



LEVERETT SCHOOL COOKBOOK





Leverett School Cookbook

*A Collection of Recipes by
Leverett PTO
85 Montague Road
Leverett, MA 01054*



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We would like to express our gratitude to all of the Leverett Artists who contributed their talents by designing the artwork for our cover and category dividers. Our thanks go to:

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and Cover Art

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Micha Archer Pies, Pastries and Desserts

Lynn Peterfreund Cakes, Cookies and Candies

Jackson Adams Kids Corner

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We would also like to thank the many families and staff members for the donation of their treasured family recipes. We hope that you will use this book often and treasure it as a keepsake of Leverett Elementary School for many years to come. Sincerely, Your Cookbook Committee:

Linda Jablonski

Sue LaClaire

Gabe Stapleton-Roach





Recipe for a Successful School

Ingredients: 1 town whose emphasis is on good schooling
9 one-room schools
1 annual crop of children
8 member staff willing to expand to 30
1 administration, knowledgeable and supportive
1 PTO, ready to do what no one else will

Process:

1. Persuade town that the 4 existing one-room schools should be combined into one school to be opened in 1950.
2. Build an attractive brick structure, with 4 classrooms, a gymnasium and a cafeteria, that is way ahead of its time, but will house students, town offices and meetings.
3. Hire 4 teachers for eight grades, with one teaching principal.
4. Five years later, send grades 7 and 8 to Amherst, add a wing and two more teachers. Also send offices to town hall.
5. Add another wing in 1976 for even more children, including kindergartners.
6. Incorporate educational trends by adding an increasing staff of Auxiliary Service teachers, requiring more inside space and outside parking.
7. In 1992, reluctantly respond to even more children and inability of town to agree on an addition by placing a portable two-classroom structure "temporarily" on the hardtop.

Notes to ensure success:

During this time, go through 9 principals, in spite of having super-principal Wallace Jones for 14 years and first woman Alice Levenson for 10 years.

Choose teachers of unusual creativity and dedication, willing to work under whatever situations or conditions arise to provide superior education. Include sparkling highlights such as hikes up Mt. Monadnock, first grade sugar parties, fourth grade campouts, all-school units, with unique farewell programs as six graders reluctantly depart the Leverett School.

-Annette Gibavic



Dedication

In Leverett, we offer a big smorgasbord-
(servings are healthy at prices you can afford.)
From the teachers who cook up lesson plans that are great,
To the children who dig in and fill up their plates.
And the parents who bring sweets when we celebrate;
There's plenty to eat here in Leverett!

Whether singing or dancing or drama you want
We've got it all here in our school restaurant!
From community projects to unique specialties,
From the sports to the arts to local histories,
From Rattlesnake Gutter to our own co-op store,
From churches to ashrams---you've choices galore!

So open these pages--find what's just right for you
From vegetarian lasagna to a hearty beef stew!

Dedicated to the wonderful mix of loving people
in the Leverett School Community who warm our
hearts, minds, and bodies all year round.

-Dorothy Lange





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Appetizers & Beverages



L. PALERMO

Helpful Hints

- You won't need sugar with your tea if you drink jasmine tea or the lighter-bodied varieties, like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.
- Calorie-free club soda adds sparkle to iced fruit juices, makes them go farther, and reduces calories per portion.
- A different flavoring for tea: Instead of sugar, dissolve old-fashioned lemon drops or hard mint candy in your tea. They melt quickly and keep the tea clean and brisk!
- Most diets call for 8 ounces of milk and 4 ounces of fruit juice. Check your glassware. Having the exact size glass prevents overpouring.
- Make your own spiced tea or cider! Place orange peels, whole cloves, and cinnamon sticks in a 6 inch square cheesecloth. Bring up corners and tie with string. Add to hot cider or tea for 10 minutes (longer if you want a stronger flavor).
- Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Nuts in the shell crack more easily when frozen. Nuts and seeds can be used directly from the freezer.
- Always chill juices or sodas before adding to beverage recipes.
- When possible, float an ice ring in punch rather than ice cubes. This not only is more decorative, but also inhibits melting and diluting.
- Try placing fresh or dried mint in the bottom of hot chocolate for a zesty taste.
- One lemon yields about 1/4 cup juice; one orange yields about 1/3 cup juice. This is helpful in making fresh orange juice or lemonade!
- Never boil coffee; it brings out the acid and causes a bitter taste. Store coffee in the refrigerator or freezer to retain the fresh flavor.
- Always use COLD water for electric drip coffee makers. Use 1 to 2 tablespoons ground coffee for every cup of water.
- Cheeses should be served at room temperature (approximately 70 degrees).
- When serving hors d' oeuvres on a silver tray, you may wish to protect it from acids by covering it with a layer of leafy green lettuce.

APPETIZERS & BEVERAGES

RAW VEGETABLE DIP

Sue Nagy

- | | |
|---|-------------------------------------|
| 2/3 c. sour cream (lowfat is OK) | 1 tsp. Lawry's seasoned salt |
| 2/3 c. mayonnaise | 1 tsp. Worcestershire sauce |
| 1 T. parsley | 1/2 tsp. Accent |
| 1 T. dried onion | 2-3 drops hot sauce |
| 1 tsp. dill weed | |

Combine all ingredients and chill well. Serve with cut-up raw vegetables: carrots, celery, broccoli, etc.

GUACAMOLE DIP

Gabrielle Stapleton-Roach

- | | |
|-------------------------------------|--|
| 4 ripe avocados | 3 scallions, trimmed & diced,
white part only (save greens) |
| Juice of 1 lemon | 3 T. sour cream |
| 2 cloves garlic, minced | Salt to taste |
| 1 T. finely chopped cilantro | Pepper to taste |
| 1 tomato, diced | Picante sauce to taste |
| 1/2 tsp. cumin | |

Mash avocados until smooth; add lemon juice, cilantro; blend together with sour cream. Add finely diced tomato, garlic and scallions, then season with salt, pepper and picante sauce. Stir and chill for 2 hours. Garnish with a dab of sour cream and chopped black olives and green part of scallions. serve with burritos or nachos.

ARTICHOKE APPETIZER

Leslie Abrams

- | | |
|--|-----------------------------|
| 1 can artichoke hearts (in water) | 1 c. Parmesan cheese |
| 1 c. mayonnaise | Slivered almonds |
| 1 can green chilies | |

Chop artichokes coarsely. Chop green chilies. Mix artichokes, mayonnaise, chilies and 3/4 cup of Parmesan cheese. Spread mixture in baking pan. Sprinkle 1/4 cup of Parmesan cheese and almonds on top. Bake for 30 minutes in a 325° oven.

ARTICHOKE PESTO

Gabrielle Stapleton-Roach

1/4 c. fresh Italian parsley
1/2 c. fresh basil
3 cloves garlic
3/4 c. extra virgin olive oil
1/2 c. fresh Romano cheese,
grated

1 c. raw sunflower seeds
1 (16-oz.) can artichoke hearts,
drained & cubed

Chop first 3 ingredients finely. Add oil and cheese. Blend together. Add sunflower seeds and cubed artichokes. Tastes better if flavors blend, so refrigerate for a day. Season with salt and pepper. Best with cheese tortellini, but can be stirred into your favorite pasta, served cold or hot. (For hot, don't heat the pesto; just mix it with hot pasta.)

WING DINGS

Fiscella Family

Chicken wings
1/2 c. soy sauce
1/2 c. barbecue sauce
1 c. dry vermouth

1/4 c. oil (opt.)
3 T. sugar
1 crushed garlic clove
Grated ginger

Combine all ingredients. Marinate wings at least overnight. Drain. Bake in shallow pan at 325° for 1 1/2 hours.

CANAPES

Edna Goreth

1 stick butter
1 jar cheese spread
1 heaping T. mayonnaise
1 tsp. seasoned salt

1 tsp. garlic powder
1 sm. can crabmeat, drained
6 English muffins

In a mixer blend butter, cheese, mayonnaise, salt, garlic powder and crabmeat. Split English muffins and place on a cookie sheet. Spread with blended ingredients. Place in freezer for 30 minutes. Remove and cut each into 8 pie shaped pieces. Return to freezer. When frozen, store in Ziploc bags. To serve, remove from freezer and broil or bake until brown and bubbly.

TOASTED ALMOND-MUSHROOM BAKE

Marilyn Putnam

1 c. toasted almonds	1/2 tsp. thyme
1 clove minced garlic	1/8 tsp. white pepper
3/4 lb. chopped fresh mushrooms	1 T. dry sherry
1/4 c. butter	2 T. softened butter
3/4 tsp. salt	Sliced green onions

Grind almonds in food processor. In large frying pan saute garlic and mushrooms in 1/4 cup butter over high heat until liquid evaporates. Add salt, thyme, pepper and sherry. Cook until dry. Add mushroom mixture to food processor and puree. Blend in the 2 tablespoons of softened butter. Turn into serving dish. Cover and chill for at least 30 minutes. Garnish with chopped green onions. Serve with crackers or bread.

SPINACH BALLS

Kathryn Steeves

2 (10-oz.) pkgs. frozen chopped spinach	3/4 c. butter, melted
2 c. herb-seasoned stuffing	3/4 c. Parmesan or Romano cheese, grated
2 med. onions, chopped finely	1/2 tsp. thyme
4 eggs, beaten	1/2 tsp. pepper

Cook spinach; drain well; squeeze out excess water. Mix with all other ingredients. Form into bite-sized balls. Freeze on cookie sheets before placing in plastic bags in freezer. When ready to serve, place frozen balls on a cookie sheet in 350° oven for 15-20 minutes until bottoms are brown.

GORGONZOLA BREAD

Angie & Charlie Burke

Thick, crusty bread, as much as needed (French, Italian, sourdough)	Crushed garlic (opt.) (1 clove per c. of cheese)
Crumbled gorgonzola cheese (enough to pile on bread)	

Turn broiler on high. Mix garlic with cheese and pile onto bread. Broil directly on rack with foil underneath. Cook until cheese is bubbly and hot.

VEGETABLE CHEESE BREAD

Gabrielle Stapleton-Roach

- | | |
|--|--|
| 1 loaf Italian bread, room temp. | 3 T. chopped fresh basil |
| 2 T. olive oil + 3 T. butter melted together & sauteed with | 1 c. crumbled gorgonzola or feta cheese |
| 4 cloves finely chopped garlic (until wilted) | 3 T. Romano or Parmesan cheese |
| 4 plum tomatoes, peeled & cubed | |

Split bread lengthwise. Brush both sides with butter, olive oil and garlic mixture. Top with tomato and basil. Spread gorgonzola and sprinkle on Romano. On foil place under preheated broiler until cheese is melted and edges are brown. Watch carefully.

BAKED VEGETARIAN PESTO PITARD DELIGHT

Dennis Rosen

1 loaf French, Italian or onion pitard bread

Fish Choices:

6 pieces med. shrimp
1/4 lb. bay scallops

1/4 lb. calamari necks

Vegetable Choices:

Roasted red or green peppers
Heart of palm
Artichoke hearts

Baby carrots
Baby mushrooms

Pesto Spread:

1 c. fresh basil leaves
1/4 c. olive oil

1/2 c. chopped garlic
1/2 c. nuts (pignolia or walnuts)

Combine all pesto spread ingredients and mix in processor. Slice bread in half and spread pesto mixture on each half. Design vegetables and fish choices along bread. Color and taste combinations to your liking. Preheat oven to 350°. Bake wrapped in foil. Open top after 8-10 minutes to brown. Serve hot. Cut into 2-inch appetizer sizes.

CAPONATI

Angie Burke

2 eggplants, cut in 1-inch cubes	2 T. salt
2 lg. onions, chopped	1/3 c. red wine vinegar
1 1/2 c. sliced celery	2 T. sugar
2 green peppers, cut in 1-inch chunks	2 T. dried basil
2 cloves garlic, chopped	3 T. tomato paste
1 (28-oz.) can tomatoes, undrained	1/2 c. chopped parsley
	1 tsp. pepper
	1/4 c. sliced stuffed olives

Saute eggplant and onions in 1/2 cup oil in Dutch oven. Add rest of ingredients and simmer covered for 30 minutes, stirring occasionally. Uncover and simmer 10 minutes or until thick. Serve with crusty French bread as an appetizer or may be used as a vegetable. Freezes well.

SPICED NUTS

Nancy Fehlker

1 (12-oz.) can salted, mixed nuts	2 tsp. Worcestershire sauce
2 T. sugar	2 tsp. grated orange peel
1 T. butter	1/4 tsp. ground red pepper

Mix nuts, sugar, butter and Worcestershire in pan and cook at 375° for 5-6 minutes until nuts are brown, stirring twice. Add orange peel and red pepper and mix well. Spread on cookie sheet to cool.

CRAB APPLE CHUTNEY

6 lbs. apples, cut into 4 slices	2 red chilies, split into half
3 T. oil	1/2 tsp. salt
1 T. cumin seeds	2 T. ground ginger
1/2 tsp. turmeric	4 T. brown sugar
3 fresh green chilies, split into half	

In oil, fry cumin seeds till brown. Add both kinds of chilies and fry. Add cut apples, turmeric, salt, brown sugar and ginger. Mix well and stir over medium heat, till apples become like sauce and raw spice smell disappears.

WHITE WINE SANGRIA

Nancy Fehlker

1/2 c. sugar	2 bottles white wine
1/2 c. orange liqueur	1 bottle club soda
1/2 c. brandy	

(continued)

Mix all ingredients. Garnish with sliced oranges, strawberries and/or kiwi.

CRANBERRY PUNCH

Sue LaClaire

1 qt. cranberry juice
1 c. pineapple juice
1 c. orange juice
1/4 c. lemon juice

1/4 c. lime juice
Sugar to taste
2 qt. ginger ale

Combine all five juices in a punch bowl and sweeten to taste. Chill for at least one hour. Add ginger ale just before serving. Makes 24 servings.

FROSTY APPLE DRINK

Sue LaClaire

2 pt. vanilla ice cream, softened
1 qt. apple juice, chilled

1/4 tsp. cinnamon
1/4 tsp. nutmeg

Place one pint vanilla ice cream, half the apple juice and spices in blender. Blend until well combined. Add remaining apple juice and blend until smooth. Serve in chilled glasses topped with a scoop of vanilla ice cream and a dusting of cinnamon and nutmeg.

Recipe Favorites



Soups

Salads



Vegetables

Helpful Hints

- Fresh lemon juice will remove onion scent from hands.
- To save money and vitamins: Pour all leftover vegetables and water they are cooked in, into a freezer container. When full, add tomato juice, seasoning and have “free” soup for lunch.
- Three large stalks of cut-up celery added to about two cups of beans (navy, brown, pinto, etc.) will make them more easily digested, as will a bit of soda.
- When cooking vegetables that grow above ground, remember to boil them without a cover.
- Allow 1/4 teaspoon salt to each cup of water for cooking vegetables.
- A lump of sugar added to water when cooking greens helps vegetables retain their fresh color.
- Never soak vegetables after slicing; you will lose much of their nutritional value.
- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.
- To bake potatoes quickly, place them in boiling water for 10-15 minutes. Pierce skin with a fork and then bake in a preheated oven.
- To cut down on odors when cooking cabbage, cauliflower, etc., add a little vinegar to the cooking water.
- To avoid tears when cutting onions, try cutting them under running cold water or placing them in the freezer briefly before cutting.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To avoid toughening beans or corn, add salt when cooking is halfway through.
- To dress up buttered, cooked vegetables, sprinkle them with toasted sesame seed, toasted chopped nuts, crumbled cooked bacon, canned french-fried onions, or slightly crushed seasoned croutons.
- When you're grilling your main dish, try grilling your vegetables, too,

SOUPS, SALADS & VEGETABLES

CORN CHOWDER

Lindsay Palmer

- | | |
|--------------------------------|-----------------------------|
| 4 T. vegetable oil | 2 T. sweet paprika |
| 3 sm. potatoes, peeled & diced | 1½ c. water |
| 2 celery stalks, chopped | 2 chicken bouillon cubes |
| 1 sm. onion, chopped | 1 (20-oz.) pkg. frozen corn |
| 1½ tsp. salt | 1 c. half & half |
| 2 T. flour | 1 c. milk |

In a 4-quart saucepan over medium heat, in hot oil, cook potatoes, celery, onion and salt until tender, stirring often. Stir in flour and paprika; cook 1 minute. Stir in water and bouillon. Cook, stirring constantly until mixture is smooth and thickened, about 5 minutes. Stir in corn, half-and-half, and milk. Cook about 10 minutes longer, until corn is tender and mixture is heated through.

RAT HOLLOW CORN CHOWDER

Kurt Adams

- | | |
|-------------------------------------|---------------------------|
| 1 doz. ears fresh summer sweet corn | 2 lg. onions |
| 6-8 fresh local potatoes | 3 c. cream or half & half |
| 1 qt. chicken broth | 1 bay leaf |
| ½ lb. bacon | Salt & pepper |

Cut bacon into 1-inch pieces. Cook in large pot. Cut up onions into small chunks. Cook in pot with bacon. Drain off fat when bacon is crispy and onions cooked. Add chicken broth. Dice potatoes. Add to chicken broth and cook on low boil for 15 minutes. Cut corn from cob. Add to pot and cook for another 15 minutes on low boil. Add cream and salt and pepper. Simmer 15 minutes. Serves 6-8.

FISH CHOWDER

Sarah & Mary Hankinson

- | | |
|-------------------------------|-------------|
| 3 strips bacon (opt.) | 1 c. cream |
| 1 lg. onion, minced | 1 c. milk |
| 4 c. fish stock or clam juice | 4 T. butter |
| ½ tsp. thyme | Paprika |
| 2 lbs. haddock or cod fillet | |

Cook bacon until crisp; crumble. Drain fat. Add onion to pan and saute. Stir in fish stock. Add fish and simmer 3-5 minutes (fish will become flaky). Add thyme, cream and milk. Stir well and heat through. Do not boil! Add butter and paprika.

JESSICA'S FAVORITE CAULIFLOWER-CHEDDAR SOUP

Ann MacDonald

2 c. potato chunks
3½ c. cauliflowerets
1 c. chopped carrot

1 c. chopped onion
1½ tsp. salt
4 c. water

Place above ingredients in a pot. Bring to a boil, cover and simmer 15 minutes or until tender. Let cool 10 minutes. Reserve 1½ cups of cauliflowerets. Puree the entire mixture in blender until smooth and creamy. Transfer to kettle and whisk in 1½ cups grated cheddar, ¾ cup milk, ¼ teaspoon dill, ¼ teaspoon dry mustard and black pepper. Add to the soup 1½ cups reserved flowerets. Sprinkle with Parmesan cheese and serve.

BEEF STEW

Alex Jasinski

4 lbs. stew meat
8 oz. mushrooms
2 c. onions, chopped
4 T. sherry, heated
¼ c. butter or margarine
2 T. tomato paste or ketchup
2 tsp. gravy coloring
6 T. flour

2 c. beef consomme
2 bay leaves
2 T. parsley
2 tsp. thyme
2 tsp. marjoram
Carrots
Potatoes
½ c. red wine (opt.)

Brown meat in butter; place in 4-quart casserole. Saute onions and mushrooms in butter remaining in skillet. Pour sherry over meat. Salt and pepper lightly. Add onions and mushrooms. In small saucepan mix gravy coloring, tomato paste and flour. Slowly add consomme and wine. Add herbs. Pour mixture over meat, then cover and bake at 325° for 3 hours. Raw potatoes and carrots may be added 1½-2 hours before serving or parboiled vegetables ½ hours before serving.

PROVENCAL VEGETABLE SOUP

Alex Jasinski

3 qt. water
2 c. each potatoes, carrots & onion, diced
1 T. salt

2 c. cut green beans
2 sm. zucchini, sliced
½ c. sm. pasta
1 can kidney beans

Pistou:

4 cloves garlic
4 T. tomato paste
1½ T. dried basil

½ c. grated Parmesan cheese
¼-½ c. olive oil

Place potatoes, carrots, onions and salt in large pot with water. Simmer uncovered for 40 minutes. Bring mixture to a boil and add green beans,

(continued)

pasta, kidney beans and zucchini. Simmer another 20 minutes. Meanwhile prepare pistou as follows: Combine garlic, paste, basil and cheese in small bowl or food processor and mix to a paste. Slowly beat in olive oil till smooth. Mix 1 cup soup into pistou mixture, then add this to remaining soup.

HOLIDAY BEAN SOUP

Kim Crew-Baker

1 pkg. bean soup mix	2 stalks celery, chopped
1 smoked ham hock	1 clove garlic, minced
2 (14.5-oz.) cans stewed tomatoes	6 c. water
1 med. onion, chopped	1 T. red wine vinegar
	Spice packet from soup mix

Cover beans and soak overnight. Drain beans and place in stock pot. Add ham hock, tomatoes, onion, celery, garlic, bay leaf (from spice packet) and 6 cups water. Bring to a boil over medium-high heat; reduce to medium-low, cover and simmer 1 hour. Add spice packet and vinegar. Continue to simmer 1 hour or until beans are tender. Makes about 10 cups.

AMBROSIA SALAD

Sue Nagy

1 (12-oz.) ctn. Cool Whip	1 (30-oz.) can fruit cocktail, drained
1 pkg. instant pistachio pudding	
1 (20-oz.) can crushed pineapple	

Put fruit cocktail in drainer and let drain. Mix Cool Whip and instant pudding. Add whole can of pineapple with juice and mix. Add drained fruit cocktail. Mix again. Refrigerate and let stand at least 12 hours before serving.

BROCCOLI SALAD

Terri Wells

Put 4 cups raw broccoli flowerets in large bowl. Pour over broccoli $\frac{1}{2}$ cup raisins, 8-10 slices fried and crumbled bacon, 1 small onion, chopped, 1 cup mayonnaise, $\frac{1}{4}$ cup sugar and 3 tablespoons vinegar. Mix.

CHEF CARESSING SALAD DRESSING

Jean Bergstrom

- | | |
|---|--------------------------------------|
| 1 c. olive oil | 2 T. soy sauce |
| 1/3 c. vinegar (cider vinegar,
herb vinegar, balsamic vinegar
or any combination) | 1 med. clove minced garlic
(opt.) |
| | 1 tsp. prepared mustard |

Put all ingredients into a jar and shake. Put everything into a blender along with a small handful of herbs from the yard (dandelion leaves, chickweed leaves, violet leaves) and blend until creamy, about 20 seconds.

CURRIED RICE SALAD

Marilyn Putnam

- | | |
|------------------------|------------------------|
| 2 c. cooked rice | 2 T. sugar |
| 1 stick chopped celery | 2 T. vinegar |
| 1 chopped green pepper | 1 tsp. curry powder |
| 1 chopped apple | 1/2 tsp. garlic powder |
| 1/2 c. raisins | 2 T. chopped parsley |
| 4 T. oil | |

In a large bowl mix rice, celery, pepper, apple and raisins. In a small bowl mix well oil, sugar, vinegar, curry powder, garlic powder and parsley to make dressing. Pour over rice mixture and mix well. Refrigerate several hours before serving.

