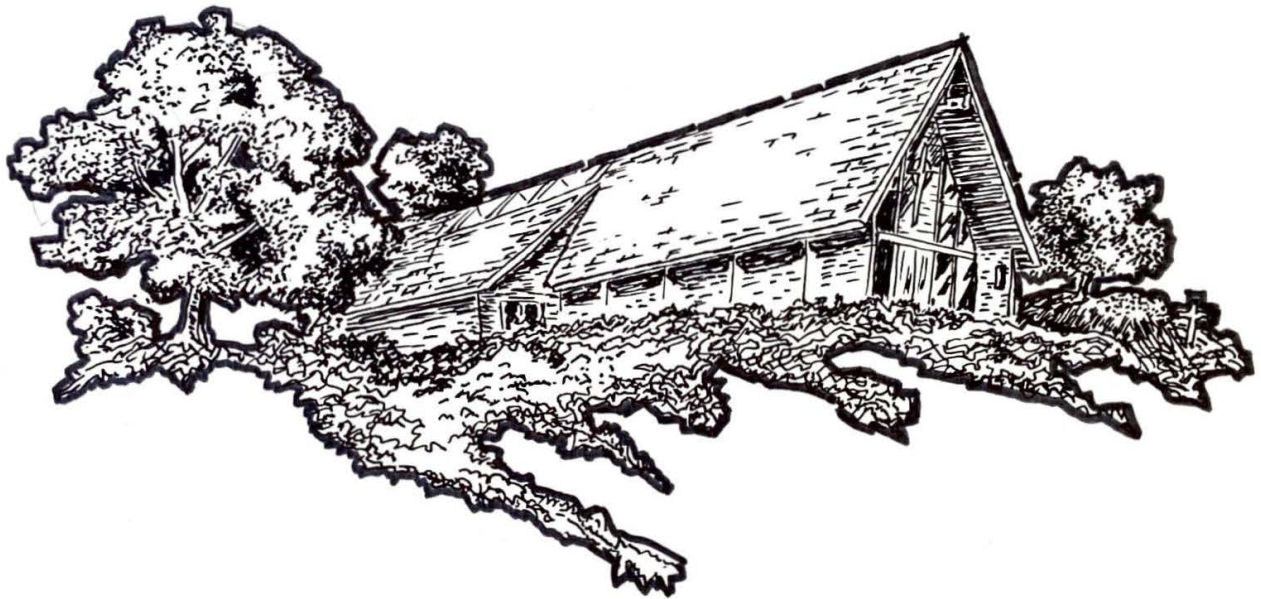


# **Nativity cooks**

**with a pinch of faith**



THE

"What Man Does Not Live Alone By..."

BOOK

.....being

a collection of favorite recipes  
contributed by

and

compiled by

the people of

THE CHURCH OF THE NATIVITY

DEDICATED TO

THE ENJOYMENT

of

CLASSY CUISINE

with

GUSTATORY GUSTO

NOT FORGETTING THAT

"Man Does Not Live By Bread Alone..."

...BUT...

for

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To Share The Recipe Of A Friend.



The Rev. David Barnette

....from the Pre-schoolers' Worship Service....

Father, we thank thee for the night  
And for the pleasant morning light;  
For rest and food and loving care,  
And all that makes the day so fair.

Help us to do the things we should,  
To be to others kind and good;  
In all we do in work or play  
To grow more loving every day.

"Morning Hymn" from Songs & Games for  
Little Ones 1911

Grace from Jason's Kindergarten Sunday School 1974 & Nativity  
Family weekend at Bishop's Ranch

May 1977

Bless our friends,  
Bless our food.  
Come O'Lord and sit down with us.  
May our talk  
Glow with peace,  
Come with your love and surround us.  
Friendship and peace  
May it bloom and grow,  
Bloom and grow.....forever.  
Bless our friends,  
Bless our food.  
Come O'Lord and surround us.

(tune Edelweiss)

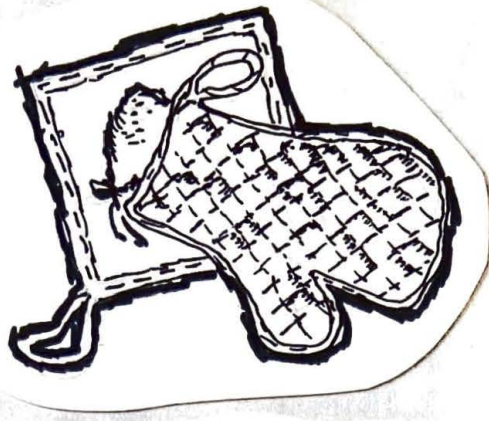
Cousin Gertrude's Favorite Blessing:  
(1890 - 1971) Victoria, Ontario, Canada

Doris Murdoch

"We thank thee Father for this food,  
And all Thy blessings for our good.  
Help us to truly grateful be,  
And always bring our thanks to Thee."

Amen





## RECEIVE YE WELCOME

Let the guest sojourning here know that in this home our life is simple. What we cannot afford we do not offer, but what good cheer we can give. . . . we give gladly.

We make no strife for appearance sake. Know also friend, that we live a life of labour, therefore, if at times we separate ourselves from thee, do ye occupy thyself according to thine heart's desire.

We will not defer to thee in opinion or ask thee to defer to us. What thou thinketh ye shall say, if ye wish, without giving offense. What we think...we also say, believing that truth hath many aspects...and that love is large enough to encompass them all.

So, while ye tarry here with us we would have thee enjoy the blessings of a home, health, love and freedom, and we pray that thou mayst find the final blessing of life....

.....PEACE.

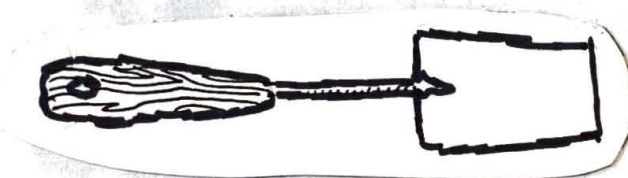




## NATIVITY COOKS.....WITH A PINCH OF FAITH

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### KITCHEN PRAYER

Bless each moment  
within this nook:  
Bless the kitchen  
In which I cook.

Spice all our meals  
with kindly thoughts:  
Brew love and hope  
In cooking pots.....

Bless me and mine  
with bounding health:  
and I'll not ask  
For greater wealth.

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Hap Engelbart  
Judy Gilbert  
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Gloria McCurdy

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Mildred Wright



# ***Drinkables Appetizers Snacks***





## FRIENDSHIP TEA

Donna Bertch

3/4 cup instant tea  
1½ cups orange Tang  
1 tsp. cinnamon  
1 tsp. cloves  
1 cup sugar  
2/3 cup lemonade (Wylers-presweetened)

To make one cup tea - mix 2 heaping teaspoons tea mix with one cup hot water.

-----

## SORORITY SPICED TEA

Karen Andrews

Used by my sorority and loved by all.

1 tsp. whole allspice  
1 tsp. whole cloves  
1 tsp. stick cinnamon  
3 qts. water  
2½ tbsp. black tea  
4 large oranges  
2½-3 lemons  
1 cup sugar or less

Tie spices in bag and boil in water for five minutes. Add tea, also in a bag, and steep for five min. Remove bags. Add juices and sugar to taste.

-----

## FRUIT JUICE ICE

Evan Andrews

Evan loves machinery. He also likes to help cook. This recipe he can almost do himself and he loves the results.

½ cup water  
½-6 oz. frozen juice concentrate (apple, orange, grape, etc.)  
8-10 Ice cubes

1. Place water and juice in blender.
2. Turn blender on high.
3. Drop in ice cubes one at a time.
4. Blend until consistency of snow.

Makes enough for Evan and a friend.

-----

## MULLED CIDER

Pamela Fenner

This is a good recipe for adults and children, especially on a cold winter night. Adults may want to add some bourbon or rum to their cup.

1 gal. cider  
1 cup brown sugar  
1 can frozen lemonade  
1 can frozen orange juice  
1 tbsp. cloves  
1 tbsp. allspice  
cinnamon

Mix all ingredients and simmer for one hour. Good hot or cold.

-----

## RAFA'S BANANA DAIQUIRI ZINGERS

Rafael Pagan

1 cup dark Puerto Rican rum, preferably 150 proof  
3-4 bananas, well ripened, speckled  
½ cup sugar (According to taste)  
additional fruits (optional), i.e., strawberry, pear.  
ice  
few drops lemon

Put rum, sugar in blender and start mixing at medium speed. While blending, add two ice cubes. Meanwhile chop banana into small chunks and start feeding into blender slowly. As you do that, add ice cubes, a few at a time. You may add additional fruit at this time, strawberries or ½ pear. Keep adding banana and ice concurrently. Add 5-6 drops of lemon juice. Blend until container is full and has consistency of ice cream. Serve immediately. A real zinger !

Fills blender jar - Serves approximately 6-8.



## ARTILLERY PUNCH

Dick Heine

From my father. Drink this on the patio on a warm day - after three - bom-o-bombarded! Careful the troops don't sneak up on you!

1 bottle Sauterne  
1 bottle Gin (or Vodka)  
1 bottle soda  
1 bottle ginger ale  
Chunks of orange sherbert

Pour into bowl with a large chunk of ice.

-----

## PPLPP POWERFUL POT LUCK PARTNERS PUNCH

Rafael Pagan

5 bottles Rhine Wine  
1½ bottle Cognac  
3 pkg. fresh frozen peaches  
2 bottles champagne  
3 cups sugar, according to taste

Ingredients should be kept chilled while making. Thirty-six hours before you plan on serving, pour ½ Rhine wine and all of peaches and ½ sugar and chill for 12 hours. After 12 hours, add one bottle of wine, and balance of sugar. Chill another 12 hours. Add balance of wine and cognac. Two hours before serving, add champagne and you have a glorious punch! Serve chilled with either ice cubes or a block of ice in punch bowl.

Makes approximately 50 cups.

-----

## SANGRIA

Karen Andrews

Mix juice of 4 lemons and 1 orange with ½ cup sugar. Strain if desired. Add one fifth red table wine. Serve over ice.

8 servings

-----



## GAZPACHO PUNCH

Jean Walker

Day before:

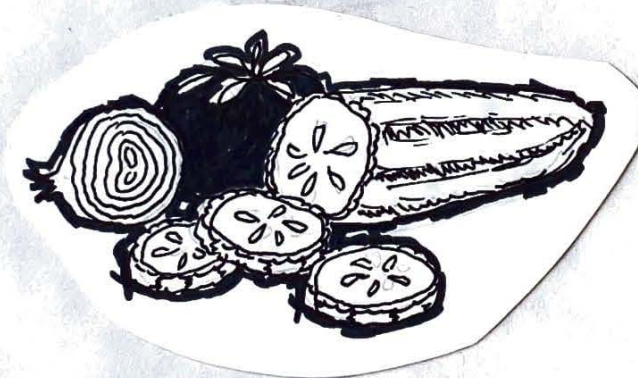
Put in blender: 5 cloves garlic  
4 peeled tomatoes (1 lg. can)  
1 minced green pepper  
6 green onions  
1 chopped cucumber

Refrigerate.

To complete mix add: 1 tsp. salt  
 $\frac{1}{4}$  tsp. pepper  
4 tbsp. wine vinegar  
 $\frac{1}{8}$  tsp. cayenne  
dash tabasco  
2 lg. cans tomato juice  
1 bottle Bloody Mary Mix

Pour in Punch bowl over ice mold. Garnish: garlic bread cubes, chopped celery, cucumber. Serve in punch cups.

-----



## BREADSTICKS

Jean Walker

Super crunchy, delicious accompaniment to drinks, soup, salad.

Use sandwich bread. Stack 4 or 5 slices and cut into 4 or 5 strips/sticks. Arrange on cookie sheet.

Crush 1 clove garlic per  $\frac{1}{4}$  lb. butter (marg.) & heat 1 minute. Brush sticks on each side with butter. Sprinkle with either grated parmesan, sesame seeds or poppy seeds. Bake 350° for 15 min. or 'til crisp & brown.

-----

## CHEESE FONDUE

Kay Johnson

8 oz. sharp cheddar cheese  
8 oz. swiss cheese  
3 tbsp. flour  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{4}$  tsp. pepper  
1 clove garlic (optional)  
1-12 oz. can beer (not quite ale)  
dash of Tabasco sauce

Shred cheese and mix dry ingredients in a bowl. Warm beer in fondue pot and gradually add cheese - stir until melted. Add Tabasco and garlic, if desired, at the end.

Serve with chunks of French bread.

-----

## CURRIED APPETIZERS

Penelope Karas  
(Pam Fenner's sister)

6 tbsp. butter or margarine  
 $\frac{1}{2}$ -1 tsp. curry powder (to taste)  
 $\frac{1}{4}$  tsp. onion powder  
 $\frac{1}{8}$  tsp. ground ginger  
 $\frac{1}{4}$  tsp. garlic powder (optional)  
3 cups spoon-sized Shredded Wheat

Melt butter in large skillet. Blend in seasonings. Add shredded wheat biscuits and toss to coat. Heat about 5 min. over low heat. Drain on paper towels. This can be done ahead of time and reheated on cookie sheet or serve at room temperature.

-----

## TUNA OR CRAB PUFFS

Lela Bess Barnette

A great hit at the Choir Party, May '78!

1½ cups biscuit mix  
1/3 cup grated parmesan cheese  
¼ cup finely chopped green onion  
¼ cup finely chopped celery  
1 can tuna or crab  
1 egg slightly beaten  
1/3 cup water  
1 tsp. Worcestershire sauce  
¼ tsp. liquid hot pepper seasoning

Mix all together. Drop by spoonfuls into hot vegetable oil, 3 or 4 at a time. Turn often. Fry until brown. Drain on brown paper. Serve with Mustard Dip:

Combine ½ cup sour cream with 2 tbsp. Dijon mustard and 1 tsp. lemon juice. (Yogurt may be used instead of sour cream.)

(NOTE: The fried puffs freeze well. Partially thaw, then reheat in 350° oven for about 12 min.)

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## STUFFED MUSHROOMS

Pam Fenner

Another favorite, also her mothers.

16 med-large mushrooms  
4 tsp. melted butter  
8 slices crisp fried bacon, crumbled  
24 oz. container whipped cream  
cheese with chives

Pull stems of mushrooms and save for another use. With a damp sponge or cloth, clean mushroom caps, brush outside caps with melted butter. In a bowl, mix cream cheese and bacon bits - spoon into mushrooms, mounding slightly. Place on baking sheet and broil about 6 " below heat for 3 to 5 min. until bubbling and brown. Serves 6-8.



## STUFFED OLIVES

Jean Walker

I often serve these when someone like Joye is around to do the stuffing.

Drain pitted ripe olives

Stuff each with a peanut

Put in bowl (Tupperware best to seal) with 2 tbsp. olive oil,  $\frac{1}{4}$  tsp. garlic salt, 2 tbsp. dry crushed parsley. Cover. Shake, refrigerate till hour before serving.

-----

## ARTICHOKE SURPRISE

Kay Johnson

1 can water packed artichoke hearts, chopped

1 bunch green onions

1 clove garlic

parsley

4 eggs

salt and pepper

dash of tabasco

8-12 crumbled soda cracker squares

$1\frac{1}{2}$  cups grated sharp cheddar cheese

Sauté: onions, garlic and parsley in olive oil. Beat eggs in a bowl, then add salt, pepper, and dash of tabasco. Add sautéed mixture to eggs. Add soda crackers, then cheese and artichoke hearts; mix all together.

Bake at  $325^{\circ}$  for 35 min. in a lightly greased 8x10 pan. Cut into small squares and serve hot with tooth pick.

These may be done ahead, frozen and reheated in foil. Serve very hot!

-----

## CHEESE ROLL

Donna Bertch

1 lg. cream cheese

$\frac{1}{2}$  cup black olives

$\frac{1}{2}$  cup green olives

Tabasco

onion

Mix together and form ball. Coat outside with fresh parsley.

-----

## BEEF TURNOVERS

Jean Pagan

1 pkg. (8oz.) refrig. buttermilk flaky biscuits  
1 can (4½ oz.) corned beef spread  
2 tbsp. well-drained sauerkraut  
¼ cup diced Swiss cheese  
¼ tsp. ground black pepper  
dill pickle slivers  
1 egg, optional  
1 tbsp. water, optional

Heat over 375° F. Separate dough into 10 biscuits. On lightly floured board, roll as flat as possible, 4-5". Combine corned beef spread, sauerkraut, Swiss cheese and pepper in bowl. Put 1 tsp. on top of biscuit rounds. Top each with 3 pickle slivers. Fold over and crimp edges together with fork. For a shiny surface, beat egg and water and brush turnover tops. Place on ungreased cookie sheet and bake for 15 min. Makes 10 turnovers.

-----

## COCKTAIL FRANKS - WITH SAUCE MIMOSA

Marilyn Carson

Pan broil 1 lb. cocktail franks 'til brown.

Sauce: ½ cup prepared mustard, ½ cup grape jam, 1½ tbsp. lemon juice

Heat together in top of double boiler. Serve in chafing dish as dip for Franks.

-----

## CURSILLO MID-NIGHT SNACKS (BEEF)

Cathy Good

1 envelope beef-flavored mushroom mix (Lipton)  
½ lb. ground beef  
1 cup drained bean sprouts - chopped  
½ cup sliced or chopped water chestnuts  
2 tbsp. chopped onion

Sauté ground beef, drain and mix with other ingredients. Thaw 2 pkg. Pepperidge Farm pastry shells. Overlap edges of 6 and roll into one piece of dough. Cut into circles with biscuit cutter. Put 1 tbsp. filling in each and seal by pressing together with fork tines. Bake at 375° for 15 min. (May be frozen before baking.)

-----

## SALMON LOG

Marille Fye

- 1 lb. salmon (can or fresh cooked)
- 1 8 oz. cream cheese - soft
- 1 tbsp. lemon juice
- 1 tsp. grated onion
- 2 tsp. horseradish
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{4}$  tsp. liquid smoke

Drain and flake salmon, remove skin and bones. Combine with above ingredients. Chill at least a few hours. Combine  $\frac{1}{2}$  cup chopped nuts and 3 tbsp. chopped parsley. Shape salmon mixture into a log and roll in nut and parsley mixture. Chill again. Pass with party rye or crackers.

-----

## PICKLED SHRIMP

Marille Fye

- 2 to 2 $\frac{1}{2}$  lbs. shrimp in shells
- 1 stalk of celery
- $\frac{1}{3}$  cup pickling spices
- 1 tbsp. salt
- 2 cups sliced onions
- $1\frac{1}{2}$  cups salad oil
- $\frac{3}{4}$  cup white vinegar
- 3 tbsp. capers - with juice
- 2 tsp. celery seeds
- $1\frac{1}{2}$  tsp. salt
- 3 drops hot pepper sauce
- 7 bay leaves

Cover shrimp with celery, spices, 1 tbsp. salt and boiling water. Cook 5 min. Peel shrimp in cold water.

Layer shrimp, onion, bay leaves in shallow glass dish. Combine the remaining ingredients and pour over shrimp. Chill covered at least 24 hours. Stir occasionally.

-----



## BEAN DIP

Jean Walker

(Serve in chafing dish.)

Heat and mash 2 cans chili con carne with beans.

Add: 1 can Campbell's cheddar cheese soup

dash Tabasco

dash Worcestershire

dash garlic salt

-----

## HOT CHEESE-BEEF DIP OR SPREAD

Nancy Bell

½ cup sour cream

8 oz. cream cheese

¼ cup chopped green pepper

1 small jar dried beef

2 tbsp. onion flakes

½ tsp. garlic salt

Mix the above. Top with sautéed pecans. Bake at 350° for 20 min.  
Good with wheat thins.

-----

## HOT CLAM DIP

Natalie Cellars

1 jar (16 oz.) Cheese Whizz

2 cans clams (minced), drained

2 tbsp. Worcestershire sauce

2 tbsp. shaved onion

Mix and Bake at 200° for 2 hours. Serve with vegetables or chips.

-----

## HOT CRAB SPREAD

Marilyn Carson

1 lg. Phil. cream cheese (soften)

1 tbsp. minced onion

few dashes Worcestershire sauce

1 regular sized can of crab

Mix and put in pyrex dish. Top with slivered almonds. Heat in 350° oven 10-15 min. before serving with Triscuits, Buffet rye, or choice of crackers, Melba.

-----

## MOLDED CRAB

Nina Woods

Warm 1 can cream of mushroom soup (undiluted).

Add one envelope Knox unflavored gelatin.

Stir until dissolved.

Add: 2-3 oz. pkgs. cream cheese

½ cup mayonnaise

1 lb. shredded crab meat (canned or fresh)

1 stalk celery, finely chopped

2 green onions, finely chopped

Pack into lightly greased 3½ cup mold. Turn out when set. Serve with Waverly crackers.

-----

## DEVILED HAM SPREAD

Pam Fenner

A favorite, it's her mother's recipe.

1 can deviled ham

1 pkg. cream cheese

1 tbsp. Worcestershire sauce

chopped chives, dried or fresh

Let cheese warm to room temperature and mash with a fork in a bowl. Add deviled ham and Worcestershire sauce and mix well. Shape into a ball and roll ball in chopped chives which have been placed on waxed paper. Refrigerate. Serve with crackers.

