



***Grandma Marian's  
Recipes***

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# GRANDMA MARIAN'S RECIPES

## APPETIZERS

### Cheese Puffs

1 cup water	½ cup butter	1 cup flour
4 eggs, beaten	1 cup Cheddar Cheese, grated and divided	

First heat oven to 425 deg. 2. In large saucepan over medium heat bring water and butter to a boil. 3. Quickly add flour, stirring until mixture forms a ball. Remove from heat. 4. Add eggs, a little at a time, beating well after each addition. 5. Add ½ cup cheese. 6. Drop mixture by teaspoonful onto greased cookie sheet, 1½ inches apart. 7. Top each puff with a pinch of remaining cheese. 8. Bake approximately 20 minutes; turn off oven for 5 minutes. 10. Serve warm.

## SALADS

### Cranberry Salad

1 cup ground raw cranberries	1 cup hot water
1 cup ground unpeeled apple, no core	1 cup pineapple syrup
1 cup sugar	½ cup Tokay grapes
3 oz. pkg. lemon Jell-O	¼ cup broken walnuts
½ cup Pineapple chunks, drained	

Combine cranberries, apple, and sugar. Dissolve Jell-O in hot water, add syrup and chill until partially set. Add cranberry apple mixture, seeded grape halves, pineapple, and walnuts. Chill until firm.

## **Kidney Bean Salad**

1½ cup red kidney beans, drained	3 diced hard-boiled eggs
1 small minced onion	1 cup diced celery
½ cup mayonnaise.	2 tbsp. Vinegar
¼ pound sliced salami	mix, chill and serve

## **Pea Salad**

2 8 oz. box frozen peas	½ cups chopped celery
½ cups shallots chopped	5 boiled eggs chopped
½ lb. cooked bacon, cut up	½ cup mayo
2 tbsp. Vinegar	2 tbsp. Sugar
salt and pepper	

Cool eggs and bacon, cook peas 3 minutes, add to celery and onions. Add mayo mixed with sugar, vinegar, salt and pepper. Chill about 4 hours.

## **Seven Layered Salad**

Layer in a large casserole in the order given.

1. ½ head of chopped lettuce	2. ½ cup chopped celery
3. ½ cup chopped onion	4. 10 oz. frozen peas
5. 1 cup mayo spread over layers	

Cook peas 3 minutes then cool before adding. Then follow directions as listed below.

2 tbsp. sugar sprinkle over top  
4 oz. cheddar cheese spread over top  
8 slices bacon, fried and crumbled over top

Cover with plastic wrap and let sit overnight in refrigerator.  
Toss just before serving



## Overnight Pasta Salad

1 cup (4oz.) tiny macaroni, cooked	2 cups shredded lettuce
2 hard boiled eggs	1 cup julienne cut ham
1 cup frozen peas thawed	½ cup shredded Swiss cheese
½ cup mayo	¼ cup sour cream
1 tsp. chopped green onions	1 tsp. prepared mustard
dash of hot pepper sauce	

Cook macaroni drain and rinse two times, cool. Place lettuce on bottom of casserole, sprinkle with salt and pepper. Top with macaroni, egg slices, ham, peas and cheese. Combine mayo, sour cream, onion, mustard, and hot sauce. Spread over salad, sealing edges. Cover and refrigerate 24 hrs. Sprinkle with paprika (optional). Toss and serve.

## Macaroni Salad

12 oz. shell macaroni	2 cups cooked chicken
1 cup diced celery	½ cup diced sharp cheese
½ cup walnuts, cut up	2 tart diced apples
1 tsp. Worcestershire sauce	1 tsp. mustard
2 tbsp. vinegar	

Cook macaroni, drain and rinse and cool. Add chicken, celery, cheese, walnuts and apples. Mix mayo, curry powder, Worcestershire sauce, mustard and vinegar. Add to mix, stir and refrigerate.

## Tortellini Salad

6 oz. tortellini	¼ cup frozen peas, thawed
¼ cup Parmesan cheese	¼ cup black olives, sliced
½ cup fresh broccoli florets	½ cup Italian oil dressing
½ cup carrots, cubed	

Cook pasta and cool. Drain well. Mix vegetables and oil, refrigerate. Be careful not break noodles.

## **Cold Tuna Salad**

1 large can water packed tuna	4 oz. chopped walnuts
1 can peas drained	6 tbsp. mayo
5 stalks celery chopped	1-5 oz. jar green olives
2 cups cooked creamette or shell macaroni	

Cook pasta according to directions and cool. Drain tuna, peas and olives. Add celery and mix all ingredients together. Serve with salad dressing or mayo to taste.

## **Cabbage Salad**

4 cups grated cabbage	½ apple, diced
¼ cup broken walnuts	¼ cup mayo
1 tsp. sugar	1 tsp. vinegar

Combine cabbage, apple, and walnuts. Mix mayo, sugar, and vinegar. Pour dressing over cabbage mixture. Apples and walnuts are optional.

## **Ambrosia Salad**

2 bananas, sliced	¾ cup diced orange
¼ cup seeded grapes	¼ cup grated coconut
3 tbsp. lemon juice	1 can fruit cocktail
1 cup Cool whip	

Mix fruit, sprinkle with lemon juice; chill. Add cool whip and serve.

## **Pineapple Cream Cheese Salad**

6 oz. lemon Jell-O	1 can crushed pineapple
1 can chunk pineapple	2 cups hot water
2 8 oz. pkgs. Cream cheese	1½ cups power sugar
¼ cup of juice	2 tsp. grated orange peel
1 tsp. vanilla	

Dissolve Jell-O in hot water then add 2 cups pineapple juice. Put in a 9x13 pan, add pineapple, mix well and refrigerate until firm. Cream the cheese with juice or milk, add sugar, grated peel and vanilla, spread over firm Jell-O.

## **Orange Jell-O Carrot Salad**

3 oz. box lemon Jell-O	1 cup hot water
¾ cup cold water	¾ cup grated carrots
small can crushed pineapple	

Dissolve Jell-O according to package. Stir in pineapple and carrots. Refrigerate until firm. Serve on lettuce leaves.

## **3 Bean Salad**

1 14 oz. can green beans	1-14 oz. can yellow beans
1 20 oz. can red kidney beans	½ cup chopped green peppers
1/3 cup salad oil	1 tsp. pepper
1 small onion chopped	½ cup celery chopped
2/3 cup wine vinegar	¾ cup sugar
1 tsp. salt	

Combine drained beans with celery, green pepper and onion. Mix vinegar, sugar, oil, salt, and pepper together. Mix well and pour over the first mixture. Marinate overnight in refrigerator.

## Seven Layer Jell-O Salad

1 small box of the following Jell-O flavors:

black cherry (clear)	cherry (creamy)
lime (clear)	orange (creamy)
orange (clear)	lemon (creamy)
strawberry (clear)	

To make clear Jell-O, dissolve Jell-O in  $\frac{3}{4}$  cup boiling water, and add  $\frac{3}{4}$  cup cold water. For creamy Jell-O, dissolve Jell-O in  $\frac{1}{2}$  cup boiling water, and add  $\frac{1}{2}$  cup milk. Make first layer and pour in a 9x13 glass dish. Make others and allow prior one to set in refrigerator while next one is cooling down before adding. Pour on one already set and allow next one to cool to room temperature before pouring in (45 minutes in refrigerator). Follow the same steps until all are added. It takes time to do this, but it is worth it. Very pretty! Slice and put on lettuce leaves.

## Rachel's Potato Salad

5 lbs. Potatoes	18 eggs
4 oz. jar sweet pickles (optional)	2 cups mayo
$\frac{1}{4}$ cup pickle juice or vinegar	$\frac{1}{2}$ cup sugar
2 tbs. mustard	

Cook potatoes and eggs, peel potatoes and cut into cubes. Peel eggs and cut in small pieces, use only 12 full eggs. Remove the yolks and use only the whites from the other eggs. Mix mayo, sugar, mustard, and pickle juice. Pour over potatoes and eggs, stir gently and season to taste.

## Waldorf Salad

2 cups diced apples	1 cup diced celery
$\frac{1}{2}$ cups broken walnuts	
$\frac{1}{2}$ cup Cool Whip or whipped heavy cream	

Combine ingredients and chill. Serve on lettuce leaves.

## Broccoli Salad

1 bunch broccoli (separated)	½ cup minced onion
1 cup cubed cheddar cheese	1 lb. bacon cooked, cut up
Dressing: ½ cup mayo	1 tbsp. sugar
1 tbsp. vinegar	

Mix together, chill for 4 hours.

## Yum Yum Salad

12 oz. large curd cottage cheese	1 cup boiling water
8 oz. carton Cool Whip	1 large can mandarin oranges
3 oz. pkg. orange Jell-O	13 oz. can crushed pineapple

Prepare gelatin according to package directions and cool (but not set). Add cottage cheese and fruit and Cool Whip. Pour into mold.

## Lettuce Carrot Salad

4 cups shredded lettuce	½ cup shredded carrots
¼ cup raisins	¼ cup mayo
1 tbsp. sugar	1 tbsp. vinegar

Mix lettuce, carrots, and raisins. Mix the mayo, sugar, and vinegar and pour over the lettuce mixture and serve. Increase amounts for more servings. You can also use cabbage instead of lettuce. You may also add walnuts if you desire.

## **SOUPS**

### **Danish Soup**

1 ham bone with water	2 potatoes, peeled and diced
6 green onions, sliced	3 celery stalks, chopped
¼ cup chopped cabbage	2 carrots, diced
3 tablespoons flour	1 cup light cream

In a soup kettle, bring ham bone and 2 quarts water to a boil. Reduce heat and simmer 1 hour until meat pulls away from the bone. Remove ham bone. When cool enough to handle, trim meat and dice. Discard bone. Return diced ham to kettle along with vegetables; cook 40 minutes. Stir flour and ¼ cup cold water together and slowly pour into soup, stirring constantly. Bring soup to a boil; cook 2 minutes. Reduce heat; stir in cream. Remove from heat and sprinkle a dash of nutmeg on each bowlful.

### **Vegetable Bean Soup**

1 cup dried beans	6 cups water
1 cup diced celery	½ cup diced carrots
1/3 cup chopped onions	2 cloves garlic, minced
28 oz. canned tomatoes,	1½ cups diced turnip
1½ cups sliced cabbage	10 oz. can chicken broth
½ tsp. salt	¼ tsp. pepper
¼ cup grated Parmesan cheese	

Place dry navy beans in a large sauce pan with 3 cups water; bring to a boil. Boil 2 minutes; remove from heat; allow to stand 1 hour. Add additional 3 cups water and set aside. In a fry pan cook celery, carrots, onions, and garlic until wilted. Add beans (with liquid) and tomatoes drained and chopped to kettle. Simmer for 1½ hours. Stir in remaining vegetables and chicken broth, bring to a boil; reduce heat and cook, covered, for 30 minutes or until vegetables are tender, season with salt and pepper. Garnish with grated cheese.

## **Beef Barley Soup**

3 lbs. cubed meat, fat removed	2 quarts water
1 med. onion quartered	1 bay leaf
1 tsp. salt	pepper
3 cups diced peeled potatoes	1 cup celery chunks
1¼ cups sliced carrots	3 tbsp. uncooked barley
2 tsp. thyme	1 tsp. salt if needed

In large pot combine meat (fat removed), water, onion, bay leaf, salt and pepper. Bring to a boil, simmer 3 hours or until meat is tender, add remaining ingredients, simmer 20 to 25 minutes or until vegetables are tender. Makes 12 half-cup servings.

## **Chicken Noodle Soup**

8 cups boiling water	1 cup chicken broth
2 cups diced chicken	2 cups sliced carrots
2 cups sliced celery	2 cups egg noodles
salt and pepper to taste	1 medium onion diced

Add all ingredients to boiling water, boil for 20 minutes or until vegetables and noodles are tender. Add salt and pepper to taste.

## **10 Bean Soup Mix**

1 lb. 10 bean soup mix	3 quarts water
	ham hock
1½ cups chopped onion	1 15 oz. can tomato sauce
1 tbsp. chili powder	2 cloves minced garlic

Wash and soak 1 lb. soup mix in water. In the morning rinse and drain beans. Bring 2½ quarts water to a boil and add beans and ham hock. Reduce heat and simmer three to three and a half hours. Add remaining ingredients and simmer one hour.

