

# *Apple Cake*

*One of Mom's 51 Favorites*

*Yield: 8 Servings*

4 Ounce Butter

4 Ounce Sugar

2-3 Eggs

3 Drops Lemon

8 Ounce Flour

2 Teaspoon Baking Powder

Pinch Salt

1-4 Tablespoons Milk

1 Pound Apples

Blend butter and sugar. Add eggs and lemon drops. Mix flour, baking powder and salt. add to butter and egg mix. As flour gets firmer add milk, a little at a time. Dough should be heavy. Spread in a round 10- inch greased pan.

Peel, quarter and core apples. Cut into rounded side of each apple quarter, making several lengthwise parallel deep incisions so that each quarter fans, as shown in picture. Place prepared apple quarters, sliced- side up, on top of dough. Sprinkle with cinnamon sugar. Bake at 375 degrees for approximately 45 minutes.

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# *Beef Stew With Mushroom Gravy*

*One of Mom's 51 Favorites*

*Yield: 4 Servings*

2 Pounds Beef, Cubed

6 Medium Onions, Chopped

Pepper

8 Ounces Mushrooms

Salt

1 Cup Water

? Paprika

? Flour

Place the beef cubes in a large skillet. Season with Pepper, Salt and Paprika; then brown well. Add the Onions, Mushrooms, and water. Simmer 1 to 1 1/2 hours until tender. Thicken with a little flour.

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# *Beef Stroganoff*

*One of Mom's 51 Favorites*

*Yield: 4 Servings*

1 Medium Onion, Minced

2 Pounds Round Steak

Butter Or Oil

1/2 Pounds Mushroom

Onion And Garlic Salt

Pepper And Paprika

2 Tablespoon Worcestershire Sauce

8 Ounce Tomato Sauce

2 Cups Sour Cream

Saute onions in butter until golden brown. Cut meat into narrow strips. Add meat to onions. Cover and simmer 1 1/2 hours. Add mushrooms, onion and garlic salt, pepper, paprika and worcestershire sauce. Simmer until meat is tender, about 15 minutes. Stir in sour cream before serving. Serve over wide egg noodles.

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# *Bienenstich Kuchen*

*One of Mom's 51 Favorites*

*Yield: 12 Servings*

2 Pkt dry yeast	1/2 Cup sugar
1/2 Cup warm water	1 Tbl milk
1/2 Cup sugar	vanilla extract
1/2 Cup soft butter	almond extract
1/2 Cup hot scalded milk	-----
2 Tbl salt	1 large vanilla Pudding(not
3 eggs	-instant)
5 1/4 Cup flour	1 1/2 Cup milk
-----	1/2 Lb sweet butter
1 Cup almonds, Sliced And Blanched	almond extract
1 Tbl butter	powdered sugar
2 Tbl honey	

Dissolve \_\_\_ in skillet on top of stove; let cool. Soften yeast in water. Combine sugar, milk and salt in mixing bowl. Blend in eggs and yeast mix. Gradually add flour to form a stiff dough. Knead on floured surface until smooth and satiny. Place in greased bowl; cover. Let rise in warm oven (85-90 deg..) until light, about 1 hour. Punch down and roll out onto greased cookie sheet. Spread cooled almond mixture on top. Cover with wax paper. Let rise again until light.

Bake at 350 deg. for 20 minutes, or until nicely brown.

After cake has cooled, slice in half horizontally for filling.

Boil pudding mix according to package directions; let cool to room temperature. Have butter also at room temperature. This is important so that filling will not curdle when being mixed together. I leave mine out for at least two hours to be room temperature.

With mixer on low speed, blend butter and pudding together throughly, add a little powdered sugar to make light. Spread this butter cream between layers of kuchen. Refrigerate until cool.

P.S. This kuchen freezes very well.

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# *Brazilian Black Bean Soup*

*One of Mom's 51 Favorites*

*Yield: 8 Servings*

*We got this recipe from Cheryl*

2 Cup dry black beans	-----
3 1/2 Cup water or stock	2 oranges, peeled seeded and
1 Cup onion, chopped	-sectioned
3 Clove garlic, chopped	1/2 Cup orange juice
1 large carrot, chopped	1 Tbl dry sherry
1 stalk celery, chopped	1/4 Tsp black pepper
1 Tsp coriander, ground	1/4 Tsp cayenne pepper
1 1/2 Tsp cumin, ground	1/2 Tsp lemon juice
2 Tbl oil	

Rinse black beans. Cover with water and soak overnight. The next day rinse and drain. Add the stock and salt, and simmer for 1 1/2 hours.

Saute onion, garlic, carrot, celery, coriander and cumin until tender and add to bean soup.

10 minutes before serving time, add oranges, orange juice, sherry, black pepper, cayenne pepper and lemon juice. If the soup is too thick, thin with water to desired consistency.

Mom, this is the recipe, exactly as from Cheryl. Do YOU use all that fruit stuff at the end?

