



Lone Star T

Sampler

LONE STAR 'T' SAMPLER

“All human history attests
that happiness for men – the hungry sinner –
Since Eve ate apples, much depends on dinner.”

Byron

1990

Recipes for the "Lone Star T Sampler" were contributed by the individual members and may be reprinted on the condition that the names of the persons who submitted the recipe and the "Lone Star T Sampler" are given credit.

Note: Page size is 5.5" x 8.5"

**EXPRESSIONS
OF
APPRECIATION**

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Cooking is like love – it should
Be entered into with abandon
Or not at all.”

Kitchen graffiti

Appetizers
Beverages
Dips

EQUIVALENT CHART

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

SUBSTITUTIONS FOR A MISSING INGREDIENT

- 1 square chocolate (1 ounce) = 3 or 4 tablespoons cocoa plus ½ tablespoon fat.
- 1 tablespoon cornstarch (for thickening) = 2 tablespoons flour.
- 1 cup sifted all-purpose flour = 1 cup plus 2 tablespoons sifted cake flour
- 1 cup sifted cake flour = 1 cup minus 2 tablespoons sifted all-purpose flour
- 1 teaspoon baking powder = ¼ teaspoon baking soda plus ½ teaspoon cream of tartar.
- 1 cup sour milk = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred; or 1 cup buttermilk (let stand for 5 minutes).
- 1 cup sweet milk = 1 cup sour milk or buttermilk plus ½ teaspoon baking soda.
- ¼ cup cracker crumbs = 1 cup bread crumbs.
- 1 cup cream, sour, heavy = ½ cup butter and ½ cup milk in any sour milk recipe.
- 1 teaspoon dried herbs = 1 tablespoon fresh herbs.
- 1 cup whole milk = ½ cup evaporated milk and ½ cup water or 1 cup reconstituted nonfat dry milk and 1 tablespoon butter.
- 1 package active dry yeast = 1 cake compressed yeast.
- 1 tablespoon instant minced onion, rehydrated = 1 small fresh onion.
- 1 tablespoon prepared mustard = 1 teaspoon dry mustard.
- ½ teaspoon garlic powder = 1 small pressed clove of garlic.
- 1 lb. whole dates = 1½ c. pitted and cut.
- 3 medium bananas = 1 c. mashed.
- 3 c. dry corn flakes = 1 c. crushed.
- 10 miniature marshmallows = 1 large marshmallow.

GENERAL OVEN CHART

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

CONTENTS OF CANS

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

Size:	Average Contents
8-oz.	1 cup
picnic	1¼ cups
No. 300	1½ cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2½ cups
No. 2½	3½ cups
No. 3	4 cups
No. 10	12 to 13 cups

Caviar Mousse

1 (4 ounce) jar red caviar	1 tablespoon lemon juice
(reserve 1 tablespoon for garnish)	1/2 teaspoon salt
1 tablespoon unflavored gelatin	1 cup sour cream
1/4 cup water	1 cup heavy cream, whipped
2 tablespoons grated onion	

Soften gelatin in old water in small saucepan for 5 minutes. Dissolve over low heat and cool. Combine caviar, onion, lemon juice, salt and sour cream and blend well. Stir in gelatin and fold in whipped cream. Turn mixture into an oiled 4 cup mold (can use a fish mold and use ½ stuffed olive for eyes). Chill until firm. Unmold and garnish with reserved caviar or sprinkle down back of fish mold. Serve with melba toast.

Linda Frances Stoltz

Crab Meat Appetizers

1 pound crab meat	1 teaspoon Worcestershire sauce
2 eggs, slightly beaten	2 teaspoons Dijon mustard
1 small jar pimento (finely chopped)	1/8 teaspoon salt
2 tablespoons green pepper	1 cup fresh bread crumbs
(finely chopped)	2 tablespoons butter (melted)
1/2 cup mayonnaise	

Combine crab meat, eggs, pimento, green pepper, mayonnaise, Worcestershire sauce, Dijon mustard and salt. Mound mixture evenly into 12 lightly greased aluminum crab shells. Combine bread crumbs and butter. Sprinkle over crab mixture.

Bake 425°F 12-15 minutes or until lightly browned.

Contributor Unknown

Barbecued Hot Dogs

3 pounds hot dogs	1/2 teaspoon black pepper
1 medium onion	1 teaspoon chili powder
2 tablespoons vinegar	1 teaspoon mustard
1 tablespoon Worcestershire sauce	1/2 cup catsup
2 teaspoons salt	2 teaspoons brown sugar
2 tablespoons flour	2 tablespoons hot water
1 teaspoon paprika	

Chop onions very fine. Mix flour and vinegar. Add to onion and remaining ingredients. Pierce each hot dog with fork and dip in sauce. Arrange in well greased pan and pour remaining sauce over. Let stand for a while. Bake one hour.

Serves 8-10.

Elaine Thomasson

Miniature Wieners in Barbecue Sauce

2 packages small wieners	1/2 cup barbecue sauce
1 cup brown sugar	12 ounces beer

Combine all ingredients and cool 1/2 hour. Refrigerate overnight. Reheat and serve.

Barbara Klehfoth

Honey Chicken Wings

2 pounds chicken wings (disjointed & tips removed)	1/2 cup soy sauce
Ground pepper	2 tablespoons vegetable oil
1 cup honey	2 tablespoons catsup
	1 garlic clove (crushed)

Season chicken liberally with pepper. Place in baking dish. Mix all other ingredients and pour over chicken.

Bake 350°F 45 minutes until chicken is well done and sauce is thick.

Contributor Unknown

Italian Meatballs

2 slices French or Italian bread (torn into small pieces)	2 tablespoons Italian parsley (chopped)
1/2 cup milk	1 tablespoon olive oil
1 pound ground beef	2 teaspoons garlic (finely chopped)
1/4 pound sweet Italian sausage (removed from casing)	1 teaspoon lemon peel (grated)
6 tablespoons Parmesan cheese (fresh, grated)	1/4 teaspoon ground allspice
	1 teaspoon salt
	1 egg (lightly beaten)
	1/4 cup olive or vegetable oil

Soak bread in milk for 5 minutes. Squeeze and discard milk. Combine all ingredients in mixing bowl. Knead until well blended and mixture is smooth and fluffy. Shape into balls. Place on flat tray or baking sheet. Cover with plastic wrap. Chill for 1 hour. Heat 1/4 cup olive or vegetable oil. Fry meatballs 8-10 minutes. Shake pan to keep balls round and so they will cook evenly. Add more oil to pan as needed.

Serve with Italian Tomato Sauce over spaghetti or make them small and serve with sauce on the side as an appetizer.

Judy Cobb

“The waist is a terrible thing to mind.”

Ziggy (Tom Wilson)

“ ‘How long does getting thin take?’ Pooh asked anxiously.”

Winnie the Pooh, A.A. Milne

Miniature Quiches

Buttery miniature quiche shells filled with custardy surprises are always a cocktail favorite. Bake the tiny quiches in 2- or 3-inch tart molds. The Basic Quiche Custard recipe below fills one 10-inch quiche or sixteen 1-inch tarts.

Pre-bake shells at 375°F for 10 minutes. Cool slight. Unmold and set on baking sheets. Place a spoonful of your favorite filling in each shell. Spoon in basic quiche custard to cover filling and come just below the edge of the tart shell.

Bake at 375°F for 10-15 minutes, or until filling is puffed and lightly browned. Serve immediately.

Basic Quiche Custard

1-1/2 cups heavy cream

3 large eggs

Salt, pepper, grated nutmeg to taste

Whisk cream and eggs together thoroughly. Add seasoning to taste. Reserve until taking time.

Some Quiche Fillings

Crumbled, imported Roquefort cheese and diced unpeeled apple in equal amounts.

Finely minced smoked salmon with chopped fresh dill to taste.

Equal parts of chopped ham and grated Gruyere. Which Dijon-style mustard to taste into the basic custard.

Equal parts of flaked crab meat and butter-sautéed scallions.

Mushrooms sautéed in sweet butter.

Equal parts of red and green pepper, sautéed in sweet butter until tender.

Barbara Klehfoth

Slushy Punch

2 packages strawberry Kool-Aide
2 cups sugar
1-1/2 quarts water
1 can frozen lemonade (12 oz.)
1-1/2 cups pineapple juice.

Mix. Freeze.

Remove from freezer 1-1/2 hours before serving. Chop until slushy. Add 1 quart ginger ale.
Nancy Rosenow

Punch

3 cups water
2 cups sugar (bring to boil)
Dissolve 1 package red Jell-O

Add:

1 large can pineapple juice
2 cups lemon juice
1 tablespoon almond flavoring

Then add enough water to make a gallon.

Contributor Unknown

Golden Punch

2 large cans pineapple juice
1 large can sweetened orange juice
1 large can unsweetened orange juice
1 can fresh frozen lemon juice
1 quart water
3 bananas, sliced
2 large bottles ginger ale
1 quart lime or pineapple sherbet

Mix juice and water and chill. When ready to serve, add bananas, ginger ale, and sherbet.

Contributor Unknown

Fruit Punch

1 (6 oz) can frozen orange juice concentrate
1 (6 oz) cans frozen limeade concentrate
1 (6 oz) can frozen lemonade concentrate
1 (1# 14 oz) can pineapple juice
1 pint cranberry juice cocktail
4 cups cold water
2 quarts ginger ale, chilled
1 pint club soda, chilled
Fruit ice ring
Fruits and mint for garnish

Mix all ingredients. When ready to serve add ice ring and garnish.

Contributor Unknown

Hot Cider

1 gallon sweet cider
Juice of 4 oranges
Juice of 5 lemons
2 cups sugar

1/2 teaspoon ground nutmeg
3 teaspoons ground allspice
1 teaspoon ground cinnamon
4 sticks cinnamon

Mix cider, juices and sugar in saucepan. Tie spices in cheesecloth bag. Add to liquid and let boil. Remove spice bag and float cinnamon sticks on top. Serve hot. Serves 30.

Contributor Unknown

Mocha Foam Drink

2 squares unsweetened chocolate
(or 1/2 cup cocoa)
1 teaspoon instant coffee
(dissolved in 1 cup hot water)
8 marshmallows

2-1/2 cups milk
1 teaspoon instant coffee
Dash salt
1/2 sugar

Place chocolate and 1/2 cup milk in saucepan. Heat slowly until smooth paste is formed. Add remaining milk. Add coffee, salt and sugar. Heat and stir until scalded. Add marshmallows and beat until melted and mixture is foamy.

Judy Cobb

Home Brew

Chase wild bullfrogs for 3 miles to gather up hops. To them add 10 gallons of tan bark, 1/2 pint of shellac, an' one bar of homemade soap. Boil 36 hours. Then strain through WWI sock to keep it fum workin'. Add 1 grasshopper to each pint to give it a kick. Pour a little into the kitchen sink; if it takes th' enamel off, it's ready to bottle.

Andy Anderson

Black-eyed Pea Dip

1 clove garlic, chopped
1/2 medium onion, chopped
1/2 pound butter or margarine
1 pound Old English cheese

4 cups canned black-eyed peas, drained
2 or more jalapeno peppers, chopped
4 ounce can chilies, chopped

Mix together black-eyed peas, peppers, chilies, garlic and onion. In double boiler, melt cheese and butter together. Add mixture to cheese mixture and mix thoroughly. Dip is best served warm with chips.

Serves 16.

Marilyn Brown

Broccoli Dip

2 packages chopped broccoli
1 roll garlic cheese
1 chopped onion
1 can mushroom soup

1 stick margarine
1 can mushrooms
Slivered almonds

Fix broccoli as directed on package and drain well. Sauté onion, almonds and mushrooms in margarine. Add rest of ingredients. When cheese is melted, mix well and add broccoli. Serve in chafing dish or over warmer.

Ann Cobb

Burned food in enamel saucepan. Fill pan with cold water and 3 tablespoons salt. Let stand overnight. In morning, cover and bring water to boil. Cleans up great.

Cheese Dip

Cook in double broiler:
4 heaping tablespoons flour
1/2 stick oleo
1 teaspoon dry mustard
1/4 teaspoon cumin powder

1/2 teaspoon chili powder
1/2 teaspoon paprika
1 teaspoon catsup
1 teaspoon pepper sauce (Jalapeño)
3/4 pound American cheese (grated)

Contributor Unknown

Dill Dip

Mix well
2/3 cup sour cream
2/3 cup mayonnaise
1 tablespoon parsley

1 tablespoon instant minced onions
1 tablespoon dill weed
1/4 teaspoon dry mustard

Elaine Thomasson

Dallas Dip

1/2 cup sour cream
1/2 cup mayonnaise
1 package (.7 oz) Italian salad
Dressing mix

1/2 teaspoon Tabasco sauce
2 tablespoons lemon juice
1/2 cup fresh tomato, finely chopped
1/2 avocado, finely chopped

In a small bowl, combine all ingredients listed. Chill at least one hour before serving. Makes 2 cups.

Barbara Klehfoth

Mexican “Trash (Gazpacho Dip)”

3 medium tomatoes, chopped (about 2-1/2 cups)	3 green onions, chopped all (about 1/2 cup)
1 can (4-1/2 oz) chopped ripe olives (about 3/4 cup)	3 tablespoons oil
1 can (4 oz) chopped green chilies (about 3/4 cup)	1-1/2 tablespoons vinegar
	1 tablespoon Picante sauce
	1/4 teaspoon ea. salt & black pepper

In a lidded container, combine all ingredients. Mix well. Marinate several hours or overnight, drain before serving. Serve with nacho chips.
Makes 3-1/2 cups.

Barbara Klehfoth

Sausage & Cheese Dip

1 lb. ground chuck
1 lb. sausage (Jimmy Dean)
3/4 cup chopped onion
Combine and lightly brown.

Add:

1/4 cup chopped Jalapeño
peppers
1 can cream of mushroom soup
1 teaspoon garlic powder
24 oz. Velveeta cheese
Simmer until cheese is melted.

Patsy Hardy

Spring Dip

1/4 cup heavy cream
1 cup cottage cheese
(creamed)
1/4 cup raw carrot (grated)
1/4 cup green onions (thinly
sliced)
1/4 cup green pepper (finely
chopped)
6 radishes (sliced very thin)
Dash black pepper (freshly
ground)
Dash dill weed

Stir cream into cottage cheese.
Add remaining ingredients, and
mix well. Refrigerate. Serve
with raw vegetables. Makes
about 3 cups.

Contributor Unknown

Everyone has their own tastes and our members are no exception. So here are two different types of Shrimp and Crabmeat Dips to try out. Both are good but each has its own distinct taste.

Shrimp Dip

1 3-oz. package cream cheese
1 cup sour cream
2 teaspoons lemon juice
1 package Italian Good Seasons dressing
1 cup shrimp

Mix together and chill 1 hour before serving.

