dwight

- 2 lbs. beef stew meat
- 1 can stewed tomatoes
- 1 sm. pkg. frozen peas, green beans or broccoli
- 2 carrots
- 3 onions
- 2 T. tapioca (dry Minute Tapioca red box)
- 1 c. water
- 1 slice white bread
- Season to taste

Spray large Dutch oven or covered casserole dish with non-stick oil spray. Pour uncooked stew meat, 1 can stewed tomatoes, frozen vegetables (broken up), sliced carrots, quartered and peeled onions, tapioca, water and crumbled bread slice with crust, all in casserole dish. Mix

(continued)

to distribute all ingredients. Cover, cook 4 hours at 250°. Season to taste. Serve over buttered noodles. Cooking time is very flexible, no need to stir or worry about it.

TONY MARZETTI

Shirley Buescher Alls

- 2 lbs. ground beef, browned
- 1 lb. York State sharp cheddar, cubed
- 10 oz. med. wide noodles
- 1 lg. can tomatoes, chopped
- 1 T. each; onion salt, garlic salt, celery salt, Gebhardts chili powder

Combine all in large casserole dish, bake at 350° for 45 minutes. Serves 8, even better next day!

GOOP

Pat Wardell

- 1 c. rice
- 1/4 c. salad oil
- 3/4 lb. ground beef
- 1/2 c. chopped onion
- 1 clove garlic, minced
- 1 1/2 tsp. salt
- 1/4 tsp. pepper
- 3 c. tomato juice
- 2 c. water
- 1 tsp. sugar
- 1 c. cheese, grated

Heat oil in a heavy skillet; add rice and cook, stirring constantly, until lightly browned. Add beef, onion, garlic, salt and pepper. Cook, stirring frequently, about 10 minutes. Add tomato juice, water and sugar. Simmer over low heat until rice is

(continued)

Main Dishes

tender. Add grated cheese. Stir until melted. Makes about 6 servings. This is an easy, inexpensive dish that remains a favorite of my children. It may be spiced up by adding green pepper and oregano.

TAMALE CASSEROLE

*Helen Cardinal**

2 lbs. chopped top round
1/2 c. chopped onion
2 T. butter
1 c. whole kernel corn
1 can drained tamales, crumbled
4 cans tomato sauce
1 c. tomato purée
1 c. pitted ripe olives, drained
1 (8-oz.) pkg. thin spaghetti, cooked
1/4 tsp. pepper
1/2 tsp. paprika
1/2 tsp. chili powder
1/2 c. grated cheese

Brown ground round and onion in butter. Add all remaining ingredients except cheese. Place mixture in a large casserole dish. Sprinkle cheese on top. Bake almost 1 hour at 350°. Serves 10.

BARBECUED RIBS (OR CHICKEN)

Shirley Holgate

1 c. catsup
1/2 c. chopped celery
1/2 c. chopped onion
1/4 c. lemon juice
1 c. water
Salt to taste
3 T. Worcestershire sauce
2 T. wine vinegar
2 T. brown sugar
1 1/2 T. prepared mustard
1/4 to 1/2 tsp. chili pepper
Enough for 2 1/2-3 lbs. meat

Bake country-style ribs at 425° for 30 minutes. Cook mixture on low for 15 minutes. Pour mixture over the ribs (or chicken). Bake ribs at 350° for 2 hours. Chicken is baked for 45-60 minutes. Bake in 9 x 13-inch casserole.

SCALLOPS LIBBY

Libby Gray

3 T. butter
3 shallots, chopped
1 tsp. minced garlic
2 T. chopped parsley
1/2 c. tomato sauce
1/4 tsp. anchovy paste
1/2 c. chicken broth
Salt and pepper
1 lb. fresh bay scallops
1 lb. cooked penne pasta

In a large skillet, melt butter. Add shallots, garlic and parsley. Add tomato sauce, anchovy paste and chicken broth. Simmer, covered, 2 minutes. Add salt and pepper to taste. Add scallops in a single layer

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Main Dishes

in pan and simmer until done, about 4 minutes. Do not over cook or scallops will shrink and toughen. Spoon scallops and liquid over pasta. Serves 4.

FISH FILLETS AVOCADO

*Lucille Fredrickson**

2 c. fresh sliced mushrooms
1/4 c. chopped onion
1 lb. fillet of sole, turbot or halibut (we prefer Petrale sole)
1/8 tsp. red hot pepper sauce or freshly ground black pepper
1 ripe avocado
Butter or margarine
1/4 c. chopped celery
1/2 c. dry white wine
2 T. flour
1/2 c. milk
1 c. shredded Swiss, Monterey Jack or cheddar cheese

Lightly brown mushrooms in 2 tablespoons butter in large skillet; set aside to keep hot. To skillet add 1 tablespoon butter, onion and celery. Sauté until limp. Lay fillets over onion and celery in skillet. Sprinkle with salt; add wine. Cover and simmer about 5 minutes or until fish flakes easily. Meanwhile, combine flour, 1/4 teaspoon salt, pepper sauce and milk, mixing until smooth. Remove fish to hot serving platter. Set side to keep hot. Add milk-flour mixture to skillet and cook, stirring until smooth and mixture boils. Stir in browned mushrooms. Sprinkle shredded cheese over fish. Slice avocado and arrange over fish. Pour hot sauce over all and serve immediately. Makes 5 servings.

CLASSIC SALMON LOAF

Judy Burdick

2 1/2 c. cooked, flaked salmon
1/2 c. fine dry bread or cracker crumbs
1/3 c. chopped green onion
1/2 c. finely chopped celery
Juice of 1/2 lemon
1 tsp. salt
1/2 tsp. pepper
2 eggs
1/2 c. mayonnaise

Mix all ingredients; pack into greased 9 x 5-inch loaf pan and bake 30-40 minutes in 350° oven. Serve with Dill Sauce.

Dill Sauce:

1 T. lemon juice
1/2 c. mayonnaise
1/2 c. sour cream
1 heaping T. dill weed
Dash garlic powder

SALMON CASSEROLE

Terry Grant

1 tall can salmon
1/4 lb. (or more) saltine crackers, crushed
1 sm. onion, chopped fine
1 can cream of celery soup
2 T. lemon juice
Grated cheese

Combine salmon, onion, cream of celery soup, lemon juice and crackers. Put into a greased casserole and sprinkle with grated cheese. Bake in 350° oven, 45 minutes. This recipe can be baked in a loaf pan and sliced when cold for a salad luncheon.

Main Dishes

CHRIS'S KILLER FISH CASSEROLE

Chris Martin

- 1½ lbs. fish fillets
- 2 cans cream of mushroom soup
- 2 lbs. potatoes
- 1 yellow onion
- 1 T. paprika
- 1 T. garlic powder
- 1 tsp. salt
- 1 tsp. black pepper

Use 4-inch deep baking dish. Cut potatoes and onions into ½-inch wheels. Season potatoes and fish with salt, pepper, garlic powder and paprika. Layer fish, onion, potatoes and cream of mushroom soup. Cover dish with lid or foil. Bake at 350° for 45 minutes or until potatoes are tender.

TUNA FISH DISH

Laurie Vierheilig

- 1 can tuna
- 1 (15-oz.) can evaporated milk
- 1 (14-oz.) can cream of mushroom soup
- 1 sm. bag potato chips, crushed

Crush potato chips and mix all together; put in casserole pan. Bake at 350° for 30 minutes.

FISH ITALIAN

Norm Nelles

- 1 onion, sliced
- 3 T. oleo or butter
- 1½ lbs. red snapper
- ½ c. mayonnaise
- ¼ c. Parmesan cheese
- 2 T. lemon juice
- 1 tsp. Worcestershire sauce
- 1 c. tomato juice
- ½ tsp. paprika
- ½ tsp. salt
- Parsley and oregano

Melt oleo or butter in bottom of 9 x 9-inch baking dish. Slice onions on top. Place fish in single layer on onions. Combine mayonnaise, Parmesan, lemon juice, Worcestershire and salt. Pour over fish. Sprinkle to taste with oregano and parsley. Bake at 350° 20 minutes. Serves 6.

BEEF STROGANOFF

Shirley Buescher Alls

- ½ c. plus 2 T. flour
- ⅛ tsp. pepper
- 1 clove garlic, minced
- 1 c. sour cream
- 2 tsp. salt
- 3 T. butter
- 1 (14½-oz.) can stewed tomatoes
- 1½ lbs. round steak, cut into ¾-inch cubes

Shake beef cubes in heavy bag with ½ cup flour, salt and pepper. Melt butter in heavy skillet. Add beef and garlic, cook until beef is browned, add tomatoes. Stir and cover; simmer about 1 hour or until beef is tender. Add more tomatoes if it gets too dry. Blend 2 tablespoons flour

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Main Dishes

into sour cream and stir into meat mixture until warm and thickened. Serve with noodles. Makes 4 servings.

HAMBURGER STROGANOFF

Mary L. Justice

- 1/2 c. minced onion**
- 1 clove garlic or flavor with garlic salt**
- 1/4 c. butter**
- 1 lb. ground beef**
- 2 T. flour**
- 2 tsp. salt**
- 1/4 tsp. pepper**
- 4-oz. can mushrooms**
- 1 can cream of chicken soup**
- 1 c. sour cream**

Sauté onion and garlic in butter. Add meat and brown. Add flour, salt, pepper and mushrooms; cook 5 minutes. Add soup, simmer uncovered, 10 minutes. Stir in sour cream. Heat through. Serve with noodles or rice or hot biscuits.

TAMALE PIE (Meatless)

*Jan Durney**

- 1/4 c. olive oil**
- 2-3 cloves garlic**
- 1 lg. onion**
- 1 can cream-style corn**
- 1 (No. 2) can whole tomatoes**
- 1 c. milk**
- 1 can ripe olives, drained**
- 1 c. cornmeal**
- Salt to taste**
- 2 tsp. pepper**
- 3 eggs, well beaten**

Slice onion and garlic; lightly brown together. Add corn, tomatoes, milk and seasoning. Bring to boil; add cornmeal, stirring constantly, until thickened. Fold in olives and beaten eggs. Turn into well-greased baking dish; bake 1/2 hour at 350°.

SETTLER'S BEANS

Kim and Donna Newman

- 1 lb. hamburger**
- 1/2 lb. bacon**
- 1 med. onion**
- 1 (15 1/2-oz.) can red kidney beans**
- 1 (15 1/2-oz.) can butter beans**
- 1 (32-oz.) can Dennison's hot chili with beans**
- 1/3 c. brown sugar**
- 1/3 c. sugar**
- 1/4 c. BBQ sauce**
- 1/4 c. catsup**
- 1 tsp. chili powder**
- 2 T. molasses**

Dice onion. Brown hamburger. Add diced onion to hamburger while browning; drain off liquid. Fry bacon until crispy, crumble. Drain kidney

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Main Dishes

and butter beans. Combine all ingredients in large stockpot. Bake at 350° for 1 hour.

SWISS CHEESE PIE

Patricia Strible

- 1 (10-inch) unbaked pie shell**
- 1 T. soft margarine**
- 6 slices bacon**
- 4 eggs**
- 2 c. half-and-half**
- $\frac{3}{4}$ tsp. salt**
- Pinch each: nutmeg, sugar, cayenne**
- $\frac{1}{8}$ tsp. pepper**
- 1 c. ($\frac{1}{4}$ lb.) grated Swiss cheese**

Start heating oven to 425°. Rub butter over surface of pie shell. Fry bacon until crisp and crumble into small pieces. Combine eggs, cream, salt, nutmeg, sugar, cayenne and pepper with egg beater. Beat just long enough to mix thoroughly. Sprinkle bacon and cheese into shell. Pour in cream mixture. Bake 15 minutes. Reduce heat to 300°. Bake 40 minutes or until knife inserted comes clean. Serves 6.

STUFFED HAMBURGERS

Kim Newman

- 2 eggs**
- 2 lbs. ground beef**
- 2 T. Worcestershire sauce**
- 1 tsp. Mealttime Gourmet prime rib and roast seasoning**
- 1 tsp. Coleman's dry mustard**
- 1 onion**
- 1 tomato**
- 4 slices cheese**
- 4 hamburger buns**
- 2 oz. mushrooms**
- 4 slices bacon**
- 2 oz. BBQ sauce**

Cook bacon until crisp; crumble. Slice mushrooms, dice onions. Sauté mushrooms and onions; drain. Beat eggs. Mix eggs, ground beef, Worcestershire sauce, seasoning and dry mustard. Form into an even number of thin patties. Crumble bacon into onion mixture; spread evenly onto half the patties; add a slice of cheese. Place remaining patties onto filled patties and pinch edges together to seal. Grill, turning once, until well browned. Brush with BBQ sauce.

Main Dishes

Recipe Favorites

Breads & Rolls

JALAPEÑO CORNBREAD

Tilli De Bruyn

- 3 c. cornbread mix**
- 2½ c. milk**
- ½ c. oil**
- 3 eggs, beaten**
- 1 lg. onion, grated**
- 2 T. sugar**
- 1 c. cream-style corn**
- ½ c. chopped jalapeños**
- 1½ c. cheddar cheese, grated**
- ¼ c. bacon, fried crisp and crumbled**
- ¼ c. chopped pimentos**

Mix all ingredients in a large bowl. Put in a greased 9 x 13-inch pan. Bake at 400° for 35 minutes, until the cornbread pulls away from the side of the pan.

PANDA BREAD

Jane Martin

- ⅓ c. butter and ⅓ c. Crisco or ⅔ c. butter**
- 1¼ c. each: sugar and brown sugar**
- 4 lg. eggs**
- 1 c. canned applesauce**
- 1 c. canned pumpkin**
- 2 c. all-purpose flour**
- 1½ c. whole-wheat flour**
- 2 tsp. baking soda**
- ½ tsp. baking powder**
- ½ tsp. salt**
- ½ tsp. cinnamon**
- ¼ tsp. each: mace, nutmeg, cloves**
- ⅔ c. each: chopped dried apricots and pitted dates**
- 1 c. chopped walnuts**

In a large bowl, beat shortening/butter, sugars with electric mixer until well blended. Add eggs one at a time and beat until well mixed. Beat in applesauce and pumpkin. Stir together regular flour and whole-wheat flour, baking soda, baking powder, salt, cinnamon, mace, nutmeg and cloves. Add dry ingredients to pumpkin mix. Stir until flour is moistened, then beat until well blended. Stir in apricots, dates and nuts. Spoon batter equally into 2 well-greased 5 x 9-inch loaf pans. Bake at 350° until wooden pick comes out clean, about 1 hour. Let cool in pans for 10 minutes. Then turn out on rack to cool further. Serve warm or room temperature. Store in refrigerator, wrapped airtight, for 1 week. Freeze to store longer.

Breads & Rolls

ANGEL BISCUITS

*Shirley Carr, North Pole, Alaska
Lucille Fredrickson**

5 c. flour
½ c. sugar
1 tsp. baking soda
2 tsp. salt
3 tsp. baking powder
1 pkg. yeast
½ c. warm water
1½ c. buttermilk
1 c. shortening

Sift dry ingredients together. Cut in shortening. Dissolve yeast in warm water and combine with buttermilk; add to dry ingredients. Stir well and then knead. Add more flour, if necessary. Roll out on floured board about ½ inch thick. Cut with biscuit cutter. Place in pan; brush top with melted butter. Bake at 450° until golden brown. Cut-out biscuits may be frozen on cookie sheet until firm, then placed in plastic bags and kept frozen until needed.

APPLE BREAD

M. Scott

Beat together:

3 eggs
1 c. oil
2½ c. sugar

Add and beat together:

3 c. flour
1 tsp. salt
¼ tsp. baking powder
1 tsp. soda
3 tsp. cinnamon

If the batter is too thick, add 1 cup of chopped apples at this point.

Fold in:

2 c. grated apples
1 tsp. vanilla
1 c. chopped nuts

This will make 26 muffins or 2 greased bread pans. Bake at 325° for one hour. Test center to see if done.

CHEROKEE INDIAN BISCUITS

Tennille L. Frommelt

2 c. flour
1 tsp. salt
4 tsp. baking powder
1 c. milk
4 tsp. oil
1 tsp. sugar

Mix all ingredients until just blended. Drop batter by the spoonfuls onto well-greased frying pan. Fry until brown on each side. Drain on paper towel. Serve hot.

Breads & Rolls

TRADEWIND MUFFINS

Carol Wilcock

- 1 (20-oz.) can crushed pineapple, drained**
- ½ c. sliced almonds**
- 2 c. sifted flour**
- 1 tsp. baking soda**
- 1 tsp. salt**
- 1 (3-oz.) pkg. cream cheese**
- 1 c. sugar**
- 2 tsp. vanilla**
- 1 lg. egg, beaten**
- ½ c. sour cream**

Preheat oven to 350°. Heavily grease muffin tins. Drain pineapple, reserving syrup. Sprinkle almonds into 12 muffin cups. Sift flour, soda and salt. Beat cheese, sugar and vanilla until smooth. Blend in egg. Add flour mixture alternately with sour cream. Fold in drained pineapple. Spoon into pans. Bake for 35 minutes until browned. Remove and let stand 5-10 minutes. Turn onto wire rack and glaze.

Glaze:

- 1 T. butter**
- 1 c. powdered sugar**
- 1 T. syrup from pineapple**

Blend until smooth. Serves 12.

SOURDOUGH FRENCH BREAD

Betty Miller

- 4 c. flour**
- 1 pkg. dry yeast**
- 1 T. sugar**
- 2 tsp. salt**
- 1¾ c. warm water**

Measure 1 cup water and add yeast. Then add sugar, salt and 2 cups flour. Mix well and add ¾ cup warm water and remaining flour. Knead well. Let rise until double in size. Place in well-greased casserole dish. Let rise again, until doubled. Bake at 400°, 45 minutes. I prefer a 5-quart Corning Ware rectangular dish.

BUTTERMILK TEA CAKES

*Helen Cardinal**

- 1 c. brown sugar**
- 7 T. granulated sugar**
- ½ c. oil**
- 1 egg**
- ¼ tsp. salt**
- 2 c. cake flour**
- ½ tsp. baking powder**
- ¼ tsp. soda**
- 1 c. buttermilk (heavy)**
- 1 T. malted milk (powdered)**

Mix sugar, oil and egg thoroughly. Add buttermilk and salt with a dash of maple flavor. Sieve flour, soda and baking powder together and blend with the liquid mixture. Mix about 200 strokes. Do not bake in too large a pan. Sprinkle streusel on top and bake in 350° oven.