-----

## DELICIOUS SHRIMP DIP

Jean Heine

1 large pkg. cream cheese

6 green onions, chopped finely

1 pkg. Knox gelatin, dissolved in 2 tbsp. cold water

1 can shrimp

1 can cream of chicken soup

1 cup mayonnaise

1 cup chopped celery

Heat soup (not diluted). Add gelatin and cool. Mix remaining ingredients and add to liquid. Chill. Spread on crackers.

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# Breads





## B R E A D S

### BEER BREAD

Dave Lapham

If you're a beer drinker, use 2 6-packs. To start this rather complicated recipe, throw the kids outside, turn on KABL radio, sit down, take your shoes off, relax for a few minutes and drink one of your beers. When you've finished your beer, get up, turn the oven to 375°, get out your mixing utensils and the other ingredients -- and have another beer! Now mix the flour, sugar and one can of beer together in a large mixing bowl. Then form a loaf or 2 small loaves or 3 tiny loaves, etc., etc. Pop your loaf (loaves) into the oven for 40 min. Remove from oven and butter the partially baked loaf (loaves). Return to the oven for 20 min. While the bread is baking, drink 2 more beers. When bread is finished, remove from oven, tear off a large hunk or one of your tiny loaves, cover it with butter, eat it, and wash it down with your remaining beer. Delicious!

3 cups self-rising flour

1½ tbsp. sugar

1 - 6 pack Coors, Budweiser, Blatz, Rolling Rock or whatever!



## EARLY COLONIAL BREAD

Dave Lapham

This recipe has been in my family a long time although I don't think it's an original with us. My great grandmother made this bread in a sod house in Iowa while her husband fought Indians. (Good story, anyway!) It's an easy and flexible recipe. If you don't happen to have some of the ingredients, substitute (molasses or honey for brown sugar, for instance).

2 cups boiling water	2 pkg. yeast
$\frac{1}{2}$ cup yellow corn meal	$\frac{1}{2}$ cup lukewarm water
$\frac{1}{3}$ cup brown sugar	$\frac{3}{4}$ cup stirred whole wheat flour
1 tsp. salt	$\frac{1}{2}$ cup stirred rye flour
$\frac{1}{2}$ cup oil	$4\frac{1}{4}$ - $4\frac{1}{2}$ cups sifted white flour

Combine cornmeal, boiling water, brown sugar, salt and oil. Cool to lukewarm. Soften yeast in the  $\frac{1}{2}$  cup of lukewarm water. Stir into cornmeal mixture and add other flours. Mix well. Stir in enough all purpose flour to make a moderately stiff dough. Knead until smooth and elastic. Cover and let rise for 50-60 min. Punch down, turn in a floured surface, divide in half, cover, and let it rest for 10 min. Form into loaves and let them rise again for 30 min. Bake at 375° for 45 min. If the loaves brown too fast, cover them loosely with foil.

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## SWEDISH COFFEE BREAD

Janice Cotton

The following recipe was handed down from my great-grandmother who immigrated from Sweden in the 1870's.

2 cups hot milk	1 tsp. ground cardamon seeds
$\frac{1}{2}$ cup sugar	1 yeast cake
$\frac{1}{2}$ cup Crisco	4 - 6 cups flour
$1\frac{1}{2}$ tsp. salt	

Heat milk and add the ground cardamon seeds along with Crisco, sugar and salt. When lukewarm, add the yeast which has been dissolved in  $\frac{1}{4}$  cup lukewarm water and  $\frac{1}{4}$  tsp. sugar. Stir well, adding enough flour to make a stiff dough. Knead and let rise. Make into two loaves and let rise again. Bake at 350°, 50-60 min.

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## IRISH RAISIN BREAD

(Fruit Pan)

Robert Brandt

2 tbsp. dried yeast	½ cup lukewarm mashed potatoes
2½ cups potato water (105-115°)	11-12 cups unbleached enriched white flour and whole wheat flour
¼ cup salad oil	1 cup seedless raisins
2/3 cup dried milk solids	
2 eggs, beaten	

Dissolve the yeast in the potato water; add honey and 2½ cups white flour. Beat until it is smooth. Cover and let rise until active bubbles are formed (this is the sponge). Add oil, milk solids, eggs, mashed potatoes, 1 cup of white flour, and beat well. Add raisins and enough whole wheat flour (of 8½-9½ cups whole wheat flour) to make a soft dough. Let stand 10 min. Knead, adding enough of remaining whole wheat flour until dough is smooth and elastic (about 10 minutes). Put into a greased bowl; turn it once, and cover. Let it stand until doubled in bulk. Punch down and leave 5 minutes. Knead and form into two large loaves, or four small loaves. Cover and leave in a warm place until doubled in bulk. Bake in a preheated 350°F oven 50-60 minutes, or until bread sounds hollow when thumped. Yield: 2 large loaves, or 4 small loaves.

-----

## DILLY CASSEROLE BREAD

(Makes 2 loaves)

Kay Johnson  
& Jean Walker

Soften: 2 pkgs. dry yeast in ½ cup warm water

Combine: (Electric mixer OK)

- 2 cups creamed cottage cheese heated to lukewarm in double boiler
- 2 tbsp. instant minced onion
- 2 tbsp. butter
- 4 tsp. dill seed
- 4 tbsp. sugar
- 2 tsp. salt
- ½ tsp. soda
- 2 unbeaten eggs
- the yeast mixture

Add: 4½-5 cups flour till stiff -- by this time you are stirring by hand or you have a Kitchen Aide!  
Cover and let rise until double in size -- about 50-60 min.  
Stir dough down  
Turn into well greased 8" round (1½ qt.) casseroles  
Let rise in warm place until light (about 30-40 min.)  
Bake at 350° for 40-50 min.  
Brush top with butter while warm, if you wish.

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## LEMON NUT BREAD

Jean Walker

Credit for this is to my Aunt Harriet back in Massachusetts. She has always been my idea of an all time great cook.

6 tbsp. butter	1 tsp. baking powder
1 cup sugar	grated rind of 1 lemon
2 eggs	1/8 tsp. salt
1½ cups flour	1/2 cup nuts
¼ cup milk	

Mix all together. Pour into loaf pan lined with wax paper. Bake 350° 1 hr.

Let cool. Then pour over loaf the juice of 1 lemon mixed with 1/3 cup confectioners sugar.

This recipe may be doubled and divided into smaller loaves and put in freezer to be used later for gifts or unexpected company.

## YOGURT BREAD

Mary Powell

2 cups graham flour	2 cups apple yogurt
½ cup unsifted white flour	½ cup molasses
1 tsp. salt	½ cup chopped walnuts
1 tsp. soda	a little water, if dry
1 cup raisins	

Bake in 3 - 1 lb. cans. Fill only 3/4 full. Bake at 375° for 50 min. in greased cans. Cool 10 min. on rack. Open other end of can to remove.

## GUMDROP BREAD

Donna Bertch

(I haven't tried this and where I got it I don't know but it's different.)

Mix:	½ cup sugar
	1¼ cup milk
	1 egg
	3 cups Bisquick
Add:	1 cup sliced gumdrops
	1 cup walnuts

Bake in greased coffee tins ½ full of batter. 350° oven; 45-50 min.

## IRISH SCONES

Robert Brandt

The aroma of freshly baked bread fills the Irish home with the expectancy of sharing; they are known for their caring hospitality. Quick breads such as scones and soda bread are made daily; yeast breads, like Irish Raisin, are served on special occasions.

1½ cups whole wheat flour	1 cup buttermilk
1 cup unbleached white flour (enriched)	2 tsp. baking soda (or ammonia bicarbonate)

Place the flours in a bowl and mix well. Dissolve baking soda in buttermilk, and quickly add to flours. Add a pinch of salt if desired. Pour into two 9 inch lightly greased pie pans. (or add enough flour to handle; knead for one minute, pat or roll to ¾ inch thickness, and cut 12 biscuits; place on baking sheet). Bake in a hot oven for 15 or 20 min. Cut in pie shaped pieces. Serve hot, split with butter and honey. Yield: 12 scones

-----

## SCONES

Mildred Wright

3 cups of flour  
¾ cup sugar  
2 tsp. cream of tartar  
1 tsp. salt  
1 tsp. baking soda  
½ cube of margarine mixed by hand into all of above.

Add ½ cup of raisins which have been soaked at least 2 hours or overnight in 1½ cups of water. Add more water to make a dough you can roll out. Use cookie cutter and bake at 375° until slightly brown on top.

-----

## ORANGE OR LEMON YOGURT MUFFINS

(A favorite in our house!)

Karen Andrews

1 cup sifted all-purpose flour	1/3 cup shortening
¾ cup whole wheat flour (unsifted)	1 egg, beaten
1/3 cup sugar	1/4 cup melted butter or margarine
1/4 tsp. salt	1 carton lemon or orange yogurt
1/2 tsp. soda	

Combine flours, sugar, salt, soda. Cut in shortening till mixture is size of small peas. Add egg, melted butter and yogurt. Stir just to moisten. Batter will look lumpy. Use paper liners or greased muffin cups. Fill 2/3 full. Makes 12. Bake in 375° oven, 20 min.

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## PEGGE'S SWEDISH WAFFLES

Pegge Brandt

The Swedish cook always is ready to whip up a waffle or a popover to have with the familiar coffee.

1 cup whole wheat flour	1 cup dried skim milk solids
1 cup unbleached enriched white flour	4 tsp. baking powder
$\frac{1}{4}$ cup raw bran	$\frac{1}{4}$ cup salad oil
1 tbs. raw wheat germ	pinch salt, if desired
	2 cups water

Place flours, bran, wheat germ, milk solids and baking powder in a bowl. Stir well. Whip egg whites until stiff. Set aside. Whip the egg yolks with  $\frac{1}{4}$  cup water; add remaining water and oil. Fold into dry mixture. Fold in egg whites, carefully, not to break them up too much. Bake  $\frac{1}{4}$  cup batter for each small waffle. Serve with Lowfat yogurt and fresh berries, sliced peaches, bananas, or apricots. Also good with cinnamon applesauce.

## SEGRID'S POPOVERS

Pegge Brandt

Grease 9 cast iron muffin tins, and place them in the oven. Heat to 450° with the tins in it.

2 eggs (at room temperature)	$\frac{2}{3}$ cup skim milk solids
$\frac{7}{8}$ cup whole wheat flour	pinch salt

If eggs are cold, warm them in warm water in deep mixer bowl. Remove them, pour the water into a measuring cup, and add water to make one cup. Dry the bowl. Place flour, milk solids and salt in bowl. Stir well. Add eggs and water all at once; stir quickly just to mix slightly. Beat at high speed for two minutes. Add 1 tsp. salad oil, beat in. Pour into sizzling hot muffin tins, and bake at 450°F. for 20 minutes. Reduce heat to 350°F and bake 10 minutes longer. Cut a slit in each popover, and let steam escape. Serve with butter and homemade preserves, or honey. (I like to serve cottage cheese and honey with these or any fresh homemade bread.)



SCOTCH PANCAKES  
(Now known as Nativity Easter Pancakes)

Anne Gibbs

1 egg	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ cup sugar	2 tsp. baking powder
$\frac{1}{4}$ cup butter	$\frac{1}{4}$ tsp. baking soda
1 cup flour	
$\frac{2}{3}$ cup milk	

Cream the butter and sugar together, beat in the egg with the latter. Add the salt, baking powder and baking soda to the flour. Then gradually mix, alternately, the flour mixture and milk to the butter, sugar and egg mixture. When batter is smooth drop small spoonful onto moderately heated, lightly greased (butter) frypan. When air bubbles appear, turn pancake. Pancakes should be approximately  $2\frac{1}{2}$ " in diameter and golden brown. Can be served buttered.

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RONDA ROLLS

Marilyn Nock

Unfortunately these do not freeze well. (The unbaked dough does). Best eaten the day they are made.

4 cups flour	$1\frac{1}{2}$ cups sugar
1 lb. butter or margarine	$1\frac{1}{2}$ cups ground nuts
1 pt. sour cream	2 tsp. cinnamon

Cut butter into flour until fine. Blend sour cream into flour mixture and chill over night. Divide dough equally into four parts. Roll each part into a circle; cut into 12 wedge-shaped pieces. Sprinkle with mixture of sugar, nuts, and cinnamon. Roll from wide end. Bake in  $375^{\circ}$  oven for 25 min. Ice with thin powdered sugar frosting.

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# Salaas & Dressings





## CINNAMON PORT GEL (8)

Jean Walker

Always taken to potlucks - ladies' luncheon salad or dinner accompaniment.

1 6 oz. pkg. red gelatin dissolved in  $1\frac{1}{2}$  cups boiling water.  
Add  $1\frac{1}{2}$  cups ice water.  
1 tsp. cinnamon  
3 sliced bananas (or canned fruit)  
 $\frac{1}{2}$  cup California Port

Pour in 6-cup mold.

## RED RASPBERRY-YOGURT SALAD

Donna Bertch

1 small pkg. raspberry jello  
 $1\frac{1}{2}$  cups hot water  
 $\frac{1}{2}$  cup sugar  
juice of one lemon  
 $\frac{1}{2}$  pt. red raspberry yogurt  
2 bananas, sliced

Dissolve jello in boiling water. Add sugar and lemon juice.  
Refrigerate until slightly thick. Fold in yogurt and bananas.

## "RED HOT" JELLO SALAD

Joyce Gelnett

1 pkg. cherry jello  
 $\frac{1}{4}$  cup red hot candy (Cinnamon hearts or cake decorating pieces)  
1 cup crushed pineapple  
1 can applesauce (about 1 cup)

Dissolve cherry jello and red hot candy together in  $1\frac{1}{2}$  cups boiling water. (The candy will not dissolve as readily as the jello and can be helped by crushing with the back of a spoon.) Mix with rest of ingredients and pour into a ring or other mold until set.  
Delicious with ham.



## HOLIDAY MOLDED SALAD

Kay Johnson

- I. 1 pkg. cherry jello  
3/4 cup boiling water  
1 cup whole cranberry sauce  
1 small can crushed pineapple with juice

Mix and let set well.

- II. 1 pint sour cream

Spread evenly over jello. Let stand several hours.

- III. 2 pkgs raspberry jello  
1 1/2 cup boiling water

Mix and cool. Add 2 pkgs frozen raspberries, thawed.  
When cool, pour over sour cream and let set. Serves 12.

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## LYCHEE NUT SALAD

Adele Ulman

- 4 envelopes Knox unflavored gelatin  
1 #2 can preserved lychees  
1 small can mandarin oranges  
2 medium grapefruit -- 1 segmented and 1 squeezed for juice  
1 4-oz. carton Precious Ricotta cheese

Dissolve gelatin in 3/4 cup cold water. Heat juice of oranges and lychees with water added to make 3 cups. Add this to gelatin and 3/4 cup grapefruit juice, 3 tbsp. lemon juice, 1/2 cup sugar and 1/2 tsp. salt. Oil large mold. Pour in a small amount of gelatin mixture to cover about 1 inch of mold. Refrigerate. While gelatin is setting, stuff lychees with cheese, taking care not to break them. When gelatin in mold is firm, arrange fruit segments and lychees alternately, pushing into gelatin. Chill again until very firm. Then pour in more gelatin to half-way mark. Chill. Press in more fruit and lychees and continue as before, finally adding the rest of the gelatin mix.

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## AUNT SARAH'S YUM-YUM SALAD

Alice Abel

Truly yum-yum.

1 29-oz. can crushed pineapple  
½ cup sugar  
1 envelope gelatin  
¼ cup cold water  
2 tbsp. lemon juice  
1/3 cup whipping cream  
1½ cup grated sharp Cheddar cheese  
lettuce

Place pineapple in saucepan, bring to boil. Put gelatin into cold water, let sit 5 minutes. Add gelatin and lemon juice to pineapple. Cool 10-15 minutes. Fold in cheese. Whip cream until very stiff and fold into pineapple-cheese mixture. Pour into mold. Chill until firm. Serve on lettuce leaves, garnished with a lemon slice or mint sprig.

"This recipe has been served only at Thanksgiving and Christmas in our family ever since I can remember. Mom was always asked to bring the "Yum-yum." When I was very little, neither my cousins nor I would touch this with a ten-foot pole, but one day I accidentally got a bite -- WOW! I have tried to keep the family tradition of serving it only at Thanksgiving and Christmas, but I have made it on other special occasions. My own children, while liking all the ingredients, wouldn't touch the salad with a ten-foot pole either . . . . Oh, well, one of these days."

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## APRICOT CREAM MOLD

Linda Schafer

1 1-lb., 14-oz. can apricot halves, reserve juice  
2 3-oz. packages orange galatin  
½ cup Miracle Whip salad dressing  
1 cup heavy cream  
1 3-oz. package lemon gelatin  
2 cups boiling water  
1¼ cups cold gingerale  
1/3 cup toasted slivered almonds

Drain apricots, reserving syrup. Dissolve 1 package orange gelatin in 1 cup boiling water. Cool. Gradually add Miracle Whip. Mix well. Fold in cream. Pour into 2-quart mold. Chill until almost firm. Dissolve gelatins in boiling water. Chill until slightly thickened. Fold in 1½ cups apricot halves. Add almonds. Pour over molded layer. Chill until firm. Unmold and garnish. Serves 10-12.

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## MANDARIN SALAD

Audrey Woodward

1 cup shredded coconut  
1 cup sour cream  
1 can (11-oz.) mandarin orange slices

Mix coconut and sour cream. Add drained orange slices, reserving 4 or 5 slices for garnish, and  $\frac{1}{4}$  cup of liquid. Mix gently. Chill in refrigerator, overnight if possible. Garnish with mint leaves and orange slices.

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## SPINACH SOUFFLE' SALAD

Doris Murdoch

1 10-oz. package chopped frozen spinach  
1 small lemon jello  
1 cup water  
salt and pepper  
 $\frac{1}{3}$  cup mayonnaise  
1 cup cottage cheese

Cook and drain spinach. Add water to jello, plus mayonnaise and seasonings. Let set. Then whip until mixture is light and fluffy. Fold in spinach and 1 cup cottage cheese. Put in 5-cup mold. Garnish with mandarin orange sections.

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## EASY TOMATO ASPIC

Audrey Woodward

1 small pkg. Wild Strawberry jello  
1 can (1 lb.) stewed tomatoes  
juice of 1 lemon  
 $\frac{1}{2}$  tsp. basil  
 $\frac{1}{2}$  tsp. thyme  
 $\frac{1}{2}$  tsp. oregano

Mix jello in serving bowl according to package directions, omitting the cup of cold water. Stir in stewed tomatoes, lemon juice, and seasonings. Mix well, cutting up any large chunks of tomato with knife and fork. Chill in refrigerator overnight. Garnish with mint leaves if available. Serves 8.

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## SEAFOOD MOLD

Karen Andrews

1 3-oz. pkg. lemon jello  
1 cup hot water  
1 8-oz. can tomato sauce  
 $\frac{1}{2}$  cup sliced celery  
 $\frac{3}{4}$  cup seafood (fish, crab, or shrimp)  
1 tsp. Worcestershire  
dash Tabasco  
 $\frac{1}{4}$  cup sliced scallions  
 $\frac{1}{2}$  cup sliced olives

Dissolve jello in water. Add tomato sauce and Worcestershire, Tabasco, and chill until mixture begins to thicken. Fold in remaining ingredients. Pour into shallow pan. Chill until set.

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## CHICKEN SALAD FOR TWO

Adele Ulman

breast of chicken  
tarragon  
onion  
marjoram  
celery  
 $\frac{1}{2}$  cup pineapple chunks  
 $\frac{1}{2}$  cup nuts, chopped or slivered

### DRESSING:

plain yogurt  
mayonnaise  
juice of canned pineapple  
unsweetened white grape juice

Boil chicken with spices, onion, and celery. When cool, cut into 1-inch chunks. Add pineapple chunks cut in half. Add nuts or toasted soybeans. Mix well with dressing made of equal parts yogurt, mayonnaise, juices. Serve on bed of lettuce and alfalfa sprouts.

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## "RECTOR'S ROUNDTABLE" CHICKEN SALAD

Cathy Good

¼ cup	salad oil	)	
½ cup	vinegar	)	
¾ cup	chopped onions (or scallions)	)	
1 tsp.	salt	)	Mix and let stand.
2 tsp.	curry powder	)	
1/8 tsp.	pepper	)	
3 cups	cooked rice, cooled	)	
2 cups	chopped celery	)	
¼ cup	chopped green pepper	)	Add to above.
1-½ cups	mayonnaise	)	
3 cups	cooked chicken	)	

## CHICKEN PEACH SALAD

Charlene Pohl

lettuce  
watercress  
chicory (French or Belgian endive)  
sliced chicken  
sliced pear  
French dressing  
sliced canned peaches  
dates

Arrange prepared greens in a bowl. Top with neatly diced pieces of cold, cooked chicken, sliced fresh pear, dipped in French dressing, sliced canned peaches, and fresh or dried dates. Serve with mayonnaise or French dressing and garnish with lemon.