Mary Simpson

Shrimp Dip

8 oz. package cream cheese (softened)
1 can small deveined shrimp (4-1/2 ounces)
2 tablespoons mayonnaise
1 cup celery (chopped)
1-1/2 teaspoon onion (grated)(dried onions ok)

Mix together. Serve with Melba rounds or Triscuits.

Barbara Klehfoth

Hot Crabmeat Dip

1 (8 oz. package) cream cheese
3 tablespoons mayonnaise
1 teaspoon Dijon mustard
1/4 teaspoon salt
2 tablespoons dry white wine
1 can crabmeat (drained and flaked)

Combine everything except wine and crab in double boiler. Stir until smooth. Add wine and crabmeat. Transfer to chafing dish. Serve hot with melba rounds or toast triangles.

Curried Crabmeat Dip

1 can crabmeat (drained)
8 oz. package cream cheese
5 tablespoons sour cream
1/4 teaspoon salt
Pepper
1/4 teaspoon curry powder
1 tablespoon minced chives
1 tablespoon capers, drained

Combine everything except capers and crabmeat. Beat until light. Fold in crabmeat and capers. Chill overnight. Serve with chips or melba rounds.

Breads
Butters
Rolls

BREAD BOX

A giant brioche or loaf of bread, hollowed and filled with miniature sandwiches decoratively shaped and imaginatively filled, makes a splendid centerpiece for any kind of buffet. Cut off the top of the loaf with a serrated knife and reserve the top. Pull out the soft interior crumb of the bread, being careful to leave the crust intact, and save crumb for another use or discard. With a rolling pin, flatten slices of thin sandwich bread and then cut into shapes using cookie cutters. Make sandwiches with your choice of fillings, spreads of flavored butters, and arrange inside the hollow loaf. Set the top back on, wrap and refrigerate until serving.

BUFFET SANDWICHES

Put thinly sliced roast veal and spread with Anchovy Mayonnaise on black bread. Sprinkle with capers.

Try smoked Filet of Beef, equal parts of Roquefort and cream cheese, and sprigs of watercress on pumpernickel rolls.

Spread country pate on a green apple slice with Brie cheese on a French roll.

Stack steak and thinly sliced red onion on black bread roll. Grind on lots of black pepper.

Mix lump crab meat, diced green pepper and cream cheese to spreadable consistency, and spread on a bagel.

Layer Carpaccio with Rovigo Butter on black bread. Sprinkle with chopped parsley.

Purée equal parts of cooked shrimp and softened butter; season to taste with salt, pepper, and lemon juice; spread on whole wheat bread and top with a slice of cherry tomato.

Make egg salad, top with asparagus tips, and sprinkle with chopped fresh dill.

Combine smoked red caviar, onions, lemon juice, cream cheese and dill.

Put prosciutto on a pear slice with a spread of Gorgonzola cheese.

Arrange thinly sliced chicken breast, tarragon mayonnaise, walnuts and watercress on black bread.

Spread Pecan Cream Cheese on Banana Bread.

Southern Cornbread

2 eggs (beaten)	3 packages Sweet & Lo
2 cups buttermilk	1/2 cup grated onion
1 teaspoon soda	1 medium carrot, grated
1 teaspoon salt	1 small squash grated
1 cup corn meal	1/2 cup cheddar cheese, grated
1/2 cup flour	1/2 cup whole kernel corn
1/2 cup stone ground cornmeal	

Beat the first 4 ingredients; add meal and flour and mix. Then add all of the remaining ingredients and stir well. Bake in 10-9inch greased hot iron skillet at 450°F for 30 minutes.

Dorothy Joe Ficken

Poppy Seed Bread

1 box Berry Crocker Butter Pecan Cake mix	1/2 cup cooking oil
1 small box Jell-O toasted coconut Instant pudding*	1 cup hot water
	4 eggs
	1/3 cup poppy seeds

*Hard to find, coconut cream will also work.

Mix all ingredients together. Pour into 3 small or 2 regular bread pans, ungreased.

Bake 325°F 45 minutes

Shirley Cain

Pumpkin-Pecan Bread

1-3/4 cups flour	1/2 teaspoon nutmeg
1 teaspoon baking powder	3/4 cup canned pumpkin
1/2 teaspoon soda	1/3 cup skim milk
1/4 teaspoon salt	1/3 cup vegetable oil
1/2 cup sugar	1/2 cup egg substitute
3/4 teaspoon cinnamon	1/2 cup chopped pecans
1/2 cup stone ground cornmeal	

Combine flour, baking powder, soda, salt, sugar, cinnamon, and nutmeg. Combine pumpkin, milk, oil, egg substitute and pecans. Add to dry ingredients, stirring until moistened. Spoon into loaf pan coated with cooling spray.

Bake 350°F 55-60 minutes or until done.

Cool in pan 10 minutes before removing.

Ann Cobb

Strawberry Nut Bread

Sift together ...	Combine, mixing well...
3 cups flour	4 eggs, beaten
1 teaspoon salt	2 cups frozen strawberries
1 teaspoon soda	thawed and sliced
1 tablespoon cinnamon	1-1/4 cups chopped pecans
2 cups sugar	1-1/4 cups vegetable oil

Make well in center of dry ingredients. Add liquid mixture, stirring just enough to moisten dry ingredients. Pour into six greased 6x3x2 foil pans or two greased 9x5x3 pans.

Bake 350°F 40 minutes for foil pans ... 60 minutes for larger pans

Remove from oven and let cool five minutes before removing from pans.

Lucy Anne Burt

Janet's Sampler Rolls

1-1/2 packages yeast	1/2 cup sugar
3 tablespoons warm water	1 teaspoon salt
2 eggs	1 cup warm water
1/2 cup shortening	4 cups flour

Dissolve yeast in warm water. Beat eggs. Cream shortening and sugar. Add yeast, eggs, and salt. Alternately add warm water and flour. Mix well after each addition. Knead lightly and place in greased bowl. Cover and let rise overnight in refrigerator. Punch down. Roll out, and make Parker House rolls or place in muffin tins that have been greased. Let rise again.

Bake 400°F 8 minutes or until lightly browned
Makes 40 rolls (These are really very quick and easy.)

Linda Frances Stoltz

Double Corn Fingers

1/2 cup margarine	1 cup corn muffin mix (yellow)
1-1/4 cup Bisquick	1 cup cream style corn

Melt margarine in 13x9x2 cookie sheet in hot oven (425°F). Pour off 1/4 cup and reserve. Combine remaining ingredients, mix until just well blended. Turn out on floured surface to form a 3-inch rectangle. Cut in 3/4 inch strips. Arrange on cookie sheet. Pour reserved margarine over strips.

Bake 425°F 20 minutes

Mary Simpson

Melted Bisquick

2 cups Bisquick mix	Mix
8 ounces sour cream	Bake 350°F
1 stick margarine, melted	15-20 minutes
Use <u>Tiny</u> muffin tins.	

Faine Wistrand

Doughnuts Gregory

Elias Gregory was a sea captain from Portland, Maine. His mother, Elizabeth, was a famous local sea front cook and the originator of the doughnut. In 1803 fried pastries such as fried cakes, Bismarck's, long johns, crullers, and beignets were widely made. Mrs. Gregory made up a dough recipe for deep frying that was very original yet typical of her background. It contained nutmeg and cinnamon which she was very familiar with, as her son hauled these items as cargo regularly on his shop. The recipe also contained lemon rind. Lemons were the most important thing in a ship's stores in those days, as fresh lemons or limes kept the crew from getting scurvy and colds on long voyages. Mrs. Gregory made the recipe with the idea that it could be taken aboard ship and kept safely for long voyages without spoiling and that would help prevent scurvy and colds. They are meant to be eaten by dunking them in hot black tea or coffee. Mrs. Gregory put nuts in the center of the pastry as she was afraid that they might not cook all the way through in the center. She called the pastry doughnuts which was exactly what they were. Her son, Elias, took fifteen hundred of them on board for a voyage. The crew as well as himself were very fond of them. No one on the voyage developed either scurvy or a cold. Elias Gregory was a wise captain and knew the value of a penny. When he docked at Portland again he went straight to the tinsmith. He had him make a cutter in a circular shape with a small hole in the center. He took the cutter to his mother and had her make up some doughnuts with the center out eliminating the necessity of using expensive nuts. His crew exulted the great goodness and medicinal qualities of doughnuts at sea and although on the next voyage the doughnuts had no nuts they still were highly praised. Soon doughnuts were the most popular pastry through out America and still are today.

"The discovery of a new dish does more
for the happiness of man than the
discovery of a star."

Unknown

Doughnuts Gregory

(Original Recipe of Elizabeth Gregory)

2 eggs, beaten	4 teaspoons baking powder
1 cup sugar	1/4 teaspoon nutmeg
1 cup milk	1/4 teaspoon cinnamon
5 tablespoons melted butter	1/2 teaspoon salt
4 cups sifted white flour	

Beat eggs well. Add, slowly, beating constantly, sugar. Stir in milk. Stir in melted butter. Add baking powder, nutmeg, cinnamon and salt to sifted flour. Sift it all again. Stir dry ingredients into egg mixture, until well blended. Put about one-third of the mixture on a floured board. Turn and knead slightly. Roll out to 1/4 inch thick. Cut out with a doughnut cutter. Add the trimmings to half of the remaining dough, roll and cut as before. Heat vegetable oil to 370°F. Try to keep the grease at an even temperature. Add doughnuts. When the doughnuts are brown on one side, with a fork carefully turn over to brown on the other side. Remove by putting fork through center. Put on paper towels to drain.

Coating

1/2 cup powdered sugar ...	1teaspoon cinnamon
----------------------------	--------------------

Put powdered sugar and cinnamon in a paper sack and shake to mix. When warm enough to handle, coat doughnuts with powdered sugar by shaking gently in sack with sugar/cinnamon mixture.
Judy Cobb

Reminder ... These doughnuts are intended to be eaten after dunking them in hot black tea or coffee.

Parker House Rolls

The Parker House is one of Boston's oldest and most distinguished hotels. These rolls become popular throughout New England and were generally called pocketbook rolls. This is their story. One of Mr. Parker's first guests was a lady from London who misplaced her diamonds. "The chambermaid," she cried, "has stolen my diamonds!" And she went screaming through the hotel. The pastry chef, who was in love with the chambermaid, heard the commotion and was so angry he just picked up pieces of dough in his fists and slammed them into the oven. There was no time to make more rolls so they were served as they were, dented in the middle. Everyone loved the rolls for their crisp outside and soft inside. Meantime, the lady found her diamonds. But from that day to this, Parker House rolls have been dented in the middle.

Parker House Rolls

1/2 cup scalded milk	1 package yeast
1/2 cup boiling water	(dissolved in 1/4 cup lukewarm water)
1 teaspoon salt	3 cups flour
1 tablespoon butter	1/2 cup butter (melted)
1 teaspoon sugar	

Place milk, boiling water, salt, butter, and sugar in mixing bowl and mix well. Add flour until dough is stiff enough to knead. Cover and let rise until double in bulk (about 20 minutes).

Shape into balls, place in buttered pans. Cover with clean cloth. Let rise in a warm place for 15-20 minutes until again doubled.

Before placing in oven, flour the handle of a wooden spoon and press handle against balls until they are cut almost in half. Brush one half with melted butter. Fold over other half and press together like a pocketbook. Let rise once more (15-20 minutes).

Bake 400°F 15 minutes, brush tops with butter after baking.

Judy Cobb

Note: To protect dough from draft when rising I put it in the microwave oven. (Judy)

Steamed Brown Bread

1 cup cornmeal	1-1/2 teaspoons soda
1-1/2 teaspoons salt	2 cups whole wheat flour
1 cup raising	2 cups buttermilk
3/4 cup dark molasses	

Sift together cornmeal, soda and salt. Add to whole wheat flour and raisins. Mix well. Mix together molasses and buttermilk. Add to dry ingredients, stirring enough to moisten. Fill greased cans to within 1-inch of top. Cover with aluminum foil and steam 2 hours. (Water should be at least 1/2 way up sides of cans during steaming.) Use 3 or 4 one pound coffee cans or several smaller cans.)

Clean dry coffee cans (vegetable cans too for smaller sizes), make ideal containers for gift breads.

Heat a knife in hot water, dry off quickly, for ease in slicing fresh breads.

Flavored Butters

Try these instead of plain butter in sandwiches and with fish, meat and vegetable dishes. For each flavored butter, either combine the ingredients in the bowl of a good processor fitted with a steel blade and process until smooth, or cream them together in a small bowl. Cover and refrigerate until ready to use.

Start with 8 tablespoons (1 stick) sweet butter then add:

Anchovy Butter: 1 tablespoon capers, drained, 2 tablespoons anchovy paste (or to taste).

Basil-Mustard Butter: 1/4 cup prepared Dijon-style mustard, and 1/4 cup coarsely chopped fresh basil leaves.

Curry Chutney Butter: 1/4 cup mango chutney, 1 teaspoon curry powder.

Dill Butter: 3 tablespoons chopped fresh dill, 1/2 teaspoon lemon juice, 1/2 teaspoon prepared Dijon-style mustard.

Herb Butter: 1 tablespoon finely chopped fresh herb of your choice.

Rovigo Butter: 1 tablespoon capers, drained, 1 heaping tablespoon each of chopped shallots, chopped fresh parsley, and tarragon (thoroughly rinsed of all vinegar), 1 tablespoon snipped chives, 1/2 teaspoon lemon juice.

Strawberry Butter

Whip until light (w/electric mixer)
1/2 pound unsalted butter
1 tablespoon honey

Gradually beat in (high speed):
1/2 cup thawed, frozen sliced strawberries
In syrup.

Store in refrigerator. Can keep for 4 weeks.