Breads & Rolls

FRENCH PANCAKES

Lois Balent

- 1/2 c. flour**
- 1 tsp. baking powder**
- 1/4 tsp. salt**
- 2 T. melted butter**
- 1 egg**
- 1 c. hot milk**

Sift flour, baking powder and salt together (may use Bisquick). Beat egg lightly and add hot milk and butter or margarine. When slightly cool, stir in dry ingredients. Beat until smooth. Cook about 3 tablespoons at a time on a hot, greased griddle. Butter, sprinkle with sugar and roll up. May lay a thin slice of baked ham or lunch meat on it and roll up or try chipped beef.

BRAN MUFFINS

Jan Jonsson

- 1 c. Nabisco 100% all-Bran**
- 1 c. boiling water**
- 1 1/2 c. sugar**
- 1/2 c. shortening, slightly rounded**
- 2 eggs, beaten**
- 2 c. (1 pt.) buttermilk**
- 2 1/2 c. sifted flour**
- 2 1/2 tsp. baking soda**
- 1/2 tsp. salt**
- 2 c. Kellogg's All-Bran**
- 1 c. raisins**

Mix together in large bowl Nabisco All-Bran and boiling water. Allow to cool. Cream together sugar and shortening; add to above. Add eggs and buttermilk. Add flour, soda and salt. Add Kellogg's All Bran and raisins. Bake in muffin tins 20 minutes at 400°. Keeps covered in refrigerator

(continued)

tor for 4 weeks. Bake as you want them.

ZUCCHINI BREAD

Reverend George Mackey

- 3 eggs**
- 1 c. vegetable oil**
- 2 c. sugar**
- 2 c. grated zucchini**
- 3 tsp. vanilla**
- 3 tsp. cinnamon**
- 1 tsp. salt**
- 1 c. chopped walnuts**
- 1 tsp. baking powder**
- 1 tsp. baking soda**
- 3 c. flour**

Beat eggs until light and foamy; add oil, sugar, zucchini and vanilla. Mix lightly until well blended. Sift dry ingredients and add to egg mixture. Mix well. Add chopped nuts. Bake in greased loaf pan at 350° for 1 hour and 5 minutes. Yield: 3 loaves. For 6 small loaves, bake only 35 minutes.

BISCUITS

Charlotte Miller

- 2 1/2 c. flour**
- 2 T. baking powder**
- 1 tsp. salt**
- 1/2 c. plus 2 T. cold shortening**
- 3/4 c. buttermilk**
- 1 egg, beaten**

Put all dry ingredients in bowl and cut in the shortening. Add the buttermilk. Stir until dough follows the fork around the bowl. Prepare biscuits and prick each with a fork. Bake at 450° for 10-20 minutes.

Breads & Rolls

RAISED CORNBREAD

*Catharine Futrell**

- 1 c. boiling water**
- 1 c. yellow cornmeal**
- $\frac{1}{3}$ c. shortening**
- 2 tsp. salt**
- 1 pkg. yeast**
- 2 T. sugar**
- $\frac{1}{4}$ c. warm water**
- $\frac{3}{4}$ c. scalded milk, cooled**
- 1 egg, beaten**
- 4 c. flour**

Pour boiling water over cornmeal, shortening and salt. Mix well and cool to lukewarm. Dissolve yeast and sugar in the warm water. Add to the yeast mixture, the cooled milk and beaten egg. Stir into cornmeal mixture. Add the flour and knead well. Let rise in greased bowl until double. Knead slightly and mold into 2 loaves. Let rise. Bake 12 minutes at 400°, then at 350°.

MARTIN KIDS' DUTCH BABY PANCAKES

Jane Martin

- $\frac{1}{2}$ c. butter**
- 5 eggs**
- $1\frac{1}{4}$ c. each: milk and flour**

Toppings:

- Fresh sweetened fruit**
- Hot fruit, apple and pear sautéed,
sweetened with honey**
- Fruit syrups**
- Powdered sugar**

Put butter in 4 $\frac{1}{2}$ -quart skillet. Set into 425° oven then mix batter. Put eggs in blender, whirl at high speed 1 minute. With motor running, grad-

(continued)

ually pour in milk, slowly add flour. Continue whirling for 30 seconds. Remove pan from oven, pour batter into hot butter. Return to oven, bake until well browned and puffy. Cut into wedges to serve at once.

SCONES

*Florence Calwell**

- 2 c. flour**
- 3 tsp. baking powder**
- 1 tsp. salt**
- 2 T. sugar**
- 3 T. shortening**
- 2 eggs**
- $\frac{1}{3}$ c. milk or half-and-half**
- 1 c. raisins**

Sift dry ingredients; add shortening and raisins and mix in lightly. Beat eggs; add milk and add to mixture. Roll or pat out on floured board and shape into 3 rounds; cut each round crosswise into 4 triangles. Brush tops with milk and sprinkle with sugar. Bake in greased pan in moderate oven, 350°, about 25 minutes. Dough rounds should be $\frac{1}{2}$ inch thick before cutting. Serve hot from oven with marmalade or strawberry jam for breakfast or afternoon snack.

Breads & Rolls

CHOCOLATE ZUCCHINI BREAD

Jim Good

3 c. all-purpose flour
½ tsp. unsweetened cocoa
1 T. cinnamon
1 tsp. baking soda
½ tsp. baking powder
1 tsp. salt
2 c. sugar
3 eggs
1 c. vegetable oil
2 tsp. vanilla
2 c. grated zucchini
2 c. chopped walnuts
1 c. semi-sweet chocolate or mini chocolate chips, recommended

Makes 2 loaves. Combine flour, cocoa, cinnamon, baking soda, baking powder and salt in a bowl and mix well. In a large bowl combine sugar and eggs; beat well. Add oil and vanilla and beat until combined. Stir in zucchini. Add flour mix and stir until moistened. Stir in nuts and chocolate. Divide and spoon batter evenly into 2 loaf pans, 8¼ x 4½ inches, that were well greased. Bake 55 to 60 minutes in a 350° oven or until a toothpick inserted in center comes out clean. Cool in pan 20 minutes and then remove from pans and cool on wire racks.

APPLESAUCE PUMPKIN BREAD

Vera Warren

⅔ c. shortening
2⅔ c. sugar
4 eggs
1 c. canned applesauce
1 c. mashed pumpkin
3⅓ c. sifted flour
2 tsp. soda
½ tsp. baking powder
1½ tsp. salt
1 tsp. cinnamon
½ tsp. mace
½ tsp. nutmeg
⅔ c. apple juice
1 c. chopped walnuts (opt.)

Cream shortening and sugar. Add eggs, one at a time, beating after each. Stir in applesauce and pumpkin. Sift together flour, soda, baking powder, salt, cinnamon, mace and nutmeg. Add alternately with apple juice to pumpkin mix. Stir in nuts. Turn batter into 2 greased 9 x 5-inch loaf pans. Bake at 350° for 1 hour.

BANANA NUT BREAD

*From the Kitchen of:
Marilyn Sondergaard*

5 ripe bananas
4 eggs
1 c. butter or Crisco
2 c. sugar
¾ tsp. salt
2 c. flour
2 tsp. baking soda
1 tsp. vanilla

In a large bowl, blend butter and sugar. In a smaller bowl (use electric blender), slice bananas, add eggs,
(continued)

Breads & Rolls

vanilla, salt; blend well. Pour into the larger bowl. Blend the mixture. Add flour and baking soda, blend with wooden spoon. Spray 2 loaf pans. Bake at 350° for 60-65 minutes. Test with toothpick. Cool for 10 minutes. Remove from pans and place on a baking rack to cool. Makes 2 loaves.

APRICOT BREAD

Lynn Holister

- 1 T. butter**
- 1 c. dried apricots, diced**
- 1 c. raisins**
- 1 c. boiling water**
- 2 c. flour**
- 1 c. sugar**
- 1 tsp. baking soda**
- 1 tsp. baking powder**
- 1 c. chopped nuts (opt.)**

Place soft butter, apricots and raisins in bowl. Pour boiling water over all and let cool. Sift together flour, sugar, baking soda and baking powder; stir into cooled mixture. Turn into greased 9 x 5-inch loaf pan. Bake 1 hour at 325°.

APPLE BRAN BREAD

Mary Loucks

- 1 med. unpeeled tart apple, cored, cut into 1-inch pieces**
- 4 c. all-purpose flour**
- 1 c. whole bran cereal**
- 1/4 c. light brown sugar**
- 1 tsp. salt**
- 1/2 tsp. ground nutmeg**
- 2 pkgs. Rapid Rise yeast**
- 4 T. unsalted margarine, cut into pats**
- 1/2 c. hot water (125°-130°)**
- 1/2 c. cold water**
- 1 egg yolk beaten with 1 T. water**

For food processor: With the metal blade, chop apple 10 times. Insert the dough blade, process the flour, cereal, sugar, salt, nutmeg, yeast and butter for 20 seconds. With the motor running, add hot water, then the cold water. After dough leaves the sides of the bowl, process another 45 seconds. Turn out the dough onto a floured board. Divide in half and roll each in a 24-inch rope. Coil each into a round, greased 8-inch cake pan. Cover with oiled plastic wrap and let rise for 25 minutes. Brush with the egg glaze. Bake at 375° for 25 minutes. Cool on wire racks. Makes 2 loaves.

Breads & Rolls

Recipe Favorites

Desserts

EASY FRUIT CAKE

Beryl Ramshaw

12 oz. fruit, currants, raisins, etc.
4 oz. sugar
4 oz. butter or margarine
½ c. water
1 egg
8 oz. self-rising flour

Place fruit, sugar, margarine and water in a pan. Simmer slowly for 20 minutes with pan lid in place. Allow to cool, then add beaten egg and stir in the flour. Turn into a greased 6-to 7-inch cake pan. Bake for 1½ hours on low heat.

APPLE CRUMBLE

Judy Burdick

4 lg. Granny Smith apples
½ c. sugar
1 tsp. cinnamon
2 T. water

Topping:

1 c. flour
½ c. sugar
½ tsp. salt
1 c. sharp cheddar cheese
½ c. melted butter

Slice apples thickly. Place in buttered baking dish, a 9 x 9-or 8 x 8 inch works well. Mix ½ cup sugar, cinnamon and water. In a second bowl combine ½ cup butter (melted), flour, ½ cup sugar, salt and grated cheese. Pour cinnamon mixture over apples. Top with cheese mixture. Cover with foil and bake in 325° oven for 45 minutes.

DATE BARS

Jan Loomis

1 c. sugar
3 beaten eggs
1 c. flour
1 tsp. baking powder
¼ tsp. salt
1½ c. chopped dates
1 tsp. vanilla
½ tsp. almond flavoring
1 c. chopped nuts

Slowly add sugar to well-beaten eggs. Add sifted dry ingredients, add dates, extracts and nuts. Pour into large greased pan. Bake 30 minutes at 325°. Cut while warm and roll in sugar. Store in cookie tin with lid.

TUMBLEWEEDS

Sandy Diaz

1 (12-oz.) can salted peanuts
1 (7-oz.) can potato sticks
3 c. butterscotch chips
3 T. peanut butter

Combine peanuts and potato sticks in a bowl; set aside. Heat butterscotch chips and peanut butter until melted, stirring every 30 seconds. Add peanut mixture to coat. Drop by tablespoons onto wax paper-lined baking sheet. Refrigerate for 5 minutes then serve.

Desserts

CHERRY MARSHMALLOW REFRIGERATOR CAKE

From the Purefoy Hotel Cookbook, circa 1940's

20 marshmallows
1 c. milk
 $\frac{1}{8}$ tsp. salt
1 c. canned cherries
1 c. whipping cream
 $1\frac{1}{2}$ doz. ladyfingers

Heat marshmallows, milk and salt in saucepan on low until marshmallows are partially melted. Remove from range and continue stirring until mixture is smooth and fluffy. Cool. Then add cherries and fold in whipped cream. Split ladyfingers in half and line a loaf pan with them, round side out. Then arrange alternate layers of cherry mixture and ladyfingers in loaf pan. Place in refrigerator and chill 4 to 6 hours. Serve with additional whipped cream, topped with maraschino cherries, if desired.

LEMON JELLO CAKE

*Jerri Pence
Helen Sturges*

1 Betty Crocker lemon cake mix
1 pkg. lemon Jello
4 lg. eggs
 $\frac{3}{4}$ c. water
 $\frac{3}{4}$ c. oil

Glaze:

2 c. powdered sugar
Juice from 3 or 4 lemons

In a large mixing bowl, combine the above ingredients together. Pour into a 10 x 13-inch glass baking pan.

(continued)

Bake at 350° 35 to 45 minutes. When you take cake out of oven, poke holes in it with a fork (lots of holes) then pour glaze over the cake.

HARVEST APPLE CAKE

Sandra Bell

4 c. apples (sm. pieces)
2 c. sugar
2 eggs, beaten slightly
 $\frac{1}{2}$ c. oil
2 tsp. vanilla
2 c. flour
2 tsp. soda
 $\frac{1}{2}$ tsp. cinnamon
1 tsp. salt
2 c. chopped nuts

Mix sugar with apples and let stand. Mix remaining ingredients together and fold in apples. Bake 1 hour in a 350° oven.

FROZEN CHEESE SALAD

Purefoy Hotel Cookbook, circa 1940's

1 (3-oz.) brick cream cheese, softened
1 c. mayonnaise, add to cheese
1 c. crushed pineapple, drained
1 sm. bottle maraschino cherries, diced
1 c. whipped cream
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ c. powdered sugar

Add all ingredients together. Place in mold and put in freezer until firm. Serve on lettuce.

Desserts

BANANA NUT-CRANBERRY CAKE

Shirley Becker

- 1 box yellow cake mix**
- 1 sm. box vanilla instant pudding mix**
- 4 eggs**
- $\frac{3}{4}$ c. oil**
- 1 c. ripe crushed bananas**
- 1 c. dried cranberries or raisins**
- $\frac{1}{2}$ c. chopped nuts**
- Powdered sugar**

Blend cake mix, pudding mix, eggs, oil and bananas about 5 minutes at medium speed. Add cranberries (or raisins) and nuts. (Poppy seeds may be added.) Pour into greased angel food or bundt pan. Bake in preheated oven at 350° for 45 minutes. Cool about 10-15 minutes before turning onto plate. Sprinkle with powdered sugar when cool.

RED VELVET CAKE

Ann Jewett

- 1 box yellow or white cake mix**
 - 1 T. cocoa**
 - 1 (1-oz.) bottle red food color**
- Icing:**
- 1 lb. sifted powdered sugar**
 - 8 oz. cream cheese**
 - 1 stick margarine**
 - 1 T. vanilla**

Mix cake according to directions. Add other ingredients and mix well. Bake according to directions. **Icing:** **Combine all ingredients. Stir well.**

APPLE CAKE

Mary L. Justice

- 1 unbeaten egg**
- 3 T. Wesson oil**
- 1 c. sugar**

Mix above.

- 1 c. flour**
- 1 tsp. baking soda**
- 1 tsp. cinnamon**
- $\frac{1}{2}$ tsp. allspice**
- $\frac{1}{4}$ tsp. cloves**

Sift and add to other mixture.

- 3 chopped apples or 1 can apples**
- 1 c. walnuts**

Grease pan and bake at 325° for 45 minutes. Fits small, square pan. Fits a 9 x 13-inch pan if doubled.

CHOCOLATE BROWNIES

Gineva Boydstein

Bring to boil and cool:

- 1 stick butter**
- $\frac{1}{2}$ c. shortening**
- 1 c. water**
- 2 c. flour**
- 2 c. sugar**
- 4 T. cocoa**
- 1 tsp. soda**
- 1 tsp. cinnamon**
- 1 tsp. vanilla**
- $\frac{1}{2}$ c. buttermilk**
- 2 eggs**

Bring butter, cocoa and milk to boil, stirring constantly. Add powdered sugar, vanilla and nuts. Stir until smooth. Mix all ingredients together. Mix for 2 minutes. Pour bat-

(continued)

Desserts

ter into jelly-roll pan. Bake in 400° oven for 20 minutes. Frost while still warm.

Frosting:

- 1 stick butter**
- 4 T. cocoa**
- 1 tsp. vanilla**
- 6 T. milk**
- 1 box powdered sugar**
- 1 c. chopped nuts**

PINEAPPLE-ORANGE SUNSHINE CAKE

"The Committee"

Cake:

- 1 box yellow cake mix**
- ¼ c. applesauce**
- 4 eggs**
- 1 (11-oz.) can mandarin oranges
in light syrup**

Frosting:

- 1 (8-oz.) ctn. light whipped
topping, thawed**
- 1 (3.4-oz.) pkg. instant vanilla
pudding mix**
- 1 (15½-oz.) can crushed
pineapple in juice**

Preheat the oven to 350°. In a large bowl, stir together all the cake ingredients until moist. Beat by hand for 2 minutes. Coat a 9 x 13-inch cake pan with cooking spray. Pour the batter into the pan. Bake for 30 to 40 minutes, or until a toothpick inserted in the center comes out clean. Cool completely. In a large bowl, mix together all the frosting ingredients until well blended. Spread over the cake. Store in the refrigerator. Serves 16.

APPLE ENCHILADAS

Libby Williams

- 1 can apple pie filling**
- 12 flour tortillas**
- 1 stick butter**
- 1 c. sugar**
- 1 T. cinnamon**
- Vanilla ice cream for topping**

Spread some pie filling on each tortilla and roll up. Place the filled tortillas in casserole dish. Melt butter and sugar together. Add cinnamon and pour over tortillas. Heat at 350° for about 15 minutes. Remove from oven and spoon excess sugar-butter over the tortillas. Serve warm, whole or cut in half, with ice cream.

YUM YUM

Libby Williams

- 1½ sticks butter**
- 1½ c. flour**
- 1 c. nuts, chopped**
- 8 oz. cream cheese**
- 1 c. sugar**
- Cool Whip**
- 1 pkg. chocolate instant pudding**
- 1 pkg. vanilla instant pudding**
- 3 c. milk**

Mix butter, flour and nuts together; pat in a 13 x 9 x 2-inch pan. Bake for 20 minutes at 300° and cool. Mix cream cheese, sugar and 1 cup Cool Whip. Spread carefully over crust. Mix pudding and milk until thick. Spread over second layer. Spread Cool Whip over dessert. Garnish with chopped nuts and chocolate shavings.