## **Split Pea Soup**

2 cups split peas, yellow or green	8 cups water
1 to 2 lb. ham or ham hock	1 clove garlic, minced
1 medium onion, minced	1 stalk celery and tops, cut up
salt and pepper to taste	

Sort and wash peas in a colander under cold water. Combine all ingredients, heat to boiling, reduce heat and simmer for 1 hour and 15 minutes or until peas are very soft. Can be put through a coarse strainer if desired.

## **Traditional Split Pea Soup**

2 ½ cups split peas	8 cups water or chicken stock
1 ½ lb. ham bone	1 large onion, chopped
3 carrots, peeled and sliced	3 ribs celery, chopped
2 potatoes, peeled and diced	1 tsp. salt
pepper to taste	2 bay leaves
2 tsp marjoram	2 tsp. thyme
1 tsp. fennel (optional)	

Rinse peas, place in a soup pot, cover with water and bring to a boil. Add ham, vegetables and spices. Simmer 1 to 1½ hours. Add water as needed. Remove ham bone, cut off meat, dice and set aside. Puree soup in batches until smooth. Add ham and season with salt and pepper.



## **New England Vegetable Chowder**

¼ cup butter	1 small onion
1 cup diced onions	1 cup diced carrots
1½ cups frozen corn	1 cup chopped cabbage
1 cup frozen peas	salt & pepper
2 tbsp. parsley	water to cover
4 cups milk	grated cheese to garnish

Melt butter add onions and celery, sauté until tender. Add remaining ingredients, except parsley and milk. Cook 1 hour over low heat. Stir in milk and parsley and serve. Sprinkle with cheese.

## **Polish Potato Soup**

1 tbsp. butter	1 lb. kielbasa (polish sausage)
1 onion, chopped	2 cups cut celery and leaves
2 cups carrots, sliced	5 cups water
1 tsp. salt	1 bay leaf
½ tsp. thyme	2 beef bouillon cubes
2 tbsp. vinegar	3-4 potatoes, peeled and cubed
4 cups cabbage, shredded	

Melt butter in large skillet; sauté kielbasa, onion, and celery until tender. Add all ingredients, except potatoes and cabbage, and cook 1 hour. Add cabbage and potatoes and cook 1 hour more, covered. Serve with hot bread or crackers.

# QUICHE AND CREPES

## Quiche Lorraine

Crust:

2 cups flour	salt and pepper
2/3 cup butter	½ cup water

Filling:

2 large onion slices	5 oz. cooked ham
½ lb. cooked bacon	2 tbsp. flour
4 cups milk	3 eggs beaten
¼ lb. grated cheddar cheese	

Mix crust ingredients together and knead lightly, refrigerate 1 hour. Fry onions in small amount of bacon fat until soft, add to cooked bacon. Cut ham and bacon in small pieces.

After one hour, knead the crust and mold into 2 baking pans and bake in 350 degree oven for 20 minutes.

Mix flour, milk, eggs, salt, pepper well. Put ham, bacon, onions, and cheese on the crust, then pour liquid over mixture. Bake in a 350 degree oven for 30 to 45 minutes or until an inserted knife comes out clean.

## Quiche Lorraine-Modified

½ lb. bacon (optional)	5 oz. cooked ham (optional)
2 cups milk	3 beaten eggs
¼ lb. grated cheese	salt and pepper

Grease baking pan. Cut up bacon and ham, put in bottom of pan with the cheese. Mix eggs, milk, and seasoning and pour over bacon, ham and cheese and bake in 350 degrees oven for 30 to 45 minutes or until knife comes out clean.

## Broccoli Quiche In Potato Crust

1½ cups chopped broccoli	1 cup shredded cheese
1 cup cottage cheese	Cheddar or Swiss
2 eggs beaten	¼ cup finely chopped onion
1½ tsp. Dijon mustard	1/8 tsp. pepper
2 medium potatoes, peeled	

Combine all ingredients except potatoes in a large bowl and mix well. Coat a 9-inch deep pie pan with nonstick spray. Slice potatoes ¼ inch thick, and arrange the slices in a single layer over bottom and sides of the pan to form a crust. Pour the broccoli mixture into the crust. Bake at 375 degrees for about 45 minutes or until top is brown and a sharp knife inserted in the center comes out clean. Remove from oven and let stand 5 minutes slicing and serve.

## Crepes

1 cup flour	1 tbsp. sugar
2 eggs	1½ cups milk
½ tsp. salt	fruit

Mix ingredients. Heat lightly oiled pan. Remove pan from heat and place 2 tbsp. batter in pan, roll pan to spread and return to heat. Brown on one side only. Fill with fruit. Roll up and keep warm. Make a sauce as below.

### Fruit Sauce

1 cup sugar	2 tbsp. cornstarch
¼ tsp. nutmeg	½ tsp. salt
1 cup boiling water	

Gradually stir boiling water, sugar, cornstarch, nutmeg, and salt.

Cook until thickened, stirring constantly, about 2 minutes. Add 2 cups berries, return to boil remove from heat and add 3 tbsp. lemon juice.

Or use a 10 oz. frozen unsweetened berries, then increase cornstarch to 3 tbsp. and add lemon.

## **BREADS**

### **Banana Bread**

½ cup butter	¼ tsp. salt
1½ cups sugar	1 tsp. baking soda
2 eggs, slightly beaten	4 tbsp. sour cream
4 bananas	1 tsp. vanilla
2 cups flour	¾ cup chopped nuts

Cream butter and sugar; add eggs, bananas, and vanilla. Combine dry ingredients and add alternately with sour cream. Add nuts. Put in loaf pan and bake 1 hour at 325 degrees. If you don't have sour cream, put ½ tsp. vinegar in enough milk to equal 4 tbsp. Let it stand two minutes and use. This makes a very large loaf. You may want to make 1 large and 1 small loaf. After an hour test the bread with a toothpick. If it comes out clean the bread is done, if not bake another 15 minutes, etc.

### **Best Banana Bread**

3 ripe bananas (about 1 cup)	1 tsp. vanilla
2 eggs	1 tsp. baking powder
¾ cup sugar	1 tsp. soda
½ cup oil	1¾ cups flour
pinch of salt	½ cup chopped nuts

Mash bananas, add eggs, vanilla, sugar and oil, mix well then add dry ingredients and nuts. Bake in a greased loaf pan in a 350 degree oven for 45 minutes or until a toothpick comes out clean. Cool and slice. Keeps well and can be refrigerated.

## **Zucchini Bread Or Muffins**

3 eggs	2 tsp. baking powder
2 cups sugar	¼ tsp. soda
1 cup oil	1 tbsp. cinnamon
1 tbsp. vanilla	1 tsp. salt
2 cups white flour	2½ cups zucchini grated
1 cup whole-wheat flour	1 cup walnuts chopped

Mix in order, grease and flour 2 loaf pans. Bake in a 350 degree oven for 45 to 60 minutes. Check with tooth pick for doneness.

For muffins: Makes two dozen muffins at 400 degrees for 25 minutes.

## **Zucchini Bread (Favorite)**

3 eggs	1 cup oil
2 cups sugar	2 cups grated zucchini
3 tsp. vanilla	3 cups flour
1 tsp. soda	1 tsp. salt
3 tsp. cinnamon	¼ tsp. baking powder
1 cup chopped walnuts	

Mix eggs, sugar, oil, vanilla, and zucchini. Add flour, soda, salt, cinnamon, and baking powder, and nuts. Mix well. Bake 375 at degrees for 1 hour. Makes 2 loaves. Test with tooth pick for doneness.

## **Corn Bread**

1 cup flour	1 cup stone ground
1 tbsp. baking powder	corn meal
1 tsp. salt	1 tbsp. sugar

Mix dry ingredients and mix together 2 tbsp. oil, 1 egg, and 1 cup milk. Add liquid to dry ingredients. Do not mix too much or a crumbly bread results. Add 2 tbsp. Jalapenos chopped and 2 tbsp. pimiento to mixture. Bake at 425 degrees for 20 minutes in an 8 inch greased pan.

## **Cranberry Fruit Bread**

1 cup sugar	2 tbsp. melted butter
¾ cup orange juice and grated rind	1 egg
2 cups flour	1½ tsp. baking powder
½ tsp. soda	1 tsp. salt
2 cups cut cranberries	½ cup chopped nuts.

Blend cranberries and nuts with flour so they will suspend in batter. Mix sugar, butter, juice and egg. Add flour mixture with soda, salt, and baking powder. Grease and put wax paper in bottom of 9x5x3 loaf pan. Make sure sides are higher than center. Bake 350 degrees for 50 to 60 minutes.

## **Blueberry Muffins**

Sift into mixing bowl: 1¾ cup flour, 1 teaspoon soda, 2 tsp. cream of tartar, ¼ cup sugar, 1 tsp. salt.

Break one egg into measuring cup, fill cup with milk and add to the above mixture together with 1/3 cup melted shortening. Mix lightly and fold in 1 cup of blueberries, drained from juice. Bake in 12 cup greased muffin pan at 400 degrees for 20 to 30 minutes.

## **Cinnamon Cranberry Muffins**

2 cups flour	3 tsp. soda
1 tsp. salt	¾ tsp. cinnamon
¼ tsp. nutmeg	¼ chopped nuts

Mix flour and seasonings and set aside.

Combine: 2 eggs      2/3 cup milk      1/3 cup oil

Add at once to flour, mix and stir until moistened.

1 cup bran flakes	2 cups chopped cranberries.
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Fold in cranberries and bran flakes. Put in muffin tins and bake in a 400 degree oven for 20 to 25 minutes. Makes 18 muffins.

## **Pan Cornbread**

1 cup yellow cornmeal	1 cup flour
¼ cup sugar	1 tbsp. baking powder
1/8 tsp. cayenne	1/3 cup oil
1 egg	1 cup milk
1 8 oz. can drained corn	½ cup sliced green onion (optional)
½ cup shredded cheese (optional)	

In a large bowl combine cornmeal, flour, sugar, baking powder, cayenne, and salt. Set aside. In another bowl whisk together oil, egg, milk, corn, onions, and cheese. Stir into cornmeal mixture until just blended. Pour into a greased 8 or 9 inch pan. Bake in a 400 degree oven for about 25 minutes. Check doneness with toothpick. If desired, sprinkle with cheese and bake until it melts, about 1 to 2 minutes. Cut in wedges, lift from pan and serve warm.

## **Cinnamon Rolls**

In a mixing bowl combine 2 cups flour and 1pkg. yeast. Heat 1 cup milk, 1/3 cup sugar, 1/3 cup butter, and 1 tsp. salt just until warm, stirring constantly. Add to flour mixture; add 2 eggs. Beat at low speed for ½ minute, then beat 3 minutes at high speed. Stir in as much of 2 to 2 ½ cups of flour as you can mix in with a spoon. On a floured surface knead enough remaining flour to make moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Shape into a ball in a greased bowl; turn once. Cover; let rise in a warm place till double (about 1 hour). Punch down; divide in half. Cover; let rest 10 minutes. Divide dough and roll each ½ into a 12x8 inch rectangle pan. Melt 3 tbsp. butter or margarine and brush half over dough. Combine ½ cup sugar and 2 tbsp. Cinnamon; sprinkle half over dough. Roll up jellyroll style, beginning from longest side. Seal. Slice into 12 pieces. Place in a 9x1½ round baking pan that has 3 tbsp. butter and ¼ cup brown sugar spread over bottom. Cover; let rise until nearly double (about 30 minutes). Bake in a 375 oven 30 to 25 minutes. Cool slightly; remove from pans. Drizzle with powdered sugar icing on top: Combine 1 cup powdered sugar, ¼ tsp. vanilla and just enough milk for drizzling.

## Cinnamon Crisps

3½ to 4 cups flour	1 pkg. active dry yeast
1½ cups milk	¼ cup sugar
¼ cup shortening	1 tsp. salt
1 egg beaten	½ cup sugar
½ cup brown sugar	¼ cup butter melted
½ tsp. cinnamon	¼ cup butter melted
1 cup sugar	½ cup chopped nuts
1 tsp. cinnamon	

In a large mixer bowl combine 2 cups flour and yeast. Heat milk, ¼ cup sugar, shortening, and salt until just warm, stir constantly. Add to flour mixture, add egg. Beat at low speed ½ minute, scraping sides constantly. Beat 3 minutes at high speed. Stir in as much of the remaining flour as you can with a spoon. On a lightly floured surface knead in enough remaining flour to make moderately soft dough that is smooth and elastic (3 to 5 minutes total). Shape into a ball. Place in a greased bowl, turn once to grease surface. Cover; let it rise in a warm place till double (1 to 1½ hours). Punch down; divide in half. Cover; let rest 10 minutes. Roll half of the dough into a 12 inch square. Combine ½ cup sugar, brown sugar, ¼ cup butter, and ½ tsp. cinnamon; spread half over dough. Roll jelly roll style; seal seams. Cut into 12 rolls. Place on a cookie sheet 3 to 4 inches apart. Flatten each roll to about 3 inches in diameter. Repeat with remaining dough and cinnamon mixture. Cover; let rise till nearly double (about 30 minutes). Cover with wax paper. Use a rolling pin to flatten to about 1/8 inch thickness; remove paper. Brush rolls with ¼ cup butter. Combine 1 cup sugar, nuts, and 1 tsp. cinnamon. Sprinkle over rolls. Cover with wax paper and roll flat. Remove the paper. Bake in a 400 degree oven 10 to 12 minutes. Remove from pan immediately.