## OLD-FASHIONED SWEET-SOUR COLE SLAW

Janice Cotton

From the dining-room of the Brookville Hotel, Brookville, Kansas, which has been in operation since 1870.

1½ lbs. shredded green cabbage  
1 tsp. salt  
1/3 cup vinegar  
2/3 cup sugar  
1 cup whipping cream

Place shredded cabbage in covered dish in refrigerator for several hours. Mix ingredients in order given 30 minutes before serving. Chill and serve.

## MUSHROOM-BACON SALAD

Joyce Dyer

1 lb. fresh mushrooms, sliced or halved (room temperature)  
½ lb. bacon, diced  
1 medium onion, chopped  
¼ cup fresh lemon juice  
fresh parsley

Saute bacon until some of the fat is rendered -- do not fry crisply. Add chopped onions and saute until onions are limp. Add mushrooms, lemon juice, and parsley and toss thoroughly. Serve immediately, warm.

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## SUE'S SPINACH SALAD

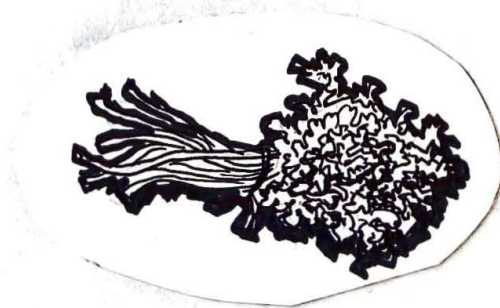
Sue Lapham

Yummy and easy.

1 bunch spinach (fresh), washed and torn into bite-sized pieces  
1/2 - 3/4 head lettuce, same as above  
1 pkg. frozen peas, thawed  
3/4 - 1 purple onion, sliced  
3 hard-boiled eggs, sliced  
6-oz. pkg. sliced Swiss cheese, cut into thin strips  
1 cup sour cream  
1 cup mayonnaise  
pepper to taste

In salad bowl, place layer of spinach, layer of lettuce, then peas, onion, eggs, and Swiss cheese. Mix sour cream and mayonnaise with pepper. Pour evenly over top of spinach mixture. Cover and chill in refrigerator. Immediately before serving, toss until dressing covers salad evenly. This can be made the night before using, and stored in the refrigerator until ready to toss and serve.

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## TOSSED SALAD WITH CASHEWS

Gloria McCurdy

1 tsp. dry mustard  
1 cup sugar  
1 tsp. salt  
1/3 cup vinegar  
1 cup salad oil  
1 tbsp. celery seed  
dash onion salt  
dash pepper  
1 head lettuce  
1 bunch spinach  
1 cup roasted cashew nuts

Blend first four ingredients well in blender. Then add oil slowly. When well blended, add celery seed, onion salt, pepper. STORE OVERNIGHT. Toss with lettuce, spinach, and nuts. Serves 8 - 12.

"Passed on to me from Jim's mom, to her from a friend in Akron, Ohio, when Jim was growing up."

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## WINTER SALAD

Karen Andrews

1/2 cup grated raw parsnip  
1/2 cup grated raw carrot  
1/2 cup diced celery  
8 pimento-stuffed olives  
1/2 tsp. salt  
1/2 head lettuce torn into bite-sized pieces

### MARINADE:

2 tbsp. salad oil  
1 tbsp. vinegar  
3/4 tsp. salt  
1/2 clove garlic, minced  
pepper to taste

Combine all ingredients except lettuce and place in marinade for one hour. Before serving, toss with lettuce. Add mayonnaise to moisten, if desired. Can substitute orange sections for olives, or use all parsnips or all carrots.

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## BEST-EVER MACARONI SALAD

Joyce Gelnett

4 cups cooked small elbow macaroni ( $\frac{1}{2}$  lb. uncooked)  
1 $\frac{1}{2}$  cups chopped celery  
 $\frac{1}{2}$  cup cut-up green onions  
5 or 6 sliced radishes  
2 tbsp. minced parsley  
1 cup mayonnaise  
2 tbsp. vinegar  
2 tsp. prepared mustard  
 $\frac{1}{2}$  tsp. celery seed  
1 $\frac{1}{2}$  to 2 tsp. salt  
 $\frac{1}{8}$  tsp. pepper

Combine all ingredients. Chill. Serve as is, or garnish with tomato or hard-boiled egg wedges, or sliced olives.  
Serves about 6.

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## BULGHAR WHEAT/SHRIMP SALAD

Joyce Dyer

1 cup Ala bulghar wheat  
 $\frac{1}{2}$  cup Italian dressing  
 $\frac{1}{4}$  cup lemon juice  
chopped celery  
green pepper  
tomatoes  
dill weed  
chopped green onions  
tiny Bay shrimp  
fresh mint leaves (optional)

Cook bulghar wheat according to package directions. When done and still hot, add Italian dressing and lemon juice. Chill overnight. Then add chopped celery, green pepper, tomatoes (without seeds), chopped green onions, parsley, shrimp, dill, and mint leaves.

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## CURRY RICE SALAD

Marcia Wester

6 cups cooked rice (approximately 2 cups raw)  
4 cups chopped celery  
 $\frac{1}{2}$  cup oil  
 $\frac{1}{2}$  cup vinegar  
2 tsp. salt  
 $\frac{1}{2}$  cup chopped onion  
 $\frac{1}{4}$  tsp. pepper  
6 cups chicken or shrimp  
 $2\frac{1}{2}$  cups mayonnaise

Combine all ingredients except final two, then add meat and mayonnaise. Serves 10.

"Originally from Cathy Good."

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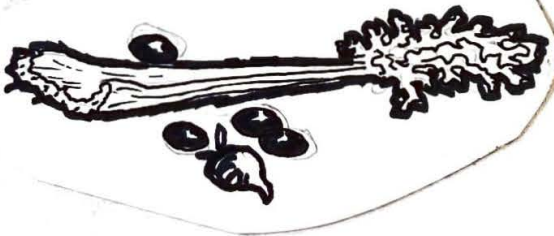
## OLIVE'S PICKLED BEETS

Olive Fenner

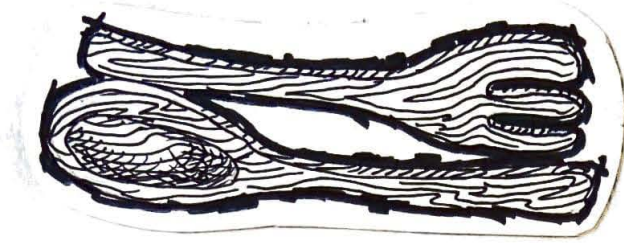
2  $2\frac{1}{2}$  cans beets (or 1 large can)  
 $1\frac{1}{2}$ -2 tsp. dry mustard mixed with a little water  
3 tbsp. sugar  
8 cloves  
2 tbsp. vinegar  
salt, pepper, cinnamon to taste  
1 raw onion, sliced  
bay leaf

Drain juice from beets into sauce pan, heat, and add seasonings. After simmering, taste and adjust seasonings. Add beets. Keep in refrigerator. Serve with salads.

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## S A L A D     D R E S S I N G S

### DUTCH SALAD DRESSING (HOT) FOR LETTUCE

Gloria McCurdy

A Pennsylvania Dutch treat!

4 bacon strips, cut and fried crisp  
2 tbsp. bacon fat  
2 tbsp. vinegar  
2 tbsp. water  
2 tbsp. sugar  
1 egg, well-beaten

Drain fried bacon on paper towel and reserve the 2 tbsp. of fat. In a clean pan, mix the fat, vinegar, water, and sugar. Then pour slowly (IMPORTANT!) into well-beaten egg. Return to pan and cook over low heat until mixture thickens. Add bacon just before pouring dressing over lettuce. Toss. 3-4 servings.

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### JASON'S DELICIOUS LO-CAL FRENCH DRESSING

Jason Walker

$\frac{1}{2}$  cup water  
 $\frac{1}{2}$  cup tomato juice  
 $\frac{1}{2}$  cup oil  
2 tbsp. vinegar  
2 tbsp. lemon juice  
 $\frac{1}{4}$  tsp. dry mustard  
 $\frac{1}{4}$  tsp. paprika  
 $\frac{1}{2}$  tsp. salt

Shake together in jar. Chill.

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MOM'S SALAD DRESSING FOR  
GREEN SALAD

Pam Fenner

This is particularly good to entice children to enjoy salads.

1 can tomato soup  
1 cup salad oil  
 $\frac{1}{2}$  cup vinegar  
7-8 drops Tabasco (optional)  
 $\frac{3}{4}$  cup sugar (start at  $\frac{1}{2}$  cup and taste-- add more if you like)  
1 tbsp. Worcestershire sauce  
1 tbsp. salt

Combine ingredients. This dressing stays indefinitely in the refrigerator. It separates quickly and it is advisable to mix in blender or shake up in a bottle immediately before pouring on salad.

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THOUSAND ISLAND DRESSING

Olive Fenner

2 cups mayonnaise  
3 tbsp. sandwich spread or tartar sauce  
 $\frac{1}{2}$  cup oil  
 $\frac{1}{2}$  bottle chili sauce  
1 finely grated hard boiled egg  
1 grated raw onion  
1 grated clove of garlic

Mix all ingredients and serve on salad.

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YUMMY YOGURT DRESSING

Mary Powell

$\frac{1}{2}$  cup plain yogurt  
 $\frac{1}{2}$  cup mayonnaise  
 $\frac{1}{4}$  cup oil  
 $\frac{1}{4}$  tsp. dry mustard  
dash tarragon vinegar,  
oregano, to taste

Mix all ingredients and chill. You may substitute  $\frac{1}{4}$  cup bottled Italian dressing for the last four ingredients.

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# Side Kicks





## ASPARAGUS IN CASSEROLE

Donna Bertch

1½ or (#2 can) asparagus - cut in 2" pieces  
1 tsp. salt  
½ tsp. pepper  
1 pimento - cut in small pieces  
3 beaten eggs  
1 cup grated cheese - American or Sharp  
¾ cup rolled cracker crumbs (Ritz)  
1 cup milk  
3 tbsp. butter

Mix ingredients except butter - pour into oiled baking dish.  
Melt butter and pour over top. Bake 30 min. at 350°.

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## ASPARAGUS MORNAV

Joyce Gelnett

This recipe was sent to me by my sister in Australia. It is excellent as a luncheon dish. I very often use 2 cans of asparagus for more bulk.

1 lg. can asparagus cuts  
4 tbsp. butter or marg.  
4 tbsp. flour  
4-5 hard boiled eggs  
2 cups grated cheese  
½ cup breadcrumbs  
liquid from asparagus plus enough milk to make 2 cups.

Drain liquid from asparagus and combine with milk. Melt butter and blend in flour with salt and pepper to taste. Add liquid and bring to boil, stirring constantly until mixture thickens. Remove from heat and add cheese. Slice eggs. In greased ovenproof dish spread asparagus cuts, top with sliced hard boiled eggs, then sauce. Repeat layers. Top with buttered crumbs. Bake in 325° oven about 20-25 min.

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## GREEN BEAN BAKE

Donna Bertch

1 can Campbells Cheddar Cheese Soup  
1/3 cup milk  
3 cups cooked & drained green beans (fresh, canned or frozen)  
1 can French fried onions  
1½ qt. casserole

Stir cheese soup until smooth. Gradually add milk, heating slowly. Mix cooked beans and ½ can onions into cheese mixture. Bake 350° 20-30 min. Sprinkle rest of onions over top. Bake 5 min. longer.

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### THREE BEAN CASSEROLE

Donna Bertch

1 can lima beans (average) drained  
1 can kidney beans (average) drained  
1 can pork and beans, large  
4-5 slices bacon, browned, cut into small pieces & added to beans  
1 onion, sauted  
½ cup brown sugar  
½ cup catsup  
dash of Worcestershire sauce  
¾ cup sharp cheese (cubed)

Bake at 350° for 45 min.

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### CARROTS & APPLES

Karen Andrews

10 med. carrots sliced  
4-5 apples sliced  
½ cup sugar  
Salt, pepper, butter, lemon juice

Steam carrots till tender, crisp. Arrange in layers with apples in a greased baking dish. Top each layer with salt, pepper, lemon juice, sugar, and butter dots. Bake covered 350°, 45 min. to 1 hr. Uncover last 10 min. of baking. Serves 6 to 8.

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### SUNSHINE CARROTS

Nina Woods

5 med. carrots  
1 tbsp. sugar  
1 tsp. cornstarch  
¼ tsp. salt  
¼ tsp. ginger  
¼ cup orange juice  
2 tbsp. butter or marg.

Slice carrots crosswise on the bias, about 1" thick. Cook, covered, in boiling salted water till just tender, about 20 min. Drain. Meanwhile, combine sugar, cornstarch, salt and ginger in small saucepan. Add orange juice. Cook, stirring constantly, till mixture thickens and bubbles. Boil 1 min. Stir in butter. Pour over hot carrots, tossing to coat evenly. Makes 4 servings.

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## COMPANY CARROT CASSEROLE

Jean Walker  
Kay Johnson

- 2 to 3 lbs. carrots, whole or half, if long
- $\frac{1}{2}$  cup carrot liquid
- 1 cup mayonnaise (or use half buttermilk)
- 2 tbsp. minced onion (or 1 tbsp. instant onion)
- salt & pepper
- 1 tbsp. horseradish (optional)

Undercook carrots slightly and place in shallow casserole. Mix all other ingredients and pour over carrots. Sprinkle with  $\frac{1}{2}$  cup cracker or cornflake crumbs. Dot with butter and garnish with chopped parsley. Bake uncovered 375° 15 min. Serves 6-8.

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## MUSHROOM STRATA

Pam Fenner

- $\frac{1}{2}$  cup chopped celery
- $\frac{1}{2}$  cup green peppers, chopped
- $\frac{1}{2}$  cup onions, chopped
- 1 lb. mushrooms
- $\frac{1}{2}$  cup mayonnaise
- 8 slices buttered bread
- 2 eggs, beaten
- $1\frac{1}{2}$  cups milk
- 1 can mushroom soup
- 1 cup grated cheese
- Salt & pepper to taste

Sauté onions, celery, and peppers in butter for 4 min. Add mushrooms and continue cooking for 4 min. longer. Drain vegetables and add mayonnaise, salt and pepper. Butter bread and cut 6 slices into 1" squares. Put half in buttered casserole dish. Put vegetable mixture on top of crumbs or cubes. Add remaining cubes. Mix eggs and milk well, and pour over casserole. Refrigerate all day, or over night. Before baking, pour soup over casserole mixture. Bake 325° - 50 min. Add remaining 2 slices of bread, cubed, and grated cheese. Bake 10 min. longer.

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## EGGPLANT CASSEROLE

John Gibbs

1 medium-sized eggplant  
1tbsp. butter or marg.  
1 medium-sized can whole tomatoes  
1 small green pepper  
1 small onion  
Kellogg's crouettes  
3 tbsp. flour  
1 tsp. salt  
1 tbsp. brown sugar  
¼ cup grated cheese

Peel and dice eggplant and cook in boiling salted water for 10 min. Drain and place in greased baking dish. Melt butter, add and stir in flour until smooth. Add tomatoes, cutting them up while adding. Seed and chop pepper, chop onion and add both to butter mixture. Add salt and brown sugar, and cook 5 min. Pour over eggplant. Sprinkle top with crouettes and dot with grated cheese. Bake 350° for 30 min.

Note: Added touch can be made if you make your own croutons and spread them thinly with anchovy paste before dicing.

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## FETTUCINI A LA CORBONARA

Jean Pagán

¼ cup butter or margarine }  
4 eggs } Let stand at room temp. 2-3 hrs.  
¼ cup whipping cream }  
8 oz. bacon, cooked and cut up  
1 lb. Fettucini  
1 cup Parmesan cheese  
fresh ground pepper  
¼ cup chopped parsley

Heat serving dish in 250° oven. Add fettucini to large amount of boiling salted water. Follow package directions for cooking time. Meanwhile, beat together eggs and cream until just blended: Drain fettucini but do not rinse. Put pasta into heated serving dish. Toss until pasta is well coated. Add bacon, cheese, pepper, and parsley. Serve immediately.

Note: Eggs cook from the heat of pasta and serving dish.  
Serves 6.

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## NOODLES ROMANOFF

Mary Strohecker

2 pkg. (8 oz. each) egg noodles  
3 cups large curd cottage cheese  
2 cloves garlic, minced or mashed  
2 tsp. Worcestershire  
1 pint commercial sour cream  
1 bunch green onions, finely chopped  
½ tsp. Tabasco  
1 cup grated or shredded Parmesan cheese

Cook noodles in boiling salted water until tender; drain. Combine cooked noodles, cottage cheese, garlic, Worcestershire, sour cream, onions, and Tabasco. Turn into a greased casserole; sprinkle cheese over the top. Bake in a moderate oven (350°) for 25 min. (If you have refrigerated the casserole unbaked, increase cooking time 5 to 10 min.) Makes 18 servings.

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## VIRGIL'S BLACK EYED PEAS

V. T. Williams

1 lb. (2 ¾ cups) dry blackeye peas  
¾ lb. salt pork (sow belly)  
6 cups branch water  
1 big onion  
1 big or 2 little sticks celery, leaves and all  
1 tbsp. parsley

Wash peas thoroughly. Put in pot. Add water and bring to a boil. While you wait, chop the onion, celery, and parsley. Cut the pork into 2 pieces and slice each down to the rind every ¾". Add all this to the peas. Cover and simmer 2-3 hrs. Salt to taste. Serve with hot corn bread and buttermilk. Optional - dash pepper sauce on peas. Double or triple to feed a bunch.

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## BAKED PAPAYA

Jean Walker

This won me 1st place in the Grape Festival '76 recipe contest.

3 Papaya halved and seeded.  
Filling: Blend and distribute among 6 halves.  
1½ cups cottage cheese  
1½ cups cream cheese  
1 tbsp. curry  
2 tbsp. chutney  
2 tbsp. raisins  
½ cup sliced waterchestnuts

Sprinkle over tops ¼ cup melted butter & ¼ tsp. cinn. (450°-15 min.) Makes 6.

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## GAY'S BARBECUED GRILLED POTATOES

Jean Walker

Simple! Devised by my super-cook sister-in-law, Gay Murdoch.

Cut potatoes in half lengthwise.  
Spread with butter.  
Sprinkle with Lipton's Onion Soup Mix.  
Wrap in foil.

Cook on hot coals about an hour. (Parboil or microwave to reduce barbecuing time.)

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## CRUMB POTATOES

Donna Bertch

Peel potatoes.  
Roll in butter.  
Roll in seasoned bread crumbs.

Bake at 350° for 1 hr.

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## SCALLOPED HASH BROWNS

Margaret Clark

2 pkgs. frozen hash browns, defrosted  
½ cup margarine, melted  
1 tsp. salt  
¼ tsp. pepper  
½ cup chopped onions  
1 can cream of chicken soup  
1 pint sour cream  
2 cups sharp cheddar cheese, grated  
2 cups crushed cornflakes  
¼ cup melted butter

Defrost potatoes. Combine them with all ingredients except the corn flakes and the butter. Put into a 3 qt. casserole. Combine corn flakes and melted butter and sprinkle on top. Can be frozen before baking. Bake in 350° oven 30-45 min. until potatoes are done and browned on top. Serves 16.

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## GRANDMOTHER'S CREAMY POTATOES

Marion deHeer

3 large potatoes, cubed very fine  
1 onion, chopped

Butter a baking dish and put in a layer of potato and onion. Season with salt and pepper and bits of butter. Repeat until potato and onion are used up. Cover with milk and bake one and one-half hours @ 300°. (Covered) Remove cover and bake until brown.

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## HOME MADE OVEN FRENCH FRIES

Alice Abel

Yummy ! We have these very often as a change from the conventional baked potato. They cook while the rest of the dinner is being prepared. Especially good with homefried chicken, or hamburgers.

3 or 4 large potatoes, preferably russet or new potatoes  
2-3 tbsp. butter or margarine  
salt to taste

Do not peel potatoes. Wash thoroughly, and cut as for french fries. Melt butter in flat dish (pie plate, square casserole). Place potatoes in melted butter and coat lightly. Place in oven at 375° for 20 min. Stir to coat again. Bake 20 more minutes. Sprinkle with salt and serve.

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## SCOTCH GREEN RICE

Nina Woods

This recipe is from Milt's grandmother and we think it is very good with lamb.

2 cups cooked rice  
salt and pepper to taste  
¼ cup olive oil  
large bunch parsley, chopped fine  
1 onion, chopped fine  
1 clove garlic, chopped fine  
½ lb. sharp cheese, grated

Mix all above together and put in oblong baking dish and flood with enough milk to barely cover rice. Bake ½ hr. at 375°, uncovered.

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## RICE HOT DISH

Jean Walker

Discovered years ago...from one of my fourth graders.

Melt  $\frac{1}{4}$  lb. butter in  $1\frac{1}{2}$  qt. casserole.

Add: 1 cup raw rice,  
1 can consomme,  
1 can beef broth.

Mix well. Bake uncovered @  $375^{\circ}$  for 1 hr. Need not stir.