Desserts

LOW CHOLESTEROL RAW APPLE CAKE

*Tottie Anderson**

- 1 egg
- 2 c. coarsely chopped apples
- ½ c. raisins
- 1 c. sugar
- ½ c. cooking oil
- 1 c. flour
- ½ tsp. salt
- 1 tsp. cinnamon
- 1 tsp. baking soda
- ½ c. chopped nuts

Beat egg slightly. Sift flour, salt, cinnamon and soda together. Add to egg the apples, nuts, raisins, sugar and oil and dry ingredients. Stir well. Pour mixture into greased 8- or 9-inch pan. Bake in 350° oven for 40 minutes.

RAW APPLE CAKE

Joan Parker

- 2 c. raw apples, peeled and sliced
- 1 egg, beaten
- 1 c. sugar
- 1 tsp. vanilla
- ¼ c. oil
- 1 c. flour, sifted
- ½ tsp. salt
- 1 tsp. soda
- 1 tsp. cinnamon
- ½ c. chopped walnuts
- ½ c. raisins (opt.)

Combine apples and egg; mix. Add sugar, vanilla and oil together with apples. Stir together flour, salt, soda and cinnamon. Fold dry ingredients into apple mixture. Stir well. Add walnuts and raisins; pour into 8 x

(continued)

8-inch pan, greased and floured. Bake at 350° for 45 minutes.

CHOCOLATE CRUNCH BROWNIES

Ben Parish

- 1 c. butter or margarine, softened
- 2 c. sugar
- 4 eggs
- 6 T. baking cocoa
- 1 c. all-purpose flour
- 2 tsp. vanilla extract
- ½ tsp. salt
- 1 (7-oz.) jar marshmallow creme
- 1 c. creamy peanut butter
- 2 c. (12 oz.) semi-sweet chocolate chips
- 3 c. crisp rice cereal

In a mixing bowl, cream butter and sugar, add eggs. Stir in cocoa, flour, vanilla and salt. Spread into a greased 13 x 9 x 2-inch baking pan. Bake at 350° for 25 minutes or until brownies test done. Cool. Spread marshmallow creme over cooled brownies. In a small saucepan, melt peanut butter and chocolate chips over low heat, stirring constantly. Remove from heat, stir in cereal. Spread over marshmallow layer. Chill before cutting. Store in the refrigerator. Yield: 3 dozen.

Desserts

ESTER BOLICK'S ORANGE MARMALADE CAKE

Peggy Shurtleff Barclay

2 (18 $\frac{1}{4}$ -oz.) boxes yellow cake mix

6 eggs

$\frac{2}{3}$ c. oil

$\frac{2}{3}$ c. water

1 tsp. grated orange zest or $\frac{1}{2}$ tsp. orange extract

Frosting:

2 (8-oz.) pkgs. softened cream cheese

1 c. butter

5-6 c. powdered sugar

2 tsp. orange zest or 1 tsp. orange extract

Beat cake mix, eggs, oil and water and orange zest or extract with electric mixer 2 minutes. Divide batter evenly among 3 oiled and floured 9-inch round cake pans. Bake at 350° 30-35 minutes, until done. Remove in 15 minutes from pans and cool on racks. **Frosting:** Beat cream cheese and butter until light and fluffy. Add powdered sugar a little at a time, beating constantly, until of spreadable consistency. Add orange zest to frosting.

Assembly:

1 (16-oz.) jar orange marmalade

Place 1 cake layer (cut off raised part) on plate. Spread $\frac{1}{2}$ cup marmalade on top of cake layer. Spread $\frac{1}{2}$ cup frosting over marmalade. Repeat with second layer. Top with third layer and top with remaining frosting. Frost sides also. Swirl about $\frac{1}{2}$ cup remaining marmalade

on top for decoration. Cool whole cake.

MISSISSIPPI MUD CAKE

Jane Fesler

4 eggs

2 c. sugar

2 cubes butter

1 $\frac{1}{2}$ c. flour

$\frac{1}{3}$ c. cocoa

1 tsp. vanilla

1 c. coconut

1 c. nuts

1 tsp. baking powder

Beat eggs and sugar until thick; melt butter and combine all ingredients with eggs. Pour into greased and floured 9 x 13-inch pan. Bake at 350° for 25 minutes or until tester comes clean. Spread 1 jar of marshmallow creme on top while hot. Let stand to coat. Cover with frosting while warm.

Frosting:

1 cube melted butter

6 T. milk

1 tsp. vanilla

$\frac{1}{2}$ c. cocoa

1 lb. powdered sugar

1 c. nuts

Melt butter. Add all ingredients and mix well. Add nuts last. Spread gently over creme topping.

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Desserts

FESTIVE FROZEN DESSERT

Shirley Holgate

- 2 doz. coconut macaroon cookies**
- 1 pt. whipping cream or lg. ctn.**
Cool Whip
- 1 tsp. vanilla**
- 3 T. powdered sugar**
- 1/2-1 c. chopped nuts**
- 1 pt. each of 3-4 kinds of sherbet**

Crush cookies into crumbs; mix in whipped cream (or Cool Whip) which has been sweetened with sugar and vanilla. Add nuts. Put 1/2 to 2/3 mixture into a 9 x 13-inch pan. Cover with small scoops of sherbet, alternating the colors. Cover with remaining crumb mixture and crush 2 dry cookies and sprinkle over the top. Freeze.

CHEERY CHERRY

Pat Wardell

- 20 graham cracker squares,**
rolled to crumbs
- 1/4 c. melted butter**
- 1/4 c. sugar**
- 1 (8-oz.) pkg. softened cream**
cheese
- 1/3 c. powdered sugar**
- 1 c. heavy cream, whipped**
- 3/4 c. chopped pecans**
- 2 (No. 2) cans cherry pie filling**
- 1 tsp. cherry extract**
- Salt to taste**

Combine cracker crumbs, butter and 1/4 cup sugar. Spread over a 9 x 13-inch pan and bake at 375° for 8 minutes. Cool. Beat cheese and powdered sugar until fluffy. Fold in whipped cream and pecans. Spread

(continued)

over crust mixture. Combine cherry filling, flavoring and salt. Spread over cream cheese mixture. Refrigerate overnight. Serves 12.

HARVEST BEET CAKE

Dorine Bolterman

- 1/2 c. oil**
- 1/2 c. oleo, melted**
- 2 c. sugar**
- 3 eggs**
- 2 tsp. vanilla**
- 1 c. chopped fine beets, drained**
- 1 c. crushed pineapple, not**
drained
- 1/2 c. cottage cheese, creamed**
- 1/2 c. coconut**
- 1 c. chopped nuts**
- 1/2 tsp. salt**
- 2 tsp. baking soda**
- 2 tsp. cinnamon**
- 2 1/2 c. flour**

Blend oil, oleo, sugar, eggs and vanilla; mix well. Sift flour, cinnamon, baking soda and salt. Add to first mixture. Blend in beets, pineapple, cottage cheese, coconut and nuts; mix well. Spray Pam in pan of 9 x 13 inches. Bake at 350° for 50-55 minutes. Serve plain or with cream cheese frosting. Real good with whipped cream or even plain vanilla frosting.

Desserts

EVE'S PUDDING

Beryl Ramshaw

- 1 lb. apples
- Sugar to taste
- 4 oz. margarine
- 4 oz. sugar
- 4 oz. self-rising flour
- 2 eggs

Cream margarine and sugar until light and fluffy. Beat in eggs one at a time, adding a little flour with each. Gently fold in remaining flour. Peel and slice apples. Stew for a short time with approximately 2 tablespoons water and sugar to sweeten. Place in ovenproof dish and cover with cake mixture. Bake in a moderate oven for about 40 minutes.

PLUM CAKE

Sandra Bell

- 2 c. sifted self-rising flour
- 2 c. sugar
- 1 c. salad oil
- $\frac{1}{2}$ tsp. cloves
- 1 tsp. cinnamon
- 1 tsp. vanilla
- 2 sm. jars baby food plums
- 3 eggs
- $\frac{3}{4}$ c. nuts

Beat sugar and oil together; add eggs, plums and vanilla. Add flour, cloves and cinnamon (which have been sifted together). Bake in tube pan or 2 loaf pans for 1 hour at 350°.

Glaze:

- 1 c. powdered sugar
- Juice of sm. lemon

Heat until melted. Dribble over cake while hot. Let cool in pan, add remaining glaze after cake is removed from pan. Cake can be pricked with fork to let glaze moisten inside of cake.

GRANDMA'S TOMATO SPICE CAKE-JET VERSION

Jan Potter

- 1 can tomato soup
- 1 can spice cake mix
- $\frac{1}{2}$ pkg. banana cake mix
- 4 eggs
- $\frac{3}{4}$ c. water
- 1 tsp. each: vanilla, black walnut, almond, rum and brandy flavorings
- $\frac{3}{4}$ c. each: chopped dates, prunes, figs, almonds and walnuts
- $\frac{3}{4}$ c. each: light and dark raisins and currants

Generously grease and flour large heavy bundt cake pan. Pour in and level off batter. Bake in 325° oven for 1½ to 2 hours. Test with toothpick after 1 hour. When toothpick shows clean, remove from oven. Cool in pan 20 minutes. Remove from pan and dust with powdered sugar. (This cake may be wrapped in rum and brandy-soaked cloths and aged for several weeks in a plastic bag sealed in foil.)

(continued)

Desserts

VESTRY CHEESECAKE

Anglican Digest

Preheat oven to 350°. Combine:

- 4 (8-oz.) pkgs. cream cheese,**
room temperature
- 2 c. sugar**
- 6 eggs**
- 1 tsp. vanilla**
- 2 tsp. lemon juice**

Mix until smooth. Add 2 cups of sour cream. Pour into a greased and floured 10-inch springform pan. Bake until edges are brown and the middle is set, about 50 minutes. Cool and refrigerate.

SCHAUM TORTE

Charlie Imig

- 6 egg whites**
- 2 c. granulated sugar**
- 1 tsp. vanilla**
- 1 tsp. vinegar**
- ½ pt. whipping cream**
- 1 pt. fresh strawberries**

Beat egg whites with a wire beater until they are stiff enough to hold peaks, then beat in, 2 tablespoons at a time, 3 times, beating thoroughly each time, add vanilla, vinegar and fold in the rest of the sugar. Grease a 9-inch springform and pour in the mixture. Bake about 1 hour at 275°. Remove from oven and cool. To assemble, remove the crusty top with a spatula (it will break into smaller pieces). Whip cream and mash strawberries. Top the exposed meringue with the strawberries and whipped cream, replace the top and serve.

BREAD PUDDING FROM LOUISIANA

Norma Harloe

- 1 stale (10-oz.) loaf French bread,**
crumbled
- 4 c. milk**
- 2 c. sugar**
- 8 T. melted butter**
- 3 eggs**
- 2 T. vanilla**
- 1 c. raisins**
- 1 c. coconut**
- 1 c. chopped pecans**
- 1 tsp. cinnamon**
- 1 tsp. nutmeg**

Combine all ingredients; mixture should be very moist but not soupy. Pour into a large baking dish. Place into non-preheated oven. Bake at 350° for 1 hour, 15 minutes or until top is golden brown. Serve warm with sauce.

LOUISIANA BREAD PUDDING SAUCE

Norma Harloe

- ½ c. butter**
- 1½ c. powdered sugar**
- 2 egg yolks**
- ½ c. bourbon or rum or lemon**
juice

Cream butter and sugar over medium heat until all butter is absorbed. Pour in the juice or liquor, stirring constantly. Sauce will thicken as it cools. Serve over warm bread pudding.

Desserts

"KOFFEE KAKE" SUPREME

Carol Wilcock

2 cubes margarine
2 c. sugar
2 eggs, unbeaten
1 pt. sour cream
2 tsp. soda
3 c. flour
2 tsp. baking powder
2 tsp. vanilla

Topping:

½ c. chopped nuts
½ tsp. cinnamon
2 T. sugar

Heat oven to 350°. Grease bundt pan. Sift flour, baking powder together. Beat margarine and sugar together. Add the 2 eggs. Mix sour cream with soda and add to mixture. Add flour mixture and last, vanilla.

Topping: Mix nuts, cinnamon and sugar to spread in bottom of pan. Then pour in the cake mixture. Place in oven to bake 40-60 minutes (can use angel food pan also).

SPICE CAKE

Eileen Curtis

½ c. butter or margarine
1 c. sugar
1 egg
1 tsp. cocoa
1 tsp. cinnamon
1 tsp. cloves
1 tsp. nutmeg
1 c. raisins
1 c. nuts
1 c. sour milk
1 tsp. soda
2 c. flour

Note: I often substitute the raisins and nuts for 2 cups of coconut. Cream butter and sugar. Add egg and beat well. Sift dry ingredients and add to creamed mixture in 3 parts alternately with sour milk. Place in 9 x 12-inch pan, greased and floured and bake at 350° for 25 to 30 minutes.

BUNDT CAKE

Kay Losier

1 pkg. yellow cake mix
5 eggs
¼ c. oil
1 family-size instant pudding
(vanilla or any kind)
1 c. sour cream
3 T. vanilla

Mix and beat 3 minutes. Grease pan with oil and sprinkle flour on bottom of pan then add some batter, then sugar mixture, and cut through with knife. Blend ¾ cup of sugar, ⅓ cup of cinnamon and ¾ cup chopped nuts. Bake at 350° for 45-55 minutes.

Desserts

TOFFEE GRAHAM COOKIES

Ashley Martel

- 1 inner-wrapped pkg. graham crackers**
- 1 c. butter**
- 1/2 c. sugar**
- 1 1/2 c. pecans, chopped**

Place graham crackers (unbroken) in a single layer on a 10 x 15-inch baking pan. Melt butter and sugar together in a pan on stove, stirring constantly, until bubbly. Pour butter mixture evenly over graham crackers; sprinkle nuts on top. Bake at 350° for 15-20 minutes or until lightly browned and bubbly. Cool cookies on rack over waxed paper to catch drips. Cut apart while still warm. May also sprinkle with coconut.

FRUIT COMPOTE

Tetelle Justice

- 7-9 apples, peeled, cored, sliced in wedges**
- 1 T. cinnamon**
- 1-2 T. butter**
- 1 tsp. salt**
- 1-2 T. brown sugar**
- 1/2 tsp. zest and juice lemon**
- 1 tsp. vanilla**
- 1 c. raisins, mix golden and dark raisins**
- 1 can cherry pie filling**
- 1/2 c. chopped almonds or almond slivers**

Put together in crockpot and cook on low 6 hours (all ingredients). Serve over low fat ice cream. Put crust over compote; bake and serve

(continued)

hot. Chill and serve over Grape Nuts cereal for breakfast. Split scones or biscuits and serve as shortcake, top with whipped cream.

ANGEL PIE

*LaDelle Russell**

- 1 pt. Cool Whip**
- 4 egg whites**
- 1/2 tsp. cream of tartar**
- 1 c. sugar**

Beat egg whites until foamy. Add cream of tartar and beat until stiff. Add sugar gradually, beating all the time until sugar is deleted. Bake in 9-inch buttered pie tin; smooth down and bake at 275° for 20 minutes, at 300° for 40 minutes. Cool. While cooling, the middle sinks down.

Custard:

- 4 egg yolks, beaten**
- 1 tsp. grated orange rind**
- 1 tsp. grated lemon rind**
- 1/2 c. sugar**
- Pinch salt**
- 2 T. orange juice**
- 1 T. lemon juice**

Beat egg yolks until thick and lemon colored. Beat in sugar gradually and then lemon and orange juices and rind. Cook over low heat or in double boiler until thick, stirring constantly. Cool. Cover meringue with part of Cool Whip. Pour custard over Cool Whip. Spread it around and top with remaining Cool Whip. Refrigerate.

Desserts

PETER GRAY'S CHOCOLATE MOUSSE

Libby Gray

12 oz. semi-sweet chocolate chips
4 lg. eggs, separated
5 tsp. espresso
5 T. triple sec liquor
½ tsp. salt
Graham cracker pie crust (opt.)

Melt chocolate and mix with egg yolks, espresso and triple sec. Beat egg whites with salt until peaks form. Fold into chocolate mix, 3 tablespoons of egg whites to lighten mix. Then, fold chocolate mix into the balance of the egg whites. Fold very thoroughly. Scoop mix into tall dessert glasses or a graham cracker pie crust and chill. Serves 6.

SOUR CREAM POUND CAKE

Edna Gilbert

1 pkg. pound cake mix (reserve 2 T.)
1 c. (8-oz.) sour cream
⅓ c. oil
¼ c. sugar
¼ c. water
4 eggs

Filling:

2 T. reserved cake mix
2 tsp. cinnamon
2 T. brown sugar
1 c. finely chopped nuts

In a large bowl, blend cake mix, sour cream, oil, sugar, water and eggs. Beat on high speed 2 minutes. Pour ⅔ batter in greased and floured

(continued)

bundt pan. Sprinkle filling over batter. Spread remaining batter over filling. Bake at 375° for 45-55 minutes. Cool right side up 25 minutes. Remove from pan.

PINEAPPLE UPSIDE- DOWN CAKE

Grace Ramsay

1 yellow cake mix
1 (15-oz.) can pineapple slices
¼ lb. margarine
½ c. brown sugar
Maraschino cherries, halved

Follow the directions on the cake mix, except reserve the juice from the pineapple slices and bring the required measurement for liquid up to the 1⅓ cups by adding water. Use extra light virgin olive oil. In a 9 x 12-inch cake pan, melt the ¼ pound margarine, sprinkle the brown sugar over the melted margarine, place the pineapple slices to cover the bottom of the pan, then place the cut-side of the maraschino cherry down in the middle of the slice of pineapple. Bake according to the instructions on the cake mix box. Run a knife around the edges of the cake. Place a square dish or board on top of the cake pan and turn over and let the cake loosen onto the plate or board by its own weight.

Desserts

COINTREAU CAKE

Shirley Buescher Alls

1/2 lb. butter
3 eggs, separated
1 c. chopped hazelnuts
Rind from 1 lemon and 1 orange
Pinch salt
1 tsp. baking powder
1 tsp. baking soda
1 c. sugar
3/4 c. sour cream
2 c. flour

Cream butter and 1 cup sugar. Sift dry ingredients and alternately add sour cream, egg yolks, rind and nuts. Beat whites and fold in. Bake in tube (bundt) pan for about 1 hour at 350°. Drizzle juices from orange and lemon with 1/2 cup sugar over cake while it is still warm.

