



Pat's Recipe Boxes



GOOD FOR Christmas + Parties

my recipe for: SPRITZ COOKIES

MIX THOROUGHLY

1 c. soft butter

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

2 ~~2~~ egg yolks

1 tsp. vanilla

WORK IN WITH HANDS

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

flour

Put Through cookie press and
sprinkle with colored sugar.

BAKE at 400° for 7-10 mins.



Catup Play Dough

- 1 @ flour 1 TBSP oil Food
1 @ water 1/2 @ salt Coloring
- 2 tsp cream of tartar
-

1. Mix dry ingredients in saucepan
2. Add wet ingredients & mix together
3. Cook over low-medium flame
4. Stir constantly til mixture forms a ball. (No more than 5 minutes)

Here's what's cookin': PLAY DOUGH Serves:

Recipe from the kitchen of: Lindy Best

1 Cup flour

1 TBSP. Cooking Oil

1 Cup water

1/4 Cup salt

1 tsp. cream of tartar



Mix dry ingredients & then water
Keeps three months at room temp.
covered with saran.

Every day is feast day to a contented heart. Proverbs

Sweetish Meatballs

Serves 10-12

3 lbs meat loaf mixture (beef, veal, pork)

3 eggs

1 @ fine bread crumbs

2 tsp Worcestershire sauce

1 slice bread

1 tsp sugar

1 1/3 @ milk

1/2 med. onion grated finely

3 Tbsp: parsley flakes

2 1/2 tsp salt

1/2 tsp paprika

3 tsp lemon juice

4 balls taste
Tough use all
bread soft
rather than crumb

Brown 1" meatballs slowly in 2 skillets at
a time. Place in dutch oven as they are
browned. when all are browned & poked in
dutch oven, Pour 1 c water in each skillet &
cook until all leanings on bottom of pan
are loosened. Pour juice from one pan
into another. Add thickening and cook til
slightly thickened. If more gravy is desired
use 1 can French American beef gravy or
make 2 cups gravy from Beef extract. Add
to rest of gravy. Pour over meat balls in
dutch oven & simmer for 45 minutes.

Pat's Kitchen

From: Pam of CRHP

Recipe for:

Strawberry Dip

Serves:

Oven:

2 pkgs (8oz) cream cheese

1 jar fluff (marshmallow)

1 orange

Blend all in blender

Here's what's cookin'
Recipe from the kitchen of

Crabmeat Fore D'Ocupien
Serves **40**
yields



15 slices white bread (cut
in 4 squares each (de-crust))

6 oz crabmeat flaked
1 small onion grated
1 @ grated cheddar cheese
1 @ mayonnaise
1/2 tsp. salt

Combine ingredients & spread on
bread - Broil or bake til cheese is bubbly.

Kay

Cheese Ball (Different-Decorations)

Mix together with before

16 oz. cream cheese (softened)

1/4 cup bell pepper (finely chopped)

2 Tbs. green onion " "

1 Tbs. Lawry's seasoned salt

1 small can crushed pineapple (well drained)

1 cup chopped pecans

May roll in nuts or parsley

Lemonade -

$2\frac{1}{2}$ Lemons

2 Cups Water

$\frac{1}{2}$ Cup sugar

Few grains salt

Avocado Spread or Dip - C. Willey

Peel out & scoop out pulp

Mash with fork

Mix in 2 or 3 scoops miracle whip

Diced H.C. Egg

Dash garlic salt

2 or 3 caps cider vinegar

little milk

Prepare only couple hrs ahead

Use party size with block olive slice
wheat bread etc.

— 09

— 65

0 - 85

0 / 65

0 / 75

Cheese Puffs

• 1/4 lb grated cheddar cheese (1 cup)

1/4 cup soft butter

1/2 cup sifted all-purpose flour

1/4 tsp salt

1/2 tsp paprika

Blend cheese + butter. Stir in flour, salt + paprika mix well. Roll into small balls + arrange on greased baking sheet. Refrigerate several hrs. Bake at 400° 10-15 min. Can be frozen before baking if so thaw slightly before baking.

Christmas Punch Chris Scribe

3 oz strawberry jello

1 C. boiling water

6 oz strawberry daiquiri mix

48 oz cran-strawberry juice

1 liter tonic water (or champagne)

frozen whole strawberries

Crabmeat Dip

Jewel

Yield: 2 cups

*Small bowl
Mixer*

*Time to prepare: 10 minutes
Plus refrigeration time*

*½ cup mayonnaise
1 tablespoon minced onion
2 teaspoons chopped parsley
1 teaspoon salt
½ teaspoon garlic powder*

*1 teaspoon prepared mustard
1 package (8 ounces) cream cheese,
softened
6 ounces cooked crabmeat
½ cup chili sauce*

In small bowl combine mayonnaise, onion, parsley, salt, garlic powder, mustard and cream cheese. Mix til blended. Stir in crabmeat. Chill in refrigerator 2 hours or overnight. Turn onto serving plate and spread chili sauce over crabmeat mixture. Serve with cocktail bread, crackers or vegetables.

Make it your tradition!

The Original Chex® Party Mix

- 6 tablespoons margarine or butter
(do not use spread or tub products)
- 2 tablespoons Lea & Perrins® Worcestershire sauce
- 1½ teaspoons seasoned salt
- ¼ teaspoon garlic powder
- ½ teaspoon onion powder
- 3 cups Corn Chex® cereal
- 3 cups Rice Chex® cereal
- 3 cups Wheat Chex® cereal
- 1 cup mixed nuts
- 1 cup pretzels
- 1 cup garlic-flavor bite-size
bagel chips or regular-size bagel chips,
broken into 1-inch pieces

Heat oven to 250°. Melt margarine in large roasting pan in oven. Stir in seasonings. Gradually stir in remaining ingredients until evenly coated. Bake 1 hour, stirring every 15 minutes. Spread on paper towels to cool. Store in airtight container.
12 cups snack.



my recipe for: Iced Tea
a 2 quart

Put 1 quart water in a pitcher

Add 3 level TBS instant tea

Add one cup sugar

Add ice cubes (about 8 or 10)

Stir vigorously

Fill rest of pitcher with water and serve
over ice in glasses.

~~DILL DIP (with crudites) H. D. Jackson~~

1 C. sour cream

1 C. mayonnaise

1 T. shredded green onions

1 T. parsley

1 t. beau monde

dried

1 t. dill weed

* serves 4 or 5.

my recipe for: OUTRIGGER RIBS



~~3 lbs. small meaty ribs~~

~~1/4 C. sugar~~

~~1 tsp. salt~~

~~1 recipe Gingerroot BBQ Sauce~~

Put ribs on both sides with sugar and salt.
Let stand 2 hrs. Brush with Gingerroot
Sauce. Let stand 1 hr. or longer. Place
ribs meat side up on rack in shallow pan.

Bake 15 min. (450°). Pour off fat. Bake
them 1 hr. at 350° turning and brushing a
few times.



my recipe for: HOT GLAZE FOR FRANKS OR
SAUGAGES

10 oz. jar apricot preserves

3 T. cider vinegar

2 T. sugar

1 t. dry Mustard

Heat sauce and meat separately. (lightly brown franks)

Mix together and serve in chafing dish

*Enough for 60 tiny sausages or franks.

BROCCOLI DIP

- 2 pkgs. frozen broccoli,
chopped
- 1 large onion, chopped
- 4 Tbsp butter
- 2 rolls garlic cheese
- 1 8 oz. can sliced mushrooms
- 1 can mushroom soup

20 - 30 servings as
appetizer
8 - 10 as casserole

Cook & drain broccoli.
Saute onion & mushrooms
in butter. Add broccoli
garlic, cheese, mush-
rooms, mushroom soup.
Cook on low heat until
cheese melts. Serve
hot.

CHINESE EGG ROLLS

Makes 12 egg rolls

Saucepan
Skillet

Preheated 375° fry in deep fat fryer or large saucepan
Time to prepare: 1 hour (Refrigerate filling ½ hour)

- ½ cup water
- ½ cup finely chopped celery cabbage
- ¾ cup shredded bok choy
- 3 tablespoons cooking oil
- ½ cup diced cooked shrimp
- ½ cup diced cooked pork
- 4 finely chopped scallions or green onions

- ½ cup finely chopped water chestnuts, drained
- 1 clove garlic, minced
- ~~¼ cup soy sauce~~ 2 TBS
- 12 egg roll skins
- 2 tablespoons cold water

** use ½ the amt called for*

In saucepan place water, celery cabbage and bok choy; bring to boil; drain. In skillet heat oil. Add shrimp and pork; cook 3 minutes. Add scallions, chestnuts, garlic, soy sauce, celery cabbage and bok choy; cook an additional 5 minutes. Refrigerate filling ½ hour. Place filling on egg roll skins. Fold up egg rolls by moistening edges of egg roll with water. Place in fryer; cook until golden brown.



Artichoke Dip

2 cans artichoke hearts drained & chopped
1 c mayonaisse

1 c. parmesan cheese

Bake 15 min. @ 350°



~~HOT CANAPES~~

~~H. D. Jackson~~

1 can O & C Fr. fried onions

$\frac{1}{2}$ C. mayonnaise

dash Worcestershire sauce

1 box Melba rounds

Parmesan cheese

Broil

CANYON RANCH DIP

Yield: 1 cup

Calories: 60 per 1/4 cup

- 1 cup low fat cottage cheese
- 2 tablespoons buttermilk
- 2 teaspoons fresh lemon juice
- 1/4 teaspoon curry powder
- 2 teaspoons grated onion

Combine all ingredients in blender and blend until satin smooth.

Makes one cup

1/4 cup contains approximately 60 calories.

Bloody Mary - 1½ oz. (1 jigger) Rum glass w.
T. J.

Daiqueri - 2 oz. Rum - 1 oz. Daiqueri Mix

Gimlet - 2 oz. Gin - ½ - 1 oz. gimlet mix
Vodka

Martini - 2 oz. Gin
Vodka - ½ oz. Dry Vermouth

Manhattan - 2 Oz. Bourbon - ½ - 1 oz. Sweet
+ Dark Bitters + Cherry Vermouth

Screw Driver - 1½ oz. Vodka * rest of glass w
O. J.

Whiskey Sour - 1½ oz. Bourbon - 1½ - 3 oz.

Sweet & Sour Mix

EGG ROLL CREPE SKINS

- 6 eggs
- 2 cups all-purpose flour
- 2 cups water
- 1 teaspoon salt

Place mixing blade in food processor. In processor combine *half* the eggs, flour, water, and salt. Cover; process till smooth. Pour into bowl; repeat with remaining eggs, flour, water, and salt. Heat a lightly greased 6-inch skillet. Remove from heat; pour 2 tablespoons batter into skillet. Lift and tilt skillet to spread batter evenly. Return to heat; cook 1 minute on one side only (skins will not brown). Invert onto paper toweling. Repeat, greasing skillet occasionally. Makes about 24. ■

Strawberry Dip

1 Cream Cheese 8oz

1 jar fluff

Squeeze orange
1/2 cup so



FRANKS IN SOUR CREAM

Freeze With Ease

Cut into $\frac{1}{2}$ " diagonal slices 12 franks.

Brown them in 2 T. hot oil

Stir in: 2 T. flour

3 T. chili sauce

1 C. sour cream

2 t. sugar

$\frac{1}{4}$ t. salt

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

1 T. caraway seeds (too much, cut $\frac{1}{2}$)

Freeze. To serve, defrost and heat to boiling.

Serve from chafing dish with cocktail picks.



my recipe for: Grasshopper

1 oz. fresh cream

$\frac{3}{4}$ oz. green creme de menthe

1 oz. white creme de cacao

1 or 2 ice cubes

Prepare in blender

Yes

Delicious Drink
(= 1 milk)

Freeze 1 can Orange pop into
cubes

In blender mix 5 frozen orange
cubes + $\frac{1}{3}$ C dry powdered milk.

Blend in blender —

Lemonade

Mom + Cathy

2½ lemons
2 cups water
¼ cup sugar
pinch salt



(Serves 50-60 Punch cups)

my recipe for — Champagne Punch —

2 Lemons (sliced very thin)

2 Oranges " " "

1 box of frozen pineapple

(or I have used canned pineapple

chunks)

1 1/2 c sugar

1 c. Applejack

1/2 c Triple Sec

1 lg jar Maraschino cherries

with juice

to hot Chilled California Champagne

Slice fruit with rinds on - Combine
fruits with other ingredients -
let stand over nite -

When ready to serve punch, put
block of ice in punch bowl
Pour the mixture over ice +
Add Champagne (Stir)

SAUSAGE BALLS IN PASTRY BLANKETS 65 balls

Freeze With Ease

Combine 1 lb. sausage meat, 2 t. curry powder,
 $\frac{1}{2}$ t. nutmeg, $\frac{1}{4}$ t. powdered sage.

Form into small balls about $\frac{1}{2}$ T. each. Fry
out some of the fat & drain on absorbent paper.

Prepare cheese pastry by blending:

$\frac{1}{2}$ lb. sharp cheese

$\frac{1}{2}$ C. soft butter

$1\frac{1}{2}$ C. sifted flour

$\frac{1}{4}$ t. salt

$\frac{1}{2}$ t. paprika

Shape 1 T. dough around each sausage ball.
Freeze. To serve, place unthawed balls on
ungreased baking sheet. Bake @ 400° for 12-15
mins.

A RECIPE FOR SPINACH BALLS from "Artist in the Kitchen"

2 10 oz. pkgs frozen chopped spinach cooked and drained

2 Cups herb seasoned stuffing mix

2 large onions chopped

5 eggs beaten

3/4 Cup melted margarine

1/2 Cup grated parmesan cheese

1 Tbls. garlic salt

1 tsp. black pepper

1/2 Tbls. thyme

over



Mix all ingredients. Chill 2 hrs. Roll in small balls. Bake on cookie sheet for 20 or 30 minutes at 350° or freeze on cookie sheet. Then pack them in freezer bags - Remove and bake as needed.

CHINESE EGG ROLLS

Prepare egg roll skins first; cover and refrigerate for later use—

- 8 ounces lean pork, cut up**
- 4 ounces shrimp, shelled and cleaned**
- 2 stalks bok choy, cut up**
- 2 stalks celery, cut up**
- 1 small onion, cut up**
- 1 cup fresh mushrooms**
- 8 water chestnuts**
- 1 medium carrot**
- 1 ½-inch piece fresh gingerroot, peeled**
- 1 tablespoon cooking oil**
- 1 beaten egg**
- 2 tablespoons soy sauce**
- 1 tablespoon dry sherry**
- ½ teaspoon sugar**
- ½ teaspoon salt**
- 1 recipe Egg Roll Crepe Skins**
- 1 beaten egg**
- Cooking oil for deep-fat frying**

Grind pork and shrimp using steel blade in food processor. Do not over-grind. Remove meat and shrimp; set aside. Using same blade, add bok choy and celery; process till finely chopped. Remove and set aside. Add onion,

mushrooms, and water chestnuts to processor; chop fine. Remove vegetables. Replace steel blade with shredding blade. Put carrot and gingerroot in processor; process till shredded.

In wok or skillet stir-fry pork and shrimp in the 1 tablespoon hot cooking oil till meat is browned. Add all vegetables; stir-fry 2 to 3 minutes.

In mixing bowl combine the first egg, the soy, sherry, sugar, and salt. Stir in pork-shrimp mixture. Cool slightly.

Wrap 1½ tablespoons filling in each Egg Roll Crepe Skin, folding bottom edge up and sides in. Brush top edge of egg roll skin with beaten egg; overlap. Seal. Lay rolls, seam side down, on

waxed paper; cover with damp cloth.

Fry egg rolls, 2 or 3 at a time, in deep hot oil (365°) for 2 to 3 minutes. Drain. Makes 24 egg rolls.

TIPSY CHEESE SPREAD

Freeze With Ease

This is not as daring as it sounds, but very delicious.

Place small portions of the following ingredients in blender and blend thoroughly. Repeat 'til all is blended.

$\frac{1}{2}$ lb. sharp Cheddar cheese, room temperature.

$\frac{1}{4}$ lb. Swiss Cheese, room temp.

$\frac{1}{4}$ lb. cream cheese, softened

$\frac{1}{4}$ lb. pecan meats

1 lge. onion

$\frac{1}{4}$ C. finely chopped parsley

dash tabasco

$\frac{1}{4}$ t. salt

$\frac{1}{4}$ C. gin

Mix well & add $\frac{1}{8}$ t. dried tarragon

Freeze. To serve, defrost & serve with
crackers, rye rounds.

Crustless Zucchini 4 servings
(each serving = 3 protein, 1/8 veg, 1/2 milk)
4 oz thawed frozen crab or shrimp
flecked

4 oz shredded cheddar cheese
1/4 @ green onion - chopped or grated
4 eggs or equivalent (egg beater)
1 @ evaporated skim milk (milk))
1/2 tsp each - salt & powdered mustard

1/8 tsp pepper - Dash Paprika

Use 8" pie glass pie plate - Pam

In mixing bowl combine crabmeat
cheese + skinned onion. Press this
into pie plate. With a wire whisk,
beat eggs + mix with milk, salt &
other seasonings. Pour over crab
mixture, Sprinkle paprika. Bake 30
minutes in 400° oven. Let stand 5 min.

Here's what's cookin' Hot Cheese-Beef Dip Serves
Recipe from the kitchen of



1 pkg. cream cheese (8 oz.)

2 tbs. milk

2 tbs. instant onion

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

$\frac{1}{4}$ c. chopped green pepper

$\frac{1}{4}$ tsp. pepper and $\frac{1}{4}$ tsp. garlic salt

3 oz dried beef

} Optional

Topping: $\frac{1}{2}$ c. finely chopped pecans

2 tbs. butter

$\frac{1}{2}$ tsp. salt



Sauté pecans in butter. Sprinkle with salt.

Put dip in small baking dish. Cover with pecan topping. Bake at 350° for 20 min, until bubbly.

Here's what's cookin'
Recipe from the kitchen of

Flustering Island Punch

Serves



$\frac{1}{2}$ c sugar - 2 c water
1 can (6oz) frozen concentrated lemon
juice

3 cans frozen (6oz) concentrated
orange juice

1 qt ginger ale

1 qt. sparkling water

1 bottle (4oz.) marachino cherries
with juice
(over)

1 orange sliced thin
use fresh strawberries and canned
pineapple if desired (sweeter berries
3-4 lbs head.

1 pt lemon or orange or lime sherbet

Heat sugar & water until sugar dissolves.
Cool. Combine fruit juices ginger all
spackling water & fruit - add syrup
Add ice ring or cubes
Drop in sherbet by spoonful or dipper.

Hot Crab Dip

- 1 lb. Velveta
- 1 cup White Sauce
- 1 TBSP Worcestershire
- 2 stalks celery
- $\frac{1}{2}$ Cup green pepper
- $\frac{1}{2}$ tsp curry powder
- 1 7oz Can Crab or more
- 7 oz Cream Cheese

Salt, Peppers

- 2 TBSP Dry Vermouth
- 2 TBSP Sweet Vermouth
- Green Onions
- Dash Garlic Powder

Over

Sauté celery, green pepper, onion
in 2 TBS P Butter or oil - leave
crisp

Make white Sauce - add Veloute,
Cream Cheese, Worcestershire Sauce
Rest of seasonings - Add Gr Pepper
+ onion + celery. Bake at 350° for
20-30 minutes or simmer slowly
on top of stove

HOT CRAB DIP

Donna Slezak

- 1 C. white sauce
- 2 jars Old English Kraft cheese
- 2 stalks chopped celery
- ½ green pepper chopped
- 1/2-3/4 t. curry powder
- 2 cans crab & 2 cans lobster (3 of 1 enough)

Saute green pepper & celery in butter, leave crisp. Add cheese to white sauce, celery & green pepper, crabmeat, curry powder.

Can freeze at this point. Thaw, bake in oven

300°-350° for 30 mins.

Sprinkle with paprika.

Crab or Shrimp Spread

- 1 lb crab or shrimp 7oz
- 1 8oz pkg cream cheese
- 2 Tbsp. Mayonnaise
- 1 " Worcestershire sauce
- sliced almonds or pecans

Soften cream cheese, flake crab
or shrimp add to softened cheese
Add mayonnaise and Worcestershire
beat well. Bake in 6 or 8 inch dish

sprinkle with nuts. Bake 30 min.
at 350°

Serve with party size or
crackers.

Here's what's cookin' Party Meatballs - BBQ ^{spiced} Serves 48
Recipe from the kitchen of Bake on cookie sheet Mary Ellen



2 lbs gr. chuck
1/2 c fine bread crumbs
1 tsp salt
1/4 tsp pepper
1 egg beaten
1/2 c milk

Heat oven to 350° - Melt 1/4 c
shortening - Bake meatballs 30 min
remove fat - bake 45 more minutes in
sauce

BBQ Sauce - 2 @. tomato juice
2 TBSA flour - $\frac{3}{4}$ - 1 @ prepared
BBQ sauce $\frac{1}{4}$ @ water

Divide mixture sub 4 - then 12 ea
Make 48 mealballs.

Use my BBQ sauce recipe

Here's what's cookin' **STRAWBERRY CHAMPAGNE PUNCH** Serves 25
Recipe from the kitchen of

Eleanor Althen 3821 Lawn Ave.



- 2 Boxes fresh strawberries
- 1 C fine gran. sugar
- 1 bottle Moselle wine
- $\frac{1}{2}$ bottle Claret

Hull berries - wash - dry - put in lg. glass bowl that has been put into another bowl filled with cracked ice - sprinkle berries with sugar & pour Moselle wine over them

Let stand 6 - 7 hrs. When ready to serve add champagne & Claret wine for color.

Here's what's cookin'

Recipe from the kitchen of

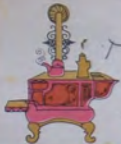
Strawberry Champagne Punch

Serves 30



Place pkg frozen strawberries
or fresh sugared in bowl.
Add bottle chilled Rhine Wine
" 1 bottle Club soda + stir
" 2 bottles chilled champagne

my recipe for: Succeeded Meatballs



This is double the reg recipe

2 lbs of chuck or round

2 TBSP finely chopped onion
sautéed in butter

$\frac{2}{3}$ c fine breadcrumbs

2 c milk

2 tsp salt

$\frac{1}{2}$ tsp white pepper

1 tsp sugar

Use reg brown gravy or BBQ sauce

BANANA BREAD ~~w~~ or ~~w~~ant NUTS

- 1 1/2 C Sugar
- 1 Stick marg'
- 2 egg
- 2 or 3 bananas mashed
- 2 Cups sifted flour
- 1 tsp baking soda } mixed
- 1/2 Cup sour cream }

Bake at 350° for 25 min in 8x13

greased
metal
pan

PUMPKIN BREAD

1 1/3 C sugar
1/3 C shortening or marj.
2 eggs
1 C canned pumpkin
1 2/3 C flour (dry)
1/4 tsp baking powder
1 tsp baking soda
1/4 tsp cloves
1/2 tsp cinnamon
3/4 tsp salt
1/3 C water
1 1/2 C chopped nuts

Cream sugar & shortening.
Add eggs & pumpkin and
beat. Add dry ingredients
alternately with water.
Stir in nuts. Bake 1 1/2
hours at 350° maybe less.

1 1/3	2 2/3	4	Cups	Sugar
1/3	2/3	1	Cups	Margarine
2	4	6		Eggs
1	2	3	Cups	Canned pumpkin
1 2/3	3 1/3	5	Cups	Flour
1/4	1/2	3/4	tsp	Baking powder
1	2	3	tsp	Baking soda
1/4	1/2	3/4	tsp	Cloves
1/2	1	1 1/2	tsp	Cinnamon



Here's what's cookin': MUFFINS

YANEE MAPLE CORN

Recipe from the kitchen of:

2 C FLOUR

1 C YELLOW CORN MEAL

1 T BAKING POWDER

3/4 tsp SALT

1/4 C PACKED BROWN SUGAR

2 LARGE EGGS

1 Cup MILK

1/4 - 1/2 MAPLE SYRUP

6 T (3/4 stick) BUTTER, MELTED

Heat oven to 350°, GREASE MUFFIN CUPS
OR USE FOLI BAKING CUPS

Thoroughly mix flour, corn meal,
baking powder + salt in large bowl.
Whisk eggs + brown sugar in another
bowl till smooth. Add milk + syrup
+ whisk to mix. Pour over dry mix-
ing ingredients + add 4 T melted butter.
Fold in with rubber spatula just
till dry ingredients are moistened.

Scoop batter into prepared cups.
Bake 25-30 minutes or until golden
brown + firm in center. Let cool
in pan 5 minutes. Brush tops w/
restraining melted butter.



Here's what's cookin': Corn Bread Serves:

Recipe from the kitchen of: Mary Raskhild

2 Cups flour

1 Cup yellow Corn Meal

1 Tbsp Baking Powder

$\frac{3}{4}$ tsp salt

2 eggs

$\frac{1}{4}$ Cup packed brown sugar

1 Cup milk

$\frac{1}{4}$ - $\frac{1}{3}$ Cup maple syrup

6 Tbsp melted butter

Use 4 T in batter + 2 T on top

When you spread the table
contentions will cease. *after baking*

Israeli Proverb



Pour wet over dry ingredients
fold in.

Bake 25-30 minutes at 350°

Here's what's cookin' Honey Whole Wheat
Recipe from the kitchen of CARROTOR BREAD

Serves

2 PKG YEAST

3/4 CUP WARM WATER

1 CUP WARM MILK

3/4 CUP MELTED BUTTER

1/2 CUP HONEY

2 T. SALT

3 EGGS LIGHTLY BEATEN

1 1/2 CUPS WHOLE WHEAT FLOUR

4 1/2 CUPS WHITE FLOUR



SPRINKLE YEAST OVER WARM WATER, STIRRING WITH FORK TIL DISSOLVED. IN A LARGE MIXING BOWL, COMBINE MILK, BUTTER, HONEY, SALT & EGGS, BLENDED WELL. ADD THE YEAST MIXTURE & WHOLE WHEAT FLOUR, BEATING UNTIL SMOOTH. GRADUALLY ADD WHITE FLOUR BEATING THOROUGHLY SO THE BATTER IS UBCY SMOOTH. COVER WITH PLASTIC WRAP & TOWEL, LET RISE 1 HOUR. GREASE A 3 QT OR 2-1/2 QT OR INDIVIDUAL CASSEROLE BOWLS. PUNCH DOWN THE DOUGH WITH A SPATULA & BEAT TIL SMOOTH ABOUT 30 SEC. POUR INTO CHOICE OF CASSEROLE

FILL TO $\frac{3}{4}$ FULL. COVER & LET RISE
TIL DOUBLE ABOUT 20 MIN. PREHEAT
OVEN TO 375°. WITH SCISSORS, CUT
A 4" CROSS ABOUT $\frac{1}{2}$ " DEEP IN
TOP OF DOUGH — SMALLER FOR SMALLER
DISH. BAKE 45 MIN FOR LARGE
LOAF, 40 MINUTES FOR SMALLER
ONES. OR UNTIL GOLDEN BROWN
REMOVE TO WIRE RACK & BRUSH
WITH BUTTER

Here's what's cookin' UNLEAVENED WHEAT BREAD

Serves

Recipe from the kitchen of

2 C whole wheat flour

$\frac{1}{2}$ tsp salt

6 TBSP Brown
sugar

$1\frac{1}{2}$ tsp white sugar

$\frac{3}{4}$ tsp baking soda 2 tsp oil

$\frac{1}{2}$ C water



Put 2 level tsp unseasoned oil into
dry mix. Add $\frac{1}{2}$ C ^{boiling} water and
1 egg. Form into ball. Mix
5 min in mixer on medium speed

Pat into 6 patties $\frac{3}{4}$ " thick. Bake on greased
sheet for 10 min at 425°

Here's what's cookin'

PIZZA DOUGH

Serves

Recipe from the kitchen of Joan Swade

Dissolve 1 t granulated dry yeast in
1½ C warm water (just under hot)

Add flour to water-yeast mixture

Stir with spoon til thick enough

to transfer to cloth & begin kneading

Knead in flour & fold in 3's toward

you til mixture can absorb no more

flour. At least 10 min. Put dough

into greased bowl -fold side down.

Cover. Turn bowl over so grease

moves all around. When ready to roll

out knead dough enough to absorb any

grease or dryness. (over)



Dough should rise at least twice & punched down. Roll out from edges so it won't be thick around edges. Place on either cookie sheet or pizza pan in following order:

1. Thin layer Kellogg's Corn Flake Crumbs
2. Dough
3. Tomato - Prince Pizza Sauce
4. Mushrooms? Pepper?
5. Meat - mild - no anise seed.
6. Scamorza cheese on top

Bake in 450° oven for 20 min. Reduce heat to 400° until done. Toward end loosen edges with spatula to see if crust is firm & done underneath

Here's what's cookin' Mrs. Smith's Pizza Serves

Recipe from the kitchen of Makes 2-14 in. or 3-12 in.

3 C flour, 1 TBS. shortening,
1 tsp. salt, 2/3 C milk, 1 TBS sugar
1 pkg. dry yeast

Boil milk, Add: shortening, sugar
and salt - cool p

Mix: 1 pkg. yeast + 1/4 C warm water

Add: yeast to milk mixture & then
add flour. Let rise 15 min &
roll with pin.

Sauce: 1 can tomatoe paste, 1 can
Pizza sauce (6 oz. Pastorelli)

1 tsp. sugar, 2 tsp. oregano

(OVER)



Spread sauce over dough

Add: 1 pkg. Scamorze cheese - grated

Add: 1 lb. Italian sausage or gr. beef
which has been browned.

- 3 env. yeast
- 2 c very warm water
- 3 T sugar
- $\frac{1}{4}$ c veg oil
- $1\frac{1}{2}$ tsp salt
- $5\frac{1}{2}$ c flour
- $\frac{1}{3}$ c dry milk (instant powder)
- $\frac{1}{4}$ c melted oleo or butter

① Sprinkle yeast over water in large bowl.
Let stand til bubbly. ^{Add some sugar}

② Stir in remaining sugar, oil + salt.
Sift 3 c flour w the dry milk. Stir in yeast mixture. Knead til smooth.

③ Stir in remaining flour to make soft but sticky dough. Knead til smooth on floured board - 5 min. Let stand 10 min.

④ Roll dough on floured surface to $\frac{1}{2}$ " thickness. Cut w $2\frac{1}{2}$ " biscuit cutter. Place on cookie sheet 1" apart.

⑤ Let rise in warm place away from draft til doubled in volume.

⑥ Bake in 400° oven for 10 min or til golden brown. Brush tops w melted butter. Remove from cookie sheet to wire rack. ^{seam work}



my recipe for: Home Baked Bread

1 pkg. active dry yeast - or 1 cake
 $\frac{1}{4}$ cup water 2 tsp. salt
2 cups milk; scalded $7\frac{1}{2}$ -8c. flour
 $\frac{1}{2}$ cup sugar 2 EGGS
 $\frac{1}{2}$ c. shortening

Soften active dry yeast in ^{warm} ~~warm~~ water. Pour scalded milk over, sugar, shortening, & salt; stir to dissolve sugar. Cool to lukewarm. Add 3 cups flour; mix well. Stir in softened

yeast & eggs; beat well. Add remaining flour or enough to make a soft dough. Turn out on lightly floured surface. Cover & let rest. 10 minutes. Knead till smooth & elastic (8-10 min.) Place in lightly greased bowl. Cover & let rise in warm place till double. (1 1/2 - 2 hrs.) Punch down & let rise again until almost double. (About 1 hr.) Punch down & divide dough in half. Cover & let rest 10 minutes. Roll & place in 2 loaf pans. Let rise till almost double. (45-60 minutes) Just before baking, brush dough with butter.

Bake at 375 - moderate oven

Time - 35-40 minutes or until done.

IF CRUST BROWN TO FAST, COVER WITH FOIL on last 5-10 minute of baking

Here's what's cookin' UKRAIN WHOLE WHEAT

Serves 2
LOAVES

Recipe from the kitchen of

- 1 CUP WARM WATER
- 1/4 CUP SUGAR
- 3 PAC YEAST
- 2 CUPS WARM MILK
- 1/4 CUP MELTED BUTTER
- 1/2 CUP HONEY
- 2 1/2 T SALT
- 2 EGGS LIGHTLY BEATEN
- 2 CUPS WHITE FLOUR
- 7 CUPS WHOLE WHEAT FLOUR



COMBINE WARM WATER, SUGAR & YEAST, STIR-
RING WITH A FORK TILL DISSOLVED. IN A
LARGE MIXING BOWL, COMBINE MILK, BUTTER,
HONEY, SALT & EGGS. STIR IN YEAST MIXTURE
& 2 CUPS WHITE FLOUR. ADD SUFFICIENT
WHOLE WHEAT FLOUR GRADUALLY TO MAKE A
SOFT DOUGH THAT PULLS AWAY FROM SIDES
THE BOWL. REMOVE DOUGH TO A LIGHTLY
FLOURED BOARD & KNEAD 10 MINUTES OR TIL
SMOOTH & ELASTIC. ROLL INTO A BALL &
PLACE IN WAXED, GREASED BOWL, TURNING TO
COAT THE TOP. COVER LOOSELY WITH A

PLASTIC WRAP & TOWEL. ALLOW TO DOUBLE
 IN BULK, ABOUT 1 HOUR. TURN OUT ON A
 FLOURED BOARD, KNEAD VERY LIGHTLY, COVER
 & LET REST 10 MINUTES. GREASE 2 PANS
 DIVIDE DOUGH IN 2 PORTIONS, SHAPE IN
 LOAVES & PLACE IN PREPARED PANS.
 COVER & LET RISE UNTIL SLIGHTLY CURVED
 OVER TOP OF PANS, ABOUT 45 MINUTES.
 BAKE IN PREHEATED 375° OVEN 40 MINUTES
 TURN OUT ON RACES TO COOL. BUTTER TOPS

SHAPING



PRESS
TO



ROLL
OUT
TO



FOLD
DOWN



FOLD
UP &
PINCH



TURN
&
FLUFF



PUSH DOWN W/ END OF
PALM & TUCK UNDER ENDS

PAT
IN
PAN

A FAVORITE RECIPE FOR COUNTRY CRUST BREAD

2 packages dry yeast	2 eggs
2 cups warm water	1/4 cup salad oil
1/2 cup sugar	6 to 6 1/2 cups flour
1 tablespoon salt	soft butter or marg

(Yield: 2 loaves)

Dissolve yeast in warm water. Stir in sugar, salt, eggs, oil and 3 cups flour. Beat til smooth. Mix in enough remaining flour to make dough easy to handle.

Turn dough onto lightly floured board; knead until smooth and elastic, 8 to 10 minutes. Place in greased bowl; turn greased



side up. (At this point, dough can be refrigerated 3 to 4 days.) Cover; let rise in warm place until double, about 1 hour. (Dough is ready if impression remains.)

Punch down dough; divide in half. Roll each half into rectangle 18 x 9. Roll up, beginning at short side. With side of hand, press each end to seal. Fold ends under loaf. Place seam side down in greased loaf pan 9x5x3. Brush loaves with salad oil. Let rise until double, about 1 hour. Heat oven to 375°. Place loaves on lower oven rack so that tops of pans are in center of oven. Pans should not touch each other or sides of oven. Bake 30 to 35 min. or until deep golden brown & loaves sound hollow when tapped. Remove from pans. Brush loaves with butter; cool on racks.

COUNTRY CRUST BREAD

2 packages Red Star®
active dry yeast
2 cups warm water (105 to 115°)
½ cup sugar
1 tablespoon salt

2 eggs
¼ cup salad oil
6 to 6½ cups GOLD MEDAL® Flour*
Soft butter or margarine

Dissolve yeast in warm water. Stir in sugar, salt, eggs, oil and 3 cups of the flour. Beat until smooth. Mix in enough remaining flour to make dough easy to handle.

Turn dough onto lightly floured board; knead until smooth and elastic, 8 to 10 minutes. Place in greased bowl; turn greased side up. (At this point, dough can be refrigerated 3 to 4 days.) Cover; let rise in warm place until double, about 1 hour. (Dough is ready if impression remains.)

Punch down dough; divide in half. Roll each half into rectangle, 18x9 inches. Roll up, beginning at short side. With side of hand, press each end to seal. Fold ends under loaf. Place seam side down in greased loaf pan, 9x5x3 inches. Brush loaves with salad oil. Let rise until double, about 1 hour.

Heat oven to 375°. Place loaves on lower oven rack so that tops of pans are in center of oven. Pans should not touch each other or sides of oven. Bake 30 to 35 minutes or until deep golden brown and loaves sound hollow when tapped. Remove from pans. Brush loaves with butter; cool on wire rack. 2 loaves.

*If using self-rising flour, omit salt.

Note: Unbleached flour can be used in this recipe.

High Altitude: No adjustments are necessary.

© Reg. T.M. of General Mills, Inc.

① Reg. T.M. of Universal Foods Corp.



Crepes

- 1 c sifted flour
- 2 Tbsp sugar
- 1- $\frac{1}{2}$ tsp baking powder
- $\frac{1}{2}$ tsp salt
- 2 eggs, beaten slightly
- 1- $\frac{1}{4}$ c milk
- 3 Tbsp melted shortening or cooking oil

Combine first 4 ingredients, sift into mixing bowl. Combine eggs, milk & shortening or oil; stir into dry ingredients are moistened. Pour $\frac{1}{4}$ c batter for each pancake in hot well greased crepe pan over direct hi flame. Cook until top is full of bubbles, edges dry & underneath browned; turn & brown second side.

When pan cakes are being prepared
for crepes they may be cooked
ahead of time & stored sprinkled
with powdered sugar, rolled & wrapped
singly in waxed paper & stored in
fridge for reheating at time of serving.
8 4" pan cakes, 16 crepes or
12 servings.

Crepe Sauce

3 TBS sugar

1/2 c E J

1/3 c orange liqueur (Triple sec)

1 TBS p grated orange rind

1/2 c toasted slivered almonds

1/4 c butter

2 Tbsp lemon juice

1/2 Tbsp grated lemon rind

melt butter, stir in sugar, juice
& Tbsp liqueur & rind. Add remaining
sugar & sprinkle with almonds &
ignite.

Here's what's cookin' MARY'S HOMEMADE BREAD

Serves

Recipe from the kitchen of



- | | |
|-----------------------------------|----------------------------------|
| 1 pkg. active dry yeast or 1 cake | |
| $\frac{1}{4}$ C water | 2 tsp salt |
| 2 C milk, scalded | $7\frac{1}{2}$ -8 C sifted flour |
| 1 C sugar | |
| 1 C shortening | 2 eggs |

Soften dry yeast in warm water.

Pour scalded milk over sugar, shortening & salt. Stir to dissolve sugar. Cool to lukewarm.

Add 3 C flour, mix well, stir in softened yeast & eggs & beat well. Add

remaining flour or enough to make a soft dough. Turn out on lightly floured surface. Cover & let rest 10 min. Knead (OCER)

til smooth & elastic (8 - 10 min.) Place in lightly greased bowl. Cover & let rise in warm place til double (1½ - 2 hrs.) Punch down & let rise again until almost double (about 1 hr.) Punch down & divide dough in half. Cover & let rest 10 min. Roll & place in 2 loaf pans. Let rise til almost double (45 - 60 min.) Just before baking, brush dough with butter. Bake at 375° (mod. oven) for 35 - 40 min. or til done. Turn out of pan to cool on rack. If crust browns too fast cover with foil last 5 - 10 min. of baking.



