

# Heavenly

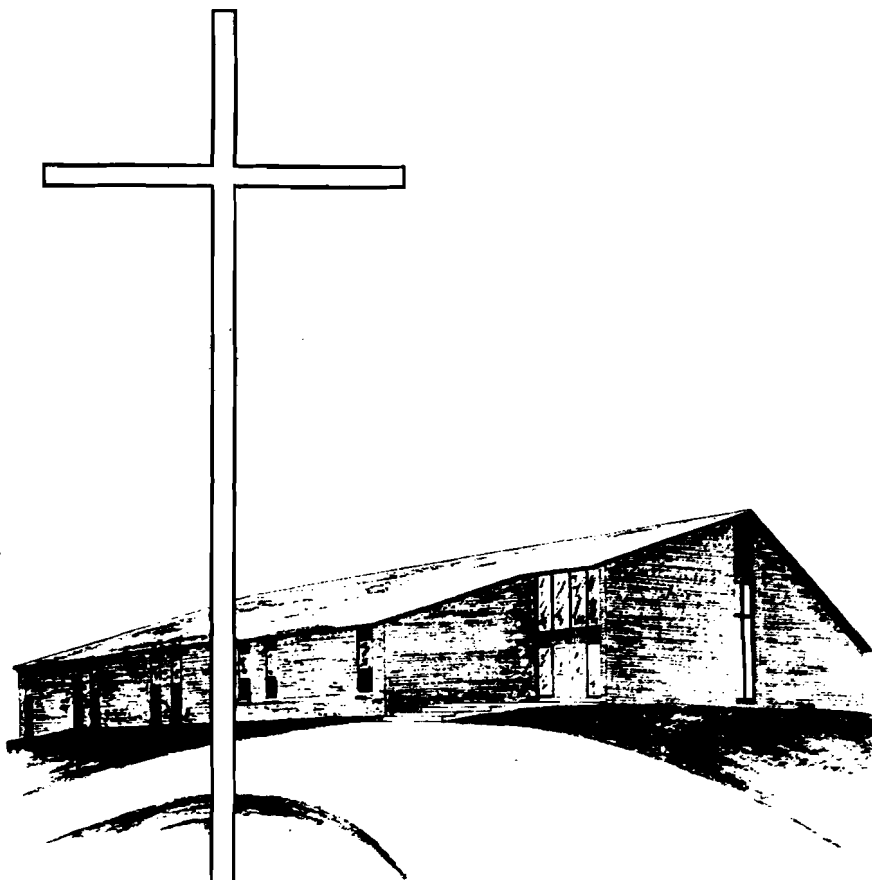
# Dishes



*Ladies' Fellowship*

*Pataskala Church of The Nazarene*

*Pataskala, Ohio*



*Pataskala  
Church of the Nazarene*

8100 Hazelton - Etna Road (SR 310)  
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# **A COLLECTION OF RECIPES**

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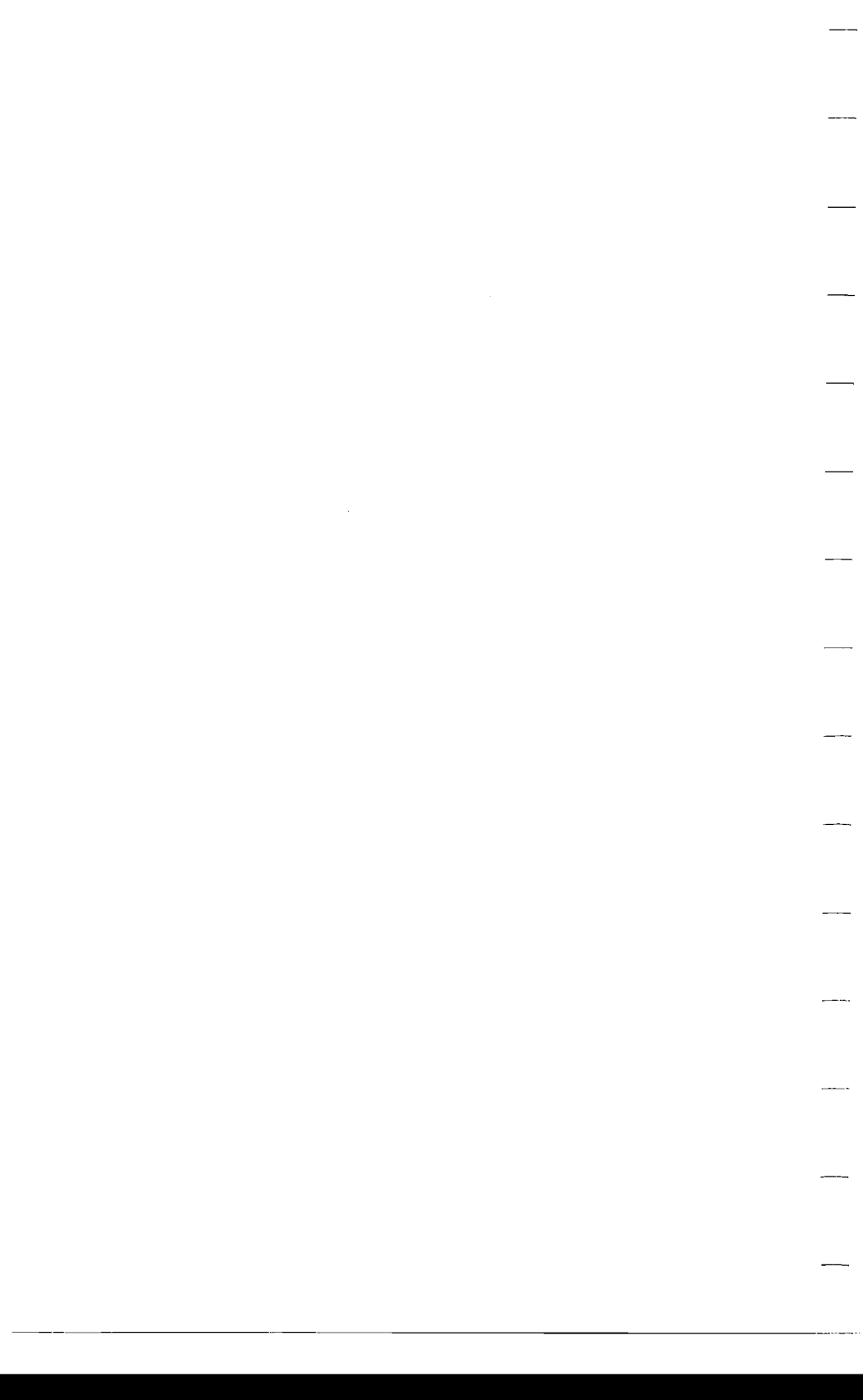
We dedicate this book to all cooks. In our homes today, as always, life is centered around the kitchen. It is with this thought in mind that we, the sponsors, have compiled these recipes. Some of the recipes are treasured family keepsakes and some are new; however, they all reflect the love of good cooking.

Our thanks to all those who generously contributed their favorite recipes. Without their help, this book would have never been possible.

We hope you will enjoy the many outstanding and treasured recipes on the pages that follow.

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# Appetizers, Relishes & Pickles





# **Appetizers**

**Appetizers are those treats that can be served either at the start of a meal or at a reception or open house. Listed below are quick appetizers that can be served anytime with crackers, thin sliced toasted bread or potato chips:**

- 1. Caviar flavored with onion juice.**
- 2. Cream cheese with chipped chutney and dash of curry powder.**
- 3. Lobster tail moistened with lemon juice.**
- 4. Almonds or pecans roasted and chopped, then mixed with anchovy paste.**
- 5. Cream cheese with chopped pickle.**
- 6. Chicken livers minced and moistened with mayonnaise.**
- 7. Cheese squares with olive attached by toothpick.**
- 8. Liverwurst with pistachio nuts.**
- 9. Sardines with caviar paste.**
- 10. Minced eggs with anchovies.**
- 11. Cream cheese and horseradish.**
- 12. Cream cheese and anchovy paste with grated onion.**
- 13. Herring squares mashed in its own juice with dash of vinegar and Tabasco sauce.**
- 14. Peanut butter and bacon toasted on dark bread.**
- 15. Deviled ham with chopped onions and Spanish olives.**
- 16. Stilton cheese moistened with Port wine.**
- 17. Shrimp flavored with French dressing.**
- 18. Caviar mixed with cream cheese with dash of Worcestershire sauce.**
- 19. Peanuts roasted, crushed and mixed with anchovy paste.**
- 20. Sardine slices topped with chopped olives.**
- 21. Pimento cheese mixed with a dash of horseradish.**
- 22. Minced shrimp with onion juice.**
- 23. Cream cheese with dash of Worcestershire sauce and chives.**

## APPETIZERS, RELISHES & PICKLES

### BACON AND EGG CUPS

Cook 1 piece of bacon for each egg. Butter each custard cup. Make ring of bacon around each cup. Put egg in cup and cover with Saran Wrap. Place 1 cup of water in a dish in microwave with the custard cups. Cook on High, then let stand for 2 minutes.

1 egg - 1 1/2 to 2 minutes

2 eggs - 2 to 3 minutes

3 eggs - 3 to 4 minutes

4 eggs - 3 to 4 minutes

6 eggs - 4 to 5 minutes

Janet Hayman

### BACON CHEESE PUFFS - APPETIZERS

1 lb. softened cream cheese

1 egg yolk

1 tsp. instant minced onion

1 tsp. baking powder

2 1/2 Tbsp. bacon pieces

60 round butter crackers

Combine cream cheese, egg yolk and onion in mixing bowl. Beat until smooth. Stir in baking powder and bacon bits. Put on crackers. Place crackers in circle on paper plate and heat in microwave for 30 seconds or more.

Janet Hayman

### CHEESE OLIVE HORS D'OEUVRES

2 c. grated natural sharp  
American cheese

1/2 c. margarine

1 c. sifted flour

1/2 tsp. salt

1 tsp. paprika

48 stuffed olives

Blend cheese with margarine. Stir in flour, salt and paprika. Mix well. Wrap 1 teaspoon mixture around olive, covering completely. Arrange on flat pan and freeze. Place in

plastic bag and return to freezer. When ready to use bake for 15 minutes at 400°.

Jan Vohar

### CHEESY POTATO SKINS

3 medium baking potatoes  
vegetable oil  
seasoned salt  
1 c. shredded Cheddar cheese

6 slices bacon, cooked and  
crumbled  
sour cream

Scrub potatoes thoroughly and rub with oil; bake at 400° for 1 hour or until done. Allow potatoes to cool to touch. Cut in half lengthwise; carefully scoop out pulp, leaving 1/4 to 1/8 inch shell. Deep fry shells in hot oil (375°) 2 minutes or until lightly browned. Drain on paper towels. Place skins on a baking sheet; sprinkle with seasoned salt, cheese and bacon. Place under broiler until cheese melts. Serve with sour cream.

Rhonda Stout

### FRIED CHEESE BITES

6 oz. of your favorite cheese,  
cut into 1-inch cubes  
2 eggs, well beaten

3/4 c. all-purpose flour  
1 1/2 c. fine dry breadcrumbs  
hot vegetable oil

Dip cheese cubes into egg; dredge in flour and dip again in egg. Roll cubes in breadcrumbs, pressing firmly so crumbs adhere; place on waxed paper and chill 30 minutes. Deep fry cubes in hot oil (375°) until golden brown. Drain on paper towels. Serve immediately. Yields about 1 1/2 dozen appetizer servings.

Rhonda Stout

### APPETIZER

(Tangy Wiener Pick Ups)

1 pkg. brown gravy mix  
1/2 c. cold water  
1/2 c. jelly (any kind)

2 Tbsp. catsup  
1 lb. wieners or smoky links

Cut wieners into 1/2 inch slices. Combine together with other ingredients and cook uncovered in microwave for 7 min-

utes. Stir occasionally. Makes 8 to 10 servings. Serve with toothpicks.

Janet Hayman

### TUNA FISH PUFFS

1/4 c. butter  
1/2 c. water  
1/2 c. flour

1/4 tsp. salt  
2 eggs

Melt butter in water. Turn down on low. Mix in flour and salt. Take off burner and add eggs. Beat until smooth. Grease cookie sheets. Drop by teaspoonfuls. Bake at 450° for 10 minutes. Then 350° for 15 minutes. Let cool, cut and stuff with tuna fish or your own meat or cheese spread.

Gwen Walker

### STUFFED MUSHROOMS

(Can Be Appetizer or Main Dish)

1 lb. fresh mushrooms

1/2 lb. bulk sausage

Clean mushrooms, remove stems by twisting; stuff mushrooms generously with sausage. Put in 2 1/2 quart casserole along with stems. No seasoning or water. Cover casserole and bake at 350° for 45 minutes to an hour or in microwave for 20 minutes. Let stand about 3 minutes.

Donna Warden

### BAR CHEESE

1 1/2 lb. soft sharp Cheddar cheese (white Cheddar if you can find it - if not, yellow tastes the same)

3 Tbsp. horseradish  
8 oz. jar of Tiger sauce  
3 good shakes of hot sauce

Bring Cheddar to room temperature. Add horseradish, Tiger sauce and hot sauce. Beat until fluffy. If you rather have a dip instead of a cracker spread, just add more Tiger sauce and mixture will be runny.

Millie Warren

## CHEESE BALL

- |                                       |                       |
|---------------------------------------|-----------------------|
| 1 pkg. Philly cream cheese            | 1 tsp. garlic juice   |
| 1 oz. Blue cheese                     | 1 c. pecans           |
| 1 pkg. Kraft spreadable sharp Cheddar | 1/2 c. parsley flakes |

Let all cheeses get to about room temperature so it would be easier to combine. Mix all ingredients in order given. Add nuts last, use 1/2 of flakes on top for garnish.

Sharon McKibben

## SMALL CHEESE BALL

- |                              |                          |
|------------------------------|--------------------------|
| 8 oz. cream cheese           | 1 pkg. dried beef, diced |
| 1 Tbsp. Worcestershire sauce | 1 Tbsp. minced onion     |
| 2 Tbsp. milk                 | pecans or walnuts        |

Mix all ingredients and roll in pecans or walnuts.

Susan Wiley

## PINEAPPLE CHEESE BALL

- |  |   |
|--|---|
| 2 pkg. cream cheese, softened          | 1/4 c. green pepper, cut fine                   |
| 1 Tbsp. Worcestershire sauce           | 1 Tbsp. parsley flakes                          |
| 8 or 10 oz. crushed pineapple, drained | 2 c. chopped pecans (divided evenly into 1 cup) |
| 2 Tbsp. Lipton onion soup mix          |   |

Mix all ingredients but 1 cup of pecans together. Roll into a ball and cover with 1 cup of pecans. Chill overnight.

Karen Black

## ROQUEFORT LOG

- |                                |   |
|--------------------------------|---|
| 1 lb. cream cheese             | 1/4 lb. crumbled Roquefort or any kind of Blue cheese |
| 1 small onion, finely chopped  | 1/2 to 3/4 lb. chopped pecans                         |
| 4 Tbsp. celery, finely chopped |   |

Mix cold cream cheese, onion, celery and Blue cheese by hand. Shape into log. Roll log into chopped pecans.

Millie Warren

## SALMON PARTY BALL

2 c. salmon (1 lb. can),  
drained  
8 oz. cream cheese  
1 Tbsp. lemon juice  
2 tsp. onion, grated

1 Tbsp. white horseradish  
1/4 tsp. salt  
1/4 tsp. paprika  
1/2 c. pecans, chopped  
3 Tbsp. parsley, chopped

Thoroughly mix all ingredients except pecans and parsley. Roll into ball in wax paper and chill several hours. Then roll in combined pecans and parsley. Re-chill until ready to serve or freeze. Serve with a platter of raw vegetables, cut into convenient sizes for scooping into the salmon ball. Delicious and usually the most popular attraction at buffet parties.

Kathleen Medors

## TUNA BALL

1 c. tuna  
1 pkg. (8 oz.) cream cheese  
1 chopped onion

1 Tbsp. horseradish  
pecans

Chill 3 to 4 hours before making ball. Cover with chopped pecans.

Debbl Braden

## LIVER PATE

1 lb. braunschweiger  
1 small onion, finely chopped

1 tsp. garlic powder  
2 tsp. sweet basil

### Pate Frosting:

1 lb. cream cheese  
1 tsp. Beau Monde

3 to 4 shakes of hot sauce

Mix pate mixture well and shape into ball or log. Frost with Cream Cheese Frosting and then sprinkle with dill weed. You may also want to garnish with olives.

Millie Warren

### BOUILLON DIP

1 1/2 or 2 beef bouillon cubes	1 tsp. onion salt
1/4 c. water	2 tsp. lemon juice
1 (8 oz.) cream cheese	

Add bouillon cubes to water and boil. Cool. Add remaining ingredients with a mixer.

Linda R. Lewis McFarland

### FRESH FRUIT DIP

1 (8 oz.) cream cheese	1 tsp. orange juice
1 (7 oz.) jar marshmallow cream	

Mix together well. Dip selected fruits of your choice.

Debbi Braden

### SPINACH DIP

1 c. sour cream	1 pkg. Knorr vegetable soup mix
1 c. real mayonnalse	1 can chopped water chestnuts
1 chopped onion	
1 (10 oz.) pkg. chopped spinach *	

\*Cooked according to directions and drained thoroughly. Make sure all water is out.

Mix all ingredients with spinach and refrigerate overnight.

Sue Ann McIlhargle

### HOT TACO DIP

2 (8 oz.) pkg. cream cheese	chopped green onions
2 envelopes taco seasoning	jalapeno pepper cheese, grated
1 pt. sour cream	chopped fresh tomatoes
shredded lettuce	plain tortilla chips

Soften cream cheese, mix with 1 1/2 to 2 envelopes taco seasoning mix to taste and 1 pint or less sour cream until of spreading consistency. Spread in bottom of ungreased 8 x 13-inch Pyrex cake pan. Top with layer of lettuce, onions, cheese and then tomatoes. Chill 1 hour or more. Serve with

tortilla chips. Cheddar or Colby cheese may be substituted for the jalapeno pepper cheese.

Karen Black

### TACO DIP

2 (8 oz.) pkg. cream cheese,  
softened  
2 Tbsp. milk  
1 envelope dry taco seasonings  
2 tsp. chill powder  
1 Tbsp. taco sauce  
1 small can refried beans

diced green pepper  
chopped onion \*  
chopped tomatoes \*  
chopped olives \*  
small head lettuce, shredded \*  
tortilla chips

Mix cream cheese, milk, taco seasoning, chili powder and taco sauce together. Spread in 13 x 9 x 2-inch casserole dish. Spread refried beans over cream cheese mix.

\*Sprinkle on chopped vegetables according to your taste. Use tortilla chips to scoop up dip.

Note: You may use your judgement on how many vegetables you want to use. Remember this is a dip.

Beverly Friend

### LOW CALORIE VEGETABLE DIP

1 1/3 c. cottage cheese  
1/2 c. skim milk

1 pkg. Good Seasons dry salad  
dressing mix

Add everything together in blender until smooth. Chill. Serve with vegetables.

Debbi Braden

### CARROT RELISH

4 c. sliced carrots  
2 medium onions  
1 bell pepper, sliced

1 large pkg. frozen  
cauliflower

Cook carrots in salted boiling water until crisp. Drain immediately and rinse once with cold water. Sliced onions and bell peppers, cut cauliflower in small pieces.

1/3 c. oil  
2/3 c. vinegar  
1 tsp. prepared mustard

1 Tbsp. Worcestershire sauce  
1 c. sugar  
1 tsp. salt



Combine ingredients and cook just until thoroughly mixed, medium heat. Pour over vegetables and mix thoroughly; marinate overnight.

Ann Stout

### FRESH CORN RELISH

6 ears or 3 c. cooked corn  
1/2 green pepper, chopped  
1 c. celery, chopped  
1 onion, chopped  
2 tsp. salt

1 tsp. pepper (may want to use less)  
1 tsp. dry mustard  
1/4 tsp. turmeric  
1/3 c. vinegar  
1/4 c. salad oil

Cook corn in boiling water about 5 minutes. Cool and cut from cob. Add remaining ingredients, mix well and refrigerate several hours before serving. Makes 3 to 4 cups.

Donna Link

### ZUCCHINI RELISH

3 medium onions, ground  
10 c. ground zucchini  
1/4 c. pickling salt  
5 c. sugar

3 c. vinegar  
1 tsp. turmeric  
1 tsp. celery seed  
1 tsp. mustard seed

Combine ground onions, zucchini and salt. Let stand overnight. Next morning drain and add other ingredients. Cook 1/2 hour and put in hot jars and seal. Makes 7 pints.

Donna Link

### ZUCCHINI RELISH

10 c. zucchini  
4 c. onions

2 green peppers

Put in food grinder or grate. Put 5 tablespoons of salt over all. Let stand overnight. Next morning rinse with cold water and drain. Combine:

6 c. sugar  
1 Tbsp. dry mustard  
1 Tbsp. cornstarch

2 tsp. celery seed  
2 tsp. mustard seed  
2 1/2 c. vinegar

Mix with zucchini. Cook 30 minutes. Stir frequently. Put in jars and seal. Process 5 minutes.

Gwen Walker

### BREAD AND BUTTER PICKLES

6 qt. medium size cucumbers, thinly sliced	2 c. water
6 medium size white onions, sliced	1 qt. vinegar
3/4 c. salt	4 c. sugar
	2 Tbsp. celery seed
	2 Tbsp. mustard seed

Wash cucumbers thoroughly before slicing. Arrange cucumbers and onions in layers in an earthenware crock or bowl. Sprinkle each layer with salt. Cover and let stand 3 hours. Drain the juice which has accumulated. Combine water, vinegar, sugar, celery seed and mustard seed. Bring to a boil stirring until sugar is dissolved. Boil 3 minutes. Add cucumber mixture and bring to a boiling point. Do NOT boil. Pack at once into hot sterilized jars. Seal at once. Makes 8 pints.

Edna Fisher

### CRUNCHY PICKLES

6 lb. medium size cucumbers	2 qt. water
1 c. salt	

Slice cucumbers. Make a brine of salt and water. Pour over pickles and let stand for 5 days. Then soak one night in cold clear water. Pour off and boil pickles for 1/2 hour in:

2 Tbsp. alum (rounded)	2 qt. water
4 Tbsp. ginger	6 lb. sugar
2 gal. water	a few sticks of cinnamon and
2 qt. vinegar	few cloves

Put this over pickles and boil until pickles are clear. Remove pickles and boil syrup 1/2 hour or until thick. Put pickles back into syrup. Heat again. Can and seal.

Grace Obert

<<< **Extra Recipes** >>>

# Soups, Salads & Sauces



# Salads

## Additions and Garnishes

Slice hard-cooked eggs  
Radishes  
Chopped green or ripe olives  
Nut meats  
Pimento  
Green pepper  
Sardines  
Anchovies  
Slivered cheeses  
Julienned ham  
Chicken  
Grated carrots  
Cubed celery  
Onions - pickled, grated or pearl onions  
Tomatoes, sliced and dipped in finely  
chopped parsley or chives  
Capers  
Dwarf tomatoes stuffed with cottage  
cheese  
Fresh herbs - sprigs or chopped  
Mint leaves  
Cooked beets, cut into shapes or sticks  
Lemon slices with pinked edges and  
dipped in chopped parsley  
Raw cauliflower

## Tips for Tossed Salads

Always handle salad greens with care.

Wash well, drain and dry greens before  
storing: chill well before using.

To core lettuce, smack head stem end  
down on counter top. Then twist the core  
out.

It is better to tear greens into bite-sized  
pieces to avoid bruising with knife.