GREEK PASTA SALAD

Georgie Schmid

- | | |
|--|---|
| 3 T. olive oil | 4 c. cooked pasta twists,
rotelles, rotinis or ruffles are
best |
| 1 sm. eggplant, peeled & diced | 2 T. chopped parsley |
| 1 green pepper, sliced | Feta cheese, crumbled |
| 1 clove minced garlic | |
| 1 sm. can peeled tomatoes,
drained (reserve liquid) | |

Dressing:

- | | |
|-------------------------|----------------|
| 1 c. olive oil | 1/4 T. oregano |
| 1/3 c. red wine vinegar | |

Saute eggplant, onion, garlic and pepper in olive oil until onions wilt. Add tomatoes and cook uncovered until eggplant is cooked through. Add reserved tomato juice as needed. Cool. Add to pasta. Mix in desired amount of dressing. Top with feta cheese. Serve on lettuce.

IMITATION CRABMEAT SALAD

Susie Mosher

Imitation crabmeat	Parsley
Celery	Frozen peas
Onion	Capers
Dressing:	
Lemon juice	Tarragon
Salad oil	Soy sauce
Water	

Break up the crabmeat; add chopped onion, celery, capers and parsley. Add uncooked frozen peas. Make a dressing from lemon juice, oil, water, tarragon and soy sauce. Pour over salad and refrigerate 1-2 hours.

JELLO SALAD

Leta Johnson

1 sm. pkg. lime or orange Jello	Chopped walnuts
1 lb. sm. curd cottage cheese	1-1½ c. Cool Whip
1 sm. can crushed pineapple	

Mix Jello with cottage cheese. Add pineapple (juice included). Let marinate for a few hours. Just before serving mix walnuts and Cool Whip in.

LEVERETT-IN-BLOOM SALAD

Peggy Sanders

1 head iceberg lettuce	Sliced carrots
1 lb. spinach leaves	Cherry tomatoes
Assorted lettuces: romaine, red leaf, green leaf	Cucumbers
	Johnny jumpups

Mix assorted lettuces; toss with carrots, tomatoes and cucumbers. Sprinkle with Johnny jumpups.

MARINATED BEAN SALAD

Edie Field

1 (16-oz.) can kidney beans	⅔ c. vinegar
1 (16-oz.) can lima beans	⅓ c. oil
1 (16-oz.) can wax beans	1 tsp. salt & pepper
1 (16-oz.) can green beans	1 sm. onion
1 (16-oz.) can chickpeas	1 slice green pepper
⅔ c. sugar	

(continued)

Drain and rinse beans. Add $\frac{2}{3}$ cup sugar, $\frac{2}{3}$ cup vinegar, $\frac{1}{3}$ cup oil, 1 teaspoon salt and pepper, onion and green pepper; mix. Let set 24 hours.

STRAWBERRY JELLO SALAD

Dorothy Damon

1 lg. pkg. strawberry Jello	2 bananas, mashed
2 c. boiling water	1 (8-oz.) can drained pineapple
1 box frozen strawberries	1 (8-oz.) ctn. sour cream

Dissolve Jello in boiling water. Add frozen strawberries. Stir until thawed. Add mashed banana, and pineapple. Pour half the mixture in a 9 x 13-inch pan. Put in refrigerator. Let set 1-2 hours. Spread sour cream over the top. Add rest of Jello mixture. Refrigerate until set. Cut in squares and serve.

TORTELLINI SALAD

Norma Jablonski

1 pkg. cheese tortellini	1 pkg. meat tortellini
---------------------------------	-------------------------------

Dressing:

8 tsp. prepared mustard	1 tsp. ground thyme
$\frac{1}{2}$ c. wine vinegar	3 tsp. salt
$\frac{2}{3}$ c. olive oil	3 tsp. basil
4 cloves garlic, chopped	$\frac{1}{4}$ tsp. ground pepper
4 T. lemon juice	2 tsp. dill weed

Vegetables:

1 c. fresh broccoli	1 c. cucumber
1 c. celery	1 c. grated carrot
$\frac{1}{2}$ c. onion	1 c. peas
1 c. green bell pepper	1 c. summer squash
1 c. tomato	1 c. zucchini
1 can black olives	1 c. cheddar cheese, cubed

Cook tortellini; drain and cool. Prepare dressing, mixing well. Chop vegetables and mix with dressing. Chill for at least 2 hours. Best if chilled overnight. Add tortellini. Just before serving, add cubed cheese and cubed tomato. Serves 8.

CATH'S POTATO SALAD

Kim Carew-Baxter

Cooked, diced potatoes	1 tsp. yellow mustard
Diced celery	Splash cider vinegar
Diced onion	Salt & pepper
Hard-boiled eggs	1 tsp. celery seed
$\frac{3}{4}$ -1 c. mayonnaise	Up to 1 T. dill weed

Mix mayonnaise, mustard, vinegar, salt, pepper, celery seed and dill weed to taste. Then mix with potatoes, celery, onion and eggs.

YOGURT BEET SALAD

Gabrielle Stapleton-Roach

2 lbs. beets, trimmed	2 garlic cloves, pressed
$\frac{1}{4}$ c. red wine vinegar	Salt to taste
1 c. plain yogurt	$\frac{3}{4}$ c. chopped walnuts
$\frac{1}{2}$ c. olive oil	

Boil beets until tender. Drain well. Peel and cube. In small bowl combine beets and vinegar. In separate bowl combine yogurt, oil and garlic. Season with salt. Stir the beets into this mixture. Add $\frac{1}{2}$ cup of walnuts. Cover and refrigerate 1 hour. Top with the leftover walnuts. Makes 4 cups.

BREADED CAULIFLOWER (Italian)

John, Laurie & Mike Fiscella

1 head cauliflower	Olive oil
3 T. fine bread crumbs	Salt

Cut cauliflower into bite-sized pieces and steam until slightly tender. Then saute steamed cauliflower while mixing in bread crumbs so that each piece is lightly covered. Lightly brown and add salt to taste. **Optional:** Dip cauliflower pieces in egg mixture and cover in bread crumbs before browning in oil.

BROCCOLI AND SPINACH SAAG

1 bunch fresh spinach	$\frac{1}{4}$ c. oil
1 bunch fresh broccoli	2 red dry chilies, whole
1 med. onion, sliced	2 green chilies, whole
1 lg. garlic pod, sliced	$\frac{1}{2}$ tsp. cumin seeds
$\frac{1}{2}$ T. lemon juice	

(continued)

ROASTED GARLICKY MINT POTATOES

Betsy Garson Neisner

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|---|---|
| 8 new red potatoes, scrubbed & patted dry | Pepper to taste |
| 1/4 c. olive oil | 5 cloves garlic, finely chopped |
| Coarse (kosher) salt to taste | 2 T. coarsely chopped fresh mint leaves |

Preheat the oven to 350°. Prick the potatoes with a fork and bake on a baking sheet for 1½ hours. Cut the potatoes into quarters and toss them in a serving bowl with oil, salt, pepper and garlic while they are still hot. Toss in the mint. Serve hot or at room temperature. Serves 4.

SPANISH RICE

1 T. chili powder Deborah Hansen

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|--------------------------------|-----------------------------------|
| 2 c. cooked rice (cold) | 1 can tomatoes, cut (drain juice) |
| 1 green pepper, finely chopped | 1 sm. can tomato sauce |
| 1 sm. onion, finely chopped | 1 can kidney beans (opt.) |

Fry onions and green pepper until soft and thoroughly cooked. Add remaining ingredients and cook until hot. Serves 6-8.

SUMMER SQUASH CASSEROLE

Annette Gibavic

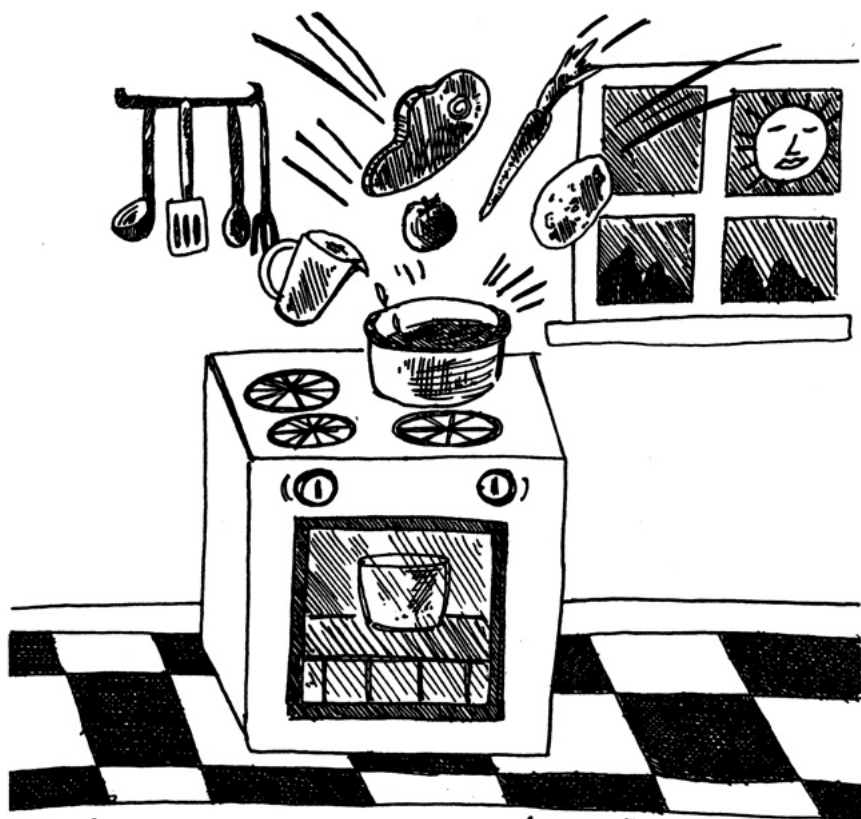
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| 6 c. or 2 lbs. sliced summer (yellow) squash | 1 c. dairy sour cream |
| 1/4 c. chopped onion | 1 c. shredded carrot |
| 1 c. condensed cream of chicken soup | 1 (8-oz.) pkg. herb-seasoned stuffing mix |
| | 1/2 c. butter, melted |

Cook squash and onion in salted water for 5 minutes. Drain. Combine soup and sour cream; stir in carrots. Fold in drained squash mixture. Combine stuffing mix and butter. Spread half of stuffing mix in bottom of 12 x 7 x 2-inch pan. Spoon vegetable mixture on top. Sprinkle remaining stuffing over vegetables. Bake at 350° for 25-30 minutes, until heated through. 6 servings.

Recipe Favorites



Main Dishes Casseroles



Here comes, Steak, potato,
carrot, tomato, water and
jalapeño pepper. Stir it up,
let it simmer and you've got
a great big dinner. C. DeLano

Helpful Hints

- When preparing a casserole, make additional batches to freeze. Then, when there isn't time to plan a meal or when unexpected guests appear, simply take the casserole from the freezer and pop it in the oven.
- To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.
- Never overcook foods that are to be frozen. Foods will finish cooking while being heated. Don't refreeze cooked thawed foods.
- Don't freeze spaghetti, macaroni or noodle mixtures. These tend to lose texture and become too soft when reheated.
- Green pepper may change the flavor in frozen casseroles. Clove, garlic and pepper flavors get stronger when they are frozen, while sage, onion, and salt get milder or fade out.
- Don't freeze cooked egg white — it becomes tough.
- Spray your grill with vegetable oil to prevent sticking.
- Instant potatoes are a good thickener for stews.
- When freezing foods, label each container with the contents and the date it was put into the freezer. Store at 0°. Always use frozen cooked foods within one to two months.
- After purchasing, store dried pasta, rice (except brown rice), and whole grains in tightly covered containers in a cool, dry place. Refrigerate brown rice. Refrigerate or freeze grains if they will not be used within five months.
- Glazed pottery, earthenware, glass, metal... take your pick. All can be used for casseroles. Many of these casserole containers come in bright colors and pleasing designs to contrast or complement your kitchen decor or tableware. The type of container you use makes very little difference, as long as it is heat-proof. Some of the earliest casseroles were made of earthenware and were glazed inside. They had covers and were similar to those that are still used today.
- Souffle dishes are especially designed to help your souffle climb to magnificent heights. A souffle dish has straight sides. Ramekins are good for serving individual casseroles.

MAIN DISHES & CASSEROLES

GARLIC-ROSEMARY-TOMATO SAUCE

Lisa Stratford

4 cloves garlic, peeled

¼ c. olive oil

1½ tsp. finely crushed rosemary leaves

1 (28-oz.) can whole peeled

plum tomatoes with their juice

Salt as necessary

Fresh ground pepper

Finely chop garlic; saute in olive oil over medium heat. When garlic is slightly browned add rosemary; stir; cook for 1 minute. Add tomatoes (coarsely chopped with juice). Cook over medium heat 20-25 minutes or until oil separates from tomatoes. Serve over pasta (al dente). (Or William's favorite: over ravioli.)

POP'S MACARONI AND CHEESE

Sue LaClaire

1 (8-oz.) pkg. macaroni

4 T. butter

4 T. flour

1 T. grated onion

1 tsp. salt

1 tsp. prepared mustard

¼ tsp. Worcestershire sauce

⅛ tsp. pepper

2 c. milk

½ lb. chopped or grated

American or cheddar cheese

Cook macaroni in salted water for 9-12 minutes until tender. Melt butter in saucepan. Remove from heat and blend in flour. Add onion, salt, mustard, Worcestershire sauce, pepper and milk. Return to heat and cook until thick, stirring constantly. Add cheese to the white sauce and stir until melted. Add macaroni. Place and bake in 2-quart casserole at 350° for 30 minutes. Add Ritz crackers (crumbled) on top.

HEARTY MACARONI AND CHEESE

Charles & Angela Burke

1 lb. ground beef

1 onion, minced

1 pepper, minced

1 clove garlic, minced

6 c. cooked macaroni (about 3 c. uncooked)

1 lb. cheese

2 c. milk

⅓ c. margarine

⅓ c. flour

Worcestershire sauce

Brown beef; drain. Add onions, peppers and garlic. Cook 5 minutes. Add to cooked macaroni. Melt butter. Add flour and stir in milk. Cook until thickened. Slowly add cheese until melted. Stir all together. Cook ½ hour at 350°.

OODLE NOODLE DISH

Kim Carew-Baxter

1 lb. pork, chicken, shrimp or beef	4 oodle noodle pkgs.
2 cloves garlic, minced	3 green onions
1 sm. onion, diced	2 carrots
Leaves of 3 celery stalks, chopped	Juice of 1/2 lemon
	1/2 sm. cabbage (opt.)
	1 green pepper (opt.)

Saute meat in bottom of pot with salt. Stir until golden brown. Add garlic, then onion. Cook until clear. Add sliced carrots. Cook 5 minutes. Add cabbage; do not overcook. Add celery leaves and stir. Add 3 cups water and noodles. Boil vigorously. Add 2 tablespoons soy sauce and seasoning from noodles. Turn to low; cook until noodles are done. Stir constantly. Add green onions and lemon juice. Stir; let stand 5 minutes. Serve over rice.

PASTA WITH CHICKEN IN TOMATO CREAM

Nancy Fehlker

2 T. oil	1/4 tsp. ground white pepper
1 clove garlic, minced	1 c. chicken broth
1 lb. chicken breast	3/4 c. dry white wine (opt.)
1/4 c. sliced scallions	1 c. whipping cream
1 1/2 T. chopped fresh basil	10 oz. dry linguini
1/3 c. dried tomatoes, slivered	Parmesan cheese

In large fry pan over medium heat combine oil and garlic. When hot add chicken and cook. Stir often. Set aside. To pan add onion, basil, tomatoes, pepper, broth, wine and cream. Boil on high uncovered until reduced to 1 1/2 cups (about 10 minutes). Add chicken and stir till hot. Meanwhile, cook pasta. Add cooked pasta to sauce and blend. Serve with freshly grated Parmesan. Serves 4.

DUTCH LASAGNA

Sara Aierstuck

8 lasagna noodles	2 T. flour
3 lg. leeks	1 c. milk
1 lg. green pepper	1/4 tsp. salt
1 (28-oz.) can peeled tomatoes	1/8 tsp. black pepper
12 oz. mushrooms	2 tsp. oregano
8-10 oz. cheddar cheese	2 tsp. curry powder
4 T. margarine or butter	1 tsp. paprika

Boil and drain lasagna noodles. Saute sliced and washed leeks, chopped green pepper, drained and chopped tomatoes and sliced mushrooms in 2 tablespoons of margarine until soft. Add oregano, curry

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powder, paprika, salt and pepper to taste. Make a white sauce by heating margarine in a saucepan over low heat until melted. Blend in flour, salt and pepper. Cook over low heat, stirring constantly, until smooth and bubbly; remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir one minute. Grate cheese. Layer $\frac{1}{2}$ each of vegetable mixture, noodles, white sauce and cheese. Repeat. Top with cheese. Cook uncovered in a 350° oven for 50 minutes.

LUCHEN KUGRE **(Jewish Noodle Pudding)**

Nancy Fehlker

1 (16-oz.) bag broad egg noodles	$\frac{1}{4}$ lb. cream cheese
3 eggs, beaten	$\frac{1}{4}$ lb. American cheese, broken up
1 c. sugar	1 c. sour cream
$\frac{1}{4}$ lb. butter	1 sm. carton cottage cheese, sm. curd
$1\frac{1}{2}$ c. milk	1 sm. can whole cranberries
Cinnamon	

Cook noodles. Put hot noodles in a large bowl. Add all other ingredients, using only half of the butter. Pour into a 9 x 13-inch pan. Top with crushed cornflakes, cranberries and remainder of butter. Bake at 350° for 1 $\frac{1}{2}$ hours.

STROMBOLI

Leta Johnson

1 (1-lb.) loaf frozen bread dough or 1 batch of homemade bread dough	$\frac{1}{2}$ c. chopped onion
1 c. sliced mushrooms	$\frac{1}{4}$ lb. thinly sliced ham, hard salami & provolone cheese
$\frac{1}{2}$ c. chopped green pepper	$1\frac{1}{2}$ oz. pepperoni
	1 T. margarine or butter

Melt butter in pan and cook mushrooms, onion and green pepper until tender. Cover large cookie sheet with heavy-duty aluminum foil. Spread dough to cover pan. Layer meats and cheese down the center of dough. Top with vegetables. Fold sides of dough over to cover x (long way) and fold ends under. Cover and let rise until doubled in size. Bake at 350° until golden brown. Sounds hollow when tapped with a wooden spoon when done.

CARPENTER'S PIE

Deborah Hansen

1 lb. ground turkey meat	2 c. cooked chopped carrots
2 pkgs. turkey gravy mix	2 c. frozen corn
1 (15-oz.) can green beans	3-4 lbs. potatoes, mashed

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Preheat oven to 350°. Peel and cook potatoes. While potatoes are boiling, cook carrots and brown the turkey meat. Add gravy mix and 1 to 1½ cups water to turkey meat. Cook until sauce is thick. Place meat into a 4-quart casserole dish. Layer the corn, beans and carrots on top of the meat. Mash the potatoes and place on top of the casserole. Bake 30-45 minutes. Serves 6.

TURKEY TETRAZZINI

Dorothy Damon

3 c. diced turkey	1 c. sour cream
4 c. turkey broth (add water if needed)	Crushed potato chips
1 lb. spaghetti (cooked)	Sm. amount grated cheese

Thicken turkey broth. Add sour cream to gravy. Layer spaghetti in casserole dish. Put in diced turkey. Add the rest of spaghetti. Pour gravy mixture over all. Sprinkle cheese over all. Top with crushed potato chips. Bake 45 minutes at 375°.

EASY CHICKEN CASSEROLE

Deborah Hansen

4-6 chicken breasts	2 c. cut carrots
2 c. long-grain rice	1½ c. cut celery
4½ c. chicken broth	1 sm. onion, chopped

Place all ingredients in an oven bag. Bake at 325° for 1 hour 15 minutes. Serves 4-6.

BARBECUED CHICKEN CASSEROLE

Grammie Eleanor Woodard

1 frying chicken, cut up	1 c. water
2 T. butter	2 T. Worcestershire sauce
½ c. chopped onion	2 T. brown sugar
½ c. chopped celery	⅛ tsp. pepper
¼ c. chopped green pepper	
1 c. ketchup	

Coat chicken with ¾ cup flour mixed with 1 teaspoon salt and brown in ½ cup shortening. As pieces are browned, arrange in casserole. Saute onions in melted butter until clear. Add all other ingredients and bring to a boil, stirring well. Pour over chicken in casserole. Cover and bake in moderate oven, 350°, about 1 hour. Serves 4 to 5.

CUBE STEAKS IN GRAVY

Marsha White

Cube steaks	Salt & pepper
Flour	Water
Chopped onions	Butter

Place steak on floured board. Sprinkle with flour, salt and pepper. Pound steaks with heavy knife handle or the edge of a heavy plate until flour is incorporated into steaks. Turn steaks over and repeat this procedure. Brown chopped onion in heavy skillet with butter. Add steak and water to cover the steaks. Cover tightly and simmer on low one hour or until tender. Add water if gravy thickens too much.

KARHAI LAMB

(Gosht)

Naz Mohamed-Ahamed

1 lb. lamb stew pieces, sm. cubes preferred	1/2 sm. bunch fresh cilantro, leaves only
3 tomatoes, cubed	2 garlic cloves, sliced
1 tsp. red chili powder or 2 green chilies, sliced	2 T. oil
1 inch fresh ginger, cut into strips	

Boil lamb with garlic slices, 1/2 of the ginger strips and salt in 1/4 cup water. Cook until tender and water dries. Heat oil in a wok; when hot add cubed tomatoes and saute. Add either red or green chili. Add remaining ginger strips and fresh cilantro leaves and mix well. Add boiled lamb pieces. Mix thoroughly. Cover and cook for 1/2 an hour on low heat. Stir occasionally and cook until oil separates from mixture. Serve with rice or bread.

TERRI'S WHITE CHILI

Terri Wells

1 lb. great northern white beans	4 minced garlic cloves
2 lbs. boneless chicken breasts	2 (4-oz.) cans chopped mild green chilies
2 med. chopped onions	1 1/2 tsp. dried crumbled oregano
2 tsp. ground cumin	1/4 tsp. cayenne pepper
1/4 tsp. ground cloves	1 c. grated Monterey Jack cheese
6 c. chicken broth	
1 T. olive oil	

Soak beans overnight in large pot of cold water. Cover beans at least with 3 inches of water. Simmer chicken breasts for 15 minutes in another pot; cool and cut into cubes. Heat olive oil in large pot; add onions and saute for 10 minutes. Stir in garlic, chilies (plus liquid), cumin, oregano,

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ground cloves, cayenne pepper and saute for 2 minutes. Add drained beans and chicken broth. Bring to a boil. Reduce heat and simmer for 2 hours. Add chicken and 4 ounces cheese. Stir until cheese melts. Serve with extra grated Jack cheese, sour cream, salsa and cilantro.

