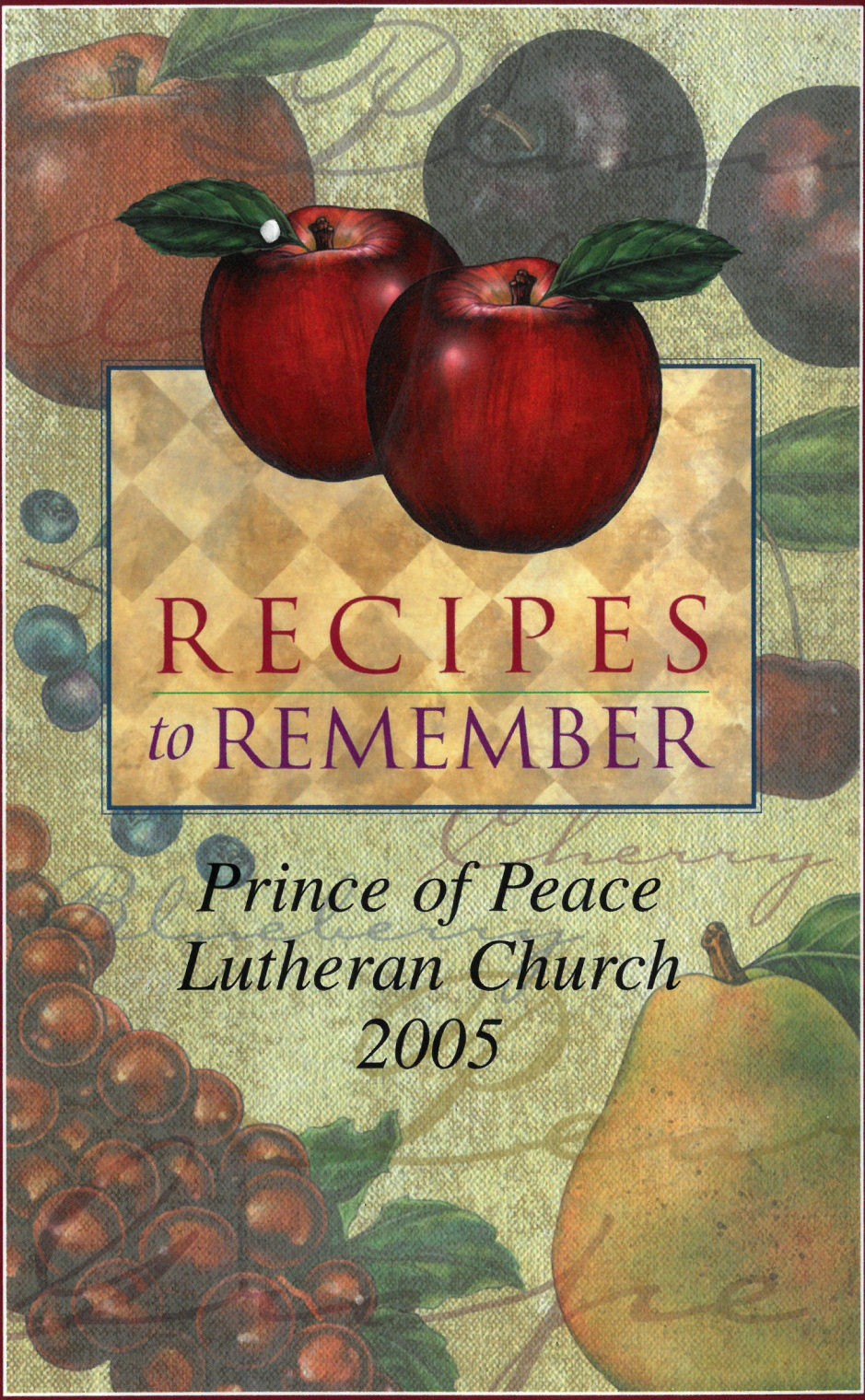


RECIPES *to* REMEMBER

Prince of Peace Lutheran Church

2005

Recipes to Remember

From

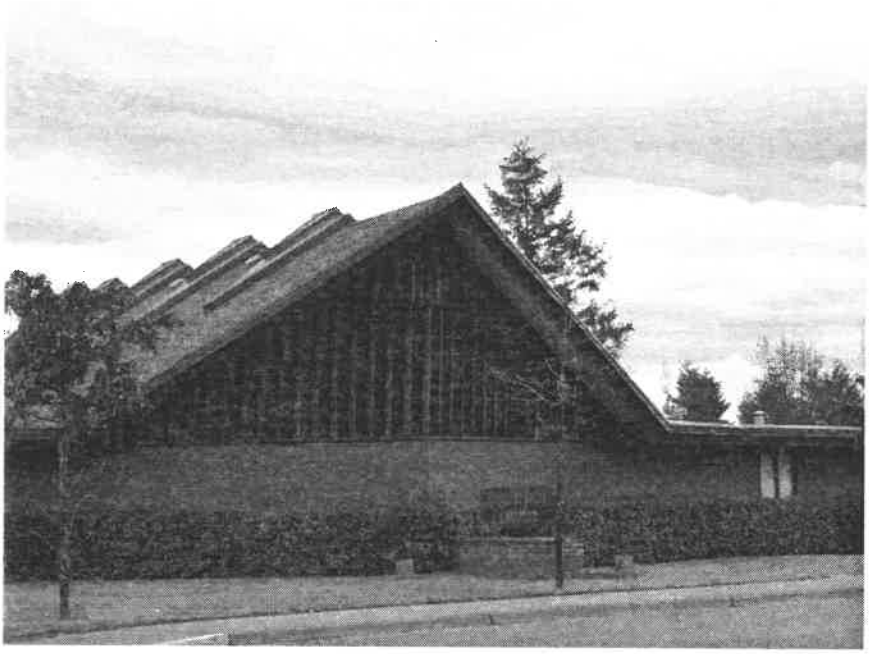
Prince of Peace Lutheran Church

2005

Expression of Appreciation

Our organization wishes to express our sincere appreciation and thanks to all those individuals who donated recipes, helped with the compiling and the selling or in any other way contributed to the publication of this wonderful cookbook.

COOKBOOK COMMITTEE



Prince of Peace Lutheran Church
10333 Bridgeport Way SW
Lakewood WA 98499

Established 1959

These recipes have been compiled from two attempts to publish a collection of "favorites" from Prince of Peace members — once in 1993 and again in 2005. Now, finally, this cookbook is dedicated in loving memory of those friends in Christ who served among us, who contributed their recipes for this project, and who now rest forever with the Lord. Their examples of service continue to be an inspiration for many and a witness of their faithfulness for the growing numbers who gather for food and fellowship at Prince of Peace. Now, the feast . . . in anticipation of the heavenly banquet — especially with these treasured friends and great cooks too! Their contributions are identified with an asterisk (*).

They include:

Bill Haushild 1921-1990
Evelyn Henley 1922-2005
Betty Herman 1922-2004
Marcella Heuber 1900-1999
Terry Maynard 1947-2002
Chloe Schneider 1914-2003
Lucille Wickel 1917-1995
Bob Wickel 1919-1994

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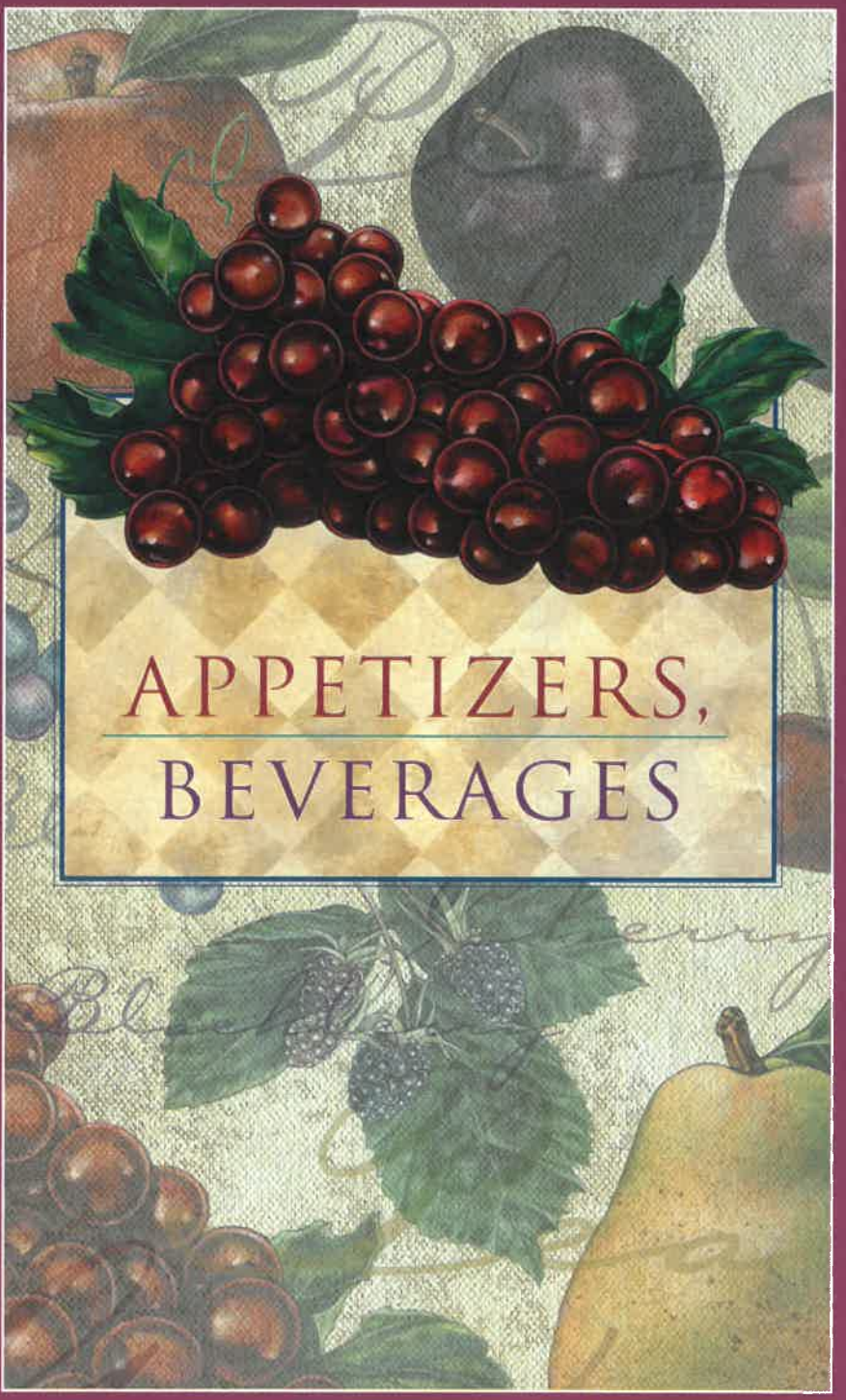


APPETIZERS, BEVERAGES

FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Rolls	4 doz.	8 doz.	16 doz.
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ lb.	¾ to 1 lb.	1½ lb.
Mayonnaise	1 c.	2 to 3 c.	4 to 6 c.
Mixed filling for sandwiches (meat, eggs, fish)	1½ qt.	2½ to 3 qt.	5 to 6 qt.
Mixed filling (sweet-fruit)	1 qt.	1¾ to 2 qt.	2½ to 4 qt.
Jams & preserves	1½ lb.	3 lb.	6 lb.
Crackers	1½ lb.	3 lb.	6 lb.
Cheese (2 oz. per serving)	3 lb.	6 lb.	12 lb.
Soup	1½ gal.	3 gal.	6 gal.
Salad dressings	1 pt.	2½ pt.	½ gal.
Meat, Poultry, or Fish:			
Wieners (beef)	6½ lb.	13 lb.	25 lb.
Hamburger	9 lb.	18 lb.	35 lb.
Turkey or chicken	13 lb.	25 to 35 lb.	50 to 75 lb.
Fish, large whole (round)	13 lb.	25 lb.	50 lb.
Fish, fillets or steaks	7½ lb.	15 lb.	30 lb.
Salads, Casseroles, Vegetables:			
Potato salad	4¼ qt.	2¼ gal.	4½ gal.
Scalloped potatoes	4½ qt. or 1 12x20" pan	8½ qt.	17 qt.
Mashed potatoes	9 lb.	18-20 lb.	25-35 lb.
Spaghetti	1¼ gal.	2½ gal.	5 gal.
Baked beans	¾ gal.	1¼ gal.	2½ gal.
Jello salad	¾ gal.	1¼ gal.	2½ gal.
Canned vegetables	1 #10 can	2½ #10 cans	4 #10 cans
Fresh Vegetables:			
Lettuce (for salads)	4 heads	8 heads	15 heads
Carrots (3 oz. or ½ c.)	6¼ lb.	12½ lb.	25 lb.
Tomatoes	3-5 lb.	7-10 lb.	14-20 lb.
Desserts:			
Watermelon	37½ lb.	75 lb.	150 lb.
Fruit cup (½ c. per serving)	3 qt.	6 qt.	12 qt.
Cake	1 10x12" sheet cake 1½ 10" layer cakes	1 12x20" sheet cake 3 10" layer cakes	2 12x20" sheet cakes 6 10" layer cakes
Whipping cream	¾ pt.	1½ to 2 pt.	3 pt.
Ice Cream:			
Brick	3¼ qt.	6½ qt.	12½ qt.
Bulk	2¼ qt.	4½ qt. or 1¼ gal.	9 qt. or 2½ gal.
Beverages:			
Coffee	½ lb. and 1½ gal. water	1 lb. and 3 gal. water	2 lb. and 6 gal. water
Tea	1/12 lb. and 1½ gal. water	⅙ lb. and 3 gal. water	⅓ lb. and 6 gal. water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water

APPETIZERS, BEVERAGES

CAIRN'S SNACK

Mary Pirie

2 c. Bisquick
1 lb. sausage
1 lb. Cheddar cheese, grated

Combine ingredients in large bowl. (Wash hands thoroughly.) Mix ingredients by hand and roll into balls about 1½ inches diameter. Place on cookie sheet. Bake 20 minutes in a 350°F. oven.

ZIPPY DEVILED EGGS

Barbara Gates

12 hard-cooked eggs
¼ c. mayonnaise
3 Tbsp. chili sauce
1 tsp. prepared mustard
¼ tsp. hot pepper sauce
Paprika

Slice eggs in halves lengthwise; remove yolks and set whites aside. In a small bowl, mash yolks. Stir in the mayonnaise, chili sauce, mustard, and hot pepper sauce. Pipe or stuff into egg whites. Sprinkle with paprika. Refrigerate until serving. Yield: 1 dozen.

BAKED BRIE WITH CRANBERRY MARMALADE AND KIWI

Sharon Westman

½ c. dried cranberries
3 Tbsp. packed dark brown sugar
2 Tbsp. dried currants
½ tsp. minced fresh ginger
¼ tsp. ground allspice (optional)
¼ tsp. dry mustard
⅛ tsp. ground cloves
2 oz. pecans, chopped (about 2 Tbsp.)
1 whole round Brie cheese (about 1 lb.)
2 kiwis, peeled and thinly sliced lengthwise
Assorted crackers

Preheat oven to 350°F. In pot over medium heat, combine 6 tablespoons water with cranberries, brown sugar, currants, ginger, allspice, mustard, and cloves. Bring to a boil; reduce heat to low. Cook until cranberries

are plump and liquid thickens to consistency of jam, about 8 to 10 minutes. Remove from heat. Stir in pecans. Transfer to bowl; cool completely in refrigerator. Line baking sheet with parchment paper; top with Brie. Spread cranberry mixture over top of Brie. Bake until Brie is heated through and swells slightly, about 25 to 30 minutes. Transfer to serving platter. Serve with kiwi and crackers. Makes 12 servings.

CHEESE BALL

Susan Yakubovich

1 to 2 tsp. cream cheese
Small onion, chopped
1 pkg. small meat (ex. turkey, ham)
1 tsp. garlic salt

Chop onion and meat. Mix all ingredients into a ball. Great with Wheat Thins or Town House crackers.

TANGY STUFFED MUSHROOMS

Sharon Westman

8 oz. fresh mushrooms (small or medium)
¼ c. butter or margarine
1 slice fresh bread, broken in pieces
1 oz. Blue cheese, chilled (about 2 inch squares)
½ tsp. salt

Wash mushrooms; carefully remove stems and set aside. Drain caps, hollow side down, on paper towels. Using food processor, position knife blade in bowl. Add mushroom stems and onion. Pulse to chop finely. In 10 inch skillet, melt butter and saute onion mixture. Preheat oven to 350°. Position knife blade in bowl; add bread and Blue cheese. Pulse until finely crumbled. Combine bread, Blue cheese, and salt with mixture in skillet. Fill mushroom caps, pressing mixture into hollows. Place in shallow baking dish. Bake for 10 to 12 minutes. Serve hot. Garnish with chopped parsley just before serving if desired. Makes 14 to 20 (depending on size).

Note: May be stuffed in advance. Refrigerate until ready to bake.

SAUTERNE STUFFED MUSHROOMS

Marjorie Green
by Andrea Cox

15 to 20 mushrooms (like quarter size)
½ c. butter, melted
¼ c. finely chopped green onions
1 c. crushed saltine crackers or dry bread crumbs (salt added)
¼ c. sauterne wine
Parmesan cheese

Heat oven to 350°. Wipe mushrooms; remove stems (chop stems). Dip mushroom caps in melted butter; place crown side up in shallow baking pan.

In small skillet, saute mushroom caps and onion in leftover butter. Remove from heat; toss with crumbs and wine. Fill caps. Sprinkle with Parmesan cheese. Bake for 10 to 15 minutes, until hot!

MARINATED MUSHROOMS

Ulla Smith

1 large can button mushrooms
½ c. white wine vinegar
1 clove garlic, minced
1 tsp. salt
Pepper to taste
2 Tbsp. sherry
½ c. olive oil
½ onion, coarsely chopped

Drain mushrooms and marinate in above ingredients for at least 12 hours. Serve on picks.

STUFFED MUSHROOMS

Lois Baxter

1 lb. mushrooms
3 Tbsp. butter or margarine
½ c. chopped green pepper
¼ c. finely chopped green onions
1½ c. soft bread crumbs
½ tsp. salt
¼ tsp. thyme
¼ tsp. turmeric
¼ tsp. pepper
1 tsp. Herbs de Provence (Spice Islands)
1 Tbsp. butter or margarine

Wash mushrooms; remove stems (cut out quite far from stem so can get lots of stuffing in). Chop stems finely; melt 3 tablespoons butter in skillet. Add mushrooms, green pepper, and onions and cook 5 minutes

or until tender. Remove from heat; stir in remaining ingredients. Melt 1 tablespoon butter in shallow baking dish. Fill mushroom cups with stuffing; place, filled side up, in baking dish.

Bake 15 minutes at 350° or broil (550°) for 2 minutes (3 to 4 inches from heat). Serve warm.

Note: Can be made the day before, covered with Saran Wrap, and stored in the refrigerator until 15 minutes before serving.

SALMON PARTY BALL

Ulla Smith

1 (1 lb.) can salmon (or equal amount of leftover cooked salmon)
8 oz. cream cheese, softened
1 Tbsp. lemon juice
1 Tbsp. grated onion
1 tsp. prepared horseradish
¼ tsp. liquid smoke
½ c. chopped pecans
3 Tbsp. parsley, finely chopped
Salt to taste

If using canned salmon, drain and flake salmon. Remove skin and bones. Combine salmon, cream cheese, lemon juice, onion, horseradish, salt, and liquid smoke and mix thoroughly. Chill several hours. Combine pecans and parsley. Shape salmon mixture into a ball. Roll in pecans and parsley.

SALMON QUESADILLA

Joan Burns

8 oz. smoked salmon
1 Tbsp. butter
2 tsp. oil, divided
4 (10 inch) flour tortillas
12 oz. Monterey Jack cheese, shredded
6 Tbsp. diced green chile peppers (4 oz. can, such as Ortega)
1 c. thinly sliced mushrooms
1 c. sour cream (for garnish)
1 firm ripe avocado, sliced (for garnish)

Preheat oven to 250°. Remove skin and flake salmon with a fork. Heat butter and saute mushrooms in a medium saucepan until softened; set aside. Heat ½ teaspoon oil in a large skillet over medium heat. Place a flour tortilla in the skillet. Spread ⅓ cup shredded cheese on half the tortilla. Sprinkle ¼ cup mushrooms, 1 heaping teaspoon chiles, and ⅓

cup flaked salmon over cheese. Cook about 2 minutes until cheese starts to melt.

Fold tortilla in half and press lightly. Cook about 1 minute, then carefully turn the folded tortilla over and cook another minute. Transfer quesadilla to a baking sheet and keep warm in preheated oven. Repeat with remaining tortillas. Slice each quesadilla into 4 to 6 wedges and serve with sour cream and avocado slices.

SALMON OR TUNA CHEESE BALL

Sherri Thomas

1 can tuna or salmon, drained
2 tsp. horseradish
1 tsp. lemon juice
½ tsp. salt
¼ tsp. liquid smoke
¼ c. Parmesan (dry, not fresh)
8 oz. cream cheese (suggest nonfat or low fat)

Mix, chill, form ball, and roll in ground walnuts. Serve with saltines.

ANGELS ON HORSEBACK (OYSTERS)

Barbara Gates

1 pt. oysters
2 tsp. chopped parsley
½ tsp. salt
Dash of pepper and paprika
Bacon slices, cut in halves

Drain oysters on paper towels. Sprinkle with salt, pepper, and paprika. Roll bacon around each oyster and secure with toothpick. Place under broiler about 4 inches from heat for 8 to 10 minutes or until bacon is crisp. Serve at once as hors d'oeuvres or for a meal.

EASY SPINACH SQUARES

Sharon Westman

1 (10 oz.) pkg. frozen chopped spinach
½ c. (1 stick) butter
3 large eggs, beaten
1 c. milk
½ lb. sharp Cheddar cheese, grated
1 c. flour
1 c. chopped onion
1 tsp. baking powder
½ tsp. salt

Cook spinach according to package directions and drain. Preheat oven to 350°. Melt butter in 13x9 inch baking pan (careful not to let it burn). Remove from oven. Combine remaining ingredients with spinach and mix well. Turn into pan with melted butter, stirring in batter and spread evenly.

Bake 30 minutes. Cool 5 minutes. Cut into large 3x3 inch squares to serve as a side dish or into 1½ inch squares to serve as an appetizer. Makes 12 large squares or about 40 small ones.

CORNED BEEF APPETIZERS

Connie Brining

1 (3 oz.) pkg. cream cheese
1 (12 oz.) can corned beef
½ c. flour
½ c. evaporated milk
1 tsp. instant onion
1 c. well drained sauerkraut, chopped
½ c. bread crumbs

Combine softened cream cheese and instant onion. Add corned beef and sauerkraut; mix well. Chill thoroughly. Shape into 1 inch balls. Roll in flour, dip in milk, then in crumbs. Fry in deep fat at 365° for 1 minute or until golden brown; drain. Serve. Makes 4 dozen.

HOT PUFFY CHEESE SNACKS

Ulla Smith

½ c. Parmesan cheese
½ c. onion, finely chopped
¾ c. mayonnaise
Dash of Worcestershire sauce
Salt and pepper

Mix well and spread on rye bread circles or melba toast and broil until brown and fluffy.

ARTICHOKE SPREAD

Sharon Westman

2 (14 oz.) artichoke hearts, drained and chopped
1 c. mayonnaise
1 c. grated Parmesan cheese
3 cloves garlic, minced
Sprinkle of paprika

Mix together the artichoke hearts, mayonnaise, cheese, and garlic. Place in 1½ quart casserole dish; sprinkle with paprika. Bake at 350° for 20 minutes or until brown and bubbly. Serve hot with wheat crackers. Makes 2 cups.

CHILI CHEESE DIP

Susan Yakubovich

1 can chili
½ cream cheese

Put chili and cream cheese into bowl and microwave until cheese is melted. Eat with tortilla chips.

CREAM CHEESE-GREEN OLIVE SPREAD

Jo Heussman

1 (8 oz.) cream cheese or Neufchatel
¾ c. mayonnaise
½ c. chopped pecans
1 c. chopped green olives
A dash of pepper
1 Tbsp. olive juice (optional)

Blend softened cream cheese and mayo till smooth. Add olives, pecans, and pepper. Stir till blended. Put in serving bowl and chill till firm.

Great as a dip with crackers, cracker bread, bread sticks, etc. or as a sandwich spread.

MARTHA'S CRAB DIP

Winnie Christensen

½ c. chopped onion
½ c. mayonnaise
2 (8 oz.) pkg. cream cheese
1 lb. crabmeat

Mix together. Bake at 350° for 20 minutes in a shallow pan. Serve with crackers.

CRAB DIP

Sherri Thomas

8 oz. cream cheese (can use fat free)
½ to ¾ c. mayonnaise
Dash of garlic
½ lb. crab (fresh or canned)

Mix.

BRUNCH EGGS

Lois Baxter

(Breakfast Casserole)

16 slices white bread
1½ c. sharp Cheddar cheese, grated
1 c. Swiss cheese, grated
6 eggs, beaten
3 c. milk
2 Tbsp. parsley, chopped
2 tsp. dry mustard
¼ tsp. nutmeg
¼ tsp. pepper
1 generous slice fully cooked ham, diced
Dash of salt and pepper to taste

Butter 9x13 inch baking dish; line with slices of bread. Fill in with pieces until pan is completely lined. Add diced ham. Spread with ½ of the 2 cheeses mixed together. Add another layer of bread, then add the rest of the cheese. Beat the eggs, milk, and seasonings together and pour over all. Cover with foil and refrigerate overnight. Bake at 350° for 50 to 55 minutes or until eggs are set as in custard. Let stand 10 minutes before serving. Serves 8 to 10.

Note: Can add other items like mushrooms, green pepper, onion, red pepper (sweet), etc., as well as the ham or sausage.

SMOKED SALMON CHERRY TOMATOES

Barbara Gates

30 cherry tomatoes
3 oz. smoked salmon, finely chopped
⅓ c. finely chopped onion
⅓ c. finely chopped green pepper
Salt and pepper to taste
1 (3 oz.) pkg. cream cheese, softened
1 tsp. milk
Fresh dill sprigs

Cut a thin slice off each tomato top; scoop out and discard pulp. Invert tomato on paper towels to drain. In a bowl, combine the salmon, onion, green pepper, salt, and pepper; mix well. Spoon into tomatoes. In a small mixing bowl, beat the cream cheese and milk until smooth. Insert a star tip into a pastry bag. Pipe a small amount of cream cheese mixture onto tomatoes. Garnish with dill.

TORTILLA BITES

Connie Schmidt

3 (8 oz.) cream cheese
1 pt. sour cream
1 small onion, grated
5 jalapenos or green chilis
Juice from ½ lime
Hot sauce to taste
20 flour tortillas

Mix cream cheese, sour cream, onion, jalapenos, lime juice, and hot sauce. Warm tortillas; steam about 3 at a time. Spread cheese mixture on tortilla. Roll tortilla. Cover with plastic wrap/foil. Refrigerate several hours or overnight. Slice into ½ inch pieces. Serve with salsa sauce. Serves lots.

PICK-UP-NIBBLES

*Chloe Schneider**

2 pkg. Pillsbury crescent rolls, flattened in pan

Bake 7 to 10 minutes at 350° until golden brown in 9x13 inch pan.

2 (8 oz.) pkg. cream cheese
¾ c. mayonnaise
½ c. sour cream or yogurt
1 env. Ranch dressing mix

Spread over cooled, flattened crescent rolls. Cover with ¾ cup each broccoli, cauliflower, carrots, peppers, green onions, and tomatoes. You

can cover with shredded cheese. Refrigerate. Cut into one inch squares or smaller.

WEDDING PUNCH

Gayle Lindeblom

6 c. sugar
4 c. water

Bring to boil.

Add:

4 small pkg. lemon jello
1 small (pink) lemonade (frozen)
1 small orange juice (frozen)
1 small bottle almond extract
1 Tbsp. vanilla
1 gal. water

Mix together. Freeze in Ziploc bags. Remove and thaw 2 hours before you want to serve. Add 1 bottle ginger ale. Serves 100.

HOT SPICED WINE

Lois Baxter

Rose or claret (if used other wine, reduce sugar; burgundy - keep sugar)
½ c. sugar
1½ c. water
1 cinnamon stick
8 cloves (whole)
2 peels lemon (or 2 wedges)

Boil above for 10 minutes (remove spices if like). Add 3 cups rose or claret and heat but don't boil (can add a couple (or more) cups apple cider to it and it's good too). Makes 4 servings plus ¼ cup or so.

RUSSIAN TEA

Michelle Lammers

2 c. Tang
¾ c. instant tea without sugar or lemon flavor
1 c. sugar
1 pkg. Twist or 3 oz Country Time instant lemonade mix
1 tsp. cinnamon
½ tsp. ground cloves
½ tsp. allspice

Mix all of the ingredients together. Store in a glass or airtight container with a lid. Use two heaping teaspoons per tea cup of boiling water.

HOT BUTTERED RUM BATTER (NONALCOHOLIC)

Lois Baxter

1 lb. softened butter
1 lb. brown sugar
1 lb. powdered sugar
2 tsp. vanilla
1 tsp. nutmeg
1 tsp. cinnamon
½ tsp. salt
1 qt. softened vanilla ice cream

Cream together butter and sugars; add vanilla, spices, and salt. Mix in ice cream. Place in containers and store in freezer. Put 2 heaping tablespoons batter in coffee mug and add boiling water for a great warmer-upper.

COCOA MIX

Lois Baxter

1 (8 qt.) pkg. dry powdered milk (10⅔ c.)
1 (6 or 8 oz.) jar nondairy creamer
1 (1 lb.) box Nestle Quik
1½ c. granulated sugar

Mix all ingredients together. Store in jar or container with tight lid. Put 2 to 3 tablespoonfuls in a cup. Add boiling water. Makes about 3 pounds of dry mix.

CRANBERRY PARTY PUNCH

Ira Wallace

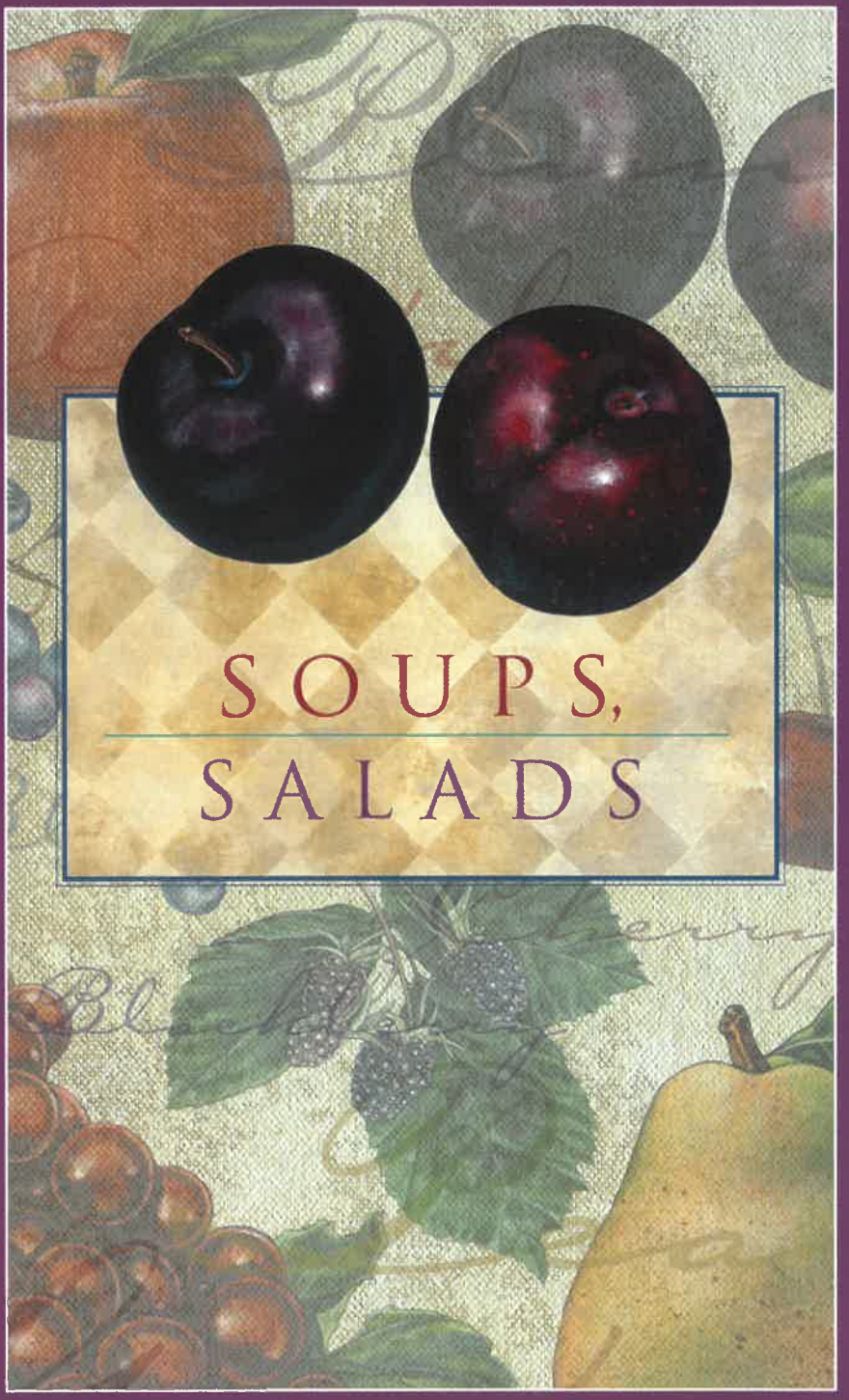
1 (6 oz.) can frozen pink lemonade
1 (6 oz.) can frozen orange juice
1 (6 oz.) can frozen pineapple juice
6 c. cranberry juice cocktail
5 c. cold water
1 (28 oz.) bottle chilled ginger ale

Thaw frozen juice. Combine with cranberry juice and water; chill. Pour over ice in punch bowl. Carefully pour in ginger ale. Float orange or lemon slices if desired. Makes 16 (½ cup) servings.

NO FAT MARINADE (CHICKEN) *Margaret Estrada*

1½ tsp. dry mustard
¾ tsp. ground ginger
⅛ tsp. garlic powder
6 Tbsp. soy sauce
3 Tbsp. lemon juice
Pepper to taste

Mix ingredients together. Marinate chicken pieces (I use boneless breast) for 20 minutes. Grill.



SOUPS, SALADS

A HANDY SPICE AND HERB GUIDE

ALLSPICE-a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon, and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies; (Ground) Puddings, relishes, fruit preserves, baking.

BASIL-the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES-the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY-the seed of a plant grown in the Netherlands. Flavor that combines the tastes of anise and dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

CURRY POWDER-a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL-the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE-the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries, and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM-an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies, and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG (MONOSODIUM GLUTAMATE)-a vegetable protein derivative for raising the effectiveness of natural food flavors. USES: Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey, and cooked vegetables.

OREGANO-a plant of the mint family and a species of marjoram of which the dried leaves are used to make an herb seasoning. USES: An excellent flavoring for any tomato dish, especially pizza, chili con carne, and Italian specialties.

PAPRIKA-a mild, sweet red pepper growing in Spain, Central Europe, and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

POPPY-the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls, and cookies. Also delicious in buttered noodles.

ROSEMARY-an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet fresh taste. USES: In lamb dishes, in soups, stews, and to sprinkle on beef before roasting.

SAGE-the leaf of a shrub grown in Greece, Yugoslavia, and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews, and salads.

THYME-the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, croquettes, fricassees, and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC-a root of the ginger family, grown in India, Haiti, Jamaica, and Peru, having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

❖ ❖ ❖

SALADS

BEET SALAD

Barbara Gates

1 (16 oz.) can diced or julienned beets
1 (6 oz.) pkg. lemon-flavored gelatin
1½ c. cold water
2 Tbsp. finely chopped onion
1 to 2 Tbsp. prepared horseradish
4 tsp. vinegar
¼ tsp. salt
1½ c. chopped celery
¼ c. sliced stuffed olives
Lettuce leaves, mayonnaise, whole stuffed olives (garnish)

Drain beets, reserving liquid; add water to reserved liquid to equal 2 cups. Place in a saucepan and bring to a boil. Remove from the heat; stir in gelatin until dissolved. Add cold water, onion, horseradish, vinegar, and salt. Chill until partially set. Stir in beets, celery, and olives. Pour into an 8 inch square dish. Chill until firm, about 3 hours. Cut salad into squares. If desired, serve on a lettuce-lined plate and top with a dollop of mayonnaise and olive. Makes 9 to 12 servings.