Renée Plata

Cakes

How to Choose Foods Low In Cholesterol and Saturated Fat

Food Group	Recommended	Avoid or Use Sparingly
Meat, Poultry, Fish, Dried Beans and Peas, Nuts, Eggs	<p>Chicken, turkey, veal (except the breast), fish, shellfish (clams, crab, oysters, scallops), lean meats, specially-processed low-fat luncheon meats.</p> <p>Dry beans and peas, soybean curd (tofu), peanut butter, egg whites, cholesterol-free egg substitutes.</p>	<p>Duck, goose, heavily marbled meats, luncheon meats, bacon, sausage, ham, frankfurters, organ meats, such as heart, kidney, sweetbreads and liver.</p> <p>Egg yolks (limit to 3 per week including yolks used in cooking).</p>
Vegetables and Fruits	All varieties (canned, fresh or frozen).	Avoid if: fried; served in cream, butter or cheese sauces.
Breads and Cereals	<p>Bread made with a minimum of saturated fat, such as: whole wheat, enriched white, oatmeal, rye, pumpernickel, English muffins, pita.</p> <p>Pasta, cereal, rice, melba toast, water crackers, matzos, pretzels, popcorn with polyunsaturated oil, water bagels.</p>	<p>Pastries, butter rolls, commercial biscuits, muffins, donuts, cakes, egg breads, cheese breads, commercial mixes containing dried eggs and whole milk. Many of these products are made with saturated fat: lard, butter, palm oil, coconut oil, hydrogenated vegetable oil.</p>
Milk Products	<p>Skim milk or fluid nonfat milk (0% fat), low-fat milk (1% fat), nonfat or low-fat dry milk, evaporated skim milk, buttermilk made from skim or low-fat milk, skim or low-fat yogurt, cocoa or other low-fat drink powders or drinks.</p> <p>Low-fat cheeses: dry-curd or low-fat cottage cheese, low-fat natural cheeses or processed special cheeses labeled as containing not more than 2 grams of fat per ounce.</p>	<p>Low fat milk with 1½%–2% fat, whole milk, dried whole milk, buttermilk or yogurt made from whole milk, drinks made from whole milk, condensed milk, evaporated milk.</p> <p>Cream, all kinds: Half & Half, light, heavy, whipping or sour.</p> <p>Non-dairy cream substitutes: coffee creamers, sour cream substitutes and palm oil, which are high in saturated fat.</p> <p>All cheeses containing more than 2 grams of fat per ounce: cream cheese, creamed cottage cheese and most other natural and processed cheeses such as American, Swiss, mozzarella and bleu.</p>
Fats and Oils	Margarines, liquid oil shortenings, salad dressings and mayonnaise made from polyunsaturated oils, vegetable oils: corn, cottonseed, sesame, soybean, sunflower, safflower.	Butter, lard, salt pork, meat fat, coconut oil, completely hydrogenated margarines and shortenings. Use peanut oil and olive oil occasionally for flavor.
Desserts, Beverages, Snacks and Condiments	<p>Fresh fruit and fruit canned without sugar, cocoa or carob powder, fruit ices, sherbet, frozen low-fat yogurt, gelatin, fruit whip, angel food cake, cakes made with polyunsaturated oils.</p> <p>Vinegar, mustard, herbs, spices.</p>	Coconut, cream products, fried food snacks (potato chips, corn chips, etc.), chocolate pudding, ice cream, and most commercial cakes, pies, cookies and mixes.

Note: New, acceptable versions of standard products are appearing on the market. Be sure to read product labels on any items you are interested in purchasing.

Apples

There were hundreds of varieties of apples in Europe when the first colonists came to America. For apples are as old as the Garden of Eden. Cato recognized seven different varieties in the third century B.C. and they have been increasing ever since. The Pilgrims brought with them both seeds and propagating wood of the better European varieties and it was not long before there were apple orchards in the New World. More than 7000 varieties have been recorded in the United States, but only a few have stood the test of time. Some advise given on apples:

McIntosh's are the glamour apples of fruit counters and wayside stands, beautiful to look at and fine to eat out of your hand. But if cooked too long, they will explode.

The best varieties for cooking are Gravenstein, Transparent, Red Spy and Baldwin.

Delicious are fine to eat, but have no flavor when cooked.

Cortland's are best for salads as they do not turn brown when cut up.

Fresh Apple Cake

1/2 cup scalded milk	1 package yeast
1/2 cup boiling water	(dissolved in 1/4 cup lukewarm water)
1 teaspoon salt	3 cups flour
1 tablespoon butter	1/2 cup butter (melted)
1 teaspoon sugar	

Sift together in a large mixing bowl flour, sugar, soda, cinnamon, and salt. Make a nest in the center and add the remaining ingredients. Mix well and pour into an ungreased tube cake pan or oblong 9x13 pan.

Bake 350°F 1 hour and 15 minutes
Serves 16

Marilyn Brown

Better than Sex Cake

First Layer	Mix together & press into 13x9 Pyrex pan for crust Bake 350°F until brown 2 cups flour 1-1/4 cups pecans (chopped) 1 cup margarine (melted)
Second Layer	Mix and Cool 1 cup powdered sugar 8 oz. cream cheese (softened) 1 cup Cool Whip
Third Layer	Mix and Cool. 1 small package instant lemon pudding
Fourth Layer	Top with remaining Cool Whip Garnish with pecans

Andy Anderson

Next Best Thing to Rudolph Valentino

1 package white cake mix	2 cans coconut
3 egg whites	1 can cream of coconut
2 tablespoons oil	1 can sweetened condensed milk
1-1/3 cups milk	1 large Cool Whip

Combine cake mix, egg white, oil, milk and 1 can of coconut. Bake in 9x13 pan at 350°F for 20-25 minutes.

Make holes in warm cake with a fork. Pour the combined cream of coconut and sweetened condensed milk over the cake. When cool, combine the remaining can of coconut with the Cool Whip and frost while still in the pan. Refrigerate for several hours before serving.

Barbara Klehfoth

The Banana

Bananas were introduced to polite society by Captain Lorenzo Baker of Wellfleet, who picked up a bunch of green bananas in Jamaica and tossed it into the hold. When he reached home the bananas were ripe, and Cape Coder's said they were good as all get-out. On his next trip, the Captain filled the hold with green bunches and shipped for Boston. Bostonians also liked the strange fruit. Orders poured in, and Captain Baker began making voyages solely for bananas. He formed the Boston Fruit company and pretty soon he made a fortune.

Banana Split Cake

2 cups Graham cracker crumbs	2 large cans crushed pineapple
3 sticks margarine	(drained)
2 cups powdered sugar	1 Cool Whip (large)
2 eggs	Bananas (about 6)

Crust

Mix graham crackers and 1 stick margarine in 13x9 pan. Pat down.

Filling

Beat powdered sugar, eggs and 2 sticks margarine for 15 minutes. Spread over crumbs. Cover with sliced bananas. Spread pineapple on bananas. Cover with Cool Whip. Refrigerate over night.

Carrot Cake

Cake

1 package carrot cake mix	1 cup crushed pineapple (8 oz) drained
1 cup carrots (grated)	1/4 cup water
1/4 cup vegetable oil	3 eggs
1/4 teaspoon nutmeg	1/4 teaspoon cardamom
1/2 teaspoon cinnamon	1 cup chopped dates and/or raisins
1/4 cup coconut	

Mix all ingredients together.

Bake 350°F 35-40 minutes

Frosting

1 package powdered sugar	8 ounces cream cheese
1/2 stick butter	1 teaspoon vanilla

Mix until smooth. Frost. Sprinkle with chopped pecans if desired.

Sour Cream Coffee Cake

Batter

1 box white cake mix
1 cup sour cream
1/2 cup sugar
3/4 cup oil (Wesson)
4 eggs

Topping

3 tablespoons brown sugar
1 teaspoon cinnamon
1 cup chopped nuts

Glaze

1 cup powdered sugar
3 tablespoons milk

Mix cake mix, sour cream, sugar, oil. Add 4 eggs, one at a time, beat well after each addition. Pour half the batter in a greased and floured tube pan.

Mix topping ingredients together. Sprinkle half over the batter in the pan. Add remaining batter. Top with rest of mixture.

Bake 325°F 1 hour

Glaze

Mix until smooth. Dribble over cake while still hot.

Albina Young

Coconut Cake

Cake

1 box Duncan Hines Golden Butter Cake Mix
1/2 cup Wesson oil
1/2 cup sugar
4 eggs
1 carton sour cream
1/4 cup water

Pineapple Filling (Mix together)

1 small can crushed pineapple
1/2 package frozen coconut

7 Minute Icing

2 egg whites
1-1/2 cups sugar
1/4 teaspoon salt
1/4 teaspoon cream of tartar
8 tablespoons water
1 teaspoon white Karo syrup
1 cup miniature marshmallows
1/2 package frozen coconut

Mix all cake ingredients together.

Bake in 3 layers at 350°F

Icing

Combine egg white, sugar, salt, cream of tartar, water and corn syrup in top of boiler. Beat over hot water on high burner with electric mixer, until stiff peaks form. Remove from heat, add vanilla and marshmallows. Beat until they dissolve. (Add them about 1 minute before removing from heat).

Put Filling between layers. Ice and sprinkle top and sides with remaining coconut.

Keep in refrigerator after first day.

Angie Staggs

“For a single woman, preparing for company
means wiping the lipstick off the milk carton.”
Elayne Bossier

Chocolate Coronet

18 Ladyfingers, split	3 packages sweet cooking chocolate (4 oz each)
1/2 cup medium-dry sherry or orange juice	2 cups heavy cream (whipped)
1 pound cram cheese (softened)	1/2 cup semisweet chocolate Pieces (melted and cooled)
3/4 cup granulated sugar	Chocolate coconut
1/3 teaspoon salt	Confectioner's sugar
2 teaspoons vanilla extract	
3 eggs (separated)	

Arrange ladyfingers, rounded side up, close together on baking sheet. Sprinkle with sherry, using a spoon. Arrange around inside rim of a 9" spring-form pan 3" high. Put remaining ladyfingers on bottom of pan. Combine next 4 ingredients. Beat until well blended and smooth. Add egg yolks and beat until smooth. Blend in sweet chocolate. Beat egg whites until stiff and fold in with whipped cream. Pour into pan and chill until firm. Remove rim. With back of spoon, make slight indentations on top.

Add 3-4 tablespoons warm water to semisweet chocolate and stir until smooth. Pour on top of cake and sprinkle with coconut. Brush ladyfingers with confectioner's sugar. Makes 14-16 servings.

Contributor Unknown

La Belle Chocolatiere

Remember the picture of the girl on the packages of Baker's Chocolate? She was a waitress in Vienna's first chocolate shop. An Austrian nobleman, Prince Dietrichstein, dropped in to try the new beverage and fell in love with her. They were soon married, and the Prince commissioned Jean Etienne Liotard, a distinguished Swiss artist, to do a portrait of his wife in the dress she wore the day they met. For many years the painting hung in the Dietrichstein Palace in Vienna and is now in the Dresden gallery in Germany. A replica is on exhibition in Baker's Mill.

Cassata

(Sicilian Cake with Chocolate Frosting – A Wedding Tradition)

Cake

1 pound cake (about 9" long, 3" wide)
1 pound ricotta cheese
2 tablespoons heavy cream
1/4 cup sugar
3 tablespoons Strega, Orange Flavor
Liqueur, or Amaretto
3 tablespoons mixed candied fruit
chopped
2 ounces semi-sweet chocolate
chopped

Frosting

12 ounces semi-sweet chocolate
cut in small pieces
3/4 cup strong black coffee
1/2 pound unsalted butter
cut into pieces
3

With a sharp, serrated knife, slice the end crusts off the pound cake and level top. Cut the cake horizontally into 1/2" to 3/4" thick slabs. Break ricotta into bowl. Beat until smooth. Beating constantly add cream, sugar and liqueur. Fold in fruit and chocolate. Layer filling between slabs of cake. End with a piece of cake on top. Refrigerate for 2 hours.

Frosting

Melt chocolate with the coffee in a small, heavy saucepan over low heat, stirring constantly until chocolate is dissolved. Remove from heat. Slowly beat in butter until smooth. Chill until thickened to spreading consistency. Frost cake. Cover loosely with plastic or foil. Refrigerate for at least a day before serving.

Judy Cobb

Cakes

In the 18th Century, women who considered themselves good housekeepers regularly made four different kinds of chocolate cake. Their recipes say "use as many eggs as you please" and "spices as much as you wish." Sponge cakes specified "the weight of the eggs in sugar" and "half their weight in flour." Dark cakes called for a few "globs" or "plops" of molasses. Later day cooks have monkeyed with the old recipes until we have what we use today.

Italian Cream Cake

1 stick margarine	1 cup buttermilk
1/2 cup Crisco	1 teaspoon vanilla
2 cups sugar	1 small can flaked coconut
5 egg yolks	1 cup chopped nuts
2 cups flour	5 egg whites (stiffly beaten)
1 teaspoon soda	

Cream margarine and Crisco. Add sugar, beat until smooth. Add egg yolks and beat well. Combine flour and soda – add alternately with buttermilk. Stir in vanilla. Add coconut and nuts. Fold in egg whites. Pour batter into 3 greased and floured pans.

Frosting

1 8-ounce package cream cheese	1 box powdered sugar
1/2 stick margarine	1 teaspoon vanilla
Chopped nuts	

Mix cream cheese and margarine. Add powdered sugar, mix well. Add vanilla, beat until smooth. Frost cake. Sprinkle top with chopped nuts.

Genny Ross

Baking Powder

In the days of whaling purchased baking powders were not available. For raised foods (cookies, biscuits, and cakes) women used bicarbonate of soda and cream of tartar. Their handwritten recipes called for a “pinch of tarty” and “a little sody.” Baking powder has done a lot to take the guesswork out of baking.

Lane Cake

Cake

2 cups sugar
1 cup oleo
1 cup milk
2 teaspoons baking powder
2-1/2 cups flour
8 egg whites
1 teaspoon vanilla

Filling

8 egg yolks
1 cup sugar
1/2 cup oleo
1 tablespoon vanilla
1 cup sweet wine (blackberry, etc.)
2 cups raisins (chopped fine)
2 cups mixed nuts (no peanuts)
2 cups fresh coconut (grated)

Cake

Cream oleo and sugar. Add milk and flour and baking powder. Alternate little at a time. Beat well. Add beaten egg whites (stiff not dry). Pour into 3 or 4 cake pans.

Bake 375°F 20 minutes

Filling

Cook egg yolks, oleo and wine, 5 minutes. Add other ingredients. Watch closely will burn easily. Spread between and over all sides – decorate with candied cherries, nuts, etc. (May add extra wine if mixture gets too thick to spread.)

This recipe is from my maternal grandmother. It is a favorite at Christmas time in Southeast Alabama where it originated.

Faine Wistrand

Need a Quick Frosting for cupcakes or cakes.
Place 16 chocolate mint patties on a layer cake
or top cupcakes with 1 patty. Microwave on high
2 minutes for the cake, 10-15 seconds for the
cupcake.

Oatmeal Cake

Cake

1-1/2 cups water (boiling)
1 cup Three Minute Oatmeal
1 cup brown sugar
1 cup granulated sugar
1/2 cup margarine
2 eggs (beaten)
1-1/2 cups flour (sifted)
1 teaspoon soda
1/2 teaspoon salt
1 teaspoon cinnamon

Topping

1/2 cup butter or margarine
1/2 cup brown sugar
1/2 cup cream or canned milk
1 cup chopped pecans
1 cup flaked coconut
1 teaspoon vanilla

Cake

Stir oats in boiling water. Let stand 20 minutes. Cream shortening with both sugars. Add beaten eggs. Sift together flour, soda, salt, and cinnamon. Add creamed mixture, then add oatmeal mixture. Bake in 9x14 cake pan.

Bake 325°F 35-40 minutes

Topping

Melt ingredients together. Spread on cake as it comes from oven. Place under broiler until coconut browns.

Albina Young

Pumpkin Cake

1 cup canned pumpkin
1/2 cup milk

2 eggs (beaten)
1 pound cake mix

Blend pumpkin, milk, eggs. Add to pound cake mix. Beat 3 minutes at medium speed. Pour into greased bundt or tube pan.