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## RICE & ZUCCHINI TORTE

Joyce Gelnett

This dish is especially good with ham, but can be used with any meat, and since it is a combined rice and vegetable dish, it needs only the salad to make a complete meal.

1 cup uncooked rice  
2 lbs. zucchini  
1 cup grated Cheddar cheese  
 $\frac{1}{2}$  cup thinly sliced green onions  
 $\frac{1}{3}$  cup chopped parsley  
 $\frac{1}{3}$  cup olive oil or melted butter or marg.  
3 eggs, slightly beaten  
dash each rosemary & garlic powder  
 $\frac{1}{2}$  tsp. Monosodium glutamate  
salt & pepper to taste  
paprika

Boil or steam rice till tender, drain if necessary. Wash zucchini and trim off ends. Do not peel. Cook whole zucchini in boiling salted water about 10 min., drain thoroughly, chop fairly fine, drain again. Mix rice and zucchini with all remaining ingredients except paprika. Turn into greased baking dish (9x13). Dust with paprika. Bake  $350^{\circ}$  about 1 hr., or till firm and lightly browned. Serves 10-12.

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## SPANISH TORTE

Mildred Wright

10 eggs  
1 cup olive oil  
2 tsp. salt  
½ tsp. pepper  
3 pkg. frozen, chopped, spinach - thawed and drained  
2 onions, very finely chopped  
2 lg. cloves garlic, put through garlic press  
1½ tsp. Italian seasoning, crushed  
1 cup fresh parsley, finely chopped  
1½ cups grated, sharp, Cheddar cheese  
2 cups bread crumbs

In electric mixer beat 10 eggs, until well beaten. Slowly add olive oil, and continue to beat at medium - high speed. Add salt and pepper. Add spinach, onions, garlic, Italian seasoning, parsley, Cheddar, and bread crumbs, mixing well with wooden spoon after each addition. Bake in shallow pan (16"x11") (Jelly roll pan), for 40 to 50 min. at 325°. Test with tooth pick if done. Cook, cut into bite size squares. Can be served at room temperature or warm.

Can be frozen for future need. If frozen, thaw at room temperature and just warm for 5-10 min. at 350° prior to serving.

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## CHEESE SPINACH PIE

Karen Andrews

Thaw & drain 1-10 oz. pkg. frozen spinach. Add 1 cup cottage cheese, 2 beaten eggs, 1 tsp. caraway seed, 1 tsp. salt, ¼ tsp. pepper and dash nutmeg. Put in 8" pie pan. Sprinkle with 2 tbsp. parmesan cheese and dot with 1 tbsp. butter. Sprinkle with paprika. Bake 350° 20 min. Serves 4.

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## SPINACH PLUS

Donna Bertch

1 pkg. frozen chopped spinach, cooked as directed, drained  
Add: 1 tbsp. butter  
2 tbsp. light cream  
1 tsp. horseradish  
1 tsp. cornstarch

Heat, add salt and pepper to taste. Serve hot.

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## MOM'S SPINACH SURPRISE

Pam Fenner

Your children will probably like spinach served this way.

3 packages frozen chopped spinach  
1 cup soured cream  
1 package onion soup mix

Let soured cream warm to room temperature. Combine the soured cream and onion soup mix. Blend well. Cook spinach, drain, and stir in cream mix. Put back on stove briefly to heat. Serve immediately.

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## TWO CHEESE SPINACH CASSEROLE

Kay Johnson

Beat lightly with fork 3 eggs  
Add: 1 pt. small curd cottage cheese  
3 tbsp. flour  
 $\frac{1}{4}$  cup buttermilk  
5 oz. (1 cup) sharp cheddar cheese cut into cubes  
2 pkg. frozen chopped spinach thawed and pressed in a sieve

Put all in greased baking dish. Top with buttered bread crumbs and garnish with parsley and paprika. Bake 350° 45 min.

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## ZUCCHINI CASSEROLE

Mary Powell

1 lb. zucchini trimmed & scrubbed & cut into 1" slices  
pinch of dill  
1 clove garlic  
boiling salt water  
 $\frac{1}{2}$  lb. sliced mushrooms  
3 tbsp. butter  
2 tbsp. flour  
1 cup sour cream  
buttered bread crumbs

Put zucchini, dill & garlic into boiling water. Reduce heat, cover and simmer till tender (Do not overcook). Drain, reserving 2 tbsp. liquid. Discard garlic. Sauté mushrooms in butter 5 min. Stir in flour. Cook 2 min. Add sour cream, zucchini & liquid. Stir, season & heat but do not boil. Put in casserole. Top with crumbs. Brown under broiler.

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## ZUCCHINI CASSEROLE

Donna Bertch

Cut up two pounds zucchini in one inch slices. Parboil zucchini and drain well. Do not overcook. Sauté onion in 3 tbsp. butter, add 3 tbsp. flour and remove from heat. Add 1/3 cup white wine and one can mushroom soup. Place layer of zucchini, then sauce and repeat. Top with parmesan cheese. Bake at 350° for 3/4 hr.

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## ZUCCHINI SOUFFLE

Kay Johnson

1 lb. zucchini (or asparagus) par-boiled and thoroughly drained  
1/2 lb. grated cheddar cheese  
5-6 eggs, slightly beaten  
salt & pepper  
sprinkle Italian herb (opt.)

Cut up zucchini & parboil till tender. Drain. Put enough oil on bottom of 8" sq. pan to cover bottom and add some finely chopped garlic (1 clove). Add veg. to beaten eggs & stir. Add cheese & flavorings. Pour into pan & sprinkle a little cheese over top. Bake 350° 45 min. Serves 6.

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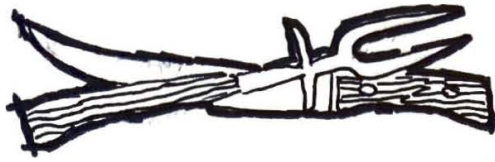




# Entrees







"To roast some beef, to carve a joint with neatness,  
To boil up sauces, and to blow the fire,  
Is anybody's task; he who does this  
Is but a seasoner and broth-maker.  
A cook is quite another thing. His mind  
Must comprehend all facts and circumstances;  
Where is the place, and what the time of supper;  
Who are the guests, and who the entertainer;  
What fish he ought to buy, and where to buy it."

Dionysius



LIFE, LIKE SOUP, IS WHAT WE PUT INTO IT. (Little Secrets, Peterson)

S O U P S

FRESH TOMATO SOUP

Karen Andrews

6 medium sized tomatoes, chopped  
6 green onions, chopped  
1 tsp. salt  
½ tsp. sugar  
1 bay leaf  
¼ tsp. basil, cumin, chili powder to taste  
1 clove garlic  
2/3 cup liquid (beef or chicken broth and/or white wine)  
½ cup sour cream or plain yogurt  
1 diced avocado (optional)

Blend in blender. May be served warm. We like it best chilled on a hot day. Serves 5 - 6.

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CHINESE MUSHROOM SOUP

3-3/4 cups home-made chicken stock  
½ in. slice fresh ginger  
2 scallions, thinly sliced  
2 cups button mushrooms, thinly sliced  
1 tbsp. sherry  
salt and pepper

Put the stock in a pan with the ginger and spring onions (scallions). Bring to a boil and simmer, covered, for 20 min. Add the mushrooms and simmer for 10 min. more. Remove the ginger. Add the sherry and season to taste. Serve very hot.

Serves 4 to 6.

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## SOUP AU PISTOU

Laurel Elkjer

### SOUP:

1 lg. onion  
2 med. potatoes  
2 cups chopped green beans  
4 carrots  
 $\frac{1}{2}$  head cabbage  
2 med. zucchini  
3 med. tomatoes  
1 cup mushrooms  
Optional - (for protein)  
 $\frac{1}{2}$  cup rice  
 $\frac{1}{2}$  cup dry beans

### PISTOU:

$\frac{3}{4}$  cup oil  
3-4 cloves garlic, finely chopped  
  
Optional  
basil  
parsley  
salt, pepper

Amounts are for 8 qt. pot.

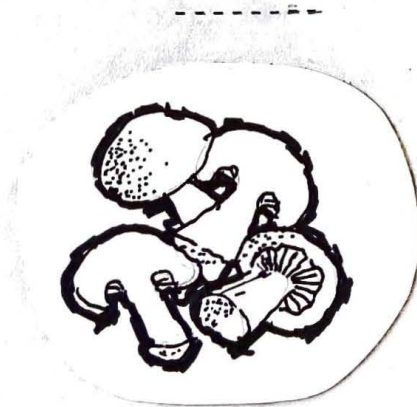
Pistou: Combine ingredients and let stand while soup cooks.

Soup: Chop vegetables in one inch pieces, except onion, which should be chopped more finely. Sauté onion until soft. Fill pot with water and add vegetables to cook whichever way is desired; either all at once or by adding gradually to retain color and texture. If choosing latter method, cook vegetables as follows:

50 min.	---	potatoes (dry beans, rice)
30 min.	---	carrots
20 min.	---	beans, tomatoes
10 min.	---	zucchini, mushrooms
5 min.	---	cabbage

When soup is finished cooking add pistou and mix well into soup. Simmer five min. more. Add salt to taste.

Recipe comment: Due to the addition of the pistou this vegetarian soup has all the flavor of a soup made with meat broth.





## SARA'S HAMBURGER SOUP

Sara Rockwell

With a green salad and French bread, this makes a hearty meal. Children love it, but I've seen grownups put away seconds and even thirds.

3 tbsp.      butter or margarine  
1              onion  
1-½ lbs.     ground round  
1 can        tomatoes (1 lb. 12 oz.)  
3 cans       consomme plus 2 cans water  
4              carrots  
4              celery tops  
              parsley  
              bay leaf  
½ tsp.       thyme  
10            peppercorns  
1 tbsp.       salt (scant)

Melt butter in soup kettle and toss in coarsely chopped onion. Cook onion until soft, but not brown. Add ground round and stir it around until it loses that raw look. Pour in tomatoes, consomme and water; add sliced carrots, bay leaf, chopped celery tops and parsley, thyme, peppercorns and salt. Cover and cook over very low heat for about 45 min. If you want to be elegant you can do the toast rounds covered with cheese on the top, but personally I find that they just get soggy, and prefer to serve bread separately.

NOTE: If you're into health foods, you can not scrape the carrots, thereby saving yourself a minute or two of preparation time. This is an antique recipe -- when I first started making this soup, nobody would dream of serving an unscraped carrot -- it would have seemed as outlandish as eating an unpeeled banana!

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## CHUPI

Freddie Stevens

This is a Peruvian soup that has been changed and Americanized until Peruvians can't recognize it!

onion (chopped)	½ cup rice
(½ more or less)	some boiled potatoes
1 can tomato paste (or sauce)	milk (as much as desired)
1 tsp. salt	shrimps (optional amount)
1 tsp. marjoram or oregano	eggs (optional), unbeaten
little paprika	

Fry onion in butter. Add tomato paste, rice, salt, marjoram, paprika. Add water and cook until rice is done, stirring often and adding water as mixture thickens. Add boiled potatoes, milk and shrimps. When chupi is hot, an egg can be dropped in for each person and cooked until white is set.

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## SALMAGUNDI'S NORTH BEACH MINESTRONE

Pamela Fenner

Heard the owner of this San Francisco restaurant give out his recipe. It's very satisfying on a cold winter day!

Make a beef stock using short ribs with 3 qts. water. Boil down to two qts.

1/2 cup navy beans  
thyme, chervil, oregano ) Simmer together for 3 hrs.

Separate beef from bones and add:

julienne carrots  
julienne turnips  
chopped leeks  
shredded cabbage (3 leaves)  
zucchini squash, sliced  
clove garlic, smashed  
shell macaroni  
2 tbsp. tomato paste

There are no set amounts for the vegetables and macaroni. Use your own judgment according to how thick a soup you like.

Top with grated fresh parmesan cheese.

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## WILLIAMSBURG TURKEY SOUP

Alice Abel

This recipe comes from my sister-in-law, with a few variations by me. I have never seen another recipe similar to it, and yet it is a meal in itself, and an excellent way to use up all of the leftover turkey. Our daughter, Allison, would rather have this than the carved turkey any day, and can hardly wait for leftovers to begin.

1	turkey carcass	2 small	onions
3 qts.	water	2 stalks	celery
2 tbsps.	raw rice	3	carrots
1 cup	butter or margarine	1 pt.	half and half
1 cup	flour	salt and pepper to taste	
		leftover turkey meat	

Cover turkey carcass with water, and simmer for several hours to make stock. Remove bones, leaving any meat in broth. Add raw rice and simmer for 20 min. Add vegetables, chopped. Melt margarine and blend in flour and cream. Stir until thick. Add some hot stock to white sauce, then add the white sauce to the stock, stirring constantly. Add leftover turkey meat, heat, and eat. Enjoy!

Excellent with whole wheat English muffins, or homemade corn muffins, and a green salad, especially on a rainy night.

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## EASY CLAM CHOWDER

Helen Rutherford

This recipe originated with a dear friend in Alaska -- it is easy to make, delicious, and that touch of Sherry makes it different! With a salad and dessert it's plenty for supper. (Crackers or rolls added).

2 med. potatoes )  
2 med. carrots )  
1 stock celery )  
1 white onion )  
shake salt, pepper and )  
Beau Monde Seasoning to )  
your own taste onto the )  
vegetables while cooking )

Dice the vegetables and cook  
in enough water to barely  
cover -- do not over-cook

1 can minced clams  
2 cups whole milk  
2-3 tbsps. Sherry wine  
2 hard boiled eggs  
1-2 tbsps. butter or marjoran

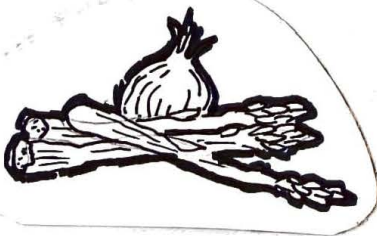
Paprika  
fresh cut parsley

To the cooked vegetables add minced clams and juice  
add milk  
add butter or marjoran, stir cautiously  
(when melted it's ready to serve)

Stir in 2-3 tbsps. Sherry wine

Place a few slices or quarters of hard boiled egg in bottom of pre-heated individual soup bowls . . . serve the chowder immediately, topped with a dash of Paprika and a tbsp. or two of fresh cut parsley floating on top. (Add more butter if desired)

Serves 4 and it's licken good!





## SPAGHETTI SAUCE

Judy Gilbert

This is the spaghetti sauce recipe that I have made several times for the Senior EYC -- I will include the meatball recipe too although for EYC I have just added the loose hamburger after it has been fried and any additional grease poured off and discarded.

3/4 cup	chopped onions
1 clove	garlic
3 tbsp.	oil
2-1 lb. cans	tomatoes (4 cups)
2-6 oz. cans	tomato <u>paste</u> (1-1/3 cups)
1 cup	water
1 tbsp.	sugar
1½ tsp.	salt
½ tsp.	pepper
1½ tsp.	crushed oregano
1	bay leaf

(Saute 2 lbs. ground round until it loses its pink color.)  
Omit if one prefers meatballs. Cook onion and garlic in hot oil until tender but not brown -- if you are using hamburger omit the oil and saute the onion and garlic, after the hamburger is browned, in the same pan. Stir in remaining ingredients. Simmer, uncovered, 30 min. Remove bay leaf and add the meatballs if you are using them instead of loose hamburger. Cook another 30 min.

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## MEAT BALLS

Judy Gilbert

4 slices	dry bread
1 lb.	ground beef
½ cup	grated Romano cheese or Parmesan
2 tbsp.	chopped parsley
1 clove	garlic, minced
1 tsp.	crushed oregano or basil
1 tsp.	salt
dash	pepper
2 tbsp.	oil

Soak bread in water to cover for 2 or 3 min.; then squeeze out moisture (Yep - squeeze bread as you would a sponge). Combine bread with remaining ingredients, except oil. Mix well. Form small balls (makes about 20). Brown slowly in hot oil. Add to spaghetti sauce and cook 30 min.

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## ITALIAN SPAGHETTI SAUCE

Heide van Nellen

An EYC favorite!

1 lb.	ground round
1 lg.	onion, chopped
2 very lg. cans	Hunts tomato sauce (or 6 small cans)
2 tsp.	sugar
	pepper
	salt
	several shakes of Worcestershire sauce
2 shakes	Tabasco sauce (and that's all!)
2 heaping tsp.	chili powder

Brown the ground meat and onions, then add all other ingredients. Simmer very low for at least two hours, stirring every now and then so sauce does not stick to pan. Serve over spaghetti.

Serves 5 - 6.

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## CANNELONI

8 pieces	wide lasagne
1½ cups	cheese sauce

For the filling:

1 slice	fatty bacon, cut into small pieces
1 sm.	onion, chopped
8 oz.	ground beef
1 tbsp.	oil
1 stalk	celery, chopped
½ clove	garlic, crushed
¼ tsp.	dried mixed herbs
	salt and pepper
	pinch of sugar
3 tbsp.	tomato puree
5/8 cup	water

First make the filling! Fry the bacon, onion, and beef in the oil until brown, stirring frequently. Add all the remaining filling ingredients and stir well. Cover and simmer for 1 hour. Cook the lasagne in boiling salted water for 8 to 10 min., or according to the instructions on the package. When it is tender, drain, rinse and drain again. Arrange the pieces of pasta on a damp towel so that they do not stick together. Place a spoonful of the filling on each piece of lasagne and roll up. Put the lasagne rolls in a greased oven-proof dish. Pour the cheese sauce over the rolls and cook in the oven preheated to moderate (350°) for 25 to 30 min., or until the cannelloni is heated through. Serves 4.

## LASAGNE

Kay Johnson

### Sauce:

1 lb.	ground chuck dried onion green pepper celery parsley dash garlic salt pepper Italian seasonings bay leaf oregano dash Tabasco	Lasagna Noodles 1 ball Mozarella 1 wedge Parmesan 1 pt. Ricotta cheese
2 cans	tomato sauce	
2 cans	Italian style mushroom sauce	
	If desired: fresh or canned mushrooms.	

Brown and drain chuck. Add remaining ingredients and simmer two hours. This sauce may also be used on spaghetti.

Cook noodles. For 3 qt. casserole, cook 10 noodles; for a 2 qt. casserole, cook 8 noodles. Drain and wash with cold water.

Grate Mozarella & Parmesan cheese.

To assemble, put a little sauce in bottom of greased dish. Spread out 1/2 noodles, one layer deep. Spoon on 1/2 sauce, Mozarella, Ricotta and Parmesan. Repeat having Parmesan on top. Bake about 20 - 30 min.

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## BEEF AND CHEESE QUICHE

Debbie Coull

1/2 lb.	hamburger	1/2 lb.	Cheddar cheese
1/2 cup	mayonnaise	2 ozs.	green onions
1/2 cup	milk	1/8 tsp.	white pepper
2	eggs	1 - 10"	uncooked pie shell
2 tbsp.	corn starch		

Saute hamburger and drain fat. Blend mayonnaise, milk, eggs, and cornstarch. Add drained hamburger, cheese, onions, and pepper.

Pour into pie shell. Bake at 400° for 10 min. Reduce heat to 350° for 25 min. or until knife comes clean.

Serves 6.

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## EASY MEXICAN CASSEROLE

Kay Johnson

1½ lbs. ground beef  
1 can tomatoes (or sauce)  
1 can sliced ripe olives  
1 bunch green onions  
1 bag tortilla chips  
1 tsp. garlic  
½ tsp. salt  
½ tsp. Tabasco  
2 tsp. chili  
2 tbsps. flour  
grated cheddar cheese

Sauté beef and onions, and add the remaining ingredients except chips and cheese. Spread casserole with some crushed chips. Pour ingredients in and top with cheese. Bake 350° until warmed through. Add more tortilla chips (whatever is left after munching) to top for last few minutes.

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## GINGER'S TACO SALAD

Pamela Fenner

This is a super filling salad; good for a crowd on a hot night.

1 lb. hamburger - browned  
1 can kidney beans (drained and rinsed)  
1 onion - cut up  
1 can pitted medium black olives - halved  
½-whole can garbanzo beans  
½ lb. grated cheddar cheese  
2 - 3 tomatoes, cut into thin wedges  
1 bag taco chips, crunched  
1 jar thousand island dressing (or use your own)  
½ head iceberg lettuce

Brown the hamburger; add onions and beans. Proportion of beans can vary according to your family's preferences. Keep warm. In large bowl, combine all the rest of the ingredients. When ready to serve, add the hamburger mixture and toss with dressing.

A nice touch is to garnish salad with avocado slices.

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# MOM'S BEEF TRITTINI

Pam Fenner

This is one of my favorite casseroles. It's great for church suppers, big family dinners, or for company. It can easily be made ahead, too. With its red and green colors, it's a festive dish at Christmas time.

