

Al Sauce  
Almond Joy Bars  
Applebee's Lemonade  
Applebee's Low-Fat Blackened Chicken Salad  
Applebee's Oriental Chicken Salad  
Arby's Barbecue Sauce  
Arby's Horsey Sauce  
Arthur Treacher's Fish Batter  
Auntie Ann's Pretzels  
Baby Ruth Bars  
Bailey's Original Irish Cream  
BB King's BBQ Ribs  
Ben & Jerry's Cherry Garcia  
Ben & Jerry's Giant Chocolate Chip Cookies  
Ben & Jerry's NY Super Fudge Chunk  
Benihana Magic Mustard Sauce  
Benihana's Fried Rice  
Benihana Ginger Salad Dressing  
Bennigan's Hot Bacon Dressing  
Bennigan's Onion Soup  
Bisquick  
Black Angus Garlic Cheese Bread  
Black Eyed Pea's Broccoli-Cheese Soup  
Boboli Pizza Crust  
Borden's Sweetened Condensed Milk  
Boston Market Chicken  
Boston Market Meatloaf  
Brown Derby's Original Cobb Salad  
Buffalo-Style Chicken Wings  
Cajun Cafe's Bourbon Chicken  
California Pizza Kitchen Thai Chicken Pizza  
Carl's Jr. Famous Star  
Cheese Nips  
Cheesecake Factory Pumpkin Cheesecake  
Chi-Chi's Salsa  
Chi-Chi's Sweet Corn Cake  
Chi-Chi's Seafood Enchiladas  
Chick-Fil-A Chicken Sandwich  
Chili's Nacho Burger  
Chips Ahoy  
Cinnabon Rolls  
Clausen Kosher Dill Pickles  
Coney Island Dogs  
Cracker Barrel's Bread Pudding  
Cracker Barrel's Hashbrown Casserole  
Cracker Jack  
Dairy Queen Blizzard  
El Pollo Loco Chicken  
El Torito's Black Bean Soup  
El Torito's Mexican Caesar Salad  
Entenmann's Fat Free Chocolate Cupcakes  
Fiddle Faddle  
Fig Newtons  
Four Seasons Crab Cakes  
General Tso's Chicken  
Girl Scout Mint Cookies  
Goo Goo Clusters  
Good Season's Italian Dressing  
Grape Nuts Cereal  
Gummi Bears  
Hamburger Helper  
Hardee's Buttermilk Biscuits  
Heath Bar Candy  
Heinz 57 Sauce  
Hershey's Chocolate Syrup  
Hidden Valley Ranch Dressing

Honey Baked Ham  
Hooter's Buffalo Chicken Wings  
Hostess Cupcakes  
Hostess Twinkies  
Houlihan's Baked Potato Soup  
Howard Johnson's Boston Brown Bread  
IHOP Pancakes  
In-N-Out Double-Double Hamburger  
International House Of Coffee Flavored Coffees  
Jack-In-The-Box Tacos  
Kahlua  
KFC Original Fried Chicken  
KFC Cole Slaw  
KFC Gravy  
KFC Macaroni Salad  
King's Hawaiian Bread  
Kraft Macaroni and Cheese  
Kraft Thousand Island Dressing  
Krispy Kreme Doughnuts  
Krystal's Hamburgers  
Legal Seafood Clam Chowder  
Lipton's Onion Soup  
Little Caesar's Crazy Sauce  
Lowry's Seasoned Salt  
Luchow's German Potato Salad  
Lum's Ollieburger  
Mar's Almond Bar  
McDonald's Big Mac Sauce  
McDonald's Filet-O-Fish Sandwich  
McDonald's Honey Mustard Sauce  
McDonald's Hot Mustard Sauce  
McDonald's Quarter Pounder  
McDonald's Sweet and Sour Sauce  
Miracle Whip  
Nutri-Grain Bars  
Old Bay Seasoning  
Olive Garden Eggplant Parmigiana  
Olive Garden Fettucine Alfredo  
Olive Garden House Dressing  
Olive Garden Pasta e Fagioli  
Olive Garden Toscana Soup  
Orange Julius  
Oreo Cookies  
Outback Steakhouse Aussie Fries  
Outback Steakhouse Bloomin' Onion  
Outback Steakhouse Coconut Shrimp  
Outback Steakhouse Honey Wheat Bushman Bread  
Outback Steakhouse Sydney's Sinful Sundae  
Panda Express Orange Chicken  
Papa John's Garlic Sauce  
Pecan Sandies  
Pillsbury Crescent Rolls  
Pizza Hut Creamy Italian Dressing  
Pizza Hut Original Pan Pizza  
Pizzeria Uno's Chicago Deep Dish Pizza  
Planet Hollywood Cap'n Crunch Chicken  
Ponderosa's Steak Sauce  
Popeye's Fried Chicken  
Popeye's Red Beans and Rice  
Red Lobster Cheese Biscuits  
Red Lobster Creamy Caesar Dressing  
Red Lobster Tartar Sauce  
Reese's Peanut Butter Cups  
Ruby Tuesday Apple Pie  
Sara Lee Cheesecake  
Sara Lee Poundcake  
Sbarro Baked Ziti

Sbarro Tomato Sauce  
Shake and Bake  
Sizzler Cheese Toast  
Snapple Flavored Ice Teas  
Snickers Candy Bar  
Soup Nazi's Seafood Bisque  
Starbuck's Frappuccino  
Steak & Ale Hawaiian Chicken  
Stouffer's Macaroni and Cheese  
Swiss Miss Hot Chocolate  
T.G.I. Friday's Jack Daniels Grill Glaze  
T.G.I. Friday's Soy Dressing  
Taco Bell Crispitos  
Taco Bell Enchirito  
Taco Bell Green Sauce  
Taco Bell Hot Sauce  
The REAL Neiman Marcus Cookie Recipe  
Thomas English Muffins  
Tony Roma's Baby Back Ribs  
Tony Roma's Onion Rings  
Twix Bars  
Waldorf Hotel's Waldorf Salad  
Wendy's Chili  
Wendy's Frosty  
Wheat Thins  
Wicker's BBQ Sauce  
Yoo Hoo  
York Peppermint Patties

#### A1 Sauce

1/2 Cup Orange Juice  
1/2 Cup Raisins  
1/4 Cup Soy Sauce  
1/4 Cup White Vinegar  
2 Tbsp Dijon mustard  
1 Tbsp Bottled Grated Orange Peel  
2 Tbsp Heinz Ketchup  
2 Tbsp Heinz Chili Sauce

1. Bring to a boil for 2 minutes stirring.
2. Remove from heat. Allow to cool to lukewarm.
3. Put mixture in a blender till it is pureed. Pour in bottle.
4. Cap tightly and refrigerate to use within 90 days.

Almond Joy Bars

#### Ingredients (26 servings)

4 c (8 1/2-oz) shredded coconut  
1/4 c Light corn syrup  
1 pk (11 1/2-oz) milk chocolate pieces  
1/4 c Vegetable shortening  
26 Whole natural almonds (1-oz)

Line two large cookie sheets with waxed paper. Set large wire cooling rack on paper; set aside.

Place coconut in large bowl; set aside.

Place corn syrup in a 1-cup glass measure. Microwave on high (100%) 1 minute or until syrup boils. Immediately pour over coconut. Work warm syrup into coconut using the back of a wooden spoon until coconut is thoroughly coated. This takes a little time, and yes, there is enough syrup.

Using 1 level measuring tablespoon of coconut, shape into a ball by squeezing coconut firmly in palm of one hand, then rolling between both palms. (HINT: Measure out all of the coconut then roll into balls.) Place 2 inches apart on wire racks. Let dry 10 minutes. Reroll coconut balls so there are no loose ends of coconut sticking up.

Place milk chocolate and shortening in a 4-cup glass measure or 1 1/2 quart microwave-safe bowl. Microwave on high 1 to 2 minutes or until mixture can be stirred smooth and is glossy; stirring once or twice.

Working quickly, spoon 1 level measuring tablespoon of the chocolate over each coconut ball, making sure chocolate coats and letting excess chocolate drip down onto waxed paper. While chocolate coating is still soft, lightly press whole almond on top of each. Let stand to set or place in refrigerator. Store in a single layer in airtight container. Keeps best if refrigerated. Makes 26.

#### Applebee's Lemonade

1 Quart water  
1 Cup sugar  
1 Cup FRESH lemon juice  
Sparkling Water (not tonic water, like Perrier)

Mix first three together. Fill a tall glass 2/3 to 3/4 with Lemon mixture then fill with sparkling water.

An interesting variation is to puree some fruit (raspberries, strawberries, etc) with a little superfine or powdered sugar and put that in the glass before adding the the lemonade and water.

Applebee's Low-Fat

#### Blackened Chicken Salad

##### Dressing:

1/4 cup fat free mayonnaise  
1/4 cup Grey Poupon Dijon mustard  
1/4 cup honey  
1 tablespoon prepared mustard  
1 tablespoon white vinegar  
1/8 teaspoon paprika

##### Chicken Marinade:

1 cup water  
3 tablespoons lime juice  
2 tablespoons soy sauce  
1/2 tablespoon Worcestershire

##### Cajun Spice Blend:

1/2 tablespoon salt  
1 teaspoon sugar  
1 teaspoon paprika

1 teaspoon onion powder  
1 teaspoon black pepper  
1/2 teaspoon garlic powder  
1/2 teaspoon cayenne pepper  
1/2 teaspoon white pepper

2 boneless, skinless chicken breast halves  
2 tablespoons light butter

Salad:

8 cups chopped iceberg lettuce  
1/2 cup shredded red cabbage  
1/2 cup shredded carrot  
1/2 cup fat free shredded mozzarella cheese  
1/2 cup fat free shredded cheddar cheese  
1 large tomato, diced  
1 hardboiled egg white, diced

1. Make dressing by combining ingredients in a small bowl. Mix well by hand. Store in a covered container in the refrigerator until salad is ready.
2. Combine water, lime juice, soy sauce, and Worcestershire in a medium bowl, and stir. Add the chicken breasts to the marinade, cover bowl and keep in refrigerator for several hours. Overnight is even better.
3. When chicken is marinated, preheat a frying pan or skillet (an iron skillet, if you've got it) over medium/high heat. Also, preheat your barbecue grill to medium/high heat.
4. Combine the spices for the Cajun spice blend in a small bowl. Sprinkle a teaspoon of the spice blend over one side of each of the chicken breasts. Cover the entire surface of the chicken with spice.
5. Melt the butter in the hot pan, then sear the chicken breasts for 2-3 minutes on the side with the spices. While first side cooks, sprinkle another teaspoon of spice over the top of each chicken breast, coating that side as you did the other. Flip the chicken over, and sear for another 2-3 minutes. The surface of the chicken will be coated with a charred, black layer of flavor. This is exactly what you are shooting for.
6. Finish the chicken off on your barbecue grill. Grill each breast on both sides for 2-3 minutes, or until they are done.
7. While chicken is cooking prepare the salads by splitting the lettuce into two large bowls. Toss in the red cabbage and carrots. Mix the cheeses together, then top the salad with the cheeses and hardboiled egg. Sprinkle the diced tomato on each salad.
8. Slice the chicken breast, across each breast in 1/2-inch-thick slices. Spread the chicken over the top of the salad and serve immediately with dressing on the side.

Serves 2 as an entree. Applebee's Oriental Chicken Salad

Oriental Dressing:

3 tablespoons honey  
1 1/2 tablespoons rice winevinegar  
1/4 cup mayonnaise  
1 teaspoon Grey Poupon Dijon mustard  
1/8 teaspoon sesame oil

Salad:

1 egg  
1/2 cup milk  
1/2 cup flour  
1/2 cup corn flake crumbs

1 teaspoon salt  
1/4 teaspoon pepper  
1 boneless, skinless chicken breast half  
2-4 cups vegetable oil (for frying)  
3 cups chopped romaine lettuce  
1 cup red cabbage  
1 cup Napa cabbage  
1/2 carrot, julienned or shredded  
1 green onion, chopped  
1 tablespoon sliced almonds  
1/3 cup chow mein noodles

1. Preheat oil in deep fryer or deep pan over medium heat. You want the temperature of the oil to be around 350 degrees.
2. Blend together all ingredients for dressing in a small bowl with an electric mixer. Put dressing in refrigerator to chill while you prepare the salad
3. In a small, shallow bowl beat egg, add milk, and mix well.
4. In another bowl, combine flour with corn flake crumbs, salt and pepper.
5. Cut chicken breast into 4 or 5 long strips. Dip each strip of chicken first into egg mixture then into the flour mixture, coating each piece completely.
6. Fry each chicken finger for 5 minutes or until coating has darkened to brown.
7. Prepare salad by tossing the chopped romaine with the chopped red cabbage, Napa cabbage, and carrots.
8. Sprinkle sliced green onion on top of the lettuce.
9. Sprinkle almonds over the salad, then the chow mein noodles.
10. Cut the chicken into small bite-size chunks. Place the chicken onto the salad forming a pile in the middle. Serve with salad dressing on the side. Makes 1 dinner-size salad. Arby's Barbecue Sauce

1 cup ketchup  
2 teaspoons water  
1/4 teaspoon garlic powder  
1/4 teaspoon onion powder  
1/4 teaspoon pepper  
1/4 teaspoon salt  
1/2 teaspoon Tabasco pepper sauce

1. Combine all the ingredients in a small saucepan and cook over medium heat, stirring constantly, until the sauce begins to boil, 5 to 10 minutes.
2. Remove the sauce from the heat. Cover and allow to cool.
3. Pour into a covered container for storage in your refrigerator. Keeps for a month or two.