GREEN BEANS

(Lu-bee/Middle Eastern)

*Fiscella Family
(Grandma Nicky's Recipe)*

1 lb. green beans	1 (12-oz.) can tomato sauce
Butter	2 c. water
1 onion, diced	1/2 tsp. pepper
1 clove garlic, chopped	1 lb. sm. lamb chunks (opt.)
1 T. salt	

Rice-Orzo:

2 c. rice	Cinnamon
1/4 c. orzo or thin spaghetti	

Stem beans and cut in half. Saute onion and garlic in butter (lamb is optional). Then add beans and salt and saute beans until tender. Gradually add tomato sauce (and water as needed) and stir occasionally. Cook 15 minutes. Serve over Rice-Orzo: Melt butter in pan and lightly brown 1/2 cup orzo (or thin spaghetti in 1/2-inch pieces). Add 2 cups rice, stir, and add water to cook rice and orzo together. Add cinnamon to taste.

PRESCOTT'S BEAN CASSEROLE

Carol Prescott

1 can lima beans, drained	1/4 tsp. mustard
1 can yellow/butter beans, drained	1/2 lb. cooked bacon
1 can kidney beans, drained	4 lg. onions, sliced
1 (28-oz.) can pork & beans	1/4 c. vinegar
	3/4 c. brown sugar

Simmer together the mustard, cooked bacon, sliced onions, vinegar and brown sugar until the onion is cooked. Place all the ingredients in a casserole dish; stir to combine. Bake uncovered 1 hour at 350°.

SOUTHWEST FRIJOLES

(Dad's Beans)

Chris Condit

2 lbs. pinto beans	1 tsp. salt
8-10 cloves chopped garlic	1/4 c. molasses or honey
1 med. red onion, chopped fine	Juice of 1/2 lemon
1 1/2 c. oil	1/2 c. red wine vinegar
1 T. ground cumin	

Best if started in the evening. Wash beans. If possible soak overnight (use a big pot with 3 times the amount of water). After soaking in a large pot add oil, onions and garlic and saute. Add beans and cover with 2-3 times as much water. Turn heat up to boil, then turn it down to barely simmer. Add cumin, salt, pepper, molasses or honey, lemon juice and vinegar. Simmer mixture for 2 hours, stirring occasionally. Turn off for the night. In the morning, simmer again a few more hours, stirring occasionally. Turn off and let sit. First thing in evening, again add heat, raise temperature till it simmers. Simmer a few more hours until it boils down the water. Serve on tacos or tortillas with grated cheese, chopped bell peppers, lettuce, onions, diced green chilies (add cheese first to melt). Beans can be frozen.

KIELBASA CASSEROLE

Susan Nagy

1 onion, chopped	1 (1-lb.) kielbasa, cooked & cut into bite-size pieces
1 can Campbell's pork & beans	
1 can red kidney beans	1 c. brown sugar
1 can green beans	1 jar chili sauce

Drain the beans. Combine the rest of the ingredients. Put in 1 1/2-quart casserole dish. Bake for 1 hour.

TURKEY CHILI

Gabrielle Stapleton-Roach

2 T. canola oil	3 jalapenos, sliced
1 lb. ground turkey	2 cloves garlic, chopped
1/2 c. chopped carrots	1 (16-oz.) can whole tomatoes
1/2 c. chopped Spanish onion	1 c. water
1/2 c. chopped green pepper	1/2 c. raw rice
1 tsp. cumin	1 (16-oz.) can rinsed black beans
1 (16-oz.) can pink beans, rinsed	

Brown turkey in oil; add garlic and onion. Saute. When onion is clear, add peppers, carrots and tomatoes including juice. Add cumin and jalapenos. Blend together. Add water. Stir in raw rice and beans. Bring to a boil. Reduce heat. Simmer 1 1/2 hours, stirring occasionally. Add

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water if needed. Adjust spices. Top with grated mild cheddar cheese or sour cream and chopped green onion.

VEGETABLE PIE

Charlotte Abbott

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|---|---------------|
| 2 c. fresh broccoli or cauliflower, cut sm. | 1½ c. milk |
| ½ c. chopped onion | ¾ c. Bisquick |
| ½ c. chopped green pepper | 3 eggs |
| 1 c. shredded cheddar cheese | 1 tsp. salt |
| | ¼ tsp. pepper |

Preheat oven to 400°. Lightly grease 10-inch pie plate. Cook broccoli in boiling salt water 5 minutes until almost tender; drain. Mix broccoli, onion, green pepper and cheese in pie plate. Beat remaining ingredients until smooth and pour over vegetables in pie plate. Bake until golden brown and knife inserted comes out clean, about 35-40 minutes. Let stand 5 minutes before cutting. Garnish with tomato wedges. If frozen broccoli or cauliflower is used, thaw and drain. Do not cook.

TOMATO PIE

Marsha White

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|-------------------------------|-----------------------------|
| 2 c. flour | 1½ c. grated cheddar cheese |
| 4 tsp. baking powder | ⅓ c. mayonnaise |
| 1 stick butter, softened | 2 T. lemon juice |
| ¾ c. milk | Chopped scallions or chives |
| 2 (28-oz.) cans plum tomatoes | Basil to taste |

Crust: Sift flour and baking powder. Cut in butter which has been softened or thinly sliced. Add milk and form into 2 balls. Roll out two crusts for round pie pan. Put one crust in pan. **Filling:** Drain tomatoes and crush slightly. Sprinkle with chopped scallions or chives, basil and cheddar cheese. Mix mayonnaise and lemon juice and spread over cheese. Add top crust. Bake at 400° for 25 minutes. Let cool 15-20 minutes. Keeps well for a day.

ROOT ROAST

Jean Bergstrom

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|------------------|---|
| 3 potatoes | 4-8 cloves garlic (can chop or leave whole) |
| 2 beets | Other root possibilities: |
| 3 carrots | parsnips, rutabagas, turnips, |
| 2 sweet potatoes | burdock |
| 2 onions | |

Peel and chop into 1-inch cubes. Put into 9 x 13-inch baking dish. Mix together ¼ cup olive oil, 2 tablespoons soy sauce and 2 tablespoons

(continued)

balsamic vinegar. Drizzle over top of the roots; stir to cover all. Bake, stirring occasionally at 400° for 1½ hours or until roots are tender.

POTATOES ROMANOFF

Nancy Emond

6 lg. potatoes, peeled, boiled,
cubed
2 c. cottage cheese
1 c. sour cream
2 cloves pressed garlic
1 c. grated cheddar cheese

Cook potatoes until barely tender. Mix all together. Top with cheddar cheese. Bake in buttered dish at 350° for about ½ hour.

GREEN TOMATO CASSEROLE

Leslie Abrams

1 ctn. thick salsa
12 (or more) yellow corn tortillas
2 c. sm. curd cottage cheese
2 eggs, beaten
½ c. celery, chopped
½ c. onion, chopped
1 can green chilies, chopped
Thinly sliced green tomatoes
Grated cheddar cheese

Saute celery and onions. Mix cottage cheese and eggs. Layer a baking dish starting with salsa, a layer of tortillas, cottage cheese with egg, celery and onion, green chilies, sliced green tomatoes and cheese. Do at least 2 layers of each ingredients. End with cheese on top. Bake covered at 350° for 30 minutes. Uncover and bake for another 10 minutes.

ZUCCHINI CASSEROLE

Leslie Abrams

3 sm. zucchini
3 tomatoes, sliced
¾ lb. Monterey Jack cheese
¾ lb. cheddar cheese
¼ c. wheat germ

Sauce:

1 c. salad dressing
¼ c. mayonnaise
¼ c. Dijon mustard
Dash of Worcestershire sauce
2 tsp. curry powder
1 tsp. ginger
Dash of steak sauce

Mix sauce ingredients together. In a baking pan layer the ingredients beginning with zucchini, tomatoes, sauce, cheese and wheat germ. End with a sprinkle of cheese on top. Bake at 350° for 45 minutes.

ZUCCHINI CASSEROLE PIE

Sue LaClaire

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|--|------------------|
| 3 c. zucchini, sliced thin & quartered | 4 eggs |
| 1 c. Bisquick mix | 2 T. parsley |
| 1/2 c. chopped onion | 1/2 tsp. salt |
| 1/2 c. Parmesan cheese | 1/2 tsp. pepper |
| 1/2 c. cooking oil | 1/2 tsp. oregano |

In a large bowl mix together zucchini, Bisquick mix, chopped onion, Parmesan cheese, cooking oil and eggs. Add parsley, salt, pepper and oregano. Pour into buttered pie pan. Bake at 350° for 45-50 minutes until brown and firm.

TOFU VEGETABLE POT PIE

Claudia Phillips

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|---|-----------------------------|
| 1 lb. tofu, cut in 1/2-inch cubes | 2 vegetable bouillon cubes |
| 2 qt. cubed mixed vegetables (e.g., carrots, potatoes, broccoli, beans, squash, peas, etc.) | Tamari (soy sauce) to taste |
| | 1 lg. onion, chopped |
| | 5 T. butter or canola oil |
| | 1/4 c. flour |

Saute cubed tofu in large heavy pan in 1 tablespoon oil. Sprinkle with tamari and stir until barely crusty. Add vegetables, one at a time, stirring and sauteing each for a couple of minutes. Add water to nearly cover. When boiling, add vegetable bouillon cubes. Cover and simmer until hardest vegetables are tender. In separate pan, while vegetable are simmering, saute onion in 4 tablespoon oil or butter. When transparent, add 1/4 cup flour and mix well. Add small amounts of vegetable broth (from other pot), stirring continually to make sauce. When thin enough to pour, add onion sauce mixture to pot with vegetables and tofu, stirring well but gently. Pour into large (about 10 x 14 x 2 1/2-inch) casserole. Place in oven. Turn oven on to 425° to keep vegetables warm while making biscuit dough. Place cut biscuits on hot vegetable mixture. Bake 1/2 hour at 425°, until biscuits lightly browned. Serve hot, enjoy!

Biscuits:

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|---|----------------------|
| 2 c. flour (1/2 white, 1/2 whole-wheat) | 1/2 tsp. baking soda |
| 1 tsp. salt | 1/4 c. oil or butter |
| 2 tsp. baking powder | 3/4 c. buttermilk |

Combine dry ingredients. Cut in oil. Add buttermilk. Knead lightly. Roll out on floured board to 1/4 inch thick. Cut with biscuit cutter or glass.

SWEET POTATO QUESADILLAS

Mary Barnett

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|--|-----------------------------------|
| 1½ c. finely chopped onion | 2 tsp. ground cumin |
| 3 garlic cloves, minced or pressed | Pinch of cayenne |
| 3 T. vegetable oil | Salt & pepper to taste |
| 4 c. grated peeled sweet potato (about 3 potatoes) | 1 c. grated sharp cheddar |
| ½ tsp. dried oregano | 8 (8 to 10-inch) tortillas |
| 1 tsp. chili powder | Mexican-style tomato salsa (opt.) |
| | Sour cream (opt.) |

Saute the onions and garlic in the vegetable oil until the onions are translucent. Add the grated sweet potatoes, oregano, chili powder, cumin and cayenne and cook, covered, for about 10 minutes, stirring frequently to prevent sticking. When the sweet potato is tender, add salt and pepper to taste and remove the filling from the heat. Spread ⅛ of the filling and 2 tablespoons of the cheese in each tortilla. Roll or fold opposite sides of tortilla to middle, to encase filling. Serve hot with salsa and sour cream (if desired). Serves 4.

CHICKEN QUESADILLAS

Susan Scott

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|--|-----------------------------------|
| 3 skinless, boneless chicken breast halves, cooked | 8 (8-inch) flour tortillas |
| 1 jalapeno pepper, seeded | Fresh plum tomato slices |
| 1 (10¾-oz.) can cream of chicken soup | Jalapeno slices for garnish |
| 1 (4-oz.) c. shredded cheddar cheese | Fresh cilantro sprigs for garnish |
| | Salsa |
| | Sour cream |

Preheat oven to 400°. Chop chicken and jalapeno with food chopper. Set aside. Combine chicken, pepper, soup and ½ of cheddar cheese in bowl. Top ½ of each tortilla with ¼ cup soup mixture. Spread to within ½ inch of edge. Moisten edges of tortillas with water, using a pastry brush. Fold over and press edges together. Place tortillas on baking sheet. Bake 8 minutes or until hot. Sprinkle with rest of cheese. Cut into wedges using pizza cutter. Garnish and serve with salsa and sour cream. Yields 8 quesadillas or 32 appetizers

BREAKFAST PIZZA

Eleanor Duncan

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|----------------------------------|-------------------------------------|
| 1½ c. cooked hash brown potatoes | Chopped green onion to taste |
| 1 lb. sausage, cooked & crumbled | 5-6 eggs, beaten with a little milk |
| 8 oz. grated cheese, your choice | 8 crescent rolls |
| | Salt & pepper |

(continued)

Bake at 400° for 25-30 minutes. Spread rolls in pizza pan or oblong pan. Press edges together. Sprinkle potatoes, sausage and onion over rolls. Pour eggs over all and bake.

ELLI'S FRENCH PANCAKES

Lisa Hallstrom

3 eggs
2/3 c. milk

1/2 c. white flour
2 T. melted butter

Place all ingredients in a blender and blend until batter is the consistency of heavy cream. Melt a dab of butter in a crepe or omelette pan, swishing it around to cover the bottom. Make sure pan is medium hot. Pour a little batter into the pan, just enough to coat the bottom of the pan. Swish it around to cover the bottom. Flip the pancake after 15 seconds to cook the other side. Roll up the pancake with the spatula and serve. Pancakes should be thin, soft and golden brown. Makes 8-10 pancakes.

GERMAN APPLE PANCAKES

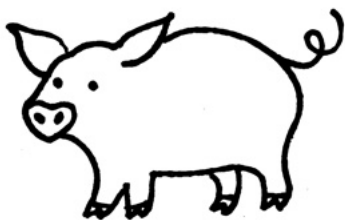
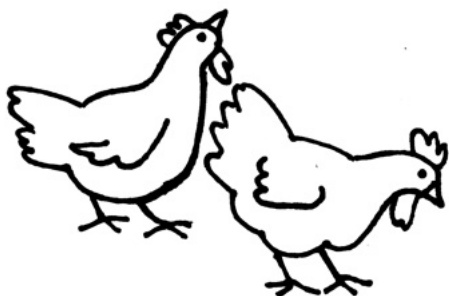
Nancy Emond

3 eggs
3/4 c. milk
3/4 c. flour
1/2 tsp. salt
1 1/2 T. butter

1 lb. apples, peeled & sliced
1/4 c. butter
1/4 c. sugar
1 tsp. cinnamon

Preheat oven to 450°. Melt 1 1/2 tablespoons butter in large cast iron skillet. Mix eggs, milk, flour and salt. When butter is hot pour in batter. Put in oven. After 15 minutes lower heat to 350° and bake for 10 more minutes. Meanwhile saute apples in 1/4 cup butter and 1/4 cup sugar. Season with cinnamon. Slide pancake onto platter. Top with apples. Fold in half and slice. Top with confectioners' sugar if desired.

Recipe Favorites



Meat

Poultry

&

Seafood



S. Mulholland

Helpful Hints

- When preparing sauces and marinades for red meats, use little oil. Fat from the meat will render out during cooking and will provide plenty of flavor. Certain meats, like ribs, pot roast, sausage and others, can be parboiled before grilling to reduce the fat content.
- When shopping for red meats, buy the leanest cuts you can find. Fat will show up as an opaque white coating, and it can also run through the meat fibers themselves, as marbling. Although much outer fat (the white coating) can be trimmed away, there isn't much to be done about the marbling. Stay away from well marbled cuts of meat.
- Home from work late with no time for marinating meat? Pound meat lightly with a mallet or rolling pin. Pierce with a fork and sprinkle lightly with meat tenderizer and add marinade. Refrigerate for about 20 minutes and you will have succulent, tender meat.
- Marinating is a cinch if you use a plastic bag. The meat stays in the marinade and it's easy to turn and rearrange. Cleanup is easy. Just toss the bag.
- Meat may slice more thinly if it is partially frozen.
- Tomatoes added to roasts will help tenderize them naturally. Tomatoes contain an acid that works well to break down meats.
- Always cut meats across the grain when possible; they will be easier to eat and have a better appearance.
- When frying meat, try sprinkling paprika over it and it will turn golden brown.
- Thaw all meats in the refrigerator for maximum safety.
- Refrigerate poultry promptly after purchasing. Keep it in the coldest section of your refrigerator for up to two days. For longer storage, freeze the poultry. Never leave poultry at room temperature for more than two hours.
- If you're microwaving skinned chicken, be sure to cover the baking dish with vented clear plastic wrap to keep the chicken moist.
- Lemon juice rubbed on fish before cooking will enhance the flavor and help maintain a good color.
- To make scaling a fish easier, try rubbing vinegar on the scales first.

MEAT, POULTRY & SEAFOOD

KONIGSBERG MEATBALLS

H. Martin Wobst

1 lb. ground beef	8 beef bouillon cubes
1/2 c. seasoned bread crumbs	4 T. lemon juice
1 egg	4 tsp. cornstarch
6 T. capers	8 T. cold water
1 tsp. grated lemon rind	4 egg yolks
4 c. water	

Combine meat, bread crumbs, egg, capers and lemon rind; mix lightly. Shape into at least 12 meatballs. Bring water to a boil in medium saucepan; add bouillon; stir till dissolved. Gently drop meatballs into simmering bouillon. Cook 8-10 minutes. Remove; keep warm. Add lemon juice to bouillon. Dissolve cornstarch in cold water; stir into hot bouillon. Cook, stirring constantly until thickened. Add a small amount of hot bouillon to egg yolks; beat well. Stir into hot bouillon. Remove from heat and pour over meatballs.

BAKED HAM

Anonymous

1/4 c. Dijon mustard	Whole cloves
1/2 c. brown sugar	Precooked ham
2 1/2 c. apple juice	

Score ham fat in diamond pattern. Rub Dijon mustard on top and sides of ham. Sprinkle ham with brown sugar. Stud diamonds with cloves. Bake in apple juice at 350° for 1/2 hour. Baste frequently. Serve pan drippings as ham sauce.

BAHAMA PORK CHOPS

Connie W. Jackson

6-8 pork chops	1 T. minced onion or onion powder
1/2 c. soy sauce	Salt
1 T. honey	Pepper
1 T. minced garlic or garlic powder	

Place soy sauce, honey, garlic, onion, salt and pepper in blender. Mix well. Pour sauce over pork chops. Marinate in refrigerator, turning frequently. Grill chops on medium grill until completely done, basting with sauce as needed.

PORK LOIN ROAST WITH PEACH SAUCE

Betsy Garson Neisner

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|---|-----------------------|
| 1/4 c. sherry | 1/3 c. ketchup |
| 1/4 c. tamari soy sauce | 1/3 c. white vinegar |
| 1 (3 to 6-lb.) pork loin | 2 T. tamari soy sauce |
| 1 (16-oz.) can sliced peaches,
drained | 3 lg. garlic cloves |
| 1/2 c. dark brown sugar | 2 tsp. ground ginger |

Combine sherry and tamari sauce. Pour over pork loin and marinate, refrigerated, overnight. Process peaches, brown sugar, ketchup, vinegar, 2 tablespoon tamari soy sauce, garlic and ground ginger in a blender or food processor fitted with a steel blade. Preheat oven to 325°. Transfer meat to open roasting pan and roast at 325° for 1/2 hour per pound, basting the last 1/2 hour with the peach sauce. 6 to 12 servings.

CHICKEN CACCIATORE

Gramma Josie Massa

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|--|----------------------------|
| 1 sm. can plum tomatoes | 1/4 tsp. parsley |
| 1 (3 1/2-lb.) chicken cut into 8
pieces | 1/4 tsp. oregano |
| 1/4 c. oil | 1/4 tsp. poultry seasoning |
| 1 clove garlic | 1/2 c. white wine |
| | Salt & pepper |

Pour oil in large saute pan. Add 8 pieces of chicken with the garlic and herbs. Saute 15 minutes. Remove chicken and add plum tomatoes to fry pan. Saute 10 minutes. Place chicken back into pan. Leave until ready to eat, then saute for 25 minutes before supper.

CHICKEN IN A BAG

Edith Riddle

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|------------------------|----------------------|
| 1 Reynolds cooking bag | 2 c. chopped carrots |
| 2 c. uncooked rice | 2 c. chopped celery |
| 4 c. chicken broth | 1 c. chopped onion |
| 4-6 pieces chicken | 2 T. butter |

Combine all ingredients; place in cooking bag for 1 hour at 325°.

MOUNTAIN CHICKEN

Kathi DeZenzo

3 boneless & skinless chicken breasts, divided in half to make 6 halves
About 1/2 c. flour
Salt & fresh ground pepper
1 lg. egg

1 T. water
1 c. cooking oil
1/2 stick butter
2 T. Marsala wine
1 T. maple syrup
Garlic powder

Add salt and pepper to taste to the flour and dredge the chicken breasts in the flour and then into a beaten egg to which a tablespoon of water has been added. Dredge once again into the flour. Place the chicken into the oil which has been heated almost to sizzling. Fry for several minutes until light brown, turning occasionally. Remove from hot oil and drain on paper towels. In another large frying pan melt the butter and saute chicken breasts on both sides for about one minute a side. Add the wine and maple syrup. Mix gently and saute the chicken for another 5 minutes with occasional turning. Sprinkle lightly with garlic powder and serve hot with pan juices poured over the chicken. Serves 4-6.

SESAME CHICKEN

5 chicken breasts, cut into chunks
1 1/2 lg. onions, sliced
3/4 stick butter

7 garlic cloves, ground
1 inch ginger, ground
2 T. sesame paste

In butter, fry onions till transparent. Add ground ginger and garlic. Fry for 3 minutes. Add chicken; fry until color changes. Cover and cook for 5 minutes on medium heat. Add sesame paste; mix thoroughly. Add a little water for more gravy. Cover and simmer 10-15 minutes. Garnish with sliced scallions. Serve with rice.

PARMESAN CHICKEN

Ann MacDonald

1/2 c. butter or margarine, melted
2 tsp. Dijon mustard
1 tsp. Worcestershire sauce
1/2 tsp. salt

1 c. dry bread crumbs
1/2 c. grated Parmesan cheese
6-8 boneless, skinless chicken breast halves

In a pie plate or shallow bowl combine butter, mustard, Worcestershire sauce and salt. In a plastic bag combine crumbs and Parmesan cheese. Dip chicken in butter mixture, then shake in crumb mixture. Place in an ungreased 9 x 13-inch pan. Drizzle with remaining butter mixture. Bake at 350° for 40-45 minutes or until chicken is no longer pink and juices are clear. Yields 6-8 servings.