BLT SALAD

Connie Brining

8 to 10 slices bacon (crispy)
2 large tomatoes
2 c. cooked chicken, cubed
Lettuce

Dressing (about ¾ c.):

½ c. mayo
¼ c. barbecue sauce
1 Tbsp. instant minced onion
1 Tbsp. lemon juice
¼ tsp. pepper

Mix dressing ingredients; cover and chill. Prepare dressing. Just before serving, tear lettuce. Break bacon into large pieces. Cut tomatoes into 8ths. Combine all together; add chicken. Add dressing.

BROCCOLI GRAPE SALAD

Lillian Harris

1 bunch broccoli, chopped
½ c. green onion, chopped
½ c. toasted slivered almonds
1 c. celery, chopped
1 c. seedless red grapes, halved
½ lb. bacon, cooked and crumbled

Dressing:

1 c. mayonnaise
2 Tbsp. white vinegar
⅓ c. sugar

Mix up vegetables, bacon, and grapes. Mix up the dressing and pour over the salad mixture.

CARROT DELIGHT SALAD

Eva Froude

1 small pkg. lime jello (lemon okay too)
2 c. boiling water
1 (8 oz.) pkg. cream cheese
1 c. pecans
1 c. grated carrots
1 pkg. Dream Whip, prepared

Dissolve jello in boiling water. Blend in cream cheese until smooth. Chill until partially congealed. Fold in pecans and carrots. Fold in prepared Dream Whip. Put in jello mold and chill until set.

CASHEW SHRIMP SALAD

Jean Wright

1½ c. roasted cashews
4 c. frozen peas, thawed and drained
1 c. sliced green onion
2 stalks celery, sliced thin
¾ c. shrimp, rinsed and drained
Salt and pepper to taste

Combine above salad ingredients and top with Dill Dressing.

Dill Dressing:

¼ c. mayo
¼ c. sour cream
1 Tbsp. lemon juice
1 Tbsp. fresh dill or 1 tsp. dried dill

Serves 4.

FROZEN CRANBERRY SALAD

Pat Bowlin

1 large sliced banana
1 can whole cranberry sauce
1 (8 oz.) can crushed pineapple, drained
½ to 1 c. chopped walnuts
½ c. powdered sugar
8 oz. sour cream (regular)

Mix first four ingredients together, then mix the powdered sugar with the sour cream and add to the above mixture. Pour into a loaf pan lined with foil and freeze. Let sit outside freezer for ½ hour before slicing.

CHAMPAGNE SALAD

Lois Baxter

1 (8 oz.) cream cheese
¾ c. sugar
1 large can crushed pineapple, drained
1 (10 oz.) pkg. frozen strawberries, thawed
2 bananas, sliced
½ c. chopped walnuts
1 large container whipped topping

Whip first 4 ingredients together. Add fruit, nuts, and whipped topping, folding in by hand. Freeze in 9x13 inch pan. Store in freezer. Serve on a lettuce leaf. Take out 10 minutes or so before using.

CHINESE SALAD

Connie Schmidt

1 large head Nappa cabbage
8 Tbsp. green onions, sliced
1 pkg. Ramen noodles (uncooked), broken up
2 Tbsp. margarine or butter
½ c. sesame seeds
½ c. sliced almonds
Seasoning from Ramen pkg.

For dressing: 6 tablespoons rice vinegar, 2 to 3 tablespoons sugar, ½ to 1 cup oil, and salt to taste.

Toast sesame seeds and almonds in butter or margarine. Mix seasoning packet with toasted seeds/nuts. Mix cabbage, green onions, broken Ramen noodles, and toasted seeds/nuts together. Gently toss with dressing.

Chicken or turkey can be added to make this a main dish salad.

CHICKEN SALAD

Betty Olson

4 c. diced, cooked chicken (white meat)
1 c. diced celery
¼ c. minced green pepper
1 can mandarin oranges
2 c. pineapple tidbits, drained

Dressing:

1 c. Miracle Whip
½ Tbsp. prepared mustard
1 Tbsp. grated onion

Combine dressing with other ingredients and let set 2 to 3 hours or overnight. Just before serving, add 1 large can Chinese noodles.

CHINESE CHICKEN SALAD

Melody Menting

½ head green cabbage, chopped fine
4 green onion, chopped
1 pkg. Top Ramen noodles, broken
½ c. toasted almonds
2 Tbsp. sesame seeds
1 c. diced chicken, cooked

Mix above ingredients together in large bowl. Set aside.

Dressing:

½ c. oil (or ¼ c. oil plus ¼ c. water)
4 shakes sesame oil
2 Tbsp. sugar (granulated)
½ tsp. pepper
3 Tbsp. apple cider vinegar
1 pkg. Top Ramen spices
1 tsp. salt

Mix dressing items together in bowl; add to cabbage mixture. Chill.

CHICKEN SESAME SALAD WITH DRESSING

Joan Hassan

8 Tbsp. toasted sesame seeds
¾ c. slivered almonds (toast for extra crunch)
2 c. cooked and cubed chicken
1 head shredded cabbage
2 pkg. uncooked chicken Top Ramen
8 chopped green onions

Mix shredded cabbage, green onions, and chicken in one bowl. Mix crumbled Ramen, almonds, and sesame seeds in another bowl. Make dressing (following) and pour over cabbage mixture. Toss. Refrigerate several hours or overnight. To serve, add Ramen mixture and mix well.

Dressing:

½ c. sugar
½ c. seasoned rice vinegar
1 c. salad oil
1 tsp. pepper
Top Ramen chicken seasoning

CHICKEN ORZO SALAD FOR A CROWD

Lois Bekemeier

6 oz. uncooked orzo (2 c. cooked)
2 c. mayonnaise
¼ c. milk (or half & half)
1 Tbsp. salt
2 Tbsp. lemon juice
2 tsp. white pepper
4 c. cubed, cooked chicken
2 c. halved grapes (green or purple)
2 c. (1 large) seeded, chopped cucumber
1 c. chopped celery

Cook orzo as directed; drain. Rinse with cold water. In large bowl, combine mayo, milk, salt, pepper, and lemon juice. Stir in orzo and other ingredients. Mix well. Cover. Refrigerate several hours or overnight. Makes 25 (½ cup) servings.

CHICKEN WALDORF SALAD

Connie Brining

2 c. chopped red apple
⅔ c. halved seedless grapes
¼ c. chopped pecans
½ c. fat free sour cream
1 c. sliced celery
2 c. cooked chicken breast
½ c. fat free mayo
3 to 4 tsp. lemon juice
2 tsp. sugar
2 tsp. Dijon mustard
Salt and pepper
¼ c. chopped pecans
Red leaf lettuce

Combine first 5 ingredients. Mix separately the remaining ingredients *except* salt, pepper, lettuce, and pecans. Stir into apple mixture and season to taste with salt and pepper. Spoon salad onto lettuce lined plates. Sprinkle with pecans.

COTTAGE CHEESE SALAD

Iva Wallace

1 small box cottage cheese
1 small onion, diced
Celery, chopped fine
Radishes, chopped fine
Carrots, grated
Salt and pepper
Olives (optional)
Green pepper (optional)

Mix vegetables into cottage cheese. Use as much and whatever kinds you like. Add salt and pepper to taste. Chill overnight.

CURRIED SALMON PASTA

Ulla Smith

1 c. dry pasta (small shells)
8 oz. cooked salmon or 1 (7.5 oz.) can red salmon, cut into chunks
½ c. minced red or white onions
1 c. diced celery
1 medium to large red apple, diced
½ c. chopped walnuts

Dressing:

6 oz. (¾ c.) yogurt (may use fat free)
2 Tbsp. olive oil
1 Tbsp. curry powder
2 tsp. lemon juice
2 garlic cloves, crushed
1 tsp. Dijon mustard
Salt to taste

Cook pasta per package directions. Drain and rinse. Combine first 6 ingredients in large bowl. Mix dressing ingredients together in small bowl and pour over salad. Toss. Serves 8.

GOVERNOR'S SALAD

Michelle Lammers

1 large pkg. orange jello
1 container Cool Whip
1 (16 oz.) container cottage cheese
2 cans mandarin orange sections, drained
1 large can pineapple tidbits, drained

Stir jello, Cool Whip, and cottage cheese together, then stir in the other ingredients. Refrigerate 6 hours. Serve cold.

JAPANESE SALAD

Jytte Klein

½ head chopped cabbage
2 stalks green onions, chopped
2 tsp. sesame seeds
2 tsp. slivered almonds
Red or green peppers, chopped to taste
1 pkg. Top Ramen noodles, crumbled (do not use seasoning mix)
1 to 2 c. cooked chicken, cubed

Mix all the above together and add dressing ½ hour before serving.

Dressing for Japanese Salad:

½ c. oil
3 Tbsp. rice or balsamic vinegar
2 Tbsp. sugar
½ tsp. pepper
½ tsp. salt
1 tsp. MSG (optional)

HOLIDAY FROZEN SALAD

Ulla Smith

1 (20 oz.) can crushed pineapple, drained
1 (16 oz.) can whole berry cranberry sauce
½ c. sour cream (use light sour cream)
1 small banana, well mashed
¼ c. coarsely chopped pecans (optional)

Mix ingredients thoroughly. Pour into 9x5 inch loaf pan; cover loosely with plastic wrap and freeze overnight. Remove from freezer 30 minutes before serving. Slice and serve. Garnish with mint sprig and dried cranberries if desired.

JELLO FRUIT SALAD

(From Christmas Party menu)

1 pkg. lemon jello
1 (No. 2) can crushed pineapple
1 c. miniature marshmallows
1 (8 oz.) pkg. sour cream, softened
¼ c. mayonnaise
½ pt. cream, whipped

Mix jello with 1 cup hot water and 1 cup pineapple juice. When partially jelled, add sour cream and mayonnaise and beat with egg beater. Add pineapple and marshmallows. Fold in whipped cream. Put in mold or 9x13 inch pan and chill. When salad is firm, top with 1 package of jello of another flavor and color.

JELLO MIRACLE WHIP SALAD

Connie Brining

2 boxes strawberry Jell-O (any kind)
1½ c. boiling water
1¾ c. cold water
½ c. Miracle Whip

Mix Jell-O as usual. Mix a small amount of Jell-O into Miracle Whip. Add this mixture to the Jell-O. Put into glass serving bowl and chill well. The Jell-O will have 2 colors.

JELLO SALAD DESSERT

Melody Menting

2½ c. marshmallows
1 c. milk
1 (6 oz.) pkg. jello (any flavor)
1 (8 oz.) pkg. cream cheese (room temperature)
1 pkg. Dream Whip topping
⅔ c. mayonnaise
1 c. fresh fruit or 1 can fruit of choice

Melt marshmallows with milk in double-boiler. Pour melted marshmallow mixture over gelatin; stir until dissolved. Beat in cream cheese; cool. Prepare whipped topping according to package. Blend into jello mixture. Fold in mayo and fruit. Chill.

DESSERT SALAD

Betty Olson

1 pkg. lemon jello
1 (1 lb.) can crushed pineapple (No. 2½ can)
1 pkg. Philadelphia cream cheese
1 can pimentos
½ c. diced celery
1 c. chopped nuts
½ pt. whipping cream

Drain pineapple; heat juice and dissolve jello in juice. Blend together cheese, fruit, and chopped pimentos. When gelatin begins to thicken, add remaining ingredients. Lastly, fold in whipped cream. Chill until set and serve with or without salad dressing in lettuce leaves.

KOREAN SALAD

Addie Stern

1 bag spinach
1 can water chestnuts, chopped
2 hard-boiled eggs, chopped
8 strips cooked bacon
1 can bean sprouts, drained

Dressing:

¾ c. sugar
1 c. oil
⅓ c. catsup
2 Tbsp. Worcestershire sauce
¼ c. white vinegar
Salt and pepper to taste

Shake all ingredients vigorously.

Be sure to dry spinach well. Otherwise salad will be mushy. Mix dressing over salad. A sweet dressing that is very tasty.

LIME DELIGHT SALAD

Iva Wallace

1 large (1 lb. 4 oz.) can crushed pineapple
1 (3 oz.) pkg. lime jello
1 (3 oz.) pkg. cream cheese, softened
1 c. boiling water
1 small Cool Whip
2 c. miniature marshmallows
1 c. chopped walnuts or pecans
1 (4 oz.) jar maraschino cherries

Drain pineapple, reserving 1 cup syrup; set aside. Combine jello, cream cheese, and mayo until blended. Gradually add hot water until jello is dissolved and cream cheese is melted. Add pineapple syrup; mix well and chill. When mixture is slightly thickened, beat until light and fluffy. Fold in Cool Whip. Add pineapple, marshmallows, and nuts. Spoon into 9x12 inch pan. Top with cherry halves and chill.

MACARONI SALAD FROM GRANDMA

Winnie Christensen

1 (14 oz.) pkg. salad macaroni, cooked and drained
3 or 4 hard-boiled eggs
1 c. celery, cut fine
1 medium onion, grated
6 small sweet pickles, chopped fine
Salt and pepper to taste
½ to ¾ c. mayonnaise
½ to ¾ c. Miracle Whip
1 medium carrot, grated

Mix all ingredients; lastly add mayo and Miracle Whip. Let stand for a few hours in refrigerator.

For variation, add crab or tuna or shrimp. All three together make it really special.

MANDARIN SALAD

Betty Lohse

Salad:

½ c. slivered almonds
3 Tbsp. sugar
½ head iceberg lettuce
½ head romaine lettuce
1 c. chopped celery
2 whole green onions, chopped
1 (11 oz.) can mandarin oranges, drained

Dressing:

½ tsp. salt
Dash of pepper
¼ c. oil
1 Tbsp. chopped parsley
2 Tbsp. sugar
2 Tbsp. vinegar
Dash of Tabasco sauce

In saucepan, saute almonds and sugar until almonds are coated and sugar is dissolved. Stir constantly as they burn easily; cool. Mix all dressing ingredients together and chill. Just before serving salad, add oranges and almonds. Toss salad with dressing.

MOLLY BROWN SALAD

Lydia Bekemeier-Holloway

1 c. Swiss cheese, diced
2 c. cooked ham, cut in strips (optional)
1 c. sauerkraut, drained
1 small can mushrooms, sliced and drained
1 c. celery, cut fine
1 small onion, cut fine
1 jar pimento, chopped
Mayonnaise (as desired)
⅔ c. sour cream
1 c. rotini, cooked

Mix all together (*except* sour cream) and refrigerate overnight. Add sour cream before serving.

OVERNIGHT SALAD

Jan Hassan

1 head lettuce
½ c. chopped onion
1 c. chopped celery
1 (8 oz.) can water chestnuts, drained and chopped
1 (10 oz.) pkg. green peas

Dressing:

3 c. mayonnaise
1 c. Parmesan cheese
¼ tsp. garlic salt
4 tsp. sugar
2 tsp. seasoning salt
6 boiled eggs
½ lb. bacon, cooked and crumbled
Tomato slices

Shred lettuce and place in shallow 4 quart dish. Add onion, celery, chopped water chestnuts, and peas in order given. Make dressing of mayonnaise, cheese, sugar, and seasonings. Spread over top of vegetable layers. Chill overnight.

Just before serving, chop eggs and sprinkle eggs and bacon over top of dressing. Garnish with tomato slices (or chopped tomatoes if preferred).

OVERNIGHT SUMMER SALAD

Mary Pirie

1 medium head cauliflower, chopped
1 bunch broccoli, chopped fine
1 red onion, chopped
⅓ lb. bacon, fried, drained, and cut in pieces
½ c. Parmesan cheese
⅓ c. sugar
1 c. mayonnaise (like to use Miracle Whip)
Salt and pepper

Mix together last four ingredients. Toss with the first four. Chill overnight.

PASTA AND MOZZARELLA SALAD

Connie Schmidt

Use any pasta shape for this creamy main-dish salad.

8 oz. corkscrew macaroni
1 recipe Parmesan Dressing
10 oz. fresh spinach, torn
8 oz. Mozzarella cheese, cubed
8 oz. thinly sliced mild pepper
Ham or fully cooked ham, chopped
1 (4 oz.) can diced green chili peppers, drained

Cook macaroni according to package directions; drain. Toss macaroni with dressing. Add remaining ingredients. Cover; chill. Sprinkle 2 tablespoons grated Parmesan cheese over each serving. Makes 6 to 8 servings.

Parmesan Dressing: Place 1 egg in blender container. Cover; blend 5 seconds. With blender running, slowly add 1 cup *salad oil* till thick. Add ½ cup grated Parmesan cheese, ¼ cup white wine vinegar, ½ to 1 teaspoon pepper, ½ teaspoon salt, ¼ teaspoon ground cloves, and 1 to 2 cloves garlic, minced. Blend till smooth.

PICKLED HERRING SALAD

Sherri Thomas

1 pt. pickled herring (liquid reserved)
2 cans pickled beets (liquid reserved)
1 hard-boiled eggs
2 c. boiled potatoes
1 large onion

Grind together all of the above ingredients and mix. Add liquids from herring and beets until desired consistency. Serve on crackers or "party size" rye bread.

SOUTHWEST BEAN SALAD

Jean Wright

1 (15½ oz.) kidney beans
1 (15½ oz.) black beans
1 (15½ oz.) garbanzo beans
2 celery ribs, sliced
1 medium red onion, diced
1 medium tomato, diced
1 c. frozen corn, thawed

Drain and rinse beans.

Dressing:

¾ c. salsa
¼ c. vegetable oil
¼ c. lime juice
1½ tsp. chili powder
1 tsp. salt
½ tsp. cumin
Chopped cilantro

Chill 2 hours. Makes 10 servings.

SPINACH SALAD

Lois Baxter

1 or 2 bunches spinach
⅓ lb. fresh bean sprouts
1 can water chestnuts, sliced
4 to 6 hard-boiled eggs, cut in quarters
6 slices bacon, cooked crisp and cut up

Dressing:

1 c. cooking oil
¼ c. vinegar
8 Tbsp. dried onion
¾ medium onion, chopped
¾ c. sugar (or less)
⅓ c. catsup
½ tsp. salt
2 Tbsp. Worcestershire sauce

Make dressing ahead and put in refrigerator. Shake well before putting on salad. Put all salad ingredients in large bowl and mix slightly. Add salad dressing just before serving. (You probably won't need all of the dressing.) It keeps well in the refrigerator.

SWEET POTATO SALAD

Marylou Smith
Friend of Sharon Westman

2 lb. sweet potatoes
1½ c. mayonnaise
2 tsp. Dijon mustard
¼ tsp. salt
4 hard cooked eggs, peeled and chopped
1½ c. celery, chopped
4 green onions, chopped with stems

Microwave washed potatoes until they test done, wrapped in a cotton kitchen towel. When the potatoes are cold, peel and dice them. In a large bowl, combine mayonnaise, mustard, salt, eggs, celery, and onions, then add to the potatoes and mix. Cover and refrigerate for 2 to 4 hours. Serves 6 to 8.

TACO SALAD

Betty Olson

2 lb. hamburger, browned and drained

Mix in:

1 pkg. taco seasoning (dry mix)
1 can ripe olives, sliced
1 head lettuce, cut up
1 grated onion
2 fresh (diced) tomatoes
½ lb. grated cheese

Dressing: Good Seasons or Hidden Valley Ranch Style (creamy Italian) mixed as directed on package. Taco chips - added just before serving.

TORTELLINI SALAD

Conning Brining

About 3 c. cooked and cooled tortellini
1 green fresh pepper, sliced thin
½ pkg. frozen green peas
2 to 3 stalks celery, cut into small pieces
Few walnuts
Black olives (optional), sliced

Put all ingredients in large bowl. Pour amount (moderate) Italian dressing over salad. Can be made 1 to 2 days before serving to marinate.

CABBAGE PATCH SOUP

Lois Baxter

4 to 5 peeled carrots, cut into pieces
1 lb. ground beef, browned and drained
4 large potatoes with skin on, cut into pieces
2 handfuls of chopped onions
¼ to ½ head cabbage, chopped
1 large can tomatoes
2 cans beef broth or bouillon
Chili powder to taste

Put all ingredients into soup pot. Cook until vegetables are done and flavors are blended. Serves 6 to 8.

SOUPS

CHEESE SOUP

Connie Brining

1 to 1½ qt. water
4 chicken bouillon cubes
1 (16 to 20 oz.) bag frozen veggies (California mix)
2 cans cream of chicken soup
1 c. chopped onion
2½ c. diced potatoes
1 lb. Velveeta cheese, cubed
1 lb. fried crisp bacon (our favorite) or ham

Place water, onion, bouillon, and potatoes in pot. Cook for 20 minutes. Add frozen veggies and cook 10 more minutes. Add cream of chicken soup and cubed Velveeta cheese. Cook until cheese melts, then simmer until ready to serve.

Leftovers may be frozen.

CREAMY CORN CHOWDER

Winnie Christensen

¼ lb. lean smoked bacon, chopped
1 large onion, chopped
1 c. diced celery
2 Tbsp. butter or margarine
2 potatoes, cut up small
1 c. water
2 (1 lb.) cans cream style corn
2 c. whole milk
1 large can evaporated milk
¼ tsp. salt
Dash of pepper

Dice bacon; saute slowly until crisp. Spoon from pot with slotted spoon and save. Pour all fat from pan, but do not wash. Saute onion and celery in butter in same pan for 5 minutes; add water and potatoes, onion, and celery. Cover pan and simmer 5 to 10 minutes until potatoes are done.

Stir in corn, fresh and evaporated milk, cooked bacon, salt, and pepper. Heat chowder until almost a boil. Serve with crackers.

BILL HAUSHILD'S FISH CHOWDER

The Haushild family

1 lb. fish fillets
½ c. chopped bacon
½ c. chopped onion
1 carrot, chopped fine
1 stalk celery, chopped fine
½ green pepper, chopped fine
1 c. diced potatoes
2 c. hot water (or more - should just cover vegetables, bacon, etc. in pan)
2 c. rich milk (use part canned milk, cream, or half & half)
¾ tsp. salt
Dash of coarse ground pepper
Small shrimp (at least 1 c. - optional)

Cut fillets in small bite-size pieces. Fry bacon until crisp; add onions and brown slightly. Add the carrot, celery, green pepper, potatoes, and water and simmer gently for 10 minutes or until potatoes are partially cooked.

Add fish and shrimp and cook until fish can be flaked when tested with a fork, 7 to 8 minutes. Pour in milk and seasoning; heat but do not boil. Serve immediately. Serves 6.

ITALIAN SOUP

Winnie Christensen

1 lb. Italian ground sausage
1 c. chopped onion
2 cloves chopped garlic

Brown and drain.

Add:

5 c. beef or chicken broth
2 c. chopped canned tomato
½ c. red wine
1 c. sliced carrots
½ tsp. oregano
1 (8 oz.) can tomato sauce

Simmer 30 minutes.

Add:

1½ sliced zucchini
2 c. cheese tortellini
3 Tbsp. parsley
1 medium green pepper, chopped

Simmer another 30 minutes.

MUSHROOM SOUP

Connie Brining
Debra Johnston

1 lb. mushrooms, sliced
2 sliced onions
3 sliced carrots
2 lb. potatoes, cubed (not peeled)
1½ c. celery, chopped
7 c. water
2 Tbsp. dried parsley
1 Tbsp. dried oregano
1 tsp. dried basil
½ c. low-sodium soy sauce
½ c. dry wine
3 bay leaves
6 oz. tomato paste

Brown mushrooms, then onions, then carrots, potatoes, and celery. Add water, parsley, oregano, basil, soy sauce, dry wine, bay leaves, and tomato paste. Cook for 50 minutes.

RUSSIAN MUSHROOM AND POTATO SOUP

Lois Baxter

5 Tbsp. butter, divided
2 leeks, chopped (about 2 c. - don't go up too far on green)
2 large carrots, sliced (1½ c.)
6 c. boiling chicken broth (bouillon cubes okay)
1 Tbsp. chopped fresh dill or 2 tsp. dill weed
2 tsp. salt
⅛ tsp. pepper
1 bay leaf
2 lb. potatoes, peeled and diced (about 5 c.)
1 lb. fresh mushrooms (2 cans, sliced)
1 c. half & half or light cream
¼ c. flour

Melt 3 tablespoons butter; add leeks and carrots. Saute for 5 minutes; stir in boiling broth, dill, salt/pepper, and bay leaf. Add potatoes; simmer, covered, about 5 minutes. Remove bay leaf. Rinse, pat dry, and slice

mushrooms in large skillet. Melt remaining 2 tablespoons butter. Saute mushrooms till golden.

Combine half & half and flour. Stir into soup along with mushrooms. Cook and stir till slightly thickened. Serve garnished with fresh dill if desired. Yields about 14 cups. Serves 6 to 8.

SHRIMP BISQUE

Connie Brining
Belinda Brining

½ lb. fresh mushrooms
½ bell pepper
2 stalks celery
1 bunch green onions, chopped
1 stick butter or oleo
2 lb. shrimp (small to medium)
1 lb. Velveeta, cubed
1 can mushroom soup
1 soup can water
1 can Ro-Tel tomatoes and chilies
1 Tbsp. Tony Chacheres seasoning
Pinch of cayenne pepper
½ lb. crabmeat (optional)

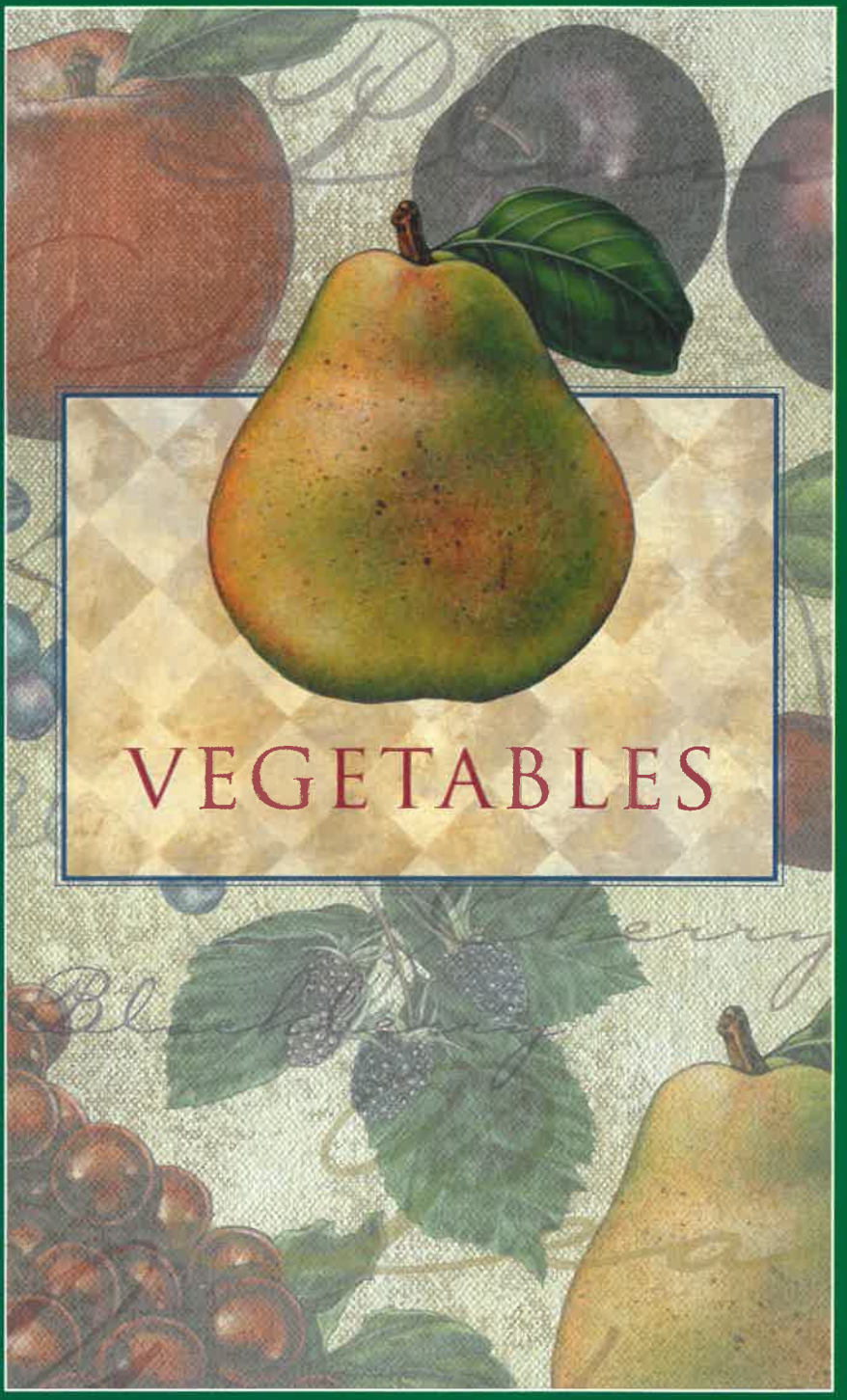
Saute veggies in stick of butter for approximately 5 minutes. Add shrimp and saute until pink. Add soup, water, Ro-Tel, and Tony's seasoning. Bring to a boil. Add cheese. *Do not boil now.* Serve over rice.

TACO SOUP

1½ lb. hamburger
1 medium onion, chopped
1 (46 oz.) can tomato juice
2 (16 oz.) cans kidney beans
1 (16 oz.) can creamed corn
1 (16 oz.) can whole corn (juice too or can use frozen corn)
2 (16 oz.) cans Mexican stewed tomatoes
1 pkg. dry taco seasoning

Brown the hamburger and onion together. Put this mixture and all the other ingredients in a crock pot and cook for several hours. Serve with grated cheese, tortilla chips, salsa, sour cream, and chopped green onions in separate dishes.

Notes


VEGETABLES

EQUIVALENT CHART

3 tsp.	1 Tbsp.
2 Tbsp.	⅛ c.
4 Tbsp.	¼ c.
8 Tbsp.	½ c.
16 Tbsp.	1 c.
5 Tbsp. + 1 tsp.	⅓ c.
12 Tbsp.	¾ c.
4 oz.	½ c.
8 oz.	1 c.
16 oz.	1 lb.
1 oz.	2 Tbsp. fat or liquid
2 c.	1 pt.
2 pt.	1 qt.
1 qt.	4 c.
⅝ c.	½ c. + 2 Tbsp.
⅞ c.	¾ c. + 2 Tbsp.
1 jigger	1½ fl. oz. (3 Tbsp.)
8 to 10 egg whites	1 c.
12 to 14 egg yolks	1 c.
1 c. unwhipped cream	2 c. whipped
1 lb. shredded American cheese	4 c.
¼ lb. crumbled Bleu cheese	1 c.
1 lemon	3 Tbsp. juice
1 orange	⅓ c. juice
1 lb. unshelled walnuts	1½ to 1¾ c. shelled
2 c. fat	1 lb.
1 lb. butter	2 c. or 4 sticks
2 c. granulated sugar	1 lb.
3½-4 c. unsifted powdered sugar	1 lb.
2¼ c. packed brown sugar	1 lb.
4 c. sifted flour	1 lb.
4½ c. cake flour	1 lb.
3½ c. unsifted whole wheat flour	1 lb.
4 oz. (1 to 1¼ c.) uncooked macaroni	2¼ c. cooked
7 oz. spaghetti	4 c. cooked
4 oz. (1½ to 2 c.) uncooked noodles	2 c. cooked
28 saltine crackers	1 c. crumbs
4 slices bread	1 c. crumbs
14 square graham crackers	1 c. crumbs
22 vanilla wafers	1 c. crumbs

SUBSTITUTIONS FOR A MISSING INGREDIENT

1 square **chocolate** (1 ounce) = 3 or 4 tablespoons cocoa plus ½ tablespoon fat
1 tablespoon **cornstarch** (for thickening) = 2 tablespoons flour
1 cup sifted **all-purpose flour** = 1 cup plus 2 tablespoons sifted cake flour
1 cup sifted **cake flour** = 1 cup minus 2 tablespoons sifted all-purpose flour
1 teaspoon **baking powder** = ¼ teaspoon baking soda plus ½ teaspoon cream of tartar
1 cup **sour milk** = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred
1 cup **sweet milk** = 1 cup sour milk or buttermilk plus ½ teaspoon baking soda
¾ cup **cracker crumbs** = 1 cup bread crumbs
1 cup **cream, sour, heavy** = ⅓ cup butter and ⅔ cup milk in any sour milk recipe
1 teaspoon **dried herbs** = 1 tablespoon fresh herbs
1 cup **whole milk** = ½ cup evaporated milk and ½ cup water or 1 cup reconstituted nonfat dry milk and 1 tablespoon butter
2 ounces **compressed yeast** = 3 (¼ ounce) packets of dry yeast
1 tablespoon **instant minced onion, rehydrated** = 1 small fresh onion
1 tablespoon **prepared mustard** = 1 teaspoon dry mustard
⅛ teaspoon **garlic powder** = 1 small pressed clove of garlic
1 lb. **whole dates** = 1½ cups, pitted and cut
3 medium **bananas** = 1 cup mashed
3 cups **dry corn flakes** = 1 cup crushed
10 **miniature marshmallows** = 1 large marshmallow

GENERAL OVEN CHART

Very slow oven	250° to 300°F.
Slow oven	300° to 325°F.
Moderate oven	325° to 375°F.
Medium hot oven	375° to 400°F.
Hot oven	400° to 450°F.
Very hot oven	450° to 500°F.

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size:	Average Contents
8 oz.	1 cup
Picnic	1¼ cups
No. 300	1¾ cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2½ cups
No. 2½	3½ cups
No. 3	4 cups
No. 10	12 to 13 cups

VEGETABLES

BACON-WRAPPED ASPARAGUS

Barbara Gates

10 fresh asparagus spears, trimmed
⅛ tsp. pepper
5 bacon strips, halved lengthwise

Place asparagus on a sheet of waxed paper; coat with nonstick cooking spray. Sprinkle with pepper; turn to coat. Wrap a bacon piece around each spear. Secure ends with toothpicks. Grill, uncovered (over medium heat for 8 to 12 minutes or until bacon is crisp, turning occasionally. Discard toothpicks. Makes 2 to 3 servings.

GRILLED ASPARAGUS

Connie Schmidt

Asparagus
Olive oil
Crushed garlic

Roll asparagus in a little olive oil; add crushed garlic. Grill, turning as it cooks. Serve warm or cool.

ARTICHOKES AND GREEN BEANS

Sharon Westman

1¼ lb. fresh green beans, trimmed
½ c. soft bread crumbs
2 Tbsp. olive oil, divided
⅔ c. finely chopped onions
1 garlic clove, minced
1 (14 oz.) can water-packed artichoke hearts, rinsed, drained, and quartered
¼ tsp. salt
⅛ tsp. pepper
¼ c. shredded Parmesan cheese

Place beans in a steamer basket. Place in a saucepan over 1 inch of water; bring to a boil. Cover and steam for 6 to 8 minutes or until crisp-tender. Remove from the heat and set aside. In a nonstick skillet, toast bread crumbs over medium heat in 1 tablespoon oil; set aside.

In the same skillet, saute onion and garlic in remaining oil until tender. Add the artichokes, salt, pepper, and reserved beans. Cook and stir over low heat until heated through. Before serving, sprinkle with cheese and toasted bread crumbs. Yields 5 servings.

BABY LIMA BEANS IN CREAM SAUCE

Karla Bohn

Can be doubled or more.

2 bags frozen only baby lima beans
1 stick butter
1 qt. half & half (not whipping cream - next step down)
1 tsp. celery salt
¼ to ½ tsp. pepper

Combine ingredients in stove pot to make sure there is plenty of space between ingredients and top of the rim so it will not simmer or splatter out. Put on medium heat until simmering with stirring regularly, then turning down to medium-low. Watch it carefully as it will scorch on the bottom if too hot a cooking temperature.

You do not want black/brown patches in cream sauce. This is not a hurry up and do recipe. It takes about 2 hours to simmer down to a cream sauce but "oh my!" What a taste.

SWEET AND SOUR BEANS

Iva Wallace

½ lb. bacon, cut in small pieces
½ c. onions, chopped
1 lb. lean ground beef
1 c. sugar
½ c. catsup
2 Tbsp. vinegar
1 Tbsp. prepared mustard
1 tsp. salt
1 (15 oz.) can kidney beans, drained
1 (15 oz.) can pork and beans
1 (15 oz.) can lima beans, drained
1 Tbsp. green pepper, chopped

Brown bacon, onions, and beef. Drain off fat. Add the rest of the ingredients. Bake in bean pot 1½ hours at 350°.