Makes 1 cup. Arby's Horsey Sauce

1 cup mayonnaise  
3 tbsp. Bottled horseradish cream  
1 tbsp. Sugar

Mix all ingredients and chill Arthur Treacher's Fish Batter

3	Pounds	Fish Fillets
2	Cups	All-purpose flour
3	Cups	Pancake mix
3	Cups	Club soda
1	Tablespoon	Onion powder
1	Tablespoon	Seasoned salt

Dip moistened fish pieces evenly but lightly in the flour.

Dust off any excess flour and allow pieces to air dry on waxed paper, about 5 minutes. Whip the pancake mix with the club soda to the consistency of buttermilk- pourable, but not too thin and not too thick. Beat in the onion powder and seasoned salt.

Dip floured fillets into batter and drop into 425 oil in heavy saucepan using meat thermometer. Brown about 4 minutes per side.

Arrange on cookie sheet in 325 oven until all pieces have been fried.

#### Auntie Ann's Pretzels

1 1/2 cup warm water  
1 1/8 tsp. active yeast (1 1/2 pkg)  
2 Tbs. brown sugar  
1 1/8 tsp. salt  
1 cup bread flour  
3 cups regular flour

2 cups warm water  
2 Tbs. baking soda

To taste coarse salt  
2-4 Tbs. butter (melted)

Sprinkle yeast on lukewarm water in mixing bowl; stir to dissolve. Add sugar, salt, and stir to dissolve; add flour and knead dough until smooth and elastic. Let rise at least 1/2 hour.

While dough is rising, prepare a baking soda water bath with 2 cups warm water and 2 Tbs. baking soda. Be certain to stir often.

After dough has risen, pinch off bits of dough and roll into a long rope (about 1/2 inch or less thick) and shape. Dip pretzel into soda solution and place on greased baking sheet. Allow pretzel to rise again. Bake in a 450 degree oven for about 10 minutes or until golden. Brush with melted butter and enjoy!

#### Toppings:

After you brush with butter try sprinkling with coarse salt.  
Or for Auntie Anne's famous cinnamon sugar, try melting a stick of butter in a shallow bowl (big enough to fit the entire pretzel) and in another bowl, make a mixture of cinnamon and sugar. dip the pretzel into the butter, coating both sides generously. then dip again into the cinnamon mixture.

#### Baby Ruth Bars

1 1/3 cups margarine  
2 cups brown sugar  
1/3 cup white corn syrup

8 cups oatmeal

2 tsp. vanilla

1/2 cup peanut butter

Melt margarine. Add brown sugar, syrup, peanut butter, oatmeal and vanilla. Put in 9x13 cake pan. Bake 350 for about 15 minutes.

Topping:

6 oz. package. chocolate chips

1/2 6 oz. package butterscotch chips

2/3 cup peanut butter

1 cup chopped nuts/peanuts

Melt together and spread on top. Bailey's Original Irish Cream

1	cup	light cream
1	can	Eagle sweetened condensed milk (14 oz.)
1 2/3	cups	Irish whiskey
1	teaspoon	instant coffee
2	tablespoons	Hershey's chocolate syrup
1	teaspoon	vanilla extract
1	teaspoon	almond extract

1. Combine all the ingredients in a blender set on high speed for 30 seconds.
2. Bottle in a tightly sealed container and refrigerate. The liqueur will keep for at least 2 months if kept cool. Be sure to shake the bottle well before serving.

Makes 4 cups.

BB King's BBQ Ribs

2 Pounds Pork Loin Ribs  
Dry Spice Rub (recipe follows)  
4 cups canned tomato sauce  
1/2 cup diced tomato  
1/4 cup firmly packed brown sugar  
1/4 tablespoon Worcestershire sauce  
2 tablespoons dried onion  
1/4 cup soy sauce  
1/4 cup water

Coleslaw and grilled corn on the cob as accompaniments

Rub ribs well with some of the Dry Spice Rub and refrigerate, covered, for 4 to 6 hours.

In a saucepan combine tomato sauce, tomato, sugar, Worcestershire sauce, onion, soy sauce, water, and 1/2 cup Dry Spice Rub and cook over very low heat for 3 hours.

Preheat a grill or smoker over low heat until hot. Add ribs and cook, covered, for 3 to 5 hours. Brush with sauce during last minutes of cooking. Serve with remaining sauce, coleslaw, and corn.



(Dry Spice Rub)

1 cup chili powder  
1 tablespoon garlic granules  
1 teaspoon onion powder  
1/2 teaspoon cumin  
1 1/2 teaspoons salt  
2 tablespoons seasoned salt

In a jar combine all ingredients well and store in a dry place, covered, until ready to use. Ben & Jerry's Cherry Garcia

1/4 cup shaved semi-sweet chocolate bars  
1/4 cup fresh Bing cherries, halved and pitted (you may use canned cherries, but be sure to drain the syrup)  
2 large eggs  
3/4 cup sugar  
2 cups heavy or whipping cream  
1 cup milk

1. Place the shaved chocolate flakes and the cherries in separate bowls. Cover and refrigerate.
2. Whisk the eggs in a mixing bowl until light and fluffy, 1 to 2 minutes. Whisk in the sugar, a little at a time, then continue whisking until completely blended, about 1 minute more. Pour in the cream and milk and whisk to blend.
3. Transfer the mixture to an ice cream maker and freeze following the manufacturer's instructions.
4. After the ice cream stiffens (about 2 minutes before it is done), add the chocolate and the cherries, then continue freezing until the ice cream is ready.

Ben & Jerry's Giant Chocolate Chip Cookies

1/2 cup Butter, room temperature  
1/4 cup Granulated sugar  
1/3 cup Brown sugar  
1 Large egg  
1/2 teas Vanilla extract  
1 cup (+ 2 teas) All Purpose Flour  
1/2 teas Salt  
1/2 teas Baking Soda  
1 cup Semisweet Chocolate Chips  
1/2 cup Coarsely Chopped Walnuts

1. Preheat the oven to 350F.
2. Beat the butter and both sugars in a large mixing bowl until light and fluffy. Add the egg and vanilla extract and mix well.
3. Mix the flour, salt, and baking soda in another bowl. Add the dry ingredients to the batter and mix until well blended. Stir in the chocolate chips and walnuts.
4. Drop the dough by small scoops 2 to 3 inches apart on an ungreased

cookie sheet. Flatten each scoop with the back of a spoon to about 3 inches in diameter.

5. Bake until the centers are still slightly soft to the touch, 11 to 14 minutes. Let cool on the cookie sheet for 5 minutes, then transfer to racks to cool completely.

Makes 12 to 15 cookies. Ben & Jerry's NY Super Fudge Chunk

1/4 cup White chocolate; chop coarse  
1/4 cup Semisweet chocolate; chop  
1/4 cup Pecan halves; chopped  
1/4 cup Walnuts; chop coarse  
1/4 cup Chocolate covered almonds; cut in half  
4 oz Unsweetened chocolate  
1 cup Milk  
2 Large Eggs  
1 cup Sugar  
1 cup Heavy or whipping cream  
1 teas Vanilla extract  
1/2 teas Salt

Combine the coarsely chopped chocolate, pecans, walnuts and chocolate covered almonds in a bowl, cover and refrigerate. Melt the unsweetened chocolate in the top of a double boiler over hot, not boiling water. Whisk in the milk, a little at a time, and heat, stirring constantly, until smooth. Remove from the heat and let cool. Whisk the eggs in a mixing bowl until light and fluffy, 1-2 minutes. Whisk in the sugar, a little at a time, then continue whisking until completely blended, about 1 minute more. Add the cream, vanilla and salt and whisk to blend. Pour the chocolate mixture into the cream mixture and blend. Cover and refrigerate until cold, about 1-3 hours, depending on your refrigerator. Transfer the cream mixture to an ice cream maker and freeze following the manufacturer's instructions. After the ice cream stiffens (about 2 minutes before it is done), add the chocolate and nuts, then continue freezing until the ice cream is ready.

Makes one Quart.

#### Benihana's Fried Rice

1 c Uncooked rice  
5 T Butter  
1 c Chopped onion  
1 c Chopped carrots  
2/3 c Chopped scallions  
3 T Sesame seeds  
5 Eggs  
5 T Soy sauce  
Salt  
Pepper

Cook rice according to package directions. In a large skillet melt butter. Add onions, carrots and scallions. Saute until carrots are translucent. Set aside. Heat oven to 350 degrees. Place sesame seeds in a shallow pan. Bake until golden brown (10 to 15 minutes), shaking pan occasionally for even color. Lightly grease another skillet. Beat eggs. Pour into hot skillet. Cook as you would scrambled eggs. Combine rice, vegetables, sesame seeds and eggs. Add soy sauce. Stir. Salt and pepper to taste.

## Benihana Ginger Salad Dressing

1/2 cup minced onion  
1/2 cup peanut oil  
1/3 cup rice vinegar  
2 tablespoons water  
2 tablespoons minced fresh ginger  
2 tablespoons minced celery  
2 tablespoons ketchup  
4 teaspoons soy sauce  
2 teaspoons sugar  
2 teaspoons lemon juice  
1/2 teaspoon minced garlic  
1/2 teaspoon salt  
1/4 teaspoon black pepper

1. Combine all ingredients in a blender. Blend on high speed for about 30 seconds or until all of the ginger is well-pureed.

Makes 1 3/4 cups.      Benihana Magic Mustard Sauce

3 tb    Powdered mustard  
2 tb    Hot water  
1/2 c    Soy sauce or tamari sauce  
2 t.    Sesame seeds, toasted  
1        Garlic clove

In a small bowl, blend mustard and water into a paste.

Pour paste into blender container; add remaining ingredients and process about 1 minute or until smooth.

Makes 6 servings, about 2 Tb. each.      Bennigan's Hot Bacon Dressing

2 ounces Bacon grease  
1/4 pound Red onion, dice fine  
2 cups Water  
1/2 cup Honey  
1/2 cup Red wine vinegar  
2 tablespoons Dijon mustard  
1 1/2 tablespoons Cornstarch  
1 tablespoon Tabasco (optional)

Place the bacon grease in a saucepan over medium-high heat. Add the onions and saute until the onions start to blacken. While the onions are carmelizing, in a mixing bowl place the water, honey, pepper sauce, and red wine vinegar. Using a wire whisk, mix the ingredients well.

Add the cornstarch and whisk well. After the onions have carmelized, add the Dijon mustard to the onions and stir together with a rubber spatula. Add the water, vinegar, pepper sauce honey and cornstarch to the mustard and onions and mix. Continue stirring until mix thickens and comes to a boil. Remove from heat and store in refrigerator until needed. To reheat use a double boiler.      Bennigan's Onion Soup

1/2 pound              Firm white onions -- sliced  
1/4 cup                Butter  
2    tablespoons      Corn oil  
3    tablespoons      Flour  
1    quart                Chicken broth  
1    quart                Beef broth

8 slices French bread  
 Swiss cheese -- shredded  
 Parmesan -- grated

Saute onions in butter and oil until onions are transparent, but not well browned. When tender, turn heat to lowest point and sprinkle with flour, stirring vigorously. Pour into Dutch oven and stir in broths. Heat thoroughly and divide among 8 oven-proof bowls. Mix equal parts of cheese to smooth paste and spread over bread. Float a slice of bread atop each serving. Place all bowls on oven rack 4" from broiler heat and broil until cheese melts. Serve at once. Leftover soup freezes well up to 6 months. Bisquick

8 Cups Flour  
 1 1/4 Cups Nonfat Dry Milk Powder  
 1/4 Cup Baking Powder  
 1 Tablespoon Salt  
 2 Cups Shortening

Combine flour, milk, baking powder, and salt in a very large bowl. Cut in shortening until it resembles coarse cornmeal. Store in tightly closed covered container in a cool place. Makes about 10 cups.

Black Angus Garlic Cheese Bread

1 loaf french bread  
 1/2 cup butter  
 1 cup shredded jack cheese  
 1 cup shredded asiago cheese  
 1 cup mayonnaise  
 1 bunch green onions, chopped  
 2 cloves garlic, pureed

Split french bread loaf into halves horizontally. Mix butter, cheeses, mayonnaise, green onions and garlic in a bowl, blending well. Spread the cut side of bread with spread. Bake at 350 degrees for 7 minutes, then place under broiler about 3 minutes longer. Cut into slices and serve. Black Eyed Pea's Broccoli-Cheese Soup

1 1/2 Pounds broccoli -- fresh  
 2 Cups water  
 3/4 Teaspoon salt  
 1/2 Cup Cornstarch  
 Mix With 1 Cup Cold Water  
 1 Pint half and half  
 1 Pound Velveeta  
 1/2 Teaspoon pepper

Steam or boil broccoli until tender.