Meatball Yummies

- | | |
|--|-----------------------------------|
| 1 lb. ground beef | 2 tablespoons oil |
| • 1/3 cup dry bread crumbs | 1/3 cup Prime Choice |
| 1 egg | 2 tablespoons light brown sugar |
| 2 tablespoons Prime Choice Steak Sauce | 2 tablespoons butter or margarine |

Combine beef, bread crumbs, egg and 2 tablespoons Prime Choice. Mix and shape into 1 inch meatballs. Brown in oil in skillet. Drain fat from skillet. Combine 1/3 cup Prime Choice, brown sugar, and butter with meatballs in skillet. Simmer, covered, for 15 minutes or until done. Makes about 2 dozen meatballs.

CREME DE MENTHE COOKIE BARS

Mary Koppel

Base:

1/2 c. butter

1 c. flour

1/2 tsp. salt

1 tsp. vanilla

1 c. sugar

4 eggs, beaten

1-16 oz. can choc. syrup

1/2 c. chopped walnuts

Cream together butter and sugar. Add remaining ingredients. Bake in greased 9 x 13 pan, 350° oven for 30 minutes. Cool completely.

Frosting:

2 c. powdered sugar

1/2 c. butter

2 Tbsp. creme de menthe

Combine and spread over cooled cake.

Chocolate topping:

1 c. semi-sweet choc. chips

1/4 c. milk choc. chips

6 Tbsp. butter

Melt these together - cool - spread on frosting layer.

Cut into bars when set; store in refrigerator.

Here's what's cookin' *Butter Dreamer* from Puerto Rico
Recipe from the kitchen of Key Serp

Serves

$\frac{1}{2}$ C Butter

$\frac{1}{2}$ C shortening

$\frac{1}{2}$ C sugar

1 tsp almond extract or vanilla

$2\frac{1}{4}$ C flour

Bake 10 min at 350

While hot sprinkle w/
cinnamon + sugar



Here's what's cookin' *Hot Sugar Cookies from Cuba*
Recipe from the kitchen of Serves



Kay Serp

2 c flour

2 sticks margarine

5 TBSP sugar

1 tsp vanilla

Bake 10 min at 350°. While
hot, sprinkle with cinnamon
& sugar

BUTTER COOKIES

FAT KRONE

EXCELLENT

1 CUP SOFT BUTTER

1/2 CUP SIFTED POWDERED SUGAR } CREAM

1 tsp VANILLA

2 1/4 CUP SIFTED CAKE FLOUR

1/4 tsp salt

ADD-

DROP BY tsp ON LIGHTLY GREASED SHEET
MAKE INDENT WITH THIMBLE
OR TSP

↘ 400°

BAKE 6-8 MINUTES TIL SET



ICING: MIX POWDERED SUGAR
MILK
DOT OF BUTTER

MIX SEPARATELY YELLOW - LEMON
GREEN - MINT
PINK - ALMOND

FAMOUS OATMEAL COOKIES

- 3/4 cup shortening, soft
- 1 cup firmly-packed brown sugar
- 1/2 cup granulated sugar
- 1 egg
- 1/4 cup water
- 1 tsp. vanilla
- 1 cup sifted all-purpose flour
- 1 tsp. salt
- 1/2 teaspoon soda
- 3 cups Oats, uncooked

Beat shortening, sugars, egg, water and vanilla together until creamy. Sift together flour, salt and soda;

add to creamed mixture; blend well.
Stir in Oats. Drop by teaspoonfuls onto
greased cooky sheets. Bake in preheated
moderate oven(350 degrees) for 12 to 15 mi-
nutes.(For variety, add chopped nutmeats,
raisins, chocolate chips or coconut)

Makes 5 dozen

544-43

Petticoat Coat Tails

Roll out way

Mix
TOGETHER
DARK
TARTARIC ACID

- 1 cup soft butter
- almost 1 cup sugar sifted powdered sugar
- 1 tsp. vanilla
- about 2 cups flour
- a few dashes of salt - almost $\frac{1}{4}$ tsp.

sift + stir
together

Roll out $\frac{3}{4}$ " thick + cut in desired shapes

Bake 400° (mod-hot oven) 8-10 min.

Handwritten notes on the left side of the bottom page.

Bread. $9 \times 5 \times 3 =$

Magic Cookie Bars

Prep time 10 minutes

Theresa
Fields
24-36 Bars

- $\frac{1}{2}$ C "Cool Whip St. Not Butter" or marg
 $1\frac{1}{2}$ C graham cracker crumbs
1 (14oz) can Eagle Brand Sweetened Condensed Milk
(not evaporated milk)
2 C (12oz) Hershey's semi sweet baking chips
 $1\frac{2}{3}$ C Mounds coconut flake
1 C Fisher or Evans chopped nuts

Preheat oven to 350°. In 13" x 9"
baking pan, melt butter in oven.
Sprinkle graham cracker crumbs
over butter; pour Eagle Brand
evenly over crumbs. Top with re-
maining ingredients; press down
firmly with fork. Bake 25 minutes
or until lightly browned. Cool.
Chill if desired. Cut into bars. Store
covered at room temperature. Tip:
Line entire pan w sheet of foil first. Lift out
before cutting.



HERE'S WHAT'S COOKIN'

Heavenly Cheesecake

1 - cup all purpose flour
1/2 Tc. baking powder each
1/2 cup butter or margarine
1/2 cup sugar
1/4 cup brown sugar (packed)
1 - tsp. vanilla

1 - egg

Bakers chocolate chips (8oz)

3/4 cup chopped walnuts

1 Pkg Bakers Semi sweet choc cut
in large chunks

1/4 C chopped walnuts

If desired, arrange additional
1/2 oz. Bakers semi-sweet choc
chunks on top of cookies before
baking.

Recipe from:

Serves:

- ① Mix flour w/ baking powder + salt - set aside.
- ② Beat butter, sugars, vanilla + egg til fluffy (w/ whipped butter). Blend in flour, stir in choc chunks + nuts. Chill dough at least 1 hr to prevent from overspreading during baking.
- ③ Drop dough 2 inches apart using heaping TBSP onto ungreased sheets. Bake at 350° for 12 to 15 minutes or until lightly browned. Cool 2 min. Remove from sheets + cool on racks. Makes 2 doz 3 in cookies.

~~Choc D~~

Anna's Christmas Crescent Cookies

- $\frac{1}{2}$ lb. butter (2 sticks)
- 5 tbsp. sugar
- 1 tbsp. water
- 2 tsp. vanilla
- 2 cups flour
- $\frac{1}{2}$ tsp. salt
- 2 cups chopped pecans or walnuts

Combine butter and sugar in mixing bowl. Blend in water and vanilla. Sift flour and salt together in separate bowl and stir into ~~the~~ mixture. Add nuts and mix thoroughly. Using portions about the size of a small walnut, roll into crescent-shaped cookies.

Bake in slow oven(325 degrees) for about
20 minutes. While warm, roll cookies in pow-
dered sugar.

Anna's Christmas Crescent Cookies

- 1/2 lb. butter (two sticks)
- 5 tbsp. sugar
- 1 tbsp. water
- 2 tsp. vanilla
- 2 cups flour
- 1/2 tsp. salt
- 2 cups chopped pecans or walnuts

Combine cream butter and sugar in mixing bowl. Blend in water and vanilla. Sift flour and salt together in separate bowl and stir into mixture. Add nuts and mix thoroughly. Using portions about the size of a small walnut, roll into crescent-shaped cookies. Bake in slow oven (325 degrees) for about 20 minutes. While warm, roll cookies in powdered sugar.

Cream Puffs

Mafine

2c. butter or oleo

1c. boiling H₂O

1c. flour

1/4 tsp salt

4 eggs

Add butter to

water. Stir to melt.

Add 1c. flour, &

salt all at once.

Cook, stirring vigor-

ously til mixture is

smooth & forms soft ball that

does not separate - pulls away

from sides of pan. Cool mixture

slightly, add 4 eggs, one at a time.

Beat vigorously after each egg
is added. Beat until mixture
is smooth (I use wooden spoon).
Drop batter by teaspoon onto
greased cookie sheet. Put three
pastry bag for eclairs. Bake in
very hot oven (450°) - 15 min.
then in slow oven 325° - 25 min.
might lessen time a bit for
little cream puffs. Makes about
19 small puffs. (instant vanilla)
Fill with pudding or sweet
whipped cream & top with
chocolate icing.

Here's what's cookin':

BUTTER COOKIES

Recipe from the kitchen of:

PAT HUTCHISON

1 C SOFT BUTTER

1/2 C SIFTED POW-
DERED SUGAR

1 tsp VANILLA

CREAM

ADD { 2 1/4 C SIFTED CAKE FLOUR
1/4 tsp salt

DROP By tsp ON LIGHTLY GREASED
SHEET. MAKE INDENT WITH THIMBLE
OR tsp. BAKE 6-8 MINUTES TIL →



SET AT 400° PREHEATED OVEN

ICING: MIX POWDERED SUGAR —
ABOUT $\frac{1}{2}$ CUP — WITH 1 Tsp ~~MILK~~
(ADD DOT OF BUTTER IF DESIRED)
TIL DESIRED CONSISTENCY.

~~Short~~ Thumb Print Cookies

Here's what's cookin': _____

Recipe from the kitchen of: FAIR



- 2 C flour (sifted)
- $\frac{1}{2}$ tsp baking powder
- $\frac{1}{4}$ tsp salt
- 1 C soft marg or butter
- 1 egg yolk - $\frac{1}{2}$ C sugar - 2 T water
- 1 tsp vanilla - $1\frac{1}{2}$ C chopped nuts

Cream butter, sugar + egg yolk.
Add vanilla and $\frac{1}{2}$ dry ingredients.
Blend, then add remaining dry ing.

Scrape bowl. Beat $\frac{1}{2}$ minute
at hi speed. Form balls, roll
in chopped nuts. Bake at 375°
for 5 minutes - Remove from
~~Remove~~ oven + imprint with
thumb. Bake $10-15$ minutes
longer - Cool and fill with jelly.

Here's what's cookin' **Potatoe Chip Cookies** Serves
Recipe from the kitchen of



- $\frac{3}{4}$ C chips
- $\frac{1}{2}$ C sugar
- $\frac{1}{2}$ C walnuts or pecans
- 1 egg
- 1 C butter (2 sticks)
- 1 tsp vanilla
- $1\frac{1}{2}$ C flour

Cream sugar + butter + eggs.
Add vanilla + flour - chips last. Make

a small ball + press with fork
Bake in 350° oven until brown.

350°



my recipe for: Sour Cream Cookies

$\frac{1}{2}$ C shortening (marg.) }
 $\frac{1}{2}$ C brown sugar } cream
together

2 eggs

$2\frac{1}{2}$ C sifted flour

1 tsp salt

$\frac{1}{2}$ tsp baking powder

1 tsp soda

add 1 tsp vanilla

$\frac{2}{3}$ C chopped nuts

Soft + mix into
shortening alternately
with flour

Scung for these

6 tbsp butter or marg

1 $\frac{1}{2}$ @ powdered sugar

1 tsp vanilla

Don't floor but color

use choc if you wish (Droste is best)

Orange Pincapple Cake: Marylann Smith

1 Box Duncan Hines yellow cake mix

1/2 C Orinco oil

4 Eggs

Mix together. Then mix in

1-11 oz can mandarin oranges to juice.

Grease & flour 3 pans. Bake batter at 350° for 18-20 minutes - Cool.

icing

Mix: 1-3oz box instant vanilla pudding

dry - straight from pkg w 1 medium
size or 2 small cans crushed
pineapple - drained - but keep
juice *. Then fold in 1-8oz pkg
cool whip. * Add some juice if
too thick.

Frost between layers + on
sides + top. Cover + keep refrigerated
for at least several hours.

ALMOND BUTTER HORNS

Diane Streit

- 2 sticks marj.
- 12 oz. carton cottage cheese
- 2 cups flour
- dash salt

Cream marj & cottage cheese & add flour & salt. Refrigerate 4 hrs. or overnight. Divide dough into 3 parts. Roll out on floured board into 3 circles. Cut circles into 12 wedges. Roll into crescents. Place on greased cookie sheet & bake 30 to 40 min. at 350.

See reverse side for icing.

2 C powdered sugar

2 T marj.

$\frac{1}{2}$ tsp. almond flavoring

2 T milk

May put slivered almonds on top.

26705 Cream

Creamy Chocolate Frosting

- 1/4 c. water 2. 1 oz. sq. bro-
- 2 T. butter or oleo sweetened choc., ^{melted}
- 1/2 tsp. vanilla 2 c. sifted powd. sugar

Heat water & butter; add vanilla & chocolate. Add powd. sugar; heat til of spreading consistency. Will frost tops & sides of two 8" layers.

Black Russian Cake

1 pkg yellow cake mix w/o pudding (D. Hines)

$\frac{1}{2}$ C sugar

1 lg. pkg choc instant pudding

1 C oil

4 eggs $\frac{1}{4}$ C vodka $\frac{1}{4}$ C kahlua

$\frac{3}{4}$ C water beat 4 min

Glaze: $\frac{1}{2}$ C powdered sugar $\frac{1}{4}$ C kahlua

Grease = flour bundt or tube pan.

350° preheated oven - 45-50 min or until done

Cool in pan 10 min. Turn cake onto plate
poke holes with skewer (about 3 doz)
Drizzle glaze over top.
cool cake completely
Cover with plastic wrap & refriger.
Will stay fresh for a month in refreg.
Freezes well.

Eleanor Schaafma

my recipe for: SHORTCAKE



- ~~2 C packaged biscuit mix~~
- 2 TBS sugar
- 1 beaten egg
- ~~4 TBS margarine~~
- 2/3 C cream

~~Beat 30 seconds after mixing well. Spread~~
~~in a greased 8" x 1 1/2" in round cake pan:~~
~~build up edges slightly. Bake at 450° for~~
~~15 min. Remove from pan: cool on rack 5 min.~~
~~Place on serving plate. Split in 2 layers~~
~~lifting top off carefully. Spread bottom~~

layer with soft butter. Spread with berries
and cream. Put on top layer same way.

*****E*N*J*O*Y*****

Congo Bars

- 1 pkg Light brown sugar
- $1\frac{1}{2}$ sticks - melted butter
- $\frac{2}{2}$ Break three eggs - beat
- $1\frac{2}{3}$ cups flour
- $2\frac{1}{2}$ Tsp Baking Powder
- $\frac{1}{8}$ Tsp. salt.
- 1 large pkg choc. chips
- 1 cup chopped nuts
- Grease + flour pan. Bake 350' $\frac{1}{2}$ hr.



Meringue Cookies

2 egg whites

1 C light brown sugar

2 C pecans chopped
lightly

Beat egg whites

Add ~~the~~ brown sugar gradually

Fold in nuts

Drop by tsp on greased cookie

sheet

Bake about 25 minutes at
250°

About 2 doz

Can use choc chips in them
also.

Ruth Carroll

my recipe for: CHOCOLATE ICE BOX CAKE



1 lb. semi sweet chocolate*

1 1/2 TBS water

4 eggs, separated

2 TBS confectioners sugar

1/2 C chopped walnut meats

1 C heavy cream, whipped

12 lady fingers, split*

*Also can use 2 pkgs. chocolate chips
and an angel food cake.

Melt choc. in top of double boiler over boiling water, add water and blend. Remove from

heat and add egg yolks, one at a time, boil-
beating vigorously after each addition until
smoothly blended. Add sugar and walnuts and
mix well. Beat egg whites until stiff.
Fold gently into choc. mixture along with
whipped cream. Line a 1 1/2 qt. baking dish
or bread loaf pan with lady fingers. Pour
in mixture. Refrigerate 12 to 24 hrs. Serve
with addi. whipped cream if desired.

Yield 8 to 12 portions.

Here's what's cookin' ^{Base} Double Chocolate Crumble Serves 3 doz.
Recipe from the kitchen of Shirley Schlenker



$\frac{1}{2}$ c. oil	2 tbs. cocoa
$\frac{3}{4}$ c. sugar	$\frac{1}{4}$ tsp. baking powder
2 eggs	2 c. small marshmallows
1 tsp. vanilla	1-6oz. choc. bits
$\frac{3}{4}$ c. flour	1 c. peanut butter
$\frac{1}{2}$ c. chopped pecans (optional) ↑	$\frac{1}{2}$ c. Rice Krispies
$\frac{1}{4}$ tsp. salt	

Cream butter, sugar, beat in eggs + vanilla. Stir together flour, cocoa, baking powder $\frac{1}{4}$ tsp. salt, pecans.

Stir into egg mix. Spread in greased 9x13" pan.
Bake 350° 15-20 min. (Test) Sprinkle marsh-
mallows evenly on top. Bake 3 more min.
Cool.

In saucepan combine peanut butter +
choc. bits + stir over low heat til choc. is
melted. Stir in cereal. Spread mixture on
top cooled bars. Chill. Cut into bars +
refrigerate.



my recipe for: WHIP CREAM ICING

2 TBS. cornstarch

1 C milk

1 C sugar

1/2 lb. butter

1 tsp. vanilla

Cook cornstarch and milk until thick, set aside to cool. Cream butter and sugar, add vanilla and whip until fluffly. Add cornstarch mixture and continue beating until fluffly.

*see back of card.

Dear Pat,

I always use margarine instead of butter. The Whip Cream Icing is great- always stays creamy and soft. We especially like it on lemon pound cake and regular chocolate cake.

In a hurry-

Pat K.

Chocolate Cherry Cake

1 pkg Duncan Finer devil food
cake mix

1 No 2 can Thank You Cherry Pie
Filling

2 eggs, beaten

1 tsp almond extract

ICING: 1 c sugar

$\frac{1}{3}$ c milk

5 T. butter

1-6 oz pkg chocolate
chips

Stir together on mix at low speed,
cake mix, pie filling, beaten eggs and
extract. Pour into greased 9x13 pan.
Bake at 350° for 35 min. Do not
overbake. When cake is done bring
sugar, butter & milk to boil. Boil
hard for 1 min. Stir in choc chips
& pour immediately on warm cake.

Here's what's cookin' Henkey - Coconut - Cookies Serves
Recipe from the kitchen of



1 stick butter

2 C graham cracker crumbs

1/4 C sugar

1 Can Eagle Brand Milk

1 pkg "coconut for cookies"
or 1 can flakes

Mix + press in greased 9 x 11 pan
the first three ingredients and bake
at 350° for 15 min or less. Cool

② Mix milk + coconut + spread on shell
+ bake 15 min → done

Spread 6 small hersey bars
over top

B. Sutherland

my recipe for: COFFEE TOFFEE TORTE



1 pkg. choc. pudding

1 1/2 TBS instant coffee

1 C heavy cream whipped

1 10" tube angel cake

2 3/4 oz. Heath Bars

Mix pudding and instant coffee. Use 1 1/3 C milk only and prepare by package directions. Chill. Beat smooth; fold in 1/2 whipped cream. Split cake in 3 layers and spread 1/2 the pudding mixture between layers. For frosting fold remaining whipped cream into

remaining pudding mixture and use to frost top and sides of cake. Sprinkle frosted cake with crushed toffee bars. Chill till serving time.



my recipe for: Merry Christmas Cookies

Mix together thoroughly

{ $\frac{1}{3}$ cup soft shortening
 $\frac{1}{3}$ cup granulated sugar

{ 1 egg
 $\frac{2}{3}$ cup honey

SIFT TOGETHER AND STIR IN

{ $2\frac{3}{4}$ cups SIFTED flour

{ 1 tsp. soda

{ 1 tsp. salt

add 1 tsp lemon extract

TEMPERATURE: 375°

Time - 8 to 10 minutes

Amount 5 doz. $2\frac{1}{2}$ " cookies
roll dough roll out ($\frac{1}{4}$ " thick. Cut
into desired shapes. Place 1" apart on
lightly greased baking sheet. Bake until
when touched lightly with fingers
no imprint remains.



my recipe for: RED CAKE

1. Cream $1/2$ C. Crisco and $1\ 1/2$ cups sugar and 2 eggs.
2. Make a paste of 2 oz. red food food color, 2 TBS. cocoa and add to the above.
3. Add $2\ 1/4$ C sifted cake flour, 1 tsp. salt, alternating with 1 cup butter-milk.
4. Add 1tsp. vanilla.

Remove from mixer and fold in.
(DO NOT BEAT) 1 tsp. baking soda and
2 TBS. white vinegar.

Bake at 350^o for 30 minutes. Makes 2 8"
layers.

Sour Cream

Here's what's cookin'

Chocolate cake

Serves

Recipe from the kitchen of Mary Hutchison

- 2 cups GOLD MEDAL flour
- 2 cups sugar
- 1 cup water
- 3/4 cup dairy sour cream
- 1/2 cup shortening
- 1 1/2 teaspoons soda
- 1 teaspoon salt
- 1 teaspoon vanilla
- 1/2 teaspoon baking powder
- 2 eggs
- 4 ounces melted unsweetened chocolate (cool)



Sour Cream Chocolate Frosting*

(*on icing card)

Heat oven to 350. Grease and flour oblong pan, 13x9x2 inches, or two 9-inch or three 8-inch round layer pans. Measure all ingredients except frosting into large mixer bowl. Mix 1/2 minute on low speed, scraping bowl constantly. Beat 3 minutes at high speed, scraping bowl ~~constantly~~ ^{occasionally}. Pour into pans.

Bake oblong 40 to 45 minutes, layers 30 to 35 minutes or until top springs back when touched lightly with finger. Cool. Frost with Sour Cream Chocolate Frosting.

* If using self rising flour, reduce soda to 1/4 tsp; + omit salt + baking powder

Sour Cream Chocolate Frosting

1/3 cup butter or margarine, softened
3 ounces melted unsweetened chocolate
(cool)

3 cups confectioner's sugar
1/2 cup dairy sour cream
2 teaspoons vanilla

Mix butter and cooled chocolate thoroughly. Blend in sugar. Stir in sour cream and vanilla; beat until frosting is smooth and of spreading consistency.

my recipe for: MARSHMALLOW TREATS



1/4 c. butter or margerine
6 to 10 oza. regular marshmallows
(about 40).

OR

4 C. miniture marshmallows
5 C. Rice Krispies

1) Melt butter in 3 quart sauce pan. Add marshmallows and cook over low heat, stirring constantly, until marshmallows are melted and misture is syrypy. Remove from heat.

2) Add Rice Krispies and stir until well coated.

3) Press warm mixture evenly and firmly into buttered 13 x 9 inch pan. Cut ~~it~~ into squares when cool.

GERMAN SWEET CHOCOLATE CAKE

- 1 package or bar of sweet cooking chocolate (German Sweet)
- 1/2 cup boiling water
- 2 1/2 cups sifted cake flour
- 1 teaspoon soda
- 1/2 teaspoon salt
- 1 Cup butter or margarine
- 2 Cups sugar
- 4 egg yolks unbeaten
- 1 teaspoon vanilla
- 1 Cup buttermilk
- 4 Egg whites stiffly beaten

Melt chocolate in 1/2 cup boiling water - then cool. Sift flour once, measure, add soda & salt & sift again. Cream butter & sugar until mixture is light & fluffy. Add egg yolks one at a time, beating well after each addition. Add vanilla & cooled chocolate & blend. Add flour alternately with the buttermilk, beating until smooth after each addition. Fold egg whites which have been beaten until stiff but not dry. Pour into 3 nine inch layer cake pans lined on bottom with heavy wax paper or in a square well greased and floured 18x12" pan. Bake in 350 oven for 35 or 40 minutes until done. Remove from pans, cool & frost top & between layers with coconut pecan frosting.

Frosting

- 1 cup evaporated milk
- 3 Egg yolks
- 1 teasp. vanilla, 1 can flaked coconut, 1 cup chopped pecans. To make frosting combine evaporated milk with the sugar, egg yolks, butter & vanilla in saucepan. Cook over med. heat 12 min., stirring constantly until mixture thickens. Add 1 can coconut & the pecans. Beat until cool & of spreading consistency. Do not frost sides of cake.

ICING FOR SQUARE PAN CAKE

- 1/2 cup butter or margarine
- 6 Tablespoons milk
- 1 Pound confectioners sugar
- 1 cup chopped pecans
- 2 squares Bakers unsweetened chocolate or 1/4 cup cocoa
- 1 teaspoon vanilla

MAGIC SPICE CAKE (Yummy!)

2½ cups cake flour }
 1 cup sugar }
 1 tsp. baking powder } Sift together (1 1/2 min.)
 3/4 tsp. soda }
 1 tsp. salt }
 3/4 tsp. cloves }
 3/4 tsp. cinnamon }
 3/4 cup brown sugar }
 3/4 cup shortening } Add
 1 cup buttermilk or sour milk)

Beat vigorously with spoon 2 min. by clock (about
 150 ~~xxxx~~ strokes per min) or mix with elec.
 mixer slow to med. speed for 2 min.

Add - 3 medium eggs. Beat 2 more min.

Pour into 2 9" layers. Bake 30 to 35 min - 350°.

*(Make sour milk by adding 1 tbsp. vinegar or
 lemon juice to cup sweet milk.)

PENUCHE ICING

(A kind of Penuche, or Caramel fudge)

Mix together in saucepan, 1½ cups brown sugar,
 1/4 cup plus 2 Tbsp. milk, same of shortening,
 salt. Bring slowly to full boil, stirring con-
 stantly - boil 1 min. Remv. from heat & beat til
 lukewarm. Add 3/4 tsp. vanilla. Continue beat-
 ing til thick enuf to spread. If too thick, add
 1 tsp. cream. (for 2 layer cake)

GOOD FILLING IS plain mashed bananas.

CREAMY NUT FILLING & FROSTING:

Into 2½ Tbsp. flour blend ½ cup milk. Cook to
 very thick paste (about 10 min) stirring const.

Cool to lukewarm. Meanwhile cream ½ cup shortening
 (half butter) with ½ cup sugar, ¼ tsp. salt. Add
 lukewarm paste, beating with rot. beater til fluffy.
 Fold in ½ tsp. vanilla, ½ cup chopped nuts. Use
 about 1/3 amount for filling. To remainder, blend
 up to cup powdered sugar. (Enuf for 2 layers)

Wollant

ZUCCHINI BREAD (TWO LOAVES)

- | | |
|--|---|
| 3 eggs | 2 tsps baking soda |
| 1 cup oil | 1 tsp salt |
| 2 cups shredded unpeeled
zucchini | 3/4 tsp nutmeg |
| 1 can (8½ oz) crushed
pineapple-drained | 1/4 tsp baking powder |
| 3 cups flour | 1 cup each:
chopped dates (or equiv)
chopped pecans |

Beat eggs, oil, sugar & vanilla til thick. Stir in remaining ingredients. Mix well. Pour into two greased 9x5 loaf pans. Bake at 350° about 1 hr. In 5-3/4x3-1/4 foil pans 30 min. at 337° & 15 min. at 325°

my recipe for: CHEESE CAKE



~~1 1/4 C graham crackers~~
~~1/4 C granulated sugar~~
~~1/4 C melted butter~~

1 lb. pkg. Phil. cream cheese
1/2 C sugar
3 eggs or 1/2 cup eggs
3/4 tsp. vanilla

Combine above using Electric Mixer.
Pour and spread uniform and smooth.
Bake 20 min. in 375° oven

Remove and let stand in pan 15 min or on a cake rack.

1 pt. commercial sour cream
1/2 C sugar
1 TBS. vanilla

Just mix the above only until well blended, pour over cool baked part of filling. Start at side of pan and spread to center by spoonful. Bake at 475° oven for 10 min.

Here's what's cookin': Cheese Cake - Serves: ¹²
Recipe from the kitchen of: _____

16 Crushed Garden Crackers

6 TBS granulated sugar

$\frac{1}{4}$ C Butter - Cheddar to taste

Spread in 9x13 pan



Mix: 3 large Philadelphia
Cr Cheese

3 large egg

1 C sugar

1 tsp vanilla

Pour over
crust &

Bake at 375°

20 min

Cool

Spice a dish with Love and it pleases every palate. Plautus

Mix: 1 Carton or Sour Cream
with 3 TBSP Sugar

1 tsp vanilla

Bake at 500 for 5 min

Refrigerate overnight

Here's what's cookin' *Mary's Cheese Cake* Serves
Recipe from the kitchen of

- 1- 8oz Pkg creamed cheese
- 1 Cup sifted confectioner
sugar
- 1 tsp vanilla
- 1 C whipping cream
- 9" graham cracker pie crust

Blend softened cheese
vanilla and sugar til smooth



fold in whipped cream and pour
into pie shell and chill until
firm.

Here's what's cookin': DELICIOUS CHEESE CAKE Serves:
Recipe from the kitchen of: Mary Hutchison

Use standard graham cracker crust.

3 Large pkgs (8 oz) cream cheese

3 eggs - 1 Cup sugar - 1 tsp van.

Bake 20 minutes at 375° or less

Cool 24 hours

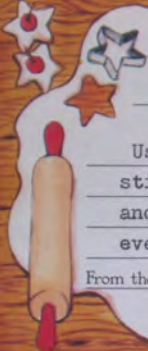
Add topping of 1 Cup sugar (or less)

1 Cup sour cream - 1 tsp van. Let

cool $\frac{1}{2}$ hour and spread over chilled
cake. Chill again.



Every day is feast day to a contented heart. Proverbs

A decorative border on the left side of the page features a vertical rolling pin with red handles. To its right are several stars: two white stars with red centers, one white star with a blue outline, and one solid orange star. The entire page has a wood-grain background.

Here's what's Cooking:
EASY DESSERT BARS

Using a 9 x 13 baking pan, melt 1
stick marg. tipping it to coat bottom and
and about 1" up the sides. Then, in
even layers, spread the following:

From the kitchen of:

Serves:

A single orange star is located in the bottom right corner of the page.

10 also

33 1 cup graham cracker crumbs

30 1 can coconut

85 1 6 oz. bag chocolate bits

80 1 6 oz. bag butterscotch bits

50 1 cup chopped nuts

86 1 can Eagle Brand milk, drizzled over

37 4 top. Bake at 350° for 30 minutes. Cut into bars while still warm.

1 pkg. yellow cake mix
(try white)

Add 3 TBS. Creme de
menthe

Bake as directed - cool

Cover with 1 can Hershey's
Judge topping (not syrup)

Join 8oz thawed carton of
Cool Whip add 2-3 TBS.
creme de menthe.

Refrigerate (can be frozen)

A FAVORITE RECIPE FOR BUTTERSCOTCH NUT BARS

- $\frac{1}{2}$ Cup butter or marg. melted
- 2 Cups firmly packed lt. brown sugar or less
- 2 eggs
- $\frac{1}{2}$ tsp. vanilla
- $1\frac{1}{2}$ Cups all purpose flour
- 2 tsp baking powder
- $\frac{1}{2}$ tsp salt
- 1 Cup chopped walnuts

Combine & beat butter, sugar, ~~salt~~ egg and vanilla until lt. and fluffy. Sift flour, baking powder and salt; gradually add to



the creamed mixture and stir in walnuts. Turn into a 13x9 foil lined pan. Bake for 20-25 minutes in 350° oven. Cut into squares while warm. Cool. Then lift the cookies from pan and wrap with foil. Yield 36 squares depending on how you cut them.

Here's what's cookin'

Toll House Pam Cookies

Recipe from the kitchen of

Preheat oven to 375°F

Sift together $2\frac{1}{4}$ cups sifted flour, 1 Teaspoon baking soda, 1 Teaspoon salt set aside. Combine 1 cup softened butter or shortening, $\frac{3}{4}$ cup white sugar, $\frac{1}{2}$ cup brown sugar, 1 Teaspoon vanilla, $\frac{1}{2}$ Teaspoon water, beat till creamy.

Beat in two eggs. Add flour mixture; mix well. Stir in 2 cups chocolate chips



Spread batter into greased
15" x 10" x 1" or 13" x 9" x 2" at
baking Pan

Bake at 375° for 20 mins.

246-3079

Mrs. Guilds Choc Chip
Cookies

1 lb Butter

1 1/2 c Sugar

2 c Br Sugar

2 TBSP Vanilla

3 eggs

5 1/2 c Flour

1 1/2 tsp B Soda

1 1/2 tsp Salt

2 - 12 oz pkts
choc chips

2 c walnuts

Drop by TBSP
onto foil (in
balls)

Bake 12 min
at 350°

Bacardi Rum Cake

Cake:

- 1 @ chopped pecans
- 1 18 $\frac{1}{2}$ oz pkg yellow cake mix
- 1 3 $\frac{3}{4}$ oz pkg Telle's instant van pudding mix
- 4 eggs + $\frac{1}{2}$ @ cold water + $\frac{1}{2}$ @ Unseasoned Oil
- $\frac{1}{2}$ @ Bacardi dark rum (8 proof)

Glaze: $\frac{1}{4}$ lb butter + $\frac{1}{4}$ @ water

1 @ granulated sugar + $\frac{1}{2}$ @ Bacardi dark rum

Preheat oven to 325°. Grease + flour 10" tube
or 12-c Bundt pan

Sprinkle nuts over bottom of pan. Mix
all cake ingredients together. Pour batter
over nuts. Bake 1 hr. Cool. Invert on
serving plate. Prick top. Drizzle + smooth
glaze evenly over top + sides. Allow cake
to absorb glaze. Repeat til glaze is used
up. For glaze, melt butter in saucepan.
Stir in water + sugar. Boil 5 minutes, stir-
ring constantly. Remove from heat. Stir in rum.
Garnish w/ whipped cream green grapes
dusted w/ powdered sugar + maraschino cherries.

- 2 C Butter
- 2 C Sugar
- 2 C Br Sugar
- 4 eggs
- 2 Tsp van.
- 4 C flour
- 5 C oatmeal
- 1 Tsp salt
- 2 Tsp baking powder
- 2 Tsp " soda
- 24 oz bag chips
- 1 8 oz plain vanilla ice cream
- And 3 Cups chopped nuts

2 in. apart at 400°
 6 min or cover
 longer on regular oven

CHEESE & SOUR CREAM CAKE - Ann Clark

Crust:

Roll 20 to 22 graham crackers (2 C crumbs)

Add 1/4 C sugar

1/4 C melted butter

Press on bottom of springform pan

FILLING:

1 lb. cream cheese

3 eggs

1/2 C sugar

1 tsp. vanilla

Pour filling into crust and bake at 375° for 20 min.

Cool

Spread with topping:

1 pint sour cream

1/4 C sugar

1 tsp. vanilla

Fold these three ingredients carefully together.

Spread over cooled cheese cake and bake at 475°
oven for 10 minutes more.

STEPH'S COCONUT CAKE

9x13" PAN

LIGHTLY GREASED

1. 1 BOX DUNKIN HINES Yellow Cake Mix
MIX AS DIRECTED ON BOX USING MILK
IN PLACE OF WATER.
2. PUNCH HOLES WHILE HOT WITH A FORK
3. 1 CAN EAGLE BRAND MILK MIXED WITH
1 CAN OF CREAM OF COCONUT 8oz.
4. STIR TOGETHER & POUR OVER CAKE
SOAK OVERNIGHT IN FRIG. COVERED W/ SARAN

5 NEXT DAY

SPREAD SMALL CONTAINER OF COOK WHIP
OVER TOP

6. SPRINKLE 1 CAN OF SHREDDED COCONUT

REFRIGERATE !

PUMPKIN CAKE ROLL

Ann Clark

3 eggs	2 tsp. cinnamon
1 C sugar	1 tsp ginger
2/3 C pumpkin	1/2 tsp nutmeg
1 tsp lemon juice	1/2 tsp. salt
3/4 C flour	1 C finely chopped walnuts
1 tsp. baking powder	

Beat eggs on high speed for 5 minutes. Gradually beat in sugar. Stir in pumpkin & lemon juice. Stir together flour & remaining ingredients. Fold into pumpkin mixture. Spread in greased & floured 15 x 10 x 1 pan. Top with walnuts. Bake at 375° for 15 minutes. Turn out on a towel sprinkled with powdered sugar. Starting at narrow end, roll towel & cake together. Let cool. Unroll to fill with whipped cream or the following filling: (see over)

- 1 C powdered sugar
- 2 3 oz. pkgs. softened cream cheese
- 4 TBSP. softened butter
- 1/2 tsp. vanilla

Combine ingredients & heat until smooth. Spread over unrolled cake. Roll up again, wrap in waxed paper & chill.

PUMPKIN SLICES

Ann Clark

1&3/4 or 2 C graham cracker crumbs

1/2 C butter, melted

1 (8oz) pkg. cream cheese

2 eggs

3/4 C sugar

1 or 1&1/2 TBSP plain gelatin

1/4 C cold water

1 16 oz. can pumpkin

3 eggs, separated

1/2 C sugar

1/2 C milk

1 tsp. cinnamon

1/4 tsp. salt

1/4 C sugar

1 C whipping cream
(whipped)

Mix graham cracker crumbs and butter, press into 9 x 13 pan.
Beat cheese in small bowl with electric mixer until light & fluffy. Add 2 whole eggs and 3/4 C sugar; beat until light & spread over crust. Bake at 350° for 20 minutes. Cool. Soften gelatin in cold water. In double boiler, cook pumpkin, 3 egg yolks, 1/2 C sugar, milk, cinnamon & salt for 5 minutes, stirring often til slightly thickened. Remove from heat, add gelatin & stir til dissolved. Cool. Beat egg whites til stiff but not dry. Beat in 1/4 C sugar gradually. Fold into pumpkin mixture. Pour over cheese layer. Chill overnight. Garnish with whipped cream just before serving.

Here's what's cookin' **MARBLE CHEESECAKE**

Serves 16

Recipe from the kitchen of Shirley James

$1\frac{1}{2}$ C graham cracker crumbs

$\frac{1}{2}$ C sugar

6 TBSP. butter, melted

Combine cracker crumbs, sugar & butter - Press in bottom & 2 in. up sides of a 9" springform pan.

6 eggs

2 C lt. cream

2 sq. (2 oz.) unsweetened choc.

melted

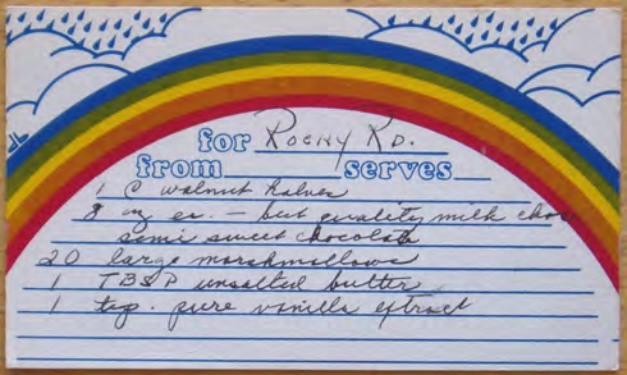
4-8 oz. pkgs cream cheese

2 tsp. vanilla

$1\frac{3}{4}$ C sugar (OVER)



Beat cream cheese & van. until fluffy;
Gradually beat in sugar. Add eggs one at
a time beating till blended. Stir in cream
Combine 3 C of the batter with cooled choc.
Pour plain cheese mixture into crust. G
Gradually add chocolate mixture using zig-
zag motion. Bake in 450° oven for 15 min.
Reduce heat to 300° & continue baking for
1 hour & 10 min. til knife comes clean.
Cool 1 hr. Remove from sides of pan. Chill



for Rocky Rd.
from _____ serves _____

1 @ walnut halves

8 oz. ex. - best quality milk chocolate
semi sweet chocolate

20 large marshmallows

1 TBS P unsalted butter

1 tsp. pure vanilla extract

1. Butter an 8 in. square pan
2. Spread walnuts on baking sheet +
bake in 350° oven til slight brown
& fragrant - (10 min.) watch not to burn
Cool 10 minutes
3. Chop choc. into small pieces. Cut marsh-
mallows into quarters in kitchen shears
dipped into hot water.
4. Melt both chocolates + butter in dbl boiler
5. off heat, stir in marshmallows, nuts +
vanilla - then spread in pan. When firm
cut into 1 1/2 in squares - Store in air tight
container in cool dry place for a week.