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# *Butter Beans*

*One of Mom's 51 Favorites*

*Yield: 4 Servings*

*One of mom's favorite bean recipes. Served outside for a picnic, instead of baked beans which mom thinks are so boring!*

6 Slices Bacon, Chopped

1/2 Bottle Chili Sauce

1 Green Pepper, Chopped

32 Ounces Butter Beans

1 Medium Onion, Chopped

32 Ounces Campbell BBQ Beans

1/2 Cup Brown Sugar

16 Ounces Joan Arc Kidney Beans

Saute the bacon, pepper, onions and brown sugar. Place in a baking dish. Add the beans and stir gently. Bake in a 325 degree oven for one hour.

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# *Chicken Paprikas*

*One of Mom's 51 Favorites*

*Yield: 4 Servings*

1 onion, chopped

1/4 Cup oil

2 Tbl salt

1 Tbl paprika

1 Tsp black pepper

4 -5 lbs chicken parts

1 1/2 Cup water

1 Pint sour cream

Brown onions in oil. Add salt, paprika and pepper. Add chicken and brown for 10 minutes. Add water and simmer slowly until tender. Remove chicken and add sour cream to the onion mixture. Arrange chicken on top. Heat through, and serve on Spatzle Dumplings.

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# *Classic Cucumber Salad*

*One of Mom's 51 Favorites*

*Yield: 8 Servings*

4 Large Cucumbers

2 Tbl Sugar

1 Medium Onion

1 Tbl Dill, Dried

1 Cup Sour Cream

Croutons, Onion And Garlic

2 Tbl Vinegar

Peel cucumbers. Slice cucumbers and onions thinner than you thought possible. In a large bowl mix the sour cream, vinegar, sugar and dill. Fold in the cucumbers. Refrigerate for at least 1 hour. Garnish with croutons and serve.

Fast and Easy method: Substitute your favorite ranch dressing for the sour cream, vinegar, sugar and dill.

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# *Cold Potato Salad*

*One of Mom's 51 Favorites*

*Yield: 10 Servings*

*Michelle really looks forward to this potato salad everytime she goes to ohio*

6 Medium Potatoes	1/4 Tsp Pepper
1 1/2 Cup Mayonnaise	2 Medium Stalks Celery, Chopped
1 Tbl Vinegar	1 Medium Onion, Chopped
1 Tsp Mustard, Prepared	4 Eggs, Chopped, Hard Cooked
1 Tsp Salt	

Prepare and cook potatoes as directed on page \_\_\_\_\_. Cool slightly. Cut into cubes. Mix mayonnaise, vinegar, mustard, salt and pepper in large glass or plastic bowl. Add potatoes, celery and onion; toss. Stir in eggs. Cover and refrigerate at least 4 hours.

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# *Cole Slaw*

*One of Mom's 51 Favorites*

*Yield: 8 Servings*

1 Small Cabbage

2-3 Carrots

1/2 Green Pepper

Fill blender 1/2 full with cold water. Blend cabbage, green pepper & carrots. Drain. Stir in slaw dressing until moistened. Refrigerate for at least one hour before serving.

Mom, do you still do these in the blender or do you use your hand shredder??? If you use the blender, how much water do you use?

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# *Corned Beef*

*One of Mom's 51 Favorites*

*Yield: 4 Servings*

*Mike can finish off a whole pot full of corned beef before it even leaves the stove!*

1 large corned beef

1 bay leaf

12 peppercorns

1/4 Tsp corainder seed

2 garlic cloves

Place corned beef in large pot. Cover with cold water. Stir in remaining ingredients. Place lid on and simmer for 3 hours or until meat is tender.

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# *Country Ribs And Kraut*

*One of Mom's 51 Favorites*

*Yield: 4 Servings*

*Spareribs turn crispy-brown, yet stay moist and tender when baked atop sauerkraut.*

2 Lb sauerkraut, rinsed and drained

4-5 Lb Beef Ribs

1/4 Cup brown sugar

salt and pepper

1 Cup water

1) Mix sauerkraut and brown sugar in large shallow baking pan.

2) Cut ribs into serving size pieces; place on top of sauerkraut; sprinkle with salt and pepper.

3) Bake in slow oven (325) 3 hours, turning ribs occasionally to brown and crisp on both sides.

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# *Fresh Salsa*

*One of Mom's 51 Favorites*

*Yield: 4 Servings Preparation Time:*

*Mom likes this one*

2 large tomatoes, chopped

1 Tsp lemon juice

1 small onion, chopped

1 Tsp sugar

1 jalepeno pepper, chopped

Mix all ingredients in a large bowl. Stir, and let sit for 1 hour to let the flavors mix.

Serve with tortilla chips.

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# *Fried Cabbage*

*One of Mom's 51 Favorites*

*Yield: 4 Servings Preparation Time:*

*This is the same method we use for making fried potatoes.*

1/2 med cabbage, shredded

1/2 med onion, chopped

2 Slice of bacon, chopped

salt and pepper to taste

Fry up the bacon until golden and crispy, do not drain off the fat. Add the onion, fry also until golden, add the shredded cabbage, some salt and pepper and fry until tender and lightly brown, stirring on occasion.