Place half-and-half and 2 cups water in top of double boiler. Add cheese, salt and pepper. Heat until cheese is melted. Add broccoli. Mix cornstarch and water in small bowl. Stir into cheese mixture in double boiler and heat over simmering water until soup thickens. Boboli Pizza Crust

1 pk Dry Yeast  
 1/4 cup Water  
 2 1/4 cups Warm water  
 6 tb Olive oil,+ extra for pans  
 6 cups Flour  
 1 ts Salt

Dissolve yeast in warm water (105F is perfect). Let it sit for two minutes. Add the rest of the ingredients and mix well. Turn out onto board and knead for ten minutes. Place back in bowl covered with a damp towel and let rise 30 to 40 minutes.

Divide dough into 3 parts and place in 3 olive-oiled pie pans.

Dimple dough with fingers. Place on top the following mixture:  
Coarse sea (or Kosher) salt, fresh ground pepper, chopped rosemary and thyme. If herbs are dried, soak them in water for 10 minutes and then pat dry on paper towels.

Let rise 50 to 60 minutes.

Bake at 350 degrees F for 25 minutes.

May dip in olive oil.

#### Borden's Sweetened Condensed Milk

3/4 C. sugar  
1/2 C. water  
1 C. plus 2 T. powdered milk

Combine all ingredients. Heat to boiling.  
Cook until thick, this will take 15 to 20 minutes. This equals one can. Boston Market Chicken

1/4 cup canola oil  
1 Tbl. honey  
1 Tbl. lime juice  
1/4 tsp. paprika  
4 chicken breast halves, washed and patted dry

Preheat oven to 400 degrees. In a small bowl, combine canola oil, honey, lime juice, and paprika. Place chicken, skin side up, in a 7X11 inch baking dish. Apply mixture to chicken pieces in a single layer. Bake in oven for 35-40 minutes, basting every 8-10 minutes, until well browned and juices run clear when you cut into the thickest part of the chicken. Remove from oven. Cover with foil for 15 minutes.

This softens the chicken and keeps it hot until served. Serves four. Boston Market Meatloaf

1 cup tomato sauce  
1 1/2 tablespoons Kraft original barbecue sauce  
1 tablespoon granulated sugar  
1 1/2 pounds ground sirloin (10% fat)  
6 tablespoons all-purpose flour  
3/4 teaspoon salt  
1/2 teaspoon onion powder  
1/4 teaspoon ground black pepper  
dash garlic powder

1. Preheat oven to 400 degrees.

2. Combine the tomato sauce, barbecue sauce and sugar in a small saucepan over medium heat. Heat the mixture until it begins to bubble, stirring

often, then remove it from the heat.

3. In a large bowl, add all but 2 tablespoons of the tomato sauce to the meat. Use a large wooden spoon or your hands to work the sauce into the meat until it is very well combined.
4. Combine the remaining ingredients with the ground sirloin-- flour, salt, onion powder and ground pepper. Use the wooden spoon or your hands to work the spices and flour into the meat.
5. Load the meat into a loaf pan (preferably a meatloaf pan with two sections which allows the fat to drain, but if you don't have one of those a regular loaf pan will work). Wrap foil over the pan and place it into the oven for 30 minutes.
6. After 30 minutes, take the meatloaf from the oven, remove the foil and, if you aren't using a meatloaf pan, drain the fat.
7. Using a knife, slice the meatloaf all the way through into 8 slices while it is still in the pan. This will help to cook the center of the meatloaf. Pour the remaining 2 tablespoons of sauce over the top of the meatloaf, in a stream down the center. Don't spread the sauce.
8. Place the meatloaf back into the oven, uncovered, for 25-30 minutes or until it is done. Remove and allow it to cool for a few minutes before serving.

Serves 4.      Brown Derby's Original Cobb Salad

- 1/2 head of lettuce
- 1/2 bunch watercress
  - 1 small bunch chicory
- 1/2 head romaine
  - 2 medium tomatoes, peeled
  - 2 breasts of boiled roasting chicken
  - 6 strips crisp bacon
  - 1 avocado
  - 3 hard-cooked eggs
  - 2 tablespoons chopped chives
- 1/2 cup crumbled imported Roquefort cheese
- 1 cup Brown Derby Old-Fashioned French Dressing (See recipe, below)

Cut finely lettuce, watercress, chicory and romaine and arrange in salad bowl. Cut tomatoes in half, remove seeds, dice finely, and arrange over top of chopped greens. Dice breasts of chicken and arrange over top of chopped greens. Chop bacon finely and sprinkle over the salad. Cut avocado in small pieces and arrange around the edge of the salad. Decorate the salad by sprinkling over the top the chopped eggs, chopped chives, and grated cheese. Just before serving mix the salad thoroughly with French Dressing.

Yield: Serves 4 to 6

Brown Derby Old-Fashioned French Dressing

- 1 cup water
- 1 cup red wine vinegar
- 1 teaspoon sugar
- Juice of 1/2 lemon
- 2 1/2 teaspoons salt
  - 1 teaspoon ground black pepper
  - 1 teaspoon Worcestershire sauce
  - 1 teaspoon English mustard
  - 1 clove garlic, chopped
  - 1 cup olive oil
  - 3 cups salad (vegetable) oil

Blend together all ingredients except oils. Then add olive and salad oils and mix well again. Chill. Shake before serving. Makes about 1 1/2 quarts. This dressing keeps well in the refrigerator. Can be made and stored in a 2-quart Mason jar. Buffalo-Style Chicken Wings

2 lbs. chicken wings  
(disjointed - discard the tips)  
1/4 Lb. Margarine (do not use butter!)  
8 Oz. "Frank's" Hot Sauce (also labeled as  
Durkee Hot Sauce. NO SUBSTITUTIONS!!!)  
Oil for frying

1. Melt margarine in sauce pan until barely liquid.  
Add hot sauce, mix, and put aside.
2. Deep fry wings until brown and crispy. Remove  
and drain on paper towels.
3. Put wings in a large bowl that has a cover. Pour  
sauce over all, cover, and shake to coat the wings.

Serve with celery sticks and Kraft Roka Blue Cheese  
Dressing. Cajun Cafe's Bourbon Chicken

1 Pound Chicken leg or thigh meat  
Cut in bite size chunks  
4 oz Soy sauce  
1/2 cup Brown sugar  
1/2 tsp. Garlic powder  
1 tsp. Powdered ginger  
2 tbs. Dried minced onion  
1/2 cup Jim Beam Bourbon Whiskey  
2 tbs. White wine

Mix all the marinade ingredients and pour over chicken pieces in a bowl.  
Cover and refrigerate (stirring often) for several hours (best overnight).  
Bake chicken at 350 for one hour in a single layer, basting every  
10 minutes. Remove chicken. Scrape pan juices with all the brown bits into  
a frying pan.

Heat, and add 2 Tbs. white wine. Stir and add chicken.

Cook for 1 minute and serve. California Pizza Kitchen Thai Chicken Pizza

Makes 2 9-inch pizzas

Spicy peanut sauce:

1/2 Cup peanut butter  
1/2 Cup hoisin sauce  
1 Tbsp. honey  
2 tsp. red wine vinegar  
2 tsp. minced ginger  
2 Tbsp. sesame oil  
2 tsp. soy sauce  
1 tsp. Vietnamese chili sauce (or dried chili flakes)  
1 Tbsp. oyster sauce  
2 Tbsp. water

Thai chicken pieces:

1 Tbsp. olive oil  
10 oz. boneless/skinless chicken breast, cut into 3/4-inch cubes

For the pizza:

Make pizza dough using your own recipe.

2 Cups shredded mozzarella cheese  
4 scallions, slivered diagonally  
1/2 Cup white bean sprouts  
1/4 Cup shredded carrots  
1/4 Cup chopped, roasted peanuts  
2 Tbsp. chopped fresh cilantro

To make spicy sauce:

Combine sauce ingredients in a small pan over med. heat. Bring the sauce to a boil; boil gently for one minute. Divide into 2 portions for use on chicken and pizza; Set aside.

To make Thai chicken:

Cook the chicken in olive oil over med-high heat, stirring, until just cooked, 5 to 6 min..do not overcook. Set aside in refrigerator until chilled through. Once chilled, coat the chicken with 1/4c sauce. Set aside in refrigerator.

To make the pizza:

Use a large spoon to spread 1/4c sauce evenly over pizza dough within the rim. Cover sauce with 3/4c cheese.

Distribute half the chicken pieces over the cheese followed by half the green onions, bean sprouts, and carrots, respectively. Sprinkle an additional 1/4c cheese over the toppings and top the pizza with 2Tbl chopped peanuts.

Transfer the pizza to oven: bake until crisp and golden and the cheese is bubbly, 9 to 10 min. When cooked through, remove pizza from oven. Sprinkle 1T chopped cilantro over the hot cheesy surface.

Repeat with remaining ingredients for a second pizza. Carl's Jr. Famous Star

1 Sesame-seed hamburger bun  
2 Onion rings  
1/2 ts Sweet pickle relish  
1 1/2 ts Catsup  
1/4 lb Ground beef  
1 ds Salt  
2 ts Mayonnaise  
3 Dill pickle slices  
1/4 c Coarsely chopped lettuce  
2 Tomato slices

Preheat a clean barbecue grill on high. Toast both halves of the bun, face down, in a skillet over medium heat. Set aside. Cut each of the 2 onion rings into quarters. Mix the catsup and relish together. This is your "secret sauce." Form the ground beef into a thin patty slightly larger than the bun. Grill the meat for 2 or 3 minutes per side. Salt slightly. Build the burger in the following stacking order from the bottom up: bottom bun, half of the mayonnaise, pickles, lettuce, tomato slices, onion, beef patty, remainder of mayonnaise, special sauce (catsup and relish), top bun.

Cheese Nips

1 cup sifted all-purpose flour  
(plus 1/2 cup divided & reserved for kneading and rolling)  
1 teaspoon baking soda  
1/4 teaspoon baking powder  
1/2 cup Kraft Macaroni & Cheese Cheese Topping powder  
(or 2 packages dry cheese powder from 2 boxes Kraft macaroni & cheese)  
3 tablespoons shortening  
1/3 cup buttermilk



1/2 teaspoon salt (for tops, optional)

1. Sift together 1 cup flour, baking soda, baking powder and cheese powder in a large bowl.
2. Cut in the shortening with a fork and knife with a crosswise motion until dough is broken down into rice-size pieces. Mixture will still be very dry.
3. Stir in buttermilk with a fork until dough becomes very moist and sticky.
4. Sprinkle a couple tablespoons of the reserved flour over the dough and work it in until it can be handled without sticking, then turn it out onto a floured board, being sure to keep 1/4 cup of the reserve flour for later. Knead the dough well for 60 to 90 seconds, and the flour is incorporated. Wrap the dough in plastic wrap and chill for at least one hour.
5. Preheat oven to 325 degrees. Spray a light coating of cooking spray on a baking sheet.
6. Remove the dough from the refrigerator and use the remaining reserve flour to dust a rolling surface. Roll about one-third of the dough to just under 1/16th of inch thick. Trim the edges square (a pizza cutter or wheel works great for this), then transfer the dough to a lightly greased baking sheet. Use the rolling pin to transfer the dough. Simply pick up one end of the dough onto a rolling pin, and roll the dough around the rolling pin. Reverse the process onto the baking sheet to transfer the dough.
7. Use a pizza cutter to cut across and down the dough, creating 1-inch square pieces. Use the blunt end of a skewer or broken toothpick to poke a hole in the center of each piece.
8. Sprinkle a very light coating of salt over the top of the crackers (crackers will already be quite salty) and bake for 8-10 minutes, mix the crackers around (so those on the edge don't burn) and bake for another 3-5 minutes, or until some are just barely turning a light brown. Repeat the rolling and baking process with the remaining dough.

Makes approximately 300 crackers.

#### Cheesecake Factory Pumpkin Cheesecake

- 1 1/2 cups graham cracker crumbs
- 5 tablespoons butter, melted
- 1 cup plus 1 tablespoon sugar
- 3 8-ounce packages cream cheese, softened
- 1 teaspoon vanilla
- 1 cup canned pumpkin
- 3 eggs
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon allspice
- whipped cream

1. Preheat the oven to 350 degrees F.
2. Make the crust by combining the graham cracker crumbs with the melted butter and 1 tablespoon sugar in a medium bowl. Stir well enough to coat all of the crumbs with the butter, but not so much as to turn the mixture into paste. Keep it crumbly.

3. Press the crumbs onto the bottom and about two-thirds of the way up the sides of a springform pan. You don't want the crust to form all of the way up the back of each slice of cheesecake. Bake the crust for 5 minutes, then set it aside until you are ready to fill it.
4. In a large mixing bowl combine the cream cheese, 1 cup sugar, and vanilla. Mix with an electric mixer until smooth.
5. Add the pumpkin, eggs, cinnamon, nutmeg, and allspice and continue to beat until smooth and creamy.
6. Pour the filling into the pan. Bake for 60 to 70 minutes. The top will turn a bit darker at this point. Remove from the oven and allow the cheesecake to cool.
7. When the cheesecake has come to room temperature, put it into the refrigerator. When the cheesecake has chilled, remove the pan sides and cut the cake into 8 equal pieces. Use dental floss to make a clean cut.