Margarine can be used instead of butter.



## White Bread

1 pkg. active dry yeast	¼ cup warm water
2 cups milk	2 tbsp. sugar
1 tbsp. shortening	2 tsp. salt
5¾ to 6½ cups flour	melted butter

Soften yeast in warm water. In saucepan heat milk, sugar, shortening, and salt until just warm and shortening is almost melted; stir constantly. Turn into a large mixing bowl. Stir in 2 cups flour; beat well. Add the softened yeast; stir until smooth. Stir in as much of the remaining flour as you can with a spoon. Turn out on a lightly floured surface. Knead in enough of the remaining flour to make moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Shape into a ball; Place in a greased bowl; turn once to grease surface. Cover; let rise in a warm place till double (about 1 to 1 ½ hours).

Punch down; turn out on a lightly floured surface. Divide dough in half. Shape two balls. Cover; let rest 10 minutes. Grease 2 8x4x2 inch loaf pans. Shape each ball into a loaf. Place in pans. Brush with melted butter or margarine. Cover; let rise in a warm place till nearly double (45 to 60 minutes). Bake in a 375 degree oven about 45 minutes or till bread tests done. Test by tapping the top with your finger. A hollow sound means the loaf is properly baked. Remove from pans on a wire rack.

## Doughgotties

Pinch off pieces of dough and fry in hot oil. Dip in Maple Syrup and eat it while it is still hot.

## **Kringle by Great Grandma Pickering**

1 pkg.yeast, dissolved in ½ cup warm water.  
Warm 1 cup milk and add 3 beaten egg yokes

Mix like piecrust:

4 cups flour	4 tbsp. sugar
1 tsp. salt	1 cup shortening

Add the yeast, milk and egg mixture.

Let the dough rise until double, about 1 hour. Divide dough into 3 parts. Roll each the size of a 9 inch pan. Spread with the whipped egg whites. Sprinkle with brown or white sugar. Cover the dough with 2 cups cooked and mashed prunes. Fold edges over and let rise for 2 hours. Bake in a 350 or 375 oven for 30 minutes or until edges are brown. Frost while warm, with powdered sugar icing and sprinkle with chopped walnuts.

## **Pull-Aparts**

Use three cans of Hungry Jack Biscuits, cut into fourths

Mix together:

½ stick melted butter	½ tsp. nutmeg
1½ cup brown sugar	1 cup nuts
1 tsp. cinnamon	

Layer half of rolls in Bundt pan, then half of mixture. Add remaining rolls and top with mixture. Bake at 300 degrees for 45 minutes.

## VEGETABLES AND CASSEROLES

### Eggplant Parmigiana

2 tbsp. olive oil  
1 large onion chopped  
½ tsp. dried basil  
salt and pepper  
Batter:  
1 cup flour  
2 eggs beaten  
1 cup milk  
1 garlic clove minced  
5 cups canned Italian style  
tomatoes  
2 medium eggplants cut in ½ inch slices  
1 cup Parmesan cheese, grated  
8oz. mozzarella cheese, sliced

Heat oil in skillet, sauté garlic and onion until soft; add tomatoes, basil, salt and pepper. Cook covered, stir occasionally for 30 minutes. Make batter, dip eggplant slices in batter and fry in oil until brown on both sides. Add more oil before each frying. Arrange alternate layers of eggplant, sauce, and cheese in a casserole. Bake in a preheated oven at 350 degrees for 30 minutes. Serves 6 to 8

### Stuffed Eggplant

2 slices wheat bread crumbs  
1 medium tomato finely chopped  
1/3 cup finely chopped onion  
1/3 cup finely chopped celery  
¼ tsp. pepper  
2 tbsp. Parmesan cheese  
2 small eggplants  
1/3 cup chopped green  
peppers  
1/8 tsp. salt  
2 tsp. dried parsley

Cut eggplant in half lengthwise, scoop out and reserve flesh. Trim a little from the bottom of shell so it will lay flat. In a large skillet put chopped eggplant flesh, tomato, green pepper, onion, celery, salt and pepper. Cook over medium heat about 5 minutes, until vegetables are tender. Remove from heat, add breadcrumbs and parsley. Divide and put in eggplant shells. Put in a shallow pan that has been greased; arrange eggplants; sprinkle with Parmesan cheese. Bake in 350 degree oven for 30 min.

## **Skillet Squash and Onions**

4 to 5 medium zucchini	1 medium onion sliced
2 tbsp. water	2 tsps. butter
¼ tsp. pepper	1 tsp. dried dill

Cut squash in half lengthwise; about ¼ inch slices. Place the squash and onions in a large fry pan with butter and water, pepper, and dill over top. Cover and cook, stirring occasionally, for about 7 to 9 minutes, just until the vegetables are tender. Serve hot. Serves 6

## **Zucchini Casserole**

6 slices bacon	1 small onion (Spanish)
6 zucchini, sliced	catsup, as needed
salt and pepper to taste	

Dice bacon and fry until fairly crisp, add onions that have been sliced or chopped to the bacon and cook until limp. Drain. In a greased casserole, layer sliced zucchini and the bacon mixture, dotting each layer with catsup, salt and pepper. Cover and bake at 350 degrees for 1 hour.

## **Broccoli Casserole**

3 bunches broccoli chopped	1 medium onion, chopped
12 slices, favorite cheese	breadcrumbs or Chinese
2 tbsp. flour	noodles
5 tbsp. (¾ stick) margarine	

Steam broccoli and onions until slightly crunchy. Mix in margarine. Place half the mixture in a greased casserole; cover with half the cheese and sprinkle with 1 tbsp. flour. Repeat with remaining ingredients; top with breadcrumbs or Chinese noodles. Bake 1 hour at 300 degrees.

## Cauliflower Au Gratin

1 lb. cauliflower  
cheese sauce  
Nonstick cooking spray

2 tbsp. ground cracker  
crumbs

### **Cheddar cheese sauce;**

2 tbsp. flour  
1/8 tsp. pepper

1 cup skim milk  
3/4 cup shredded cheddar

Combine flour, 1/4 cup milk, and pepper in a jar and shake well. Place 3/4 cup milk in a saucepan over medium heat, and cook, stirring constantly, until mixture starts to boil. Stir in flour mixture and cook it until the sauce is thickened and bubbly. Reduce heat to low, add the cheese and stir until the cheese melts. Serve over steamed broccoli, cauliflower, asparagus, potatoes, or other vegetables.

Cook cauliflower until crispy, (frozen cauliflower florets, thawed and drained can be used). Mix with cheese sauce and toss well. Place in a greased casserole; spread evenly; sprinkle ground cracker crumbs on top and spray with nonstick spray. Bake in a 350 degree oven for 30 minutes or until the top is brown and bubbly. Remove the dish from the oven and let it sit for 5 minutes before serving,

## Cheesy Baked Cabbage

1 head cabbage  
1 tsp. salt  
1/4 tsp. pepper  
2 cups sliced mozzarella cheese

1 cup milk (hot)  
2 tbsp. flour  
3 tbsp. butter

Cut cabbage into wedges and cook in salted water for 10 minutes. Drain and layer cabbage, flour, salt, pepper, and cheese into a greased casserole pan. Dot with butter and add hot milk. Bake at 350 degrees for 35 minutes.

## Sweet And Sour Cabbage

2 tbsp. bacon grease	4 cups sliced cabbage
4 slices bacon, crumbled	1/3 cup brown sugar
1/3 cup vinegar	1/3 cup water
salt and pepper	

Heat bacon grease; add remaining ingredients. Simmer about 10 minutes. Stir during cooking.

## Hot Cabbage

3 slices bacon, diced	1 tbsp. sugar
2 tsp. salt	1/2 tsp. pepper
1/4 tsp. garlic powder	1 head cabbage, shredded
2 cups celery, chopped	2 onions, thinly sliced
2 large tomatoes, chopped	2 tbsp lemon juice

Brown bacon; mix sugar, salt, pepper, and garlic powder. Layer 1/3 cabbage, celery, onion, tomato, and seasoning, repeat two more times, sprinkle with lemon juice on top. Cover and cook 3 minutes, uncover and toss. Cover and cook 3 minutes more. Serve immediately.

## Hot Red Cabbage

2 tbsp. salad oil	4 cups shredded red cabbage
2 medium size apples, chopped	2/3 cups vinegar
2 cups hot water	1/2 tsp. salt
3 tbsp. sugar	

Heat oil; add remaining ingredients and cook until apples are tender. Serves 6.

## Cabbage Roll Casserole

2 cabbage heads, cored and  
cooked until tender  
1 large can peeled tomatoes

1 lb extra lean ground beef  
½ cup rice, uncooked  
½ onion chopped

### Sauce

1 small can tomato soup  
4 tbsp. sour cream  
3 cups water (cabbage water is good)

1 small can tomato sauce  
2 tbsp. brown sugar

Mix beef and rice, add salt and pepper. Break up peeled tomatoes and mix with beef and rice. Sauté onion and mix in. Use about ½ tbsp. of meat mixture to roll in each cabbage leaf. Fill casserole about ¾ full.

Sauce: Mix all ingredients together and pour over cabbage rolls.

Bake covered at 325 degrees for about 2 hours.

OPTIONAL: Drain and wash ½ can of sauerkraut and spread on top of sauce and cabbage rolls before baking.

## Steamed Spinach

¼ cup olive oil  
2 lbs. fresh spinach (or 2-10 oz pkgs.)  
frozen and thawed.

1 clove garlic  
salt and pepper

Heat oil and garlic, add spinach; cook 7 minutes or until spinach is tender. If too dry add ¼ cup water. Season with salt and pepper and remove garlic clove.

## Scalloped Spinach

2 cups cooked spinach, pressed dry  
2 eggs, beaten  
½ cup milk

salt and pepper

2 tbsp. chopped onion  
¼ cup grated cheese  
½ cup buttered breadcrumbs

Mix and pour in greased casserole (except breadcrumbs). Cover with breadcrumbs and bake in 350 degree oven for about 20 minutes.

## Indonesia Cabbage

½ lb. Chinese noodles or regular noodles	4 cups shredded cabbage
¾ cup vegetable oil	½ cup soy sauce
4 chicken breasts, boiled	1½ cups green onions
½ tsp. pepper	finely chopped
2 cloves garlic, minced	2 eggs, beaten

Boil noodles until tender, drain. Heat 2 tbsp. oil; sauté chicken 3 minutes. Remove and add 2 more tbsp. oil and sauté onions and garlic. Remove and add 2 tbsp. oil and sauté cabbage for 3 minutes, Return all ingredients to pan and add soy sauce and pepper. Cook 2 minutes. In a separate skillet heat 2 tbsp. oil until warm; cook eggs until set; cut up and set aside. Heap noodles onto a platter and put chicken and cabbage mixture on top. Top with cooked eggs and serve.

## Twice Baked Potatoes

6 large baking potatoes	½ cup butter or margarine
¾ to 1 cup milk	3 tbsp. cooked bacon
3 tbsp. minced onion	3 tbsp. broccoli, finely cutup
½ tsp. salt	dash of pepper
1½ cups shredded cheddar cheese	paprika

Bake potatoes at 400 degrees for 60 minutes or until soft. Cut a lengthwise slice from top of the potatoes. Scoop out the pulp and place in a bowl. Mash potatoes and butter. Blend in milk, bacon, onion, broccoli, salt and pepper and 1 cup of cheese. Refill the potato shells. Top with remaining cheese and sprinkle with paprika. Bake at 375 degrees for 25 to 30 minutes or until heated through. Serves 6



## Scalloped Potatoes And Ham

2½ cups thinly sliced potatoes	2 tbsp. oil
2 tbsp. flour	2 tbsp. onion, minced
1½ cups milk	salt and pepper
1 cup ham diced	grated cheese

Cook potatoes until almost tender. Sauté onion until transparent, stir in flour. Add milk slowly and cook until it thickens; add ham and stir into drained potatoes. Placed in a greased casserole. Bake for 30 minutes in a 350 degree oven, add grated cheese; bake 5 minutes more. Serves 4

## Potato Latkes

4 cups coarsely grated, peeled potatoes	4 large eggs
3 tbsp. flour	1½ tsp. salt
½ cup oil	2 tbsp. grated onion

Remove as much of the liquid as possible from the grated potatoes by wrapping them in a clean dishtowel and squeezing. Combine all other ingredients but the oil in a large mixing bowl; allow to sit 15 minutes, Heat oil in a heavy skillet over medium-high heat until hot. Fry until latkes are golden brown on the bottom, then turn them over and cook the other side crisp, about 3 minutes each side, Remove and let drain on paper towel. Serve immediately. Makes about 20 latkes.