From the desk of

MARK HUTCHISON

Vanilla "Philly" Frosting

1 8-oz pkg cream cheese

1 TBS milk

1 tsp vanilla

5 1/2 c. sifted confection sugar

Combine soft. cream cheese, milk, & vanilla, mixing until well blended.

Gradually add sugar, mixing well p each addition.

Helen Randall & Kay Rothermich

my recipe for: CHOCOLATE CAKE
(DELICIOUS!)



2 C flour (sifted once)

4 TBS cocoa

1 1/4 C sugar

2 & tsp. soda

1 tsp. vanilla

1 C miracle whip

1 C water

dash salt

Grease and flour (bottom of) pan 13 x 9 x 2.

Bake at 350° for 30 minutes.

over*

FROSTING

1 box powdered sugar 11
3 TBS butter or oleo
4 TBS cocoa
1/2 tsp instant coffee
1 raw egg
1 tsp vanilla

Add milk to obtain right consistency

Here's what's cookin' French Chocolate ^{Serves}
Recipe from the kitchen of

About 1 box powdered sugar
1/2 stick oleo
1 small Phil Co. cheese softened
3 heaping T cocoa
1/2 tsp. vanilla
tiny speck of salt
heat milk 1/4 C before adding
to mixture. Beat all together at
high speed add gradually until



right consistency to spread.
Enough for 2 layer cake.

W. White being the same except
substitute. Crisco 2 T. instead of
oleo because of color.



my recipe for: CHOCOLATE FROSTING
(uncooked)

2 TBS butter

1/2 C cocoa

1 dash salt

1/3 C water

1/2 tsp vanilla

2 1/2 C confec. sugar

Melt butter in sausepan. Remove from heat.
Add cocoa, salt, water--Stir till thick.
Add sugar gradually and beat till spreading
consistency.

A RECIPE FOR Chocolate Chip Cookies

Preheat oven 375° F

Combine 2 1/4 Cups unsifted flour

1 tsp baking soda 1 tsp salt set aside

Combine 1 Cup softened butter ^{room temp}

3/4 Cup brown sugar, 3/4 Cup white sugar

1 tsp vanilla beat until creamy

Beat in 2 eggs Add flour mix-

ture Stir in 2 Cups (1 12oz pkg)

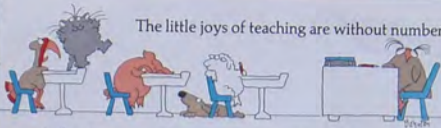
of Chocolate Chips.

Bake 10-12 min ungreased

cookie sheet



The little joys of teaching are without number



White cake mix - Bake according to directions.
Add 3 T Creme de Menthe.
1 can Hershey's Fudge Topping
Pour on top of hot cake.
1/2 oz. Cool Whip. Add 5 T
Creme de Menthe. Spread on
top of fudge topping.
9x13 pan.

Mint Cake from
Deanna's Shower

BLUEBERRY CAKE 350°

- 1 pt. Blueberries
- $\frac{1}{2}$ cup butter
- 1 cup sugar
- 2 eggs
- $\frac{1}{2}$ cup buttermilk
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- 2 cups flour
- $\frac{1}{2}$ teaspoon vanilla

Cream together butter and sugar. Add well-beaten eggs. Sift together dry ingredients and add alternately to the batter with buttermilk. Fold in blueberries and vanilla. Bake in a 9 x 13 pan for 25 minutes at 350°. Remove from oven and while hot frost cake with a mixture of $\frac{1}{4}$ cup soft butter, 1 teaspoon cinnamon and $\frac{1}{2}$ cup granulated sugar. Return to oven for 5 minutes.

FROZEN FUDGE BROWNIE PIE

Prep. Time: 20 Minutes

8 Oz. semi-sweet chocolate morsels

1/4 C sugar

1/4 C boiling hot coffee

4 large eggs

3/4 C (1½ sticks) unsalted butter

1 TBSP pure vanilla

1 C chopped pecans

1/4 C unbleached flour (all-purp)

Serves 6 to 8

Baking Time: 30 Minutes

Heat oven to 350°

Lightly oil 9 in. pa

grain cracker crust 9"
oblong
n 2 pie of
Baker's

Bottom layer

3 lg pkgs cream cheese
(8oz each)

3 eggs

1 c sugar

1 tsp vanilla

Pre-mix together

Bake at 375 for 20 min

Topping

1 c sour cream or use
fresh fruit

? 1 c sugar

Bake 5 min at 375

Allow to stand in refrigerator
for 24^h

EASY CARAMEL NUT COFFEE CAKE

1. Melt 1 stick margarine & 1 cup brown sugar, cool to room temp.
2. Grease Bundt pan.
3. Pour 3/4 cup chopped pecans in bottom of pan.
4. Place 24 RHODES frozen dinner rolls on top of nuts.
5. Sprinkle with cinnamon & 1 pkg. butterscotch pudding mix - NOT INSTANT.
6. Pour brown sugar & margarine mixture on top.
7. Cover with plastic wrap & let set on counter overnight.
8. Bake in 350 oven for 25-30 minutes until golden brown.
9. Invert pan onto plate as soon as removed from the oven.

PRALINE CAKE

Pat Hutchinson from Pat
Wynn

Prepare 1 pkg. yellow cake mix according to pkg. directions. Pour batter into 2 greased & floured 13" x 9" pans. Bake at 350° for about 30 min. Remove from oven.

MELT 1/2 C butter in skillet

MIX 1 pkg (1 lb.) light brown sugar

2 TBSP flour

2 beaten eggs

ADD brown sugar mixture to the butter in skillet. Stir for 3 minutes over low heat. Remove from heat.

STIR IN 1 tsp vanilla
1 1/2 cups chopped pecans

SPREAD evenly over cooled cakes

RETURN cakes to oven + bake at 400° for 8 minutes to set frosting

COOL + cut into 1/2 inch strips.

EVERYMAN'S OATMEAL CAKE

Julie Harmon

1 cup rolled oats (regular or quick)

1/4 cup butter or oleo

1 1/4 cup boiling water

2 eggs

1 1/3 cup flour

1 tsp baking soda

1/2 tsp salt

1 tsp CINNAMON

1 cup brown sugar

1 cup white sugar

ICING

1 cup nut meats

1 cup coconut

3/4 cup brown sugar

1/4 cup evaporated milk

1 tsp vanilla

1/4 lb butter or oleo

Pour boiling water over butter and oats and let stand for 20 minutes.

Combine all cake ingredients and bake in greased 9 x 12 pan at 350° for 30-35 minutes.

Combine icing ingredients & pour over hot cake when you take it from the oven. Then, put it under broiler briefly until it bubbles.

Paula's ENGLISH TOFFEE

Melt two sticks of BUTTER (not margarine) in a heavy skillet very slowly. Add one cup of sugar and stir over low heat until dissolved. Turn heat up to high and stir constantly until the mixture turns a toffee brown color (not too dark tho, it burns easily). Pour immediately into a 9x9 cake pan and let set until toffee begins to get firm. At that time you can pour off any excess butter. Sprinkle with small pieces of chocolate while still warm, then when chocolate softens, spread evenly. Sprinkle with chopped nuts.

Hershey Thick Chocolate

HEATH BAR CAKE

2 cups brown sugar
2 cups sifted flour
½ cup butter

Mix with pastry cutter until fine crumbs.
Reserve 1 cup.

To the remaining crumbs add:

1 tsp. soda

1 tsp. vanilla

1 beaten egg

1 cup buttermilk

½ tsp. salt

Mix and spread into 9x13 pan.

Mix 1 cup reserved crumbs with ½ cup pecans & 6 crushed heath bars (each heath bar package has 2 small bars in it - use only 3 packages.)
Sprinkle evenly over batter.

Bake 35 minutes in 350° oven. Cool and chill.

Topping: 2 cups whipping cream, whipped and fold in 4 to 6 small heath bars that have been crushed. Spread over chilled cake and chill several hours before serving.

Here is a delicious and easy recipe for poppy-seed cake.

POPPY-SEED CAKE

- 3 cups flour
- 1½ teaspoons baking soda
- 4 eggs
- 2 cups sugar
- 1½ cups oil
- 1 (12-ounce) can Milnot evaporated milk
- 1 can poppy-seed filling
- Confectioners' sugar

In a bowl sift together flour and baking soda. In a large bowl combine eggs, sugar and oil. Mix until well-blended. Add flour mixture alternately with milk and mix well. Add poppy-seed filling and beat well. Grease a 10-inch tube pan and spoon in batter. Bake in preheated 350-degree oven for 55 minutes, or until done. Cool cake in pan 10 minutes, then turn out and cool completely on wire rack. Sprinkle with confectioners' sugar. Makes 16 servings.

EVELYN RYVA

Here's what's cookin': PEANUT CLUSTER Serves: 4 days

Recipe from the kitchen of: _____

- 1- 12 oz PKG MILK CHOCOLATE BITS
- 2 CUPS DRY ROASTED PEANUTS
- 1/2 CUP PEANUT BUTTER

MELT CHOC IN TOP OF DBL
BOILER - ADD PEANUT BUTTER
& NUTS - POUR INTO
MINIATURE PAPER BAKING
CUPS AS DESIRED

'Tis substantial happiness to eat.
Alexander Pope

ALLOW TO HARDEN





Recipe Box 2

PIES & PASTRIES

MISCELLANEOUS

MEATS

EGGS & CHEESE

DESSERTS & PUDDINGS

CASSEROLES

FISH & SEAFOODS

LEAF TEA

5 C WATER

1/2 C SUGAR

6-7 MIN

SIMPLE SYRUP TEA

Boil water to boiling -

Pour the simple syrup into the

pot and water to fill

and

and

and

and

and

and

and

and

and

and



Steak Diane Member - Danzig - Baltimore
make 2 servings at \$1.90 ea

2 TBSP clarified butter (melt $2\frac{1}{2}$ TBSP butter
in small saucepan. Pour off clear yellow
liquid & discard the milky solids remaining)

$\frac{1}{4}$ lb mushrooms, sliced

2 TBSP chopped shallot or green onion

$\frac{1}{2}$ tsp chopped parsley

2 fillets of beef about 4 oz ea

$\frac{1}{4}$ C Cognac

$\frac{1}{4}$ tsp Worcestershire sauce

(Denny uses Escoffier brand Sauce Robert)

$\frac{1}{4}$ C beef broth

2 TBSP mushrooms or chery

$\frac{1}{2}$ tsp salt

$\frac{1}{4}$ tsp freshly ground pepper

1. Pour butter into blender of chafing dish
(or use a 10" skillet. Heat & when very hot (but
not brown) add mushrooms, shallot, chives
& parsley. Cook stirring continuously 2 minutes.

2. Add beef, cook 2 minutes on each side

3. Pour in cognac; warm gently, then

Steak Diane & Lobster

ignite carefully. When flames lie down, add Worcestershire sauce & meat sauce.

4 Stei in broth, Madeira, salt & pepper
Cook 2 minutes longer. Serve with
wild rice if you wish.

Sweet Potatoes
Suffle

8 medium sweet potatoes
cooked

Pinch Salt

Butter - Size of an egg

1/2 Cup Brown Sugar

1/2 Cup Maple Syrup

Handful of Coconut

1/2 Cup Chopped Pecans
or Walnut

2 Tsp Nictoneg
Teaspoon vanilla

Mash sweet potatoes,
add other ingredients in
order given. Bake 15-20
minutes in moderate
oven - Serve blazing
Hot.

Little Boys
Yastou / Breadcrump

How old is your mother

How much does she weigh

Three times asked
~~why did your father leave~~

You can find the
wife on her drivers

~~license~~ license

Age - Weisat

Seq F

ICED TEA — SIMPLE SYRUP ICED TEA

5 C WATER
1/2 C SUGAR
6-7 TEA BAGS

① Heat water to boiling.
For the simple syrup,
pour 1 cup water into

glass measure, stir in sugar until it
dissolves. Set aside.

② Pour remaining water into tea pot or
glass measure with tea bags. Steep
5 minutes (or less) then remove bags.

③ Stir syrup into tea. Pour into 4 ice
filled glasses.

Big Pitcher (glass)

2 qts to bottom of handle

2 $\frac{1}{2}$ qts to $\frac{1}{2}$ " above top of handle



my recipe for: GINGERROAT BARBEQUE
SAUCE

1/2 C. Soy Sauce

1/2 C. Catsup

~~3 TBS Brown Sugar~~

2 TBS grated gingerroast or 2 tsp.

dry ginger.

1 tsp Accent

Let stand, overnight before using.

Best Marinade

1/2 C Soy Sauce

1/2 C Lemon Juice

1/2 C Oil

1 tsp Chili Powder

1 tsp Ginger



Enough marinade for
7 lbs beef brisket

Marinate for several days
then cook as pot roast

Marinade for chicken

Theresa (Hungry Lion)

- 2 Cans pineapple juice - 1
5 Cups cherry wine - 2½
2 Cups wine vinegar - 1
3 Cups sugar - 1½
4 tsp garlic powder - 2
1 qt soy sauce - 1 qt

(See One) →

- 1 Cup pineapple juice
1/2 Cup cherry wine
1/8 Cup wine vinegar
1/4 Cup sugar
1/2 tsp garlic powder
1/2 Cup Soy sauce



Here's what's cookin': LASAGNA

Recipe from the kitchen of: *nonna*

John Ragan

$\frac{1}{2}$ C Olive oil
2 lg. onions
1 Tbsp. oregano

2 Tbsp. dried parsley 2 bay leaves

Add 1 lbs. can Italian bell tomatoes
3 cans tomato paste $\frac{1}{2}$ tsp. cinnamon
 $\frac{1}{2}$ Cup sugar * 1 tsp. salt
 $\frac{1}{2}$ tsp. pepper - Simmer several hours

Brown $\frac{1}{2}$ 2 lbs ground beef 1 small onion (chop)
Salt & Pepper to taste - Add to sauce.

Slice 2 # Scamorze or Mozzarella cheese
Grate: $\frac{1}{2}$ # Parmesan

Cook: 1 lb lasagna noodles
--- 2# Ricotta or dry cottage cheese
--- 2 8 x 13 baking dishes or equivalent

Order of assembly (divided between dishes)
tomatoe sauce *lasagna, Ricotta cheese*
Parmesan *meat sauce, mozzarella*
noodles *Repeat*
ricotta

mozzarella or scamorza
Repeat twice, ending with tomatoe sauce
dotted with mozzarella or scamorza. Heat to moderate oven until bubbly



Cheese Strada

- 16 thin slices, trimmed buttered bread
- 1 lb bacon, crisp & crumbled
- 1 lb. sharp cheddar cheese
- 8 eggs
- 3 cups Milk
- 1 tsp. mustard.
- 1 tsp worcestershire sauce

Crabmeat, chicken, ham may be substituted for bread

Must be prepared day before serving
Line 9x13 baking dish w 8 slices bread,
buttered side down. Cover bread
with meat + cheese. Place re-
maining 8 slices on top with buttered
side up. Mix eggs, milk, mustard
& worcestershire sauce and
pour over all. Refrigerate.
Bake at 350° for 45 minutes.

Claire Martin

Here's what's cookin'
Recipe from the kitchen of

Chop Suey

Serves



- 2 lbs pork sautéed
- 1 onion chopped
- 2-3 C. water - 2 bouillon cubes
- 2 stalks celery chopped
- 1 TBSP Soy Sauce
- 2 TBSP Behd Molasses
- 1/2 Green pepper chopped

Simmer above, after meat
has been browned, for 1-2 hrs.
Then add - 1 can water chestnuts

which have been sliced to nicked
thickness. Add 2 cups drained
and pariced Chinese vegetables.
Add $\frac{1}{2}$ ^c peron if desired. Thicken
with cornstarch. Serve over
chow mein noodles. Accompany
with tossed salad & rolls.

(Add brown sugar to taste if you
prefer sweeter taste) or syrup

Easy Breakfast Strata

1 lb Pork Sausage

8 Eggs

10 Swiss Bread Cubes

3 Cups Milk

2 Cup Shredded Cheddar Cheese

2 TBSP Butter melted

2 TBSP Flour

2 TBSP Dry Mustard

2 tsp Basil + $\frac{1}{2}$ tsp Salt

Brown + drain sausage. Beat Eggs. Add remaining ingredients.

Mix & spoon

into greased

9x13 dish.

Cover & cool overnight. Bake uncovered at 350° for

60-70 minutes

Bosc Pears in Caramel Baskets

- 4 Royal Beurre® Bosc Pears, fully ripened
- 2 tablespoons lemon juice
- 2 tablespoons water

Caramel Baskets:

- 1 cup sugar
- cooking spray

Caramel Sauce:

- 1 cup sugar
- 3 tablespoons heavy cream
- 3 tablespoons sweet, unsalted butter
- 3 tablespoons pear brandy (optional)

To form the shapes for the baskets, press and smooth aluminum foil around the outsides of four large custard cups. Lightly coat with cooking spray. In a large, heavy saucepan, cook one cup of sugar over medium-low heat, stirring slowly to melt sugar evenly (about 10 minutes). Remove from heat as soon as all sugar has melted. With a spoon, quickly drizzle the caramel over the foil-covered cups. (If the caramel becomes too hard while you

work, return to medium-low heat until just melted.) Allow the drizzled caramel to cool. Then invert each custard cup; gently release the foil from the cup and remove the foil from the caramel. Place each caramel basket on a dessert plate or bowl.

In a second saucepan, cook the second cup of sugar over medium-low heat, stirring constantly until it turns a pale golden color. Remove from heat and carefully stir in the cream and the butter. Return to heat and continue to stir until smooth. If you wish, stir in the brandy. Then remove from heat and cool to desired consistency.

Peel the pears and sprinkle them with a mixture of the lemon juice and water to keep them from browning. Place one pear in each of the caramel baskets, drizzle with caramel sauce and serve.

Harry and David

800-547-3033

www.harryanddavid.com

H000W9536



Recipe Blueberry Dessert
Suzanne Hoodward

2 cups flour

1 cup oleo

1/2 cup brown sugar

1 cup chopped nuts

Combine above & bake 15 min.

400°, 9" by 13" pan. Cool, crumble,
save 1 cup for top, press remaining
back into the pan.

2 pkg. dream whip or whipcream
8 oz. cream cheese
1 cup powdered sugar
1 tsp vanilla

} mix together
+ spread on
crumbs, let it
set in ref.

1 cup water

1/4 cup cornstarch

1/2 cup sugar

1 cup blueberries

and
then

3 cups blueberries

} mix cornstarch
sugar + water,
add 1 cup blue-
berries and bring
to a boil, boil for
3 min., cool for

30 min., then
add 3 cup blueberries
and spread over above
then cover with the
1 cup of crumbs



my recipe for: CHERRY COBBLER

- 1) Empty 2 cans red tart pitted cherries into 9" x 13" baking dish.
- 2) Measure 2 C. sugar into a separate mixing bowl.
- 3) Add 4 TBS. flour into sugar and stir thoroughly. This avoids lumping of flour into the liquid.
- 4) Pour sugar and flour mixture into cherries in 9" x 13" pan. Stir thoroughly.

- 5) Dot with butter and set aside.
- 6) Measure 3 Cups Bisquick into bowl.
Add.....6 TBS. sugar and stir.
- 7) Measure 1 C. milk
- 8) Mix milk with Bisquick mixture and drop
blobs of dough on cherry sauce and berries.

350° for 20 minutes!

Here's what's cookin' *Forgotten Meringues* Serves
Recipe from the kitchen of

They bake while you sleep

6 egg whites
1½ tsp lemon juice or ½ tsp cream
of tartar
2 Cup sugar

Heat oven to moderate (375°-400°)
Beat egg whites with lemon juice or



cream of tartar until frothy. Gradually
beat in sugar a little at a time. Beat
until stiff & glossy. Drop by spoonfuls
in circles on baking ~~pan~~ sheet covered
with brown paper, or heap into high
mounds & hollow out with back of
spoon. Put into oven, close door &
turn off oven. (Don't peek) Let stand
overnight in oven. To serve: fill
meringues with ice cream, top with
fresh fruit or butterwotch or chocolate
sauce & salted pecans or almonds.
Makes 12 meringues.

Chocolate Cherry Meringue

2 extra large egg whites
Pinch cream of tartar
6 tablespoons superfine sugar

1 1/2 tablespoons cocoa powder
(not Dutch-processed)
1/2 cup dried cherries
1/4 cup chocolate chips



1. Position the racks in the top and bottom third of the oven. Preheat the oven to 275°.
2. In a very clean bowl, beat the egg whites and cream of tartar with a hand mixer until they are foamy. Beat in the sugar, a tablespoon at a time. Beat until the whites look like glossy marshmallow fluff, 2 minutes. Gently mix in the cocoa. Fold in the cherries and chocolate.
3. Line two cookie sheets with foil. Drop the meringue onto them in generous tablespoons, leaving 1 inch between each meringue.
4. Bake 30 minutes. Turn the baking sheets and reverse their positions in the oven. Bake 30 minutes. Turn off the oven. Leave the meringues in the oven for 1 hour. Cool completely on a baking rack. Store in an air-tight container for 3-4 days.

Yield: 16 servings

Fat content: 1 gram
Calories: 40

Here's what's cookin' Heart Meringues Serves
Recipe from the kitchen of

3 egg whites
1/4 tsp cream of tartar
3/4 Cup sugar
1 qt strawberry or vanilla ice cream
Slices fresh strawberries

Heat oven to 275°. Beat egg
white + cream of tartar until
frothy. Gradually beat in sugar



beat until stiff & glossy. tint pink
with 5 or 6 drops red food coloring if
desired. Make 8 mounds, dropping
 $\frac{1}{3}$ to $\frac{1}{2}$ cup meringue for each on heavy
brown paper on baking sheet; shape
each into heart shape with back of
spoon. Bake 60 minutes. Turn off
oven; leave meringues in oven until
cool. Just before serving fill shell
with ice cream. Garnish with
strawberries. 8 serving.

A RECIPE FOR

HEAVENLY TRIFLE - Peg Quinn
(Half of usual recipe)

8 oz. pound cake

1 1/2 C milk,

1/2 Can Hershey's Fudge

1 1/2 C whipping cream

1/8 Cup Kahlua/Amoretto

2 Bananas

3 Bars Heath crushed

4 ox. Cool Whip

1 5 1/2 oz pkg pudding

Cake in cubes & spread in dish. Melt fudge on low to thin. Add Kahlua & stir. Pour over cake.

Cover with 2/3 of crushed candy. Mix pudding with milk & cream with whisk. Pour over candy.

Refrig for 30-45 min. Slice bananas over

pudding. Spread with cool whip. Sprinkle candy crumbs over.



Brandy Pecan Pudding

Pat Cleary

4 large eggs

1 Cup sugar

1 $\frac{1}{3}$ Cup regular corn syrup

$\frac{1}{3}$ Cup melted butter

3 Tbsp brandy

1 $\frac{1}{2}$ tsp anisette

1 C chopped pecans →

Pour mixture into loaf
pan (preferably glass) i.e. ^{bread} pan

Bake at 375° for 40 minutes
til set. Cool to room tempera-
ture + top w vanilla ice
cream.

May want to double for 8 servings

Strawberry Dip

Pam Codrill's

- 1 cream cheese 8oz
- 1 yogurt 8oz
- squeeze orange

Fruit Topsy Cake

Mary Ellis

1 1/4 cup sugar

4/20/80

2 tbls butter

Cream 1 cup sugar with butter (or oleo)

1 cup flour 1 tsp. baking powder

1/4 tsp. salt sift together

3/4 cup milk

Add flour mixture and milk to creamed
ingred. Pour into 9 in. greased pan.

1 cup cherries, raspberries or peaches.

1/2 cup juice - 1/4 cup sugar

Bring to boil and simmer about 3 min.

Pour over batter and bake at 350° for
30 min.

Very good if served when still
warm with van. ice cream
over it.

Cheese Squares

1 cup graham cracker crumbs (14 squares)

3 tablespoons sugar

1/4 cup softened butter or margarine

1 pkg (8oz) cream cheese

1/2 cup sugar

1/8 teaspoon salt

1/2 cup milk

1 teaspoon lemon juice

1 teaspoon vanilla

1 1/2 cups thawed Cool Whip

Combine crumbs and 3 tablespoons sugar. Add butter, mix well. Press firmly over bottom of 8" square pan. Bake at 375 for 5 min. Cool. Beat cheese until smooth and fluffy. (use electric mixer) Add 1/2 cup sugar gradually beating constantly. Add salt. Blend in milk, lemon juice and vanilla. Blend in Cool Whip. Spoon into crumb lined pan. Chill until set - at least three hours. Use electric mixer for beating all ingredients except Cool Whip.

A FAVORITE RECIPE FOR BUTTERSCOTCH NUT BARS

- $\frac{1}{2}$ Cup butter or margarine melted
- 2 Cups firmly packed lt. brown sugar or less
- 2 eggs
- $\frac{1}{2}$ tsp vanilla
- $1\frac{1}{2}$ Cups all purpose flour
- 2 tsp baking powder
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ Cup chopped walnuts

Combine & beat butter, sugar, egg and vanilla until lt. & fluffy. Sift flour, baking powder and salt. Gradually add to



the creamed mixture and stir in walnuts.
Turn into a 13 x 9 foil lined pan. Bake for
20-25 minutes in 350° oven. Cut into squares
while warm. Cool. Then lift the cookies from
pan and wrap with foil. Yield 36 squares
depending on how you cut them.

Here's what's cookin': TAFFY Apple Pie Serves:

Recipe from the kitchen of: FALDUITO'S

1 GRAHAM CRACKER CRUST

5 APPLES, THINLY SLICED (W PEELS)

1 CAN EAGLE BRAND SWEETENED COND. MILK

PLACE

~~THE~~ SEALED CAN COND. MILK IN PAN

W. ENOUGH WATER TO COVER. BRING

WATER TO BOIL. REDUCE HEAT. - SIM-

MER FOR 4-6 HRS., replacing H₂O

AS NEEDED.

Thinly SLICE + CORE APPLES. - place

'Tis substantial happiness to eat.

Alexander Pope



IN GRAHAM CRUST. POUR MILK (NOV TAFFY)
OVER APPLES. - SPREAD EVENLY .

- REFRIGERATE UNTIL COOL -

CAN BE PREPARED DAY BEFORE

INCREDIBLE EDIBLE CARMEL CORN

SCOTT PAINE

3 Quarts popcorn

12 oz jar unsalted peanuts

Mix in shallow roasting pan + keep warm in 275° oven.

TOPPING:

1 Cup firmly packed brown sugar

1 stick butter

1/2 Cup Karo Syrup (or 3/8 Karo, 1/8 Molasses)

1 tsp salt →

Mix above in 1 or 2 qt sauce pan,
stirring constantly til boiling.

Let boil without stirring for
5 minutes. Pull off heat, add 1 tsp
vanilla, 1 tsp baking soda and
stir til blended. Pour over popcorn
& nuts. Return to oven. After
15 minutes, stir around. Repeat
2 or 3 more times.

Here's what's cookin': CRESCENT DESSERT Serves: _____
Recipe from the kitchen of: _____

2 sticks butter }
1 1/2 C Small Curd cottage cheese } cream
2 C flour + dash salt } Together

Mix first with spoon then with hands
Chill 4 hrs or overnight

Divide into 3 sections (will be
sticky. Roll out w flour. Cut
in triangles for crescent shape

Bake on greased cookie sheet
at 350° for 30 - 40 min

Ice with powdered sugar - milk
vanilla mixture

Spice a dish with Love and it pleases every palate. Plautus



Ginger ale + Lime Sherbet Punch

3 qts ginger ale to 1 qt lime sherbet

Mix together as you need it

Very easy

(Have ale chilled)

Jessie Farmer

A FAVORITE RECIPE FOR

HEAVENLY TRIFLE

Peg
Quinn

1 - 16 Oz Sara Lee Pound Cake

1 can Hershey's Fudge

2 5-15 1/4 oz pkg pudding *

1/4 C Kahlua/amoretto

3 C milk, 3 C whipping cream

6 bar pkg Heath, crushed

3 04 4 bananas

8 oz cool whip

Cut cake in cubes & spread in dish. Melt fudge on

low to thin. Add Kahlua or Amoretto & stir. Pour

over cake. Cover with 2/3 of crushed candy

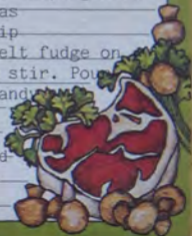
Mix pudding with milk & cream with

whisk. Pour over candy. Refrig 30-45

min. Slice bananas over pudding. Spread

cool whip & sprinkle candy crumbs over

* Or 3 small pkgs pudding



Hot Branded Fruit

- 1 (30oz) can apricot halves
- 1 (29oz) " pear "
- 1 (29oz) " peach "
- 1 (20oz) " pineapple slices
- 1 (10oz) jar maraschino cherries
- 1/2 c butter
- 3/4 c packed brown sugar
- 1/2 c brandy
- 10 whole cloves
- 4 sticks cinnamon

Drain fruit + combine juice
ster well + set aside 1 c fruit juice
mixture

Melt butter, add sugar, stirring
Add reserved juice, brandy, + spices
stir til well blended

Combine fruit in a 2 1/2 qt casserole
& pour in brandy mixture. Bake
at 350° for 30 min til bubbly

8-10 servings

Macaroon Pudding

1 level tablesp. Knox Gelatin

3 cups milk

1/2 cup sugar (scant)

3 eggs

1/4 teasp. salt

1 teasp. vanilla

Soak gelatin in milk 10 min. Place in double boiler over hot water. When gelatin is dissolved add sugar. Pour slowly over egg yolks which have been slightly beaten. Return to double boiler and cook until thickened somewhat. Stir occasionally. Remove from fire. Add salt and flavoring and then add whites of eggs beaten stiff. Put macarroons and nuts in mold and pour mixture over them.

(Doubled serves 10 - 12)

CHILI DEVEILED EGGS

[Six servings]

- 6 hard cooked eggs
- ½ cup finely minced celery
- 2 tablespoons salad dressing
- 2 green onions, minced
- ¾ teaspoon chili powder
- ½ teaspoon dry mustard
- Salt, dash cayenne or Tabasco

Peel eggs, cut in half, mash yolks and mix with remaining ingredients. Fill and chill.

FANCY TOP DEVEILED EGGS

[Eight servings]

- 6 hard cooked eggs
- ¼ cup salad dressing
- 1½ tablespoons red wine vinegar
- 2 teaspoons prepared mustard
- ½ teaspoon each: sugar, salt
- Dash hot pepper sauce
- Tiny shrimp, sliced
- stuffed olives, bits of crabmeat, green pepper, pieces of sardine or anchovy, caviar, sprigs of parsley, pimento

Peel and halve the eggs lengthwise. Mash yolks or mix with salad dressing, vinegar and seasonings. Stuff the eggs and decorate the tops with shrimp or any of the other edibles suggested, to make the eggs look attractive.

Pat's Kitchen

From BH+G "Grill it Right"

Recipe for: SALMON WITH: TOASTED PECAN,

SAUCE: 1/4 C Dairy Sour Cream
1/4 C Marsile Whip or Hellman's Mayo

1/4 tsp dried thyme

1 tsp lemon juice

1/4 tsp prepared mustard

Combine
cook & stir
over low heat

Cover + Keep Warm

Grill or oven bake salmon

filets. Serve w sauce + toasted
pecan pieces — Delicious

Salmon Croquettes

Drain the canned salmon well through a strainer to remove the liquid before beginning the recipe. Do not squeeze it.

Rémoulade Sauce:

- 3/4 cup mayonnaise
- 2 teaspoons Dijon mustard
- 1/2 teaspoon whole-grain mustard
- 1 teaspoon dried tarragon
- 1/4 teaspoon Tabasco sauce
- 2 teaspoons tiny capers, drained and chopped
- 1 tablespoon chopped flat-leaf parsley
- 1 scallion (2 inches of green left on), very finely sliced
- Salt and freshly ground black pepper, to taste

- 2 cans (7 1/2 ounces each) pink salmon, drained
- 1/2 cup finely sliced onion
- 1/2 cup finely sliced celery
- 1/2 teaspoon dried tarragon
- Salt and freshly ground black pepper, to taste

- 1/2 cup mayonnaise
- 1 tablespoon Dijon mustard
- 1 egg, lightly beaten
- 1/2 cup crushed cracker crumbs

- 2 medium-sized carrots, peeled

- 2 tablespoons corn oil
- 2 tablespoons unsalted butter

1. Combine all of the Rémoulade Sauce ingredients in a small bowl. Set aside, covered, in the refrigerator.

2. Carefully flake the salmon into a bowl, discarding any small bones, cartilage and skin. Add the onion, celery, tarragon, salt and pepper; fold together with a rubber spatula.

3. Combine the mayonnaise and mustard, then mix into the salmon. With a rubber spatula, fold in the egg and 1/2 cup of the cracker crumbs.

4. Form the mixture into 8 patties and coat with the remaining cracker crumbs. Refrigerate, loosely covered, for 1 hour.

5. Meanwhile, coarsely grate the carrots into a large bowl. Toss with 1/2 cup of the reserved Rémoulade Sauce, using a fork to break up the clumps.

6. Heat 1 tablespoon each of the oil and butter in a nonstick skillet. Cook the croquettes over medium heat until golden, about 1 to 4 minutes per side, adding more oil and butter if necessary. Serve topped with a dollop of Rémoulade Sauce and the carrots alongside.

Serves 4. Per serving (with Rémoulade Sauce): 603 calories, 35g carbohydrates, 28g protein, 68g fat, 44mg cholesterol.



Salmon Filets

1/4 to 1/2 stick butter
melted

1 tsp sugar

1 tsp grey poupon

1 tsp horseradish

1 tsp minced garlic

1 tsp Heinz 57

1 tsp Worcestershire sauce

Stir + add equal
amount Wilbore
Stilton Dressing

Bill Hutch

Marinate filets in plain
Kikkomei dressing for 6 hrs
Then grill filets and add pre-
ceding mixture (sauce)
half way through grilling.

SALMON CAKES OR PATTIES

6 Servings

Flake contents of 1 (16oz.) can salmon

Stir in: $\frac{1}{2}$ Cup cracker crumbs,
2 beaten eggs, $\frac{1}{2}$ tsp salt, $\frac{1}{8}$ tsp paprika

Form into cakes or patties and sauté
them until brown in butter.

Pat's Kitchen

From: BILL HUTCHISON

GRILLED
Recipe for: SALMON FILET serves:

Oven:

- | | |
|--|--|
| <u>1 tsp sugar</u> | } Stir these ingredients with 3/4 C Weibone Station Dressing |
| <u>1 tsp minced garlic</u> | |
| <u>1 tsp fresh horseradish</u> | |
| <u>1 tsp grey poupon</u> | |
| <u>1 tsp Heinz 57 sauce</u> | |
| <u>1 tsp worcestershire sauce</u> | |
| <u>Marinate salmon for 4 hours with above.</u> | |

When ready to grill →

sprinkle with "McCormick's Grill
Master Montreal Steak Seasoning".
Grill skin side down 4 minutes.
Baste with sauce as you turn.
Grill 10 minutes with top down.

Serves ~~2~~ 10 people.

my recipe for: Shrimp Creole



Prepare 1-1½ lbs frozen shrimp according to directions on package - rinse - drain - & set aside covered.

Creole Sauce: 2 TBSP Butter

¼ Cup chopped onion

½ Green pepper - chopped

6 olive shredded (optional)

⅓ tsp salt - plus few grains cayenne

3 TBSP sugar

1/4 Cup chili sauce

~~3~~ to ~~3~~ ^{3 1/2} (No 2 1/2 Can)
Cups canned tomatoes (break up
large pieces in blender for a few seconds)

2 TBSP flour blended in 2 TBSP water
for thickening.

Melt butter in small skillet and cook
onions & green pepper for 2 minutes. Pour
tomatoes into a 3 or 4 qt cooking pot. Add
onion & green pepper & all remaining ingredients
except flour mixture. Simmer about 15 min.
thicken at the end. Add shrimp when ready
to serve & heat through. Serve over buttered rice.

Here's what's cookin' SHRIMP CREOLE

Serves

Recipe from the kitchen of Pat Hutchison

Prepare 1 - 1½ lbs frozen shrimp as directed on package. Drain - rinse & set aside covered.

CREOLE SAUCE: 2 TBSP butter

1/4 C chopped onions or more

1 green pepper chopped

1/3 tsp salt - few grains cayenne

3 TBSP sugar - 1 TBSP flour blended with water

3-1/2 C (No. 2½ can) 28 oz.

tomatoes slightly cut up

1/4 C chili sauce (Important)



Melt butter in small skillet & cook onions & gr. pepper about 2 min. Pour tomatoes into 3 or 4 qt. pot. (stainless steel preferably) Add onions, green pepper and all remaining ingredients except flour mixture. Simmer about 15 to 20 minutes and thicken at the end with flour mixture. Add shrimp which had been set aside when ready to serve and heat through. Serve over buttered rice.

(You can prepare tomatoe sauce several days anead and cook shrimp at last minute if you prefer. Do not cook shrimp too long as it tends to toughen it.

SHRIMP CREOLE

Prepare 1-1½ lbs. frozen shrimp according to directions on pkg. Rinse, drain and set aside covered.

Creole Sauce:

½ Cup chopped onion

1 Green Pepper - chopped

6 olives -shredded

1/3 tsp salt + few grains cayenne

3 TBSP sugar

½ Cup chili sauce

3½ Cups (No. 2½ Can) canned tomatoes

Break up large pieces of tomatoe in blender for a few seconds.

2 TBSP flour blended in 2 TBSP water for thickening.

Melt butter in small skillet and cook onions & green pepper for 2 minutes. Pour tomatoes into 3 or 4 qt. cooking pot. Add onions & green peppper & all remaining ingredients except flour mixture. Simmer about 15 m in. Thicken at the end. Add shrimp when ready to serve and heat through. Serve over buttered rice.

RECIPE

Orange Roughy Santa Fe Serves 4

- 1 pk Orange Roughy Fillets, 2 lb.
- 1/4 cup chopped red onions
- 1/4 cup green onions
- 1/4 cup red pepper
- 1/4 cup green pepper
- 1/4 cup tomatoes
- 1 lemon (juice from)
- 4 oz. white wine
- 1/4 lb. soft butter (cut into chunks)
- salt/pepper

Lightly dust fish with salt and pepper. Bake per package directions. In pan, cook down lemon juice, wine, peppers and onions until pan is almost dry. Remove from stove and add tomatoes. Stir in butter until nice sauce is formed. Serve Santa Fe butter over fish with rice and veggies on the side.

TUNA SALAD

MARY ROTHENILD

6-7 OZ CAN TUNA

1/2 t DILL WEED

2-3 GREEN ONIONS (TIPS + PART OF GREEN)

1/2 CUP CELERY

2-3 TBSP HELLMANS

JUICE OF HALF LEMON (FRESH)

Add walnuts or pecans if desired

RINSE + DRAIN TUNA. SQUEEZE OUT

XTRA MOISTURE. FLAKE INTO
BOWL, ADD REMAINING INGRED-
IENTS & SERVE ON WHEAT TOAST
OR OTHER SELECTION. SERVES
2 OR MAKES 2 SANDWICHES.

FIERY CAJUN SHRIMP

PAM CRUM

PAT HUTCHISON


- 2 sticks butter, melted
- 2 sticks margarine, melted
- 3 to 4 oz (3/8 to 1/2 C) Worcestershire sauce
- 4 TBSP ground black pepper
- 1 tsp ground rosemary
- 2 tsp Tabasco
- 2 tsp salt (sea salt, if possible)
- 3 cloves garlic minced
- 4 lemons, 2 juiced and 2 sliced
- 5 to 6 pounds raw shrimp in their shells

Preheat oven to 400 degrees. In a bowl, mix all the ingredients except the lemon slices and the shrimp. Pour about 1/2 cup sauce to cover the bottom of a large bak-

ing dish and then arrange layers of shrimp and lemon slices until you come almost to the top of the dish. Leave about 1 inch of headroom. Pour the remaining sauce over the shrimp and lemon slices. Bake, uncovered, stirring once or twice until the shrimp are cooked through, about 15 to 20 minutes.