3	10-oz. pkgs.	frozen chopped spinach	16 ozs.	tomato sauce
1½	lbs.	creamed cottage cheese	12 ozs.	tomato paste
1	pkg.	Mozzarella cheese	2 tsp.	dried parsley
½	lb.	mushrooms	2 tsp.	dried basil
1	lb.	ground beef	2 tsp.	granulated sugar
½	cup	chopped onions	1 tsp.	oregano
1	tsp.	salt	¼ tsp.	garlic salt
¼	tsp.	pepper		

Cook spinach according to directions, drain, and let cool. Slice mushrooms and sauté. In separate pan sauté meat and onions until brown. Drain off fat and add the next 9 ingredients. Simmer uncovered 10 min., stirring often. Reserve ¼ of your cooked mushroom slices and add the rest to the meat sauce. Squeeze the water thoroughly out of the spinach. Mix the cottage cheese and spinach and add salt to taste. Cut Mozzarella cheese in eight 1" wide strips and reserve. Cut rest of Mozzarella in small pieces.

Grease a 13" x 9" baking dish. Along each long side of dish, put a row of the spinach mixture and one in the center. Between these rows, put a row of the meat sauce. Sprinkle the cut-up cheese over all. Put a row of the meat sauce on top of each of the 3 rows of spinach. Put spinach on the 2 rows of meat. Put the strips of cheese crossways, about 3 inches apart. Garnish with reserved mushroom slices. Bake at 375° about 30 min., or until hot to bubbly. Serves 8 - 10



## GREEN BEANS AND BEEF

Joyce Gelnett

This recipe was given to us by a dear friend in North Dakota years ago and we have nicknamed it "Company Dinner" because she would often use this dish when having company. It is delicious and has a unique flavor. Add a salad and you have a complete dinner!

1 lb. ground beef  
1 clove garlic  
3 tbsps. Soy sauce  
salt and pepper  
1 lg. onion, chopped  
1 tsp. ginger  
1 can cream of chicken soup  
1 can French style green beans (or 1 pkg. frozen beans, thawed).

Saute ground beef and onion until lightly browned. Add salt and pepper to taste and mix in rest of ingredients. Fold in 1 can French style green beans (or 1 pkg. frozen beans, thawed). Cover and let simmer for 10 to 15 min., stirring occasionally. Serve over rice.

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## MOUSSAKA

Connie McClain

2 lbs. ground beef  
onion, chopped  
2 lg. cans tomatoes  
1/2-1 tsp. garlic powder  
1 tsp. crushed oregano  
2-3 eggplants, thinly sliced  
cheddar cheese  
red wine

To make sauce, brown ground beef with chopped onion. Drain fat and add rest of ingredients, except eggplant. Broil slices of eggplant on both sides.

For each layer, start with layer of eggplant, add sauce, sprinkle cheddar cheese over top. Over each layer drip 3 tbsps. red wine. Bake at 325° for 45 min.

Better eggplant than the Greeks!

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## GREEK CHILI

Karen Andrews

- 1 lb. ground lamb (or beef)
- 2 6-oz. cans tomato paste
- 2½ cups beef broth
- 1 tsp. dried oregano
- ½-1 tsp. nutmeg
- 1/8 tsp. Tabasco
- 1 lg. onion, chopped
- 1 med. eggplant, diced
- 2 cloves garlic, minced
- 4 tbsps. Parmesan or Romano cheese

Add all ingredients except cheese to skillet. Cover and simmer 15 min. Uncover and continue to simmer until much of the liquid has evaporated.

Serve with cheese sprinkled on top.

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## GREEK STYLE ROAST LAMB

Karen Andrews

Jim's favorite meat dish.

- 1 4-5 lb. leg of lamb
- 2 cloves garlic, sliced thinly
- juice of 2-3 lemons
- salt and pepper
- 4 tbsps. oregano
- water
- 5 potatoes, quartered

Cut small slits in roast and insert garlic. Rub lemon juice over roast. Sprinkle with salt, pepper and oregano. Brown quickly at 400°. Reduce heat to 300° and add water and cook slowly until tender. Thirty min. before roast is done, add potatoes to boiling juices.



## CONNECTICUT SUPPER

Heide van Nellen

2	lg.	onions, sliced
2	tbsps.	fat
2	lbs.	beef chuck, cut in 1" cubes
1	cup	water
2	lg.	potatoes, sliced 1/8" thick
1	can (10½ oz.)	cream of mushroom soup
1	cup	commercial sour cream
1¼	cups	milk
1	tsp.	salt
¼	tsp.	pepper
1	cup	grated cheddar cheese

Brown onions in fat. Add meat and water. Cover. Simmer 50 min. Heat oven to 350°. Pour into baking dish, 13 x 9½ x 2". Place potato slices over meat. Blend soup, cream, milk, salt, and pepper. Pour evenly over top. Sprinkle with cheese and wheaties (the latter is optional). Bake uncovered 1½ hrs., or until done.

Serves 6 - 8

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## "POOR MAN'S STROGANOFF"

Joyce Gelnett

This recipe was given to me by a former Nativity member, Earlene Barbeau. It is very easy and delicious to the taste, and has a wonderful aroma while cooking! I often use round steak instead of the stew meat as it saves the trimming. Might add that the recipe needs no seasoning as there is enough in the onion soup.

2	lbs.	beef stew meat (or chuck roast)
2	cans	cream of mushroom soup
1	pkg.	dry onion soup
1	can	mushrooms
1	pt.	sour cream

Trim fat from meat and cut in medium pieces. Mix with rest of ingredients (except sour cream) and place in casserole dish. Cook, loosely covered, in 325° oven for about 3 hrs., stirring from time to time. Last 15 min., fold in the sour cream. Serve with noodles or rice.

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## BEEF AND ARTICHOKE STEW

Marcia Wester

2 lbs.	stew meat	1 cup	beef stock
1 clove	garlic	1-10 oz.	pkg. frozen artichokes
2 lg.	onions, sliced	10	(thawed)
1/3 cup	flour	10 fresh	mushrooms, halved
1/2 tsp.	dill weed	2-8 oz.	pkgs. refrigerator
1 cup	Burgundy		biscuits
			melted butter
			Parmesan cheese

Dredge meat in flour, brown in oil with garlic and onions. Add dill, wine and stock. Cook 1½ - 2 hrs. or until tender. Add mushrooms, artichoke hearts (thawed) and top with biscuits.

Bake 15-20 min. in 400° oven. About 5 min. before done, brush biscuits with butter and sprinkle with Parmesan cheese.

Serves 4 - 6.

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## OVEN SIMMERED BEEF STEW

Barbara Green

I make this on cold winter days -- smells delicious all afternoon in the oven. Since I got my crock pot, I have tried it in there, starting it before I leave for work in the morning. Works very well!

1½ lbs.	stew meat
1 pkg.	onion soup mix
1 pkg.	(3/4 oz.) mushroom gravy mix
1/8 tsp.	pepper
1 cup	dry red wine or apple juice
1/2 cup	water
6	carrots, peeled, cut in 3/4" pieces
3	medium potatoes, peeled, cut in 1" cubes
1/2 lb.	mushrooms, sliced

Place meat in 3 qt. casserole with tight fitting lid. Combine onion soup mix, gravy mix, pepper, wine and water. Pour over meat. Bake for one hour. Add carrots, potatoes, mushrooms. Bake 1½ more hours.

Serves 4.

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## MARINADED BEEF

Gloria McCurdy

2-3 lbs. flank or chuck steak  
1/2 cup Soy sauce  
1/4 cup lemon juice  
1 tsp. sugar  
1/8 tsp. pepper

Pierce meat with fork and pour marinade over it in pan. Let meat stand in sauce at least 2 hrs. (4-6 hrs. adds more flavor.) Turn the meat in pan at 30 min. intervals. Broil or BBQ over coals to desired doneness.

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## LAZY MAMA'S STEW

Doris Murdoch

2 lbs. stew beef  
20 oz. pkg. frozen mixed vegetables  
optional: 1 cup vegetable noodles  
1 bay leaf  
1 cup unsweetened pineapple juice

Brown beef, add bay leaf and simmer 1 - 1½ hrs. (Until meat is tender.)

Add vegetables and noodles and pineapple juice. Let simmer 15 min. after liquid begins to boil. Serve !!

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## BETTY'S BARBECUE BEEF

Alice Abel

My friend Betty ran across this recipe in a little roadside restaurant in Nevada, and the cook would not give her the recipe. So she experimented until she came up with this -- and I have not changed it; it is so good. Great to have on hand for school lunches or drop-in guests. To reheat in micro-wave, simply put on bread, place on plate, and reheat at just under "high" for about 2 min.

3-4 lbs. chuck roast  
20 oz. bottle catsup (2½ cups)  
2 tbsp. Worcestershire sauce  
2 tbsps. liquid smoke  
2 tbsps. brown sugar  
1 lg. onion

Chop onion and brown in large skillet. Add all other ingredients except meat, and mix thoroughly. Cook roast until falling off bones. Remove bones and fat from roast and break meat into pieces. Pour sauce over meat, serve hot over buns or rolls, or cold in a sandwich. Yummy!

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## BAKED PORK CHOPS

Pamela Fenner

This is a yummy sweet-sour type meat dish. The meat literally falls off the bone, nice and moist, not dried out!

1 can consomme soup  
1/2 cup honey  
1/2 cup ketchup  
1/4 cup soy sauce

Combine ingredients. Pour over pork chops in shallow baking dish. Put in 350° oven for one hour covered and one hour uncovered. No need to braise chops first.

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## QUICHE LORRAINE

Kay Johnson

Vary this with whatever you have in your kitchen, it always seems to turn out OK.

8-9" pie crust  
8 slices bacon (or I use left over ham cubes)  
3/4 lb. grated Swiss cheese (or I have used Cheddar or Mozzarella)  
3 tbsps. flour  
salt and pepper  
1½ cups milk  
4-5 eggs, beaten

While bacon is frying, combine cheese, flour, salt and pepper. Heat milk, beat eggs and slowly add hot milk. Add cheese and stir well. Sprinkle unbaked pie shell with crumbled bacon (or ham), pour cheese mixture into shell and bake 325° 30-40 min. To test -- insert silver knife -- should come out clean when done.

Serves 6.

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## SUPER SUNDAY BRUNCH

Paul Fenner

This dish was passed down to me from my father. It is good for company or special occasions, and goes well with toast and eggs.

Assemble equal proportions of:

- ham or bacon cut in one inch pieces\*
- chopped onions
- chopped green peppers
- chopped apples
- chopped celery

After gently braising the bacon or ham, toss in the onions and sauté a few minutes longer. Next toss in the celery and green peppers, cover the pan and sauté a few min. more. Finally toss in the apples, stir well and serve.

The apples give this dish a unique flavor. Experiment with the proportions of ingredients to suit your taste.

\*Bacon without preservatives can be purchased from the Eggerly in Petaluma.

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## HAM AND NOODLE CASSEROLE

Joyce Gelnett

Very tasty and a good way to use up left-over ham!

- 1 can cream of mushroom soup
- 1/2 cup milk
- 2 cups cooked and drained noodles
- 1/4 cup ripe olives, diced
- 1 cup cooked ham, diced

Mix all together and bake at 350° about 25 min. Garnish with green pepper strips if desired.

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## CURLY KALE AND SAUSAGE

Marion DeHeer

This is a famous Dutch winter dish. The Dutch have a saying that curly kale should only be eaten after a frost has got at it. Storage in a home freezer gives a similar effect. Kale is a fine ornamental vegetable for a garden.

2 or 3 lbs.	curly kale
3 lbs.	potatoes
1 lb.	lean sausage (garlic or the Polish type good flavor)

Wash and strip the kale and cut up finely. Place in a small amount of boiling salted water and cook about 45 min. Add peeled and cut potatoes. Top with pierced sausage links. Add just enough liquid to prevent burning and cook on low flame approximately 30 min., or until almost dry. Remove sausage, mash the vegetables, and stir in boiled milk until smooth. Butter or margarine, salt and pepper may be added to taste. Cut the sausage into bite-sized pieces and serve with the vegetables.



## P O U L T R Y

### POT AU JOHN

John Walker

3 fryers cut up, browned, and put in large pot.  
10 small sausages, or wurst, browned, and put in pot.  
add: 4 cups chopped celery                      2 cups sherry  
      3 thinly sliced lemons                    1 can consomme  
      3 tbsp. soy sauce                         2 cups tomato juice  
   3 tbsp. chopped parsley  
Simmer 30 min. (this may be done the day ahead)  
30 min. before serving add:                3 sliced apples  
   2 10 oz. pkgs. frozen beans  
   1 lb. fresh mushrooms

Simmer 30 min.

Serves 10.

I use Copco iron-enamel pot and serve it at the table.

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### "RAY'S" BAKED CHICKEN

Joyce Gelnett

I call this "Ray's Chicken" because he brought this recipe home from a golf dinner some years ago. Despite the unusual combination of ingredients, it is really delicious and very "more-ish"!

1                frying chicken, cut in pieces  
1/2 cup        orange marmalade  
1/2 cup        Russian salad dressing  
1/2 envelope Lipton's onion soup

Place chicken pieces in baking dish. Mix rest of ingredients together and spoon over chicken, coating each piece. Bake in 325° oven one hour or until done.

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TERIYAKI STEAMED CHICKEN  
TERIYAKI STEAMED SPARERIBS

Paul Fenner

This is a very easy dish to prepare, and the steaming creates a soft and succulent meat. The same procedure can be used for either chicken or spareribs. Make sure your frying pan has a tight fitting cover.

Basic teriyaki sauce: Can be made in any quantity since it keeps indefinitely in the refrigerator and is excellent for use as a barbecue sauce. The proportions need not be precise, but don't overdo the ginger.

shoyu (Japanese soy sauce ) equal portions  
dry white table wine or sherry )  
approx. 1 tbsp. sugar per half cup of liquid  
approx. 1 tsp. fresh chopped ginger per half cup liquid  
Combine above ingredients and shake well.

Sauté meat over medium-high heat in a large frying pan; chicken cut in small pieces, or ribs cut in 1- 1½" lengths. After meat is browned on all sides, turn down heat to low. Distribute evenly over the simmering meat a large onion that has been chopped in 8 - 12 pieces, or criss-cross several scallions on top of the meat. Then add about a half cup of the teriyaki sauce, and cover the pan. Simmer for 45 min., stirring two or three times. Serve with steamed rice, and fresh vegetables lightly sautéed.


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LEMON CHICKEN

Cathy Good

(No real association with church except that we serve this to our best friends and our best friends were from Nativity.)

1 chicken - quartered  
1/2 cup lemon juice  
1/2 cup salad oil  
1 tbsp. oregano  
3 - 4 cloves  
garlic, crushed (more or less)

Mix everything but chicken  and let it stand for several hours, if possible - but not absolutely necessary. Bar-B-Q chicken until nearly done, 15-20 min. per side, basting occasionally. Put chicken in roasting pan, pour remaining sauce over it, cover with foil and put back on top of Bar-B-Q for 10 - 15 min.

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## CHICHEN IN WINE SAUCE

Hap Engelbart

This is an easy recipe that produces a tasty main dish..... especially appropriate in times such as now when beef prices are going through the roof. No exotic ingredients required.

### Assemble:

1	fryer, cut up	1 can	sliced mushrooms
1 tsp.	salt	¼ tsp.	thyme
¼ tsp.	pepper	1 tbsp.	minced onion
¼ cup	butter	1 lg.	heavy frying pan
1 can	cream of chicken soup	1	baking pan
1 cup	white wine	1	wine glass

Melt butter in frying pan. Season chicken with salt and pepper, place in pan and brown on all sides, remove and place in baking pan, skin side up. Blend chicken soup, undiluted, with frying pan drippings. Pour 1/4 cup wine into wine glass. Drink. If wine judged acceptable\*, take remaining 3/4 cup wine and slowly blend into chicken sauce mixture. Add remaining ingredients and bring sauce to boil. Remove sauce and pour over chicken. Cover baking dish and bake at 350° for 20 min. Uncover and bake for an additional 30 min.

Serving suggestion: Chicken and sauce go well on bed of rice. Margarine can be used in place of butter but resulting sauce is not as rich.

\* If not, repeat process with another white wine.

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## CHICKEN AND MUSHROOM CASSEROLE

Mary Strohecker

36 pieces	chicken (breasts, thighs, or drumsticks)
	salt, pepper, and paprika
3/4 cup	butter or margarine
3/4 lb.	fresh mushrooms, sliced
4 tbsps.	flour
1½ cups	chicken broth
6 tbsps.	sherry
3 sprigs	fresh rosemary or 1/2 tsp. crumbled dried rosemary

Sprinkle chicken pieces with salt, pepper, and paprika. Brown in half the butter, and remove to a casserole or shallow baking pan. Add remaining butter to drippings, and sauté sliced mushrooms until tender. Sprinkle flour over mushrooms, and stir in chicken broth, sherry, and rosemary. Cook until thickened, then pour over chicken. Cover and bake in a moderate oven (350°) for 45 min. (if refrigerated, one hour). Makes 18 servings. Serve with Noodles Romanoff. See ACCOMPANIMENTS for Noodles Romanoff recipe.

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## POULET (CHICKEN) A LA ORANGE

Mary Powell

- 6 chicken breast halves
- 1 can orange juice concentrate
- 1 jar orange marmalade
- oil and butter combination to sauté

Sauté chicken breasts on both sides in baking dish with the oil and butter combination. Once brown, reduce to simmer and add orange juice concentrate; it will melt and saturate chicken. Then cover the chicken with marmalade and place baking dish in oven. Baste every 15 - 20 min. with sauce. Spread on more marmalade when needed. Bake one hour in 325° oven.

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## POULET VALLEE D'AUGE

John Gibbs

- 2 lbs. chicken breasts or thighs (even wings, but add extra lb.)
- ½ cup butter or margarine
- 2 tbsps. brandy
- 2 tbsps. chopped chives or green onion tops
- 2 tbsps. chopped parsley
- ¼ tsp. crumbled dried thyme
- 1 tsp. salt
- pepper to taste
- ½ cup sauterne
- ½ cup heavy cream

Wash chicken and drain on absorbent paper. Brown slowly in the butter. Lower heat and continue cooking, uncovered, for 15 min., turning occasionally. Pour in brandy and ignite (don't burn the house down); shake pan until flame dies. Add chives, parsley, thyme, salt, pepper, and sauterne. Cover and cook until chicken is tender, about 45 min. Arrange on platter. To make sauce, add cream slowly to drippings, stirring rapidly so mixture blends smoothly. Pour over chicken or serve separately.

Note: One teaspoon grated orange rind and one tablespoon fresh orange juice can be added just before removing sauce from heat. Serves 4.

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## CHICKEN BREASTS

Nina Woods

4 whole chicken breasts, boned  
4 slices bacon  
2 sheets dried beef  
1 sm. ctn. sour cream  
1 can mushroom soup

Wrap each chicken breast in slice of bacon. Place on two sheets of dried beef in flat casserole dish. Combine sour cream and mushroom soup and pour over chicken.

Bake uncovered 2½ to 3 hrs. in 275° oven.

Serves 4.

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## ANNIVERSARY STUFFED CHICKEN BREASTS

John Walker

4 boned chicken breast halves - pound flat  
Place on each some thinly sliced: salami  
jack cheese  
cheddar cheese  
chopped green onion  
pinch of sage or savory

Roll up and secure with toothpicks.

Dip in batter of half egg and half buttermilk.

Then roll in mixture of half fine dry bread crumbs and half grated hard jack or parmesan cheese.

Sprinkle with pepper and garlic salt.

Brown, then place on bed of rice.

Rice: Brown in 1 tbsp. butter:  
3 chopped green onions  
1 cup chopped mushrooms

Put in casserole with:

½ cup rice - white  
½ cup bulgar  
2 cups bouillon

Mix, then place chicken on top. Sprinkle with dry vermouth.

Bake 350° for 40 min.

Serves 4.

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## ALMOND CHICKEN

Kay Johnson

1½ lb.	chicken filet (thighs and breasts work well)	4-6 oz.	almonds or cashews
2 tbsps.	corn starch	1 med.	bell pepper cut into large chunks
1 tbsps.	oil	1	hot pepper
4-5	thin slices ginger	1-6 oz.	can water Chestnuts
2 tsps.	soy sauce	1-6 oz.	can bamboo shoots - chopped
1 tbsps.	oyster sauce		

Cut chicken into pieces and remove skin. Mix together chicken, corn starch, oil, ginger, soy sauce, and oyster sauce and let stand 10 min. or a little more.

Fry almonds or cashews in hot oil in wok until golden. Remove and drain on paper towel and salt.

Stir-fry bell pepper, hot pepper, water chestnuts, and bamboo shoots separately.

Add 1 tbsps. oil and stir-fry chicken until it starts to scorch. Add a little water until pasty. Add remaining ingredients, heat and serve. Can garnish with chopped green onions or sesame seeds.

When having guests it is fun to have the ingredients all prepared on a tray and cook it while everyone joins you in the kitchen.

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## SURPRISE CHICKEN CASSEROLE

Jean Heine

3 cups	cut-up cooked chicken
2 cans	cream of celery soup
1 sm. can	evaporated milk
2 tbsps.	grated onion
1 pkg.	frozen peas, thawed
1 cup	chicken stock
1 jar	pimientos, cut up

Dressing: one pkg. Pepperidge Farm Herb Dressing mixed with one cube margarine, melted. Use two forks and mix lightly.

Place half dressing on bottom of 9 x 13" pan - then chicken mix - then dressing.