APPLE CAKE

Edna Gilbert

1 can apple pie filling
1 c. flour
1 c. sugar
1 1/2 tsp. soda
1 tsp. salt
3 eggs, beaten
1 tsp. vanilla
2/3 c. cooking oil
1/2 c. nuts

Spread apple filling in pan. Combine dry ingredients and spread over pie filling. Combine eggs, vanilla, oil and nuts in bowl. Pour over flour. Stir only until blended. Smooth out a little. Bake in oblong pan at 350° for 40-50 minutes.

PUMPKIN PIE SQUARES

Edna Gilbert

6 eggs
1 1/2 c. sugar
2 tsp. cinnamon
1 tsp. ginger
1/4 tsp. cloves
2 1/2 c. (29-oz.) can pumpkin
1 tsp. salt
2 tsp. vanilla
1 lg. (13-oz.) can evaporated milk

Mix in order given and pour into 9 x 13-inch pan. **Topping:** Mix 1 yellow cake mix and 1 cup butter or margarine. Cut in with knife. Spread over pumpkin mix. Sprinkle with chopped nuts. Bake at 350° for 1 1/4 hours or until knife comes out clean.

DARK CHOCOLATE BUNDT CAKE

Tilli De Bruyn

1 pkg. dark chocolate cake mix
1 (4 1/2-oz.) pkg. instant chocolate pudding
1 c. dairy sour cream
1/2 c. oil
1/2 c. warm water
1 1/2 c. semi-sweet chocolate pieces
4 eggs

Combine above ingredients and blend until smooth. Turn into a greased bundt pan at 10-inch tube pan and bake at 350° or 1 hour. Let cool slightly before removing from pan. **Icing:** Heat over low flame, don't boil:

(continued)

Desserts

- 1 stick butter or margarine**
- 6 T. milk**
- 1 box powdered sugar**
- 3 T. cocoa**

Mix pecans or walnuts with icing.

BEST CHEESECAKE

Mike and Jacque Lady

- 1½ c. graham cracker crumbs**
- 1 stick melted butter**
- 1½ T. granulated sugar**
- 3 (8-oz.) pkgs. cream cheese**
- 1½ c. sugar, divided**
- 4 eggs, beaten**
- 1 pt. sour cream, divided**

Combine crumbs, butter, and 1½ tablespoons sugar. Spread in bottom springform pan, bake 10 minutes at 350°. Cool. Beat together cream cheese, 1 cup sugar, eggs, 5 tablespoons sour cream and 1 teaspoon vanilla. Beat 5 minutes. Pour into springform pan and bake at 350° for 30 minutes. Turn oven off and keep door closed. Do not remove cheesecake from oven for 40 minutes. Remove and cool 40 minutes. Combine remaining sour cream, remaining ½ cup sugar and 1 teaspoon vanilla. Beat slightly and spread over top and bake at 450° for 5 minutes. Cool and refrigerate 8 hours.

WACKY CHOCOLATE CAKE

*Adah Kirkpatrick (Mrs. F.J.)**

- 1½ c. flour**
- ½ tsp. salt**
- 1 c. sugar**
- 1 tsp. soda**
- 3 rounded T. cocoa**

Put dry ingredients into sifter and sift into pan in which cake is to be baked (small Pyrex utility dish 9½ x 5½ inches). Spread evenly in pan and make 3 wells. Into the first well pour 1 tablespoon vinegar. Into the second well pour 1 teaspoon vanilla. Into the third well pour 5 tablespoons melted shortening. Over all gradually pour 1 cup cold water. Mix thoroughly. Do not substitute milk for water. Bake at 350° for about 30 minutes. When cool, cover with favorite chocolate butter or mocha icing. Cut and remove from pan when ready to serve.

Desserts

PLUM CAKE

Marilyn Dwight

2 c. flour
2 tsp. baking powder
 $\frac{3}{4}$ tsp. salt
 $\frac{3}{4}$ c. sugar
Fresh plums
 $\frac{1}{3}$ c. shortening
1 egg
 $\frac{2}{3}$ c. milk

Topping:

$\frac{1}{4}$ c. butter
4 T. sugar
Cinnamon
1 T. flour

Preheat oven to 400°. Do not peel plums. Cut in half or quarters, removing pits. Place on paper towel to slightly drain. Sift together flour, baking powder, salt and sugar; put in bowl. Work shortening into dry ingredients until crumbly. Beat together egg and milk; mix into flour and shortening mixture until a soft dough forms (it will be sticky). Butter a large jelly-roll pan (cookie sheet with 1 inch sides). Spread dough thinly over pan; you may think you don't have enough, but you do! Place plums skin side down on dough until completely covered. Melt $\frac{1}{4}$ cup butter. Drizzle butter over plums, sprinkle with 4 tablespoons sugar and cinnamon. If plums are very juicy, use 1 tablespoon flour, otherwise not needed. Bake 25-30 minutes. Serve with whipped cream or serve as coffee cake. Cut in 3 x 3-inch squares.

CHERRY SOUR CREAM CAKE

Kristen Reeves

1 chocolate, white or yellow cake mix
6 oz. sour cream
1 can cherry pie filling
3 eggs
 $\frac{1}{4}$ c. oil
Cool Whip or frosting (opt.)

Spray a 9 x 13-inch pan with non-stick spray. Mix cake mix, sour cream, pie filling, eggs and oil together. Pour into cake pan. Bake at 350° for 60 minutes. Frost when cool or top with Cool Whip.

FRESH RASPBERRY-PEACH COBBLER

Kim Vargo

$\frac{1}{2}$ c. sugar
1 T. cornstarch
2 T. water
4 c. sliced/peeled fresh peaches or nectarines
1 tsp. lemon peel
1 tsp. lemon juice
2 c. fresh raspberries
1 c. flour
 $\frac{1}{4}$ c. sugar
1 tsp. baking powder
 $\frac{1}{2}$ tsp. cinnamon
3 T. butter
1 beaten egg
3 T. milk
1 tsp. sugar for top

Preheat oven to 400°. **Filling:** In medium saucepan combine $\frac{1}{2}$ cup sugar and cornstarch, add water. Stir in peaches, lemon peel and juice. Cook and stir until thickened

(continued)

Desserts

and bubbly. gently fold in raspberries. Return just to boiling. Keep hot.

Biscuit Topping: In medium bowl combine flour, sugar, baking powder and cinnamon. Cut in butter until it crumbles. Combine eggs and milk then add flour mixture, stirring just until moist. Put fruit in a shallow 2-quart casserole. Drop biscuit dough into 4-6 mounds on top and sprinkle with 1 teaspoon sugar. Bake at 400° 20-25 minutes. Serve with ice cream or whipped cream.

HARVEST PUDDING

Dorothy Good

- 1 (29-oz.) can pumpkin
- $\frac{3}{4}$ c. canned milk
- 2 tsp. cinnamon
- $\frac{1}{4}$ tsp. cloves
- $\frac{1}{2}$ tsp. ginger
- 1 $\frac{1}{2}$ c. sugar
- $\frac{1}{2}$ tsp. salt
- 3 lg. eggs

Topping:

- $\frac{1}{2}$ box yellow cake mix
- 1 cube margarine
- 1 c. chopped walnuts
- 1 (8-oz.) ctn. Cool Whip

Mix well pumpkin, canned milk, cinnamon, cloves, ginger, sugar, salt and eggs. Pour into a well-greased 8 x 12-inch baking pan. Combine cake mix (approximately 2 cups) with room temperature margarine until crumbly add chopped walnuts and sprinkle over pumpkin mix. Bake in 350° oven 1 hour. Cool and cover with Cool Whip.

STRAWBERRY DESSERT

*Lucille Fredrickson**

- 1 yellow cake mix
- 8 oz. softened cream cheese
- 1 sm. pkg. instant pudding
- 1 env. Dream Whip
- 2 c. milk

Make cake according to package directions. Cool completely. Whip together cream cheese, instant pudding, Dream Whip and milk. After the above is well mixed, fold in 2 packages (10-ounce) frozen strawberries, well drained. Spread on top of cooled cake. It calls for a 9 x 13-inch pan, but it makes the dessert so high that I pour about $\frac{3}{4}$ of cake batter in pan and the rest in a small pan. Or, you can make the cake in a jelly-roll pan, 11 x 15 inches. Very good!

APPLESAUCE CAKE

Nancy Vanderziel

- 2 c. flour
- 2 c. sugar
- $\frac{3}{4}$ c. oil
- 2 eggs
- 1 $\frac{1}{2}$ tsp. baking soda
- 1 tsp. vanilla
- 2 tsp. cinnamon
- 4 c. raw apples, chopped
- $\frac{3}{4}$ c. chopped nuts

Grease and flour tube or bundt pan. Preheat oven, 350°. Cream oil, sugar, eggs, vanilla then dry ingredients. Then fold in apples and nuts. Bake 40 to 50 minutes.

Desserts

BANANA CAKE

Gene E. McLean

1/2 to 3/4 c. shortening
1 1/2 c. sugar
2 eggs, beaten to lemon color
1/2 c. sour milk
1 tsp. soda, dissolved in milk
2 c. flour
2 tsp. baking powder
Dash salt
1/2 tsp. cinnamon
1 c. chopped nuts
3 bananas, mashed fine
1 tsp. vanilla

Cream shortening; gradually add sugar, creaming well, until light and fluffy. Add eggs, milk and soda, bananas, flour, vanilla and nuts. Bake in three 8-inch layer or two 9-inch layer pans. Bake 30 minutes at 325° or until toothpick comes out clean.

CHOCOLATE SPONGE CAKE

*Catharine Futrell**

6 egg whites
1/2 c. sugar
6 egg yolks
1 c. sugar
1 1/2 c. flour
1 tsp. baking powder
1 1/2 c. ground chocolate
1/2 c. hot water

Beat egg whites and 1/2 cup sugar until stiff peaks are formed. Place in refrigerator. Beat egg yolks and 1 cup sugar until very light. Sift together the flour and baking powder. Mix chocolate and hot water; fold into yolk mixture alternately with flour mixture. Fold in egg whites.

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Pour into 10-inch tube pan. Place in cold oven; set at 300° and bake 1/2 hour, then at 325° for 1/2 hour. Cool in pan upside down.

CHOCOLATE ZUCCHINI CAKE

John Morse
Neal Mandich

3 (1-oz.) squares unsweetened chocolate, melted over low heat
2 eggs
1 1/2 c. sugar
1/2 c. oil
1 tsp. vanilla
1 1/2 c. flour
1 tsp. each: baking powder, baking soda and cinnamon
1/2 tsp. salt
1/4 tsp. nutmeg
1 1/2 c. semi-sweet chocolate chips
2 c. grated zucchini
12-oz. tub prepared chocolate cream cheese frosting

Using a mixer, combine melted chocolate, eggs, sugar, oil and vanilla in a large bowl. Mix in remaining ingredients (mixture will be quite stiff). Fold in the grated zucchini. Bake in lightly greased 6 x 10-inch glass baking dish for 55-60 minutes at 350°. Cool for at least 1 hour before frosting. It is best when served with ice cream.

Desserts

"MISH-MASH" CAKE

Carol Wilcock

- 1 lg. angel food cake (buy one if you don't want to make it)**
- 1 lg. ctn. Cool Whip**
- 3 (3-oz.) pkgs. lemon pudding and pie filling (Jello)**

Tear angel cake into small pieces in a large bowl. Cook lemon pudding according to directions on package. Let cool. Stir Cool Whip into cooled lemon pudding. Pour mixture over angel food cake pieces and mix well. Pour into large angel food cake pan. Cover tightly with foil and place in freezer. Take out of freezer about 2-3 hours before serving and place in refrigerator on cake dish (after removing from cake pan). Coat cake with whipped cream and garnish with nuts/cut-up cherries, etc. (optional). This is a good dessert for a large group on a hot summer day or evening. Serves 12-15.

YUMMY CHOCOLATE CAKE

Betty Miller

- 1 box chocolate cake mix**
- 1 can Eagle Brand milk**
- 1 (14-oz.) jar caramel ice cream topping**
- 1 ctn. Cool Whip**
- 4 Heath candy bars**

Mix cake mix and bake according to directions in 9 x 13-inch dish or pan. As soon as cake is removed from oven, make holes in cake. I used the end of a wooden spoon and made a hole in approximately each serving

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of cake. While cake is still hot, pour Eagle Brand milk over cake. Next, pour caramel topping over cake. Let cake cool completely. Spread a container of Cool Whip over cake. Freeze 4 Heath candy bars, crush and spread over cake. Keep cake refrigerated.

LEMON PUDDING CAKE

Joanne Button

Peggy Shurtleff Barclay

About 2 T. butter or margarine

3 lg. eggs, separated

$\frac{3}{4}$ c. sugar

1 T. grated lemon peel

1 c. buttermilk

$\frac{1}{3}$ c. lemon juice

$\frac{1}{4}$ c. all-purpose flour

Place a buttered 5-to 6 cup-soufflé or other straight-sided baking dish in a large baking pan (at least 2 inches deep); set aside. In a deep bowl, whip egg whites on high speed until foamy. Continue to beat, gradually adding $\frac{1}{4}$ cup sugar, until whites hold short, distinct peaks; set aside. In another bowl, beat (no need to wash beaters), remaining $\frac{1}{2}$ cup sugar, 2 tablespoons butter, peel and egg yolks on high speed until mixture is thick and lighter in color. Stir in buttermilk, lemon juice and flour. Add $\frac{1}{4}$ of whites to batter; stir to mix well. Gently but thoroughly fold in remaining whites. Pour batter into soufflé dish. Set dish in pan on center rack of a 350° oven. Pour boiling water into pan up to level of batter. Bake until pudding is a rich brown on top and feels firm in center when lightly touched, about 1 hour.

Desserts

HARVEY WALLBANGER CAKE

Mary Loucks

- 1 box orange cake mix**
- 1 box vanilla instant pudding mix**
- ½ c. vegetable oil**
- ½ c. orange juice**
- ½ c. Galliano**
- 4 eggs**
- 2 T. vodka**

Let cake set a few days before serving. Mix cake and pudding mixes. Add oil, juice and Galliano. Add eggs, 1 at a time, beating well after each. Add vodka. Beat 5 minutes. Pour into greased and floured bundt pan. Bake at 350° for 45 minutes. Allow cake to set 10 minutes before removing from pan. Pour glaze over warm cake.

Glaze:

- 1 c. confectioners' sugar**
- 1 T. orange juice**
- 1 T. Galliano**
- 1 tsp. vodka**

BREAD AND BUTTER PUDDING

Audrey Farmer

- About 4 oz. thinly sliced bread and butter**
- 4 oz. raisins**
- 2 oz. sugar**
- 2 eggs**
- 1 pt. milk**

Grease a pie dish. Place the bread and butter in layers with raisins and sugar between each layer. Beat the eggs with the milk, pour over the pudding and allow to stand for 10

(continued)

minutes. Bake for 1½ hours at 300°.

FROZEN MINT CUPS

*Helen Cardinal**

- 1 c. butter**
- 2 c. powdered sugar**
- 4 (1-oz.) squares baking chocolate**
- 4 eggs**
- 1 tsp. peppermint flavoring**
- 2 tsp. vanilla**
- About 12 vanilla wafers, crumbled**
- About ½ to ¾ c. finely chopped nuts**

Cream butter and sugar. Melt chocolate in double boiler and cool. Add to sugar and butter mixture and beat, beat, beat (about 5 minutes). Add eggs, 1 at a time and beat, beat. Add peppermint and beat. Add vanilla and beat. Put about 1 teaspoon vanilla wafer crumbs in bottom of paper cups and put in muffin tins. Fill with mint mixture. Put nuts on top. Freeze hard. Serve frozen.

Desserts

PERSIMMON PUDDING

Lucille Shepherd

- 2 c. sugar
- 3 c. flour
- 2 c. persimmon pulp
- 2 c. dates, chopped
- 2 c. nuts, chopped
- 1 c. milk
- 3 tsp. baking soda
- 3 tsp. baking powder
- 1 tsp. salt
- 2 tsp. vanilla
- 3 T. butter, melted

Sift all dry ingredients. Combine milk and pulp; stir into dry ingredients. Then add vanilla and butter. Pour into greased spring tube pan. Bake at 350° for 1½ hours or until it springs back.

LEMON-BANANA PIE

Charmaine Petersen

- 1 baked and cooled pie shell
- 3 eggs, separated

Set whites aside and add ½ teaspoon cream of tartar.

Filling:

- 3 egg yolks, beaten
- 1 can sweetened condensed milk
- ¼ c. lemon juice
- 1 T. lemon rind

Optional: Coat pie shell bottom with filling, then slice layer of bananas and add rest of filling. Beat egg whites slowly, adding ¼ cup sugar until peaks form. Put this meringue topping on pie and bake until top browns, about 5 minutes at 375°.

ORANGE MARMALADE PUDDING

*Peggy Webb (Mrs. Lawrence)**

- 1 c. chopped suet
- 1 c. bread crumbs
- ½ c. white flour
- ¼ c. milk
- 1 egg
- 2 T. sugar
- ½ tsp. soda
- 1 (8-oz.) glass marmalade

Steam for 3 hours. Makes 8 servings.

CHOCOLATE SUNDAE PIE

Ruth Williams

- 1¼ c. condensed milk
- 1¼ c. water
- 1 c. sugar
- 4 T. flour
- 3½ T. cornstarch
- 6 T. cocoa
- ⅛ tsp. salt
- 2 T. powdered sugar
- 3 egg yolks
- ¼ c. butter
- 1 tsp. vanilla
- 1 (9-inch) baked pie shell
- ½ pt. whipping cream

Scald the milk and water. Mix the sugar, flour, cornstarch, cocoa and salt in top of double boiler. Gradually add the milk and water mixture to the dry ingredients. Cook in double boiler until thickened, stirring constantly. Add 4 tablespoons of this mixture to the beaten egg yolks then add them to mixture and cook until thick. Remove from stove and add butter and vanilla. Cool, pour into baked pie shell. Refrigerate. When

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Desserts

chilled, cover with the whipping cream and powdered sugar that has been whipped quite stiff. Top with chocolate shavings.