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# *Frikadellen*

*One of Mom's 51 Favorites*

*Yield: 4 Servings*

*Mike makes these for potluck dinners at work. They always go quickly.*

1 Cup Bread Crumbs, Dry

1 Small Onion, Finely chopped

1/2 Lb Ground Beef

1/2 Lb Ground Pork

1 Egg

Salt

Pepper

? Butter

Soak breadcrumbs in cold water. Squeeze to remove excess water. In a small bowl, combine soaked breadcrumbs, onion, ground meats egg, salt and pepper. Shape into 4 firm patties. Flatten slightly. In a medium skillet, fry patties in hot butter or oil, until nicely browned on both sides. Do not overcook or they will be hard and dry. Serve hot with tomatoes, sauerkraut, cabbage and creamed potatoes or fresh crusty bread.

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# *Glazed Almonds*

*One of Mom's 51 Favorites*

*Mom usually makes these around christmas time. They are great, we all like them!*

1 Cup Almonds, Blanched

2 Tbl Butter

1/2 Cup Sugar

1/2 Tsp Vanilla

Heat all, stirring constantly until till golden brown. Remove from heat and stir in vanilla. Spread on foil to cool. Break into 2 or 3 nut clusters.

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# *Green Beans*

*One of Mom's 51 Favorites*

*Yield: 4 Servings*

*Here's another simple recipe that Dad and I got down on paper. Enjoy!*

1 Lb Green Beans

4 Slices Bacon, Chopped

Cut the tips off the green beans and steam them in a steamer until desired doneness. Meanwhile fry up bacon in a skillet until brown. Combine beans and bacon in a large serving bowl, and stir to coat the beans.

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# *Grilled Hamburgers*

*One of Mom's 51 Favorites*

*Yield: 4 Servings*

*It's tough to write a recipe for something as simple as hamburgers, but Dad and I came up with this...*

1 Lb Ground Beef

Salt

1 Tomato

Mustard

1 Onion

Ketchup

1 Head Lettuce

Mayonnaise

Pepper

Shape the ground meat into 4 to 6 patties. Pre-heat the gas grill. Place patties on the grill over high heat. When the juice starts coming through the top flip the burgers (Approx 5 minutes) Cook for another 5 minutes or so, until the burgers are no longer pink in the middle. Brown the buns on the grill. Assemble the burgers with your choice of tomatoes, onions, lettuce, pepper, salt, mustard, ketchup and mayonnaise.

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# *Grilled Pork Ribs*

*One of Mom's 51 Favorites*

*Yield: 4 Servings*

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# Hearty Oxtail Vegetable Soup

*One of Mom's 51 Favorites*

*Yield: 4 Servings*

*Ok, guys, here is one more recipe, tell me what you think of it. It may seem like a lot of work, but you do it over two days. It is a really hearty winter/vegetable dish.*

2 1/2 Lb oxtail, cut into 2" length	1 1/2 Qt cold water
1/2 Cup flour	12 3" bias celery slices
1 Tsp seasoned salt	1/2 Cup diced celery
3 Tbl oil	12 yellow turnip sticks, 3" long, -(rutabaga)
1/2 Cup minced onion	1/2 Cup diced yellow turnip, -(rutabaga)
1 Tbl salt	12 3" bias cut carrot slices
1/8 Tsp pepper	1/2 Cup diced carrots
3 bay leaves	few drop Tabasco
5 parsley springs	
1 -lb 13-oz can tomatoes	

Day before:

1. Wipe the oxtail pieces with a damp cloth, then cut off all excess fat.
2. Combine flour and seasoned salt; dredge evenly over each piece of oxtail.
3. In large Dutch oven heat fat and brown oxtail pieces well, a few at a time; then brown onion.
4. Return all oxtail pieces to Dutch oven; now add salt, pepper, bay leaves, parsley, tomatoes, and water. Cover; simmer 2 hrs. or till fork tender.
5. Cool, then refrigerate overnight.

About an hour before serving:

1. Skim fat from surface of soup. Bring soup to boil; add celery, turnips, and carrots; simmer, covered, 45 min. or until large pieces of vegetables are fork tender.
  2. Now add Tabasco. Serve. Nice with Onion-Rye bread.
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# *Home Fries*

*One of Mom's 51 Favorites*

*Yield: 4 Servings*

*Dad is good at making these home fries*

5-8 Red Potatoes

1 Large Onion

8 Slices Bacon, chopped

Fry bacon lightly until golden. Add chopped onions. Cook over medium heat until transparent. Slice the potatoes thinly, and add to skillet. Season to taste with salt and pepper. Stir gently, then cover with lid. Stir occasionally until nicely browned.