Don't cut up tomatoes for a tossed salad  
since their juices thin the dressing and  
wilt the greens. Using them only for  
garnishing the salad bowl.

Select only firm, hard, green cucumbers.  
The skin should have a slight sheen, but  
if it is highly polished, it is probably  
waxed and should be removed.

Use wild greens such as dandelion, sorrel  
or winter cress for a different flavor and  
texture in tossed salads.

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## About Potato Salad-

Potato salad is best made from potatoes  
cooked in their jackets and peeled and  
marinated while still warm. Small red  
waxy potatoes hold their shape when  
sliced or diced and do not absorb an  
excessive amount of dressing or become  
mushy.

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## Soup Accompaniments-

Clear Soups - crisp crackers, ~~cheese~~  
pastry, cheese-spread toast strips.

Cream Soups - cheese popcorn, seeded  
crackers, pretzels, pickles and olives.

Chowders and Meat Soups - Melba toast,  
sour pickles, oyster crackers, bread  
sticks, relishes, toasted garlic bread.

## SOUPS, SALADS & SAUCES

### BEAN SALAD

2 qt. green beans, drained	1 sliced onion
16 oz. red kidney beans, drained	1 green pepper sliced
16 oz. wax beans, drained	3 c. Crisco oil
8 oz. lima beans, drained	1 1/2 c. vinegar
	5 Tbsp. sugar

Mix oil, vinegar and sugar. Pour over bean mixture, mix well. Let set 12 hours.

Debbi Braden

### BROCCOLI - CAULIFLOWER SALAD

2 c. broccoli	1 bunch green onions w/tops
2 c. cauliflower	1 c. Cheddar cheese, shredded

#### Dressing:

1 c. mayonnaise	1 pkg. Good Seasons Italian dressing mix
1/3 c. milk	

Combine vegetables and cheese. Add dressing mixture and stir. Marinate overnight.

Elle Trout

### CHRISTMAS SALAD

1 can sweetened condensed milk	2 cans mandarin oranges, drained
1 (9 oz.) Cool Whip	1 large can crushed pineapple, drained
1 large (30 oz.) cherry pie filling	1 c. miniature marshmallows

Whip the milk and topping. Fold in cherries, then oranges, pineapple and marshmallows. Pour in a 15 x 8 x 2-inch pan and refrigerate.

Karen R. Goswick

## CRANBERRY SALAD

- |                    |                |
|--------------------|----------------|
| 1 box lemon jello  | 3 apples       |
| 1 box orange jello | 1 orange       |
| 2 3/4 c. hot water | 2 3/4 c. sugar |
| 1 lb. cranberries  |                |

Grind cranberries, apples and orange with a little of rind. Stir in sugar until dissolved. Make jello let it cool for about 1 hour. Then stir in cranberry mixture. Pour into jello mold.

Barbara Stimpert

## CRANBERRY WALDORF SALAD

- |                                |                                     |
|--------------------------------|-------------------------------------|
| 2 c. fresh cranberries         | 1/2 c. seedless red or green grapes |
| 3 c. miniature Marshmallows    | 1/2 c. chopped walnuts              |
| 3/4 c. sugar                   | 1/4 tsp. salt                       |
| 2 c. diced unpared tart apples | 1 c. whipping cream                 |

Grind cranberries and combine with marshmallows and sugar. Cover and chill overnight. Add apples, grapes, walnuts and salt. Whip cream and fold into cranberry mixture. Chill and serve.

\*Note 1 package whipped topping mix may be used in place of whipped cream. Prepare according to directions on package.

Janet Hayman

## GOURMET SALAD

- |                                     |   |
|-------------------------------------|---|
| 1 1/2 to 2 heads lettuce            | 4 strips bacon, cooked drained and crumbled |
| 3 to 4 green onions                 | 1 pkg. almonds                              |
| couple sprinkles of poppy seed      | 1/4 c. sesame seed                          |
| 3 chicken breasts, cooked and boned | chow mein noodles                           |

Dressing:

- |                |               |
|----------------|---------------|
| 1/2 c. oil     | 2 tsp. salt   |
| 1/4 c. vinegar | 1 tsp. pepper |
| 1/2 c. sugar   |               |

Brown almonds and sesame seed in a little butter. Toss

all ingredients except chow mein noodles. Just before serving add noodles and pour on dressing.

Eille Trout

## MACARONI SALAD

(This Recipe Can Be Cut in Half)

16 oz. macaroni, cooked and drained  
 1 qt. mayonnaisse-like salad dressing (I use Miracle Whip)  
 1/4 c. sugar  
 1/4 c. vinegar  
 3/4 c. milk

salt and pepper to taste  
 1 c. sliced celery (or whatever amount you like)  
 4 to 6 hard cooked eggs, chopped (I smash mine up with a fork)  
 1 c. sliced green onions or 3/4 c. chopped onions

While macaroni is cooking, combine salad dressing, sugar, vinegar and milk. Add other ingredients to macaroni after cooking, then add dressing mixture to macaroni mixture while still hot. Chill well. Makes around a 3 quart bowl full. This dressing is also good for potato salad!

Debbie Bennett

## OVERNIGHT SALAD

1 can crushed pineapple  
 1/2 lb. marshmallows  
 1/2 pt. whipping cream

1/2 lb. seedless grapes  
 1/4 to 1/2 c. chopped nuts

Combine and refrigerate overnight.

Susie Karr

## PASTA SALAD

1 lb. thin spaghetti  
 2 medium tomatoes, diced  
 2 hard boiled eggs (optional)

Italian salad dressing  
 3/4 c. Parmesan cheese

Break spaghetti into 3 or 4 shorter lengths. Cook in boiling water until done. Drain and rinse with cold water. In a large mixing bowl, toss spaghetti, tomatoes and eggs. Pour dressing over all. Add cheese. Chill 2 hours before serving.

Eldora Beaver



**PASTA SALAD**

1 lb. rotini  
 1/4 lb. pepperoni  
 1/4 lb. hard salami, thin  
 1/4 lb. Provolone cheese  
 1 green pepper

1 medium onion  
 2 medium tomatoes  
 1/4 lb. each black and green olives

**Dressing:**

1 tsp. oregano  
 1 tsp. salt  
 1 tsp. garlic powder

1 tsp. pepper  
 1/3 c. oil  
 1/4 c. vinegar

Cook rotini, drain well. Slice pepperoni, salami and cheese into bite size pieces. Dice green pepper and onion. Chop tomatoes and olives. Put all ingredients into bowl and mix. Combine the following dressing ingredients and mix well: oregano, salt, garlic powder, pepper, oil and vinegar. Pour dressing over and mix well. Refrigerate overnight, if possible.

Jan Vohar

**PRETZEL SALAD**

1 c. crushed pretzels  
 1 stick margarine, melted  
 3 Tbsp. sugar  
 2 pkg. Dream Whip

1 (8 oz.) pkg. cream cheese  
 1/2 c. sugar  
 1 can pineapple pie filling

**Crust:** Mix crushed pretzels, margarine and 3 table-  
 spoons sugar together and bake 10 minutes. Cool.

**Filling:** Mix Dream Whip, cream cheese and sugar.  
 Spread on top of crust.

**Top:** Top with can pineapple pie filling.

Debbi Braden

**PRETZEL SALAD**

2 c. crushed pretzels (with  
 salt)  
 1/2 c. melted margarine  
 3 Tbsp. sugar  
 1 (8 oz.) cream cheese,  
 softened  
 1 c. sugar

1 (9 oz.) frozen whipped  
 topping, thawed  
 1 (6 oz.) strawberry gelatin  
 2 c. boiling water  
 2 pkg. (10 oz. each) frozen  
 strawberries

Mix pretzels, margarine and 3 tablespoon of sugar, pat into bottom of 13 x 9-inch baking dish. Bake 8 minutes at 375°. Cool. Beat cream cheese and 1 cup sugar. Add whipped topping. Spread over cooled crust. Refrigerate 10 to 15 minutes. Dissolve gelatin in boiling water. Add strawberries. Mix well and let stand 10 to 15 minutes. Pour over cheese layer. Refrigerate.

Jan Vohar

### SAUERKRAUT SALAD

1 small can kraut	1/2 c. salad oil
1 c. sweet peppers, chopped	1/2 c. vinegar
1 c. chopped onions	1 1/2 c. sugar
1 c. chopped celery	sprinkle salt

Toss all ingredients together.

Edna Fisher

### VEGETABLE SALAD

1 can (1 lb. size) French-cut green beans	1 c. green pepper, chopped
1 can peas (tiny)	1 c. onion, chopped
1 can white shoe peg corn	1 c. celery, chopped
1 small jar pimentos, chopped	1 tsp. salt
	1 tsp. pepper

Drain all vegetables. Combine all ingredients.

3/4 c. white vinegar	1 c. sugar
1/2 c. Crisco oil	

Mix and bring to a boil. Cool. Then pour over vegetables and marinate in refrigerator for at least 24 hours.

Donna Huddle

### BARBEQUE SAUCE

1/2 c. water	1/2 tsp. onion salt
1 c. ketchup	1/4 tsp. pepper
1/2 c. brown sugar	1 Tbsp. Worcestershire sauce
1/2 tsp. celery seed	1 tsp. salt
1 Tbsp. vinegar	

Mix and simmer for 20 minutes. This is good for barbecue chicken on the grill. Use a low fire. Coat chicken 3

times and turn every 15 minutes. Coat at each turn. Cook for 45 minutes to 1 hour.

Rhonda Stout

### WESTERN CHILI

(Not Soup)

3 lb. ground beef	1 tsp. chili powder
16 oz. tomato sauce	1 tsp. garlic powder
8 oz. taco sauce	salt
1 chopped onion	

Simmer 1 hour. Serve on Uncle Ben's rice. Cook 1 cup (dry) of rice. Top with lettuce, Cheddar cheese, tomatoes, onions and sour cream. Fritos (crumbled) and enchilada sauce.

Debbi Braden

### CONEY SAUCE

2 lb. ground beef	3/4 c. catsup
1 large onion	1 qt. tomato juice
1 stick chopped celery	1 1/2 Tbsp. salt
1 Tbsp. chili powder	1/2 c. sugar
1/2 tsp. cloves	

Brown beef with onion then add other ingredients. Simmer slowly for an hour. You can freeze or keep in refrigerator for 2 weeks.

Debbi Braden

### HOT DOG SAUCE

2 c. water	3/4 c. brown sugar
1 lb. hamburger	2 1/2 Tbsp. chili powder
1 c. chopped onions	salt and pepper to taste
4 c. catsup	

Combine water, hamburger and onions and cook until done. Add catsup, brown sugar, chili powder, salt and pepper. Cook over low heat until thick. Combine all ingredients after being cooked and serve over your favorite hot dog.

Susie Karr

**HOT FUDGE SAUCE**

<b>1 can evaporated milk</b>	<b>1/4 c. butter or margarine</b>
<b>2 c. sugar</b>	<b>1/2 tsp. salt</b>
<b>4 (1 oz.) squares unsweetened chocolate</b>	<b>1 tsp. vanilla</b>

Heat milk and sugar to boiling point. Boil hard 1 minute while stirring. Add whole chocolate squares; stir over heat until melted. Remove from heat. Beat with a rotary beater until smooth. Add margarine, vanilla and salt. Cool. Serve hot on ice cream. This thickens as it cools. Can be kept for a long time refrigerated. (This is used as the fudge in the recipe for the Fudge Sundae Pie.)

Jan Vohar

**PIZZA SAUCE**

<b>1 can tomato juice</b>	<b>1 tsp. basil</b>
<b>1 (12 oz. to 15 oz.) can tomato paste</b>	<b>1 tsp. oregano</b>
<b>1 (12 oz. to 15 oz.) can tomato puree</b>	<b>2 tsp. garlic salt</b>
	<b>2 tsp. onion salt</b>
	<b>2 c. water</b>

Mix all together in large saucepan. Bring to a boil then reduce heat and simmer 1/2 hour. Can be frozen.

Debbi Braden

**SAUSAGE GRAVY**

<b>1 lb. sausage (whatever brand you prefer)</b>	<b>26 oz. of milk or 1 (13 oz.) can of evaporated milk plus</b>
<b>salt and pepper to season</b>	<b>1 can of water</b>
<b>1/4 c. flour</b>	<b>Kitchen Bouquet</b>

Brown sausage, breaking into pieces while frying. When all browned, add salt and pepper to your taste and the flour. Stir to coat sausage. Add milk and stir until thickened. I add Kitchen Bouquet (around 1 teaspoon) to give the gravy a brown color. Serve over biscuits. Mmmm good!

Debbie Bennett

**SPAGHETTI SAUCE**

1 (32 oz.) Prego sauce with  
meat  
1 (8 oz.) Hunt's tomato sauce

1 (8 oz.) mushrooms and stems,  
drained  
1 lb. ground chuck  
2 onions

Brown meat and onions. Mix together with remaining ingredients. Sprinkle Italian seasoning and garlic powder. Serve over spaghetti.

Edna Fisher

**BROCCOLI SOUP**

2 c. water  
1 (10 oz.) pkg. broccoli  
2 Tbsp. butter  
1 c. instant milk

1 can Cheddar cheese,  
undiluted  
1/8 tsp. pepper  
1/8 tsp. hot sauce

Cook broccoli, water and butter until broccoli is tender. Add milk, Cheddar cheese, pepper and hot sauce. Makes about 5 cups.

Mabel Smith

**BROCCOLI SOUP**

1 box frozen chopped broccoli  
1 can potato or celery soup  
1 can Cheddar cheese soup

2 cans milk  
3 Tbsp. butter

Cook broccoli as shown on box (no salt). If desired chop finer in processor. Mix all ingredients together. Heat and season to taste with lemon pepper but do not use salt.

Donna Warden

**BROCCOLI - POTATO SOUP**

2 medium potatoes, diced  
1 medium onion, chopped  
2 tsp. chicken bouillon  
dissolved in 1 c. water  
1 carrot, diced

3 Tbsp. oleo or margarine  
10 oz. pkg. chopped broccoli,  
cooked until tender  
3/4 c. cubed ham  
3 Tbsp. flour

Cook potatoes, onion, carrots, margarine and chicken bouillon together until potatoes are tender. Add cooked,

drained broccoli and ham. Add 3 tablespoons of flour mixed with 1 quart of milk, gradually. Simmer until heated through.

Susie Karr

## HOMEMADE POTATO SOUP

(This Is A Recipe for A Crock-pot)

6 potatoes, peeled and cut  
into bite size pieces  
1 onion, chopped  
1 carrot, pared and sliced  
1 stalk celery, sliced  
4 chicken bouillon cubes  
1 Tbsp. parsley flakes

ham, cut up into bite size  
pieces  
5 c. water  
1 tsp. salt  
pepper  
1/3 c. butter (less if have  
fat from the ham)  
1 (13 oz.) can evaporated milk

Put all ingredients except milk in crock-pot. Cover and cook on low for 10 to 20 hours. If you wish to use high setting, cook for 3 to 4 hours. Stir in evaporated milk during last hour. If desired, mash potatoes with masher before serving.

Janet Hayman

## CREAMY POTATO SOUP

(Makes 2 1/2 quarts)

6 strips bacon, diced  
1 c. chopped onion  
6 c. potatoes, pared and  
sliced  
1 c. sliced celery  
1/2 c. sliced, pared carrots  
3 c. water

2 c. milk  
2 c. light cream or canned  
milk  
1/2 tsp. salt  
1/4 tsp. pepper  
shredded Cheddar cheese  
(optional)

Cook bacon in 4 quart pan until crisp. Add onion and cook until tender. Remove bacon and onion; drain on paper towels. Pour off fat. Place potatoes, celery, carrots, water and 1 1/2 teaspoon salt in same pan. Cover and cook over high heat until mixture comes to a boil. Reduce heat to low and simmer 15 minutes or until tender. Drain in colander. Place half of the potato mixture and milk in blender. Puree until smooth. Return pureed mixture; remaining potato mixture and bacon mixture to pan. Stir in cream, 1/2 teaspoon of salt and pepper. Cook over medium heat, stirring occasionally, 15

minutes or until hot (DO NOT BOIL). Serve in bowls and sprinkle with cheese.

Ellie Trout

## BEEF STEW

meat cut into cubes  
4 c. boiling water  
1 tsp. Worcestershire sauce  
1 medium onion, sliced  
1 Tbsp. salt  
1/2 tsp. pepper  
dash of allspice  
3 potatoes  
celery

peas  
1 can tomato sauce  
2 Tbsp. fat  
1 Tbsp. lemon juice  
1 clove garlic  
1 to 2 bay leaves  
1 tsp. sugar  
1/2 tsp. paprika  
6 carrots

Brown meat on all sides in the fat, very slowly (about 20 minutes) add the water and all ingredients down to the carrots. Cover and simmer 2 hours or longer, stir occasionally to prevent sticking. Remove bay leaf and garlic. Add carrots, potatoes, peas and tomato sauce. Cover and cook until vegetables are done. (Very Good)

Doris Watson

## SLOW SIMMER STEW

2 lb. beef stew meat, cubed  
1 c. sliced carrots (4)  
2 chopped onions (3/4 c.)  
1 can tomato soup, thinned  
with 1/2 can water

1 tsp. salt  
2 large potatoes, sliced  
2 bay leaves  
1/4 lb. fresh mushrooms  
(optional)

In a large casserole with a tight lid, mix all ingredients. Put the lid on. Put in 275° oven for five hours. Serves 4.

Note: Do not put the bay leaves in the mixture. Lay them on top and be sure and remove them before eating. (They are so easy to get caught in your throat.)

Pauline Wilson

## WELLINGTON STEW

1 1/2 lb. beef stew meat  
1/4 c. Italian dressing

1/4 tsp. pepper  
2 c. chopped potatoes

1 (28 oz.) can tomatoes  
1 tsp. salt

1 c. celery, sliced  
12 small onions

### **Cheese Dumplings:**

1 c. Bisquick  
1/3 c. milk

6 oz. shredded Cheddar cheese

Brown meat in dressing. Add tomatoes and seasonings. Simmer 1 hour covered. Add vegetables, cover and simmer until vegetables are done. Drop dumplings by tablespoon into hot stew. Cover and simmer 12 to 15 minutes until dumplings are done.

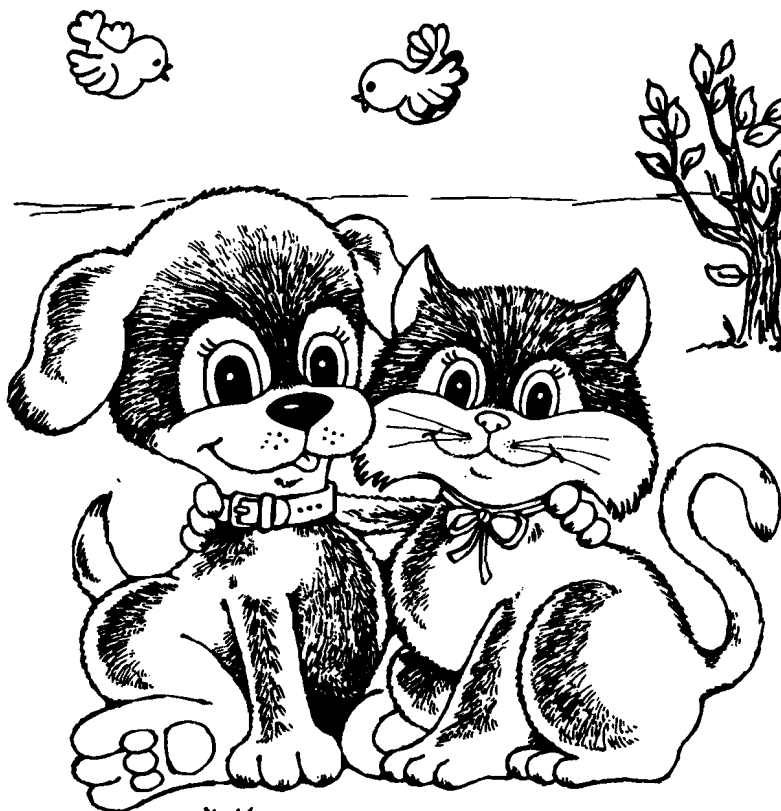
Dumplings: Combine Bisquick and milk. Add cheese. Mix well.

<<< Extra Recipes >>>



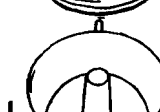
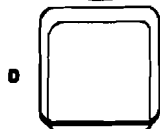
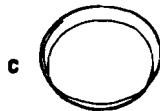
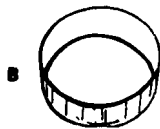
<<< Extra Recipes >>>

# Main Dishes



# Common Kitchen Pans to Use as Casseroles

## WHEN THE RECIPE CALLS FOR:



**4-cup baking dish:**

9-inch pie plate  
8 x 1 1/4-inch layer-cake pan -C  
7 3/8 x 3 5/8 x 2 1/4-inch loaf pan -A

**6-cup baking dish:**

8 or 9 x 11 1/2-inch layer-cake pan -C  
10-inch pie plate  
8 1/2 x 35/8 x 25/8-inch loaf pan -A

**6-cup baking dish:**

8 x 8 x 2-inch square pan -D  
11 x 7 x 1 1/2-inch baking pan  
9 x 5 x 3-inch loaf pan -A

**10-cup baking dish:**

9 x 9 x 2-inch square pan  
11 1/4 x 7 1/2 x 1 1/4-inch baking pan -D  
15 x 10 x 1-inch jelly-roll pan

**12-cup baking dish or over:**

13 1/2 x 8 1/2 x 2-inch glass baking pan 12 cups  
13 x 9 x 2-inch metal baking pan 15 cups  
14 x 10 1/2 x 2 1/2-inch roasting pan 19 cups

## TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

### Tube Pans:

7 1/2 x 3-inch "Bundt" tube -K 6 cups  
9 x 3 1/2-inch fancy tube or "Bundt" pan -J or K 9 cups  
9 x 3 1/2-inch angel-cake pan -I 12 cups  
10 x 3 3/4-inch "Bundt" or "Crownburst" pan -K 12 cups  
9 x 3 1/2-inch fancy tube -J 12 cups  
10 x 4-inch fancy tube mold (kugelhupf) -J 16 cups  
10 x 4-inch angel-cake pan -I 18 cups

### Melon Mold:

7 x 5 1/2 x 4-inch mold -H 6 cups

### Spring-Form Pans:

8 x 3-inch pan -B 12 cups  
9 x 3-inch pan -B 16 cups

### Ring Molds:

8 1/2 x 2 1/4-inch mold -E 4 1/2 cups  
9 1/4 x 2 3/4-inch mold -E 8 cups

### Charlotte Mold:

6 x 4 1/4-inch mold -G 7 1/2 cups

### Brioche Pan:

9 1/2 x 3 1/4-inch pan -F 8 cups

## MAIN DISHES

### BACON STRATA

8 oz. can mushrooms	1 medium onion
1 c. (4 oz.) Cheddar cheese	4 eggs
2 c. milk	6 slices bread
1 tsp. mustard	1/2 tsp. salt
1 lb. bacon	

Line pan with 6 slices of bread. Fry bacon, then saute onions and mushrooms together. Combine with eggs, milk, mustard and salt. Pour over bread. Lay bacon on top, then cheese. Bake in 13 x 9-inch pan at 350° for 35 minutes.