Serve with baguettes of hot French bread, generous napkins and a bowl for the shrimp shells. Your guests should open the shrimp shells with their fingers and dip the bread into the sauce. Serves 8 to 10.

USA Weenend ; February 21-23, 1986



▪ BAKED MAHI MAHI ▪

Serves 4

2 lbs. mahi mahi fillets
salt
pepper
¼ cup dry sherry

1 cup mayonnaise
1 medium onion, chopped
dry bread crumbs
butter

Sprinkle salt and pepper on fish and marinate in sherry for 1 hour, turning at least once. Line a baking sheet with oiled foil. Place fish on foil and spread liberally with mayonnaise mixed with chopped onion. Sprinkle with bread crumbs and dot with butter. Bake in a 450° oven 10 minutes for each inch the fillet is thick. Remove to a hot platter, sprinkle with parsley and serve immediately.

BURHOP'S

SEAFOOD

SHRIMP

Preparation

To Peel: Hold the tail in one hand; slip thumb of other hand under shell between swimmerettes and lift off shell.

To Remove Tail: Hold the tail with thumb and forefinger and squeeze. Pull the shrimp meat with the other hand until it separates from tail. (For Shrimp Cocktail do not remove tail).

To Devein: With a sharp knife make a cut $\frac{1}{8}$ inch deep along upper curve of shrimp. Remove the vein with wooden pick (toothpick) or under cold water.

Purchasing Guide For Green* Shrimp

Colossal Shrimp	10-15 per pound
Jumbo Shrimp	16-25 per pound
Large Shrimp	26-40 per pound
Medium Shrimp	41-50 per pound
Small Shrimp	51-70 per pound

Yield: $2\frac{1}{2}$ pounds green shrimp yields approximately 1 pound cooked shelled shrimp.

*Green shrimp refers to raw headless shell on shrimp.

SHRIMP COCKTAIL

Large saucepan

1 pound cooked shrimp

Time to prepare: 1 hour

2-2½ pounds green* shrimp

1 tablespoon salt

5 cups water

Peel and devein shrimp. In saucepan mix water and salt and bring to boil. Add shrimp and cook over low heat til shrimp are opaque in color, 2-3 minutes. Shrimp will curl if overcooked. Rinse with cold water and refrigerate.

SAUCE

Small bowl

1 cup

Time to prepare:
10 minutes


½ cup chili sauce

1 tablespoon lemon juice

½ cup ketchup

1 teaspoon horseradish

In bowl combine chili sauce, ketchup, lemon juice and horseradish. Chill. Serve with cooked chilled shrimp.



▪ BAKED FISH FILLETS AND STEAKS ▪ *Serves 4*

2 lbs. fish fillets or steaks: bluefish,
grouper, halibut, pike, whitefish,
salmon, sole, lake trout, red snapper,
or scrod.
½ tsp. salt

½ tsp. pepper
1 tsp. dill, basil, or thyme
⅛ cup cooking oil or olive oil
lemon wedges
2 Tbsp. melted butter

Preheat oven to 450°. Place fillets (skin side down) or steaks on an oiled, foil-lined baking sheet. Sprinkle with salt, pepper and your choice of herbs. Brush with cooking or olive oil. Bake in oven, allowing 10 minutes cooking time for each inch the fish is thick. Once cooked, gently remove fish from baking sheet with a spatula. Serve with melted butter and garnish with lemon wedges.

BURHOP'S

SEAFOOD

Here's what's cookin'
Recipe from the kitchen of

MOCK LOBSTER SALAD

Serves 4



- $\frac{1}{4}$ C Hellmann's
- $\frac{1}{4}$ C Lemon juice
- 3 TBSP Chopped pimiento
- 2 TBSP Finely chopped onion
- $1\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp pepper
- 1 lb. cold cooked haddock or cod
- 2 C chopped cucumber (about 1)
- 2 C chopped celery (about 4 stalks)
- Lettuce

OVER

U

In large bowl stir together mayonnaise,
lemon juice, pimiento, onion, salt and pepper.
Add fish, cucumber and celery; toss to coat
~~thoroughly~~ evenly. Chill. Serve on lettuce.
Makes about 4 (1 cup) servings.

Chili - Very Hot Combination of
my old recipes

- 2 cloves Garlic - minced
- 2 30 oz Cans Tomatoes (Very Large)
- 1 16 oz Can Tomato Sauce
- 4-5 lbs gr beef - browned & drained
- 2 30 oz Cans Kidney Beans - drained ^{or Baked Chickpeas}
- 1 very large onion chopped
- 1 " " gr pepper " optional
- 3 stalks celery chopped
- 2 TBS Chili Powder
- 1/4 - 1/2 tsp cayenne pepper
- 1 tsp Dried Onions - 1 tsp basil

1/3 C onion
1 tsp salt

Brown meat - drain - set aside

Cut tomatoes in blender on low

Put in 6 qt cook pot

Saute onions, green pepper & celery slightly

Add to tomatoes

Add meat to tomatoes

Pour $\frac{1}{2}$ @ boiling water over } chili powder + cayenne

to dissolve - Add to tomatoes

Add oregano, basil, salt & sugar

Simmer for several hours

Drain kidney beans & add to sauce

Simmer another 45 minutes - Serve

Chili - Smaller Escabeche version of
"Chili - Very Hot"

2 30 oz cans tomatoes

4 - lbs of beef (brownies - drained)

2 - cans (med beans)

1 large onion, chopped } sauteed

3 stalks celery, chopped }

2 1/2 TBSP chili powder

1 tsp salt

1 tsp oregano

1 tsp basil

1/3 @ sugar

3 TBSP

CHILI POWDER

2/86

2 - 28 oz Can
Butter
Tomatoes

4 lbs gr. chuck
drained after
browning

2 - 22 oz Can
Broth Chile
Hot Sauce

4-5 TBSP

Chili powder

1/4 Canzon

2 Tsp salt

1 onion chopped

4 stalk celery
w tops or
all top
chopped

3 TBSP parakey
flakes

Chili
good



What's Cooking? Paco Casserole

2# gn chuck

1 16oz can mild Paco Sauce

1 can re-fried beans

1 can ^{sour cream} Chopped green chilies ^{optional}

1 large chunk longhorn ^{on cheddar}

Shredded lettuce, green onion Chopped

Tomato, Slices avocado or guacamole

From the Kitchen of Santilla Chiss

Use tortillas

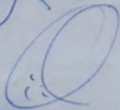
Serves 6

1/2 cup of oil of all grease - In
Casserole ^{9x13 or larger} add gn sof, mixed
refried beans, pour half of Taco
Sauce over top. Bake 20 min. Remove
from oven, spread some sour cream
over entire mixture. Cover with
thick layer of shredded cheese
~~top with some of the chips~~ Cover
cheese with handful of tortitas
Bake 15 more min. Serve
with a bowl of shredded
~~lettuce~~ lettuce, chopped gn onions
tomatoes, avacado or guacamole
additional chips and sauce

Pat

I put the shredded
lettuce, onion, tomato
in a bowl and add
a small amt. of
Italian dressing
Everyone takes a
serving of casseroles
top it with shredded
lettuce (But I add
the avacados on top of
that on guacamole)
I hope you can

Read this chicken
scratching - course



Lazy Pot Roast 2-3 lb boneless chuck

Mix together: thyme, salt, pepper
paprika. Rub ~~it~~ into roast.

Let marinate for several hours
to overnight. Brown in 2 Tbsp.
oil for 5-10 minutes. Add 1 chopped

onion + 1 clove garlic chopped. Add
1 or 2 cups water. Simmer $\frac{1}{2}$ to 1 hr
on top of stove. Bake rest of time
2-3 hrs

in 350° oven

in 350° oven

Here's what's cookin' SWEET 'N SOUR PORK

Serves 8-10

Recipe from the kitchen of Betty Crocker

- 3 1/2 lbs pork shoulder
- 3/4 cup flour
- 1 TBS. + 1 tsp. ginger
- 1/2 cup salad oil
- 2 cans (13 1/2 oz each) pineapple (chunks) drained (reserve syrup)
- 1/2 cup vinegar
- 1/2 cup soy sauce
- 1 TBSF Worcestershire sauce
- 3/4 cup sugar
- 1 TBSF salt
- 3/4 tsp. pepper
- 2 small green peppers, cut into strips
- 1 can (16 oz.) bean sprouts, drained, rinsed
- 2 cans (5 oz. ea.) water chestnuts, drained and thinly sliced
- 2 TBSF. chili sauce



Easy oven rice or instant rice prepared according to directions

Cut meat into 1-inch cubes, trimming off any excess fat. Mix half the flour with the ginger; coat meat thoroughly with the flour mixture. Heat oil in a large skillet or Dutch oven, and brown meat, about a third at a time over medium heat. Remove meat and set aside.

Add enough water to the reserved pineapple syrup to measure 1 3/4 cups and gradually stir into the remaining flour. Stir pineapple syrup mixture, vinegar, soy sauce and Worcestershir

sauce into the fat in skillet.

Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in sugar, salt, pepper and meat. Reduce heat. Cover and simmer until the meat is tender, about 1 hour, stirring occasionally.

Add pineapple and green peppers and cook uncovered 10 minutes. Stir in bean sprouts water chestnuts and chili sauce and heat through, about 5 minutes. Serve over hot rice.

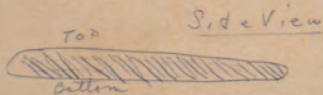
EASY OVEN RICE Yield 6 cups cooked rice
4 cups boiling water
2 cups uncooked regular rice
2 tsp salt

Heat oven to 350°. Mix ingredients thoroughly into an ungreased 2-qt. casserole or in a baking dish, 13x9/2. Cover tightly. Bake 25 to 30 minutes or until the liquid is absorbed and the rice is tender.

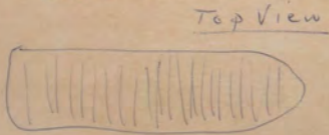
London Broil

1. Flank Steak - salt & pepper on both sides. Spread Station Delicatessen Dressing on one side in pyrex pan. Turn one & pour generously on other. Marinate in pan in fridge for 3 hrs. or longer. Remove & place on broil pan & broil about 5 minutes on each side (in oven) for rare. May be broiled outside on grill over charcoal.

Cut very thin slices downwards at an angle with a very sharp knife. Not straight down



1 steak server
4-6 people



STEAK SICILIANO

- 1 c. Burgandy wine
- 1 small clove garlic, minced
- 1 T. Worcestershire sauce
- $\frac{1}{4}$ tsp. oregano
- 1 small onion, minced
- 1 tsp. salt
- $\frac{1}{4}$ tsp. pepper
- 2 T. prepared horserelish(I not use)
- 2 T. minced, dried parsley
- 2 T. prepared mustard
- 1 T. sugar
- 2 T. butter or margerine
- Sirloin steak- 2" thick and seasoned with
seasoned meat tenderizer (pricked)

Combine first 12 ingredients; heat until butter melts, cool to room temp. Meanwhile, sprinkle all surfaces of steak evenly with meat tenderizer. Pierce deeply and generously with fork. Let stand at room temp. about one hour. Pour sauce over steak and chill for several hours or over night, turning steak several times. Remove steak from sauce, keeping all liquid and solid materials as well. Broil steak on one side, basting occasionally, with liquid. Turn, spread top surface with solids from sauce. Broil to desired degree of doneness.

My broiler is under the heating element, the control was at 550, about 15 min. on each side for rare, or 20 min. on each side for medium done.

*Hope you have
good luck on this
when you do it.*

Mafré

Oven Beef Burgundy

Bake at 350° for 1 1/2 hrs

2 lbs beef round cut into cubes 1 ~~and~~ 1/2"

1/4 cup flour

1 tsp salt

1/4 tsp. pepper

2-4 Tbsp margarine

2 Tbsp brandy

12-18 small white onions peeled

- 1/2 lb medium size mushrooms - halved
1 clove garlic, crushed
2 Tbsp chopped parsley
1/4 tsp leaf thyme crumbled
1 cup condensed beef broth
1 cup Burgundy wine
1 bay leaf

Oven Beef Burgundy

1. Shake meat with flour; seal zipper in a plastic bag to cook well; reserve any remaining flour.
2. Brown beef about $\frac{1}{4}$ at a time in hot butter in a large skillet or Dutch oven. Lift out beef as it browns & transfer to 2 $\frac{1}{2}$ - 3qt casserole. Heat brandy in small sauce pan; ignite & pour over beef. Add onions and mushrooms. Sprinkle in any reserved flour.

3. Stir garlic, parsley & thyme into drippings in skillet; cook 1 minute. Add beef broth & wine, heat, stirring to loosen browned bits, until mixture comes to boiling. Pour over beef & vegetables; add bay leaf. Cover & bake in moderate oven 350° for $1\frac{1}{2}$ hrs or until meat is tender. Let stand 20 minutes before serving. Serve with a white & wild rice mix if you wish.

Pat's Kitchen

From:

Recipe for

Filet Mignon

Serves:

Oven 350°

3/4 inch filets at 350° for 25
minutes. Then broil for
1-2 minutes by watching
carefully

Per Tom's butcher

BEEF STROGANOFF

Kay Rothermich serves 4-6

- 3 1½ lbs round steak cut into strips 1½ x 1½
 2 (4oz) cans mushrooms
 2 green onions or 1 whole onion, minced
 2/3 1/3 cup sherry
~~1 can beef broth~~ 3 tsp instant beef extract
 1½ 1/2 cup sour cream
 3 TBSP flour
 6 Dash tobasco sauce
 4 ~~1/2~~ 1/2 cup worchesteer sauce TBSP
 1 ~~1~~ 1/2 tsp lemon juice - 1/2 lemon
 salt and pepper to taste

over

Brown meat in 3 Tbsp ~~oil~~ ~~oil~~ oil; remove
from pan; brown onions; add flour, broth and
seasonings plus meat. Simmer for 1-1½ hrs
Before serving add mushrooms, sour cream,
sherry and keep warm over low flame

Small Meatloaf

1½ lbs ground beef/pork/veal mixture

½ C seasoned bread crumbs,

½ C ketchup

Mix 4 ingredients

½ C milk together & then

1 egg mix w meat

Bake at 350° for 45-60 minutes

TEXAS BRISKET

SUE HUTCHISON

7-10 lb Beef Brisket w top fat on
Mix together and rub on meat - all sides -
after spreading w liquid smoke:

- | | |
|---------------------|----------------------|
| 1 tsp garlic powder | Wrap seasoned |
| 1 tsp celery salt | meat in heavy |
| 1 tsp onion powder | foil. Bake in |
| 1 tsp paprika | 300° oven for |
| 2 TBSP Brown Sugar | 2 hrs. Then |
| 1/2 tsp nutmeg | reduce to 200° for |
| | 6 6 hours |
- (Beet to roast foil wrapped meat in roaster)

Remove meat from foil - set aside -
Reserve juice ~~+~~ allow fat to solidify on
top - remove & discard fat. Mix juice
(and dripping) with * bottle of barbecue
sauce. ^{slice remaining fat from meat & discard.} Slice meat about "4" thick
Place in oblong glass casserole - Pour
sauce over & heat in 325° oven til hot
About 1/2 hr or 20 minutes. (Covered w/ foil)

use Bulls Eye Bar BQ sauce

serve with:
potatoe salad
rice
beans

* 1 to 1 mixture of meat liquid
to bottled Bar BQ sauce

24
Kathryn Rothermich

SHARES HER RECIPE FOR

BEEF STRIP SANDWICH


- 1 1/2 LBS ROUND STEAK 8" (CUT INTO STRIPS 1 1/2" x 1/4")
4 (4oz) CANS MUSHROOMS 16oz
6 GREEN ONION 18
1/3 CUP SHERRY 1C more
1 CAN BULLDOG (OR CUBES DILUTED) 100%
1 CUP SOUR CREAM - 4C
3 TABLESPONS FLOUR - 3 Heaping

- BROWN MEAT IN 3 T OF BROTH
- REMOVE FROM PAN
- BROWN FILLING

A TRUER FRIEND THERE CANNOT BE THAN ONE WHO SHARES HER RECIPE

- ADD FLOUR, BROTH, SEASONINGS* & MEAT
- SIMMER 1-1 1/2 HOURS
- BEFORE SERVING ADD MUSHROOMS, SOUR CREAM, SHERRY & KEEP WARM ON LOW FLAME

SERVES 4


 for triple
 3 big saucers



DOSE OF TABASCO, 1 T B S P

1/2 TSP LEMON JUICE, SALT & PEPPER

1 T B S P
 TO TASTE

no salt or pepper

1 T B S P Parsley
 1/2 wine water
 1/2 water



Here's what's cookin':
Mexican Pork

Recipe from the
Kitchen of:

Serves: many

Sue H.

3 lb boneless pork shoulder or
loin roast, cut in 2-3 inch cubes

2 large onions, chopped

4 minced garlic cloves

16 oz can (cut up) tomatoes (w/juice)

3 fresh seeded and finely chopped

jalapeno peppers (use rubber gloves or

chopper under running water) 3 bay leaves

2 T. chili powder, 2 t. cumin, 1 t. oregano

Brown pork, remove and add onions & garlic to →

pan and saute. Drain fat (if any). Stir in tomatoes & all other ingredients plus $\frac{1}{2}$ t. salt & pepper each. Add pork back to mixture. Stir to coat each piece. In a heavy, covered dutch oven or cass. dish, bake 2 hours at 325° . Remove pork & discard bay leaves. Skim any fat. With 2 forks - shred pork and add back to mixture. Serve warm in flour tortilla with cheese, salsa, sour cream, lettuce etc -

TEXAS BRISKET -

1 Brisket, lean
Meat Tenderizer

Liquid Smoke
Brown Sugar 2T

BBQ Sauce

Celery Salt

Paprika

Nutmeg $\frac{1}{2}$ t

Garlic Powder 1t

Onion Powder

Cover all sides w meat tenderizer,
liquid smoke. Wrap in foil & refrigerate
overnite. Next day sprinkle generously
w remaining ingredients including BBQ
Sauce. Cook in foil at 300° for 2 hrs →
(less if small cut)

Lower Heat to 200° + bake for 5 or 6 hrs
Allow meat to cool completely. Trim off
fat as you thinly slice brisket. Pour
liquid off meat & place in frig for fat to
rise to top & harden. Spread each
slice (or top) w/ your favorite BBQ
sauce. Pour fat free liquid over
meat. Cover w/ foil & return to oven
for 1 hr. Yield 1 delicious brisket

Beef Brisket

(over for Key)

4-5 lb. beef brisket

brush meat both sides with liquid smoke, lemon-pepper.

mix -3/4 cup chili sauce

3-tabl. worchestershire sauce

2-4 drops tabasco

2-tabl. sugar

1/2 teas. salt

spread on meat-shake on 1/2 pkg. onion soup
mix and 2 teas. sliced garlic over

wrap in Heavy Duty foil and bake 3-4 hours at
325. When cold slice thin, lay layers in dish
cover with gravy and heat.

Wonderful!

Serve on any other roast

Beef Brisket

Place ^{on} heavy duty aluminum foil, top with 1 lb. Lipton's Onion Soup Mix (well mixed). No other seasoning necessary. Close foil with drug-store wrap, leaving air space around meat & top.

Bake at 275° for 4 to 5 hours, or longer at lower temp. About 15 min. before it's done unfold wrap carefully & replace to brown. Then remove gravy from saucepan to make gravy.

Here's what's cookin': PORK CHOPS IN ORANGE WINE SAUCE



Recipe from the kitchen of:

8 Chops
Cooking Oil

Pat Hutchinson

2 TBSP melted butter

2 TBSP flour 1 & 1/2 Cups orange juice

1/2 Cup white wine 1/4 Cup brown sugar 1 TBSP salt

Brown chops in oil, drain. In a saucepan, add flour to butter, stirring til thick. Slowly stir in o.j. & wine. Cook & stir til thick; add brown sugar & salt. Place chops in shallow casserole & pour sauce over them. Bake at 350° for 45 to 60 minutes.

N.E. & G. Hooks 1-800-331-6222

Pork chops

MARK DOWN pork chops 50 cents a pound and the sale would be a sellout. Yet this same bargain is available with everyday prices by purchasing pork chops the way professional meat cutters do.

Butchers don't buy pre-cut chops, one butcher said. They cost about \$1.50 a pound. Instead, butchers buy a pork loin roast from which pork chops are taken and slice the roast into chops. Pork loins are much cheaper, about \$1.00 a pound.

If shoppers know what to ask for, butchers will cut to order for them, free of charge, most retailers said.

If a typical roast of about 1½ pounds, which would probably cost about \$1.50, were completely turned into chops it would yield about 19 chops. The chops likely would sell for about \$1.00 if bought pre-cut.

The same roast could be divided in half; one portion cut into chops as illustrated, and the other left as a small roast. The savings are not as great in this instance, but still 87 cents is lopped off the meat bill.

So you can enjoy your savings even more, here are two ways to prepare pork.

PORK CHOPS AND ORANGE SAUCE

(Four servings)

- 4 pork chops
- Salt, pepper
- ½ large onion, chopped
- 4 teaspoons cornstarch
- 1 cup canned pineapple or 1 bottled cube dissolved in 1 cup boiling water
- 1 cup orange juice
- 4 teaspoons grated orange rind
- 1 teaspoon dry mustard

Brown chops in hot skillet on both sides. Sprinkle with salt and pepper. Transfer chops to plate. Brown onion in drippings; sprinkle with cornstarch. Add pineapple, stirring constantly, just until it boils. Stir in orange juice, rind, and mustard. Return chops, spoon sauce over. Cover and cook over low heat 30 minutes, or until chops are tender.

ROAST PORK LOIN WITH BARBECUE SAUCE

(Eight servings)

- Pork loin roast (up to about 4 pounds)
- Salt, pepper
- 1 can (8 ounces) tomato sauce
- ½ cup each: catsup, vinegar, brown sugar, water
- ¼ cup dark corn syrup
- 1 teaspoon chili powder, or to taste
- 1 tablespoon cornstarch

Season pork with salt and pepper. Roast uncovered in shallow pan at 325 degrees until meat thermometer inserted in thickest part reaches 170 degrees. Combine tomato sauce, catsup, vinegar, brown sugar, water, corn syrup, and chili powder in heavy pan. Boil about 2 tablespoons mixture into cornstarch—until it thickens. Stir into last mixture; cook, stirring, until thick and smooth. About 45 minutes before roast is done, drain excess fat, spoon about ½ cup sauce over pork. Spoon ½ cup sauce over joint 15 minutes later. Sauce yields about 3 cups; refrigerate remainder, covered, and use to finish thickets or tuckers.

PORK CHOPS IN ORANGE WINE SAUCE

8 CHOPS OR EQUIVALENT

2 TBSP MELTED BUTTER

2 TBSP FLOUR

$\frac{1}{2}$ CUPS ORANGE JUICE

$\frac{1}{2}$ CUP WHITE WINE

$\frac{1}{4}$ CUP BROWN SUGAR

1 TBSP SALT

BROWN CHOPS IN OIL, DRAIN. IN SAUCEPAN

ADD FLOUR TO BUTTER, STIRRING
TIL THICK. SLOWLY STIR IN OJ & WINE
COOK TIL THICK. ADD BROWN SUGAR &
SALT. PLACE CHOPS IN CASSEROLE
& POUR WINE SAUCE OVER THEM.
BAKE AT 350° FOR 45-60 MINUTES

Here's what's cookin': Marinated Pork Chops Serves: _____
Recipe from the kitchen of: _____

- 4 Chops (1" thick)
- $\frac{1}{2}$ @ olive oil
- $\frac{1}{2}$ @ wine vinegar
- 1 clove garlic, minced
- 1 bay leaf, crushed
- 2 peppercorns
- Shells pepper to taste
- Pinch dry mustard

Marinate chops several days
in refrigerator.

When you spread the table
contentions will cease. Israeli Proverb



Here's what's cookin' Beef Burgundy Serves 6 to 8
Recipe from the kitchen of Shirley Schlenker



3 lbs. beef stew (cut up)

1 c. beef bullion

2 to 1 cup red wine (dry)

1 jar whole onions

Raw mushrooms

3 tbs. tomato ketchup

1 tsp. each - salt, pepper, spices (oregano, rosemary, parsley)

1 tbs. sugar

Put all ing. in Dutch oven or casserole,
Bake (covered) at 325° from 3 to 5 hrs.
Thicken with cornstarch before serving.
Use over rice or noodles.

Added 3 TBSF Worcestershire sauce
10 dashes Tobacco sauce
1 TBSF Hungarian Paprika

Here's what's cookin': Pork Chops & Apricots in Curry Sauce Serves:
Recipe from the kitchen of:

8 thick pork chops - Salt & Pepper
Italian Herbs

1 can (16 oz) halved apricots

8 oz fresh mushrooms, sliced

2 T butter

2 cans (10 1/2 oz) cream of mushroom soup

1/2 cup dry white wine

1 T curry powder

When you spread the table
contentions will cease. Israeli Proverb



overse chop in baking dish - salt and
pepper - Italian Herbs (sprinkle)
Drain apricots, reserving $\frac{1}{2}$ @ Juice.
Place 2 halves on each chop. Saute
onions - mushrooms - stir in some
add wine and apricot juice and
Curry Powder. Bake, uncovered
at 350° for one hour

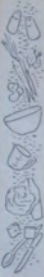
Caramelized Pork Chops - Nancy

3 large pork chops

1 c sugar }
1/4 c salt } mix

Press salt & sugar mixture into
chops - Grill 15 minutes or as
needed

Rock Chops

PREPARATION TIME _____
NUMBER OF SERVINGS _____
SOURCE OF RECIPE _____

1 Can Cream of Chicken Soup

1 Med. Onion sliced

3 TBS. Catsup

2 TSP. Worcestershire Sauce

Trim fat off chops and brown
seasoned (salt + pepper) chops in
melted trimmed fat. Drain off

fat. Combine remaining ingredients
and pour over chops. Cover and bake
in medium (350°) oven for 45 to
60 minutes

Oven Cook Roast w/ Seasoning

Place fat side up in roasting pan after rubbing w/ seasonings. Insert thermometer (meat) so tip is in thickest part. Do not add water or cover. Cook in preheated oven (325°) for 20-30 minutes per pound. Roast is done when internal Temp reaches $155-160^{\circ}$. Let stand 15 minutes before carving.

Roast Pork Seasoning.

white pepper

ground thyme

ground rosemary

basil

Chicken bouillon



Here's what's cookin'

Serves

Recipe from the kitchen of

Beef Filet in one piece

45 min at 4:50
or

20 min per lb at

325° (Per J. Schwab)

Baked 4 lb. whole filet at
325° for 1 hr — "Perfect" (med. rare)



Here's what's cookin': _____ Serves: _____

Recipe from the kitchen of: _____

^{beef}
4 $\frac{1}{2}$ lb. whole filet

Preheat oven to 425

Bake uncovered for 20-25 ^{min}

Turn oven off ~~and~~ —

Cover w/ foil and leave in
for 20 min



Every day is feast day to a contented heart. Proverbs

450° 15 min

350° 15 min

set
out 15 min

Filed

Pat Grogan?

Enchiladas

Pinata Mexican Cooking Sauce

16" tortillas

Dip in hot oil
then in cooking sauce

Arrange tortillas with filling
then sauce + then cheese

Serve with refried beans
and Spanish rice

Old El Paso Pinto Beans 15 oz
Toss with potatoe masher
Put in dbl boiler - Add a little
oil - & put cheddar cheese on
top when hot & serve

STUFFED HAMBURGERS

4 LBS. GRD. BEEF / 12 BURGERS

1 + C. RED WINE

SALT

PEPPER

ACCENT

GARLIC SALT

MAKE THIN PATTIES ($\frac{1}{3}$ C. EACH)

SPREAD W/PREPARED MUSTARD, ONION

SLICE, CHEESE SLICE OR ANYTHING

ELSE WHICH APPEALS.

SEAL EDGES W/FORK & REFORM.

POTATOES

SERVES 6-8

1 POTATO/PERSON (PARED OR
UNPARED)

$\frac{1}{2}$ LB. MELTED BUTTER

1 ENV. ONION SOUP

PEPPER, SOME SALT (ONION SOUP SALTY)


ALTERNATE IN LAYERS IN GREASED 9x9
PAN. 425° OVEN 30 MIN, COVERED, 10 MIN

UNCOVERED.

Wildly Delicious Flank Steak

- 1 flank steak, 1 to 1½ pounds
- 1 clove garlic
- 1 teaspoon salt
- 1 cup shredded carrots
- ¼ cup sliced green onions
- 1 package (5 ounces) UNCLE BEN'S®
Brown & Wild Rice
- 1¼ cups water

Pound steak until thin enough to roll easily. Mash garlic with salt; rub over steak. Sprinkle carrots and green onions on steak leaving ½-inch border around edges. Roll steak, jelly-roll fashion, and tie securely with string. Place in center of a 13 x 9 x 2-inch baking dish. Pour contents of Brown & Wild Rice rice packet around steak. Combine contents of seasoning packet and water; bring to boil. Pour over steak and rice; stir rice. Cover tightly with aluminum foil and bake at 350° for 1 hour, or until meat and rice are tender and liquid is absorbed. Remove from oven; let stand 10 minutes. Remove string and slice. Serve sliced steak with rice. Makes 4 servings.

Here's what's cookin': VEAL  Serves: 6

Recipe from the kitchen of: VEAL PARMESAN

1 SMALL ONION (CHOPPED) GENEROUS PORTION NOODLES

1 CAN TOMATOES (26 or 28 OZ. SIZE OR 1 one lb can and 1 10 oz. can)

1 8 OZ. CAN TOMATOE SAUCE OR TOMATO PASTE ^{1/2 CAN WATER}

1 TSP. SWEET BASIL 1/3 CUP PARMESAN CHEESE

1 TSP. OREGANO 1/3 CUP BREAD CRUMBS

1 TSP. THYME

2 TBSP. SUGAR 6 THICK SLICES

1 TSP. GARLIC POWDER OR MORE MOZARELLA

6 PATTIES VEAL

2 EGGS (BEATEN)

'Tis substantial happiness to eat.
Alexander Pope



Saute minced onion in oil. Add tomatoes which have been chopped in blender slightly, along with tomatoe sauce. Add seasonings and simmer for 20-30 minutes. Dip veal patties, one by one in egg and then mixture of bread crumbs and parmesan cheese. Saute in oil til slightly brown. Place in long glass baking dish. Scoop small amount of sauce over browned patties in dish. Cover each pattie with thick slice mozzarella cheese. Pour remaining tomatoe sauce over all. Bake at 350 for about 30 minutes. Cook noodles in salted water. Drain ^{RINSE} Arrange noodle onto plates, then veal patties, then more sauce

Ex Excellent with garlic toast or bread + SALAD + VEGGIE

Here's what's cookin' MEATLOAF (two small ones) serves
Recipe from the kitchen of

Mom



3/4 Box Kellogg Croutons
1 C Ketchup
1 C Milk
3 eggs
5 lbs. gr. beef

1 C Crumbs
1/2 C Ketchup
1/2 C milk
2 eggs
2 1/2 lb meat

Mix croutons which have been
crumbed in blender with the ketchup
milk and eggs. Beat together
and add to meat. Divide into two

pan
so.

and bake at 350 - 400 for 45 min. or

Here's what's cookin': THERESA'S QUICHE



SERVES:



Recipe from the kitchen of:

5
5 EGGS (GENTLY BEATEN)
1 CUP HEAVY CREAM

1/4 Tsp NUTMEG
CHEDDAR CHEESE OR GRUYERE CHEESE
TO COVER BOTTOM OF PAN (about 1/2 lb.)
1 CUP OR MORE OF HAM, BACON OR
CRABMEAT

BAKE EMPTY PIE SHELL 9 MINUTES OR
SO AT 400° OR 450°, COOL A BIT, THEN
PUT GRATED CHEESE IN BOTTOM FIRST

THEN MEAT, THEN MIXTURE OF
EGGS + CREAM + NUTMEG. BAKE
FILLED PIE FOR 1 HOUR AT 350°
FOR 1 HOUR. COOL BEFORE
SERVING OR JUST ALLOW TO SET
FOR A BIT.

(Can add green, red, yellow
tomatoes if desired) OR 325°



Zucchini

Suzanne Woodward

Bake Pillsbury Pie Crust 5 min at 450° in
Zucchini Pan. Add bacon, ham or crabmeat
- asparagus if desired. Add 1/2 lb grated
swiss or gruyere cheese. Mix together
3 beaten eggs + 1 Cup whipping cream
+ 1 Cup Half + Half + 1 tsp salt. Pour
over top + sprinkle with pepper + nutmeg.
Add butter if desired. Bake in upper third
of oven at 370° 25 or 30 minutes, til puffed
+ brown

Per the Routledge Cookbook
baked at 425° for 15 minutes
then at 350° for 20-~~25~~ minutes
Then at 325° for 5 more minutes
Perfect!! Nice + brown + puffy.

Quiche

Suzanne Woodward

Bake Pillsbury Pie Crust ⁹ 5 min at 450°
Then add bacon, ham or crabmeat —
asparagus if desired. grated
Add $\frac{1}{2}$ lb swiss or gruyere cheese.
Add 3 beaten eggs + 1 Cup whipping
cream + 1 Cup Half & Half. Add
 $\frac{1}{4}$ tsp salt, sprinkle pepper + nutmeg
Pour mixed liquids over top & add butter
if desired. Bake in upper third of oven 370°
til puffed + brown 25-30 min

Oriental Wild Rice Skillet

- | | | | |
|---|--|----|--|
| 2 | tablespoons vegetable oil | 1½ | cups fresh spinach, torn into bite-size pieces |
| 4 | chicken breast halves, skinned, boned and cut into bite-size pieces | ½ | cup diagonally sliced celery |
| | Salt | ¼ | cup shredded carrots |
| 2 | cups water | 2 | green onions with tops, sliced |
| 1 | package (6¼ ounces) UNCLE BEN'S® Fast Cooking Long Grain & Wild Rice | 1 | tablespoon soy sauce |

Heat oil in 10-inch skillet over medium-high heat. Add chicken and cook, stirring, until firm and white. Remove and season with salt. Set aside. Add water and contents of Fast Cooking Long Grain & Wild Rice package to skillet. Bring to boil. Reduce heat, cover and simmer until water is absorbed, about 5 minutes. Stir in remaining ingredients; heat through. Makes 6 servings.

"Egg" citing Wild Rice Brunch

- 1 package (6 ounces) UNCLE BEN'S® Original Long Grain & Wild Rice
- 1 dozen eggs
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- $\frac{1}{4}$ cup butter or margarine
- $\frac{1}{2}$ cup chopped onion
- 1 cup sliced fresh mushrooms
- 2 teaspoons basil leaves
- $\frac{1}{2}$ cup sliced celery
- $\frac{1}{3}$ cup thin strips of green pepper
- 1 small tomato, chopped

Cook Original Long Grain & Wild Rice according to package directions omitting butter or margarine. While rice is cooking, slightly beat eggs with fork; add salt and pepper. Melt 2 tablespoons of the butter in a large skillet; tilt skillet to coat bottom and sides. Add eggs and cook over moderately low heat. When eggs begin to set, lift edges with spatula and tilt skillet to allow uncooked egg to run underneath. When eggs are set, remove and coarsely chop. Melt remaining 2 tablespoons butter in same skillet. Add onion, mushrooms and basil; cook until onion is tender. Add celery and green pepper; cook, stirring, 2 to 3 minutes. Stir in hot cooked rice. Fold in chopped egg and tomato. Makes 6 servings.

Fish A L'Orange with Wild Rice

1 pound fresh or thawed frozen fish fillets

Salt

2 tablespoons butter or margarine, melted

¼ cup orange juice

1 teaspoon lemon juice

1 small orange, sliced

1 package (6¼ ounces) UNCLE BEN'S® Fast Cooking Long Grain & Wild Rice

2 tablespoons sliced green onions

1 tablespoon chopped fresh parsley

Season fish with salt. Arrange in single layer in baking dish. Combine melted butter, orange juice and lemon juice; pour evenly over fish. Top with orange slices. Cover loosely and bake in 350°F. oven 20 minutes, or until fish flakes easily when tested with fork. While fish is baking, cook Fast Cooking Long Grain & Wild Rice according to package directions. Stir in green onions. Garnish fish with chopped parsley. Serve with rice. Makes 6 servings.

Wild Pizzeria Rice Skillet

- 1 package (6 ounces) UNCLE BEN'S®
Original Long Grain & Wild Rice
- $\frac{3}{4}$ pound mild Italian sausage
- $\frac{1}{2}$ cup thin strips of green pepper

- 1 small tomato, chopped
- $\frac{1}{4}$ cup sliced ripe olives
- 1 cup shredded mozzarella cheese

Cook Original Long Grain & Wild Rice according to package directions. While rice is cooking, remove sausage from casing and coarsely crumble. Cook in 10-inch skillet over medium heat until browned and fully-cooked; drain off fat. Add green pepper and cook, stirring, 2 to 3 minutes. Add tomato and olives. Stir in hot cooked rice. Sprinkle cheese over top. Cover and remove from heat. Let stand 2 to 3 minutes to melt cheese. Makes 6 servings.

Here's what's cookin' Beef Burgundy + Feathered ^{Series} Rice
Recipe from the kitchen of Pat McCloskey

Have the butcher cube into
1 inch cubes about 6 lbs
sirloin tip

Brown and close meat
and set aside



- ① Take 10 TBSP of the ends of green onion - saute in butter until limp. Use large pan
- ② Add 3/4 @ of red cooking wine for example a burgundy. Allow all to simmer until some of the wine cooks
- ③ Add 5 cans of France American beef gravy and mix.
- ④ Put meat in roaster pan and cook in oven (slow) 250°-350° until meat is tender. At least 2 hours
- ⑤ Saute 1-2 lbs fresh mushrooms. Add to meat and heat together before serving

Scattered Rice

2 cups regular rice (Not quick type)

$\frac{1}{4}$ stick margarine

Brown rice in frying pan over low heat or medium (It takes a while)

Place rice in casserole or set aside until you wish to use
Boil 4 cups water - Add 5 bouillon cubes (or 5 tsp powdered bouillon). Pour over rice and bake 45 min at 325°

A RECIPE FOR

EXCELLENT!

JOAN SWADE'S PIZZA

Dissolve 1 pkg. (dry) yeast in 2 Cups hot tap water. Add about 6 Cups unsifted flour.

Mix well and knead for 10 minutes. Place dough in large greased bowl. Let rise til

double in size. Punch down and let rise again. Divide dough into four parts/

Roll out very thin to fit on 4 cookie sheets. Spread $\frac{1}{2}$ jar Prince Pizza Sauce

on each pizza. Spread $\frac{1}{2}$ can Little Dutchman mushrooms on each.

Put about $\frac{1}{2}$ lb. Italian Sausage on each. Sprinkle



about $\frac{1}{2}$ lb. Mozzarella cheese on each.


Bake at 450° for 10 min. Turn oven down to 400° for another 10 or 15 min. - til done and cheese is melted and lightly browned.

Spray with Pam (cookie sheet)
NOTE: ~~Do not grease sheets.~~ Spread with Corn Flake crumbs to keep dough from sticking

Add any other garnishment you like such as sliced green pepper, onion, anchovies, etc.