Bake 350°F 35-40 minutes

A light and delicious cake to have around Thanksgiving. Leave unfrosted or frost with a cream cheese or butter frosting.

Linda Frances Stoltz

Pineapple Nut Delight

Cake

1/2 cup shortening or margarine
1 cup sugar
2 egg yolks (beaten)
1 cup milk
24 graham crackers (rolled)
2 tablespoons baking powder
1 cup walnuts (chopped)
1 teaspoon vanilla
2 egg whites (beaten stiff)

Sauce

1 #2 can crushed pineapple
1 cup sugar

Cake

Mix in order, folding egg whites into batter.

Bake in 8x8 pan 325°F 45 minutes

Sauce

Boil together 45 minutes.

Spread hot over warm cake. Serve with whipped cream or cool whip.

Ann Peterson

Romero's Cheesecake

Crust

1-1/2 cups graham cracker crumbs
1 cup whole or chopped pecans

Topping

1-1/2 pint sour cream
1/2 cup Imperial cane sugar

Filling

1-1/2 pounds cream cheese
4 eggs
3-1/2 cups Imperial cane sugar
1 tablespoon lemon juice

Filling

Let cream cheese melt to room temperature until soft. Add eggs, sugar and lemon juice. Mix until creamy.

Crust

Mix together and spread out evenly then press firmly into a 14"x10" pan. Pour filling over crust. Set cheesecake on the middle rack of the oven. Before taking out of the oven make sure the cheesecake is very firm. Bake 350°F 40 minutes

Topping

Mix for 5 minutes, pour over cheesecake while it is still hot. Spread lightly. Let sit out for 20 minutes then put in the refrigerator.

Earnestine Brown

Yogurt Pound Cake

1 cup margarine – soft	1/2 teaspoon salt
1-1/2 cups sugar	1 teaspoon grated lemon/orange rind
3 eggs or 3/4 cup egg substitute	1 teaspoon vanilla
2-1/4 cups flour	1 eight ounce carton yogurt
1/2 teaspoon baking soda	

Cream butter and sugar until fluffy. Add eggs, beating after each. Combine flour, soda and salt; add to above and mix until blended. Add remaining ingredients. Pour into greased and floured 10-inch bundt pan. Bake 350°F 1 hour

Cool in pan 15 minutes before removing. Sprinkle with powdered sugar if desired.

Ann Cobb

Christmas Rum Cake

Buttermilk	1 cup butter
1 teaspoon sugar	1 tablespoon brown sugar
1 bottle rum (3 cups)	2 large eggs
2 cups dried fruit	Salt

Before you start, sample rum and check for quality. Good, isn't it? Now, go ahead, select a large mixing bowl, measuring cup, etc. and check that rum again for quality. It must be just right. Try it again! With an electric mixer, beat one cup butter in a large fluffy bowl. Add 1 teaspoon sugar and beat again. Meanwhile, make certain that rum is of best quality. Add 2 large eggs and 2 cups dried fruit and beat until very high. If fruit gets stuck in beaters, pry it out with a screwdriver. Sample rum again, checking for consistency. Next, sift in three cups of baking powder, add a pinch of rum, one seaspoon toda and one cup of pepper – or is it salt. Anyway, “don't fret” just test the rum again. Zowie! Now, sift in half a pint of lemon juice, fold in chopped buttermilk and add strained nuts. Shample rum again. Now, one bablespoon srowm tugar or whatever color is around. Mix well. Grease oven and turn on cake pan to 350 degrees. Pour the whole mixture into the oven and oops! Where'd I put that mop? On second though, and also third and fourth, forget the cake, check the rest of the rum and go to bed.

Contributor Unknown

Ice Cream Desserts

A Picnic Checklist

One of the most important elements for successful picnicking is complete planning. Love your menu; leave nothing out! Once you're done watching the sun set into the lagoon, it's rough to have forgotten the corkscrew. Make lists of essentials and accessories, and bear in mind that people tend to eat more when they're outdoors. Also, picnics tend to last a long time, and your group may grow in number quite spontaneously along the way.

- Tablecloth
- Flatware, plates and glasses
- Corkscrew and bottle opener
- Thermos of water
- Cooler of ice
- Thermos for hot drinks
- Good sharp knife
- Light cutting board/serving platter
- Napkins, paper towels, individually packaged hand towels
- Matches
- Charcoal and lighter fluid (if necessary)
- Extra leak proof containers
- Garbage bag
- Swiss army knife (with corkscrew)
- Spatula
- Candles or flashlight
- Small first aid kit
- Insect repellent, suntan cream, zinc oxide
- Folding table and chairs (if desired)
- Camera, film, flash
- And, of course, don't forget the food

Old Fashioned Chocolate Ice Cream

2 tablespoons gelatin (unflavored)	3/4 cup granulated sugar
1/2 cup cold water	Few grains of salt
1 cup rich milk	1 pint light cream
1-1/2 cups Hershey's syrup	1 pint heavy cream
Chocolate flavored #1 can	2 tablespoons vanilla

Allow the gelatin to soak in the water in a saucepan for 5 minutes. Add the milk and heat, stirring until the gelatin is dissolved. Remove from heat and add the chocolate syrup, sugar and salt. Cool. Add the creams and vanilla.

Freeze in a crank freezer. Yield: 4 Quarts

Variation: Dissolve ¼ cupful crushed peppermint candy with the gelatin or add ¼ teaspoon peppermint extract when adding vanilla.

Contributor Unknown

Big Red Ice Cream

2 cans sweetened condensed milk	56 ounce Big Red
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Mix milk and Big Red together gently so you don't lose the fizz of the Big Red. Pour into hand-crank or electric ice cream maker – freeze.

Tip: Ice cream only takes about 15 minutes to freeze if you refrigerate both canned milk and Big Red before preparing.

Patsy Hardy

Tootie Fruitie Ice Cream

7 eggs	1 can Eagle Brand Milk
2-1/2 cups sugar	1-13 oz. cans canned milk
Juice of one lemon	1-6 ounce can Hawaiian Punch
1 teaspoon vanilla	(frozen concentrate)
Dash salt	1-15 ounce can crushed pineapple

Beat eggs and sugar until creamy. Add lemon juice, vanilla and salt. Stir. Add milk and punch concentrate. Stir in pineapple. Finish filling one gallon ice cream freezer with milk. Freeze as you would any other ice cream. .

Genny Ross

Peppermint Ice Cream

1 quart milk	1 pound peppermint candy
1 pint half and half	1 pint whipping cream (whipped)

Combine milk and candy. Cover and refrigerate overnight. (The candy will dissolve.) Combine candy mixture, half and half, and whipped cream. Pour into freezer can (1 gallon freezer). Add more milk, if necessary. Freeze according to freezer directions.

Ann Cobb

Refrigerator Dessert

First Layer

Mix and spread in 1x13 pan
Bake 350°F 15-20 minutes. Cool
1 cup flour
1 stick margarine (melted)
1-1/2 cups chopped nuts

Second Layer

Mix & spread over First Layer
2 cups Cool Whip (large carton)
1 cup powdered sugar
1 package cream cheese (8 oz.)

Third Layer

Mix & spread over Second Layer
2 boxes chocolate pudding (instant)
3-1/2 cups milk

Topping

Spread rest of Cool Whip over top
and grate chocolate for garnish.

Refrigerate.

Ann Peterson

Apple Dessert Casserole

Filling

4 tart apples
1 cup granulated sugar
1/2 teaspoon baking powder
1/3 cup butter or margarine (melted)
1/2 teaspoon vanilla

1/4 cup packed brown sugar
1 teaspoon baking powder
1/2 teaspoon milk or buttermilk
1 egg

Topping

1/4 cup chopped nuts

2 tablespoons granulated sugar

Mix apples and brown sugar. Set aside. Stir together flour, granulated sugar, baking powder, and salt. In another bowl blend milk, butter, egg and vanilla. Stir into dry ingredients just until moistened. Spoon over sugared apples, then sprinkle with topping.

Bake 350°F 45-50 minutes (or until top springs back)

Serve warm.

Ann Peterson

Fruit Cobbler

1 stick margarine	3/4 cup milk
1 cup flour	1-1/2 teaspoons baking powder
3/4 cup sugar	2 cups fruit

Melt butter in dish. Mix all ingredients except fruit. Pour mix into meal loaf sized pan with margarine. Spoon in the fruit.

Bake 375°F 40-45 minutes

Ann Peterson

Saucepan Brownies

1/2 cup (1 stick) butter	2 eggs, beaten
2 squares, 1 oz each unsweetened Chocolate	1 teaspoon vanilla
1 cup sugar	1/2 cup chopped walnuts
	1/2 cup semi-sweet chocolate pieces

In 2-quart saucepan melt butter and chocolate over low heat, stirring occasionally. Stir in sugar; cool to room temperature. Stir in eggs and vanilla, then stir in flour and walnuts. Turn into buttered 9-inch square pan.

Bake 350°F 25-30 minutes

Immediately sprinkle chocolate pieces over top; allow to stand 5-20 minutes until melted. Spread for frosting. Cool on wire rack. When completely cooled cut into squares.

Lucy Anne Burt

Cookies
Candies

ESSENTIAL BASIC EQUIPMENT

POTS AND PANS ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣

1. Double boiler: 4 cup capacity
2. Sauce pans: 2 quart (8 cups) pans, one 3½ quart (14 cups) pan, and one 5 quart (20 cups) pan, all with lids.
3. Frying pans: One 6 or 8 inch diameter pan; one 10 or 12 inch diameter pan. Covers all optional.
4. Large Kettle: 8-10 quart capacity with lid
(Dutch Oven)
5. Loaf pan: 9 x 5 x 3 inches deep
6. Roasting pan: 17 x 11 x 9 inches deep, with roasting rack to fit.
7. Casserole dishes: One 3 to 3½ quart capacity; one 5 to 6 quart capacity; with lids.

MIXING ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣

1. Wire whisk, 10 inches long
2. Wooden spoons, several
3. Rubber spatula
4. 3 different sized (small, medium, large) stainless steel mixing bowls.
5. Metal spoons, one solid, one slotted.

MEASURING ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣

1. Measuring spoons, a standard set
2. Glass measuring cups, 1 cup size and 4 cup size with pouring lip.
3. Plastic or metal measuring cups, a graduated set (¼, ½, ¾, 1 cup measures) for measuring dry ingredients.

BAKING ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣ ♣

1. Round metal cake pans: 2 (8 or 9 inch) diameter and 1½ inches deep
2. Rectangular metal pan: One 13 x 9 x 2 inches deep.
3. Wire cooling racks: 2 slightly larger than your cake pan diameter.
4. Pie pan: One 9 inch diameter glass pan.
5. Baking sheet: Two with sides, one without sides for cookies, etc.
6. Rolling pin (optional): A heavy 14 to 16 inch size. You can use a plastic glass (do not use a glass made of glass).
7. Flour sifter: A 5 cup size.
8. Pastry brush: For applying liquids (fats, milk, water, etc.) to cooking surfaces; a medium size with flexible, but sturdy bristles.

Chocolate Potato Drop Cookies

Combine	1-1/2 cups flour
	1/2 teaspoon salt
	1/2 teaspoon soda
Add	1/2 cup nuts
Cream	1/2 cup oleo
	1cup brown sugar
Add and Mix Well	1 teaspoon vanilla
	1 egg
Beat in. Beat until light.	2 ounces unsweetened chocolate (melted)
	1/2 cup mashed potatoes (lukewarm)
Add alternately	Dry ingredients and 3/4 cup buttermilk
Drop	On greased cookie sheet.
Bake 400°F	10 minutes
Ice While Hot	
Melt	1 tablespoon oleo
	1 ounce unsweetened chocolate
Add and Mix Well	1 cup confectioners sugar
	1-1/2 tablespoons hot water

Faine Wistrand

Cheese Cookies

Soften and mix	Add
1 pound cheese (i.e., Old English Sharp)	2-1/2 cups flour
2 sticks margarine	1 cup chopped pecans
	1 teaspoon red pepper

Shape into rolls and chill. Slice and bake at 350°F 15-20 minutes.
Makes about 5 dozen.

Lucy Anne Burt

Forgotten Cookies

1 package (6 ounces) chocolate chips	2 egg whites
3/4 cups pecans	2/3 cup sugar
1 teaspoon vanilla	Pinch of salt

Beat egg whites until stiff. Fold in sugar and the remaining ingredients. Place by spoonful on ungreased cookie sheet. Preheat oven to 350°F. Put cookies in oven, turn off heat. Do not open door until morning.

Shirley Cain

Mrs. Fields' Cookies

2 cups butter	1 teaspoon salt
2 cups sugar	2 teaspoons baking powder
2 cups brown sugar	2 teaspoons baking soda
4 eggs	24 ounces milk chocolate chips
2 teaspoons vanilla	8 ounce Hershey bar, grated
4 cups flour (2 white, 2 whole wheat)	3 cups nuts, chopped
5 cups oatmeal, ground fine (can do in it in the blender)	

Cream butter and sugars. Add eggs and vanilla. Mix and add flour, oatmeal, salt, baking powder, and soda. Add chocolate chips, Hershey bar, and nuts. Make golf ball size cookies and place on ungreased cookie sheet, 2" apart.

Bake 375°F 25 minutes
Makes about 9 dozen

Shirley Cain

Oatmeal Crisps

Cream Together	1 cup margarine 1 cup brown sugar 1 cup white sugar 1 egg 1 cup oil
Add and mix with above	2 teaspoons vanilla 3-1/2 cups flour 1 teaspoon soda 1 teaspoon cream of tartar 1 teaspoon salt
Add	1 cup quick cook oatmeal 1 cup coconut 1 cup Rice Krispies

Roll in ball and press down with hand or glass.

Bake on ungreased sheet at 350°F 8 minutes

Ann Peterson

Oatmeal-Raisin Cookies

1 cup flour	1 cup regular oats (uncooked)
1/2 teaspoon baking powder	1/2 cup raisins
1/4 teaspoon soda	1/3 cup vegetable oil
1/2 teaspoon salt	1/4 cup egg substitute
1/2 cup sugar	1/4 cup water
1/2 teaspoon ground cinnamon	

Combine flour, baking powder, soda, salt, sugar, cinnamon, oats and raisins. Mix well. Add remaining ingredients. Stir well. Drop dough by teaspoonfuls onto ungreased non-stick cookie sheet.

Bake 400°F 8-10 minutes or until done

Yield 3-1/2 dozen

Ann Cobb

Caramel Popcorn

1 cup brown sugar	1/2 teaspoon salt
1/2 cup margarine	Popcorn
1/4 cup white syrup	

Cook to hard ball stage. Remove from heat and stir in 1 teaspoon baking soda. Pour over popcorn. Mix well.