HARVARD BEETS

Barbara Gates

3 c. diced, cooked beets
1 c. liquid (beef juice and water)
3 Tbsp. flour
2 Tbsp. sugar
1 tsp. salt
Dash of pepper
⅓ c. vinegar

Heat together beets and liquid. Mix together flour, sugar, salt, pepper, and vinegar. Cook, stirring constantly, until smoothly blended and thickened. Makes 6 servings.

BROCCOLI CASSEROLE

Iva Wallace

¼ lb. Ritz crackers (1 tube), crushed
¼ lb. margarine
2 pkg. chopped broccoli, cooked and drained
½ lb. Velveeta cheese

Melt margarine. Add half to cracker crumbs. Add cheese to other half and melt cheese. Butter a casserole dish. Layer cooked broccoli, cheese mixture, and crumb mixture (twice). Bake at 350° for 30 minutes.

CABBAGE AU GRATIN

Iva Wallace

1 medium head cabbage
¼ tsp. pepper
½ tsp. salt
¼ c. bread crumbs
¾ c. American cheese, grated

White Sauce:

1 Tbsp. butter
1 c. milk
1 Tbsp. flour

Cook white sauce until thick. Shred and boil cabbage until tender; drain and add salt and pepper. Butter baking dish and layer cabbage, cheese, and sauce. Repeat until dish is full. Use crumbs on top. Bake at 350° till bubbling and top is brown, about 1 hour, depending on how deep a dish you use. Serves 6 to 8.

Tip: You can use cream of mushroom or celery soup in place of white sauce.

GINGERED CARROTS

Jean Wright

1 lb. raw carrots, cut into ¼ inch slices
¼ tsp. ground ginger
1 tsp. sugar
1 Tbsp. margarine, melted
2 Tbsp. chopped fresh parsley or 1 Tbsp. dry flakes

Place carrots in a saucepan. Add enough water to cover. Boil 10 to 12 minutes until barely tender; drain. Add ginger and sugar to melted margarine. Pour over carrots and stir. Sprinkle with parsley and serve. Serves 5 people.

MAPLE-GLAZED PARSNIPS AND CARROTS

Sharon Westman

1 lb. carrots, cut into ¼ inch slices
1 lb. parsnips, cut into ¼ inch slices
4½ tsp. butter
¼ c. plus 2 Tbsp. reduced-calorie pancake syrup
¼ c. orange juice
2 tsp. grated orange peel
½ tsp. salt
1 tsp. minced fresh parsley

In a large nonstick skillet, cook and stir carrots and parsnips over medium heat in butter for 5 minutes. Combine the pancake syrup, orange juice, orange peel, and salt; pour over carrot mixture. Cook over medium-high heat until mixture comes to a boil. Cover and cook for 6 to 7 minutes or until vegetables are crisp-tender. Uncover; cook 1 to 2 minutes longer or until vegetables are tender and syrup mixture thickens and coats vegetables. Sprinkle with parsley. Yields 6 servings.

SZECHWAN-STYLE EGGPLANT

Connie Schmidt

No. 1:

1 (1¼ lb.) eggplant, peeled and sliced
6 Tbsp. vegetable oil

No. 2:

1 tsp. plus minced garlic
1 Tbsp. minced fresh ginger root
1 Tbsp. hot bean sauce or salsa
½ tsp. hoisin sauce
2 tsp. rice or white vinegar

No. 3:

2 Tbsp. soy sauce
1 tsp. sugar
½ c. chicken broth
1 tsp. cornstarch
¼ c. water (omit if steam the eggplant)

No. 4:

½ bunch green onions
1½ tsp. sesame oil

Fry eggplant in oil until tender (I steam the eggplant slices instead of frying for 3 to 4 minutes). Remove from wok or pan. With a tablespoon of oil in pan, add all the ingredients for No. 2. Cook 30 seconds over high heat.

Add all the ingredients for No. 3; bring to boil, stirring. Add softened eggplant. Stir-fry about 1 minute. Sprinkle with 1½ teaspoons sesame oil and ½ bunch of green onions, chopped. Mix and serve immediately. Makes 6 to 8 servings.

PEA CASSEROLE

Lois Baxter

2 to 3 pkg. frozen peas
1 can mushrooms or fresh mushrooms as desired
1 can water chestnuts, sliced
½ c. green onions, chopped (or to taste)
¾ tsp. ground ginger
¼ tsp. nutmeg
1 tsp. salt
⅛ tsp. pepper
⅛ tsp. garlic powder
1 c. chicken broth, divided
2 Tbsp. corn starch

Save ¼ cup broth to make thickening with corn starch. Mix all other ingredients and microwave until hot. Add broth and cornstarch thickening and microwave until thickened. Serves 4 to 6.

CHEESE POTATOES

Pat Bowlin

2 lb. frozen hash brown potatoes, thawed
1 can cream of mushroom soup
½ c. margarine, melted
½ c. chopped onions
1 tsp. pepper
1 tsp. salt
2 c. sour cream
2 c. Cheddar cheese, grated
2 c. corn flakes, mixed with ¼ c. melted margarine (topping)

Thaw potatoes; mix well with all ingredients, except corn flakes and melted margarine. Place mixture in a 9x13 inch pan. Sprinkle corn flake mixture on top and bake 1 hour at 350°.

If top begins to get too brown, make a foil tent and place over the pan for the remainder of baking time.

"PILLBUG" POTATOES

Susie Aasen

4 medium even-shaped red or Yukon Gold potatoes
1 tsp. salt
3 Tbsp. melted butter
4 Tbsp. grated Cheddar cheese
1½ tsp. Parmesan cheese
2 to 3 Tbsp. herbs (parsley, chives, basil, etc.)

Scrub potatoes. Lay wooden spoon next to potato. Cut potatoes into thin slices, *leaving the bottom intact* (the spoon helps block the knife from cutting all the way through). "Fan" potatoes lightly and place in pan. Drizzle with butter. Sprinkle with salt and herbs. Bake at 425° for 50 minutes. Sprinkle with cheese. Bake another 10 to 15 minutes until potatoes are soft inside.

Or microwave - cook on HIGH 5 minutes; rearrange. Cook 5 more minutes. Let rest 5 minutes. Sprinkle with cheeses. Cook 4 to 6 minutes more on HIGH, until potatoes are soft inside.

POTATO CASSEROLE

Lois Baxter

About 9 medium potatoes, cooked (or can use frozen hash browns)
¼ c. margarine
1 can cream of chicken soup
⅓ c. chopped green onion
1 pt. light (or regular) sour cream
1½ c. grated Cheddar cheese

Topping:

1 c. (or a little more) crushed corn flakes
2 Tbsp. melted butter

Shred cooked potatoes in large mixing bowl. Heat margarine with soup until melted and smooth. Blend in sour cream, onion, and cheese. Stir into potatoes. Spoon mixture into buttered 2½ quart casserole dish. Bake at 350° for 45 minutes. Toss corn flakes with melted butter and sprinkle over top last 15 minutes of cooking time.

Note: Is best if made the day before and refrigerated until time to bake. Freezes well also. It is especially good with salmon or baked ham.

GRILL ROASTED POTATOES WITH VEGETABLES

Joan Burns

16 small potatoes (about 1½ inches wide, about 2¼ lb. total)
¼ c. extra-virgin olive oil
1 Tbsp. lemon juice
1 Tbsp. grated lemon peel
½ c. finely shredded fresh basil leaves
Basil sprigs (optional)
Salt and pepper

Cut potatoes in halves crosswise and rub lightly with oil. Lay, cut side down, on grill over hot coals (you can hold your hand at grill level only 1 to 2 seconds). Cover grill with lid; open vents. Turn potatoes occasionally until browned and tender when pierced, 30 to 40 minutes.

In a bowl, mix potatoes with remaining oil, lemon juice, and lemon peel. Let stand until room temperature. Just before serving, stir in shredded basil and garnish with basil sprigs. Season to taste with salt and pepper. Serves 8 to 10.

Optional: You may bake these in a 350° oven in a baking pan and turn as they brown. Dried basil may be used out of season. I use small red potatoes.

SCALLOPED POTATOES

Melody Menting

4 c. potatoes, sliced
1 can cream of mushroom soup
¼ c. water
1 c. sour cream
Salt

Mix together soup, water, and sour cream. Heat on stove just until hot. In casserole dish, layer sliced potatoes and some salt, then a layer of soup mixture. Continue layering, ending the last layer with soup on top. Bake at 375° for 1½ hours.

Goes great with pork chops.

TATER TOTS

Pat Bowlin

2 lb. ground beef
½ pkg. dry onion soup
2 cans chicken soup
1 can water
Cheese (according to taste)
Tater tots

Brown ground beef; mix in soup mix, soup, water, then put in a baking dish (13x9 inch). Add tater tots and cheese on top. Bake at 350° for 45 minutes.

RICE SURPRISE

Susie Aasen

1 c. rice
½ c. butter or margarine, melted
1 env. onion soup mix
1 c. water
1 can sliced water chestnuts with liquid

Optional: Add 2nd can of water chestnuts, chicken chunks, other veggies.

Heat oven to 350°. Grease 2 quart casserole. Mix all ingredients in and cover. Bake 45 minutes; stir. Replace cover; bake additional 15 minutes.

Microwave: Cook, covered, 8 minutes at 100%, then 10 minutes at 50%. Stir. Replace cover. Cook 10 more minutes at 50%.

SWEET TATERS AND APPLES

Mary Pirie

6 medium sweet potatoes or yams
6 medium cooking apples (McIntosh or Jonathans)
½ c. melted butter
⅓ c. light brown sugar
½ tsp. ground nutmeg

Bake the sweet potatoes in their skins in a 400° oven 1 hour or until tender. Remove from oven and reduce heat to 350°. When sweet potatoes are cool enough to handle, peel and cut into ¼ to ½ inch slices. Recipe can be made a head to this point.

Peel, core, and slice the apples. Layer sliced potatoes and apples alternately in a 9x9x2 inch baking dish, scattering melted butter, brown sugar, and nutmeg over each layer. Cover with foil and bake 30 to 35 minutes until bubbly. Casserole baking time: 30 to 35 minutes. Serves 6 to 8.

Preparation time: 20 minutes. Potato baking time: 1 hour.

Potatoes can be cooked in the microwave to speed up the process.

GINGER ORANGE YAM GLAZE

Susie Aasen

4 to 5 yams
Marshmallows

Glaze:

½ c. honey
½ c. brown sugar
4 Tbsp. butter
½ tsp. ginger
½ c. orange juice concentrate

Peel and slice yams. Mix all glaze ingredients and bring to a rolling boil over medium heat. Boil 2 minutes until it forms a syrup. Pour over yams. Bake, uncovered, at 350° for 45 minutes to 1 hour, until yams are tender. Put marshmallows on top. Place under broiler just until marshmallows turn golden.

GREEN TOMATO RELISH

Ulla Smith

24 large (or 30 small) green tomatoes
2 large (or 4 small) red peppers (mild)
2 large (or 4 small) green peppers
8 onions
3 c. cider vinegar
4 c. sugar
4 tsp. white mustard seeds
4 tsp. celery seeds
5 tsp. salt (not iodized)

Grind tomatoes, peppers, and onions; drain well. Put ground mixture into large pot. Add remaining ingredients. Cook over low heat about 20 minutes. Put in clean hot canning jars; seal while hot.

ZUCCHINI CASSEROLE

Lois Baxter

Zucchini, cut in ¼ inch slices
Tomatoes, sliced
Bacon
Onion, chopped
Mozzarella cheese, sliced

Wash zucchini; cut in ¼ inch thick slices. Put layer in bottom of casserole dish. Put layer of sliced tomatoes over zucchini. Put layer of raw bacon slices over tomatoes. Spread some (tablespoon or so) chopped onion over bacon. Put layer of sliced Mozzarella cheese over onion. Start again with layer of zucchini over cheese and repeat layers, ending with cheese. Bake at 350° for 35 to 45 minutes until all are fork-tender. Serves 6 to 8.

ZUCCHINI CASSEROLE

Sherri Thomas

1½ lb. zucchini
1 Tbsp. sugar
1 tsp. salt
1 cube butter
18 saltines
10 oz. Cheddar
4 eggs
1 c. milk

Slice zucchini. Toss with sugar. Cook gently just until tender. Drain off most of liquid. Add butter to melt. Crush crackers and line 2 quart casserole. Grate cheese. Beat eggs and add milk to eggs. Add cheese to zucchini, saving some to top casserole. Add eggs and milk. Pour over crackers and top with remaining cheese. Bake at 350° for 40 minutes.

STUFFED ZUCCHINI

Lois Baxter

(From News Tribune)

1½ c. bread crumbs
½ c. Romano or Parmesan cheese, grated
½ c. olive oil
1 good sized tomato, chopped
1 clove garlic, minced
3 Tbsp. chopped parsley
Salt as desired
Pepper as desired
1 large (or 4 medium) zucchini

Choose straight zucchini and cut in halves lengthwise. Hollow out the halves like boats (just the pulp). Chop pulp finely; add to the rest of the ingredients and mix well. Fill the hollowed zucchini; put into an oiled casserole and bake at 325° for about 45 minutes. Bake, covered, for the first 30 minutes and uncover for the final 15 minutes to brown slightly.

ZUCCHINI SUPREME

Mary Pirie

1 medium onion, chopped
1 green pepper, chopped (optional)
2 (8 inch) zucchini, sliced
2 medium tomatoes, chopped
3 or 4 mushrooms, sliced
1 or 2 potatoes, diced
½ lb. lean ground beef, browned
4 Tbsp. olive oil
Several dashes each of garlic powder, pepper, and seasoned salt

In a large frying pan, brown ground beef; drain and set aside. Put olive oil in pan; add diced potatoes, then add the following ingredients at intervals: Onion, green pepper, zucchini, and mushrooms. Cover and cook until tender. Add ground beef. Season to taste. Add tomatoes and cook until tender. Can be made without the meat too.

CONFETTI VEGGIES

Lois Baxter

1 (14 oz.) can French cut green beans
1 (11 oz.) can white shoe peg corn
1 (14 oz.) can baby sweet peas (petit pois)
1 (14 oz.) can julienne carrots (Albertson's)
1 c. fine diced celery
½ (or more) green pepper, finely diced
½ c. finely sliced green onions or scallions
1 large jar diced pimento

Drain canned veggies; put in bowl. Add fresh veggies to canned. Make marinade and pour over the mixture. Let set in refrigerator overnight. Stir once in a while.

Marinade:

1 c. sugar
½ c. white vinegar
½ c. salad oil
1 tsp. crushed basil
1 tsp. crushed oregano
¾ tsp. celery seed
½ tsp. salt
1½ tsp. Spice Islands Herbs de Provence
⅛ tsp. cayenne pepper

Heat slowly until sugar dissolves. Cool before pouring over veggies.

ROASTED ROOT VEGETABLES WITH THYME AND MARJORAM VINAIGRETTE

Joan Burns

Nonstick vegetable oil spray
9 Tbsp. extra-virgin olive oil
2 Tbsp. plus 1½ tsp. chopped fresh thyme
2 Tbsp. plus 1½ tsp. chopped fresh marjoram
2 lb. medium yams, peeled, halved lengthwise*
1½ lb. carrots, peeled and cut into ¾ inch thick rounds (4 c.)
1½ lb. parsnips, peeled and cut into ¾ inch thick rounds (4 c.)
1½ lb. rutabagas, peeled and cut into ½ inch pieces (4 c.)
2 medium size red onions (about 1 lb.), peeled root ends left intact, and cut into ½ inch thick wedges
Turnips, beets, and/or red skinned potatoes (may be added or substituted for some of the vegetables)
3 Tbsp. balsamic vinegar
3 Tbsp. chopped fresh parsley
2 tsp. grated lemon peel
Fresh parsley sprigs

Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 425°. Spray 2 large rimmed baking sheets with nonstick spray. Whisk 6 tablespoons oil, 2 tablespoons thyme, and 2 tablespoons marjoram in large bowl. Add vegetables and toss to coat. Sprinkle vegetables generously with salt and pepper and divide between prepared baking sheets.

Roast vegetables until tender and brown in spots, turning occasionally, about 50 minutes (can be made 4 hours ahead). Let stand at room temperature. If desired, rewarm in 350° oven about 15 minutes or microwave on HIGH until heated through, about 6 minutes. Whisk balsamic vinegar, remaining 3 tablespoons oil, 1½ teaspoons thyme, and 1½ teaspoons marjoram to blend in small bowl. Drizzle over roasted vegetables. Sprinkle with chopped parsley and lemon peel. Season with more salt and pepper if desired. Transfer to platter; garnish with parsley sprigs. Serve hot or at room temperature. Makes 10 servings.

* Cut crosswise into 1¼ to 1½ inch pieces.

STIR-FRIED VEGETABLES

Joan Burns

½ lb. boneless pork, beef, fish fillet or skinless chicken breast (thinly sliced or shredded)
2 Tbsp. cornstarch
Pinch of salt
4 Tbsp. vegetable oil
½ clove garlic, thinly sliced
1 tsp. finely minced fresh ginger root
½ c. thinly sliced carrots (yams may also be used)
½ c. diagonally sliced green onions
2 c. diagonally sliced vegetables (such as broccoli, celery, mushrooms - water chestnuts optional)
2 Tbsp. water
2 Tbsp. dry sherry
2 Tbsp. oyster sauce
2 Tbsp. toasted sesame seeds
1 tsp. sesame oil (if available)
Fresh ground black pepper

Just before cooking, place sliced meat in paper bag with cornstarch and salt. Shake to coat. Heat 2 tablespoons oil in wok over medium-high heat. Add meat and saute quickly, stirring to cook as rapidly as possible. When pieces are thoroughly colored, remove and set aside. Add remaining vegetable oil to pan. Add garlic, ginger, carrots, and green onions and stir-fry quickly, until onions have softened.

Add vegetables and water and mix together well, stirring and frying continuously. Add sherry and oyster sauce. Lower heat; cover and cook a few minutes to doneness you desire. When vegetables are done, return meat to pan and mix well. Cook sesame oil and pepper and mix well. Serve immediately over brown or white rice. Yields 4 to 6 servings.

Depends on stove; I get mine as hot as it will get.

* Water chestnuts optional.

SWISS VEGETABLES

Lois Baxter

Can use fresh vegetables.

1 bag frozen broccoli, carrots, and cauliflower, thawed and drained

Add fresh celery and onion.

1 can cream of mushroom soup
1 c. shredded Swiss cheese, divided
⅓ c. (or a little more) sour cream
1 jar pimento (or red sweet pepper, chopped)

Topping:

1 can French fried onions plus ½ c. of the cheese

Mix the vegetables, soup, ½ cup of the cheese, sour cream, and pimento and put into sprayed casserole dish. Bake at 350° for 30 minutes. Add the topping of ½ cup cheese and the onions and continue baking for 5 minutes.

VEGGIE SUPREME

Mary Pirie

2 (10 oz.) pkg. frozen broccoli

This is what original recipe called for - I like to use a broccoli/cauliflower/carrot blend. When I can, I use fresh vegetables.

1 c. Cheddar cheese, grated
1 can cream of mushroom soup
⅔ c. evaporated milk
1 can French-fried onion rings

Steam vegetables until barely tender. Spray a 2 quart baking dish with cooking spray. Place vegetables in baking dish. Sprinkle with cheese. Mix soup and milk together and pour over top of vegetable/cheese mixture. Bake 35 minutes at 350°. Top with onion rings and bake 10 minutes longer. Serves 8 to 10.

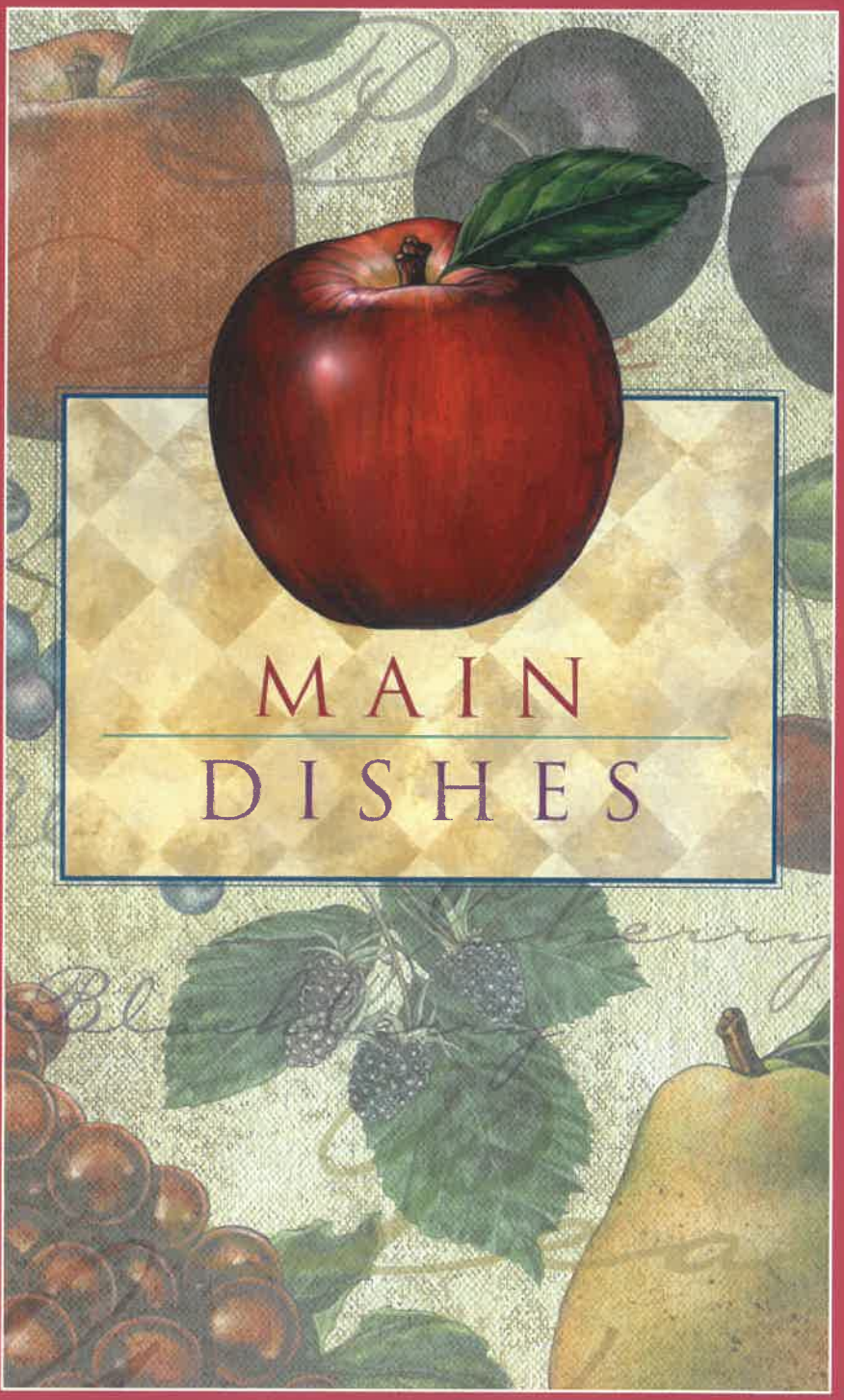
SAUCE OVER VEGETABLES OR RAW VEGETABLE DIP

Karla Bohn

Velveeta (regular or light) cheese in rectangular block (I use ⅓ to ½ block)
1 tsp. refrigerated in glass jar type grated or creamed horseradish*
1 tsp. Dijon mustard (more/less to taste)
½ to 1 c. 2% milk (more/less depending on consistency desired)

Melt cheese, milk, horseradish, and mustard in microwave safe dish in the microwave for 2 minutes at first, then 2 more minutes, stirring each time until smooth consistency is achieved. Goes great as a dip for raw veggies and over cooked as well. Can be melted in a double boiler on the stove or carefully in a regular pot, but watch out for too hot a temperature as bottom of the pan scorching can occur.

* Plain no extra flavorings in it - can add more to taste.



MAIN DISHES

MEAT ROASTING GUIDE

Cut	Weight Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
BEEF			
Standing rib roast			
(10 inch) ribs	4	1¾	140° (rare)
(If using shorter cut (8-inch)		2	160° (medium)
ribs, allow 30 min. longer)		2½	170° (well done)
	8	2½	140° (rare)
		3	160° (medium)
		4½	170° (well done)
Rolled ribs	4	2	140° (rare)
		2½	160° (medium)
		3	170° (well done)
	6	3	140° (rare)
		3¼	160° (medium)
		4	170° (well done)
Rolled rump	5	2¼	140° (rare)
(Roast only if high quality.		3	160° (medium)
Otherwise, braise.)		3¼	170° (well done)
Sirloin tip	3	1½	140° (rare)
(Roast only if high quality.		2	160° (medium)
Otherwise, braise.)		2¼	170° (well done)
LAMB			
Leg	6	3	175° (medium)
		3½	180° (well done)
	8	4	175° (medium)
		4½	180° (well done)
VEAL			
Leg (piece)	5	2½ to 3	170° (well done)
Shoulder	6	3½	170° (well done)
Rolled shoulder	3 to 5	3 to 3½	170° (well done)

POULTRY ROASTING GUIDE

Type of Poultry	Ready-To-Cook Weight	Oven Temperature	Approx. Total Roasting Time
TURKEY	6 to 8 lb.	325°	2½ to 3 hr.
	8 to 12 lb.	325°	3 to 3½ hr.
	12 to 16 lb.	325°	3½ to 4 hr.
	16 to 20 lb.	325°	4 to 4½ hr.
	20 to 24 lb.	300°	5 to 6 hr.
CHICKEN	2 to 2½ lb.	400°	1 to 1½ hr.
(Unstuffed)	2½ to 4 lb.	400°	1½ to 2½ hr.
	4 to 8 lb.	325°	3 to 5 hr.
DUCK (Unstuffed)	3 to 5 lb.	325°	2½ to 3 hr.

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

MAIN DISHES

ROUND STEAK NAPOLI

Via Wallace

2 lb. round steak, cut into portions
2 Tbsp. flour
2 Tbsp. cooking oil
2 (8 oz.) cans tomato sauce
½ c. beef stock
1 c. diced onion
1 c. diced carrots
½ c. diced celery
1 c. diced potatoes
2 garlic cloves, minced
1 tsp. salt
½ tsp. pepper
1 bay leaf
¼ tsp. oregano
¾ c. red wine

Pound flour into meat and brown in oil. Add onion, celery, and garlic and brown lightly. Mix together all remaining ingredients and pour over meat. Cover and simmer 1½ hours or until tender.

NO FAIL PRIME RIB

Pat Bowlin

1 (4 to 5 lb.) 3 to 4 rib roast

Start cooking in the afternoon, 3 to 5 hours before you plan to serve it.

Have the meat at room temperature. Preheat the oven to 375°. Place the roast, fat side up, in a shallow pan. Put it in the preheated oven and cook it *exactly 1 hour.* At the end of the hour, turn off the oven, leaving the roast inside. Do not open the oven door at any time. (I scotch tape a note to the oven door to remind myself and everyone else in the house about this vital point).

Let the roast remain in the oven and forget about it (if you can forget anything that sends forth such a delicious aroma) until about 1¼ hours before it is to be carved.

At this magic moment, turn the oven on to 350° and let the roast stay in exactly 45 minutes. Remember: *Don't open the door.* At the end of 45 minutes, take the roast out and put it on a carving board or platter to rest.

Note: This recipe will not work in a gas or convection oven.

BEEF BRISKET AND SAUCE

Lois Baxter

4 to 6 lb. fresh beef brisket, trimmed of most fat
Seasoning salt, pepper
Garlic powder
1 onion, cut in slices

Sauce:

¾ c. brown sugar
Dash of nutmeg
1 tsp. dry mustard
½ c. catsup
1 c. any barbeque sauce
Dash of Worcestershire sauce

Bake brisket, seasonings, and onion slices in 250° oven for 4 to 6 hours (fork-tender). This pan or roaster should be covered. Remove meat from juice and refrigerate until cold (save the juice to use as a base for soup or basting sauce for other roasts). Slice the cooled meat thin across the grain and place in casserole dish. Mix the sauce ingredients together in a pan and heat to mix thoroughly.

Cover the meat with the sauce and bake for 30 minutes in a 325° oven (or until heated through). Can be made the day before and heated just before serving.

FLORENTINE FLANK STEAK

Jean Wright

1¼ to 1½ lb. beef flank steak
¼ lb. mushrooms
2 Tbsp. finely chopped onion
1 clove garlic, finely chopped
2 Tbsp. butter
1 (10 oz.) pkg. frozen chopped spinach, defrosted and drained
1 (10¾ oz.) golden mushroom soup
⅓ c. water

Score one side of steak in diamond pattern. Chop ½ cup mushrooms. Combine chopped mushrooms, onion, garlic, and butter; cook on HIGH 2 to 3 minutes. Add spinach. Spread mixture on unscored side of steak; roll up jelly roll fashion. Fasten with wooden toothpicks. Place, seam side down, in 12x8 inch glass dish. Combine soup, water, and remaining sliced mushrooms. Pour over steak. Cover with wax paper. Cook at medium 7 minutes and medium-low 30 minutes. Makes 4 servings.

BEEF BRISKET AND SAUCE

Lois Baxter

4 to 6 lb. brisket, trimmed of most fat
Seasoned salt, pepper
Garlic powder (optional, I use)
Onions (optional, I use)

Bake brisket in 250° oven for 4 to 6 hours (fork-tender). This pan should be covered. Remove meat from juice and refrigerate until cold (save the juice and use as base for other roasts or basting sauce for hamburgers). Slice the cooled meat thin, across the grain, and place in casserole dish. Cover with sauce and bake for 30 minutes in a 325° oven (or until heated through). Serves 10 to 12.

Can make ahead a day and heat when needed to serve.

Sauce:

¾ c. brown sugar
Dash of nutmeg
1 tsp. dry mustard
½ c. catsup
1 c. any barbeque sauce
Dash of Worcestershire sauce (optional)

BEEF STROGANOFF

Marjorie Green
Via Sadie Frerking

2 lb. flank steak
4 Tbsp. olive oil
¼ c. flour
1 tsp. salt
½ tsp. lemon pepper
3 cloves garlic, minced
1 small sweet onion, diced or sliced thin
1 c. stock or water
2 Tbsp. prepared mustard
1½ c. sour cream
1 lb. sliced fresh mushrooms
Noodles or brown rice (serve over)

Cut steak into narrow strips (2 inches long). Mix flour, salt, and pepper. Dust meat with flour mixture. Put oil in skillet. Add strips of meat and onion. Brown (about 5 minutes) on all sides. Add stock or water and garlic. Stir until smooth and thickened (you can add a little flour). Simmer 30 minutes. Add mustard, sour cream, and mushrooms. Cook over low heat (do not boil) for approximately one hour.

BAKED BEEF STEW

Barbara Gates

1 (14½ oz.) can diced tomatoes (undrained)
1 c. water
3 Tbsp. quick cooking tapioca
2 tsp. sugar
1½ tsp. salt
½ tsp. pepper
2 lb. lean beef stew meat, cut into 1 inch cubes
4 medium carrots, cut into 1 inch chunks
3 medium potatoes, peeled and quartered
2 celery ribs, cut into ¾ inch chunks
1 medium onion, cut into chunks
1 slice bread, cubed

In a large bowl, combine the tomatoes, water, tapioca, sugar, salt, and pepper. Add remaining ingredients; mix well. Pour into a greased 13x9x2 inch or a 3 quart baking dish. Cover and bake at 375° for 1¾ to 2 hours or until meat and vegetables are tender. Serve in bowls. Makes 6 to 8 servings.

EASY BEEF STEW

*Betty Herman**

2 lb. steak, cubed (lean)
5 medium carrots (1 medium)
1 (10¾ oz.) can tomato soup
4 medium potatoes with skin (raw)
½ c. cooking wine (red)
5 oz. onion (1 medium)
½ c. cooking wine
1 (10 oz.) pkg. peas (frozen)
6 oz. mushrooms (canned)

Cut carrots in pieces. Cut potatoes in quarters. Slice onions. Grease large casserole. Put in beef, carrots, soup, potatoes, ½ cup red cooking wine, and onions. Mix. Cover and bake at 275° for about 4 hours. Remove from oven and stir. Add frozen peas, mushrooms, and ½ cup wine. Bake 1 hour longer. Makes 8 servings.

Note: Can use 1 cup fresh mushrooms cut up and sauteed in butter.

MINI MEAT LOAVES

Tillie Russell

1½ lb. hamburger
3 c. corn flakes
1 egg
½ c. chopped onion
1 Tbsp. horseradish
½ c. tomato soup

Combine all the above ingredients. Portion this mixture into small loaves. Place on foil lined baking sheet. Mix remainder of a 10¾ ounce can of tomato soup with 1 teaspoon prepared mustard and 1 tablespoon finely packed brown sugar. Spread evenly over the meat. Bake at 350° for about 35 minutes or until meat is cooked. Serve garnished with parsley.

GOLDEN MEAT LOAF

Barbara Gates

4 c. corn flakes
1¼ lb. ground beef
2 eggs, slightly beaten
1 c. milk
2 tsp. salt
⅛ tsp. pepper
1 tsp. Worcestershire sauce
¼ c. onion, chopped
¼ c. chopped parsley

Crush corn flakes slightly. Combine with remaining ingredients; mix well. Bake at 350° about 1¼ hours.

BEEF BURGUNDY

Marjorie Green

3 to 4 lb. lean beef, cut up in large bite-sizes
5 to 6 carrots, cut into ¾ inch thick slices
1 to 1½ lb. fresh mushrooms (uniform size - about size of quarter)
1 pkg. Lipton (or Knorr) onion soup (dry)
1 can cream of mushroom soup
1½ c. burgundy wine

Put beef, carrots, and mushrooms in large ovenproof casserole. Add dry soup, cream of mushroom soup, and burgundy. *Do not stir.* Cover and put in 325° oven; cook 3 hours. Enjoy over rice or noodles with salad and bread.

RICE - A DIFFERENT WAY

Marjorie Green

1 c. long grain (white or brown rice)
1 can beef bouillon
1 can onion soup

Bake, covered, 2 hours at 325°. Good with beef burgundy.

HAMBURGER PIE

Eunice Doolittle

1 lb. ground beef
½ c. chopped onion
½ tsp. salt
Dash of pepper
1 (16 oz.) can cut green beans, drained
1 (10¾ oz.) can condensed tomato soup
5 hot cooked medium potatoes
½ c. warm milk
1 beaten egg
½ c. shredded process American cheese

In large skillet, cook meat and onion till meat is lightly browned and onion is tender. Add salt and pepper. Add drained beans and soup; pour into greased 1½ quart casserole. Mash potatoes while hot. Add milk and egg. Season with salt and pepper (or prepare 4 servings packaged instant mashed potatoes according to package directions except reserve the milk. Add egg and season with salt and pepper to taste. Add enough reserved milk so potatoes are stiff enough to hold shape.)

Spoon in mounds over casserole. Sprinkle potatoes with cheese. Bake in 350° oven for 25 to 30 minutes. Serves 4 to 6.

MEAT PIE OR WHATEVER

Joan Hassan

1 lb. ground beef (ham)
½ small onion, chopped
Salt and pepper to taste
1 can tomato soup
1 can water
2 (8 inch) crust pie crusts

Brown ground beef and onion. Add seasonings, tomato soup, and water. Simmer until thick. Fill pie shell; cover with second crust and bake at 400° for 20 minutes or until crust is browned and done.

Filling can be used over rice or noodles or in pasta shells. Can add any vegetables desired. Can put in casserole and cover with biscuit dough or mashed potatoes. To spice up, add green pepper (chopped) - in short use your imagination and be creative, using the basic filling.

HUNGRY JACK CASSEROLE

Gayle Lindeblom

1 lb. ground beef
1 (16 oz.) can pork and beans
2 Tbsp. minced onion
1 can refrigerated buttermilk biscuits
¾ c. BBQ sauce
2 to 3 Tbsp. brown sugar
1 c. grated cheese

Brown beef and drain. Add BBQ sauce, beans, brown sugar, and onions. Heat till bubbly. Put into casserole (9x9 inch). Cut biscuits in halves. Put, cut side down, onto mixture. Sprinkle with cheese. Bake at 350° for 20 to 25 minutes.