Vivian Cornwell

### BEEF-BROCCOLI WELLINGTON

1 lb. ground beef	1/4 tsp. salt
9 oz. pkg. cut broccoli, thawed and drained	1/4 tsp. pepper
4 oz. pkg. (1 c.) Mozzarella cheese, shredded	2 (8 oz.) cans Pillsbury refrigerated quick crescent dinner rolls
1/2 c. chopped onions	1 egg, beaten
1/2 c. dairy sour cream	poppy seed (if desired)

Heat oven to 375°. In medium skillet, brown meat; drain well. Add broccoli, cheese, onion, salt and pepper; mix well. Simmer 10 minutes. Separate dough into 4 long rectangles. On ungreased cookie sheet, over lap long sides of 2 rectangles 1/2 inch; firmly press edges and perforations to seal. Press or roll to form 13 x 7-inch strip lengthwise down center of dough. Bring long edges of dough rectangle over filling, overlapping edges slightly; pinch edge and ends to seal. Repeat with remaining rectangle. Brush with beaten egg; sprinkle with poppy seed. Bake at 375° for 18 to 22 minutes or until deep golden brown. Garnish as desired. Serves 6 to 8.

Ann Atkinson

## BEEF IMPERIAL WITH POTATO PUFFS

(Read Complete Recipe Before You Begin)

- |   |                                       |
|---|---------------------------------------|
| 1/4 c. flour  | 1 c. water                            |
| 1 tsp. salt   | 10 1/2 oz. can cream of mushroom soup |
| 1/4 tsp. pepper   | 2 Tbsp. catsup                        |
| 1 lb. boneless beef (boiling beef), cut in 1 inch cubes | 1 (16 oz.) jar small onions, drained  |
| 1/4 c. shortening                                       |                                       |

Combine flour, salt and pepper to coat beef cubes with mixture. Brown in shortening in large heavy skillet. Add water, simmer 1 hour until tender. Stir in soup, catsup and onions. Pour into 2 quart casserole. Top with the following:

### Potato Puffs:

- |                           |       |
|---------------------------|-------|
| 2 c. mashed potato flakes | 1 egg |
| 1 Tbsp. margarine, melted |       |

Combine 1/4 cup potato flakes with margarine and set aside. Prepare remaining flakes as directed on package for 4 servings. Decreasing water to 1 cup stir in egg. Drop mixture by spoonfuls on top of casserole. Sprinkle with buttered flakes. Bake at 400° for 20 to 25 minutes. Until golden brown.

Beverly Friend

## CHICKEN - BROCCOLI CASSEROLE

- |  |  |
|--|--|
| 3 chicken breast, cooked and chunked               | 1 small jar Cheez Whiz                             |
| 1 (10 oz.) pkg. frozen broccoli, semi-thawed       | 1 can cream of chicken soup                        |
| 1 (8 oz.) egg noodles, slightly cooked and drained | 1 1/2 c. sour cream                                |
|  | 1 c. chicken broth, saved from cooking the chicken |
|  | 1/2 stick margarine                                |

Mix all ingredients. Place in a 9 x 13-inch baking dish. Bake at 350° for 1 hour.

Rhonda Stout

**CHICKEN DIVAN ROTINI**

- |   |   |
|---|---|
| 2 c. uncooked San Giorgio rotini                            | 1 c. (4 oz.) shredded Cheddar cheese    |
| 1 (10 1/4 oz.) can Food Club cream of chicken soup          | 1 (2 oz.) jar sliced pimiento, drained  |
| 1 (10 oz.) pkg. frozen chopped broccoli, thawed and drained | 2 tsp. French's Dijon mustard           |
| 1 c. cooked, cubed chicken                                  | 1 tsp. Durkee dried chopped onion rings |

Preheat oven to 350°. Cook rotini in boiling salted water according to package directions. Drain. In medium bowl, combine all ingredients, reserving 2 tablespoons Cheddar cheese; mix together. Spoon mixture in 1 1/2 quart casserole dish; sprinkle with remaining cheese. Cover; bake 20 to 25 minutes or until cheese bubbles. Serves 4.

Terry Wynd, Home Economist

**CHICKEN-N-RICE CASSEROLE**

- |                                  |   |
|----------------------------------|---|
| 1 (10 oz.) pkg. chopped broccoli | 1 can (10 3/4 oz.) cream of mushroom soup |
| 1 c. Minute rice                 | 1 c. milk                                 |
| 1 c. diced chicken, cooked       | 1 c. grated Cheddar cheese                |
|                                  | 1 medium onion, chopped                   |

Place broccoli in 1 1/2 quart baking dish. Bake at 350° for 7 minutes to partially thaw. Stir in rice, chicken, soup, milk, half the cheese and the onion. Then sprinkle with remaining cheese. Bake for 45 minutes, or until hot and bubbly. Makes 5 cups or 3 servings.

Doris Wiley

**CHICKEN SOUPER**

(Microwave)

- |   |   |
|---|---|
| 6 Tbsp. flour                                   | 1/4 tsp. paprika                            |
| 1 envelope dry chicken noodle soup mix, divided | 2 1/2 to 3 lb. broiler fryer chicken pieces |
| 2 tsp. dried parsley flakes                     | 1 1/2 c. water                              |

Combine 4 teaspoons flour, 1/2 package soup mix, parsley flakes and paprika. Coat chicken with mixture. Sprinkle any remaining mixture over pieces. In 12 x 8-inch microwave proof dish, mix remaining flour, soup and water. Arrange chicken

pieces in dish. Cover with waxed paper. Cook on High power 20 to 25 minutes or until chicken is no longer pink, rearranging but not turning over pieces and stirring gravy after half the time. Makes 4 servings.

Emma Myers

### CREAMED CHICKEN

6 Tbsp. butter	1 1/2 c. chicken stock or canned broth
6 Tbsp. flour	1 c. cream or evaporated milk
1 tsp. salt	1 c. cut up chicken
1/8 tsp. pepper	

Melt butter, blend in flour, salt and pepper. Cook over low heat until smooth and bubbly. Remove from heat and stir in chicken stock or broth and cream. Mix well and add chicken. Warm and serve over hot biscuits.

Doris Wiley

### CREAMED CHICKEN OVER BISCUITS

#### Creamed Chicken:

1 chicken (3 lb.)	1 Tbsp. dried parsley (optional)
6 Tbsp. butter, melted	2 to 3 drops of yellow food coloring
6 Tbsp. flour	
salt and pepper to taste	
2 c. chicken broth	

#### Biscuits:

1 3/4 c. flour	1/4 tsp. baking soda
4 tsp. baking powder	1/3 c. butter or shortening
1/2 tsp. cream of tartar	3/4 c. milk or buttermilk

Creamed chicken: Cook chicken in boiling water (stew) until done. Remove meat from bones and shred meat, discard skin. Make roux out of butter, salt, pepper, flour, food coloring and parsley. Remove from heat and stir in broth. Bring to boil and boil for 1 minute. Stir in shredded chicken. Serve over Biscuits.

Biscuits: Mix flour, baking powder, cream of tartar and baking soda until well blended. Cut in butter. Add milk and stir with fork until soft dough is formed. Place dough on

lightly floured board and knead 20 times. Pat or roll lightly until dough is 1/2 inch thick. Cut with floured 2-inch cookie cutter. Brush with melted butter. Bake on ungreased baking sheet at 450° for 10 to 12 minutes. Do not overbake. Makes about 16 biscuits.

Lori Smith

### EASY CHICKEN DRESSING CASSEROLE

3 chicken breasts  
2 cans golden cream of  
mushroom soup

1 large box Stove Top chicken  
dressing  
1 tsp. poultry seasoning

Microwave or cook chicken until tender, cube meat. Mix Stove Top as per directions on box; add soup and mix well. Bake at 350° for 20 minutes or microwave until hot all the way through.

Sharon McKibben

### IMPOSSIBLE CHICKEN 'N BROCCOLI PIE

(Can Use Ham Instead of Chicken)

1 (10 oz.) pkg. frozen chopped  
broccoli  
3 c. (12 oz.) shredded Cheddar  
cheese  
1 1/2 c. cut up cooked chicken  
2/3 c. chopped onion

1 1/3 c. milk  
3 eggs  
3/4 c. Bisquick mix  
3/4 tsp. salt  
1/4 tsp. pepper

Heat oven to 400°. Grease pie plate 10 x 1 1/2-inch. Rinse broccoli under running cold water to thaw, drain thoroughly. Mix broccoli, 2 cups of cheese, the chicken and onion in plate. Beat milk, eggs, baking mix, salt and pepper until smooth, 15 seconds in blender on high or 1 minute with hand beater. Pour into plate. Bake until knife inserted in center comes out clean, 25 to 30 minutes. Top with remaining cheese. Bake just until cheese melts, 1 to 2 minutes longer. Cool 5 minutes. Serves 6 to 8.

Laverne Cox



## LIGHT AND ZESTY CHICKEN AND RICE

4 chicken breast  
 1/2 c. bottled Italian salad  
 dressing  
 2/3 c. uncooked rice  
 1 can Durkee French fried  
 onions

1 bag (16 oz.) frozen  
 broccoli, carrots, water  
 chestnut and red pepper  
 combination  
 1 3/4 c. chicken bouillon  
 1/2 tsp. Durkee Italian  
 seasoning

Place chicken in 8 x 12-inch baking dish. Pour salad dressing over chicken. Bake uncovered at 400° for 20 minutes. Place rice, vegetables and 1/2 can Durkee French fried onions around and under chicken. Combine bouillon and Italian seasoning and pour over chicken and vegetables. Bake uncovered 25 minutes, top with remaining onions. Bake uncovered 25 minutes. Let stand 2 to 3 minutes. Let stand 5 minutes before serving. Preparation time 7 minutes. (You can use 2 lb. cut up chicken.)

Mabel Smith

## CHOP SUEY

cut 1 lb. pork and 1 lb. beef  
 in bite size pieces  
 flour  
 salt and pepper  
 4 c. cut celery  
 2 1/2 c. sliced onions

2 cans bean sprouts  
 1 or 2 cans mushrooms (if  
 desired)  
 1 can water chestnuts  
 1 can bamboo shoots  
 soy sauce and brown sauce

Flour, salt and pepper the meat. Fry meat in oil or butter until brown. Add the celery and onions and the liquid from the bean sprouts. Cover and cook until tender. Maybe 2 hours on low. Then add the bean sprouts, mushrooms, water chestnuts (sliced) and bamboo shoots. Add 2 or 3 tablespoons of brown sauce. I add the brown sauce and soy sauce to the meat while I am frying it (brings out flavor). Serve over rice or Chinese noodles. I usually put 1 or 2 cans of noodles. This serves 4 or 5.

Julia Collins

## CORNER BEEF CASSEROLE

- |  |                        |
|--|------------------------|
| 1 can corned beef                                    | 1 pkg. (8 oz.) noodles |
| 1/4 lb. sharp, grated Cheddar cheese                 | 1 c. milk              |
| 1 can (10 3/4 oz.) cream of chicken or mushroom soup | 1/2 c. chopped onion   |
|  | 1/2 c. buttered crumbs |

Cook noodles until done in rapidly boiling water. Drain. Mix noodles with rest of ingredients, except buttered crumbs. Put in 3 quart buttered casserole dish and top with crumbs. Bake uncovered for 20 minutes at 350°. Makes 6 generous servings.

Lori Smith

## CREOLE JAMBALAYA

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 2 Tbsp. butter                     | 1/4 tsp. dried thyme leaves      |
| 1/2 c. chopped onion               | 1/8 tsp. pepper                  |
| 1 clove garlic, crushed            | 1 c. raw long grain rice         |
| 1/4 lb. cooked ham (3/4 c. diced)  | 1 1/2 lb. raw shrimp, shelled    |
| 1 can (1 lb.) tomatoes, undrained  | 1 Tbsp. chopped parsley          |
| 3/4 canned condensed chicken broth | 1 bay leaf (remove when serving) |
|                                    | 1 tsp. salt                      |
|                                    | 1/2 tsp. Tabasco sauce           |

Preheat oven to 350° in hot butter in Dutch oven. Saute onion until soft about 5 minutes. Add garlic and ham. Saute 5 minutes longer. Stir in tomatoes, chicken broth, shrimp, parsley, bay leaf, salt, thyme, Tabasco and pepper. Bring to boil. Pour into 2 quart casserole. Sprinkle rice over top of mixture, gently, press into liquid just until rice is covered. Do not stir. Cover. Bake 40 minutes or until rice is tender and liquid is absorbed. Toss gently before serving.

Ann Atkinson

## HAM AND POTATOES AU GRATIN CASSEROLE

Cheese Sauce:

- |                |                               |
|----------------|-------------------------------|
| 3 Tbsp. butter | 2 c. shredded American cheese |
| 3 Tbsp. flour  | 5 drops red pepper sauce      |

1 1/2 tsp. dry mustard  
 1/3 tsp. salt  
 2 c. milk

2 1/2 c. diced baked ham  
 3 medium potatoes, diced and  
 boiled until tender

Heat butter over low heat. Blend flour, mustard, salt and pepper. Cook over low until mixture is smooth and bubbly. Remove from heat and stir in milk. Heat to boil stirring constantly. Boil and stir one minute. Stir in cheese and pepper sauce. Cook until cheese is melted. Mix cheese sauce, ham and potatoes in medium casserole dish. Bake at 350° for 30 minutes.

Debbi Braden

### HASH BROWN POTATO CASSEROLE

2 lb. pkg. frozen hash brown  
 potatoes, thawed  
 1/2 c. melted margarine  
 1/4 tsp. pepper  
 1 tsp. salt

1/2 c. chopped onions  
 2 c. (1 pt.) sour cream  
 1 can cream of chicken soup  
 2 c. grated Parmesan cheese

Mix all ingredients in large bowl. Pour into oiled casserole dish and bake at 350° for 45 minutes.

Sue Moore

### HEARTY KLUSKI SUPPER

1 (8 oz.) pkg. Pennsylvania  
 Dutch Brand Kluski egg  
 noodles  
 1 lb. ground beef  
 1 c. onion, chopped

2 cans (8 oz. each) tomato  
 sauce  
 1 can (4 oz.) sliced  
 mushrooms, drained  
 1/4 tsp. garlic powder  
 2 c. shredded American cheese

Preheat oven to 375°. Cook noodles according to package directions. Drain. In medium skillet, brown meat with onions, stir in tomato sauce, mushrooms and garlic powder. In a 2 quart casserole, combine noodles, sauce and cheese. Bake 30 minutes.

Donna Huddle

## ONE POT BEAN DINNER

- |  |                                |
|--|--------------------------------|
| 1 lb. ground beef                            | 4 (16 oz.) cans pork and beans |
| 3/4 lb. bacon in small pieces                | 1 c. catsup                    |
| 1 c. chopped onion                           | 1/4 c. brown sugar             |
| 1 (16 oz.) can kidney beans,<br>drained      | 1 Tbsp. liquid smoke           |
| 1 (16 oz.) can baby butter<br>beans, drained | 3 Tbsp. white vinegar          |
|  | 1 tsp. salt                    |
|  | 1/8 tsp. pepper                |

Brown beef in skillet, drain and put in crock-pot. Brown bacon and onions, drain. Add bacon, onions and all remaining ingredients to crock-pot. Stir together well. Cover and cook on low for 4 to 9 hours.

Pam Hawbecker

## OVEN CHICKEN SALAD

- |   |                           |
|---|---------------------------|
| 2 c. cubed cooked chicken                     | 2 tsp. grated onion       |
| 2 c. thinly sliced celery                     | 2 Tbsp. lemon juice       |
| 1 c. toasted bread cubes                      | 1/2 tsp. salt             |
| 1 c. mayonnaise                               | 1/2 c. grated cheese      |
| 1/2 c. toasted slivered<br>almonds (optional) | 1 c. crushed potato chips |

Heat oven to 450°. Combine all ingredients except cheese and chips. Place in casserole. Just before baking, place cheese and chips on top. Bake 15 to 20 minutes until bubbly. Makes 6 servings.

Jan Vohar

## PEPPERONI NOODLES DISH

- |                               |                      |
|-------------------------------|----------------------|
| 4 oz. pepperoni               | 2 c. noodles, cooked |
| 8 to 10 oz. Mozzarella cheese | 1 lb. hamburger      |
| 15 oz. can pizza sauce        | 1 small onion        |

Brown hamburger and onion, drain grease off. Cook noodles. Mix hamburger, noodles and pizza sauce together. Put in 9 x 13-inch pan then add cheese and pepperoni on top. Bake at 350° for 25 minutes.

Ann Stout

## POTATO CASSEROLE

- |   |                         |
|---|-------------------------|
| 1 (32 oz.) pkg. frozen hash<br>brown potatoes, thawed | 1/2 c. melted butter    |
| 1 can cream of chicken soup                           | 1 1/2 tsp. salt         |
| 1 can cream of mushroom soup                          | 1 medium onion, chopped |
| 2 c. shredded Cheddar cheese                          | 2 c. cornflake crumbs   |
|   | 1/4 c. melted butter    |

Mix all except cornflakes and 1/4 cup butter together. Put in a casserole dish. Mix the cornflakes and melted butter and put on top of the potato mixture. Bake at 350° for 45 minutes.

Ellie Trout

## SCALLOPED POTATOES

(Crock-Pot)

- |                            |                              |
|----------------------------|------------------------------|
| slice potatoes round, thin | chopped onion                |
| slice Polish sausage       | 1 can cream of mushroom soup |
| Parmesan cheese            |                              |

This can be put in a crock-pot. Start with layer of potatoes in bottom of crock-pot. Add sausage, cheese and onion. Keep making layers until you are out of ingredients. Mix a can of mushroom soup with one can of water and pour over the top of potatoes and let cook about 4 hours on high setting.

You can use ham instead of sausage.

Sue Moore

## SCALLOPED POTATOES AND ONIONS

- |  |   |
|--|---|
| 5 large potatoes, pared and<br>thinly sliced (1 qt.) | 1 (13 3/4 oz.) can College Inn<br>chicken broth |
| 3/4 c. chopped onion                                 | 1/4 c. mayonnaise                               |
| 3 Tbsp. butter or margarine                          | 3/4 tsp. salt                                   |
| 1/4 c. all-purpose flour                             | 1/8 tsp. white pepper                           |
|  | paprika   |

In round 1 1/2 quart casserole, layer potatoes and onion. In medium saucepan, melt butter or margarine and stir in flour; cook until frothy. Gradually stir in broth, mayonnaise, salt and pepper. Cook, stirring frequently, until sauce bubbles and thickens. Pour over potatoes. Sprinkle generously with paprika. Bake in a preheated moderate oven (350°) for

1 1/4 hours or until potatoes are fork-tender and top is browned. Serves 4.

Sue Ann McIlhargie

### STUFFED MANICOTTI

1 lb. ground beef  
 1/4 c. olive or salad oil  
 1/2 c. chopped onions  
 1 large clove garlic, minced  
 1 (12 oz.) can tomato paste  
 2 c. water  
 1 1/2 tsp. salt  
 dash of pepper  
 2 Tbsp. chopped parsley  
 4 tsp. basil

3/4 lb. Ricotta cheese or  
 1 1/2 c. cottage cheese  
 1/3 c. Parmesan cheese  
 1 beaten egg  
 2 Tbsp. chopped celery  
 1/2 tsp. salt  
 dash of pepper  
 8 oz. manicotti or jumbo shells

Brown meat and crumble in hot oil. Add oil, onions, garlic, tomato paste, water, salt, pepper, parsley and basil. Simmer about 45 minutes, stirring constantly. Meanwhile, combine Ricotta cheese, Parmesan cheese, beaten egg, celery salt and pepper. Cook manicotti in salted water until tender. Drain; rinse in cold water. Stuff manicotti with cheese mixture. Pour half meat sauce into 11 x 7 x 1 1/2-inch baking dish. Arrange stuffed manicotti in layer. Top with remaining sauce. Sprinkle with Parmesan cheese. Bake at 350° for 25 to 30 minutes. Serves 6 to 8.

Jeanne Galliher

### VEGETABLE SKILLET SUPPER

2 strips bacon  
 1 lb. ground beef  
 2 onions, sliced  
 2 medium potatoes  
 1 green pepper  
 4 Tbsp. soy sauce

1/2 c. water  
 2 c. shredded cabbage  
 1 c. chopped celery  
 2 tomatoes, peeled and quartered  
 2 small zucchini, sliced

Cut bacon into 1/2-inch pieces and fry. Add ground beef and onion slices. Cook until tender. Cut potatoes and green pepper in strips; reserve. Stir soy sauce and water into hot meat mixture. Add vegetables and mix. Cover and cook on high until steam escapes. Then turn to simmer and cook 15 to 20

minutes or until vegetables are tender. Can sprinkle Parmesan cheese on top.

Donna Link

<<< Extra Recipes >>>

# Meats, Poultry & Seafood





# Meat Cooking Chart

ROASTING	WEIGHT	MINUTES PER LB.	Oven Temp.	Internal Temp.
<b>FRESH PORK</b>				
Rib and loin	3 - 7 lbs.	30 -40	325	175 F
Leg	5 lbs.	25 -30	325	170 F
Picnic shoulder	5 - 10 lbs.	40	325	175 F
Shoulder, butt	3 - 10 lbs.	40 50	325	170 F
Boned and rolled Shoulder	3 - 6 lbs.	60	325	170 F
<b>BEEF</b>				
Standing ribs - rare	3 -7 lbs.	25	325	135 F
-medium	3 -7 lbs.	30	325	165 F
-well done	3 -7 lbs.	35	325	170 F
For rolled and boned roasts, increase cooking time 5 to 12 minutes.				
<b>LAMB</b>				
Shoulder - well done	4 -10 lbs.	40	325	190 F
Shoulder - boned and rolled	3 -6 lbs.	40	325	182 F
Leg - medium	5 -10 lbs.	40	325	175 F
Leg - well done	3 -6 lbs.	40 - 50	325	182 F
Crown - well done	3 -6 lbs.	40 -50	325	182 F
<b>SMOKED PORK</b>				
Shoulder and picnic hams	5	30 -40	325	170 F
	8	30 -40	325	175 F
Boneless butt	2	40	325	180 F
	4	25	325 F	170 F
Ham	12 -20	16 -18	325 F	170 F
	Under 10 lbs	20	325	175 F
	Half hams	25	325	170 F
<b>VEAL</b>				
Loin	4 -6 lbs.	35	325 F	175 F
Leg	5 -10 lbs.	35	325	175 F
Boneless shoulder	4 -10 lbs.	45	325F	175 F
<b>POULTRY</b>				
Chicken	3 -5 lbs.	40	325F	170 F
Stuffed	over 5 lbs.	30	325	170 F
Turkey	8 -10 lbs.	20	325	175 F
	18 - 20 lbs.	14	325	175 F
Duck	5 -10 lbs.	30	325	175 F

## MEATS, POULTRY & SEAFOOD

### HAM LOAF

2 lb. ground ham  
1 c. crushed graham cracker  
crumbs

2 eggs  
1/4 c. minced fresh onions

#### Topping or Glaze:

1/2 c. brown sugar  
1/4 c. cider vinegar

2 tsp. dry mustard

Mix together ham, crumbs, eggs and onions. Put into loaf pan. Bake 20 minutes at 350°. Add glaze to top. Bake 1 hour more.

Ann Atkinson

### HAM LOAF

1 1/2 lb. ham  
1 lb. fresh pork  
1 c. dry bread crumbs

1 c. milk  
2 eggs

#### Basting Ingredients:

1 c. brown sugar  
1/2 c. water

1/2 c. vinegar  
1 Tbsp. dry mustard

Ground ham and fresh pork together.

Mix together ham, pork, bread crumbs, milk and eggs. Shape into loaf pan and place in large casserole or roasting pan. **DO NOT COVER.** Baste well with part of the basting mixture. Bake at 350° for 1 1/2 hours. Baste every 15 minutes. Basting mixture will cook down to a gooey goodness. When done, slice loaf and baste again with the mixture.