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# *Hot German Potato Salad*

*One of Mom's 51 Favorites*

*Yield: 6 Servings*

*This is Mike's favorite way to eat potatoes.*

4 Medium Potatoes	1/2 Tsp Salt
3 Slice Bacon, cut into 1-inch -pieces	1/2 Tsp Dill Pepper
1 Medium Onion, chopped	1/2 Cup Water
1 Tbl Flour	1/4 Cup Vinegar
1 Tbl Sugar	

Prepare and cook potatoes as directed on page \_\_\_\_\_. Cook bacon in 10 inch skillet until golden brown. Drain bacon, reserving fat in skillet. Cook and stir onion in fat until tender. Stir in flour, sugar, salt, dill and pepper. Cook over low heat, stirring constantly, until mixture is bubbly; remove from heat. Stir in water and vinegar. Heat to boiling, stirring constantly. Boil and stir 1 minute; remove from heat.

Cut warm potatoes in 1/4-inch slices. Stir potatoes and bacon into hot mixture. Heat until hot and bubbly, stirring gently to coat potato slices.

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# *Hungarian Goulash*

*One of Mom's 51 Favorites*

*Yield: 4 Servings*

*Dad's favorite, especially with the dried mushrooms instead of canned. Dried mushrooms really add flavor.*

3 Tablespoon Butter

8 Ounces Sour Cream

6 Medium Onions, Thinly Sliced

4 Cups Egg Noodles, Buttered

2 Lbs Beef, Chunks

8 Oz Mushrooms, Optional

1/4 Cup Paprika

? Dried Mushrooms

1 1/2 Teaspoon Salt

Brown the butter, onions and beef over medium heat. Add paprika & salt, and simmer on low heat for 1 1/2 to 2 hours, until tender. Stir in sour cream, but do not boil. Serve over buttered noodles.

Mom, when do you add the mushrooms?

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# *Linguine With White Clam Sauce*

*One of Mom's 51 Favorites*

*Yield: 4 Servings*

*Definitely one of Dad's favorites*

1/2 medium onion, chopped

1 Clove garlic, finely chopped

1 Tbl butter

1/3 Tbl flour

1 Can minced clams (64 oz)

1/4 Tsp salt

1/4 Tsp dried basil leaves

Mom needs to come up with directions for this, also why does salt appear on the list twice?

1/8 Tsp pepper

1/3 Tsp salt

3 Qt water

8 ounces linguine, uncooked

1/4 Cup snipped parsley

grated parmesan cheese



# *Meatless Chili Soup*

*One of Mom's 51 Favorites*

*Yield: 4 Servings*

1 15 Oz can garbanzo beans	-chili peppers
1 15 Oz can red kidney beans	1 med. onion, chopped
1 14 1/2 Oz Can Whole kernel corn	1 Tsp chili powder
-with sweet Peppers, Drained	1/8 Tsp garlic powder
1 10 Oz can tomatoes with green	1/4 Tsp crushed red peppers

1. Rinse and drain canned beans. Stir together garbanzo beans, kidney beans, beef broth, corn, undrained tomatoes, onion, chili powder, garlic powder, red pepper, and 1/8 tsp. pepper in large saucepan.

2. Bring mixture to boiling; reduce heat. Cover and simmer for 20 minutes. To serve, ladle soup into soup bowls.

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# *Minestrone Soup*

*One of Mom's 51 Favorites*

*Yield: 4 Servings*

1 Cup chopped onion	1 15 Oz can cannellini or great
1/2 Cup chopped carrot	-northern beans
1/2 Cup chopped celery	1 med. zucchini, sliced
1 16oz can tomatoes	1/2 of a 9 oz package frozen ital.
2 14 1/2 Oz cans chicken broth	-style
1 Cup shredded cabbage	-green beans
2/3 Cup tomato juice	1/2 Cup broken spaghetti
1 Tsp dried basil, crushed	2 Tbl grated Parmesan cheese
1/4 Tsp garlic powder	

If fresh green beans or garlic is available I use the fresh.

1. Cook onion, carrot, and celery in small amount of water in a Dutch oven until tender; drain.

2. Cut up tomatoes. Add undrained tomatoes, broth, cabbage, tomato juice, basil, and garlic powder to vegetables in Dutch oven. Bring to boiling; reduce heat. Cover and simmer for 20 minutes

3. Rinse and drain beans. Stir the beans, zucchini, green beans, and spaghetti into mixture in Dutch oven. Return to boiling; reduce heat. Cover and simmer 10 to 15 minutes or until vegetables and pasta are tender.

Pass Parmesan cheese to sprinkle on soup.

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# *Mushroom Barley Soup*

*One of Mom's 51 Favorites*

*Yield: 15 Servings*

*Try this soup. Dad and I love it.*

1 Cup Barley	1/2 Cup Mushrooms, Dry, Crushed To
6 Cup Water	-A Powder
2 Tbl Olive Oil	4 Cup Chicken Stock
1 Tbl Garlic, Chopped	3/4 Tsp Black Pepper
5 Carrots, Sliced Thinly	1 1/2 Tsp Salt
1 Large Onion, Sliced Thinly	1/4 Cup Parsley, Chopped
1 Lb Mushrooms, Sliced Thinly	

Place the barley in a large pot with 6 cups of water. Bring to a boil, cover, reduce the heat and boil gently over low heat for 50 to 60 minutes. Set aside.

