

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

Bechamel 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 Mornay ... 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 Mein 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 (16 oz) can pears (drained/mashed)
(reserve liquid) |
| 1 (3 oz) package lemon gelatin | 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 | 2 cups sugar |
| 1 #2 can crushed pineapple and juice | 3 cups hot water |
| 2 small packages lemon Jell-O | 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