Jan Vohar

### BAR-B-Q MEATBALLS

1 1/2 lb. ground beef  
3 slices soft bread in pieces  
1 c. milk  
1 egg beaten

1/4 tsp. sage  
1/4 tsp. dry mustard  
1/4 tsp. celery salt  
1/4 tsp. garlic salt

1/4 c. minced onions  
1 1/4 tsp. salt  
1/4 tsp. pepper

1 Tbsp. catsup  
1 Tbsp. Worcestershire sauce  
1 Tbsp. horseradish

Mix all ingredients to make 8 meatballs. Place in baking dish. Mix in pan:

2 Tbsp. brown sugar  
1 Tbsp. paprika  
1 tsp. salt  
1 tsp. dry mustard  
1/4 tsp. chill powder  
1 tsp. pepper

2 Tbsp. Worcestershire sauce  
1/4 c. vinegar  
1 c. tomato juice  
1/4 c. catsup  
1/2 c. water

Simmer 15 minutes. Pour over meatballs. Bake in 350° oven for 1 1/2 hours or until done.

Barbara Stimpert

### DELICIOUS MEATBALLS

1 lb. hamburger  
2 Tbsp. bread crumbs  
1 egg

1/2 tsp. salt  
1/3 c. chopped onions

Roll hamburger, bread crumbs, egg, salt and onions into meatballs; brown; then simmer for 1/2 hour.

1 small bottle ketchup  
2 Tbsp. brown sugar  
1 Tbsp. mustard

4 Tbsp. Worcestershire sauce  
1 Tbsp. vinegar

While meatballs are simmering. Mix up sauce and simmer. Then drain meatballs, pour sauce over them and simmer for 2 hours.

Gwen Walker

### BARBECUED PORK CHOPS

8 pork chops  
1 (8 oz.) can tomato sauce  
1/2 c. ketchup  
1/2 c. water  
1/4 c. vinegar

1 tsp. salt  
1/2 tsp. Tabasco sauce  
1 Tbsp. mustard  
1 medium onion  
1 clove garlic

Brown pork chops in skillet for 10 minutes. Place in baking dish. Mix remaining ingredients, add drippings from

meat. Pour over chops. Bake uncovered in 350° oven for 1 hour and 15 minutes.

Dolores Starr

### OVEN-BARBECUED SPARERIBS

2 to 3 lb. meaty spareribs  
(country style)  
1/2 c. chopped onion  
1 Tbsp. oil  
2 Tbsp. brown sugar  
4 Tbsp. lemon juice  
1 c. catsup

1 c. tomato juice  
2 Tbsp. Worcestershire sauce  
2 Tbsp. vinegar  
1 Tbsp. prepared mustard  
1 tsp. salt  
dash of pepper

Brown onion in oil. Add remaining ingredients and simmer 15 minutes. Place ribs in casserole, pour sauce over and cover. Bake 2 hours at 350° or until tender. Baste ribs with sauce occasionally. (Chicken may be used instead of ribs but the baking time will be cut down.)

Jan Vohar

### SLOPPY JOES

3/4 c. chopped onion  
1 green pepper, chopped  
1 clove garlic, minced  
(optional)  
2 Tbsp. oil  
1 lb. lean ground beef

1 (14 1/2 oz.) can tomatoes  
1 tsp. each oregano and  
parsley flakes  
1/2 tsp. each salt and pepper  
or to taste

In large skillet saute onion, green pepper and garlic in oil until tender. Add beef, cook until browned, stirring occasionally to break up pieces; drain off fat. Stir in remaining ingredients. Simmer uncovered 10 to 15 minutes. Serve over bread or on buns. Makes 4 servings.

Eldora Beaner

### SLOPPY JOES

2 lb. hamburger  
1 c. diced celery  
1/2 c. diced onions

1 tsp. salt  
1/2 c. brown sugar  
2 c. catsup

Brown hamburger with salt. Add celery, onions, brown sugar and catsup. Cook slowly until celery and onions are done.

This can also be cooked in your crock-pot until done. Serve on buns.

Janet Hayman

### CHICKEN PICCATA

4 chicken breast halves,  
skinned and boned  
1 egg  
3 Tbsp. lemon juice  
1/4 c. flour

1/8 tsp. each of garlic powder  
and paprika  
1/4 c. butter  
2 tsp. chicken flavor Instant  
bouillon or 2 cubes  
1/2 c. boiling water

Beat egg with 1 tablespoon of lemon juice; combine flour, garlic powder and paprika. Dip chicken in egg mixture, then in flour mixture. In skillet, brown chicken in butter. Dissolve bouillon in water; add with remaining lemon juice to skillet. Cover; simmer 20 minutes or until tender. Serves 4.

Patty Hayman

### PARTY CHICKEN BREASTS

2 chicken breasts  
1 (1 3/8 oz.) pkg. dry onion  
soup mix

1 (8 oz.) bottle Russian  
dressing  
1 (8 oz.) jar apricot  
preserves

Split chicken breasts. Place chicken, skin side up, in a 10-inch casserole. Combine soup mix, dressing, and preserves; pour over chicken. Bake, uncovered at 350° for 30 minutes. Cover and bake 30 additional minutes. Yield 6 servings.

Shirley Keyser

### SOUR CREAM CHICKEN BREASTS

4 chicken breasts  
1 c. sour cream  
1 can cream of mushroom soup

noodles (1 bag)  
dash of pepper

Cut chicken making 8 pieces. Add pepper. Mix sour cream and mushroom soup. Pour over chicken. Bake at 350° for 45 minutes or until done. Serve with noodles. Left over sauce

to serve over noodles. You may want to double sour cream and soup.

Hazel Lewis Moore

## SALMONETTE

1 can salmon  
1/2 c. flour

1 egg  
1 heaping tsp. baking powder

Pour juice of salmon in measuring cup. Mix salmon and egg until well blended. Add flour and mix. Pour juice from cup leaving 1/4 cup juice. Add baking powder. Stir until you have 3/4 cup foam. Add to salmon mixture. Mix well. Fry in deep fat. Drop by tablespoon size. Fry until brown. Serve Hot.

Edna Fisher

## SCALLOPED OYSTERS

2 lb. fresh oysters  
crackers  
salt and pepper

half cream and milk  
plenty of butter

I butter a casserole real well. Put a layer of broken crackers (not mashed) in bottom. Then a layer of oysters, salt, pepper and butter cut up and laid around over. Then more crackers broken over to cover all the oysters. Then more oysters, salt, pepper and butter. I even pour the oyster juice in also. Make layers until all the oysters are used and top with broken crackers and butter. Pour the milk in; at least 1 1/2 cups, maybe more; let it set until the crackers are moist. Run a knife along the side to see if all is wet. Let set overnight and by morning if too dry add more milk. Bake at 350° about 1 hour or until boils up good and the top browns.

Julia Collins

<<< Extra Recipes >>>

# Vegetables





# How To Can Vegetables

## POINTS ON PACKING

**Raw pack.** - Pack cold raw vegetables (except corn, lima beans, and peas) tightly into container and cover with boiling water.

**Hot pack.** - Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty, or strong-flavored, and when there isn't enough cooking liquid.

## PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

**Directions.** - Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

- Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.

- Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.

- Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gage opening).

- Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage.

- Let pressure rise to 10 pounds (240 degrees F.) The moment this pressure is reached start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.

- When processing time is up, remove canner from heat immediately.

With glass jars, let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait a minute or two, then slowly open

petcock or take off weighted gage. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

## HOW TO CHECK CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

Here are some tips to help you.

**Choosing mason jars.** Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

**Preparing glass jars.** Check all jars, rings, and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures - widemouth or regular - that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lids according to package directions.

**Closing glass jars.** Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don't force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button (R) is made by Owens-Illinois. Its read button pops up when the seal is broken. The Magic Mason jars that go with the special lids have metric measurements as well as customary U.S. measurements molded on the side.

**Jar transfer.** Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2-inches of air space on all sides for jars to cool evenly.

## VEGETABLES

### **BROCCOLI BAKE**

1 (10 oz.) pkg. broccoll  
1/2 c. Bisquick  
1 egg

1/2 c. milk  
1/4 tsp. salt  
1/2 c. shredded Cheddar cheese

Cook 10 ounce package of chopped broccoli according to directions. Drain. Butter a 1 quart round baking dish. Mix with hand beater until smooth, the Bisquick, milk, egg and salt. Then fold in Cheddar cheese and the broccoli. Bake for 1 hour at 325°.

Pauline Wilson

### **BROCCOLI CASSEROLE**

1/4 lb. butter  
1 pkg. Pepperidge Farm herb  
dressing  
2 pkg. frozen broccoll cuts

2 cans cream of celery soup  
1 can milk  
Parmesan cheese

Melt butter in 9 x 13-inch baking dish. Put in half of dressing and mix well in the butter. Cook broccoli 5 minutes or according to directions. Drain well. Place layer of broccoli on dressing. Drizzle with 3/4 of soup and milk mixture. Layer rest of dressing, then final layer of broccoli. Generously sprinkle with Parmesan cheese. Drizzle rest of soup and milk mixture on top. Add 8 to 10 pats of butter over all and bake at 350° for 30 to 45 minutes.

Shirley Keyser

### **BROCCOLI CASSEROLE**

1 bunch broccoll  
2 Tbsp. butter or margarine  
1 can cream corn  
2 eggs, well beaten  
salt to taste

12 butter crackers, crumbled  
1 Tbsp. minced, onlons  
(optional)  
6 crackers, crushed  
1 Tbsp. butter or margarine

Clean broccoli and cut in small pieces. Cook in small amount of water until tender. Drain and toss with butter. Mix together cream corn, well beaten eggs, salt to taste and 12 crushed crackers. Add the cooked broccoli and onlons. Place

in casserole and top with 6 crackers (crushed) and 1 tablespoon of melted margarine. Bake at 350° until bubbly, approximately 20 minutes.

Janet Vohar

### CORN CASSEROLE

1 (16 oz.) can whole kernel  
corn  
1 (16 oz.) can creamed corn

1 stick margarine  
1 box of corn muffin mix

Preheat oven at 350°. Heat corn and margarine together until margarine melts. Add corn muffin mix and stir well to blend. Pour into lightly greased 2 quart dish and bake for 1 hour.

Debbie Bennett

### CORN CASSEROLE

1 stick butter, melted  
(1/2 c.)  
1 can corn, drained  
1 can creamed corn

1 c. sour cream  
1 small pkg. corn meal (Jiffy)  
2 eggs, beaten  
1 pkg. shredded cheese

Mix together. Cover with cheese. Bake at 350° for 30 to 35 minutes.

Sue Ann McIlhargie

### CORN PUDDING

1 (10 oz.) pkg. frozen corn  
(do not thaw)  
2 Tbsp. flour  
1 tsp. salt

2 Tbsp. sugar  
3 Tbsp. butter  
3 eggs, beaten  
1 3/4 c. half and half

Beat eggs in blender. Add other ingredients and blend for 25 seconds. (I use "blend" speed). Pour ingredients into buttered (flat) casserole and bake 45 minutes at 325°. Stir once halfway through cooking. When done the pudding will be a golden brown and a silver knife inserted will come out clean.

Donna Link

**GREEN BEANS WITH SWISS CHEESE SAUCE**

1/4 tsp. grated onions  
 1 Tbsp. butter  
 1 Tbsp. flour  
 1/2 tsp. sugar  
 1/2 tsp. salt  
 1/8 tsp. pepper

1/4 c. milk  
 1/2 c. sour cream  
 2 (1 lb.) cans cut green  
 beans, drained  
 6 oz. Swiss cheese, shredded

Cook onion in the butter until tender. Blend in flour, sugar, salt and pepper. Add milk; bring to boiling. Boil 1 minute more. Remove from heat; stir in sour cream and beans. Spread 1/3 of the beans mixture in 1 quart casserole. Top with 1/2 of the cheese. Repeat layers, ending with the last 1/3 bean mixture. Bake at 400° for 20 minutes. Serves 8.

Patty Hayman

**MARINATED VEGETABLES**

3/4 c. cider vinegar  
 1/4 c. salad oil  
 1 Tbsp. water  
 1 c. sugar  
 1 tsp. coarse pepper

1 pkg. Good Seasons Italian  
 dressing  
 1/8 tsp. garlic powder or 1  
 clove, minced

Bring to a boil. Cool. Drain and combine:

1 can LeSueur peas  
 1 can French sliced green  
 beans  
 1 can whole white corn  
 1 small jar pimientos, diced

2 ribs celery, diced  
 1 small onion, diced  
 1 small green pepper  
 1 (4 oz.) can mushroom stems  
 and pieces

Pour cooled marinade over vegetables and refrigerate at least 4 hours.

Dorothy Dunlap

**MISSOURI YAMS**

3 c. mashed yams (pour off  
 liquid)  
 1 c. sugar  
 2 eggs

1 tsp. vanilla  
 1/2 c. melted butter  
 1/3 c. milk

Topping:

1 c. brown sugar  
1/3 c. flour

1 c. chopped pecans  
1/2 c. melted butter

Combine yams, sugar, eggs, vanilla, butter and milk. Beat with mixer until fluffy and place in casserole.

Mix topping: brown sugar, flour, pecans and butter. Spread over yams. Bake at 350° for 25 minutes.

Shirley Keyser

### SWEET AND SOUR CARROTS

2 lb. carrots  
1 large onion, sliced  
1 large green pepper, slivered  
1 can tomato soup  
1 c. sugar

3/4 c. vinegar  
1/2 c. oil  
1 tsp. Worcestershire sauce  
1 tsp. prepared mustard  
salt and pepper to taste

Slice carrots, coins or julienne. Cook in small amount of salted water until tender but firm. Boil soup in saucepan with the sugar, vinegar, oil, Worcestershire, mustard, salt and pepper for 15 minutes. In 2 quart casserole combine carrots, sliced onion, slivered peppers and pour sauce over. Cover and refrigerate. Serve cold. (Keeps in refrigerator 2 months or frozen indefinite.)

Janet Vohar

### TAILGATE BEANS

1/2 lb. ground beef  
10 slices bacon, chopped  
1/2 c. chopped onion  
1/3 c. brown sugar  
1/2 c. ketchup  
1/4 c. barbecue sauce  
2 Tbsp. prepared mustard

2 Tbsp. molasses  
1/2 tsp. chili powder  
1/2 tsp. pepper  
2 cans kidney beans, drained  
3 cans pork and beans  
1 can butter beans

Cook beef and bacon; drain. Mix all together and cook until hot.

Karen Black

### FRESH VEGETABLE PIZZA

2 (8 oz.) cans crescent dinner rolls  
1 c. dairy sour cream

2 c. fresh mushrooms, chopped  
1 c. chopped tomatoes  
1 c. small broccoli florets

1 to 2 Tbsp. horseradish  
 1/4 tsp. salt  
 1/8 tsp. pepper

1/2 c. chopped green peppers  
 1/2 c. chopped green onions

Heat oven to 375°. Separate dough into 4 long rectangles. Place rectangles crosswise in ungreased 15 x 10-inch jelly roll pan; press over bottom and 1 inch up sides to form crust. Seal perforations. Bake at 375° for 14 to 19 minutes or until golden brown. Cool completely. In small bowl, combine sour cream, horseradish, salt and pepper, blend until smooth. Spread evenly over cooled crust. Top with mushrooms, tomatoes, broccoli, green pepper and onions. Cut into appetizer size pieces. Refrigerate leftovers. Yields 60 appetizers.

Ann Atkinson

### ZUCCHINI CASSEROLE

1 pkg. Stove Top dressing  
 1/2 stick margarine  
 1 onion, chopped  
 3 grated carrots

1 c. sour cream  
 1 green pepper, diced  
 1 can cream soup  
 2 lb. grated zucchini

Melt the margarine. Mix all ingredients together and put in a large casserole dish. Bake at 350° for 30 minutes.

Eileen Dunham

### ZUCCHINI CASSEROLE

1/2 stick margarine  
 1 (6 oz.) pkg. stuffing mix  
 (chicken or cornbread)  
 2 large onions, diced  
 5 medium carrots, cut into  
 1/4-inch rounds

4 c. zucchini, cut into 1/4  
 inch rounds  
 1 (10 3/4 oz.) can cream of  
 chicken soup  
 1 c. sour cream

In medium saucepan, melt margarine with seasoning packet from stuffing mix, stirring occasionally. Add packet of bread crumbs and toss until coated. Put 2/3 of buttered crumbs in 9 x 13-inch baking pan. Set aside. In large saucepan cook onions and carrots in small amount of water until 2/3 done. Add zucchini and continue cooking until all vegetables are tender. Drain. In large bowl, combine sour cream and soup. Mix well. Stir in vegetables and mix until all are blended.

Spoon over stuffing and top with remaining crumbs. Bake at 350 for 30 to 35 minutes.

Janet Vohar

<<< Extra Recipes >>>

# Breads, Rolls, Pies & Pastry





# Baking Tips

## COMMON PROBLEMS

### [Common Failures]

#### Biscuits

- Rough biscuits
- Dry biscuits
- Uneven browning

#### Breads (yeast)

- Porous bread
- Crust is dark and blisters just under the crust
- Bread does not rise
- Bread is streaked
- Bread bakes unevenly

#### Cakes

- Cracks and uneven surface

#### Dry cakes

- Heavy cakes
- Sticky crust
- Coarse grained cake

#### Fallen cakes

#### Uneven color

#### Uneven browning

#### Cookies

#### Uneven browning

#### Soggy Cookies

#### Excessive spreading of cookies

#### Muffins

#### Coarse texture

#### Tunnels in muffins, peaks in center and soggy texture

#### Pies

#### Pastry crumbles

#### Pastry tough

#### Pies do not brown (fruit or custard)

## CAUSES OF PROBLEMS

### [Causes of Failures]

#### Insufficient mixing

Baking in to slow an oven and handling too much

Cooking in dark surface pan, too high a temperature and rolling the dough too thin

Over-rising or cooking at too low a temperature

#### Under-rising

Over-kneading or using old yeast

Under-kneading and not kneading evenly

Using old, dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature

Too much flour, too hot an oven and sometimes from cold oven start

Too much flour, too little shortening too much baking powder or cooking at too low a temperature

Too much sugar or baking too short a period  
Too much sugar

Too little mixing, too much shortening, too much baking powder, using shortening too soft, and baking at too low a temperature

Using insufficient flour, under baking, too much sugar, too much shortening or not enough baking powder

Cooking at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans

Not mixing well

Not using shiny cookie sheet or not allowing at least 2 inches on all sides of cookie sheets in oven

Cooling cookies in pans instead of racks

Dropping cookies onto hot cookie sheets; not chilling dough; not baking at correct temperature

Insufficient stirring and cooking at too low a temperature

Overmixing

#### Over-mixing flour and shortening

Using too much water and over-mixing the dough

Bake at constant temperature (400-425 degrees ) in Pyrex or enamel pie pan

## BREADS, ROLLS, PIES & PASTRY

### BANANA BREAD

2 c. all-purpose flour  
1 tsp. soda  
1/2 tsp. salt  
1/2 tsp. butter  
1 c. sugar

2 eggs  
1 c. banana  
1/3 c. buttermilk  
1/2 c. chopped nuts

Cream butter with sugar. Add eggs and banana and mix. Add milk and dry ingredients. Blend well. Stir in nuts. Pour batter in greased 9 x 5 x 3-inch pan. Bake at 350° for 60 to 70 minutes.

Doris Watson

### BANANA NUT BREAD

2 c. sifted flour  
1 tsp. baking soda  
1/2 tsp. salt  
1/2 c. butter  
1 c. sugar

2 unbeaten eggs  
1 c. mashed banana  
1/3 c. milk  
1 tsp. vinegar  
1/2 c. chopped nuts

Cream butter, gradually adding sugar. Add eggs and banana. Blend thoroughly. Combine milk and vinegar. Combine flour, soda and salt. Add alternately to the creamed ingredients. Blend well. Add nuts. Bake in well greased 9 x 5 x 3-inch loaf pan. Bake at 350° for 1 hour. Cool in pan 5 minutes then take out and cool completely.

Janet Hayman

### BANANA-WHEAT QUICK BREAD

1 1/4 c. flour  
1/2 c. wheat flour  
1 c. sugar  
1 tsp. salt  
1 tsp. soda  
3 c. (3 large) sliced bananas

1/4 c. butter or margarine,  
softened  
2 Tbsp. orange or lemon juice  
1 egg  
1/2 c. raisins (optional)  
1/2 c. chopped nuts

Preheat oven to 325° (300° for glass pan). Using solid shortening, grease and flour bottom of 9 x 5-inch or 8 x 4-inch loaf pan. Lightly spoon flour into measuring cup. Level off. Combine all ingredients in large mixer bowl. Blend at low

speed. Beat 3 minutes at medium speed. Pour into prepared pan. Bake for 60 to 70 minutes until toothpick inserted in center comes out clean. Remove from pan. Cool. Store wrapped in foil, bread will mellow with storage. Freezes well. Bake at 350° for 55 to 65 minutes.

Jeanne Galliher

### BUBBLE BREAD

2 frozen unbaked loaves of bread	1 c. brown sugar
1 box butterscotch dry pudding mix (not instant)	1 stick butter or margarine, melted
	1/4 c. dark Karo syrup

Partially thaw the loaves of bread and cut into small pieces. Roll each piece in the melted butter, then into the pudding and brown sugar dry mixture and lay around evenly in a tube pan or Bundt pan. Drizzle the Karo syrup over the top and let rise until double in bulk. Bake at 350° for 35 to 45 minutes until golden brown on top.

Vivian Cornwell

### BUBBLE BREAD

2 loaves frozen bread	1 box butterscotch pudding (not instant)
1 stick margarine, melted	1/3 c. light Karo syrup
3/4 c. brown sugar	
1 Tbsp. cinnamon	

Let bread thaw about an hour then cut into 1 inch pieces. Dip each piece into melted margarine then into mixture of brown sugar, cinnamon and pudding. Put into Bundt pan. Let rise 2 to 3 hours. Pour Karo over top. Bake at 350° for 25 to 30 minutes. Invert on large platter.

Janet Vohar

### SEEDED PARMESAN BREADSTICKS

1/2 loaf Big Bear French bread	3 Tbsp. grated Parmesan cheese
1/2 c. butter or margarine	1 Tbsp. sesame or poppy seed
1/4 tsp. Durkee onion powder	

Preheat oven to 425°. Cut bread in half horizontally, then cut each half in thirds lengthwise to make 6 sticks. Cut

each stick in half to make 12 sticks about 5 inches by 1 inch. In ungreased 15 x 10-inch jellyroll pan or 13 x 9-inch baking dish, melt butter in oven (3 to 4 minutes). Stir in onion powder. Dip bread sticks in butter mixture; arrange sticks in pan. Sprinkle with cheese and seeds. Bake 7 to 9 minutes or until crisp and golden brown. Serve warm. Makes 12 breadsticks.

Terry Wynd, Home Economist

## PUMPKIN BREAD

3 1/2 c. flour	2 tsp. soda
2 c. brown sugar	4 eggs
1 c. white sugar	2 c. canned pumpkin
1 1/2 tsp. salt	1 c. cooking oil
1 tsp. nutmeg	2/3 c. water
1 tsp. cinnamon	1 c. nuts

Mix all at once, add nuts. Bake in either coffee cans or loaf pans 1 hour and 15 minutes at 350°. One pound coffee cans filled half full makes 4. Loaf pans 9 x 5 x 2 3/4-inch makes 2.