1 pkg to $1\frac{1}{2}$ @ water. 3 @ flour

$\frac{1}{2}$ recipe \uparrow



Here's what's cookin': Crustless Quiche

Recipe from the kitchen of: Mary Reilly Hanlon

6 eggs

1 cup milk

$\frac{1}{2}$ lb. monterey Jack cheese, cubed

$\frac{1}{2}$ pt. cottage cheese

$\frac{1}{4}$ lb. butter (oleo) cubed

$\frac{1}{2}$ cup flour 1 tsp. baking powder

2 TBS. minced onion

Salt & pepper to taste

Chives Better if you add bits of cooked
bacon or ham. In large bowl, beat
together eggs, milk, onion, *Serve:*

Salt & pepper. Stir in cheese &
OLEO. Sift flour & baking powder
& blend it into egg/cheese mixture

Bake in 13x9 GREASED baking dish
(3 qt.) for 1 hour or until
golden brown at 350°.

Cut into squares.

I haven't tried this. Mary Reilly
sent it a few weeks ago. They
fix it often.

FONDUE (CHEESE) FRANCES

9 cups cubed ham

1½ - 2 lbs sharp cheddar

1½ loaves french bread

9 tsp flour

9 tsp margarine

12 eggs

9 cups milk

3 tsp dry mustard

Tobacco Sauce

1. Cube bread
2. Cube cheese
3. Melt Marjorine
4. Butter Rich
5. Layer Bread, ham + cheese
6. Sprinkle Flour + mustard (mixed)
7. Drizzle w/ marjorine
8. Repeat

Butter 1 lb
at 350°

Beat eggs w/ milk + tobacco until
foamy + pour over layers. Cover +
Chill

OAK BROOK HYATT HOUSE



Cheese Fondue

5 slices Bakery bread
(buttered - one day old)

cut in cubes

Layer with 2 cups
shredded cheddar cheese

Pour over it

2 c milk

4 eggs slightly beaten

1/2 tsp dry mustard

OAK BROOK HYATT HOUSE



salt & pepper to taste

Sprinkle over all
parmesan cheese

Bake 1 hr at 350°

*Kathryn

my recipe for: SPAGETTI



1 lb. gr. beef, browned

1/2 lb. gr. pork, browned

1 clove garlic or tsp. garlic salt

1 lb. fresh mushrooms

1 C chopped celery

3 medium green peppers chopped (cooked

2 med. onions, chopped (in butter

1/4 C parsley, chopped

2 tsp sugar

dash of cinnamon, nutmeg, mace, salt,

pepper and paprika to taste.

1 large can tomato juice 2 1/2 size

2 cans tomato soup
1/2 cup catsup or chili sauce
1 lb. spaghetti

After browning, add all ingredients but mushrooms. Cook on slow fire 2 hrs. Add chopped mushrooms last 10 to 15 min. Cook spaghetti, rinse and add to sauce.

FRENCH TOAST

- 2/3 C milk, half half or cream
- 4 large eggs
- 2 TSP SUGAR OR pure maple syrup
- 1 tsp vanilla
- 1/4 tsp salt
- 6 slices bread
- butter for skillet or griddle

Keep warm in 200° oven

Grilled Reuben sandwiches

Preparation time: 5 minutes

Cooking time: 10 minutes

Yield: 2 servings

- 1** tablespoon light mayonnaise mixed with **1** teaspoon chili sauce
- 4** slices rye bread
- 4** thin slices smoked turkey breast, about **3** ounces total
- $\frac{1}{2}$ cup refrigerated sauerkraut, rinsed well, blotted dry
- 2** slices Swiss cheese, about **1½** ounces total
- 1** tablespoon butter, softened

1. Heat heavy, 12-inch skillet over medium-low heat. Spread mayonnaise mixture evenly over top of each bread slice. Put 2 slices smoked turkey breast each on 2 bread slices. Top each with sauerkraut and cheese. Close sandwich, mayonnaise side down; lightly compress.

2. Spread $\frac{1}{2}$ of the butter on tops of sandwiches. Place sandwiches, buttered side down, in warm skillet. Spread remaining butter on top of each. Cover (without pressing on sandwiches); cook until medium brown and hot throughout, about 6 minutes. Turn; cook,

1/3 C ricotta or cottage
4oz mozarella **Lanzone**

8 strips cooked lanzone

1-10oz pkg cooked frozen

chopped spinach

1-46oz can T J or

2-15oz cans tomato sauce
sullo pepper

1/2 C wine vinegar

~~2 lb ground beef~~

1 can mushrooms

dehydrated onions

garlic salt & powder

Cracked red pepper -

oregano
9x13 glass

Layer - sauce - cheese - spinach
red pepper - green pepper ring.
cover with foil - 350° - 1 hr

1/3 ricotta
4oz mozarella
8 strips cooked lanzone

1-10oz pkg cooked frozen
chopped spinach
1-46oz can T J or
2-15oz cans tomato sauce
sullo pepper
1/2 C wine vinegar

add to sauce

1 lb ground beef

Layer - sauce - cheese - spinach
red pepper - green pepper ring.
cover with foil - 350° - 1 hr

1 pkg gelatin with ^{boiling} water
add

$\frac{1}{2}$ c boiling water + blend
add

1 pk Alba 77 - choc

$\frac{1}{3}$ c powdered milk
or 1 c skim

add ice cubes + blend

freeze

Stein Fry

Carrots

Pee Pods

Broccoli

gr. pepper

baby corn

bamboo shoot

water chestnut

Serve with Rice

celery

mushrooms

onion

Corroster + water

2 tsp or jk chicken

bouillon

garlic

Jay Sauce

Oyster Sauce

Stir Fry: Chinese Wok Chow Mein

1. Fry meat pieces 2 min each batch
2. Mushrooms - 2 min When complete
3. Onions - 2 min
4. Peas or Pea Pods - 2 min serve over
5. Water chestnut - 2 min Chinese Noodles

1/2 T molasses or Cooked
2 T lite soy sauce Rice
Dash garlic salt
Sherry Can add Hoisin or Oyster Sauce

SUPER BOWL CHILI

Cathy Regina
1993

- | | |
|---|------------------------------|
| 1 Cup olive oil | 2 Cup chicken stock |
| 2 1/2 lbs lamb or beef | 3 Cups cooked black
beans |
| 1 1/2 lg onion | 3 oz lime juice |
| 1 1/2 TBSP garlic | Honey |
| 6 oz dark beer | 1/2 Cup pepper |
| 16 oz whole tomatoes pureed (can) | |
| 1 1/2 chipotle peppers (smoked jalapenos) | |
| 1 Cup chili powder | |
| 1 TBSP cumin | |

Here's what's cookin': EGG PLANT PIZZA Serves:
Recipe from the kitchen of: Julia Childs

Select a shiny, firm eggplant. Cut off top
and slice into $\frac{3}{8}$ " thick slices.

Salt lightly and let sit for 20-30 min.

Pat all of water off of it. Paint
with olive oil or veg. oil. Sprinkle
with Italian Herb Seasoning. Bake
at 425° - covered with foil, for
 $\frac{1}{2}$ hour. Then put on sause and

grated swiss or parmesan or mozerella

Add sausage or chopped beef and put
under broiler til cheese melts.



Every day is feast day to a contented heart. Proverbs

CHILI

1/2 lb. pinto beans	1 lb. ground lean pork
5 cups canned tomatoes	2-1/2 lbs. chili grind beef chuck
1 lb. chopped sweet peppers	1/3 cup chili powder
1-1/2 Tabs. salad oil	2 Tabs. salt
1-1/2 lbs. chopped onions	1-1/2 teas. bl. pepper
2 crushed cloves garlic	1-1/2 " cumin seeds
1/2 cup chopped parsley	1-1/2 " monosodium glutamate

Wash the pinto beans & soak them overnite. Simmer in the soaking water until tender. Add tomatoes & sim-
mer for 5 min. Saute the gr. peppers in oil for
5 min. Add onions & cook until tender, stirring
often. Add garlic & parsley. Saute pork & beef in
butter for 15 min.

1 TBS Oregano
2 TBS Sugar

Add meat, to onion, tomato & gr. pepper mixture,
stir in chili powder & cook for 10 min. Then
put in the beans & spices & simmer, covered for
1 hour. Uncover the pot & simmer for another
30 min. Skim the grease from the top.

That's it - serves 8.

Pat, I usually just serve in small bowls and
top with oyster crackers.



Here's what's cookin':

Slappy Joe

Recipe from: Joe Mikels

$\frac{1}{2}$ cup chopped onion

1 tbsp butter

2 lbs ground beef

$1\frac{1}{2}$ tsp Worcestershire

$1\frac{1}{2}$ tsp salt

$\frac{2}{3}$ cup catsup

$\frac{1}{2}$ cup water

$\frac{1}{4}$ cup chopped celery

2 tbsp lemon juice

1 tbsp brown sugar

$\frac{1}{2}$ tsp Accent

$\frac{1}{4}$ tsp dry mustard

Sauté onion in butter. Add beef and brown lightly. Drain off excess fat. Add rest of ingredients; simmer covered for 30 minutes. If desired, spoon off some of excess juice while simmering.

Makes 4 cups.

Serves: _____

Linguini with ham and peas

Two to four servings

8 ounces linguini or fettucini, fresh preferred

3 tablespoons olive oil

¼ cup chopped onion

1 small red bell pepper, seeded and cut in strips

¼ cup chicken broth

¼ cup whipping cream

Freshly ground nutmeg and black pepper to taste

Salt

¼ cup defrosted frozen peas

¼ pound ham, cubed or cut in strips

¼ cup freshly grated parmesan cheese

1. Bring a large pot of water to the boil. Cover and keep at a simmer.

2. Heat 2 tablespoons oil in a frying pan. Add onion and bell pepper and cook over medium heat until softened. Add chicken broth, cream, nutmeg and pepper and boil until sauce thickens somewhat, about 3 minutes.

3. Uncover pot, return to a rolling boil, then add 1 tablespoon salt and the pasta. If fresh, cook for about 3 minutes; if dried, about 10.

4. About 2 minutes before pasta is done, add peas and ham to the sauce to heat through. Taste and season with salt, if desired.

5. Drain pasta and transfer to a bowl. Toss with remaining tablespoon oil, then add hot cream sauce. Toss and portion into serving bowls or plates. Top with parmesan and serve at once with pinot grigio or

Pork Sausage Gravy

Hearty pork sausage and gravy to pour over homemade

biscuits or toast. Water may be substituted for the milk. Prep

Time: approx. 25 Minutes. Cook Time: approx. 5 Minutes.

Ready in: approx. 30 Minutes. Original recipe makes 8

servings. **Recipe has been scaled to make 4 servings.**

Printed from **Allrecipes**, Submitted by **Carrie Hanson**

1 pound fresh, ground pork sausage

1 cup and 2 tablespoons milk

1/2 cup all-purpose flour

salt and pepper to taste

Directions

- 1 Break up sausage in a skillet and brown. Remove from skillet and set aside.
- 2 With remaining drippings, add 1/2 to 1 cup of the flour and stir. Make sure that all of the drippings are absorbed.
- 3 Stir in milk a little at a time until creamy. Top with the cooked sausage, salt and pepper to taste.

Biscuits + Groovy - Sue Hutchison
for 2 people

Brown $\frac{1}{2}$ pkg pork sausage - regol milk
Reserve grease drained off
Add back 2 TBSP butter + 2 TBSP flour
Slowly add 1 to $1\frac{1}{2}$ cups milk + cook
4-5 minutes to thicken
Bake Pillsbury biscuits (Frozen kind)
Serve groovy over baked biscuit.

my recipe for: LASAGNE



1/4 C olive oil

1/2 C onions

1 clove garlic (crushed)

2 TBS parsley

1/2 lb. ground chuck or beef

1/4 lb. ground pork

1 can (2lb 3 oz.) Italian tomatoes

2 6oz. cans tomatoe paste

1 tsp. dried basil

2 tsp dried oregono

1 TBS salt

~~2 1/2 tsp. peppers~~ 1/4 tsp. peppers

~~2 TBS sugar~~
1/4 C cooking sherry

2 TBS sugar

1/2 to 1 lb. zMozzerella Cheese

1 lb ricotta cheese

NEVER FAIL PIE CRUST

3 c flour
1 $\frac{1}{2}$ c veg. shortening
1 tsp lemon juice or vinegar
1 tsp salt
1 egg (slightly beaten)
5 TBS cold water

Mix flour & salt. Blend in the vegetable shortening (like corn meal). Mix the last three items together and add all at once to the flour & shortening mixture. Separate into 4 balls for 2 crust and three balls for one crust pie. This crust freezes well and can be

Pie Crust

3 C flour

1 C shortening

1 Tsp salt

Cherie Dorman

$\frac{1}{2}$ C ice water

2 Tsp sugar

Successful meringue done in lemon pie order

DEAR HELOISE: I would appreciate it if you or any of your readers could suggest ways to make a good, firm, lasting meringue for my lemon pie. My egg whites and sugar beat up beautifully and stiff, but only last the same day they are made. The following day the meringue seems to fall and shrink. — Emily J.

One tip I've learned is to cut the meringue as soon as you remove the pie from the oven. To do this, dip a thin knife in hot water and slice through just the meringue, not the pie, cutting it into serving pieces.

You seemed to have passed the meringue test — getting the egg whites to beat up high and stiff — but for those who haven't mastered it yet, here are a few more hints from famous bakers in three major hotels:

Have the egg whites at room temperature before beating. Use at least three eggs for each pie.

After beating the whites until stiff (but not dry), sprinkle $\frac{1}{2}$ teaspoon cream of tartar and a dash of salt. Beat lightly.

Slowly add three level tablespoons of sugar for each egg white used, beating constantly. This sounds like a lot of sugar, but you'll see the difference in height.

Always have the meringue touching the edge of the pie crust to prevent shrinking.

Place the pie on the middle shelf for more even browning. When nearly as brown as you want, turn off the oven and slightly open the door so the pie will cool slowly. This prevents the meringue from cracking or splitting. Keep it away from drafts.

Now this is the most important hint of all, and that's why I'm saving it until last so you won't forget it: Never put a meringue on a pie until you have tested it to see if the sugar is completely dissolved before cooking. The way to do this is to put some of it between two fingertips and rub together. Or even better, put a little

Hints from Heloise



of it on the tip of your tongue and rub it on the roof of your mouth — you'll feel the grainy sugar if there is any. If you do feel grains of sugar, you'd better keep on beating some more. The undissolved sugar causes your pie to "weep" — Heloise

DEAR HELOISE: After drying lettuce, either by spinner or the paper towel treatment, break into pieces and put it into a plastic bag. Add your incisors, and whatever other goodies you prefer, along with about one-third to one-half as much salad dressing as you normally use.

Twist the end of the bag and shake a few seconds. Result: Your dressing is on the salad and not on the bottom of the bowl. — Jack Weleba

DEAR HELOISE: Do you have any method to get rid of ants? Boy, they're a nuisance. — Robert Wewcomb

If you're afraid to use commercial products because of kids or pets, you might try pouring talcum powder around your door or window, or wherever ants are coming in. They say ants don't dare cross it! If you can possibly find the ant hill, any poison may be poured directly into the hole with safety. — Heloise

DEAR HELOISE: When washing blankets, remember to set the washing machine dial to the gentle cycle. Normal agitation loosens the nap of the blanket and may clog the drain. — D.H.

Good advice, says my plumber friend, so ladies take heed! — Heloise

BASMATI RICE WITH CASHEWS AND RAISINS



680686

1 cup Basmati rice
1-3/4 cup water
3/4 tsp. salt
1/2 tsp. turmeric
2 Tbs. unsalted butter

1/4 cup diced onion
1/4 cup golden raisins
1/4 cup roasted cashews
1 tsp. ground cardamom
1/3 cup coconut milk

In a sieve wash rice and set aside to drain. In a heavy saucepan combine water, salt and turmeric and bring to a boil. Gradually add rice while stirring, reduce heat to a simmer, cover and cook slowly for 15 minutes. Liquid should be absorbed and rice dry. Remove from heat and fluff up rice with a fork. While rice is cooking, melt butter in a sauté pan over moderate heat. Add onion and cook while stirring until transparent, about 2-3 minutes. Add raisins, cashews and cardamom and cook for another 2 minutes. Stir in coconut milk; cook another 2 minutes. Combine with rice and toss gently with a fork until mixed. Check seasoning and serve. Serves 4-6.

2 cups flour

1 teap. salt

$\frac{3}{4}$ c butter

flavor Crisco

4-5 Tablesp.

ice water

(2) -

Pastry

Filling and Glaze

- 6 cups sliced, peeled Jonathan apples (about 2 pounds or 6 medium)
- 2 tablespoons orange juice
- 1/3 cup firmly packed light brown sugar
- 1/3 cup granulated sugar
- 3 tablespoons all-purpose flour
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/4 teaspoon nutmeg
- 2 tablespoons butter or margarine
- 1 to 2 teaspoons milk
- 1 teaspoon granulated sugar

Crust

- 2 cups all-purpose flour
- 1 teaspoon salt
- 3/4 cup (3/4 stick) Butter Flavor Crisco (or Regular Crisco) All-Vegetable Shortening
- 5 tablespoons cold water

*more water
if needed*

1. **Heat** oven to 400°F.
2. **Prepare** bottom crust (below).
3. **Toss** apples and orange juice in large bowl. **Combine** light brown sugar, granulated sugar, flour, cinnamon, salt, and nutmeg. **Toss** with apples until coated. **Spoon** into unbaked pie shell. **Dot** with butter or margarine. **Moisten** edge of pastry with water.
4. **Prepare** top crust (below).
5. **Brush** top with milk. **Sprinkle** with sugar. **Cover** top with sheet of foil to prevent overbrowning.
6. **Bake** at 400°F for 40 minutes. **Remove** foil. **Bake** 10 to 20 minutes longer or until apples are tender, filling in center is bubbly, and crust is golden brown. **Cool** pie to room temperature before serving.

Crust

1. **Combine** flour and salt in medium bowl. **Cut** in Crisco using pastry blender (or 2 knives) until all flour is just blended in to form pea-size chunks.
2. **Sprinkle** with water, one tablespoon at a time. **Toss** lightly with fork until dough forms a ball. **Divide** dough into two equal parts. **Press** between hands to form two 5- to 6-inch "pancakes."
3. **Flour** "pancakes" lightly on both sides. **Roll** bottom crust between sheets of waxed paper (or plastic wrap) on dampened countertop.
4. **Peel** off top sheet. **Trim** one inch larger than upside-down 9-inch pie plate. **Flip** into pie plate. **Remove** other sheet. **Trim** edge even with pie plate.
5. **Roll** top crust same as bottom. **Peel** off top sheet. **Flip** onto filled pie. **Remove** other sheet. **Trim** 1/2 inch beyond edge of pie plate. **Fold** top edge under bottom crust. **Flute**. **Cut** slits in top crust for escape of steam.

MAKES ONE 9-INCH PIE

IRRESISTIBLE APPLE PIE

How to substitute Crisco for butter or margarine in your favorite recipes...

1 cup Crisco + 2 tablespoons water = 1 cup butter or margarine



Frozen

- 1 deep dish Pet Pety Crust
- 5 eggs
- 1 pt cream *There's a Quila*
- 1 bunch scallions - just the green part (about 5)
- 1/2 green or red pepper
- 1 large handful fresh spinach chopped into bits
or - one container frozen, drained, pressed spinach
- 1 cup cheese - swiss or cheddar or your choice
- 1 cup cubed ham or your choice meat or fish
- 1 tomato seeded & cored chopped up

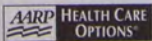
Average veggies Put spinach near bottom then meat then

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Cut before reinserting

Temp, Out of Room Temp, Robert's underwear company

55 minutes at 350. Payment left out to room

Free breakfast of eggs - also

Have heart. Add cream 1/2 cup

rest of morning, add, paper

Gold egg machine's golden

Can over cook ingredients



Here's what's cookin' Fleky Pie Crust

Recipe from the kitchen of Genevita Hutch

- 4 C Flour
- 1 3/4 C Crisco
- 1 TBSP Sugar
- 2 tsp salt
- 1 TBSP Vinegar
- 1 egg
- 1/2 C Water

Genevita Hutch
Mikes

Mix flour, sugar, Crisco + salt.
Beat water vinegar + egg together

Serves

Add dry ingredients. Mix until
moistened + forms a ball.
Chill 15 minutes. Roll out

Makes 2 dbl crust pie
or 4 pie shells.

Small Encyclopedia
Page 4247

Juanita's Pie Crust

3/4 Cup Butter Crisco
1 tsp salt

Makes 2 Crusts

2 Cups flour

Mix with fork til small pea size

Put in refrigerator

When chilled - add 5-6 TBSP Cold water

Form into 2 balls


Roll to fit pie pan

Here's what's cookin'
Recipe from the kitchen of

MANDARIN ORANGE PIE

Jeanne Schwab

Serves



20 sq. graham crackers crushed
 $\frac{1}{2}$ stick butter or marg. melted
Press into 8 or 9" pie shell. Chill

1 can mandarin oranges

1 pkg orange jello

1 pt. vanilla ice cream

Drain oranges. Add enough water
to liquid to make 1 C - Boil - Mix
in orange jello & ice cream cut in
pieces. Fold in oranges & pour in
pie shell. May be topped with whipped
cream.



my recipe for: MOTHER'S CHERRY PIE

1 can red tart cherries

~~1 c.~~ sugar $\frac{3}{4}$ C

$\frac{1}{4}$ C. flour or cornstarch

Mix sugar and flour-pour over
cherries and juice in bowl and stir until
well blended. Pour into unbaked pastry
shell (8"). Dot with butter. Bake at
425° for 10 minutes } *correct*
350° for 35 minutes }

Make top crust also

Pat's Kitchen

From: LIBBY'S PUMPKIN

Recipe for: LIBBY'S PUMPKIN Serves: 6 or 8 Oven: 425-15
350-40

3/4 C. SUGAR 1/2 tsp SALT (nutmeg)

1 tsp CINNAMON 1/2 tsp GINGER 1/4 tsp GR. CLOVES

2 LARGE EGGS 1 CAN LIBBY'S PUMPKIN

1 CAN EVAPORATED MILK 1 UNBAKED SHELL

MIX SUGAR, SALT, SPICES. BEAT EGGS IN LARGE

BOWL. STIR IN PUMPKIN & SPICES. STIR IN MILK

POUR INTO SHELL. BAKE IN PRE-HEATED @ 425°

FOR 15 MINUTES. REDUCE HEAT TO 350° FOR

40 MINUTES. COOL 2 HOURS

Cherry Whipped Pie →

(Derived from WW Key Lime)

- 1 TBSP KNOX GELATIN ^{8 Makes}
^{3 servings}
^{9 points each}
- 1/4 CUP BOILING WATER
- 2 ENVELOPES NUTRA-SWEET
- 2 8oz CONTAINERS CHERRY YOGURT
- 1 CONTAINER (OR LESS) FAT FREE WHIPPED TOPPING (8oz)
- 1 PREPARED 9" REDUCED FAT GRAHAM CRACKER CRUST

1. In large bowl, dissolve gelatin in boiling water. With wire whisk, stir in yogurt, then fold in whipped topping. (for extra color add 2 drops red food coloring to hot water)

2. Transfer mixture to prepared crust. Refrigerate 2 hours or overnight

148 calories, 3g fat 1g fiber

KEY LIME PIE - PAT CRONE

5-6 EGG YOLKS BEATEN

1 15 OZ CAN SWEETENED CONDENSED MILK

1/3-1/2 C KEY LIME JUICE

1 9" BAKED PIE SHELL OR GRAHAM
CRACKER CRUST

AFTER FILLING CRUST - BAKE AT 350° FOR 15 MIN

MERINGUE: 6 WHITES - 4 T SUGAR

CAN TOP WITH WHIPPED CREAM IN PLACE
OF MERINGUE

5 yaks

$3\frac{1}{2}$ oz juice

Can Milk (Sweetened
condensed)

Bake 15 at 350

Key Lime Pie Eagle Brand Recipe

1-8" or 9" BAKED pastry shell or graham crust

3 egg yolks

1 (14oz) can Eagle Brand Sweetened Con-
densed Milk (Not evaporated milk)

1/2 Cup Real Lime brand lime juice or
Aunt Nellie's Lime juice

Preheat oven to 350°. In medium bowl beat
egg yolks; stir in sweetened condensed milk
lime juice + 1 or 2 drops coloring if desired.
Pour into baked shell + bake 8 minutes. Cool.
Chill. Spread w/ sweetened whipped cream or

dollop whipped cream on each piece
as served.

TIP:
For 10" pie, double all filling
ingredients + Bake 12 minutes

MEXICAN FLAN

PAT KRONE

CARAMEL CUSTARD

TOPPING: $\frac{1}{2}$ C GRANULATED SUGAR

2 T WATER — HEAT IN SKILLET

STIRRING TIL SUGAR MELTS + TURNS GOLDEN.

POUR INTO 1 QT BAKING DISH OR 6 CUSTARD CUPS

SWIRLING TO COVER SIDES A LITTLE

CUSTARD: 2 C MILK — 4 EGGS — $\frac{1}{4}$ C SUGAR

$\frac{1}{8}$ t SALT — $\frac{1}{2}$ t VANILLA — SCALD MILK

BEAT EGGS — GRADUALLY BEAT SCALDED MILK

INTO EGG MIXTURE — POUR INTO
CUPS OR BAKING DISH. PLACE CUPS
OR DISH INTO PAN FILLED WITH
WATER UP TO 1 INCH OF SIDES OF
CUP. BAKE CUPS AT 325° FOR
45 MINUTES. BAKE BIGGER DISH
FOR 1 HOUR. TURN CUPS UPSIDE
DOWN WHEN READY TO SERVE. PARMEL
RUNS DOWN SIDES A LITTLE.

Key Lime Pie - Nancy Eger

- 2 10" Keebler Rudi Crust (Graham Cracker)
3 egg whites
4 14oz cans sweetened Condensed Milk
3 1/4 oz sugar
22 egg yolks
18 oz lime juice
1 qt heavy cream
5 1/2 TBSP Powdered Sugar
Lime zest

~~For two~~
pies
Revised for
9 egg yolk
substance

Brush pie crust w white. Bake
5 minutes at 375°. Combine condensed
milk, sugar, yolks + lime juice
in mixing bowl 'til smooth +
sugar dissolved. Pour into pie
shell fill to rim. Put pie in 375°
for 30 minutes. Place in cooler
'til cold. Meanwhile place cream,
powdered sugar in mix bowl;
mix 'til stiff. Place 1/3 whipped
cream on top.

KEY LIME PIE - MARY ROTHCHILD

CRUST: 1 C SIFTED FLOUR

$\frac{1}{2}$ t SALT - $\frac{1}{3}$ C LARD - 3 T COLD WATER

BAKE AT 450° 15 MIN - COOL

FILLING: IN TOP OF DOUBLE BOILER

Mix { $\frac{1}{4}$ LB BUTTER (1 STICK)
1 C SUGAR - $\frac{1}{4}$ t GRATED LIME RIND
 $\frac{1}{2}$ C + 1 T LIME JUICE

ADD 4 EGGS BEATEN STIRRING OFTEN

COOK 10 MINUTES - COOL - POUR INTO SHELL

COVER W WHIPPED CREAM WHEN CHILLED

Here's what's cookin' **Ice Cream Torte**

Serves 20

Recipe from the kitchen of **Novita Crockett**

1 cup each: graham cracker crumbs
salted cracker crumbs

$\frac{1}{2}$ cup butter melted

2 quarts butter pecan ice cream

$1\frac{1}{2}$ cups milk

2 packages ($3\frac{3}{4}$ ounces each) instant
vanilla pudding mix

1 cup whipping cream, whipped

3 bars ($\frac{3}{8}$ oz. each) chocolate-
covered toffee bars, crushed

(over)



Mix cracker crumbs with butter; press in the bottom of a 13 x 9 x 2-inch pan. Bake at 350 degrees for 10 minutes. Cool.

Completely thaw ice cream until a liquid consistency. Prepare 2 packages of pudding mix according to package directions, using only $1\frac{1}{2}$ cups milk in all. (Use electric mixer.) Add melted ice cream to pudding; beat again with electric mixer until blended. Pour into baked shell. Chill until firm. Top with whipped cream and crushed candy bars.

Mrs. Mark Jacobson / Jean Naughton
Swain, Mich / Little Rock, Ark. / Novita

Buttermilk Pancakes

Martha Stewart

- 2 - 1 C all purpose flour
- 2 - 1 tsp baking powder
- 1 - $\frac{1}{2}$ tsp baking soda
- $\frac{1}{2}$ - $\frac{1}{4}$ tsp salt

3 - $\frac{1}{2}$ TBSP sugar

2 - 1 large egg lightly beaten

3 - $\frac{1}{2}$ C buttermilk

4 - 2 TBSP unsalted butter - MELTED
plus $\frac{1}{2}$ tsp for griddle

DO NOT OVERMIX

375° griddle



Pecan Pie

Cherie Dorman

3 eggs

1 C Sugar

1 C Karo (Lk)

1 dash salt

1 tsp vanilla

$\frac{1}{2}$ stick melted butter

1 C pecans

Beat eggs and add sugar - blend together. Add vanilla, Karo, salt, butter. Mix together with pecans and pour into unbaked shell. Bake at 350° for one hour til golden brown

Pecan Pie

Cherie Dormon

3 eggs

1 C sugar

1 C Liquid Kerosene

1 dash salt

1 tsp vanilla

1/2 stick melted butter

1 C pecans (broken)

Beat eggs + add sugar and beat together.

Add vanilla, Kero, salt, butter. Mix together with pecans + add to unbaked shell.

Bake at 350° for one hour til golden

Pat's Kitchen

From: Pie Crust

Recipe for:

Butter Flavour Crust

Serves:

Oven: 425°

9" Pan - 1 1/2 C Flour

1/2 tsp salt

1/2 C shortening

2-3 Tbsp cold water

10-15 min

Single Crust

w/ Butter

Flavour sticks

by "Crisco"

9" Pan - 2 C Flour

1 tsp salt

3/4 C shortening

5 Tbsp cold water

Double Crust

w/ Butter

Flavour sticks

by "Crisco"

9" deep dish abl crust

2 $\frac{2}{3}$ C. Flour

1 Tsp salt

1 C shortening

7-8 Tbsp cold water

Pie Crust

3 C flour

1 C shortening

1 Tsp salt

Cherie Dormon

1/2 C ice water

2 Tsp sugar

Miniature Tarts - Daily Pie Dough
Raya Berg

- 1 Cup flour
- 3 oz. cream cheese
- 1/2 Cup Butter (1/2 stick)
- No Salt

Mix all - chill + press to inside
of mini muffin tins -
Bake 10 min (approx) at 450° or less

LEMON MERINGUE PIE

8 T flour (level)

1 C sugar

Mix these in top of double boiler. Add:

1 pinch salt

2 egg yolks (beaten)

1 walnut sized lump of butter. Then add very

small portion of

2 C water

After the mixture comes to boiling point add rest

of water and cook until thick. Allow to cool.

Make crust while filling is cooling and place crust alone in 425° oven. Bake for about 10 minutes. Add juice of 1 lemon to filling. When crust is done put in filling and cover with 2 ^{tablespoons} beaten egg whites (slightly sweetened). Place in top of oven at 350°. WATCH CAREFULLY and remove when slightly brown.



Pat's Recipe Box 3

Dad's Kitchen

From: ?

Recipe for ~~Chicken Breast~~ ~~Stuffed~~ ~~Low~~ ~~Cream~~

4 chicken breast

1 - 4oz can sliced mushrooms, drained

1 - 10oz can cream of mushroom soup

1/2 cup can of sherry

1 cup sour cream

Pepper to taste

Line casserole w chicken. Sprinkle
w mushrooms. Combine soup, wine

▽ sour cream. Mix well & pour
over chicken covering completely.
Sprinkle w/ paprika. Bake at 350°
for 1 - 1½ hrs.

Chicken La King

- 1 Cup (or more) cooked, cubed chicken
- 5 TBSP veg. butter or chicken fat
- 6 TBSP flour
- 1 tsp salt
- 1/8 tsp pepper
- 1 1/2 Cups well seasoned chicken broth
- 1 Cup cream, liquid coffee mate or whole milk
- 1/2 Cup red bell pepper (or less)
- 1/2 Cup green bell pepper (or less)
- 1 Cup sliced sliced mushrooms
- 1/2 C Several blanched almonds (or less)

1/2 Cup frozen green peas

10 portions,
add more
butter, cream
etc.

2 mushrooms
in
mushrooms

Melt oleo + blend flour, salt + pepper
+ cook til bubbling. Lower heat + grad-
ually stir in broth + cream. Add
chicken, peppers, almond + mushrooms
after sauce has thickened a bit.
If desired, add one egg yolk at
this point. Add color + thickener
bit if necessary. Add more seasoning
if desired. Slightly precook frozen
peas + add to mixture. Pour out +
once Betty Shell baked + crisped previously

Here's what's cookin': CHICKEN-RICE Serves: Recipe from the kitchen of: Margaret Anderson

8 breasts (or equivalent) 1 lb. mushrooms
 1 Cup water $\frac{1}{4}$ Cup butter
 1 Cup sherry 2 pkgs. Uncle Ben's
 ~~$\frac{1}{2}$ tsp. salt~~ Wild & white Rice Mixture
 1 onion, chopped with seasonings (She uses
 $\frac{1}{2}$ Cup celery 1 box rice else too gummy
 1 can undiluted mushroom soup
 1 cup sour cream

Cook chicken in water, sherry, salt,
 onion and celery (about 1 hr)

Separate chicken from broth and
 refrigerate. When cool

Tis substantial happiness to eat.

Alexander Pope



remove skin from chicken and cut meat into bite size pieces. Cook rice according to directions on package, using chicken broth for half the liquid called for. Saute' mushrooms in butter. Mix sour cream and mushroom soup, toss with chicken, rice, and mushrooms. 350° for one hour.

DELICIOUS!!!!!!!

Can use 1 whole chicken

1 6oz pkg rice

1 can soup (undiluted) plus other things

CHICKEN TETRAZZINI

SERVES 6 to 8

1/4 cup butter
 1/4 cup flour
 1/2 tsp salt
 1/4 tsp pepper
 1 cup chicken broth

1 cup ^{cream or non-dairy} coffee-mate ^{cream}
 2 Tbsp sherry
 3-4 ~~7~~ oz spaghetti, broken, cooked
 2 cups cooked chicken, cubed
 1/2 cup parmesan cheese (optn)

Heat oven to 350. Melt butter; blend in flour & seasonings. Cook, stirring, til smooth & bubbly. Remove fr. heat. Stir in broth & cream. Heat to boiling, stirring constantly. Boil 1 min. Add sherry. Stir in spaghetti & chicken. Pour into bake dish; sprinkle with cheese. Bake 30 min or til bubbly in center. (Garnish w. olives or parsley)

Mornay Sauce:

Melt $\frac{3}{4}$ c. butter, Add 1 cup sifted flour, blend until smooth. Slowly add $\frac{3}{4}$ c. chx. stock (may use College Inn canned chx. broth as supplement.)

Add 1 c. half $\frac{1}{2}$ half cream - 2 t. salt, $\frac{1}{4}$ t. white pepper, and $\frac{1}{2}$ c. grated Parmesan cheese. Cook 5 min. after thickened. Cool 20 min.

Lightly grease 12x8x2 Casserole
(or 2 smaller) Mix mushroom
w/ chx. on bottom. Pour sauce
over (use fork to help it seep
through)

Cover w/ crumbs of Pepper-
ridge Farm Turkey stuffing
(original) 350° - 1 hr. if cold.
May be frozen

(lots of pots and pans and
clean up - make ahead)

Chicken Mornay

1
SERV 8

3 pounds chx breasts

Pour 4 c. hot water over chx -

Cover and simmer 30 min. (try not to boil)

Let cool in liquid; remove from bone, cut into 2" pieces.

Saute' 1 pound fresh mushrooms, sliced thick (buy them already sliced)

Add 2 onions, medium size,
chopped in $\frac{1}{3}$ c. butter - add
salt and pepper.

Combine with chicken.

Chicken / cheese / sauce / dressing
Free

13 x 9 Pan

Place skinned / boned breasts in
Pan. Mix $\frac{1}{4}$ C wine w / can con-
densed low fat cream of chicken
soup. Pour over chicken - add
Monterey Jack Cheese (shredded)
Cover w / Q.C. Peppering Form
Dressing crumbs which have been
browned with $\frac{1}{4}$ C butter. Bake ^{350°}
about 45 minutes

One Dish Chicken + Stuffing Bake

4 Cups Pepperidge Farm Herb Seasoned Stuffing

4-6 Boneless breast halves - Paprika

1 Can Cream of Mushroom Soup

1/3 Cup Milk - 1 TBS + Chopped parsley

1. Mix stuffing, 1 1/4 C boiling water + mix

2. Spoon stuffing across center of baking dish

Place chicken on each side. Add paprika

3. Mix soup, milk + parsley. Pour over chicken

4. Bake uncovered at 400° 30 min

Womens Day - Feb '96

Lauren's Chicken *Servies* 8

6-8 chicken ^{1/2} breasts ($\frac{1}{2}$ skinned ^{bowled})

1 - Can Cream of celery or chicken ^{soup}
w/ $\frac{1}{4}$ C. white wine

8oz Monterey Jack shredded

2 C pepperoni ^{or} fern bread crumbs
w/ $\frac{1}{4}$ C marg' or butter

Place breasts in oblong casserole
Spread soup w/ wine over chicken
Spread cheese next + crumbs last.



my recipe for: Crouton Dressing

- 1 Pkg. Bellows Herb Croutons
- 2 sliced apples
- 1 Cup chopped celery or 2 lg. sticks
- 1/2 Cup water
- 1 stick margarine
- 1 Tbsp sugar

Bring water and butter to boil - add

apples and celery and scumme for
about 5 minutes. Pour over
croutons and toss lightly.

1-2 TBS Bead Millanna
if you have it

Chicken Chow Mein

Steam & fryng chicken or
2 whole breasts with
salt, pepper, $\frac{1}{2}$ onion, celery
and carrot in $1\frac{1}{2}$ @ water for
 $1\frac{1}{2}$ - 2 hrs - Drain, reserving
liquid, ^{skin +} Bone chicken when
cool enough to handle - Set
aside - covered. Chill broth
overnight or several hours

Serve over rice or
Chinese Noodles

to remove fat. Pour 2 cups
broth into 3 or 4 qt pot. Thicken
w/ 2 heaping TBS of Cornstarch.
Simmer until clear + rather
thick. Add about $\frac{1}{4}$ @ brown
sugar - 2 tsp chicken bouillon
(dried) 2 TBS of Soy sauce (Be care-
ful not to get too salty. Add bone
dust sized pieces of chicken - 1 can
2 8oz ~~Chop~~ Chinese Veggies (drained +
rinsed) + 1 can water chestnuts

and cook 30 min. at 10 lbs pressure. Open cooker, remove chicken parts to side platter. Remove meat from bones and put meat back in cooker. Thicken with a roux of 3 T corn starch and a bit of water. Add drained rinsed Chinese vegetables and 1 can water chestnuts cut in nickel sized pieces. Keep hot and serve over chow mein noodles or rice.


Here's what's cookin'

Chicken Salad

Serves 8

Recipe from the kitchen of

Eugene Rypus

- 
- 4 whole chicken breasts (cubed)
 - 3 hard boiled eggs, sliced
 - 1/2 can cream of mushrooms
 - 1 cup freshly cut celery
 - 1 cup Hellman's mayonnaise
 - 1 cup sour cream
 - 1 can (8oz) water chestnuts (drained + sliced)
 - 1 can (4oz) mushroom pieces (drained)
 - 1/2 cup sliced almonds
 - 2 tsp. minced onions
 - 2 tsp. lemon juice
 - 1 tsp. salt
 - 1/4 tsp. pepper.
 - 1 cup grated cheddar cheese
 - 1 cup onion rings (slightly crushed)

Cook chicken, discard skin, bone & cube pieces. Mix chicken with remaining ingredients - except cheese and onion rings.