HAMBURGER CABBAGE CASSEROLE

Melody Menting

1 lb. ground hamburger
¾ c. onion (about ½ medium-sized onion)
1 tsp. salt
½ tsp. pepper
¼ tsp. garlic salt (garlic powder)
1 c. cooked rice
1 (10½ oz.) can cream of mushroom soup
1 soup can full of water
1 Tbsp. brown sugar
1 Tbsp. lemon juice
3 c. raw cabbage
French's fried onions (optional)
Mozzarella cheese (optional)

Saute hamburger and onion; drain grease. Place hamburger/onion in a large bowl. Stir in salt, pepper, garlic salt, rice, soup, water, brown sugar, and lemon juice; mix well. Shred cabbage and place in greased 2 quart casserole dish (or large ovensafe pot). Pour meat mixture over cabbage. Cover and bake at 350° for one hour.

If desired, sprinkle with Mozzarella cheese a few minutes before done and return to oven until melted. If desired, place French's fried onions on top of casserole before baking.

PASTOR JOHN'S REQUESTED HOT DISH GOULASH

Judi Berthiaume

8 lb. hamburger
2 lb. ground sausage
2 onions, chopped
2 large pkg. elbow macaroni
2 large cans tomato sauce
2 large cans spaghetti sauce
4 to 5 lb. shredded cheese
Optional - hamburger can be seasoned with Johnny seasoning salt or salt and pepper

Brown hamburger, sausage, and onions. Cook pasta for 10 minutes. Mix the rest of ingredients except cheese. Put in pans; bake at 350° for ½ an hour. The last 15 minutes, sprinkle shredded cheese on top of hot dish.

Note: For family of 8 to 10 people I use 2 pounds hamburger, 1 pound ground sausage (optional), ½ onion, small package of pasta, and 1 can tomato sauce.

CHILI

Marjorie Green
From Better Homes and Garden's Cook Book

2 lb. ground chuck
2 onions, chopped
2 c. celery, diced
1 green pepper, diced
3 cloves garlic, minced
2 c. canned diced tomatoes
2 Tbsp. chili powder
2 Tbsp. cold water
2 tsp. salt
2 tsp. sugar
2 tsp. Worcestershire sauce
4 c. (cooked) kidney beans

Saute meat and onions in a bit of olive oil; add all ingredients (except beans) and simmer for 1 hour. Add beans (less liquid) and simmer until desired thickness.

Serve with corn bread. Great next day heated through. Sprinkle with cheese and green onions. Great over hot dog.

TACO CASSEROLE

Winnie Christensen

1 lb. hamburger
1 onion, chopped
Taco seasoning (to taste)
1 (15 oz.) can stewed tomatoes
Crushed taco chips
1 c. sour cream
1 c. grated Cheddar cheese

Put layer of crushed taco chips in bottom of microwave proof casserole. Cook hamburger, onion, and taco seasoning together; add tomatoes. Simmer. Layer mixture on taco chips in casserole. Add layers of sour cream, cheese, and another layer of chips. Microwave on HIGH 6 minutes.

HEARTY BARLEY CASSEROLE

Jan Averkamp

1 lb. ground beef
1 small onion, chopped
½ c. uncooked barley
2 cubes beef bouillon
2½ c. water
1 (10 oz.) pkg. frozen green beans
1 (10¾ oz.) can cream of mushroom soup
1 tsp. prepared mustard
2 Tbsp. soy sauce

Combine barley, bouillon, and water. Microwave on HIGH 6 to 7 minutes until mixture boils. Continue to microwave on LOW (30%) for 60 minutes until barley is just about tender. Meanwhile, brown ground beef and cheese; drain oil. Cook green beans until just done, slightly tender. (Beans can be microwaved on HIGH to keep firmness.) Combine all ingredients in covered casserole. Bake at 350° for 30 minutes.

OVEN-BARBECUED SPARERIBS

Eunice Doolittle

4 lb. pork spareribs
1 Tbsp. butter or margarine
1 clove garlic, minced
½ c. catsup
⅓ c. chili sauce
2 Tbsp. brown sugar
2 Tbsp. chopped onion
1 Tbsp. prepared mustard
1 Tbsp. Worcestershire sauce
1 tsp. celery seed
¼ tsp. salt
Dash bottled hot pepper sauce
3 thin lemon slices

Cut ribs in serving size pieces. In large saucepan, cover ribs with salted water. Cover and simmer till nearly tender, about 1 hour. Meanwhile in saucepan, melt butter; add garlic and cook 4 to 5 minutes. Add remaining ingredients; bring to boil. Drain ribs; place in shallow baking pan. Pour boiling sauce over ribs. Bake in 350° oven for 20 minutes, basting often with sauce. Makes 4 servings.

I usually triple recipe because I use more meat and they love it.

TANGY RIBS AND ONIONS

Sharon Westman

4 lb. spareribs, cut into serving pieces
1 tsp. salt
½ tsp. pepper
2 medium onions, sliced
1 c. ketchup
¾ c. water
2 Tbsp. vinegar
2 Tbsp. Worcestershire sauce
1 tsp. chili powder
1 tsp. paprika
½ tsp. cayenne pepper

Place the ribs in a shallow roasting pan; sprinkle with salt and pepper. Top with onions. Cover and bake at 350° for 30 minutes; drain. Combine remaining ingredients; mix well. Pour over ribs. Cover and bake for 1 hour. Uncover and bake 15 minutes longer. Yield: 4 servings.

FOR AMAZING RIBS

Connie Schmidt
From John and James Pine

For the "rub," you put this on the meat the night before; cover and store in refrigerator.

3 parts season salt (I used Spike from the bulk section at the grocery)
½ part onion powder
1½ parts garlic powder
1 part salt
2 parts pepper
1 part paprika (I added)

I did this as 1 tablespoon for each "part" for 6 pounds of ribs. Ended up with about 4 tablespoons of spices left for another time.

Then the next day, bake covered with foil in 180° oven for 6 hours, then grill the meat, then finally at the end brush with some bar-b-que sauce just before serving.

SWEET AND SOUR PORK

1 small pork tenderloin, cut in strips
½ c. brown sugar
2 Tbsp. corn starch
½ tsp. salt
¼ c. apple cider vinegar
1 Tbsp. soy sauce
Juice from 4 oz. pineapple tidbits
1 green pepper, cut in strips
1 or 2 tomatoes, cut in eighths
Pineapple tidbits

Brown meat in 2 tablespoons oil; add ¼ cup water. Cook slowly until tender. Mix sugar, corn starch, and salt. Add liquids and cook till thickened. Pour over pork. Add peppers, tomatoes, and pineapple. Good served with rice.

PORK TENDERLOIN THE DANISH WAY

Ulla Smith

2 pork tenderloins
2 large apples, peeled, cored, and sliced thin
8 dry prunes, cooked and pitted
3 Tbsp. butter
1 c. sweet cream
1 c. sour cream
3 Tbsp. white wine
Salt and pepper

Slice the tenderloins in half lengthwise. Open and pound flat. Place apples over one tenderloin. Drain prunes and cut in small pieces. Place prunes over apples. Place the other tenderloin over the filling. Roll like a long sausage and tie securely. Heat the butter in a deep skillet and brown the tenderloin on all sides. Add the creams, wine, and seasoning to taste and cook slowly, covered for 60 to 90 minutes. Can be placed in 325° oven after browning for about one hour.

PORK CHOP OVEN MEAL

Marcella Huber

Potatoes, sliced ¼ inch thick
Onions, sliced ¼ inch thick
Other vegetables
1 can cream of mushroom soup
Pork chops

Brown pork chops on one side. In baking dish, arrange layer of potatoes, layer of onions, layer of potatoes, layer of onions, other vegetables as you desired. Pour mushroom soup (undiluted) over vegetables. Arrange

chops, browned side down, over all. Cover with foil. Bake at 350° for 1½ hours.

HERBED CHICKEN BREASTS

LaVonne Johnson

1 pkg. skinless, boneless chicken
1 chunk Swiss or Mozzarella cheese (for each chicken breast (optional)
Bread crumbs
½ c. butter
¼ tsp. sage
¼ tsp. thyme
¼ tsp. marjoram
¼ tsp. rosemary
¼ tsp. savory
¼ tsp. oregano
¼ tsp. sweet basil

Wrap each half chicken breast around a chunk of the cheese. Roll each piece in flour; dip in beaten egg, then roll in bread crumbs which have been seasoned with salt and pepper. Place chicken pieces in a flat pan. Melt butter; add seasonings and pour over chicken. Bake ½ hour at 350°. Pour 1 cup white wine over chicken and bake ½ hour longer. Can be baked without adding the wine. Chicken is good served cold too. Makes 4 servings.

ROCK CORNISH GAME HENS TERIYAKI

Eva Froude

6 Rock Cornish game hens
½ c. lemon juice
1½ c. soy sauce
1¼ tsp. ginger
1½ cloves garlic, crushed or put through garlic press

Split hens in halves. Put in bowl and pour combined ingredients over them. Marinate overnight or from 12 to 24 hours. Turn if necessary. Place on broiler rack, skin side down, in 350° oven for 30 minutes. Turn halves over and continue baking for another 30 minutes.

CRANBERRY CHICKEN

Joy Lawer

1 (8 oz.) bottle Russian dressing
1 pkg. Lipton onion soup
1 can whole cranberries
Chicken breast or thighs (skinless - thighs are not quite as dry)

Mix sauce ingredients well. Place chicken in baking dish and pour sauce over chicken. Bake in oven at 350° for 1 hour, uncovered. This amount of sauce will cover 10 to 12 pieces chicken very easily.

CHICKEN IN RED WINE SAUCE

Sherri Thomas

1 lb. 2 oz. chicken parts (skinless and boneless - I used thighs)
¼ c. red table wine (not cooking wine)
1 Tbsp. brandy (I used a blackberry brandy)
2 fresh garlic cloves, sliced thin

Combine and marinate overnight. Bake with lid off at 350° for 20 minutes. Drain off and save liquid. Add ½ cup pearl onions (see note following). Bake for another 10 minutes, lid off. Add ½ cup of sliced fresh mushrooms (just sprinkle over top).

½ c. saved liquid (add water if necessary)
1 Tbsp. tomato paste
1 tsp. Adobo spice (or use a beef bouillon cube)
1 Tbsp. onion soup mix
1 Tbsp. flour
1 bay leaf

Mix together and pour over chicken. Cover and cook another 20 to 30 minutes. Remove bay leaf. Sprinkle with 1 tablespoon chopped fresh parsley.

Note: Pearl onions - I bought fresh ones and dropped them in boiling water for three minutes. Use a timer, then plunge in ice water. Snip off the root end and you can pop them right out of their skins. Canned or frozen would work if you can find them. This version makes two very generous servings. Multiply as needed for larger group.

CHICKEN CURRY

Winnie Christensen

¼ c. + 2 Tbsp. butter or margarine
½ c. minced onion
1 Tbsp. curry powder*
¼ c. + 2 Tbsp. flour
1½ tsp. salt
1½ tsp. sugar
¼ tsp. ground ginger
2 c. chicken broth
2 c. milk
4 c. cut up, cooked chicken
1 tsp. lemon juice

Melt butter over low heat in heavy saucepan. Saute onion and curry powder in butter. Blend in flour and seasonings. Cook over low heat until mixture is smooth and bubbly. Remove from heat. Stir in chicken broth and milk. Bring to a boil, stirring constantly. Boil 1 minute. Add chicken and lemon juice. Heat. Serves 6.

Serve over rice. Sprinkle condiments over top such as chopped celery, chopped peanuts, chopped bananas, chopped apples.

* Or to taste.

CHICKEN SUPREME

*Marcella Huber**

1 lb. chicken breast with skin
1 lb. chicken thigh (raw) with skin
1½ c. white long grain rice (uncooked)
10¾ oz. cream of mushroom soup (canned)
10¾ oz. cream of celery soup (canned)
10¾ oz. cream of chicken soup (canned)
1¼ c. whole milk

Mix together soups and one can of milk (or water). Reserve one can of liquid. Stir in rice and put in 3 quart baking dish. Place chicken pieces on top. Pour reserved can over all. Cover dish with foil and bake for 3 hours at 275°. Add more water if necessary.

CHICKEN CASSEROLE (EASY)

Ulla Smith

1 can cream of mushroom soup plus 1 can cream of chicken soup*
2 cans water
1 pkg. dry onion soup
1 c. uncooked rice (not Minute rice)

Mix all together and place in bottom of shallow but wide casserole dish (this is a watery, sloppy looking mess at this point). Place chicken, already salted and peppered on top of mixture, preferably pieces such as breasts, legs, and thighs. Bake about 1½ hours at 350°.

* Or 2 cans mushroom soup.

CHICKEN SUPREME

Wanda Evers

3 c. chicken or turkey, cooked and cut up
1 box chicken flavored Rice-A-Roni
¾ c. mayonnaise
1 can cream of chicken soup
1 c. milk
1 c. chicken broth
1 c. chopped celery
½ c. chopped onion
1 can sliced water chestnuts
Potato chips (for top)

Mix together all ingredients except potato chips. Pour into 9x13 inch pan; cover with foil and refrigerate overnight. Next day before baking, remove foil and cover with crushed potato chips. Recover with foil and bake at 325° for 1 hour. Remove cover and bake, uncovered, for another 15 minutes. Let stand about 15 minutes before serving. It cuts and serves nicely.

CHICKEN CASSEROLE

Winnie Christensen

1½ stacks Ritz crackers in crumbs
1 stick + 3 Tbsp. butter, melted
1 can cream of chicken soup
1 (8 oz.) sour cream
Chicken meat (a few cups, depending how many you want to serve)

Mix crackers and butter. Put ½ cracker mix in bottom. Layer chicken over crackers. Mix 1 can cream of chicken soup with the sour cream and ¼ cup chicken broth or bouillon. Pour over chicken. Sprinkle rest of crumbs. Bake at 350° for 35 to 40 minutes.

HERB CHICKEN STEW

Pat Bowlin

2 c. all-purpose flour
1 Tbsp. paprika
2 lb. boneless/skinless chicken (dark and/or white meat, ½ inch dice)
Canola oil (to cook)
Salt and black pepper
2 onions, sliced
2 large carrots, peeled (⅛ inch slices)
2 ribs celery, sliced
3 large potatoes, washed and squared off (½ inch dice or 3 c. leftover cooked rice)
1 Tbsp. dried thyme
2 Tbsp. dried basil
1 Tbsp. dried oregano
1 Tbsp. ginger powder
1 tsp. garlic powder
1 Tbsp. coarse ground fennel
2 Tbsp. soy sauce
6 c. chicken stock

In a bowl, mix together the flour and paprika and dredge the chicken in the flour. Shake off excess flour. In a stock pot on high heat, coat with canola oil and brown the chicken. Season with salt and pepper and remove the chicken. In the same pot, brown the onion, carrots, and celery. Season. Add the potatoes, thyme, basil, oregano, ginger, garlic, fennel, soy, and stock.

Bring to simmer. Return the chicken to the pan. Cook until chicken is cooked, potatoes are tender, and stock is reduced by 15 to 20 percent, about 30 to 45 minutes. Check for seasoning. Serve in large pasta bowls with crusty bread.

CHICKEN FRICASSEE WITH DUMPLINGS

*Terry Maynard**

1 (2 to 3 lb.) frying chicken, cut into serving pieces
3 c. chicken broth
1 medium onion, chopped
2 stalks celery with leaves, finely chopped
2 tsp. salt
¼ tsp. pepper
6 carrots, peeled
6 small onions
4 Tbsp. flour
½ c. cold water

In 6 quart Dutch oven, combine chicken, chicken broth, onion, celery, salt, and pepper. Cover and bring to a boil over high heat; reduce heat and simmer 40 to 45 minutes. Add carrots and small onions. Cover and continue to cook 20 minutes. Combine flour and water. Increase heat; gradually stir in flour mixture until thickened. Drop dumplings into mixture. Cover and steam over low heat for 10 minutes. Do not lift cover during steaming.

Dumplings:

2 c. flour
4 tsp. baking powder
1 tsp. salt
2 eggs, beaten
½ c. milk
1 Tbsp. snipped or dried parsley flakes

Sift flour, baking powder, and salt into mixing bowl. Place eggs in 1 cup measuring cup. Add enough milk to make 1 cup and mix well. Add egg mix and parsley to flour mix, stirring until smooth. Drop by spoonfuls into hot chicken mix.

CHICKEN FILLED CREPES

Lois Baxter

Crepes:

1½ c. sifted flour
1 tsp. baking powder
2 eggs, beaten
2 Tbsp. butter or margarine
2 Tbsp. sugar
½ tsp. salt
2 c. milk

Mix crepe batter. Melt ½ teaspoon butter in skillet. Pour in batter. Cook over high heat 1 minute; turn and cook 1 minute longer. Keep crepes warm but do not fold.

Chicken mixture:

2 (5 oz.) cans chicken or 1⅓ c. cooked, cubed chicken
¼ c. finely chopped green pepper
1 can cream of chicken soup, divided
¼ tsp. salt
¼ tsp. dried rosemary, divided
½ c. grated Parmesan cheese (or your choice)
2 Tbsp. butter or margarine
2 Tbsp. chopped onion
1 Tbsp. chopped pimento
1 c. dairy sour cream
2 hard-boiled eggs, chopped
Pepper
¼ c. milk

Chop chicken and set aside. Heat butter in skillet. Saute onion and green pepper about 5 minutes. Add to chicken. Also add pimento, sour cream, 2 tablespoons soup, eggs, salt, pepper, and ⅛ teaspoon rosemary. Mix thoroughly. In saucepan, make sauce from remaining soup, ⅛ teaspoon rosemary, and milk; heat.

Put 2½ tablespoons chicken mixture on crepe. Fold to opposite side over filling and roll. Carefully put in 9x13 inch baking pan or dish, seam side down. Pour heated sauce over all. Sprinkle with Parmesan cheese. Put under broiler until cheese is melted. If made ahead and refrigerated, bake in oven until hot and bubbly (30 to 45 minutes) at 350°. Serves 6 to 8.

CHICKEN LOAF

Dorothy Reinhardt
My mother, Hilda Jahn

1 (3½ to 4 lb.) chicken, boiled and picked from bones
2 c. soft bread crumbs (white or wheat)
1 c. cooked rice
1½ tsp. salt
¼ c. butter, melted
4 eggs, well beaten
1½ pt. chicken broth

Combine ingredients and pour into 9x13 inch baking pan. Bake 1 to 1¼ hours in 350° oven. Makes 12 servings.

Serve with mushroom sauce if desired, 1 tablespoon minced onion, and 1 tablespoon chopped celery may be added. Grated Cheddar cheese and sliced almonds on top may also be used.

BELINDA'S CHICKEN POT PIE

Connie Brining

2 to 3 chicken breasts
3 Tbsp. butter
1 small onion, chopped
¼ c. flour
1½ c. chicken bouillon
½ to 1 c. frozen peas and carrots
1 (2 piece) pie crust

Cook bottom crust at directed temperature for ½ to ¾ time directed. Boil chicken and shred or cube. Cook onion in butter until translucent. Remove from heat and add flour; mix well. Return to heat and add chicken bouillon; heat until thickened and bubbly. Add vegetables and chicken. Add pepper/salt to taste; stir well.

Pour into partially cooked pie crust. Cover pie with other pie crust. Bake pie at room temperature as directed for crust is golden brown, usually about 20 minutes.

CHICKEN MACARONI CASSEROLE

Sophie Dunman

2 (or more) c. chopped, cooked chicken
2 c. elbow macaroni (uncooked)
2 cans cream of mushroom soup
1 can evaporated milk
1 can chicken broth
½ green pepper, chopped
1 small onion, chopped
1 can water chestnuts
1 can pimentos, chopped
½ lb. grated Cheddar cheese

Mix all together in a buttered 13x9 inch pan. Cover and refrigerate overnight. Bake for 1 hour at 350°.

TURKEY SIT-UPON SANDWICH

Lois Baxter

1 large round loaf French bread
½ lb. thinly sliced turkey breast
3 oz. thinly sliced salami or other meat
¼ lb. cheese slices (any kind, Havarti is good)
1 jar marinated artichoke hearts, liquid reserved
½ c. mayonnaise
1 purple onion, thinly sliced
3 large tomatoes, sliced
1 (2½ oz.) can sliced ripe olives, drained

Cut loaf of bread in half horizontally and hollow out soft bread in both halves, leaving shell ¾ inch thick. Combine artichoke liquid and mayonnaise in small bowl and spread mixture on both bread shells inside clear to top. In bottom half, layer ingredients until mounded high. Be sure to begin and end with tomatoes and also have them in the center.

Place top half of bread on mound of ingredients. Wrap in plastic wrap. Assemble at least 2 or up to 8 hours ahead and refrigerate. Before serving, put on hard surface and sit on it (smash ingredients together). Slice into wedges. Serves 8 to 10.

WIL'S GRILLED SALMON

Ulla Smith

1 (3 to 5 lb.) salmon fillet
Mayonnaise
Fresh dill (or dried dill weed)
Chef Paul Prudhomme's "Seafood Magic"

Arrange fillet, skin side down, on sheet of foil, big enough to turn up and make an edge all around. Spread with mayonnaise to cover fish; sprinkle generously with dill and Seafood Magic. Place on grill over hot coals. Add a big handful of wood chips (mesquite is best - alder, hickory will do) to coals. Cover barbecue.

If barbecue does not have a lid, cover salmon loosely with foil. Cook about 20 minutes or until fish starts to flake or milky juices start to form on top of thickest part. Be careful not to overcook. Serves 6 to 8.

CUCUMBER DRESSING FOR SALMON

Ulla Smith

½ c. cucumber, peeled, seeded, and chopped
Salt to taste
½ c. mayonnaise
½ c. sour cream (not no-fat)
1 tsp. onion juice
1 tsp. lemon juice
1 Tbsp. fresh chives, chopped
Fresh dill weed, finely chopped (use dry if can't find fresh)
Freshly ground pepper (to taste)

Put cucumber in a colander and lightly salt. Drain for 30 minutes. When drained, mix all other ingredients together in a bowl, adding dill and pepper last. Add cucumber and mix together. Chill in refrigerator. Serve

cold with salmon. Very good in salmon salad too. Makes approximately 1¾ cups.

SWEET AND SOUR BARBECUED SALMON

Ulla Smith

1 (3 to 5 lb.) salmon fillet
½ tsp. salt
¼ tsp. ground pepper
½ c. brown sugar
½ c. butter, cut in small pieces
½ c. mayonnaise
¼ c. ketchup
2 Tbsp. white vinegar
½ tsp. Worcestershire sauce

Arrange fillet, skin side down, on sheet of foil that is slightly larger than salmon. Sprinkle with salt, pepper, and brown sugar. Dot with butter. In small bowl, blend together mayonnaise, ketchup, vinegar, and Worcestershire sauce; spread evenly over brown sugar and butter.

Place salmon on sheet of foil on grill over hot coals. Poke holes in foil at 2 inch intervals all around fillet. This allows juices to run down onto coals and create smoke, which gives the salmon a wonderful barbecue flavor.

If you are using a covered barbecue, cook over low heat for 20 minutes or until fish starts to flake at its thickest part or milky juices start to form on top of thickest part. If barbecue doesn't have a cover, cover salmon loosely with foil and cook slightly longer. Makes 6 to 8 servings.

BARBECUED SALMON

Ulla Smith

3 (3 to 4 lb.) salmon fillets
¼ lb. melted butter
¼ c. olive oil
4 garlic cloves, crushed
1½ tsp. Worcestershire sauce
1 tsp. sea salt
¼ c. dry white wine
Juice of ½ lemon
1 Tbsp. mustard (best stone ground)
4 Tbsp. honey
Freshly ground pepper

Clean and debone salmon. Combine all ingredients, except honey, for sauce. Lay fillets, skin side down, on preheated, medium-hot, greased barbecue grill. Pierce flesh with fork in several places; sprinkle liberally with fresh ground pepper. Generously brush prepared sauce on fish. Close barbecue lid. Continue brushing sauce on fish every 5 minutes during cooking. Fish is done when it flakes easily, approximately 20

minutes. Do not overcook. During last 5 minutes, brush honey on fish to glaze.

BAKED SALMON STUFFED WITH MASCARPONE SPINACH

Pat Bowlin

1 (10 oz.) bag fresh spinach leaves
½ c. cream cheese (about 4 oz., room temperature)
½ c. Mascarpone chopped (room temperature)*
Pinch of ground nutmeg
8 (6 to 8 oz.) salmon fillets with skin (each about 1 inch thick)
Olive oil
2⅔ c. fresh bread crumbs (from French bread with crust)
½ c. (1 stick) butter, melted
½ c. freshly grated Parmesan cheese

Cook spinach in large pot of boiling water just until wilted, about 30 seconds. Drain; rinse with cold water. Squeeze spinach dry, then finely chop. Place in small bowl. Mix in cream cheese, Mascarpone, and ground nutmeg. Season to taste with salt and pepper. Cut one ¾ inch deep, 2½ inch long slit down center of top side of each salmon fillet, forming pocket for spinach mixture. Fill each slit with spinach mixture, dividing equally among salmon fillets. (Can be made 4 hours ahead. Cover and chill.)

Preheat oven to 450°F. Brush rimmed baking sheet with olive oil. Sprinkle salmon fillets with salt and pepper. Mix bread crumbs, melted butter, and Parmesan cheese in medium bowl. Top each salmon fillet with bread crumb mixture, pressing to adhere. Place salmon fillets, skin side down, on prepared baking sheet. Bake salmon until opaque in center, about 12 minutes. Transfer to plates and serve. Makes 8 servings.

* Italian cream cheese sold at Italian markets and also at many supermarkets.

EASY BAKED SALMON FILLET

Ulla Smith

1 (3 to 4 lb.) salmon fillet
Mayonnaise (light mayo is allowed)
1 lemon, cut in thin slices
Your favorite seafood spice (for instance Johnny's)
Dill (fresh if available, otherwise dried)

Place the deboned fillet, skin side down, on a piece of tin foil, then a cookie sheet. Cover the fish generously with mayo. Place the lemon slices on top, then sprinkle to taste - the fillet with the seafood spice and dill. Bake in preheated oven at 375°, 10 to 20 minutes. Test with knife to see if fish flakes after 10 minutes. Do not overcook.

Note: You can also barbecue the fillets on a grill. Place the fillet on a piece of tin foil; do not use cookie sheet. Test after 10 minutes. When it flakes it is done.

HALIBUT ALYESKA

Connie Schmidt

Halibut to serve your family (½ to 1 inch thick)
Salt/pepper
¼ to ½ c. chopped onions
½ c. sour cream
½ c. mayonnaise
1 tsp. lemon juice
½ tsp. Dijon mustard
Grated cheese (your choice - about ½ c.)

Place layer of halibut in bottom of baking dish. Sprinkle with salt and pepper. Sprinkle generously with chopped onion. Mix sour cream, mayo, lemon juice, and mustard together. Spread mixture over onions. Sprinkle with grated cheese. Bake at 400° for 10 minutes per inch thickness of fish.

HALIBUT AS IN PROVENCE

Ulla Smith

4 thick pieces halibut fillet
3 Tbsp. flour
Salt and pepper
2 Tbsp. butter
2 Tbsp. olive oil
2 medium onions
2 cloves garlic
2 tomatoes
¼ tsp. dried thyme
¼ c. dry white wine
Juice of 1 lemon

Rinse and dry the fillets and turn them in flour which is mixed with salt and pepper. Saute them quickly in the mixture of butter and olive oil and place them, side by side, in ovenproof oblong dish. Chop onion, garlic, and tomatoes and saute lightly in the oil and butter left in the frying pan. Pour over fish together with the wine and lemon juice. Add the thyme and cover the dish tightly. Cook in a 400° oven for about 15 minutes.

BAKED HALIBUT WITH SOUR CREAM AND CHEESE

Pat Bowlin

2 lb. halibut fillets, cut 1½ inches thick
½ c. chopped green onions and tops
1 c. sour cream
¼ tsp. white pepper
½ tsp. salt
Dash of dill weed (optional)
⅓ c. Parmesan cheese

Place halibut in a well buttered baking dish. Combine all other ingredients, *except cheese,* and pour over halibut. Bake in a preheated 350° oven for 20 to 25 minutes. Sprinkle cheese over top and broil long enough to brown cheese lightly.

ULLA'S HALIBUT FILLET

Ulla Smith

Enough halibut fillet for 6 to 8 people
Salt and pepper
Capers
Lemon juice
Dry white wine
Sweet onions, chopped
Sour cream (not light or no fat)
Grated Cheddar cheese
Salad shrimp (buy in grocery store, cooked)

Cut halibut in suitable portions; put in ovenproof dish, side by side, not too tight. Season with salt and pepper. Spread capers and onion over

fish. Sprinkle with lemon juice and white wine. Spread generously with sour cream, then the Cheddar cheese. Bake in 400° oven for 10 minutes; spread the shrimp over the fish and cook for an additional 2 to 5 minutes. Test with knife in thick part of fish, when it flakes, it is done. *Do not overcook,* or you will have tough fish. Serve with white or brown rice and petite peas with onions; asparagus is good too.

FISH MARINADE

Connie Schmidt

⅓ c. olive oil
2 Tbsp. lime juice
2 tsp. chopped fresh cilantro
½ tsp. salt
1 clove garlic, chopped
1 small jalapeno, chopped

Marinate several hours at least. Broil or grill 10 minutes/inch thickness. Serve with rice.

SEAFOOD FETTUCCINI

Jean Wright

1 lb. steamer clams
1 lb. mussels
1 medium onion, chopped
1 clove garlic, minced
3 Tbsp. safflower oil
2 Tbsp. olive oil
1 (1 lb.) can plum tomatoes
1 (1 lb.) can tomato puree
1 (6 oz.) can tomato paste
1 (12 oz.) can water
½ tsp. oregano
1 tsp. basil
1 tsp. (or less) salt
½ green pepper, sliced
½ lb. red snapper, bass, or cod
¼ lb. crab legs
1 lb. fettuccini

Wash and soak clams and mussels. Saute onion and garlic in oil; add all remaining ingredients except seafood and pasta. Bring to a boil; reduce heat. Simmer 20 to 30 minutes. Add clams and mussels. Cover tightly and steam 10 minutes, just until shells begin to open. Add white fish and crab legs and continue cooking about 5 to 10 minutes, until fish flakes and clams and mussels have opened. Serve over pasta. Serves 8.

ETHEL'S HOT CRAB CASSEROLE *Sherri Thomas*

Bottom layer: Lightly saute 2 teaspoons minced onions in ⅓ cup butter (best to use real butter).

Add the following:

2 c. cooked noodles
1½ c. milk
1 c. soft bread crumbs
1 c. grated cheese
3 beaten eggs (can use ¾ c. Egg Beaters)
1 tsp. salt

Put the bottom layer in a 9x13 inch pan. Top with ½ cup crabmeat.

Fresh is always best. One crab usually will yield 1 cup of crabmeat. You can use can crab with good results.

Make a white sauce from the following:

1 Tbsp. butter
2 Tbsp. flour
1½ c. milk
1 tsp. salt

Add ½ cup mayonnaise to the white sauce and pour over the casserole. Bake 1 hour at 350°.

This casserole can be made the day before. If you choose to serve it the same day that you make it, plan to let it sit for 10 to 15 minutes after taking it from the oven to let it set up. Leftovers (if there ever are any) warm up nicely in the microwave.

HOT CRAB SOUFFLE *Lois Baxter*

8 slices white bread, crusts removed
2 cans crab (or 2 cans shrimp or 1 can each or use equal amount fresh)
½ c. mayonnaise or salad dressing
1 onion, chopped (small)
1 green pepper, chopped (medium)
1 c. celery, chopped
2½ to 3 c. milk
4 eggs
1 can cream of mushroom soup
Grated cheese (mild Cheddar, enough to cover 8x8 inch pan generously)
Paprika

Dice 4 slices of crustless bread into a buttered 8x8 inch baking dish. Mix crab, shrimp, mayonnaise, onion, green pepper, celery, and spread over diced bread. Lay remaining 4 slices of crustless bread on top of crab mixture. Mix eggs and milk together and pour over bread. Place

in refrigerator overnight. Bake at 325° for 15 minutes. Remove from oven and spread soup over top. Top with cheese and sprinkle with paprika. Bake at 325° for one hour more. Makes 6 servings.

SALMON AND SPINACH

Sherri Thomas

4 salmon fillets (boneless and skinless)
1½ c. water
½ c. dry white wine
2 green onions, sliced
1 bay leaf
½ (10 oz.) pkg. frozen chopped spinach
⅛ tsp. ground nutmeg
¼ c. Mozzarella cheese
Black pepper
Lemon slices

In a large skillet, combine water, wine, green onions, and bay leaf. Over high heat, bring just to a boil. Add salmon and return to a boil. Reduce heat, cover, and simmer 8 to 10 minutes or until fish flakes easily with a fork. Remove fish and pat it dry with paper towels. Cook spinach according to package directions. Drain well, squeezing out moisture. Toss with nutmeg.

Preheat broiler. Top salmon with spinach mixture. Sprinkle with cheese and pepper. Broil 4 inches from the heat for 1 to 2 minutes, or until cheese melts. Garnish with lemon slices. Serves 4.

CHOPSTICK TUNG

Lois Baxter

1 can cream of mushroom soup
¼ c. water
1 (3 oz.) can chow mein noodles
1 can tuna
1 c. sliced celery
¼ c. sliced onion
½ c. salted cashew nuts
Pepper to taste

Combine soup and water. Add 1 cup noodles, tuna, celery, nuts, onion, and pepper. Toss lightly. Place in ungreased baking dish. Sprinkle remaining noodles over top. Bake at 375° for 15 minutes. Garnish with mandarin orange slices. Serves 4 to 5. I double it - serves 8.

WISCONSIN BRATS

Jim Averkamp

5 brats
1 medium onion
½ green pepper
Beer (to cover)

Brown brats on grill until done. Marinate in container with beer, onion, and peppers (approximately 5 brats, 1 medium onion, ½ pepper; should be at least ½ covered with beer - there are no exact amounts). Simmer on low for at least 1 hour after they are browned.

FRANKFURTER DINNER

Barbara Gates

¾ c. chopped onion
½ c. chopped green pepper
2½ c. canned tomatoes
6 frankfurters
Salt and pepper

Corn bread topping:

½ c. flour
¾ c. yellow corn meal
1 tsp. salt
1½ tsp. baking powder
1 egg
⅔ c. milk
2 Tbsp. shortening, melted

Fry onion and green pepper until brown. Add tomatoes. Slice frankfurters into mixture. While this is being heated through, stir up the cornbread topping. Mix together the flour, salt, and baking powder. Stir in corn meal. Beat egg and add milk to it. Stir in melted shortening. Add liquid to dry ingredients; stir until mixed. Pour warm tomato mixture into greased casserole. Cover with corn bread topping. Bake at 400° for 30 minutes.

FRANKFURTER STEW

Iva Wallace

1 (12 oz.) pkg. franks, cut up
1 Tbsp. margarine
1 medium onion, sliced
1 (8 oz.) can tomato sauce
1 can water
1 large potato, cubed
2 medium carrots, sliced
½ c. fresh or canned peas
Salt and pepper to taste
Dash of oregano (optional)
Dumplings (optional)

Melt margarine in deep kettle. Brown cut up franks. Saute sliced onion, just until yellow. Add tomato sauce, water, cubed potatoes, carrots, peas, and seasonings. Simmer mixture just until vegetables are tender. Top with dumplings made from your favorite recipe. Makes 4 servings.

JAMBALAYA

*Terry Maynard**

1 (2½ lb.) frying chicken, cut into serving pieces
2 c. water
1 Tbsp. salt
¼ tsp. pepper
1 bay leaf
¼ c. butter or margarine
1 c. chopped onion
1 c. chopped celery
1 clove garlic, crushed
1 lb. cooked ham, cut into 1 inch cubes
1 (28 oz.) can whole tomatoes (undrained)
1 large green pepper, chopped
½ tsp. leaf thyme, crumbled
¼ tsp. cayenne pepper
1 c. uncooked rice

Rinse chicken pieces and place in a 6 quart kettle. Add water, salt, pepper, and bay leaf. Cover and bring to a boil. Reduce heat and simmer 45 minutes or until chicken is tender. Remove chicken from broth and allow to cool. Remove meat from bones; cut into cubes and set aside. Pour broth into a 2 cup measuring cup. Add water if necessary to make 2 cups; set aside. Discard bay leaf.