Myrna D. Denney

## ZUCCHINI BREAD

3 c. unsifted flour	3 c. shredded zucchini
2 c. sugar	1 1/2 c. finely chopped carrots
1 1/2 tsp. baking powder	2 c. raisins
1/2 tsp. salt	1 c. oil
1 tsp. cinnamon	1 c. broken nuts, pecans or walnuts
1/4 tsp. allspice	
3 eggs, well beaten	

Sift dry ingredients together and mix with the beaten eggs. Add remaining ingredients. Blend thoroughly. Grease and flour loaf pans. Pour batter into pans, filling 2/3 full. Bake in 350° oven for 1 hour. Cool slightly, turn out of pan in rack to completely cool. When cold, wrap in plastic wrap or foil, if you wish to freeze some, use foil over plastic wrap.

Myrna D. Denney

**ALABAMA BISCUITS**

1 pkg. active dry yeast  
 1 c. warm water  
 2 Tbsp. sugar

1/4 c. melted vegetable  
 shortening  
 2 1/2 to 3 c. flour  
 2 tsp. baking powder

Dissolve yeast in water. Add sugar, and shortening. Sift flour and baking powder together and add to yeast mixture. Knead 10 times. Roll out and cut with biscuit cutter. Butter both sides and fold over. Let rise 1 hour. Bake at 400° until golden about 10 to 15 minutes. Do not overbake.

Eldora Beaver

**ANGEL BISCUITS**

5 c. flour  
 1 tsp. soda  
 1/3 c. sugar  
 2 1/2 c. buttermilk  
 2 Tbsp. warm water

3 tsp. baking powder  
 1 tsp. salt  
 1/2 c. vegetable oil  
 1 pkg. dry yeast

Sift together flour, baking powder, soda, salt and sugar. Add oil and buttermilk in "well" in middle of flour mixture. Do not mix. Add dry yeast dissolved in warm water. Mix thoroughly and store in refrigerator in an airtight container. Allow room for expansion. Refrigerate at least 2 hours and up to 3 weeks. Take out desired amount and roll out on floured surface. Cut with biscuit cutter. Bake 9 to 10 minutes at 400°.

Vivian Cornwell

**BISCUITS**

2 c. self-rising flour  
 1 c. milk

1/2 c. oil

Mix well and bake at 350° for 15 minutes. I bake mine in muffin pans.

Mabel Smith

**NINETY-MINUTE DINNER ROLLS**

2 to 2 1/2 c. flour  
 2 Tbsp. sugar  
 1/2 tsp. salt  
 1 pkg. active dry yeast

1/2 c. milk  
 1/4 c. water  
 2 Tbsp. margarine

Mix 3/4 cup flour, sugar, salt and yeast. Heat milk, water and margarine until warm (120° to 130°). Margarine need not melt. Gradually add to dry ingredients and beat 2 minutes at medium speed. Add 1/4 cup flour. Beat at high speed 2 minutes. Stir in enough additional flour to make a soft dough. Knead 2 to 3 minutes until smooth. Divide into 24 equal pieces. Shape into balls. Place 2 balls in each section of greased muffin tin. Place in cool oven and cover with towel. Place pan of boiling water on rack below rolls. Let rise 30 minutes. Uncover rolls and remove pan of water. Turn oven to 375°. Bake approximately 15 minutes or until brown. Remove from pan. Serve warm. Makes 12.

Jeanne Galliher

**YEAST ROLLS**

1 c. milk  
 1 c. water  
 1/2 c. butter  
 1/2 c. sugar  
 1 Tbsp. salt

6 1/2 c. flour  
 2 eggs  
 2 cakes yeast  
 1/2 c. lukewarm water

Stir yeast into water. Sift flour and dry ingredients. Combine milk, water, butter and sugar; bring to a boil. Cool. Add beaten eggs and yeast; stir in flour slowly. Continue to knead until smooth and elastic in texture. Let rise until double in bulk and then make into small rolls of dough for buns or loaves.

Grace Obert

**CHERRY PIE DESSERT**

1 c. coconut  
 3/4 c. flour  
 1/3 c. brown sugar, packed

1/3 c. crushed soda crackers  
 (9 squares)  
 7 Tbsp. butter, melted  
 1 can cherry pie filling

Mix coconut, flour, brown sugar, crackers and butter together. Press in a 9 or 10-inch pie pan. Save some of the ingredients (1/3 cup) for the top. Add the can of cherry pie filling and sprinkle the rest of the mixture on top.

Ann Stout

### FUDGE SUNDAE PIE

1/4 c. corn syrup  
2 Tbsp. brown sugar  
3 Tbsp. margarine  
3 c. Rice Krispies

1/4 c. fudge sauce  
1/4 c. peanut butter  
3 Tbsp. corn syrup  
vanilla ice cream

Melt over low heat until margarine is melted: 1/4 cup corn syrup, 2 tablespoons brown sugar and 3 tablespoons margarine. Add 3 cups Rice Krispies. Mix well. Press into pie plate and set aside. Mix well: 1/4 cup fudge sauce, 1/4 cup peanut butter and 3 tablespoons corn syrup. Spread all but 3 tablespoons over crust and freeze. Spoon 1 quart (or more) vanilla ice cream over the fudge sauce. Add the remaining fudge sauce over top of ice cream. Freeze until ready to serve. Enjoy!

Jan Vohar

### IMPOSSIBLE COCONUT PIE

2 c. milk  
3/4 c. sugar  
1/2 c. Bisquick baking mix  
1/4 c. margarine or butter

4 eggs  
1 1/2 tsp. vanilla  
1 c. flaked or shredded  
coconut

Heat oven to 350°. Grease pie plate, 9 x 1 1/4-inch or 10 x 1 1/2-inch. Place all ingredients in blender. Cover and blend on high 15 seconds. Pour into plate. Bake until knife inserted in center comes out clean, 50 to 55 minutes. Serve with sweetened fresh fruit if desired.

Charlotte Bennett

### PEANUT BUTTER CREAM PIE

8 oz. cream cheese  
2 c. powdered sugar  
1/2 c. peanut butter

1 pkg. (8 oz.) Cool Whip  
1 (8-inch) graham cracker  
crust

Mix cream cheese, powdered sugar and peanut butter. Fold in Cool Whip. Pour into crust. Chill.

Gwen Walker

### STRAWBERRY JELLO PIE

1 pt. fresh strawberries,  
sliced  
1 c. sugar  
1 c. water

3 Tbsp. cornstarch  
4 Tbsp. Jell-O (strawberry)  
1 (9-inch) pie shell, baked  
and cooled

Mix sugar, water and cornstarch. Cook until clear, stirring constantly. Take off heat. Add Jell-O. Stir until mixed. Add strawberries. Pour into cooled pie shell. Add topping (any kind desired). Refrigerate.

Eldora Beaver

### FRUIT OR JELLY DANISH

#### Dough:

1/2 stick softened margarine  
2 Tbsp. sugar

2 c. Bisquick  
2/3 c. milk

#### Glaze:

2/3 c. powdered sugar  
1 Tbsp. warm water

1 tsp. vanilla

Preheat oven to 450° and lightly grease large cookie sheet. Drop by tablespoon onto cookie sheet. Drop teaspoons of jelly or pie filling in center of dough. Bake 12 minutes. Add glaze when Danish comes out of oven.

Ray Maynard

### POPOVERS

1 c. flour  
1/2 tsp. salt

1 c. milk  
2 eggs

Heat oven to 425°. Grease well, deep muffin cups or custard cups. Beat all ingredients with rotary beater or by hand just until mixed. Overbeating will reduce volume. Fill greased muffin cups 1/2 full. Bake 40 to 45 minutes. Serve immediately. These make spectacular bread for a dinner party



or are delicious filled with creamed seafood or meat as a main dish.

Vivian Cornwell

## SUGAR WAFFLES

1 large egg  
1 c. sugar  
2 c. plus 2 Tbsp. sifted  
all-purpose flour  
1/2 tsp. baking powder

1/4 tsp. salt  
2 c. cold water  
2 tsp. vanilla  
oil for deep-fat frying  
confectioners sugar

Beat egg and sugar together. Sift together flour, baking powder and salt; add to egg mixture alternately with water; stir until smooth. Add vanilla. Heat oil in saucepan or deep fryer to 365°. (If waffle iron does not have a wooden handle, wrap end with heavy cloth or potholder, as the metal becomes very hot.) Heat iron in fat before dipping into batter about 1 minute. Dip iron into batter within 1/8-inch of top of iron. Return to hot fat submerging iron in oil until waffle is delicately browned. Drain over oil for a few seconds. Using fork tines or the tip of a sharp knife, carefully remove waffle from iron and drain on paper towels. Cool; sprinkle with sifted confectioners sugar. Makes about 30.

### Things to Remember:

1. If a test waffle seems too "doughy", add a bit more water; if too thin, add a little flour.
2. If you find it difficult to remove waffle from iron, it probably has not been fried long enough.
3. If batter drops from iron, it is not deep enough in oil or the iron is too hot.
4. If waffle is not crisp, it has been fried too fast.
5. If fat "blisters" are present, eggs have been beaten too long.

Charlotte Bennett

# Cakes, Cookies & Confections



# Candy Testing

**Thermometer Test:** Check candy thermometer in boiling water. If it doesn't register 212 degrees, add or subtract the same number of degrees in recipe. Always make sure candy thermometer is covered with liquid, not just foam. Clip it to the side of the pan after syrup boils.

**Cold-Water Test:** Remove candy from fire. Drop a little syrup into small bowl of very cold, but not ice cold, water. Use a fresh cupful of cold water for each test. Form into ball with fingers, if possible.

CANDY	DEGREES	STAGE	COLD WATER TEST
	230-234 degrees	Thread	Syrup spins 2-inch thread when dropped from spoon
Fudge, Fondant	234-240 degrees	Soft Ball	Candy will roll into soft ball but quickly flattens when removed from water
Divinity, Caramels	244-248 degrees	Firm ball	Candy will roll into a firm ball but not hard ball which will not lose its shape upon removal from water.
Taffy	250-266 degrees	Hard ball	Syrup forms hard ball, although it is pliable
Butterscotch	270-290 degrees	Light Crack	Candy will form threads in water which will soften when removed from water
Peanut Brittle	300-310 degrees	Hard Crack	Candy will form hard, brittle threads in water which will not soften when removed from water
Caramelized Sugar	310-321 degrees	Caramelized	Sugar first melts, then becomes a golden brown and will form a hard, brittle ball in cold water

## CAKES, COOKIES, FROSTINGS & CONFECTIONS

### MOCK ANGEL FOOD

1 c. milk  
1 c. flour  
1 c. sugar

1 Tbsp. baking powder  
2 egg whites, beaten stiff  
1 tsp. vanilla

Heat milk almost to boiling. Mix together and sift 3 times the flour, sugar and baking powder. Pour milk gradually into dry mixture, blending well. Fold in egg whites. Add vanilla. Pour into ungreased tube pan and bake at 300° for 45 minutes. Cool. Frost with favorite recipe.

Lori Smith

### FRESH APPLE CAKE

3 eggs  
2 c. sugar  
1 tsp. soda  
1/2 tsp. salt  
1 c. chopped walnuts or pecans

1 1/2 c. vegetable oil  
3 c. flour  
1 tsp. cinnamon  
3 c. chopped apples  
2 tsp. vanilla

Beat eggs; add sugar and oil. Beat 3 minutes at high speed. Sift dry ingredients together and add to egg mixture slowly. (This batter will be stiff; add nuts, apples and vanilla.) Mix well. Pour into 10-inch tube pan and bake 1 1/2 hours in 350° oven. Pour on topping while still warm.

#### Topping for Fresh Apple Cake:

1 c. light brown sugar, packed  
1/4 c. milk (use canned milk)

1 stick margarine

Combine together in saucepan and boil for 3 minutes. Pour over warm cake. 1 cup chopped nuts may be added to this topping if desired.

Myrna D. Denney

### FRESH APPLE CAKE

1 c. salad oil  
2 eggs

1 tsp. cinnamon  
1 tsp. baking powder

2 c. sugar  
2 1/2 c. flour  
1 tsp. soda  
1 tsp. salt

1 c. pecans or walnuts  
3 c. sliced apples  
1 (6 oz.) bag butterscotch chips

In a large bowl, mix together salad oil, eggs and sugar. In separate bowl sift flour, soda, salt, cinnamon and baking powder. Add everything together. Stir in nuts and sliced apples. Mix well. Spread mixture in greased oblong cake pan. Distribute chips on top of cake. Bake 55 to 60 minutes in 350° oven.

Cindy Matteson

### JEWISH APPLE CAKE

3 lb. apples, peeled and sliced  
2 c. sugar  
2 1/2 tsp. vanilla  
1 c. oil

3 c. flour  
1/4 c. orange juice  
3 tsp. baking powder  
4 eggs

#### Topping:

10 Tbsp. sugar

3 tsp. cinnamon

Combine all ingredients for cake except flour and apples; mix well. Add flour; mix well. In tube pan put a layer of dough, a layer of apples, sprinkle with sugar and cinnamon topping. Repeat layers. Bake for 1 hour at 350°. Cool for 20 minutes then remove from pan.

Karen R. Goswick

### BANANA CAKE

2 c. flour  
1 tsp. baking powder  
1/2 tsp. salt  
1 tsp. baking soda  
1 whole egg  
3/4 c. sour milk or buttermilk

1 tsp. vanilla  
1 1/2 c. sugar  
1/2 c. shortening  
1 c. mashed bananas (3)  
2 egg yolks

Cream sugar and shortening; add eggs and pour buttermilk in measuring cup. Add baking soda in milk then pour in cream mixture. Stir in mashed bananas. Add flour, baking powder, salt and vanilla. Beat for 4 to 5 minutes. Bake 375°

for 30 minutes or until done. Use 9 x 13-inch pan or 2 layer pans.

Hazel Lewis Moore

## BLACK WALNUT CARROT CAKE

2 c. sugar	1 tsp. soda
1 1/2 c. oil	3 c. grated carrots
4 eggs	3/4 tsp. black walnut flavoring
1/2 tsp. salt	1 tsp. vanilla
1 tsp. cinnamon	1 1/2 c. black walnuts
1 Tbsp. baking powder	
3 c. flour	

Mix together well: sugar, oil and eggs. Sift together and add to the first mixture: salt, cinnamon, baking powder, flour and soda. Fold in: carrots, black walnut flavoring, vanilla and nuts. (save some to put on top of cake) Bake at 350° until cake springs back about 40 to 45 minutes in 9 x 13-inch pan. Pour topping over cake while both are still hot, then sprinkle with rest of nuts.

### Topping:

1 stick margarine	1 Tbsp. corn syrup
1/2 c. buttermilk	1/2 tsp. black walnut flavoring
1/2 tsp. soda	
1 c. sugar	

Boil together until they turn caramel in color.

Jan Vohar

## CHEESECAKE

1 1/2 c. fine graham cracker crumbs	2/3 c. sugar
1/3 c. brown sugar	dash of salt
1/2 tsp. cinnamon	3 eggs
1/3 c. melted margarine	1/2 tsp. lemon or almond flavoring
1 lb. cream cheese, softened	

### Topping:

1 c. sour cream	3 Tbsp. sugar
1 tsp. vanilla	

Mix crumbs, brown sugar, cinnamon and melted margarine. Press in even layer over bottom and sides of a round pan or

8-inch square pan. Beat cheese until fluffy; gradually beat in 2/3 cup sugar and dash of salt. Add eggs, one at a time, beating well after each. Add flavoring. Pour mixture into crust. Bake at 350° for 25 minutes. Remove from oven. Cool 20 minutes away from drafts. Beat sour cream, 3 tablespoon sugar, dash of salt and vanilla. Pour over top. Return to oven for 10 minutes. Cool. Enjoy.

Top with cherry, blueberry or strawberry pie filling.

Jan Vohar

### SMALL CHEESE CAKES

2 (8 oz.) cream cheese  
3/4 c. sugar  
2 eggs

2 Tbsp. lemon juice  
1 tsp. vanilla

Beat cream cheese, sugar, eggs, juice and vanilla together until light and fluffy. Line muffins tins with 30 paper cups. Place 1 vanilla wafer in bottom and fill a little over 1/2 full with cheese mixture. (Enough to cover wafer nicely.) Bake at 375° for 10 to 12 minutes. Cool. Then spoon pie filling on top.

Gwen Walker

### CHERRY CHOCOLATE CAKE

1 pkg. chocolate cake mix  
3 eggs

1 (21 oz.) can cherry pie filling

#### Frosting:

1 c. sugar  
5 Tbsp. butter or margarine  
1/3 c. milk

1 (6 oz.) pkg. semi-sweet chocolate pieces

Combine cake mix, eggs and cherry pie filling. Mix until well blended. Pour into greased and floured 9 x 13-inch pan. Bake at 350° for 35 to 40 minutes, or until cake springs back when lightly touched. When cool frost with frosting. In small saucepan combine sugar, butter and milk; bring to a boil, stirring constantly and cook for 1 minute. Remove from

heat; stir in chocolate pieces until melted and smooth. Spread over cake.

Charlotte Bennett

### CHOCOLATE ZUCCHINI CAKE

1/2 c. margarine	1 tsp. baking powder
1/2 c. oil	1 tsp. soda
1 3/4 c. sugar	1/2 tsp. cinnamon
2 eggs	4 Tbsp. cocoa
1/2 c. buttermilk	2 c. raw shredded zucchini
1/2 tsp. vanilla	powdered sugar
2 1/2 c. sifted flour	

Mix together well margarine, oil and sugar. Add: eggs, buttermilk and vanilla. Sift and add flour, baking powder, soda, cinnamon and cocoa. Add zucchini. Pour into greased and floured 9 x 13-inch pan. Sprinkle with 1/2 cup chocolate chips or sprinkle with powdered sugar when cooled. (I do not use the chips but rather frost with a cream cheese frosting.)

Janet Vohar

### CIVIL WAR FRUIT CAKE

3 medium size apples, cubed	1 tsp. salt
1 c. white sugar	1 tsp. cloves
1 c. brown sugar	1 tsp. cinnamon
2 c. water	1 tsp. nutmeg
2 c. raisins or currants	2 rounded tsp. soda
2 rounded Tbsp. shortening	nuts
3 c. flour	

Boil apples, sugars, water, raisins and shortening together for 5 minutes and cool. Sift together dry ingredients and mix with cooled fruit mixture and nuts. Bake in 2 loaf pans or tube pans at 325° for 1 hour.

Vivian Cornwell

### DUMP CAKE

1 (No. 2) can crushed pineapple	1 box yellow or white cake mix
1 (No. 2) can cherry pie filling	2 sticks margarine or butter
	1/2 to 1 c. chopped pecans or walnuts

Spread pineapple in a greased 9 x 13-inch pan. Spoon on cherry pie filling. Add large box of cake mix. Cut up marga-



rine on top of this. Sprinkle with nuts. Bake in a 350° oven for 50 to 60 minutes.

Vivian Cornwell

### FRUIT COCKTAIL CAKE

1 c. fruit cocktail	whipped cream (optional)
1/2 c. of fruit cocktail juice	1 tsp. baking soda
1 c. sugar	1/2 tsp. salt
1 tsp. vanilla	1/2 tsp. nutmeg
1 egg	1/2 tsp. cinnamon
1 1/4 c. flour	1/2 tsp. ground cloves
1/4 c. pecans, or any other nut	1/4 c. packed brown sugar

Mix fruit cocktail, juice, sugar, vanilla and egg together with a spoon. Sift flour, baking soda, salt and spices together and mix with fruit cocktail mixture. Pour into a 9 x 9-inch pan. Sprinkle with mixture of brown sugar and nuts. Bake at 350° for 35 minutes or until done. Serve with whipped cream if desired.

Doris Wiley

### GERMAN'S SWEET CHOCOLATE CAKE

1 (4 oz.) bar Baker's German's sweet chocolate	1/2 tsp. salt
1/2 c. boiling water	1 c. buttermilk
1 c. butter	2 c. sugar
4 egg yolks, unbeaten	1 tsp. vanilla
2 1/2 c. sifted cake flour	1 tsp. baking soda
	4 egg whites, stiffly beaten

Melt chocolate in boiling water; cool. Cream butter and sugar until fluffy. Add egg yolks, one at a time and beat well after each. Add melted chocolate and vanilla. Mix well. Sift flour, salt and soda together. Add alternately with buttermilk to chocolate mixture; beat well. Beat until smooth. Fold in whites. Pour into 3 deep or 9-inch layer pans, lined on bottom with paper. Bake in moderate oven, 350° for 30 to 40 minutes. Cool. Frost tops only.

Myrna D. Denney

## HAWAIIAN FRUIT CAKE

1 pkg. pineapple cake mix  
 1 c. chopped mixed glazed  
 fruit  
 1 c. chopped pecans

1 can ready to serve lemon  
 pudding  
 1 pkg. pineapple frosting mix

Bake cake in layers as directed on package. Cool. Split to make 4 layers. Stir together fruit and pecans. Fill layers with 1/3 cup pudding. Sprinkle each with fruit mixture. Prepare frosting mix as directed on package. Frost cake. Refrigerate cake.

Honor McCray

## HILLBILLY CAKE

1 angel food cake  
 1 large vanilla instant  
 pudding

1 qt. strawberries  
 1 pkg. strawberry glaze  
 1 tub Cool Whip

Break up angel food cake in bottom of 9 x 13-inch cake pan. Make up 1 package of vanilla instant pudding by instructions on package. Pour over cake and let set for 15 minutes. Mix 1 quart strawberries and glaze. Pour over pudding. Top with Cool Whip.

Debbi Braden

## HOT FUDGE CAKE

2 (16 oz.) pkg. brownie mix  
 1 qt. brick ice cream

1/2 c. chopped nuts

### Hot Fudge Topping:

1/3 c. margarine  
 2 sq. (2 oz.) unsweetened  
 chocolate  
 2 sq. (2 oz.) semi-sweet  
 chocolate

1 c. sugar  
 1 c. heavy cream  
 1/8 tsp. salt  
 2 tsp. vanilla

Prepare brownie mix according to package for cake like brownies. Line well oiled 15 x 1 x 10-inch jelly roll pan with wax paper. Pour mixture into pan. Sprinkle with nuts. Bake at 350° for 25 minutes. Cool. Cut cake into 3 layers. Slice ice cream into 2 layers. Place 1 layer cake then layer ice

cream then cake. Repeat. Wrap and place in freezer until needed. Top with hot fudge when ready to serve.

Hot Fudge Topping: in saucepan melt butter and chocolate on low heat. Blend in cream and sugar. Stir until dissolved about 5 minutes. Remove from heat and add vanilla.

Debbi Braden

## LEMON ORANGE POUND CAKE

1 box lemon cake mix  
1/2 c. oil  
4 eggs

1 c. cold water  
1 large box instant lemon  
pudding mix (dry)

Topping:

1/2 c. orange juice

1/2 c. sugar

Blend dry ingredients and the liquid. Mix all together until smooth. Bake in greased tube pan at 350° for 1 hour. Mix together orange juice and sugar until dissolved. When cake is done pour orange juice mixture over top of cake. Let it cool in pan.

Jan Vohar

## MANDARIN ORANGE CAKE

Duncan Hines yellow cake mix  
3 eggs  
11 oz. can mandarin oranges  
(juice and all)

3/4 c. oil  
1 small box instant vanilla  
pudding

Frosting:

12 oz. Cool Whip  
15 oz. crushed pineapple

1 small box vanilla instant  
pudding

Mix cake mix, eggs, oranges, oil and 1 box of pudding and bake in 2 layers. Bake 350° for 25 minutes.

Frosting: Mix pineapple and pudding together. Then add Cool Whip.

Doris McGuire

**MANDARIN ORANGE CAKE**

1 box Duncan Hines yellow  
butter recipe cake mix  
4 eggs

1 (11 oz.) can mandarin  
oranges, not drained  
1/2 c. cooking oil

Put all ingredients in mixing bowl and mix well. Bake in 2 10-inch round pans at 325° for 30 minutes or until done. (Grease and flour pans.)