Serve with a generous portion of whipped cream on top.

Serves 8.

#### Chi Chi's Salsa

2 green onions diced  
2 ripe tomatoes diced  
1/2 tsp. salt  
1/2 tsp. black pepper  
dash of tabasco sauce  
14oz. can stewed tomatoes

Dice the stewed tomatoes and combine in sauce pan with onions, fresh tomatoes, salt and pepper. Bring to just a boil. Boil hard 1 minute and remove from heat. Put half of the mixture through a blender, just to mince fine but not puree. Return to remaining half of mixture. Add tabasco to taste.

Cool and refrigerate in tightly covered container.

Use within a few weeks and it freezes up to 6 months. Chi Chi's Sweet Corn Cake

1/2 cup (1 stick butter), softened  
1/3 cup masa harina (mexican corn flour, usually in Latin American groceries or next to flour. Possibly in Mexican food section)  
1/4 cup water  
1 1/2 cups frozen corn, thawed  
1/4 cup cornmeal  
1/3 cup sugar  
2 tablespoons heavy cream  
1/4 teaspoon salt  
1/2 teaspoons baking powder

Preheat oven to 350 degrees.

Blend butter in a medium bowl with an electric mixer until creamy. Add the masa harina and water to the butter and beat until well combined.

Put defrosted corn into a blender or food processor and with short pulses, coarsely chop the corn on low speed. You want to leave several

whole pieces of corn.

Stir the chopped corn into the butter and masa harina mixture.  
Add cornmeal to mixture and combine.

In another medium bowl, mix together the sugar, cream, salt, and baking powder. When the ingredients are well blended, pour the mixture into the other bowl and stir everything together BY HAND.

Pour corn batter into an ungreased 8"x8" baking pan.  
Cover the pan with aluminum foil. Place this pan into a 13"x9" pan filled 1/3 of the way up with hot water. Bake for 50-60 minutes or until the corn cake is cooked through. When the corn cake is done, remove the small pan from the larger pan and let sit for at least 10 minutes.

To serve, scoop out each portion with an ice cream scoop or rounded spoon.

#### Chi Chi's Seafood Enchiladas

10 oz Cream of chicken soup  
1/2 c Onions; chopped  
8 oz Crab (real or imitation); chopped  
1 3/4 c Monterey Jack cheese; shredded  
8 Flour tortillas; 5-6 inch  
1 c Milk  
dash Nutmeg  
dash Pepper

In a mixing bowl stir together soup, onion, nutmeg and black pepper.  
In another bowl, place half of the soup mixture, crab, and 1 cup of the monterey jack cheese; set aside. Wrap the tortillas in paper towels; microwave on 100% power for 30-60 seconds. Place 1/3 cup mixture on each tortilla; roll up. Place seam side down in a greased 12 x 7 1/2 dish. Stir milk into the reserved soup mixture, pour over enchiladas. Microwave, covered, on high for 12-14 minutes. Sprinkle with the remaining cheese. Let stand for 10 minutes. Add a dash of hot pepper sauce to soup mix if desired. Chick-Fil-A  
Chicken Sandwich

3 cups Peanut oil  
1 Egg  
1 cup Milk  
1 cup Flour  
2 1/2 tb Powdered sugar  
1/2 ts Pepper  
2 tb Salt  
2 Skinless, boneless chicken breasts, halved  
4 Plain hamburger buns  
2 tb Melted butter  
8 Dill pickle slices

Heat the peanut oil in a pressure cooker over med. heat to about 400F. In a small bowl, beat the egg and stir in the milk. In a separate bowl, combine the flour, sugar, pepper, and salt. dip each piece of chicken in milk until it is fully moistened. Roll the moistened chicken in the flour mixture until completely coated. Drop all four chicken pieces into the hot oil and close the pressure cooker. When steam starts shooting through the pressure release, set the timer for 3-1/2 minutes. IMPORTANT!!!!  
DO NOT CLOSE STEAM RELEASE. IT IS VERY DANGEROUS! While the chicken is cooking, spread a coating of melted butter on the face of each bun. When the chicken is done, remove it from the oil and drain or blot on paper towels. Place two pickles on each bottom bun; add a chicken breast, then the top bun. To make a deluxe chicken sandwich, simply add two tomato

slices and a leaf of lettuce. Mayonnaise also goes well on this sandwich--it is a side order at the restaurant.

### Chili's Nacho Burger

#### Pico de Gallo:

- 2 medium tomatoes, diced
- 1/2 cup diced Spanish onion
- 2 teaspoons chopped fresh jalapeno pepper, seeded and de-ribbed
- 2 teaspoons finely minced fresh cilantro
- Pinch of salt

#### Guacamole:

- 2 small or 1 large Haas avocado
- 2 tablespoons sour cream
- 1/4 cup diced tomato
- 1/2 teaspoon diced jalapeno
- 1/4 teaspoon chopped fresh cilantro
- 1/4 teaspoon lemon juice
- 1/8 teaspoon salt

#### Chili Queso:

- 3 ounces ground beef
- 1 teaspoon all-purpose flour
- pinch of salt
- pinch of ground black pepper
- 16-ounce bottle Cheez Whiz
- 2 tablespoons milk
- 1/2 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon paprika

- 2 pounds ground beef
- 4 large sesame seed buns
- 2 cups iceberg lettuce, shredded or chopped thin
- 2 tablespoons mayonnaise
- 1 green onion, chopped
- 16-20 tortilla chips
- 2-3 fresh jalapenos, sliced

1. First make the pico de gallo. This is easy. Just combine all of the ingredients for the pico in a small bowl and mix well. Cover bowl and chill in the refrigerator.
2. Now we'll make the guacamole. In a small bowl, smash up most of the avocado, but be sure to leave several unsmashed chunks. Add the remaining ingredients for the guacamole to the avocado and mix well. Cover bowl and chill in the refrigerator, next to the pico.
3. Next we'll make the chili queso. In yet another small bowl, mix together ground beef, flour, a pinch of salt, a pinch of black pepper, and a pinch of chili powder. Use your hands to work the dry ingredients into the ground beef. Brown the beef in a small skillet over medium heat for about 5 minutes. Use a spoon or spatula to crumble the beef as it cooks. Cook until it's brown, then set aside.
4. Melt the Cheez Whiz with 2 tablespoons of milk over low heat. When milk and cheese has been combined, add the remaining queso ingredients. Heat while stirring often until cheese is smooth and creamy, then cover saucepan and remove it from the heat.
5. Pre-heat a griddle or large frying pan over medium heat. Lightly butter the face of each bun and brown the buns face-down on the heat.
6. Separate the ground beef into four 1/2-pound portions. Roll each portion of meat into a ball and then pat the meat down into a circular patty slightly larger in diameter than the hamburger buns. Cook the hamburger patties for 5-10 minutes per side, until done. Lightly salt and pepper each burger patty.
7. Build the burger open-faced in the following order starting with

the bottom bun:

On Bottom Bun:

1/2 cup shredded lettuce  
hamburger patty  
2 tablespoons chili queso  
4 or 5 crumbled tortilla chips  
2 teaspoons green onion

On Top Bun:

1/2 tablespoon mayonnaise  
2 tablespoons pico de gallo  
2 tablespoons guacamole  
4 jalapeno slices

Serve burger with extra queso and guacamole. May also serve french fries on the side and use the chili queso for dipping.

Makes 4 burgers.

Chips Ahoy

4 cup All-Purpose Flour  
1 tsp Baking soda (level)  
2 tsp Salt (level)  
1 cup Light Brown Sugar (packed)  
1 cup Granulated Sugar  
1 1/2 cup Vegetable Shortening (Crisco)  
1 1/2 tsp Vanilla Extract  
1 large Egg White  
2-4 tbsp Water (warm)  
12 oz Mini Semi-Sweet Chocolate Chips

Bring all ingredients to room temperature. Preheat oven to 325 °F. Mix the flour and baking soda in a bowl and set aside. Use an electric mixer to mix the two sugars and shortening. When creamy add the vanilla, salt, and egg white. Add the flour 1/2 cup at a time adding a tablespoon of warm water as necessary to mix the flour - don't exceed 4 tablespoons of water - this will make a firm dough. Mix in chocolate chips. As the dough gets thicker you may want to mix by hand and abandon the electric mixer. Roll into 2 inch balls and press down with the palm of the hand to make flat. Bake 12-15 minutes or until golden brown. Cinnabon Rolls

ROLLS:

1/2 cup warm water  
2 packages dry yeast  
2 Tbl. sugar  
3 1/2 oz. pkg. vanilla pudding mix  
1/2 cup margarine -- melted  
2 eggs  
1 teas. salt  
6 cups flour

CREAM CHEESE FROSTING:

8 oz cream cheese  
1/2 cup margarine  
1 teas. vanilla  
3 cups confectioner's sugar  
1 Tbl. milk

To make frosting, mix all ingredients until smooth.

In a bowl combine water, yeast and sugar. Stir until dissolved. Set aside.

In large bowl, take pudding mix and prepare according to package directions. Add margarine, eggs and salt. Mix well. Then add yeast mixture. Blend.

Gradually add flour; knead until smooth. Place in a greased bowl. Cover and let rise until doubled. Punch down dough and let rise again.

Then roll out on floured board to 34 x 21" size. Take 1 cup soft butter and spread over surface. In bowl, mix 2 cups brown sugar and 4 teas. cinnamon. Sprinkle over top. Roll up very tightly. With knife, put a notch every 2". Cut with thread or knife.

Place on lightly greased cookie sheet 2" apart. Take hand and lightly press down on each roll. Cover and let rise until double again. Bake at 350 15-20 minutes. Remove when they start to turn golden. DON'T OVER BAKE.

Frost warm rolls with Cream Cheese Frosting

Makes about 20 very large rolls.

#### Clausen Kosher Dill Pickles

2 dill flowers  
2 garlic cloves, peeled & halved  
1 1/4 lbs. (8-10) pickling cucumbers  
6 long sprigs fresh dill  
1 tbsp coarse kosher salt  
1/2 cup white vinegar

Put dill flower and garlic in bottom of mason jar; add the cukes, put sprigs of dill in center of cukes, add salt, vinegar, and fill jar with boiled water that is now cool to within 1/8th of top. Put on seal and ring, shake to dissolve salt, set upside down on counter away from sunlight and heat. Let sit 4-5 days flipping the jar either upright or upside down each day. Let sit upright 2 more days then refrigerate. Lasts about 6 months. Coney Island Dogs

1 pound Ground Beef, Lean  
1 Small Onion, Chopped  
2 Tbls. Prepared Yellow Mustard  
2 Tbls. Vinegar  
2 Tbls. Sugar  
1 Tbls. Water  
1 tsp. Worcestershire Sauce  
1/4 tsp. Celery Seed  
1/4 tsp. Tabasco Sauce  
1/4 cup Catsup, Approximate (Use enough to keep mixture loose)

In salted skillet, over medium heat, brown ground beef with onion, breaking up meat with fork to crumble fine. Drain off fat.

Add mustard, vinegar, sugar, water, Worcestershire sauce, celery seed, and Tabasco sauce. Mix well. Add enough catsup to keep mixture loose. Reduce heat to low, and simmer (uncovered), for 35 to 40 minutes. Makes enough sauce for six to eight medium weiners. Cracker Barrel's Bread Pudding

Sugared Pecans: In small skillet combine 2 tablespoons butter and

1 tablespoon oil, med-low heat, with 2-oz pecan pieces. Stir only till heated and barely bubbly. Sprinkle with 4 tablespoons sugar. Stir briskly only till sugar dissolves, on low heat AS THESE BURN QUICKLY! Work fast. Dump them into paper towel lined plate. Spread out to cool while you prepare the rest.

Plumped Raisins: In small saucepan combine 1/3 cup raisins and 1 cup boiling water. Cover pan with lid 20 minutes. Drain and discard water. Add 1/2 cup packaged shredded coconut to raisins. Set aside.

Dumplings: In dutch oven combine 6 cups water and 1/2 cup sugar. Bring to boil. While you wait for that to boil, combine in medium bowl, 3 cups Bisquick, 1 cup milk, 1 tablespoon sugar, stirring with fork to moisten thick dough. When water come to boil, drop dough by rounded tablespoonful into boiling water, making about 14 dumplings. Cover pan with lid. Simmer dumplings very gently 20 minutes. Uncover and let cook another 10 minutes gently. Baste often in the liquid, which is now becoming thickened and creamy looking. Remove pan from heat. With slotted spoon remove HALF of dumplings to greased 8" square baking dish. Sprinkle with pecans and raisins/coconut. Arrange rest of dumplings over that. Set aside. Make sauce next.

Caramel Sauce: Strain remaining liquid into heavy 2 1/2-quart saucepan. Bring to boil. Stir constantly. Add 1 cup packed light brown sugar, stirring vigorously, med-heat till it boils briskly 2 or 3 minutes or till sugar is completely dissolved and sauce drops from spoon in large drops rather than like water. It should be the consistency of smooth gravy. Spoon sauce over dumplings filling dish right to the rim. Cool 15 minutes. Cover; refrigerate to serve within few days. Micro warm servings or use cold with a scoop of ice cream on top of each. Serves 6 to 8.