Bake 225°F 1 hour stirring every 15 minutes

Shirley Cain

Black Cat Popcorn Balls

1-1/2 cups light, mild molasses	1/2 teaspoon salt
1/2 cup sugar	5 tablespoons vegetable shortening
1/4 cup water	2 teaspoons vanilla extract
2 teaspoons cider vinegar	3 quarts popped corn

Combine molasses, sugar, water, vinegar and salt. Cook slowly, stirring constantly at 270 degrees (hard ball stage). Remove from heat. Add shortening and vanilla, stir just enough to mix. Pour over popcorn, stirring constantly.

Grease hands, quickly shape popcorn into balls. Cool

Contributor Unknown

“Statistics show that of those who contract the habit of eating, very few survive.”

Wallace Irwin

Honey Candy

2 cups sugar
1/2 cup honey
1/2 cup water

2 egg whites (stiffly beaten)
1/4 pound marshmallows (shredded)
1/2 cup chopped, blanched almonds

Boil together sugar, honey and water without stirring until it spins a thread, or until it registers on the thermometer 220°F. Remove gently from fire and pour boiling hot on the stiffly whipped white of two eggs, beat well. Stir in marshmallows and almonds. Continue to beat until quite thick.

Pour into butter plates. Cut in oblongs before it hardens.

Contributor Unknown

Blanched Nuts

Drop shelled nuts into boiling water. Let stand 2-5 minutes.

Pour off hot water, add cold. Push off skins by pinching each nut between thumb and forefinger. Dry.

Homemade Vanilla Extract

Pour vodka or brandy over broken vanilla beans. Let sit 6-12 weeks. As the flavor is extracted the alcohol turns a deep amber color. Keep adding vodka as the supply gets low. When the vodka will no longer turn dark, it's time for new vanilla beans.

Millionaire Candy

Put in top of double boiler and melt on low heat:

60 Kraft caramels

2 tablespoons cold water

1 teaspoon vanilla

Add

1 quart chopped pecans

Drop on buttered wax paper on cookie sheet, in small amounts. Leave overnight in refrigerator.

Next day, Melt in double boiler:

1 large Hershey Bar

1/3 bar paraffin

Drop candy in this and return to wax paper to cool.

Jo Ann Alexander

Peanut Butter Fudge

2 cups sugar

1 teaspoon vanilla

Pinch of salt

4 tablespoons peanut butter

3/4 cup milk

Put sugar and milk in saucepan. Bring to boiling point and boil, without stirring, until it forms a soft ball in cold water. Remove from fire, let stand until cool, add salt, peanut butter and vanilla. Beat with spoon or spatula until creamy. Put in buttered pans.

Ruth Werth

Microwave Munching Peanut Brittle

1 cup peanuts (raw)	1 teaspoon butter or margarine
1 cup sugar	1 teaspoon vanilla
1/2 cup white corn syrup	1 teaspoon soda
1/8 teaspoon salt	

Stir together peanuts, sugar, syrup, and salt in a 1-1/2 quart casserole. Place in microwave and cook 8 minutes – stirring well after 4 minutes. Add butter or margarine and vanilla. Stir well. Return to oven and cook additional 2 minutes. Peanuts will be lightly browned and syrup very hot. Add baking soda and gently stir until and foamy. Pour mixture onto lightly greased baking sheet. Allow to cool at least 1 hour.

Note: If roasted, salted peanuts are used, omit salt and add peanuts after first 4 minutes of cooking.

Albina Young

Microwave Pralines

3/4 cup buttermilk	1 teaspoon vanilla
2 cups sugar	2 cups pecans
1/8 teaspoon salt	2 tablespoons butter
1 teaspoon salt	

Combine sugar, pecans, buttermilk, salt, and butter. Cook 12 minutes on high. Stir every 4 minutes. After 12 minutes remove and stir in soda and vanilla. Cook one more minute.

Remove and stir until thick and stringy. (Stir until not too hot to pour out onto paper or it may set up too soon.) Drop on wax paper.

Judy Cobb

Chocolate Fudge Sauce

This is a deep, dark, fudge sauce that hardens on ice cream to a thick glaze.

4 ounces unsweetened chocolate

3 tablespoons sweet butter

2/3 cup water

1-2/3 cups granulated sugar

6 teaspoons corn syrup

1 tablespoon rum

Melt chocolate and butter very slowly in a heavy saucepan. Meanwhile, heat the water to boiling. When chocolate and butter have melted, add water and stir well. Add the sugar and corn syrup and mix until smooth. Turn heat up and stir until mixture starts to boil; reduce temperature until sauce just maintains boiling point. Allow the sauce to boil, without stirring, for 9 minutes. Remove sauce from heat and cool for 15 minutes. Stir in the rum. Serve sauce warm over ice cream or profiteroles. Makes 1-1/2 cups.

Barbara Klehfoth

Georgia's Chocolate Topping

1-1/2 cups sugar

1/2 cup Coffeemate

1/8 teaspoon salt

2 heaping tablespoons cocoa

Mix well. Add butter the size of one egg.

1/2 cup white syrup

1 cup milk

1 teaspoon vanilla

Stir well. Place on medium heat until boiling hard. Reduce heat. Boil slowly for 10-12 minutes. Stir while cooking.

Contributor Unknown

Meats
Poultry
Fish

MEAT ROASTING GUIDE

Cut	Weight Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
BEEF			
Standing Rib Roast * (10 inch) ribs	4	1 1/4	140° (rare)
* If using shorter cut (8-inch) ribs, allow 30 min. longer		2	160° (medium)
		2 1/2	170° (well done)
	6	2 1/2	140° (rare)
		3	160° (medium)
		4 1/2	170° (well done)
Roiled ribs	4	2	140° (rare)
		2 1/2	160° (medium)
		3	170° (well done)
	6	3	140° (rare)
		3 1/4	160° (medium)
		4	170° (well done)
Roiled rump *	5	2 1/4	140° (rare)
		3	160° (medium)
		3 1/4	170° (well done)
Sirloin tip *	3	1 1/2	140° (rare)
* Roast only if high quality. Otherwise, braise.		2	160° (medium)
		2 1/4	170° (well done)
LAMB			
Leg	6	3	175° (medium)
		3 1/2	180° (well done)
	8	4	175° (medium)
		4 1/2	180° (well done)
VEAL			
Leg (piece)	5	2 1/2 to 3	170° (well done)
Shoulder	6	3 1/2	170° (well done)
Roiled Shoulder	3 to 5	3 to 3 1/2	170° (well done)

POULTRY ROASTING GUIDE

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

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

Lone Star Favorite

Oven 350oF

Time: 1 Hour

Sauté in 2 tablespoons shortening

1 large onion, chopped

Add

1 green pepper, chopped

Drain and stir in

¾ pound ground beef

2 cups tomatoes

1/2 cup washed rice

2 teaspoons salt

Dash of pepper

Pour into greased baking dish (2 quart). Cover and bake.

Remove cover last 15 minutes.

Ann Peterson

Irish Stew with Wine

2 pounds beef, lamb, veal, etc., cubed

5-1/1 ounces water chestnuts, sliced

16 ounces tomatoes, chopped

1 teaspoon sugar

1 bag frozen stew vegetables

1 teaspoon tapioca

Or fresh potatoes and carrots

1/2 cup red wine (or beef bouillon)

2-1/2 ounces sliced mushrooms, drained

1 teaspoon salt

1/4 teaspoon pepper

Combine all ingredients. Cover and bake in a 250°oven for 5 hours.

Reba Bradbury

Cowboy Stew

1 pound hamburger (broken up)

1 can solid pack tomatoes (broken up)

Chopped onion (to taste)

1 can green beans

Salt and pepper to taste

Fry hamburger lightly in skillet. Add remaining ingredients. Simmer.

Serve with English muffins. Serves. 5

Marilyn Hess

Variation:

Use stew meat cut into tiny bite size pieces and braise in some olive oil add 1 or 2 rounded tablespoons of flour and stir until coated. Add a can of sliced carrots, and a can of new potatoes (with liquid) (quarter the new potatoes). This will make a thick white sauce in the stew. Takes about 15 minutes to make and cook.

Creamy Beef Bake

1 package Kraft macaroni & cheese	1 pound ground chuck
2 tablespoons chopped onion	1 can cream of mushroom sup
2 tablespoons butter	1/2 cup milk

Prepare macaroni & cheese according to package directions. Brown meat and onions in butter. Stir in soup and milk.

Grease 1-1/2 quart casserole and layer half macaroni and meat mixture. Repeat layers.

Bake at 350°F 25 minutes
Serves 4-6

Extra good if you sprinkle grated longhorn cheese between layers and on top.

Patsy Hardy

Ranch Style Chili

2 pounds ground beef (coarse)	3 buttons garlic
1 teaspoon Comino seed	2 small cans tomato sauce
2 tablespoons chili powder	2 cups water
3 tablespoons flour	1 teaspoon salt

Brown meat in skillet with chopped garlic and Comino seed. Cook about 5 minutes. Stir in chili powder and flower. Cook about 5 minutes more. Add tomato sauce and water. Simmer over low heat for 30 minutes. Add another cup of water if you want you chili soupy. (May substitute ground turkey for ground beef.)

Genny Ross

Steak Diane

Good Steaks 1/4" to 1/2" thick	2 tablespoons scallions
Dijon mustard	2 tablespoons dried parsley
Worcestershire sauce	2 tablespoons chives
Brandy	Butter

Flatten meat with meat beater until fairly flat. Spread meat on one side with Dijon mustard and sprinkle with Worcestershire sauce.

Sauté (in butter) scallions, dried parsley and chives. Turn heat up high. When pan is very hot, lay meat in pan, mustard side down. Immediately mustard and Worcestershire other side of meat. Cook meat approximately 2 minutes. Turn and cook other side for approximately 2 minutes. Pour in brandy and flame immediately. Be sure to burn all brandy off.

Serve and enjoy.

Barbara Klehfoth

Cornbread-Cheese-Meat Casserole

2 eggs (beaten)	1 teaspoon salt
1 teaspoons baking powder	1 cup milk
1 package (17 oz) cream corn	1 lb. ground meat (browned & drained)
1/4 cup oil	2 cups grated cheese
1 cup yellow cornmeal	1 large onion (chopped)
1-4 jalapenos (chopped fine)	

Combine eggs, baking powder, cream corn, oil, cornmeal, salt and milk and set aside. Combine grated cheese, onion, and peppers. Pour half of the batter in big greased skillet. Cover batter with ground meat onions, cheese, and peppers. Top with remaining batter.

Bake at 350°F 1 hour

Marcy Zajicek

Quickie Meatballs with Mushroom Sauce

1 can mushroom soup	1 1/2 lbs. lean ground beef
1 tablespoon cracker crumbs	1 teaspoon salt
1 tablespoon onions, chopped (or flakes)	1 egg
1/3 cup milk or water	

Stir and shape. Brown in a little oil in skillet. Drain oil and add soup with 1/3 cup milk or water. Cover and simmer 30-45 minutes.

Ann Peterson

Meat and Noodle Hot Dish

2 onions, browned in butter	1 pound ground beef, browned
1 eight ounce package cooked,Medium size noodles	1/2 pound cheddar cheese, grated
1 eight ounce can mushroom soup	1 cup stuffed olives, sliced
Chow mein noodles, crushed	2 cups milk
	Cashew nuts

Mix above and bake at 350°F 45 minutes

About 5 minutes before it is to be served, top with crushed chow mein noodles and cashew nuts. Return to oven and brown topping.

Ann Peterson

Mt. Everest Hot Stew

From the Mount Everest Hotel, high in the Himalayas, comes this recipe.

3 pounds lamb (cubed)	1-1/2 cup boiling water
2 teaspoons salad oil	1 teaspoon pepper sauce
4 large carrots (cubed)	1 teaspoon salt
4 large onions (cubed)	8 whole cloves
8 large potatoes (cubed)	2 teaspoons flour

Brown lamb in salad oil. Add carrots, onions, potatoes, water, pepper sauce and salt. Tie cloves in cheese cloth and add. Cover and simmer for 2 hours. Drain and measure liquid. Mix 1 teaspoon flour and 1 tablespoon water for each cup of liquid. Blend well, add to liquid and cook slowly, stirring constantly until thickened. Add the thickened sauce to the lamb. Serve hot.

Flora Chambers

Kate's Regante (Chicken Oregano)

1/2 cup olive oil	1/4 pound butter
3 teaspoons salt	2 cups canned tomatoes
4 tablespoons lemon juice	1 teaspoon pepper
2 4-1/2 pound roasting chickens or cut up fryer	2 teaspoons oregano

Combine oil, 2 teaspoons salt and juice. Rub into chicken inside and out. Place the chicken in a roasting pan.
Bake 375°F One Hour or until tender

Sauce:

Melt the butter, add tomatoes, pepper and oregano and cook over medium heat 5 minutes, stirring constantly. Pour over chicken (baste frequently). Roast 350°F One hour longer. Use left over olive oil, juice and salt on a salad, cut with water.

Ann Peterson

Chicken Enchiladas

1 medium onion, chopped	1 can cream of chicken soup
1 can cream of mushroom soup	1 cup chicken broth
1 small can chopped green chilies	1 chicken (2-3 pounds)
1 package corn tortillas	Cooked and boned
1 pound Longhorn cheese, grated	

Brown onion in 2-3 tablespoons of butter. Combine with soups, broth and green chilies. Add pieces of chicken and beat well. In large baking dish (9 x 12 x 2) place a layer of tortillas, layer of chicken, and layer of cheese. Repeat until dish is filled.

Bake 350°F 30 minutes. Serves 8.

Jo Ann Alexander

Chicken Tacos

12 taco shells	1/2 teaspoon dried oregano
2 tablespoons vegetable oil	Salt and pepper
1 medium onion, chopped	1-1/2 cup grated, sharp cheddar
1 garlic clove, chopped	Taco sauce
2 cups chopped, cooked chicken	Chopped tomatoes
1 teaspoon cumin	Shredded lettuce

In large frying pan cook onion in oil until soft. Add garlic, cook 1 minute. Add chicken and seasonings. Cook until heated through. While chicken is heating place taco shells in baking dish and heat in 350°F oven for 5 minutes to crisp. Fill shells half way with chicken filling. Top with cheese, taco sauce, tomatoes, and lettuce to taste.

Contributor Unknown

Chicken and Rice

3-4 boned, skinned chicken breasts	1 6-oz package long grain and wild
1 cup celery, finely chopped	rice with herbs and seasoning
1/2 cup onions, finely chopped	1 cup fresh mushrooms, sliced
1 small jar diced pimentos	1 can cream of mushroom soup
3/4 cup white wine	

Cook rice according to package directions. Line casserole with rice. Brown chicken breasts in butter. Lay browned chicken breasts on rice. Sauté mushrooms, onion, celery and pimento. Pour in mushroom soup and wine. Bring to a boil. Pour mixture over chicken. (I sprinkle slivered almonds over casserole, adds to taste and appearance.)