PINEAPPLE CHICKEN

Georgie Schmid

4 chicken breasts
1 sm. can diced pineapple
3 T. honey

8 tsp. Dijon mustard
Curry powder to taste

Preheat oven to 375°. Sprinkle chicken with curry. Heat pineapple juice, honey and mustard in a small pan, stirring until it comes to a boil. Remove from heat and pour over chicken. Bake 30 minutes. Turn and baste. Add pineapple chunks. Bake 15 minutes more.

SPANISH CHICKEN

Judy Pozar

1 frying chicken, cut up
Vegetable oil
1 (9 to 12-oz.) pkg. frozen
artichoke hearts
1 onion, sliced
1 clove garlic

1/2 lb. mushrooms, sliced
1 potato per person
1 tsp. rosemary
Pepper & salt to taste
1/2 c. dry white wine

Salt and pepper the chicken pieces and brown them in oil. Meanwhile cook the artichoke hearts. Place the chicken in a casserole dish. In the same oil, fry garlic, onion and roughly chopped potatoes. When the onions are transparent, add sliced mushrooms, salt, pepper, rosemary and the drained artichoke hearts. Simmer this mixture for 5 minutes, then pour over the chicken pieces. Douse everything with 1/2 cup white wine (or chicken broth); cover and bake for 30-40 minutes at 350°.

CHICKEN POCKETS

Kim Crew-Baker

Bell Pepper Relish:

1 sm. green pepper, chopped
1 sm. red pepper, chopped
3 green onions, chopped

1 sm. tomato, chopped
1 clove garlic, minced
1 c. shredded cooked chicken

Chili Dressing:

1 T. salad oil
1 T. wine vinegar
1 tsp. cumin
1 tsp. chili powder

1/4 tsp. salt & pepper
8 pita bread
2 c. shredded Jack or cheddar
cheese

Prepare bell pepper relish using leftover chicken. Combine green and red pepper, green onions, tomato, garlic and chicken. In a small bowl combine oil, vinegar, cumin, chili powder, salt and pepper. Toss with vegetable chicken mixture. Let sit at room temperature for 1 hour. On a hot, dry griddle place pita. Heat until bread bubbles up. Open by

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cutting one end. Fill bread while warm with cheese and chicken relish. Serve with salsa if desired.

ROASTED GARDEN CHICKEN

1 (3-lb.) skinned fresh chicken	3 T. fresh basil
1 lb. red potatoes	1¼ tsp. salt
2 cloves peeled garlic	½ tsp. ground pepper
1½ c. asparagus tips	Rosemary & thyme sprigs to garnish
½ c. sun-dried tomatoes	½ c. Chablis
1 lg. red onion, chopped	¼ c. water
3 T. olive oil	
1 T. fresh thyme	

Preheat oven to 450°. In large roasting pan toss chicken and vegetables with olive oil and sprinkle with basil, salt, pepper and thyme. Roast 20 minutes then baste; again roast 20 minutes, baste, then 10 more minutes or until chicken juices are clear when pricked deep with fork. Serve by placing all chicken and vegetables on attractive ceramic platter. Take remaining juices and mix with ½ cup Chablis and ¼ cup boiling water. Pour over meal and garnish with sprigs of rosemary and thyme.

ROCK CORNISH HENS WITH PURPLE PLUM SAUCE

Betsy Garson Neisner

2 rock Cornish hens	2 stalks coarsely chopped celery
Salt & pepper	4 bacon slices, uncooked
2 apple slices	
1 onion	

Rinse each bird inside and out with cold water. Pat dry. Sprinkle cavities with salt and pepper. Place an apple slice, an onion half and ½ of the chopped celery in each cavity. Place hens on a rack in a shallow roasting pan, breast side up. Place 2 slices of bacon over each breast. Roast at 350° uncovered for 1½-2 hours. During final ½ hour, move bacon to pan next to hens and baste hens with purple plum sauce.

Purple Plum Sauce:

1 (17-oz.) can purple plums	¼ c. dark brown sugar
¼ c. margarine	2 T. chili sauce
3 T. chopped onion	1 tsp. Worcestershire sauce
¼ c. freshly squeezed lemon juice	¼ tsp. ground ginger

Discard pits from plums. Puree plums with juice in blender or food processor with steel blade. In a skillet, melt margarine over medium heat and saute onion. Stir in remaining ingredients including pureed plums. Simmer over low heat for 30 minutes. Baste birds. Spoon remaining plum sauce over hens or serve from the table. 3-4 servings.

FLOUNDER BAKED

Georgie Schmid

3/4 lb. flounder

**Shallow dish lined with soft
bread crumbs**

Sauce:

**1/4 c. or less melted butter or
margarine**

1 1/2 tsp. vinegar

1/2 tsp. Worcestershire sauce

1 1/2 tsp. lemon juice

1/2 tsp. dry mustard

Place fish on bread crumbs in dish. Pour sauce over top. Bake 20 minutes at 300° or until fish is done.

FISH FILLETS FLORENTINE

Kathy Eichorn

2 T. margarine or butter

2 T. flour

1 tsp. instant chicken bouillon

Dash of ground nutmeg

Dash of white pepper

1 c. milk

**2/3 c. shredded Swiss or
cheddar**

**1 (10-oz.) pkg. chopped frozen
spinach, thawed & well drained**

1 T. lemon juice

**1 lb. fish fillets, cut into serving
pieces**

1/2 tsp. salt

**2 T. grated Parmesan cheese
Paprika**

Melt margarine over low heat. Stir in flour, bouillon, nutmeg, red and white pepper. Cook over low heat, stirring constantly until mixture is smooth and bubbly. Remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Add Swiss cheese; cook, stirring constantly until cheese is melted. Place spinach in ungreased oblong baking dish. Sprinkle with lemon juice. Spread sauce over fish and spinach. Cook uncovered in a 350° oven until fish flakes easily with a fork, 20-25 minutes. Sprinkle with Parmesan cheese and paprika for the last 2-5 minutes. Serves 4.

SHRIMP CURRY

Naz-Mohamed-Ahamed

1 lb. shrimp or fish

1 lg. onion, sliced

2 lg. tomatoes, diced

2 lg. green chilies, sliced

1 tsp. ground ginger

1 tsp. ground garlic

1 tsp. cumin seeds

1/2 tsp. mustard seeds

1/2 bunch cilantro, leaves only

1/4 bunch mint, leaves only

1/4 c. oil

1/4 tsp. red chili powder

1/4 tsp. turmeric

Heat oil; brown sliced onion. Add diced tomatoes, green chilies, cilantro, mint leaves, ginger, garlic and cumin seeds. Cook for 10 minutes, stirring

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constantly. Add mustard seeds, salt, red chili powder and turmeric. Mix and cook for 2 minutes. Then add shrimp or fish. Simmer on medium heat until cooked. Serve with rice.

SHRIMP SCAMPI

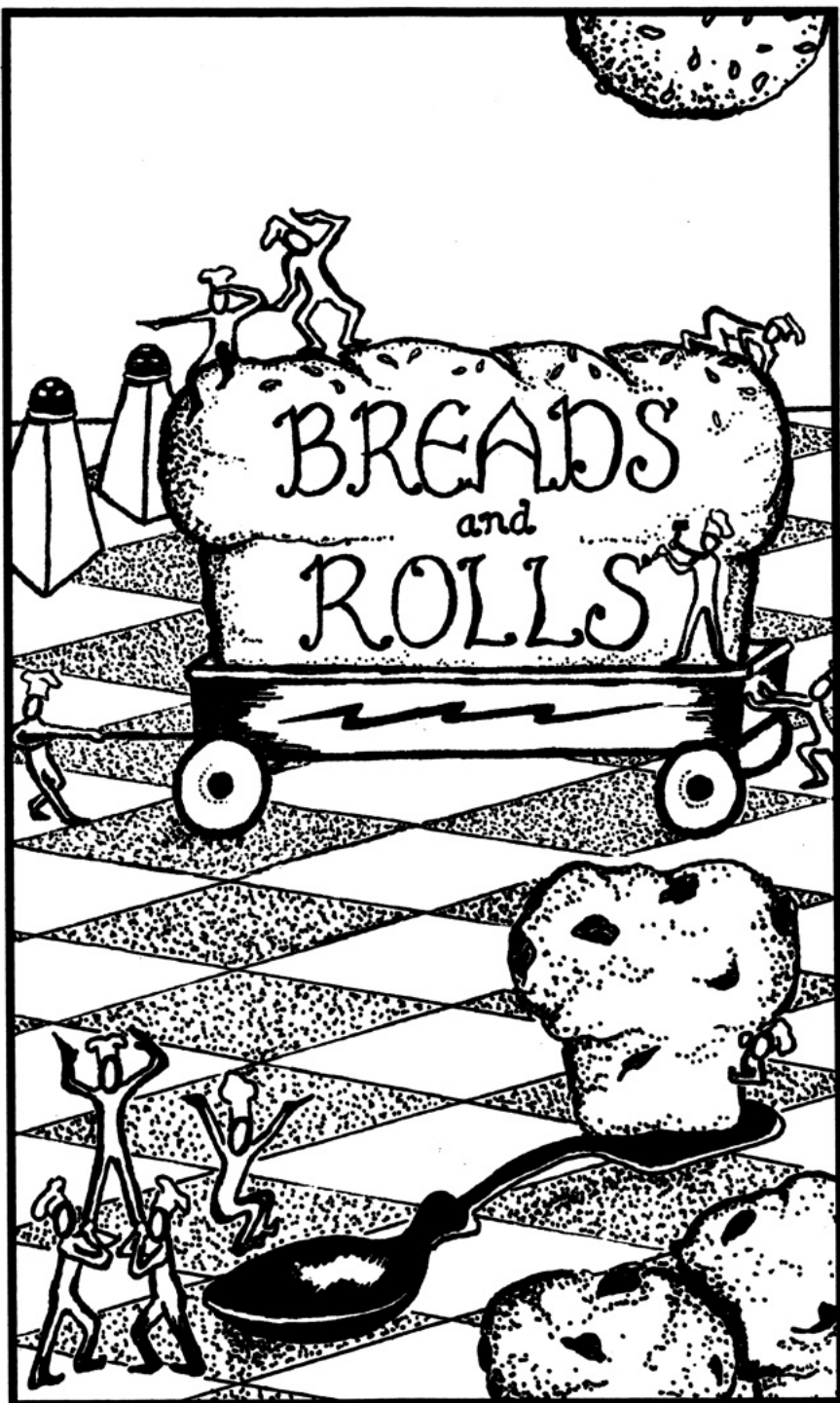
Linda Jablonski

1 lb. med. fresh shrimp, peeled, deveined	1 T. lemon juice
1/2 c. butter	1/2 tsp. salt
1/8 c. olive oil	2 1/2 tsp. garlic, chopped
1 1/2 tsp. parsley	1/2 tsp. basil
	1/4 tsp. oregano

Place shrimp on a cookie sheet in a 450° oven for 5-8 minutes or till pink. Melt butter; add spices. Pour butter, spices and shrimp over linguini.

Recipe Favorites

Recipe Favorites



Helpful Hints

- Bananas that have darkened can be peeled and frozen in a plastic container until it's time to bake bread or cake.
- When bread is baking, a small dish of water in the oven will help to keep the crust from getting too hard or brown.
- Use shortening, not oleo or oil to grease pans, as oleo and oil absorb more readily into the dough or batter and do not help to release baked goods from pan (especially bread).
- Use a metal ice tray divider to cut biscuits in a hurry. Press into dough and biscuits will separate at dividing lines when baked.
- Self-rising flour: 4 cups flour, 2 teaspoons salt and 2 tablespoons baking powder. Mix well and store in a tightly covered container.
- Hot water kills yeast. One way to tell the correct temperature is to pour the water over your forearm, and if you cannot feel either hot or cold, the temperature is just right.
- When in doubt, always sift flour before measuring.
- When cooking in glass pans, reduce oven temperature by 25 degrees.
- When milk is used in making bread, you get a finer texture. Water makes a coarser bread.
- To prevent scorching when scalding milk, first rinse pan in hot water.
- If your biscuits are dry, it could be from too much handling, or the oven temperature may have not been hot enough.
- Nut breads are better if stored 24 hours before using.
- To make bread crumbs, toast the heels of bread and put in blender or food processor.
- Cracked eggs should only be used in dishes that are thoroughly cooked; they may contain bacteria.
- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.

BREADS & ROLLS

APPLE MUFFIN

Dorothy Damon

2 chopped apples	2 c. flour
3/4 c. vegetable oil	3/4 tsp. baking soda
1 c. sugar	3/4 tsp. cinnamon
2 eggs	1/2 tsp. salt
1 tsp. vanilla	1/2 c. chopped nuts

In bowl beat oil and sugar. Add eggs and vanilla. Stir in flour, baking soda, cinnamon and salt. Stir in apples and nuts. Spoon batter into prepared muffin cups. Bake 20-25 minutes at 400°.

PUMPKIN MUFFINS

Sara Aierstuck

1 2/3 c. flour	1/2 tsp. ground cloves
1 tsp. baking powder	1 c. Succanat or 3/4 c. maple syrup
1/4 tsp. salt	1/2 c. oil
1 tsp. baking soda	1 (15-oz.) can pumpkin
1/2 tsp. ground cinnamon	1 c. raisins
1/2 tsp. grated nutmeg	

Preheat oven to 350°. Prepare muffin tin with paper liners or grease. In a large bowl combine flour, baking powder, salt, baking soda, cinnamon, nutmeg, cloves and Succanat or maple syrup. Add oil, eggs and pumpkin. Beat until smooth. Add raisins and fold in. Pour batter into muffin tins. Bake 25 minutes. Makes 18-20 muffins.

BLUEBERRY MUFFINS

Linda Jablonski

1 3/4 c. fresh or frozen blueberries	1/2 C butter
3 c. flour	1/2 tsp. salt
1 3/4 c. sugar	2 eggs
1 T. baking powder	1 c. milk
	1 tsp. vanilla
	2 T. melted butter

Cut butter into flour, sugar, salt and baking powder. Set aside 1 cup of this mixture for topping. Add milk, eggs and vanilla to remaining flour mixture and beat until smooth. Fold in berries. Fill muffin cups. Drizzle melted butter over reserved flour mixture and toss with fork. Sprinkle on top of muffins. Bake at 350° for 25-30 minutes. I also substitute cranberries.

BLUEBERRY OATMEAL MUFFINS

Eleanor Duncan

1¼ c. flour	1 c. plain yogurt
1 c. quick oats	¼ tsp. nutmeg
½ c. brown sugar	1 lg. egg or 2 lg. egg whites, lightly beaten
2 tsp. baking powder	¼ c. butter or margarine
1 tsp. cinnamon	1 c. fresh or frozen blueberries
½ tsp. baking soda	

Preheat oven to 400°. Use muffin cups or lightly grease 12 muffin cups. In large bowl stir together flour, oats, brown sugar, baking powder and soda, nutmeg and cinnamon. Stir in egg, yogurt and butter until flour mix is just moistened (will be lumpy). Fold in blueberries. Divide batter among the cups. Bake 20-25 minutes. Makes 12 muffins.

SPICED CRANBERRY MUFFINS

Irene Stapleton

2 c. sifted flour	2 well beaten eggs
½ c. sugar	⅔ c. milk
3 tsp. baking powder	1½ c. fresh chopped cranberries
½ tsp. salt	1 c. whole-wheat cereal flakes
½ tsp. ground cinnamon	¼ c. walnuts
¼ tsp. nutmeg	
¼ tsp. ginger	

Sift together first seven ingredients. Stir in chopped walnuts and set aside. Combine eggs, milk and cooking oil. Add all at once to dry ingredients and stir till just moistened. Fold in cranberries and whole-wheat flakes. Grease muffin pans or use bake cups in muffin pans. Fill ⅔ full. Combine 1 tablespoon sugar and ¼ teaspoon cinnamon. Sprinkle muffin tops. Bake at 450° for 20 to 25 minutes.

PEACH-GINGER MUFFINS

Betsy Garson Neisner

½ c. butter, softened	½ tsp. salt
1 c. sugar	2 tsp. freshly grated ginger
2 eggs	½ c. milk
1 tsp. vanilla	1-2 c. diced peaches
2 c. flour	2 T. melted butter
2 tsp. baking powder	2 tsp. sugar

Preheat oven to 375°. Cream together the butter and sugar until fluffy. Add the eggs one at a time, mixing well. Add the vanilla and the ginger. In a separate bowl combine the flour, baking powder and salt and add them to the batter, alternating with the milk. Mash ½ cup peaches and add to the mixture, stirring just until blended. Fold in the remaining

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peaches. Spoon into 12 large greased muffin tins or custard cups. Bake at 375° for 20-25 minutes. Remove from oven and while still warm, brush each muffin with melted butter and sprinkle lightly with sugar. Cool in tins.

CHEDDAR CORN MUFFINS

Betsy Garson Neisner

3 oz. colby cheese, coarsely grated	1 tsp. crushed red pepper flakes
2 lg. scallions including green tops, chopped	½ tsp. salt
1 c. unbleached flour	¼ c. sugar
⅓ c. yellow cornmeal	¾ c. sour cream or plain yogurt
2 tsp. baking powder	½ c. safflower oil
	2 lg. eggs

15 minutes before baking, place rack in center of oven and preheat to 375°. Grease 10½-cup muffin cups. Combine cheese and scallions. Mix in flour, cornmeal, baking powder, red pepper flakes, salt, sugar, sour cream or yogurt, oil and eggs. Pour into muffin cups and bake until light brown, about 20 minutes. Cool in pan slightly but serve warm.

HOT CROSS BUNS

Jude Wobst

1 c. milk	3-3½ c. flour
¼ c. butter	½ tsp. cinnamon
¼ c. sugar	2 eggs
1 tsp. salt	¼ c. raisins, halved, or currants
1 pkg. yeast	¼ c. chopped candied fruit
¼ c. lukewarm water	

Scald the milk and add butter, sugar and salt. Cool to lukewarm. Add the yeast to water and then to lukewarm milk. Add 1½ cups of the flour and the cinnamon. Beat thoroughly. Add one egg and beat well again. Stir in the raisins. Add enough more flour (about 2 cups) to make dough unsticky. Toss on lightly floured surface and knead to smoothness. Shape into buns and place in pan one inch apart. Cover with cloth and let rise to double in size. Brush tops with a beaten egg and bake in 375° oven for 15-20 minutes, depending on size. Ice with a cross of white frosting before completely cool. Takes about 3 hours in all.

SWEET ROLLS

Susan Scott

2 yeast cakes	1/2 c. warm water
1/2 c. sugar	1 1/2 c. milk
2/3 c. shortening	2 eggs
7 c. flour	2 tsp. salt

Scald sugar, shortening and milk. When cool (use ice cubes) add yeast that has dissolved in warm water. Mix in well the eggs, flour and salt and let it stand until double in bulk. Divide dough in half. Roll into pie shape and cut into triangles. Roll each triangle starting from wide end. Bake at 350° for 20-25 minutes. Brush tops with butter when done.

POCKETBOOK ROLLS

Debhra Brazeau

1/4 c. honey	1 T. yeast (1 pkg.)
2 tsp. salt	1 egg
1/2 c. butter	1/2 c. wheat germ
1 c. boiling water	1/2 c. whole-wheat flour
1 c. milk	4 c. unbleached flour

Combine honey, salt, butter and boiling water in large bowl. Stir to melt butter. Add milk, yeast and egg. Add wheat germ and whole-wheat flour and beat until smooth. Add rest of flour; mix and knead well. Let rise in greased bowl until doubled. Shape into rolls; place in greased baking pan. Bake at 350° for 15 or 20 minutes. These rolls freeze well and can be shaped into many different shapes. I make cinnamon rolls out of half of the dough.

CORNBREAD

Peggy Sanders

1 c. all-purpose flour, sifted	3/4 c. waterground cornmeal
1/2 tsp. baking soda	1 c. buttermilk
2 tsp. baking powder	1 or 2 eggs
1 tsp. salt	3 T. melted butter
1 T. sugar	

Sift together flour, soda, powder, salt and sugar. Add cornmeal. Combine and beat buttermilk, eggs and butter. Stir liquid into dry ingredients with several swift strokes. Heat oven to 400°. Put greased pan into oven until hot; remove then pour in batter. Bake for 1/2 hour or till lightly browned. Serves six. Serve warm.

SOUR CREAM (OR YOGURT) CORNBREAD

Georgie Schmid

1 c. flour	1 c. sour cream or yogurt
1 c. yellow cornmeal	1/4 c. milk
1 tsp. baking soda	1/4 c. oil
1 tsp. baking powder	1 egg, slightly beaten
2 T. sugar	

Mix flour, cornmeal, baking soda, baking powder and sugar; set aside. Mix sour cream or yogurt, milk, oil and egg and add to dry ingredients. Grease 8-inch pan. Pour batter into pan and bake at 425° for 25 minutes.

MOIST ZUCCHINI BREAD

Grammie Eleanor Woodard

1 c. white or brown sugar	1 c. unpeeled zucchini, grated
1/2 c. oil	1 1/2 c. flour
2 eggs	2 tsp. baking powder
1 tsp. grated lemon or orange peel	1/2 tsp. baking soda
1/2 tsp. vanilla	1/2 tsp. salt
1/2 carrot, grated	1/2 tsp. ground ginger
	1/2 c. walnuts, cut up

Beat sugar, oil, eggs, lemon or orange peel and vanilla. Sift flour, baking powder, baking soda, salt, nutmeg and ginger. Add flour mixture alternately with zucchini to sugar mixture. Beat well and stir in nuts. Pour batter into greased and floured bread pan and bake at 350° for 50-60 minutes. Done when toothpick comes out clean.

BANANA BREAD

Connie Jackson

1 c. Crisco	2 1/2 c. sugar
3 c. all-purpose flour	1 1/2 tsp. baking soda
1 tsp. salt	4 eggs, separated
6 T. buttermilk	2 tsp. vanilla
2 c. mashed bananas	1 c. nuts, chopped (opt.)

Mix Crisco, flour, salt, buttermilk, bananas, sugar, soda, egg yolks, vanilla and nuts until well blended. Add egg whites and mix thoroughly. Pour into oiled and floured pan. Bake at 325° in tube pan for 1 1/2 hours or in 2 loaf pans for 50 minutes.

OUR FAMILY'S FAVORITE BANANA BREAD

Grammie Eleanor Woodard

1/2 c. shortening (butter or margarine)
1 c. sugar
2 eggs
3/4 c. mashed ripe bananas (about 3)

1 1/4 c. flour
3/4 tsp. baking soda
1/2 tsp. salt
1/2 c. walnuts

Cream shortening and sugar until light. Add eggs beating well; stir in banana. Sift dry ingredients. Add to banana mixture. Mix until well blended. Add walnuts. Pour into a greased and floured bread pan. Bake at 350° for about 1 hour.