Saute the garlic, carrots and onion in oil until tender. Add the fresh mushrooms dry mushrooms and the chicken stock. Boil gently for 10 minutes. Add salt, pepper and barley. Stir in the parsley just before serving.

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# *Oatmeal Raisin Nut Cookies*

*One of Mom's 51 Favorites*

*Yield: 40 Servings*

*Dad and Robert inhale these cookies.*

2 Cup butter, softened	1 Tsp baking soda
1 Cup brown sugar	1 Tsp cinnamon
1/2 Cup white sugar	1/2 Tsp salt
2 eggs	3 Cup old fashioned oats
1 Tsp vanilla	1 Cup raisins
1 1/2 Cup flour	1 Cup nuts, chopped

Preheat oven to 350 deg.

Beat together butter and sugar till creamy. Add eggs and vanilla; beat well. Add flour, baking soda, cinnamon and salt; mix well. Stir in oats, raisins and nuts. Mix well.

Drop by the tablespoon full onto ungreased cookie sheet. Bake 10-12 minutes or until golden brown. Cool 1 minute on cookie sheet, then remove.

The Cookie Bar Version: Place mix into an ungreased 9 x 13 baking pan. Bake for 30-35 minutes.

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# *Plum Kuchen*

*One of Mom's 51 Favorites*

*Yield: 12 Servings*

2 Pkt dry yeast	2 Tsp salt
1/2 Cup warm water	3 eggs
1/2 Cup sugar	5 -5 1/2 cups flour
1/2 Cup butter, softened	Cinnamon Sugar
1/2 Cup milk, hot	
Prune plums, cut in half. Set aside	

Soften yeast in water. Add sugar, milk and salt to yeast and mix. Add eggs and blend. Gradually add flour to yeast mix to form a stiff dough. Knead on floured surface until smooth and satiny. Place in greased bowl; cover. Let rise in warm oven (85-90 deg.) until light, about 1 hour. Punch down and roll out onto greased cookie sheet. Place the plums on top, cut side up. Sprinkle with cinnamon sugar. Cover with wax paper. Let rise again until light.

Bake at 350 deg. for 20 minutes, or until nicely brown. Can be served as is, or with whipping cream or cool whip.

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# *Potato Casserole*

*One of Mom's 51 Favorites*

*Yield: 6 Servings*

*This is a nice dish that can be prepared ahead of time and kept in the refrigerator until ready to bake.*

2 Lb Ore Ida Hash Browns, Frozen	1 Tsp Salt
1 Pint Sour Cream	1/2 Tsp Pepper
1 Stick Butter, Melted	1/2 Cup Onions, Chopped
1 Can Cream Of Chicken Soup	2 Cup Corn Flakes, Crushed
2 Cup Cheddar Cheese, Grated	

Mix 1/2 of the butter, the hash browns, sour cream, cream of chicken soup, cheddar cheese, salt, pepper and onions in a bowl. Spread out in a glass baking dish. Sprinkle with the corn flakes, and remaining 1/2 butter. Bake uncovered at 350 degrees for one hour.

Mom, what kind of ore Ida hash browns do you use?

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# *Potato Pancakes*

## *One of Mom's 51 Favorites*

*These potato pancakes are very popular all over Germany. During celebrations for local festivals, they are made and sold at outdoor stalls.*

2 Lb baking potatoes	salt and pepper
1 onion	1 Tbl chives, finely chopped
2 eggs	Vegetable Oil

Peel and finely grate raw potatoes and onion. If potatoes produce too much liquid, drain off. In a large bowl combine potatoes, onion, eggs, salt and white pepper; blending well. If mixture seems too moist add flour to thicken. Blend in chives.

Cover the bottom of a large skillet or griddle with a thin layer of oil. Drop spoons full of potato mixture onto hot oil; press into thin pancakes. Turn when the underside is golden brown and crisp. Brown the other side. Serve immediately. They are best when piping hot and fresh.

Option: Zucchini Potato Pancakes

Use 1 lb of potatoes and 1 lb of zucchini. Drain all excess juice. then follow recipe as above.

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# *Potatoes, White*

*One of Mom's 51 Favorites*

## *Cooking Directions*

To Boil: Cover potatoes in pot with water (salted if desired). Bring to a boil; reduce heat. Boil whole potatoes 30 to 35 minutes, pieces 20 to 25 minutes or until tender; drain.

To Bake: Bake in 375 deg. oven 1 to 1 1/4 hours, in 350 deg oven 1 1/4 to 1 1/2 hours, in 325 deg. oven about 1 1/2 hours or until tender.

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# *Red Cabbage*

*One of Mom's 51 Favorites*

*Yield: 4 Servings*

*Another one of Michelle's favorites*

1 Small Red Cabbage	1 Tbl Sugar
4 Slices Bacon, Chopped	1/2 Tsp Salt
2 Medium Apples, Diced	1/4 Tsp Pepper
1 Cup Water	1/4 Tsp Cloves, Ground
4 Tbl Vinegar	Flour

Shred cabbage finely. Fry up chopped bacon until crisp. Add cabbage and apples, stirring until well mixed. Add water, vinegar and spices. Cook until tender, about 1 hour. Stir frequently. Thicken with a little corn starch or flour. Serve with pork or rouladen.