MRS. PAULDING'S PUMPKIN PIE

*Ruth Paulding**

Crust:

$\frac{3}{4}$ c. flour, pinch of salt (sift 3 times)

3 T. shortening, heaped a little

Mix into flour so that all of it is permeated with grease but with almost half of the shortening left in lumps the size of peas.

4 T. cold water

Mix into dough with a spoon, then take into hands and amalgamate the mixture until it will stay together to be rolled on the pastry board sprinkled with flour. Roll to the size of the pan in which it is to be cooked. Make it at least $\frac{1}{2}$ inch bigger all around. Lay in the pan, pressing it down gently to touch the pan at all points. Now prick the dough thickly with fork. Add $\frac{1}{2}$ inch strip around top by wetting top first and pressing strip on with the tines of the fork.

Pie Filling:

1 c. baked or canned pumpkin

$\frac{7}{8}$ c. sugar

1 tsp. ginger

1 tsp. cinnamon

1 c. milk

$\frac{1}{2}$ c. cream

3 eggs, well beaten

Mix filling well and put into the crust, filling as full as possible. Bake at 450° for 10 minutes. Then turn down to 300° until the custard does not shake. Remove from oven and cool. Serve with whipped cream, if desired.

DEVONSHIRE STRAWBERRY PIE

Lois Balent

1 cooked 9-inch pie shell

1 env. gelatin

$\frac{1}{4}$ c. water

Combine gelatin and water until dissolved.

1 c. sour cream

2 egg yolks

2 T. milk

2 T. sugar

$\frac{1}{8}$ tsp. salt

Cook over medium heat, stirring constantly 5 minutes. Remove from heat and stir occasionally until thick and completely chilled but not stiff.

2 egg whites

$\frac{1}{8}$ tsp. almond extract

$\frac{1}{4}$ c. sugar

Beat whites until stiff, add flavoring and sugar and beat until stiff. Fold

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Desserts

into gelatin mixture. Spoon into pie shell; refrigerate.

10 oz. frozen strawberries
1 T. cornstarch
Red food coloring

Thaw and drain berries. Add cornstarch to juice. Cook over medium heat, add color, stir until clear and thicken. Stir in berries. Spread over top of pie. Chill 2 hours. Serves 8.

CHIFFON PUMPKIN PIE

Lois Balent

1 $\frac{1}{4}$ c. pumpkin
 $\frac{1}{2}$ c. sugar
 $\frac{1}{2}$ c. milk
3 egg yolks
 $\frac{1}{2}$ tsp. each; ginger, cinnamon, nutmeg, salt

Cook together until slightly thick.

1 T. gelatin soaked in $\frac{1}{4}$ c. cold water

Add while hot. Stir well and cool. Beat 3 egg whites until stiff. Add $\frac{1}{2}$ cup sugar, a few drops vanilla and $\frac{1}{8}$ teaspoon orange extract, if desired. Fold egg whites into pumpkin mixture. Fill a baked pie shell and chill.

HOT WATER PASTRY (Foolproof)

Lois Balent

$\frac{1}{3}$ c. boiling water
 $\frac{2}{3}$ c. Crisco
2 c. flour
1 tsp. salt (opt.)

Soften Crisco in boiling water (I microwave them). Add flour, mix and press half into pie plate. Roll other half if for top crust.

AVOCADO PIE

Susan Murray

1 lg. avocado
1 (3-oz.) pkg. cream cheese
1 can Eagle Brand milk
 $\frac{1}{4}$ c. lemon juice
1 graham cracker pie crust

Put all ingredients in blender, blend, pour in pie crust. Chill 1 hour before serving.

Note: with larger pie crust, double filling.

Desserts

HARVEY WALLBANGER PIE

*Helen Cardinal**

- 1 T. gelatin**
- 1/2 c. sugar**
- 1/2 tsp. salt**
- 1/2 c. orange juice**
- 1/4 c. water**
- 2 tsp. lemon juice**
- 3 egg yolks, slightly beaten**
- 4 T. Galliano**
- 4 T. vodka**
- 3 egg whites**
- 1/4 c. sugar**
- 1 c. whipping cream**
- 1 (9-inch) baked pastry shell**

Combine gelatin, sugar, salt, orange juice, lemon juice, water and egg yolks. Mix well and stir over medium heat until gelatin is dissolved and thickened. Remove from heat and cool. Stir in Galliano and vodka. Chill until partially set. Beat egg whites, adding sugar until stiff. Fold in partially set gelatin. Whip cream and fold in gelatin mixture. Put in pie shell and chill at least 4-6 hours before serving.

PISTACHIO ICE CREAM PIE

Sandy Diaz

- 2 pkgs. pistachio Jello pudding**
- 1 qt. vanilla ice cream**
- 1 1/2 c. milk**
- 45 Ritz crackers**
- 1 stick butter**
- 1 chocolate bar**
- 1 med. Cool Whip**

Crush crackers and add melted butter. Place in baking pan and bake at

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350° for 10 minutes. Cool. Combine milk, Jello and softened ice cream. Place in pan and freeze. Add Cool Whip and sprinkle chocolate. For thicker pie, add more ice cream.

COCONUT CREAM PIE

Donna Newman

- Lg. box vanilla pudding, not instant**
- 3 c. half-and-half (don't use milk)**
- 3/4 c. shredded coconut**
- 1 ready-made graham cracker pie crust**
- 4 oz. Cool Whip topping**

Cook pudding according to box instructions. Mix in coconut just before it reaches a full boil. Remove from heat; let stand 5 minutes; stir. Let stand 5 minutes. Pour into pie crust. Refrigerate 2 hours. Spread topping; sprinkle coconut onto topping.

FRENCH GLACE STRAWBERRY PIE

David Murray

- 9-inch pie shell**
- 1 qt. strawberries**
- 2 (3-oz.) pkgs. cream cheese**
- 1 c. sugar**
- 3 T. cornstarch**

Make 9-inch pie shell; your favorite recipe and bake (or buy one). Wash, drain and hull 1 quart strawberries. Spread over bottom of cooked pie shell two (3-ounce) packages cream cheese, softened. Cover with half the berries (the choicest). Purée

(continued)

Desserts

remaining berries in blender. If necessary, add water to make 1½ cups juice. Bring juice to boiling and gradually stir in mixture of 1 cup sugar and 3 tablespoons cornstarch. Cook over low heat, stirring constantly, until boiling. Boil 1 minute, cool. Pour over berries in the pie shell. Chill about 2 hours. Just before serving, decorate with whipped cream, piped on with a pastry tube if you are feeling fancy.

BUTTERSCOTCH PIE

Ruth Williams

4 T. butter
1¾ c. brown sugar
Pinch salt
2 T. milk
3 egg yolks
2 c. milk
3 T. cornstarch
3 egg whites
6 T. sugar
Baked pie shell

Place butter, brown sugar, salt and milk in pan; cook until brown and bubbly, slow and low. In bowl mix egg yolks, milk and cornstarch and pour in above. Stir and cook until thickens. Pour into pie shell. Top with meringue. Beat 3 egg whites at high speed until foamy. Gradually beat in sugar until stiff peaks form. Bake in 350° oven 15-20 minutes or until golden. Cool on rack. Refrigerate.

CRUNCH TOP APPLE PIE

Ann Mathias

Unbaked 10-inch pie crust
6 or more med. tart apples
1 c. sugar
1 c. graham cracker crumbs
½ c. flour
½ c. chopped almonds
½ tsp. cinnamon
½ tsp. salt
½ c. butter, melted

Put sliced apples into crust, heaping high. Combine sugar, crumbs, flour, almonds and cinnamon; pour over the apples in the shell, heaping quite high. Dribble melted butter over evenly. Bake 1 hour at 350°.

FRESH FRUIT PIE (BERRY-PEACH)

Bette Beck

1 c. sugar
3 T. cornstarch
2 c. washed fresh fruit, sliced or crushed
2 c. fresh fruit, whole or sliced
1 T. lemon juice
Whipped cream

Cook crushed fruit with sugar and cornstarch until thick and smooth, about 8-10 minutes. Remove from heat and stir in lemon juice. Cool. Sprinkle powdered sugar over baked pie shell. Spread fresh berries over sugar. Cover with cooked, cooled fruit. Chill. Top with whipped cream.

Desserts

YETTA'S APPLE PIE

Laurie Vierheilig

Crust:

2½ c. flour
1¼ tsp. salt
1 T. and 1 tsp. sugar
¾ to 1 c. Crisco
⅓ to ½ c. cold water

Filling:

15 Pippin apples or Granny Smith
1½ c. sugar
3 tsp. cinnamon
5 shakes nutmeg
1½ T. butter
Juice of 1 lemon

Crust: Mix flour, salt and sugar together. Work Crisco in with fingers. Add enough water to hold dough together. Divide dough into 2 parts. Roll out dough for the bottom crust. Place dough into pie plate. Reserve rest of dough. **Filling:** Peel and slice apples. Place apples in bowl and add sugar, cinnamon and nutmeg; mix well. Place apple mixture into pie plate. Dot with butter and sprinkle lemon juice on top. Roll out reserved dough and place on top of apples for top crust. Sprinkle top of crust with ¼ cup sugar mixed with ½ tablespoon cinnamon. Poke holes in crust with fork. Bake 2 hours, oven at 325°; use glass pie plate.

THE MOISTEST CHOCOLATE CAKE

Laurie Vierheilig

1 c. water
2 cubes butter or margarine
3 T. cocoa, Hershey's,
unsweetened
2 c. flour
1¾ c. sugar
1 tsp. baking powder
1 tsp. soda
Pinch salt
2 eggs
1 tsp. vanilla
½ c. buttermilk

In a saucepan, melt butter and cocoa and water together on low heat. In a mixing bowl, combine flour, sugar, baking powder, soda and salt. Mix slightly. Pour heated water, butter and cocoa mixture over flour mixture. Mix 2 minutes. Add vanilla and buttermilk. Mixture will be thin. Pour into a 9 x 13-inch baking pan or two 8-inch round pans. Bake 25 to 30 minutes or until done at 350°.

Desserts

Recipe Favorites

Cookies & Candy

DEATH BY CHOCOLATE COOKIE

Nieta Oates

- 2 pkgs. (16 squares) semi-sweet chocolate, divided**
- $\frac{3}{4}$ c. firmly packed brown sugar**
- $\frac{1}{4}$ c. butter or margarine**
- 2 eggs**
- $\frac{1}{2}$ c. flour**
- $\frac{1}{4}$ tsp. baking powder**
- 2 c. chopped nuts**
- 1 tsp. vanilla**

Heat oven to 350°. Coarsely chop 8 squares (1 package) of the chocolate; set aside. Microwave remaining 8 squares in large microwave-safe bowl on high 1-2 minutes. Stir until chocolate is melted and smooth. Stir in sugar, butter, eggs and vanilla. Stir in flour and baking powder. Stir in reserved chopped chocolate and nuts. Drop by $\frac{1}{4}$ cupfuls on ungreased cookie sheet. Bake 12 to 13 minutes or until cookies are puffed and feel set to the touch. Cool on sheet 1 minute. Transfer to wire rack to cool completely. Makes about 1 $\frac{1}{2}$ dozen cookies.

SUGAR COOKIES

Jim Good

- 1 c. margarine or Crisco**
- 1 c. sugar**
- 1 c. powdered sugar**
- 1 c. vegetable oil**
- 2 eggs**
- 2 tsp. vanilla**
- 5 c. flour**
- 1 tsp. salt**
- 1 tsp. soda**
- 1 tsp. cream of tartar**

Cream sugars and margarine. Add vegetable oil, eggs and vanilla. Beat until smooth. Then add flour, soda and cream of tartar. Cool in refrigerator for about $\frac{1}{2}$ hour. Form into balls and flatten with glass dipped in sugar or use a cookie press on top. Bake for 12 minutes at 375°.

FRUIT MOUNDS

Edna Gilbert

- $\frac{1}{2}$ c. oil or Crisco**
- 1 c. brown sugar**
- 1 egg**
- 1 $\frac{3}{4}$ c. flour**
- $\frac{1}{2}$ tsp. salt**
- $\frac{1}{2}$ tsp. soda**
- $\frac{1}{4}$ c. buttermilk**
- $\frac{3}{4}$ c. nuts**
- $\frac{3}{4}$ c. candied cherries**
- $\frac{1}{2}$ c. dates (may use any candied fruit)**

Cream oil and sugar gradually and cream until light. Add beaten egg; sift flour and measure it. Add salt, soda to flour, stir in buttermilk, add nuts and fruit. Drop on cookie sheet and bake at 350° until done, maybe 15 minutes.

Cookies & Candy

PEANUT BUTTER COOKIES

*From the Kitchen of:
Marilyn Sondegaard*

- 1 c. butter**
- 1 c. brown sugar**
- 1 c. white sugar**
- 1 c. extra crunchy peanut butter**
- 2 lg. eggs**
- 2½ c. flour**
- 2 tsp. baking soda**
- 1 tsp. vanilla**

Cream butter and sugars; add eggs, vanilla and peanut butter. Mix well. Mix in dry ingredients. Let dough stand 5 minutes. Roll into balls the size of walnuts. Place 3 inches apart on lightly greased baking sheet. With fork, flatten dough in crisscross fashion to 3 to 3½ inches in diameter. Bake at 375° for 10 to 12 minutes or until lightly browned. Let cool slightly before removing from baking sheet. Servings: 36 cookies. Prep time: 60 minutes.

CHOCOLATE CARAMEL NUT BARS

Susan Murray

- 1 (14-oz.) bag caramels**
- ⅔ c. (5-fl. oz. can) evaporated milk**
- 1 (2-layer) German chocolate cake mix with pudding**
- ½ c. margarine, melted**
- 1½ c. chopped walnuts**
- 1 (6-oz.) pkg. semi-sweet chocolate pieces**

Melt caramels with ⅓ cup milk over low heat, stirring until smooth. Combine remaining milk, cake mix and

(continued)

margarine; mix well. Press half of cake mixture into bottom of greased 9 x 13-inch baking pan. Bake at 350°, 6 minutes; sprinkle 1 cup walnuts and chocolate pieces over crust; top with caramel mixture, spreading to edges of pan. Top with teaspoonfuls of remaining cake mixture; press gently into caramel mixture, sprinkle with remaining walnuts, pressing lightly into top. Bake at 350° 20 minutes. Cool slightly; refrigerate, cut into bars to serve. Yield: 2 dozen.

Variations: Substitute chocolate cake mix for German chocolate cake mix and pecans for walnuts.

GINGERBREAD MEN

Lucille Shepherd

- ¾ c. shortening**
- 1½ c. molasses**
- 5 T. boiling water**
- 5 c. flour, sifted**
- 2 tsp. soda**
- ¼ tsp. salt**
- 2 tsp. ginger**
- 1 tsp. cinnamon**
- 3 T. powdered milk**

Sift dry ingredients and set aside. Cream shortening then add molasses and cream until smooth. Add boiling water and stir. Add dry ingredients all at once and stir until a soft ball is formed. Place in plastic bag and refrigerate for 2 hours or longer. Roll dough ¼ inch thick and cut out. Bake for 10 minutes at 350°.

Cookies & Candy

PECAN TUBS

Tilli De Bruyn

- 1 (3-oz.) pkg. cream cheese**
- ½ c. butter**
- 1 c. flour**
- 1 egg, beaten**
- 1 c. brown sugar**
- 1 T. butter, melted**
- 1 tsp. vanilla**
- 1 sm. pkg. whole pecans**
- 1 sm. pkg. chopped pecans**

Beat cheese and butter well. Gradually add flour. Refrigerate dough several hours. Divide dough into 24 small balls. Place in small cupcake tins. Flatten out with thumb. Fill with this: beaten egg, add brown sugar, beat well. Add melted butter and vanilla. Place chopped pecans in bottom of crust. Distribute filling into each cupcake. Place a whole pecan on top of each cupcake. Bake at 325° for 36 minutes.

SCONES AS SERVED AT THE BENBOW INN

Patricia Somes

- 1¾ c. all-purpose flour**
- ¼ c. sugar**
- 1 tsp. salt**
- 2 tsp. baking powder**
- ½ tsp. baking soda**
- 5 T. unsalted butter**
- ½ c. heavy cream**
- ¼ c. orange juice**
- ¼ c. orange zest**
- ½ c. currants**

Combine flour, sugar, salt, baking powder, baking soda in a large bowl and mix well. Cut in the butter until mixture resembles coarse crumbs.

(continued)

Add just enough cream and orange juice to form a soft dough. Add currants. Turn out onto a floured board and roll out to 1-inch thickness. Cut with heart-shaped cookie cutter and place on ungreased baking sheet. Brush lightly with beaten egg white. Bake at 400° for 15 minutes or until golden brown. Serve warm with strawberry jam.

QUICK PEANUT BUTTER COOKIES

Sandy Matson

- 1 c. Karo light syrup**
- 1 c. sugar**
- 18 oz. peanut butter**
- 6 c. cornflakes**

Boil 1 cup Karo light syrup and 1 cup sugar. Add peanut butter. Remove from heat and add cornflakes. Put on waxed paper by teaspoonfuls. Cool.

NURSERY COOKIES

Margaret Price

From "Thou Preparest A Table"
Episcopal Church Women
Arroyo Grande

- 2 eggs**
- ⅔ c. cooking oil**
- 2 tsp. vanilla**
- ½ tsp. salt**
- ¾ c. sugar**
- 2 c. flour**
- 2 tsp. baking powder**

Heat oven to 375°. Beat eggs with fork. Stir in oil and flavoring. Blend in dry ingredients. Drop by teaspoon

(continued)

Cookies & Candy

about 2 inches apart onto cookie sheet. Stamp each cookie flat with glass dipped in sugar (I sometimes make this cinnamon/sugar). Bake 8 to 10 minutes. Remove at once from cookie sheet. Stir the mixture between each batch.

CHOCOLATE FUDGE COOKIES

Betty Tuft

12 oz. semi-sweet chocolate, cut in pieces
1/4 c. (1/2 stick) unsalted butter
1 can Eagle Brand sweetened condensed milk
1 tsp. vanilla extract
1 c. flour
8 oz. pecans, chopped and toasted

Heat oven to 350°. Put chocolate and butter in top of double boiler over warm water. Stir until melted. Remove pan from top of double boiler. Stir in vanilla and condensed milk. Add flour and nuts. Place by rounded teaspoonfuls on foil-lined cookie sheet, bake 7-12 minutes. Cool.