Melt butter in kettle. Add onion, celery, and garlic. Saute until tender (about 5 minutes). Add ham, tomatoes, green pepper, thyme, cayenne, and reserved chicken meat and broth. Bring mixture to a boil and add rice, stirring to blend. Cover; reduce heat and simmer until rice is done (according to package directions). Serve in soup bowls; garnish with parsley. Serves 8.

SHRIMP CREOLE

*Terry Maynard**

1 lb. medium raw shrimp, shelled and deveined
2 Tbsp. butter or margarine
1 clove garlic, minced
1 c. minced onion
1 green pepper, finely chopped
¼ c. minced fresh parsley or 2 Tbsp. dried parsley flakes
1½ c. thinly sliced celery
1 c. tomato juice
1 (16 oz.) can whole tomatoes
1 (6 oz.) can tomato paste
1 tsp. salt
¼ tsp. pepper
1 bay leaf

Bring 2 quarts of water to a boil Add shrimp; reduce heat and simmer, uncovered, 3 minutes. Drain. In a 3 quart kettle, melt butter. Add garlic, onion, green pepper, parsley, and celery. Saute until tender. Add tomato

juice, tomatoes, tomato paste, salt, pepper, and bay leaf. Cover and simmer 20 to 25 minutes. Stir in shrimp and heat for 5 minutes. Remove bay leaf. Serve over cooked rice. Serves 6 to 8.

SHRIMP-FRIED RICE

Winnie Christensen

1½ lb. cooked, cleaned shrimp
2 c. uncooked rice
¼ lb. margarine or butter
6 eggs
2 bunches spring onions, chopped
2 c. fresh bean sprouts
Soy sauce

Melt butter in large pan and saute shrimp lightly. Beat eggs (at least one for each person); add to shrimp and scramble. At this point, add a little more butter. Add chopped onions. Add cooked rice (I use Uncle Ben's) and toss. Add sprouts; toss. Add soy sauce to taste. Heat through but do not cook.

RICE HOT DISH

Addie Stern

1 lb. lean pork, cut into small pieces (1 lb. hamburger works well)
1 c. chopped onions
3 c. diced celery
1 c. rice (raw)
3 cans water
3 Tbsp. soy sauce
1 tsp. salt
1 can cream of mushroom soup

Brown pork, onions, and celery. Mix rice with water; add soy sauce and mushroom soup to the pork mixture. Bake in moderate oven (350°) at least an hour.

My mother used to use 2 cups of rice and 6 cans of water for a larger family. It still had a good taste.

FRIED RICE

Connie Schmidt

2 eggs
5 Tbsp. oil
1 c. green onion
4 c. cooked/cooled rice
2 Tbsp. chicken broth
3 Tbsp. soy sauce
½ tsp. pepper
2 tsp. sesame oil
1 c. Napa cabbage
Ham or chicken (optional)

Scramble eggs and fry in a bit of the oil. Add green onions and stir-fry a bit. Add oil as needed. Add rice, broth, soy sauce, and pepper. Stir-fry until heated through. Sprinkle with sesame oil and Napa cabbage. Stir well. Serve. Chopped, cooked meat may be added with the rice to become a meaty entree. Makes 6 servings.

SPANISH RICE CASSEROLE

*Betty Herman**

6 slices bacon
4 pieces green onion
1½ oz. green pepper (1 medium)
4 oz. Cheddar cheese
10¾ oz. tomato soup (canned)
1 c. long-grain white rice, cooked

Cut up bacon. Dice green onions. Dice green pepper. Grate Cheddar cheese. Saute bacon, green onion, and green pepper. Drain off grease. Add to cooked rice and put in 2 or 3 quart casserole. Add soup and ½ of cheese; mix. Top with rest of cheese and bake in 350° oven 20 to 30 minutes. Makes 4 servings.

Note: If you double the recipe, allow longer to bake.

CALICO BEAN POT

Mary Pirie

8 slices bacon
1 c. chopped onion
1 can green beans, drained
1 can lima beans, drained
1 can kidney beans, drained
1 can pork and beans
¾ c. brown sugar
½ c. vinegar
½ tsp. garlic salt
⅛ tsp. pepper
½ tsp. dry mustard

Fry bacon (or microwave it); drain. Break into pieces when cool. Reserve some of the bacon drippings to saute onions. Saute onions until translucent. Combine bacon, onions, beans, and all other ingredients in 4 quart casserole. Mix lightly. Cook full power in microwave 12 to 15 minutes or bake in 325° oven for approximately 45 minutes. Serves 12.

EGG FOO YUNG

Jan Averkamp

4 eggs
1 can bean sprouts (1 c.)
¾ meat, cooked (ham, chicken)
Onions (to season)
½ tsp. ginger
¼ tsp. salt
¼ tsp. pepper

Sauce:

1 c. chicken broth
2 Tbsp. soy sauce
2 tsp. corn starch, mixed with 1 Tbsp. cold water
1 tsp. dark sesame oil

Mix pancake ingredients in large bowl until blended. Heat 1 tablespoon oil in large nonstick skillet over medium-high heat. For each pancake, drop ⅓ cup egg mixture into hot oil without crowding. Cook 1½ to 2 minutes per side until browned. Add oil as needed. Cover with foil to keep warm. For sauce, wipe skillet clean. Pour in broth and soy sauce and bring to a boil. Stir in cornstarch mixture and sesame oil. Boil 1 to 2 minutes; stir constantly until thick and clear Serve over hot rice; top with sauce.

MUSHROOM AND CHEESE STRATA

Ulla Smith

¼ c. butter
3 c. sliced fresh mushrooms
½ c. chopped onions
½ c. chopped celery
½ c. chopped green pepper
½ c. mayonnaise
6 slices bread, crusts removed
2 Tbsp. butter
2 eggs, beaten
1½ c. milk
1 Tbsp. Worcestershire sauce
½ tsp. dry mustard
1 c. shredded Cheddar cheese

In large skillet over medium heat, melt ¼ cup of butter and saute mushrooms, onions, celery, and green pepper until soft. Sprinkle with salt and pepper. Remove from heat and let cool. Stir in mayonnaise. Spread bread with the soft butter and cut bread in ½ inch cubes. Place half of the bread cubes in a lightly buttered 9x13 inch baking dish.

Pour sauteed vegetables over. Add remaining bread cubes. In large bowl, beat eggs; add milk, Worcestershire sauce, and dry mustard and

pour over casserole. Cover and refrigerate overnight. To bake, preheat oven to 325°. Bake for 45 minutes. Remove from oven and sprinkle with cheese. Return to oven and continue baking for 15 to 25 minutes longer or until knife inserted in the center comes out clean. Remove from oven and let set for 10 minutes. Cut into squares and serve. Serves 6 to 8.

IMPOSSIBLE QUICHE

Sharon Westman

12 slices bacon (about 1 lb.), crisply fried and crumbled
1 c. shredded natural Swiss cheese (about 4 oz.)
⅓ c. finely chopped onion
2 c. milk
½ c. Bisquick baking mix
4 eggs
¼ tsp. salt
⅛ tsp. pepper

Heat oven to 350°. Lightly grease 9 or 10 inch pie plate. Sprinkle bacon, cheese, and onion evenly over bottom of pie plate. Place remaining ingredients in blender container. Cover and blend on high speed 1 minute. Pour into pie plate. Bake until golden brown and knife inserted in center comes out clean, 50 to 55 minutes. Let stand 5 minutes before cutting. Refrigerate any leftover quiche. Yields 6 servings.

QUICK QUICHE

Michelle Lammers

½ c. melted butter
1½ c. milk
¼ tsp. salt and pepper
¼ tsp. nutmeg (optional)
1 c. shredded cheese
3 eggs
½ c. Bisquick
½ c. filler (ham, bacon, broccoli, cauliflower, etc. - cooked leftover is good here)

Mix all ingredients, except the cheese and filler, in a blender for a few seconds. Pour into a 9 inch pie shell. Sprinkle in the filler and cheese; push under the surface with a spoon. Bake at 350° for 45 minutes. Let stand for 10 minutes before serving.

BELGIUM SAUERKRAUT

Lois Baxter

- 1 can cream of mushroom soup
- 1 c. mayonnaise or Miracle Whip salad dressing
- 4 c. cubed, cooked red potatoes
- 1 medium chopped onion
- 1 qt. drained sauerkraut (Forman's is best)
- 1 ring kielbasa or smoked sausage, cut in coin sized pieces

Mix the two soups together in a large mixing bowl. Add the rest of the ingredients and mix together. Put in a baking dish and bake at 350° for 50 minutes.

CABBAGE CASSEROLE

Sharron Heinrichs

- 1 lb. ground beef
- 1 c. chopped onion
- 1 tsp. salt
- ⅛ tsp. pepper
- ¼ c. uncooked rice
- ½ can tomato soup
- 1 small can tomatoes
- ½ can water
- 1 Tbsp. brown sugar
- 1 Tbsp. white vinegar
- 3 c. shredded cabbage

Lightly brown beef and onion. Add salt, pepper, rice, tomatoes, soup, water, sugar, and vinegar. Mix well. Place shredded cabbage in greased 2 quart casserole. Pour meat mixture over cabbage. Do not stir. Cover and bake 1 hour at 350°. Uncover and bake 15 minutes until brown (mine usually browns covered). Serves 6.

TOMATO, MUSHROOM, AND EGGPLANT CASSEROLE

Pat Bowlin

- ¼ c. salad oil
- 1 medium onion, chopped
- ¾ lb. mushrooms, sliced
- ½ medium green pepper, chopped
- 1 medium sized eggplant, cut in 1 inch cubes
- 1 (1 lb.) can pear-shaped tomatoes
- 1 tsp. salt
- 1 Tbsp. parsley, chopped
- 1 c. Parmesan cheese, grated
- 1 c. Mozzarella cheese, shredded
- 2 eggs, beaten
- 1 lb. ground beef or sausage (optional)

In large frying pan or Dutch oven, heat oil, onions, meat if used, mushrooms, and green pepper for about 5 minutes. Add eggplant, tomatoes, salt, and parsley. Cover and simmer until eggplant is tender, about 25 minutes. Uncover and increase heat briefly if needed to reduce liquid. Using a small bowl, combine the Parmesan and Mozzarella cheese with the eggs. Spoon half of the eggplant mixture into a 2½ quart casserole.

Top with half of the cheese mixture. Repeat layers, ending with cheese on top. Bake, uncovered, in 375° oven for 25 minutes. If made ahead and refrigerated, increase time to 45 minutes until bubbly. Serves 6 to 8.

CABBAGE CASSEROLE

Pat Bowlin

1 lb. ground hamburger
¾ c. diced onion
1 tsp. salt
½ tsp. pepper
½ tsp. garlic salt
1 c. cooked rice
1 (10½ oz.) can cream of mushroom soup
1 soup can full of water
1 Tbsp. brown sugar
1 Tbsp. lemon juice
3 c. raw cabbage

Saute hamburger and onion; drain. Place hamburger and onion in a large bowl and stir in salt, pepper, garlic salt, rice, soup, water, brown sugar, and lemon juice. Mix very well. Shred and place cabbage in a greased 2 quart casserole. Pour meat mixture over raw cabbage. Cover and bake at 350° for one hour. Top with cheese before serving if desired.

SPAGHETTI SAUCE

Erica White

1 lb. fresh mushrooms
1 onion
2 to 3 cloves garlic
1 Tbsp. butter or olive oil
1 lb. ground beef
Garlic powder
Onion powder
Basil
Oregano
1 can tomato paste
1 can chunk tomato or 1 fresh tomato or both if you like
3 big cans tomato sauce
1 little can tomato sauce

Saute fresh mushrooms, whole onion, and 3 cloves of garlic in butter. Add hamburger; cook. Drain only ½ after cooked; add spices. Add tomato sauce, paste, and tomatoes, chopped or out of can. Cook 6 hours on simmer. Season to taste.

BAKED SPAGHETTI

Pat Bowlin

2 lb. ground beef
16 oz. spaghetti noodles
3 or 4 c. Cheddar cheese, shredded
½ c. chopped green pepper
1 c. chopped onion
2 cans tomato soup
1 can cream of mushroom soup
2 c. milk

Break noodles into 3 inch lengths and boil till done and drain. In a large kettle or Dutch oven, brown the beef, pepper, and onion, then drain. Add soups, milk, and half of the cheese. In a large baking dish, combine noodles, sauce mixture, and top with the remaining cheese. Bake at 350° for 30 minutes.

STUFFED MANICOTTI

Jan Averkamp

1 lb. mild butt pork sausage
2 (15 oz.) cans tomato sauce (Italian)
1 (6 oz.) can tomato paste
¼ c. water
½ Tbsp. brown sugar
1 (15 oz.) ctn. Ricotta cheese
3 c. Mozzarella cheese, shredded
1 egg
1 tsp. parsley flakes
12 manicotti noodles, cooked
Grated Parmesan cheese

In large saucepan, brown sausage; drain. Remove half of sausage; set aside. Stir tomato sauce, paste, water, and brown sugar into remaining sausage. Simmer 15 minutes. Combine sausage that was set aside, Ricotta, 2 cups Mozzarella, egg, and parsley. In 13x9 inch baking dish, pour ⅓ sauce mixture. Stuff manicotti noodles with Ricotta mixture and place on top of sauce. Pour remaining sauce over filled noodles, top with 1 cup Mozzarella and sprinkle with Parmesan. Bake, uncovered, at 350° for 20 minutes.

PIZZA BALLS

Eva Froude

1 lb. hamburger
½ lb. pork sausage
½ c. bread crumbs
1 egg, beaten
1½ tsp. salt
¼ tsp. pepper
1¼ tsp. garlic powder
1 Tbsp. parsley
¼ c. Parmesan cheese
½ c. water or milk
1 small onion, chopped

Sauce:

1 small can tomato paste
1 small can tomatoes
1 small can tomato sauce
1 small can whole mushrooms
1 tsp. oregano and salt
1 clove garlic
2 tsp. parsley
1 tsp. anise seed
¼ c. onion, chopped
1 bay leaf

Combine all ingredients together and pour over browned balls. Simmer together for 1½ hours. Serve with pasta. Four recipes makes approximately 155 meatballs.

CHILE RELANO CASSEROLE

Connie Brining

For 10 people:

4 (4 oz.) cans whole chile
10 oz. Monterey Jack cheese
10 oz. Cheddar cheese
3 c. milk
¾ c. flour
1¼ tsp. salt
4 eggs

In blender: 3 cups milk, ¾ cup flour, 1¼ teaspoons salt, 4 eggs. Cut chiles into 2 inch pieces. Put in bottom of baking pan. Put all of cheese on top of chiles. Pour milk mixture over cheese. Bake 1 hour at 350° or until knife comes clean when tested.

MEXICAN HOT DISH-GOULASH *Judi Berthiaume*

1 lb. hamburger (lean)
½ onion, diced
1 can olives, sliced
1 (8 oz.) can tomato sauce
1 (8 oz.) green chilies
1 can refried beans
2 to 3 c. corn
½ pkg. hash browns
1 jar cheese sauce (Tostitos salsa con queso)

Brown hamburger and onions. Add olives, tomato sauce, and green chilies. Mix together and put in casserole dish, then layer with refried beans, corn, and hash browns. Pour cheese sauce on top. Bake for 45 minutes to 1 hour at 375°.

MOLLY (TAMALE) PIE *Sue Jacobson*

1 lb. lean ground beef, chicken, or turkey
1 (16 oz.) can tomato sauce
1 (16 oz.) can pinto beans
1 (16 oz.) can corn
1 onion, chopped
1 pkg. taco seasoning
1 c. cheese (your choice)
1 pkg. cornbread mix

Brown meat with onion. Mix in taco seasoning. Use 11x14 inch pan or glass dish. Add meat, tomato sauce, beans, corn, and cheese; mix together. Place in 350° oven for 20 to 30 minutes, till bubbly. Mix package of cornbread according to directions on box; set aside. Check mixture in oven; if hot and bubbly, remove. Drop spoonfuls of cornbread mix on top. Return to oven; bake until cornbread is done. If desired, top with more cheese.

TAMALE PIE *Ruth Gastler* *Connie Schmidt*

(Fast and simple - emergency type)

1 small can chili
5 tamales, sliced into ½ inch pieces
⅓ c. chopped onion
½ c. grated cheese
Fritos corn chips (small size)

Layer half the sliced tamales on bottom of baking dish. Sprinkle with ½ the onions. Spread with half the chili. Sprinkle with Fritos. Repeat layers. Top with grated cheese. Bake at 350° for 30 minutes. Makes 4 to 6 servings.

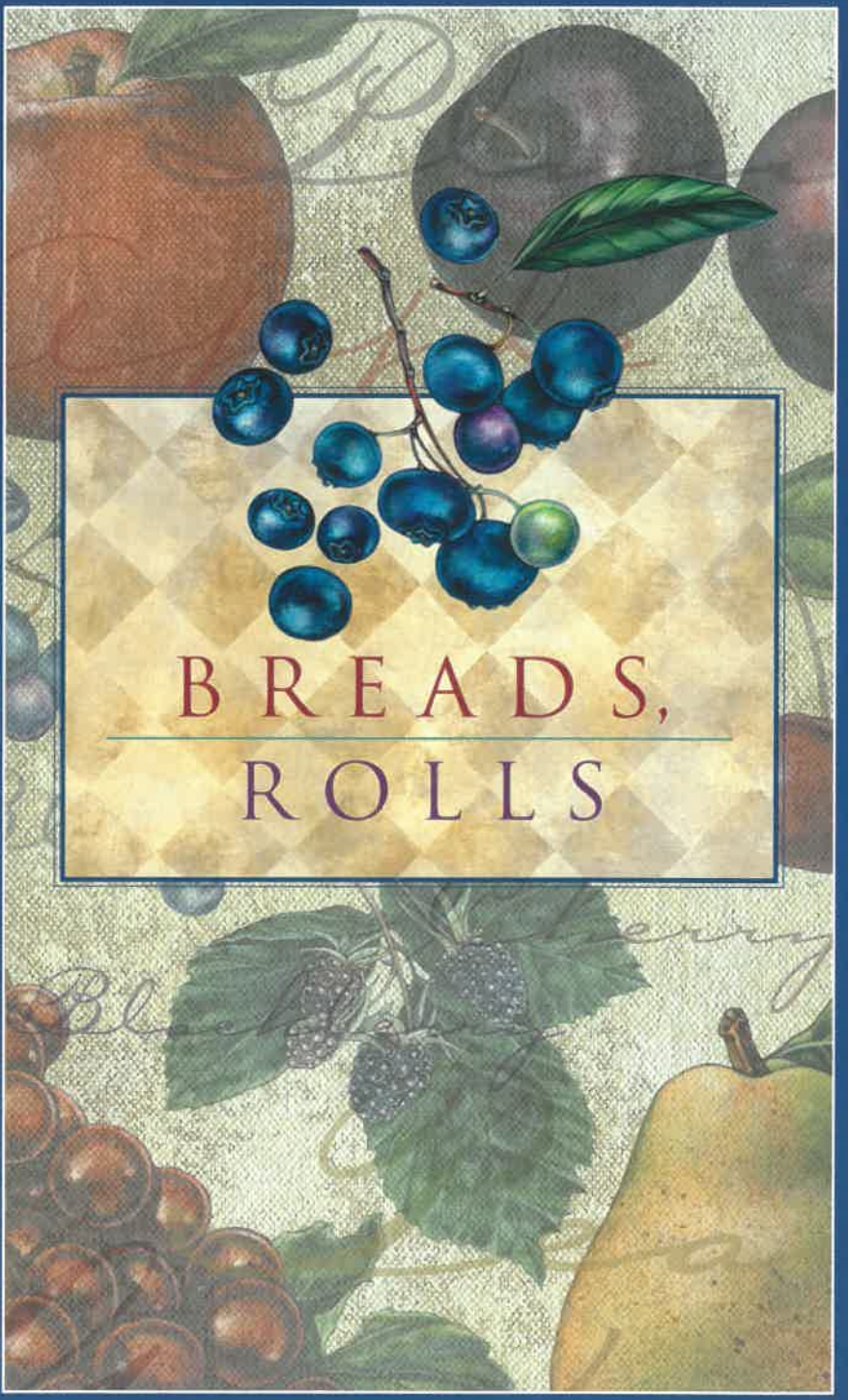
FAMILY CHEESE AND SAUSAGE BAKE

Mary Pirie

8 to 12 precooked pork sausage links, cut in fourths
6 eggs
1¾ c. buttermilk or complete pancake mix
1 tsp. fine herbs (if desired)
1 c. (8 oz.) creamed cottage cheese
¼ c. cooking oil
3 c. (12 oz.) cubed Monterey Jack, Colby Jack, or Mozzarella cheese

Preheat oven to 350°. Spray a 13x9 inch baking pan with cooking spray. Brown sausage; drain. In a large bowl, beat eggs until frothy. Measure pancake mix by lightly spooning into measuring cup. Level off. Combine pancake mix, eggs, cheeses, and remaining ingredients, including sausage. Stir 50 to 60 strokes until well mixed. Pour into prepared pan. Bake 25 to 30 minutes, until golden brown. Serve with syrup or preserves. Refrigerate any leftovers. Makes 8 to 10 servings.

Notes



BREADS, ROLLS

MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1½ to 2 minutes for ½ 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 to 45 seconds; and one-half gallon, 45 seconds to one minute.
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 2½ minutes. One 3-ounce package of cream cheese will soften in 1½ 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 4½ 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. Dissolve gelatin in the microwave. Measure liquid in a measuring cup, add jello and heat. There will be less stirring to dissolve the gelatin.
9. Heat hot packs in a microwave oven. A wet fingertip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
10. To scald milk, cook 1 cup milk for 2-2½ minutes, stirring once each minute.
11. To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
12. 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.
13. Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.
14. 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 nut meats will slip out whole after cracking the shell.
15. When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.
16. To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.
17. Cubed meat and chopped vegetables will cook more evenly if cut uniformly.
18. When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.
19. Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.
20. 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.
21. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
22. When preparing chicken in a dish, place meaty pieces around the edges and the bony pieces in the center of the dish.
23. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
24. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.
25. 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 sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.
26. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
27. Heat leftover custard and use it as frosting for a cake.
28. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
29. Toast coconut in the microwave. Watch closely because it browns quickly once it begins to brown. Spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.
30. Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

BREADS, ROLLS

BANANA BREAD

Charlotte Buettner

½ c. shortening
1 c. sugar
2 eggs
2 very ripe bananas, crushed
½ c. chopped walnuts
1 tsp. soda plus 1 tsp. salt, mixed with 2 c. flour

Oil pan. I use 1 (4 x 8½ inch) loaf pan or 2 small pans. Bake at 350° for 45 to 60 minutes, depending on the pan size.

BEER BREAD

Lois Baxter

3 c. flour
½ c. sugar
1 tsp. baking soda
1 can beer

Mix all together and bake in ungreased bread pan at 350° for 45 minutes to 1 hour. Serves 6 to 8.

MONKEY BREAD

Tillie Russell

3 cans biscuits, quartered
½ c. sugar plus 1 tsp. cinnamon, mixed

Roll biscuit pieces in sugar and cinnamon mixture; put in buttered pan. Any remaining sugar mixture left, put in an 8 ounce measuring cup and fill with sugar and another teaspoon of cinnamon. Melt 1 stick of margarine and mix with sugar and cinnamon mixture. Spoon over top of biscuits. Bake at 350°F. for 30 minutes. Turn out on plate as soon as removed from oven.

AUNT MARY'S BRAN MUFFINS

Lois Baxter

4 c. All-Bran cereal
2 c. 100% Bran (Nabisco)
1 c. sugar
1 c. shortening
1 c. boiling water
4 eggs
5 c. flour
5 tsp. baking soda
1 qt. buttermilk

Put Bran, sugar, and shortening in large bowl and mix slightly. Pour boiling water over these 4 ingredients; mix well. Add remaining ingredients, mixing after each addition. Put dough in refrigerator in covered container. Take out when needed. Bake in greased muffin pans at 400° for 20 minutes. Makes 48 muffins.

CHLOE SCHNEIDER'S BRAN MUFFINS

Joan Burns

1 c. shortening
5 c. flour
2 c. sugar
5 tsp. baking soda
1 tsp. salt
4 c. Kellogg's All-Bran
2 c. Nabisco 100% Bran
2 c. boiling water
1 qt. buttermilk
1 lb. raisins
4 eggs

Pour boiling water over Nabisco Bran and let stand while shortening and sugar are creamed. Add eggs and buttermilk to creamed mixture. Add both brans and let stand while sifting together flour, soda, and salt. Add to mixture, then fold in raisins. This makes 6 dozen. May be refrigerated in jars as long as 6 weeks before baking. (Do not fill jars to top - it raises a bit.) When removing dough from jar, do not stir. Spoon gently into muffin tins. Bake at 400° for 15 to 18 minutes.

BRAN REFRIGERATOR ROLLS

(From Christmas party menu)

2 pkg. dry yeast
1 c. water (lukewarm)
1 c. shortening (I use margarine)
¾ c. sugar
1 c. All-Bran
1½ tsp. salt
1 c. boiling water
2 well beaten eggs
6½ c. flour

Dissolve yeast in lukewarm water. Combine shortening, sugar, bran, and salt; add boiling water and stir until shortening melts. Cool slightly and add eggs and yeast mixture. Add half of flour and beat until smooth. Add remaining flour and beat well. Place in greased bowl; cover with waxed paper and damp towel and place in refrigerator overnight. Form into rolls. Let rise until double (1½ to 2 hours). Bake 15 minutes in 400° oven. Makes 3½ dozen rolls.

BREAD STICKS

Erica White

6 c. flour
1 tsp. salt
1 pkg. yeast
⅓ c. warm water
1 Tbsp. sugar
⅓ c. oil
1 c. hot water

Put yeast in bowl with pinch of sugar and warm water; sit till foamy. In large bowl, put approximately 6 cups flour and 1 teaspoon salt; add hot water, ¼ cup oil, and yeast. Knead until smooth and satiny. Put in oiled bowl; let rise until doubled in bulk. Punch down. Pinch off small amount and roll. Let rise again, then deep-fry.

TEXAS CORNBREAD

Connie Brining

1⅓ c. cornmeal
3 tsp. baking powder
¾ tsp. salt
4 large eggs
1 c. sour cream
1 c. taco cheese, grated
1 c. chopped green pepper
1 c. chopped onion
3 Tbsp. sugar
⅓ c. melted butter

Heat oven to 425°F. Combine all ingredients. Pour mixture into a 9x13 inch pan. Bake 20 to 30 minutes. Yields 8 to 12 servings.

CORNBREAD CASSEROLE

Susan Yakubovich

1 box cornbread mix
1 c. sour cream
1 can corn (yellow)
1 can cream corn
1 egg
1 c. shredded cheese

Mix egg; blend in bowl, then add sour cream, cream corn, corn, and cornbread mix. Mix all ingredients in bowl until well blended. Pour in baking dish and bake for 45 minutes to an hour at 350°.

Cheese can be blended through mix or sprinkled on top of casserole.

OVERNIGHT ROLLS

Sophie Dunman

¾ c. margarine or butter (1.5 sticks)
1 c. milk
⅓ c. sugar
1 tsp. salt
2 large (or 3 small) eggs
4 c. flour
1 pkg. dry yeast

Put butter, milk, sugar, and salt in saucepan and heat until butter melts. In large Mixmaster bowl, combine 2 cups flour with the yeast. Pour warm milk mixture into bowl and beat low speed for 1 minute. Add eggs and 1 more cup of flour and beat at high speed for 3 minutes. Remove beater and add rest of flour by hand. Grease sides of bowl and top of dough and cover with waxed paper. Cover with damp towel and refrigerate overnight. The next day, form into rolls and bake at 375° about 15 minutes.

ROLLS

Michelle Lammers

1 c. boiling water
1 c. milk
2 pkg. yeast
1 tsp. salt
2 eggs, beaten
½ c. butter
½ c. sugar
8 c. flour

Dissolve yeast in ¼ cup warm water. Dissolve sugar, salt, and butter in boiling water. Add milk and eggs and stir. Add the yeast. Start adding the flour, one cup at a time, and mix with a mixer until thick. Add more flour and stir with a spoon. Turn out the dough onto a floured surface and knead until smooth (about 10 minutes). Place into a bowl, cover with a towel, and let rise until double in size.

Punch down the dough, shape into balls, place into a 9x13 inch pan, and let rise again until double. Once it is done rising, place into a 400° oven and bake until golden brown on the top and when tap makes a hollow sound. Take out of oven and baste with butter if wanted; serve warm. This is a good recipe for making into cinnamon rolls or even makes 2 loaves of bread.

POPPY SEED AND LEMON MUFFINS

Ulla Smith

2 lemons
3 c. flour
1 tsp. baking soda
3 Tbsp. poppy seeds
1¼ c. milk
1¼ c. sugar
3 tsp. baking powder
½ tsp. salt
2 eggs
1¼ c. vegetable oil

Preheat oven to 375°. Finely grate lemon peel. Mix half of peel with 2 tablespoons sugar and set aside. Squeeze juice from lemons. Measure out ½ cup juice and stir in remaining peel. In a large bowl, combine flour, remaining sugar, baking powder, baking soda, salt, and poppy seeds. Whisk eggs in a small bowl, then whisk in milk, lemon juice, and oil. Milk may curdle when mixed with lemon juice.

Immediately stir egg mixture into flour mixture, just until incorporated. Spoon batter into 12 well greased muffin cups. Sprinkle muffins with lemon-sugar mixture. Bake 20 to 30 minutes or until golden brown. Cool muffins in pan for 5 minutes, then turn out onto a cooling rack to cool completely. Store in sealed bag for up to 2 days or freeze for up to 3 months.

ORANGE SCONES

Karla Bohn

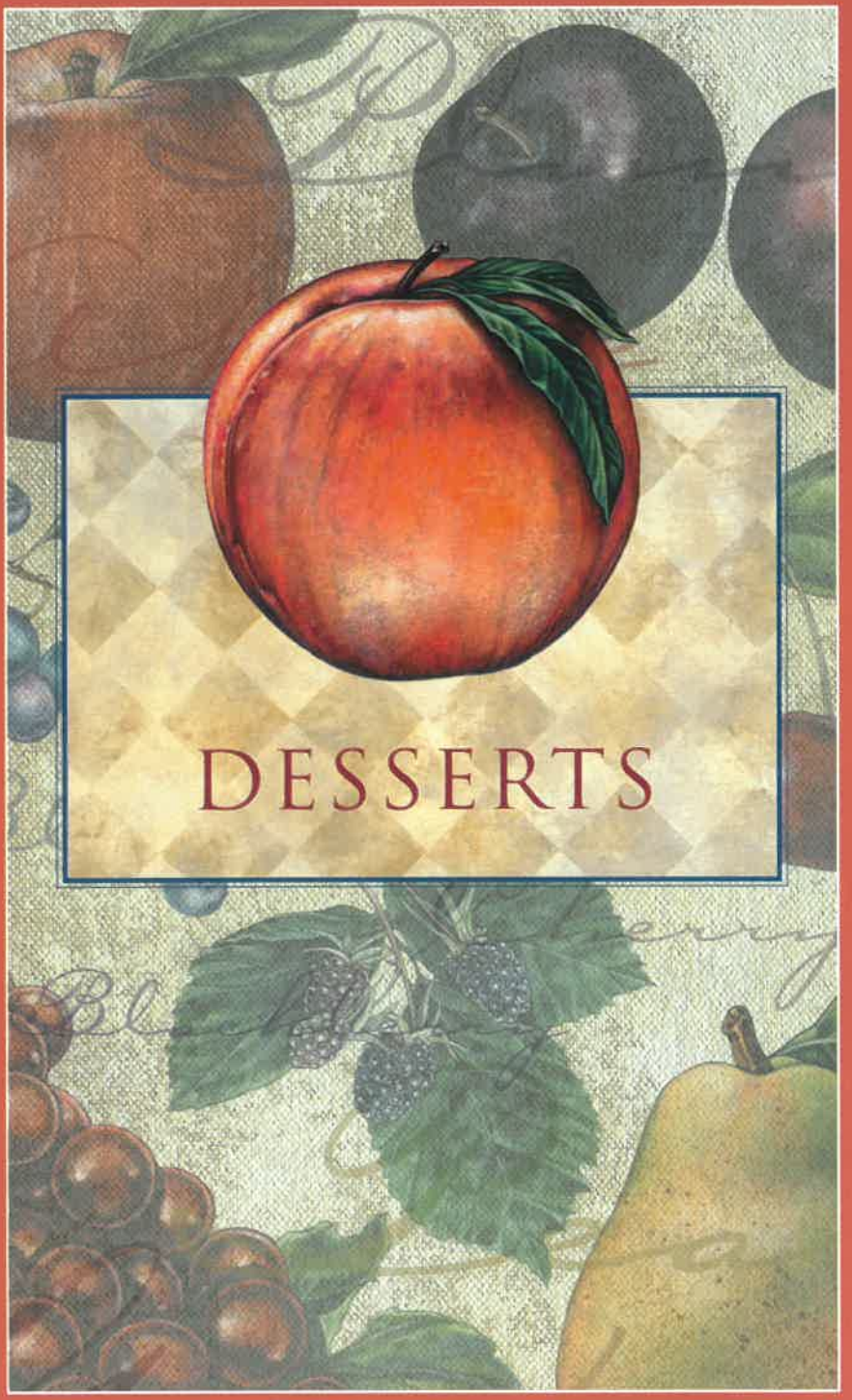
2 c. flour
2 Tbsp. sugar
1 Tbsp. baking powder
6 Tbsp. butter
1 tsp. orange rind (dried type or ½ to 1 whole fresh orange grated rind)
1 egg
⅓ c. milk
⅓ c. softened (frozen) orange juice concentrate (no water added)

Frosting: Orange marmalade or powdered sugar icing made with drops of orange juice concentrate mixed in (no food coloring - will be pale orange). No topping is okay too unless a little butter when warm is great.

Preheat oven to 400°. Combine dry ingredients. Use pastry cutter to cut in the butter until crumbly. Whisk liquid ingredients together with the egg and pour over dry ingredients. Combine until liquid is absorbed (can mix with hands if necessary without rings on - sticky). Form into balls (I use one of my flatware soup spoons, but can be smaller or larger if you want).

Put on ungreased cookie sheet (I use one with foil on top of the cookie sheet for fast clean up). Bake 12 to 15 minutes. Want lightly brown. Makes 10 to 14 scones. Recipe can be doubled or more.

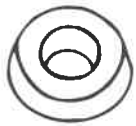
Baked/cooled scones can be frozen for future use in Ziploc bags with a paper towel on the bottom of the bag to absorb any extra moisture and with the air squeezed out before closing.


DESSERTS

Common Baking Dishes and Pans

Spring Form Pan

Layer Cake or Pie Pan



Ring Mold

Baking or Square Pan

Loaf Pan

Brioche Pan

Angel Cake Pan

Bundt Tube

Equivalent Dishes

4-CUP BAKING DISH
= 9″ pie plate
= 8″ x 1¼″ layer cake pan
= 7⅜″ x 3⅝″ x 2¼″ loaf pan

6-CUP BAKING DISH
= 8″ or 9″ x 1½″ layer cake pan
= 10″ pie pan
= 8½″ x 3⅝″ x 2⅝″ loaf pan

8-CUP BAKING DISH
= 8″ x 8″ x 2″ square pan
= 11″ x 7″ x 1½″ baking pan
= 9″ x 5″ x 3″ loaf pan

10-CUP BAKING DISH
= 9″ x 9″ x 2″ square pan
= 11¾″ x 7½″ x 1¾″ baking pan
= 15″ x 10″ x 1″ flat jelly roll pan

12-CUP BAKING DISH OR MORE
= 13½″ x 8½″ x 2″ glass baking dish
= 13″ x 9″ x 2″ metal baking pan
= 14″ x 10½″ x 2½″ roasting pan

Total Volume of Pans

TUBE PANS

7½″ x 3″ Bundt tube	6 cups
9″ x 3½″ fancy or Bundt tube	9 cups
9″ x 3½″ angel cake pan	12 cups
10″ x 3¾″ Bundt tube	12 cups
9″ x 3½″ fancy tube mold	12 cups
10″ x 4″ fancy tube mold	16 cups
10″ x 4″ angel cake pan	18 cups

SPRING FORM PANS

8″ x 3″ pan	12 cups
9″ x 3″ pan	16 cups

RING MOLDS

8½″ x 2¼″ mold	4½ cups
9¼″ x 2¾″ mold	8 cups

BRIOCHE PAN

9½″ x 3¼″ pan	8 cups

DESSERTS

CAKES

ALOHA CAKE

Sophie Dunman

Yellow cake mix
1 (8 oz.) pkg. cream cheese
¼ c. milk
1 c. chopped nuts
1 pkg. instant vanilla pudding (large)
2½ c. milk
1 can crushed pineapple (large)
1 (9 oz.) ctn. Cool Whip
Coconut

Mix yellow cake mix according to direction on box and in a jelly roll pan at 350° for about 18 minutes. Blend 1 (8 ounce) package of cream cheese with ¼ cup milk. Spread on cake. Sprinkle 1 cup chopped nuts over cheese. Mix 1 large instant vanilla pudding with 2½ cups milk. Add 1 large can crushed pineapple which has been well drained. Spread over cheese and nuts, then spread 1 (9 ounce) carton of Cool Whip over pudding. Sprinkle coconut over this and refrigerate.