## Sautéed Asparagus With Garlic

1 bunch asparagus, washed and trimmed	1 clove garlic, minced
3 tbsp. butter or margarine	salt and pepper to taste

Heat butter in large skillet; add garlic, add asparagus and cook until tender.

## Sesame Green Beans

2 tbsp. olive oil  
1½ lb. trimmed green beans  
1 tsp. sesame seeds  
1 tsp. garlic minced  
3 tbsp. soy sauce

Heat oil in a large skillet over medium heat. Add garlic; cook 30 seconds. Add beans and sauté, about 2 minutes. Pour in soy sauce with ¼ cup water, reduce heat to medium and cover pan. Cook for 8 to 10 minutes, shaking pan occasionally. Uncover and stir beans to coat. Serve warm.  
**Note:** Try drained canned beans; prepare same as above only warm beans just a few minutes.

## Sauerkraut And Apples

2 cups sauerkraut  
¼ cup water  
1 small onion, sliced  
1 tbsp. sugar  
2 small potatoes, grated  
¼ cup bacon grease or oil  
3 apples, cored and quartered  
½ tsp. salt  
½ tsp. caraway seeds

Combine sauerkraut, oil, water, apple, and onion; cook until the apple is tender. Add salt, sugar, caraway seed, and potatoes, continue cooking for 5 minutes or until potatoes are done. Serves 6

## Baked Squash

Select acorn squash; wash; cut in half; remove seeds. Bake cut side down in 350 degree oven for 20 minutes; turn and continue baking 30 to 40 minutes. A ball of sausage may be baked in each squash half after you turn it. Add a little water to prevent squash from sticking to pan when placed cut side down.

# GROUND BEEF

## American Lasagna

8 oz. lasagna noodles		1 lb. ground beef
	Sauce	
1 can spaghetti sauce		½ cup water
¼ cup catsup		2 tbsp. brown sugar
1 clove garlic minced		1 tsp.. basil
½ tsp. salt		
1½ cups cottage cheese		1/3 cup grated Parmesan cheese
1 tbsp. parsley	1 tsp. oregano	¾ lb. mozzarella cheese

Cook noodles. Cook ground beef in a skillet until it loses its redness, drain and stir in sauce. Simmer 20 minutes. In a bowl combine cottage cheese, parsley, oregano, and Parmesan cheese. Place half the cooked noodles in an 8x11 pan. Top with half the cottage cheese mixture and half of the sliced mozzarella cheese and half the meat mixture. Repeat the layer. Bake in a 350 degree oven for 30 minutes; let stand 10 minutes before serving. Serves 8

## Eastern Style Tacos

1 cup flour		2 cups white cornmeal
2 tbsp. shortening	1 tsp. salt	1 cup water
Combine and roll out very thin and cut into 6 inch circles. Spread ground beef on half circle; fold circle and fry in oil turning to brown on both sides; drain on paper towel.		
canned peas, mashed		ground beef, about 2 lbs.
onions, grated		mashed canned tomatoes
radishes, grated	salt to taste	sharp cheese, grated
		taco sauce

Simmer peas and tomatoes about 20 minutes (separately). Then add everything to the open tacos beginning with hot mashed peas, tomatoes, onions, cheese, radishes, salt and taco sauce or Louisiana hot sauce.

## Everyday Meat Loaf

2/3 cup dry breadcrumbs	1 cup milk
1½ lb ground beef	¼ lb. sausage (optional)
¼ cup grated onion	2 eggs, beaten
½ tsp. sage	salt and pepper
3 tbsp. brown sugar	¼ cup catsup
¼ tsp. nutmeg	1 tsp. mustard

Soak bread in milk; add meat, eggs, onion, salt, sage, and pepper. Mix well and shape into a loaf; place in an 8½ x 4½ x 2½ inch pan. Bake in a 350 degree oven for 45 minutes. Mix the brown sugar, catsup, nutmeg, and mustard. Spread over meat and bake 15 minutes more. If you like, the brown sugar mix can be put on the meat before baking.

## Porcupine Meat Balls

1½ lbs. ground beef	½ cup rice
salt and pepper to taste	½ cup milk
1 onion chopped	1 can tomato soup or
	2 cans of tomatoes

Combine all ingredients except tomatoes or tomato soup. Shape into small balls; place into a shallow baking pan. Cover with tomatoes; water may be added if tomatoes are thick. Bake at 300 degrees for 2 hours, covered. Baste occasionally with pan drippings. Serves 6

## Hamburger Macaroni Casserole

½ lb. Macaroni, cooked	½ lb. ground beef	1 small onion, minced
1 clove garlic, minced	2 tbsp. oil	1 can Italian tomatoes, crushed
¼ cup catsup	salt and pepper	grated cheese (topping)

Cook onion and garlic in oil and add beef to brown. Then add remaining ingredients, except cheese. Place in a casserole and add the cheese on top. Bake at 350 degrees for about 30 minutes

## Swedish Meat Balls

2 lbs. ground beef	pepper and salt	8 oz. sausage
2 eggs, beaten	¼ cup chopped onions	1 cup breadcrumbs
2 cans evaporated milk	flour	1 cup hot water
butter or oil	1 can mushroom soup	¼ cup flour

Mix beef and sausage together. Mix 1 cup milk, eggs, breadcrumbs, onions, and salt and pepper; add meat mixture, mixing well. Form into 24 balls; roll in flour. Melt butter or oil in large skillet; brown meat balls on all sides, add hot water; simmer, covered, 10 minutes. In another skillet heat oil and add ¼ cup flour, stir until smooth. Add mushroom soup mixed with 1 can milk, stir until thickened and smooth. Pour over meatballs. Add water if too thick. Serves 16

## Tamale Pie

1 lb. ground beef	1 cup chopped onion
1 green pepper, chopped	1 15 oz. can tomato sauce
1 28 oz. can cut tomatoes	1 17 oz. can corn, drained
½ cup sliced ripe olives	1 clove garlic minced
1 tbsp. sugar	½ tsp. salt
2 tsp. chili powder	black pepper
1 cup grated cheese.	

Brown beef and onions and peppers; drain. Add remaining ingredients, except cheese. Bring to a boil, simmer, uncovered, for 20 minutes or until thickened. Add ½ cup cheese until melted. Set aside.

Crust: ¾ cup yellow cornmeal      ½ tsp. salt  
2 cups cold water      ½ tsp. chili powder      1 tbsp. butter

Combine in saucepan and cook until thick, stirring constantly. Add butter; mix well. Spread ½ of crust in bottom of a 9x9 inch pan. Spoon on filling and top with the remaining crust. Bake at 375 degrees for 45 minutes.

Top with remaining cheese. Serves 6

# **BEEF**

## **Steak Roll Ups**

1lb. round steak	1 tbsp. chopped onion
salt and pepper	¼ tsp. salt
flour	dash of pepper
1½ cups dry bread crumbs	¼ tsp. sage
½ cup chopped celery	¼ tsp. poultry seasoning
2 tbsp. melted butter	

Cut steak into four pieces; season to taste. Pound flour into one side. Combine remaining ingredients; add enough hot water to moisten. Place small amount of dressing on unfloured side of each steak. Roll up and tie with string. Brown in small amount of fat over medium heat. Add ½ cup water. Cover and simmer 1 hour and 30 minutes until tender. Serves 4.

## **Roll ups with Mushroom Sauce**

2 cups moist breadcrumbs	¼ tsp. sage
¼ cup chopped onions	2 lbs. round steak
1 egg	1 cup water
¼ cup melted butter	1 can mushroom soup
1 tsp. salt	3 tbs. oil or enough for frying

Mix crumbs, celery, egg, butter, sage and salt to make dressing. Cut steak into serving pieces and place dressing on each piece of meat. Wrap meat around dressing and fasten with toothpick. Roll in flour and brown. Place in a baking dish. Stir water and mushroom soup and pour over top and bake in a 350 degrees oven for 1 hour and 15 minutes. Serves six.

Note: I sometimes cook on the top of the stove in the fry pan on simmer for about 1 hour. Makes great gravy.

## Broccoli Beef

1 lb. Flank steak, cut into 1/8" x 1 1/2" slices	1 lb. broccoli cut into florettes
1 tbsp. cornstarch, +2 tbsp.	1 clove garlic, minced
1 tsp. sugar	1 slice ginger root, minced
2 tbsp. soy sauce	1/2 cup chicken stock
3 or 4 tbsp. water	3 or 4 tbsp. oil for frying

Marinate beef in 1 tbsp. cornstarch, sugar, soy sauce and water for 1 hour. Heat skillet. Add 2 tbsp. oil and stir for about 1 minute. Add 2-3 tbsp. water and cover to steam broccoli, about 3-4 minutes, barely tender. Remove broccoli and set aside. Heat pan, add 2 tbsp. oil and garlic and ginger, stir. Add steak, a little at a time, stir-frying until the meat is browned and pink in the center. Stir together 2 tbsp. cornstarch, chicken stock; gradually add to steak. Stir and scrape bottom of pan if necessary until sauce thickens and bubbles. Place broccoli in the pan and gently stir all ingredients. Serve immediately over rice. Serves 4 to 5.

## Beef Stew

1 1/2 lbs. stew meat	1 cup chopped onion
5 small potatoes	5 sliced carrots
1 cup chopped celery	19 oz. Instant Rice
1 can of V-8 Juice	2 tsp. sugar
1 tsp. salt	

Put meat and vegetables in a pot. In bowl mix 1 tsp. salt, 2 tsp. sugar, 19 oz. Instant Rice and 1 can of V-8 Juice. Stir together and pour over meat mix. Cover and bake at 300 degrees for four hours.

## **Marinated Beef**

1 lb. round steak                      2 tbsp. soy sauce  
2 tbsp. water                            1 tbsp. cornstarch

Cut steak into serving size and marinate in soy sauce, water and cornstarch for about one hour, turning meat every 15 minutes.

Heat fry pan and when it is hot add oil. Fry meat until it is brown on both sides. Reduce heat and cook until it is done. Remove meat, add flour to the pan and stir, getting crumbs on the bottom of the pan, stir in potato water or milk and cook until it bubbles. Add salt and pepper to taste.

## **Swiss Steak**

2 lbs. round or chuck steak            ½ cup flour  
3 tbsp. oil                                2 tsp. salt, ½ tsp. pepper  
1 small onion, chopped                1 cup canned tomatoes

Have steak 1½ to 2 inches thick; mix flour, salt, and pepper and thoroughly pound into steak. Brown meat and onions in hot oil and add tomatoes. Cover and cook over low heat, or bake in a 350 degree oven for about 1½ hours until tender.

## **Pot Roast**

Choose a 3 to 4 lb. chuck or rump roast. Roll in flour, season with salt and pepper; brown on all sides in hot oil. Add ½ cup water. Cover and cook slowly for 2½ to 3 hours or until tender, adding more water if needed. If desired add small onions, carrots and potatoes the last 45 minutes.

Serves 6

## **Yorkshire pudding**

1 cup flour and 1 tsp. salt; mix 1 cup milk and 2 beaten eggs; add to flour mixture and beat until smooth. One half hour before serving roast; drain all but ¼ cup drippings from roasting pan. Place roast to one side of pan and turn heat up to 400 degrees; pour batter in other side of pan; baking 30 minutes. Or bake pudding in drippings in an 8 inch square pan. Yorkshire pudding can also be made with Rolled Rib Roast.