COCOA DROP COOKIES

Joyce Koehn

1/2 c. soft shortening
1 c. sugar
1 egg
3/4 c. buttermilk or sour milk
1 tsp. vanilla
1 3/4 c. flour
1/2 tsp. soda
1/2 tsp. salt
1/2 c. cocoa
1 c. chopped nuts and/or raisins

Mix thoroughly shortening, sugar and egg. Stir in buttermilk and vanilla. Sift together and stir in flour, soda, salt and cocoa. Stir in nuts or raisins. Chill at least 1 hour. Heat oven to 400°. Drop with teaspoonfuls 2 inches apart on lightly greased baking sheet. Bake 8-10 minutes, just until a light touch with finger leaves no imprint. Frost or dust with powdered sugar. About 3 1/2 dozen cookies.

CHOW MEIN CANDY

Nancy Walters

1 (12-oz.) pkg. butterscotch bits
1 can chow mein fried noodles
1 c. chopped walnuts or pecans

Melt butterscotch bits in heavy pan or in double boiler. Break up noodles between sheets of wax paper with rolling pin. When butterscotch bits are well melted, add nuts and noodles. Drop by teaspoonfuls onto wax paper.

Cookies & Candy

CHOCOLATE OAT BRAN BROWNIES

Ann Mathias

2 c. oat bran
12 T. unsweetened cocoa
½ tsp. baking soda
½ c. evaporated skim milk
2 very ripe bananas, mashed
1 T. vanilla
6 egg whites
1 c. brown sugar
1 c. white sugar
¾ c. chopped nuts

Preheat oven to 375°. Spray a 9 x 13-inch pan with oil mist and set aside. Blend oat bran, cocoa and baking soda in a bowl. In a small bowl combine milk, bananas and vanilla. Whip egg whites until almost stiff. Slowly, about ¼ cup at a time, add the sugars to the whites and continue to beat until thick. Stir liquid ingredients into dry; the batter will be crumbly. Stir one quarter of egg mixture into oat bran batter to lighten and moisten then add another quarter of the whites. Fold the last half of the whites into the lightened batter. Fold in nuts, if desired. Spoon into the sprayed pan and bake 30 minutes.

SNICKERDOODLES

"The Committee"

½ c. butter or margarine,
softened
½ c. s shortening
1½ c. sugar
2 eggs
2¾ c. all-purpose flour
2 tsp. cream of tartar
1 tsp. baking soda
¼ tsp. salt
2 T. sugar
2 tsp. cinnamon

It is surprising that not everyone has this great little recipe and should, a kid's favorite. Heat oven to 400°. Mix thoroughly butter, shortening, 1½ cups sugar and eggs. Blend in flour, cream of tartar, soda and salt. Shape dough rounded teaspoonfuls into balls. Mix 2 tablespoons sugar and the cinnamon; roll balls into mixture. Place 2 inches apart on ungreased baking sheet. Bake 8-10 minutes or until set. Immediately remove from baking sheet. Makes about 5 dozen.

WHEATIE COOKIES

Sue Diggles

2 c. sugar, 1 brown, 1 white
1 c. butter
2 beaten eggs
2 c. flour, before sifting
½ tsp. baking powder
1 tsp. soda
2 c. Wheaties, dry cereal
1 c. nuts
1 tsp. vanilla

Cream butter and sugars; sift dry ingredients together and add to but-

(continued)

Cookies & Candy

ter and sugar, then add nuts and vanilla. Drop by teaspoons on baking tin and bake at 350° for 12 to 15 minutes.

ORDWAY SUGAR COOKIES

Reverend Judy Mackey

1 c. butter or margarine
1 c. vegetable oil
2 lg. or 3 sm. eggs
1 c. powdered sugar
1 c. granulated sugar
1 tsp. cream of tartar
1 tsp. baking soda
1 tsp. salt
5 c. flour
1 tsp. vanilla

Thoroughly cream butter, oil and both sugars. Add eggs and vanilla; mix well. Combine cream of tartar, baking soda, salt and flour; mix well and add to other ingredients. Mix well again. Chill for about 1 hour. Roll into balls the size of a small walnut. Place on slightly greased cookie sheet and press with bottom of a glass dipped in granulated sugar. (Moisten glass each time, then dip in sugar.) Bake about 9-12 minutes at 375°. Check at 9 minutes.

GRANDMA BUTTON'S BUTTER WAFERS

Joan Parker

1 stick butter
1 egg
1 c. sugar
1 c. flour
Pinch salt
1/2 c. chopped nuts (opt.)

Combine all ingredients and mix well. Form into rolls and wrap in waxed paper. Freeze. Slice thin and bake at 350° for 6 minutes. Sprinkle with powdered sugar.

MOLASSES COOKIES

Joan Parker

1/3 c. shortening
1/2 c. molasses
2 eggs
2 c. flour
1/2 tsp. baking soda
1 tsp. cinnamon
1 tsp. ginger
1/2 tsp. ground cloves
1/4 tsp. salt
1 c. raisins
Granulated sugar

Combine shortening, molasses and eggs together in bowl. In a separate bowl, combine flour, soda, cinnamon, ginger, cloves and salt; mix well. Stir flour mixture into wet ingredients. Stir in raisins. Form small balls and roll in granulated sugar. Press each ball flat with a fork. Bake at 350° for 10 minutes.

Cookies & Candy

PEANUT BUTTER COOKIES

Joan Parker

- 1 c. shortening**
- 1 c. peanut butter**
- 1 c. sugar**
- 1 c. brown sugar**
- 2 eggs**
- 2 tsp. vanilla**
- 2½ c. flour**
- ½ tsp. salt**
- 1 tsp. baking powder**
- 1½ tsp. soda**

Combine shortening, peanut butter, sugar, brown sugar, vanilla and eggs; mix well. In separate bowl, mix flour, salt, baking powder and soda. Stir dry ingredients together with peanut butter mixture. Chill dough. Form into small balls. Flatten with fork. Bake at 350° for 10-12 minutes.

CANDIED SALTINE CRACKERS

Shirley Becker

- 24 squares saltines**
- 2 cubes butter**
- 1 c. brown sugar**
- 12 oz. chocolate chips**
- Toasted almonds**

Line 10 x 15-inch cookie sheet with rows of crackers, salt side up. Microwave butter and brown sugar on high for 5 minutes. Stir and pour over crackers evenly. Bake 10 minutes at 350°. Take out oven carefully. Sprinkle chocolate chips evenly. Put almonds on top while

(continued)

still hot. Let cool and break into pieces.

RANGER COOKIES

*Viola Smith**

- 1 c. shortening**
- 1 c. white sugar**
- 1 c. brown sugar**
- 2 eggs**
- 1 tsp. vanilla**
- 1 c. oatmeal**
- 1 c. Rice Krispies (cornflakes can be substituted)**
- 1 c. coconut**
- 1 c. nuts**
- 1 c. raisins**
- 2 c. flour**
- ½ tsp. baking powder**
- ½ tsp. salt**
- 1 tsp. baking soda**

Add ingredients in order given. Bake at 350° for 15 minutes. Don't grease cookie sheet.

RUM LOGS

Nilene Belcher

Mix:

- 3 c. flour**
- 1 tsp. nutmeg**

Cream together:

- 1 c. butter or margarine**
- ¾ c. white sugar**

Blend in:

(continued)

Cookies & Candy

1 egg
2 tsp. vanilla
2 tsp. rum flavoring

Mix in dry ingredients and shape dough on lightly floured surface into long rolls, $\frac{1}{2}$ inch in diameter. Cut into 3-inch lengths and place on ungreased cookie sheet. Bake at 350° for 12-15 minutes, until golden brown.

Frosting (Mix):

$1\frac{1}{2}$ T. butter
 $\frac{1}{4}$ tsp. vanilla
 $\frac{1}{2}$ tsp. rum flavoring

Add:

$1\frac{1}{2}$ c. powdered sugar
1 T. cream
Red food coloring, if wanted

HEAVENLY FOOD

*Dorothy Dana**

1 c. chopped nuts (these should be fairly lg.)
1 c. chopped dates
 $\frac{3}{4}$ c. brown sugar
2 eggs
4 T. flour
1 tsp. baking powder
Few grains salt

Sift flour with baking powder and salt. Beat eggs slightly; gradually add sugar, then sifted flour, baking powder and salt. Add dates and nuts. Bake at 450° for 5-8 minutes, 6 x 10-inch pan. Check in 5 minutes. If used as dessert, serve with whipped cream or Cool Whip. This also makes a good bar cookie. Spread about $\frac{1}{4}$ inch thick for des-

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sert. Use a little larger pan for cookies.

OATMEAL/CHOCOLATE CHIP COOKIES

Marcia Crescione

$\frac{1}{2}$ c. butter
1 c. brown sugar
Grated rind of 1 orange
1 egg
1 tsp. vanilla
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ c. flour
 $1\frac{1}{2}$ c. oatmeal
1 sm. bag chocolate chips

Cream butter, sugar and egg. Then beat in orange rind, vanilla, salt and flour. Combine oatmeal and chips with above mixture with a wooden spoon. Drop onto greased cookie sheet. Bake at 325° 15 to 20 minutes. Makes approximately 2 dozen.

FRUIT COOKIES

Edna Gilbert

$\frac{1}{2}$ c. shortening
1 c. brown sugar
1 egg
 $\frac{1}{4}$ c. sour milk
1 tsp. vanilla
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. baking soda
 $1\frac{3}{4}$ c. flour
 $1\frac{1}{2}$ c. dates, cut up
 $\frac{3}{4}$ c. candied cherries and candied pineapple
 $\frac{3}{4}$ c. nuts

Cream shortening, sugar and egg. Mix salt, soda and flour; add to first mixture, alternating with sour milk.

(continued)

Cookies & Candy

Add vanilla, dates, fruit and nuts. Drop by teaspoon on greased cookie sheets. Bake 10 to 12 minutes at 375°. Remove from cookie sheets while warm. Makes 4½ to 5 dozen.

COFFEE BUTTER BITS

Nancy Neumann

½ c. cornstarch
½ c. powdered sugar
1½ tsp. coffee powder
1 c. flour
1 c. margarine
1 tsp. vanilla

Mix and sift dry ingredients. Blend in margarine. Chill and shape into small flattened balls. Bake at 300° for 20-25 minutes. These are very rich and they freeze well.

FANCY FUDGIES

Dolores Hellmuth

2 c. sugar
1 c. evaporated milk
½ c. butter
1 c. (6-oz. pkg.) semi-sweet chocolate pieces
¾ c. flour
1 c. finely crushed graham crackers
¾ c. chopped walnuts
1 tsp. vanilla

Combine in saucepan sugar, milk and butter. Bring to full boil, stirring constantly. Boil 10 minutes, keep stirring. Remove from heat. Add remaining ingredients. Beat well. Spread in well-buttered 12 x 8-inch dish and refrigerate.

EASY CHOCOLATE CHIP COOKIES

Jane Fesler

1 cube margarine
1 c. brown sugar
1 egg
2 c. Bisquick
1 (6-oz.) pkg. chocolate chips

Mix margarine, brown sugar and egg. Add Bisquick and mix. Add chocolate chips. Drop by rounded teaspoonfuls on greased baking sheet. Bake at 375° for 9 minutes.

N.M. COOKIE RECIPE

Charmaine Petersen

2 c. butter
2 c. brown sugar
2 c. white sugar
4 eggs
2 tsp. vanilla
4 c. flour
5 c. blended oatmeal (measure first then blend)
1 tsp. salt
2 tsp. baking powder
2 tsp. soda
4 oz. chocolate chips
8-oz. Hershey bar, grated
3 c. chopped nuts

Cream butter and both sugars. Add eggs and vanilla. Mix together with flour, oatmeal, salt, baking soda and baking powder. Add chips, grated Hershey bar and nuts. Roll into balls and place 2 inches apart on a cookie sheet. Bake 6 minutes at 375°. Makes 112 cookies.

Cookies & Candy

Recipe Favorites

This & That

BEET JELLY

Dorothy Doyle

- 7 c. water**
- 1½ lbs. beets**
- ½ c. lemon juice**
- 2 pkgs. Sure-Jell**
- 8 c. sugar**
- 2 (3-oz.) pkgs. raspberry Jello or any other red Jello**

Cut beets in ½-or ¼-inch pieces. Cover with 7 cups water. Boil until tender. Drain and save liquid from beets. Add water to liquid so there are 7 cups. Add lemon juice and Sure-Jell to liquid and bring to a boil. Add sugar and Jello and boil 6 minutes. Skim and pour into glasses. Seal with paraffin.

CARAMEL APPLE DIP

Debbie White

- 1 (8-oz.) pkg. cream cheese, softened**
- 1 c. brown sugar**
- 1 tsp. vanilla**
- ¼ c. chopped nuts**
- Apple slices**

Beat cream cheese, brown sugar and vanilla together until smooth. Serve with apple slices.

ENGLISH MINCEMEAT

*Sybil Cox (Mrs. H.E.)**

- 1 lb. raisins, seeded**
- 1 lb. currants**
- ½ lb. citron peel**
- ½ lb. mixed orange and lemon peel**
- 1 lb. suet (beef kidney)**
- 1 lb. sugar, less if desired**
- Salt to taste**
- 1 lb. peeled apple**
- ½ tsp. cinnamon**
- ½ tsp. allspice**

Remove skin and tissue from suet. Run all ingredients through fine mincer and mix well. Half cup of brandy may be added, if desired. Put in sterilized jars and cover with lid or paraffin wax.

This & That

JOHN'S "SECRET" MARINADE

John Morse

3-4 cloves garlic, finely minced
1 tsp. ginger, finely minced
Zest from 2 limes
1/4 c. fresh lime juice
1/3 c. extra virgin olive oil
1/3 c. ketchup
1 kiwi, finely minced
1/3 c. light soy sauce
2 T. honey
1/3 c. water
1/4 c. apple cider vinegar
1/4 tsp. cinnamon
1/4 tsp. dry mustard
Ground pepper to taste
1/4 tsp. crushed chili peppers
2 whole green onions, minced
1 c. chopped mixed fresh basil
leaves, cilantro, mint leaves and
parsley

Combine all ingredients in a medium saucepan and heat to boiling. Cover and simmer for 5-10 minutes. Allow to stand for 1 hour before using. Can be refrigerated up to 48 hours. Perfect for 4 chicken breasts)also pork loin and fish filets). Marinate breasts for up to 8 hours. Best, if then barbequed. Consider reserving 1/3 of the marinade for serving with the meal.

HONEY-BALSAMIC SALAD DRESSING

Betty Tuft

1/2 c. balsamic vinegar
1/2 c. honey
1/4 c. Dijon mustard
6 cloves garlic, chopped
3-4 T. canola oil

Combine vinegar, honey and mustard. Simmer 5-6 minutes, stirring. Add the garlic, salt and pepper and oil. Whip together. Cool.

"YOUR CHOICE" CHUTNEY

Jan Potter

4-6 lbs. ripe peaches, apricots,
apples or pears
1 lg. onion, finely chopped
1 lb. seedless raisins
2 (20-oz.) cans crushed pineapple
2/3 c. chopped crystallized ginger
or 1 T. ground ginger
1 clove garlic, minced
1 1/4 lbs. brown sugar
2 T. chili powder
1 T. salt
2 T. mustard seed
1 qt. apple cider vinegar
1 oz. each: rum and brandy
flavorings

Mix all ingredients, except rum and brandy flavorings, in large stainless or enameled kettle. Bring to a boil, stirring frequently. Add rum and brandy flavorings and continue to simmer for at least 1 more hour, stirring frequently. Chutney should be thick and richly brown in color. Pour into hot sterilized jars. Fill to the top, wiping edges carefully and seal at

(continued)

This & That

once. Use hot water bath method to safely seal these jars after filling. Serve as a condiment with meats and curries or over cream cheese served with crackers.

ENGLISH LEMON CURD

Patricia Somes

1/2 c. butter
1/2 c. fresh lemon juice
3 tsp. finely grated lemon rind
1 1/2 c. sugar
5 eggs

Put butter, lemon juice, lemon rind and sugar in top of double boiler. Heat, stirring occasionally, until sugar is dissolved. Beat eggs in a blender and gradually add lemon mixture. Return all to double boiler and stir continuously over simmering water until the mixture covers the back of a metal spoon. Do not cook past this point or you will find you have scrambled the eggs. Pour into clean, sterile containers. Store in refrigerator. Use to fill individual pastry tarts.

HAM GRAVY

Debbie Bennett

1/2 c. tomato soup
1/2 c. mustard
1/2 c. vinegar
1/2 c. sugar
1/2 c. butter
3 beaten egg yolks

Place all the ingredients in a saucepan and cook on medium for 20 minutes.

LOS ANGELES COUNTY FAIR BLUE RIBBON STRAWBERRY JAM

Jane Martin

7 pt. berries
7 c. sugar
1/4 c. lemon juice
1 (3-oz.) pouch liquid pectin

Measure 5 cups whole ripe berries. Layer in large heavy pan with sugar. Let stand 10 minutes. Bring slowly to boil, stirring gently to keep fruit whole. Remove from heat, cool at room temperature 4 hours. Add juice, bring to full boil over high heat. Boil 2 minutes. Stir gently. Remove from heat. At once, stir in pectin; skim foam. Stir 10 minutes. Ladle into sterile jars. Cover with paraffin. Keep 2 weeks before using.

NO SALT-SEASONED SALT

Marlys A. Donnelly

1 tsp. onion powder
1 tsp. horseradish powder
1 tsp. powdered cumin
1 tsp. paprika
1 tsp. finely ground dried parsley flakes
1 tsp. thyme
1 tsp. celery seed
1 tsp. garlic powder
1/2 tsp. ground pepper
1/2 tsp. dry mustard

Mix all ingredients together and store in tightly covered jar. Use with or without salt substitutes on salads, vegetables, egg dishes, meat, fish or poultry. Makes 1/2 cup.

This & That

ENGLISH RELISH

*Beatrice Cockshott**

- 6 green tomatoes
- 6 apples
- 1 c. seeded raisins
- 2 c. sugar
- ½ c. whole spices in a bag
- 4 sm. onions
- 2 bell peppers
- 1 qt. vinegar
- 1 T. salt

Put tomatoes, apples, onions and peppers in chopper. Mix all together and cook until thick. Bottle and seal with wax.