APPLESAUCE BIRTHDAY CAKE

David C. Lindeblom

First prepare applesauce:

4 c. cut up, washed, unpeeled Red Delicious apples
1 c. boiling water
½ c. sugar
Dash of salt
1 tsp. lemon juice
½ tsp. grated lemon rind
⅛ tsp. cinnamon

Prepare fruit and add to boiling water in saucepan; simmer until nearly tender. Stir in sugar, salt, lemon juice, grated lemon rind, and cinnamon. Cook until fruit is tender. I prefer chunky sauce rather than mashed - it tastes better in the cake.

In the meantime, start the cake:

⅓ c. shortening
1⅓ c. sugar
1 egg
1 c. warm applesauce (as prepared above)
1⅔ c. flour
1 tsp. baking soda
1 tsp. salt
½ tsp. cinnamon
⅓ tsp. cloves
⅓ tsp. allspice
⅓ c. water
⅔ c. raisins

Mix shortening, sugar, and egg while sauce is cooking. Preheat oven to 350°. Add and mix warm applesauce, flour, soda, salt, cinnamon, cloves, allspice, water, and raisins. Mix well and pour batter into pan before the raisins settle. This makes 1 (9 inch) square or 1 (8 inch) round plus a lot of cupcakes for my own lunch. Sometimes I double the recipe and make two layers.

APPLE CAKE IN A JAR

Marylou Smith
Friend of Sharon Westman

⅔ c. shortening
2⅔ c. granulated sugar
4 eggs
1½ tsp. salt
1 tsp. cinnamon
2 tsp. baking soda
½ tsp. baking powder
3 c. all-purpose flour
½ c. water
3 peeled and grated apples (approx. 1½ to 2 c.)
⅔ c. raisins
⅔ c. chopped nuts
Wide mouthed pint jars, washed and sterilized

Mix the shortening and remaining ingredients together in the order given. Sterilize 7 to 9 jars, then grease with shortening. Fill the jars half full and bake on the middle rack in the oven at 325° for 45 minutes. As soon as the cake is done, remove the jars from the oven, one at a time. Wipe the rim of the jar with a clean cloth and put on the hot sterilized lids. Screw down tight and let cool. As the cake cools in the sealed jars, it will pull away from the sides and come out easily. When ready to serve, slice and serve.

Conversion: 3 grated apples equals 1½ to 2 cups. Also may substitute 2 cups applesauce and no water.

BOILED FRUIT CAKE

*Chloe Schneider**

2 c. brown sugar
2 c. hot water
½ c. butter
1 lb. raisins
¾ c. chopped dates
½ tsp. cinnamon
½ tsp. ginger
1½ tsp. allspice
1 tsp. salt

Let come to a boil for 5 minutes.

When cool, add:

1 beaten egg
2 tsp. soda
1 c. chopped nuts
2½ c. flour
4 oz. chopped cherries

Bake in 350° oven for one hour. Makes 2 (9x5 inch) loaf tins.

I measure my dry ingredients together when first mixture is cooking and use a good size bowl, then I just add my flour, etc., into the bowl when first mixture is cool (less dishes this way). A very moist cake.

CARROT CAKE (FROM QUADRA ISLAND, B.C.)

Ulla Smith

2 c. flour
¾ tsp. baking soda
1 tsp. baking powder
1 tsp. salt
2 tsp. cinnamon
1¾ c. white sugar
1 c. oil
3 eggs
1 tsp. vanilla
¼ c. apricot brandy (optional)
2 c. shredded carrots
½ c. coconut
¾ c. walnuts, chopped
1 scant c. crushed pineapple with juice

Grease 13x9 inch pan and dust with flour. Stir dry ingredients into bowl. Make a well and add sugar, oil, eggs, vanilla, and apricot brandy. Beat well; stir in carrots, coconut, pineapple, and walnuts. Bake at 350° for 45 to 60 minutes. Make frosting.

Frosting:

3 oz. cream cheese
¼ c. butter, softened
2 c. confectioners sugar
½ tsp. vanilla

Cream cream cheese and butter until fluffy. Add sugar and vanilla.

UPTOWN CARROT CAKE

Pat Bowlin

1½ c. corn oil
2 c. sugar
3 c. flour
1½ tsp. soda
1 tsp. cinnamon
½ tsp. salt
2 c. grated raw carrots
1 (8½ oz.) can crushed pineapple with juice
2 tsp. vanilla
3 eggs
1½ c. chopped nuts

Mix oil and sugar. Mix flour, soda, cinnamon, and salt; add half to oil mixture and mix well. Mix in carrots and pineapple; mix the remainder of flour mixture; beat until well blended. Add eggs, one at a time; beat after each addition. Add nuts. Mix well. Grease and flour 4 (8 inch or 10 inch) round cake pans. Divide batter evenly into each pan. Preheat oven to 350°. Bake them until brown; cool on a towel or rack and frost.

Cream Cheese Frosting:

½ c. butter
1 (8 oz.) pkg. cream cheese
1 lb. confectioners sugar
½ tsp. vanilla
1 c. chopped nuts (walnuts or pecans)

Cream butter and cheese; add sugar and vanilla. Mix, then add the nuts. If it looks like there isn't going to be enough to frost, I add more powdered sugar.

CHOCOLATE ZUCCHINI CAKE

Charlotte Buettner

½ c. margarine
½ c. oil
1¾ c. sugar
1 tsp. vanilla
1 c. finely diced (not shredded) zucchini
2 eggs
2½ c. flour
¼ c. cocoa
½ tsp. baking powder
1 tsp. soda
1 tsp. cinnamon
½ tsp. cloves
¼ c. chocolate chips (I use more)
½ c. buttermilk or sour milk

Cream margarine, oil, and sugar; add eggs, vanilla, and milk. Beat with mixer. Mix all dry ingredients and add to creamed mixture. Stir till well mixed. Stir in zucchini; mix well again. Spoon batter into 9x13 inch pan that has been oiled and floured. Top with chocolate chips. Bake at 325° for 40 to 45 minutes. Test with toothpick for doneness.

GERMAN APPLE CAKE

Iva Wallace

2 large eggs
1 c. salad oil
2 c. sugar
2 c. flour
1 tsp. cinnamon
1 tsp. vanilla
1 tsp. soda
½ tsp. salt
4 c. peeled, diced apples
Nuts if desired

Frosting:

2 (3 oz.) pkg. cream cheese
3 Tbsp. melted butter
1 tsp. vanilla
1 to 1½ c. powdered sugar

Beat eggs and oil until foamy. Add sugar, flour, cinnamon, soda, salt, and vanilla. Mix well. Add apples and nuts. Pour into a greased and floured 9x13 inch pan. Bake 45 to 60 minutes at 350°.

Frost when cool: Soften cream cheese and mix in melted butter and vanilla. Mix in enough powdered sugar until it is of a good spreading consistency.

GRANDMA'S MOLASSES CAKE

Margaret VanderVere
From farm in Michigan, Grandma Steffen

Cream together:

1 c. sugar
½ c. shortening

Add:

1 egg, beaten well
½ c. molasses
2 c. flour
1 tsp. cinnamon
¼ tsp. ginger
1 tsp. salt
½ tsp. cloves

Mix all together teaspoon soda in one cup boiling water. Mix into batter. Mix and pour into greased pan. Bake at 350° for approximately 1 hour.

ITALIAN CREAM CAKE

Sophie Dunman

1 stick oleo
½ c. shortening
2 c. sugar
5 egg yolks
1 c. chopped pecans
1 small can coconut
2 c. flour
½ tsp. baking powder
1 tsp. soda
1 tsp. vanilla
1 c. buttermilk
5 egg whites, beaten firmly

Cream oleo and shortening; add sugar and beat until mixture is smooth. Add egg yolks and beat well. Combine flour, soda, and baking powder and add to creamed mixture, alternating with buttermilk. Add vanilla, coconut, and pecans. Fold in stiffly beaten egg whites. Pour batter into 3 greased and floured 8 inch cake pans. Bake at 350° for 25 minutes or until cake tests done. Cool.

Cream Cheese Frosting:

1 (8 oz.) pkg. cream cheese, softened
½ stick oleo
1 tsp. vanilla
1 box powdered sugar
Pecans

Beat cream cheese and oleo until smooth. Add sugar and mix well. Add vanilla and beat until smooth. Spread between layers, on top and sides. Sprinkle top with pecans.

KATHY WINTERSTEIN'S PUMPKIN CAKE

Connie Brining

3 eggs
1 c. sugar
½ tsp. salt
1 tsp. pumpkin spice
1 (28 oz.) can pumpkin
12 oz. evaporated milk
2 tsp. cinnamon
1 box yellow cake mix
½ c. margarine
½ c. nuts

Mix first 7 ingredients. Put into greased 9x13 inch baking dish. Sprinkle cake mix over mixture. Drizzle the margarine and nuts on top. Bake at 350° for 50 minutes.

LEMON PINEAPPLE CAKE

Iva Wallace

Cooking time: 30 minutes.

Cake:

1 box Duncan Hines lemon cake mix
½ c. oil
1 small can mandarin oranges with juice
4 eggs

Frosting:

1 (20 oz.) can crushed pineapple with juice
1 small box vanilla instant pudding
1 large Cool Whip

Cake: Mix above ingredients for 3 minutes. Pour into three (9 inch) greased and floured layer cake pans. Bake at 325° for 30 minutes. Cool in pans for 10 minutes. Remove to wire racks and finish cooling.

Frosting: Place pineapple and juice in a bowl. Sprinkle dry pudding mix and mix well. Fold in Cool Whip, fill, and frost cake.

This cake will store in the refrigerator for up to 5 days. This can also be made in a 9x13 inch pan.

MOLLY'S CAJUN CAKE

Lois Baxter

2 c. flour
1½ tsp. soda
1½ c. sugar
¼ tsp. salt
4 Tbsp. margarine
2 eggs
2 c. drained, crushed pineapple

Combine dry ingredients; mix in eggs, margarine, and pineapple. Place in batter in greased 9x13 inch pan Bake 40 minutes at 350°. Serves 8 to 10.

Topping for Cajun Cake:

1 stick margarine
1 small can canned milk
1 c. sugar
1 c. coconut
1 c. chopped nuts

Cook margarine, sugar, and milk for 5 to 6 minutes, stirring constantly. Mix in nuts and coconut. Pour over hot cake. Cool before serving.

PEANUT ROLLS

Pat Bowlin

Cake:

1½ c. sugar
4 eggs
¾ c. hot water
1 tsp. vanilla
1½ c. flour
3 tsp. baking powder

Icing:

1 c. butter
1 lb. powdered sugar
1 lb. Spanish peanuts, ground

Mix together ingredients for cake. Grease and flour 9x13 inch pan. Bake at 325°. Cut cooled cake in 2x2 inch squares. Blend butter and powdered sugar to make icing. Frost each piece (all sides). Roll frosted pieces in ground up Spanish peanuts. Leave husks on.

ROMAN APPLE CAKE

Charlotte Buettner

Mix together in large bowl:

4 Tbsp. melted shortening
1 c. sugar
1 egg, beaten

Add and mix thoroughly:

½ c. flour
½ c. Roman meal
1 tsp. soda
¼ tsp. salt
1 tsp. cinnamon
3 pared apples
⅓ c. chopped nuts
½ c. raisins or dates (optional)

When mixed, pour into greased and lightly floured 8 inch pan. Bake for 40 to 45 minutes at 350°. When cool, serve with ice cream or custard sauce. Better second day.

SALTED SPANISH PEANUT CAKE

Betty Olson

1½ c. flour
⅓ c. shortening
1 c. sugar
1 egg
½ tsp. soda
1 tsp. baking powder
¼ tsp. salt
1 c. sour milk or buttermilk
1 c. ground salted peanuts (Spanish)

Bake at 350° for 25 to 30 minutes in 9x9 inch pan. Frost with white icing and cover with chopped peanuts.

THREE CHOCOLATE CAKE

Lois Baxter

1 pkg. devil's food cake mix
1 (4⅛ oz.) pkg. instant chocolate pudding mix
½ c. brewed coffee
4 large eggs
1 c. sour cream
½ c. dark rum
1 (8 oz.) pkg. semi-sweet chocolate chips

Combine all ingredients except chocolate chips. With mixer, blend on low speed. Beat at medium speed for 1 minute. Scrape bowl and beat 1 minute longer; fold in chocolate chips. Pour into greased and floured Bundt pan. Bake in 350° oven for 55 to 60 minutes or until done. Turn out of pan and cool. Sprinkle powdered sugar over or glaze with chocolate.

Glaze: Melt 1½ (1 ounce) squares chocolate and 2 tablespoons butter; cool. Stir in 1½ cups sifted powdered sugar and 1 teaspoon vanilla. Add boiling water to make of drizzling consistency. Makes 8 to 10 servings.

WHIPPED CREAM FROSTING

Tammy Berthiaume-Johnston

1 or 2 small pkg. instant pudding
1 to 2 c. milk
1 (8 oz.) container Cool Whip, thawed

Mix pudding and milk until smooth. Fold in thawed Cool Whip. If you want a thicker frosting, make it with 2 packages of instant pudding and 2 cups of milk.

COOKIES

BUTTERSCOTCH CRUMBLES

Joan Hassan

1 large can Chinese noodles
2 (6 oz.) pkg. (or one 12 oz. pkg.) butterscotch chips
8 to 12 oz. peanuts

Melt chips over hot water. Mix with nuts and noodles. Spoon onto waxed paper. Let harden.

Can use any flavor chips.

CAKE MIX COOKIES

Jan Averkamp

1 cake mix
½ c. oil
2 eggs

Place cake mix, oil, and eggs in mixing bowl. Mix until well blended. Drop by teaspoons on baking sheet. Bake in 350° oven for 8 to 10 minutes.

For a festive look, add ¼ cup sprinkles to white cake batter (green and red for Christmas). Frost if desired.

CEREAL COOKIES

Sophie Dunman

1 c. margarine
1 c. white sugar
1 c. brown sugar

Cream together.

2 eggs, creamed with vanilla
1 tsp. vanilla
½ tsp. baking powder
1 tsp. baking soda
2 c. flour
1 c. oatmeal
2 c. cereal (1 c. Rice Krispies and 1 c. Quaker 100% natural cereal)
Scant ¼ c. sesame seeds
⅛ c. wheat germ

Flatten slightly onto cookie sheet. Bake at 350° for 10 to 12 minutes.

CHOCOLATE DROPS

Alvina Getz
By her granddaughter, Margaret Estrada

1 c. sugar
1 tsp. vanilla
½ c. butter
1 tsp. soda
2 eggs
1 c. nuts
2 sq. melted chocolate
½ c. milk
1½ c. flour (more or less)

Cream butter and sugar together. Add vanilla, soda (dissolved in water), eggs, and milk. Stir in chocolate. Add flour. Drop by spoonfuls and bake at 325° for 8 minutes or so. Done when looks dry and cake like. Frost with chocolate icing if desired.

CHOCOLATE OATMEAL COOKIES

Jean and Katie Wright

2½ c. sugar
½ c. butter
1 tsp. vanilla
½ tsp. cocoa
½ c. milk
½ c. peanut butter
1 c. walnuts
3 c. oatmeal

Mix sugar, butter, vanilla, cocoa, and milk. Heat until bubbly. Add peanut butter, walnuts, and oatmeal. Drop by spoonfuls onto foil or wax paper. No baking.

You may add 1 cup raisins.

COW PIES

Vivian Hunter

2 c. chocolate chips
1 Tbsp. shortening
½ c. raisins
½ c. chopped slivered almonds

Melt chocolate chips and shortening in microwave about 3 minutes; stir until smooth. Remove from heat and stir in raisins and almonds. Drop by tablespoon onto waxed paper. Chill until ready to serve. Yield: 2 dozen.

CRANBERRY DROP COOKIES

Lois Baxter

½ c. butter or margarine
1 c. sugar
¾ c. brown sugar
¼ c. milk
2 Tbsp. orange juice
1 egg
3 c. flour
1 tsp. baking powder
½ tsp. salt
¼ tsp. soda
1 c. chopped walnuts
2 c. chopped raw cranberries, chopped at least in halves

Cream butter and sugars; add rest of ingredients, adding nuts and cranberries last after mixing the rest together. Drop by teaspoonful on well greased baking sheet (will stick if not greased). Also can roll like a log and cut in slices - if so, refrigerate a bit for easier cutting. Bake at 350° for 10 minutes. Makes 6 dozen.

GINGER BALLS

Melody Menting

¾ c. shortening
1 c. sugar
1 egg
4 Tbsp. molasses
¼ tsp. salt
1 rounded tsp. ginger
2 c. flour
2 tsp. baking soda
1 tsp. cinnamon
½ tsp. cloves
Extra sugar (to roll in)

Cream together: shortening, sugar, egg, and molasses. In separate bowl, mix dry ingredients. Add to molasses mixture. Roll into balls; roll into sugar to coat. Bake at 350° for 12 to 15 minutes.

GINGER COOKIES

Margaret Vander Vere

1 c. sugar
1 c. molasses
1 c. shortening
⅔ c. sour milk
2 tsp. soda
1 tsp. salt
2 tsp. ginger
1 egg

Mix dry ingredients. Mix molasses, sugar, and shortening. Add dry ingredients, then milk and egg. Add enough flour to make real stiff dough. Roll and cut in shapes needed.

GRANDMA'S PEPPERNUTS

Jan Averkamp

1 c. molasses
1 c. sugar
1 c. shortening
2 tsp. cinnamon
⅓ c. water
2 tsp. cloves
1 egg
1 tsp. anise extract
Pinch of salt
2 tsp. soda
1 c. chopped nuts
5 c. flour (approx.)

Bring molasses, sugar, and shortening to a boil and set aside until cool but not cold, then add remaining ingredients. Add flour to make a stiff dough. Roll into ropes about 1 inch in diameter. Let stand overnight in refrigerator. Slice about ¼ inch thick and bake at 350° for about 12 minutes.

GROUNDHOG COOKIES

Dave and Gayle Lindeblom

2 c. sifted flour
½ tsp. salt
½ tsp. baking soda
1 tsp. baking powder
1 tsp. ginger
1 tsp. cloves
1½ tsp. cinnamon
½ c. soft butter
1 c. sugar
½ c. molasses
1 egg yolk
1 egg, slightly beaten
Currants (dried, for eyes)

Sift all dry ingredients together. Set aside. Cream butter and sugar till fluffy. Blend in molasses and yolk. Stir in flour and mix well. Form into a ball and chill 1 hour. Roll on sugared board to ⅛ inch thick. Cut into shape and place on greased cookie sheet. Brush with beaten egg. Decorate with currants. Bake 8 to 10 minutes. Cool slightly and remove from pan. Makes 12 to 15 large groundhogs or 3 to 4 dozen small ones.

JELLO COOKIES

Jean Wright

¾ c. shortening
½ c. sugar
1 small pkg. Jell-O
1 tsp. vanilla
2 eggs
2 c. sifted flour
1 tsp. salt
1 tsp. baking powder

Cream 1st three ingredients. Add all other ingredients. Roll into ball. Flatten with fingers. Bake in 350° oven for 8 minutes.

LEMON MELTAWAYS

Sophie Dunman

1¼ c. flour
¾ c. softened butter
½ c. cornstarch
⅓ c. powdered sugar
1 Tbsp. lemon juice
1 tsp. grated lemon rind

Mix all ingredients together well. Roll in wax paper (1 long roll or two short ones). Refrigerate until very firm - at least 2 hours. Slice in slices and place on ungreased cookie sheet. Bake at 350° for 8 to 10 minutes. Allow to cool on cookie sheet a minute or two before removing, since they are very fragile and crumble easily. When cold, frost with powdered sugar icing.

Powdered Sugar Icing:

¾ c. powdered sugar
¼ c. softened butter
1 tsp. lemon juice plus ½ tsp. grated lemon rind

LEMON ZUCCHINI COOKIES

Margaret Estrada

2 c. flour
1 tsp. baking powder
½ tsp. salt
¾ c. butter
¾ c. sugar
1 egg, beaten
1 tsp. (or more) grated lemon peel
1 c. shredded zucchini
1 c. chopped walnuts
Lemon Frost

Stir together flour, baking powder, and salt; set aside. In large bowl of mixer, cream butter and sugar until light. Beat in egg and lemon peel until fluffy. At low speed or with rubber scraper, stir in flour mixture until dough is smooth. Stir in zucchini and walnuts. Drop by rounded teaspoonfuls on greased cookie sheets. Bake in preheated 375° oven 15 to 20 minutes or until very lightly brown. While warm, drizzle lightly with Lemon Frost. Cool on racks. Makes 72 to 84.

Lemon Frost: Mix well 1 cup confectioners sugar and 1½ tablespoons lemon juice.

MOLASSES COOKIES

Betty Lohse

1½ c. shortening
2 c. sugar
½ c. molasses
2 eggs
4 tsp. soda
4 c. flour
1 tsp. cloves
1 tsp. ginger
2 tsp. cinnamon
1 tsp. salt

Melt shortening; cool. Add sugar, molasses, and eggs; beat well. Add flour and spices; mix well. Chill. Form into 1 inch balls and roll in sugar. Place on greased cookie sheet 2 inches apart. Bake at 375° for 8 to 10 minutes.

I add raisins and use approximately 1½ cups sugar.

MRS. BAXTER'S COOKIES

Lois Baxter

2¼ c. flour
1 tsp. salt
1 tsp. soda
1 c. melted butter or margarine
¾ c. sugar
¾ c. brown sugar, packed
1 tsp. vanilla
2 eggs
1 (12 oz.) pkg. chocolate chips
⅓ bag peanut butter chips
1 c. flaked coconut
1 to 1½ c. chopped walnuts

Melt butter or margarine; add sugar and brown sugar. Stir well. Add eggs and vanilla; beat well. Add flour, salt, and soda; mix well Add chips, coconut, and nuts; mix well. Cut brown paper sack to size of cookie sheet. Put paper on cookie sheet and place ice cream scoop of dough on brown paper. Flatten out a little and top with M&M's if desired Bake on next to bottom rack in oven at 325° for 11 to 13 minutes (they do not look done).

Remove at once with turner to cooling rack. Use new sheet of brown paper for each tray of cookies. Makes 4 dozen medium, 3 dozen large.

Variations:

1) Vanilla Chips (Safeway) or white almond bark chopped and macadamia nuts instead of walnuts, chocolate chips, and peanut butter chips.

2) Eliminate 1 cup flour; use 1 cup quick cooking oats instead. Add raisins.

3) Add 1 cup peanut butter, 1 to 1½ cups peanuts, and 1 cup quick cooking oats. Use 1 package peanut butter chips instead of chocolate chips. Eliminate cocoanut and walnuts.

4) You can put almost anything in that you want. The secret is to have lots of "goodies" and just enough dough to hold them together.

NO BAKE COOKIES

Pat Bowlin

1 c. sugar
1 lb. cocoa
¼ c. milk
¼ c. margarine
¼ c. peanut butter
1 tsp. vanilla
1½ c. quick oats

In a saucepan, combine sugar, cocoa, milk, and butter. Heat mixture to boiling. Boil for 1 minute, stirring constantly. Remove from heat and pour in mixing bowl; stir in peanut butter, vanilla, and oats. Drop by spoon onto wax paper and cool.

OATMEAL DROP COOKIES

Carol Cabe

½ c. shortening
1¼ c. sugar
2 eggs
⅓ c. molasses
1¾ c. flour
1 tsp. soda
1 tsp. salt
½ to 1 tsp. cinnamon
2 c. rolled oats
½ c. chopped nuts
1 c. raisins

Mix shortening, sugar, eggs, and molasses thoroughly. Stir dry ingredients together; blend in. Stir in oats, nuts, and raisins. Drop dough by rounded teaspoonfuls about 2 inches apart on lightly greased baking sheet. Heat oven to 400°. Bake 8 to 10 minutes or until lightly browned. Makes 5 to 6 dozen.

THE PRACTICALLY PERFECT COOKIE

Mary Pirie

2¼ c. flour
1 level tsp. baking soda
1 level tsp. salt
¾ c. white sugar
¾ c. dark brown sugar, packed
2 sticks (½ lb.) sweet butter (at room temperature)
1 tsp. vanilla extract
2 large eggs
1 (12 oz.) pkg. Nestle semi-sweet chocolate chips

Preheat the oven to 375°F. Mix the flour, baking soda, and salt in a bowl and set aside. Use a stand-type electric mixer to mix the two sugars briefly at low speed. Add the butter in small gobbets, mixing first at low speed, then at high. Beat the mix until it's pale, light, and very fluffy.

Add the vanilla at the mixer's slowest speed, then beat at high speed for a few seconds. Add the eggs, again at the lowest speed, switching to high speed for the final second or so. The eggs should be well beaten in and the mix should look creamed, not curdled. Add the flour, baking soda, and salt, one-half cup at a time, mixing at low speed for about one minute, then at high speed for a few seconds.

Scrape down the bowl's sides with a spatula; add the chocolate chips and mix at low speed for about 10 seconds. If need be, scrape the bowl's sides again and mix for a few more seconds. Put tablespoonfuls of the mix on an ungreased cookie sheet. Bake until the cookies are pale golden brown (nine minutes in an electric oven, 10 to 11 minutes in a gas one). Remove and let them cool on a rack.

RUTH HEGGE'S PECAN CRISPS

Joan Burns

½ lb. butter
1 egg yolk
1 c. sugar
2 c. flour
1 c. chopped pecans
1 tsp. vanilla

Mix all together, using ½ cup nuts. Put ¼ inch thick on cookie sheet. Brush top with egg white. Sprinkle remaining nuts on top. Bake 25 minutes at 325°. Don't get too brown. Cut while hot.

SCOTTISH SHORTBREAD

Mary Pirie

1 lb. butter, softened
1 c. granulated sugar
1 c. cornstarch
3 c. flour

Do *not* preheat oven. Place butter in large mixing bowl and let soften to room temperature. Add sugar, cornstarch, and flour. Cover your lap with a towel and hold bowl in lap, and squish ingredients through your fingers until well mixed. Press the mixture into a 13x9 inch pan. Prick the dough with a fork; holes should be close together. Start in a *cold* oven; bake at 325° for 55 to 60 minutes. The edges should be golden brown. Remove from oven and cut into squares while hot. Let cool. This cookie keeps well in the freezer.

SELMA'S BEST OATMEAL COOKIES

Eva Froude

(From I Hate to Cook Book by Peg Bracken)

1 c. shortening
1 c. white sugar
½ c. brown sugar
1 egg, beaten
1½ c. flour
1 tsp. soda
1 tsp. cinnamon
1½ c. quick rolled oats
1 tsp. vanilla
¾ c. finely crushed walnuts or pecans (optional)

Cream together shortening and sugars. Add beaten egg. Sift together flour, soda, and coconut and add to first mixture, then add oats and vanilla (and nuts if used). Chill dough for an hour. Put walnut-sized pieces on a greased cooky sheet. Butter bottom of a glass; dip in granulated sugar and flatten the pieces. Resugar the glass between pieces. Bake at 350° for 10 minutes.

WELSH "CASTLE" COOKIES

Gayle Lindeblom

2 c. flour
⅔ c. sugar
¼ tsp. cinnamon
½ tsp. salt
3 tsp. baking powder
½ c. margarine

Mix as for pie crust consistency.

Add:

2 beaten eggs
1 tsp. vanilla
½ c. dried currants

Pat out onto floured board to about ¼ inch thick. Cut into 2 inch circles with biscuit cutter. Bake in electric frying pan set at 325°. Turn once when slightly browned. Don't overbake.

WORLD'S BEST COOKIES

Lois Baxter

1 c. butter
1 c. sugar
1 c. brown sugar, packed
1 egg
1 c. oil
1 c. rolled oats
1 c. crushed corn flakes
½ c. shredded coconut
½ c. chopped pecans
1 tsp. vanilla
3½ c. flour
1 tsp. baking soda
1 tsp. salt

Cream butter and sugars until light and fluffy. Add egg and mix well. Add oil and mix well. Add oats, corn flakes, coconut, pecans, and vanilla; stir well. Add flour, baking soda, and salt. Form into 1 inch balls. Place on ungreased baking sheet. Flatten with fork dipped in water. Bake at 350° for 10 minutes. Cool on baking sheet 10 minutes before removing. Makes about 9½ dozen.

BARS

ALMOND BARS

Crust:

¾ c. butter
½ c. butter
1 egg
1 tsp. vanilla
2¼ c. flour
½ tsp. salt

Cream the butter and sugar. Stir in the other ingredients. Press into a 9x13 inch pan.

Almond layer:

2 eggs
½ c. sugar
1 tsp. butter
1 (8 oz.) can almond paste
1 tsp. almond extract
¾ c. almonds, chopped

Beat the eggs with the sugar; slowly add the butter, almond paste, and almond extract. Pour over the crust and spread with the chopped almonds. Bake at 325° for 25 to 30 minutes or until a toothpick in center comes out clean.

ALMOND PASTRY

Addie Stern

1 c. water
½ c. butter (or margarine)
1 c. flour
3 eggs
¼ tsp. salt
1 tsp. almond flavoring

Glaze:

2 Tbsp. butter
2 Tbsp. warm milk
¼ tsp. almond flavoring
1 c. powdered sugar
Nuts, cut in pieces

Bring 1 cup water and ½ cup butter to a boil. Remove from heat. Beat in 1 cup flour. Add eggs, one at a time, beating after each addition. Add salt and almond flavoring. Spread on baking sheet and bake at 350° for 45 minutes. Sprinkle glaze over baked pastry. Sprinkle with nuts.

APPLE BARS

Judi Berthiaume

1 c. flour
½ tsp. salt
½ tsp. soda
½ c. brown sugar
1 c. oatmeal
½ c. butter/margarine
2½ c. sliced apples
¼ c. sugar
2 Tbsp. butter/margarine

Sift flour, salt, and soda. Add brown sugar; mix with oatmeal. Cut into butter until crumbly. Spread half of the mixture in a greased 7x11 inch pan. Dot with butter. Add apples. Pour sugar over apples. Sprinkle with remaining mixture. Bake at 350° for 40 minutes.

APRICOT BARS

Charlotte Buettner

⅔ c. dried apricots (8 oz. pkg.)
½ c. butter
¼ c. sugar
⅓ c. sifted flour
½ tsp. baking soda
1 tsp. salt
1 c. packed brown sugar
½ tsp. vanilla
½ c. chopped nuts
Powdered sugar

Rinse apricots and cover with water. Boil 10 minutes; drain and chop. Mix till crumbly next 3 ingredients and pack into 8x8 inch greased pan. Bake 15 minutes at 350°. Sift ⅓ cup flour, baking powder, and salt. Gradually beat brown sugar into eggs and add flour mixture. Mix well Add vanilla, nuts, and apricots. Spread over baked layer. Bake 20 minutes at 325°. Sift powdered sugar over top. Cut when slightly cool.

BROWNIES

Joe and Cathy Hubbard

¾ c. sifted flour
1 c. sugar
5 Tbsp. cocoa
½ tsp. salt
½ c. shortening, softened
2 eggs (unbeaten)
1 tsp. vanilla
½ c. nuts, mixer chopped

Preheat oven to 350°. Grease the bottom of a 6 inch square pan. Place all ingredients in a large bowl. Move bowl control so that beater nearly touches side of bowl. Beat at speed 3 for 3 minutes. If nuts in large pieces are desired, do not beat nuts more than 1 minute. During beating, move the bowl control back and forth several times to mix thoroughly all ingredients. Bake at 350° for 30 minutes.

BROWNIES

Lois Baxter

1 c. margarine
2 c. sugar
1 c. milk
3 eggs
6 Tbsp. cocoa
2 c. flour
1 tsp. vanilla
¼ tsp. salt

Frosting:

3 Tbsp. cocoa
¼ c. margarine
¼ c. brown sugar
¼ c. milk
Chopped walnuts (optional)

Dump in bowl and beat powdered sugar and vanilla (no baking powder). Add nuts if desired. Put in jelly roll pan. Bake at 350° for 30 minutes. Frost. Serves 20.

Boil frosting 2 minutes and add powdered sugar until thick enough to frost. Also add ¼ to ½ teaspoon vanilla.

BUTTER PECAN TURTLE BARS

Susie Aasen

Crust:

2 c. flour
1 c. brown sugar
½ c. butter, softened
1 c. pecan halves

Topping:

½ c. brown sugar
⅔ c. butter, melted
1 pkg. milk chocolate chips

Turn oven to 350°. Blend flour, brown sugar, and butter; press into greased 9x13 inch pan (glass works best). Place pecans on crust. Combine butter and brown sugar. Bring to boil over medium heat, stirring constantly. Cook to softball stage. Pour over crust and pecans. Bake 18 to 22 minutes. Melt chocolate chips. Spread over crust while still hot. Cool before cutting.

CHOCOLATE CHIP BARS

Lois Baxter

1 c. soft margarine
2 c. brown sugar, packed
1 tsp. vanilla
2 c. flour
1 (12 oz.) pkg. chocolate chips
½ to 1 c. chopped walnuts

Cream margarine and sugar together very well. Add vanilla and mix thoroughly Add flour and mix by hand until all the flour is mixed into the dough. (Dough will be dry and stiff.) Add chocolate chips and nuts. Mix well. Pour into 9x13 inch pan and distribute dough evenly over bottom of pan. Press down with back of a spoon and smooth out. Bake at 350° for 10 minutes. Don't bake any longer. Cut while warm into bars or squares. Makes 24 bars.

MOLASSES FRUIT BARS

LaVonne Johnson

1½ c. sugar
¾ c. solid Crisco
2 eggs
½ c. molasses
3 c. flour
½ tsp. salt
2 tsp. soda
2 tsp. baking powder
½ tsp. nutmeg
½ tsp. cloves
½ tsp. cinnamon
1½ c. raisins

Cream sugar, Crisco, egg, and molasses. Sift and add dry ingredients, seasonings, and raisins, Mix thoroughly. Chill dough 1 hour or longer. Divide dough into 6 balls. Roll each ball into a cylinder shape about ¾ inch diameter and 15 inches long. Put 2 at a time on cookie sheet. Bake at 350° for about 15 minutes. Cool slightly and cut diagonally into bars. Makes 5 dozen cookies.

PEANUT BUTTER BUSTERS

Ulla Smith

1 pkg. miniature marshmallows
1 (8 oz.) jar unsalted peanuts
1 (12 oz.) pkg. semi-sweet chocolate chips
1 (12 oz.) pkg. butterscotch chips
1 c. creamy peanut butter

Mix the marshmallows and peanuts together and set aside. Melt the chocolate and butterscotch chips in a double boiler over hot water or microwave. When melted, add the peanut butter; mix well. Pour into a 9x12 inch Pyrex dish and chill. Cut into small pieces since it is very rich and very good.

PIES

BROADWAY COCONUT CREAM PIE

Lois Baxter

¾ c. cornstarch
1½ c. sugar
½ tsp. salt
1 qt. milk, scalded
2 eggs
½ Tbsp. vanilla
2 Tbsp. margarine
½ tsp. coconut extract
1 c. coarsely grated fresh coconut
1 (10 inch) baked pie shell
4 c. whipped cream

Combine cornstarch, sugar, and salt and mix well. Gradually stir scalded milk into cornstarch mixture. Bring to a boil, stirring constantly, and boil 2 minutes until thickened and shiny. Add small amount of hot mixture to eggs and beat (mixer) until blended. Return to pan and whip (mixer) 2 minutes over medium heat until slightly thickened, being careful not to curdle mixture.

Remove from heat and add vanilla and margarine, mixing until smooth. Pour through sieve. Place plastic wrap directly over cream. Set aside to cool. Add coconut extract and ½ cup coconut to cooled cream. Pour into pie shell. Chill. Spread whipped cream, mounding in center. Sprinkle with remaining ½ cup coconut. Serves 8 (one 10 inch pie).