WORLD'S BEST BANANA BREAD

Vivian Asche

1 2/3 c. flour
1 c. sugar
2 tsp. baking powder
1/4 tsp. baking soda
1/4 tsp. salt

1 1/4 c. mashed extremely ripe bananas
1/3 c. melted & cooled butter
2 eggs, whisked

Preheat oven to 350°. Butter and flour a tube pan. In a large bowl sift together dry ingredients. In another bowl mix bananas, butter and eggs. Pour wet ingredients into dry and stir until just combined. Bake for 60-75 minutes until top is just firm. Store at room temperature.

APPLE RAISIN NUT BREAD

Sue LaClaire

2 eggs
1/2 c. vegetable oil
1 1/2 c. all-purpose flour
3/4 c. sugar
1 1/2 tsp. cinnamon
1 tsp. baking soda
1 tsp. vanilla

1/2 tsp. salt
1/2 tsp. baking powder
1 c. chopped walnuts
1 c. raisins
1 c. shredded fresh apples (2 med.)

Combine eggs, oil, flour, sugar, cinnamon, baking soda, vanilla, salt and baking powder in large mixing bowl. Stir until well blended. Stir in nuts, raisins and apples until a rather stiff batter is formed. Mix until all ingredients are thoroughly blended, but do not overmix. Pour into a greased 8 1/2 x 5 1/2-inch loaf pan. Bake at 375° for one hour or until a tester inserted in the center comes out clean.

PROCESSOR POPOVERS

Larry & Irene Saunders

Oil	1½ c. milk
1½ c. flour	1 T. melted butter
½ tsp. salt	4 tsp. unsalted butter
4 eggs	

Oil 8 popover cups. Set racks in lower third of oven and preheat to 450°. Set cups in oven while preparing batter. Combine flour, salt, eggs, milk and melted butter in bowl. Mix to consistency of whipped cream, about 1 minute. Place ½ teaspoon butter in each cup. Return cups to oven until butter is bubbly. Fill each cup ½ way with batter. Place in oven and bake 20 minutes. Reduce heat to 350°. Bake 15-20 minutes until golden and puffed.

FRENCH BREAD SPREAD

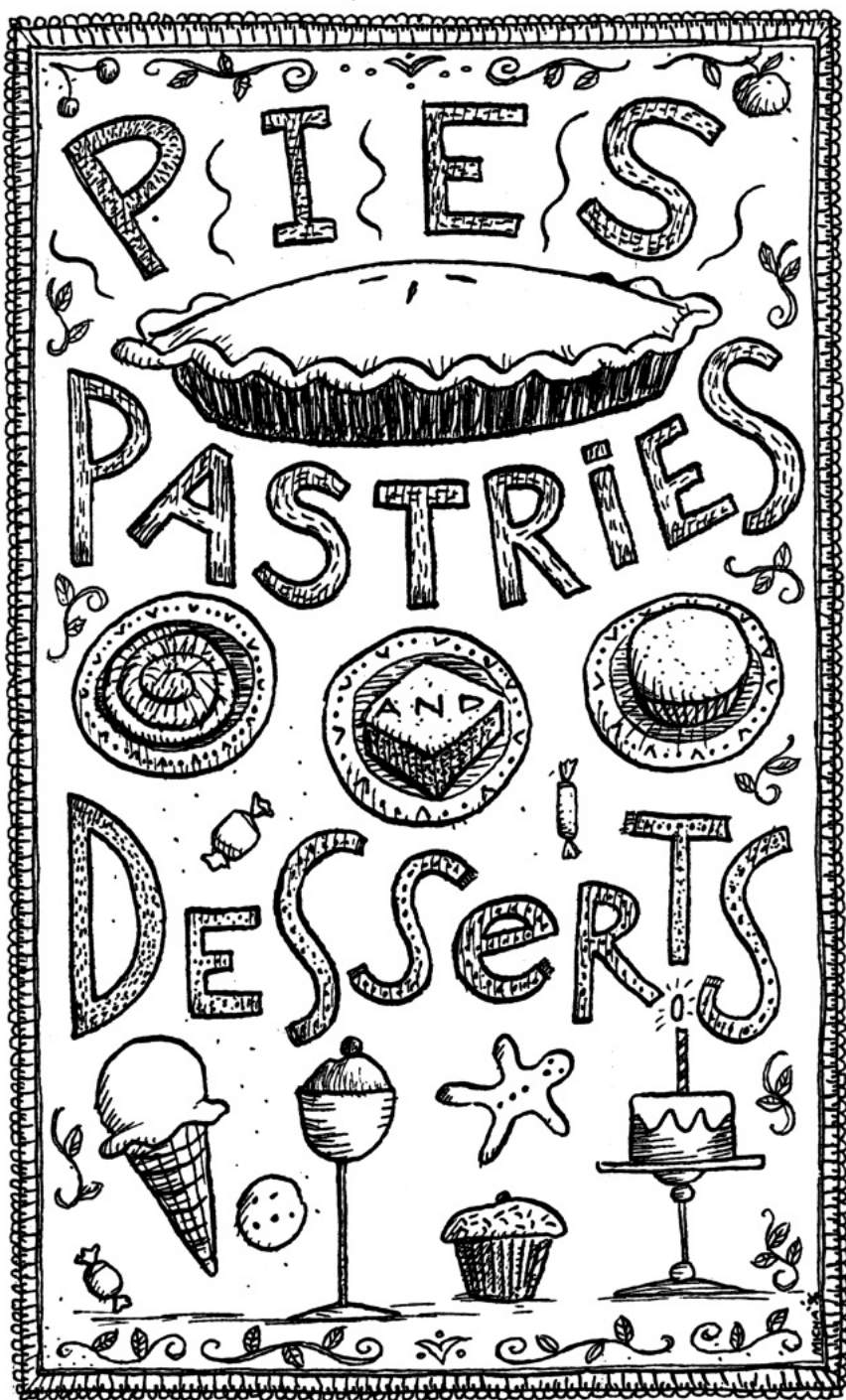
Jill Palmer

1 c. mayonnaise	½ T. Worcestershire sauce
½ c. grated Parmesan cheese	2 loaves French bread
½ c. chopped green onions	

Combine mayonnaise, Parmesan cheese, green onions and Worcestershire sauce. Slice French bread in half horizontally. Spread mayonnaise mixture on the four cut surfaces of the bread. Broil until the topping is browned, about 8 minutes.

Recipe Favorites

Recipe Favorites



Helpful Hints

- Vinegar can remove spots caused by tomatoes. Soak spot with vinegar and wash as usual.
- To freshen your dishwasher, run it on rinse with some baking soda.
- Drops of oil of cinnamon, cotton balls soaked in your favorite perfume or disinfectant will leave room smelling fresh after you vacuum.
- Things to keep in the kitchen: a ruler, scissors, small hammer, flashlight, candles, matches and tape.
- Egg whites need to be room temperature for greater volume when whipped.
- To freeze eggs: Spray ice cube trays with oil. Beat eggs and add 3/4 teaspoon sugar and 1/4 teaspoon salt for every 1/2 dozen. Pour into trays and freeze firm. Store in airtight containers in freezer. One cube equals one egg.
- A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.
- Use steel wool covered with fabric for a pin and needle sharpener. Attach curtain rings on drawstring ties and the ties will not come out.
- Separate 2 glasses by filling the inside one with cold water and setting the other in hot.
- Old Amish Proverb: Eat it up, wear it out, make it do, or do without!
- Organize coloring books and crayons with a dish drainer.
- For quick and handy seasoning while cooking, keep on hand a large shaker containing six parts of salt and one of pepper.
- Before scalding milk, rinse pan with cold water for easy clean up.
- Getting the catsup out of the bottle isn't so tough. Insert a drinking straw, push it to the bottom of the bottle, and then remove. Enough air will be admitted to start an even flow.
- Add a lump of butter or a few teaspoons of cooking oil to the water. Rice, noodles or spaghetti will not boil over or stick together.

PIES, PASTRY & DESSERTS

QUICK KEY LIME PIE

Kathi DeZenzo

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|--------------------------------|------------------------------|
| 4 fresh limes, squeezed | $\frac{3}{4}$ pt. sour cream |
| 1 can sweetened condensed milk | 1 graham cracker pie crust |

Mix lime juice, sweetened condensed milk and sour cream with a beater. Pour into prepared graham cracker pie crust and chill in refrigerator for 1-2 hours. Serve with whipped cream if desired. Serves 6.

PUMPKIN HONEY PIE

Charlotte Abbott

- | | |
|-----------------------------|-----------------------------|
| 1½ c. pumpkin | $\frac{1}{4}$ tsp. ginger |
| $\frac{3}{4}$ c. honey | $\frac{1}{4}$ tsp. cloves |
| 3 eggs | $\frac{1}{4}$ tsp. allspice |
| $\frac{3}{4}$ tsp. cinnamon | $\frac{1}{2}$ tsp. salt |

Mix together pumpkin, honey and eggs. Add remaining ingredients to pumpkin-honey mixture. Stir in 1 cup milk and $\frac{1}{2}$ cup cream. Pour into unbaked pie shell and bake at 425° for 10 minutes, at 350° for 30 minutes.

LEMON SPONGE PIE

Jude Wobst

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|--------------------|----------------------|
| 1 c. sugar | 2 eggs |
| 2 T. flour | 1 c. milk |
| 2 T. melted butter | 1 pie crust, unbaked |
| 1 lemon | |

Mix well together juice and grated rind of one lemon (2, if small), yolks of 2 eggs, well-beaten, and 1 cup of milk. Lastly, fold into the mixture the well-beaten whites of the eggs. Bake in 1 crust to a golden brown in a moderate oven.

LATTICE STRAWBERRY RHUBARB PIE

Irene Stapleton

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|---|----------------------------|
| Standard pastry for 2-crust 9-inch pie | 1 pt. strawberries, halved |
| 3 T. all-purpose flour | 2 eggs |
| 1 c. sugar | 2 T. water |
| 4 c. rhubarb, cut in $\frac{1}{2}$ -inch pieces | 1 T. butter |

(continued)

Roll out slightly more than half of pastry. Line pie pan. Put rhubarb and strawberries in lined pie pan. Mix flour and sugar in bowl and sprinkle over fruit. Beat eggs and water and pour over fruit mixture. Add extra egg and water if necessary. Dot with butter. Roll out remaining pastry. Cut into 1/2-inch strips. Adjust strips on pie, lattice fashion. Bake in preheated 450° oven for 10 minutes. Reduce heat to 375°; bake for 35 to 40 minutes.

CHOCOLATE WALNUT PIE

Kathryn Steeves

3 eggs, slightly beaten	2 c. walnuts in lg. pieces (or pecan halves)
1 c. Karo corn syrup	1 unbaked 9-inch pie shell
1/2 c. sugar	2 T. butter, melted
1 c. semi-sweet chocolate chips	
1 tsp. vanilla	

In large bowl combine eggs, corn syrup, sugar, butter and vanilla. Mix until well blended. Stir in chocolate chips and nuts. Pour into pie shell. Bake in 350° oven 60 minutes or until a toothpick inserted halfway between center and edge comes out clean. Cool on wire rack. Serve slightly warm with vanilla ice cream.

APRICOT BARS

Judy Pozar

2/3 c. dried apricots	1/4 tsp. salt (opt.)
1/2 c. butter, softened	2 eggs, beaten
1/4 c. sugar	1 c. brown sugar
1 c. flour	1 tsp. vanilla
1/3 c. flour	1/2 c. walnuts (opt.)
1/2 tsp. baking powder	Powdered sugar

Cover apricots with water; boil 10 minutes; drain; cool and chop fine. Mix butter, 1/4 cup sugar and 1 cup flour until crumbly. Pack into the bottom of an 8-inch square pan. Bake at 350° for 25 minutes. Beat eggs; add brown sugar; stir in 1/3 cup flour, the baking powder and the salt (optional). Add chopped apricots, vanilla and chopped walnuts (if desired). Spread over the baked layer and return to the oven for 30 minutes. Cool. Dust with powdered sugar. Cut into squares.

BROWNIES

LaClaire/Jeanne Bridgman

1/2 c. melted butter	3/4 c. chocolate bits
2 c. sugar	1 1/2 c. marshmallow fluff
4 eggs	1 square melted chocolate
3 squares melted chocolate	1 c. confectioners' sugar
1 1/2 tsp. vanilla	1/4 tsp. vanilla
1 c. flour	Milk

Mix together butter, sugar, eggs, 3 squares melted chocolate, vanilla, flour and chocolate bits. Bake at 350° for about 25 minutes in a 9 x 13-inch pan. Remove from oven. Cool. Soften marshmallow fluff in microwave for a few seconds. Spread on brownies. Cool for a few minutes in freezer. Mix together chocolate icing: one square melted chocolate, confectioners' sugar, vanilla and milk (just enough to spread smoothly). Spread on top of brownies.

CHEESE DANISH SQUARES

Christine Oberly

2 pkgs. Pillsbury crescent rolls	1 egg
2 (8-oz.) pkgs. cream cheese	1 tsp. cinnamon
1 c. sugar	

Press 1 package crescent rolls into ungreased 9 x 13-inch pan. Beat together cream cheese, 3/4 cup sugar and egg yolk. Spread on crescent roll crust. Lay 1 package crescent roll out on waxed paper and flip over onto cream cheese mixture. Brush with egg white. Sprinkle 1/4 cup sugar and 1 teaspoon cinnamon. Bake at 350° for approximately 25 minutes.

CHOCOLATE-WALNUT SENSATIONS

Linda Hoer

1 c. + 2 T. all-purpose flour	1 tsp. vanilla extract
1/2 tsp. baking soda	1 egg
1/2 tsp. salt	2 c. chocolate chips, divided
3/4 c. firmly packed brown sugar	1 c. chopped walnuts
1/2 c. butter, softened	Walnut halves for garnish

Preheat oven to 375°. In small bowl combine flour, baking soda and salt; set aside. In large mixer bowl beat brown sugar, butter and vanilla until creamy. Beat in egg. Gradually add flour mixture. Stir in 1 1/3 cups of chocolate chips and chopped walnuts. Spread into greased 9-inch square pan. Bake 23-25 minutes. Immediately sprinkle remaining chocolate chips over top. Let stand until chips become shiny and soft. Spread chocolate evenly over top. Garnish with walnuts. When cool, chill 5-10 minutes to set chocolate. Cut into 2 x 1 1/2-inch bars.

LEMON SQUARES

Alison Ellis

1/2 lb. butter or margarine	2 c. flour
1/2 c. confectioners' sugar	4 eggs
1/3 c. lemon juice	2 c. sugar
1/2 c. flour	Lemon rind

Cut together butter or margarine, 2 cups flour and confectioners' sugar until mixture clings. Press into 9 x 12 x 2-inch pan. Bake at 350° for 20 to 25 minutes. Mix together in blender eggs, lemon juice, sugar, 1/2 cup flour and lemon rind. Pour over crust and bake 25 minutes at 350°. Sprinkle with confectioners' sugar. Cool and cut. Makes 30 squares.

MACAROON SOUFFLE

Peggy Sanders

3 c. crushed macaroons	3 c. whipping cream, whipped
1 c. sugar	1 c. brandy or Amaretto
1 c. half & half	Pinch of salt

Mix macaroons, sugar, half-and-half and salt in a bowl. Fold in whipping cream. Fold in brandy or liqueur. Pour in individual serving bowls. Put into freezer and remove about 15 minutes before serving (almost thawed).

PINEAPPLE-CHEESE STUFF

Connie Jackson

1 lg. can chunk pineapple	3 T. flour
1/2 c. sugar	3/4 stick Ritz crackers, crushed
1 c. grated cheddar cheese	1/2 stick margarine, melted

Drain juice from pineapple; reserve juice. Place pineapple in bottom of baking dish. Mix juice, sugar and flour. Pour over pineapple. Place cheese over pineapple mixture. Mix crushed crackers with melted margarine. Place on pineapple/cheese mixture. Bake at 350° for 20 minutes or until golden brown.

FRUITBASKET CREAM CHEESE TART

Angela Burke

1 stick unsalted butter, room temp.	1/4 c. apricot jam
3/4 c. sugar	1 pt. strawberries (thick slices)
8 oz. cream cheese, room temp.	4 kiwis, peeled & sliced
1 tsp. vanilla	1 lg. navel orange, peeled with a knife, no white, cut into thick rounds, each round cut in half
2 eggs, room temp.	
1 prebaked pie or tart shell	

(continued)

Preheat oven to 375°. Cream butter and sugar; beat on low 3 minutes. Add cream cheese and beat on medium 3 minutes. Add vanilla and eggs. Blend until all mixed and smooth. Pour filling into prebaked pie shell. Place in center of oven until cheese is golden on top (about 30 minutes). Carefully remove and cool on rack. (Up to now, it can be done several hours in advance.) Arrange fruit on pie shell. Take heated jam (strain it if necessary) and brush all the fruit covering it well, but not too thick. Serve soon after adding fruit and glaze. Other fruit combinations can be used.

APPLE CRISP

Edie Field

6-8 apples, sliced 1/4 inch thick	1 c. sugar (light brown sugar can be used for part of the sugar)
1 tsp. cinnamon	3/4 c. flour
1/2 c. water	
1/2 c. butter	

Place apples evenly in buttered casserole. Pour water and cinnamon mixture over apples. Work sugar, flour and butter together till crumbly. Spread over apples and bake covered 1 1/2 hours at 350°.

HAZELNUT-ANISEED BISCOTTI

Lisa Stratford

1 c. whole hazelnuts	1/2 tsp. salt
2 1/4 c. white flour	3 lg. eggs
4 tsp. aniseed	1 c. sugar
1 tsp. baking powder	1 tsp. vanilla

Preheat oven to 325°. Lightly oil baking sheet and set aside. Spread hazelnuts on a pie plate. Bake for 8-12 minutes or until lightly toasted. Transfer to clean kitchen towel. Fold over and rub skins off. Stir together flour, aniseed, baking powder and salt; set aside. In separate bowl, with electric mixer, beat eggs, sugar and vanilla until pale, about 3 minutes. Add dry ingredients, followed by hazelnuts. (Dough will be very soft.) With rubber spatula, scoop dough onto prepared baking sheet, forming 3 (10-inch) logs. Smooth with wet hands. Bake for 30 minutes or until logs are lightly browned. Transfer to cutting board. Slice crosswise into 1/2-inch thick slices. Stand slices up on a baking sheet, 1/2 inch apart. Return to oven; bake for 10-15 more minutes, until crisp. Cool on rack. Store in airtight container for up to one month. Makes 4 dozen.

BLUEBERRY TEACAKE

Kim MacDonald's Gramma Pratt

2 c. sifted flour	3/4 c. sugar
2 tsp. baking powder	1 beaten egg
1/2 tsp. salt	1/2 c. milk
1/4 c. butter or margarine	2 c. blueberries

Sift together flour, baking powder and salt. Cream butter; gradually beat in sugar. Add milk and egg; beat until smooth. Add dry ingredients; fold in blueberries. Spread batter in greased and floured 8 or 9-inch square pan. Sprinkle with crumb mixture. Bake in hot oven (375°) for 40-45 minutes. Cut in squares. **Crumb Topping:** 1/2 cup sugar, 1/4 cup flour, 1/2 teaspoon cinnamon, 1/4 cup butter or margarine. **Topping:** Mix together sugar, flour and cinnamon. Cut in butter to form coarse crumbs.

HAVE IT YOUR WAY ICE CREAM CAKE

Deborah Hansen

2 (1/2-gal.) ctn. your favorite ice cream (different flavors)	1 pkg. Oreo cookies
	1 (8-oz.) tub Cool Whip

Line 2 cake pans with plastic wrap. Scoop softened ice cream into the pans. One flavor per pan. Crush 20 Oreo cookies and place the crumbs on top of the softened ice cream. Freeze for 2 hours. Invert one cake pan onto a plate, place the second one on top of the first and frost with Cool Whip. Refreeze for 1 hour. Serves 8-10.

GINGERBREAD WITH ORANGE SAUCE

Susie Mosher

1 box gingerbread mix or your favorite gingerbread recipe	1/2 c. shredded coconut
1/2 (6-oz.) can frozen orange juice concentrate	1 T. cornstarch
	1/4 c. brown sugar
	1/2 c. hot water

Prepare gingerbread mix or recipe in 9 x 9-inch baking pan. Mix orange juice concentrate, cornstarch, coconut, brown sugar and hot water together. Pour into the center of gingerbread. Bake at 350° for 30 minutes.

CHOCOLATE STEAMED PUDDING

Edie Field

1 tsp. butter	1/2 tsp. salt
1 square chocolate	1 c. flour
1/2 c. sugar	1 tsp. baking powder
1 egg, beaten slightly	1/2 c. milk

(continued)

Melt together butter and chocolate. Add sugar, egg and salt. Sift in flour and baking powder alternating with the milk. Steam 1 hour in a greased mold. Serve with mock maple sauce. **Mock Maple Sauce:** Cream together $\frac{1}{3}$ cup butter and 1 cup light brown sugar. Add 1 egg yolk, beaten, and 1 teaspoon vanilla. Mix well and add 1 egg white, beaten stiff.

CHOCOLATE LUSH

Nancy Mitchell

Crust:

2 c. flour	1 (8-oz.) pkg. cream cheese
2 sticks butter or margarine	1 c. confectioners' sugar
$\frac{3}{4}$ c. chopped nuts	1 c. Cool Whip

Blend all ingredients with fork or hands. Press on bottom of buttered 11 x 15-inch pan. Bake at 350° for 25 to 30 minutes or until lightly browned. Cool thoroughly. **Cream Cheese Filling:** 1 (8-ounce) size cream cheese, softened to room temperature, 1 cup confectioners' sugar, 1 cup Cool Whip (buy extra-large container). Beat softened cream cheese with sugar. Add Cool Whip and blend well with spoon. Spread on cooled crusts. **Pudding Filling:** 2 packages instant chocolate pudding, 3 cups milk. Mix pudding with milk. Let set until thick. Spread onto cream cheese filling. Take remaining Cool Whip and spread onto pudding filling. Sprinkle with a few chopped nuts.