CRANBERRY COMPOTE

Maxine Baker

- 5 c. cranberries
- 4½ c. sugar
- 3½ c. water
- 2 Bosgue pears
- 1 Anjou pear
- 2 MacIntosh apples
- 2 doz. kumquats or 2 navel oranges

Use a heavy pot. Boil sugar and water for 5 minutes. (until sugar dissolves). Peel and core all fruit except kumquats or oranges. Cut fruit into 1-inch cubes (citrus can be smaller). Add fruits to boiling syrup and boil on high until berries pop (about 5-10 minutes). Allow to cool in pot. Fill jars and refrigerate. This keeps well. Makes about 2 to 2½ quarts.

PUMPKIN PANCAKES

Kristen Reeves

- 2 c. Bisquick mix
- 2 T. packed brown sugar
- 2 tsp. cinnamon
- 1 tsp. allspice
- 1½ c. (12-oz. can) undiluted Carnation evaporated milk
- ½ c. canned pumpkin
- 2 T. vegetable oil

Combine Bisquick, sugar, cinnamon and allspice. Mix. Add everything else and beat until smooth. Pour onto lightly greased griddle. Serve with honey or syrup.

KRISTEN'S HOMEMADE SYRUP

Kristen Reeves

- 1 c. white sugar
- 1 c. brown sugar, packed
- 1 c. water
- 1 tsp. maple extract or whatever flavor you like

Combine all ingredients and simmer until all sugar is dissolved. Serve warm.

This & That

SANTA MARIA SALSA

Jane Martin

4 c. canned solid pack tomatoes
1/2 c. chopped celery
3/4 c. chopped onion
1/4 c. chopped green onion
1 1/2 tsp. salt
1/2 tsp. horseradish
1 T. vinegar
1 T. sugar
1 T. Worcestershire sauce
1 1/2 tsp. hot pepper sauce

Put tomatoes, celery, onion, green pepper through a meat grinder (or use blender). Add salt, horseradish, vinegar, sugar, Worcestershire sauce and pepper sauce; mix well. Refrigerate until ready to serve. Keeps well in refrigerator.

MASON JAR BROWNIES

Youth Group

In a one-quart jar layer the following ingredients in the order given, then seal with lid.

1/2 c. vanilla chocolate chips
1/2 c. milk chocolate chips
2/3 c. brown sugar
1/2 c. flour
1/3 c. cocoa
2/3 c. white sugar
1/2 c. plus 1/8 c. flour
3/4 tsp. salt

Make a label for each jar with these instructions: In a large mixing bowl, combine 3 eggs, 2/3 cup oil, 1 teaspoon vanilla; add the contents of the jar and mix. (For a more cake-like brownie add 1 teaspoon baking powder and 1/4 teaspoon baking

(continued)

soda.) Bake in a greased 7 x 11-inch pan for 32-37 minutes or a 9 x 9-inch pan for 27-32 minutes at 350°. Cover the metal lid with a 7-inch square of printed fabric, using pink-ing shears for the edges. Secure with ribbon or raffia and attach label. You might also want to decorate the jar with rub-on transfers or paint.

ED'S TERIYAKI SMOKED FISH

Ed White

1 gal. water
1/2 lb. dark brown sugar
8 oz. teriyaki marinade
2 T. Pappy's season al
1 T. garlic pepper
1 shot lemon juice
1 lb. sea salt (no iodine)

Mix brine 24 hours before using; re-frigerate. Soak 1-to 2-pound pieces of salmon or albacore in brine for 2 to 2 1/2 hours. Smoke fish over preferred wood chips 2-3 hours over medium heat. Butter baste after 1 hour teriyaki bastes; glaze at 3/4 done.

This & That

MUSTARD SAUCES

"The Committee"

Mustard Sauce:

2 T. each: dry mustard, sugar,
water and white wine vinegar
1 T. butter
1 tsp. cornstarch
1 egg, beaten
½ c. whipping cream

Mix together in a small saucepan the dry mustard, sugar, water and vinegar. Add the butter and cornstarch. Stirring constantly, cook until sauce comes to a full rolling boil and is thick and clear. Stir sauce into the beaten egg, return to pan and cook, stirring constantly, 2 or 3 minutes longer, until thick, do not let boil. Chill. Whip the cream until stiff and fold in just before serving. Makes 1½ cups.

Chinese Mustard:

Combine 4 tablespoons dry mustard with 2 tablespoons water and 1 tablespoon soy sauce; cover and let stand several hours to blend flavors.

English Mustard:

Mix equal parts of dry mustard and sugar with a dash of salt. Add just enough cold water to make a stiff paste, then slowly stir in vinegar until mixture is of the desired consistency.

LATIN SPICE RUB

Debbie White

4 T. each: ground cumin and chili powder
2 T. each: ground coriander, salt and black pepper
1 T. each: cinnamon, brown sugar and red pepper flakes

Blend together. Rub on meats before cooking.

VAMPIRE REPELLENT SALSA

Debbie White

20 diced tomatoes
1-2 cans diced chili peppers,
more if you want it really hot
1 each: red and green bell peppers, diced
2 diced onions
1 bunch chopped cilantro
¼ c. bottled salsa

Chop all vegetables. Add bottled salsa and stir. Store in refrigerator. Use with caution. This recipe repels vampires, the common cold and possibly, romance.

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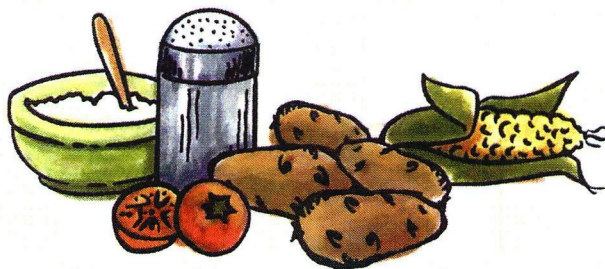
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Cooking Tips

1. After stewing a chicken, cool in broth before cutting into chunks; it will have twice the flavor.
2. To slice meat into thin strips, as for stir-fry dishes, partially freeze it so it will slice more easily.
3. A roast with the bone in will cook faster than a boneless roast. The bone carries the heat to the inside more quickly.
4. Never cook a cold roast. Let it stand for at least an hour at room temperature. Brush with oil before and during roasting; the oil will seal in the juices.
5. For a juicier hamburger, add cold water to the beef before grilling ($\frac{1}{2}$ cup to 1 pound of meat).
6. To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags. They will stay separated so that you may remove as many as you want.
7. To keep cauliflower white while cooking, add a little milk to the water.
8. When boiling corn, add sugar to the water instead of salt. Salt will toughen the corn.
9. To ripen tomatoes, put them in a brown paper bag in a dark pantry, and they will ripen overnight.
10. To keep celery crisp, stand it upright in a pitcher of cold, salted water and refrigerate.
11. When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage. It will absorb the odor.
12. Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.
13. Let raw potatoes stand in cold water for at least a half-hour before frying in order to improve the crispness of French-fried potatoes. Dry potatoes thoroughly before adding to oil.
14. Use greased muffin tins as molds when baking stuffed green peppers.
15. A few drops of lemon juice in the water will whiten boiled potatoes.
16. Buy mushrooms before they "open." When stems and caps are attached firmly, mushrooms are truly fresh.
17. Do not use metal bowls when mixing salads. Use wood, glass or china.
18. Lettuce keeps better if you store it in the refrigerator without washing it. Keep the leaves dry. Wash lettuce the day you are going to use it.
19. Do not use soda to keep vegetables green. It destroys Vitamin C.
20. Do not despair if you oversalt gravy. Stir in some instant mashed potatoes to repair the damage. Just add a little more liquid in order to offset the thickening.



Herbs & Spices

Acquaint yourself with herbs and spices. Add in small amounts, 1/4 teaspoon for every 4 servings. Crush dried herbs or snip fresh ones before using. Use 3 times more fresh herbs if substituting fresh for dried.

Basil Sweet, warm flavor with an aromatic odor. Use whole or ground. Good with lamb, fish, roast, stews, ground beef, vegetables, dressing and omelets.

Bay Leaves Pungent flavor. Use whole leaf but remove before serving. Good in vegetable dishes, seafood, stews and pickles.

Caraway Spicy taste and aromatic smell. Use in cakes, breads, soups, cheese and sauerkraut.

Chives Sweet, mild flavor like that of onion. Excellent in salads, fish, soups and potatoes.

Cilantro Use fresh. Excellent in salads, fish, chicken, rice, beans and Mexican dishes.

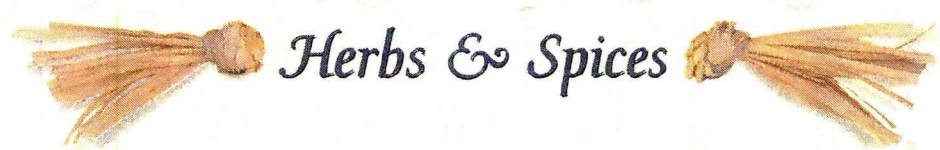
Curry Powder Spices are combined to proper proportions to give a distinct flavor to meat, poultry, fish and vegetables.

Dill Both seeds and leaves are flavorful. Leaves may be used as a garnish or cooked with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to flavor pickles.

Fennel Sweet, hot flavor. Both seeds and leaves are used. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.

Ginger A pungent root, this aromatic spice is sold fresh, dried or ground. Use in pickles, preserves, cakes, cookies, soups and meat dishes.





Herbs & Spices

- Marjoram** May be used both dried or green. Use to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.
- Mint** Aromatic with a cool flavor. Excellent in beverages, fish, lamb, cheese, soup, peas, carrots, and fruit desserts.
- Oregano** Strong, aromatic odor. Use whole or ground in tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.
- Paprika** A bright red pepper, this spice is used in meat, vegetables and soups or as a garnish for potatoes, salads or eggs.
- Parsley** Best when used fresh, but can be used dried as a garnish or as a seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.
- Rosemary** Very aromatic. Can be used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread and potatoes. Great in dressings.
- Saffron** Orange-yellow in color, this spice flavors or colors foods. Use in soup, chicken, rice and breads.
- Sage** Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, omelets, beef, poultry, stuffing, cheese spreads and breads.
- Tarragon** Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots and dressings.
- Thyme** Sprinkle leaves on fish or poultry before broiling or baking. Throw a few sprigs directly on coals shortly before meat is finished grilling.



Baking Breads

Hints for Baking Breads

1. Kneading dough for 30 seconds after mixing improves the texture of baking powder biscuits.
2. Instead of shortening, use cooking or salad oil in waffles and hot cakes.
3. When bread is baking, a small dish of water in the oven will help keep the crust from hardening.
4. Dip a spoon in hot water to measure shortening, butter, etc., and the fat will slip out more easily.
5. Small amounts of leftover corn may be added to pancake batter for variety.
6. To make bread crumbs, use the fine cutter of a food grinder and tie a large paper bag over the spout in order to prevent flying crumbs.
7. When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins or cake pans.

Rules for Use of Leavening Agents

1. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount $\frac{1}{2}$ teaspoon for each egg used.
2. To 1 teaspoon soda use 2 $\frac{1}{4}$ teaspoons cream of tartar, 2 cups freshly soured milk, or 1 cup molasses.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure and add acid according to rule 2.

Proportions of Baking Powder to Flour

biscuits	to 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder
cake with oil	to 1 cup flour use 1 tsp. baking powder
muffins	to 1 cup flour use 1 $\frac{1}{2}$ tsp. baking powder
popovers	to 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder
waffles	to 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder

Proportions of Liquid to Flour

drop batter	to 1 cup liquid use 2 to 2 $\frac{1}{2}$ cups flour
pour batter	to 1 cup liquid use 1 cup flour
soft dough	to 1 cup liquid use 3 to 3 $\frac{1}{2}$ cups flour
stiff dough	to 1 cup liquid use 4 cups flour

Time and Temperature Chart

Breads	Minutes	Temperature
biscuits	12 - 15	400° - 450°
cornbread	25 - 30	400° - 425°
gingerbread	40 - 50	350° - 370°
loaf	50 - 60	350° - 400°
nut bread	50 - 75	350°
popovers	30 - 40	425° - 450°
rolls	20 - 30	400° - 450°

Baking Desserts

Perfect Cookies

Cookie dough that is to be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. Place on a floured board only as much dough as can be easily managed.

Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and add trimmings to dough that needs to be rolled. Place pans or sheets in upper third of oven. Watch cookies carefully while baking in order to avoid burned edges. When sprinkling sugar on cookies, try putting it into a salt shaker in order to save time.

Perfect Pies

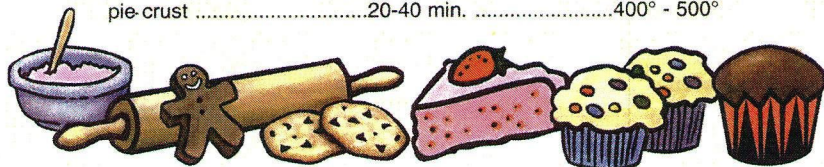
1. Pie crust will be better and easier to make if all the ingredients are cool.
2. The lower crust should be placed in the pan so that it covers the surface smoothly. Air pockets beneath the surface will push the crust out of shape while baking.
3. Folding the top crust over the lower crust before crimping will keep juices in the pie.
4. In making custard pie, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
5. When making cream pie, sprinkle crust with powdered sugar in order to prevent it from becoming soggy.

Perfect Cakes

1. Fill cake pans two-thirds full and spread batter into corners and sides, leaving a slight hollow in the center.
2. Cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
3. After removing a cake from the oven, place it on a rack for about five minutes. Then, the sides should be loosened and the cake turned out on a rack in order to finish cooling.
4. Do not frost cakes until thoroughly cool.
5. Icing will remain where you put it if you sprinkle cake with powdered sugar first.

Time and Temperature Chart

Dessert	Time	Temperature
butter cake, layer	20-40 min.	380° - 400°
butter cake, loaf	40-60 min.	360° - 400°
cake, angel	50-60 min.	300° - 360°
cake, fruit	3-4 hrs.	275° - 325°
cake, sponge	40-60 min.	300° - 350°
cookies, molasses	18-20 min.	350° - 375°
cookies, thin	10-12 min.	380° - 390°
cream puffs.....	45-60 min.	300° - 350°
meringue	40-60 min.	250° - 300°
pie-crust	20-40 min.	400° - 500°



Vegetables & Fruits

Vegetable	Cooking Method	Time
artichokes	boiled	40 min.
	steamed	45-60 min.
asparagus tips	boiled	10-15 min.
beans, lima	boiled	20-40 min.
	steamed	60 min.
beans, string	boiled	15-35 min.
	steamed	60 min.
beets, old	boiled or steamed	1-2 hours
beets, young with skin	boiled	30 min.
	steamed	60 min.
	baked	70-90 min.
broccoli, flowerets	boiled	5-10 min.
broccoli, stems	boiled	20-30 min.
brussels sprouts	boiled	20-30 min.
cabbage, chopped	boiled	10-20 min.
	steamed	25 min.
carrots, cut across	boiled	8-10 min.
	steamed	40 min.
cauliflower, flowerets	boiled	8-10 min.
cauliflower, stem down	boiled	20-30 min.
corn, green, tender	boiled	5-10 min.
	steamed	15 min.
	baked	20 min.
corn on the cob	boiled	8-10 min.
	steamed	15 min.
eggplant, whole	boiled	30 min.
	steamed	40 min.
	baked	45 min.
parsnips	boiled	25-40 min.
	steamed	60 min.
	baked	60-75 min.
peas, green	boiled or steamed	5-15 min.
potatoes	boiled	20-40 min.
	steamed	60 min.
	baked	45-60 min.
pumpkin or squash	boiled	20-40 min.
	steamed	45 min.
	baked	60 min.
tomatoes	boiled	5-15 min.
turnips	boiled	25-40 min.

Drying Time Table

Fruit	Sugar or Honey	Cooking Time
apricots	1/4 c. for each cup of fruit	about 40 min.
figs	1 T. for each cup of fruit	about 30 min.
peaches	1/4 c. for each cup of fruit	about 45 min.
prunes	2 T. for each cup of fruit	about 45 min.



Vegetables & Fruits



Buying Fresh Vegetables

Artichokes: Look for compact, tightly closed heads with green, clean-looking leaves. Avoid those with leaves that are brown or separated.

Asparagus: Stalks should be tender and firm; tips should be close and compact. Choose the stalks with very little white; they are more tender. Use asparagus soon because it toughens rapidly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Broccoli, Brussels Sprouts and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate pests or disease.

Cabbage and Head Lettuce: Choose heads that are heavy for their size. Avoid cabbage with worm holes and lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green, but yellow ones are undesirable.

Mushrooms: Caps should be closed around the stems. Avoid black or brown gills.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellow, or flabby pods.

Buying Fresh Fruits

Bananas: Skin should be free of bruises and black or brown spots. Purchase them green and allow them to ripen at home at room temperature.

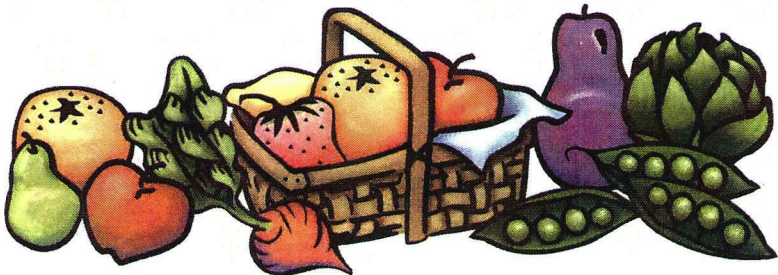
Berries: Select plump, solid berries with good color. Avoid stained containers which indicate wet or leaky berries. Berries with clinging caps, such as blackberries and raspberries, may be unripe. Strawberries without caps may be overripe.

Melons: In cantaloupes, thick, close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and the space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken or soft areas.