# **PORK**

## **Breaded Pork Chops**

6 pork chops	1 tsp. salt
½ tsp. pepper	2 cup cracker crumbs
1 egg, beaten	butter or oil

Season pork chops with salt and pepper. Spread out crumbs 1 cup at a time on a sheet of wax paper. Dip one chop at a time into beaten egg and then in cracker crumbs, covering both sides. Place in a skillet containing oil and fry over medium heat until golden brown on both sides

## **Barbecued Pork Chops**

6 pork chops	salt and pepper to taste
1/3 cup vinegar	1/3 cup water
½ cup catsup	1 tsp. mustard seed, optional
½ tsp. celery seed, optional	

Season pork chops; place in pan. Mix remaining ingredients and pour over chops. Bake in 350 degree oven for 1 hour, or until done.

## **Pork Chops Hawaiian**

4 pork chops	¼ cup catsup
1 can beef broth	1 tbsp. vinegar
½ cup pineapple tidbits	1 tbsp. brown sugar
½ cup chopped green pepper (optional)	2 tbsp. water
1 tbsp. cornstarch.	

Brown chops; pour off fat. Add remaining ingredients, hot water and cornstarch. Cover and simmer 45 minutes. Mix 2 tbsp. water and 1 tbsp cornstarch. Stir into sauce. Cook and stir until thickened. Serve over rice.

## Barbecued Spareribs

3 to 4 lbs. Ribs, cut in pieces	1/3 cup Worcestershire sauce
1 tsp. chili powder	1 lemon
1 tsp. salt	1 large onion
2 dashes Tabasco sauce	1 cup catsup
2 cups water	

Place ribs in a shallow roasting pan, meaty side up. On each piece place a slice of unpeeled lemon and a thin slice of onion, roast in hot oven at 450 degrees for 30 minutes. Drain off fat, mix remaining ingredients; bring to a boil and pour over ribs. Continue baking at 350 degree until tender, about 45 to 60 minutes. Baste ribs with sauce every 15 minutes. If sauce gets too thick, add more water

## Chinese Pork and Rice

2/3 cup uncooked rice	2 tsp. soy sauce
2 tbsp. oil	1 medium chopped onion
1 tsp. salt	2 stalks chopped celery
1½ cups boiling water	1½ cups diced pork

Brown meat in oil, add salt, water, soy sauce, and cook 15 minutes. Add rest of ingredients, more water if needed and cover and cook 10 minutes. Serves 6.

## Pork Chow Mien

1 lb. pork cut in small cubes	Chinese pea pods
3 cups celery, cut	½ cup green onions, cut
1 6 oz. can mushrooms	1 can bean sprouts
½ cup sweet pickle juice	¼ cup soy sauce
1 can water chestnuts	

Fry pork in oil. Add pea pods, celery, onions, mushrooms and bean sprouts. Add pickle juice and bring to a boil; turn off heat and leave 1 hour. Add soy sauce and water chestnuts and bring to a fast boil. Serve hot over fried noodles.

## Sweet And Sour Pork

8 ounces cubed pork (1 cup)	2 tbsp. cornstarch
1 tbsp. water	1 tbsp. soy sauce
oil for frying	¼ cup brown sugar
2 tbs. catsup	¼ cup pineapple juice
3 tbsp. vinegar	1/8 tsp. garlic powder
1 tbsp. cornstarch	2 tbsp. water
1 carrot, cubed	½ green pepper, cubed
8 oz. drained pineapple chunks	2 tbsp. oil

Combine pork, water, cornstarch and soy sauce, marinate for at least 10 minutes; fry until tender, about 10 minutes. Combine brown sugar, catsup, vinegar, pineapple juice and garlic powder. Heat to a slow boil; add cornstarch and water mixture and cook until it thickens. Remove fried pork; add the oil and stir fry vegetables for 2 minutes. Add 1¼ cups of water; cover and simmer slowly until barely tender, about 2 to 3 minutes. Add pork and pineapple chunks to the vegetables and heat through. Add sweet and sour sauce; bring to a boil and serve immediately. Serve over rice.

## Easy Pork Tenderloin

1½ pounds pork tenderloin	2 tbsp. Dijon mustard
2 tbsp. brown sugar	½ tsp. fresh ginger diced
1 tsp. soy sauce	¼ cup white wine

Place the pork on a broiler pan. Combine ingredients and brush on tenderloin. Broil 7 minutes each side. Slice thinly on diagonal and serve with rice. Serves 4

## Pork Shoulder Blade Country Ribs

Bring a large pot of water to a boil; add the ribs and cook at a low boil for 45 minutes; drain off water and pat dry. Brush with barbecue sauce and grill or bake in a 450 degree oven until brown. Baste with sauce.

## Hungarian Pork Chops

6 pork chops, ½ inch thick	salt and pepper
1 medium onion chopped	1 clove garlic minced
1 tbsp. butter or margarine	1 bay leaf
¾ cup chicken broth	1 cup sour cream
2 tsp. paprika	2 tbsp. flour as thickener

Trim excess fat from pork chops and sprinkle with salt and pepper. Sauté onion and garlic in butter until soft and golden brown. Remove from pan. Place chops in pan and brown on both sides. Pour off fat. Lower heat and add bay leaf and chicken broth. Cook covered over low heat for 1 hour. Remove from pan to heated plate to keep hot. If desired cook liquid to reduce to half over high heat. Add sour cream and paprika and blend thoroughly with pan juices. Note: If using flour, do not cook down juices too much; add paprika and cook until thickened. Pour over chops or use as gravy on rice or potatoes.

## Barbecued Pork

2 whole pork tenderloins (about 12 ounces)	¼ cup soy sauce
1 tbsp. brown sugar	2 tbs. red wine
½ tsp. cinnamon	2 tbs. honey
1 green onion cut in half.	1 clove garlic crushed

Remove and discard fat from meat. Combine remaining ingredients. Add pork, turning to coat completely. Cover and let stand at room temperature at least one hour or refrigerate over night turning occasionally. Drain pork, reserving marinade. Place pork on wire rack over a baking pan. Bake 350 degrees about 45 minutes (meat thermometer 180 degrees). Remove pork and cut into diagonal slices.

## POULTRY

### Chicken Cordon Blue

4 whole chicken breasts, halved (boned and skinned)	8 slices mozzarella cheese
1 tbsp. mayo	8 thin slices of ham
¼ cup seasoned breadcrumbs	1 tbsp. water
Sauce:	
1 cup chicken broth	2/3 cup milk
3 tbsp. white wine	onion powder and pepper
3 tbsp. flour	to taste
pinch of ground nutmeg	

Pound chicken until thin. Lay flat and top with cheese and ham. Secure with toothpicks and dip in water and mayo mixture; then bread crumbs. Place on a greased cookie sheet and bake in a 425 degree oven for 15 to 20 minutes until brown and cooked through.

Serve with wine sauce: Heat wine and broth to boiling. Stir flour in milk and add to broth. Add seasonings. Cook until thick and pour over chicken.

### Hawaiian Chicken

¼ cup brown sugar	2 tbsp. white sugar
2 tbsp. Worcestershire sauce	1 tbsp. mustard
¼ cup vinegar	14 oz. crushed pineapple
½ cup catsup	¼ cup oil
1 tsp. salt	¼ tsp. pepper
1 tsp. paprika	2 full chicken breasts

Boil above ingredients, except pineapple and chicken. Bake chicken covered for 1 hour in a 350 degree oven; pour cooked ingredients over cooked chicken and top with pineapple. Cook ½ hour, uncovered. This serves 4 average servings. To serve more, double the ingredients.

## Chicken Ala Providence

2 whole chicken breasts	4 chicken thighs (optional)	
salt	1 bay leaf	parsley
butter or margarine	2 medium onions, sliced	
4 carrots, peeled and cut in slices, cooked	2 tsp. lemon juice	
2 egg yolks, slightly beaten	bacon bits and parsley	

Put chicken, 1 tsp. salt, the bay leaf, parsley and enough water to cover chicken in a large saucepan. Bring to a boil, cover and simmer for about 45 minutes or until tender. Remove skin and bones. Cut chicken in large pieces. Dredge in flour and brown in butter. Remove chicken and brown onions lightly in drippings in skillet. Put layers of chicken, carrots and onions in a 2 quart casserole. Cover and place in a 350 degree oven while making the sauce. In the skillet add 2 tbsp. butter and 2 tbsp. flour, blend; add 2 cups of broth and cook, stirring until thickened. Add lemon juice. Pour mixture over beaten yolks, beating constantly. Season to taste with salt and pepper. Pour over contents of casserole and sprinkle with bacon and parsley. Serves 4

## Prego Skillet Chicken Parmesan

¼ cup grated Parmesan cheese	1½ cups Prego Italian sauce
1 tbsp. olive oil	6 skinless boneless chicken
1½ cups mozzarella cheese	breasts, shredded

Stir 3 tbsp. Parmesan cheese into sauce. In a skillet on a medium-high heat add oil and fry chicken for about 10 minutes or until brown on both sides. Pour sauce over chicken and cook for 10 minutes or until chicken is cooked through. Sprinkle mozzarella and remaining Parmesan; let stand for 5 minutes or until cheese has melted. Serves 6

## Sweet And Sour Chicken

1 cup cubed chicken	2 tbsp. cornstarch
1 tbsp. water	1 tbsp. soy sauce
oil for frying	¼ cup brown sugar
2 tbsp. catsup	¼ cup pineapple juice
3 tbsp. vinegar	1/8 tsp. garlic powder
1 tbsp. cornstarch mixed with 2 tbsp. cold water	
1 carrot cubed	½ onion cubed
2 tbsp. oil	1 8oz. can pineapple chunks; reserve juice

Combine cornstarch, water and soy sauce. Marinate chicken in mixture for at least 10 minutes. Heat oil and fry chicken; brown on both sides and remove from pan. Stir fry vegetables with 2 tbsp. water for 2 minutes then add ¼ cup water; cover and simmer slowly until barely tender; about 2 to 3 minutes. Combine brown sugar, catsup, pineapple juice, vinegar, and garlic powder; heat slowly to a boil, stirring constantly. Add cornstarch mixture and continuing cooking until it thickens. Add chicken and pineapple to vegetables, add sweet and sour sauce; bring to a boil and serve immediately. Serve over cooked rice. Serves 6

## Chicken Chop Suey

Fresh ginger root	1 tsp. salt
4 to 6 chicken breasts cut in cubes	oil for frying
½ cup carrots, sliced diagonally	½ cup celery, cut diagonally
½ cup onions, thinly sliced	½ cup broccoli, cut small
1 tbsp. sherry or sweet pickle juice	2 tsp. sugar
½ cup roasted peanuts (optional)	¾ cup chicken stock
1 tbsp. cornstarch	1 tbsp. water

Rub sides of pan with ginger. Salt chicken and fry until pink is gone. Remove chicken from pan. Add oil and fry vegetables until slightly tender. Add chicken, soy sauce, sherry, sugar, peanuts and chicken stock. Cook 2 minutes; add mixed cornstarch and water; cook until thickened. Serve over rice. Serves 6

## Huhnerschnitzel

2 boneless, skinless chicken breasts	1 cup bread crumbs
1 tsp. seasoned salt	2 tbsp. Parmesan cheese
¼ tsp. paprika	1 egg beaten with
butter and oil for frying	2 tbsp. water

Pound chicken breasts. Combine breadcrumbs, salt, cheese and paprika. Dip chicken, first in flour, then in egg, and finally in breadcrumbs. Place chicken pieces in the refrigerator for one half to one hour. Heat mixture of butter and oil ¼ inch deep in pan. Cook chicken about 5 minutes on each side until golden brown. Place on a paper lined plate when done.

Serves 4

## 5 Spice Chicken With Vegetables

4 to 5 lbs. chicken legs and thighs or chicken breasts sprinkled with dried tarragon	2 lbs. broccoli, cut up
2 lbs. cauliflower, cut up	1 lb. carrots, cut up
3 tbsp. Dijon mustard	½ tsp. Chinese 5 spice

Sauce:

¼ lb. margarine	4 tbsp. flour
1½ cups milk	½ cup white wine (optional)
salt and pepper	¼ tsp. tarragon

Bake chicken in a 350 degree oven for 1 hour. Toward the end of the baking time prepare vegetables by boiling until half cooked. Prepare sauce. Melt margarine in saucepan; add flour and stir together. Remove from heat and slowly add milk. Return to heat and stir until thickened. Add white wine, salt and pepper, 5 spice, tarragon and mustard. Remove chicken from oven; pour off fat. Pile vegetables on chicken and pour sauce over top and add sliced almonds (if desired) and return to oven for ½ hour. For smaller servings reduce all ingredients.