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# *Rice Pilaf*

*One of Mom's 51 Favorites*

*Yield: 4 Servings*

1/4 Cup Butter

2 Cups Chicken Stock

1 Cup Long Grain Rice

Melt butter; add rice and saute until golden. Pour in stock; cover and simmer about 10 minutes. Let stand till all liquid is absorbed and rice is fluffy. Do not stir.

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# *Roast Chicken (Whole)*

*One of Mom's 51 Favorites*

*Yield: 4 Servings*

*Dad's favorite*

2 1/2 Lb chicken

McCormick Chicken Seasoning

Rinse chicken inside and out. Dry with paper towel. Stand up on a "chicken rack". Season well all around with "Chicken Seasoning".

Bake at 400 deg. for 15 minutes. Bake at 325 deg. for 60 minutes. Let rest for 10 minutes before cutting.

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# *Rouladen*

*One of Mom's 51 Favorites*

*Yield: 4 Servings*

*Mom makes this dish a lot when entertaining friends. Everyone likes it.*

4 Slice beef top round (1/2" thick)	1/4 Cup parsley, snipped
Salt and Pepper	1 pickled cucumber, sliced
Prepared Mustard	1 Tbl cooking oil
Paprika	water
4 Slice bacon, chopped	1 Tbl flour
2 onions, finely chopped	

Season beef with salt, pepper and paprika; spread thinly with mustard. Mix the bacon, onion and parsley. Place a nice handful on each beef round. Add a slice of pickled cucumber to each round. Roll up the beef rounds, and secure with skewers, wooden toothpicks or thread. Heat cooking oil in a medium skillet. Add the beef rolls and saute until well browned, turning occasionally. Add water, cover and simmer for about 1 hour or until tender. Remove beef rolls from skillet. Strain the cooking liquid. To thicken sauce, combine flour and a small amount of water. Stir flour mixture into cooking liquid. Cook, stirring, until slightly thickened. Return the beef rolls to gravy. Serve with boiled potatoes, cooked rice or noodles. Add salad or other vegetables in season, and chilled lager beer.

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# *Rubberband Buns*

*One of Mom's 51 Favorites*

*Yield: 8 Servings*

*Keep some of these in the freezer for those days you just don't feel like cooking. By the way, they get their name from the cheese, that stretches out like rubber bands when you bite into it.*

1 Stick Butter	1/2 Lb Swiss Cheese, Sliced Thinly
1/4 Cup Onion, Minced	1 Lb Ham, Sliced Thinly
1/4 Cup Mustard	8 Hamburger Buns
1 Tbl Poppy Seeds	

Mix butter, onion, mustard and poppyseed together. Spread on buns. Add ham and cheese. Wrap in foil and keep in freezer.

Bake at 300 degrees for 30 to 45 minutes or until hot.

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# *Sauerbraten*

*One of Mom's 51 Favorites*

*Yield: 4 Servings*

1 beef roast (square cut)

3 medium onions, sliced

12 peppercorns

Buttermilk

3 bay leaves

In a large bowl place the peppercorns, bay leaves and onions and 1 cup buttermilk. Add the beef roast. Cover the roast with additional buttermilk. Marinade in refrigerator in covered bowl for two days, turning every morning and evening.

Take roast out of marinade and wipe dry with a paper towel. Brown in some oil, all around. Add the marinade and slowly simmer until tender. Remove the roast. Strain the gravy, add salt to taste. Add flour mix to thicken. Slice roast and cover with gravy. Serve with potatoes and red cabbage.

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# *Sauerkraut (Fresh In The Bag)*

*One of Mom's 51 Favorites*

*Yield: 4 Servings*

*Mom doesn't like the canned stuff. She insists on the fresh sauerkraut in the bag, which you get in the refrigerated section of the supermarket.*

4 Slice bacon, chopped	1/2 to 1 tsp caraway seeds
1 med onion, chopped	-(optional)
2 Clove garlic, chopped fine	1 to 2 tsp. brown sugar
1 Lb sauerkraut, fresh in bag, -rinsed and drained	1 Cup water

Brown the chopped bacon till golden, add the onions and brown until lightly golden, add the garlic, brown until lightly golden.

Add the sauerkraut, the caraway seeds, the brown sugar and the water, mix all and cover. Simmer slowly for about 40 min.

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# *Senfgurken (Mustard Pickles)*

*One of Mom's 51 Favorites*

*Yield: 16 Servings*

4 Cucumbers	1 Tsp mixed pickle spices
2 Cup white vinegar	1 1/2 Tsp mustard seeds
1 Cup water	pearl onions
1 Cup sugar	

Peel, seed and quarter the cucumbers. Soak in cold water for 12 hours.

Place vinegar, water, sugar, pickle spices and mustard seeds in a large pot and boil for 3 minutes.