Put into 13 x 9 x 2 pan. Top

with grated cheese + bake at
350° for 30 minutes. - Remove -
sprinkle onion rings on top +
bake 15 minutes longer.

This can be made the
night before + refrigerated but
do not freeze.

CHICKEN ROASTER BREAST w GARDEN HERBS

1. Perdue Roaster Breast
w salt + pepper
2. One lemon pierced w fork
3. 2 TBSP Olive Oil
4. 1 Clove Garlic minced fresh.
5. 1 1/2 tsp each: finely ~~chopped~~ basil
Parsley + thyme →

Set oven to 425°. Reduce to 375 when
Prepare covered grill or preheat
oven to 350°. Rinse breast & pat
dry. Season w salt & pepper.

Place pierced lemon in cavity. In
small bowl combine oil, garlic & herbs.
Rub breast w half the herb mixture.
Grill over indirect heat w drip pan
underneath or roast in oven. During
last 15 minutes, brush breast w remaining
herb mixture

Bake 60-75 min

Place in oven

French Tarragon Chicken

Serves 4

1 package PERDUE Skinless Split Chicken Breasts	3 tablespoons minced shallots or scallions
Salt and ground pepper to taste	2 teaspoons fresh lemon juice, divided
1½ teaspoons dried tarragon	1 tablespoon chopped fresh parsley
3 tablespoons light margarine (stick form)	

Preheat oven to 400°F. Season chicken with salt, pepper and tarragon. In a large oven proof skillet, with lid, over medium-high heat, heat margarine until it bubbles. Add chicken, meat side down and cover with a sheet of wax paper and the skillet lid. Place in oven and bake for 30 to 40 minutes until chicken is cooked through. Remove chicken and reserve. Add shallots to skillet and saute over medium heat until slightly softened, about 2 minutes. Stir in lemon juice and parsley. Spoon pan juices over chicken and serve.

NUTRITIONAL FIGURES PER SERVING

Calories...265, Protein...47 grams, Carbohydrates...2 grams, Fat...7 grams, Cholesterol...116 mg., Sodium...234 mg. (Does not include salt to taste)

Side Dish Suggestion: "Rice and Tiny Peas" In a saucepan, bring 1 can (14½ ounces) reduced sodium chicken broth to a boil. Stir in ¾ cup long grain converted rice. Cover and reduce heat to low. Simmer for 20 minutes. Remove cover and stir in 1 thawed and drained package (10 ounces) of frozen tiny peas. Let stand, covered, for 5 minutes. Add 1 tablespoon each: minced fresh parsley and light margarine. Season to taste with salt and pepper.

PERDUE Skinless Chicken Breasts

BASIC COOKING GUIDE

Note: Rinse chicken thoroughly before cooking; pat dry.

Bake: Brush with vegetable oil and seasonings or cover with sauce if desired. Place thighs in a shallow baking dish. Bake at 350°F 40 to 50 minutes until fork tender and cooked through.

Saute or Braise: Brown chicken for 6 to 8 minutes in a large, lightly oiled, non-stick skillet over medium-high heat. Reduce heat to medium-low. Cover and simmer 30 to 40 minutes until fork tender and cooked through.

Grill or Broil: Marinate or rub with seasonings if desired. Grill or broil 6 to 8 inches from heat source 20 to 30 minutes, turning occasionally until cooked through.

Healthy Oven-Fry: Preheat oven to 400°F. Coat chicken lightly with melted margarine. Dredge in seasoned bread crumbs or cereal crumbs. Place in an ungreased shallow baking dish, meat side up and "oven-fry", without turning, for 30 to 40 minutes until golden brown and cooked through.

Poach: Place chicken in enough simmering broth or water to cover. Immediately reduce heat so liquid barely trembles. Poach, uncovered for 40 to 55 minutes until cooked through. Allow chicken to cool in liquid if time permits.

**SEND FOR OUR "PERDUE GUIDE TO NUTRITION" SERIES BY WRITING TO:
PERDUE FARMS P.O. BOX 2417F, SALISBURY, MD 21802**

BOEING Juanita

Chicken Pot Pie

1/3 Cup Margarine / Butter

1/3 Cup flour

1/4 tsp salt

1/4 tsp pepper

1 Cube chicken bouillon

1 3/4 Cup chicken broth

2/3 Cup milk

3-4 Chicken breast { skinned
boneless
cooked (skinned) cut into med.
sized pieces.

1-10 oz pkg frozen mixed veg.

Pastry for 9" deep dish - 2 -
crust Pie

ONE COMPANY ONE VISION → over

BUILDING THE FUTURE OF FLIGHT TOGETHER

Heat margarine in large
saucepan over low heat
until melted. Stir in flour
salt, pepper + chicken bouillon.
Cook, stirring constantly for
30 seconds. Stir in broth
& milk. Heat to boiling
stirring constantly. Mixture
should thicken once boiling.
Stir one minute. Remove
from heat & stir in
chicken & veggies. Fill
Pie Crust & top with
second crust. Bake
35 minutes at 425° til
slightly brown.

HONEY GLAZE CHICKEN

1/2 tsp finely shredded orange rind

1/2 cup orange juice

2 TBSP soy sauce

2 tsp cornstarch

2 to 2-1/2 lbs meaty chicken pieces

For Sauce, - in a 2 cup microwave-safe measure stir together orange rind, o.j., honey, soy sauce & cornstarch. Micro on full power 2 - 3 minutes til thick & bubbly.

In a 12 x 7 x 2 inch micro dish arrange chicken pieces, skin side down. Micro covered loosely with wax paper on hi for 9 min. give dish a half-turn and rearrange once. Drain well. Brush meat with sauce turn & brush again. Micro covered 8 - 10 min til done. Reheat remaining sauce uncovered and pass with chicken.

Chicken and Wild Rice Dijon

- | | |
|--|--|
| 1 package (6 ounces) UNCLE BEN'S®
Original Long Grain & Wild Rice | 2 cloves garlic, minced |
| 6 chicken breast halves, skinned
and boned | 1 cup heavy cream |
| Salt and pepper | 1 tablespoon Dijon-style mustard |
| 2 tablespoons butter or margarine | 1 tablespoon chopped parsley |
| | 1 jar (2 ounces) sliced pimiento,
drained |

Cook Original Long Grain & Wild Rice according to package directions. While rice is cooking, season chicken with salt and pepper. Melt butter in large skillet. Add chicken and cook over medium heat until firm and cooked through, about 7 minutes on each side. Remove and keep warm. Lightly sauté garlic in drippings. Add cream, mustard and parsley. Cook, stirring constantly, until thickened, about 5 minutes. Stir pimiento into hot cooked rice. Serve chicken with rice: spoon sauce over top. Makes 6 servings.

Rick Brown ^{Turkey} ~~Gravy~~ | Chicago
1 ribcane

2 TBSP FLOUR }
2 TBSP FAT } PER CUP GRAVY

Pour off all liquid from roaster into fat separating pitcher, leaving all rib brown residue in bottom of pan. After fat has risen to top pour juice only from pitcher into another container.

Measure back into pan $\frac{1}{2}$ Cup fat to make 1 qt gravy. Add $\frac{1}{2}$ Cup flour

stir + mix well over low heat.

Gradually add the juice ^{4 cups} into
fat/flour mixture - stir well
& simmer a few minutes adding
seasoning to taste.

CHICKEN SALAD (serves 24)

- 12 C cubed chicken breasts, cooked & cut in small pieces
 - 8 - 12 hard boiled eggs
 - 3 C chopped celery
 - 2 C slivered almonds, toasted (save some for garnish)
 - 1 C stuffed olives, sliced
 - 1/2 C sweet pickle relish
 - 1 C ripe olives, quartered lengthwise
- Salt & Pepper to taste
Salad Dressing below

Heat 3/4 C vinegar & 1/4 cup water in sauce pan.

In small bowl, mix 3 raw eggs.

In another, mix 1 cup sugar & 1 rounded TBSP flour.

(over)

Combine all together and bring to a boil over low heat, stirring constantly until mixture thickens. Cook & stir slowly for three minutes. Add salt to taste. Cool.

Measure 1 cup of the salad dressing & blend with 2 cups Hellman's mayonaise. Pour about 2/3 of this over chicken mixture. Toss lightly without crushing chicken to distribute ingredients.

Cover & refrigerate. Add more dressing, if needed, when ready to serve. Garnish with almonds.

Note: Leftover boiled dressing may be stored & refrigerated for use on potatoe salad or as desired. For potatoe salad, add a little dry mustard.

Pat Hutchison

Here's what's cookin' *Chicken Bolognese*

Serves _____

Recipe from the kitchen of Colleen Hiller

1. 4 Chicken breasts - boned and skinned
2. Dip in egg + milk mixture then in french bread crumbs - salt + pepper
3. Fry on both sides w steam + ~~bait~~ without 10-15 min
4. Arrange on greased cookie sheet + cover with thinly sliced



Canadian bacon and mozzarella cheese

5. Bake in oven at 325° . for 10 min covered with foil - then 10 min without foil.

Serve with mild rice (Green Giant Medley)

Mother Dressing

PREPARATION TIME _____

NUMBER OF SERVINGS _____

SOURCE OF RECIPE _____

2 apples diced

1 lg. onion (med)

2 lg stalks celery

1 ~~tbl~~ tsp salt1/2 bowl full of
dry old bread

1 1/2 tbl sugar

(enough water to cover)

1 tsp poultry seasoning

1 stick melted marg.

While bread is soaking in water
mix other ingredients. After bread
has soaked thoroughly squeeze out

sperse water with hands & then
place in another bowl. Combine
bread & other ingredients. Add
butta to combined ingredients.

POT PIE - ^{by} Good Housekeeping - MAY 1995

- 1/2 15oz Package Refrigerated pie
crusts (1 9 inch crust)
- 3 medium sized carrots frozen peas
- 1 medium sized onion frozen corn
- 1/2 lb medium sized mushrooms
- 1 16oz can whole potatoes drained
- 1 lb chicken cutlets
- Salad oil
- 1/2 tsp salt
- 1 10oz can cream of broccoli soup (or chicken)

1/4 Cup milk

1/4 tsp coarsely ground black pepper

1 10 oz pkg frozen broccoli Thawed

1 8 oz can whole kernel corn

1 egg - beaten

Pre cook carrots + onions + mushrooms

Set aside. Cut chicken into bite size pieces - Stir fry 3-5 minutes. Stir in

soup, milk, pepper veggies. Preheat oven to 425°. Place all in pie pan. Cover w/ slitted crust. Bake crust w/ egg. Bake 25-30 min

Cream of Chicken with Curry 1 qt
4 or 5 bouillon cubes

3 Cup Water

4 Half chicken breast or less

1 Tsp parsley

2 stalks celery

2 carrots

1/2 onion

1/2 Tsp Curry Powder

1 Cup cream or Coffee Tea liquid

~~Take~~ chicken breasts with water
parsley, celery, carrots, onion, bouillon →

Bouillon yields plenty
of salt.

for $1\frac{1}{2}$ hrs. Bone chicken, remove
all bones, chop in food processor.
Set aside. In a broth, pulverize
veggies & return to broth. Add back
into this mixture $1\frac{1}{2}$ to 2 cups
minced chicken. Add cream & add
Curry Powder. Taste for additional
seasoning as desired. May have
left over chicken - Use as desired -
A Pate or such.



my recipe for SALLY'S BATTER CHICKEN

1 4-LB STEWING CHICKEN OR

BREAST CUT UP

5 CUPS CHICKEN GRavy

3 EGG WHITES

3 EGG YOLKS

2 TABLESP BUTTER

3 TABLESP FLOUR

OR MARGARINE

1 TEASP SALT

1/4 CUP UNWEETED, EVAPORATED MILK

1 CUP SHORTENING

BEAT EGG WHITES TILL STIFF, WITH SAME
BEATER, BEAT EGG YOLKS WITH H. FLOUR,
SALT, & MILK; FOLD IN WHITES. IN LARGE
SKILLET. HEAT SHORTENING WITH BUTTER
DIP CHICKEN MEAT INTO FLUFFY
BATTER SAUTE IN HOT FAT ABOUT
5 MIN., OR UNTIL BROWN ON BOTH
SIDES.



my recipe for: Chicken coating

$\frac{1}{2}$ cup - Gold Medal Flour.

1 tsp. salt 2 tsp. Paprika

$\frac{1}{4}$ tsp. pepper

$\frac{1}{2}$ cup shortening (half butter/half marg.)

2-3-LBS. frying chicken, cut in pieces

Heat oven to 425° . Mix flour, salt, pepper &

paprika in paper bag. You know the rest.



my recipe for: Chicken Kiev

4 whole fresh chicken breasts $\frac{1}{2}$ - $\frac{3}{4}$

each

1 $\frac{1}{2}$ sticks chilled butter

2 eggs - 3 flour

2 cups fine dry white bread crumbs

Vegetable oil for deep frying

1 tsp lemon juice

1 tsp fresh chives or tarragon

1 Tbsp finely chopped parsley - 2 tsp salt

Fresh black pepper

Skin chicken breasts & debone. Halve each one
Pound 8 halves to $\frac{1}{8}$ " thickness between
waxed paper. Cut butter into pieces $\frac{1}{2}$ in thick &
3 inches long.

Sprinkle breasts with salt and pepper. Wrap breasts
around butter & parsley & lemon juice & cheese.
Pin with tooth picks - Spread flour on waxed
paper - Spread crumbs on waxed paper. Dip breast
in flour - shake loosely. Dip in egg thoroughly
then roll in bread crumbs thoroughly. Arrange
cutlets on platter. Heat oven to 200° - They fry cutlets
for 5 minutes each or until golden brown. Transfer
with tong to paper towel lined cookie sheet. Place
in oven for 10 minutes.

FORGOTTEN CHICKEN

1-1/2 cups rice

1/2 cup milk

1 can mushrooms

1 can cream of celery soup - undiluted

1 can cream of mushroom soup - undiluted

2 or 3 lb chicken pieces

1/2 envelope dry onion soup mix

Heat together - rice, milk, mushrooms and celery and mushroom soups. Pour into buttered casserole . Season chicken pieces with soup mix and arrange over rice. cover and bake 1-1/2 hours at 350. Add olives for garni



Here's what's cooking:

Fleur-de-lis - Chicken & Veg

Recipe from the

Kitchen of:

My Queen

Fresh Fleur-de-lis green &
White - Fresh Parmesan
Cheese 1/4 lb

Skinned ⁽¹⁾ Chicken breasts - broil gently,
cool birds - broy leaf - cool & remove bones
cut into bird size pieces

Sauce:

1/2 c melted butter

3/4 c flour

1 pint whipping cream
2c warm chicken stock - (some from
chicken breasts) salt, pepper, basil,
milk melted butter, flour, little at a time,
then cream & chicken stock, stirring
constantly. Cook until thick & smooth - add
S & P & $\frac{1}{4}$ c white wine toward end. (This
can be made ahead of time & let sit
on stove. When ready to use add
some more wine & a little milk, if too
thick)



#2 Herz's what's cooking:

Recipe from the
Kitchen of:

2 T. butter, Sauté $\frac{1}{2}$ lb
mushrooms + slices of garlic

Carrots - small pieces
Broccoli - " "

Steam veg until crisp - do not
over-cook (4 mins)
rinse under cold water

Cook noodles gently - unsalted water
do not over cook - (5 mins) mix noodles
with S+P, butter $\frac{1}{2}$ c fresh grated
Parmesan cheese + 1 c sauce mixture.
Then place noodles in buttered dish,
over noodles sautéed mushrooms, same
sauce, cut chutes + then reg, S+P
& then rest of sauce. Top with remaining
grated cheese. Bake 350° 30 mins.
then broil 5 min - golden brown

Here's what's cookin' *Chicken Kiev*

Serves

Recipe from the kitchen of

- 4 chicken breasts, cut in half
- 1 stick cold firm butter
- 1 tsp garlic powder
- 1 1/2 tsp black pepper
- 2 tsp dried rosemary
- 3/4 C flour
- 2 egg - beaten
- 1/2 C cracker crumbs
- Oil for deep frying



Remove the ~~skin~~ skin & debone breasts
Cut butter into 8 finger size pieces
Place butter on 8 breast quarters
Sprinkle with garlic, pepper and
rosemary. Roll breasts with butter
& spices inside. Tuck in corners
so nothing will leak.

Put flour, egg & cracker crumbs
in separate shallow bowls. Roll
each kiev in flour then egg then
crumbs. Set aside 10 minutes, repeat
procedure. Place rolls on waxed
paper in frig at least 30 min

Heat oil for frying to 365°
Cook kivi rolls until golden
(5-7 minutes) Drain on paper towels
Serve with mushroom sauce.

Mushroom Sauce

- 3 TBSF butter
- 1/2 lb mushrooms sliced
- 4 green onions chopped
- 3 TBSF flour
- 1 tsp paprika
- 2 bouillon cubes dissolved in boiling water
- 1 @ sour cream

Melt butter; saute mushrooms &
green onion. Blend in flour & paprika
gradually stir in bouillon. Cook &
stir until thickened and smooth.
Stir in sour cream one spoonful at
a time. Heat through but do not
boil. Serve with kivi.

Here's what's cookin' Chicken-Rice Casserole Serve 3-4
Recipe from the kitchen of Jean Swade

2 whole chicken breasts (halved)
2 cups minute rice
2 cans cream of chicken ^{soup}
margarine
salt - pepper
flour



Skim chicken, salt & pepper to taste; coat with flour & brown in margarine slowly. Set on paper towels to drain.

In casserole or frying pan place 2 cups minute rice. Heat 2 cans condensed soup, 2 cans water until hot. Pour $\frac{2}{3}$ over rice and stir until rice is enveloped in liquid. Place chicken pieces on top. Pour remaining liquid over chicken parts. Place in 300° oven 25-30 minutes. Serve with rolls, green beans, salad or yells.

Here's what's cookin': FRIED CHICKEN Serves: _____

Recipe from the kitchen of: Marcia Daily

(enough for 2 chickens)

2 Cups Flour 2 tsp salt
1 tsp garlic powder 1 tsp pepper
2 Tbsp paprika 2 eggs - water

Mix spices with flour
Mix 2 eggs with a little water
salt and pepper.

Dip chicken pieces into
flour - then egg mixture

When you spread the table
contentions will cease. Israeli Proverb



then flour. Let set for 20 min
if time permits. Fry in oil
about 1 inch deep in skillet
over medium heat. — about
40-45 minutes. Delicious!

Easy Chicken Cacciatore

2 lbs. chicken legs or thighs
1 tspn. seasoned salt
1/4 cup salad oil
1 pkg. speghetti sauce mix
1 large can tomatoes
1/4 cup sautern wine

Sprinkle pieces of chicken with seasoned salt. Brown in sald oil in a large skillet. Remove chicken and drain excess fat. Blen spaghetti sauce mix and tomatoes, in skillet. Add chicken, cover, and

simmer for 30 min. Add wine and continue
simmering, uncovered for 15 min. or
until chicken is tender.

Exotic Chicken Salad

- 5 pounds chicken breasts, split
- Butter
- Salt and pepper
- 3 (1 1/2 ounce) packages slivered almonds
- 2 cups mayonnaise
- 1 tablespoon curry powder
- 2 tablespoons soy sauce
- 2 cups celery, sliced
- 3 (6 ounce) cans water chestnuts, sliced
- 2 pounds seedless grapes

Boston or bibb lettuce

Brush breasts with melted butter and sprinkle with salt and pepper. Wrap in heavy-duty foil and seal edges tight. Place in shallow pan and bake at 350 degree one hour. Bone and cut in bite-size pieces. There should be two quarts.

Coat almond slivers with melted butter and spread on cookie

sheet. Roast in 350 degree oven 30 minutes. Spread on paper towels and salt. Set aside until just before serving. (All of this can be done the day before.)

A few hours before serving, mix mayonnaise, curry powder and soy sauce. Add celery, water chestnuts and grapes. Combine with chicken and chill. Arrange on lettuce and sprinkle with almonds. Serves 12.



my recipe for

OVEN CRISP CHICKEN

[Six servings]

- 2 frying chickens, cut in pieces
- $\frac{3}{4}$ cup butter, melted
- 1 cup cornflake crumbs
- 2 tablespoons flour
- 1 teaspoon each: garlic powder, onion salt, curry powder
- $\frac{1}{2}$ teaspoon each: pepper, marjoram

Dry chicken pieces thoroly with paper towels. Dip each piece into melted butter. Combine remaining ingredients; dip chicken in mixture. Arrange in buttered baking dish or pan. Bake at 350 degrees for about 1 hour.

CHICKEN SALAD

Pat Hutchison

- 2 C chicken (cooked & diced)
- 2 TBSP lemon juice
- 1/2 tsp salt
- 1 C diced celery
- 1 C seedless grapes
- 2 hardcooked eggs
- 1/2 C mayonaise
- 1/4 C slivered almonds toasted

A RECIPE FOR

CHOW MEIN

*Pastry recipe
" Chow Mein*

1 medium onion

1/4 green pepper chopped

1/4 red pepper

2 medium carrots thinly sliced

3 medium stalks celery diagonally sliced

1/2 lb. fresh bean sprouts

1 can water chestnuts sliced

two tablespoons sherry

one tablespoon soy sauce

1/4 cup brown sugar

3 Cups cooked pork or chicken

2 cups gravy



Fry onion in 2 tablespoons oil til transparent in the wok. Slide up sides. Cook carrots in sweet water for about 4 or 5 minutes. Add drained carrots to wok and fry for several minutes. Push up sides. Fry celery adding a dash of oil if necessary for several minutes. Fry green and red pappers - then bean sprouts and lastly sliced water chestnuts. Prepare meat and gravy and sauces and wine. Mix with veggies. Prepare rice and serve topped with chow mein. Serves about 6



Here's what's cookin':

SEASONS ITALIAN CHICKEN

Recipe from the
kitchen of:

Serves: _____

SUE HUTCHISON

2 CHICKEN BREASTS, BONED
SKINNED & HALVED

1 (10 OZ) CAN CREAM OF MUSHROOM

1 (8 OZ) CARTON SOUR CREAM

1 (4 OZ) JAR SLICED MUSHROOMS

3 TBSP SHERRY

1 (.7 OZ) ENVELOPE ITALIAN
DRESSING MIX

RICE + NOODLES

PLACE BREASTS IN SINGLE LAYER IN 13x9 BAKING

DISH. MIX OTHER INGREDIENTS TOGETHER
EXCLUDING SALAD DRESSING MIX. POUR
MIXTURE OVER CHICKEN. SPRINKLE DRY
SALAD DRESSING MIX OVER TOP. COVER.
BAKE AT 350° FOR 45 MINUTES. SERVE
W/ RICE OR NOODLES.

(USE MORE THAN 2 BREASTS FOR
ALL THIS SAUCE)

Chicken + Broccoli Au Gratin

2 packages (10 oz ea) frozen broccoli spears

2 whole cooked chicken breast

~~2~~ $\frac{1}{4}$ C ($\frac{1}{2}$ stick) butter or marg.

$\frac{1}{4}$ C flour

$\frac{1}{2}$ tsp salt - Dash white pepper

$\frac{1}{2}$ tsp dry mustard

1 C chicken broth

$\frac{1}{2}$ C light cream

1 C shredded cheddar cheese

2 Tbsp dry white wine - Grated parmesan cheese

1. Cook broccoli, following labeled directions
drain. Cut spears into smaller pieces.
Remove skin & bone from chicken breasts.
Slice meat.
2. Melt butter in a medium sized sauce pan.
Blend in flour, salt, pepper and mustard.
Stir in chicken broth & cream; cook over
medium heat, stirring constantly, til sauce thick
ens - bubbles, 1 minute. Add cheese & stir til
melted. Stir in wine. Remove from heat.
3. Arrange broccoli spears in bottom of greased
8 or 9" baking dish. Overlap chicken slices on
broccoli. Pour sauce over. Sprinkle parmesan cheese.
4. Bake in oven 350° for 25 minutes or until
heated thru & top starts to brown.

AICR Chicken and Rice Casserole

- 1 box (6-oz.) quick-cooking brown rice (1 $\frac{2}{3}$ cups)
- 1 small onion, chopped
- 1 Tbsp. extra virgin olive oil
- 1 can (14.5 oz.) stewed tomatoes
- 1 can (14.5 oz.) fat-free, reduced sodium chicken or vegetable broth
- 1 tsp. paprika
- $\frac{1}{2}$ tsp. dried oregano
- $\frac{1}{2}$ tsp. freshly ground black pepper
- 1 jar (7 oz.) roasted red peppers, drained and chopped
- 1 large skinless, boneless chicken breast (about $\frac{3}{4}$ lb.), cut in 1-inch pieces
- 1 bay leaf
- $\frac{1}{2}$ cup frozen green peas
- Salt, to taste (optional)



Preheat oven to 375 degrees. In 2-quart casserole, combine rice, onion and oil. Add tomatoes, broth, paprika, oregano, ground pepper, roasted peppers, chicken and bay leaf. Stir, then cover and bake for 25 minutes. Stir in peas and continue to bake, uncovered, for an additional 25 minutes or until the broth is absorbed. Add salt to taste. Remove bay leaf and serve.

Makes 6 servings. Per serving: 229 Calories, 4 g Total Fat (<1 g Saturated Fat), 32 g Carbohydrates, 17 g Protein, 3 g Dietary Fiber, 441 mg Sodium.

Here's what's cookin': Molded Chicken Salad Serves: —
Recipe from the kitchen of: Marge Mulligan

Soften 1 pkg. or envelope gelatine in $\frac{1}{4}$ c cold water.
Dissolve over hot water - Add 1 one lb. can

whole cranberry sauce - 1 9oz can
crushed pineapple - $\frac{1}{2}$ c broken pecans
1 Tbl lemon juice Put in 10 x 6 x 1 $\frac{1}{2}$
dish + chill. — Meanwhile -

Soften 1 envelope gelatine in cold water
Dissolve over hot water - Blend 1 c mayonnaise

in $\frac{1}{2}$ c water - 3 Tbl lemon juice - $\frac{3}{4}$ tsp salt -
2 c diced chicken - $\frac{1}{2}$ c celery - 2 Tbl parsley -

Pour over first layer + chill - Cut in squares - top with
mayonnaise + nut half



Every day is feast day to a contented heart. Proverbs

Prepare Parmesan Crusted Chicken

2 boneless skinless chicken
breast halves - 6-8 oz each

Dipping Mixture

2 egg whites + 2 t. cornstarch
+ juice of 1/2 lemon

Crusting Mixture - Parmesan

1/2 c grated Parmesan Cheese
1 c coarse dry bread crumbs
1 T. parsley (fresh)
1 t. kosher salt + 1/4 t black pepper + →

- $\frac{3}{4}$ C finely chopped pecans
- $\frac{1}{2}$ t. dried oregano
- $\frac{1}{2}$ t. dried thyme
- $\frac{1}{2}$ t. paprika
- $\frac{1}{4}$ t. cayenne

Pecan Crusted
Mixture

From the kitchen of...

Kathleen Broderick

Chicken Casserole



6 breasts (or equivalent)

1 c water

1 c sherry

1/2 tsp salt

1 onion, chopped

1/2 c celery

1 lb mushrooms

1/4 c butter

1 pkg Uncle Ben's wild rice ^{+ white}

1 c sour cream

1 c undiluted mushroom soup

Cook chicken in water, sherry, salt, onion & celery (about 1 hour). Separate chicken from broth & refrigerate. When cool, remove skin from chicken & cut meat into bite size pieces. Cook rice according to directions on pkg. using chicken broth.

for half the liquid called for.
Sauté mushrooms in butter.
Mix sour cream & soup;
toss with chicken, rice, &
mushrooms - 350° - 1 hour
uncovered



Here's what's cooking:

Chicken Devon
Recipe from the
Kitchen of: *Cag*

4 Chicken Breasts
Broccoli

$\frac{1}{2}$ c mayonnaise

$\frac{1}{2}$ t lemon juice

$\frac{1}{2}$ t curry powder

$1\frac{1}{2}$ c shredded cheddar cheese

$\frac{1}{4}$ c toasted bread crumbs

mixed with 1 t melted butter

Skin chicken & boil gently
with sage leaf - 1 hour - or less.

Bone Chicken -

steam broccoli -

leaves - chicken, cooked broccoli

lemon juice for broccoli - cover
with sauce of ^{top bread crumbs} Bake at 350°

for 1 hour -

serve with rice.

Great American Potato Salad

$\frac{3}{4}$ cup MIRACLE WHIP Salad Dressing or KRAFT Mayo Real
Mayonnaise

1 tsp. GREY POUPON Yellow Mustard

6 cups cubed cooked potatoes (about 1 $\frac{1}{2}$ lb.)

2 hard-cooked eggs, chopped

$\frac{1}{2}$ cup sliced celery

~~$\frac{1}{2}$ cup frozen peas, thawed~~

$\frac{1}{4}$ cup chopped onion

MIX salad dressing and mustard in large bowl.

ADD remaining ingredients; mix lightly. Season to taste with salt and pepper. Refrigerate. Makes 6 to 8 servings.

*Use Red-skinned
new potatoes. They
absorb dressing well.
Salt + sweeten
potatoes after
cutting eggs
all add to
peas
bit*

Red, white and blue potato salad

Preparation time: 15 minutes

Cooking time: 30 minutes

Chilling time: 1 hour

Yield: 6 servings

■ If you're feeling especially patriotic, find purple potatoes at a farmers market or a store with a well-stocked produce department to add the "blue" to this salad, developed in the Tribune test kitchen.

1/4 pound each: red, purple, new white potatoes

2 tablespoons red wine vinegar

1/2 cup mayonnaise

2 tablespoons Dijon mustard

2 each, chopped: green onions, celery ribs

1/4 cup minced parsley

1/2 teaspoon each: salt, freshly ground pepper

1. Place potatoes in large pot; fill with cold water to cover. Heat to boil; simmer, until potatoes are tender when pierced with a knife, about 20 minutes. Drain; set aside to cool slightly.

2. Cut potatoes into quarters while still warm. Place in medium serving bowl. Toss potatoes with vinegar. Mix together mayonnaise, mustard, green onions, celery, parsley, salt and pepper in a small bowl. Toss with potatoes. Refrigerate at least 1 hour. Bring to room temperature before serving.

Nutrition information per serving:

250 calories, 54% calories from fat, 15 g fat, 2.2 g saturated fat, 10 mg cholesterol, 445 mg sodium, 24 g carbohydrate, 5 g protein, 4 g fiber

- 3 chicken breasts, cooked & cut up
1 cup celery, diced
1 med. cucumber, diced
1 cup seedless green grapes
1 tbspn grated onion
1 tbspn chopped parsley
1 small can pineapple tidbits w/ juice
2 oz blanched almonds

From
Wade

Combine all ingredients. Just before serving, add enough Thousand Island dressing (follows) for smooth consistency.

Miracle Whip Lite combined w/ just enough Bennett's Chile Sauce to make a tasty dressing.



WWW.COUPONS.COM FOR OVER 35,000

Potato Salad

1/2 cup Marzetti Slaw Dressing

*4 cups cold, pared & diced
cooked potatoes (4 medium
potatoes)*

2 hard cooked eggs, chopped

1/2 cup chopped celery

1/4 cup sweet pickle relish

2 Tbsp. diced fresh red bell peppers (optional)

salt & pepper to taste



Combine all ingredients in a large bowl. Mix well. Chill to blend flavors. Garnish with more hard-cooked eggs and tomato wedges if desired.

For picnics and parties, double all ingredients for 10-12 servings.

See
~~OVER~~
OVER

3/4 lb Use tiny Red Potatoes unpeeled.
Boil about 5 minutes - Cool
and slice and salt & pepper.
Use 1/4 Cup Marzetti Salad Dressing
1/4 - 1/2 Cup minced celery
1 TBSP Pickle Relish
2-3 TBSP Red Bell Pepper chopped

...with the patio, a
camping season at ...
why not try this salad for one
of your outdoor doings?

MRS. NELSON SE ... LAD

Potato Salad

- 16 small to medium potatoes
- 7 eggs
- 1 large onion
- 1/2 cup chopped pickle (sweet pickle or sweet gherkins)
- Salt to taste
- Pepper to taste
- 1 cup Kraft Miracle Whip
- 1/2 cup pickle juice
- 1-1/2 cups milk

Cook potatoes, cool, peel, slice. Hard boil eggs and set aside to cool, and cut 6 of them into small pieces, saving 1 for garnish.

Dice 1 large onion. Cut or chop enough sweet pickles to make 1/2 cup. Add salt and pepper. Combine, salad dressing, pickle juice and milk and blend until smooth. Pour over other ingredients and mix well. Serves 12. - (Mrs. William Nelson, 3705 Morton ave., Brookfield, HU 5-5429.)

8. Speck's Secret Potato Salad



2 pounds potatoes
1/4 cup finely sliced bacon
1/4 cup chopped onion
1 tablespoon flour
2 teaspoons salt
1/2 tablespoon sugar
1/4 teaspoon pepper
1/2 cup milk vinegar
1/2 cup water
1/2 teaspoon celery seed
1 tablespoon chopped parsley

→ It was in St. Louis that I found the world's best potato salad at Speck's century-old coffee house on Market Street, but recently having closed its doors. This restaurant kitchen had been serving up the salad before the city's great fire in 1899. Good cooks of the town all had their versions of Speck's specialty — but always something was lacking. The nearest match, I thought, was the recipe made by Thelma R. Lisen, home economist for

an advertising agency who had eaten the salad again and again to spy out the secret.

Her version appeared in *Time* Magazine and came a letter from a reader who asked to remain anonymous. She wrote: "Many years ago one of the sons of the founder of the restaurant told me that when the salad is finished they pour over raw egg white which has been lightly beaten. That's the real secret. It gives some-

thing no other potato salad ever had."

Directions: Cook potatoes in jacket until tender. Cool, peel, thinly slice. Fry the bacon until crisp. Add the onion and cook 5 minutes. Blend in the flour, salt, sugar and pepper. Add vinegar and water. Cook 10 minutes, stirring well. Pour over sliced potatoes. Add celery seed and parsley. Toss gently. Serve warm. Yield: 6 portions. Dine stuff served with baked ham, with corned beef.



Here's what's cookin':

Mandarin Orange Salad

Recipe from the kitchen of:

Magie Pan

Makes One Cup

3 Tbsp sugar

1 tsp salt

1 tsp dry mustard

$\frac{1}{4}$ tsp white pepper

$\frac{1}{2}$ tsp onion juice

$\frac{3}{4}$ Cup salad oil

$\frac{1}{4}$ Cup white vinegar

Mix and
serve over
Mandarin Orange
Bibb lettuce
Almonds, Chives

TWO-WAY DRESSING - Magic Pan

FROM Better Homes + Gardens Book

3 TBSP sugar (or 2 T + 2 tbs equal)

1 tsp salt

1 tsp dry mustard (or regular)

1/4 tsp white pepper

1/2 tsp onion juice

1/2 cup salad oil

1/4 cup

white vinegar
Makes 3/4 - 1 C
clear dressing

WINTER FRUIT SALAD -HARRY & David

Serves 8

- 3 naval oranges coarsely chopped
- 2 3/4 cups coarsely chopped unpeeled apples
- 1/4 cup red wine vinegar (or raspberry vinegar)
- 1 TBSP + 1 tsp brown sugar
- 1 TBSP vegetable oil
- 2 tsp low-sodium soy sauce
- 1 tsp curry powder
- 1 clove garlic, minced
- 5 cups loosely packed torn red leaf lettuce
- 2 TBSP chopped almonds toasted

Combine vinegar & next 5 ingredients. Whisk to blend

Combine all, toss and sprinkle with almonds

MANDARIN ORANGE SALAD

BARB BOYD

1 whole head romaine

2 gr. onions (tops included) chopped

1/4 C sliced almonds

2 T sugar

1 C or mandarin oranges (lg) drained well

Brown almonds slightly + coat evenly by
sautéing them in sugar over med hi heat
in frying pan.

Wash lettuce - dry + add gr. onions. Drain
oranges + add to lettuce. Dressing →

Dressing:

2 whole
wheat

1/4 Oil

1/8 @ vinegar

2 T sugar

~~2~~ (or 2 or 3) Tobacco

1/2 tsp salt

Add almonds (coated) + dressing
when ready to serve.

Three Bean Salad - Mary Helen

- | | |
|------------------------|----------------------------|
| 1 Can Cut Green Beans | 3/4 Cup sugar |
| 1 " " Wax Beans | |
| 1 " Garbanzo Beans | 1/2 Cup |
| 1 " Red Kidney Beans | French Dressing |
| 1 Cup chopped celery | 1 tsp Worcestershire Sauce |
| 1/2 Cup " green pepper | |
| 1/2 Cup " onion | Do not Salt + Pepper |
| 1/2 Cup vinegar | Make 24 hrs |
| 1/2 Cup salad oil | in advance |
| | (or less) |

Nancy's Lettuce Salad - Christmas
Dinner

Iceberg lettuce cut in wedges

Gorgonzola Cheese chunks

Dried Cranberries

Walnut Halves & Pieces

Salad Dressing - Good Season
with Balsamic Vinegar

Simply Delicious

Here's what's cookin' Hot Crunchy Chicken Salad Serves 8-10
Recipe from the kitchen of Shirley Schlenker



3 cups cooked chicken (diced)
2 2 cups chopped celery
1/2 cup slivered water chestnuts
(more if desired)

3/4 tsp. salt

3 tbs. lemon juice

1 cup mayonnaise (more if desired)

3/4 cup shredded cheese

1 1/2 cups crushed potato chips

Combine all but last 2 ingredients. Top with
cheese + chips. Put in casserole + cook at
425° for $\frac{1}{2}$ hr. or until hot. (uncovered)

Winter Fruit Salad (Harry + David)

- 3 Novel Oranges coarsely chopped
- 2 $\frac{1}{2}$ Cups coarsely chopped unpeeled
Royal Gala Apples
- $\frac{1}{4}$ Cup Red Wine Vinegar (or Raspberry)
- 1 TBSP + 1 tsp brown sugar
- 1 TBSP vegetable oil
- 2 tsp low sodium soy sauce
- 1 tsp curry powder
- 1 clove minced garlic

5 cups loosely packed Tostitos
Red ~~tortilla~~ leaf lettuce

2 TBSP chopped almonds toasted

Combine vinegar + next 5 in-
gredient - stir w wire whisk
til blended - Set aside. Combine
all, toss + sprinkle w almonds

Slim summer vinaigrette salad

Four servings

- 1 small head lettuce
- 1 can (7 ounces) tuna in water,
drained
- 2 cups cooked green beans
- 1 small cucumber, sliced
- 2 cups sliced zucchini or summer
squash
- 2 hard-cooked eggs, sliced
- 2 tomatoes, quartered

For dressing:

- $\frac{1}{2}$ cup cider vinegar
- $\frac{3}{4}$ cup oil
- $\frac{1}{4}$ teaspoon each: dry mustard, onion
powder, garlic salt
- $\frac{1}{2}$ teaspoon monosodium glutamate,
optional
- Dash freshly ground pepper

Pat's Kitchen

From: Therese

Tomatoes and
Recipe For: Vinegar

Serves:

Oven:

2 slices red onion

2 TBSP Balsamic Vinegar

1 TBSP Olive Oil

1/2 tsp Italian Seasoning

Salt + Pepper to taste

1 whole tomato - sliced

Can also use thin toast w a few

basil leaves then tomato slice →

Then slice cheese + toast in
toaster oven.

Recipe best if marinated
ahead.