Bake 350° - 45 min.

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## CHICKEN CASHEW CASSEROLE

Connie McClain

- 1 chicken
- 1 cup diced celery
- 1 lb. chopped cashews
- 2 cans cream of mushroom soup
- 1 can chow mein noodles

Cook chicken. Bone and break meat into pieces. Put in bottom of casserole dish. Mix together other ingredients, except noodles, and put over chicken. Top with chow mein noodles. Bake in 300° oven 50 min.

Serves 6 - 8.

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## ALMOND CHICKEN AND RICE

Linda Schafer

- 1 lb. chicken
- 2 tbsps. veg. oil
- 1 tsp. garlic salt
- 1 can (1") fancy Chinese veg. (Drain and reserve liquid)
- 1 cup thinly sliced celery
- 1 tbsps. cornstarch
- 1 tsp. sugar
- 2 tbsps. soy sauce
- 1/3 cup chicken broth
- 1/2 cup blanched almonds
- 1 cup pineapple tidbits, well drained
- 3 cups hot cooked rice
- 1/2 cup thinly sliced green onions

Bake chicken one hour - cool. Skin and cut-up. Sauté in oil and garlic salt.

Add vegetables - celery and 1/3 cup reserved liquid - cover and steam about 3 min.

Blend cornstarch, sugar, soy sauce, and broth. Stir into chicken mixture with 1/2 almonds. Cook until thickened and clear. Add pineapple.

Serve over bed of rice. Sprinkle with onions and remainder of almonds.

Serves 6.

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## CHICKEN TORTILLA CASSEROLE

Shelby Biggs  
& Mildred Wright

4 or 5 whole chicken breasts  
1 doz. corn tortillas  
1 can Ortega diced chilis (Mildred uses green chili salsa)  
1 lb. grated cheddar  
1 can cream of mushroom soup  
 $\frac{1}{2}$  to 1 cup milk  
1 onion, grated (Mildred leaves out)  
salt and pepper to taste

Wrap breasts in foil and bake at 400° one hour. Skin, bone and cut in large pieces. Cut tortillas into 1" strips. Mix soup, onions and milk together. Butter large (3 qt.) casserole and sprinkle bottom lightly with water. Then layer ingredients as follows:  
first tortilla strips (solidly arranged),  
then chicken topped by soup mixture and chilis  
and finally cheese.

Repeat making sure you end with a cheese layer on top.

LET STAND IN REFRIGERATOR 24 HOURS TO BLEND FLAVORS. (Mildred doesn't)

Bake, covered, at 300° for about an hour and a quarter or until bubbly.

Serves 8 moderately. Excellent with iced white wine or beer.





## GERMAN CHICKEN FRICASSEE

Heide van Nellen

- 1 - 3 lb. chicken
- 2 stalks celery
- 2 carrots, pared and quartered
- 8 tbsps. margarine
- 8 tbsps. flour
- 4 cups chicken stock
- 2 - 4 oz. cans button mushrooms
- 1 - 14½ oz. can white asparagus

Wash chicken and place in large pot, add carrots, celery, salt and water to cover chicken. Simmer for about one hour or until chicken is tender. Remove chicken to plate to cool off and reserve 4 cups of chicken broth for sauce. Dispose of carrots and celery. Debone and set aside chicken; leave in large pieces.

Sauce: Melt margarine in pot (do not brown), add flour, stir until mixture is smooth and bubbly. Remove from heat and add broth very slowly -- about 1 tbsp. at a time (at first), stirring mixture until smooth each time liquid is added. Keep adding broth until all is used up. Stir sauce until boiling point is reached, boil 3 min. Add salt, pepper to taste. Add chicken, add asparagus, heat through. Just before serving, add asparagus and do not stir more than minimum necessary because this vegetable is very fragile.

Serve over rice with peas or other vegetable of your choice.

Serves 5 - 6.

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## WILD DUCK

Allen Cellars

- 1 wild duck
- flour
- salt

Slit skin along breastbone and peel back. Using sharp knife, cut along breastbone and ribs removing breast of duck.

Place breast flat on cutting board and slice in two horizontally. Rinse and soak in salt water 2 hrs. Pat dry and dredge with flour. Salt. Fry quickly in a hot pan. Cooking too long toughens the birds.

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## STUFFED BUNS

Mildred Wright

- 6 oz. green stuffed olives, finely chopped
- 5 green onions, finely chopped
- 5 hard boiled eggs
- 1 lb. grated cheese
- 1½ cups oil
- 1 can tomato sauce

Mix and let stand overnight. Spread on 16 hot-dog buns and let stand at least an hour. Put into hot oven for about ten minutes.

Note: It looks as if you had too much oil but stir it in well before spreading on buns.

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## S E A F O O D

### SUNDAY NIGHT TUNA ROLLS

Pamela Fenner

Mix tunafish with mayonnaise. Add green pepper bits and slices of onion as well as small pieces of cheese. Mix thoroughly and spread on hamburger rolls or pockets of pita bread. Wrap individually in foil and heat in oven about 20 min.

Another variation: mix corned beef, sauerkraut and swiss cheese cubes on rye. Wrap in foil and put in oven.

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### ESCALLOPED SCALLOPS

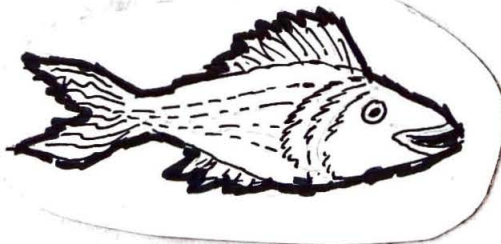
Audrey Woodward

1 lb.	scallops (fresh eastern if possible!)
1 cup	soft bread crumbs
2 cups	cracker crumbs
3/4 cup	melted butter
1/2 tsp.	salt
	few grains pepper
1 cup	light cream

Wash scallops in cold water; drain. Cut scallops in half cross-wise. Combine crumbs, butter, salt and pepper. Alternate layers of scallops and crumb mixture in greased baking dish, ending with crumbs. Pour cream into baking dish. Bake at 350° for 25 min.

Serves 4 - 6.

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## FISH MORNAY

John Gibbs

A real quickie!

2	lbs.	sole, halibut, or other filleted white fish
½	cup	milk
1	tbsp.	butter
1	can	campbell's cheddar cheese soup
¼	cup	Sauterne
		instant mashed potatoes (4 servings)
1	tbsp.	lemon juice
		parsley

Poach the fish in the milk and butter, no more than 3½ min.  
Strain off fish and arrange on oven proof platter, saving the liquid.

Heat cheddar cheese soup and add Sauterne and lemon juice; if necessary, thin down to sauce texture with fish liquid. Add salt and pepper to taste. Make instant mashed potatoes according to directions and place around fish on the platter. Pour sauce over the fish and place under grill to lightly brown. Garnish with parsley.

Serves 4.

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## FILLET ROLLS

Kay Johnson

fillet of sole  
butter  
lemon pepper  
shrimp

Sauce:   lemon juice  
          white wine  
          sour cream  
          Monterey jack or cheddar cheese slice

Wash and dry fillet of sole and spread with butter and lemon pepper. Put shrimp in center and roll. Secure with tooth pick. Top with Monterey cheese or cheddar slice.

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## FESTIVE FISH BURGERS

Marion DeHeer

- 1 pkg. hamburger buns
- 1 cup shrimp
- 1 cup mayonnaise
- 1 cup grated cheese
- 1 sm. can tomato sauce

Scoop out the bottom half of the hamburger buns. Mix the shrimp, mayonnaise, grated cheese and sauce and use a large spoonful to fill each bun. Put tops on the buns, wrap in foil and heat in a medium oven (350°) about 30 min.

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## CRAB AND SHRIMP QUICHE

Joyce Dyer

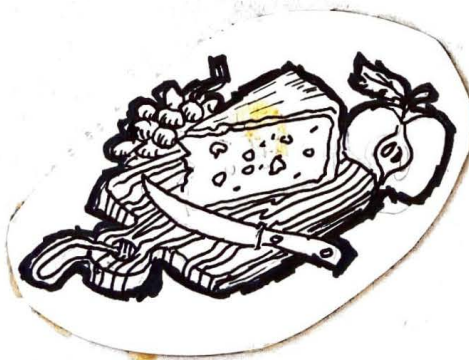
- 3/4 cup mayonnaise
- 2 tbsps. flour
- 3/4 cup dry white wine
- 3 eggs, slightly beaten
- 6 ozs. crab meat (drained and flaked)
- 4½ ozs. tiny shrimp
- 8 ozs. Swiss cheese, cubed
- 1/3 cup sliced celery
- 1/3 cup sliced green onion with tops

Blend together mayonnaise, flour, white wine, and eggs. Stir in crab meat, shrimp, cheese, celery and green onion.

Turn the mixture into an unbaked, 9-inch single pie crust, and bake it at 350° for 35 - 40 min. (If you're planning to make this quiche the day before, it's best to bake the empty pie shell for about 5 min. to prevent the bottom from turning soggy after the filling is added.)

Serves 6 - 8.

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## SHRIMP CREOLE

Johnnie Lou Williams

Prepare 1 lb. boiled shrimp

Melt 2 tbsp. butter

Add shrimp. Cook 2 min.

Add 2 cups creole sauce and  $\frac{1}{4}$  cup dry white wine.

Simmer covered for 5 min. Add if needed: salt, pepper and cayenne.

Serve with rice.

(Black olives may be added just before serving.)

Creole Sauce (2 cups)

Melt 2 tbsps. butter

Add and cook covered for 2 min: 1 tbsp. chopped onion

Add and cook until sauce is thick:  $1\frac{1}{2}$  cups tomatoes

$\frac{1}{2}$  chopped green pepper

Add 1 tbsp. flour blended with 1 tbsp. water to thicken.

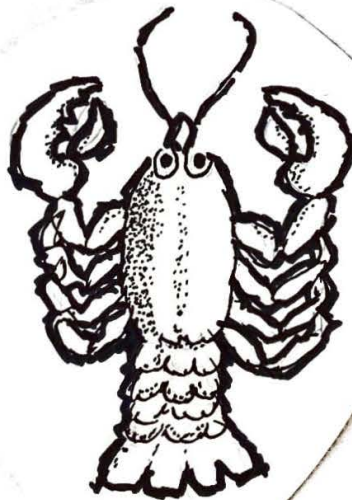
Add:  $\frac{1}{3}$  tsp. salt

few grains cayenne

1 tbsp. capers

1 tsp. brown sugar

$\frac{1}{4}$  cup chili sauce





# ***Desserts & Sweets***



## DESSERT DREAM

Serve me charlotte Malakoff,  
stiff with well stirred almond cream.  
Apples in a warm cake roll,  
hard sauce in a silver bowl.

§

Lemon pudding browned on top,  
ladyfingers shaped with care.  
Soufflé laced with Grand Marnier,  
crème caramel renversée.

§

Apricots well soaked and strained,  
blended in a frothy whip,  
Orange jelly in a mold,  
tarte aux fraises, soft custard cold.

§

Thin crêpes filled with sweet preserves,  
peaches brandied, pears well poached.  
Grapes nestling in sour cream,  
meringues in a spun-sugar dream.

§

Forget soup, entree, and fish,  
vegetables prepared with herbs.  
Puff pastries go floating by,  
Napoleons have caught my eye.

--Antonia B. Laird

## D E S S E R T S



### CHOCOLATE ANTS

Lydia Pagan

2 dozen medium sized ants. Dip in melted semi-sweet chocolate. Cool on a rack, then serve and eat.

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### FANCY ANGEL FOOD CAKE

Kay Johnson

1. Bake angel food cake according to box instructions, cool, cut into three layers. (Tip - to make layers even, use tooth picks around cake to guide knife.)
2. Whip 1 pt. whipping cream and mix with 1 pkg. thawed, drained, frozen strawberries. Frost first and second layers.
3. Take juice from strawberries. Should measure 3/4 cup. Add water to make measurement correct. Mix with 1 tbsp. cornstarch. Place in double boiler and cook until thick.
4. Place about 5 large whole fresh strawberries around the top of the cake and drip glaze over the top to coat berries and run down sides. Refrigerate.

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### LEMON APRICOT CAKE

Gloria McCurdy

1 pkg. yellow cake mix  
1-6 oz. pkg. lemon jello  
3/4 cup salad oil  
3/4 cup apricot nectar  
4 eggs  
1 tsp. lemon extract

Mix and beat at medium speed  
4-5 min.

Pour into a greased and floured tube pan. Bake at 350° for 45-50 min. (Sides should come loose from the side of the pan) While still warm in the pan, mix 1 cup confectioners sugar, sifted, and 4 tbsp. bottled lemon juice. Pour over top of cake while still in the pan. Let stand for 5 min. and then turn out on rack and immediately turn back onto cake plate.

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## HARVEY WALLBANGER CAKE

Linda Schafer

1 pkg. yellow cake mix	1 tsp. nutmeg
1 pkg. lemon instant pudding	3/4 cup Wesson oil
4 eggs	1 cup orange juice
1 tsp. vanilla	1 oz. vodka
	1/2 to 1 oz. Galliano

Mix all ingredients together and mix well. Place in greased bundt pan. Bake 50-55 min. at 350°

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## RUM CAKE

Audrey & Dick Woodward

1 pkg. yellow cake mix	1/2 cup water
1 pkg. instant vanilla pudding mix	1/2 cup vegetable oil
4 eggs	1/2 cup Bacardi dark rum

Mix all ingredients in large bowl. Beat 5 min. with electric mixer. Spread 1 cup chopped nuts in bottom of greased and floured ring pan. Pour in batter. Bake 1 hour at 325°. Cool one hour and invert on plate. Prick top and drizzle and spread glaze (see below) evenly on top and sides, letting the glaze soak in until all is used. Decorate with halved maraschino cherries.

GLAZE: 1/4 lb. butter	1/4 cup water
1 cup sugar	1/2 cup Bacardi dark rum

Melt butter in sugar and water in sauce pan, boil 5 min. stirring constantly. Remove from heat and stir in rum.

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## POPPY FORM CAKE

Anne Gibbs

1 can "Solo" poppy filling	1 1/2 cups sugar
1 cup butter or margarine	4 eggs, separated
1 cup sour cream	1/2 tsp. vanilla
2 1/2 cups sifted enriched flour	1 tsp. baking soda
1 tsp. salt	

Cream butter or margarine and sugar until light and fluffy. Add poppy filling. Add egg yolks, one at a time, beating well after each addition. Blend in vanilla and sour cream. Sift together flour, soda, and salt. Gradually add to poppy mixture, beating well after each addition. Fold in stiffly beaten egg whites. Pour into a greased 9" or 10" tube pan, which has the bottom lined with waxed paper. Bake in a moderate oven (350°) 1 hr. 15 min. or until done. Allow cake to cool 5 min. then remove from pan and peel off paper. Decorate by sifting confectioners sugar through a paper doily on the top of the cake.

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## RIVEL CAKE

Kay Johnson

Standard Tuesday Group coffee cake.

- Part 1: 2 cups flour )  
1 cup sugar ) Work like pie crust.  
1/2 cup shortening ) Rivals Save out some rivels for top.  
salt )
- Part 2: 2 eggs  
1 tsp. vanilla  
1/2 cup milk Beat together.  
2 tsp. baking powder

Part 3: Mix all together, put in greased baking dish and sprinkle extra rivels on top. Bake 350° for 20-25 min.

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## ALICE'S PICNIC CAKE

Alice Abel

Linda Savage calls the following recipe "Alice's Picnic Cake", but I got it from my nephew-in-law who loves to bake. I often use it as an after school snack for the children, or "as a complete breakfast" although it has no milk in it. I have modified the original recipe and added the applesauce for nutrition. The lack of milk makes it okay for milk-allergic children for a birthday cake or other special occasions.

- |                           |                              |
|---------------------------|------------------------------|
| 2 cups boiling water      | 2 1/3 cups all-purpose flour |
| 2 cups oatmeal            | 1/3 cup raw wheat germ       |
| 1 cup butter or margarine | 2 tsp. soda                  |
| 1 cup brown sugar, packed | 2 tsp. cinnamon              |
| 1 cup granulated sugar    | 2 tsp. nutmeg                |
| 4 eggs                    | 2 tsp. vanilla               |
| 1 cup applesauce          |                              |

Pour water over oatmeal and let stand. Cream together butter and sugars until light and fluffy. Beat in eggs, one at a time. Sift together flour, salt, soda, and spices. Stir in wheat germ. Stir flour mixture, oatmeal, and vanilla into creamed mixture. Add applesauce. Mix just until blended. Turn into a greased bundt pan, (12 cup). Bake at 350° 1 hr. and 20 min. Cool in pan 10 min. then remove to cool completely. If desired, dust with powdered sugar, or drizzle with powdered sugar icing. Can be served plain.

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## CINNAMON CAKE

Pamela Fenner

This is Paul's favorite cake. From Billie Hobart's Cookbook "The Natural Sweet Tooth Breakfast, Dessert, Candy, Cookbook." It needs no frosting - delicious as is.

Heat oven to 325°. Mix: 1/2 cup oil  
2 eggs  
1/2 cup honey

Add: 1 cup whole wheat flour	1/2 cup raw milk soured with
1/2 cup wheat germ	1 tbsp. vinegar. Mix well.
2 tbsp. cinnamon	Pour into oiled 9" square
1 tsp. baking powder	baking dish.
1 tsp. baking soda	
1/2 tsp. kelp or salt	

Rub together:  
1/2 cup brown sugar 1 tbsp. butter  
1 tbsp. cinnamon 1/2 tsp. cloves

Sprinkle over batter. Bake 45 min. at 325°.

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## MYSTERY MOCHA CAKE

Karen Andrews

I've been making this cake since I was in the 6th grade.

3/4 cup sugar	1/2 cup milk
1 cup sifted flour	1 tsp. vanilla
2 tsp. baking powder	1/2 cup firmly packed brown
1/8 tsp. salt	sugar
1 sq. unsweetened chocolate	1/2 cup sugar
2 tbsp. butter or margarine	4 tbsp. cocoa (not instant)
	1 cup cold coffee

Mix and sift first 4 ingredients. Melt chocolate and butter together. Add to first mixture. Blend. Combine milk and vanilla. Add and mix well. Pour into greased 8" sq. pan. Combine brown sugar, 1/2 cup sugar, cocoa. Sprinkle evenly over batter. Pour coffee over all. Bake at 350° for 40 min. A pudding forms at the bottom. This is best served warm.

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## CHOCO-CHIP-DATE CAKE

Gloria McCurdy

A favorite recipe from Rosemary Lowe, which she was given by "Ma" Babeck. A good Southern recipe. (Fayetteville, N.C.)

Sift together:

2 1/2 cups flour  
1/2 tsp. salt  
1 tbsp. cocoa  
1/2 tsp. baking powder

Mix:

1 1/2 cups chopped dates  
1 cup boiling water  
1 tsp. baking soda  
Set aside to cool.

Cream: 1 cup butter; add 1 cup sugar and beat until fluffy. Add 2 eggs, one at a time, and blend well after each. Add flour and date mixtures alternately. Again beat well. Add 1 tsp. vanilla. Grease a tube pan and flour with a mixture of 2 tbsp. sugar and 2 tbsp. cocoa. Sprinkle on top: 3/4 cup chocolate chips and 3/4 cup chopped nuts. Bake at 350° for 1 hour. When cake is almost done mix: 3 tbsp. honey, 3 tbsp. sugar, 3 tbsp. whiskey or rum. Heat but don't boil. Poke hot cake with toothpick and drizzle this over. Cool in pan.

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## CARROT CAKE

Cliff Coull

1 1/2 cups salad oil  
2 cups sugar  
4 eggs  
2 cups of flour  
2 tsp. baking soda

2 tsp. baking powder  
1 1/2 tsp. cinnamon  
1 tsp. salt  
3 cups of grated raw carrots  
1 cup chopped nuts or raisins

Blend oil with sugar and beat well. Add eggs, one at a time, beating thoroughly after each addition. Sift flour, baking soda, cinnamon, baking powder and salt. Add dry ingredients a little at a time to the oil and sugar mixture, beating after each addition. Add carrots and chopped nuts, mix well, pour into 2 greased and floured cake pans. Bake at 350°, 45 min.

Frosting: Cream together 6 oz. cream cheese, 1/4 cup soft margarine, 2 tsp. vanilla and 1 lb. powdered sugar.

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## SCRIPTURE CAKE

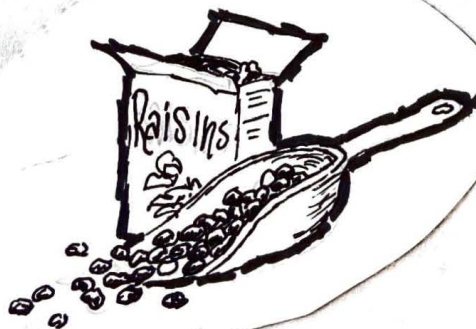
Jean Walker

This fun recipe combines many versions of Scripture Cake from Lela Bess Barnette, Alice Abel and myself. Jean Pagan and I tested several. It lends itself to a broad individual interpretation of the text. The ingredients are given, but it is most interesting to directly consult the Bible for the actual wording and make it to your own taste.