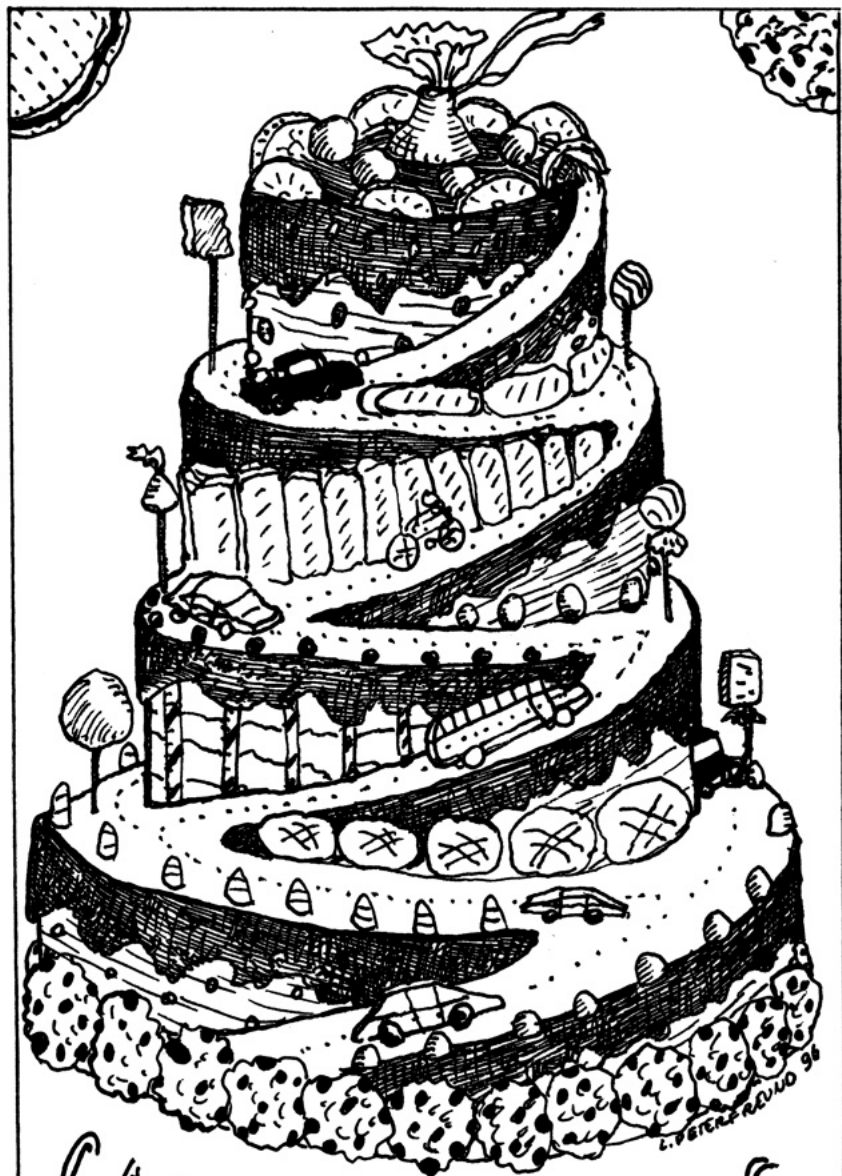
CRACKER PUDDING

Leta Johnson

2 eggs	16 saltines
$\frac{1}{2}$ c. sugar	1 tsp. vanilla
Dash of salt	Raisins (opt.)
2 c. milk	

Beat eggs. Add sugar and mix well. Add milk, salt and vanilla. Mix together. Add crumbed up crackers and raisins. Put in casserole dish and bake for approx. 45 minutes at 350°.

Recipe Favorites



CAKES, COOKIES,
CANDIES

Helpful Hints

Child's Party:

- Push animal shaped cookie cutters lightly into icing. Fill depressed outlines with chocolate icing.
- Fill ice cream cones (flat bottoms) with cake batter half full and bake. Decorate with icing topped with colored sugar.
- Small marshmallows can be used for candle holders on cakes.

Spoon for Baby: A tablespoon of your measuring spoons set is ideal for baby to eat soup or cereal with. The short handle and deep scoop helps them to get more into their mouths as they learn to feed themselves.

Eliminating drink spills: Your child will be able to hold onto a glass better if you place two tight rubber bands around the glass an inch or so apart. This makes it easier for little hands to hold.

Other Useful Tips:

- To teach a child how to put the right shoe on the right foot, mark or tape the inside of the right shoe only.
- Has your child outgrown his favorite sweater? Don't throw it away. Chances are, it is only the sleeves that are too short. Cut off the sleeves and finish the armholes, and he will have a great sweater vest to wear.
- Want an inexpensive way to stretch your baby powder? Mix the baby powder with a box of cornstarch and it will go much further. Cornstarch is safe and will stretch your money also. Cornstarch is just fine to use alone.
- Want a good way to wean your baby from his or her bottle? Take the lid off the bottle and let the baby drink from the "old favorite" bottle, then start using a cup from there. Make sure you start with baby's favorite drink.
- Here is a good way to keep your baby's bottle warm when you go somewhere. After the baby's bottle is warmed, just pop it into a wide mouth thermos that has been "warmed" with hot water. Put on the lid. This will keep the bottle just right.
- Remember this simple tip when going to outings. A child in colorful clothes is easier to find. Nothing stands out in a crowd like a toddler in red, purple, or yellow.
- If your child has trouble swallowing a pill, place it in a teaspoon of applesauce and see how easily it goes down.

CAKES, COOKIES & CANDY

ALMOND TORTE WITH MOCHA FROSTING

Marilyn Putnam

4 eggs	1/4 c. unsweetened cocoa powder
3/4 c. sugar	2 tsp. vanilla
1 c. blanched almonds	1 T. instant coffee powder
2 T. flour, sifted with 2 1/2 tsp. baking powder	1/4 tsp. salt
1 1/2 c. heavy cream	1/4 c. almonds, lightly toasted & finely ground
1/2 c. sugar	

Preheat oven to 350°. Butter 2 (8-inch) round cake pans. Line bottoms with waxed paper and butter again. In a blender blend eggs and sugar till smooth; add almonds and blend until almonds are ground fine. Add flour mixture and blend till just combined. Divide batter between pans. Bake 15 minutes or until golden. Cool on racks 5 minutes; turn out of pans and cool completely. In blender blend cream, sugar, cocoa powder, vanilla, coffee powder and salt. Scrape down sides often until frosting is of spreading consistency. Frost cake. Garnish with ground almonds and/or chocolate curls.

MAC'S NUT TORTE

Dorothy Damon

4 eggs, separated	1 tsp. baking powder
1 c. sugar	1 c. ground walnuts
1 c. dried bread crumbs	

Heat oven to 375°. Grease and waxed paper line two (8-inch) layer pans. With electric mixer beat egg whites until soft peaks. Gradually add 1/2 cup sugar, beating till stiff. In a separate bowl beat egg yolks, adding remaining 1/2 cup sugar. Beat till thick and light color. At low speed, mix bread crumbs, baking powder, then walnuts, with spoon. Fold in whites. Bake 20 minutes. Cool on racks. Split each layer crosswise. Fill and frost with whipped cream and sprinkle with nuts. Add some cherries on top. Refrigerate 2 hours.

LAZY DAISY CAKES

Ida Allen

2 eggs	3 tsp. melted butter
1 c. sugar	2 tsp. cream (or milk)
1 tsp. vanilla	5 tsp. brown sugar
1 tsp. baking powder	1/2 c. coconut
1 c. sifted flour	1/2 c. milk
1/4 tsp. salt	1 tsp. butter

(continued)

Beat eggs. Add gradually sugar, vanilla, baking powder, flour and salt. Heat to a boiling point the $\frac{1}{2}$ cup milk and 1 teaspoon butter. Add to above mixture, beating well. Batter will be thin. Pour into a flat $6\frac{1}{2}$ x 10-inch pan and bake at 350° for 30 minutes. Remove from oven and while hot spread on the mixture of 3 teaspoons melted butter, 2 teaspoons cream, 5 teaspoons brown sugar and $\frac{1}{2}$ cup coconut. Place under broiler and brown slightly.

PRINCESS CAKE

Larry & Irene Saunders

$1\frac{1}{2}$ c. cake flour, sifted
 $1\frac{1}{2}$ tsp. baking powder
 $\frac{1}{4}$ tsp. salt
1 tsp. orange rind

$\frac{1}{2}$ c. sugar
2 eggs, unbeaten
 $\frac{1}{2}$ c. orange juice

Sift together flour, baking powder and salt. Add orange rind to shortening and cream together. Add sugar gradually and cream until fluffy. Add eggs one at a time, beating thoroughly. Alternately add dry ingredients and orange juice. Pour into 2 (8-inch) layer pans. Bake at 350° for 30 minutes. Cool.

I. Whipped Cream:

Orange segments
Kiwi slices

Sweetened whipped cream

Place half of orange segments and kiwi slices on first layer and cover with half of whipped cream. Place second cake layer on first. Cover with remaining whipped cream. Arrange remaining orange segments and kiwi slices on top OR

II. Custard:

3 T. flour
 $\frac{1}{2}$ c. sugar
 $\frac{1}{8}$ tsp. salt
1 c. milk

1 egg, beaten
 $\frac{1}{2}$ tsp. vanilla
1 tsp. butter

Combine dry ingredients. Add milk and egg and mix thoroughly. Cook in double boiler. Mix constantly until thick. Add vanilla and butter and cool. Proceed as in Step I, above, substituting custard for cream between layers.

APPLESAUCE CHOCOLATE CHIP CAKE

Barbara Kline

3 c. flour	1 ³ / ₄ c. sugar
1 ¹ / ₂ tsp. baking soda	³ / ₄ c. butter
1 ¹ / ₂ tsp. cinnamon	3 eggs
1 tsp. salt	1 ¹ / ₂ c. applesauce
³ / ₄ tsp. nutmeg	12 oz. chocolate chips
¹ / ₄ tsp. cloves	Confectioners' sugar
1 ¹ / ₄ c. pecans	

Preheat oven to 350°. Grease and flour 10-inch tube pan. Combine flour, soda, cinnamon, salt, nutmeg and cloves and set aside. Chop ³/₄ cup pecans and reserve rest for top. Cream sugar and butter until light. Add eggs, one at a time. Add flour mixture alternating with applesauce. Fold in 1 cup chocolate chips and ³/₄ cup chopped pecans. Pour batter into pan and sprinkle remaining chocolate and pecans over top of cake. Bake approximately 1 hour (until toothpick tests clean). Cool 20 minutes. Dump from pan and dust with confectioners' sugar.

APPLE CHUNK CAKE WITH CARAMEL GLAZE

Betsy Garson Neisner

1 c. butter	2 heaping tsp. cinnamon
1 ¹ / ₂ c. sugar	1 tsp. nutmeg
3 eggs	2 tsp. vanilla
3 c. flour	3 apples, peeled & chopped
1 ¹ / ₂ tsp. baking soda	1 ¹ / ₂ c. chopped pecans
¹ / ₂ tsp. salt	

Caramel Glaze:

¹ / ₂ c. dark brown sugar	¹ / ₄ c. heavy cream
¹ / ₄ c. butter (do not use margarine)	

Preheat oven to 325°. In a large bowl cream together butter and sugar until light and fluffy. Add eggs one at a time, beating well after each addition. Combine flour, baking soda, salt, cinnamon and nutmeg. Add to creamed mixture. Stir in vanilla, apples and pecans. Spoon batter into a greased and floured 10-inch tube pan or bundt pan. Bake 70 to 75 minutes or until tester comes out clean. Cool on rack for 10 minutes and remove cake from pan. Poke holes down from top of cake with a skewer. Spoon hot glaze over top. **For Glaze:** Combine brown sugar, butter and heavy cream in a saucepan. Bring to a boil, stirring occasionally. Boil 3 minutes without stirring over medium high heat. Remove from heat and let cool for 3 to 4 minutes before spooning sauce over cake.

CHERRY CHOCOLATE CAKE

Eleanor Duncan

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|---|-----------------------------------|
| 1 box Duncan Hines Delux II dark chocolate cake mix | 1 tsp. almond extract |
| 1 or 2 eggs | 1 (21-oz.) can cherry pie filling |

Preheat oven to 350°. Mix cake mix with eggs, almond extract and pie filling. Bake in 9 x 13-inch pan for 35 minutes. **Frosting:** ¼ pound margarine, 1 cup sugar, ⅓ cup milk. Bring to boil for 1 minute. Remove from heat; add 1 (6-ounce) package chocolate bits. Mix until smooth; frost cake immediately.

DECADENT CHOCOLATE CAKE

Debhra Brazeau

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|---------------------------------|--------------------|
| 2¼ c. sifted flour | 2 c. sugar |
| 1 tsp. baking powder | 1 tsp. vanilla |
| 1 c. boiling water | 2 eggs, separated |
| ½ c. butter | ½ c. sour cream |
| 4 squares unsweetened chocolate | 1 tsp. baking soda |

Grease a 10-inch springform pan. Dust with flour. Sift flour and baking powder. Pour boiling water over butter and chocolate in a large bowl. Let stand 5 minutes. Stir in sugar and vanilla. Beat in egg yolks, one at a time. Combine sour cream and baking soda, then beat with chocolate mixture. Stir in flour mixture, then beat until smooth. Beat egg whites until soft peaks form, then fold into batter. Pour into prepared pan. Bake at 350° for 45 minutes. When cool, frost with chocolate icing. A very rich and moist cake.

MY FAVORITE CHOCOLATE CAKE

Doris Roberts

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|------------------------------------|--------------------------------------|
| 2 c. flour sifted with 1 tsp. salt | 2 lg. eggs |
| 1¾ c. sugar | 1 tsp. baking soda in ½ c. hot water |
| ½ c. shortening | 1 c. hot coffee |
| ½ c. cocoa | |

Cream sugar, shortening, cocoa and eggs; add flour and salt, then hot water with baking soda and cup of hot coffee. Mix in order given. Bake in 375° oven for 15 minutes in 8-inch round layer pans or 20 minutes in 9 x 13-inch baking pan.

CHOCOLATE ZUCCHINI CAKE

Gramma Josie Massa

2½ c. flour	2 c. sugar
½ c. cocoa	3 eggs
2½ tsp. baking powder	2 tsp. vanilla
1½ tsp. baking soda	2 tsp. grated orange rind
1 tsp. salt	2 c. grated zucchini
1 tsp. cinnamon	½ c. milk
¾ c. Crisco	1 c. walnuts (opt.)

Combine first 6 ingredients and set aside. Beat Crisco and sugar until smooth. Add eggs. Beat well. With a spoon stir in vanilla, orange rind and zucchini. Alternately stir in dry ingredients and milk. Add nuts. Grease and flour a 10-inch tube pan. Bake in a 350° oven for 1 hour. Cool in pan for 15 minutes. Glaze or sprinkle with confectioners' sugar.

CHOCOLATE TRUFFLE CAKE

Susan Scott

1 devil's food cake mix	2 lg. Skor or Heath bars, broken up
2 pkgs. instant chocolate pudding	2 oz. Kahlua (opt.)
1 (8-oz.) ctn. Cool Whip	

Bake cake and mix pudding per package directions. When cake is warm, cut up into cubes and leave in pan. Drizzle with Kahlua (optional). Layer all ingredients in a round glass bowl or truffle dish in the following order: cake, pudding, Cool Whip and heath bars. Repeat until full.

WHACKY CAKE

Bertha LaClaire

1½ c. flour	1 T. vinegar
1 c. sugar	1 tsp. vanilla
3 T. cocoa	5 T. oil
1 tsp. baking soda	1 c. water
½ tsp. salt (opt.)	

Stir together flour, sugar, cocoa, baking soda and salt in 9 x 9-inch greased baking pan. Make 3 holes in the flour mixture. Put vinegar in one hole, vanilla in one hole and oil in the last hole. Pour water over all. Mix well with a fork. Bake in pan at 350° for 25-30 minutes.

SOUR CREAM COFFEECAKE

Eleanor Woodard

2 eggs	1 c. sour cream
2 c. sugar	2 c. flour
2 sticks butter	1/4 tsp. salt
1 tsp. vanilla	1 tsp. baking powder

Topping:

1/2 c. chopped nuts	4 T. brown sugar
1 tsp. cinnamon	

Cream eggs, butter and sugar. Add sour cream and vanilla. Beat, then add flour, baking powder and salt. Grease and flour a bundt pan. Sprinkle half of the topping on bottom of pan, then half the batter, then remainder of topping and remainder of batter. Bake at 350° for 1 hour.

MISSISSIPPI MUD PIE

Nancy Mitchell

2 c. sugar	1 1/2 c. flour
1/2 c. cocoa	1 1/3 c. coconut
3 sticks margarine	1/2 c. chopped nuts
4 eggs	1 (7-oz.) jar marshmallow creme
1 tsp. vanilla	1 bag chocolate chips

Cream sugar, margarine and cocoa together. Add eggs and vanilla. Mix well. Add flour, coconut, nuts and chocolate chips. Bake at 350° for 40 minutes. When cake is done spread marshmallow creme on hot cake. **Frosting:** 1 box powdered sugar, 1 teaspoon vanilla, 1/2 cup evaporated milk, 1/3 cup cocoa, 1 stick margarine. Cream together and spread. Frost when cool. Refrigerate.

MEXICAN FRUIT CAKE

Georgie Schmid

1 (12-oz.) can crushed pineapple, undrained	2 c. sugar
2 c. flour	2 eggs
2 T. baking soda	1 c. chopped walnuts or pecans

Mix together all ingredients. Pour into 9 x 13-inch pan greased with margarine. Bake 35-45 minutes. Frost while **hot** with Frosting:

Frosting:

2 c. powdered sugar	1 stick melted margarine
1 (8-oz.) pkg. cream cheese (no fat is fine)	

Blend by hand or with food processor.

FRUIT PIZZA

Ann MacDonald

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|--|---------------------------|
| 1 (20-cookie) pkg. refrigerated sugar cookie dough | 1/2 c. red grapes, halved |
| 1 (8-oz.) pkg. cream cheese | 1/4 c. sugar |
| 1/2 c. confectioners' sugar | 1/4 c. orange juice |
| 1 (8-oz.) ctn. Cool Whip | 2 T. water |
| 2 or 3 kiwi | 1 T. lemon juice |
| 1-2 bananas | 1 1/2 T. cornstarch |
| 1 can mandarin oranges, drained | Pinch of salt |

Pat cookie dough into an ungreased 14-inch pizza pan. Bake at 375° for 10 to 12 minutes or until browned. Cool. In a mixing bowl beat cream cheese and sugar until smooth. Fold in whipped topping. Spread over crust. Arrange fruit on top. In a saucepan combine the sugar, orange juice, water, lemon juice, cornstarch and salt. Bring to a boil, stirring constantly for 2 minutes or until thickened. Cool. Brush over fruit. Chill. Store in refrigerator. Yield: 16-20 servings.

WHOOPIE PIES

Carol Prescott

- | | |
|----------------|------------------------|
| 6 T. Crisco | 5 T. cocoa |
| 1 c. sugar | 1 1/4 tsp. baking soda |
| 1 egg | 1 tsp. salt |
| 1 tsp. vanilla | 1 c. milk |
| 2 c. flour | |

Filling:

- | | |
|-----------------------------|------------------------|
| 3/4 c. Crisco | 3 drops vanilla |
| 3/4 c. confectioners' sugar | 1 c. marshmallow fluff |

Cream Crisco and sugar; add egg and vanilla. Beat well. Sift dry ingredients; add alternately with milk. Drop by spoonfuls on ungreased cookie sheet. Bake at 400° for 8 minutes. Cool. **Filling:** Beat ingredients together. Spread between two cooled cookies.

OUR FAVORITE DELICIOUS COOKIES

Grammie Eleanor Woodard

- | | |
|--------------------------|----------------------------------|
| 1 c. margarine or butter | 1 tsp. cream of tartar |
| 1 c. salad oil | 1 tsp. vanilla |
| 1 c. brown sugar | 1/2 tsp. butter flavoring (opt.) |
| 1 c. white sugar | 1 c. rolled oats |
| 1 egg | 1 c. coconut (opt.) |
| 3 1/2 c. flour | 1 c. Rice Krispies |
| 1 scant tsp. salt | 1 (6-oz.) pkg. chocolate chips |
| 1 tsp. baking soda | Walnuts are a nice addition |

Blend butter or margarine and oil, then cream with sugar. Add egg and flavoring; beat well. Sift together flour, salt, soda and cream of tartar. Mix into creamed mixture. Lastly stir in oatmeal, coconut, Rice Krispies and chocolate chips. Drop onto greased cookie sheet and bake 12 minutes at 350°.

BOILED COOKIES

Bertha LaClaire

- | | |
|----------------------------|----------------------------|
| 2 c. sugar | 1/2 c. peanut butter |
| 1/2 c. milk | 3 c. quick-cooking oatmeal |
| 1/2 c. margarine (1 stick) | 1/2 c. chopped nuts |
| 3 T. cocoa | 1 tsp. vanilla |

In a large cooking (saucepan) pot put sugar, milk, margarine and cocoa. Bring to a full boil for one minute. Remove from heat and add at once peanut butter, oatmeal, nuts and vanilla. Mix well and quickly. Drop by teaspoonfuls on waxed paper. Cool and store. Makes 3 dozen.

MACAROONS

Sarah & Mary Hankinson

- | | |
|--|----------------|
| 2 2/3 c. flaked coconut (not shredded) | 1 tsp. vanilla |
| 2/3 c. sweetened condensed milk or sweetened condensed skim milk | |

Mix all 3 ingredients in a bowl. Drop by teaspoonfuls about 2 inches apart onto well greased cookie sheets. Flatten slightly with the back of a spoon. Bake in 350° oven for 10-12 minutes until golden brown. Remove from sheets immediately. **Optional:** Drizzle with melted chocolate.

COCONUT DELIGHTS

Janet Ruhl

1/2 c. sugar	1/2 tsp. baking powder
1 stick butter	1/4 tsp. salt
1 c. flour	1/2 c. flaked coconut
1 egg	1/2 c. walnuts (opt.)
1/2 c. brown sugar	1/2 tsp. vanilla
1 T. flour	

Preheat oven to 350°. Mix sugar and butter. Stir in flour. Press into ungreased 8-inch square pan. Bake until golden brown 12 to 15 minutes. Mix remaining ingredients. Spread over baked layer. Bake 20 minutes. Cool. Cut into bars.

SNICKERDOODLES

Judy Pozar

1 c. shortening	2 tsp. cream of tartar
1 1/2 c. sugar	1 tsp. baking soda
2 eggs, beaten	1/2 tsp. salt
1 tsp. vanilla	2 T. sugar
2 3/4 c. sifted flour	2 tsp. cinnamon

Cream together shortening and sugar; beat in the eggs and vanilla. Combine flour, cream of tartar, baking soda and salt and add to the dough, mixing well. Chill dough several hours. Form pieces of dough into balls the size of walnuts. Roll each in a mixture of the sugar and cinnamon. Place balls 2 inches apart on cookie sheets. Bake at 400° for 8 to 10 minutes. Makes about 4 dozen cookies.

PEANUT BUTTER CORNFLAKE

Dorothy Damon

3 c. sugar	3 c. peanut butter
1 1/2 c. Karo syrup	15 c. cornflakes

Combine sugar and syrup in saucepan. Let mixture come just to a boil, stirring constantly. Remove from heat. Add peanut butter; stir till melted. Add cornflakes. Mix well, working quickly. Put mixture into greased cookie sheet. Press down. Cut while still warm.

NO BAKE CHOCOLATE COOKIES

Becky Jarvis

1/2 c. milk	3 c. quick-cooking oats
1/2 c. butter or margarine	2 c. sugar
1/2 c. cocoa	1/2 c. peanut butter
1/2 c. coconut (opt.)	1 tsp. vanilla

(continued)

Combine milk, butter, cocoa and sugar in large saucepan. Bring to rolling boil and remove from heat. Blend in peanut butter, coconut, vanilla and oats. Drop by teaspoon onto waxed paper or spread onto cookie sheet lined with waxed paper. Cool and enjoy.