POPPY SEED DRESSING

1/4
Recipe

- | | |
|----------------------------|-----|
| 2 C sugar | 1/2 |
| 2 Tsp dry mustard | 1/2 |
| 3 1/2 Tsp salt | 3/4 |
| 1/4 C finely chopped onion | |
| 1 1/4 C vinegar | 2/3 |
| 3 1/3 C Salad Oil | 3/4 |
| 8 Tsp Poppy seeds | 2 |
- Mix in Blender

French Dressing (Beth)

- 1/4 C sugar
- 1/4 C red wine vinegar
- 1 C Vegetable Oil
- 1 tsp Grated Onion
- 1 tsp Celery Salt
- 1 tsp dry mustard
- 1 tsp paprika

1/2 tsp Salt
Shake well &
mix in Blender

Fruit Salad

PREPARATION TIME

NUMBER OF SERVINGS

SOURCE OF RECIPE

6-8

Dorcas
Kichter

- | | |
|-----------------------|---|
| 3 egg yolks | 1 C heavy whipping cream |
| 3 TBS sugar | 2 C tiny marshmallows |
| Dash salt | 2 C pineapple bits |
| 2 TBS vinegar | 2 C whole cherries ^{dark} ripe |
| 2 TBS pineapple syrup | 1 C pecans or pieces |
| 1 TBS butter or oil | 2 C orange pieces or |
| | 2 C mandarin orange |

Cook egg yolks, sugar, salt, vinegar, pineapple syrup & butter in double boiler.

until thick, Cool

Sold in whipped cream and remainder
of ingredients. Chill 24 hrs. Decorate
with white cherries if desired.

Serves 6 to 8

If desired you can substitute vanilla
& whipped cream with Sour Cream.

Basic French Dressing
About 1 Cup

4 TBS Vinegar

$\frac{3}{4}$ C Oil

4 Tsp sugar

$\frac{1}{2}$ Tsp salt

$\frac{1}{2}$ Tsp paprika

$\frac{1}{2}$ Tsp dry mustard



Here's what's cookin': POPPY SEED DRESSING

Recipe from the kitchen of:

JUANITA HUTCH



Serves:

1 CUP SUGAR

1 t DRY MUSTARD

1³/₄ t SALT

¹/₈ c FINELY CHOPPED ONION

²/₃ c VINEGAR

1²/₃ c SALAD OIL

4 t POPPY SEED

Mix IN BLENDER

Mary's Salad Dressing

- 1 C Olive Oil or ^{Flaxseed} Oil
1/3 C Balsamic Vinegar
1 tsp Dijon Mustard
Pinch Sugar
1/2 tsp salt
pepper (fresh ground)
Clove of Garlic
Remove clove sooner or later

Can add
various herbs
if desired

BENIHANNA SALAD DRESSING

- 1/4 cup chopped onion 2 TBSP water
1/4 cup peanut oil 1 tsp lemon juice
2 TBSP Rice wine vinegar 1 TBSP chopped celery
1 TBSP Chopped fresh ginger root 2 dash Salt pepper
1 TBSP Soy Sauce 1 1/2 tsp sugar
1 1/2 tsp tomato paste

Combine in blender 'til smooth

Makes 6 servings - 3 TBSP each

Helen Anne Bishop

Hot Chicken Salad

- 9-10 Boneless, skinless breasts
- 3 hard cooked eggs, chopped
- $\frac{1}{2}$ can cream chicken soup
- $1\frac{1}{2}$ cups chopped celery
- 1 cup mayo
- 1 cup sour cream
- 1 8oz. can sliced water chest.
- 1 4oz. can mushrooms
- $\frac{1}{2}$ cup slivered almonds

2 T. minced onion

2 T lemon juice

1 t. salt

$\frac{1}{4}$ t. pepper

1 cup grated sharp cheese

onion rings or chips for top

Mix all ingred except cheese +
topping

9x13

30 min - 350°

topping

15 min - or til heated in
center

Layered Salad Remains crisp if properly sealed
Prepared 24 hours in advance.

- 1 head lettuce chopped or shredded
- 2/3 C. chopped onion
- 2/3 C. chopped celery
- 1 Can water chestnuts
- 1 10 oz pkg frozen peas (uncooked)
- 1 1/2 C Hellman's mayonnaise
- Grated cheddar or parmesan cheese
- 2 Hard Cooked eggs chopped fine
- 1/2 Cup crisp bacon bits if desired

Garnish in
cherry tomato
Toss (Belmont)

Layer first 5 ingredients.

Mix mayo w sugar & seasoned
salt (2 tsp) (1/2 tsp)

Spread mixture (mayo) over
covering to edges. Sprinkle
w cheese & bacon bits.

Cover tightly & refrigerate 24 hrs.

For 2 versions see "ASIO Cooking
Specifications" and "Family Cookbook"
"Food from the Family Tree"

Jello Salad

- 1 pk^g ^{wh} cherry jello
1 cup hot water
1 can Heinz chervin, inc. juice - 49¢ can, ^{pitted}
1 pk^g Knox gelatine

Put $\frac{1}{2}$ gelatine in above, Put into mold
and allow it to set here. Then add:

- 1 pkg lemon jello
- 1 cup hot water
- 1 small carton smetina (sour cream)
- 1 cup pecans
- small can crushed pineapple
- other $\frac{1}{2}$ of gelatine

Put into refrigerator in order to harden.

Adelle Abbott

Here's what's cookin' *Lime Pear Cream Jello* Serves
Recipe from the kitchen of



- 1 small pkg lime jello
- 1 C hot pear juice
- 6 oz cream cheese melted
- 2 TBS whipped cream
- drained pears from No 2 1/2 can (28oz)
- 1 C whipped cream

Dissolve one pkg lime jello with 1 C hot pear juice. while it

is hot add Cream Cheese mashed
with 2 TBS whipped cream - Cool -
~~Add drained~~ ~~mashed~~ Mash the
pears after they have been drained
then add them to the mixture. Fold
in the whipped cream and pour
into 4 cup mold.

Day Ahead Salad

Iceberg lettuce	1 bunch green onions
Fresh Spinach	8 slices bacon - cooked & crumbled
Frozen Pear - slightly cooked ($\frac{1}{2}$ pkg)	5 hard boiled eggs - sliced

Dressing

1 cup sour cream
 $\frac{1}{2}$ cup Miracle Whip or mayonnaise
1 pkg. Good Seasons Italian Dressing mix

Layer above ingredients. Spread dressing
over top. Seal & refrigerate 24 hrs.

Top & sprinkle with croutons before serving

Hope you enjoy this as much as we did!

Marilyn Murrell

Cole Slaw

Ray from
Carla

- 6 cups cabbage
- 1/4 cup chopped green onion
- 1 cup mayonnaise (should be Hell. or Kraft)
- 2 Tbs. sugar
- 2 Tbs. white vinegar
- 2 tsp. celery seed ~~or poppy seed~~
- 1 tsp. salt

add some pepper
" " carrot

That's it - delicious

Spring Pea Salad

10 ounces	fresh or frozen peas
1 cup	diced celery
1 cup	chopped fresh cauliflower flowerettes
1/4 cup	diced green onion
2 tablespoons	chopped pimento (optional)
1 cup	chopped cashews*
1/4 cup	crisp cooked crumbled bacon
1/2 cup	sour cream
1 cup	prepared Hidden Valley Ranch • Buttermilk or Milk Recipe Original Ranch Salad Dressing
1/2 teaspoon	Dijon mustard
1	small clove garlic, minced

Rinse peas in hot water (or steam, if fresh); drain. Combine vegetables, nuts and bacon with sour cream. Mix dressing, mustard and garlic together; pour over salad mixture. Toss gently. Chill.
*Macadamia nuts or salted sunflower seeds are a good alternative.

Serves 4

Apricot Jelly Mold

1 pkg apricot jelly (small)

1 Cup Water

$\frac{1}{2}$ Cup apricot nectar

1 jr size jar apricot w
topping baby food

small size cool whip

Dissolve jelly in water
Add apricot nectar & baby food

Stir well. - Chill ^{nicely.} to set

Add cool whip & blend well

w jelly mixture. (A small
& mixer) Pour in mold

- Chill. Toppings optional -
apple may be added. I

loved recipe for 7/11/3 for

• KATHLEEN HOLZMEISTER

$\frac{1}{2}$ @ Sugar

6 oz pkg. lemon jello

6 oz frozen lemonade

$2\frac{1}{2}$ @ cup hot water

9 oz Cool whip (softened)

Mix first 4 ingredients

After it starts to set

add soft cool whip

+ beat with elec mixer

Pour into mold &

refrig

Bean Salad

- 1 can cut green beans
 - " carbanys "
 - 1 " red kidneys "
 - 1 " cut wax. Beans
 - 1 cup chopped celery
 - $\frac{1}{2}$ cup green pepper
 - $\frac{1}{2}$ cup onion
 - $\frac{1}{2}$ cup vinegar
 - $\frac{1}{2}$ cup salad oil
 - $\frac{3}{4}$ cup sugar
 - 1 pkg. good seasoned french
salad dressing
 - salt + pepper
 - 1 tsp. worchesthire
- Make 24 ahead! sauce.

FREEZER COLE SLAW

1 medium cabbage grated

1 carrot grated

1 green pepper diced

1 Tbs. salt

Combine & let stand. Prepare dressing.

Dressing

1 C. vinegar

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

1 Tbs. mustard seed

1 Tbs. celery seed

2 C. sugar

Combine, bring to boil for 1 minute & cool.

Pour over cole slaw. May be frozen.

Barb George 1734 N Linden St. Chi 60637

Cole slaw

Serves 6

- ½ head each red and green cabbage, shredded
- ¼ cup red onion sliced very thin
- 1 carrot, peeled and shredded

COLE SLAW DRESSING:

- 2 egg yolks
- 1½ teaspoons Colman's mustard powder
- ¼ cup sugar
- 1 tablespoon flour
- Pinch of cayenne
- 1 teaspoon kosher or sea salt
- ½ cup cider vinegar
- ½ cup heavy cream
- 1 tablespoon poppy seeds
- 1 tablespoon finely grated horseradish

1. Combine the cabbage, onion and carrot in a large bowl and refrigerate.

2. In the top of a double boiler off heat, combine the yolks with the mustard, sugar, flour, cayenne and salt. Whisk in the vinegar slowly to insure no lumps. Put over simmering water and cook, stirring, for 30 seconds. Stir in the cream and continue cooking over simmering water until thick, about 2 to 3 minutes, stirring constantly. Cool and add the poppy seeds and horseradish.

3. Using about half the dressing, dress the cabbage. Add more if needed—you don't want the cole slaw to be too dry, but you don't want it swimming in dressing, either.

Nappa Cabbage Slaw Martha Stewart

About 2 cups nappa cabbage
sliced

About 1 carrot grated

Add some red cabbage

1/3 @ fresh OT

1/4 @ cider vinegar

2 TBSP sugar

2 TBSP Dijon mustard

1 TBSP vegetable
oil
about 1 tsp salt
large pinch pepper

ROSY STRAWBERRY RING

2 PKG. STRAWBERRY GELATIN (2 SM. OR 1 LGE.)

2 C. BOILING WATER

2 10 OZ. PKG. FROZ. SLICED STRAWBERRIES

1 # 13½ CAN (1½ C.) CRUSHED PINEAPPLE

2 LGE. RIPE BANANAS, FINELY DICED

2 T. LEMON JUICE

DISSOLVE JELID IN BKG. WATER, ADD BERRIES.
STIR 'TIL THAWED. STIR IN PINEAPPLE, BANANA

LEMON JUICE. POUR IN $6\frac{1}{2}$ C. MOLD.
CHILL 'TIL FIRM (5-6 HRS).

CUCUMBERS IN SESAME CREAM

Popular cucumbers in sour cream take on a pleasing flavor difference here

Makes 6 to 8 servings

- | | |
|---|--|
| 2 large cucumbers, pared and sliced | 1 tablespoon sugar |
| 1 small onion, peeled, sliced, and separated into rings | 1 tablespoon lemon juice |
| 1/2 cup dairy sour cream (from an 8-ounce carton) | 1 teaspoon salt |
| | 1 teaspoon sesame seeds |
| | Dash of freshly ground or cracked pepper |

1. Combine cucumbers and onion in a medium-size bowl.
2. Mix remaining ingredients in a 1-cup measure; spoon over cucumbers and onion; toss lightly to mix. Chill at least 20 minutes to season and blend flavors.
3. Serve as is, or spoon over shredded lettuce, if you wish.

##

GERMAN POTATOE SALAD

Grandmother Willey's

8 med sized red potatoes cooked in jacked,

Cool and peel

4 slices diced bacon

 $\frac{1}{2}$ C chopped onion - browned

Combine 2 T flour - 4 - 8

2 tsp salt 4 - 8

 $2\frac{1}{2}$ T sugar 5 - 10 $\frac{1}{4}$ tsp pepper $\frac{1}{2}$ - 1

Stir into bacon & onion, cook few minutes
stirring, then add $\frac{1}{4}$ ($\frac{1}{2}$ 0 1) Cup white vinegar
& 1 (2 - 3) \emptyset water. Cook 10 minutes

over

Pour over sliced potatoes to which salt,
pepper & celery seed have been added to taste.

Chill til firm. To serve, cut in squares. Makes 10 cups or 12 to 15 servings. NOTE: If deeper green and red layers are desired use 6 oz pkts of lime and raspberry, and 2 @ boiling water + 1 1/2 @ cold water for EACH large pkg.

It would do this for the very large 13 x 9 - size pan or preferably paper lined

From the kitchen of...

Kathleen Broderick



Hot Curried Fruit

$\frac{1}{3}$ c butter

$\frac{3}{4}$ c light brown
sugar

2 t curry powder

1 T flour

(Mix together & pour over strained
fruit)

1 lb can peaches

pears

cherries

pineapple

drain & dry off then pour
sauce over & cook
uncovered at 275° for 1 hour

Banana-Pineapple Jello

2 pkg. lemon jello -
dissolved in $\frac{1}{2}$ c hot water

16 large marshmallows -
add & stir until nearly dissolved

1 - #2 can drained crushed
(save juice) pineapple

4-5 sliced bananas -
Set in 9x13 pan until firm

(over)

Cook pineapple juice, and

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

2 T. flour

2 T. butter

2 slightly beaten eggs -

Cook until thick, then cool.

Fold into $\frac{1}{2}$ pt. whipped
cream whipped. Spread over
set gelatin mixture. Sprinkle
with chopped pecans

Here's what's cookin': Cucumber Cream ^{Sauce} Serves: _____
Recipe from the kitchen of: _____

1 pkg lime jello (3oz) 1 tsp salt
2 lbs vinegar
1 C boiling water dash pepper
1 tsp grated onion 1/2 C white vinegar
1 C cream
2 C drained minced cucumber



Dissolve Jello + salt in water
Add vinegar, onion + pepper
Chill until very thick
Blend in cream + dressing

Spice a dish with Love and it pleases every palate. Plautus

Told in the cucumber field
the firm. Same on lettuce

Chicken Pasta Salad

- $\frac{1}{2}$ cup MIRACLE WHIP Salad Dressing
- $\frac{1}{4}$ cup (1 oz.) KRAFT Grated Parmesan Cheese
- 2 tablespoons milk
- $\frac{1}{2}$ teaspoon salt
- $1\frac{1}{2}$ cups chopped cooked chicken
- 1 cup (4 ozs.) corkscrew noodles, cooked, drained
- 1 cup chopped tomato
- 1 cup green pepper chunks
- $\frac{1}{4}$ cup coarsely chopped onion
- Lettuce

Combine salad dressing, cheese, milk and salt; mix well. Add all remaining ingredients except lettuce; mix lightly. Chill several hours or overnight. Add additional salad dressing just before serving, if desired. Serve on lettuce-covered platter. 4 servings

VEGETABLE PASTA SALAD

- $\frac{2}{3}$ cup MIRACLE WHIP Salad Dressing
- 1 garlic clove, minced
- $\frac{1}{2}$ teaspoon dill weed
- $\frac{1}{4}$ teaspoon salt
- $1\frac{1}{2}$ cups (6 ozs.) shell macaroni, cooked, drained
- 1 cup carrot slices
- $\frac{1}{2}$ cup radish slices
- $\frac{1}{2}$ cup chopped cucumber

Combine salad dressing, garlic, dill and salt; mix well. Add remaining ingredients; mix lightly. Chill several hours or overnight. 4 servings

Cranberry Sauce 1986

Boil $1\frac{3}{4}$ C water

Add 12 oz cranberry bag

Simmer 20 minutes (low boil)

Strain berries - Now add 1 C
sugar & 1/2 tsp lemon juice
3 mins.

Boil $1\frac{3}{4}$ C water - add
large pkg Jell (strawberry,
raspberry or cherry) dissolved
well & add to Cranberry
mixture - Pour in mold
& chill

CRANBERRY SALADFamily Cook Book

- | | |
|-----------------------------|-----------------------|
| 2 C raw cranberries | 1/2 C seedless grapes |
| 3 C miniature marshmallows | 1/2 C chopped pecans |
| 3/4 C sugar | 1/4 tsp. salt |
| 2 diced unpared tart apples | 1 C w.cream (whipped) |

Wash cranberries & grind or chop in food processer
Combine cranberries, marshmallows & sugar. Cover &
chill overnight. Add apples, grapes, pecans & salt.
Fold in whipped cream. Chill & serve.

Here's what's cookin': _____ Serves: _____

Recipe from the kitchen of: _____

1/2 of 1 lb pkg spaghetti broken in half cooked and drained 2 6 3/4 cans chunk chicken, drained.

2 cups fresh broccoli flowerets, 1 1/2 cup sliced fresh mushrooms, 10

cherry tomatoes cut in half, 1/4 cup chopped red onion, 1/2 cup Italian dressing, 1 T lemon juice, 1 tsp

seasoned salt, 1 tsp. sweet basil

1/2 tsp bean monde. Combine cooked spaghetti, chicken, broccoli

mushrooms, tomatoes and onion →

Every day is feast day to a contented heart. Proverbs



Blend together dressing, lemon juice, salt,
basil & bean monde. Combine w/ spaghetti
mixture. Cover & chill. Toss well before
serving, serves 6-8

Cranberry Salad

2 C raw cranberries

3 C miniature marshmallows

$\frac{3}{4}$ C sugar

2 C diced unpeeled tart apples

$\frac{1}{2}$ C seedless grape

$\frac{1}{2}$ C chopped pecans

$\frac{1}{4}$ tsp salt

1 C whipping cream
whipped.

Wash cranberries - grind them. Combine
cranberries, marshmallows + sugar.

Cover + chill overnight. Add apples

grapes, pecans & salt. Fold in
whipped cream. Chill and serve.

pressing lightly to remove excess juice.
Add grapes, nuts, and marshmallows
to well-drained cranberry mixture.
Just before serving, fold in whipped
cream. Mound on lettuce cup.
Garnish w grape cluster of desired

Betty Home's Garden Salad Book

GOUDA AND STRAWBERRY SALAD

6 cups romaine, spinach or
radicchio greens
8 oz. sliced Gouda cheese
1 1/2 cups sliced juicy red
strawberries

1/2 cup toasted ground pecans
Strawberry Vinaigrette (see below)

Arrange greens on four salad plates. Arrange cheese wedges and strawberries alternately on greens. Use 2 ounces of cheese and 1/2 cup strawberries per plate. Divide dressing between the four plates and garnish with 2 tablespoons of toasted ground pecans on top of salads.

Strawberry Vinaigrette: 1/4 cup seedless strawberry jam or strawberry preserves, 3/4 cup extra virgin olive oil, 1/4 cup strawberry or raspberry vinegar, salt and pepper to taste. Whisk all ingredients together in a small bowl. Place in jar with lid and chill until ready to use.

FUMI SALAD from CRHP luncheon

- 1 chopped head cabbage
- 1/2 C sliced toasted almonds
- 1/2 C sesame seeds
- 8 green onions - chopped
- 2 Pkgs Ramen Noodles (uncooked)

Dressing: 1/2 C sugar 1 tsp salt
1 tsp pepper 6 TBS Rice Vinegar
1 C oil

Here's what's cookin' *Casser Salad*

Serves

Recipe from the kitchen of

1 small clove garlic, minced

$\frac{1}{3}$ C oil, preferably olive

1 lb romaine lettuce, well
drained Hot Water

1 large egg in shell

$\frac{3}{4}$ tsp salt

$\frac{1}{4}$ tsp fresh ground pepper

3 tbsp lemon juice

2 Tsp Worcestershire sauce

1 C Croutons

$\frac{1}{4}$ cup grated Parmesan cheese



minced garlic & oil; let stand at room temperature
several hrs or as long as time permits. Toss romaine
in bit-size pieces into large cooled bowl; chill.

Just before serving, pour hot water over
egg & let stand 1 minute, then rinse under cold
water to stop cooking. Toss romaine with garlic-
oil mixture, salt & pepper. Break egg into middle of
greens, sprinkle greens with lemon juice & serve
then Tom Wells. Add croutons & cheese; toss
lightly. Makes 4 servings.

Schnitzel Beans (Kallong's pan Do)

Serves 8 to 10

1 can French cut string beans
1 can peas

2 stems celery (cut)

1 large sweet onion sliced thin

$\frac{1}{2}$ qt. ketchup (chopped)

$\frac{1}{2}$ cup ketchup

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

1 c. cider vinegar
1/2 c. water

1 small can or jar piments (finely
chopped)

Mix all together

Good made a day in advance

Keeps good days left over

Keep refrigerated

- 3 pkgs. Lime Jello
3 Cups boiling water
1 envelope Knox gelatine
2^{1/2} Cups juice from fruit
2 Cans pineapple tidbits
1 lg. can mandarin oranges
1 pkg (lg) cream cheese

Fumi Salad

- 1 chopped head cabbage
- 1/2 c. sliced toasted almond
- 1/2 c. sesame seeds
- 8 green onions - chopped
- 2 pkg. Ramen noodles - uncooked

Dressing:

- | | |
|---------------|----------------------|
| 1/2 c. sugar | 1 tsp. salt |
| 1 tsp. pepper | 6 tbsp. rice vinegar |
| 1 c. oil | |

Strawberry - Pineapple Mold

- 2 pkg strawberry jello
- 2 c hot water
- 1 - 10 oz pkg frozen strawberries
- 1 - #2 can crushed pineapple

Dissolve jello in water. Add partially thawed berries & pineapple, juice and all. Pour into oiled large mold. Chill.

(over)

Sour Cream Salad Dressing

1 small sour cream (8oz)
20 marshmallows, cut up.

Let stand in refrigerator over
night. Add 1-3 T. orange
juice & whip until smooth.

Jeanne Foxworth 6/4/75

BOEING
Frozen Fruit Salad

- 1 Cup water } simmer til
- 1 Cup sugar } sugar dissolves
- 1 Small can of concentrate

Follow directions on can
of concentrate or use only
1 or 2 cans water.

Add banana, blueberries
peaches ^(canned) + any other
fruit you like i.e.
cantaloupe, oranges,
strawberries. Add pineapple
(crushed) drained,

Freeze til ready to use.

ONE COMPANY ONE VISION
BUILDING THE FUTURE OF FLIGHT TOGETHER

Here's what's cookin': TEXAS BBQ SAUCE Serves:

Recipe from the kitchen of: PAT HUTCHISON

1/2 C. CHOPPED ONION 1/4 C. CATSUP

2 TBSP BROWN SUGAR 1/2 C. WATER

1 TBSP PAPRIKA

1 TSP. SALT

1 TSP. DRY MUSTARD

1/2 TSP. CHILI POWDER

1/16 TSP. CAYENNE PEPPER

2 TBSP WORSTERSHIRE SAUCE

1/4 C. VINEGAR

1 C. TOMATO JUICE

'Tis substantial happiness to eat.

Alexander Pope

3 BL RECIPE YIELDS 1 QUART



1 Double recipe yields 1 quart
(full) - Enough for 4 lbs
gr beef. - which yields 20
 $\frac{1}{2}$ cup sandwiches (5 sandwiches
per lb) Takes 1 cup sauce for
1 lb gr beef -

1 recipe ^{sauce} costs about 50¢

2/10/83

HAM GLAZE

Stephanie Moriarity

3/4 cup brown sugar

1 1/2 tsp. prepared mustard


1/4 cup water

1/4 cup vinegar

Heat to boiling

Simmer for 10 minutes

CRANBERRY SAUCE (JELLIED)

PER OCEAN SPRAY HOTLINE '96
(MOST SUCCESSFUL RESULT YET) 

PREPARE AS DIRECTED ON PACKAGE AND ADD $\frac{1}{4}$ TO $\frac{1}{2}$ PACKET KNOX GELATIN DIRECTLY TO COOKED STRAINED SAUCE AS IT COOLS. MIX THOROUGHLY. POUR INTO GLASS SERVING DISH.

RESULTS IN A MILDLY FIRM SAUCE - WILL NOT PRODUCE A "MOLDED" DISH.



my recipe for Terac BBQ Sauce

1/2 C chopped onion

2 TBSP. brown sugar

1 TBSP. paprika

1 tsp salt

1 tsp. dry mustard

1/4 tsp. chili powder

1/86 tsp. cayenne pepper

2 TBSP Worcestershire Sauce

1/4 C Vinegar

~~1/4 C catsup~~

1 C tomatoe juice

1/4 C Catsup

1/2 C water

Simmer 15 min

enough for 3 lbs ribs

or 3 lbs of beef or more - Use on ribs during last 45 min

Here's what's cookin' Spaghetti Sauce

Serves 7

Recipe from the kitchen of Rick & Ann

6 cups Ragu Spaghetti sauce w. mushrooms

1 large yellow onion

Green Pepper; Celery,

Celery salt, 3-4 cloves of garlic,

Pepper; 1/4 cup oregano.

1/2 cup sugar; salt, sugar

Sautee ~~onion~~ chopped onions & chopped
garlic in butter until soft. Add to
sauce add chopped pepper and celery
as desired. Mix in sugar, pepper to taste,



oregano, celery salt, salt

Let simmer $\frac{1}{2}$ hour.

(Garlic powder can be substituted for the garlic)
add enough sugar to make the sauce sweet.

add gr. beef

PASTA SAUCE

Yield: 4 cups

Calories: 40 per 1/2 cup

- 1 large onion diced
- 2 chopped garlic buds
- 1/8 tsp. salt
- 1/4 tsp. fresh pepper
- 1/2 tsp crushed basil
- 1 tsp. crushed oregano
- 2 cups water
- 4 cups tomatoe sauce

Combine & saute onions & garlic til soft. Add rest & bring to boil. Summer 1 and 1/2 hours.

Here's what's cookin' Teriyaki Sauce

Serves

Recipe from the kitchen of

- 1 @ dry cherry
- 1 @ Japanese all purpose Soy Sauce
- 1 @ Chicken stock (fresh or unmed)

Warm cherry in $1\frac{1}{2}$ - 2 qt stainless sauce pan over moderate heat, off the heat ignite the cherry with match & choke pan til flame dies out. Stir in soy sauce & chicken stock and bring



to a boil. Pour sauce into bowl & cool

A REC FOR

Susan Dart welcomes letters from readers and will discuss those of general interest in her column. Write to her in care of The Chicago Tribune, 435 N. Michigan, Chicago, Ill. 60611.

Los Angeles Times Syndicate

FOR



Fail-safe mayonnaise About one cup

1 egg

1 cup oil without additives (my favorites are olive, safflower, or soy oil)

2 tablespoons lemon juice or vinegar

$\frac{1}{2}$ teaspoon sea salt (almost all table salt has dextrose, or sugar, in it)

$\frac{1}{2}$ teaspoon dry mustard

Measure all ingredients. Put egg, 2 tablespoons oil, 2 teaspoons lemon juice, salt, and mustard in blender. Blenderize on low speed (if you have the choice) until well mixed.

With machine going, slowly add the oil in a thin, stop and go, stream. When about half the oil is in and the mayonnaise begins to thicken, stop the motor. Add rest of lemon juice, and start blender again, adding oil slowly. The more the mayonnaise thickens, the faster you can add the oil. Store mayonnaise in a jar in the refrigerator.

Hollandaise Sauce

 PREPARATION TIME _____
 NUMBER OF SERVINGS _____
 SOURCE OF RECIPE _____
 $\frac{1}{2}$ C butter

4 egg yolks

 $\frac{1}{2}$ tsp. salt $\frac{1}{4}$ C lemon juice $\frac{1}{4}$ C light cream
 Mix together before
 putting into butter

 Melt butter in top of double boiler.
 Bring water to simmer and add
 egg yolks, salt & lemon juice

mixture to butter. Beat with rotary
beater until smoothly blended.
Add light cream and beat 2 more
minutes

Here's what's cookin'

Recipe from the kitchen of

Spaghetti Sauce

Serves

Manning
Catherine

Brown 1 lb. gr. beef in
 $\frac{1}{2}$ c OLIVE OIL

dash garlic salt

dash Reg. salt

the 2 large cans PLUM Tomatoes

Tsp 1 with meat (browned
(chopped in blender)

Tsp 1 with 2 bay leaves crushed

1 tsp basil

1 TBSF parsley

$\frac{1}{2}$ tsp garlic salt

1 TBSF Reg. salt

$\frac{1}{2}$ tsp marjoram

$\frac{1}{2}$ tsp rosemary

$\frac{1}{2}$ chopped onion

dash fresh ground pepper



blend

Add meat mixture to above mixture
& simmer $1\frac{1}{2}$ hrs in stainless pot

(no longer or it gets acidic)

this is basic meat sauce for any
station dish - lasagne - meat sauce
etc

BEURRE BLANC SAUCE for fish

1/2 C white wine

2 T white vinegar

2 T water

2 T chopped shallot or green onion

Dark white pepper

Bring to boil, reduce heat. Simmer
uncovered 8-10 min. til reduced

to half (about 1/4 cup). Remove from
heat. With wire whisk stir in

$\frac{1}{2}$ C butter or marg., one
TBSP at a time til butter is
melted. If desired, stir in
1 TBSP sugar chives. Make

$\frac{3}{4}$ Cup

See BA + H Fresh Fish Cookbook
Page 50

Here's what's cookin': Cranberry Sauce Filled Serves:
Recipe from the kitchen of: Pat Hutchinson

Boil 4 cups water (without sugar)
Add 2 lbs. (2 qts) (8 cups) fresh
cranberries - Boil 20 minutes.

Strain berries now

Add 2 cups sugar - 1/2 tsp salt
Boil 5 minutes longer

Add 2-TBSP gelatin pre-soaked
in 1 cup cold water. Chill
whole mixture in a wet
moist or glass dish.



Spice a dish with Love and it pleases every palate. Plautus

Used 12 oz cranberries - Boiled
10 min. Used 1 C each sugar &
water. Added 1 tsp gelatin to
 $\frac{1}{4}$ C water - Soaked & used $\frac{1}{2}$
gelatin mixture to strain
cranberries.

Mrs. Donald A. Keeton

my recipe for: WESSON JIFFY BARB-B-Q

SAUCE



1/2 C. Wesson oil

3/4 C. chopped onion

3/4 C. ketchup

3/4 C. water

1/3 C. lemon juice

3 TBS sugar

3 TBS Worcestershire sauce

2 TBS French's prepared mustard

2 Teaspoons salt

1/2 tsp. dard pepper

Cook onion till soft in Wesson oil.
Add remaining ingredients. Simmer 15 min.
Enough sauce for basting and serving. 2 chicken

Here's what's cookin' Cocktail Sauce
Recipe from the kitchen of for Shrimp

Serves

Combine + chill thoroughly

$\frac{1}{2}$ C chili sauce

$\frac{1}{3}$ C catsup

2-4 Tbsp horseradish

$1\frac{1}{2}$ tsp Worcestershire sauce

For shrimp sauce add

$\frac{1}{4}$ tsp salt, 2 Tbsp lemon juice

black pepper + few drops tobacco



Chile Sauce

- 1 gal. ripe tomatoes
- 1/2 cups chopped white onions
- 1/2 cup " sweet green peppers
- 1/2 cup " sweet red peppers
- 5 tabs. salt, 2 tabs. ginger
- 1/2 cup brown sugar 1 tab. cinnamon
- 1/2 tab. cayenne pepper 1 tab. mustard
- 1 tab. nutmeg (grated) 1 pt. vinegar

Peel tomatoes & onions. Boil all ingredients except vinegar together for 2 hrs. Add vinegar & cook to desired consistency. Pour into sterilized jars and seal.

3561
Culm



my recipe for: BARBEQUE SAUCE

- 1 small bottle catsup
- 6 TBS. Cider Vinegar
- 8 TBS. Sugar
- 2 tsp. Worchestershire Sauce
- 1/8 tsp. cayenne pepper
- 1/8 tsp. paprika
- 2 tsp onion juice

Cook 10 minutes and let stand overnite if possible.

*Betty Crocker

A RECIPE FOR

Teriyaki Steak Sauce

$\frac{1}{2}$ C Soy Sauce

2 Tbsp minced onion

1 clove garlic minced

1 Tbsp sugar

$\frac{1}{8}$ tsp ground ginger

$\frac{1}{4}$ C dry white wine vermouth or beer



Mary West Bend Wok book

Caramel Sauce

1/4 C Butter

1 C Dark Brown Sugar

2/3 C liquid Caramel Syrup

1/2 C whipping cream

Boil butter, sugar, syrup gently
for 8-10 minutes - Let Cool

Stir in cream + until smoothly blended

MARINADE FOR CHICKEN (HUNGRY LION)
Theresa

1/2 c soy sauce

1/2 c sherry

1/8 c wine vinegar

1/4 c sugar

1/2 tsp garlic powder

1 can - 6 oz. - pineapple juice

TERIYAKI MARINADE

THERESA
HUNGRY LION

1/2 CUP SOY SAUCE (LITE)

1/2 CUP SHERRY WINE

1/8 CUP WINE VINEGAR

1/4 CUP SUGAR

1/2 TSP GARLIC POWDER

1 CUP PINEAPPLE JUICE

YIELDS 2 CUPS

LARGE AMOUNTS - PER RESTAURANT

2 CANS - 1 CAN	PINEAPPLE JUICE
5 CUPS - $2\frac{1}{2}$ CUPS	SHERRY WINE
2 CUPS - 1 CUP	WINE VINEGAR
3 CUPS - $1\frac{1}{2}$ CUP	SUGAR
4 TSP - 2 TSP	GARLIC POWDER
1 QT - 1 PT	SOY SAUCE

Hot Chocolate Sauce

- 1 Cup sugar
- 4 TBS P butter (or $\frac{1}{4}$ c)
- 6 TBS P Cocoa
- 1 Cup Cream

Boil ingredients without stirring
7 minutes

Add

1 tsp vanilla



Theresa Hulet

marinade for chickens 25 March

- ~~1 can~~
 - 2 cans pineapple juice
 - 5 cups sherry wine
 - 2 cups wine vinegar
 - 3 cups sugar
 - 4 tsp garlic powder
 - 1 qt soy sauce
- } 1 can pineapple juice
2 cups sugar

- 1 can pineapple juice — 93
- 2 1/2 cups sherry —
- 1 cup wine vinegar — 22
- 1.5 cup sugar
- ~~1~~ 2 tsp garlic powder
- 1 qt soy sauce — 91

$\frac{1}{2}$ @ Soy

$\frac{1}{2}$ @ Sherry

$\frac{1}{8}$ @ wine
vinegar

$\frac{1}{4}$ @ Sugar

$\frac{1}{2}$ tsp garlic
powder

1 @ ~~fruit~~
pineapple
juice

Marinara Sauce

2 cans of tomato puree (29 oz.)
2 cans of water
2t. salt
1 cup chopped onion
2 cloves crushed garlic
1 T. olive oil
10 grinds Black Pepper
1 bay leaves
large bunch of Parsley

Cook onions and garlic in oil till golden. Add Tomato Puree and water. Stir Well. Add Pepper, salt and bay leaves. Bring to a boil-lower and simmer 2 hours.

Spinach Salad

1# washed and "sipped" fresh Spinach
1 clove garlic
1/2 t. salt
1/2 t. grated lemon rind
1/4 ground pepper
1/4 sweet paprika
~~2 T. good quality olive oil~~
2 T. tarragon vinegar
1/2 c. good quality olive oil
2 T. sour cream or cream fraiche
1/2# drained and crumbled bacon
1 sieved hard egg
croutons if desired

Clean spinach, spin in spinner, roll in dry towel, refrigerate. Pulverize garlic with salt. Put garlic, salt, lemon rind, pepper, paprika, vinegar in blender and blend until nicely combined. With pouring opening open, keep machine running and slowly add olive oil and then add the sour cream. Toss the solid ingredients together and then lightly toss with the dressing.

HONEY DIJON MUSTARD SAUCE

2 T distilled vinegar

2 T grated onion

$\frac{1}{2}$ C Honey

6 T Dijon mustard

$\frac{3}{4}$ C low fat mayonnaise

$\frac{2}{3}$ C low fat buttermilk

Cranberries - Jellied (without skin)
2003 Pal Jesatho / ^{Group} Bridget

1 bag cranberries 1 Cup sugar
1 Cup water

Boil berries in water only for 10 min.
Put thru sieve to separate skins
from sauce. NOW add 1 Cup sugar
& bring to a boil. Determine that
sugar is dissolved → That's enough
cooking. Pour into mold & chill.

Mandarin Orange Salad

Magic Pan
Cathy

Mandarin oranges

Bibb lettuce

Green onions

Almonds

Dressing: 3 TBSP sugar, 1 tsp salt
1 tsp dry mustard, $\frac{1}{4}$ tsp white pepper
 $\frac{1}{2}$ tsp onion juice, $\frac{3}{4}$ C salad oil
 $\frac{1}{4}$ C vinegar - field - 1 cup

For Clear Dressing: Combine all ingredients in screw top jar. Cover & Shake
Chill - Shake again before serving

For Creamy Dressing: In small mixer bowl combine first four ingredients; add onion juice. At medium speed beat in oil a little at a time, alternately with vinegar & ending with vinegar.

Pat's Kitchen

From: _____

Recipe for SEASONED RUB FOR BURGERS

Oven: _____

- | | |
|----------------------------|---------------------|
| 1/2 Cup Salt | 2 TBSP Cayenne |
| 1/2 Cup Sugar | 1 TBSP Thyme Leaves |
| 1/4 Cup Brown Sugar | 1 tsp Cumin |
| 1 TBSP Granulated Garlic | 1 tsp Mustard |
| 1 TBSP Granulated Onion | |
| 2 TBSP Paprika | |
| 2 TBSP Chili Powder | |
| 2 TBSP Ground Black Pepper | |

Rub on
both sides of
burger
then grill

Mix all together
Store in sealed jar

Best Chicken Soup Yet 11/21/97

- 6 Cups water
- 1 3-4 lb Perdue Fryer
- 1 medium onion chopped fine
- 2 stalks celery " "
- 1/2 red pepper " "
- 1/2 green pepper " "
- 1 Pkg Mrs Grass Veg Soup Mix
- 6 Tsp chicken bouillon
- 1-2 cups noodles (small size)
- 3/4 C carrots chopped small

Place all but noodles in large
pot. Simmer 1 hr - Remove
chicken & de-bone. Cut in
bite sized pieces. Use 2 cups
for soup - keep some broct
for another recipe. Remove as
much grease from broct as
possible. Cook noodles separately.
Add to soup. lid

Great!

CHICKEN SOUP

MOM

1 large fuyes
2 qts water
1 whole onion
2 carrots
2 stalks celery
2 tsp parsley
1 tsp marjoram

1/2 tsp tarragon
2 cloves garlic
6-8 peppercorns
6-8 chicken bouillon cubes
1 tsp pepper
1 pkg Knorr vegetable soup mix
1/2 pkg cooked noodles

Simmer all but noodles for 2 hrs.
Leave onion whole with skin on. Then

all cooked, remove chicken, ~~strain~~
~~broth~~. Cut onion into pieces. Bone
chicken, cut into bite sized pieces +
return to stock. Cook noodles sep-
arately, strain + add to soup.
Add more more seasoning if
desired.