**Frosting:**

8 oz. Cool Whip  
1 can crushed pineapple

1 large vanilla instant  
pudding (use dry)

Stir or beat by hand and put on cooled cake.

Rhonda Stout

**MILKY WAY CAKE**

8 Milky Way candy bars  
2 sticks margarine  
2 c. sugar  
1/2 tsp. baking soda

2 1/2 c. flour  
1 c. buttermilk  
1 c. nuts  
2 tsp. vanilla

**Frosting:**

3 Milky Way candy bars  
1 stick margarine

2 Tbsp. milk  
2 c. powdered sugar

Melt 8 candy bars and 1 stick margarine. Cream sugar and 1 stick margarine. Add dry ingredients, buttermilk and vanilla to creamed mixture. Fold in Milky Way mixture. Pour into 9 x 13-inch pan. Bake 1 hour at 325°.

Frosting: Melt 3 Milky Way candy bars and 1 stick margarine, 2 tablespoons milk and 2 cups powdered sugar. Beat until smooth.

Debbi Braden

**OATMEAL CAKE**

1 c. quick oats  
1/2 c. hot water  
1 c. brown sugar  
1 c. white sugar

1 1/2 c. flour  
1 tsp. cinnamon  
1 tsp. soda  
1 tsp. baking powder

2 c. shortening  
2 eggs

1/2 tsp. salt  
1 tsp. vanilla

Pour the hot water over the oats and let stand. Cream white, brown sugars and shortening. Beat eggs. Add to cream mixture. Sift flour and add cinnamon, soda, baking powder and salt. Combine oats, cream mixture, vanilla and dry ingredients. Put in greased, floured pan. Bake at 350° for 35 minutes.

**Topping:**

1 stick melted butter or  
margarine  
1 c. brown sugar  
1/4 c. cream

1 c. coconut  
1 c. nuts  
1 tsp. vanilla

Spread topping on the hot cake and bake another 3 to 5 minutes.

Vivian Cornwell

**PINEAPPLE CAKE**

2 1/4 c. flour  
2 c. sugar

2 tsp. soda  
2 eggs

**Topping:**

1 stick butter or margarine  
1 large can milk

1 c. sugar

Mix cake ingredients together. Put in number 2 can crushed pineapple including juice. Beat 2 minutes at medium speed. Bake 30 to 40 minutes at 350°. Boil topping ingredients until mixture thickens about 10 minutes. Remove from heat. Add:

1 c. coconut

1/2 c. chopped pecans

Let cool. Spread on cake.

Vivian Cornwell

**PINEAPPLE UPSIDE DOWN CAKE**

2 c. flour  
 2 tsp. baking powder  
 1/2 tsp. salt  
 1 c. sugar

3/4 c. pineapple juice  
 1 egg  
 1/2 c. butter or oleo

Cream butter, sugar and add egg. Add dry ingredients alternately with juice. Bake in 350° oven for 30 minutes.

Dolores Starr

**STRAWBERRY CAKE**

1 pkg. white cake mix  
 1 (3 oz.) pkg. strawberry  
 gelatin  
 1/2 c. water

3/4 c. cooking oil  
 4 eggs  
 1/2 c. or 1/2 pkg. frozen  
 strawberries and juice

**Icing:**

1 stick butter or margarine  
 1 lb. box confectioners sugar

1/2 c. or 1/2 pkg. frozen  
 strawberries and juice  
 1/2 tsp. salt

Mix cake mix, gelatin, oil and water. Beat well. Add eggs, one at a time, beating after each addition. Stir in strawberries and beat well. Pour batter into 3 greased and floured 8-inch cake pans. Bake in a 350° oven for 30 minutes. Mix icing ingredients well and spread on cake. Whipped cream and fresh strawberries may be added to top of cake.

Vivian Cornwell

**TEXAS SHEET CAKE**

2 c. sugar  
 2 c. flour  
 1/2 tsp. salt  
 2 eggs  
 1/2 c. sour cream

1 tsp. baking soda  
 2 sticks margarine  
 1 c. water  
 4 Tbsp. cocoa

Combine in large bowl: sugar, flour, salt, eggs, sour cream and baking soda. Bring to a boil: margarine, water and cocoa. Add all at once to flour mixture while hot. Cream well and pour into a greased 11 x 17 x 1-inch cookie sheet. Bake at 350° for 20 minutes only. Make icing while cake is baking.

### Texas Cake Icing:

1 stick margarine  
6 Tbsp. milk  
4 Tbsp. cocoa

1 box powdered sugar  
1 tsp. vanilla  
1 c. chopped nuts

Melt margarine. Bring to a boil the margarine, milk and cocoa. Add all at once to powdered sugar with vanilla. Add chopped nuts. Ice cake while hot.

Rhonda Stout

### BUTTERSCOTCH CHOW MEIN NO BAKES

1/2 c. peanut butter  
2 pkg. butterscotch morsels

2 c. miniature marshmallows  
3 oz. can chow mein noodles

Melt peanut butter and butterscotch morsels. Mix with marshmallows and noodles. Drop by spoonfuls on waxed paper.

Susie Karr

### CHOCOLATE KISS SURPRISE COOKIES

2 sticks butter or margarine  
1/2 c. sugar  
1 tsp. vanilla  
2 c. sifted flour

1 (14 oz.) pkg. Hershey's  
Kisses  
confectioners sugar

Cream butter, sugar and vanilla. Add flour, blend well. Remove foil from kisses. (approximately 70) Being careful to keep hands floured while shaping dough. Take a pinch of dough between fingers and put in palm of hand; put chocolate kiss on top, roll to form a ball being careful to completely cover chocolate. Place on ungreased cookie sheet. Repeat until dough is gone. Bake at 350° 12 minutes or until cookies are set but not brown. While still warm roll in confectioners sugar. Cool. Roll in sugar again. Store in tightly covered container. These freeze well.

Note: If dough is too soft add about 1/4 cup of flour or enough additional flour to make a soft but firm dough.

Lori Smith

## COCONUT COOKIES

2 c. sifted flour	1 1/2 c. coconut
1 tsp. salt	1 tsp. baking powder
1 c. butter or margarine	1 tsp. baking soda
1 c. brown sugar	2 tsp. vanilla
1 c. granulated sugar	1 c. rolled oats
2 eggs	

Sift flour, baking powder, salt and soda. Cream butter and sugar until fluffy. Add vanilla and eggs. Beat well. Add flour mixture gradually. Mix well. Add oats and coconut. Mix well. Drop from teaspoon on cookie sheet. Bake at 375° for 9 to 12 minutes. Makes 5 dozen.

Janet Hayman

## HARVEST COOKIES

1 1/2 c. sifted flour	1 tsp. baking powder
1/2 tsp. soda	1/2 tsp. salt
1 tsp. cinnamon	1/4 tsp. nutmeg
3/4 c. shortening	1 c. brown sugar, packed
1 egg	1 Tbsp. water
1 c. finely chopped apples	1 1/2 c. rolled oats
1/2 c. raisins (optional)	1/2 tsp. cinnamon
1/2 c. chopped nuts (optional)	2 tsp. sugar

Sift together flour, baking powder, soda, salt, 1 teaspoon cinnamon and nutmeg. Add shortening, brown sugar, water and egg. Beat until thoroughly mixed. Stir in apples, nuts, oats and raisins. Mixture will be stiff. Mix 2 tablespoons sugar and 1/2 teaspoon cinnamon together in separate bowl. Pat level teaspoon of dough into a ball. Dip in sugar cinnamon mixture and place 1 1/2 inches apart on greased cookie sheet. Bake at 375° for 12 to 15 minutes. Cool on rack.

Jeanne Galllher

## OATMEAL CHEWY CRISPS

1 c. shortening	1 1/2 c. flour
1 c. granulated sugar	1 tsp. baking soda
1 c. brown sugar	3 c. quick cooking oats
2 beaten eggs	1/2 c. chopped nuts (optional)
1 tsp. vanilla	

Cream shortening and sugars; add eggs and vanilla. Add



baking soda, flour, oats and nuts. Mix well. Using a table-  
spoon drop dough on ungreased cookie sheets. (Flatten dough a  
little but on spoon) Bake for 8 to 10 minutes at 350°. Makes  
about 4 1/2 dozen cookies.

Lori Smith

### SCHOOL DAY COOKIES

1 c. shortening  
1 c. sugar  
2 beaten eggs  
1/4 c. orange juice  
1 tsp. vanilla  
2 c. flour

1/2 tsp. salt  
1/2 c. raisins \*  
1 tsp. soda  
2 c. quick oats  
1/2 c. chopped walnuts

Preheat oven. Bake at 325° about 12 minutes

\*Stew a couple minutes then drain, sprinkle a little  
flour over them and mix when cool.

Honor McCray

### SNICKERDOODLES

1 c. butter  
1 1/2 c. sugar  
2 eggs  
2 3/4 c. flour

2 tsp. cream of tartar  
1 tsp. baking soda  
1/2 tsp. salt

Blend together the butter, sugar and eggs. Sift togeth-  
er the dry ingredients and stir into creamed mixture. Form  
into balls the size of walnuts. Roll in mixture of 2 table-  
spoons granulated sugar and 2 teaspoons cinnamon. Place 2  
inches apart on an ungreased baking sheet. Bake in a 400° oven  
until lightly browned but still soft about 8 to 10 minutes.  
Make 5 dozen.

Vivian Cornwell

### \$1000 FROSTING

4 Tbsp. flour  
1 c. milk  
1 c. sugar

1 tsp. vanilla  
1 c. oleo or Crisco

Mix and cook flour and milk until very thick, stirring  
constantly. Cook well, then cool. Cream sugar and oleo or  
Crisco until fluffy. Add first mixture a tablespoon at a time.

Mix until well blended. Should be like whipped cream. Refrigerate until cool enough to frost. Frosting for a four layer cake.

Myma D. Denney

<<< Extra Recipes >>>

<<< Extra Recipes >>>

# Desserts



# Substitutions

1 c. whole milk	<p>½ c. evaporated milk and ½ c. water</p> <p>½ c. condensed milk and ½ c. water (reduce sugar in recipe)</p> <p>4 T. powdered milk and 1 c. water.</p> <p>4 T. nonfat dry milk plus 2 t. shortening and 1 c. water</p>	1 c. sifted cake flour	1 c. minus 2 T. sifted all-purpose flour
		1 c. sifted all-purpose flour	1 c. plus 2 T. sifted cake flour
		1 whole egg	2 egg yolks, plus 1 T. water (in cookies, etc.) or 2 eggs yolks (in custards, etc.)
		1 c. canned tomatoes	1 ½ c. cut-up fresh tomatoes, simmered 10 min.
1 c. sour milk	1 c. sweet milk and 1 T. lemon juice or vinegar	1 c. molasses	1 c. honey
	1 c. sweet milk mixed with 1 T. lemon juice or 1 T. vinegar or 1 ¾ t. cream of tartar	1 c. honey	¾ c. sugar plus ¼ c. liquid
1 c. sweet milk	1 c. sour milk or buttermilk plus ½ t. baking soda	1 c. granulated sugar	1 ½ c. brown sugar or 1 ½ c. powdered sugar
1 c. sour, heavy cream (for sour milk recipe)	½ c. butter and ⅓ c. milk	1 t. baking powder	¼ t. baking soda plus ½ t. cream of tartar
1 c. sour, thin cream (for sour milk recipe)	3 T. butter and ¼ c. milk	1 lb. cornmeal	3 cups
1 c. butter or margarine (for shortening)	4/5 c. bacon fat (clarified), increase liquid in recipe ¼ c. ⅓ c. chicken fat (clarified), increase liquid in recipe ¼ c.)	1 lb. cornstarch	3 cups
	7/8 c. cottonseed, corn, nut oil (solid or liquid)	1 lemon rind	1 Tbsp. grated
	7/8 c. lard and salt	3-4 med. oranges	1 cup
	¼ c. suet and salt (increase liquid in recipe ¼ c.)	1 orange rind	2 Tbsp. grated
1 1-oz. square unsweetened chocolate	3 T. cocoa plus ½ T. shortening	23 soda crackers	1 cup crumbs
1 T. cornstarch (for thickening)	2 T. flour (approx.)	15 graham crackers	1 cup crumbs
1 T. flour (for thickening)	½ to ⅓ T. cornstarch or 1 T. minute tapioca or 1 whole egg, 2 egg whites or 2 egg yolks		

## Sizes of Cans

No. 1 can	1 ½ cupfuls used for baked beans, meats, soups, fruits, vegetables.
No. 1 (tall)	2 cupfuls
No. 2 can	2 ½ cupfuls used for beans, peas and corn.
No. 2 ½ can	3 ½ cupfuls used for tomatoes, spinach, beets and pumpkin.
No. 3 can	4 cupfuls
No. 10 can	1 gallon used for both fruits and vegetables.
No. 5 can	7 cupfuls (almost ½ gallon) used for fruit juice.

## DESSERTS

### APPLESAUCE SPICE BARS

1 c. flour	1/2 tsp. salt
2/3 c. brown sugar	1 c. applesauce
1 tsp. pumpkln ple spice	1 egg
1/4 c. butter or oleo	1/2 c. raisins
1 tsp. soda	

Heat oven to 350°. Grease 13 x 9-inch pan. Cream shortening. Add brown sugar and egg; mix well. Add remaining ingredients; mix well. Spread in pan. Bake 25 minutes. Cool. You can double this recipe to make a cake. Ice with Browned Butter or Cream Cheese Icing.

Dolores Starr

### APRICOT FLUFF

1 (6 oz.) orange gelatin	2 (11 oz.) can apricots, drained and chopped
2 1/2 c. boiling water	1 (3 to 4 oz.) pkg. instant lemon pudding
1 (13 1/2 oz.) crushed pineapple, drained	1 c. cold milk
1 (6 oz.) frozen orange juice concentrate, thawed	1 c. whipping cream, whipped

Dissolve: gelatin in boiling water. Add crushed pineapple and juice. Stir well and chill until partially set. Fold in: apricots. Beat together: pudding mix and cold milk. Beat whipping cream and fold into pudding. Spread on firm gelatin or fold into gelatin mixture.

Janet Vohar

### BAKED PINEAPPLE

1 c. sugar	2 Tbsp. cornstarch
1/2 c. water	3 eggs
2 Tbsp. melted butter	large can crushed pineapple

Blend all ingredients except pineapple in blender for 30 seconds. Add pineapple and blend 30 seconds more. Pour into

casserole dish. Bake 90 minutes at 350°. Stir every 15 minutes.

Patty Hayman

### BIBLE PUDDING

4 to 5 slices, cubed John 6:35  
2 c. I Corinthians 3:2  
2 Isaiah 10:14

1/2 c. Psalms 10:10  
dash of II Chronicles 9:9  
pinch of Genesis 19:26

Beat I Corinthians 3:2, Isaiah 10:14, Psalms 10:10 and Genesis 19:26. Stir in John 6:35 and pour in buttered baking dish. Sprinkle II Chronicles 9:9 on top. Bake at 350° for 1 hour or until firm.

Vivian Cornwell

### BLACKBERRY COBLER

2/3 to 1 c. sugar (to your  
taste)  
1 Tbsp. cornstarch

3/4 c. water  
3 c. fresh or frozen  
blackberries

Dough:

1 c. sifted flour  
1 Tbsp. sugar  
1 1/2 tsp. baking powder

1/2 tsp. salt  
3 Tbsp. shortening  
1/2 c. milk

Dough: Sift dry ingredients. Cut in shortening until like meal. Stir in milk. Set aside.

Filling: Combine sugar, cornstarch, water and berries in a saucepan. Bring to a boil and boil 1 minute stirring constantly. Pour into a 1 1/2 quart baking dish. Dot with butter and sprinkle lightly with cinnamon. Drop dough by teaspoonfuls on top of hot berries. Bake at 400° for 25 to 30 minutes. Also good with peaches.

Edna Fisher

### CARROT BARS

4 eggs  
2 c. sugar  
1 1/2 c. oil  
2 tsp. soda

1 tsp. salt  
3 small jars baby food carrots  
or 3 cooked grated carrots  
3/4 c. raisins (optional)

1 tsp. cinnamon  
2 c. sifted flour

1 c. nuts

### Frosting:

4 Tbsp. margarine, melted  
1 (8 oz.) cream cheese

1 tsp. vanilla or lemon juice  
1 lb. powder sugar

Beat eggs until thick, add sugar, oil, soda, cinnamon, flour and salt. Mix well. Add carrots and fold in nuts. Bake in jelly roll pan at 350° for 35 to 40 minutes. Cool. Frost with following: cream together melted margarine, cream cheese, vanilla and powdered sugar.

Jan Vohar

## CHERRY DELIGHT

1 stick butter, melted  
1 1/2 pkg. graham crackers,  
crushed  
1 (8 oz.) pkg. cream cheese

1 c. milk  
3/4 c. sugar  
2 envelopes Dream Whip

Mix melted butter and crushed graham crackers together and press into pie pan. Then mix cream cheese, milk, sugar, and Dream Whip until thick and heavy. Spread on crust. Add 1 can of cherry pie filling and spread on top.

Vivian Cornwell

## CHOCOLATE CARAMEL BARS

1 (15 oz. or 16 oz.) pkg.  
caramels  
1/3 c. evaporated milk  
1 (18 1/2 oz.) pkg. German  
chocolate cake mix

1/3 c. evaporated milk  
3/4 c. (1 1/2 sticks) melted  
butter  
1 c. chopped nuts  
1 c. chocolate chips

Melt together caramels and 1/3 cup evaporated milk in saucepan, stirring often, set aside. Mix cake mix with 1/3 cup evaporated milk, melted butter and nuts. Put half of this mixture on bottom of 9 x 13-inch pan. Bake at 350° 6 minutes. Remove from oven. Sprinkle chocolate chips over warm crust. Pour melted caramel mixture over chips. Spread remaining crust



over top. Bake at 350 degrees for 15 to 20 minutes. Cut into bars.

Ann Stout

### CRANBERRY JELLO SALAD

1 lb. fresh cranberries	1 can chunk pineapple
1 pt. water	1 c. diced apple
1 1/2 c. sugar	1/2 c. diced celery
1 large box strawberry Jello	1/2 c. chopped nuts
15 large marshmallows	

Clean berries then cover with water. Cook 10 minutes. Remove from heat and add: sugar and Jello. Stir until well dissolved. While still hot, add: marshmallows and stir until melted. Add: pineapple, apples, celery and nuts. Chill. Serve on lettuce.

Gwen Walker

### CREAMY RICE PUDDING

4 c. milk	1 c. Minute rice
1 egg, well beaten	1/4 c. raisins (optional)
1 pkg. tapioca pudding (not instant)	1/4 tsp. cinnamon
	1/8 tsp. nutmeg

Gradually stir milk and egg into pudding mix in saucepan. Add rice and raisins. Stir over medium heat until mixture just comes to a boil. Pour into serving bowl. Chill about 1 hour. Stir. Makes about 10 servings. For creamier pudding, place plastic wrap on surface while cooling.

Susie Karr

### DUMP SALAD

medium tub Cool Whip	1 can Eagle Brand milk
1 can Thank You cherry pie filling	2 c. English walnuts
1 can crushed pineapple, drained	candied cherries

Crust:

4 to 5 c. graham cracker crumbs	1/2 c. margarine, melted
	2 to 3 Tbsp. sugar

Dump Cool Whip, pie filling, pineapple and milk in large

chocolate chips. Bake 375° for 25 to 30 minutes or until toothpick comes out clean. Cool and cut into squares.

Susan Wiley

### FARMER'S DOUGHNUTS

1/3 c. shortening  
3/4 c. sugar  
1 egg  
1 1/2 c. flour

1 1/2 tsp. baking powder  
1/4 tsp. salt  
1/8 tsp. nutmeg  
1/2 c. milk or applesauce

Grease and flour 12 muffin cups. Preheat oven to 350°. Cream shortening. Beat in sugar, then egg. Sift flour, baking powder, salt and nutmeg together. Add alternately with milk or applesauce. Fill tins 2/3 full. Bake 30 minutes or until done. (For more tender donuts use double the amount of shortening.) Melt 1 stick margarine. Mix together in bag: 3/4 cup sugar and 1/2 teaspoon cinnamon. Dip donuts in melted margarine then shake in sugar bag. Chill about 6 to 8 hours. Enjoy!!

Emma Myers

### GOBS (SANDWICH COOKIES)

1 c. butter  
2 c. sugar  
2 eggs  
2 tsp. vanilla  
1 1/2 c. milk

4 c. flour  
1 tsp. baking powder  
3 tsp. baking soda  
1 tsp. salt  
1 c. cocoa

#### Filling:

1 c. white shortening  
4 c. confectioners sugar  
2 c. marshmallow cream

1 tsp. vanilla  
6 tsp. milk

Mix all ingredients for cookies. Drop by 1/2 teaspoonfuls onto cookie sheet. Bake at 350° for 6 to 8 minutes. Mix all ingredients for filling. Spread filling onto bottom of cookie and top with another cookie to make a sandwich cookie. Makes about 60 completed cookies.

Patty Hayman

bowl. Mix. Set aside. Crust: Mix graham cracker crumbs, melted margarine and sugar together. Press in dish to form crust up on sides also. Chill 1 hour, pour filling in crust. Top with nuts and cherries. Keep refrigerated.

Lorraine Dennison

## FANCY ORANGE GELATIN

(A Little Extra Special Jello)

1 small box orange Jello  
1 c. boiling water  
1 1/2 c. vanilla ice cream

1 pkg. non dairy dessert  
topping mix  
1 small can mandarin oranges

Mix gelatin with boiling water. Stir in ice cream. In separate bowl prepare dessert topping according to package directions. Pour this second topping mix into an 8 x 8-inch pan. Drain oranges and stir into Jello mixture. Pour this mixture over the dessert topping and chill.

\*Stir ice cream and Jello until ice cream is completely melted. Set aside.

Beverly Friend

## DESSERT MARBLE SQUARES

1 (8 oz.) pkg. cream cheese  
2 1/3 c. sugar  
3 eggs  
3/4 c. water  
1/2 c. margarine  
1 1/2 (1 oz.) sq. unsweetened  
chocolate

2 c. flour  
1/2 c. sour cream  
1 tsp. baking soda  
1/2 tsp. salt  
1 (6 oz.) pkg. semi-sweet  
chocolate chips

Combine softened cream cheese and 1/3 cup sugar, mixing until well blended. Blend in 1 egg. In saucepan, combine water, margarine and chocolate; bring to a boil. Remove from heat. Add combined remaining sugar and flour; mix well. Blend in remaining eggs, sour cream, baking soda and salt. Pour into greased and floured 15 1/2 x 10 1/2-inch jelly roll pan. Spoon cream cheese mixture over chocolate batter. Cut through batter with knife several times for marble effect; sprinkle with

**GOOEY BARS**

1 box yellow cake mix  
1 stick melted butter or margarine

1 beaten egg

Stir cake mix, butter and egg; press into pan.

1 (8 oz.) pkg. soft cream  
cheese

1 (1 lb.) box powdered sugar  
2 eggs

Beat cream cheese, sugar and eggs for 5 minutes. Pour over mixture in pan. Bake 30 to 40 minutes at 350°. Cool. Cut into bars.

Susie Karr

**IOWA BROWNIES**

1 stick soft butter  
1 c. sugar  
1 (16 oz.) can Hershey's syrup  
4 eggs

1 c. flour  
1 c. chopped nuts  
your favorite Chocolate  
Frosting

Cream butter and sugar. Beat in syrup then eggs. Beat in flour gradually. Fold in nuts. Pour into greased 15 x 10-inch jelly roll pan. Bake 25 minutes at 350°. DO NOT OVERBAKE. Cool. Frost with your favorite frosting.