Bake Covered at 300°F 30 minutes

Barbara Klehfoth

Chicken Marsalis

4 tablespoons butter	4 skinless, boneless chicken breast
4 shallots, finely chopped	halves pounded to 1/4 " thickness
1/2 pound mushrooms, sliced	1/4 cup dry Marsalis
1/2 cup heavy cream	1 teaspoon lemon juice
Salt and pepper	

In large frying pan sauté chicken in butter (2 minutes each side). Remove and set aside. Cook shallots and mushrooms in butter (3-5 minutes). Add Marsalis and bring to boil, stirring constantly. Add cream and lemon juice and return to boil. Season with salt and pepper to taste. Return chicken to pan and cook, turning in sauce for about 3 minutes to reheat and finish cooking. Serve with buttered fettuccini.

Judy Cobb

Chicken Spaghetti

Cook:	9 chicken breasts or 2 fryers and bone
Chop and sauté:	3 cloves garlic 2 medium onions 3 green peppers 1 stick butter
Add liquid to:	1 can mushrooms 1 can #2 green peas 1 large can tomatoes 1 can cream of chicken soup 1 can mushroom soup 1 teaspoon red pepper
12 ounces cooked spaghetti, cut 1 teaspoon chili powder Grated cheddar cheese	

Mix together (reserving some cheese for the top) then put the rest on top the last 15 minutes. Sprinkle with paprika. Start cooking the above. During baking you may want to add a little chicken broth if dry.

Bake 350°F about 45 minutes

Makes two 10 x 15 pyrex dishes or four 9 x 9 Pyrex dishes.
Freezes well. Serves 25 easily with salad, etc.

Wanda McCreary

Chicken Casserole

3 cups cooked chicken pieces, boiled	1 can cream of mushroom soup
1/2 pint sour cream	2 pkgs Pepperidge Farms dressing (cornbread is best)

Mix all ingredients (mix dressing per package directions). Put in casserole.

Bake 375°F 30 minutes (uncovered)

“Easy” Chix Stir-Fry

1 tablespoon oil	1 cup broccoli florets
1 cup cauliflower florets	3/4 cup carrots, cut 2 inch pieces
1/4 cup green onion slices	1 garlic clove, minced
3 chix breast halved, deboned, cut in 1-inch pieces	1/2 cup salad dressing
	1 tablespoon ground ginger

In large skillet heat 1 tablespoon oil over medium heat. Stir fry vegetables 4-5 minutes. Remove, add remaining oil to skillet. Stir fry chix 4 minutes (or until tender). Return vegetables to skillet. Remove from heat. Add all other ingredients. Mix well.

Serve over hot rice.

Serves 4.

Faine Wistrand

Spiced Chicken with Peaches and Pineapple Sauce

1 chicken (3 pounds), cut up	1/4 teaspoon ground cinnamon
1 can (8 ounce) crushed pineapple	1/4 teaspoon ground cloves
1 cup orange juice	1 can peaches (16 oz), drained & pureed
Salt and pepper	

In large frying pan combine all ingredients except peaches. Simmer, partly covered 45 minutes (turning chicken occasionally). Add peach puree and stir until well blended. Simmer, uncovered 15 minutes until chicken is tender and sauce is slightly thickened. Season with salt and pepper to taste.

Judy Cobb

Santa Fe Chicken

1-1/4 pound chicken breasts	1 small green pepper, chopped
Skinned and boned	1 clove garlic, minced
1 teaspoon paprika	1 can (10 oz) Rotel tomatoes with
1 teaspoon salt	green chilies
1/4 teaspoon pepper	1-1/2 cup Uncle Ben's Instant Rice
2 teaspoons olive oil or butter	3/4 cup cheese, shredded
1 medium onion	

Cut chicken in thin strips. Sprinkle with paprika, salt and pepper. Heat oil in 10-inch skillet over medium heat. Cook chicken in oil 2 minutes. Add onion, green pepper, garlic. Cook until tender, about 4 minutes. Drain tomatoes, reserving liquid. Add chicken broth to liquid to equal 1-1/2 cups. Add liquid to skillet; bring to boil Stir in rice and reserved tomatoes. Cover and remove from heat. Let stand until all liquid is absorbed (about 5 minutes). Sprinkle with cheese.

Genny Ross

Mexican Style Chicken Casserole

1 can cream of mushroom soup or	1 small can green chilies, chopped
Onion soup (undiluted)	1 chicken, boiled and chopped
1 package cheddar cheese	1 package Monterrey Jack cheese
1 can salsa	Tortillas, cut up
1 onion, chopped	

Layer casserole dish with tortillas. Cover with cheese, layer tortillas, cover with remaining mixture. Cover last layer with cheese.

Bake 350°F until it is slightly brown.

Marcy Zajicek

Curried Baked Fish

8 four-ounce lean white fish fillets	1/2 cup reduced calorie mayonnaise
1 tablespoon dry white wine	1 tablespoon lemon juice
1/2 teaspoon dried dill weed	1/2 teaspoon curry powder

Coat broiling rack with cooking spray.
Place rack in a shallow baking pan.
Arrange fillets on rack.
Combine remaining ingredients.
Spread over fillets.

Bake 350°F 25 minutes (or until fish flakes easily with fork)
8 servings

Ann Cobb

Baked Crab and Shrimp

1 green pepper, chopped	1 onion
1 cup chopped celery	1 6-1/2 ounce can crab meat
1/2 cup mayonnaise	1 6-1/2 ounce can shrimp
1/2 teaspoon salt	1/8 teaspoon salt
1/8 teaspoon pepper	1 teaspoon Worcestershire sauce
1 cup buttered crumbs	

Combine all ingredients, except crumbs. Place in greased casserole.
Sprinkle with crumbs.

Bake in moderate oven 350°F 35 minutes
Serves 6-8. Good hot or cold.

Faine Wistrand

Stripped Bass

Marinade	1/4 cup soy sauce 2 tablespoons sugar 1 tablespoon garlic, finely minced 1 tablespoon green onions, finely Minced (green part only) 2 tablespoons oil 2 tablespoons sesame seed
Fish	4 stripped bass fillets, cut in half Oil for greasing grill

Combine soy sauce, sugar, garlic, green onion and oil.
Lightly brown Sesame seeds. Add to soy sauce mixture.

Lay fillets, skin side down, in a single layer in a pan with raised sides. Pour soy mixture over fillets. Let sit for a moment. Turn so they are flesh side down. Refrigerate, covered for 30 minutes.

Remove fish from marinade and place on prepared (well greased) grill, skin side down. Do not turn fillets or they will fall apart. Baste fillets with marinade every minute or so. Use a greased spatula to transfer fish.

Notes:

- ¹ Substitute black sea bass, orange rough or ocean perch.
- ² Place fish in well greased basket to cook.
- ³ Place a double layer of well greased aluminum foil on top of the grill before cooking.
- ⁴ Add a piece of water soaked mesquite to the coals for a little extra flavor.

Judy Cobb

If you are using frozen fish, thaw the fish in milk. The milk draws out the frozen taste and provides a fresh-caught flavor.

Shrimp Creole

1/2 cup celery	2 bay leaves
2 medium size onions	4 peppercorns
1/2 green pepper	1 teaspoon salt
1 small clove garlic	1 tablespoon sugar
3 tablespoons oil	1 teaspoon A-1 Sauce
1 medium size can tomatoes	Dash pepper

Cook celery, onions, green pepper, garlic until tender in oil. Add tomatoes, bay leaves, peppercorns, salt, pepper, sugar, and A-1 sauce. If you like it hot add a couple drops of Tabasco sauce.

Cook for 40 minutes. Add prepared shrimp and cook for 10 minutes. Serve over prepared rice.

Elaine Thomasson

Shrimp Scamp

3/4 teaspoon margarine, melted	Dash salt
3/4 teaspoon olive oil	Dash pepper
1/2 garlic clove, minced	5 ounces large shrimp (shelled & deveined)
1-1/2 teaspoons parsley	2 lemon wedges (garnish)

Preheat broiler. In shallow, individual, flameproof casserole, combine margarine, oil, garlic, salt and pepper. Add shrimp and toss to coat. Spread shrimp in single layer.

Broil for 3-4 minutes. Turn shrimp over and broil until firm and lightly browned, about 3-4 minutes longer. Sprinkle with parsley. Garnish with lemon wedges.

Serves 1

Judy Cobb

Ham Loaf

Meats:	1-1/2 pounds ground, cured ham 1 pound ground, fresh pork
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Mix above with:	1/2 cup tomato juice 1 cup cracker crumbs 1/4 cup water 2 eggs 1/8 teaspoon black pepper
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Shape into loaf (or 2 small loafs*)	Cover and bake 1 hour at 350°F
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Sauce, Mix, Heat & Pour over Loaf	1 cup brown sugar 1/2 cup water 1/4 cup vinegar 2 teaspoons dried mustard
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Bake, uncovered, basting occasionally.	1 more hour
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**When cooking two small loafs bake 45 minutes before and after adding sauce.

Variation:

Use 2 pounds of ham instead of 1-1/2 pounds.

Use tomato juice instead of water in the sauce.

Sandy Morris

Quick Ham and Rice Casserole

1 slice ham	1 small can sliced pineapple
3 cups cooked rice	Butter
Brown sugar	

Place pineapple and juice in bottom of 8 x 10 baking dish. Dot with butter and sprinkle with brown sugar. Spread cooked rice on top of pineapple. Put ham slice on top of rice.

Bake at 350°F about 15 minutes or until ham is heated through.

Contributor Unknown

Bratwurst in Beer

4 Brats	1 teaspoon celery seed
1 can of beer	1 teaspoon butter, melted
1 medium onion, sliced	

Soak brats in liquid mixture above for 12 hours. Cook on grill. Boil liquid. Place brats back in boiled liquid for 10 minutes.

Renée Plata

Quick Quiche

1 9-inch pie shell (baked 5 minutes)	1/4 cup Parmesan cheese, grated
3/4 pound bacon, brown and crumble	3 eggs, beaten
4 or 5 green onions, chopped	1/2 cup cream
1 cup Swiss cheese, cubed	1/2 cup milk
1 package frozen spinach, Thawed & squeezed	1/2 teaspoon pepper
	1/4 teaspoon nutmeg

Mix all ingredients together and pour into pie shell.

Bake at 400°F until set.

Juanita Anderson

Quick Pork Chops

Trim chops of fat and brown well in a iron skillet. Add 1 can cream of mushroom soup and 1 can water. Simmer on top of stove or in oven.

Marilyn Hess

Breakfast Casserole

6-8 slices white bread, crusts removed	1 pound mild sausage, cook/drain
6 eggs	1 teaspoon dry mustard
1 teaspoon Worcestershire sauce	2 cups milk
1/2 cup grated cheddar cheese	1/2 cup grated Swiss cheese

Place bread in bottom of greased 9 x 13 baking dish. Spread sausage over bread. Put eggs, mustard, Worcestershire sauce, and milk in blender and mix well. Spread cheeses over sausage and pour egg mixture on top.

Bake 350°F 30 minutes or until top is golden brown.

Renée Plata

Egg 'n Sausage Casserole

Brown 1 pound mild pork sausage, drain, crumble.

Beat 6 eggs.

Add:

1-1/2 cup milk

2 slices white bread, cubed

1 teaspoon dry mustard

Salt to taste

4 ounces shredded cheddar cheese

Pour all ingredients into 9 x 9 glass pan.

Refrigerate overnight.

Bake 325°F 45-50 minutes

This recipe can be doubled in a 13 x 9 glass pan.

Patsy Hardy

Pies

A HANDY SPICE AND HERB GUIDE

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

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

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

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

CURRY POWDER – a ground blend of ginger, turmeric, fenugreek seed, as many as 16-50 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

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

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

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

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

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

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

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

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

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

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

Boston Cream Pie

In some parts of the country, chocolate cream pie is an open pie filled with chocolate cream and topped with whipped cream. But in Boston it is something else. It is a round, double layer cake with custard between the layers and chocolate frosting. A plain cake will do for the layers. But for the filling there must be a rich custard, and for the top, an elegant icing. This recipe was served in the Old Parker House in Boston from the day it first opened its doors.

Two Egg Cake	1-3/4 cups cake flour
1/3 cup butter	2 teaspoons baking soda
1 cup sugar	1/2 teaspoon salt
2 eggs (well beaten)	1/2 cup milk

Cream butter, add sugar gradually and beat until light. Add eggs and beat thoroughly. Sift flour, baking powder and salt together. Add flour mixture alternately with milk. Bake in two greased 8-inch layer cake pans in 375°F oven about 25 minutes.

Cream Filling	2 tablespoons cornstarch
1 cup milk (scalded)	1 egg
1/2 cup sugar	1 tablespoon butter
1/4 teaspoon salt	1/2 teaspoon vanilla

Combine sugar, salt, cornstarch and egg in top of double boiler. Gradually stir in milk. Cook over boiling water 5-10 minutes, stirring constantly until thickened. Add butter and vanilla. Stir until melted. Cool and spread between layers of Two-Egg Cake. Top with chocolate frosting.

Chocolate Frosting	2 squares Baker's chocolate
2 tablespoons butter	1/4 cup light cream
1 cup powdered sugar	1/2 teaspoon vanilla

Melt chocolate and butter in top of double boiler over hot water. Add sugar and cream. Blend well. (Add sugar to make frosting thicker, cream to make it thinner.)

Judy Cobb

Apple Cheese Crumb Pie

Pie	Topping
4 tart apples (Granny Smith is good)	1/2 cup sugar
1/2 cup sugar	3/4 cup flour
1 teaspoon cinnamon	1/3 cup margarine
1 unbaked pie shell (9 inch)	1/2 cup sharp cheddar cheese (finely diced)

Pare and slice apples. Place in pastry lined pie pan (9-inch). Mix the first half cup sugar with cinnamon and sprinkle over apples. Sift the second half cup sugar with flour. Cut in margarine and cheese until crumbly. Sprinkle over the apples.

Bake in hot oven 400°F 40-50 minutes
Serve hot with whipped cream.

(Topping ... Substitute 1 teaspoon cinnamon for cheese and you will have Apple Crumb pie instead, serve with ice cream.)

Contributor Unknown

Apple Pie My Eye (Mock Apple Pie)

14 soda crackers	1-1/2 cups water
1-1/2 cups sugar	1-1/2 teaspoons cream of tartar

Cook sugar, water, cream of tartar together to make syrup. Crumble crackers into unbaked pie shell. Pour syrup over crackers. Sprinkle with cinnamon, dot with butter. Add top pie crust.

Bake 350°F 25-30 minutes

Marilyn Hess

Chocolate Pie

Filling (Mix in Saucepan	3 egg yolks
1 cup sugar plus 3 tablespoons flour	5 tablespoons cocoa
(mixed)	2 Six ounce cans Carnation milk
1 teaspoon vanilla	(blended with 1/2 cup water)

Combine all filling ingredients (except vanilla) in saucepan. Cook over low heat, stirring constantly until thickened. Set aside to cool. Add 1 teaspoon vanilla. Pour into 1 baked pie shell.