\$250 COOKIE RECIPE

Kathy Eichorn

2 c. butter	1 tsp. salt
2 c. sugar	2 tsp. baking powder
2 c. brown sugar	2 tsp. baking soda
4 eggs	24 oz. chocolate chips
2 tsp. vanilla	1 (8-oz.) grated Hershey's bar
4 c. flour	3 c. chopped nuts
5 c. oatmeal	

Place oatmeal in blender and blend to a fine powder. Cream butter and sugars. Add eggs and vanilla. Mix flour, oatmeal, salt, baking powder and soda. Add chips, chocolate and nuts. Roll into balls and place 2 inches apart on a cookie sheet. Bake for 6 minutes at 375°. Makes 112 cookies but can be halved.

GREAT COOKIES

Linda Hoer

1 c. shortening	1½ c. flour
1 c. brown sugar	1 tsp. baking soda
1 c. sugar	1 tsp. salt
1 c. peanut butter	3 c. rolled oats
2 T. water	1 (12-oz.) pkg. chocolate chips
1 tsp. vanilla	

Blend all ingredients together by hand. Bake at 375° for 10 to 12 minutes. Makes about 6 dozen cookies.

GINGER KRINKLE COOKIE

Leslie Abrams

¾ c. Crisco	½ tsp. salt
1 c. sugar	½ tsp. cloves
½ c. molasses	1 tsp. ginger
1 egg	2 tsp. cinnamon
2 c. flour	2 tsp. baking soda

Cream wet ingredients (Crisco, sugar, molasses, egg). Sift dry ingredients (flour, salt, cloves, ginger, cinnamon, baking soda). Mix wet and dry ingredients together. Make balls the size of golf balls. Roll the balls in a bowl of sugar. Bake at 375° for 10-12 minutes.

GINGERSNAPS

Dorothy Damon

3/4 c. shortening	2 tsp. baking soda
1 c. brown sugar	1/2 tsp. salt
1/4 c. molasses	1 tsp. ginger
1 egg	1 tsp. cinnamon
2 1/4 c. flour	1/2 tsp. cloves

Cream together shortening, sugar, molasses and egg. Stir dry ingredients into molasses mixture. Form in small balls; roll in granulated sugar. Place 2 inches apart on greased cookie sheet. Bake at 375° for 10 minutes.

GINGERBREAD PEOPLE

Joan Snowden

10 c. flour	2 tsp. nutmeg
3 tsp. baking soda	2 c. butter
4 tsp. ginger	2 c. sugar
2 tsp. cinnamon	2 eggs
2 tsp. cloves	2 c. molasses

Cream butter and sugar. Add eggs and molasses. Add dry ingredients. Chill 3 hours in fourths. Roll 1/8 to 1/4 inch thick and cut. Must keep dough cold! Cook at 350°-375° for 5-6 minutes. **Icing:** Sift 1 1/2 cups confectioners' sugar. Add 2 tablespoons boiling water and 1 tablespoon vanilla or lemon juice.

FRUIT PUFFED COOKIES

C. Blinn

1 box angel food cake mix	1/2 c. water
1 bag dried fruit mix, chopped fine	

Combine cake mix and water. Stir. Add fruit mix. Cover cookie sheet with aluminum foil. Drop cookies by rounded teaspoonfuls onto foil. Bake 8-10 minutes or until golden. Makes 3 dozen cookies. Per cookie: 76 calories, 1 gram protein, 1 gram fat, 0 milligrams cholesterol, 18 grams carbohydrates, 107 grams sodium, 0/0 calories from fat.

OATMEAL BANANA COOKIES

C. Blinn

3 med. bananas, mashed	2 c. oatmeal (old fashioned)
1/3 c. oil	1 1/4 c. chopped walnuts
1 tsp. vanilla	1/4 c. raisins

(continued)

Combine bananas, oil and vanilla. Stir in oatmeal, nuts and raisins. Drop by tablespoonfuls onto a greased cookie sheet. Press down lightly with a fork. Bake in oven at 350° for 10-12 minutes, until golden brown.

SUGARLESS HEART COOKIES

C. Blinn

3/4 c. margarine, softened	1 tsp. vanilla extract
1 (3-oz.) pkg. sugar free gelatin (any flavor)	1 3/4 c. all-purpose flour
Egg substitute = to 1 egg	1/2 tsp. baking powder

Cream margarine and gelatin. Beat in egg substitute and vanilla. Add flour and baking powder; mix well. Chill for 1 hour. Roll out on lightly floured board to 1/4-inch thickness. Cut out. Place on ungreased baking sheets. Bake at 400° for 6-7 minutes until bottoms are lightly browned and cookies are set. Cool on wire racks. Yields 6 dozen.

DATE BALLS

Verna Ledoux

1 stick butter (8 T.)	1 tsp. vanilla
1 (8-oz.) pkg. dates	2 1/2 c. Rice Krispies
2/3 c. sugar	1/2 c. nuts
1 egg, beaten	1 bag flaked coconut

Put butter, dates and sugar in saucepan. Stir together over medium heat until butter is melted and ingredients are smooth, about 2-3 minutes. Remove from heat and add beaten egg. Return to heat and cook stirring constantly until thick, about 5-6 minutes. Remove from heat and add vanilla, Rice Krispies and nuts. Wet hands and roll in coconuts. Makes about 2-3 dozen walnut-sized balls. Store at room temperature. Enjoy!

CHOCOLATE FUDGE

Edie Field

5 c. sugar	2 c. chopped nuts
1 (13-oz.) can evaporated milk	1 (8-oz.) jar marshmallow creme
3 (18-oz.) pkgs. chocolate chips	3 tsp. vanilla
2 sticks oleo, cut in pieces	

Boil sugar and evaporated milk for nine minutes. In large bowl place chocolate chips and oleo, marshmallow creme and 3 teaspoons of vanilla. Pour boiled sugar and milk mixture into contents of bowl and stir thoroughly until mixed and creamy. Pour into buttered pan and let stand until firm. All ingredients should be at room temperature.

BUCKEYES

Judy Pozar

1/2 lb. (2 sticks) butter, softened **1 lb. milk chocolate (or semi-sweet)**
1 lb. creamy peanut butter
1 1/2 lbs. powdered sugar

Beat together butter, peanut butter and powdered sugar. Chill. Form into balls and refrigerate overnight. Melt chocolate in double boiler. Pick up balls with toothpick and dip 3/4 of the way into the chocolate. Place in freezer until firm. Then keep refrigerated.

CHEX MUDDY BUDDIES

Nancy Mitchell

9 c. Rice Chex **1/4 c. margarine or butter**
1 c. semi-sweet chocolate chips **1 tsp. vanilla extract**
1/2 c. peanut butter **1 1/2 c. confectioners' sugar**

Pour cereal in large bowl. Combine chocolate chips, peanut butter and margarine in a microwavable dish. Microwave on high 1 to 1 1/2 minutes or until smooth, stirring after 1 minute. Stir in vanilla. Pour chocolate mixture over cereal until evenly coated. Pour cereal into a large resealable plastic bag. Shake until coated with confectioners' sugar. Spread on waxed paper to cool. Makes 9 cups.

CASHEW BRITTLE

Sarah & Mary Hankinson

2 c. granulated sugar **1 1/2 tsp. baking soda**
1 c. light corn syrup **1/2 c. water**
1 c. unsalted butter (do not substitute margarine) **3 c. cashew nuts (broken pieces but not chopped)**

Liberally grease 2 large cookie sheets with butter. Grease the sides of a large heavy saucepan with butter. In the pan combine sugar, corn syrup, butter and water. Cook over moderate heat, stirring constantly until sugar is dissolved and mixture comes to a boil. Continue cooking and stirring until mixture reaches soft-crack stage (275° on thermometer). Stir in cashews. Mixture will thicken considerably. Continue cooking, stirring continually until mixture reaches the hard-crack stage (300°). Remove pan from heat and vigorously stir in baking soda (becomes foamy in consistency). Immediately pour half of mixture onto each buttered pan. Using 2 forks pull/spread the candy into rectangles about 1/2 inch thick. Break into pieces when cool. Store in airtight tins. Takes 3/4-1 hour to prepare.

Kid's Corner



by Jackson Adams

Helpful Hints

Refinish Antiques or Revitalize Wood: Use equal parts of linseed oil, white vinegar, and turpentine. Rub into furniture (or wood) with soft cloth and lots of elbow grease.

Stalk the ants in your pantry and seal off cracks where they are entering with putty or petroleum jelly. Try sprinkling red pepper on floors and counter tops.

For ease in sliding, rub wax along sliding doors, windows and wooden drawers that stick.

A simple polish for copper bottom cookware: equal portions of flour and salt made into a paste with vinegar. Keep in refrigerator.

Iron cleaner: Baking soda on a damp sponge will remove starch deposits. Make sure the iron is cold and unplugged.

Remove stale odors in the wash by adding baking soda.

To clean Teflon: Combine 1 cup water, 2 tablespoons baking soda, 1/2 cup liquid bleach and boil in stained pan for 5-10 minutes or until stain disappears. Wash, rinse and dry, and condition with oil before using pan again.

Corningware cookware can be cleaned by filling them with water and dropping in two denture cleaning tablets. Let stand for 30-45 minutes.

A little instant coffee will work wonders on your furniture. Just make a thick paste of your favorite instant and a little water, and rub it into the nicks and scratches on your dark wood furniture. You'll be overjoyed at how new and beautiful those pieces will look.

For clogged shower head, try boiling it in 1/2 cup vinegar and 1 quart water for 15 minutes.

For a spicy aroma, toss dried orange and lemon rinds into your fireplace.

Tin coffee cans make excellent freezer containers for cookies.

Add raw rice to the salt shaker to keep the salt free-flowing.

Ice cubes will help sharpen the garbage disposer blades.

Vinegar will remove rust and mildew stains from most chrome.

KIDS CORNER

GREAT PLAYDOUGH

Sarah Hankinson

1 c. white flour

1/4 c. salt

2 T. cream of tartar

1 c. water

Few drops food coloring

1 T. oil

1 adult supervisor

Add ingredients in order in medium saucepan. Cook over medium heat, stirring constantly until it forms a ball, about 3-5 minutes. Remove from heat; allow to cool until it can be handled easily. Knead for 2-3 minutes.

Store in covered container. No refrigeration necessary. Lasts for 3-4 months.

PLAYDOUGH

Kim MacDonald

3 c. flour

1 1/2 c. salt

2 T. cream of tartar

3 T. oil

3 c. water

Food coloring

Mix all ingredients together in a large pot. Cook over medium heat, stirring constantly until the sides of the mixture come away from the pot. Cool. Store in a covered container.

A BEDTIME CONCOCTION

Ravenna Wilson

1 c. milk

1/4 tsp. almond extract (opt.)

1/4 tsp. vanilla

1 T. honey

Fill a mug with the milk. Add the vanilla, honey and almond extract. Put in microwave for 65-70 seconds. Enjoy!

GREAT GRANDMA WILMA OLSON'S PLATTAR (Little) Swedish Pancakes

Erika Olson

2 c. milk

2 eggs

1 tsp. salt

2 tsp. sugar

1 c. flour (white)

Separate egg yolks from whites. Beat whites separately to soft peaks. Mix milk, yolks, salt, sugar and flour. After mixed, fold egg whites into mixture. Butter a Swedish plattar pan (segmented iron pancake pan)

(continued)

or crepe pan and fill each segment. Flip once. They are traditionally eaten with a tiny amount of butter and sprinkled with sugar and rolled.

OVEN BAKED SWEDISH PANCAKE

(Erika Olson's Great Grandma Wilma Olson)

Erika Olson

1 c. white flour	2 T. sugar
1 c. milk	3 eggs, separated
1½ c. milk	Butter
1 tsp. salt	

Mix 1 cup flour and 1 cup milk. Add 1½ cups more milk, salt, sugar and egg yolks. Beat egg whites until stiff. Fold in egg whites. Heat iron frying pan with 4 tablespoons butter. Add mixture and bake at 350° about ½ hour. Test with knife. It should be like custard. Serve with jam (lingonberry) or maple syrup.

BREAD PRETZELS

Laurie Millman

5 c. white flour	1 pkg. dry yeast
1 c. wheat flour	1 T. oil
1 T. sugar	2 c. lukewarm water
1 T. salt	

Dissolve yeast in water in large bowl. Let sit until foamy, about 5 minutes. Add oil. Add sugar and salt to the flour and gradually stir flour into yeast mixture. Knead until elastic. Cover bowl and let dough rise about 1 hour. Pull off pieces of dough and shape by hand or with cookie cutter. Bake on cookie sheet at about 450° for 10-15 minutes.

POPOVERS

Michael Burke

2 eggs	1 c. milk
1 c. flour	

Spray Pam in 8 muffin tins. In small bowl mix all ingredients by hand. Don't mind small lumps. Put into tins. Set pan in cold oven. Turn to 450°. Bake 30 minutes - don't peek!

RAISIN BREAD

William Stratford

¼ c. sugar	1 (1-lb.) loaf bread dough
1 tsp. cinnamon	1 T. melted butter
½ c. raisins	

(continued)

Kids age 3 and up can do this almost entirely by themselves. Mix cinnamon and sugar. Set aside. Knead raisins into bread dough. Roll out dough on a floured surface to roughly a 14 x 7-inch rectangle. Brush with melted butter. Sprinkle cinnamon-sugar over dough. Roll up dough (tightly as possible). pinch edge and ends to close. Place seam side down in greased 8 x 4 x 5-inch loaf pan. Let rise for about 1 hour. Bake at 350° for about 35 minutes.

CORNBREAD

Robin Palmer

3 c. Bisquick
3/4 tsp. baking powder
1/4 c. cornmeal
3/4 c. sugar

3 eggs, beaten
3/4 c. butter, melted
1 1/2 c. milk

Preheat oven to 350°. Grease a 9 x 13-inch pan. Combine Bisquick, baking powder, cornmeal and sugar. Add beaten eggs, melted butter and milk. Mix well. Pour into greased pan. Bake in preheated oven 35-40 minutes, until toothpick comes out clean and top is lightly browned.

PEANUT BUTTER/CORNFLAKE BARS

Anonymous

1 c. corn syrup
1 c. sugar

1 c. peanut butter
6 c. cornflakes

Melt corn syrup, sugar and peanut butter over medium heat until smooth. Add 6 cups cornflakes. With buttered fingers or waxed paper, mold mixture into buttered 9 x 11-inch container. Allow to cool completely before cutting into squares.

CHEESE QUESADILLAS

Kristine, Andrew & Daniel Jablonski

1 pkg. tortillas (soft taco size)
2/3 c. shredded Monterey Jack
cheese for each quesadilla (or
substitute your favorite
cheese)

Place tortilla shells on a cookie sheet. Cover with cheese. Place second tortilla on top. Bake at 350° for 8-10 minutes or until tortilla is crisp and cheese is melted. Serve with sour cream and salsa. Cut into pie-shaped pieces for dipping.

POOR MAN'S PIZZA OR BUSY MOM'S PIZZA

Michael & Sarah Burke

Sliced bread
Tomato paste
Dried oregano
Dried parsley
Salt

Pepper
Sliced cheese
Pizza toppings, i.e., onions,
peppers, mushrooms,
pepperoni

Put broiler on high. Spread slices of bread with tomato paste. Sprinkle on salt, pepper, oregano and parsley. Lay on slices of cheese. Top with your choice of pizza toppings. Broil directly on rack (with foil to catch drips) until cheese is hot and bubbly.

ICE CREAM PIE

Jill Palmer

$\frac{1}{3}$ (1-lb.) box graham crackers
3 T. butter, melted
3 T. smooth peanut butter

$\frac{1}{2}$ gal. vanilla fudge ice cream,
softened slightly
 $\frac{1}{4}$ c. hot fudge sauce

Make graham cracker crumbs: Crush graham crackers in a blender or place crackers in a plastic bag and roll with a rolling pin. You should have about $1\frac{1}{2}$ cups crumbs. Combine cracker crumbs with melted butter and peanut butter and press mixture on bottom and up side of a 9-inch pie plate. Fill crust with softened ice cream. Drizzle hot fudge sauce decoratively on top. Freeze until firm.

BLENDER LEMON PIE

Sarah Burke

1 lemon, cut up & seeded
4 eggs
 $1\frac{1}{2}$ c. sugar

$\frac{2}{3}$ c. butter
Unbaked pie shell

Blend lemon (skin and all), eggs, sugar and butter. Pour into unbaked pie shell. Bake 40 minutes in 325° oven.

C J'S TREAT

Becky Jarvis

$1\frac{1}{2}$ c. milk
1 pkg. instant pudding (vanilla
or chocolate)

$\frac{1}{2}$ c. peanut butter
1 inner pkg. graham crackers

Mix milk, pudding and peanut butter thoroughly with rotary beater, mixer or whisk. Spread between graham cracker squares and store in a tightly sealed plastic bag. Freeze. Store in freezer until ready to use.

CHOCOLATE-DIPPED FRUIT

Laurie Millman
(Originally from Mollie Katzen)

- | | |
|---|---|
| 5 T. butter | 1 pt. strawberries |
| 1 (12-oz.) pkg. semi-sweet
chocolate chips | 1 c. whole dried apricots
1 or 2 pears, sliced |

Put butter and chocolate in small pot or double boiler to heat slowly over low flame. Cover a large plate with aluminum foil. When butter-chocolate mixture is melted, dip fruit in chocolate and place on covered plate. Chill.

THE CASTLE GARDEN

John, Laurie and Mike Fiscella

- | | |
|-------------------|---|
| 5 cherry tomatoes | 5 broccoli flowerets with 1-inch
stems |
| 1 cucumber | 15 green beans |
| 1 carrot | |
| 1 celery | |

Use large salad bowl. Place cherry tomatoes in the bottom of the bowl (they are the apples fallen from the trees). Stand up the broccoli flowerets over the tomatoes (they are the trees). Place carrot rounds around the broccoli (they are the flowers). Cut celery stalk into 1/2-inch sections and place along the side of bowl so that cucumber rounds (the shields) can be set in them. Place 1 straight length of green beans between each cucumber round so that its top reaches over the top of the bowl (these are the spears).

ICING CEMENT FOR GINGERBREAD HOUSES

Three Little Gingerbread Pigs

- | | |
|--------------------------|---------------------|
| 2 egg whites | 2 c. powdered sugar |
| 1/2 tsp. cream of tartar | |

Beat egg whites until stiff with 1/2 teaspoon cream of tartar. Add 2 cups powdered sugar and beat at least 5 minutes with an electric mixer. Mixture will dry quickly so cover with a damp cloth when not in use.

ELEPHANT STEW

Charlotte Abbott

- | | |
|------------------|--------|
| 1 elephant | Salt |
| 2 rabbits (opt.) | Pepper |

(continued)

Cut elephant into small bite-size pieces. This should take about 2 months. Add enough brown gravy to cover. Cook over kerosene fire for about 4 weeks at 465°. Serves 3,800 people. If more people are expected, 2 rabbits may be added, but do this only if necessary as most people do not like hare in their stew.

Recipe Favorites

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COOKING TIPS



- After stewing a chicken for diced meat for casseroles, etc., let cool in broth before cutting into chunks—it will have twice the flavor.
- To slice meat into thin strips, as for Chinese dishes—partially freeze and it will slice easily.
- A roast with the bone in will cook faster than a boneless roast—the bone carries the heat to the inside of the roast quicker.
- Never cook a roast cold—let stand for a least an hour at room temperature. Brush with oil before and during roasting—the oil will seal in the juices.
- For a juicier hamburger add cold water to the beef before grilling (1/2 cup to 1 pound of meat).
- To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags and they will stay separated so that you may remove as many as you want.
- To keep cauliflower white while cooking—add a little milk to the water.
- When boiling corn, add sugar to the water instead of salt. Salt will toughen the corn.
- To ripen tomatoes—put them in a brown paper bag in a dark pantry and they will ripen overnight.
- Do not use soda to keep vegetables green. It destroys Vitamin C.
- When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage. It will absorb all odor from it.
- Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.
- Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of French fried potatoes.
- Use greased muffin tins as molds when baking stuffed green peppers.
- A few drops of lemon juice in the water will whiten boiled potatoes.
- Buy mushrooms before they “open.” When stems and caps are attached snugly, mushrooms are truly fresh.
- Do not use metal bowls when mixing salads. Use wooden, glass or china.
- Lettuce keeps better if you store in refrigerator without washing first so that the leaves are dry. Wash the day you are going to use.
- To keep celery crisp—stand it up in a pitcher of cold, salted water and refrigerate.
- Don't despair if you've oversalted the gravy. Stir in some instant mashed potatoes and you'll repair the damage. Just add a little more liquid to offset the thickening.