Lori Smith

**LUSCIOUS PUDDING DESSERT**

1 1/2 c. flour  
3/4 c. margarine  
1 (9 oz.) Cool Whip  
1 (8 oz.) cream cheese

1 c. powdered sugar  
2 pkg. instant chocolate  
pudding  
3 c. milk

First layer: crumble flour mixed with margarine, put in a 9 x 13-inch pan and bake at 350° for 15 minutes. Second layer: mix together Cool Whip, cream cheese and powdered sugar and spread on top of first layer. Third layer: mix pudding and milk and spread on top of second layer. Spread additional Cool Whip on top of the pudding.

Judy Goswick

**MERRY CHEESECAKE BARS**

2/3 c. all-purpose flour	1/4 c. sugar
2/3 c. butter, softened	1 egg
1 c. brown sugar	2 Tbsp. milk
1 c. chopped nuts	2 Tbsp. lemon juice
8 oz. cream cheese, softened	1/2 tsp. vanilla

Preheat oven to 350°. Combine flour, butter and brown sugar. Blend with mixer at low speed for 2 to 3 minutes until particles are fine. Stir in nuts. Reserve 1/2 of mix for topping. Pat remaining in ungreased 8-inch square pan. Bake for 8 to 10 minutes. Prepare filling; spread over partially baked crust. Sprinkle with reserved crumb mixture. Return to oven 23 to 30 minutes. Cool cut into bars. Store in refrigerator.

Sue Moore

**ORANGE PINEAPPLE DELIGHT**

1 box Duncan Hines butter recipe cake mix	4 eggs
1 (11 oz.) can mandarin oranges	1/2 c. oil

Ignore cake mix instructions. Do not drain oranges. Combine all ingredients. Beat 3 to 4 minutes making sure oranges are mixed well. Grease and flour a 9 x 13-inch pan and bake at 350° for 30 to 35 minutes. After cake completely cools, frost with the following:

1 (20 oz.) can crushed pineapple	1 (3 1/2 oz.) box (dry) instant vanilla pudding
1 (8 or 9 oz.) container Cool Whip	

Mix all ingredients until well blended. Do not drain pineapple. Refrigerate.

Donna Huddle

**OVERNIGHT SALAD**

1 can of crushed pineapple	1/2 lb. seedless grapes
1/2 lb. marshmallows	1/4 to 1/2 c. chopped nuts
1/2 pt. whipping cream	

Combine and refrigerate overnight.

Susie Karr

## PEACH COBLER

2 lb. peaches  
1 stick margarine  
1/2 c. sugar  
1/2 c. milk

1 c. flour  
1 tsp. baking powder  
1/4 tsp. salt  
1 tsp. vanilla

Put sliced peaches in 8-inch square pan. Cream together: margarine and sugar. Add milk. Sift and add: flour, baking powder and salt. Add vanilla. Combine and pour over peaches. Mix together well: 1 cup brown sugar and 1/4 cup water. Mix this first and let dissolve while mixing other mixture. Pour over batter and bake at 350° for 1 hour. Serve with ice cream.

Janet Vohar

## PEANUT CHEWS

9 c. corn flakes  
1 1/2 c. sugar  
1/4 tsp. salt  
3/4 c. light corn syrup

1/4 c. butter  
3/4 c. water  
2 tsp. vanilla  
1/2 c. crunchy peanut butter

Place corn flakes in bowl. Combine sugar, salt, corn syrup, butter and water in saucepan. Bring to a boil and heat. Continue to cook to the hard ball stage (250°) using care not to over cook. Remove from heat and stir in vanilla and peanut butter. Pour mixture over corn flakes. Toss with a fork to cover corn flakes. Work quickly. Drop teaspoonfuls onto waxed paper. Makes about 40 cookies.

Doris Wiley

## PINEAPPLE FLUFF

1 envelope Knox gelatine  
1/2 c. cold water  
1 (20 oz.) can crushed  
pineapple  
1/2 c. sugar

1 (8 oz.) cream cheese  
2 Tbsp. milk  
1 (9 oz.) Cool Whip  
nuts  
cherries (optional)

Soften Knox gelatine in water. Bring to boil: pineapple

and sugar. Add gelatine. Cool. Soften cream cheese with 2 tablespoons of milk. Mix altogether. Fold in Cool Whip. Use 9 x 13-inch dish. Sprinkle with nuts. Add cherries if desired. Refrigerate. Will keep several days.

Janet Vohar

### PUMPKIN CAKE ROLL

3 eggs  
1 c. sugar  
2/3 c. pumpkin  
1 tsp. lemon juice  
3/4 c. flour  
1 tsp. baking powder

2 tsp. cinnamon  
1/2 tsp. ginger  
1 tsp. ground cloves  
1/2 tsp. nutmeg  
1/2 tsp. salt

#### Filling:

1 c. powdered sugar  
1 (8 oz.) cream cheese

4 Tbsp. butter  
1/2 tsp. vanilla

Beat filling until smooth. Beat eggs on high speed of mixer for 5 minutes, gradually beat in granulated sugar. Stir in pumpkin and lemon juice. Stir together flour, baking powder, cinnamon, ginger, ground cloves, nutmeg and salt. Fold into pumpkin, then spread into greased, floured 15 x 10 x 1-inch pan. Top with 1 cup finely chopped walnuts. Bake 375° for 15 minutes. Turn out on moist towel sprinkled with powdered sugar. Starting at narrow end, roll towel and cake together. Let it cool slightly. While it is still warm unroll and spread filling. Then roll again without towel; let finish cooling. Chill!!

Emma Myers

### ROBERT REDFORD DESSERT

2 sticks margarine, melted  
2 c. flour

1 c. chopped nuts

Mix together and pat down. Bake at 350° for 20 to 30 minutes.

16 oz. Cool Whip  
8 oz. cream cheese  
1 c. confectioners sugar

1 large box instant chocolate  
pudding, prepared  
chopped nuts  
Hershey bar

Mix 1/2 of Cool Whip with cream cheese and confectioners sugar. Put on top of cooled crust. Then add pudding. Put remainder of Cool Whip over top. Put finely chopped nuts on top and shaved Hershey bar if desired.

Note: This is also delicious using butterscotch, lemon or your favorite flavor of pudding.

Vivian Cornwell

## 7-UP JELLO SALAD

2 boxes Jello  
2 c. boiling water  
2 c. 7 Up

2 c. miniature marshmallows  
1 c. crushed pineapple,  
drained

### Topping:

2 Tbsp. butter or margarine  
2 Tbsp. flour  
1 egg, beaten

1/4 c. sugar  
1 c. pineapple juice  
1 c. whipped cream

Mix Jello and boiling water, let cool. Add 7 Up. Fold in marshmallows and pineapples. Place in refrigerator until set. Combine butter, flour, egg, sugar and pineapple juice; cook until mixture thickens, let set until cool. Fold in whipped cream. Spread topping over jello. Examples of Jello: fruit punch or strawberry/banana

Emma Myers

## TORTE

1 c. flour  
1 stick margarine, softened

1/2 c. crushed walnuts

Mix and press in bottom 13 x 9 x 2-inch pan. Bake at 350° for 15 minutes.

1 c. powdered sugar  
1 (8 oz.) cream cheese, softened

9 oz. Cool Whip

Blend powdered sugar and cream cheese. Fold in Cool Whip and spread over crust.

2 small pkg. instant pudding  
3 c. milk

9 oz. Cool Whip  
chopped nuts

Mix pudding mix with milk. Beat until spreading consis-



tency and spread on top of cheese mixture. Top with Cool Whip and chopped nuts on top of Cool Whip, if desired.

Sue Ann McIlhargie

## WHOOPIE PIES

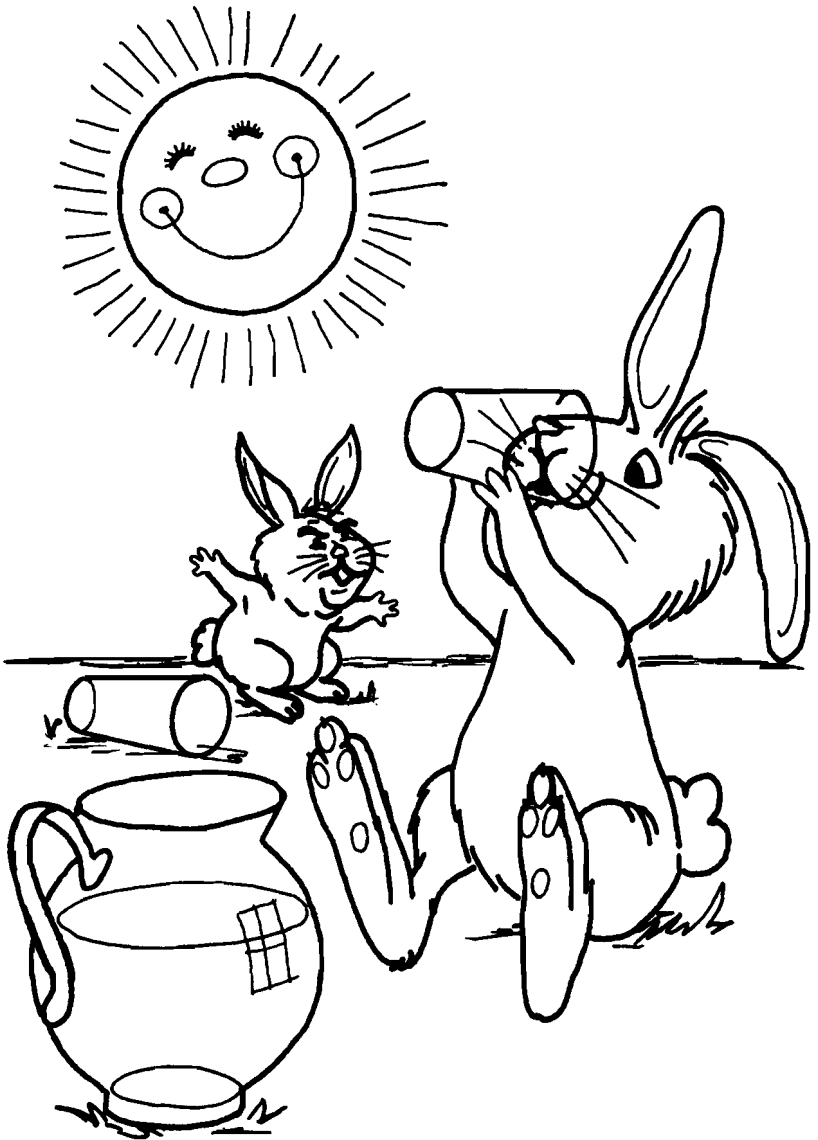
1/2 c. vegetable oil  
1 c. sugar  
1/2 c. cocoa  
1 c. milk  
1 egg  
2 c. flour  
1 1/2 tsp. baking soda

1/2 tsp. salt  
1 tsp. vanilla  
1/2 c. shortening  
1 c. confectioners sugar  
1 c. marshmallow cream  
2 Tbsp. milk

Combine oil, sugar, cocoa, milk and egg. Mix well. Sift together flour, soda and salt. Add to creamy mixture. Add vanilla. Drop on ungreased cookie sheets from a tablespoon. Bake 7 to 10 minutes at 375° or until done. Makes 40 cookies. To make filling, combine shortening, sugar and marshmallow cream mixed with milk together. Mix until creamy. Spread between 2 cookies. Wrap cookie sandwiches individually in foil or plastic wrap. Makes 20 cookies. Kids love 'em!

Debbie Bennett

# Beverages, Sandwiches & Misc.



# Helpful Cooking Hints

Frozen gravies or sauces may be a little thicker after thawing than when they were freshly made. Adding a little appropriate liquid - milk, broth, bouillon or wine - will thin them to the desired consistency.

For extra juicy, extra nutritious hamburgers, add  $\frac{1}{4}$  cup evaporated milk per pound of meat before shaping.

To ripen green pears, just place 2 or 3 in a brown bag, loosely closed, and store at room temperature out of direct sunlight.

In making pickles, use white vinegar to make clear pickles and coarse salt that which comes in 5 pound bags. This is not rock salt. Avoid using iodized salt for pickle making. Most pickles are better if allowed to stand six weeks before using.

Lemon jello dissolved in 2 cups of hot apricot nectar with 1 teaspoon of grated lemon added for zip makes a perfect base for jelled fruit salad.

Put a tablespoon of butter in the water when cooking rice, dried beans, macaroni, to keep it from boiling over. Always run cold water over it when done to get the starch out. Reheat over hot water, if necessary.

A pair of scissors (not the fowl kind - they are heavy and awkward to handle) fine for slivering celery, onion, meats, and cheese.

Never put a cover on anything that is cooked in milk unless you want to spend hours cleaning up the stove when it boils over.

Anything that grows under the ground start off in cold water - potatoes - beets - carrots - etc. Anything that grows above ground, start off in boiling water - English peas - greens - beans, etc.

To clean aluminum pots when they are stained dark, merely boil with a little cream of tartar, vinegar or acid foods.

Baking powder will remove tea or coffee stains from china pots or cups.

Learn where your fuse box and master cut-off switch is. If you know where the lever is to pull you can always cut the current off until a service man can come.

Canned cream soups make excellent sauces for vegetables, fish, etc. Celery and lobster black bean or onion with cauliflower - tomato with lamb chops.

Slip your hand inside a waxed sandwich bag and you have a perfect mitt for greasing your baking pans and casserole dishes.

To reheat roast, wrap in aluminum foil and heat in a slow oven.

Hard boiled eggs will peel easily when cracked and placed in cold water immediately after taking out of the hot water.

You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.

When recipe calls for adding raw eggs to hot mixture, always begin by adding a small amount of hot mixture to the beaten eggs slowly to avoid curdling.

To remove fish odor from hands, utensils and dish cloths, use one teaspoon baking soda to quart of water.

To keep icings moist and to prevent cracking, add a pinch of baking soda to the icing.

If soup tastes very salty, a raw piece of potato placed in the pot will absorb it.

Pour water into mold and then drain before pouring in mixture to be chilled. Will come out of mold easier.

When rolling cookie dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy. When freezing cookies with a frosting, place them in freezer unwrapped for about 2 hours - wrap without worrying about them sticking together.

## BEVERAGES, SANDWICHES & MISCELLANEOUS

### PINEAPPLE CITRUS PUNCH

3 (6 oz.) can orange juice  
concentrate  
1 (6 oz.) can lemonade  
concentrate

1 qt. Borden pineapple  
sherbet  
4 (16 oz.) bottle diet Faygo  
pineapple orange soda,  
chilled

In large punch bowl, reconstitute orange juice and lemonade according to directions on can. Add Faygo and sherbet; stir gently. Serve immediately. Makes about 48 (1/2 cup) servings.

Terry Wynd, Home Economist

### PUNCH DELIGHT

1 pkg. cherry Kool-Aid  
1 pkg. raspberry Kool-Aid  
2 c. sugar  
2 qt. water, chilled

46 oz. can pineapple juice,  
chilled  
2 qt. ginger ale, cold  
2 qt. sherbet (red preferred)

Mix first four ingredients. Just before serving add sherbet and ginger ale. Servings 75.

Beverly Friend

### WASSAIL

1 1/2 gal. cider  
1/2 c. brown sugar  
16 oz. lemonade concentrate  
8 oz. orange juice concentrate  
1 Tbsp. whole cloves

1 Tbsp. whole allspice  
1 tsp. ground nutmeg  
2 cinnamon sticks  
1 oz. Durkee rum flavoring  
(optional)

Mix all ingredients simmer for 1/2 to 1 hour.

Sam Stimpert

### CHIP CHOPPED HAM BARBECUE

1 1/2 lb. chip chopped ham  
1 bottle chili sauce  
1/2 c. brown sugar

1 Tbsp. mustard  
1/4 c. vinegar(scant)

Mix together and bake 1 to 1 1/2 hours at 325°.

Gwen Walker

### EGG SALAD SANDWICHES

6 eggs hard-boiled  
2 Tbsp. mayonnaise

salt and pepper

Chop up eggs and add mayonnaise, salt, pepper and paprika (if you like). I also add 1 tablespoon sweet relish. Mix well and make any kind of sandwiches you like, put on bread or bun. I use lettuce and sometimes grated cheese mixed with the egg salad.

Julla Collins

### TUNA SALAD FILLING OR SANDWICHES

1 can tuna  
1/2 c. chopped celery  
2 Tbsp. sweet relish

1/4 c. mayonnaise or more if  
needed  
paprika if like

Mix all together well and make your sandwiches.

Julia Collins

### AMERICAN FRENCH TOAST

1 loaf uncut white bread  
6 eggs  
1/4 c. sugar  
2 c. milk  
1 1/2 tsp. vanilla  
1/8 to 1/4 tsp. cinnamon

4 to 5 Tbsp. butter  
sour cream (optional)  
raspberry, strawberry or  
orange preserves  
confectioners sugar

Cut 8 (3/4-inch) slices from bread. Cut each in half diagonally. Lay in single layer in shallow pan. (baking dish) Beat together eggs, sugar, milk, vanilla and cinnamon. Pour over bread. Turn to coat both sides. Cover and refrigerate overnight. When ready to serve, heat butter in skillet. Cook toast over low heat 4 to 5 minutes per side or until golden brown. Sprinkle confectioners sugar on top. Serve with sour cream and preserves. Makes 8 servings.

Lori Smith

**BREAKFAST MEAL**

4 slices of bread	2 c. milk
1 lb. bulk sausage	1 tsp. dry mustard
1 c. grated Cheddar cheese	1 tsp. salt
6 eggs	

Tear up slices of bread into a greased 13 x 9-inch pan. Brown and drain sausage. Pour sausage over the bread. Sprinkle cheese over all. Beat eggs, milk and dry mustard. Pour over the mixture. Salt and pepper may be added if desired. Bake at 350° for 35 to 40 minutes.

Vivian Cornwell

**BREAKFAST PIZZAS**

1 lb. bulk pork sausage	1 3/4 c. shredded Cheddar cheese
1 (8 oz.) pkg. refrigerated crescent-rolls	5 eggs
1 1/2 c. frozen loose pack hash brown potatoes, thawed	1/4 c. milk
	1/4 tsp. salt
	1/8 tsp. pepper

Cook sausage until brown and drain, separate crescent dough into 8 triangles; place triangles points towards center in a greased pizza pan. Press together to form a crust and seal. Spoon sausage over dough. Sprinkle with hash browns and cheese. Combine eggs, milk, seasonings and pour over sausage mixture. Bake at 375 degrees for 30 minutes.

Kathleen Medors

**CARAMEL CORN**

1/2 c. popcorn	1 c. packed brown sugar
1/2 c. butter	1/4 c. light corn syrup
1/2 tsp. salt	1/2 tsp. baking-soda

Preheat oven to 200°. Make popcorn, spread in 13 x 9-inch pan. Cook butter, salt, brown sugar and syrup over medium heat until boiling. Add baking soda and cook for 5 minutes. Pour mixture evenly over popcorn. Bake for 1 hour, stir every 15 minutes. Let cool and serve.

Susan Wiley

## DEEP FRY BATTER

1/2 c. water  
 3/4 c. cornstarch  
 1/4 c. flour  
 1 egg  
 1 tsp. baking powder

1/2 tsp. salt  
 1/4 tsp. pepper  
 2 tsp. sugar  
 1/2 tsp. paprika

Combine all ingredients, coat vegetables and deep fry. Good for onion rings, zucchini, cauliflower or other vegetables. Also good for fish.

Edna Fisher

## PINA COLADA CORN

3 qt. fresh popped corn  
 1 (8 1/4 oz.) crushed  
 pineapple, undrained  
 3/4 c. butter  
 1 1/3 c. brown sugar

1/3 c. light corn syrup  
 1 tsp. vanilla  
 1/2 tsp. baking soda  
 1 c. flaked coconut

Turn popped corn into heatproof mixing bowl and keep warm in 250° oven. Pour pineapple into 3 quart saucepan. Cook over moderate heat until reduced to 3/4 cup, stirring occasionally. Add butter, sugar and corn syrup, bring to a boil over moderate heat, stirring occasionally. Cook mixture to medium ball stage (240°) remove from heat. Stir in vanilla and baking soda. Mix well. Pour mixture over popped corn to coat evenly. Sprinkle with coconut. Turn into 2 greased 13 x 9 x 2-inch pans. Return to 250° oven and bake 1 hour stirring every 15 minutes. Cool a few minutes before loosening with a broad spatula. Store in airtight container. Makes 3 1/2 quarts.

Lori Smith

## PANCAKE CORN FRITTERS

1 egg  
 1/4 c. milk  
 1 c. pancake mix

1 (12 oz.) can whole kernel  
 corn, drained  
 Wesson oil

Blend egg and milk together. Stir in pancake mix and corn. Fluffy fritters need a light hand so don't overbeat.

Drop by teaspoonfuls into hot oil (1 inch deep) and cook slowly until golden brown about 4 minutes. Makes 20 to 24 fritters.

Janet Hayman

### WINDOW CLEANER

1/4 c. cornstarch

1/2 gal. warm water

Mix cornstarch and water. Apply to windows, dry with paper towels or soft cloth. Makes the windows sparkle.

Barbara Stimpert

### ZUCCHINI JELLY (FROZEN)

7 c. peeled grated zucchini

1 (20 oz.) large can crushed  
pineapple

4 c. sugar

1 (6 oz.) pkg. peach or  
apricot jello

1 Tbsp. lemon juice

Mix and boil all ingredients except jello for 10 minutes. Add jello; mix well; pour into jelly jars and freeze.

Charlotte Bennett



<<< Extra Recipes >>>

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## TERMS USED IN COOKING

**APPETIZER** — A small serving of food served before or as the first course of a meal.

**ASPIC** — A transparent jelly, usually meat, which has been boiled down to become firm when cold.

**BATTER** — A mixture of flour or liquid that can be beaten or stirred.

**BISQUE** — A rich thick cream soup made from fish.

**BLANCH** — To place fruits or nuts in boiling water to remove skins, also to dip vegetables in boiling water in preparation for freezing, canning or drying.

**BOUILLABAISE** — A chowder made from several varieties of fish and wine.

**BOUILLON** — Clear soup made from lean beef.

**BRAISE** — To brown meat or vegetables in hot fat, then to cook slowly in small amount of liquid.

**CARAMEL** — Burnt sugar syrup used for coloring and flavoring. Also a chewy candy.

**CHICORY** — A plant root that is cut into slices, dried and roasted into coffee. The plant leaves are used for salad and sometimes called curly endive.

**CIDER** — The juice from pressed apples used as a beverage or to make vinegar.

**CLARIFY** — To make a liquid clear by adding beaten egg white and egg shells. The egg coagulates in hot liquid and cloudiness adheres to it. The liquid is then strained.

**COBBLER** — A fruit pie with a rich biscuit dough made in a deep-dish.

**COCKTAIL** — An appetizer served before or as the first course of a meal. An alcoholic beverage served before the dinner or cut shellfish with tart sauce served at the start of a meal.