Add 1 TBSP chili powder at start

Here's what's cookin': 15 Bean Soup

in Ham bone + meat

Recipe from the kitchen of:

Pat Hutchison



1. Wash beans - drain

Pour 7 cups water over beans. Bring to a boil. Add 1 minced onion, 1 clove garlic or equivalent, 1 sliced carrot, 1 small chopped green pepper. Now add ham bone + several slices ham.

Simmer 1 1/2 hrs. Remove ham bone add back chunks of ham in 10 fat.

" 1 can tomatoes (chopped up) (28oz)

" juice of 1/2 to 1 lemon

" seasoning pkt - Simmer another 1/2 hr

15 BEAN SOUP

- 1 lb beans
- 9 or 10 cups water
- 2 tsp salt
- 1 ham hock or 1 lb ham
- 1 cup chopped celery
- 1 cup chopped onion
- 3 Carrots sliced thickly
- 1 or 2 cans (15oz) tomatoes
- 1 lemon (juiced)
- 1/3 cups brown sugar
- seasoning packet from
bean package

Directions

Wash and sort beans.
Discard water. Place
beans in kettle + cover
with water. Bring to
boil - boil one minute.
Turn off burner. Let
stand one hour. Pour
off soaking water.
Add 9-10 cups fresh water.
Ham hock, salt, celery,
onion, carrots. Bring to
boil + simmer 1 1/2 hrs.
Add lemon juice, tomatoes

1/3 cups br. sugar, seasoning package. If
no packet included, use 1 level TBSP
chili powder. Simmer 30 more minutes.
Remove ham + bone. Cut off all fat. Cut
ham into small pieces + return to soup
pot. Excellent w tossed salad, crackers
+ butter.

15 Bean Soup

- 1 lb beans
- 1 onion minced
- 2 cloves garlic or equivalent
- 1 sliced carrot
- 1 small chopped green pepper
- 2 TBSP olive oil
- 1 large can Tomatoes
- 1/2 lemon - juiced
- 1 large ham bone
- 2-3 TBSP chili powder
- Honey Baked Beet
- 1/2 Cup Brown sugar
- 1 TBSP salt

Soak beans in 2 qt water by bringing
to boil. Simmer 15 minutes. Let
stand one hour. Drain water &
add 7-8 cups fresh water, onion, garlic
green pepper, carrots & ham. Simmer
1-1½ hrs. Add tomatoes, brown sugar
chili powder, salt, juice of lemon &
simmer another 15 minutes. Remove
ham bone, cut up ham into bite-sized
pieces and return them to soup.
Adjust seasonings. Probably needs more.

* MRS KRAMER'S BEEF STEW

TOM'S FAVORITE

2 LBS BEEF STEW MEAT (OR ROUND STEAK)

DREDGE MEAT WITH

PRE-MIXED

2 HEADING TBSP PAPRIKA

1 TSP SALT

1/2 TSP COARSE BLACK PEPPER

4 TBSP FLOUR

BROWN SEASONED MEAT IN HOT OIL.

MINCE 2 MEDIUM ONIONS + SAUTE IN LITTLE OIL.

DISSOLVE 6 BEEF BULLION CUBES IN 2 CUPS WATER. →

FOR 1 TO 1 1/2 HR FOR REGULAR POT
SIMMER, SEASONED, BROWNED MEAT
WITH ONIONS, BOUILLON. ADD ABOUT
1 TSP GARLIC POWDER. ADD ABOUT 6
DASHES TOBACCO SAUCE. ADD 4 TBSP
WORCESTERSHIRE SAUCE. SIMMER 1 HR
(MORE PREFERRED). THEN:
ADD 1 1/2 CUPS PEAS (SLIGHTLY COOKED).
ADD 4 CARROTS - COOKED, SLICED PRESWEETENED
ADD 2 CANS PRE-COOKED SLICED OR SMALL
WHOLE POTATOES. CAN USE PRE-COOKED
FRESH CUT UP POTATOES -
ADD MUSHROOMS IF DESIRED
COOK ANOTHER 1/2 HOUR

COOK 40 MIN IN PRESSURE COOKER
OR LESS

Split Pea Soup

Kay

- 4 thickened bouillon cubes
- 2 cups split peas (1 lb.) (need not soak)
- 8 cups water
- 1-2 lbs. ham hocks or bones
- 2 clove garlic (finely chopped)
- 1 grated onion (medium)
- 7 stalk chopped celery
- salt + pepper (try 2 tsp salt
1/4 to 1/2 tsp pepper)
- 1 tsp thyme
- 1 tsp oregano leaves

1 tsp Rosemary
2 carrots chopped
or sliced finely

Combine all ingredients. Heat

to boil & reduce heat and simmer
for 1 hour, 15 min. or very soft.

This is a thick ^{hearty} soup, I like
a good peppery taste &

If no Honey Baked Ham bone available
use $\frac{1}{4}$ to $\frac{1}{2}$ lb baked Ham from deli
and cut into tiny pieces. Add 2 Tbsp
brown sugar. To top or use pepper



French Onion Soup - Nancy

Serves 8

5 lbs onions, peeled

4 Tbsp unsalted butter

10 cups beef, turkey or chicken broth

1 bouquet garni: 3 Thyme sprigs - fresh

3 parsley sprigs + 1 bay leaf salt + pepper

2 cups freshly grated Swiss Gruyere about 1/2 lb

8 thick slices french bread cubed + toasted

Slice onions as finely as possible. Melt butter in Dutch oven. Add them stir after til

they brown (med heat) about 40 min. when

they brown add 1/2 C broth + turn heat to high

til broth evaporates - continue til ~~2~~ 2 C

broth has been used. Add remainder

of broth + simmer 15 minutes
✓ and bouquet garni

Be sure to scrape pan so caramelized
juices dissolve in soup. Season to
taste + remove bouquet garni.

Preheat oven to 400°. Ladle soup into
deep bowls. Sprinkle 1/2 cheese on top
then bread cubes. Then add remaining
cheese. Put bowls on sheet pan + bake
til cheese bubbles + browns - About 10 min.

Can also add sherry when you've added lot
of the broth - adds sweetness + complexity.
Can use other cheeses i.e. Comenbert or
such.



Here's what's cookin':

FRENCH OVEN STEW

Recipe from the
kitchen of:

Serves: 8-10

3 LBS STEW MEAT

3 LARGE CARROTS SLICED

1 (16 OZ) JAR SMALL PEARL ONIONS

1-2 (16 OZ) CANS SMALL POTATOES

1 (14-16 OZ) CAN STEWED TOMATOES

1/2 CAN BEEF CONSOMME

1 GREEN PEPPER CHOPPED

1 (4 OZ) CAN MUSHROOMS

4 TBSP MINUTE TAPIOCA

1/2 C WHITE WINE OR BOURBON

1 Tbsp BROWN SUGAR

1/2 C PRADIGURBS

SALT + PEPPER

MIX ALL INGREDIENTS. PLACE IN
HEAVY ROASTER W/ LID. BAKE AT
250°. STIR AFTER 4 HOURS. TOTAL
BAKING TIME 6-7 HRS

French Onion Soup

- 2 giant yellow onions
- 1 red onion
- 1 stick margarine or butter
- 1 tsp paprika
- 1½ Tbsp cornstarch
- 1 tsp pepper
- no salt
- 4 Tbsp beef bouillon (instant) *(or chicken)*
- 1 lb sliced swiss cheese
- 1 - 12" loaf french bread
- 1 Cup dry white wine
- oven proof soup bowls

Slice onions into circles about $\frac{1}{4}$ " thick. Make a cut through the radius of the circle so that you will have long strips of onion when cooked. Saute onions in margarine until soft and clear. Add mixture of paprika, pepper and cornstarch to thicken a little. While onions are sauteeing dissolve bouillon in 2 qts. water. When onions are ready combine two mixtures and add $\frac{1}{2}$ cup white wine. Simmer for 2 hours or more (crock pot is ideal if you have one) Longer simmering improves flavor. After simmering is finished add another $\frac{1}{2}$ cup wine and give it another 5 - 10 minutes.

FRENCH ONION SOUP

2

Cut french bread into 1" thick slices. Dry out completely on cookie sheet in oven while broth is simmering.

When soup is ready pour into bowls. Completely cover surface of soup with french bread. Smother with whole slices of swiss cheese cut to shape of bowl so that it does not sink. Bake in 350° oven for about 15 minutes or until cheese is melted and bubbly but not burned.

A RECIPE FOR POTATGE SOUP

6 Med. Potatoes

2 Carrots

1 onion

2 T butter

1 Bay Leaf

4 C stock or broth

1 C. Cream or milk

Saute onions

Next all vegetables

& bay leaf in broth

til tender. Puree

in blender. Add

cream +

seasonings

to taste



A RECIPE FOR

Mrs Kramer's Stew

2 lbs beef stew (round steak)

Dredge with

4 T flour, dash salt, 1 tsp pepper

1 Tbsp paprika

Brown dredged meat and add

2 Tbsp Worcestershire sauce

4 Sacks Tobacco sauce

4 tsp bouillon + 2 C water

Add sliced carrots, potatoes

peas, onions & simmer

for 1 1/2 hrs (approximately)



Here's what's cookin': CHICKEN SOUP Serves:

Recipe from the kitchen of:

1 whole chicken

1/4 tsp thyme

1/2 tsp basil

1 1/2 onions to cook in each side

1 tsp marjoram

1 tsp tarragon

6-8 cups water

9 bouillon cubes

3 stalks celery

1 tsp coarse pepper

When you spread the table
contentions will cease.

Israeli Proverb

add
1/2 tsp
of
Cordon
rouge
Bouillon
Chicken
Bouillon
Cubes
Cooked
Doritos

AFTER
Cook
2 cups
of
chicken
broth



VEGETABLE SOUP

Mom's

- 1-2 lbs lean beef stew 1/2 tsp pepper
6 Cups water 2 TBSP sugar
1 chopped onion 1 Can 6-8oz tomato sauce
1/2 jar beef bouillon granules (3 cubes)
1 Can tomatoes chopped
2 pkgs vegetable soup mix (Frozen veggie)

2 carrots - ~~chopped~~ sliced
2 ribs celery - chopped



For added zest add 2 TBS P

McCormick Grill Mate -

Montreal Steak seasoning



Here's what's cookin':

BEEF VEGETABLE Soup

Recipe from the Kitchen of:

PAT HUTCHISON

1-2 lbs chuck roast
or lean beef stew meat

6 Cups water - 2 carrots - 2 ribs celery

1 whole onion (whole clove inserted in
each end - leave onion skin on)

1/2 tsp coarse black pepper

2 TBSA sugar

8 beef bouillon cubes or 8 tsp granulated

1 large can tomatoes chopped

1 small can tomato sauce (if you like)

1 pkg (16oz) frozen "vegetable for soup"
onion, carrot, celery +

Place water, meat & seasonings in
stock pot. Cover, bring to boil and
simmer 2 hours. Remove from stove
~~strain~~ strain broth & remove. Remove
meat to platter & break apart or shred. Cut
onion (after discarding clove) into bits.

Carrots & celery too if you like. Return to
broth. Add to potatoes & sauce. Defrost
frozen "vegetable for soup" & add to mixture.
Bring to boil & simmer til veggies are done
(about 15-20 min). Taste & adjust seasonings.



NOTE: No salt needed as bouillon supplies this.

For added zest add 2 Tbsp
McCormick Hill Mates Montreal
Steak seasoning

Theresa's Easy Chili

- 1 1/2 lbs ground beef
- 1 can diced tomatoes w green chiles
- 2 cans stewed tomatoes
- 2 tsp chili powder
- 1 onion chopped
- 1 stalk celery sliced
- 1 or 2 cans black beans

Hard! Adjust seasoning



Chicken Tortilla Soup

- 3-14oz containers of chicken broth
fresh or canned
- 1 pint marjoram
- 3 pinches thyme
- 1 pkg Taco seasoning mix
- 1 16oz jar mild $\frac{1}{2}$ southwest
salsa (black bean + corn salsa)
- 1 lb or so of chicken breast tenders
(uncooked)

Put all but cheese + tortilla
chips in crockpot + cook
3 hours on high or 4-5 hrs
on medium. Shred chicken
and add back to soup.

Serve with tortilla chips
and add shredded ~~cheese~~
~~to~~ mozzarella cheese on
top.

3 - 14oz containers of chicken
broth - fresh or canned

1 pinch marjoram

3 pinches thyme

1 pkg ~~tooth~~ seasoning mix

1 16oz jar mild southwest
salsa (black bean + corn salsa)

1 lb or so of breast of chicken
tenders (raw)

Baked tortilla chips

Shredded mozzarella cheese
to sprinkle on top of soup
when serving

Serve with tortilla chips

Put all but ~~chips~~ cheese +
tortilla chips in crockpot +
cook 3 hrs on high or 4-5 hrs
on medium

Remove chicken when cooked. Stir in and back to soup.

Pat's Kitchen

From:

Recipe for: CHICKEN NOODLE SOUP

Serves:

Oven:

2 Cups chicken broth + 2 Cups water

1/2 onion : chopped

1/2 green pepper : chopped

1/2 red pepper : chopped

1 carrot : chopped

2 skinless, boneless chicken breast halves

2 pkgs Lytons Chicken Noodle Soup Mix

Summer chicken, veggies

in the 2 cups broth + 2 cups water
for 1-~~1/2~~ hrs. Add another 2 cups
water. Remove chicken - cut up
into pieces - Add back to liquid.
Add the 2 pkg noodle soup mix.
Simmer another 15-20 minutes.
Add more seasoning if needed.

Yields about 6 cups soup
Very Hearty A good
addition for
seasoning is
"McCormick's
Grill Master
Montreal Chicken"
a few
teaspoons

A note from ...

Mrs. Patricia Hutchison

6 C water

2 breasts ^{chicken}

1 onion

1 carrot

peppers

3 tsp Moulred — Chicken

No Salt

chicken
Noelle
Jessie
Gang

12-03

Vegetable Soup

- 2 lbs chuck roast
- 4 cups water
- 5 tsp beef bouillon
- 1 tsp onion granules
- 3/4 tsp black pepper
- 1 tsp basil
- 3 stalks celery chopped
- 1 whole onion chopped
- 2 cans stewed tomatoes crushed

2 16oz pkgs
Herbceft Frozen
Vegetables

Summer roset in 4 cups water
celery, onion, basil
onion granules, pepper &
basil for 30 min.

Pre-cook vegetables in micro-
wave. Remove meat from
liquid & separate in fork. Add
back to water (broth) add tomato.
Add cooked veggies at this point.
Adjust seasoning to taste.

Stoppys Joe Sauce for about 1 lb meat

1 TBSP butter ←

1 chopped onion sauteed in

1/2 tsp pepper

4 tsp sugar

1 tsp mustard dry or prepared

4 tsp worcestershire sauce

1 tsp paprika

1/2 C ketchup

1/4 C vinegar 1/2 C water

increase
liquid
if necessary

Mary Parker


NO PEEK STEW

2 lbs. boneless sirloin or chuck - cubed
1 can cream of mushroom soup (undiluted)
1 can mushrooms
1 envelope dry onion soup mix
1/2 cup wine

Mix all ingredients in casserole & cover tightly.
Place in oven at 350 degrees for 3 hours. Don't
peek. Can be doubled. Add a little water if you
find it's too dry.

Here's what's cookin' PASTINA IN BRODO
Recipe from the kitchen of Mrs. Watters

Serves _____

- 
- 6 C boiling water
3/4 C Pastine noodles
2 - 3 TBSP. chicken base boullion

Slowly boil the noodles in broth
for 5 - 10 min. Add pinch of
parsley forgarnish.

ASPARAGUS BISQUE

Yield: 6 (3/4 cup) servings
Calories: 25 per serving

- 1 lb fresh asparagus
- 1/2 large onion, chopped
- 1 cup chopped celery
- 2 cups chicken stock
- 1/4 tsp. dried morjoram, crushed,
using motar & pestle
- 1/8 tsp salt (omit if stock salted)
- Dash white pepper
- 1/4 cup plain low fat yogurt

Combine all except yogurt & bring to boil. Simmer for 10 minutes. Put mixture in blender til smooth. Serve hot or cold. Y

Here's what's cookin': Chicken Soup
Recipe from the kitchen of: Pat Hutchins



- 1 large fryer
- 2 qts water
- 1 whole onion with clove inserted
- 2 Carrots & 2 stalks celery. 2 tsp parsley.
- 1 tsp marjoram. 1 tsp tarragon
- 2 cloves garlic crushed. 6-8 peppercorns.
- 1 TBSP salt. 1 Pkg vegetable soup mix
- 1 tag pepper. 1 jar instant chicken bouillon
- 1/2 pkg ~~egg~~ cooked noodles - any type.

Simmer all but noodles for 2 hrs or ~~more~~. Juice onion whole with skin on. When cooked, remove chicken from pot. Strain soup. Return stock to original pot. Add the onion & carrot back with stock after chopping into pieces. Bone chicken's skin. Return to pot in bite size pieces. Cook noodles & rinse. Add to soup. Add more seasoning if desired. Very Tasty!

To extend meal, add 1 can broth or 1 package dry chicken broth. Add another packet of instant noodle - 1/2 with tag soup mix.



Potato Soup.

6-8 potatoes (peeled and diced)

2-4 strips bacon

1 cup celery (chopped)

4 chicken bouillon cubes

milk

salt & pepper

Parsoy flakes.

Boil potatoes until done and drain

off most of the water. Cut bacon

into small pieces and fry w/ celery

until bacon is done. Add bacon,
celery and drippings to potatoes.
Add milk (to cover veggies. and
bacon) bring to near boil and
add bouillon cubes. Salt and
pepper to taste, simmer ~ 10min
May garnish w/ parsley flakes.

Five

CHICKEN SOUP

PAT HUTCHISON

- 6 Cups Water
- 1 - 3 to 4 lb Boneless Chicken (Peyer)
- 1 - medium onion chopped fine
- 2 - stalk celery " "
- 1/2 - red pepper " "
- 1/2 - green pepper " "
- 1 - Phy Mrs Grace Veg Soup mix
- 6 - Tsp chicken bouillon (or cubes)
- 1 1/2 cups small size noodles.
- 3/4 Cup carrots chopped small

Place all but noodles in stock
pot. Simmer 1 hr - Remove



Chicken + skin + de-bone. Cut in
bite sized pieces. Use about 2 cups
for soup - Reserve some breast for
another recipe - i.e. - chicken a la King
or chicken salad. Strain broth + remove
fat. Return veggies + meat to broth.
Cook noodles separately. Strain + add
to soup (using your judgement on
amount)

Black beans for brisket side dish

2 cans drained black beans (15 oz)

1 med onion chopped

2 cloves garlic minced

1 jalapeno pepper minced

1 T chilli powder

1 t cumin

1 T olive oil

1-16 oz diced tomatoes

1 t oregano

1/4 t salt

1/2 green pepper, chopped

hot pepper sauce

In a blender chop onion, garlic, peppers
and then saute in oil in a pot. Add
drained beans and undrained
tomatoes + all other ingredients.

Simmer 15 mins. Before serving
sprinkle in chopped fresh cilantro
and 2 T lemon juice.

May be
double
for crowd.

Memo from

Stephanie C. Bartell ~~Ministry~~

Broccoli Casserole

1 cup chopped onion

6 T butter

3 pkg. frozen chopped broccoli

2 T flour

1/2 cup water

2 jars Kraft Old English cheese

3 eggs

buttered cracker crumbs

Saute onion in butter. Meanwhile cook broccoli until barely tender. Drain broccoli well. Add onion, flour, water & cheese. Mix until blended. Beat 3 eggs. Fold into mixture. Put in 2 qt. casserole dish & sprinkle with cracker crumbs. Cook for 1 hr. in 350 oven uncovered. Serves 8 (can be made the day in advance)

Broccoli Rice Dish

Kay

2 pkgs frozen broccoli (chopped) cooked
or equivalent in fresh of course

1 can cream of chicken soup

1 small jar cheese whiz (8 oz.)

1 small can water chestnuts (sliced)

1 cup (measured before cooking) minute rice
cook ahead

Salt + Pepper to Taste

Heat
together

Mix together + top with buttered
bread crumbs,

Bake in ~~oven~~ uncovered
casserole at 350° 25 to 30 min.

Here's what's cookin'

C ARROTS LYONNAISE

Serves 6

Recipe from the kitchen of Fat Hutchison
1 lb. (6 medium) carrots

both
sides

1 chicken bullion cube dissolved
in one-half cup boiling water



$\frac{1}{2}$ cup butter or margarine
3 medium onions, sliced
1 Tbsp. all-purpose flour
 $\frac{1}{4}$ tsp. salt
Dash pepper
 $\frac{3}{4}$ cup water

Pare carrots and cut into julienne
strips. Cook carrots in bullion, co-

- vered

(over)

for 10 minutes. Melt butter; add onions and ~~see~~
cook, covered 15 minutes, stirring occasionally.
Stir in next 4 ingredients; bring to boiling.
Add carrots and stock; simmer uncovered, 10
minutes. Add pinch of sugar

GOOD EATING!

Here's what's cookin' Creamed Onions

Serves 6-8

Recipe from the kitchen of Betty Crocker (Pat Hutchison)

18 to 20 medium onions

1/3 cup salad oil

3 Tbsp. all-purpose flour

1 1/2 cups milk

1 cup shredded process American

Cheese

peanuts chopped



Peel onions and cook in a large amount of boiling salted water until

tender; drain. In a large saucepan, blend salad oil and flour; stir in milk and cook slowly until mixture thickens, stirring ~~continuously~~ constantly.

Add the shredded cheese and stir until melted. Add drained onions and heat through. Place in vegetable bowl and sprinkle with chopped peanuts.

(These onions are both an individual and extra delicious vegetable dish with a coat of velvet-smooth cheese sauce studded with crunchy peanuts!)



my recipe for: Creamed Spinach
Serves 4

1 pkg frozen chopped spinach
1 can condensed cr. of mushroom

2 TBS Sherry

French Fried onion rings

Prepare frozen spinach with as little water as possible (preferably none)

Add cr. of mushroom soup condensed

and 2 Tbl cooking cherry. Sprinkle
french fried onion ring on top +
bake 20 min in 375° oven.

Mary Kuffel
CREOLE GREEN BEANS

6 slices bacon, diced

2 Tbsp. flour

1/2 tsp. salt

16 oz. can tomatoes, slightly drained

3/4 c. chopped onion

2 Tbsp. brown sugar

1/8 tsp. dry mustard

16 oz. can green beans

1/2 c. chopped green pepper

1 Tbsp. worchestershire sauce

1/4 tsp. pepper

Cook bacon. Cook onion and green pepper in bacon drippings. Blend in the flour, brown sugar, worchestershire sauce, dry mustard, salt and pepper. Add the tomatoes and beans. Heat thoroughly.

GARLIC + SHALLOTS

Preheat oven to 350°. Don't remove paper skins unless they're loose. Toss w olive oil
Bake 30 min for shallot and 60 min for garlic. Stir occasionally. They'll slip right out of their skins.

GREEN BEANS

Preheat oven to 450°. Spread washed, dried green beans on baking sheet. Drizzle w olive oil. Sprinkle w black pepper. Bake 15-20 min. Sprinkle w salt.

Bake 1/2 hr

CARROTS Oven to 400°. Use skinning carrots or cut lengthwise. Peel & dry. Toss w olive oil. Sprinkle black pepper.

Green Bean Casserole

Prep Time: 10 min. Cook Time: 30 min.

- 1 can (10³/₄ oz.) CAMPBELL'S®
Condensed Cream of Mushroom Soup or
98% Fat Free Cream of Mushroom Soup**
- 1/2 cup milk**
- 1 tsp. soy sauce**
- Dash pepper**
- 4 cups cooked cut green beans**
- 1 1/3 cups FRENCH'S® French Fried Onions**

1. In 1 1/2-qt. casserole mix soup, milk, soy, pepper, beans and ²/₃ cup onions.
2. Bake at 350°F. 25 min. or until hot.
3. Stir. Sprinkle remaining ²/₃ cup onions over bean mixture. Bake 5 min. or until onions are golden.

Makes 6 servings.



GREEN BEAN CASSEROLE

SERVES:6-8

2-10 oz. pkg. fro. french cut
green beans

1 can cr. mushroom soup

$\frac{1}{4}$ Tsp. dry mustard

$\frac{1}{4}$ Tsp. thyme

1- $3\frac{1}{2}$ oz. can french fried onions

Cook beand till BARELY tender. Drain. Combine soup, all seasonings, milk, water chestnuts & beans. Pour into shallow casserole. Sprinkle cheese over top. Bake at 350 D. for 20 min. Top with onions and bake 10 min. more.

$\frac{1}{4}$ Tsp. seasoned salt

$\frac{1}{2}$ C. milk

$\frac{1}{2}$ 6 oz. can water chestnuts
drained & sliced

$\frac{1}{2}$ C. shredded cheddar

Pat H

GREEN BEAN CASSEROLE DELUXE

- 2 (16 oz.) packages frozen french-cut green beans, thawed and drained
- 1 (10-3/4 oz.) can condensed cream of mushroom soup
- 3/4 cup of milk
- 1 (2.8 oz.) can french fried onion rings, divided
- 1 (3 oz.) jar **HORMEL**[®] Real Bacon Bits, divided
- 1/8 teaspoon pepper

Heat oven to 350°F. In bowl, combine beans, soup, milk, 1/2 can onions, 1/2 jar **HORMEL**[®] Real Bacon Bits and pepper; pour into 1-1/2 quart casserole. Bake 30 minutes. Top with remaining onions and bacon bits. Bake 5 minutes longer. Serves 6.



ORIGINAL GREEN BEAN CASSEROLE

Serves 6

- 1 Can cream of mushroom soup
- 1/2 Cup milk
- 1 Tsp soy sauce
- Dash pepper
- 4 Cups cooked green beans
- 1 Can French's French Fried Onions

- ① In 1 1/2 qt casserole mix soup, milk, soy, beans + 1/2 french fried onions
- ② Bake at 350° 20-25 minutes
- ③ Stir. Sprinkle remaining onions over bean mixture. Bake 5 minutes.

ORIGINAL GREEN BEAN CASSEROLE

- 2 Cans (16oz) cut green beans, drained
- OR 1lb or more cooked frozen green beans
- $\frac{1}{2}$ C milk - $\frac{1}{8}$ - $\frac{1}{4}$ tsp coarse ground pepper
- 1 Can condensed cream of mushroom soup
- 1 Can Durkee's French Fried Onions (2.8oz)

Combine cooked beans, milk, soup, pepper + $\frac{1}{2}$ french fried onions in casserole. Bake uncovered 30 min at 350°. Top w/ remaining onions & bake 5 min more.

Here's what's cookin' *Green Beans Almond* Serves 4
Recipe from the kitchen of *Pat Hutchinson*

Cook $\frac{1}{4}$ C sliced almonds
in $\frac{1}{4}$ C butter or marg.
over low heat till golden
stir occasionally. Remove
from heat; add $\frac{1}{4}$ tsp salt
and 1-2 tsp lemon juice

Pour over 2 C hot, cooked, drained
French-style green beans. Make 4
servings



RAIATOUXLE

medium zucchini (2) sliced
green (red) pepper (2) sliced
mushrooms (1/2 #) sliced
eggplant - medium sliced
1 lb onion sliced + sautéed
+ oil etc
6 med tomatoes fresh skin removed

Oil in skillet. fry mushrooms
1st till done add onions
green peppers, zucchini,
eggplant. Cook till begin
to soften + form some sort of
pasty - add tomatoes +
cook till nice pasty is
formed. DO NOT ADD WATER.

Serve over rice.

RED PEPPERS ROASTED

Heat to broil. Place peppers on baking sheet close to flame. Allow skin to blacken. Turn as needed. Remove from oven. Place in brown bag to steam. When cool, remove core & seeds & peel but don't wash them. Slice into wide strips. Use in salads sandwiches & pizza. A bowlful mixed w/ garlic, minced parsley, olive

oil + black pepper served in New
Bread + baked cheese are good
w/ glass of wine.

SPINACH CASSEROLE

- from chef at Shofar* *Mary Ruppel*
- 1 - 10 oz. pkg. frozen chopped spinach, thawed and WELL DRAINED
 - 1 lb. sm. curd cottage cheese
 - 1/2 lb. Velveeta cheese, cubed
 - 1/2 stick butter or margarine, cubed
 - 4 eggs, beaten
 - 4 Tbsp. flour
 - pepper & garlic salt to taste

Combine all. Pour into greased casserole dish. Bake uncovered 1 hour in 350 oven.

10-12 servings

Favorite Recipe for:

From the Kitchen of:

Cheesy Baked Potatoes
Betty Bubenholzer

- 1 bag frozen hash browns
- 1 8 $\frac{1}{2}$ -oz. carton sour cream
- $\frac{1}{2}$ stick margarine
- 1 can cream of chicken soup
- 2 Tablespoons Onion bits
- 2 Cups (about 8 oz.) grated American cheese
- Salt + Pepper to taste

Combine frozen hash browns with

Makes:



salt + pepper. Add onion Lids, Cream of Chicken
soup, sour Cream + grated Cheese. Blend
ingredients very thoroughly. Pour into greased
3-4 quart Casserole. Bake at 350° for 1-1½
hours. Serves 16.

Corn flake Crumb topping (optional)

2 cups crushed Corn flakes

½ cup melted butter mixed with crumbs

(I use crushed potato chips
instead)



Here's what's cookin': CASSEROLE
GREEN BEAN

Recipe from the kitchen of: _____

1 lb Thawed
frozen green beans
 $\frac{1}{2}$ Cup milk

1 Can Cream of Mushroom Soup
1 Tsp Soy Sauce
 $\frac{1}{2}$ Can french fried onions on bottom
of casserole + $\frac{1}{2}$ Can on top

Bake at 350° for 25 minutes

Pat Ceron

Serves



my recipe for Potatoes (6-8)

1 Potato / Person (pared or unpared)

$\frac{1}{4}$ lb melted butter

1 envelope onion soup

Pepper, some, salt (onion soup salty)

Alternate in layers in greased 9×9 pan

425° oven for 30 min, covered —

10 min uncovered

Garlic Mashed Potatoes - Marilyn
Jordan


1 box for 16 serving Potatoe Buds

8 oz cream cheese

8 oz sour cream

2 TBSP garlic powder

Paprika



Mary's
Version

16 potatoes
Low fat milk as needed
6 oz cream cheese
 $\frac{3}{4}$ stick butter
or
(8 oz yogurt instead of
butter)

salt

1-TBSP garlic powder

ROSEMARY POTATOES

~~French~~
Branch

FROM: The "Summer Book"

Preheat oven to 400°. Brush
baking sheet w olive oil. Cut small
red potatoes in halves or large ones
in pieces. Dip cut surfaces into
mixture of fresh rosemary leaves,
salt + cracked pepper. Lay face down
on baking sheet. Brush w olive
oil + bake til brown - 30 min.
For more spice, use ~~coarse~~ seasoning
salt

Ste Michele Scalloped Potatoes

3-4 large potatoes

1/2 cup thinly sliced scallions (include
tops)

1 6oz package Gruyere Cheese, grated

1 tsp salt

1/4 tsp white pepper

1/2 tsp minced garlic

1/4 cup butter or margarine

1/3 cup light cream

Preheat oven to 400°. Peel potatoes

+ slice 1/8" thick, letting them drop into

cold water. Drain & pat dry on
paper toweling. Layer $\frac{1}{3}$ of the potatoes
in buttered $1\frac{1}{2}$ qt au gratin dish or
shallow casserole. Add $\frac{1}{2}$ the scallions
& cheese & sprinkle w/ $\frac{1}{3}$ of the salt,
pepper & garlic. Dot w/ $\frac{1}{3}$ of the butter.
Add second layer of potatoes, scallions &
cheese & season as before. Top w/ remaining
potatoes, seasonings & butter. Pour cream
over all & bake, uncovered $\frac{1}{2}$ hour.
Reduce oven to 350° & bake 20-25 min
more til crusty golden

375 calories

Ste Michele Scalloped Potatoes

Double Day Cookbook Pat Hutchison

3-4 large potatoes

1/2 Cup thinly sliced scallions (include tops)

1-6oz pkg Gruyere cheese, grated

1 tsp. salt

1/4 tsp white pepper

1/2 tsp minced garlic

1/4 Cup butter or margarine

1/3 Cup lite cream

Preheat oven to 400°. Peel potatoes
+ slice 1/8" thick, letting them drop into

Makes
4 generous
servings

Cold water. Drain + pat dry on paper
towelings. Layer $\frac{1}{3}$ of the potatoes in
battered $1\frac{1}{2}$ qt au gratin dish or
shallow casserole. Add $\frac{1}{2}$ the scallions
+ cheese + sprinkle w $\frac{1}{3}$ of the salt
pepper + garlic mixture. Dot w $\frac{1}{3}$ of the
butter. Add second layer of potatoes,
scallions + cheese + season as before.
Top w remaining potatoes, seasonings
+ butter. Pour cream over all + bake,
uncovered $\frac{1}{2}$ hr. Reduce oven to 350°
+ bake 20-25 min. more til crusty
golden 375^{ply serving}
Chlorine

Ste. Michele Scalloped Potatoes

3-4 large potatoes

1/2 Cup thinly sliced scallions (include tops)

1 - 6oz pkg Gruyère cheese, grated

1 tsp salt

1/4 tsp white pepper

1/2 tsp minced garlic

1/4 cup butter or margarine

1/3 Cup light cream

Preheat oven to 400°. Peel potatoes

& slice 1/8" thick, letting them drop into

cold water. Roast & pat dry on paper
towel. Layer $\frac{1}{3}$ of the potatoes in
buttered $1\frac{1}{2}$ qt au gratin dish or
shallow casserole. Add $\frac{1}{2}$ the scallions
& cheese & sprinkle w/ $\frac{1}{3}$ of the salt, pepper
& garlic. Dot w/ $\frac{1}{3}$ of the butter. Add
second layer of potatoes, scallions &
cheese & season as before. Top w/ remaining
potatoes, scallions & butter. Pour cream
over all. Bake, uncovered $\frac{1}{2}$ hr. Reduce
oven to 350° & bake 20-25 min more
till crusty golden. per serv
375 calories

"Twice Baked" Mashed Potatoes

Potatoes

Phily. cream cheese

Onion salt

Butter and cream

Mash potatoes using less butter and cream than you usually would. Beat in 1 or 2 8oz pkg. cream cheese and onion salt to taste. Place in casserole dish

cover and bake 350° ~ 30 min.
This may be done a day ahead
and baked before serving.

Five

cook 35 min
Cook a few minutes & cut out desired
size.

Ambrosia
broccoli
green beans
cranberries

Prep & cook only 25 minutes
if you freeze it. Take out of freezer early
in day & heat in oven
15 minutes. Do not slice
before freezing. Serve a good
size amount for an appetizer
or for you.

1/2 stick marg

3 eggs

1 c flour

1 lb grated cheddar
3/4 lb.

4 c fresh uncooked spinach

1 c milk

1 t salt

1 t baking powder

Chop spinach + grate cheddar.
melt marg into 9x13 pan
350° oven. Beat eggs, add
flour, milk, salt, baking
powder. Mix well add
spinach + cheddar - mix again


Patt mix 13x9 pan + melted marg

SPINACH SOUFFLE

Jan Janess

- 1 10 oz. pkg. frozen chopped spinach , thawed
and drained.
- 4 beaten eggs
- 1/4 lb. butter or marj.
- 8 oz. brick cheese (torn in pieces)
- 8 oz. cream cheese
- garlic salt or onion powder or both

Beat eggs, butter & cream cheese. Mix in
spinach and brick cheese with a spoon.
Sprinkle with garlic salt. Bake at 350°
for 45 - 50 min.



Here's what's cookin': String Bean Casserole

Recipe from the kitchen of: Barb Rogan

(Preheat 400°.) 2 pkg frozen
French style string beans,

2 TBS OLEO, 2 TBS flour,

1 TSP. SALT, $\frac{1}{4}$ TSP pepper,

1 TSP sugar, dash garlic salt,

1 onion grated, $\frac{1}{2}$ pt sour cream

$\frac{1}{2}$ lb Swiss cheese grated,

Chives 1 cup cheddar grated, 3 cups

corn flakes, crushed, 2 TBS melted

oleo.

Series 8

Cook & drain beans. Combine flour, salt,
pepper, sugar, sour cream, grated
onion & garlic salt in sauce pan &
cook until thickened. Mix sauce
with beans & pour into buttered casserole.
Cover with mixture of grated cheeses.
Top with crushed flakes &
melted butter.

Bake 20 minutes - until bubbly.



4-6

my recipe for: String Beans in Sour Cream
and Tomato Sauce

1 lb fresh beans trimmed

4 TBSP butter

2 cups thinly sliced onions

1 small green pepper cut into $\frac{1}{2}$ inch pieces

3 medium tomatoes, peeled, seeded & coarsely
chopped

1 TBSP finely chopped sweet fresh basil or
substitute $1\frac{1}{2}$ tsp dried crumbled basil

1 egg - 1 cup Sour Cream - 1 tsp salt - pepper

Drop string beans in boiling water - 3 qts salted
handful at a time. Cook uncovered 8-10 minutes -
tender but not soft. - Drain beans, wash them
under cold running water.

Melt butter in skillet - Add onions and green
pepper lower heat & cook 5-8 minutes til tender.
Stir in tomatoes & basil, raise heat to high & boil
rapidly for 1 and minutes til most of juices are evap-
orated. Stir in green beans & simmer 1-2 minutes
til heated through.

Beat together the egg, sour cream, salt &
a few granules of black pepper. taste for seasoning
& stir into vegetable. Transfer to serving bowl
& serve it once.

VEGATABLE ROLLUPS

1-8oz softened Cream Cheese

1- pkg dry onion mix

1- Carrot (med) shredded

3- green onions, chopped

Dash Tabasco Sauce

4-5 flour tortillas

Mix all ingredients + spread $\frac{1}{4}$ C
on a tortilla. Roll up, place seam
side down in pan til chilled + slice

Walnut Broccoli Mary Ann Smith

Cook until tender 3 pkgs frozen chopped broccoli. Drain & place in buttered casserole. Melt $\frac{1}{4}$ C butter. Take from heat & blend in 4 TBSP cornstarch & $1\frac{1}{2}$ tsp bouillon (dried). Gradually add 2 C milk. Return to heat & cook until smooth. Pour over broccoli. Heat $\frac{2}{3}$ C water & 6 TBSP butter. When butter melts, add $\frac{2}{3}$ pkg herb stuffing mix & $\frac{2}{3}$ C chopped walnuts. Top

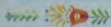
broccoli w stuffing mixture.

Refrigerate if desired. To serve
bake at 400° for 20-30 minutes.

How's what's what's
Wild Rice
Casserole



Recipe from the
kitchen of



8 oz of Wild Rice

1/2 lb. Bacon fried crisp

1 cup chopped celery

1 cup chopped onion

1/2 green pepper, chopped

1 t. salt

1/2 t. pepper

Saute celery, onion, green
pepper & seasonings in butter
till tender.

Mix cooked rice & vegetables.
Add 1 cup chicken bouillon,
and 1 cup cream of mushroom
soup, plus 1 can of mushrooms.

Can be prepared ahead of
time and kept in refrigerator



Several days before serving.
Heat in 350° oven for 1 hour.
Can also be frozen. I always
make a double recipe and
freeze one casserole.

Winter Veggies - Oven Roasted

2 red onions cut

2-3 carrots cut in 2 pieces.

Turnips (if desired) 2 potatoes in
semi large pieces.

Mix rosemary, salt, pepper
with 1 Tbsp balsamic vinegar with
 $\frac{1}{4}$ C olive oil. Bake $\frac{1}{2}$ hr to 45 min
at 450° oven