#### Cracker Barrel's Hashbrown Casserole

- 2 lbs. frozen hashbrowns
- 1/2 cup melted butter
- 1 can cream of chicken soup
- 1 pt. sour cream
- 1/2 cup chopped onion
- 2 cups grated cheddar
- 1 tsp. salt
- 1/4 tsp. pepper
- 2 cups crushed cornflakes
- 1/4 cup melted butter

DEFROST hashbrowns.

COMBINE next 7 ingr. and mix with hashbrowns.

PUT all in a 3 qt. casserole.

SAUTE cornflakes in butter and sprinkle on top.

COVER and BAKE at 350 for about 40 min.

Cracker Jack

4	Quarts	Popped popcorn
1	Cup	Spanish peanuts
4	Tablespoons	Butter
1	Cup	Brown sugar
1/2	Cup	Corn syrup -- light
2	Tablespoons	Molasses
1/4	Teaspoon	Salt

Preheat oven to 250 degrees.

Combine popcorn and peanuts in a metal bowl or on a cookie sheet and place in preheated oven. Combine all remaining ingredients in a saucepan. Stirring over medium heat, bring the mixture to a boil.

Using a cooking thermometer, bring the mixture to the hard-ball stage (260-275 degrees). This will take about 20 to 25 minutes.

Remove the popcorn and peanuts from the oven and, working very quickly, pour the caramel mixture in a fine stream over them. Then place them back in the oven for 15 minutes.

Mix well every five minutes, so that all of the popcorn is coated.

Cool and store in a covered container to preserve freshness.

#### Dairy Queen Blizzard

- 1 Health candy bar
- 1/4 c Milk
- 2 1/2 c Vanilla ice cream
- 1 teas. Fudge topping

Freeze the Heath bar. Break the candy into tiny pieces with a knife handle before removing form wrapper. Combine all of the ingredients in the blender and blend for 30 seconds on med. speed. Stop the blender to stir the mixture with a spoon; repeat until well mixed. Pour into a 16-oz. glass. Your homemade blizzard may not be as thick as its commercial counterpart. If you would like a thicker treat, after pouring the mixture into your cup, simply place it in the freezer for 5 to 10 minutes, or until it reaches the desired consistency. VARIATIONS: Try substituting different candies. El Pollo Loco Chicken

- 1 c White wine vinegar
- 1 c Olive oil
- 1/2 c White wine
- 1 tbl. Oregano
- 1 teas. Thyme
- 3 tbls Salt
- 10 Garlic cloves; minced
- 1 1/2 teas. Tabasco sauce

Mix all ingredients and marinate two whole chicken which have been cut in half. Marinate several hours in refrigerator. Grill chickens slowly until done. El Torito's Black Bean Soup

- 12 oz. dried black beans
- 8 cups chicken or vegetable stock
- 2 teaspoons olive oil
- 1 onion, chopped
- 1 cup carrots, chopped
- 1 cup celery, chopped
- 2 cloves garlic, minced
- 2 teaspoons dried oregano
- 1 teaspoon dried thyme
- 1 bay leaf
- 1/2 teaspoon cayenne pepper
- 3 tablespoons fresh lime juice
- Fresh cilantro (optional)

Rinse and sort though black beans, discarding any that are



shriveled or discolored. Place beans in a large stockpot. Cover beans with water and refrigerate to soak overnight. Drain beans and return to stockpot.

Add stock and heat to boiling.

Meanwhile, heat olive oil over medium-high heat in a large skillet. Add onion, carrot, celery and garlic and saute until tender, approximately 5 minutes. Add to stockpot along with oregano, thyme, bay leaf and cayenne pepper. Cover stockpot and reduce heat to simmer for 3 to 4 hours.

Transfer soup to blender or food processor and puree to desired thickness. Just before serving add lime juice and garnish with a sprig of fresh cilantro, if desired. Add salt and pepper to taste and serve.

El Torito's Mexican Caesar Salad

Cilantro Pepita Dressing:

- 2 medium Anaheim chiles, roasted, peeled and seeded
- 1/3 cup roasted pepitas (pumpkin seeds)
- 2 garlic cloves, peeled
- 1/4 tsp. ground black pepper
- 1 tsp. salt
- 12 oz. salad oil
- 1/4 cup red wine vinegar
- 5 Tbs. grated Cotija cheese (see note)
- 2 small bunches cilantro, stemmed
- 1 1/2 cup mayonnaise
- 1/4 cup water

Salad:

- 2 corn tortillas
- Vegetable oil
- 1 large (or two small) heads romaine lettuce, rinsed and spun dry
- 1/3 cup finely grated Cotija cheese
- Roasted red bell pepper, peeled and cut into julienne strips
- 1/2 cup pepitas (roasted pumpkin seeds)

Place all dressing ingredients except cilantro, mayonnaise and water in a a blender or food processor. Blend approximately 10 seconds, then add cilantro little by little until blended smooth. Depending on size of blender, it may be necessary to do in batches.

Place mayonnaise and water in a large stainless steel bowl, and mix with a wire whip until smooth. Add the blended ingredients to the mayonnaise mixture, and mix thoroughly. Place in an air-tight container and refrigerate. Will keep for three days. Yields 1 quart.

To assemble salad: Cut corn tortillas into matchstick-size strips. Heat oil in sauté pan; fry tortilla strips until crisp. Remove with slotted spoon, and drain on paper towels. Set aside. Tear romaine into bite-size pieces. Place greens on salad plates and ladle approximately 2 ounces of cilantro pepita dressing on each salad. Sprinkle each dish with Cotija cheese and tortilla strips. Arrange four red pepper strips like spokes on the top of each salad, and garnish with whole pepitas.

Note: Cotija cheese is a hard cheese, similar to Parmesan. It is available at some grocery stores and most Mexican markets.

Entenmann's Fat Free Chocolate Cupcakes

- 1 small Box Jello cook & serve, chocolate pudding powder
- 1/2 cup Non-fat dry milk powder

- 1 tablespoon Unsweetened Hershey's cocoa
- 1/2 cup Sugar
- 1 cup Self-rising flour
- 4 Egg whites, beat til stiff with 1 pinch Salt in 1-1/2 qt. bowl
- 1 teaspoon Vanilla
- 4 ounces Applesauce
- 1/4 teaspoon Baking soda

In medium mixing bowl combine Jello powder, dry milk, cocoa, sugar and flour. Set aside. With electric mixer, beat alternately into the egg white mixture a cup at a time with the vanilla, applesauce and baking soda, which have been mixed together. Beat 2 minutes after last addition. Divide batter equally between 12 paper-line cupcake wells. Bake at 350 degrees about 18-20 minutes or until tester comes out clean. Cool in pan on wire rack 10 minutes then remove. Fiddle Faddle

- 3/4 cup granulated sugar
- 1/4 cup brown sugar
- 1/2 cup (1 stick) butter
- 1/2 cup corn syrup
- 1/2 cup water
- 1/2 teaspoon salt
- 1/2 teaspoon vanilla
- 1 1/3 bags plain or natural-flavored microwave popcorn
- 1/2 cup roasted almonds

1. Combine sugar, butter, corn syrup, water and salt in a large saucepan over medium heat. You're going to bring the candy to 265-275 degrees, or what is known as the hard ball stage. For this it's best to use a candy thermometer. If you don't have one, don't worry. Drip the candy into a small glass of cold water. If the candy forms a very hard, yet slightly pliable ball, bingo, you're there. Watch your mixture closely so that it doesn't boil over.
2. While candy cooks, pop both bags of popcorn and spread about 2 quarts or 1 1/3 bags of popcorn on one large or two small cookie sheets. Put the popcorn in your oven set on its lowest temperature. This will keep the popcorn hot so that the candy will coat better.
3. When your candy has reached the hard ball stage, add the vanilla.
4. Pull the popcorn from the oven and, working quickly, pour the candy over the popcorn in thin streams. Mix the popcorn so that each kernel is coated with candy, put the popcorn back into the oven for five more minutes, then stir once again. This will help to coat each kernel. You can repeat this step once more if necessary to get all of the popcorn coated. Pour popcorn onto a large sheet of wax paper to cool. Spread the popcorn out, but be careful...it's hot.
5. When popcorn is cool, break it up and immediately put it into a tightly sealed container, such as Tupperware. This will ensure that it stays fresh. This stuff gets stale very quickly in moist climates if left out.

Makes about 4 quarts.

#### Fig Newtons

- 1 lb. dried figs or 2 lbs. fresh figs
- 1 cup sugar
- 1/2 or 1 cup water (1 c. for dried figs; 1/2 c. for fresh)
- 1/2 cup butter, room temp.
- 1 cup sugar

1 egg  
1 tbl. cream or milk  
1/2 teas. vanilla  
1/2 teas. salt  
1 teas. baking powder  
1 3/4 cup flour

Dice figs, soak in water 1 hour. Add sugar & cook on medium heat until of thin jam consistency. Beat sugar, butter, egg, milk & vanilla until well blended. Add dry ingredients. Mix well and refrigerate for 1 hour.

Place 1/2 on well floured dough cloth; knead about 6 times.  
Roll out to 1/4" thick. Line 13 x 9" glass dish; cover with figs.  
Roll remaining dough, cover figs. Cook at 350' 30 minutes.

Let cool and cut into squares. Four Seasons Crab Cakes

2 pounds jumbo lump crabmeat  
1/2 pound fresh codfish fillet  
1/2 to 1 cup heavy cream  
1 tablespoon Dijon mustard  
2 teaspoons sesame oil  
2 tablespoons finely chopped parsley  
2 tablespoons finely chopped chives  
2 tablespoons basil, julienned  
Salt and pepper to taste  
Juice of 1/2 lemon  
Olive oil for sauteing

Pick through crabmeat, removing all shells but being careful not to break up the large lumps too much.  
In a food processor, grind codfish until pureed. Add 1/2 cup of heavy cream and puree until incorporated. Then add more cream if needed.  
The mixture should be smooth and shiny, yet firm enough to hold its shape.

Place this mousse in a metal bowl and add the other ingredients, except for the olive oil.

Take a small portion of the crab-cake mixture and saute in hot olive oil until golden brown. Taste to adjust seasoning.

Form the rest of the crab cakes and saute in hot olive oil until golden on both sides. Finish by baking in a 450-degree oven for 4 to 5 minutes.

Serves six to eight.

General Tso's Chicken

3/4 lb Boneless chicken breast  
2 ts Dark soy sauce  
2 ts Rice wine or dry sherry  
1 ts Finely chopped ginger root  
1 ts Cornstarch  
1 ts Sesame oil  
1/3 c Oil, preferably peanut  
2 Dried red chiles  
- cut in half lengthwise  
1 tb Chopped fresh orange peel OR  
2 ts - dried citrus peel  
-(soaked & coarsely chopped)  
1/2 ts Roasted Sichuan peppercorns  
\* (finely ground), optional  
2 ts Dark soy sauce  
1/4 ts Salt  
1 ts Sugar

1/2 ts Sesame oil

CUT CHICKEN INTO THIN SLICES 2 inches long, cutting against the grain. Put it into a bowl together with the soy sauce, rice wine or sherry, ginger, cornstarch and 1 teaspoon sesame oil. Mix well, and then let the mixture marinate for about 20 minutes. Heat the oil in a wok or large skillet until it is very hot. Remove the chicken from the marinade with a slotted spoon. Add it to the pan and stir-fry it for 2 minutes until it browns. Remove it and leave to drain in a colander or sieve. Pour off most of the oil, leaving about 2 teaspoons. Reheat the pan over a high heat and then add the dried chiles. Stir-fry them for 10 seconds, and then return the chicken to the pan. Add the rest of the ingredients and stir-fry for 4 minutes, mixing well. Serve the dish at once.

Add toasted sesame seeds to make sesame chicken. Girl Scout Mint Cookies

1 box Devil's Food Cake Mix  
2 Eggs  
2 Tbl. Water  
2 Tbl. Cooking Oil  
1/2 Cup Cocoa  
1 pkg. Chocolate Chips  
2-3 drops Wilton's Candy Mint Flavoring

Preheat oven to 400 degrees. Combine cake mix, eggs, water, cooking oil, and cocoa. You will need to blend this together well, this will be a very sticky mess. Let stand for 20 minutes, and then shape into very small 1/2 inch balls. Place these balls on a cookie sheet 2 inches apart, and smash down flat. You will need to spray a large spoon with Pam to make them flat. Bake for about 8 minutes. Let cool until they reach room temperature.