- 1 cup Judges 5:25 (butter)
- 2 to 3 cups Jeremiah 6:20 (sweet cane)
- 6 whole Jeremiah 17:11 or Isaiah 10:14 (eggs)
- 2 tsp. to 6 tbsp. I Samuel 14:25 (honey)
- 3½ to 4½ cups I Kings 4:22 (flour)
- 2 tsp. Amos 4:5 or 3 tsp. Galatians 5:9 (baking powder)
- Pinch Leviticus 2:13 (salt)
- ½ to 1 cup Judges 4:19 last clause or 1 cup Genesis 24:17 (milk or water)
- 2 cups I Samuel 30:12 (raisins)
- 1 to 2 cups Naham 3:12 or I Samuel 30:12 (figs)
- 1 to 2 cups Numbers 17:8 (almonds)

Season according to II Chronicles 9:9 or I Kings 10:10 (e.g. 1 tsp. cinn., 1 tsp. cloves and ½ tsp. allspice)

Follow Solomon's directions for bringing up a child. Proverbs 23:14. Bake in loaf pans 350° about 1 hr.



## PINEAPPLE-CARROT CAKE

Penny Poteet

In a large bowl mix: 2 cups sugar )  
1 cup crisco oil ) Beat with beater.  
4 eggs )

In a separate bowl combine: 2 cups flour )  
2 tsp. cinnamon )  
2 tsp. baking soda ) Stir well.  
2 tsp. baking powder )  
1/2 tsp. salt )

Add: 1 cup broken walnuts  
1 cup white raisins (soak in boiling water, then drain)  
1 sm. can crushed pineapple w/juice, approx. 1 cup  
3 cups grated carrots  
1 tsp. vanilla, brandy, or rum flavoring

Bake 1 hr. to 1 hr. and 15 min. at 350°. Use a cookie sheet pan with sides or 2-13x9x2 pans. Cool then frost.

### PINEAPPLE-CARROT CAKE FROSTING:

1 large pkg. Philadelphia cream cheese  
1 stick butter

Soften both, then mix. Sift in 1 box powdered sugar, 1 tsp. vanilla to taste. Frost when cake is cool.

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## FRUIT COBBLER

Elizabeth G. Rowen

1 cup flour  
1 cup sugar  
1 tbsp. baking powder  
3/4 cup milk  
1 stick butter

Melt butter. Pour in large baking dish. Mix other ingredients and pour in with butter. Do not stir. Pour in 1 qt. cooked fruit with its juice. Do not stir. Bake 45 min. in preheated oven, 375°. Can be made with either fresh or canned fruit.

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## GOLD RUSH BROWNIES

Jean Heine

3 cups graham cracker crumbs  
2 cans sweetened condensed milk  
1-12 oz. pkg. chocolate chips  
2 tsp. vanilla  
1 cup nuts

Butter and flour 9" x 13" pan. Mix all ingredients and spread in pan. Bake 25 min. at 325°.

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## GRANOLA COOKIES

Kay Johnson

These are nutritious too.

1 cup white sugar	2 eggs
1 cup brown sugar	2 cups flour
1 cup shortening (margarine)	2 cups granola (I make my own)
2 cups coconut	1 tsp. baking powder
pinch salt	

Cream sugar and margarine, add rest of ingredients. Spread onto greased sheet-pan with sides. Bake at 350°, 20-30 min. Cut while warm.

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## CHOCOLATE TOPPED OATMEAL BARS

Nancy Bell

1 pkg. Pillsbury Coconut Almond or Coconut Pecan Frosting Mix	1/2 cup sugar
3 cups rolled oats	6 oz. pkg. or 1 cup semi-sweet chocolate pcs.
1 cup shortening or margarine	3/4 cup peanut butter (nutty)

Preheat oven to 350°. In a large bowl blend first 4 ingredients at low speed until crumbly. Press mixture into ungreased 5x10 jelly roll pan or 13x9 pan. Bake 15-20 min. until light golden brown. In small saucepan, combine chocolate pieces and peanut butter. Cook over low heat, stirring constantly, until chocolate pieces are melted. Spread over bars. Chill, cut into bars and store in refrigerator.

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## ALMOND CRUNCH COOKIES

Jean Walker

My winner in Grape Festival 14 years ago.

Blend: 1 cup butter	1/2 tsp. salt
2 tbsp. instant coffee	1/2 tsp. almond extract

Beat in gradually 1 cup sugar. Add 2 cups sifted flour. Mix well using hands if necessary. Mix in 3 oz. chocolate bits. Spread on ungreased cookie sheet. Pat with hands. On top sprinkle 1/2 cup chopped almonds and press in. Bake; cool, break.

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## SCOTCH SHORTBREAD

Kathy Gilbert

This is a traditional recipe in our family that is always made by Kathy at Christmas time. The recipe can be doubled and cut out in gingerbread men/women shapes. Kathy did this one time for place markers for a holiday party and decorated one to look like Marille Fye--it even had a red-haired Afro.

1 cup soft butter	1/2 cup confectioners sugar
2 cups sifted flour	1/4 cup brown sugar
pinch salt	

Cream butter well, add sugar slowly, beating well to cream after each addition. Add flour a little at a time, mix and beat well after each addition. Fill cookie press, arrange cookies on ungreased sheet and bake at 275°, 30-40 min. These cookies remain very white, do not leave in oven to brown.

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## FROSTED DELIGHTS

Harriet Royce

A spread cookie.

1 1/2 cups sifted cake flour	2 eggs, beaten
1/2 tsp. salt	1/2 tsp. vanilla
1 tsp. baking powder	1 cup brown sugar, sifted
1/2 cup shortening	1 egg white, stiffly beaten
1 cup granulated sugar	1 cup nut meats, chopped

Sift flour, salt, & baking powder together. Cream shortening with granulated sugar till fluffy. Add eggs, vanilla and sifted ingredients and mix well. Spread batter very thin on baking sheet. Fold brown sugar into egg white, spread over cookie batter and sprinkle with nuts. Bake in slow oven (325°) 30 min. Cut into squares. Makes 30.

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## MERINGUE DROPS

Jean Walker

Easy, do ahead.  
Preheat oven 350°.

2 egg whites, beaten stiff  
3/4 cup sugar, beat in slowly  
6 oz. chocolate or carob bits, fold in.

Cover cookie sheets with wax paper. Drop by teaspoon and place in oven and turn OFF heat. Leave 6 hrs./overnight.

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## CHURCH WINDOWS

Marion DeHeer

1-12 oz. pkg. chocolate chips	1 cup finely chopped nuts
1/4 lb. butter or margarine	1 pkg. (10 1/2 oz.) multi-colored miniature marshmallows

Combine the chocolate chips and butter in a double boiler and heat until melted. Remove from heat. Add nuts and marshmallows and stir until blended. Cool mixture about 5 min. Spoon onto waxed paper in a long strip and shape into four "logs." Refrigerate several hours or overnight. Slice about 1/2" to 3/4" thick when ready to serve. Store in a cool place. They freeze well, but if frozen in a log let thaw in refrigerator before slicing, so chocolate will not chip.

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## MAGIC COOKIE BARS

Kay Johnson

These came to Tuesday Group's final luncheon, June 1978.

Melt 1/2 cup margarine in 13x9x2" baking dish. Add in order:  
1 1/2 cups graham cracker crumbs  
1 cup chopped walnuts  
1 cup chocolate chips  
1 1/3 cups unsweetened coconut chips  
1 1/3 cups (15 oz. can) Eagle Brand sweetened condensed milk

Bake at 350°, 25 min. or until lightly browned. Cool 15 min., then cut into squares. Good if served chilled and easier to cut too.

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## NO-BAKE COOKIES

Marille Fye

1/2 cup butter	1/2 cup peanut butter
2 cups sugar	3 cups oatmeal
1/2 cup milk	1 tsp. vanilla
4 tbsp. cocoa	

Melt butter in 2 qt. sauce pan; add milk. Mix sugar and cocoa and add to butter mixture. Bring to boil for 1 min., stirring constantly. Turn burner off, add peanut butter and vanilla and then oatmeal. Drop onto greased cookie sheet or waxed paper.

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## CHRISTMAS COOKIES

Gillian Andrews

These are easy enough for a child to fix.

1 lb. pkg. brown sugar	1 1/2 tsp. vanilla
1 lb. soft butter (or	4 1/2 cups unsifted flour
1/2 lb. margarine & 1/2 lb. butter)	

Cream butter, sugar, & vanilla until fluffy. Work in flour. Shape into a ball and chill. (Can chill for up to a week) Remove from refrigerator and warm to room temperature. Roll out a small lump of dough on a well-floured cloth or board. Cut into desired shapes. Bake on ungreased cookie sheet at 300° for about 15 min. Cookies are done when slightly browner than raw dough. Cool. Transfer to air-tight containers. These are delicious butter-scotch cookies. Makes about 15 doz.

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## SUE'S SUGAR COOKIES

Alice Abel

A few years ago, Doug and I spent a weekend with a friend in Palo Alto and she served these cookies. They have become a standard in our house - literally "melt in your mouth" goodness.

1 cup butter or margarine	1 tsp. baking soda
1 cup oil	1 tsp. salt
1 cup powdered sugar	1 tsp. cream of tartar
1 cup granulated sugar	4 cups flour (I add 1/4 cup
2 eggs	wheat germ)
	1 tsp. vanilla

Cream butter, oil and both sugars. Add vanilla and eggs. Sift dry ingredients and stir into creamed mixture. Blend and chill. Roll into small balls and place on ungreased cookie sheet. Using a flat bottomed glass, press down lightly on cookie ball, dip glass into sugar first. Bake 12 min. at 350°. Can decorate after baking, if desired.

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## COOKIES FOR THE LAZY PEOPLE

Penny Poteet

1 box of Big Batch, or 2 boxes, Quaker Oatmeal Cookies mix. Follow directions, then add; small pkg. shredded coconut, and 1 to 1 1/2 cups carob chips and 1 cup chopped walnuts and bake according to the directions. You may need to add a small amount of water.

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## GOOD, GOOD, GOOD FOR YOU COOKIES

Lela Bess Barnette

This is a variation of a recipe given to me by the mother of one of my first grade students. She made it up. She called them "Garbage Cookies". My grandkids call them "Gagama's Cookies".

1 large can apple sauce     )  
2 rounded tsp. baking soda   )     Mix together and let sit.

In another bowl mix together:

1/2 cup butter	1 tsp. cloves
1/2 cup shortening	1 tsp. cinnamon
1 cup granulated sugar	1 tsp. nutmeg
1 cup brown sugar	1 tsp. salt

Next add 4 eggs, one at a time, beating after each addition. To this add:

3 cups unbleached flour	1 1/2 cups peanut butter
1 cup bran (not cereal)	5 very ripe bananas

Mix well. Add 4-5 cups old fashioned rolled oats. Mix well, add apple sauce mixture, 1 large pkg. chocolate chips and 1 cup walnuts. Cover and let stand for 1/2 to 1 hr., drop by spoonful on oiled cookie sheet. Bake in 375° oven for 15 min.

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## MOLASSES COOKIES

Barbara Green

At my house it would not be Christmas without molasses cookies. Margaret and Chris both really love them, and Margaret often makes them on her own. The aroma of them baking always brings Christmas memories. In the fall, when I was selling my house in Seattle, everything was spic and span, and I had Margaret, then aged 6, baking these cookies in her E-Z-Bake oven so the house would smell good when prospective buyers came through.

Cream together:   3/4 cup shortening   1 cup brown sugar, packed

Add:               1/4 cup molasses       1 egg

Sift together and add to above:

2 1/4 cups flour	1 tbsp. cinnamon
2 tsp. soda	1/2 tsp. cloves
1/4 tsp salt	1 tsp. ginger

Chill dough, form into balls, dip top into sugar. Place on greased cookie sheet. Bake until set, but not hard, 10-12 min., 375°.

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## SNICKERDOODLE COOKIES

Jenny Johnson

1 cup shortening  
2 eggs  
1 cup sugar  
Cream above together and add:  
2 3/4 cups flour  
1 tsp. baking soda  
Make small balls and roll in mixture of:  
2 tsp. sugar  
Bake in 375° oven 9-10 min.

1 tsp. cream of tartar  
1/2 tsp. salt  
2 tsp. cinnamon

## PFEFFERNUSSE

Janice Cotton

This is a German recipe which has been handed down for several generations. Traditionally, in my family, they were eaten by dropping several into a cup of hot coffee and retrieving them with a teaspoon.

1/2 cup sour milk  
1 egg  
1/2 cup sorghum molasses  
1/2 cup butter or margarine  
1/2 cup Crisco  
1/2 cup sugar  
3 cups flour (more or less)

1/2 tsp. black pepper  
1/2 tsp. ground cloves  
1/2 tsp. ground ginger  
1/2 tsp. allspice  
5/8 tsp. soda  
1/4 tsp. salt

Mix in usual order (I'm not sure what the "usual order" is.) Form into very small balls about the size of small marbles. Place on ungreased baking pans. Bake 15-18 min. at 350°-375°.

## FOOLISH PLEASURE

Jean Burns

Bottom Layer: 1 stick margarine 1 cup flour 1/2 cup nuts  
Cut margarine into flour and add nuts. Pat into pan, bake 15 min. at 400°.

Second Layer: Blend 8 oz. cream cheese, 1 cup powdered sugar and 1 cup cool whip. Spread over cooled crust, carefully.

Third Layer: Beat 2 pkg. (small) instant lemon pudding into 3 cups milk. Spread over second layer.

Fourth Layer: Spread cool-whip over lemon pudding after it has solidified. Top with a few chopped nuts. Now watch with pride as your friends enjoy. The beauty of this recipe is that you can change your flavors to suit yourself. Try chocolate or butter-scotch.



## KRISTIANA KRINGLER

Marilyn Nock

Part I: 1 cup sifted flour 1/2 cup butter 2 tbsp. water  
Mix flour, butter and water as for pie crust. Divide dough in  
halves. On an ungreased cookie sheet, press (using heel of hand)  
into 2 three inch strips the length of the sheet.

Part II: 1 cup water 3 eggs  
1/2 cup butter 1/4 tsp. salt  
1 cup flour 1/2 tsp. almond flavor

In a saucepan bring water & butter to boil. Remove from heat and immediately add flour. Stir until smooth. Add eggs, one at a time, stirring well after each addition. Add salt and almond flavoring. Spread on top of first mixture. Bake 45 min. at 375°. Cool and frost.

Frosting: 1 tbsp. butter  
1 cup confectioners sugar  
1/2 tsp. almond flavoring  
cream

Mix together butter, sugar, almond flavoring and enough cream to make right consistency to spread.

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## PAVLOVA

Joyce Gelnett

This is known as Australia's national dessert. It was made for, and named after, the famous ballerina, Anna Pavlova, when she visited Australia many years ago.

4 egg whites (very important they are at room temp.)  
2 level tbsp. cornstarch  
1 tbsp. lemon juice  
1/4 cup sugar  
1/2 tsp. vanilla  
3/4 cup sugar

Beat egg whites in large bowl until stiff, then add the 3/4 cup sugar slowly, 1 tbsp. at a time, beating thoroughly between. Finally fold in cornstarch, lemon juice, vanilla and the 1/4 cup sugar. DO NOT BEAT. Spread one-third of the mixture in a circle about 6 inches wide on a greased cookie sheet lightly floured with cornstarch. The meringue will spread wider during cooking. With the remainder of the mixture make a ring of "roses" around the edge of the circle and slightly higher than the center, so that it makes a "well". Preheat oven to 450° and reduce to 250° when placing meringue in oven. Bake 1 to 1 1/2 hrs. and let cool in oven after heat is turned off. Fill center of Pavlova with whipped cream and top with fresh strawberries, or fruit of choice. Serves 10. Best to make meringue shell ahead of time and fill just before serving.

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## ORANGE FLAN

Jean Pagán

### Pastry Shell

1 1/2 cups all purpose flour	1/4 cup butter, chilled
2 tbsp. sugar	2 tbsp. cooking oil
1/2 tsp. salt	1 beaten egg

In mixing bowl, combine flour, 2 tbsp. sugar, and 1/2 tsp. salt; make a well and add butter or margarine, oil and beaten egg. Cut in until crumbly. Sprinkle ice water over mixture, 1 tsp. at a time, tossing with fork. Work mixture with hands until well blended. Roll out on lightly floured surface-trim to 13" circle, place in 11" flan pan. Crimp edge and prick bottom well. Bake for 18-20 min. at 375°. Cool thoroughly and then lift from pan and place on platter.

2/3 cup sugar	6 beaten egg yolks
4 tbsp. cornstarch	6 tbsp. brandy
1/4 tsp. salt	3 oranges, peeled & sectioned
2 1/2 cups milk	1 banana, sliced
	1/2 cup orange marmalade

In sauce pan combine sugar, cornstarch and salt. Add milk. Cook and stir over medium high heat until thickened and bubbly. Cook 2 min. more. Remove from heat. Slowly add 1/2 of cooked custard into beaten egg yolks; return all to saucepan. Cook and stir until just bubbly. Remove from heat; add brandy. Cover with wax paper and cool 30 min. Do not stir. Spread custard into baked shell. Chill. 1 - 1 1/2 hr. before serving, arrange orange sections in circles, ending with banana slices in center. Heat marmalade and spoon over fruit. Chill until serving time. (Note: Do not use too much marmalade because the dessert will become soggy.)  
Serves 8 - 10

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## CHEESE CAKE

Gloria McCurdy

I: Mix 1 cup graham cracker crumbs with 1/4 cup melted butter. Pat into 9" pie pan. Bake at 350° for 5 min. Cool.

II: Mash 3-3oz. pkgs. cream cheese which has been at room temperature. Blend with 2 eggs, 1/2 cup sugar and 1 tsp. vanilla, in mixer, until smooth. Pour in cooled pie shell and bake at 300° for 15 min. Cool.

III: Blend 1 cup sour cream, 2 tbsp. sugar and 1/2 tsp. vanilla. Spoon carefully on top of pie. Bake at 300° for 5 min. Cool. Chill 24 hr. before serving. Makes 6 generous servings, or 8 after a large dinner.

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# CHEESECAKE (1060 Green Street)

Sara Rockwell

I lived at the above address, on Russian Hill, in 1954 with a succession of room-mates (quaint as it may seem to the younger generation, they were all female.) There were usually four of us, sometimes five, in residence. As each of us left to get married, (that being the ultimate destiny of every young female in 1954, we had jobs, not careers. We waited for the men we knew to telephone us (although once you were actually engaged to be married it was ok to phone your fiancé)-and, despite this apparent lack of "liberation" we had an awful lot of fun.) Each was given this secret recipe, jealously guarded by the senior member, Lucia. Where she got it I do not know.

This<sup>is</sup> more a cheese pie than a cheesecake. It is extremely rich and very good. This recipe will amply serve six adults. Get something else for the children - they won't like it.

**Crust:** Crush 8 double graham crackers. Mix with melted butter and line bottom and sides of an 8" or 9" pie plate.

**Filling:** 1 large pkg. cream cheese)  
1 egg )  
1/4 cup sugar ) Mix in blender. Pour into  
1 1/2 tbsp. sherry ) crust. Bake at 325°, 20 min.  
vanilla )

**Topping:** 1/2 pt. sour cream 1 tbsp. sherry  
1/4 tsp. vanilla sugar (small amount)

Spread over the top and bake at 425° for 5 min. Refrigerate overnight.

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## EXCELLENT CHEESE CAKE

Kay Johnson

This is the best recipe I've ever made.

Beat together until smooth:

3 well beaten eggs 1/4 tsp. salt  
2 pkg. 8 oz. cream cheese (room temp.) 1/2 tsp. almond extract  
4 tsp. vanilla

Fold in 2 cups sour cream and pour into graham cracker crust. Bake 35 min., until set, at 375°.

Immediately add topping: 1 cup sour cream)  
2 tbsp. sugar ) Mix together.  
1 tsp. vanilla )

Pour over top and bake 5 min. Chill well- overnight.

**Graham Cracker Crust:** 1 3/4 cups graham cracker crumbs)  
1/4 cup walnuts )  
1/2 tsp. cinnamon )  
1/4 - 1/2 cup melted butter )

Mix together. Pat into spring-form pan.

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## DATE TORTE PIE

Joyce Gelnett

1/2 cup coarse Graham cracker crumbs    1/4 tsp. salt  
1 cup dates, cut up    1/2 cup chopped nuts  
1 tsp. baking powder

Mix well. Beat 2 egg whites and gradually add 1/2 cup sugar. Stir above ingredients together well and pour into greased 9" pie dish. Bake 25-30 min. in 350° oven. Serve with whipped cream or ice cream.

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## PECAN PIE

Jean Pagan

3 eggs    1/2 tsp. salt  
1/2 cup sugar    1 tsp. vanilla  
1 1/2 cups corn syrup    2 tbsp. butter  
2 cups whole pecans

Beat eggs, add sugar, corn syrup, vanilla, and salt. Pour into pie shell. Add whole pecans on top. Dot with butter. Bake slowly one hour. Place in cold oven. Start at 325°. Raise to 350° the last 15 min. Makes one pie. For two pies, add only 2 more eggs. Double other ingredients.