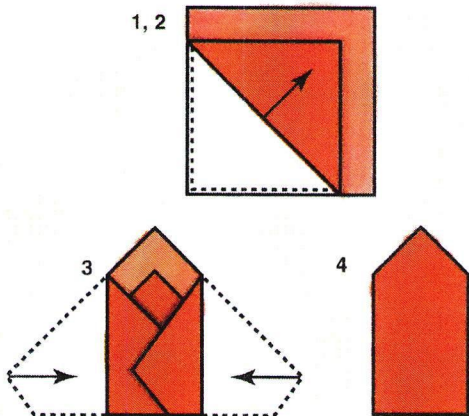
Napkin Folding

General Tips:

Use well-starched linen napkins if possible. For more complicated folds, 24-inch napkins work best. Practice the folds with newspapers. Children can help. Once they learn the folds, they will have fun!

Shield

Easy fold. Elegant with monogram in corner.



Instructions:

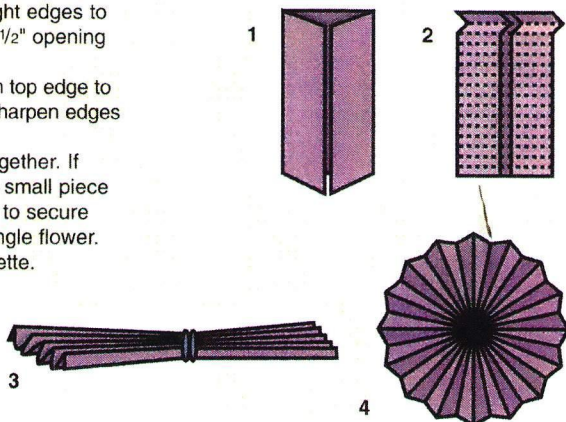
1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right side and left side points.
4. Turn over; adjust sides so that they are even, single point in center.
5. Place point up or down on plate, or left of plate.

Rosette

Elegant on plate.

Instructions:

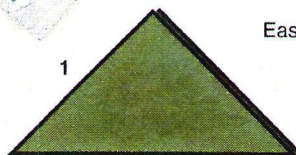
1. Fold left and right edges to center, leaving $\frac{1}{2}$ " opening along center.
2. Pleat firmly from top edge to bottom edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.



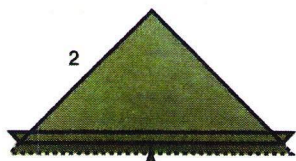
Napkin Folding

Candle

Easy to do; can be decorated.



1



2



3

Instructions:

1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

Fan

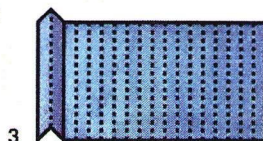
Pretty in napkin ring or on plate.

Instructions:

1. Fold top and bottom edges to center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with hot iron.
4. Spread out fan. Balance flat folds of each side on table. Well-starched napkins will hold shape.



1, 2



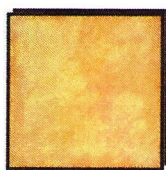
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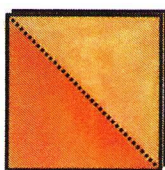
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Lily

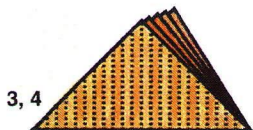
Effective and pretty on table.



1



2



3, 4



5

Instructions:

1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.)
4. Pleat.
5. Place closed end in glass. Pull down two points on each side and shape.

Measurements & Substitutions

Measurements

a pinch	1/8 teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons	1/4 cup
8 tablespoons	1/2 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
1 ounce liquid	2 tablespoons
8 ounces liquid	1 cup

**Use standard measuring spoons and cups.
All measurements are level.**

Substitutions

Ingredient	Quantity	Substitute
baking powder	1 teaspoon	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
catsup or chili sauce	1 cup	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking)
chocolate	1 square (1 oz.)	3 or 4 T. cocoa plus 1 T. butter
cornstarch	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
cracker crumbs	3/4 cup	1 c. bread crumbs
dates	1 lb.	1 1/2 c. dates, pitted and cut
dry mustard	1 teaspoon	1 T. prepared mustard
flour, self-rising	1 cup	1 c. all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
herbs, fresh	1 tablespoon	1 tsp. dried herbs
milk, sour	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes)
whole	1 cup	1/2 c. evaporated milk plus 1/2 c. water
min. marshmallows	10	1 lg. marshmallow
onion, fresh	1 small	1 T. instant minced onion, rehydrated
sugar, brown	1/2 cup	2 T. molasses in 1/2 c. granulated sugar
powdered	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
tomato juice	1 cup	1/2 c. tomato sauce plus 1/2 c. water

**When substituting cocoa for chocolate in cakes, the amount of flour must
be reduced. Brown and white sugars usually can be interchanged.**



Equivalency Chart

Food	Quantity	Yield
apple	1 medium	1 cup
banana, mashed	1 medium	1/3 cup
bread	1 1/2 slices	1 cup soft crumbs
bread	1 slice	1/4 cup fine, dry crumbs
butter	1 stick or 1/4 pound	1/2 cup
cheese, American, cubed	1 pound	2 2/3 cups
American, grated	1 pound	5 cups
cream cheese	3-ounce package	6 2/3 tablespoons
chocolate, bitter	1 square	1 ounce
cocoa	1 pound	4 cups
coconut	1 1/2 pound package	2 2/3 cups
coffee, ground	1 pound	5 cups
cornmeal	1 pound	3 cups
cornstarch	1 pound	3 cups
crackers, graham	14 squares	1 cup fine crumbs
saltine	28 crackers	1 cup fine crumbs
egg	4-5 whole	1 cup
whites	8-10	1 cup
yolks	10-12	1 cup
evaporated milk	1 cup	3 cups whipped
flour, cake, sifted	1 pound	4 1/2 cups
rye	1 pound	5 cups
white, sifted	1 pound	4 cups
white, unsifted	1 pound	3 3/4 cups
gelatin, flavored	3 1/4 ounces	1/2 cup
unflavored	1/4 ounce	1 tablespoon
lemon	1 medium	3 tablespoon juice
marshmallows	16	1/4 pound
noodles, cooked	8-ounce package	7 cups
uncooked	4 ounces (1 1/2 cups)	2-3 cups cooked
macaroni, cooked	8-ounce package	6 cups
macaroni, uncooked	4 ounces (1 1/4 cups)	2 1/4 cups cooked
spaghetti, uncooked	7 ounces	4 cups cooked
nuts, chopped	1/4 pound	1 cup
almonds	1 pound	3 1/2 cups
walnuts, broken	1 pound	3 cups
walnuts, unshelled	1 pound	1 1/2 to 1 3/4 cups
onion	1 medium	1/2 cup
orange	3-4 medium	1 cup juice
raisins	1 pound	3 1/2 cups
rice, brown	1 cup	4 cups cooked
converted	1 cup	3 1/2 cups cooked
regular	1 cup	3 cups cooked
wild	1 cup	4 cups cooked
sugar, brown	1 pound	2 1/2 cups
powdered	1 pound	3 1/2 cups
white	1 pound	2 cups
vanilla wafers	22	1 cup fine crumbs
zwieback, crumbled	4	1 cups

Food Quantities

For Large Servings

Beverages:

	25 Servings	50 Servings	100 Servings
coffee	1/2 pound and	1 pound and	2 pounds and
	1 1/2 gallons water	3 gallons water	6 gallons water
lemonade	10-15 lemons and	20-30 lemons and	40-60 lemons and
	1 1/2 gallons water	3 gallons water	6 gallons water
tea	1/12 pound and	1/6 pound and	1/3 pound and
	1 1/2 gallons water	3 gallons water	6 gallons water

Desserts:

layered cake	1 12" cake	3 10" cakes	6 10" cakes
sheet cake	1 10" x 12" cake	1 12" x 20" cake	2 12" x 20" cakes
watermelon	37 1/2 pounds	75 pounds	150 pounds
whipping cream	3/4 pint	1 1/2 to 2 pints	3-4 pints

Ice cream:

brick	3 1/4 quarts	6 1/2 quarts	13 quarts
bulk	2 1/4 quarts	4 1/2 quarts or	9 quarts or
		1 1/4 gallons	2 1/2 gallons

Meat, poultry or fish:

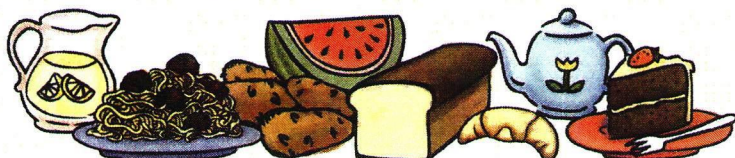
fish	13 pounds	25 pounds	50 pounds
fish, fillets or steak	7 1/2 pounds	15 pounds	30 pounds
hamburger	9 pounds	18 pounds	35 pounds
turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
wieners (beef)	6 1/2 pounds	13 pounds	25 pounds

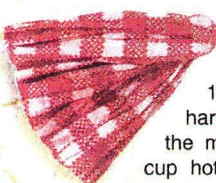
Salads, casseroles:

baked beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
jello salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
potato salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
scalloped potatoes	4 1/2 quarts or	9 quarts or	18 quarts
	1 12" x 20" pan	2 1/4 gallons	4 1/2 gallons
spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons

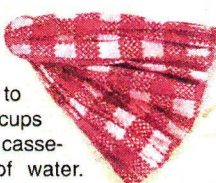
Sandwiches:

bread	50 slices or	100 slices or	200 slices or
	3 1-pound loaves	6 1-pound loaves	12 1-pound loaves
butter	1/2 pound	1 pound	2 pounds
lettuce	1 1/2 heads	3 heads	6 heads
mayonnaise	1 cup	2 cups	4 cups
mixed filling			
meat, eggs, fish	1 1/2 quarts	3 quarts	6 quarts
jam, jelly	1 quart	2 quarts	4 quarts





Microwave Hints



1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave on high for 1 1/2 to 2 minutes for 1/2 pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30-45 seconds; and one-half gallon, 45-60 seconds.
3. To melt chocolate, place 1/2 pound in glass bowl or measuring cup. Melt uncovered at 50% power for 3-4 minutes; stir after 2 minutes.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2 1/2 minutes. One 3-ounce package of cream cheese will soften in 1 1/2 to 2 minutes.
5. A 4 1/2 ounce carton of whipped topping will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center, but it will blend well when stirred. Do not over thaw!
6. Soften jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
7. Heat hot packs. A wet fingertip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
8. To scald milk, cook 1 cup for 2 to 2 1/2 minutes, stirring once each minute.
9. To make dry bread crumbs, cut 6 slices of bread into 1/2-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
10. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave for 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
11. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nutmeats will slip out whole after cracking the shell.
12. Stamp collectors can place a few drops of water on a stamp to remove it from an envelope. Heat in the microwave for 20 seconds, and the stamp will come off.
13. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
14. Sprinkle a layer of medium, finely chopped walnuts evenly onto the bottom and side of a ring pan or bundt cake pan to enhances the looks and eating quality. Pour in batter and microwave as recipe directs.
15. Do not salt foods on the surface as it causes dehydration and toughens food. Salt after you remove from the oven unless the recipe calls for using salt in the mixture.
16. Heat left-over custard and use it as frosting for a cake.
17. Melt marshmallow cream. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
18. To toast coconut, spread 1/2 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes. Watch closely, as it quickly browns.
19. To melt crystallized honey, heat uncovered jar on high for 30-45 seconds. If jar is large, repeat.
20. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.

Calorie Counter

Beverages

apple juice, 6 oz.	90
coffee (black)	0
cola type, 12 oz.	115
cranberry juice, 6 oz.	115
ginger ale, 12 oz.	115
grape juice, (prepared from frozen concentrate), 6 oz.	142
lemonade, (prepared from frozen concentrate), 6 oz.	85
milk, protein fortified, 1 c.	105
skim, 1 c.	90
whole, 1 c.	160
orange juice, 6 oz.	85
pineapple juice, unsweetened, 6 oz.	95
root beer, 12 oz.	150
tonic (quinine water) 12 oz.	132

Breads

cornbread, 1 sm. square	130
dumplings, 1 med.	70
French toast, 1 slice	135
melba toast, 1 slice	25
muffins, blueberry, 1 muffin	110
bran, 1 muffin	106
corn, 1 muffin	125
English, 1 muffin	280
pancakes, 1 (4-in.)	60
pumpnickel, 1 slice	75
rye, 1 slice	60
waffle, 1	216
white, 1 slice	60-70
whole wheat, 1 slice	55-65

Cereals

cornflakes, 1 c.	105
cream of wheat, 1 c.	120
oatmeal, 1 c.	148
rice flakes, 1 c.	105
shredded wheat, 1 biscuit	100
sugar krisps, 3/4 c.	110

Crackers

graham, 1 cracker	15-30
rye crisp, 1 cracker	35
saltine, 1 cracker	17-20
wheat thins, 1 cracker	9

Dairy Products

butter or margarine, 1 T.	100
cheese, American, 1 oz.	100
camembert, 1 oz.	85
cheddar, 1 oz.	115
cottage cheese, 1 oz.	30
mozzarella, 1 oz.	90
parmesan, 1 oz.	130
ricotta, 1 oz.	50
roquefort, 1 oz.	105
Swiss, 1 oz.	105
cream, light, 1 T.	30
heavy, 1 T.	55
sour, 1 T.	45
hot chocolate, with milk, 1 c.	277
milk chocolate, 1 oz.	145-155
yogurt	
made w/ whole milk, 1 c.	150-165
made w/ skimmed milk, 1 c.	125

Eggs

fried, 1 lg.	100
poached or boiled, 1 lg.	75-80
scrambled or in omelet, 1 lg.	110-130

Fish and Seafood

bass, 4 oz.	105
salmon, broiled or baked, 3 oz.	155
sardines, canned in oil, 3 oz.	170
trout, fried, 3 1/2 oz.	220
tuna, in oil, 3 oz.	170
in water, 3 oz.	110



Calorie Counter

Fruits

apple, 1 med.	80-100
applesauce, sweetened, 1/2 c.	90-115
unsweetened, 1/2 c.	50
banana, 1 med.	85
blueberries, 1/2 c.	45
cantaloupe, 1/2 c.	24
cherries (pitted), raw, 1/2 c.	40
grapefruit, 1/2 med.	55
grapes, 1/2 c.	35-55
honeydew, 1/2 c.	55
mango, 1 med.	90
orange, 1 med.	65-75
peach, 1 med.	35
pear, 1 med.	60-100
pineapple, fresh, 1/2 c.	40
canned in syrup, 1/2 c.	95
plum, 1 med.	30
strawberries, fresh, 1/2 c.	30
frozen and sweetened, 1/2 c.	120-140
tangerine, 1 lg.	39
watermelon, 1/2 c.	42

Meat and Poultry

beef, ground (lean), 3 oz.	185
roast, 3 oz.	185
chicken, broiled, 3 oz.	115
lamb chop (lean), 3 oz.	175-200
steak, sirloin, 3 oz.	175
tenderloin, 3 oz.	174
top round, 3 oz.	162
turkey, dark meat, 3 oz.	175
white meat, 3 oz.	150
veal, cutlet, 3 oz.	156
roast, 3 oz.	76

Nuts

almonds, 2 T.	105
cashews, 2 T.	100
peanuts, 2 T.	105
peanut butter, 1 T.	95
pecans, 2 T.	95
pistachios, 2 T.	92
walnuts, 2 T.	80

Pasta

macaroni or spaghetti,	
cooked, 3/4 c.	115

Salad Dressings

blue cheese, 1 T.	70
French, 1 T.	65
Italian, 1 T.	80
mayonnaise, 1 T.	100
olive oil, 1 T.	124
Russian, 1 T.	70
salad oil, 1 T.	120

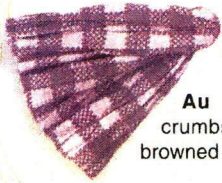
Soups

bean, 1 c.	130-180
beef noodle, 1 c.	70
bouillon and consomme, 1 c.	30
chicken noodle, 1 c.	65
chicken with rice, 1 c.	50
minestrone, 1 c.	80-150
split pea, 1 c.	145-170
tomato with milk, 1 c.	170
vegetable, 1 c.	80-100

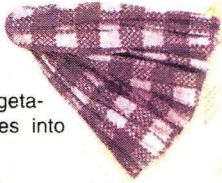
Vegetables

asparagus, 1 c.	35
broccoli, cooked, 1/2 c.	25
cabbage, cooked, 1/2 c.	15-20
carrots, cooked, 1/2 c.	25-30
cauliflower, 1/2 c.	10-15
corn (kernels), 1/2 c.	70
green beans, 1 c.	30
lettuce, shredded, 1/2 c.	5
mushrooms, canned, 1/2 c.	20
onions, cooked, 1/2 c.	30
peas, cooked, 1/2 c.	60
potato, baked, 1 med.	90
chips, 8-10	100
mashed, w/milk & butter, 1 c.	200-300
spinach, 1 c.	40
tomato, raw, 1 med.	25
cooked, 1/2 c.	30





Cooking Terms



Au gratin: Topped with crumbs and/or cheese and browned in oven or under broiler.

Au jus: Served in its own juices.

Baste: To moisten foods during cooking with pan drippings or special sauce in order to add flavor and prevent drying.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudites: An assortment of raw vegetables (i.e. carrots, broccoli, celery, mushrooms) that is served as an hors d'oeuvre, often accompanied by a dip.

Degrease: To remove fat from the surface of stews, soups, or stock. Usually cooled in the refrigerator so that fat hardens and is easily removed.

Dredge: To coat lightly with flour, corn-meal, etc.

Entree: The main course.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Glaze: To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut vegetables, fruits, or cheeses into match-shaped slivers.

Marinate: To allow food to stand in a liquid in order to tenderize or to add flavor.

Meunière: Dredged with flour and sautéed in butter.

Mince: To chop food into very small pieces.

Parboil: To boil until partially cooked; to blanch. Usually final cooking in a seasoned sauce follows this procedure.

Pare: To remove the outermost skin of a fruit or vegetable.

Poach: To cook gently in hot liquid kept just below the boiling point.

Purée: To mash foods by hand by rubbing through a sieve or food mill, or by whirling in a blender or food processor until perfectly smooth.

Refresh: To run cold water over food that has been parboiled in order to stop the cooking process quickly.

Sauté: To cook and/or brown food in a small quantity of hot shortening.

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Steep: To let food stand in hot liquid in order to extract or to enhance flavor, like tea in hot water or poached fruit in sugar syrup.

Toss: To combine ingredients with a repeated lifting motion.

Whip: To beat rapidly in order to incorporate air and produce expansion, as in heavy cream or egg whites.