Note: Can toast garnish cocoanut.

BOURBON PECAN PIE

Pat Bowlin

1 c. sugar
3 Tbsp. melted butter
½ c. dark corn syrup
3 large eggs, beaten
2 c. pecan halves
4 Tbsp. good quality bourbon
1 tsp. vanilla
1 (9 inch) deep dish pie shell (unbaked)

Preheat oven and cookie sheet to 350°. Mix together sugar and melted butter. Add vanilla, corn syrup, eggs, pecans, and bourbon. Stir until combined. Pour mixture into an unbaked shell and place on the preheated cookie sheet. Bake for 40 minutes or until pie is set. Remove from oven and cool on a wire rack.

CHOCOLATE COOKIE CHEESECAKE

Lois Baxter

1 (1¼ lb.) pkg. chocolate sandwich cookies
⅓ c. butter or margarine, melted
4 (8 oz.) pkg. cream cheese, cut into chunks
1 c. sugar
⅓ c. whipping cream
6 large eggs
2 Tbsp. all-purpose flour
2 tsp. vanilla

In a food processor, whirl ½ package of the cookies, including filling until they form fine crumbs (or place cookies in a paper or plastic bag and crush with a rolling pin). Mix in butter. Scoop crumbs into a 9 inch cheesecake with removable bottom and press crumbs evenly over bottom of pan and about ½ inch up sides. Chill crust until firm, about 20 minutes.

In a food processor or bowl of an electric mixer, whirl or beat the cream cheese, sugar, and whipping cream at medium speed until smooth. Add eggs, flour, and vanilla; whirl or beat again to blend.

Pour ½ of the cream cheese mixture over the chilled crust. Break remaining cookies in halves and scatter over mixture, overlapping cookies if necessary, to use all of them. Pour remaining mixture over cookies. (If you whirl cream cheese mixture in a food processor, filling will be thin enough to allow cookies to float to the surface during baking. If prepared in an electric mixer, filling will keep cookies in place.)

Bake the cake in a 300° oven until cheesecake is golden on top and jiggles only slightly in center when gently shaken, about 1 hour and 20 minutes. Take cake from oven and let cool on a rack. Cover and chill until cold, at least 4 hours or up to overnight. Before serving, run a knife between cake and pan sides; remove rim. Cut cheesecake into slender wedges to serve. Makes 12 to 16 servings.

CHRISTMAS CHERRY PIE

Barbara Gates

1 (14½ oz.) can pitted tart cherries
1 c. sugar
¼ c. all-purpose flour
1 c. (8 oz.) crushed pineapple (undrained)
1 (3 oz.) pkg. cherry gelatin
10 to 13 drops red food coloring
3 medium firm bananas, sliced
½ c. chopped pecans
1 (9 inch) pastry shell, baked
Whipped topping

Drain cherries, reserving 2 tablespoons juice (discard remaining juice or save for another use). In a large saucepan, combine sugar and flour. Stir in the pineapple, cherries, and reserved juice. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the pan. Add gelatin powder; stir until dissolved. Stir in food coloring. Cool until partially set. Stir in bananas and pecans. Pour into the pie shell. Refrigerate for at least 3 hours before serving. Garnish with whipped topping.

FROZEN YOGURT PIE

Vivian Hunter

1 (9 inch) graham cracker pie crust
1 (8 oz.) yogurt (raspberry)
1 (16 oz.) Cool Whip
1 (4 oz.) pkg. jello (raspberry)

Reserve 1 cup Cool Whip for topping. Mix together remaining Cool Whip, jello powder, and yogurt. Pour into pie shell and spread reserved Cool Whip on top. Freeze.

GRASSHOPPER PIE

Lois Baxter

24 large marshmallow (or 1 jar marshmallow creme)
⅔ c. milk
½ pt. whipping cream
2 oz. green creme de menthe (or 3 oz. green creme de menthe)
18 chocolate Hydrox cookies
¼ c. butter

Crush cookies and combine with melted butter. Press into 9 inch or 10 inch pie pan (bottom and sides) to make shell, reserving a few crumbs. Melt marshmallows in heated milk and Cool Whip cream and fold in. Add liqueur. Pour mixture into shell. Sprinkle remaining crumbs on top. Freeze. May be served frozen. Serves 6 to 8.

LEMON SOUR CREAM PIE

Lois Baxter

1 c. sugar
3 Tbsp. cornstarch
¼ c. butter
1 tsp. grated lemon rind
¼ c. lemon juice
3 beaten egg yolks
1 c. milk
1 c. sour cream

Combine sugar and cornstarch in saucepan. Add butter, lemon rind, lemon juice, egg yolks, and milk. Cook over medium heat, stirring until thick. Cool and fold in sour cream. Spoon into pie shell and top with whipped cream. Garnish with finely chopped nuts. Serves 8.

MILE HIGH STRAWBERRY PIE

Sophie Dunman

2 egg whites
2 c. fresh strawberries or 1 (10 oz.) pkg. frozen berries at room temperature
1 c. sugar
Pinch of salt
1 Tbsp. lemon juice
½ pt. whipping cream, whipped

Beat egg whites until frothy. Add berries, sugar, salt, and lemon juice. Beat 15 minutes at high speed. Fold in whipped cream and spoon into the prepared crusts. Freeze until ready to serve.

Crumb Crust:

1 c. flour
1 c. flour
¼ c. firmly packed brown sugar
½ c. butter, melted
½ c. chopped nuts

Mix ingredients well and spread in shallow pan. Bake at 350° for 20 minutes, stirring occasionally. Cool crumbs and spread into 2 (9 inch) pie pans.

MOM'S LIGHT 'N FRUITY PIE

Eunice Doolittle

1 (3 oz.) pkg. strawberry jello
⅔ c. boiling water
2 c. ice cubes
1 (8 oz.) container Cool Whip, thawed
1 c. fresh fruit (sliced strawberries, peaches, bananas, or whole raspberries or blueberries)
1 pkg. graham cracker crust

Optional:

1 (8¾ oz.) can apricots, sliced peaches, drained and diced or fruit cocktail, drained
1 (8¾ oz.) can crushed pineapple, drained

Dissolve gelatin completely in boiling water, stirring about 3 minutes. Add ice cubes and stir until gelatin is thickened, about 2 to 3 minutes. Remove any unmelted ice. Blend in Cool Whip, then whip until smooth. Fold in fruit. Chill, if necessary, until mixture will mound. Spoon into crust. Chill 2 hours. Garnish if desired.

OZARK ICE CREAM PIE

Lois Baxter

Beat 1 egg.

Add:

¾ c. white sugar
3 Tbsp. flour
1½ tsp. baking powder
½ tsp. salt
½ c. chopped raw apple
½ c. pecans or walnuts

Spread in greased tin pie pan and bake at 350° for 25 minutes. Spread 1 quart ice cream in cooled shell. Sprinkle 2 crushed Heath bars over top. Freeze. Can use Almond Roca too for candy. Serves 8.

Note: Be sure to grease pan *well* and use tin.

PEACHES AND CREAM PIE

Sophie Dunman

¾ c. sugar
¼ c. quick cooking tapioca
¼ tsp. salt
¼ tsp. ground cardamom or nutmeg
½ pt. whipping cream
Pastry for 9 inch pie shell
4 c. sliced, peeled peaches or nectarines

Combine sugar, tapioca, salt, and spice. Pour whipping cream over these ingredients and let stand at least 30 minutes. Fill unbaked pie shell with fruit and cover with cream mixture. Bake in 400° oven for about 40 minutes or until firm in center. Cool completely before serving.

Sophie's Favorite Pie Crust:

1 c. flour
1 stick margarine
½ tsp. salt
2 Tbsp. cold water

Combine and form into ball. Chill at least 30 minutes before rolling into single crust.

PEAR AND HAZELNUT FRANGIPANE TART

Ulla Smith

Active time: 30 minutes. Start to finish: 2½ hours.

1 c. hazelnuts, toasted, loose skins rubbed off in a kitchen towel, and cooled
½ c. sugar
¼ c. all-purpose flour
¼ stick (6 Tbsp.) cold unsalted butter, softened
2 large eggs
1 tsp. vanilla extract
½ tsp. almond extract
Tart shell
3 firm-ripe Bosc or Anjou pears
¼ c. apricot preserves, heated and strained

Preheat oven to 350°F. Pulse hazelnuts with ¼ cup sugar in a food processor until finely ground, then add flour and pulse to combine. Beat together butter and remaining ¼ cup sugar with an electric mixer at moderately high speed until pale and fluffy. Add eggs, 1 at a time, beating well after each addition, then beat in extracts.

Reduce speed to low and mix in nut mixture until just combined. Spread frangipani filling evenly in tart shell. Peel, halve, and core pears, then cut lengthwise into ¼ inch thick slices, holding slices together to keep

pear shape intact. Arrange pears decoratively on filling, fanning slices slightly. Bake until pears are golden and frangipani is puffed and golden brown, 30 to 40 minutes. Brush pears (not filling) with preserves and cool tart completely in pan on rack, then remove side of pan. Serves 10.

PUMPKIN CHIFFON MOUSSE WITH GINGERSNAP CRUST

Ulla Smith

Active time: 1 hour. Start to finish: 5 hours.

For crust:

20 (2 inch) gingersnap cookies, finely ground
½ stick (¼ c.) unsalted butter, melted and cooled

For filling:

3½ tsp. unflavored gelatin (from two 1¼ oz env.)
¼ c. bourbon or brandy
6 large eggs, separated
¾ c. packed light brown sugar
2¼ c. solid-pack canned pumpkin
1½ tsp. ground cinnamon
¾ tsp. ground ginger
¾ tsp. ground nutmeg
½ tsp. salt
½ c. granulated sugar
1½ c. chilled heavy cream

Garnish: Chopped crystallized ginger and whipped cream. Special equipment: A 9½ inch (24 cm) springform pan.

Make crust: Preheat oven to 350°F. Stir together gingersnap crumbs and butter in a bowl until crumbs are evenly moistened, then press onto bottom of buttered springform pan. Bake in middle of oven until edge is golden brown, about 8 minutes (watch carefully toward end of baking - crust burns easily). Cool in pan on a rack.

Make filling: Sprinkle gelatin over bourbon in a small bowl and let soften. Beat together yolks and brown sugar with an electric mixer at high speed until thick and pale, 3 to 5 minutes. Reduce speed to moderate and mix in pumpkin, spices, and salt. Transfer pumpkin mixture to a 4 quart heavy saucepan and cook over moderate heat, stirring constantly, until it registers 160°F. on a candy or instant read thermometer, about 6 minutes. Remove pan from heat and immediately add gelatin mixture, stirring until dissolved Transfer to a large metal bowl set in a

larger bowl of ice and cold water and cool, stirring occasionally, until the consistency of raw egg whites, about 15 minutes.

Beat egg whites with cleaned beaters at high speed until frothy, then gradually add granulated sugar, beating until whites hold stiff, glossy peaks. Fold into pumpkin mixture gently but thoroughly. Pour filling into springform pan, smoothing top, and chill, uncovered, 1 hour. Cover and chill until set, at least 3 hours. Before serving, run a thin knife around edge of pan and remove side. Serves 10.

Cooks' note: The egg whites in this recipe are not cooked. If salmonella is a problem in your area, you can use reconstituted powdered egg whites such as Just Whites.

RHUBARB AND STRAWBERRY PIE

Michelle Lammers

¾ c. sugar
2 Tbsp. flour
¼ tsp. ground cinnamon
2 c. rhubarb, cut
2 c. strawberries, cut in halves
Pie crust (to make the bottom and top of pie)
1 egg, well beaten
1 Tbsp. water

Mix sugar, flour, and cinnamon in a medium bowl. Add rhubarb and strawberries; toss lightly to coat the fruit. Roll out pie dough and line the 9 inch pie pan. Pour the fruit mixture into the pie crust. Top with rest of rolled out pie dough. Trim the edges and crimp so that it does not come apart. Cut slits in the middle of the crust. Mix the egg and water together and brush over the top of the crust (can sprinkle a little bit of sugar on the top if desired). Bake in 400° oven for 45 minutes or until golden brown and juices bubble up. Cool on a rack and serve with a scoop of vanilla ice cream.

RHUBARB CUSTARD PIE

Gayle Lindeblom

2 c. raw rhubarb, cut in chunks (about 3 lb.)
1 c. sugar
½ tsp. cinnamon
1 egg
2 Tbsp. flour

Mix above with ¼ cup whipping cream. Stir together and put into your favorite pie crust. Top with upper crust and sprinkle sugar on top. Bake at 425° for 40 to 50 minutes.

STREUSEL PEACH PIE

Ulla Smith

8 inch unbaked pie shell with high fluted edges
3 c. sliced, peeled peaches (about 6 medium)
⅓ c. sugar
1 egg
2 Tbsp. heavy cream
½ c. unsifted flour
⅓ c. light brown sugar
¼ c. butter

Turn peaches into the unbaked pie shell; sprinkle with the granulated sugar. Beat egg slightly; add cream and beat to combine. Pour over peaches. Stir together the flour and brown sugar; cut in butter until particles are fine. Sprinkle over peach filling. Bake in hot oven (425°) until topping and crust are browned, 35 to 40 minutes.

PIE DOUGH

Pat Bowlin

3 c. flour
1½ c. shortening
1 tsp. salt
3 Tbsp. sugar
1 egg
1 tsp. vinegar
5 Tbsp. water

Mix first four ingredients. Beat egg, vinegar, and water Add to flour mixture and roll out.

DESSERTS

APPLE CRISP

Sophie Dunman

5 c. peeled and sliced apples
¾ c. flour
½ c. sugar
½ tsp. cinnamon
¼ tsp. salt
⅔ stick margarine or butter, cut in small pieces

Butter a 1½ quart baking dish; spread the apples in it and sprinkle ⅓ cup water on top. Combine flour, sugar, cinnamon, and salt in bowl and rub in butter with your fingers. Spread evenly over apples. Bake in 350° oven about 1 hour or until crust is browned. Serve with cream or ice cream.

APPLE DESSERT

Addie Stern

7 to 10 apples
1½ c. sugar
3 Tbsp. tapioca
1 tsp. cinnamon
1 c. butter
1 c. sugar
2 eggs
2 c. flour
2 tsp. baking powder
1 tsp. salt
1 tsp. vanilla
9x13 inch pan

Peel, core, and slice enough apples to fill pan ⅔ full. Mix 1 cup sugar, tapioca, and cinnamon. Add to apples and mix well. Bake at 350° for 10 to 15 minutes. Meanwhile, cream 1½ cups sugar with butter. Beat in eggs. Sift flour, baking powder, and salt; add to creamed mixture with vanilla. Drop over warm apples and spread evenly over top. Bake 45 minutes.

BURNT CREAM

Lois Baxter

1 pt. whip cream
4 eggs
½ c. sugar
1 Tbsp. vanilla
Brown sugar

Scald cream and beat eggs and sugar together. Gradually add cream to egg mixture. Stir in vanilla. Bake in oven at 350° for 45 minutes in baking dishes. Set in water. Let cool 12 hours in refrigerator until really

cold. Sprinkle with brown sugar and broil until sugar melts. Remove. Let cool. Refrigerate until served. Makes 4 servings.

CHARLOTTE'S CHERRY DESSERT

Joan Hassan

1 can cherry pie filling
1 (15 oz.) can crushed pineapple, drained
1 tall can mandarin oranges, drained
1 can condensed pineapple, drained
1 c. chopped pecans
1 (8 oz.) Cool Whip

Mix first 5 ingredients. Add Cool Whip. Refrigerate overnight.

I freeze this in individual portions and eat either frozen or thawed.

CHOCOLATE - LIME SWIRL

Virginia Hamblin
Friend of Doris Hall

1 can frozen condensed milk
1 or 2 pkg. chocolate wafers
1 big pkg. lime or strawberry Jell-O

Freeze milk in flat cake pan. Dissolve Jell-O with half of water called for; let cool. Crush cookies and mix with 1 cube melted butter. Mix cookies and butter and spread half in bottom of 8x11 inch cake dish. Whip milk in medium bowl till stiff. Dribble Jell-O in milk while beating till thick. Spoon on top of cookies. Add the rest of the cookie mixture to top of Jell-O. Keep refrigerated till ready to serve.

CHOCOLATE RASPBERRY SHORTCAKE

Lois Baxter

2 c. flour
8 Tbsp. sugar
½ c. unsweetened cocoa
3 tsp. baking powder
½ c. solid margarine, cut into pieces
2 egg yolks
⅔ c. milk
½ c. chocolate chips
3 c. fresh raspberries
Whipped cream

Combine flour, cocoa, sugar, and baking powder in bowl; cut in margarine with pastry blender until mixture is crumbly. Beat egg yolks and milk together and add to batter. If mixture is stiff, add additional milk to make soft dough. Stir in chocolate chips; place dough in "log" formation (as for ice box cookies) on waxed paper and roll slightly to round to a 2 inch diameter "log."

Chill dough 30 minutes. Cut in about 1 inch slices and place, cut side down, on ungreased cake pan (like biscuits). Dough is still quite soft and sticky Bake at 425° for 15 to 20 minutes. Place on rack to cool. Coarsely crush half the raspberries and add sugar to taste. Add whole berries to crushed ones. Split biscuits and fill with berries. Top with other half of biscuit and more berries. Garnish with whipped cream. Serves 8 to 10.

CREAM PUFFS

Judi Berthiaume

1 c. water
½ c. butter or margarine
1 c. flour
4 eggs

Preheat oven to 400°. Boil water and butter. Add the flour and beat until smooth. Add 1 egg at a time, stirring in between eggs. Use lightly greased cookie sheets. Drop by teaspoons. Bake for 25 minutes.

CREAM PUFF DESSERT

Judi Berthiaume

1 c. water
½ c. butter or margarine
1 c. flour
4 eggs
8 oz cream cheese, softened
1 large (5 oz.) box vanilla instant pudding
2 c. milk
Cool Whip
Chocolate syrup

Preheat oven to 400°. Lightly grease 9x13 inch pan. Boil water and butter. Add the flour and beat until smooth. Add 1 egg at a time, stirring in between eggs. Spread in 9x13 inch pan. Bake for 30 to 35 minutes; cool. Mix together cream cheese, vanilla pudding, and milk. Pour over cooled crust. Spread Cool Whip on top and drizzle with chocolate syrup. Refrigerate 2 hours.

FLAPPER PUDDING (CIRCA 1928)

Eunice Doolittle

1 c. fine vanilla wafer crumbs
¾ c. soft butter
2 c. sifted confectioners sugar
2 egg yolks (room temperature)
2 stiff beaten egg whites
1 (9 oz.) can crushed pineapple, well drained
½ c. chopped walnuts

Spread half of vanilla wafer crumbs on bottom of 10 x 6 x 1½ inch baking dish. Cream butter; gradually add confectioners sugar, beating until light and fluffy. Add egg yolks, one at a time, beating well after each addition. Beat 1 minute more. Fold in egg whites (mixture may look curdled). Beat at medium speed for a few seconds or till smooth. Fold in pineapple and nuts. Carefully spread mixture over crumbs. Top with remaining crumbs. Chill till firm - 5 hours or overnight. Cut in 10 squares. Garnish with cherries.

FOUR LAYER DESSERT

Sophie Dunman

1½ c. flour
¾ c. margarine
½ c. chopped pecans
8 oz. cream cheese, softened
1 c. powdered sugar
2 c. (or more) Cool Whip
2 small pkg. instant pudding (any flavor)
3 c. milk
1 tsp. vanilla

1st layer: Combine flour, melted margarine, and pecans. Pat into 9x13 inch pan with fingers. Bake at 325° for 15 minutes. Cool.

2nd layer: Mix cream cheese, powdered sugar, 1 cup Cool Whip. Spread on top of first layer. Chill 15 minutes.

3rd layer: Mix pudding, milk, vanilla, until thick and pour over 2nd layer Garnish with nuts.

4th layer: An hour or so before serving, spread with Cool Whip. Serves about 15.

FRUIT PIZZA

Ray and Debbie Olson

0.2 c. margarine
1 c. sugar
1 large egg
1½ c. all-purpose flour
½ tsp. cream of tartar
½ tsp. baking soda
½ tsp. vanilla extract
4 fl. oz. Cool Whip
½ c. confectioners sugar
8 oz. cream cheese
1 c. orange juice (fresh)
½ c. sugar
2 Tbsp. lemon juice
2 Tbsp. cornstarch
2 medium kiwi
2 medium bananas
8 fl. oz. pineapple (canned in juice)
1 c. grapes

Combine 1st seven ingredients and press into a pizza pan. Bake at 350° for 12 to 15 minutes. Mix Cool Whip, powdered sugar, and cream cheese and spread on cooled crust. Layer well drained fruit. For example, outer crust put a circle of kiwi, next layer put bananas, then pineapple, green grapes. Use fresh fruit or canned.

Make glaze: Mix orange juice, ½ cup sugar, lemon juice, and cornstarch. Boil till thick. Spread glaze over fruit to "seal" it. Chill well. Makes 12 (1 slice) servings.

HOMEMADE ICE CREAM

Lois Baxter

4 eggs
1½ c. sugar
6 c. milk
4 c. whipping cream
2 Tbsp. vanilla
½ tsp. regular salt

Beat eggs until light. Add sugar gradually, beating until mixture thickens. Add remaining ingredients and mix thoroughly. Put in container and freeze, using ice and rock salt. Takes 15 minutes or so to freeze. When freezer almost stops, unplug and take beater out. Let set a couple of hours in the ice or freezer to "ripen" (tastes better).

LEFSE - THE EASY WAY!

Gayle Lindeblom

6 c. hot water
1 tsp. salt
½ Tbsp. sugar
6 Tbsp. butter or shortening

Boil above. Add 6 cups potato flakes (not buds). Cover loosely. Cool. Mix 2 cups potatoes and ⅔ cup flour. Roll out thin on generously floured

board. Cook on lefse iron or skillet until done, turning once. Serve buttered with cinnamon and sugar.

If too "sticky," add more flour, one handful at a time.

LEMON SLUSH

Inge Chaney

2 c. flour
2 sticks butter
8 oz. cream cheese
1 c. powdered sugar
8 oz. Cool Whip
2 small boxes instant lemon pudding
3 c. milk

Mix flour and butter. Pat into 9x13 inch pan. Bake at 350° for 20 minutes. Mix cream cheese with powdered sugar. Add one cup of Cool Whip. Spread cream cheese mixture over cool crust, then mix pudding with 3 cups milk. Let set for 10 minutes, then spread over cheese mixture. Spread the rest of Cool Whip over pudding mixture.

NO BAKE CHERRY CHEESE CAKE

Tillie Russell

2 pkg. graham crackers, crushed
4 to 5 Tbsp. melted butter
2 Tbsp. sugar
1 c. milk
1 (10 oz.) pkg. small marshmallows
3 (8 oz.) pkg. cream cheese
1 Tbsp. lemon juice
1 (9 oz.) container Cool Whip
1 can cherry pie filling

Mix the crushed graham crackers with the melted butter and 2 tablespoons sugar (reserve 2 tablespoons for topping). Pat into 9x17 inch or 9x13 inch pan. Put into oven for 12 to 15 minutes at 350°. Set aside to cool. Meanwhile, boil 1 cup milk; take off burner and mix in the 10 ounce package of marshmallows. Beat with mixer, then add the three packages of cream cheese (break into small pieces when adding).

Add lemon juice and fold in Cool Whip. Spoon into crust. Add the pie filling on top. Sprinkle with reserved graham cracker crumbs. Let set in fridge for four hours, then slice and serve.

NUT CUPS

Sophie Dunman

24 mini muffin tins
1 stick soft butter
3 oz. cream cheese
1 c. flour

Blend, roll in ball, and chill at least 1 hour.

Filling:

1 egg, slightly beaten
1 c. chopped nuts
1 to 2 c. sugar
1 tsp. vanilla

Line muffin tins with crust (divide into 24 balls the size of a walnut and press into tins). Put 1 teaspoon of filling in each tin. Bake 20 to 25 minutes at 375° (watch closely). Let sit in pans 5 minutes and carefully remove. When cool, sprinkle with powdered sugar.

OREO-COOKIE DESSERT

Betty Olson

1 pkg. chocolate sandwich cookies
1 pkg. cherry jello
1 pt. cream
2 egg whites, stiffly beaten
1 c. sugar

Crush the cookies into fine crumbs. Place half in 9x13 inch cake pan. Boil 1 package cherry jello with 1 cup water. Let cool. Whip 1 pint cream; add two stiffly beaten egg whites and 1 cup sugar. Mix and add cooled jello. Pour over crumbs and cover with remaining cookie crumbs.

PERSIMMON PUDDING

Michelle Lammers

2 c. persimmon pulp
2 c. sugar
2 eggs
1 tsp. baking soda
1½ c. buttermilk
1½ c. flour
1 tsp. baking powder
1 tsp. cinnamon
Pinch of salt
¼ c. cream
1 Tbsp. honey
4 Tbsp. butter

Preheat the oven to 350°. Peel the persimmons after they have had time to get ripe and are soft to the touch, then cut them in halves and take out the seeds, then take out the persimmon fruit and put into a bowl to mash. To that bowl, add the sugar and eggs; mix good, then add the baking soda and buttermilk into another bowl. Set aside.

Sift together the flour, baking powder, cinnamon, and salt. Mix these into the persimmon ingredients, alternating between the buttermilk mixture and flour mixture, then add the cream and honey and mix well. In a 9x13 inch pan, melt the butter, then pour in the pudding mixture and bake for 1 hour. To serve, cut into squares and add a dash of nutmeg and evaporated milk to taste.

RED APPLES

Pat Bowlin

2 c. sugar
2 c. water
½ c. cinnamon candy (red hots)
A few drops red food coloring

Bring sugar and water to a boil. Makes a thin syrup. Peel and core small apples. Place in above syrup whole or make apple slices and cook gently. Serve whole apples warm with a dollop of Cool Whip.

STRAWBERRY FLUFF

Winnie Christensen

1 pt. fresh strawberries
1 box sugar and fat free instant vanilla pudding
1 box sugar free strawberry jello
1 (8 oz.) low fat Cool Whip

Using large bowl, dissolve jello in a cup boiling water. Put in 6 ice cubes to cool, then add pudding mix to dissolve the pudding. Add fresh washed and sliced strawberries. Combine and fold in the 8 ounces Cool Whip. Let set in refrigerator overnight. Makes 8 (5 ounce) servings.

CANDY

CEREAL CANDY

Bob and Lucile Wickel

2 c. Rice Krispies
2 c. Capt. Crunch
4 c. miniature marshmallows
1 c. mixed nuts
2 lb. almond bark (white)
1 c. smooth peanut butter

Mix cereals, marshmallows, and nuts together. Melt almond bark and peanut butter. Pour this over cereal mixture. With a tablespoon, spoon mixture on wax paper. Allow to cool.

FOOLPROOF FUDGE

Jane Kruger

3 c. (1½ twelve oz. bags) semi-sweet chocolate chips
1 (14 oz.) can sweetened condensed milk (not evaporated)
1 c. chopped walnuts
1½ tsp. vanilla extract

In heavy saucepan, over low heat, melt chips with sweetened condensed milk. Remove from heat; stir in walnuts and vanilla. Spread evenly into wax paper-lined 8 or 9 square pan. Chill 2 hours or until firm. Turn fudge onto cutting board; peel off paper and cut into squares. Store at room temperature. Makes about 2 pounds.

MICROWAVE FUDGE

Tillie Russell

1 lb. confectioners sugar
½ c. unsweetened cocoa
¼ c. milk
¼ lb. butter or margarine
1 tsp. vanilla extract
½ c. chopped nuts

Lightly grease an 8 inch square pan; set aside. Place confectioners sugar and cocoa in medium size heat resistant, not metallic mixing bowl. Stir to combine. Add milk and butter to sugar-cocoa mixture. *Do not stir.* Heat, uncovered, in microwave oven for 2 minutes. After cooking, stir just to combine ingredients. Add vanilla and nuts. Stir until blended. Pour into prepared pan and chill in refrigerator for one hour before cutting and serving. May also add 1 to 2 tablespoons peanut butter when first cooking.

PEANUT BUTTER BALLS

Sophie Dunman

2 c. peanut butter plus ½ c. margarine, melted together

Combine:

4½ c. powdered sugar

3 c. Rice Krispies

Pour peanut butter mixture over sugar mixture. Form into ½ inch balls. Freeze or place in refrigerator until very firm. Melt a 6 ounce package of chocolate chips and dip balls in melted chocolate. Chill until firm. Eat and enjoy.

PRALINE PECANS

Sherri Thomas

1 lb. pecans
2 egg whites
1 c. sugar
1 pinch of salt
1 stick butter
1 jelly roll pan

Preheat oven to 300°. Beat the egg whites until stiff. Add the sugar and salt. Melt stick of butter in the jelly roll pan in the oven. Fold the pecans into the meringue. Distribute pecans evenly into jelly roll pan. Place in oven and bake 35 to 40 minutes, stirring the nuts every 10 minutes. Cool and they are ready to serve.

REMARKABLE FUDGE

Sophie Dunman

4 c. sugar
1 c. evaporated milk
3 sticks margarine
1 pt. marshmallow cream
1 (12 oz.) pkg. chocolate chips
2 (5 oz.) Cadbury bars (dairy milk)
1 c. (or more) pecans

Melt margarine in heavy pan (coating sides). Add sugar and milk. Cook over medium heat to soft ball stage (236°), stirring frequently. Remove from heat. Add marshmallow creme, chocolate chips, Cadbury bars, and nuts. Blend. Pour in buttered 9x13 inch pan. Chill.

TURTLES

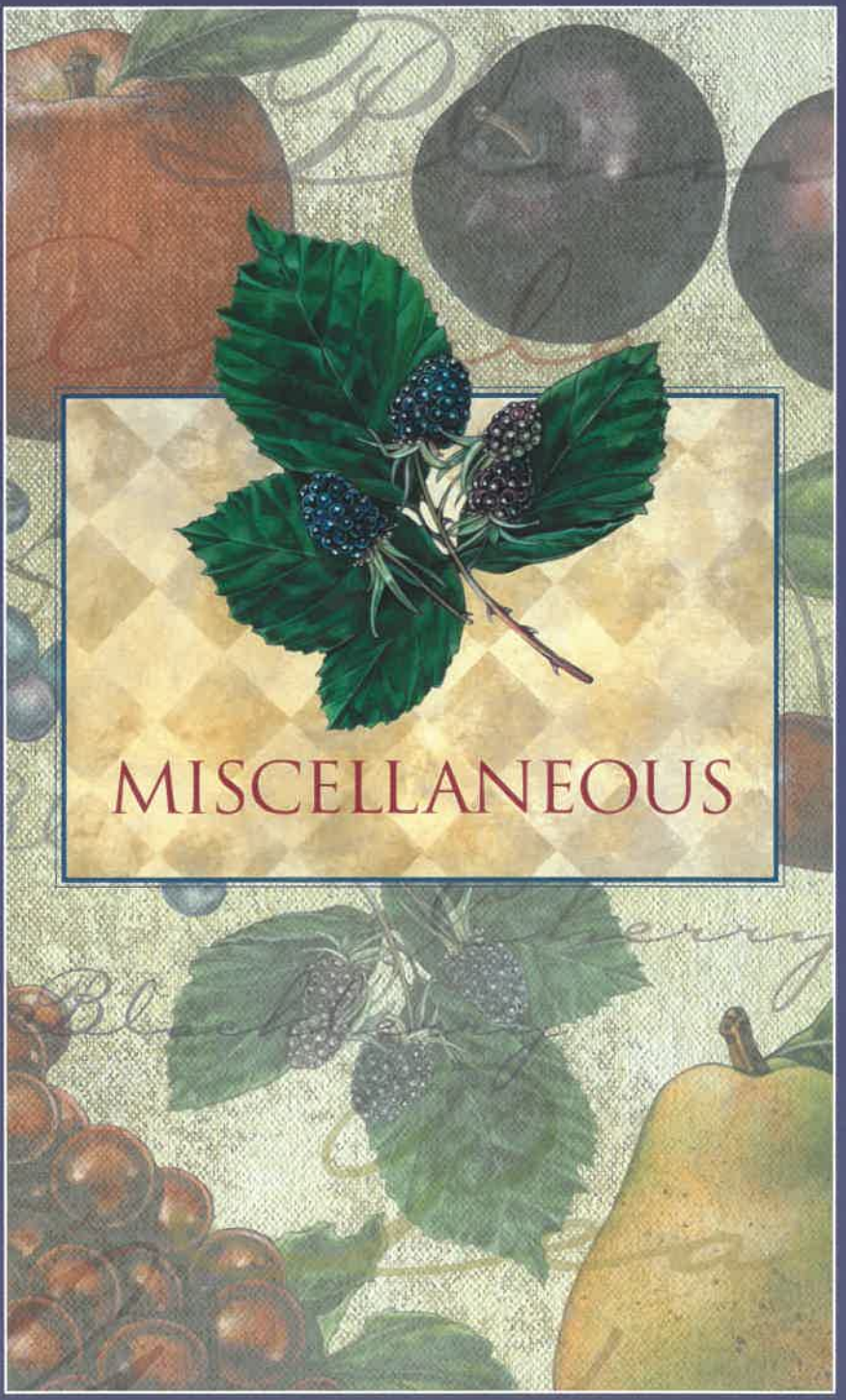
Gayle Lindeblom

(Fun for kids)

½ c. melted butter
2 beaten eggs
Dash of salt
¼ tsp. soda
¾ c. sugar
6 Tbsp. cocoa
1 c. flour
1 tsp. vanilla

Combine all ingredients. Bake in waffle iron, 1 teaspoon batter in each section. Bake 50 seconds. Frost if desired. Yield: 2½ dozen cookies.

Notes



MISCELLANEOUS

TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about ½ teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the SOFT BALL TEST the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the FIRM BALL TEST the candy will roll into a firm, but not hard ball. It will flatten out a few minutes after being removed from the water.

In the HARD BALL TEST the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the LIGHT CRACK TEST the candy will form brittle threads which will soften on removal from the water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In CARAMELIZING the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

MISCELLANEOUS

BUBBLES FOR BLOWING

Mary Pirie

2 oz. Dawn or Joy dishwashing soap
1 oz. Karo corn syrup
16 oz. water

Mix and let settle. Use with bubble wands, straws, wire bent into enclosed shapes, plastic berry baskets.

SUPER PLAYDOUGH

Mary Pirie

2 c. flour
1 c. salt
2 Tbsp. powdered alum
2 Tbsp. oil
1½ c. boiling water
Food coloring

Mix the flour, salt, and alum in a large bowl. Boil water and add it and the oil to the dry mix. Stir together. Let cool and little. Empty dough mixture onto counter and knead well. Add food coloring (as desired). Keeps well in an airtight container.

MAGIC FINGER JELLO

Mary Pirie

2 pkg. unflavored gelatin
1 (6 oz.) pkg. jello or 2 (3 oz.) pkg.
2½ c. water
¼ c. (or less) sugar or artificial sweetener

Dissolve unflavored gelatin in one cup of cold water; set aside. In a saucepan, bring 1 cup of water to a boil and add jello and sugar. Bring to a boil and remove from heat. Add gelatin mixture. Stir and add ½ cup cold water. Pour into a greased pan and set in the refrigerator until solid (about 2 hours). Cut into squares (or use a cookie cutter) and store in an airtight container in the refrigerator.

HOW TO PRESERVE CHILDREN

To preserve children, take:

1 large grassy field
½ doz. children
A pinch of brook and some small pebbles
2 or 3 small dogs

Mix the children and dogs together. Put them in the field, stirring constantly. Pour the brook over the pebbles. Sprinkle the field with flowers. Spread over all, a deep blue sky. Bake in a hot sun. When thoroughly browned, remove and set out to cool in a bath tub.

BEST BUBBLE MIX

Micah the Clown

⅔ c. Dawn dish soup
1 Tbsp. glycerine*
1 gal. warm water

Mix together. Enjoy! Keeps well if put into closed container.

Bubble mix performs best on a humid day.

* May need to add more glycerine if bubbles break.

STICKY BUNS

Sophie Dunman

1 c. margarine or butter (2 sticks)
1¼ c. milk
½ c. sugar
1 tsp. salt
2 large or 3 small eggs
5 c. flour
2 pkg. dry yeast

Put butter, milk, sugar, and salt in saucepan and heat until butter melts. In large Mixmaster bowl, combine 2 cups flour with the 2 packages of yeast. Pour warm milk mixture into bowl and beat at low speed for 1 minute. Add eggs and 1 more cup of flour and beat at high speed for 3 minutes. Remove beater and add rest of flour by hand. Grease sides of bowl and top of dough and cover with waxed paper. Cover with damp towel and refrigerate overnight. The next day, form into apple kuchen, sticky buns, cinnamon rolls, or any type coffee cake.