## Montezuma Pie

6 cups of boned and skinned cooked chicken or turkey or  
1½ cups cooked ground beef  
Green chili enchilada sauce 2 cups sour cream  
1 dozen corn tortillas cut into 1½ inch pieces  
1½ lb. jack cheese, shredded or finely chopped

Arrange half the meat in a lightly greased 9 by 13 inch baking dish.  
Spread over with half the green sauce and half sour cream and half the  
tortilla pieces and half the cheese. Repeat layers ending with cheese.  
Cover with foil and refrigerate over night, if desired. Bake covered in a  
375 degree oven for 40 minutes (45 minutes if refrigerated); uncover and  
bake an additional 8 minutes or until cheese is bubbly and heated  
throughout. Cut into squares to serve 8 to 12.

## Taco Lacos

2 cups cooked chicken	1 tbs. margarine
1½ cups chicken broth	2 tbsp. flour
1 tsp. turmeric	1 can drained peas
½ tsp. chili powder	1 cup shredded jack cheese
green taco sauce	1 cup shredded cheddar
sour cream	wheat tortillas to layer pan
½ cup chopped onions	Salsa Verde

Sauté onions in oil over low heat. Add chicken, chicken broth and half of  
the peas, Add turmeric and flour mixed with broth; add chili powder and  
simmer. Place half of the tortilla shells in a greased 9 by14 baking pan  
and spoon half of the mixture over them. Add green sauce and place the  
rest of the tortillas on top. Add the rest of the peas and the cheeses, a little  
of broth and a bit more green sauce. Bake in a 350 degree oven for 30  
minutes; until brown. Serve with green taco sauce and sour cream on top.  
Add Salsa Verde for added flavor.

## Chicken Pot Pie

4 tbsp. flour	4 tbsp. margarine
2 cups chicken broth	½ cup chopped onions
¼ tsp. ginger	½ tsp. thyme
salt and pepper	2 small potatoes, cut bite size
1 carrot, cut bite size	4 tiny onions
½ cup peas	½ cup corn
Piecrust or Bisquick Mix	1 cup bite size chicken

Brown margarine and flour; add chicken broth, cook until thickened. Add cooked ingredients and seasonings. Place in a baking dish and adjust crust. Bake in a 400 degree oven for about 20 to 30 minutes. Serves 4  
Other vegetables may be added.

## Oven Barbecued Chicken

3 lb. fryer	¼ cup vinegar
¼ cup brown sugar	½ cup lemon juice
2 cups catsup	6 tbsp. Worcestershire sauce
1 tbsp. dry mustard	2 cups water
3 tbsp. celery seed or ½ cup chopped celery, salt and pepper	

Place cleaned chicken in an 8x10½x2 inch pan. Brown chicken under broiler; turning to brown all sides. Mix remaining ingredients and pour over chicken, covering well. Bake uncovered at 350 degrees for 1 to 1½ hours. Serve with extra sauce. Serves 6

## Chicken Milano With Linguine

chicken breasts cut in small pieces	1 can Del Monte diced tomatoes with garlic, basil and oregano
1 8 oz. can tomato paste	
8 oz. sliced mushrooms	

Fry chicken, browning all sides. Add sauce and simmer about 10 to 12 minutes. Serve over spaghetti.

## Stir Fry American Style

1 lb. chicken breast or steak	3 tbsp. soy sauce
½ tsp. ginger	3 tbsp. oil
1½ cups carrots, cut diagonal	1½ cups cauliflower, diced
1 10 oz. package peas or	1 4 oz. can mushrooms, drained
1 8 oz. package of pea pods	½ cup cold water mixed with 2 tbsp.
4 to 6 green onions, sliced	cornstarch and ½ tsp. sugar

Marinate meat, soy sauce and ginger for about 15 to 20 minutes. Heat oil and add carrots, fry 2 minutes, add mushroom water and cook 4 minutes. Remove carrots. Add oil and cook cauliflower, peas, onions and mushrooms for 2 minutes; remove from pan. Add oil and fry meat until browned and cooked, then return vegetables to pan. Add combined water, cornstarch and sugar. Cook until thickened. Serve over rice. Serves 6

## Florentine Cannelloni

8 oz. lasagna noodles cooked 5 to 7 minutes in salted water until chewy, but not raw. Drain and cut noodles in 6 inch pieces; spread each piece with 1 tbsp. or so of filling. Roll up like little muffins. Place side-by-side one layer deep in a baking pan. Pour cheese sauce over cannelloni, sprinkle with more Parmesan cheese. Set in cold broiler and turn heat to medium. Broil until top is brown and cheese is melted.

### FILLING

½ lb. mushrooms	1 small garlic clove
3 tbsp. olive oil	1 cup ground chicken
1 hard cooked egg, sieved	1/8 tsp. each thyme and
1 to 2 tbsp. cream or milk	rosemary

To hold together above ingredients grind mushrooms and garlic and brown lightly in hot oil. Add other ingredients and mix. Cool slightly.

### SAUCE

2 tbsp. butter	2 tbsp. flour
½ cup light cream	salt and pepper
½ cup Parmesan cheese	1 cup chicken broth

Heat butter, add flour, add liquids, slowly add salt and pepper, and cook until thick. Add cheese.

## Chicken Lasagna

2 tbsp. oil  
 2 cloves garlic, minced  
 Cook in oil about 10 minutes over medium heat.  
 2 cups chunky tomato salsa  
 2 tbsp. chili powder  
 Add to above and cook 10 minutes.  
 10 oz. lasagna noodles cooked  
 1 cup shredded cheddar cheese  
 Divide in half and arrange in a 9x13 pan. Start with noodles, sauce and cheese. Repeat layers. Refrigerate covered over night. Bake covered in a preheated oven at 375 degrees about 45 to 50 minutes. Let stand 10 minutes before serving. Serves 8

1 onion chopped  
 salt and pepper  
 ½ tsp. pepper  
 1 tsp. cumin  
 4 cups cooked chicken, cutup  
 1 cup shredded jack cheese

## Turkey Roasting and Thawing Guide

Size	Refrigerator Thawing	Roasting time unstuffed	Open pan stuffed
10 to 18 lbs	3 to 4 days	3 to 3 ½ hrs	3¾ to 4 ½ hrs
18 to 22 lbs	4 to 5 days	3½ to 4 hrs	4½ to 5 hours
22 to 24 lbs	5 to 6 days	4 to 4 ½ hrs	5 to 5 ½ hrs
24 to 30 lbs	6 to 7 days	4½ to 5 hrs.	5½ to 6¼ hrs

Thaw turkey (do not thaw at room temperature)

**REFRIGERATOR:** leave turkey in unopened wrapper. Place breast side up on a tray; allow at least 24 hours for every 4 pounds.

**COLD WATER:** for quicker thawing leave turkey in unopened wrapper. Place breast down in cold water. Change water every 30 minutes. Allow 30 minutes per pound.

# SEAFOOD

## Salmon Steaks

6 salmon steaks	1/3 cup butter
1/2 tsp. salt	1/4 tsp. paprika
1 tsp. Worcestershire sauce	2 tbsp. grated onion

Place salmon on a greased shallow baking pan. Melt butter; add seasonings and Worcestershire sauce; spread over salmon. Sprinkle 1 tsp. onion on each steak. Bake at 425 degrees for 30 minutes. Serve with favorite tartar sauce. Frozen salmon steaks may be used. Serves 6

## Tuna Noodle Bake

4 cups cooked noodles	1 6 oz. can tuna
1/2 tsp. salt	1 can cream mushroom soup
4 oz. sautéed mushrooms	1 cup grated sharp cheese

Heat oven to 450 degrees. Combine ingredients using only half of the cheese.

Pour into greased casserole, sprinkle with remaining cheese and bake for 20 minutes or when cheese has browned. Serves 4 to 6

## Fried Fish

2 tbsp. oil	1/4 cup white cornmeal
salt and pepper	tartar sauce
fish of your choice	

Mix cornmeal and seasoning in a pan; coat fish on both sides and fry on a medium high heat, browning on both sides. Use a fork to check doneness. When it is flaky, it is done. Serve warm with tartar sauce.

## Crab Mushroom Casserole

¼ cup margarine  
2 tbsp. chopped onions  
¼ cup chopped green pepper (optional)  
2 cups chicken broth  
¾ tsp. salt  
1 pound crab meat or imitation crab

¼ cup flour  
¼ cup chopped celery  
1 pound fresh mushrooms  
2 egg yolks slightly beaten  
dash of ground ginger  
½ cup grated sharp cheddar

Melt margarine in pan, blend in flour, onions, celery and peppers; cook until brown. Add cleaned and sliced mushrooms and cook for 10 minutes; gradually stir in chicken broth; cook over low heat stirring until thickened. Remove from heat and slowly add room temperature eggs, salt and ginger. Stir in crab meat; pour into greased baking dish and sprinkle with cheese and bake in a preheated oven at 350 degrees for 45 minutes or until top is browned

## Shrimps Courageous

6 tbsp. butter or margarine  
1 lb. medium size shrimp (30 to 35 per lb)  
peeled, deveined and butter fried  
1 tbsp Dijon mustard  
¼ tsp. each ground ginger,  
tarragon and pepper  
2 cups milk  
hot cooked rice

2 tbsp. lemon juice  
¼ cup brandy  
1 tbsp. Worcestershire sauce  
½ tsp. chili powder  
¼ lb. mushrooms sliced  
2 tbsp. flour  
salt  
chopped parsley

Melt 3 tbsp. butter in a 10 or 12 inch pan over medium high heat. Add lemon juice and shrimp and stir until just pink. Add brandy and when bubbling set aflame, BUT NOT BENEATH ANYTHING FLAMMABLE. Shake pan until flames die. Lift out shrimp with slotted spoon and set aside. To pan add remaining butter, Worcestershire sauce, mustard, chili powder, ginger, tarragon, pepper and mushrooms. Cook over medium high heat, stirring often, until mushrooms are brown, about 5 minutes. Sprinkle flour over mushrooms and stir in until mixture is bubbly. Remove from heat; and gradually stir in milk. Return to medium high heat and stir until boiling. Add shrimp; stir until hot. Add salt to taste; spoon shrimp onto portions of rice and sprinkle with parsley. Serves 4

## Seafood Bisque

1 can tomato soup	1¼ cups milk
1 lemon juice and slices	3 tbsp. tomato paste
1 pound shrimp or crab	salt and pepper
1 chive, chopped	

Beat soup and milk until smooth. Add shrimp or crabmeat. Season to taste with salt, pepper and lemon juice. Heat to simmering or serve chilled. Top with lemon slices and chives.

## Shrimp Creole

¼ cup bacon fat or oil	1 cup minced onion
½ cup diced celery	4 medium tomatoes peeled and chopped
2 cups chicken broth or fish stock	dash cayenne
½ tsp. salt	2 tbsp. cornstarch in 2 tbsp. water
parsley, thyme and bay leaf	
2 lbs. shelled shrimp	

Heat oil or bacon fat and cook onions and celery. Add broth, tomatoes, salt, cayenne, parsley, thyme and bay leaf. Add cornstarch; simmer covered about 40 minutes, stirring occasionally. Discard bay leaf and add shrimp. Season to taste and serve over cooked rice. Serves 6  
NOTE: Canned tomatoes may be used instead of fresh tomatoes.

## Shrimp Fettuccini Alfredo

1 lb. cooked noodles	½ cup butter cut up
2 cups Parmesan cheese	dash of pepper
2 lbs. shelled and cooked shrimp	

Add butter and Parmesan cheese to hot drained noodles, stir quickly to coat noodles. Add cooked shrimp. Serves 6

## **PASTA AND RICE**

### **Spanish Rice**

6 slices bacon, cut up,	¼ cup chopped onions
1 tsp. salt and dash of pepper	3 cups cooked rice
2 cups cooked tomatoes	½ lb. Mushrooms, sliced

Fry bacon until crisp. Remove from pan and fry onions; cook until onion is yellow. Combine all ingredients and place in a baking dish. Bake 400 degrees for 25 to 30 minutes.

### **Chinese Pork and Rice**

2/3 cup uncooked rice	2 tbsp. oil
1 tsp. salt	1½ cups chicken broth
2 tsp. soy sauce	1 medium onion, chopped
2 stalks celery chopped	1 green pepper, chopped, opt.
1½ cups diced cooked pork	2 beaten eggs

Cook rice in hot oil until golden brown. Add salt, chicken broth and soy sauce. Cover and cook 20 minutes. Add rest of ingredients and ¼ cup more water if needed. Stir in eggs. Cover tightly; cook 10 more minutes. Serves 4

### **Nolia's Fried Rice**

2 cups rice	12 oz. bacon
1 bunch of green onions, chopped	4 eggs
soy sauce	

Cook rice according to package. Chop bacon and fry until about half done. Add chopped green onions and cook slowly until tender. Add rice to skillet. Beat eggs and dribble over rice; stir occasionally and fry until eggs are done. Serve with soy sauce. Serves 4



## Spaetzel

½ tsp. baking powder  
pinch salt  
2 eggs slightly beaten

1½ cups flour  
pinch nutmeg  
1/3 cup milk, about

Mix together; it will be a stiff dough. Roll out on floured board very thin. Cut into narrow strips and tiny pieces. Drop into boiling water and cook. When it comes to the top it is about done. Drain and fry in butter until golden.