Heat chocolate chips in either the microwave, or in a double boiler. When completely melted add a couple drops of the mint flavoring. Be careful not to add too much, it is a powerful flavoring. You can either spread the melted chocolate on the cookies, or you can dip the cookies into the chocolate. Goo Goo Clusters

1 large bag miniature marshmallows  
1 bag chocolate chips  
2 cups dry roasted peanuts  
1 can Eagle Brand milk  
2 tsp. butter

Melt chocolate chips in pan with Eagle Brand milk. While this is heating, mix marshmallows and peanuts in a large bowl. Pour melted mixture over nuts and marshmallows. Mix together. Pour in buttered pan. Chill 2 hours and cut. Good Season's Italian Dressing

1 TB Garlic salt  
1 TB Onion powder  
1 TB Sugar  
2 TB Oregano  
1 ts Pepper  
1/4 ts Thyme  
1 ts Basil  
1 TB Parsley  
1/4 ts Celery salt  
2 TB Salt

For Dressing Mix:

1/4 Cup Cider Vinegar  
2/3 Cup Oil  
2 TB Water  
2 TB Dry Mix

Shake well. Grape Nuts Cereal

3 1/2 cups sifted whole wheat flour  
1 tsp. baking soda  
1/2 cup brown sugar  
2 cups milk  
2 tbsp. vinegar  
3/4 tsp. salt

Mix flour, baking soda, sugar and salt. Stir vinegar into milk and add to flour mixture. Beat until smooth. Spread dough 1/4-inch thick on a greased cookie sheet. Bake in a 375F. oven about 15 minutes. When cool, grind in a food chopper. Don't dry out completely or you'll get flour. Let it finish drying after grinding. Before serving, mix in anything else you would like; Nuts and fruit go especially well.  
Gummi Bears

1 small box Jello with sugar (any flavor)  
7 envelopes unflavored gelatin  
1/2 cup water

Mix in a saucepan until the mixture resembles playdough. Place pan over low heat and stir until melted. Once completely melted, pour into plastic candy molds, and place in the freezer for 5 min. When very firm, take out of molds and eat! Have fun! Hamburger Helper

1. Brown one pound (more or less) of ground beef in a skillet.
2. Stir in 2 cups pasta or 1 cup rice or 2 cups slices potatoes (dried is fine) and 2 cups water (use one cup if using fresh potatoes), 1/4 cup butter or margarine, and one of the sauce mixes below.

#### CHEESEBURGER MACARONI

Use macaroni and 1/4 cup of this mixture.  
4 1/2 cups dehydrated cheese  
2 2/3 Tbls powdered milk  
2 2/3 cups flour  
2 tsp onion powder

#### STROGANOFF

Use noodles or potatoes and 1/3 cup of the following mixture. Stir in 1/4 cup sour cream just before serving. (1/4 cup fresh or canned mushrooms may be used instead of dried, but put them in when you cook, not when preparing the mix for storage)  
4 cups powdered milk  
4 cups flour  
2 cups minced onion  
1 cup beef bouillon  
1/4 cup onion powder  
4 cups dried mushrooms  
2 Tbls celery salt

#### PIZZA SPINS

Use wheel shaped pasta, one can tomato sauce and 2 Tbls of Italian seasoning or 2 Tbls of the following mixture.

1/4 cup crushed basil  
1/4 cup ground oregano  
2 Tbls garlic powder  
1/2 cup parsely

#### Hardee's Buttermilk Biscuits

4 cups self-rising flour  
1 tbs. sugar  
1 tbs. baking powder  
2 cups buttermilk  
2/3 c. shortening

Mix together, but do not knead. Roll out to 1" thick.

Cut and brush tops with additional buttermilk.

Place on greased cookie sheet.

Bake at 400 degrees for 15 minutes. Heath Bar Candy

1/2 lb Butter  
1 cup Sugar  
1/2 cup Nuts, finely chopped  
1/3 cup Chocolate chips

Combine first 3 ingredients and boil, stirring constantly until it thickens and looks like a brown paper bag. Pour on greased cookie sheet. Sprinkle the chocolate chips on top. Let melt and spread smooth over the mixture.

Let cool and harden. Break into pieces. Heinz 57 Sauce

1/2 Cup Raisins  
2/3 Cup Heinz ketchup  
1 tsp chili powder  
1 tsp seasoned salt  
4 oz applesauce  
2 Tbsp Wish Bone Itailian Dressing

1. Put all ingredients in a blender and blend on/off for 2 minutes on high or until smooth. Hershey's Chocolate Syrup

1/2 Cup Cocoa (Hershey's obviously)  
1 Cup Sugar  
1 Cup water  
1 tsp. Vanilla  
dash of salt

Combine cocoa, sugar, and salt in a saucepan. Add water, and mix until smooth. Bring this mixture to a boil. Allow it to boil for one minute, be carefull this does not over boil. Remove from heat, when this cools add the vanilla. Hidden Valley Ranch Dressing

15 Saltines  
2 cups Dry minced parsley flakes  
1/2 cup Dry minced onion  
2 tablespoons Dry dill weed  
1/4 cup Onion salt  
1/4 cup Garlic salt  
1/4 cup Onion powder  
1/4 cup Garlic powder

Salad Dressing:

1 tablespoon Mix  
1 cup Mayonnaise  
1 cup Buttermilk

Put crackers through blender on high speed until powdered. Add parsley, minced onions, and dill weed. Blend again until powdered. Dump into bowl. Stir in onion salt, garlic salt, onion powder, and garlic powder. Put into container with tight-fitting lid.

Store dry mix at room temperature for 1 year. Makes 42 1 tablespoon servings. To use mix--Combine mix, mayonnaise, and buttermilk.

Yield: 1 pint.

Honey Baked Ham

1 (7 lb.) med. smoked pork picnic shoulder (bone in or out)  
2 c. sugar  
1 c. honey or brown sugar, packed  
1 (6 oz.) can frozen orange juice concentrate, thawed  
1 tsp. whole cloves

Make crosswise slits, 1/2 inch apart, halfway through ham to to where knife touches bone. Place ham in deep bowl and barely cover with water. Stir in sugar. Soak at least 2 days in refrigerator. Drain. Place ham in roasting pan, lined with enough foil to wrap completely. Pour honey or brown sugar and orange juice all over pork. Stick cloves all over meat. Wrap tightly with foil. Bake at 200 degrees for 6 to 7 hours or until done.

Hooter's Buffalo Chicken Wings

vegetable oil -- for frying  
1/4 cup butter  
1/4 cup Crystal Louisiana Hot Sauce  
dash ground pepper  
dash garlic powder  
1/2 cup all-purpose flour  
1/4 teas. paprika  
1/4 teas. cayenne pepper  
1/4 teas. salt  
10 chicken wing pieces

ON THE SIDE: bleu cheese dressing & celery sticks

Heat oil in a deep fryer to 375. You want just enough oil to cover the wings entirely -- an inch or so deep at least.

Combine the butter, hot sauce, ground pepper, and garlic powder in a small saucepan over low heat. Heat until the butter is melted and the ingredients are well-blended.

Combine the flour, paprika, cayenne powder, and salt in a small bowl. If the wings are frozen, be sure to defrost and dry them. Put the wings in a large bowl and sprinkle the flour mixture over them, coating each wing evenly. Put the wings in the refrigerator 60-90 minutes. This will help the breading to stick to the wings when fried.

Put all the wings in the hot oil and fry 10 to 15 minutes or until some parts of the wings begin to turn dark brown. Remove from the oil to a paper towel to drain. Don't let them sit too long, because you want to serve them hot. Quickly put the wings in a large bowl. Add the hot sauce and stir, coating all of the wings evenly.

Serve with bleu cheese dressing and celery sticks on the side.

#### Hostess Cupcakes

##### CAKES:

1/2 c Plus 2 tbsp Flour  
2 1/2 tb Cocoa powder  
3/4 ts Baking soda  
1/4 ts Salt  
1/2 c Sugar  
1/2 c Water  
3 tb Vegetable oil  
1 1/2 ts Distilled white vinegar  
1 ts Vanilla extract

##### FILLING:

1 c Heavy whipping cream  
6 oz Finely chopped white chocolate

##### GLAZE:

3 oz Finely chopped bittersweet chocolate  
3 tb Boiling water

##### ICING:

1 tb Egg white, at room temperature  
1 pn cream of tartar  
1/2 c Plus 2 to 3 tbsp confectioner's sugar

Make the cupcakes:

1. Position a rack in the center and preheat oven to 325F. Lightly butter twenty-four 1-3/4" x 3/4" (1-oz) muffin or biscuit cups.
2. Into a medium bowl, sift together the flour, cocoa, baking soda, and salt. Mix in the sugar. Make a well in the center. Whisk in the water, oil, vinegar, and vanilla. Blend until smooth. (The batter will be very thin.)
3. Spoon the batter into the prepared cups. Bake until a cake tester inserted into the center of one of the cupcakes comes out clean, about 12 to 14 minutes. Cool the cupcakes in the pans on a wire rack for 5 minutes. Remove the cupcakes from the pans and finish cooling on the rack.

Make the filling:

4. In a heavy medium saucepan over medium-high heat, bring the cream to a boil. Add the white chocolate and remove from heat. Let the mixture stand briefly; stir until smooth. Transfer to a metal bowl and refrigerate until chilled thoroughly, stirring occasionally. (To speed the process, set the metal bowl over a larger bowl of ice



water; stir the chocolate mixture until cool.) With an electric mixer, beat the white chocolate mixture just until fluffy, about 1 minute.

5. Transfer the filling to a pastry bag fitted with a 3/8-inch plain tip. Insert the pastry tip 1/4-inch into the bottom of each cupcake and squeeze a little filling into each one.

Make the glaze:

6. Place the chocolate in a small bowl. Whisk in the boiling water and blend until smooth. One at a time, dip the top of each cupcake into the warm glaze. Turn the glazed cupcakes right side up and set them on a wire rack on top of a baking sheet. Refrigerate the cupcakes for 5 minutes to set the glaze.

Make the icing:

7. In a medium bowl, whisk the egg white until frothy. Stir in the cream of tartar. Gradually mix in enough of the confectioner's sugar to make a fairly stiff and smooth icing. Fill a small paper cone with the icing and cut a 1/16-inch opening at the tip. Remove the cupcakes from the refrigerator. Pipe a design (a squiggle, spiral, etc.) on the top of each cupcake. Let the design harden and then cover and refrigerate the cupcakes. Serve at room temperature.

The cupcakes can be made and refrigerated up to 2 days in advance, or frozen up to 2 weeks.

Makes 22 to 24 miniature cupcakes.

## Hostess Twinkies

a bottle about the size of a Twinkie  
twelve 12 x 14 inch pieces of aluminum foil  
pastry bag  
toothpick

### CAKE:

4 egg whites  
One 16-ounce box golden pound cake mix  
2/3 cup water  
Nonstick spray

### FILLING:

2 Tbsp butter  
1/3 cup vegetable shortening  
1 cup powdered sugar  
1/4 cup granulated sugar  
1/3 cup evaporated milk  
1 tsp vanilla extract  
2 drops lemon extract

Preheat oven to 325 degrees F. Fold each piece of foil in half twice. Wrap the folded foil around the bottle to create a mold. Leave the top open for pouring the batter in. Make twelve of these molds and arrange on a cookie sheet. Spray the inside of each with nonstick spray.

Beat the egg whites until stiff. Combine with cake mix and water, and beat about 2 minutes until thoroughly blended. Pour batter into molds, filling each about 3/4 inch deep. Bake about 30 minutes, or until the cake is golden brown and a toothpick comes out clean from the center.

For the filling, cream the butter and shortening. Slowly add the sugars

while beating. Add the evaporated milk, vanilla and lemon extracts. Mix on medium speed until completely smooth and fluffy. When the cakes are done and cooled, use a toothpick to make three small holes in the bottom of each one. Move the toothpick around the inside of each cake to make room for filling. Using the pastry bag, inject each cake with filling through all three holes.

Makes 12

#### Houlihan's Baked Potato Soup

2 Cups potatoes, diced but unpeeled  
1/4 lb butter  
2 Cups finely diced yellow onions  
1/2 Cup flour  
1 quart warm water  
1/4 Cup chicken bouillon  
1 Cup potato flakes  
2 Cups heavy cream  
2 Cups milk  
1/2 teaspoon Tabasco  
Salt, pepper, garlic powder and dried basil to taste

Saute onions in melted butter for 10 minutes in large kettle. Add flour to onions and butter and cook for four to five minutes, stirring until flour is absorbed.

In a separate container, combine water, chicken bouillon, potato flakes, and seasonings. Stir until thoroughly mixed and no lumps remain. Add to onion mixture, one pint at a time.

Add milk and cream, stirring until smooth and lightly thickened.

Reduce heat and simmer for 15 minutes.

In a separate container, the potatoes should be covered with water, brought to a boil, and simmered for 20 minutes.

Combine the potatoes with the soup to complete.

#### Howard Johnson's Boston Brown Bread

1 cup Unsifted whole wheat flour  
1 cup Unsifted rye flour  
1 cup Yellow corn meal  
1 1/2 teaspoons Baking soda  
1 1/2 teaspoons Salt  
3/4 cup Molasses  
2 cups Buttermilk

Grease and flour a 2 qt. mold. Combine flours, corn meal, soda, and salt. Stir in molasses and buttermilk. Turn into mold and cover tightly. Place on trivet in deep kettle. Add enough boiling water to kettle to come half way up sides of mold; cover. Steam 3 1/2 hr., or until done. Remove from mold to cake rack. Serve hot with baked beans.