Meringue	3 egg whites
1/4 teaspoon cream of tartar	6 teaspoons sugar
1 teaspoon vanilla	

Beat 3 egg whites with 1/4 teaspoon cream of tartan, 6 tablespoons sugar, and 1 teaspoon vanilla. Beat until thick. Add meringue to top of pie. Bake 350°F until brown.

Genny Ross

Foolproof Meringue

Mix
1 tablespoon cornstarch
2 tablespoons sugar
1/2 cup water
Cook together until clear..
Set aside.

Add a pinch of salt to 3 egg whites. Beat until foamy or standing in peaks, at which time you add the first mixture and continue beating until creamy. Add 6 tablespoons sugar gradually while beating. Continue beating until standing in peaks. Spread on pie and bake 30 minutes at 325°F until golden brown.

Pumpkin Pie

Fifty years after Columbus discovered America, the pumpkin (the Indians call it pompion) found its way to Europe, where it was called "Turkish cucumber" for the reason that it spread to Middle Europe through Turkey. The Pilgrims stewed pompion and mixed it with Indian meal to make bread. Eventually somebody thought of making a pie.

1 unbaked 9-inch pastry shell	1/2 teaspoon salt
2 cups canned pumpkin	3/4 teaspoon nutmeg
1 can Sweetened Condensed Milk	3/4 teaspoon ginger
1 egg	1-1/4 teaspoon cinnamon

Mix all ingredients. Pierce bottom and sides of pie shell. Pour in filling.

Bake at 425°F 10 minutes

Bake at 375°F 45-50 minutes longer

(Done when knife inserted in middle comes out clean.) Cool, refrigerate for at least 1 hour.

Judy Cobb

Note: Use one extra large and one regular can pumpkin, double the rest of the ingredients, and you will have two extra thick pies.

Cracker Pie

4 egg whites	1 cup shopped nuts
20 soda crackers	1 teaspoon vanilla
3/4 teaspoon baking powder	1/2 cup sugar

Beat egg whites stiff. Add vanilla, baking powder and sugar. All rolled cracker crumbs and nuts. Bake in buttered pie pan 325°F for 15 minutes. When cool cover with whipped cream and serve.

Marilyn Hess

Mississippi Mud Pie

First Layer 24 Oreo Cookies (crushed) 1/4 cup melted butter	Mix together & press into oblong Pyrex dish. Freeze
Second Layer 1/3 cup Amaretto 1 quart coffee ice cream (softened)	Mix together. Put on top of first layer. Freeze.
Third Layer 2 squared unsweetened chocolate 2/3 cup sugar 1 teaspoon	Melt chocolate squares. Add rest of ingredients. Cook until it becomes thick sauce. Cool and pour over ice cream layer. Freeze.
Fourth Layer 1 cup whipping cream 1/4 cup powdered sugar (sifted) 2 tablespoons Amaretto Slivered, toasted almonds	Whip cream until thick, blend in sifted powdered sugar and Amaretto. Spread over chocolate layer. Top with almonds.

Pat Jordan

Ice Cream Pie

Press into pie dish 1/3 cup peanut butter	1/3 cup Karo syrup 2 cups Rice Krispies
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Put any flavor ice cream on for filling. Rocky Road is good. Garnish with shaved chocolate. Strawberry is nice with fresh strawberry slices. Put in freezer until 20 minutes before serving. Take out so you can slice pieces easily.

Ann Peterson

Pie Crust

4 cups flour	1/2 cup water
1 tablespoon sugar	1 tablespoon vinegar
Scant 2 teaspoons salt	1 egg
1-1/4 cup Crisco	

Mix flour, sugar, salt. Cut in Crisco. Beat egg, add vinegar and water. Mix. Store in refrigerator (will keep a month). Recipe can be doubled. Makes 5 or 6 crusts.

Marilyn Hess

Arkansas Traveler

This recipe is from my husbands Aunt. They used to use this for picnics, and church socials because it traveled so well.

4 eggs (lightly beaten until just blended using a wire whisk.)	1/2 pound dried peaches
1/2 cup sugar	1 tablespoon flour
	2 cups milk

Cook dried peaches and drain. Mash peaches. Stir in 1/2 cup sugar and cool. Put peach mixture in bottom of pie shell. Pour custard (egg) mixture over peaches. Dot with butter. (May substitute with Egg Beaters.)

Bake 425°F for 15 minutes
Reduce to 350°F for 45 minutes more
Done when knife comes out clean.

Marilyn Hess

“Only Irish coffee provides in a single glass all four essential food groups: alcohol, caffeine, sugar and fat.”

Alex Levine

Soups
Salads
Sauces

MICROWAVE HINTS

- 1.....Place an open box of hardened brown sugar in the microwave with 1 cup hot water. Microwave at high for 1-1/2 to 2 minutes for 1/2 pound or 2-3 minutes for 1 pound.
- 2.....Soften hard ice cream by microwaving at 30% power. One pint 15-30 seconds, one quart 30-45 seconds, one-half gallon 45 seconds to one minute.
- 3.....One stick of butter or margarine will soften in 1 minute at 20% power.
- 4.....Soften one 8-ounce package cream cheese at 30% power for 2 to 2-1/2 minutes, a 3-ounce package for 1-1/2 minutes.
- 5.....Thaw frozen orange juice in the container. Remove the top metal lid. Microwave on high – 6 ounces 30 seconds, 12 ounces 45 seconds.
- 6.....Thaw whipped topping one minute using defrost setting. Stir until blended.
- 7.....To scald milk, cook 1 cup milk for 2 to 2-1/2 minutes, stirring once each minute.
- 8.....Bread crumbs ... 6 slices bread (cubed) 6-7 minutes, or until dry. Stir once. Crush in blender.
- 9.....Crisp stale chips, crackers, cereal, etc., 30-45 seconds. Let stand for 1 minute.
- 10.....Nuts will be easier to shell if you place 2 cups of nuts in a 1 quart casserole with 1 cup of water. Cook for 4-5 minutes and the nut meats will slip out whole after cracking.
- 11.....Defrosting hamburger meat. Defrost, remove outside layer ... do this three times.
- 12.....To drain the fat from hamburger while it is cooking in the microwave, cook it in a plastic colander placed inside a casserole dish.
- 13.....When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.
- 14.....Since cakes and quick breads rise higher in a microwave only fill pans half way.
- 15.....Stamp collectors ... place a few drops of water on stamp to be removed and heat for 20 seconds, the stamp will come right off.
- 16.....Using a round dish instead of a square one eliminates overcooked corners.
- 17.....When preparing chicken in a dish, place meaty pieces around the edges and bony pieces in the center of the dish.
- 18.....Shaping meat loaf into a ring (can place glass in center) eliminates undercooked centers.
- 19.....Sprinkle a layer of medium finely chopped nuts evenly onto the bottom and sides of your cake pans before pouring in the batter for cakes and quick breads.
- 20.....Do not salt foods on the surface as it caused dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
- 21.....Save energy ... reheat small portions in the microwave (or toaster oven).
- 22.....Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread 1/2 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.
- 23.....Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

Chicken Enchilada Soup

1 dozen corn tortillas
Vegetable oil
1 small onion, chopped
1 clove garlic, crushed
2 tablespoons vegetable oil
1 four-ounce can chopped green chilies (undrained)
1 14-1/2 ounce can beef broth (undiluted)
1 20-3/4 ounce can chicken broth (undiluted)
1 20-3/4 ounce can cream of chicken soup (undiluted)
1 6-3/4 ounce can chunk-style chicken
1-1/2 cups water
1 tablespoon steak sauce
2 teaspoons Worcestershire sauce
1 teaspoon ground cumin
1 teaspoon chili powder
1/8 teaspoon pepper
3 cups (12 ounces) shredded cheddar cheese
Paprika

Cut 6 tortillas into 1/2 inch wide strips; set aside. Cut remaining tortillas into triangles, and fry in hot oil until crisp; set aside.

Sauté onion and garlic in 2 tablespoons hot oil in Dutch oven. Add next 11 ingredients; bring to a boil. Cover, reduce heat, and simmer one hour. Add tortilla strips and cheese, simmer uncovered, 10 minutes. Sprinkle with paprika and serve with reserved tortilla chips.

Mary Simpson

Drop a lettuce leaf into a pot of homemade soup to absorb excess grease from the top.

Crock Pot Cheese Soup

4 cans cream soup (celery, mushroom, or chicken)	2 cups beer or milk
2 teaspoons Worcestershire sauce	2 pounds cheddar cheese (cubed)
Croutons	1/2 teaspoon paprika

Put all ingredients in crock (except croutons). Cover and cook on low for 4-6 hours. Serve in warm bowls. Top with croutons.

Judy Cobb

Crock Pot Potato Soup

6 potatoes (peeled & cut into bite sized pieces)	2 leeks (optional) (washed & cut into bite sized pieces)
2 onions (chopped)	1 carrot (pared and sliced)
1 stalk celery (sliced)	4 chicken bouillon cubes
1 tablespoon parsley flakes	5 cups water
1 tablespoon salt	1/2 cup butter
1 can evaporated milk	Chopped chives

Put all ingredients in crock pot. Cover and cook on low 10-12 hours. If desired, mash potatoes with masher before serving. Serve topped with chopped chives.

Judy Cobb

Pumpkin Soup

This is a very old German recipe – one that I have never seen written down. Grandma said if you had lots to feed – you'd add more milk and more dumplings.

Peel and cube small pumpkin, cover with water; add a little salt (cook as you would potatoes).

When pumpkin is tender, drain off water; pour cold milk over pumpkin, enough to cover or a little more; add sugar to taste and slowly heat, stirring occasionally.

When heated to boiling stage drop dumplings into liquid – continue to cook until dumplings are done.

Dumplings

1 cup flour

2 teaspoons baking powder

1/2 teaspoon salt

1/2 cup milk

2 tablespoons salad oil

The soup becomes smoother and creamier the longer it cooks.

Some friends use this recipe as a dessert instead of soup – especially if you make it very sweet.

Patsy Hardy

The first restaurant was opened by a Parisian soup maker in Boulanger in 1765, where he served soup exclusively. Above the entrance was the Latin motto “Come to me all of you whose stomach cry out and I will restore you.”

Creole Bouillabaisse

1 pound fresh fish fillets (cut 1-1/2 inch chunks)
1/2 pint fresh oysters
1/2 pound fresh shrimp (peeled and deveined)
1/2 cup margarine, butter or cooking oil
1/4 cup flour
1 cup chopped onion
1/2 cup chopped celery
1 clove minced garlic
2 cans (13 ounce each) chicken broth
1 large can tomatoes, undrained, cut up
1/2 cup dry white wine
2 tablespoons chopped parsley
1 tablespoon lemon juice
1 bay leaf
1/2 teaspoon salt
1/4 teaspoon cayenne pepper
1/4 teaspoon saffron (optional)

IN large pan (medium heat) melt margarine. Slowly blend in flour and stir constantly until mixture is light brown. Add onion, celery and garlic and continue stirring until vegetables are tender. Stir in chicken broth (slowly). Add remaining ingredients except seafood. Bring to a boil, simmer for 10 minutes. Add fish and oysters and simmer for 5 minutes. Add shrimp and cook for 5 minutes more or until all seafood is done.
Contributor Unknown

Story from the bayous ... When the Acadians were driven from Nova Scotia in the 1700's, it seems the lobster was left to make the trip by land. The longer the lobster walked, the smaller he got. By the time he reached the bayou, he was shrunk down to crawfish size.

Italian Tomato Sauce

1 tablespoons olive oil	1/2 cup onions (finely chopped)
1/2 cup celery (finely chopped)	2 cups whole tomatoes (chopped)
1 small can tomato paste	1 tablespoon fresh basil
1 tablespoon sugar	(substitute 1 teaspoon dried basil)
1/2 teaspoon salt	Pepper

Heat the olive oil until a light haze forms over it. Add onions and celery and cook them for 7-8 minutes (moderate heat, do not brown). Add tomatoes, tomato paste, basil, sugar, salt, and a little pepper. Simmer (with pan partly covered) 50 minutes. Stir occasionally.

Note: I usually add a little more sugar to take away the sharp taste of using tomato sauce rather than tomatoes)

Variations:

Add 1 pound ground beef (broken up and stirred in so sauce is thick, thick.)

Add equal parts milk sausage and hot sausage (precook sausage breaking up with fork). Use with Lasagna.

Delete the olive oil and use celery salt, dried onions and dried basil and you can make this recipe up in about 15 minutes.

Judy Cobb

“There is no such thing as a little garlic.”

Arthur Baer

Creamy Pasta Sauce with Herbs

1-1/2 cups heavy cream	4 tablespoons sweet butter
1/2 teaspoon salt	1/8 teaspoon nutmeg
Pinch cayenne	1/4 cup parmesan cheese
1 cup herbs (fresh or dried)	
(1/2 parsley, 1/2 chives, 1/8 green mint)	

Combine cream, butter, salt, nutmeg and cayenne in a heavy saucepan. Simmer for 15 minutes or until sauce is slightly reduced and thickened. Whisk in parmesan and herbs. Simmer for another 5 minutes. Taste and correct seasoning.

Makes 2 cups sauce

Enough for 1 pound Angel's Hair pasta, 6 or more portions as a first course.

Barbara Klehfoth

"The trouble with eating Italian food is that five or six days later you're hungry again."

George Miller

Everything you see I owe to spaghetti."

Sophia Loren

Béchamel Sauce (Basic White Sauce)

3 tablespoons butter

1-1/2 cups milk

3 tablespoons flour

Salt and pepper

Melt butter, add flour, cook, stirring with a whip 2 minutes. Do not allow to brown. Add milk, whipping as you add. Turn heat very low and simmer 10 minutes. Add 1/2 teaspoon salt and a little (white) pepper.

VARIATIONS:

Cheese Sauce ... For vegetables and fish.

Add 1/2 cup grated Gruyere or cheddar cheese to sauce.

Cream Sauce ... For creaming any vegetable or seafood.

Add 1/4 to 1 cup light cream to sauce.

French Style Curry Sauce ... For chicken, veal, or lamb.

Add 2-6 teaspoons curry powder and 2 teaspoons lemon juice to hot sauce.

Herb Sauce ... For seafood or poultry.

Add 2 teaspoons each minced chives and parsley, 1 teaspoon tarragon or marjoram. Heat.

Sauce Moray ... Use whenever a cheese sauce is desired.

Add 2/3 cup heavy cream. Heat and add 4 tablespoons each of grated Gruyere and grated Parmesan cheese.

“As for rosemary, I let it run all over my garden walls,
not only because my bees love it but acacia it is the
herb sacred to remembrance and to friendship,
whence a sprig of it hath a dumb language.”