CALORIE



COUNTER

Beverages



Apple juice, 6 oz.	90
Coffee (black/unsweet.)	0
Cola type, 12 oz.	115
Cranberry juice, 6 oz.	115
Ginger ale, 12 oz.	115
Grape juice, (prepared from frozen concentrate), 6 oz.	142
Lemonade (prepared from frozen concentrate), 6 oz.	85
Milk	
protein fortified, 1 c.	105
skim, 1 c.	90
whole, 1 c.	160
Orange juice, 6 oz.	85
Pineapple juice, unsweetened, 6 oz.	95
Root beer, 12 oz.	150
Tonic (quinine water), 12 oz.	132

Breads



Corn Bread, 1 small square	130
Dumplings, 1 med.	70
French Toast, 1 slice	135
Muffins	
bran, 1 muffin	106
blueberry, 1 muffin	110
corn, 1 muffin	125
English, 1 muffin	280
Melba Toast, 1 slice	25
Pancakes, 1-4 in.	60
Pumpernickel, 1 slice	75
Rye, 1 slice	60
Waffles, 1	216
White, 1 slice	60-70
Whole wheat, 1 slice	55-65

Cereals

Corn Flakes, 1 cup.	105
Cream of Wheat, 1 cup	120
Oatmeal, 1 cup	148
Rice Flakes, 1 cup	105
Shredded Wheat, 1 biscuit	100
Sugar Krisps, 3/4 cup	110

Crackers

Graham, 1 cracker	15-30
Rye Crisp, 1 cracker	35
Saltine, 1 cracker	17-20
Wheat Thins, 1 cracker	9

Dairy Products



Butter or Margarine, 1 T	100
Cheese	
American Cheese, 1 oz.	100
Camembert, 1 oz.	85
Cheddar, 1 oz.	115
Cottage Cheese, 1 oz.	30
Mozzarella, 1 oz.	90
Parmesan, 1 oz.	130
Ricotta, 1 oz.	50
Roquefort, 1 oz.	105
Swiss, 1 oz.	105
Cream	
Light, 1 T	30
Heavy, 1 T.	55
Sour, 1 T	45
Hot chocolate, with milk, 1 c.	277
Milk chocolate, 1 oz.	145-155
Yogurt	
made w/ whole milk, 1 c.	150-165
made w/ skimmed milk, 1 c.	125

Eggs



Fried, 1 large	100
Poached or boiled, 1 large	75-80
Scrambled or in omelet, 1 large.	110-130

Fish and Seafood

Bass, 4 oz.	105
Salmon, broiled or baked, 3 oz.	155
Sardines canned in oil, 3 oz.	170
Trout, fried, 3 1/2 oz.	220
Tuna, in oil, 3 oz.	170
Tuna, in water, 3 oz.	110



Calorie Counter, Continued

Fruits



Apple, 1 medium	80-100
Applesauce, sweetened, 1/2 c.	90-115
Applesauce, unsweetened, 1/2 c.	50
Banana, 1 medium	85
Blueberries, 1/2 c.	45
Cantaloupe melon, 1/2 c.	24
Cherries (pitted), raw, 1/2 c.	40
Grapefruit, 1/2 medium	55
Grapes, 1/2 c.	35 - 55
Honeydew melon, 1/2 c.	55
Mango, 1 medium	90
Orange, 1 medium	65-75
Peach, 1 medium	35
Pear, 1 medium	60-100
Pineapple, fresh, 1/2 c.	40
Pineapple, canned in syrup, 1/2 c.	95
Plum, 1 medium	30
Strawberries, fresh, 1/2 c.	30
Strawberries, frozen and sweetened, 1/2 c.	120-140
Tangerine, 1 large	39
Watermelon, 1/2 c.	42

Meat and Poultry



Beef, ground (lean), 3 oz.	185
Beef, roast, 3 oz.	185
Chicken, broiled, 3 oz.	115
Lamb chop (lean), 3 oz.	175-200
Sirloin steak, 3 oz.	175
Tenderloin steak, 3 oz.	174
Top round steak, 3 oz.	162
Turkey, dark meat, 3 oz.	175
Turkey, white meat, 3 oz.	150
Veal cutlet, 3 oz.	156
Veal, roast, 3 oz.	176

Nuts

Almonds, 2 T.	105
Cashews, 2 T.	100
Peanuts, 2 T.	105
Peanut butter, 1 T.	95
Pecans, 2 T.	95
Pistachios, 2 T.	92
Walnuts, 2 T.	80

Pasta

Macaroni or spaghetti, 3/4 c. cooked	115
---	-----

Salad Dressings

Blue cheese, 1 T.	70
French, 1 T.	65
Italian, 1 T.	80
Mayonnaise, 1 T.	100
Olive oil, 1 T.	124
Russian, 1 T.	70
Salad oil, 1 T.	120

Soups

Bean, 1 c.	130-180
Beef noodle, 1 c.	70
Bouillon and consomme, 1 c.	30
Chicken noodle, 1 c.	65
Chicken with rice, 1 c.	50
Minestrone, 1 c.	80-150
Split pea, 1 c.	145-170
Tomato with milk, 1 c.	170
Vegetable, 1 c.	80-100

Vegetables



Asparagus, 1 c.	35
Broccoli, cooked, 1/2 c.	25
Cabbage, cooked, 1/2 c.	15-20
Carrots, cooked, 1/2 c.	25-30
Cauliflower, 1/2 c.	10-15
Corn (kernels), 1/2 c.	70
Green Beans, 1 c.	30
Lettuce, shredded, 1/2 c.	5
Mushrooms, canned, 1/2 c.	20
Onions, cooked, 1/2 c.	30
Peas, green, cooked, 1/2 c.	60
Potato baked, 1 medium	90
chips, 8-10	100
mashed, with milk and butter, 1 c.	200-300
Spinach, 1 cup	40
Tomato raw, 1 medium	25
cooked, 1/2 c.	30



MEASUREMENTS & SUBSTITUTIONS

Measurements

a pinch	1/8 teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons	1/4 cup
8 tablespoons	1/2 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
8 ounces liquid	1 cup
1 ounce liquid	2 tablespoons

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

Substitutions

Ingredient	Quantity	Substitute
self rising flour	1 cup	1 cup all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
cornstarch	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
baking powder	1 teaspoon	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
powdered sugar	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
brown sugar	1/2 cup	2 T. molasses in 1/2 c. granulated sugar
sour milk	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes).
whole milk	1 cup	1/2 c. evaporated milk plus 1/2 c. water
cracker crumbs	3/4 cup	1 c. bread crumbs
chocolate	1 square (1 oz.)	3 or 4 T. cocoa plus 1 T. butter*
fresh herbs	1 tablespoon	1 tsp. dried herbs
fresh onion	1 small	1 T. instant minced onion, rehydrated
dry mustard	1 teaspoon	1 T. prepared mustard
tomato juice	1 cup	1/2 c. tomato sauce plus 1/2 c. water
catsup or chili sauce	1 cup	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking).
dates	1 lb.	1 1/2 c. dates, pitted and cut
bananas	3 medium	1 c. mashed
min. marshmallows	10	1 lg. marshmallow

*In substituting cocoa for chocolate in cakes, the amount of flour must be reduced.
Brown and White Sugars: Usually may be used interchangeably.



MICROWAVE HINTS



1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1 1/2 to 2 minutes for 1/2 pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30-45 seconds; and one-half gallon 45-60 seconds.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2 1/2 minutes. One 3-ounce package of cream cheese will soften in 1 1/2 to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping...a 4 1/2 ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften Jello that has set up too hard—perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
9. To scald milk, cook 1 cup for 2 to 2 1/2 minutes, stirring once each minute.
10. To make dry bread crumbs, cut 6 slices bread into 1/2-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
11. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
12. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nutmeats will slip out whole after cracking the shell.
13. For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
14. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
15. A crusty coating of chopped walnuts surrounding many microwave cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium, finely chopped walnuts evenly onto the bottom and side of a ring pan or bundt cake pan. Pour in batter and microwave as recipe directs.
16. Do not salt foods on the surface as it causes dehydration and toughens the food. Salt after you remove from the oven unless the recipe calls for using salt in the mixture.
17. Heat left-over custard and use it as frosting for a cake.
18. Melt marshmallow cream in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
19. Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread 1/2 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.





Get acquainted with herbs and spices. Add in small amounts, 1/4 teaspoon for each 4 servings. Taste before adding more. Crush dried herbs or snip fresh herbs before using. If substituting fresh for dried, use 3 times more fresh herbs.

- Basil*** Sweet warm flavor with an aromatic odor, used whole or ground. Good with lamb, fish, roast, stews, ground beef, vegetables, dressing and omelets.
- Bay Leaves*** A pungent flavor, use whole leaf but remove before serving. Good in vegetable dishes, fish and seafood, stews and pickles.
- Caraway*** Has a spicy smell and aromatic taste. Use in cakes, breads, soups, cheese and sauerkraut.
- Chives*** Sweet mild flavor of onion, this herb is excellent in salads, fish, soups and potatoes.
- Curry Powder*** A number of spices combined to proper proportions to give a distinct flavor to such dishes as meat, poultry, fish and vegetables.
- Dill*** Both seeds and leaves of dill are flavorful. Leaves may be used to garnish or cook with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to spice dill pickles.
- Fennel*** Both seeds and leaves are used. It has a sweet hot flavor. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.
- Ginger*** A pungent root, this aromatic spice is sold fresh, dried, or ground. Used in pickles, preserves, cakes, cookies, soups and meat dishes.



Herbs & Spices

- Marjoram*** May be used both dry or green. Used to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.
- Mint*** Leaves are aromatic with a cool flavor. Excellent in beverages, fish, cheese, lamb, soup, peas, carrots, and fruit desserts.
- Oregano*** Strong aromatic odor, use whole or ground to spice tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.
- Paprika*** A bright red pepper, this spice is used in meat, vegetables and soups. Can be used as a garnish for potatoes, salads or eggs.
- Parsley*** Best when used fresh but can be used dry. Use as garnish or seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.
- Rosemary*** Very aromatic, used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs and bread.
- Saffron*** Orange yellow in color, this spice is used to flavor or color foods. Use in soup, chicken, rice and fancy breads.
- Sage*** Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, fondue, omelets, beef, poultry, stuffing, cheese spreads, cornbread and biscuits.
- Tarragon*** Leaves have a pungent, hot taste. Use to flavor sauces, salads, meat, poultry, tomatoes and dressings.

NAPKIN FOLDING

General Tips:

Use linen napkins if possible, well starched.

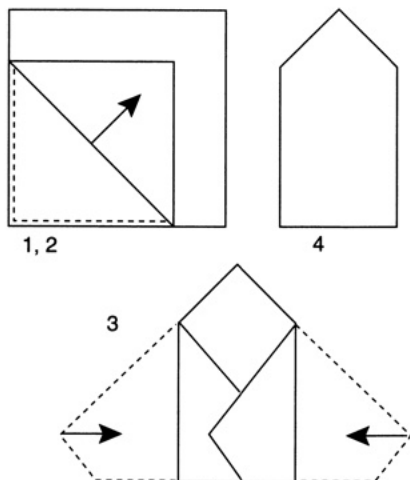
For the more complicated folds, 24 inch napkins work best.

Practice the folds with newspapers.

Children can help. Once they learn the folds, they will have fun!

Shield

This fold is easy. Elegant with Monogram in Corner.



Instructions:

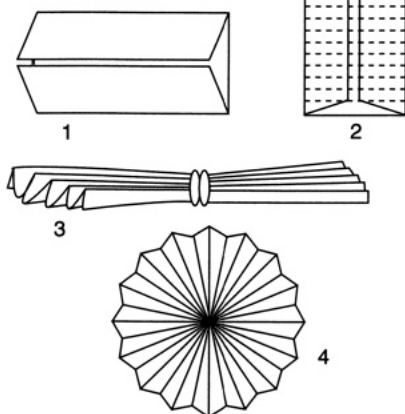
1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right and left side points.
4. Turn over; adjust sides so that they are even, single point in center.
5. Place point up or down on plate, or left of plate.

Rosette

Elegant on Plate.

Instructions:

1. Fold top and bottom edges to the center, leaving 1/2" opening along the center.
2. Pleat firmly from the left edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.



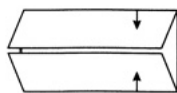
NAPKIN FOLDING

Fan

Instructions:

1. Fold top and bottom edges to the center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with a hot iron.
4. Spread out fan. Balance flat folds on each side on table. Well-starched napkins will hold the shape.

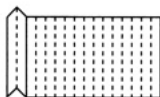
Pretty in Napkin Ring, or Top of Plate.



1, 2



4



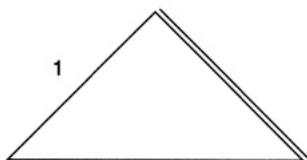
3

Candle

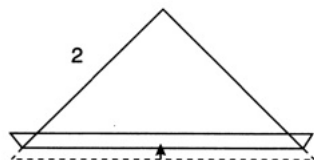
Easy to do; can be decorated.

Instructions:

1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.



1



2



Lily

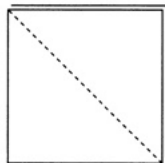
Effective and Pretty on Table.

Instructions:

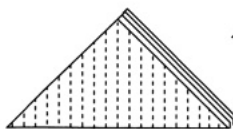
1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.) Pleat.
4. Place closed end in glass. Pull down two points on each side and shape.



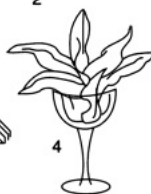
1



2



3



4

VEGETABLE TIME TABLE

Vegetable	Cooking Method	Time
Asparagus Tips	Boiled.....	10-15 minutes
Artichokes, French	Boiled.....	40 minutes
	Steamed.....	45-60 minutes
Beans, Lima	Boiled.....	20-40 minutes
	Steamed.....	60 minutes
Beans, String	Boiled.....	15-35 minutes
	Steamed.....	60 minutes
Beets, young with skin	Boiled.....	30 minutes
	Steamed.....	60 minutes
	Baked.....	70-90 minutes
Beets, old	Boiled or Steamed...	1-2 hours
Broccoli, flowerets	Boiled.....	5-10 minutes
Broccoli, stems	Boiled.....	20-30 minutes
Brussel Sprouts	Boiled.....	20-30 minutes
Cabbage, chopped	Boiled.....	10-20 minutes
	Steamed.....	25 minutes
Cauliflower, stem down	Boiled.....	20-30 minutes
Cauliflower, flowerets	Boiled.....	8-10 minutes
Carrots, cut across	Boiled.....	8-10 minutes
	Steamed.....	40 minutes
Corn, green, tender	Boiled.....	5-10 minutes
	Steamed.....	15 minutes
	Baked.....	20 minutes
Corn on the cob	Boiled.....	8-10 minutes
	Steamed.....	15 minutes
Eggplant, whole	Boiled.....	30 minutes
	Steamed.....	40 minutes
	Baked.....	45 minutes
Parsnips	Boiled.....	25-40 minutes
	Steamed.....	60 minutes
	Baked.....	60-75 minutes
Peas, green	Boiled or Steamed...	5-15 minutes
Potatoes	Boiled.....	20-40 minutes
	Steamed.....	60 minutes
	Baked.....	45-60 minutes
Pumpkin or Squash	Boiled.....	20-40 minutes
	Steamed.....	45 minutes
	Baked.....	60 minutes
Tomatoes	Boiled.....	5-15 minutes
Turnips	Boiled.....	25-40 minutes



BUYING GUIDE

Fresh Vegetables and Fruits

Experience is the best teacher in choosing quality, but here are a few pointers on buying some of the fruits and vegetables.

Asparagus: Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white—they are more tender. Use asparagus soon—it toughens rapidly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Berries: Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be under-ripe. Strawberries without caps may be too ripe.

Broccoli, Brussel Sprouts, and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussel sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

Cabbage and Head Lettuce: Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

Melons: In cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit, and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

TABLE FOR DRIED FRUITS

Fruit	Cooking Time	Amount of Sugar or Honey
Apricots.....	About 40 minutes	1/4 c. for each cup of fruit
Figs	About 30 minutes	1 T. for each cup of fruit
Peaches.....	About 45 minutes	1/4 c. for each cup of fruit
Prunes.....	About 45 minutes	2 T. for each cup of fruit

BAKING PERFECT BREADS

Proportions

Biscuits	To 1 c. flour use 1 1/4 tsp. Baking Powder
Muffins	To 1 c. flour use 1 1/2 tsp. Baking Powder
Popovers	To 1 c. flour use 1 1/4 tsp. Baking Powder
Waffles	To 1 c. flour use 1 1/4 tsp. Baking Powder
Cake with oil.....	To 1 c. flour use 1 tsp. Baking Powder

Rules for Use of Leavening Agents

1. To 1 teaspoon soda use 2 1/4 teaspoons cream of tartar, or 2 cups freshly soured milk, or 1 cup molasses.
2. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount 1/2 teaspoon for each egg used.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure of and add the acid according to rule 1 above.

Proportions for Batters and Dough

Pour Batter	To 1 cup liquid use 1 cup flour
Drop Batter.....	To 1 cup liquid use 2 to 2 1/2 cups flour
Soft Dough	To 1 cup liquid use 3 to 3 1/2 cups flour
Stiff Dough	To 1 cup liquid use 4 cups flour

Hints for Baking Breads

Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

Use cooking or salad oil in waffles and hot cakes in the place of shortening. No extra pan or bowl to melt the shortening and no waiting.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting hard.

Dip the spoon in hot water to measure shortening, butter, etc., the fat will slip out more easily.

Small amounts of leftover corn may be added to pancake batter for variety.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

When you are doing any sort of baking, you get better results if you remember to pre-heat your cookie sheet, muffin tins, or cake pans.

Oven Temperature Chart

Breads	Minutes	Temperature
Loaf.....	45 - 60	350° - 400°
Rolls	15 - 30	350° - 425°
Biscuits	10 - 15	400° - 450°
Muffins	15 - 25	400° - 425°
Cornbread	20 - 25	400° - 425°
Nut Bread	60 - 75	350°
Gingerbread	35 - 50	350° - 375°



BAKING PERFECT DESSERTS

For Perfect Cookies

Cookie dough that is to be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. In rolling, take out on a floured board, only as much dough as can be easily managed. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last roll. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges. When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

For Perfect Pies and Cakes

- ▶ A pie crust will be more easily made and better if all the ingredients are cool.
- ▶ The lower crust should be placed in the pan so that it covers the surface smoothly. Be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.
- ▶ Folding the top crust over the lower crust before crimping will keep the juices in the pie.
- ▶ In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
- ▶ Fill cake pans about 2/3 full and spread batter well into corners and to the sides, leaving a slight hollow in the center.
- ▶ The cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
- ▶ After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on a rack to finish cooling.
- ▶ Cakes should not be frosted until thoroughly cool.
- ▶ To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

Temperature Chart

Food	Temperature	Time
Butter Cake, loaf	300° - 350°	50 - 80 min.
Butter Cake, layer.....	350° - 375°	25 - 35 min.
Cake, angel	350° - 375°	35 - 50 min.
Cake, sponge	350° - 375°	12 - 40 min.
Cake, fruit.....	250° - 275°	3 - 4 hours
Cookies, rolled	375° - 400°	6 - 12 min.
Cookies, drop	350° - 400°	8 - 15 min.
Cream Puffs	300° - 350°	45 - 60 min.
Meringue	300° - 350°	12 - 15 min.
Pie Crust (shell)	400° - 450°	10 - 12 min.

Food Quantities for Serving 25, 50, and 100 People

Food	25 Servings	50 Servings	100 Servings
Sandwiches:			
Bread	50 slices or 3 (1-lb.) loaves	100 slices or 6 (1-lb.) loaves	200 slices or 12 (1-lb.) loaves
Butter	1/2 pound	3/4 to 1 pound	1 1/2 pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1 1/2 quarts	2 1/2 to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1 3/4 to 2 quarts	2 1/2 to 4 quarts
Lettuce	1 1/2 heads	2 1/2 to 3 heads	5 to 6 heads
Meat, Poultry, or Fish:			
Hot dogs (beef)	6 1/2 pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or Chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish fillets or steak	7 1/2 pounds	15 pounds	30 pounds
Salads, Casseroles:			
Potato Salad	4 1/4 quarts	1 1/4 gallons	4 1/4 gallons
Scalloped Potatoes	4 1/2 quarts or 1 12" x 20" pan	8 1/2 quarts	17 quarts
Spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons
Baked Beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Jello Salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Ice Cream:			
Brick	3 1/4 quarts	6 1/2 quarts	12 1/2 quarts
Bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons
Beverages:			
Coffee	1/2 pound and 1 1/2 gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1 1/2 gal. water	1/6 pound 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1 1/2 gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water
Desserts:			
Watermelon	37 1/2 pounds	75 pounds	150 pounds
Cake	1 10" x 12" sheet cake	1 12" x 20" sheet cakes	2 12" x 20" sheet cakes
	2 8" layer cakes	3 10" layer cakes	6 10" layer cakes
Whipping Cream	1 pint	1 quart	2 quarts





EQUIVALENCY CHART

FOOD	QUANTITY	YIELD
unsifted flour	3 3/4 cups	1 pound
sifted flour	4 cups	1 pound
sifted cake flour	4 1/2 cups	1 pound
rye flour	5 cups	1 pound
flour	1 pound	4 cups
baking powder	5 1/2 ounces	1 cup
cornmeal	3 cups	1 pound
cornstarch	3 cups	1 pound
lemon	1 medium	3 tablespoons juice
apple	1 medium	1 cup
orange	3-4 medium	1 cup juice
onion	1 medium	1/2 cup
unshelled walnuts	1 pound	1 1/2 to 1 3/4 cups
sugar	2 cups	1 pound
powdered sugar	3 1/2 cups	1 pound
brown sugar	2 1/2 cups	1 pound
spaghetti	7 ounces	4 cups cooked
noodles (uncooked)	4 ounces (1 1/2 - 2 cups)	2-3 cups cooked
macaroni (uncooked)	4 ounces (1 1/4 cups)	2 1/4 cups cooked
macaroni (cooked)	6 cups	8-ounce package
noodles (cooked)	7 cups	8-ounce package
long-grain rice (uncooked)	1 cup	3-4 cups cooked
saltine crackers	28 crackers	1 cup fine crumbs
butter	1 stick or 1/4 lb.	1/2 cup
cocoa	4 cups	1 pound
chocolate (bitter)	1 ounce	1 square
coconut	2 2/3 cups	1 1/2 pound carton
marshmallows	16	1/4 pound
graham crackers	14 squares	1 cup fine crumbs
vanilla wafers	22	1 cup fine crumbs
bread	1 1/2 slices	1 cup soft crumbs
bread	1 slice	1/4 cup fine, dry crumbs
egg whites	8-10	1 cup
egg yolks	10-12	1 cup
egg	4-5 whole	1 cup
flavored gelatin	3 1/4 ounces	1/2 cup
unflavored gelatin	1/4 ounce	1 tablespoon
nuts (chopped)	1 cup	1/4 pound
almonds	3 1/2 cups	1 pound
walnuts (broken)	3 cups	1 pound
raisins	1 pound	3 1/2 cups
rice	2 1/3 cups	1 pound
American cheese (grated)	5 cups	1 pound
American cheese (cubed)	2 2/3 cups	1 pound
cream cheese	6 2/3 tablespoons	3-ounce package
zwieback (crumbled)	4	1 cup
banana (mashed)	1 medium	1/3 cup
coffee (ground)	5 cups	1 pound
evaporated milk	1 cup	3 cups whipped



TERMS USED IN COOKING

Au gratin: Topped with crumbs and/or cheese and browned in the oven or under the broiler.

Au jus: Served in its own juices.

Baste: To moisten foods during cooking with pan drippings or special sauce to add flavor and prevent drying.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudites: An assortment of raw vegetables, i.e. carrots, broccoli, mushrooms, served as an hors d'oeuvre often accompanied by a dip.

Degrease: To remove fat from the surface of stews, soups, or stock. Usually cooled in the refrigerator, so that fat hardens and is easily removed.

Dredge: To coat lightly with flour, corn-meal, etc.

Entree: The main course.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Glaze: To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut vegetables, fruits, or cheeses into match-shaped slivers.

Marinade: To allow food to stand in a liquid to tenderize or to add flavor.

Meuniere: Dredged with flour and sauteed in butter.

Mince: To chop or cut food into very small pieces.

Parboil: To boil until partially cooked; to blanch. Usually this procedure is followed by final cooking in a seasoned sauce.

Paré: To remove the outermost skin of a fruit or vegetable.

Poach: To cook very gently in hot liquid kept just below the boiling point.

Puree: To mash foods until perfectly smooth by hand, by rubbing through a sieve or food mill, or by whirling in a blender or food processor.

Refresh: To run cold water over food that has been parboiled, to stop the cooking process quickly.

Saute: To cook and/or brown food in a small quantity of hot oil.

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Steep: To let food stand in (hot) liquid to extract or to enhance flavor, like tea in hot water or poached fruits in sugar syrup.

Toss: To combine ingredients with a lifting motion.

Whip: To beat rapidly to incorporate air and produce expansion, as in heavy cream or egg whites.



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