Divide dough in half. Roll each half of dough into a 12x8 inch rectangle. Mix ½ cup sugar and 2 teaspoons cinnamon together. Spread each half of dough with half of ⅓ cup melted butter. Sprinkle half of the sugar mixture on each half. Sprinkle with raisins and roll each piece starting with the long side. Slice each roll into 15 buns. Place rolls, cut side

down, into 2 (9x13 inch) pans into which you have previously placed in each pan the following mixture: ⅓ cup brown sugar, ¼ cup butter, 2 tablespoons light corn syrup, 1 tablespoon water, and pecans as desired. Cover and let rise until double (1 to 1½ hours).

Bake at 375° (I baked them at 350° in your oven - Carol) for 15 to 20 minutes. Invert on rack and let cool, about 30 seconds before removing pans.

CINNAMON ROLLS

Sophie Dunman

1 c. margarine or butter (2 sticks)
1¼ c. milk
½ c. sugar
1 tsp. salt
2 large (or 3 small) eggs
5 c. flour
2 pkg. dry yeast

Put butter, milk, sugar, and salt in saucepan and heat until butter melts. In large Mixmaster bowl, combine 2 cups flour with the 2 packages of yeast. Pour warm milk mixture into bowl and beat at low speed for 1 minute. Add eggs and 1 more cup of flour and beat at high speed for 3 minutes. Remove beater and add rest of flour by hand.

Grease sides of bowl and top of dough and cover with waxed paper. Cover with damp towel and refrigerate overnight. The next day form into apple kuchen, sticky buns, cinnamon rolls, or any type coffee cake.

Divide dough in half. Roll each half of dough into a 12x8 inch rectangle. Mix ½ cup sugar and 2 teaspoons cinnamon together. Spread each half of dough with half of ⅓ cup melted butter. Sprinkle half of the sugar mixture on each half. Sprinkle with raisins and roll each piece, starting with the long side. Slice each roll into 15 buns. Place rolls, cut side down, into 2 (9x13 inch) greased pans. Cover and let rise until double (1 to 1½ hours). Bake at 375° (I baked them at 350° in your oven - Carol) for 15 to 20 minutes. Cool and drizzle with Confectioners Icing.

Confectioners Icing: Combine 1 cup powdered sugar, 1 tablespoon soft butter, ¼ teaspoon vanilla, and about 1 tablespoon milk or until of drizzling consistency.

DUTCH BABY

Michelle Lammers

Eggs
Milk
Butter
Flour

These items depend on the size of family going to feed and pan used.

Pan size - 2 to 3 quart:

¼ c. butter
3 eggs
¾ c. milk
¾ c. flour

Pan size - 3 to 4 quart:

⅓ c. butter
4 eggs
1 c. milk
1 c. flour

Pan size - 4 to 4½ quart:

½ c. butter
5 eggs
1¼ c. milk
1¼ c. flour

Pan size - 4½ to 5 quart:

½ c. butter
6 eggs
1½ c. milk
1½ c. flour

Melt the butter in pan in a 425° oven. Beat eggs in a blender for 1 minute. Add milk, then flour slowly, and blend for 30 seconds longer. Pour the mixture into the pan with melted butter, remembering that it is hot. Bake for 20 to 25 minutes at 425°, making sure not to overcook. Dutch Babies when cooked will always look different. To serve cut out of pan and place onto plates. Pour syrup over them. Can also serve with fresh fruit or jam, then dust with powdered sugar.

BLUEBERRIES AND CREAM FRENCH TOAST

Ulla Smith

8 oz. cream cheese, softened
½ c. sugar
1 tsp. vanilla
¼ c. butter, softened
Grated rind of 1 orange
4 eggs
1½ c. milk
1 loaf French bread, cut into 1 inch slices
1 to 2 c. blueberries

In large bowl, combine cream cheese, sugar, vanilla, butter, and orange rind. Add eggs, 1 at a time, mixing well after each addition. Stir in milk. Arrange bread slices, slightly overlapping in greased 9x13 inch baking dish. Pour mixture evenly over bread. Cover with plastic wrap and let stand 3 minutes. Before baking, uncover and sprinkle with berries on top. Bake at 325° for 45 minutes until golden brown. Serve with syrup.

SWEDISH PANCAKES

Vivian Hunter

2 c. milk
4 Tbsp. butter
4 eggs
1 c. flour
2 tsp. baking powder
½ tsp. salt

Heat in saucepan the milk and butter. When slightly cooled, beat in eggs, flour, baking powder, and salt. Bake thin pancakes. Serve with cream and berries, Cool Whip, and jam roll.

SUGARED PEANUTS

Jean Hassan

1 c. granulated sugar
½ c. water
2 c. peanuts (raw)
Salt

In heavy saucepan, combine nuts, sugar, and water. Stir well and cook, and stir till mixture crystallizes and coats peanuts, 10 to 12 minutes. Spread in 10x15x1 inch pan and sprinkle with salt. Bake at 300° for 15 minutes. Lift and turn with turner. Bake 15 minutes more. Cool. Store in covered container.

MAPLE BBQ SAUCE

Lillian Harris

¾ c. maple syrup
¾ c. ketchup
½ c. cold water
½ tsp. onion salt
¼ tsp. celery seed
Salt and pepper to taste

In a small bowl or jar with a tight lid combine all ingredient; mix or shake well. Serve over ribs, steak, chicken, pork, or ham. May use a marinade. Store in the refrigerator.

FAVORITE VINAIGRETTE DRESSING

Connie Schmidt

½ c. olive oil
3 Tbsp. balsamic or raspberry vinegar
2 to 3 Tbsp. water
1 tsp. Dijon mustard
1 to 3 cloves garlic (fresh), crushed (will have stronger flavor)
Salt and pepper to taste
Another of your favorite herbs to taste (fresh or dried)

Mix, refrigerate, and enjoy often.

DAD'S BALSAMIC VINAIGRETTE SALAD DRESSING

Hal and Dorothy Reinhardt

Combine and blend well:

½ c. olive oil
¼ c. balsamic (or red wine) vinegar
¼ tsp. salt
1 Tbsp. sugar
¼ tsp. fresh ground pepper
2 Tbsp. chives (or green onion tops)
1 Tbsp. parsley
1 large clove garlic (pressed or minced)
2 Tbsp. Blue cheese (crumbles works best)
2 Tbsp. sour cream (or plain yogurt)

ROQUEFORT DRESSING (BLUE CHEESE DRESSING)

Sherry Thomas

1 qt. mayonnaise
3 oz. cream cheese
1 c. buttermilk
1 tsp. onion salt
Dash of garlic powder
4 oz. crumbled Roquefort or Blue cheese

Mix together well.

POPPY SEED SALAD DRESSING *Gayle Lindeblom*

¼ c. sugar
1½ Tbsp. onion juice (optional)
1 c. oil
1 tsp. dry mustard
1 tsp. salt
⅓ c. cider vinegar
1½ tsp. poppy seeds

Mix and store in fridge.

PEOPLE CHOW *Lois Baxter*

Melt together:

½ c. margarine
½ c. creamy peanut butter
12 oz. chocolate chips

Pour over Rice or Wheat Chex (mix well to coat). Put 2 cups powdered sugar in a large thick bag; add above mixture and toss to coat thoroughly. Store in an airtight container. Serves 8 to 10.

MANGO CHUTNEY *Marylou Smith*
Friend of Sharon Westman

2 to 3 large mangos, peeled and chopped (I use the jarred ones from Costco)
3 apples, peeled, cored, and chopped
½ sweet red pepper, chopped
1 c. onion, chopped
½ c. golden raisins
¼ c. dark raisins
¼ c. currants
1½ c. granulated sugar
¾ c. white vinegar
2 Tbsp. grated ginger
2 Tbsp. lemon juice
1 tsp. curry powder
½ tsp. nutmeg, cinnamon, sea salt

In a large pan, combine mangos, apples, red pepper, sugar, onion, raisins, currants, vinegar, and grated ginger. (I also added some of the mango juice from the jar.) Bring to a boil over high heat, then reduce to a simmer. Let simmer, stirring occasionally, until fruit is tender and the mixture is thickened (20 to 30 minutes). Add lemon juice, curry powder, nutmeg, cinnamon, and salt. Bring to a boil and boil gently for 10 minutes until flavors mingle.

While the chutney is enjoying the long simmer, wash and sterilize the pint (or half pint) jars and place them in a large rectangular baking pan

with at least 2½ inches of water around them, keeping them hot on the stove burner.

Place the lids in a saucepan, cover with hot water, and keep hot on the stove. Ladle the boiling chutney to within ½ inch of the top and place a hot lid on top. Sit the hot filled jars on a towel and allow to cool and seal. When cooled, remove the ring and decorate the top of the jar with fabric or paper for gifting. Enjoy with your favorite chicken, lamb, or pork.

VELVEETA SALSA DIP

Connie Grining

1 lb. cheese, cubed
1 (8 oz.) jar picante sauce or salsa
2 Tbsp. chopped cilantro

Stir cheese and salsa in saucepan over low heat until cheese is melted.

For microwave: Same as above, except put into microwave dish on HIGH for 5 minutes, stirring at 3 minutes. Substitute Ro-Tel tomatoes and chili for spicier sauce. Serve with chips or veggies.

CLASSIC PESTO

Joan Burns

2 c. solidly packed basil leaves
5 medium garlic cloves
½ c. pine nuts (or toasted walnuts or slivered almonds)
½ freshly grated Parmesan cheese
½ c. virgin olive oil
A twist or 2 of freshly ground pepper

In a blender or food processor, blend all ingredients except oil. You will want to stop once or twice to scrape down the sides with a rubber spatula. Add oil and blend to a smooth puree, but do not overgrind. You should be able to see small bits of basil leaves. Will keep in the refrigerator for a week or so.

To serve, cook up 1 pound of pasta. Save about 1 tablespoon of the hot water and stir into pesto. Toss a little butter or oil with the pasta, then combine with the pesto until coated and serve immediately. Can also be added to soups, vegetables, or omelets or spread on bread or crackers and have with wine.

To store pesto for longer periods, leave out cheese and freeze into individual portions in ice cube tray. Add cheese and mix just before using the pesto.

BLUEBERRY ORANGE SAUCE

Ulla Smith

½ c. sugar
1 Tbsp. cornstarch
1 c. water
1 orange, grated rind, and juice
1 c. blueberries (fresh or frozen, thawed)

In a medium-sized saucepan, combine sugar and cornstarch. Blend in water, orange rind and juice, and blueberries. Over medium heat, stirring constantly, cook until mixture is thickened and clear. Serve warm. Serves 6 to 8.

ARIZONA YUM YUM

Lois Baxter

Use 9x13 inch pan.

Crust - mix with pastry blender:

1½ sticks Imperial margarine
1½ c. flour
1 c. chopped walnuts
¾ to 1 c. Angel Flake coconut

Mix well and pat in bottom of 9x13 inch pan. Bake at 350° for 20 minutes. Cool.

2nd layer:

1 (8 oz.) pkg. cream cheese
1 c. powdered sugar

Combine these 2 ingredients and fold in ½ large (12 ounce) container Cool Whip. Chill. Put in refrigerator after each of these layers.

3rd layer: Mix one (4 ounce) instant vanilla pudding with 1½ cups milk. Spread on cream cheese layer.

4th layer: Mix one (4 ounce) instant chocolate pudding with 1½ cups milk. Spread over vanilla layer. Let chill a bit longer before adding Cool Whip so chocolate doesn't show through.

5th layer: Use other half of Cool Whip container and spread over chocolate layer.

Keep refrigerated until used. Just before serving, garnish with chocolate shot or grated Hershey's bar.

CREAMY MAC AND CHEESE *Winnie Christensen*

To make your mac and cheese creamier, add a can of diluted mushroom soup. Stir it in before putting casserole into the oven.

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Suggestions for Lowering Fat Content in Your Diet

FOOD CATEGORY	CHOOSE	DECREASE
Meat Fish Poultry	Lean cuts of meat with fat trimmed, such as: beef-round, sirloin, rump steak, loin Poultry without skin Pork tenderloin	"Prime" grade meats Fatty cuts, like: corned beef, brisket, short ribs, spareribs Goose, duck, organ meats, sausage, bacon, hot dogs, regular luncheon meats
Dairy Products	Skim milk, lowfat buttermilk, lowfat evaporated or nonfat milk Lowfat or nonfat yogurts and cheeses	Whole milk, cream, half & half, nondairy creamers, real or nondairy whipped cream, cream cheese, sour cream, ice cream, custard-style yogurt High-fat cheese, like: Brie, Swiss, American, Cheddar
Eggs	Egg whites, cholesterol and fat-free egg substitutes	Egg yolks (substitute 2 egg whites for 1 egg)
Fats Oils	Unsaturated vegetable oils (in limited quantities): corn, olive, peanut, canola, safflower, sesame, soybean Fat-free mayonnaise, cream cheese, and salad dressings Mustard and flavored vinegars (when cooking, use spray oils or nonstick pans and decrease amount of fat in recipe by ⅓ or substitute applesauce for fat)	Butter, coconut oil, palm kernel oil, palm oil, lard, bacon fat
Breads Cereals Pasta	Breads like whole wheat, pumpernickel, rye, pita, bagels, English muffins, rice cakes Lowfat crackers and bread sticks Plain cereals (hot and cold) Spaghetti and macaroni Any grain Dried peas and beans	Croissants, butter rolls, sweet rolls, pastries, doughnuts, most snack crackers, granola-type cereals made with saturated fats, egg noodles, pasta and rice prepared with cream, butter, or cheese sauces
Vegetables Fruits	Fresh, frozen, canned (no salt added)	Vegetables prepared in butter, cream, or sauce Fruits served in glazes

Fat Facts

Reducing fat in the diet is a major focus in America today, and for good reason. A high fat diet can contribute to elevated blood cholesterol levels, a risk factor for heart disease. Excess dietary fat has also been linked to obesity and cancer. As a result, lower fat intake has become a priority for many.

Cholesterol is a fat-type substance found in all animal tissues. In adults, a blood cholesterol level below 200 milligrams per deciliter is desirable. A level above 240 milligrams is considered high. Blood cholesterol can also be broken into two categories: "good" and "bad" cholesterol. High density lipoproteins (HDL) are known as "good" cholesterol because of their high protein content and low cholesterol content, and because people with higher HDL levels have a lower incidence of heart disease. Low density lipoproteins (LDL) contain more cholesterol than HDL and are responsible for cholesterol build-up on artery walls, thus earning the label "bad" cholesterol. A lowfat, low cholesterol diet, as well as exercise and being at a desirable weight, can help lower blood cholesterol levels and raise HDL levels.

Dietary fat can be divided into three different types: saturated, polyunsaturated, and monounsaturated. Foods we eat contain a mixture of these fats.

- **SATURATED FATS** are generally solid at room temperature. They have been shown to increase blood cholesterol levels. Saturated fats are primarily found in animal products such as butter, milk, cream, and lard. Some plant foods, such as palm oil, coconut oil, vegetable shortening, and some peanut butters also contain large amounts of saturated fats.
- **POLYUNSATURATED FATS** tend to lower blood cholesterol levels. These fats are found in high concentrations in vegetable oils, and are usually liquid at room temperature. Fats such as sunflower oil, corn oil, and soft margarines have large amounts of polyunsaturated fats.
- **MONOUNSATURATED FATS** have also been shown to decrease cholesterol levels in the blood. They can be liquid or solid at room temperature, and can be from plant or animal sources. Olive, peanut, and canola oils are high in monounsaturated fats.
- **DIETARY CHOLESTEROL** comes from animal sources such as meat, poultry, fish and other seafood, and dairy products. Egg yolks and organ meats contain high amounts of dietary cholesterol.
- **HYDROGENATION** is a chemical process in which hydrogen is added to unsaturated oils to make them firmer at room temperature. Hydrogenated fats such as shortening or margarine are more saturated than the oil from which they are made. When choosing a margarine, pick one with 2 grams or less saturated fat per tablespoon.

Heart Healthy guidelines include: (1) Limit total fat intake to 30% or less of total calories. (2) Of these calories, up to one-third can be saturated fat, and the remaining two-thirds should come from polyunsaturated and monounsaturated sources. (3) Limit daily cholesterol intake to 300 milligrams or less.

Calculating Percent Fat

To achieve a desirable percentage of total calories from fat, it is helpful to know how much fat is in individual foods. To determine the percentage of a food's total calories that come from fat, you can use the following formula. In order to calculate this percentage, you need to know the total calories and the grams of fat per serving, both of which are usually listed on the food label.

$$\frac{\text{grams of fat} \times 9^{*}}{\text{total calories}} \times 100 = \text{\% of total calories from fat}$$

* Each gram of fat contains 9 calories. Multiplying grams of fat by 9 gives the total calories from fat. On food labels, this number has already been calculated, and is listed on the same line as total calories.

When reading a food package, the front of the label may not tell the whole story. For instance, a package of boiled ham might claim to be 96% fat free. From this information, the consumer might assume that the food contains 4% fat, which is well within the recommended guideline of eating foods with 30% or less of total calories from fat. Although the 96% fat free claim is truthful, it refers to the amount of fat by weight rather than by the food's total calories. To get a clearer picture, use the above calculation. The label of the boiled ham shows 60 calories and 2.5 grams of fat per serving.

$$\frac{2.5 \text{ grams of fat} \times 9}{60 \text{ total calories}} \times 100 = 37\% \text{ of total calories from fat}$$

By calculating the percentage of total calories from fat, you can make more informed decisions about the nutritional qualities of foods. In this case, the ham may be lower in fat than other ham products, but it is still above the 30% guideline. If you are trying to follow a lowfat diet, you should eat this food in moderation.

"Heart Healthy" Recipe Substitutions

ORIGINAL INGREDIENT	ALTERNATIVE	REDUCES: TF	SF	C
1 pound ground beef	• 1 pound ground turkey	✔	✔	✔
1 ounce Cheddar, Swiss, or American cheese	• 1 ounce lowfat cheese • 1 ounce part-skim cheese (Mozzarella)	✔ ✔	✔ ✔	✔ ✔
1 egg	• 2 egg whites • ¼ c. low cholesterol egg substitute	✔ ✔	✔ ✔	✔ ✔
1 c. whole milk	• 1 c. skim milk	✔	✔	✔
1 c. cream	• 1 c. evaporated skim milk	✔	✔	✔
1 c. sour cream	• 1 c. nonfat sour cream • 1 c. plain nonfat yogurt • 1 c. lowfat cottage cheese plus 1 to 2 tsp. lemon juice, blended smooth	✔ ✔ ✔	✔ ✔ ✔	✔ ✔ ✔
1 ounce cream cheese	• 1 ounce nonfat cream cheese • 1 ounce Neufchatel cheese	✔ ✔	✔ ✔	✔ ✔
1 c. butter	• 1 c. margarine • 1 c. vegetable oil		✔ ✔	✔ ✔
1 c. shortening	• 7 fluid oz. vegetable oil		✔	
1 ounce baking chocolate	• 3 Tbsp. cocoa powder plus 1 Tbsp. vegetable oil		✔	
roux: 1 part fat 1 part starch	• ½ part fat to 1 part starch	✔		
1 can condensed cream soup	• Mix together: ½ c. nonfat dry milk 2 Tbsp. cornstarch 2 tsp. low sodium chicken bouillon ¼ tsp. onion powder ⅛ tsp. garlic powder ¼ tsp. basil ¼ tsp. thyme ¼ tsp. white pepper 9 oz. cold water Add the following if desired: ¼ c. chopped celery *or* ½ c. sliced mushrooms Heat to a boil; stir frequently. Per "can": 215 calories, 1g fat, 8mg cholesterol, 200mg sodium	✔	✔	✔

KEY:
TF = total fat
SF = saturated fat
C = Cholesterol

Food Labeling Definitions

Government regulations give specific guidelines as to what words can be used on a food label to describe the product. Here is a list of these descriptive terms.

FREE A product must contain no amount or only an insignificant amount of one or more of the following: fat, saturated fat, cholesterol, sodium, sugar, and calories. The terms *no, without,* and *zero* can also be used.

Calorie-free: less than 5 calories per serving
Sugar-free or Fat-free: less than 0.5g per serving
Sodium-free: less than 5mg per serving

LOW This term can be used when referring to one or more of the following: fat, cholesterol, sodium, and calories. The terms *little, few,* and *low source of* can also be used.

Low calorie: 40 calories or less per serving
Lowfat: 3g or less per serving
Low saturated fat: 1g or less per serving
Low cholesterol: less than 20mg per serving
Low sodium: less than 140mg per serving
Very low sodium: less than 35mg per serving

LEAN Meat, poultry, and seafood containing less than 10g of fat, less than 4g saturated fat, and less than 95g of cholesterol per 3.5 oz. serving.

EXTRA LEAN Meat, poultry, and seafood containing less than 5g of fat, less than 2g saturated fat, and less than 95g of cholesterol per 3.5 oz. serving.

HIGH One serving of a product must contain 20% or more of the *Daily Value* (recommended daily intake of a nutrient).

GOOD SOURCE One serving must contain 10% to 19% of the Daily Value.

REDUCED A nutritionally altered product containing 25% less of a nutrient or of calories than the regular product. If the regular product already meets the criteria for *low,* a *reduced* claim cannot be made.

LESS A food that contains 25% less of a nutrient or of calories than a similar food. Cream cheeses that have 25% less fat than butter could use the term *less* or *fewer.*

LIGHT This term can still be used to describe food characteristics such as color and texture if the label makes the meaning clear; for example, *light brown sugar.*
The term also carries two other meanings:

- ✦ A nutritionally altered product that contains one-third less calories or half the fat of the original food
- ✦ A food's sodium content has been cut by 50% or more

MORE A food using this claim must contain 10% more of the Daily Value of a nutrient than the reference food. To use the words *fortified, enriched,* or *added,* this standard must also be met.

UNSALTED, NO SALT ADDED, or WITHOUT ADDED SALT The sodium naturally found in the product is still there, but it has been prepared without the salt that is normally added.

Sodium

Sodium is a mineral used by the body to maintain a proper balance of water in the blood. Although it is a vital nutrient, the body needs very little sodium to stay healthy. Because it is found naturally in some foods and is added to many other foods, getting too little sodium is usually not a problem. A high sodium diet, on the other hand, can contribute to high blood pressure in some people. Reducing sodium intake in the diet may help prevent or control high blood pressure. It is hard to know who will develop high blood pressure, or who might benefit from eating less sodium. For these reasons, and because most individuals consume much more sodium than needed, it is generally suggested that we reduce sodium intake.

Table salt is the major source of sodium in our diet. It is made up of about half sodium and half chloride. An adult diet containing between 1,100mg and 3,300mg of sodium per day is considered adequate. One teaspoon of salt contains 2,000mg of sodium.

WAYS TO REDUCE DIETARY SODIUM

- Taste food before salting. Salt food only sparingly at the table.
- Cut back on sodium slowly to give the body time to adjust to less salty flavors. *Salt-craving* taste buds will eventually be replaced by new ones that do not have an affinity for salt.
- Choose foods that have little or no sodium added. In general, the more processed the food, the more sodium it contains. For example, processed turkey breast purchased at a deli has considerably more sodium than fresh turkey breast.
- In many recipes, the salt can be cut back or even eliminated without greatly affecting the taste. Experiment with recipes at home, using less salt each time and using low sodium substitutes for high sodium ingredients.
- Read labels on food packages. Compare the sodium content to similar items and to the recommended sodium intake for an entire day.
- Limit intake of high sodium foods such as cheeses, processed meats, soups, broths, snack foods, canned vegetables and vegetable juices, pickled vegetables, gravies, sauces, commercial casserole mixes, frozen dinners, and condiments. In many cases, lower sodium alternatives are available.
- When eating in restaurants, ask for foods to be prepared without added salt and request to have sauces, gravies, dressings, and condiments served on the side.
- Use herbs and spices instead of salt to enhance the flavor of foods. Check the label of seasonings to be sure they do not contain sodium. Use onion powder rather than onion salt, garlic powder instead of garlic salt. In place of seasoning salt, try commercially prepared herb and spice blends or make your own.

Low Sodium Seasoning Suggestions

	Allspice	Basil	Bay Leaves	Caraway Seed	Celery Seed	Chives	Curry Powder	Dill	Garlic	Ginger	Dry Mustard	Onion Powder	Oregano	Rosemary	Sage	Tarragon	Thyme
Beef	✔									✔	✔				✔	✔	
Pork				✔					✔						✔		✔
Veal			✔				✔			✔				✔			✔
Ground Meat	✔	✔			✔				✔		✔						
Poultry			✔				✔			✔				✔		✔	
Fish						✔	✔	✔								✔	
Eggs					✔		✔						✔	✔			
Soups/ Stews	✔	✔	✔	✔	✔			✔				✔					✔
Sauces		✔												✔		✔	
Pasta				✔													
Rice		✔					✔					✔					
Popcorn									✔								
Asparagus				✔													
Beets				✔													
Broccoli											✔		✔				
Cabbage				✔				✔									
Carrots			✔	✔													
Cauliflower							✔									✔	
Green Beans								✔			✔						
Lima Beans						✔	✔								✔		
Potatoes										✔					✔		✔
Tomatoes		✔					✔		✔				✔				
Salads				✔		✔						✔					

Try this low sodium spice blend in your shaker instead of salt:

1 Tbsp. dry mustard
1 tsp. garlic powder
1½ Tbsp. onion powder
½ Tbsp. ground pepper
½ Tbsp. thyme, crushed
1 tsp. sage
½ tsp. marjoram, crushed
1 Tbsp. paprika
½ tsp. basil, crushed
½ tsp. ground oregano

Food Safety Guidelines

Food safety is an important part of food preparation. Bacteria that cause food-borne illnesses are present in many foods. Fortunately, with proper handling and cooking of foods, the danger from these bacteria and the toxins they may produce can be greatly reduced.

Follow these safety guidelines to help protect against food-borne illnesses:

Keep the temperature in the refrigerator between 35° F. and 40° F. A freezer should be at 0° F. or below.

Thaw all meat, fish, or poultry in the refrigerator. Do not thaw on the kitchen counter. For faster thawing, a microwave can be used, but meat should be cooked immediately after thawing.

Cook all meat and poultry thoroughly. The following chart is a guide.

FOOD	MINIMAL INTERNAL TEMPERATURE
Ground Meat	160° F.
Ground Poultry	165° F.
Beef, Veal, Lamb	145° F.
Pork	160° F.
Poultry	170° F.

Cook fish until it is opaque, firm, and flakes easily with a fork.

Cook eggs until the white is set and the yolk is starting to thicken. Do not eat raw eggs or those with cracks in the shell. Separate the egg white from the yolk by using an egg separator or a slotted spoon rather than by using the shell.

Once cooked, hold food at temperature below 40° F. or above 140° F. Do not allow perishable food to sit between these temperatures for more than two hours. This is considered the *danger zone* at which bacteria can readily grow or produce toxins.

Cool foods such as soups, sauces, and gravies in shallow pans no more than two inches deep.

Keep raw animal products and their juices separate from other foods.

- ✦ Place raw meat on a plate or pan in the refrigerator to keep juices from dripping on other foods.
- ✦ Wash kitchen surfaces, utensils, and hands after they have been exposed to raw meat, poultry, fish, and eggs.
- ✦ Thoroughly clean cutting boards used for raw meat before using them for cooked foods or foods to be eaten raw, such as salad greens.
- ✦ Use a clean container to hold cooked meat. Do not reuse the container that held the raw meat without cleaning it first.

When roasting a turkey or chicken with stuffing, it is best to cook the stuffing in a separate pan instead of in the cavity of the bird. If you choose to stuff the bird, however, do so just prior to putting it in the oven. When checking for doneness, make sure a thermometer placed into the center of the stuffing reads at least 165° F.

Basic Guidelines for Losing Weight

There are many diets and weight loss products available for those struggling to lose weight. The sad reality, however, is that most diets do not work. In the long run, people often regain even more weight than they originally lost. There is hope for those who want to shed some extra pounds. The key to long-term weight reduction is gradual and permanent changes in lifestyle habits.

Decrease the amount of total fat eaten. Fat has more than twice the calories of carbohydrates or protein. Thus, even small amounts of high fat items such as butter, margarine, oil, sauces, and gravies can contain large amounts of calories. Dietary fat is also the nutrient most easily converted into body fat. Much of the carbohydrates and protein we eat are burned up before they can be stored as fat.

Eat a variety of foods and do not restrict certain foods from the diet. In general, it is not the occasional food that keeps someone from achieving a desirable weight; it is what is eaten on a daily basis. For example, limit dessert to one or two times per week instead of after each meal. Forbidding foods often makes them more desirable, and may undermine weight loss efforts.

Eat breakfast. People who eat breakfast are generally more successful at losing weight.

Try not to eat before going to bed. Food eaten at this time of day is often not burned up and is more likely to be stored as fat.

Eat single portions of food and give the body time to signal that it is full. Often we eat so fast that the second portion of food is almost gone before the body can signal that it was satisfied after the first.

Eat foods high in complex carbohydrates. This includes breads, cereals, pasta, rice and other grains, fruits, and vegetables. Although many weight loss diets in the past have limited starchy foods, it is the high fat items that often accompany these foods that inhibit weight loss efforts, not the starchy foods themselves.

Exercise. Aerobic exercise is an excellent way to achieve and maintain a desirable weight. Walking, jogging, biking, and rowing are examples of aerobic activities. Before beginning any exercise program, it is a good idea to consult a physician.

Do not starve yourself. Low calorie diets may slow a body's metabolism, making weight loss more difficult.

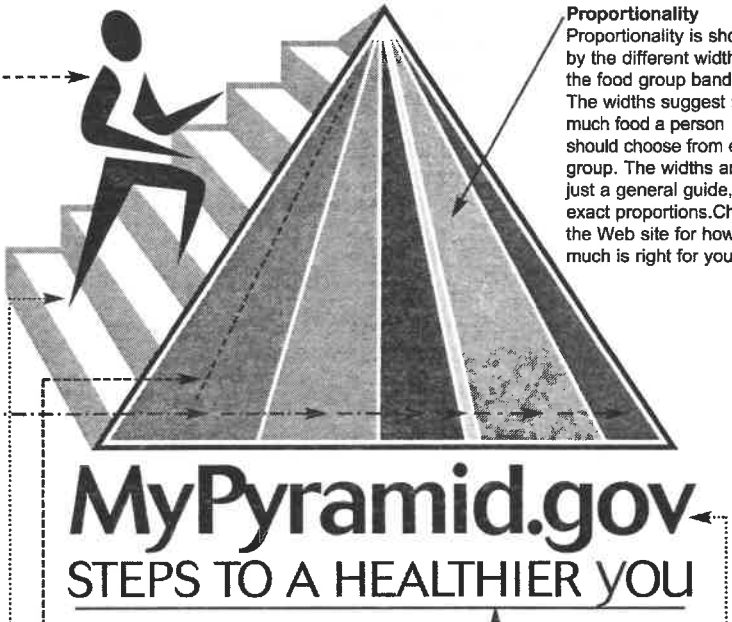
Lose weight slowly, 1 to 2 pounds per week is desirable. Most people who need to lose weight need to lose excess fat. The body cannot burn off more than a few pounds of fat per week. Faster weight loss is probably due to muscle breakdown.

Set reasonable weight goals. Despite our society's obsession with thinness, it is not practical for most of us to expect to have the body of a model. Instead, setting a goal which is achievable and maintainable may, over time, result in greater physical and psychological health benefits.

Anatomy of MyPyramid

One size doesn't fit all

USDA's new MyPyramid symbolizes a personalized approach to healthy eating and physical activity. The symbol has been designed to be simple. It has been developed to remind consumers to make healthy food choices and to be active every day. The different parts of the symbol are described below.



Proportionality
Proportionality is shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions.Check the Web site for how much is right for you.

Activity
Activity is represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

Moderation
Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.

Personalization
Personalization is shown by the person on the steps, the slogan, and the URL. Find the kinds and amounts of food to eat each day at MyPyramid.gov.

Variety
Variety is symbolized by the 6 shaded bands representing the 5 food groups of the Pyramid and oils. This illustrates that foods from all groups are needed each day for good health.

Gradual Improvement
Gradual improvement is encouraged by the slogan. It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.

Inside the Pyramid

Grain

Make half your grains whole

- Eat at least 3 ounces of whole grain bread, cereal, crackers, rice, or pasta every day.
- Look for "whole" before the grain name on the list of ingredients.

Vegetable

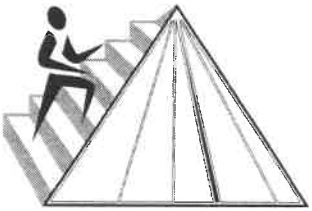
Vary your veggies

- Eat more dark green veggies
- Eat more orange veggies
- Eat more dry beans and peas

Fruit

Focus on fruits

- Eat a variety of fruit
- Choose fresh, frozen, canned, or dried fruit
- Go easy on fruit juices



Oil

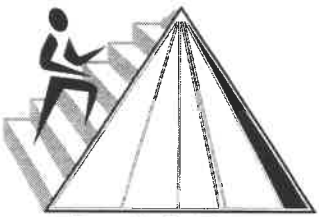
Know your fats

- Make most of your fat sources from fish, nuts, and vegetable oils
- Limit solid fats like butter, stick margarine, shortening, and lard

Milk

Get your calcium-rich foods

- Go low-fat or fat-free
- If you don't or can't consume milk, choose lactose-free products or other calcium sources



Meat & Beans

Go lean on protein

- Choose low-fat or lean meats and poultry
- Bake it, broil it, or grill it
- Vary your choices – with more fish, beans, peas, nuts, and seeds

Physical Activity *(Find your balance between food and physical activity.)*

- Be physically active for at least 30 minutes most days of the week.
- Children and teenagers should be physically active for 60 minutes every day, or most days.

Understanding the Nutrition Facts Food Label

The ***Nutrition Facts*** food label is designed to help the consumer make nutritious choices when selecting foods. It can be found on most packaged products in the grocery store. Information about serving size, calories, and several nutrients help to give an overall picture of the nutritional qualities of each food. The label on the following page is a typical example, although some labels list additional nutrients.

Serving Sizes have been set at an amount that people would typically eat. If your normal serving is smaller or larger, adjust the nutrient values accordingly. Serving sizes are in standard household and metric measures. Metric abbreviations used on the label include:

g: grams - 28g = 1 ounce
mg: milligrams - 1,000mg = 1g
ml: milliliters - 30ml = 1 fluid ounce

Nutrients listed are those considered to be important to today's health conscious consumer. These include total fat, saturated fat, cholesterol, sodium, and fiber.

The ***Percent of Daily Value*** tells you if the food is high or low in a particular nutrient. It also shows how that food fits into an entire day's diet. Percent of Daily Values are based on a 2,000 calorie diet and on current dietary guidelines. An individual's daily values may be higher or lower depending on calorie needs. As a rule of thumb, if the Daily Value is 5% or less, the food contains only a small amount of that nutrient. For total fat, saturated fat, cholesterol, and sodium, foods with a low Percent of Daily Value are good choices.

Terms used on the label to describe the food's nutritional content have strict definitions set by the government. Eleven ***Descriptive Terms*** have been identified: *free, low, lean, extra lean, less, reduced, light, fewer, high, more,* and *good source.* Because precise guidelines must be met for a food to use one of these terms, you can be assured that the claim is believable. For example, if a food claims to be sodium free, it must have less than 5ml of sodium per serving.

Claims regarding a food's relationship to various health-related conditions must also meet specific guidelines. To make a health claim about fats and heart disease, a food must be low in total fat, saturated fat, and cholesterol. A food making a statement regarding blood pressure and sodium must be low in sodium.

The ***Ingredients List*** is located in a separate location on the label. Ingredients are listed in descending order by weight; thus, if the first ingredient is sugar, there is more sugar in that product than anything else.

Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving		
Calories 260	Calories from Fat 120	
		% Daily Value*
Total Fat 13g		20%
Saturated Fat 5g		25%
Cholesterol 30mg		10%
Sodium 660mg		28%
Total Carbohydrate 31g		10%
Dietary Fiber 0g		0%
Sugars 5g		
Protein 5g		
Vitamin A 4%	•	Vitamin C 2%
Calcium 15%	•	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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