Sir Thomas Moore

Crabmeat Luncheon Salad

2 packages frozen crabmeat (6 oz) (thawed and drained)
1 package frozen English peas (10 oz) (thawed)
1 cup celery (chopped)
1 small onion (minced)
3/4 cup mayonnaise
1 tablespoon lemon juice
1/8 teaspoon curry powder
1 teaspoon soy sauce
1/8 teaspoon garlic salt
1 can Chow Mien Noodles (3 oz)
1/2 cup slivered almonds (toasted)

Combine first four ingredients; toss well. Combine next 5 ingredients' mix well. Pour dressing over crab mixture and toss lightly; chill. To serve, stir in noodles; sprinkle with almonds. Yield 8 servings.

Mrs. Harold Wagner

Pasta Shrimp Salad

1 package shell macaroni (cooked)	2 small package (5 oz) frozen shrimp
1 cup celery (chopped)	(cooked)
1 bunch green onions (chopped)	

Dressing:	1 cup catsup
1-1/2 cups sugar	1/2 cup vinegar
2 teaspoons garlic salt	

Heat dressing ingredients until dissolved; pour over the above and chill.

Reba Bradbury

Hot Chicken Salad

4 cups cooked chicken (cut up in bite size pieces)	4 cups celery
2 cups mayonnaise	1 cup slivered almonds
2 tablespoons chopped onion	4 tablespoons lemon juice
American Cheese	2 teaspoons salt
	Potato chips

Mix all ingredients and put in 9 x 13 casserole pan. Smooth top and cover with grated American cheese. Over this place a layer of crushed potato chips.

Place (uncovered) in 325°F over for 45 minutes.

Lucy Anne Burt

Mincemeat Salad

1 package mincemeat	1 (6 oz) package lemon Jell-O
2 cups orange juice	1 cup chopped pecans
1 (8 oz) package sour cream	2 tablespoons brown sugar (optional)

Prepare mincemeat package according to directions on box for 8" pie. Dissolve lemon Jell-O in hot mincemeat. Cool.

Add orange juice and chopped pecans. Pour into mold or 9 x 13 x 2 dish and chill until firm.

Spread with sour cream or just add brown sugar to sour cream and serve for a side topping.

Serves 12-16.

Elaine Thomasson

Tutti Frutti Salad

1 package Jell-O	1 flat can crushed pineapple
Dash salt	1 cup boiling water
2 packages cream cheese (3 oz each)	2 tablespoons mayonnaise
1 cup diced celery	1 cup chopped pecans

Dissolve Jell-O with boiling water. Add salt and crushed pineapple. Chill.

Cream together cream cheese and mayonnaise. Fold celery and chopped pecans into Jell-O mixture. Refrigerate

Juanita Anderson

Quick Fruit Salad

1 package Dream Whip	1/2 cup milk
1 teaspoon vanilla	1 package unflavored gelatin
Fruits of your choice (cut up)	1 small can Mandarin oranges
(apples, pears, grapes, pineapple)	1/2 cup coconut
1/2 cup chopped nuts	1/2 cup miniature marshmallows
Cherries (drained, cut in half)	

Combine fruits, oranges, coconut, nuts marshmallows in large bowl. Mix Dream Whip with milk per package directions. Add gelatin. Stir into fruits. Put in serving dish. Garnish with cherries, nuts, pineapple slices. Refrigerate. Serve cold.

Pink Antic Freeze Salad

2 (3 oz) packages cream cheese	2 tablespoons mayonnaise
2 tablespoons sugar	1 pound can whole cranberry sauce
1 cup crushed pineapple, drained	1/2 cup chopped pecans
2 cups Cool Whip	

Soften cheese, blend in mayonnaise and sugar; add cranberry sauce, pineapple and nuts. Fold in Cool Whip. Pour into cupcake paper cups in muffin pans. Freeze.

To serve, invert each salad, remove paper and top with Cool Whip (just a little). Allow to stand at room temperature for a few minutes before serving.

Makes 12 or more.

Elaine Thomasson

Fresca Salad

6 ounce package line Jell-O	1 pound can applesauce
8-1/2 ounce can crushed pineapple (do not drain)	1 ten-ounce Fresca (substitute Sprite)

Boil applesauce. Add Jell-O. Stir good. Add pineapple and then Fresca.

Elaine Thomasson

Catherine's Pear Salad

1 (3 oz) package cream cheese
(softened)

1 (3 oz) package lemon gelatin

1 (16 oz) can pears (drained/mashed)
(reserve liquid)

1 cup heavy cream, whipped

Heat the pear juice to boiling. Remove from heat. Add gelatin and stir until dissolved. Add remaining gelatin and massed pears to the cream cheese. Fold in whipped cream.

Pour into an oiled mold and refrigerate until firm.

Unmold on a bed of lettuce. Serves 6.

Linda Frances Stoltz

Cranberry Jell-O Salad

1 (12 oz) package cranberries

1 #2 can crushed pineapple and juice

2 small packages lemon Jell-O

2 cups sugar

3 cups hot water

1 cup chopped pecans

Chop cranberries, stir in sugar and pineapple (until sugar dissolves).

Mix Jell-O and water. Cool.

Mix all ingredients well.

Stir in pecans and jell.

(I use 1-1/2 cups sugar and find it enough).

Jo Ann Alexander

Vegetables

ADD A LITTLE ZEST

Lemons remind us of all things cool, fresh and sparkling. You'll find the best flavor and the most juice in the small, round or oval lemons with smooth, unblemished skins. Store lemons at room temperature and you will obtain more juice from them, unless you're planning to keep them for some time. Lemons provide a tart accent in many dishes and slices, wedges or bits of peel add both flavor and color to garnishes. Some ideas.

Squeeze fresh lemon juice over steamed vegetables before you toss them with butter, or add lemon juice to melted butter and then pour over vegetables.

Sprinkle lemon juice over new potatoes before tossing with butter and fresh dill.

Serve lemon with shell fish or French fried potatoes.

Serve lemon with most cold or hot soups; it intensifies the flavor.

Substitute lemon juice for vinegar in salad dressing.

Drizzle fresh lemon juice over scrambled eggs, then sprinkle with fresh Italian parsley.

Squeeze lemon over cut-up apples, avocados, mushrooms, bananas or pears so they don't turn brown.

Freeze lemonade ice cubes and add to iced tea, lemonade or white wine spritzers.

Make a lemon pie or tart with twice as much lemon as the recipe calls for, you'll be surprised in a delightful way.

In the old days it was thought sinful to cook on Sunday, and Sunday began at 6 o'clock on Saturday. Before that the house was swept and dusted and preparations made for a quiet, reverential Sabbath. Beans were a salvation because they could be prepared on Saturday. On Sunday, the family had them with brown bread for breakfast. After breakfast the pot was popped back in the oven and the family set out for church. And all the time the beans were in the oven, the whole house smelled of simmering pork and sweet molasses. By the time services were over and the family got home it was mid-afternoon and time for dinner. Then the pot was taken out again, and everybody had some more beans. Sunday's have changed but not the smell of good baked beans.

Sunday Baked Beans

1 Quart (4 cups) drained pea beans
1/2 pound salt pork, scored
1/3 cup molasses
1 teaspoon dry mustard

1 medium onion (peeled)
1/2 cup brown sugar (firmly packed)
1 tablespoon salt

Soak beans in water overnight. In the morning pour water off and cover with fresh water. Bring to boil then simmer until you can blow off skins (about 1 hour). Drain.

Place 1 cup in bottom of bean pot. Add onion. Pour in rest of beans. Shove pork down into center of beans until the top just shows. Combine brown sugar, molasses, salt, and dry mustard. Mix into beans. Add enough hot water to fill pot.

Bake 300°F oven for 8 hours. Juice should bubble at top of pot all day. Add more water if necessary. Serve hot from pot with brown bread (recipe on page 21).

(This will also work with a crock pot, if it is one of the types where you can set the temperature.)

Judy Cobb

Bar-B-Q Beans

Fry and crumble

8 slices bacon

Cook 20 minutes in bacon grease

1/2 to 1 cup brown sugar

1 teaspoon dry mustard

1 teaspoon salt

1-1/2 teaspoon garlic powder

1/2 cup vinegar

Combine (16 oz cans)

1 can kidney beans

1 can green limas

1 can Pork and Beans

1 can southern beans

1 can garbanzo beans

(or any combination you choose)

Mix in bacon and pour liquid over beans.

Bake 325°F One Hour.

Reba Bradbury

Corn Casserole

1 stick oleo

1 can creamed corn

1 can whole kernel corn and juice

1 (12 oz) carton sour cream

1 cup grated cheddar cheese

1 package Jiffy corn bread/muffin mix

1 egg, beaten

Melt oleo in 9 x 13 pan. Mix all other ingredients and pour oleo in.

Bake 350°F 30 minutes

Top with grated cheese, last 10 minutes.

Dorothy Joe Ficken

Cheesy Vegetable Casserole

1-1/2 cups boiling water	Salt
2-1/2 cups sliced carrots	1-1/2 cups diced potatoes
1/2 cup chopped onion	1 can (1#) whole green beans
3 tablespoons butter or margarine	(drained, reserve liquid)
3 tablespoons regular all-purpose flour	3 tablespoons cheese spread
Dash pepper (optional)	Note: Save liquid all canned goods

In medium saucepan, in boiling water with 1 teaspoon salt, cook carrots, potatoes, and onion until tender (about 10 minutes). Drain, reserving liquid. Arrange vegetables in greased 2 quart casserole.

In saucepan, over low heat, melt butter. Blend in flour. Slowly stir in all reserved vegetable liquids. Cook, stirring, until thickened and clear. Add cheese and stir until melted and smooth. Season to taste with salt and pepper.

Pour half the cheese sauce over vegetables in casserole. Top with green beans. Cover with rest of cheese sauce.

Bake 425°F 20 minutes

(This cheese sauce also works great over macaroni.)

Contributor Unknown

Cabbage

1 head cabbage (washed and torn)	1onions chopped (to taste)
Polish sausage	

Stir fry with a little olive oil. Chop up Polish sausage. Simmer until ready to eat.

Marilyn Hess

Vegetable Casserole

1/4 cup oleo	3/4 cup green pepper (chopped)
1 clove garlic (peeled& crushed)	1/4 cup flour
2/3 cup milk	3/4 teaspoon salt
1/8 teaspoon each Pepper, basil, and oregano	1/4 teaspoon sugar
1 cup canned tomatoes (drained)	1 cup grated cheddar cheese
2 #1 cans whole onions (drained) (can substitute frozen onions)	1 (9 oz) package frozen corn

Melt oleo, add green pepper and garlic. Cook until tender. Stir in flour, milk, salt, pepper, basil, oregano, and sugar. Heat until mixture begins to thicken. Remove from heat and stir in 1/3 cheese. Stir until melted. Add tomatoes, corn and onions. Sprinkle rest of cheese on top.

Bake 350°F 50 minutes
Serves 8.

Dorothy Joe Ficken

Broccoli and Rice Casserole

2 cups uncooked rice	1 medium onion (chopped)
1 package frozen broccoli	1 can cream of mushroom soup
1 can milk	1 small jar Cheese Whiz

Cook and set aside rice. Sauté in oil onion and broccoli. Mix together soup, milk and cheese whiz and add to sautéed ingredients. Pour over rice. May be served immediately or reheated in 350°F oven until it bubbles.

Ann Cobb

Sweet Potato Casserole

3 cups sweet potatoes (cook/mash)	1/2 cup sugar
2 eggs (beaten)	1/2 teaspoon salt
1/2 stick butter (melted)	1/2 cup milk
1 1/2 teaspoons vanilla	

Combine above ingredients. Spoon into 1-1/2 quart baking dish.

Topping:.....

1/2 cup brown sugar	1/3 cup all purpose flour
1 cup chopped pecans	1/3 stick butter (melted).

Combine and spread over sweet potato mixture.

Bake 350°F 35 minutes

Patsy Hardy

Sweet Potato Surprise

3 medium sweet potatoes (boiled, peeled and sliced)	1 1/4 cups brown sugar
1/4 teaspoon salt	1 1/2 tablespoons cornstarch
1 teaspoon grated orange peel	1/8 teaspoon cinnamon
1 can apricot halves (#1 can, 1 cup)	1 tablespoon butter
	1/2 cup pecans

Place potatoes in a buttered 10 x 6 x 1.5 inch baking dish.

In saucepan, combine sugar, cornstarch, salt, cinnamon and orange peel. Drain apricots and reserve liquid. Stir 1 cup apricot syrup with cornstarch mixture. Cook and stir over medium heat until boiling. Boil 2 minutes. Add apricots, butter and pecans. Take off heat and stir until butter melts. Pour over sliced sweet potatoes.

Bake (uncovered) 375°F 25 minutes.
Serves 6.

Marcy Zajicek

Quick Cheesed Potatoes

- | | |
|---|--|
| 1 (16 oz) package frozen French fries
(thawed) | 3 tablespoons creamy salad dressing
(any kind – Italian, Ranch, etc.) |
| 1 teaspoon minced onion | 1 teaspoon dill seed or celery seed |
| 1 cup shredded cheese (any kind) | |

Place potatoes in a 9 x 13 pan. Pour salad dressing over potatoes, then onion, dill or celery seed, and finally cheese.
Bake at 400°F until golden brown.

Renée Plata

Tater Puffs

- | | |
|------------------------|-------------------------|
| 2 cups mashed potatoes | 2 tablespoons butter |
| Salt and pepper | 2 eggs, beaten separate |
| 1/2 cup cream | |

Combine and work all ingredients together. Form into the size of balls desired. Bake in oven until brown or fry in deep fat.

Andy Anderson

Italian Potatoes

- | | |
|--------------------------------------|---------------|
| 1 can tomatoes | 1 large onion |
| 4 or 5 medium potatoes (sliced thin) | |

Sauté onion in olive oil. Add tomatoes. Simmer. Add potatoes to mixture. Simmer until potatoes are done (10-20 minutes). Remove a few slices of potatoes and mash up. Return mashed potatoes to mixture and stir until thickened.

Simmer. Salt and pepper to taste.

Marilyn Hess

Hot German Potato Salad

4 medium potatoes	3/4 cup boiling water
6 slices bacon (cut up)	2/3 cup chopped onion
4 teaspoons sugar	1 1/2 teaspoons salt
1/2 teaspoon celery seed	1/8 teaspoon pepper
6 tablespoons vinegar	Water drained from potatoes

Pare and cube potatoes. Add boiling water and cook, covered , until tender. Fry bacon, cut up, until crisp. Remove from pan.

Sauté chopped onion, in bacon fat, until lightly brown.

Blend in sugar, salt, celery seed, pepper, vinegar and water drained from potatoes (if needed). Bring to boil and cook 2-3 minutes. Pour over potatoes. Add bacon. Stir lightly.

Note: If needed a little more water may be added. But be careful not to make it too soupy.

Albina Young

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