Pack cucumbers in hot canning jars. Put pearl onions on top. Fill the jars with brine, and seal. Let stand for at least 2 weeks.

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# *Spaghetti*

*One of Mom's 51 Favorites*

*Yield: 6 Servings*

*Mom made this spaghetti dish for as long as I can remember, and when I started cooking as a teenager, I started with this spaghetti dish. It's as good now as it was then!*

1 Lb Ground Beef

1 Tb Italian Seasoning

1/2 Lb Ground Sausage

1 Box Spaghetti

1 Jar Spaghetti Sauce

In a large skillet cook the ground beef and the sausage until browned. Drain well. Add the jar of "good spaghetti sauce". Heat through.

Meanwhile, cook the spaghetti according to package directions. Drain, rinse, and drain again. Transfer to a warm bowl.

Spoon the sauce over the pasta.

Optional: Use 1/2 Spaghetti Squash and 1/2 box pasta.

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# *Spatzle Dumplings*

*One of Mom's 51 Favorites*

*Yield: 6 Servings*

3 Eggs

2 1/2 Cup Flour

1/2 Cup Water

2 Tsp Salt

Blend all together to make a stiff batter.

Drop by the teaspoon full into salted boiling water. Cook until the dumplings rise to the top. Rinse with cold water and drain.

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# *Split Pea Soup*

*One of Mom's 51 Favorites*

*Yield: 8 Servings*

1 Lb Split Peas, Dried	1 Ham Bone Or
8 Cup Water	2 Lb Ham Shanks
1 Large Onion, Chopped	3 Medium Carrots, Cut Into 1/4
1 Cup Celery, Finely Chopped	-Inch Slices
1/4 Tsp Pepper	

Heat peas and water to boiling in Dutch oven. Boil uncovered 2 minutes; remove from heat. Cover and let stand 1 hour.

Stir in onion, celery and pepper. Add ham shanks (or ham bone). Heat to boiling; reduce heat. Cover and simmer about 1 1/2 hours or until peas are tender.

Remove ham shanks; remove ham from bone. Trim excess fat from ham; cut ham into 1/2-inch pieces. Stir ham and carrots into soup. Heat to boiling; reduce heat. Cover and simmer until carrots are tender and soup is of desired consistency, about 30 minutes.

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# Swedish Meatballs

*One of Mom's 51 Favorites*

*Yield: 4 Servings*

1 Lb ground beef	1 1/2 Tsp salt
1/2 Lb ground pork	-----
1/2 Cup bread crumbs	2 beef bullion cubes
1/2 Cup sour cream	2 Cup hot water
1 egg, slightly beaten	1/2 Cup sour cream
2 Tbl onion, grated	2 Tbl flour
1/8 Tsp allspice	dash allspice
1/4 Tsp pepper	1/2 Tsp onion salt

Combine the ground beef, ground pork, breadcrumbs, sour cream, egg, onion, allspice, pepper and salt and mix well. Form into small meatballs. In a large skillet, brown the meatballs. Dissolve the bullion cubes in the hot water. Pour over meatballs. Simmer for 1/2 hour. Remove meatballs from skillet and set aside. Add the sour cream, allspice and salt to the gravy. Thicken the gravy with flour mixed with a little water. Return meatballs to skillet. Serve over noodles or rice.

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# *Swiss Steak*

*One of Mom's 51 Favorites*

*Yield: 6 Servings*

3 Tbl flour	1 Can (16 ounces) whole tomatoes,
1 Tsp dry mustard	-undrained
1/2 Tsp salt	2 Clove garlic, finely chopped
1 1/2 Lb beef boneless round, tip	1 Cup water
-or chuck steak 3/4" thick	1 large onion, sliced
2 Tbl vegetable oil	1 large green bell pepper, sliced

Mix flour, mustard and salt. Sprinkle one side of the beef steak with half of the flour mixture; pound in. Turn beef and pound in remaining flour mixture. Cut beef into 6 serving pieces. Heat oil in 10-inch skillet until hot. Cook beef over medium heat, about 15 minutes, turning once, until brown. Add tomatoes and garlic. Break up tomatoes. Heat to boiling; reduce heat. Cover and simmer about 1 1/4 hours or until beef is tender. Add water, onion and bell pepper. Heat to boiling. Reduce heat. Cover and simmer 5 to 8 minutes or until vegetables are tender.

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# *Taco Salad*

*One of Mom's 51 Favorites*

*Yield: 4 Servings*

1 Lb ground beef	1 Cup cheddar cheese, shredded
8 Oz tomato sauce	1 Cup tomato, chopped
1 Tbl cumin, ground	1/2 Cup green onions, chopped
1/4 Tsp salt	1 Cup sour cream
-----	1/2 Cup black olives, sliced
1 bag tortilla chips, heated	1 Cup hot sauce
1 head lettuce, cut	

In a large skillet brown ground beef. Drain well. Stir in tomato sauce, cumin and salt. Simmer for 10 minutes. Meanwhile, heat the tortilla chips in the oven at 350 deg. until hot.