Makes 1 loaf IHOP Pancakes

Nonstick Spray  
1 1/4 cups all-purpose flour  
1 egg  
1 1/4 cups buttermilk

1/4 cup granulated sugar  
1 heaping teaspoon baking powder  
1 teaspoon baking soda  
1/4 cup cooking oil  
pinch of salt

1. Preheat a skillet over medium heat. Use a pan with a nonstick surface or apply a little nonstick spray.
2. With a mixer, combine all of the remaining ingredients until smooth.
3. Pour the batter by spoonfuls into the hot pan, forming 5-inch circles.
4. When the edges appear to harden, flip the pancakes. They should be golden brown.
5. Cook pancakes on the other side for same amount of time, until golden brown.

Makes 8 to 10 pancakes.

#### In-N-Out Double-Double Hamburger

1 plain hamburger bun  
1/3 pound ground beef  
Dash salt  
1 tablespoon Kraft Thousand Island dressing  
1 large tomato slice (or 2 small slices)  
1 large lettuce leaf  
2 slices American cheese  
1 whole onion slice (sliced thin)

1. Preheat a frying pan over medium heat.
2. Lightly toast the both halves of the hamburger bun, face down in the pan. Set aside.
3. Separate the beef into two even portions, and form each half into a thin patty slightly larger than the bun.
4. Lightly salt each patty and cook for 2-3 minutes on the first side.
5. Flip the patties over and immediately place two slices of cheese on each one. Cook for 2-3 minutes.
6. Assemble the burger in the following stacking order from the bottom up:

bottom bun  
dressing  
tomato  
lettuce  
beef patty with cheese  
onion slice  
beef patty with cheese  
top bun.

Makes one hamburger.

#### International House Of Coffee Flavored Coffees

To Make Coffee:

Use rounded teaspoons of the following mixes to taste.

Cafe Bavarian Mint:

1/4 C. Powdered Creamer  
1/3 C. Sugar  
1/4 C. Instant Coffee

2 T. Powdered Baking Cocoa  
2 hard candy Peppermints

Process in a blender on liquify until well blended.  
Store in an air tight container.

Cafe Cappuccino:

1/4 C. Powdered Creamer  
1/3 C. Sugar  
1/4 C. Instant Coffee  
1 Orange flavored piece of hard candy

Process in a blender on liquify until blended.  
Store in an air tight container.

Cafe Swiss Mocha:

1/4 C. Powdered Creamer  
1/3 C. Sugar  
1/4 C. Instant Coffee  
2 Tbl. Powdered Baking Cocoa

Process in a blender on liquify until well blended.  
Store in an air tight container.

Cafe Viennese:

1/4 C. Powered Creamer  
1/3 C. Sugar  
1/4 C. Instant Coffee  
1/2 tsp. Cinnamon

Process in blender on liquify until well blended.  
Store in an air tight container.

#### Jack-In-The-Box Tacos

1 Pound Ground beef  
1/3 Cup Refried beans  
1/4 Teaspoon Salt  
2 Tablespoons Chili powder  
1/4 Cup Ortega Taco Sauce -- Mild  
12 Each Soft corn tortillas  
3 Cups Cooking oil  
6 Slices American cheese (each cut in half)  
1 Head Lettuce -- chopped fine

Slowly brown the beef over low heat, using a wooden spoon to chop and stir the meat, keeping it very fine and smooth. When the beef is brown drain the fat. Add the refried beans and use the wooden spoon to smash the whole beans into the mixture creating a smooth texture. Add the salt, Chili powder, and Taco Sauce to the mixture. Remove from the heat.

In another skillet heat 1/4 inch of oil until hot. Test with a small piece of tortilla - it should bubble when dropped into the oil. Spread 1/2 of the beef mixture on the center of each corn tortilla. Fold the tortillas over and press so that the beef filling acts as an adhesive and holds the sides together.

Drop each taco into the pan of hot oil and fry on both sides until

crispy. When cooked, remove the tacos from the oil and place them on a rack or some paper towels until they are a little cooler. Pry open slightly and add 1/2 slice American cheese and some lettuce. Top with additional Taco Sauce to taste.

#### Kahlua

1 qt water  
2 1/2 c Sugar  
3 tb Instant coffee  
1 tb Vanilla  
2 1/2 c Vodka

Bring water, sugar and coffee to a boil in a saucepan. Simmer VERY slowly for 3 hours. Mixture will be very dark and syrupy. Cool. Add vanilla and vodka. Makes 7 cups. KFC Original Fried Chicken

1 frying chicken, cut into frying pieces  
1 1/2 cups flour  
1 Pkt. (dry) Good Seasons Italian Dressing (THE 11 herbs and spices!)  
1 Envelope Lipton (or other brand) Tomato Cup of Soup  
2 eggs, well beaten  
2/3 cup milk  
Vegetable oil to cover bottom of your skillet; about 1/2 inch deep.

1. Combine eggs and milk. Set aside.
2. Combine flour with the Italian dressing and soup mix.
3. Dip chicken pieces in milk-egg mixture and roll them in the flour-seasoning mixture. Repeat procedure.
4. Fry pieces over medium heat for 25 to 30 minutes, turning often.
5. Remove from fire. Drain and serve. KFC Cole Slaw

8 cups finely chopped cabbage  
1/4 cup carrot, shredded  
1/3 cup sugar  
1/2 teas. salt  
1/8 teas. pepper  
1/4 cup milk  
1/2 cup mayonaise  
1/4 cup buttermilk  
1 1/2 tbls. white vinegar  
2 1/2 tbls. lemon juice

Cut cabbage and carrots into small pieces about the size of rice kernels. (The food processor is great for this!) In salad bowl, combine the sugar, salt, pepper, milk, mayonaise, buttermilk, vinegar and lemon juice. Beat until smooth. Add the cabbage and carrots. Mix well. Cover and refrigerate for at least 2 hours before serving. Serves 6 to 8. KFC Gravy

1 tablespoon vegetable oil  
5 tablespoons all-purpose flour  
1 can Campbell's chicken broth (plus 1 can of water)  
1/4 teaspoon salt  
1/8 teaspoon MSG or Accent Flavor Enhancer  
1/8 teaspoon ground black pepper

1. First make a roux by combining the oil with 1 1/2 tablespoons of flour in a medium saucepan over low heat. Heat the mixture for 20-30 minutes,

stirring often, until it is a dark chocolate color.

2. Remove the roux from the heat, stir in the rest of the flour, and add the remaining ingredients to the saucepan; mix well.
3. Put the saucepan back over the heat, turn it up to medium and bring the gravy to a boil. Reduce heat and simmer for 15 minutes, or until thick.

Makes about 3 cups. KFC Macaroni Salad

7 ounces Box elbow macaroni, cooked  
2 Ribs celery minced fine  
1 tablespoon Dry minced onion  
1/3 cup Diced sweet pickles  
1 1/2 cups Miracle whip  
1/2 cup mayonaise  
1/4 teaspoon Black pepper  
1/4 teaspoon Dry mustard  
1 teaspoon Sugar  
Salt to taste

Combine everything just as listed. Refrigerate salad tightly covered several hours before serving. King's Hawaiian Bread

6 cups plain flour  
3 eggs  
1 cup pineapple juice  
1 cup water  
3/4 cup sugar  
1/2 teas. ginger  
1 teas. vanilla  
2 pkg. yeast  
1 stick margarine

Beat eggs; add pineapple juice, water, sugar, ginger, vanilla and melted margarine. Put 3 cups flour in a large mixing bowl. Add egg mixture and stir until well mixed. Sprinkle in yeast, 1 package at a time, mixing well. Gradually add other 3 cups flour. Batter will be hard to mix with spoon. You may have to use your hand. Make sure it's mixed well. Leave batter in bowl and cover with cloth and place in warm place. Let rise 1 hour. Remove from bowl and knead in 1/2 cup flour. Knead about 10 times. Divide into 3 equal parts and place in well greased round cake pans. Cover and place in warm place and let rise about 1 hour. Bake at 350 degrees 25 to 30 minutes. Kraft Macaroni and Cheese

8 cups water  
2 cups uncooked elbow macaroni  
1/3 cup shredded cheddar cheese  
1/2 cup Cheez Whiz  
2 tablespoons whole milk  
1/4 teaspoon salt

1. Bring 8 cups (2 quarts) of water to a boil over high heat in a large saucepan. Add elbow macaroni to water and cook for 10 to 12 minutes or until tender, stirring occasionally.
2. As macaroni boils, prepare sauce by combining cheddar cheese, Cheez Whiz, and milk in a small saucepan over medium/low heat. Stir cheese mixture often as it heats, so that it does not burn. Add salt. When all of the cheddar cheese has melted and the sauce is smooth, cover pan and set aside until macaroni is ready.
3. When macaroni is ready, strain water, but do not rinse the macaroni.

- Using the same pan you prepared the macaroni in, combine the macaroni with the cheese sauce, and mix well.

Makes about 4 cups.

#### Kraft Thousand Island Dressing

1/2 cup mayonnaise  
2 tablespoons ketchup  
1 tablespoon white vinegar  
2 teaspoons sugar  
2 teaspoons sweet pickle relish  
1 teaspoon finely minced white onion  
1/8 teaspoon salt  
dash of black pepper

- Combine all of the ingredients in a small bowl. Stir well.
- Place dressing in a covered container and refrigerate for several hours, stirring occasionally, so that the sugar dissolves and the flavors blend.

Makes about 3/4 cup. Krispy Kreme Doughnuts

1 Can Biscuits - not flaky, buttermilk, or any special type. Just regular biscuits.

Poke a hole in the center of each.

Deep fry until brown (or fry in skillet) turning doughnuts once. Do not crowd.

Drain well on paper towels.

Because the biscuit dough has little, if any, sugar, you will want to either roll them in powdered sugar, cinnamon and sugar mix (1/2 powdered sugar and 1/2 granulated sugar with cinnamon to taste), or glaze them (regular or chocolate).

#### Krystal's Hamburgers

2 lb Lean Ground Beef  
1/4 c Dry Minced Onion  
1/4 c Hot Water  
3 oz Jar Strained Beef Baby Food  
2/3 c Clear Beef Broth  
1 pk Hot Dog Buns

Soak 1/4 cup dry minced onions in 1/4 cup hot water until soft while you mix 2 pounds ground beef with 3 ounce jar of strained beef baby food and 2/3 cup clear beef broth. Keep patties uniform using 1/4 cup meat mixture for each patty, flattened to 1/4" and fried quickly in 1 T oil per patty on a hot griddle. Make 3 or 4 holes in patties while frying. Cut hot dog buns in half. Cut off rounded ends. Fry 1 t onions under each patty as you turn to fry 2nd side. Slip each patty into bun with 2 dill pickle chips, mustard and catsup. Legal Seafood Clam Chowder

4 quarts littleneck clams (about 1-2/3 cups cooked and chopped)  
1 clove garlic, chopped

1 cup water  
 2 ounces salt pork, finely chopped  
 2 cups chopped onions  
 3 tablespoons flour  
 1-1/2 pounds potatoes, peeled, and diced into 1/2-inch cubes  
 4-1/2 cups clam broth  
 3 cups Fish Stock  
 2 cups light cream  
 Oyster crackers (optional)

Clean the clams and place them in a large pot along with the garlic and water. Steam the clams just until opened, about 6 to 10 minutes, depending upon their size. Drain and shell the clams, reserving the broth. Mince the clam flesh, and set aside. Filter the clam broth either through coffee filters or cheesecloth and set aside.

In a large, heavy pot slowly render the salt pork. Remove the cracklings and set them aside. Slowly cook the onions in the fat for about 6 minutes, stirring frequently, or until cooked through but not browned. Stir in the flour and cook, stirring, for 3 minutes. Add the reserved clam broth and Fish Stock, and whisk to remove any flour lumps. Bring the liquid to a boil, add the potatoes, lower the heat, and simmer until the potatoes are cooked through, about 15 minutes.

Stir in the reserved clams, salt-pork cracklings, and light cream. Heat the chowder until it is the temperature you prefer. Serve in large soup bowls with oyster crackers on the side.

Serves 8     Lipton's Onion Soup

3/4 c. minced onion  
 1/3 c. beef bouillon  
 4 tsp onion powder  
 1/4 tsp crushed celery seed  
 1/4 tsp sugar

Combine all ingredients  
 Store in tight fitting container

About 5 Tbls. of mix are equal to 1 1.25 oz pkg.

Use in making soup or onion dip (Mix 5 Tbls. with one pint of sour cream).     Little Caesar's Crazy Sauce

15	Ounces	Canned Tomato Paste
1/2	Teaspoon	salt
1/4	Teaspoon	pepper
1/4	Teaspoon	garlic powder
1/4	Teaspoon	dried basil
1/4	Teaspoon	dried marjoram
1/4	Teaspoon	dried oregano
1/4	Teaspoon	ground thyme

Combine all the ingredients in an uncovered saucepan over medium heat. When the sauce begins to bubble, reduce the heat and simmer for 30 minutes, stirring often.

Remove the sauce from the heat and let it cool.

Store in a tightly sealed container in the refrigerator; it will keep for 3 to 4 weeks. Makes 1 1/2 cups.