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## TOM THUMB TARTS

Pat Love

1 cup butter    2-3oz. pkgs. cream cheese  
2 cups sifted flour

Soften butter, add cheese and beat until smooth. Add 1/2 cup flour at a time. Shape into small 3/4" balls. Place each ball in miniature muffin tin pans. Press with thumb to line bottom and sides.

Filling: 2 eggs    1 1/2 cups brown sugar  
a few grains of salt    2 tbsp. melted butter  
1 tsp. vanilla    1 cup chopped pecans

Blend all ingredients. Spoon filling into cups not quite to tops. Bake 350° 20-25 min. Makes about 2 dozen.

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## MILT'S FAVORITE CHOCOLATE PIE

Nina Woods

Cream 1/2 cup butter or margarine, add gradually 3/4 cup sugar. Cream well. Blend in 1 sq. baking chocolate, melted and cooled, and 1 tsp. vanilla. Add two eggs, one at a time, beating 5 min. after each addition with electric mixer at medium speed. Turn into cooled, baked 8" pie shell. Chill for 1 to 2 hr. at least.

## MOCHA TOFFEE PARFAITS

Jean Heine

1-3 oz. pkg. vanilla pudding	2 chocolate English Toffee
1 tbsp. instant coffee powder	bars (5/8 oz. ea.) coarsely
1 3/4 cup evaporated milk	crushed
1/2 cup semisweet chocolate bits	whipping cream

Combine pudding mix and coffee powder in medium saucepan gradually stirring in milk, until mixture is blended. Cook over medium heat, stirring constantly until boiling. Remove from heat and cover with waxed paper. Cool and chill. In small saucepan mix chocolate pieces and milk. Cook and stir until it is melted and boils. Cool and chill. Remove paper from pudding. Layer with chocolate sauce and candy. Repeat.

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## CHOCOLATE MOUSSE

Karen Andrews

8 oz. chocolate chips	1 tbsp. water or orange
3/4 cup sugar	liqueur or cherry liqueur
4 eggs, separated	5 tbsp. soft butter
	1 tsp. vanilla

Melt chocolate and water. Add butter. Remove from heat and stir in egg yolks one at a time. Beat egg whites until foamy. Gradually add sugar beating till stiff. Add vanilla. Fold into cooled chocolate mix and chill.

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## FRANGOES

Jennifer Andrews

1 cup butter or margarine	3/4 tsp. peppermint flavor.
2 cups powdered sugar	2 tsp. vanilla
4 sq. unsweetened chocolate, melted	1 cup vanilla wafer crumbs
4 eggs	(1/2-7 oz. box)
Maraschino cherries	whipped cream

Beat butter and powdered sugar until light and fluffy. Add melted chocolate. Add peppermint and vanilla. Sprinkle 1/2 the crumbs in 15 cupcake liners. Spoon in chocolate mixture. Top with remaining crumbs, freeze until firm. Top with whipped cream.

This is a small, not excessively sweet chocolate dessert. Good to follow a big meal. Can be made and frozen days ahead. Best allowed to thaw about 15 min. Straight from the freezer it is too firm to be eaten easily with a spoon.

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## PEPPERMINT STICK MOUSSE

Pamela Fenner

Serves 8-10. I've used this often for pot luck partners. It is a very colorful dessert, especially nice at Christmas when one can buy peppermint stick canes.

2 tsp. gelatin (2/3 pkgs.)	1 pt. whipping cream
1/2 cup water	1/2 cup confectioner's sugar
1 cup finely chopped peppermint stick, (use candy canes if possible, otherwise buy peppermint stick candies)	

I take the individual candies wrapped in plastic and place on a chopping board. Smash once with a hammer and unwrap candy over a blender. Then turn on the blender until candy is chopped fine. This process is very fast.

Soften gelatin in cold water. Dissolve over hot water. Cool. Whip cream. When it starts to thicken, add sugar slowly. Add the peppermint stick candy which has been finely chopped. Fold in gelatin mixture. If you desire a bright pink color, add a few drops of red food coloring. Pour into a serving dish, a 1 1/2 qt. mold, or individual molds. Refrigerate. Serve as is, or with a fudge sauce, hot or cold.

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## COFFEE FLUMMERY

Freddie Stevens

1 pkg. gelatin	1/2 cup milk
1/4 cup cold water	3 eggs, separated
1 1/2 cups strong hot coffee	1/2 cup sugar
or sanko	1/2 tsp. vanilla
1/3 cup sugar	salt

Soak gelatin in cold water. Dissolve it in the hot coffee. Add 1/3 cup sugar and milk, and cook, stirring over medium heat until hot. Do not boil. Beat egg yolks and 1/4 cup sugar together and pour some of the hot mixture into them. Mix and return to pot, stirring and cooking until slightly thickened (about 2 min.). Do not boil. Cool until mixture is thick and partly jelled. Add vanilla and stiffly beaten egg whites and salt, folding them in. Chill. (May be poured into wet mold). Garnish with whipped cream, if desired.

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## GRAPEFRUIT BAKED ALASKA

Karen Andrews

3 grapefruit  
2 tbsp. sugar  
3 egg whites  
1/2 tsp. salt

6 tbsp. sugar  
1 tsp. vanilla  
1 pt. vanilla ice cream

Cut grapefruit in half and cut around each section. Sprinkle each half with 1/2 tsp. sugar. Chill. Beat egg whites until foamy. Add salt. Beat until stiff. Add sugar gradually and beat till very stiff. Mix in vanilla. Put heaping spoonful of ice cream on each grapefruit half. Cover tops completely with meringue. Place on baking sheet and brown at 450° for 3-4 minutes or put under broiler. I've tried unsuccessfully to assemble and freeze these before dinner. This dessert is always a sensation, though, and worth the last minute preparation.

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## BRANDY SHERBERT

Gloria McCurdy

1 qt. vanilla ice cream, softened in a bowl  
2 oz. brandy

Blend with mixer and return to freezer. (This does not freeze solid.) Serves 4. Best with chocolate brownies alongside.

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## LEMON ICE CREAM

Pamela Fenner

Our favorite dessert following a lamb dinner.

1 cup milk  
juice of one lemon

1/2 cup to 1 cup sugar  
1 cup heavy cream, whipped

Stir ingredients together. If you like a sweeter ice cream, add the full cup of sugar. Others might prefer adding more lemon juice. Pour into freezer tray to freeze. Needs no further whipping.

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## VANILLA ICE CREAM

Jenny Johnson

4 eggs  
2 1/4 cups sugar  
5 cups milk  
1/2 tsp. salt  
2 cups whipped cream  
2 cups half & half  
4 1/2 tsp. vanilla

Add sugar to beaten eggs. Beat until mixture is very thick. Add remaining ingredients and mix. Freeze according to your ice cream freezer's directions. EAT AND ENJOY. Makes 4 qts.



## CHOCOLATE CHEESE PIE

Marilyn Nock

1-6 oz. pkg. chocolate chips	1 tsp. vanilla
1-8 oz. cream cheese, softened	2 eggs, separated
3/4 cup light brown sugar	1 cup cream, whipped
1/8 tsp. salt	

Melt chocolate over hot water; cool about 10 min. Blend cream cheese, 1/2 cup brown sugar, salt, and vanilla. Beat in egg yolks, one at a time. Beat in cooled chocolate. Blend well. Beat egg whites until stiff but not dry. Fold chocolate mixture into beaten whites. Fold in whipped cream. Pour into chilled crust.

### Graham Cracker Crust:

1 1/2 cups graham cracker crumbs	1/3 cup melted butter
1/4 cup brown sugar	1/8 tsp. nutmeg
	1 sq. unsweetened chocolate, melted

Mix together all ingredients thoroughly. Press into 9" pie pan. Chill until firm.

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## NICA'S FAVORITE DESSERT (PIE)

Nica VanNellen

1 stick butter	2/3 cup sugar
2 sq. chocolate, melted	2 eggs
1 tsp. vanilla	1-9" baked pie shell
whipped cream	

Beat butter and sugar until fluffy. Add chocolate and vanilla, add 1 egg at a time, beating 5 min. after each addition. Pour into baked pie shell. Cover and refrigerate. Serve with whipped cream.

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## MOM'S POT DE CREME

Pamela Fenner

This is one of my favorite desserts. Most people assume it takes a long time to make. Texture is similar to a mousse.

1 cup milk	1-6 oz. pkg. semisweet
2 eggs	chocolate bits
few grains salt	1 tsp. vanilla

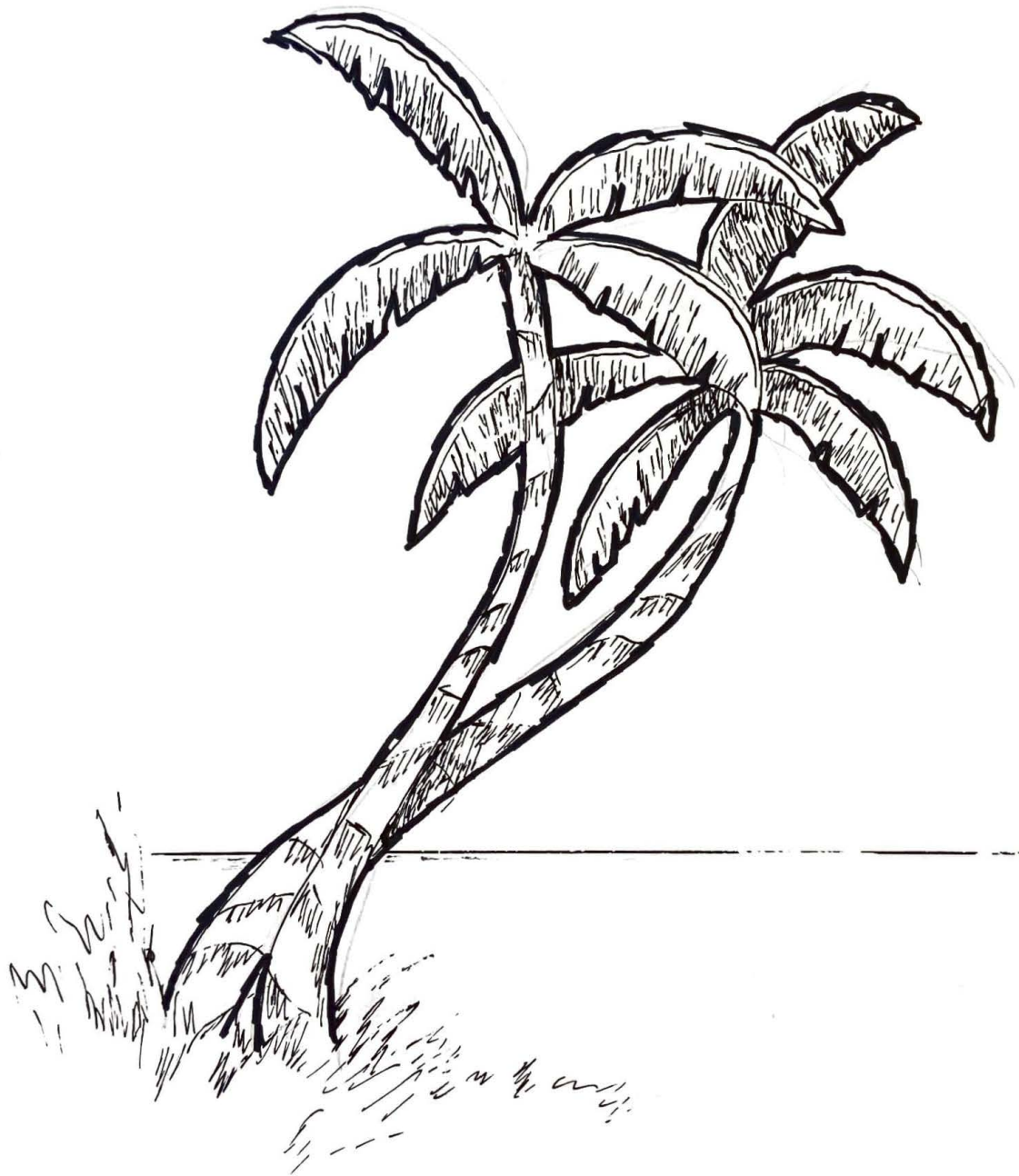
Put milk in a saucepan and bring to a boil. Put remaining ingredients in blender and add hot milk. Cover and blend on low until chocolate bits are melted. Pour into small parfait glasses or pot de creme cups and chill for 2 hrs. Top with whipped cream or vanilla ice cream. Shave a little chocolate over the cream for garnish. If you like a mocha flavor, 1 tbsp. of instant coffee can be added to the other ingredients.

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# ***Tropical***

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## THE P.P.L.P. GOES TROPICAL

Menu for 12:

Rum Punch served from hollowed watermelon

(Hors d'Oeuvres)

Hawaiian Chicken

Hawaiian Fruit Delight

Jellied Orange Consommé

Coconut Bread

Stuffed Bananas

Pernil (Roast leg of Pork)

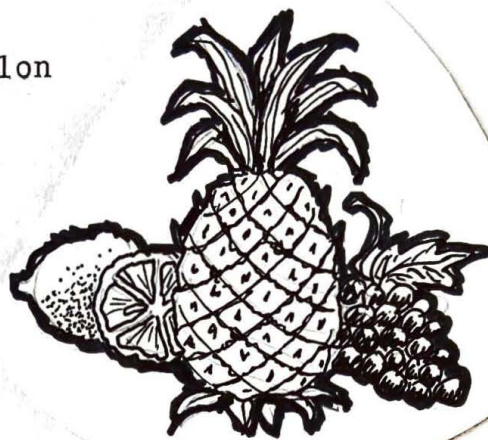
Gandules (Pigeon peas) cooked in Sofrito

Rice

Sparkling Burgundy

Tropical Sherbet Bombe

Orange Chiffon Cake



### RUM PUNCH

John Walker

Mix well:

- 1 qt. pineapple juice
- 1 qt. lemonade
- 1 qt. limeade
- 1 cup concentrated lemon juice
- 1 qt. dark rum
- 1 5th brandy
- ½ gal. white Chablis

Chill at least 3 hrs. before serving from carved-out watermelon or punch bowl.

## HAWAIIAN CHICKEN

Jim McCurdy

- 6 boned chicken breasts cut into bite-sized pieces
- $\frac{1}{2}$  cup flour
- $1\frac{1}{2}$  tsp. ginger
- 1 tsp. salt; pepper as desired
- $\frac{1}{4}$  cup shortening
- 1 cup water
- $\frac{1}{3}$  cup pineapple juice
- 1 onion, cut in wedges - separated
- 1 can pineapple chunks
- 1 green pepper
- 1 tbsp. vinegar
- 2 tbsp. sugar
- $\frac{1}{2}$  tsp. garlic salt
- 1 tbsp. soy sauce

Mix flour, ginger, salt, pepper. Coat chicken pieces and brown in shortening till crisp. Remove chicken. Add 2 tbsps. flour to drippings. Add remaining ingredients, toss lightly, and pour over chicken. Bake 350° 45 min.

Note: Serves 6 if served on fried rice noodles, or rice, as main dish.

Serves 12 if skewered for appetizer.

## HAWAIIAN FRUIT DELIGHT

Jim McCurdy

- 1 ripe pineapple, cut into bite-sized chunks
- 1 large papaya, peeled and cut into bite-sized chunks
- 2 oranges (or can of mandarin oranges), peeled & sectioned
- 2 bananas
- $\frac{1}{4}$  cup pineapple juice
- 2 tbsp. honey
- $\frac{1}{4}$  cup chopped dates
- $\frac{1}{4}$  cup shredded coconut
- $\frac{1}{4}$  cup chopped nuts (optional)

Prepare all fruits in bite-sized pieces, except banana. Mix juice, dates, coconut, and nuts with honey. Pour over fruit & chill. Add banana chunks before serving. Serves 6 - 8 for dinner.

Note: Other fruit may be added, e.g. melon, grapes, etc.

Note: May be skewered for appetizer. Drain after chilling & thicken juice.



## JELLIED ORANGE CONSOMME

Al Schafer

- 2 qt. cold chicken stock, fresh or canned
- 4 envelopes unflavored gelatin
- 4 egg whites, beaten to a froth
- 6 cups orange juice, strained
- 2 unpeeled oranges, cut crosswise into thin slices

In large saucepan pour stock. Sprinkle gelatin on top and let soften for 5 min. Add beaten whites. Over high heat, bring to boil, stirring constantly with whisk. When frothy and rising, remove from heat. Let mixture rest 5 min. Pour it into large sieve set over deep bowl lined with double cheesecloth or dampened kitchen towel.

Allow liquid to drain into bowl without disturbing. Then stir in orange juice, and season with salt if desired.

Refrigerate at least 4 hrs., till chill & firm.

Serve in chilled soup plates and garnish each with orange slice.

## COCONUT BREAD

Al Schafer

- 5 cups flour
- 1½ cups sugar
- 1 tbsp. baking powder
- ½ tsp. cinnamon
- ¼ tsp. cloves
- 1 tsp. salt
- ¼ cup melted butter
- 4 cups flaked coconut
- 2 cups milk

Sift flour, sugar, baking powder, cinnamon, cloves, salt into deep bowl. Add coconut and mix well. Pour in milk ½ cup at time, blending well after each addition. Stir in butter. Spoon into greased and floured loaf pans (3 small or 2 regular), filling 2/3 full. Bake about 1 hr.

## STUFFED BANANAS

Al Schafer

- 12 slightly green, plump bananas
- 20 oz. flaked pink salmon (or tuna, or crab)
- 24 slices American cheese
- diced pimento, paprika, & lemon juice

Peel and split bananas into canoe shape. Baste with lemon juice. Fill cavity of each with salmon. Cover each with 2 folded slices of cheese, covering salmon. Hold each slice in place by a toothpick with a piece of pimento for decoration. Place bananas on cookie sheet. Bake 350°, 10-15 min., till heated through. Another few minutes under broiler will melt cheese and brown banana. Serve each on banana leaf or decorated plate.

## PERNIL (ROAST LEG OF PORK)

Rafael Pagán

!Buen provecho!

- 1 leg of pork appx. 6 lbs.
- 1 head garlic mashed
- 2 tbsp. salt
- 1 tsp. pepper
- 1 tbsp. oregano
- 2 tsp. cumin
- 2/3 onion, sliced
- olive oil, enough to mix condiments well.

Make holes in the leg of pork with knife, big enough so you can stick your finger in. Combine all the ingredients except onions. Put the mixture in the holes and place the leg of pork in pottery bowl, skin up. Put the sliced onions on top of the leg. Cover well, seal with tape. Place in refrigerator for at least 24 hrs. Put any marinade in bottom of roasting pan. Baste occasionally during roasting. 325°, 35 min. per lb.

## GANDULES (PIGEON PEAS) COOKED IN SOFRITO

Rafael Pagán

Guaranteed to make you say...."!Aye, Qué Bueno!" Roughly translated it means, "It's soo good, it's soo nice; what the Puerto Ricans add to rice!"

1-2 cans Gandules (or any beans you especially like)

Sofrito Sauce: 1 tbsp. each:

onion	bacon grease or olive oil
salt pork	capers
ham	olives, green
green pepper	1 clove garlic mashed
8 oz. can tomato sauce	
to taste: garlic powder, oregano, salt, pepper	

Cook above ingredients except tomato sauce at medium heat until softened. Add tomato sauce. Add between  $\frac{1}{2}$  to 1 cup water and peas and let simmer for 30 min. or longer depending on taste. Serve with rice.

## TROPICAL RICE

John Walker

1½	cups	rice
1½	cups	cracked wheat/bulgar
6	cups	water
3		boullion cubes
3	tbsps.	butter
¼	cup	chives

In 2 - 3 qt. heavy pan put water, boullion cubes, butter & chives. Bring to boil. Add rice & bulgar. Simmer, covered, 30 min.



## TROPICAL SHERBET BOMBE

John Walker

1 qt. each of 3 different colors of sherbet, e.g. orange, raspberry, lime.

In a 2-qt. bowl (preferably Tupperware Wonderlier or Par-T-Gel) fill 1/3 with 1 color, 1/3 with second color, and 1/3 with third color. (Freeze between layering if sherbet very soft.) Freeze several hours. At least 2 hrs. before serving, unmold on plate and return to freezer until serving time. Serve by slicing in wedges.

## ORANGE CHIFFON CAKE

Jean Walker

2	cups	flour
1½	cups	sugar
3	tsp.	baking powder
1	tsp.	salt
½	cup	oil
7	yolks	
¾	cup	cold water
2	tbsps.	grated orange peel (1 tbsp. dehydrated)
1	cup	egg whites (about 7)
½	tsp.	cream of tartar

Heat oven to 325°. Stir together, flour, sugar, baking powder, salt. Make a well and add in order: oil, yolks, water, peel. Stir smooth. In large mixer bowl, beat whites and cream of tartar to very stiff peaks. Gradually pour egg yolk mixture over beaten whites, gently folding just till blended. Pour into ungreased tube pan. Bake 75 min. Invert tube pan, let stand till cool. Frost if desired.

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