Each person can layer their plates with chips, meat sauce, cheese, lettuce, tomato, onion, sour cream, olives, and hot sauce, to taste.

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# *Taco Sauce*

## *One of Mom's 51 Favorites*

*Mom always makes this hot sauce in Florida with the fresh vegetables from the U-pick place.*

6 tomatoes, blanched and peeled

1 Tsp salt

10 jalapeno peppers

3 Clove garlic, minced

20 chili peppers

1 Cup white vinegar

1 large onion, chopped

1 Can tomato paste

To a large pot add the tomatoes, jalapeno peppers, chili peppers, onion, salt, garlic and vinegar. Bring to a boil and simmer for 5 minutes. Place in a blender and blend until fine. Return to pot. Add tomato paste. Stir until mixed well. Place in jars and process in boiling water for 30 minutes.

Mom, really that many hot peppers? Would you please double check?

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# *Three Bean Salad*

*One of Mom's 51 Favorites*

*Yield: 6 Servings*

*This classic salad is super simple to make using canned beans.*

1 Can (16 ounces) green beans, -drained	4 green onions (with tops), chopped 1/4 Cup fresh parsley, snipped
1 Can (16 ounces) wax beans, -drained	1 Cup Italian Dressing page ____. -or bottled
1 Can (15 ounces) kidney beans, -drained	-dressing 1 Tbl sugar

Mix beans, onions and parsley. Mix italian dressing and sugar. Pour over bean mixture and toss. Cover and refrigerate at least 3 hours, stirring occassionally.

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# *Tomato Soup (Fresh Homemade)*

*One of Mom's 51 Favorites*

*Yield: 4 Servings*

*One of Robert's favorites.*

4 Slice of bacon, chopped

1/2 Tsp salt

1 onion, chopped

1/2 Tsp sugar

2 Tbl flour

1/2 Tsp lemon juice

1/2 Lb fresh tomatoes

1 Tsp parsley, chopped

1 Qt beef bullion

Saute bacon until golden. Add flour and onion, stir until golden. Add peeled chopped tomatoes, bullion and salt. Simmer 10 to 15 minutes.

Place the soup in blender until fine. Sprinkle with fine chopped fresh parsley.

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# *Turkey Vegetable Fajitas*

*One of Mom's 51 Favorites*

*Yield: 4 Servings*

*We make this in Florida, Dad really likes them.*

4 Flour Tortilla, 10"	3 Sweet Peppers, Green, Red,
1/4 Cup Soy Sauce	-Or Yellow, Cut Into Strips
2 Tbl Sugar	1 Onion, Medium, Chopped
2 Tbl Lemon Juice	3 Garlic, Minced
1 Tbl Cornstarch	1 Tbl Olive Oil
1/4 Tsp Red Pepper, Crushed	12 Oz Turkey Breast, Thin Strips

Wrap tortillas in foil; warm in a 300 degree oven about 10 minutes. Combine soy sauce, sugar, lemon juice, corn starch, and crushed red pepper in a bowl.

Spray a cold large skillet with nonstick coating; preheat. Add sweet peppers, onion and garlic. Stir fry 3 to 4 minutes. Remove vegetables from skillet.

Add oil to the skillet. Stir fry turkey for 3 to 4 minutes or until no longer pink.

Stir soy sauce mixture; add to skillet. Cook and stir until bubbly. Add vegetables; heat through. Spoon turkey mixture onto tortillas; roll up.

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# *Weight Loss Salad Dressing (Mike Schneider)*

*One of Mom's 51 Favorites*

*Yield: 16 Servings*

*In the book, "beyond pritarian" she noticed blah blah blah...*

1 Cup Safflower Oil (no 4 Tsp spike (salt free seasoning)

-substitutions allowed) 4 Clove garlic, pressed

8 Tbl raw apple cider vinegar 4 Slice of lemon

-(cloudy looking)

Mix the safflower oil, apple cider vinegar, spike and garlic. Squeeze in the juice from the lemon slices. Let sit for at least 10 minutes before serving. Refrigerate leftovers. Let refrigerated dressing warm up before serving. Go lose a pound.

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# *Zucchini Casserole*

*One of Mom's 51 Favorites*

*Yield: 4 Servings*

1/2 Lb Italian Sausage

1 medium onion, chopped

6 medium Zucchini, sliced

1 jar Ragu Home style Tomato Sauce

Brown and crumble the italian sausage; drain well. Grease the bottom of a 9 x 13 glass baking dish. Put down a layer of zucchini slices, overlapping the slices. Sprinkle with half the onion. Sprinkle with the italian sausage. Cover with 3/4 of the jar of Ragu. Put on another layer of zucchini slices, but not overlapping this time. Cover the zucchini slices with the remaining Ragu to keep from burning. Bake in a 350 deg. oven for 1/2 hour. Sprinkle with cheddar cheese. Bake 10 more minutes to melt the cheese. Serve over boiled rice.

Mom, this was a tough one to figure out. Would you double check this