**CRACKLINGS** — Crisp particles left after fat has been fried out.

**CROQUETTES** — Chopped meat held together by eggs, shaped and dipped into crumbs then fried.

**DOUGH** — A mixture of flour, liquid that is stiff enough to be kneaded.

**DRIPPINGS** — Liquids resulting from meat being cooked.

**ENTREE** — A dish served between the chief courses, before the roast.

**FONDUE** — A dish made of cheese, eggs, etc.



**FRITTERS** — Vegetables or fish covered with butter then fried in deep fat.

**FROSTING** — A sugar that has been cooked and used to cover cakes, and other foods.

**GIBLETS** — The liver, gizzard or heart of poultry.

**HORS d'OEUVRES** — Tart, salty or crisp foods served as appetizers.

**INFUSION** — Liquid taken from tea, herbs or coffee.

**JULIENNE** — Food cut into very thin strips.

**MACEDOINE** — A mixture of fruits or vegetables.

**MARINATE** — To let foods stand in an acid mixture of oil and vinegar, then flavored with spices and herbs.

**MINCE** — To cut foods in very fine pieces.

### FOOD PROCESSES

**BAKE** — To cook by dry heat, usually in an oven.

**BARBECUE** — To roast or broil whole, as a hog, fowl, etc. Usually done on a revolving frame over coals or upright in front of coals. To cook thin slices of meat in a highly seasoned vinegar sauce.

**BOIL** — To cook in liquid, usually water, in which large bubbles rise rapidly and continually so that all the liquid is agitated.

**BOILING POINT** — The temperature reached when a mixture maintains a full bubbling motion on its surface.

**BREW** — To cook in hot liquid so that flavor is extracted.

**BROIL** — To cook by exposing the food directly to the heat.

**BRAISE** — To cook meat by searing in fat, then simmering in a covered dish in small amount of moisture.

**CANDY** — To conserve or preserve by boiling with sugar. To incrust or coat with sugar.

**COAT SPOON** — When a mixture forms a thin even film on the spoon.

**CODDLE** — To cook slowly and gently in a liquid just below the boiling point.

**CREAM** — To work foods until soft and fluffy. Usually applied to shortening and sugar.

**CUBE** — To cut in even sliced pieces.

**CUT** — To divide foods with a knife or scissors.

**DICE** — To cut into small cubes.

**DISSOLVE** — To pass into solution.

**FOLD** — To combine, using a motion beginning vertically down through the mixture, continuing across the bottom of the bowl and ending with an upward and over motion.

# Your Daily Nutrients







FOOD	AVERAGE ADULT	AVERAGE CHILD
Meat or fish	1 or more servings of wide variety. Liver once a week.	Same as Adult
Milk	1 pint.	1 quart
Eggs	1 egg. Dried peas or beans may be substituted 3 times a week.	Same as Adult
Vegetables	1 leafy green or yellow and 1 other (serve one raw). 1 potato.	Same as Adult
Fruits	½ c. citrus or 1 c. tomato juice plus other fruits (raw, cooked or canned).	¾ c. citrus or 1 ½ c. tomato juice plus other fruits.
Breads and Cereals	3 servings whole grain or "enriched" bread or cereal.	Same as Adult
Butter or vitamin fortified	2 tablespoons	2-3 tablespoons

## A VITAMIN PRIMER







Vitamin	Use In Body	Best Sources
A	For normal vision	Leafy greens, yellow vegetables and fruits, eggs, liver and milk.
B1 (Thiamin)	For good appetite, good digestion and steady nerves.	"Enriched" and whole grain bread and cereal. Dried peas and beans, peanuts, pork and liver.
C (Ascorbic acid)	For healthy teeth, gums, bones and blood vessels.	Citrus fruits, tomato juice, leafy greens and potato.
G (Riboflavin)	For healthy skin and eyes.	Liver and kidney. Lean beef, leafy green, milk.

**Helpful Cooking Hints**

# LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	BASIL	BAY LEAF	CHIVE	CURRY POWDER	DILL
<b>When You Fix:</b> ↓	Aromatic odor, warm sweet flavor used whole or ground	A pungent flavor. Available as whole leaf	Mild flavor of onion	Blend of spices in proper proportion	Aromatic odor with delicate caraway flavor
<b>MEATS CASSEROLES</b>	Beef stew Steak, Veal Lamb Venison	Meats, Stews, Sauerbraten		Curries of meat Veal Mildly hot casseroles	Veal Pork spareribs Lamb stew
<b>POULTRY SEAFOOD</b>	Chicken Duck Fish Seafood cocktails	Poached fish	Fish dishes	Chicken Fish Shrimp Chicken salad	Fish dishes  Chicken salad
<b>PICKLES PRESERVES</b>	Tomatoes Potatoes Peas Squash Herb butter	Pickled beets Relishes	Potato dishes Vegetable garnish	Various vegetables Pickled carrots Green bean sticks	Potatoes baked or boiled Tomatoes Beans Pickles Garnish
<b>EGGS AND CHEESE</b>	Cheeses Welsh rabbit and Egg dishes		Omelets and Egg dishes Cream and cottage cheese	Egg salad Egg dishes Cheese fillings Sour cream	Sour cream Cream and Cottage cheese Scrambled eggs
<b>RICE NOODLES SPAGHETTI</b>	Spanish rice Spaghetti dishes			Oriental touch to rice	Buttered noodles
<b>SOUPS SALADS SAUCES</b>	Bean Mock turtle Potato soups Tossed salads	Vegetable and Fish soups Tomato sauces and Gravies Marinades	Various Soups and Salads	Gravies Flavor feaser in soups Chili sauce Shrimp sauce	Fish and Vegetable salads Butter sauce Cream sauce
<b>PIES BREADS CAKES</b>				White bread dough	

# LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	Ginger	Marjoram	Oregano	Sage	Tarragon
When You Fix: ↓	Aromatic, pungent root with warm flavor—sold fresh, dried or ground	Aromatic odor, potent flavor	Strong aromatic odor, bitter taste, whole or ground	Pleasant aromatic odor and warm, bitter taste. Used fresh & dried	Aromatic leaves, with hot pungent flavor
Meats Casseroles	Pot roast Pork, Veal Beef Casseroles	Stuffing for all meats Ragouts, Stew Beef, Veal Pork Roasts Lamb Sausage	Pork, Veal and Lamb dishes Meat loaf Stews Chili	Stuffing for meat dishes Veal and Pork dishes Pork roast Sausage Hamburgers	Beef and Veal dishes
Poultry Seafood		Chicken and fish dishes Stuffed fish Fish chowder	Roast duck Fish chowder	Poultry	Fish and Chicken dishes Chicken cacciatore Lobster
Vegetables Pickles Preserves	Pickles Preserves Chutney Vegetable combos	Scalloped potatoes and tomatoes Dressing for broccoli cabbage spinach	Hash brown potatoes Dried beans Lentils	Vegetable loaves Beans Tomatoes	Potatoes Tomatoes Beets Spinach Pickles
Eggs And Cheese		Egg salad Egg dishes Cheese dishes	Sprinkle on top of dishes with cheeses	Fresh cheese Cheese combo dishes	Eggs Benedict Egg and Cheese dishes
Rice Spaghetti Noodles		Spaghetti sauce	Spaghetti with meat sauce Pizza		
Soups Salads Sauces	Soups Chicken broth Gravies Fruit salad Whipped cream	Soups Salad dressing Green vegetables salads	Vegetable and Fish salads	Salads	Tartar sauce Sweet-sour sauce Fish Sauces Green salads Aspics
Breads Pies Cakes	Cakes Soft cookies and crisp snaps Pie crust and filling				

Helpful Cooking Hints

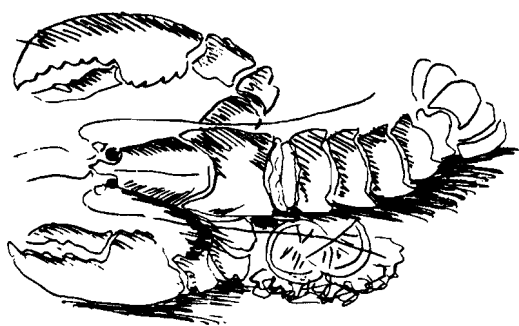
## MEATS, POULTRY, AND SEAFOOD

Meats are a substantial part of all homemakers shopping bill. Every meal should be planned very carefully and the best possible cut of meat for your money should be selected. The following chart should help you in not only selecting the best cut of meat, recommended by the U.S. Department of Agriculture cutting chart, but also the proper amount of meat to serve.

### HOW MUCH TO BUY

MEAT		WEIGHT OR MEASURE	NO. OF SERVINGS
<b>BEEF</b>	Round Steak	1 pound	3 to 4
	Porterhouse Steak	1 pound	2
	Sirloin Steak	2 pounds	4
	Chuck Roast	2 pounds	4 to 6
	Rib Roast (bone in)	4 pounds	8
	Short Ribs	1 pound	1 to two
	Stew Meat	1 pound	4 to 5
	Hamburger	1 pound	4
<b>POULTRY</b>	<b>Chicken</b>		
	Fryers	2 ½ to 3 ½ pounds	3 to 5
	Broilers	1 to 2 ½ pounds	2 to 3
	Roasters	2 ¾ to 7 pounds	4 to 10
	Turkey	8 pounds	16
<b>FISH</b>	Steaks	1 pound	3
	Fillets	1 pound	4
	Whole Fish	1 pound	1
<b>SHELLFISH</b>	Lobster (tails)	1 pound	2
	Lobster (cooked meat)	1 pound	2
	Clams (shucked)	1 pint	3
	Shrimp (cooked)	1 pound	5 to 6
	Oysters (shucked)	1 pint	3
	Oysters (cooked)	1 pound	6
	Scallops	1 pound	6
<b>VEAL</b>	Cutlet	1 pound	3
	Chops	3 chops per pound	3 to 4
	Roast	2 pounds	6

# RETAIL AND WHOLESALE BEEF CHART



Helpful Cooking Hints

## Table For Cooking Vegetables

VEGETABLE	WAYS TO PREPARE	COOKING	TIME
<i>Asparagus</i>	Wash; gently scrub with vegetable brush. Break the stalks. They will snap where tender part starts.	Cook covered in small amount of boiling salted water. Cut up Whole spears	8-10 mins. 10-15 mins.
<i>Beans, green or wax</i>	Wash; remove ends and strings. Cut in 1-inch pieces, leave whole, or slit lengthwise.	Cook covered in small amount of boiling salted water.	20-30 mins.
<i>Navy Beans, dried</i>	Rinse. Soak overnight in 3 times as much water as beans; OR bring to boil, simmer several minutes and let stand 1 hour or more.	Cover and simmer in water used for soaking. Add salt.	1 ½ hours
<i>Beets</i>	Cut off all but 1 inch of stems and root; wash and scrub thoroughly. Do not pare.	Cook covered in boiling salted water. Peel when done.	35-60 mins.
<i>Broccoli</i>	Remove tough part of stalks and outer leaves. Split rest of stalk almost to flowerets; OR Cut in 1-inch pieces; separate stalks from flowerets.	Tie stalks in bundles using folded strips of foil. Cover, cook standing up in boiling, salted water. Cook pieces covered in boiling salted water to cover 5 to 8 mins.; add flowerets.	15-20 mins.  10-15 min. Total
<i>Brussels Sprouts</i>	Wash thoroughly; cut off wilted leaves. If large Brussels sprouts, cut in half lengthwise.	Cook covered in small amount of boiling salted water.	10-15 mins.
<i>Cabbage, green</i>	Wash; remove wilted outer leaves. Cut in 6 to 8 wedges; OR shred.	Cook covered in small amount of boiling salted water.	10-12 mins. Wedges
<i>Carrots</i>	Wash, scrape or pare. Slice, cut up in quarters or strips, or leave whole.	Cook covered in small amount of boiling salted water or in consomme.	20-25 mins. Whole
<i>Cauliflower</i>	Remove leaves and some of the woody stem. Leave whole or separate into flowerets.	Cook covered in small amount of boiling salted water.	20-25 mins. Whole 15-20 mins. Flowerets

**Helpful Cooking Hints**

## Table For Cooking Vegetables

VEGETABLE	WAYS TO PREPARE	COOKING	TIME
<i>Celery</i>	Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.	Cook covered in small amount of boiling salted water or in consomme.	10-15 mins.
<i>Corn</i>	Remove husks and silks from fresh corn. Rinse and cook whole.	Cook covered in small amount of boiling salted water; OR cook uncovered in enough boiling salted water to cover ears.	6-8 mins.
<i>Eggplant</i>	Wash. If skin is tough, pare. Cut in ½-inch slices.	Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot fat. Season.	Approx. 4 mins.
<i>Mushrooms</i>	Wash; cut off tips of stems. Leave whole or slice.	Add to melted butter in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.	8-10 mins.
<i>Okra</i>	Wash pods; cut off stems. Slice or leave whole.	Cook covered in small amount of boiling salted water.	8-15 mins.
<i>Parsnips</i>	Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.	Cook covered in small amount of boiling salted water.	15-20 mins.
<i>Peas, Green</i>	Shell and wash.	Cook covered in small amount of boiling salted water.	8-15 mins.
<i>Spinach</i>	Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.	Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.	3-5 mins.
<i>Zucchini</i>	Wash; do not pare. Slice thin.	Season and cook covered in butter in skillet for 5 mins. Uncover and cook till tender, turning slices.	10 mins. Total
<i>Tomatoes</i>	Wash ripened tomatoes.	Cook slowly, covered without adding water.	10-15 mins.

**Helpful Cooking Hints**



# Calorie Counter

## CANDIES, SNACKS AND NUTS

Calories

Almonds (salted) . . . . .	12 to 15 . . . . .	93
Cashews . . . . .	6 to 8 . . . . .	88
Chocolate Bar (nut) . . . . .	2 ounce bar . . . . .	340
Coconut (shredded) . . . . .	1 cup . . . . .	344
English Toffee . . . . .	1 piece . . . . .	25
Fudge . . . . .	1 ounce . . . . .	115
Mints . . . . .	5 very small . . . . .	50
Peanuts (salted) . . . . .	1 ounce . . . . .	190
Peanuts (roasted) . . . . .	1 cup . . . . .	800
Pecans . . . . .	6 . . . . .	104
Popcorn (plain) . . . . .	1 cup . . . . .	54
Potato Chips . . . . .	10 medium chips . . . . .	115
Pretzels . . . . .	10 small sticks . . . . .	35
Walnuts . . . . .	8 to 10 . . . . .	100

## DAIRY PRODUCTS

American Cheese . . . . .	1 cube, 1 1/8 inch . . . . .	100
Butter or Oleomargarine . . . . .	1 level Tbsp. . . . .	100
Cheese (blue, cheddar, cream, Swiss) . . . . .	1 ounce . . . . .	105
Cottage Cheese (uncreamed) . . . . .	1 ounce . . . . .	25
Cream, light . . . . .	1 Tbsp. . . . .	30
Cream, whipped . . . . .	1 Tbsp. . . . .	25
Egg White . . . . .	1 . . . . .	15
Egg Yolk . . . . .	1 . . . . .	61
Eggs (boiled or poached) . . . . .	2 . . . . .	160
Eggs (scrambled) . . . . .	2 . . . . .	220
Egg (fried) . . . . .	1 medium . . . . .	110
Yogurt (flavored) . . . . .	4 ounces . . . . .	60

## DESSERTS

### Cakes:

Angel Food Cake . . . . .	2" piece . . . . .	110
Cheese Cake . . . . .	2" piece . . . . .	200
Chocolate Cake, iced . . . . .	2" piece . . . . .	445
Fruit Cake . . . . .	2" piece . . . . .	115
Pound Cake . . . . .	1 ounce piece . . . . .	140
Sponge Cake . . . . .	2" piece . . . . .	120
Shortcake with fruit . . . . .	1 ave. slice . . . . .	300
Cupcake, iced . . . . .	1 . . . . .	185
Cupcake, plain . . . . .	1 . . . . .	145

### Pudding:

Bread Pudding . . . . .	1/2 cup . . . . .	150
Flavored Puddings . . . . .	1/2 cup . . . . .	140

## BEVERAGES AND JUICES

Beer . . . . .	1 bottle, 12 oz. . . . .	185
Chocolate Malted . . . . .	8 ounces . . . . .	450
Cocoa (all milk) . . . . .	8 ounces . . . . .	235
Cocoa (milk & water) . . . . .	8 ounces . . . . .	140
Coffee (black/unsw.) . . . . .		0

# Calorie Counter

## BREADS AND FLOUR FOODS

Calories

Baking Powder Biscuits	1 large or 2 sm.	129
Bran Muffin	1 medium	106
Corn Bread	1 small square	130
Dumplings	1	70
Enriched White Bread	1 slice	60
French Bread	1 small slice	54
French Toast	1 slice	135
Macaroni and Cheese	1 cup	475
Melba Toast	1 slice	25
Noodles cooked	1 cup	200
Pancakes (wheat)	1, 4-inch	60
Raisin Bread	1 slice	80
Rye Bread	1 slice	71
Saltines	1	17
Soda Crackers	1	23
Waffles	1	216
Whole Wheat Bread	1 slice	55

## BREAKFAST CEREALS

Corn Flakes	1 cup	96
Cream of Wheat	1 cup	120
Oatmeal	1 cup	148
Rice Flakes	1 cup	105
Shredded Wheat	1 biscuit	100
Sugar Krisps	¾ cup	110

### Pies:

Apple	1 piece	331
Blueberry	1 piece	290
Cherry	1 piece	355
Custard	1 piece	280
Lemon Meringue	1 piece	305
Peach	1 piece	280
Pumpkin	1 piece	265
Rhubarb	1 piece	265

### Ice Cream:

Chocolate Ice Cream	½ cup	200
Vanilla Ice Cream	½ cup	150

### Miscellaneous:

Chocolate Eclair, custard	1 small	250
Cookies, assorted	1, 3-inch dia.	120
Cream Puff	1	296
Jello, all flavors	½ cup	78

## FISH AND FOWL:

Bass	4 ounces	105
Brook Trout	4 ounces	130
Crabmeat (canned)	3 ounces	85
Fish Sticks	5 sticks or 4 oz.	200
Haddock (baked)	1 fillet	158
Haddock (broiled)	4 ounces steak	207

# Calorie Counter

Calories

## FRUITS

Apple (raw)	1 small	70
Banana	1 medium	85
Blueberries (frozen/- unsweetened)	½ cup	45
Cantaloupe Melon	½ melon large	60
Cherries, fresh/whole	½ cup	40
Cranberries (sauce)	1 cup	54
Grapes	1 cup	65
Dates	3 or 4	95
Grapefruit (unsw.)	½	55
Orange	1 medium	70
Peach (fresh)	1	35
Plums	2	50
Tangerine (fresh)	1	40
Watermelon	1" slice	60

## MEATS

Bacon (crisp)	2 slices	95
Frankfurter	1	155
Hamburger (ave. fat/broiled)	3 ounces	245
Hamburger (lean/broiled)	3 ounces	185
Ham (boiled/lean)	3 ounces	200
Ham (baked)	1 slice	100
Lamb Leg Roast	3 ounces	235
Lamb Chop (rib)	3 ounces	300
Liver (fried)	3½ ounces	210
Meat Loaf	1 slice	100
Pork Chop (med.)	3 ounces	340
Pork Roast	3 ounces	310
Pork Sausage	3 ounces	405
Roasts (Beef)		
Loin Roast	3½ ounces	340
Pot Roast (round)	3½ ounces	200
Rib Roast	3½ ounces	260
Rump Roast	3½ ounces	340
Spareribs	1 piece, 3 ribs	123
Swiss Steak	3½ ounces	300
Veal Chop (med.)	3 ounces	185
Veal Roast	3 ounces	230

## SALADS AND DRESSINGS

Apple and Carrot (no dressing)	½ cup	100
Chef Salad/reg. oil	1 Tbsp.	160
Chef Salad/mayonnaise	1 Tbsp.	125
Chef Salad/French, Roquefort	1 Tbsp.	105
Cole Slaw (no dressing)	½ cup	102
Fruit Gelatin	1 square	139
Potato Salad (no dress.)	½ cup	184
Waldorf (no dressing)	½ cup	140
Boiled Dressing	1 Tbsp.	28
French Dressing	1 Tbsp.	60
Mayonnaise	1 Tbsp.	110

# Quantity Cooking

Food

25 Servings

100 Servings

## Meat, Poultry or Fish

Beef and veal (roasted)	10 lbs.	40 lbs.
Fish, large whole	13 lbs	50 lbs.
Fish, fillets or steaks	7 ½ lbs.	30 lbs.
Ham (roasted)	10 lbs	30 lbs.
Hamburger	9 lbs	35 lbs.
Meat Loaf	5 lbs	18 lbs.
Pork Rib Roast	10 lbs.	36 lbs.
Pork Chops and Veal Cutlets	9 lbs.	30 lbs.
Turkey or Chicken (roasted)	16 lbs.	50 to 75 lbs.

## Sandwiches

Bread	50 slices	200 slices
Butter	½ lb	1 ½ lbs.
Mayonnaise	1 cup	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1 ½ qts.	5 to 6 qts.
Lettuce	1 ½ heads	5 to 6 heads

## Salads, Casseroles

Potato Salad	4 ¼ qts.	4½ gals.
Scalloped Potatoes	4 ½ qts.	17 qts.
Spaghetti	1 ¼ gals.	5 gal.
Baked Beans	¾ gals.	2 ½ gals.
Jello Salad	2 qts.	2½ gals.
Lettuce (large heads)	4 heads	12 heads

## Vegetables

Beets (fresh)	5 lbs.	20 lbs.
Beets (canned)	1 No. 10	4 No. 10
Cabbage (shredded)	5 lbs.	20 lbs.
Carrots (cooked)	6 lbs.	24 lbs.
Corn (canned)	3 No. 2	2 No. 10
Corn (frozen)	3 40-oz. pkgs.	10 40-oz pkgs
Peas (fresh)	18 lbs.	70 lbs.
Peas (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Sweet Potatoes (canned)	1 No. 10	4 No. 10
Sweet Potatoes (fresh)	7 lbs.	24 lbs

Helpful Cooking Hints

## FOOD QUANTITIES FOR ONE WEEK

Kinds of Foods	Women	Men
Citrus fruits, tomatoes	2½ pounds	2½ - 3 pounds
Dark-green vegetables	¾ pound	¾ pound
Dry beans, peas and nuts	2 ounces	2 - 4 ounces
Eggs	6 eggs	7 eggs
Fats, oils	½ pound	¾ - 1 pound
Grain products -		
Cereal, flour, whole grain	2 2½ pounds	3-4 pounds
Meat, fish and poultry	4 4½ pounds	5-5½ pounds
Milk, and milk equivalents	3½ quarts	3½ quarts
Vegetables and fruits	4-6 pounds	5 - 7 pounds
Potatoes	1-1½ pounds	2 - 3 pounds
Sugars and sweets	½-1 pound	1 - 1½ pounds

## SUBSTITUTIONS FOR INGREDIENTS

1 **tablespoon cornstarch (for thickening)** .... 2 **tablespoons flour**  
 1 **cup sifted cake flour** .... 1 **cup minus 2 tablespoons sifted all-purpose flour.**

1 **cup sour milk** .... 1 **cup sweet milk** into which 1 **tablespoon vinegar or lemon juice** has been stirred.

1 **square chocolate (1 ounce)** .... 3 or 4 **tablespoons cocoa** plus 1 / 2 **tablespoon fat.**

1 **cup sifted all-purpose flour** .... 1 **cup plus 2 tablespoons sifted cake flour.**

1 **cup sweet milk** .... 1 **cup sour milk or buttermilk** plus 1 / 2 **teaspoon baking soda.**

1 **cup cream, sour, thin** .... 3 **tablespoons butter** and 3 / 4 **cup milk** in **sour milk recipe.**

1 **whole egg** .... 2 **egg yolks** for **custards.**

1 **cup molasses** .... 1 **cup honey.**

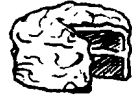
1 **package active dry yeast** .... 1 **cake compressed yeast.**

1 **tablespoon instant minced onion, dehydrated** .... 1 **small fresh onion.**

1 **tablespoon prepared mustard** .... 1 **teaspoon dry mustard.**



# *Favorite Recipes*



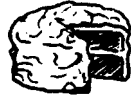
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