## Couscous

Bring 1½ cups water to boil, add 1 cup of couscous and stir. Cover; reduce heat to low, simmer 5 minutes. Fluff and let it stand covered 10 minutes.

## Spiced Couscous

1½ cups couscous  
2 cups chicken broth  
olive oil

¼ tsp. pepper  
¼ tsp. allspice

Lightly spray an unheated large skillet with olive oil. Heat the chicken broth over medium heat. Add the couscous, pepper and allspice. Cook and gently toss with 2 forks until liquid is absorbed. Serves 4

## Homemade Noodles

1 beaten egg    ½ tsp. salt    2 tbsp. milk    1 cup flour

Combine salt and flour. Make a well in the flour and pour in the beaten egg and milk into well. Add enough flour to make a stiff dough. Roll very thin on a floured surface; let it rest 20 minutes. Roll up and slice 1/8 inch thick; spread out and dry 2 hours. Drop into boiling soup or boiling salted water and cook 10 minutes.

## **Baked Macaroni And Cheese**

8 oz. macaroni, cooked	3 tbsp. butter
3 tbsp. flour	2 cups milk
salt and pepper	½ lb. grated cheese
1 cup dried breadcrumbs	

Make white sauce of butter, flour, milk and seasonings, cook until slightly thickened; add 2/3 of the cheese; stir until melted. Pour over cooked macaroni in greased baking dish. Sprinkle remaining cheese and breadcrumbs over top. Bake in a preheated oven at 325 degrees for about 30 minutes

For Tomato Macaroni add 1½ cups cooked tomatoes after half of the macaroni is added. Serves 6

## **Fettuccini Alfredo Sauce**

¾ to 1 stick of butter, room temperature	2 cloves garlic minced
2 tbsp. Parsley, chopped	3 to 5 tbsp. Parmesan cheese
1/3 to 1/2 cup heavy cream	½ lb. Fettuccini noodles, cooked
Cooked chicken, optional	

Using a food processor, put butter in and process on and off quickly. Add garlic, parsley, and Parmesan cheese and again process. Add cream, process on and off 1 to 2 times. Put over hot noodles. You may add more cheese. Serves 4

## SWEETS

### Best Yet Cracker-Jack

2 cups brown sugar	½ cup light or dark syrup
1 stick butter or margarine	pinch of cream of tartar
1 tsp. soda	5 quarts popped popcorn

Boil sugar, syrup, cream of tartar and butter for 5 minutes and quickly stir in soda. Pour syrup over popcorn. Mix thoroughly and spread on 2 slightly greased cookie sheets. Bake in a low (200) degree oven for 40 minutes. Stir every 10 minutes. Take out of oven and cool.

### Divinity

Make on clear day if possible. First let 3 eggs set at room temperature for 3 hours. Beat whites stiff, but not dry. You need a candy thermometer.

In the pan put 3 cups sugar, 1 cup white karo syrup, ½ cup water and dash of salt. Bring to a boil; stir until dissolved; then don't stir. Cook until temperature reaches 265 degrees. Pour into egg whites in a thin stream while beater is going at high speed. Beat until dull and still. Then add about 2 tbsp. vanilla, remove beaters and add nuts (if desired). Drop by spoonfuls onto waxed paper.

### Finger Jell-O

4 envelopes Knox gelatine	Three 3 oz. packages Jell-o
4 cups boiling water	flavor of your choice

Combine gelatine and Jell-o in bowl; add hot water and stir until dissolved.

Pour into a shallow pan. Let it sit in refrigerator. Cut into shapes.

## DESSERTS

### Apple Betty

4 cups peeled, cored tart apples	¼ cup orange juice
¾ cup flour	1 cup sugar
½ tsp. cinnamon	¼ tsp. nutmeg
½ tsp. salt	¼ cup butter cold

Slice apples and mix in orange juice; put in greased casserole. Mix remaining ingredients. Cut in butter. Mix until it is crumbly. Put over apples and bake in a preheated 375 degree oven for 45 minutes or until apples are tender and topping is crisp. Serve warm with cream. Serves 6

### Lucy's Luscious Blueberry Torte

Crust: 20 graham crackers, crushed	2 tbsp. sugar
¾ cup melted butter	1 tsp. cinnamon
Filling: 1 8oz. pkg. cream cheese	1 large Cool Whip
1 cup powdered sugar	1 can blueberry pie filling

Mix crust ingredients and press into a 9x13 pan. Cream powdered sugar and cream cheese together. Fold in Cool Whip and place on top of crust. Top with blueberry pie filling or any other pie filling of your choice.

### Strawberry Shortcake

2 cups Bisquick	2 tbsp. sugar	2 tsp. cinnamon if desired
¾ cup cream or ½ cup buttermilk and ¼ cup margarine		

Mix ingredients and drop on a cookie sheet the size of shortcake you desire to serve. Bake at 350 degrees until brown or done. Prepare strawberries and serve with whipped cream

## Fruit Filled Angel Cake

1 baked angel food cake  
1 cup boiling water  
1 cup fresh or frozen or canned fruit

1 package (3oz.) Jell-o  
2/3 cup water or fruit juice  
16 oz. Cool Whip

Dissolve Jell-o in boiling water; add cold water or fruit juice. Chill until slightly thickened; add Cool Whip or whipped cream to Jell-o. Cut ½ inch horizontal slice from top of cake. Then carefully hollow out remaining cake leaving a ½ inch shell on the sides and bottom. Spoon part of the gelatin mixture into the hollow cake. Cut cake from hollow into small pieces. Layer several pieces of the cake on the gelatin until the hollow is full. Replace top slice and frost the cake with the remaining mixture. Use strawberries, raspberries, cherries or other fruit. A 10 oz. package or a 1 lb. can should be sufficient. Store in refrigerator. Chill 3 hours. A loaf size angel food cake can be used in the same manner. I would suggest reducing the ingredients by half. Serves 10 to 16

## Peach Betty

½ cup sugar  
¼ tsp. salt  
4 cups peaches, sliced and peeled

1 tbsp. flour  
1 cup soft breadcrumbs  
2 tbsp. butter

Combine first 4 ingredients; set aside. Arrange the peaches in 1 quart casserole. Top with half of breadcrumb mixture. Dot with butter. Repeat with the remaining ingredients. Bake in preheated oven at 375 degrees for about 40 minutes, or until crumbs are brown and fruit is tender. Serves 5.

## Apple Strudel

Purchase a Filo crust

¼ cup raisins  
¾ cup soft bread crumbs  
½ cup chopped walnuts

2 tbsp. water  
1tbsp. cinnamon  
1/3 cup butter

6 to 8 apples, sliced thin  
½ cup sugar

Brush dough with melted butter, soak raisins in water, brown bread crumbs in butter; mix remaining ingredients and roll in dough. Bake on a cookie sheet in a 400 degree oven for 30 minutes. Sprinkle with melted butter and sugar. Cut and serve with whipped cream or ice cream.

## Peach Crisp

1 cup flour	½ cup sugar
½ cup firmly packed brown sugar	¼ tsp. nutmeg
¼ tsp. salt	½ tsp. cinnamon
½ cup butter or margarine	4 cups peaches sliced, peeled
grated rind and juice of ½ lemon	2 tbsp. water

Mix flour, sugars, nutmeg, cinnamon and salt. Mix in butter with fork or fingers until coarse crumbs are formed. Put peaches in a shallow 9 inch baking dish. Mix in lemon and water. Cover with crumb mixture; pat down so it sticks to the fruit. Cover and bake in a 350 degree oven for 15 minutes. Uncover and bake for about 30 minutes longer. Serve warm with cream or ice cream. Serves 6

## Apple Berry Brunch Bake

### Topping:

1 cup oatmeal, quick or regular	½ cup packed brown sugar
½ cup butter or margarine melted	2 tbsp. flour

### Filling:

4 cups apples peeled, thinly sliced	2 cups fresh or frozen fruit
¼ cup brown sugar	blueberries, raspberries or
¼ cup orange juice	sliced strawberries
2 tbsp. flour	1 tsp. cinnamon

Preheat oven to 350 degrees. Combine topping and set aside. Combine filling ingredients; stir until fruit is evenly coated. Spoon mixture into a greased 8-inch square baking pan. Sprinkle topping evenly over fruit. Bake 30 to 35 minutes or until apples are tender. Serve with yogurt or cream, if desired. Serves 9

# PIES

## 8 or 9 inch One Crust pie shell

1 cup flour  
½ tsp. salt

1/3 cup Crisco  
2 tbsp. ice water

Heat oven to 475 degrees. Mix flour and salt. Cut in shortening. Sprinkle with water; mix with a fork or by hand. Round into a ball. Roll out 1 inch larger than inverted pan. Ease into pan, flute and prick pastry. Bake 8 to 10 minutes.

## 8 or 9 inch Double Crust

1½ cups flour  
½ tsp. salt  
½ cup Crisco  
4 to 5 tbsp. ice water

## 10 inch Double Crust

2 cups flour  
1 tsp. salt  
2/3 cup Crisco  
5 to 6 tbsp. ice water

Mix flour, salt and Crisco. Cut in with pastry blender (I like to use my hands) until pieces are size of small peas. Add cold water and toss until all the flour-coated bits of fat are barely dampened. STOP. Turn mixture onto a square of wax paper. Gather up corners, pressing from the outside to form a compact ball. Divide for upper and lower crust. Chill for easier handling. Roll each piece the size of pan. For one crust prick bottom shell with a fork before baking. Bake 15 minutes in 450 degree oven. Or bake according to recipe for filling.

## Graham Cracker Crust

20 graham crackers crushed  
¾ cup melted butter or margarine

2 tbsp. powder sugar

Mix ingredients and put in a 9x13 cake pan. Press down and chill. A smaller pan may be used so the crumbs can be divided and put on top.

## Lemon Meringue Pie

1 cup sugar	3 egg yolks
1¼ cups water	2 tbsp. milk
1 tbsp. butter	¼ cup cornstarch
3 tbsp. cold water	6 tbsp. lemon juice
1 tsp. lemon grated peel	1 8 inch baked pie shell
Meringue:	
3 egg whites	6 tbsp. sugar
1 tsp. lemon juice	

Combine sugar, 1¼ cups water and butter; heat until dissolved. Add cornstarch blended with 3 tbsp. water; cook slowly until clear, about 8 minutes. Add 6 tbsp. lemon juice and peel; cook 2 minutes. Slowly add egg yolks beaten with milk; bring to a boil. Cool. Pour into cooled baked pie shell. MERINGUE: Beat egg whites stiff but not dry; add sugar gradually; add lemon juice at the last. Spread over cooled filling, sealing to edges of pastry. Brown in 350 degree oven 13 to 15 minutes.

## Apple Pie

5 to 7 tart apples, peeled and sliced	¾ cup sugar
2 tbsp. flour	1/8 tsp. salt
1 tsp. cinnamon	¼ tsp. nutmeg
1 9 inch double piecrust	2 tbsp. butter

Prepare apples, add sugar mixed with flour, salt and spices; fill a 9 inch pastry lined pie pan. Dot with butter. Put on the top crust. Bake in a preheated 450 degree oven for 10 minutes, then 350 degree oven for about 40 minutes or until apples are tender. If apples are not tart enough, you can add 1 tbsp. lemon juice.

Deep Dish Apple Pie: Bake in a pastry lined 6½x10½ inch oblong baking dish using top crust as well.



## Classic Banana Cream Pie

1 9 inch baked pie shell	3 tbsp. cornstarch
1½ cups water	3 beaten egg yolks
14 oz can sweetened condensed milk	
2 tbsp. melted butter	3 medium bananas
2 tbsp. lemon juice	1 tsp. vanilla
	Cool Whip topping

In a heavy saucepan, dissolve cornstarch in water; stir in condensed milk and eggs. Cook and stir until thickened and bubbly. Remove from heat and add butter and vanilla. Cool slightly. Slice 2 bananas into lemon juice and drain. Arrange on bottom of pastry shell. Put in the pudding, cover and chill 4 hours or until set. Spread top with whipped cream or Cool Whip. Slice remaining banana; dipped in lemon juice and garnish top. Refrigerate.

## Berry Pie

2/3 to 1 cup sugar	3 cups fresh berries
2 tbsp. cornstarch or 4 tbsp. flour	9-inch pastry shell
1/8 tsp. salt	1 tbsp. butter

Mix sugar, cornstarch and salt; sprinkle over berries in a pastry lined pie pan; dot with butter and adjust top crust. Bake in a 450 degree oven 10 minutes and then in a 350 degree oven for about 30 minutes

## Red Cherry Pie

4 cups fresh or canned cherries	1½ cups sugar
¼ cup flour	1/8 tsp. salt
2 tbsp. butter	9 inch double pie crust

Combine cherries, sugar, flour and salt. Pour into pastry lined pan. Dot with butter and adjust the top crust. Bake in a 400 degree oven about 40 minutes. Optional: Omit flour and sprinkle sugar over cherries; let stand 2 hours. Drain off syrup, cook until thick. Pour over cherries in a pastry-lined pan, adjust the top and bake as above.

## CAKES

### Philadelphia Cream Cheese Cake

2 Pkgs 3 oz. lemon Jell-O  
1 large can evaporated milk, chilled  
1 cup sugar  
1 can of crushed drained pineapple

1 cup boiling water  
8 oz. Cream cheese, softened  
2 tsp. vanilla

Crust: 2 ½ cups of crushed graham crackers, 1 stick of butter melted,  
2 tbps. of powdered sugar.

Pour cooled Jell-O into chilled whipped milk. Cream together sugar, cream cheese and vanilla and add to milk mixture. Fold in drained, crushed pineapple. Place into a 9x13 pan with graham cracker crumbs on bottom pressed firmly. Add remaining crumbs for topping. Refrigerate.

### Watergate Cake

1 yellow or white cake mix  
1 cup oil  
3 eggs

1 pkg. Pistachio pudding  
1 cup 7-up  
½ cup walnuts chopped

Mix according to directions on package. Bake in a 9x13 oiled pan. Bake at 350 degrees for 30 to 35 minutes. Test with a toothpick. It should come out clean.

Topping: Mix 1 pkg. pistachio pudding with 1 ½ cup cold milk. Fold into 8 oz. Cool Whip and spread over cake. Refrigerate.

### Lemon Cake

1 white or yellow cake mix  
¾ cup water  
¾ cup oil

4 eggs  
3 oz. pkg. lemon Jell-o

Mix according to package. Bake 350 degrees in an 9x13 pan, 30 to 35 minutes. Let stand 5 minutes, punch with fork clear through. Top with glaze: 1 box powdered sugar mixed with ¾ cup lemon juice.

## Date Cake

1 lb. dates cut small  
1½ cups sugar  
Boil above mixture for a few minutes; add flour and water to thicken.  
Boil a few minutes, cool.  
1 cup brown sugar  
2 cups flour  
2 tsp. vanilla  
1 tsp. soda dissolved in 4 tbsp. water

2 cups water  
1 tbsp. butter  
1 cup melted margarine  
2 cups oatmeal  
½ tsp. salt

Mix half of oatmeal mixture and use your hands to pat down in a 9x13 greased pan. Pour in date mixture and cover with remainder of crumbs. Bake in a 350 degree oven for about 35 minutes until browned. Serve with whipped cream or ice cream.

## Pineapple Upside Down Cake

1/3 cup butter  
pineapple chunks, drained, reserve juice

1 cup brown sugar packed  
yellow cake mix

Melt butter in a 9x13 pan. Sprinkle brown sugar evenly over butter. Arrange pineapple over sugar. Mix cake according to directions on cake box, except use drained pineapple juice with water to equal 1¼ cups. Pour batter over pineapple. Bake in a 350 degree oven for 40 to 45 minutes or until tooth pick comes out clean. Immediately turn upside down on a heatproof serving plate; leave pan over cake for 1 minute. Serve warm or cool. Store loosely covered.

## Cheese Cake

8 oz. cream cheese, softened  
2 pkg. any instant pudding  
Graham cracker crust

2 cups cold milk  
8 oz. Cool Whip thawed

Mix together. Pour into crust or serve in dessert dishes. Cool 4 hours

## **Pineapple Sheet Cake**

2 cups flour	2 cups sugar
2 eggs	1 cup chopped nuts
2 tsp. soda	1 tsp. salt
20 oz. crushed pineapple, undrained	1 tsp. vanilla

Combine ingredients in a large bowl. Mix until smooth. Pour into a greased 9x13 cake pan. Bake 35 minutes in a 350 degree oven.

Cool the cake and top with cream cheese icing:

8 oz. softened cream cheese	16 oz. box powdered sugar
½ cup butter or margarine, softened	1 tsp. vanilla
½ cup chopped walnuts	

## **Lloyd's Cheese Cake**

1½ cups crushed graham crackers	1/3 cup brown sugar
½ tsp. cinnamon	1/3 cup melted butter
2 eggs	½ cup white sugar
½ tsp. vanilla	12 oz. cream cheese, softened
1 can blueberry pie mix	

Have eggs and cheese at room temperature. Mix first 4 ingredients.

Reserve 3 tbsp. and press remainder firmly in a 9 inch pie pan. Cream cheese and add eggs one at a time, beating well after each addition. Add sugar and vanilla and beat until blended. Pour into pie shell and bake in a 350 degree oven for 35 minutes or until firm. Spread top with blueberries and top with remaining crumbs. Chill before serving.

## **Cream Cheese Icing**

8 oz. pkg. cream cheese	1 box powdered sugar
1 stick butter	1 tsp. vanilla

Soften cream cheese. Add remaining ingredients and mix well. Beat until smooth and creamy. Ice cooled cake.

## Grandmas Fruit Cake

2 ½ cups flour  
2 eggs, slightly beaten  
14 oz can eagle brand condensed milk  
1 cup coarsely chopped walnuts

1 tsp. baking soda  
28 oz. jar mince meat  
2 cups mixed candied fruit

Mix flour and baking soda, set aside. In a large bowl mix remaining ingredients and blend in dry ingredients. Pour into prepared pans. Grease two 8½x5 inch loaf pans. Line with wax paper and grease again. Pour ½ batter into each pan. Bake in a 300 degree oven for 1 hour and 10 minutes. Wrap in aluminum foil to store and refrigerate or freeze.

## Old World Apple Cake

Filling: 6 or 7 apples, peeled and sliced  
½ cup butter  
½ cup water

½ cup sugar  
2 lemon slices

Cook together until tender, but not mushy.

Pastry: 2 cups flour  
2/3 cup softened butter  
2 egg yolks

1 1/3 cups sugar  
1½ tsp. baking powder

Blend flour, sugar, and baking powder; then add butter and blend until crumbly. Mix in egg yolks. Put all but 1 cup pastry in a spring form pan that has been greased on bottom and sides, add filling and put remaining pastry on top. Bake in a preheated 350 degree oven for 1 hour.

## Fresh Peach Cake

2 cups chopped peaches  
1 cup cooking oil  
2 eggs, beaten until foamy  
1 ½ cup sugar  
1 tsp. soda

2 cups flour  
2 tsp. cinnamon  
½ cup light raisins  
½ cup chopped nuts

Mix oil, sugar and beaten eggs until creamy. Add flour, soda and cinnamon until well mixed. Fold in peaches, raisins and nuts by hand. Mix well and place in 2 round cake pans or a 9x13 greased pan. Bake in 350 degree oven until done. Cool and ice with cream cheese icing.

## COOKIES AND BARS

### Beryl's Companys Coming Oatmeal Cookies

1 cup margarine	1 cup white sugar
1 cup brown sugar	2 eggs
1 tsp. vanilla	1½ cups flour
1 tsp. cream of tartar	3 cups oatmeal reg. or quick
1 cup chopped nuts	1 tsp. salt      1 tsp. soda

Cream margarine and sugar until fluffy, blend in eggs and vanilla. Add flour, cream of tartar, soda and salt. Mix well and add oatmeal and nuts. Shape cookie dough 2 inches in diameter; roll in wax paper and freeze. Next day slice in ½ inch widths and place 2 inches apart on a cookie sheet. Bake in a preheated 350 degree oven for 12 minutes. If you like a crisper cookie, bake another 2 minutes.

### Peanut Butter Cookies

1 cup margarine	1 cup brown sugar
1 cup white sugar	1 cup peanut butter
2 eggs slightly beaten	1 tsp. vanilla
2½ cups flour	1 tsp. soda      ½ tsp. salt

Cream margarine, sugars and peanut butter until creamy. Add eggs and vanilla. Mix well. Add flour, salt and soda until well blended. Chill at least 4 hours. Roll each portion the size of a walnut and place on a cookie sheet. Press each ball criss-cross with a fork that is dipped in flour. Bake in a preheated 350 degree oven for 12 minutes.

### Brownies

2 sticks margarine	2 cups sugar	2 eggs
½ cup cocoa	2 cups flour	1 tsp. vanilla

Mix well. Place in a greased 9x13 baking pan. Bake at 350 degrees for 30 minutes

## Nestle Toll House Chocolate Chip Cookies

2¼ cups flour	1 tsp. soda
1 tsp. salt	2 sticks margarine softened
¾ cup white sugar	¾ cup brown sugar
1 tsp. vanilla	2 eggs
12 oz. package chocolate chips	1 cup chopped nuts (optional)

Combine flour, salt and soda in a small bowl, set aside. Mix margarine, sugars, and vanilla. Add eggs one at a time, beat well after each addition. Gradually add flour mixture. Stir in chips and walnuts. Bake in a preheated 375 degree oven for 9 to 11 minutes. Makes about 5 dozen.

## Grandma Baughman's Ginger Cookies

2 cups white sugar	1½ cups Crisco shortening
2 eggs	½ cup molasses
Cream together then add	
4 cups flour	1 tsp. salt
4 tsp. soda	2 tsp. cinnamon
2 tsp. ginger	¾ tsp. cloves

Mix until well blended. Chill over night. Make into balls the size of walnuts; roll in sugar and place two inches apart on pan. Bake in a preheated 350 degree oven for 11 minutes. If a crispy cookie is desired bake an additional 2 minutes. Makes at least 6 dozen

## Chocolate Drop Cookies

1/3 cup soft margarine	1 cup sugar	1 egg
2 squares melted chocolate		1 tsp. vanilla
¾ cup buttermilk or sour milk	1¾ cup flour	½ tsp. soda
½ tsp. salt	chopped nuts (optional)	

Mix margarine, sugar, eggs and chocolate. Stir in buttermilk and vanilla. Gradually stir in dry ingredients. Mix in nuts and chill dough at least 1 hour. Preheat oven to 400 degrees. Drop by spoonfuls about 2 inches apart on a greased cookie sheet. Bake 8 to 10 minutes.

## **Raisin And Apple Bars**

Mix:	1 cup margarine	1 cup sugar	1 cup apple sauce
Add:	2 cups flour	1 tsp. soda	½ tsp. cloves
	1 tsp. cinnamon	1 tsp. nutmeg	½ tsp. salt
Stir in:	1 cup raisins	½ cup cut walnuts	1 tsp vanilla

Bake 35 to 45 minutes in a 350 degree oven in a 9x13 inch pan. Frost with powdered sugar icing when cool. To make the icing measure about 1½ cups of powdered sugar and add 1 tsp. vanilla and add milk 1 tbsp. at a time until it is spread able.

## **Deliciously Rich Chocolate Brownies**

10 oz pkg. <b>Nestle Chocolatier</b> morsels divided	
1 cup sugar	1/3 cup butter cut in pieces
2 tbsp. water	2 large eggs
1 tsp. vanilla	¾ cup flour
¼ tsp. salt	½ cup chopped walnuts divided

Preheat oven to 375 degrees. Grease an 8 inch square pan. Set aside 2 tbsp. morsels for drizzle topping. Heat 1 cup morsels, sugar, butter and water in a small sauce pan over low heat stirring constantly, until chocolate and butter are melted. Pour into a bowl. Stir in eggs one at a time until mixed. Add vanilla. Add flour and salt and mix well. Add remaining (except drizzle) morsels and nuts. Put into prepared pan. Bake 30 to 35 minutes until toothpick inserted in the middle comes out slightly sticky. Cool on a wire rack. Place reserved morsels in a plastic bag and microwave for about 20 seconds, knead bag to mix. Microwave at an additional ten second intervals, kneading until smooth. Cut a corner of the bag and squeeze to drizzle over bars. Cut in bars. Makes 16 brownies.