Lowry's Seasoned Salt



2	tablespoons	pepper
1	tablespoon	chicken bouillon powder
1	teaspoon	onion salt
1	teaspoon	onion powder
1	tablespoon	garlic salt
1	teaspoon	cumin powder
1	teaspoon	dry marjoram leaves
1	tablespoon	minced parsley
1	teaspoon	paprika
1/2	teaspoon	curry powder
1	tablespoon	chili powder
1/3	cup	salt

Mix all ingredients together thoroughly, or put all ingredients in 1 qt. mayonnaise jar with tight fitting lid, shaking until blended well. Keep at room temperature. Use within 3 months

Makes about 1 cup. Luchow's German Potato Salad

1 pound (3 medium)	potatoes
6 slices	bacon, diced
1 medium-size	onion, diced
1/2 cup	vinegar
1/2 cup	stock or bouillon
1 tsp.	salt
1/4 tsp.	pepper
1 tsp.	sugar
1 egg yolk,	beaten

Scrub potatoes; rinse. Boil in jackets; let cool. Peel and cut in 1/4-inch slices. Cook bacon in hot pan until crisp. Add onion; stir and cook until transparent. Add vinegar, stock or bouillon, and seasonings. Stir; let come to a boil. Stir in egg; remove from heat and pour over potatoes. Serves 2-4.

Lum's Ollieburger

3 Tbsp	Lemon Juice
1 1/2 tsp	Seasoned Salt
1 Tbsp	Worcestershire Sauce
1 Tbsp	Soy Sauce
1 Tbsp	A-1 Steak Sauce
1 Tbsp	Corn Oil
1/2 Cup	Beef Broth
1 tsp	Heinz 57 Sauce
1/4 tsp	Garlic Salt
1 tsp	Vinegar

1. Mix the above ingredients.
2. Take 1 1/2 to 2 lbs. of ground round and shape meat into round patties, 3/4" thick and 3 1/2" round.
3. Place in a covered container and pour the marinade mixture over them. Cover tightly and refrigerate 12 hours or overnight. Turn the patties frequently.
4. Remove from marinade and sear over high heat to seal in the juices, then turn down heat and cook to your desired doneness. Mar's Almond Bar

2 c	Granulated sugar
1/4 c	Light corn syrup
1/2 c + 2 tb.	water
	pn Salt
2	Egg whites

35 Kraft caramels  
2/3 c Whole roasted almonds  
24 oz Milk chocolate chips

In a large saucepan over medium heat, combine the sugar, corn syrup, 1/2 cup of the water, and the salt. Heat to boiling, then cook using a candy thermometer to monitor the temperature.

Beat the egg whites until they are stiff and form peaks. Don't use a plastic bowl for this.

When the sugar mixture reaches 270~F, or the soft crack stage. Remove from the heat and pour the mixture in thin streams into the egg whites, blending completely with an electric mixer set on low.

Continue to mix about 20 minutes or until the nougat begins to harden and thickens to the consistency of dough. Mix in the almonds.

Press the nougat into a greased 9 x 9 inch pan and chill until firm about 30 minutes.

Melt the caramels with the remaining 2 tb. water in a small saucepan over medium heat.

Pour the caramel over the nougat and return the pan to the refrigerator.

When the caramel and nougat are firm (about 30 min), slice down the middle of the pan with a sharp knife and then slice across into 7 segments to make a total of 14 bars.

Melt the milk chocolate chips in a microwave for 2 minutes on half power, stirring halfway through the cooking time. Melt completely, but be careful not to overheat.

Resting the bar on a fork (and use fingers if needed) dip each bar into the chocolate to coat completely and tap the fork against the side of the bowl to knock off the excess chocolate. Place on waxed paper and let cool at room temperature until the chocolate is firm; 1-2 hours.

#### McDonald's Big Mac Sauce

1/2 cup mayonnaise  
2 tablespoons French dressing  
4 teaspoons sweet pickle relish  
1 tablespoon finely minced white onion  
1 teaspoon white vinegar  
1 teaspoon sugar  
1/8 teaspoon salt

1. Combine all of the ingredients in a small bowl. Stir well.
2. Place sauce in a covered container and refrigerate for several hours, or overnight, so that the flavors blend. Stir the sauce a couple of times as it chills.

Makes about 3/4 cup. McDonald's Filet-O-Fish Sandwich

2 Tbls. Mayonnaise  
2 teas. Sweet relish  
2 teas. Minced onion  
pn Salt  
2 Plain hamburger buns  
2 Mrs. Paul's breaded-  
Fish portions (square)

2 sl American cheese

1. In a small bowl, mix together the mayonnaise, relish, minced onion, and salt and set aside. This is your tartar sauce.
2. Lightly grill the faces of the buns.
3. Cook the fish according to the package instructions. You can bake the fish, but your sandwich will taste much more like the original if you fry it in oil.
4. Divide the tartar sauce and spread it evenly on each of the top buns.
5. Place a slice of cheese on each of the bottom buns.
6. Place the cooked fish on top of the cheese slice on each sandwich, and top off the sandwiches with the top buns.

Makes two sandwiches. McDonald's Honey Mustard Sauce

1/4 Cup Honey  
2 Tbls. Prepared mustard.

Mix. Makes 1/3 cup sauce. Refrigerate covered. Use within 1 month.  
McDonald's Hot Mustard Sauce

1 Tablespoon Dijon mustard  
2 Tablespoons French's prepared mustard  
2 Tablespoons Heinz 57 sauce  
1/4 Cup Mayonaise  
1/4 Cup Sour cream

Mix all, cover and refrigerate to use within 30 days.  
McDonald's Quarter Pounder

1 Sesame-seed Bun  
1/4 lb. Ground beef  
Salt to taste  
1 Tbls. Ketchup  
1/2 teasp. Prepared Mustard  
1 teasp. Chopped Onion  
2 Dill pickle slices  
2 sl American cheese

1. Brown the faces of the bun in a large frying pan over medium heat.
2. Roll the ground beef into a ball and then flatten on wax paper until about 1/2 inch thick.
3. Cook the burger for 3 to 4 minutes per side. Salt each side during the cooking.
4. Spread Ketchup and then the mustard on the top bun, then add the onion and pickle.
5. Place 1 slice of cheese on the bottom bun, then the beef patty, then the other slice of cheese.
6. Top off the sandwich with the top bun.
7. Microwave on high for 15 seconds. McDonald's Sweet and Sour Sauce

1/4 cup peach preserves  
1/4 cup apricot preserves  
2 tablespoons light corn syrup  
5 teaspoons white vinegar  
1 1/2 teaspoons corn starch  
1/2 teaspoon soy sauce  
1/2 teaspoon yellow mustard  
1/4 teaspoon salt  
1/8 teaspoon garlic powder  
2 tablespoons water

1. Combine all ingredients except the water in a food processor or a

blender and puree until the mixture is smooth.

2. Pour mixture into a small saucepan over medium heat. Add water, stir, and bring mixture to a boil. Allow it to boil for five minutes, stirring often. When the sauce has thickened, remove it from the heat and let it cool. Store sauce in a covered container in the refrigerator.

Makes about 3/4 cup.      Miracle Whip

4 egg yolks  
1 t. Salt  
2 t. Dry mustard  
6 T. Vinegar  
3 cups salad oil  
3 T. Flour or cornstarch  
1 cup boiling water  
2 T. Sugar  
1/4 cup vinegar  
1 T. Salt

With mixer blend egg yolks, 1 t. Salt., 2 T. sugar, and 2 T., vinegar. Very slowly add 1 cup oil, a few drops at a time, and mix thoroughly. Add remaining oil, a little faster but be careful to blend each addition before adding more oil. When all oil has been added, add 4 T. Vinegar. Now put remaining ingredients in a saucepan and cook to a smooth paste. Add this hot mixture to the mayonnaise and blend well. Pour in a container & cool in the refrigerator. Makes slightly more than 1 quart.

Nutri-Grain Bars

1 pkg yellow cake mix  
3/4 cup butter  
2 1/2 cups quick oats  
12 ounces preserves or jam  
1 T water

Preheat oven to 375. Melt butter. Combine cake mix and oats in a large bowl; stir in the melted butter until the mixture is crumbly. Measure half of this mixture (about 3 cups) into a greased 13x9x2-inch pan. Press firmly into pan to cover the bottom.

Combine preserves and water; spoon over crumb mixture in pan, and spread evenly. Cover with remaining crumb mixture. Pat firmly to make top even.

Bake at 375 for 20 minutes--top should be very light brown. Cool completely before cutting into bars.      Old Bay Seasoning

1 Tbsp. Celery Seed  
1 Tbsp Whole Black Peppercorns  
6 Bay Leaves  
1/2 tsp. Whole Cardamom  
1/2 tsp. Mustard Seed  
4 Whole Cloves  
1 tsp. Sweet Hungarian Paprika  
1/4 tsp. Mace  
Dash of Salt

In a spice grinder or small food processor, combine all of the ingredients.  
Grind well and store in a small glass jar. Olive Garden Eggplant  
Parmigiana

2 Eggplants; peel; slice 1/4" circles  
Flour  
Oil  
Seasoned salt  
1 lb. jar meat-flavored Prego  
1/4 cup grape jelly  
14 oz. can sliced-style stewed tomatoes  
1/2 lb. shredded mozzarella cheese  
1/4 cup grated parmesan cheese

Moisten eggplant (milk) and coat lightly in flour. Quickly brown slices in hot oil, dusting each side generously with seasoned salt. When fork tender and golden brown transfer to a 9 X 13 X 2 pan. Cover loosely with foil and bake at 375 F. about 20 to 25 minutes or until tender.

SAUCE-Combine sauce, jelly and tomatoes that have been broken up with a fork. Heat on medium until hot, but do not boil.

Spread mozzarella cheese over eggplant, then add sauce. Top with parmesan cheese and return to oven for 5-10 minutes to melt mozzarella. Serve immediately.

Olive Garden Fettucine Alfredo

8 ounces Cream cheese -- cut in bits  
3/4 cup Parmesan cheese -- grated  
1/2 cup Butter or margarine  
1/2 cup Milk  
8 ounces Fettuccine; cook -- drain

In large saucepan combine cream cheese, Parmesan, butter and milk, stirring constantly until smooth. Toss pasta lightly with sauce, coating well. Leftovers freeze well.

Olive Garden House Dressing

8 ounces Paul Newman's Vinegar and Oil Dressing  
1 clove garlic, peeled and minced  
1/2 teaspoon Dried basil  
1/2 teaspoon Dried oregano  
3 packages Sweet and Low -- or  
1 tablespoon Sugar

Put ingredients into the bottle of dressing and shake well. Refrigerate 24 hours before using. Olive Garden Pasta e Fagioli

1 pound ground beef  
1 small onion, diced (1 cup)  
1 large carrot, julienned (1 cup)  
3 stalks celery, chopped (1 cup)  
2 cloves garlic, minced  
2 14.5-ounce cans diced tomatoes  
1 15-ounce can red kidney beans (with liquid)  
1 15-ounce can great northern beans (with liquid)  
1 15-ounce can tomato sauce  
1 12-ounce can V-8 juice  
1 tablespoon white vinegar  
1 1/2 teaspoons salt  
1 teaspoon oregano

1 teaspoon basil  
1/2 teaspoon pepper  
1/2 teaspoon thyme  
1/2 pound (1/2 pkg.) ditali pasta

1. Brown the ground beef in a large saucepan or pot over medium heat. Drain off most of the fat.
2. Add onion, carrot, celery and garlic and sauté for 10 minutes.
3. Add remaining ingredients, except pasta, and simmer for 1 hour.
4. About 50 minutes into simmer time, cook the pasta in 1 1/2 to 2 quarts of boiling water over high heat. Cook for 10 minutes or just until pasta is al dente, or slightly tough. Drain.
5. Add the pasta to the large pot of soup. Simmer for 5-10 minutes and serve.

Serves 8. Olive Garden Toscana Soup

3/4 cup onions, diced 1/8 inch  
1 slice bacon, 1/4-inch diced  
1 1/4 teaspoon garlic cloves, minced  
1 ounce chicken bouillon  
1 quart water  
2 medium potatoes, cut in half length-wise,  
then cut in 1/4-inch slices  
2 cups cavalo greens (kale can be substituted),  
cut in half, then sliced into 1/16-inch strips  
1 1/2 cups sausage link - spicy, pre-cooked, cut in half  
length-wise, then cut at an angle into 1/2-inch slices  
3/4 cup heavy whipping cream

Place sausage link onto sheet pan and bake in 300 degree oven for 15 to 20 minutes or until done.

Place onions and bacon into 3 to 4 quart saucepan and cook onions over medium heat until the onions are almost clear. Add garlic and cook for 1 minute.

Add chicken bouillon, water and potatoes, bring to a simmer for 15 minutes. Add remaining ingredients then simmer for 5 more minutes and serve. Orange Julius

1 cup orange juice  
1 cup water  
2 egg whites  
3/4 teaspoon vanilla extract  
1/4 cup sugar  
1 heaping cup ice

Combine all of the ingredients in a blender set on high speed for 15-30 seconds.

Makes 2 drinks. Oreo Cookies

COOKIE WAFERS:

1 (18.25 oz) box Dark Fudge Cake Mix  
1/3 cup water  
2 tablespoons shortening

CREME FILLING:

3 1/2 cups powdered sugar

1/2 tablespoon granulated sugar  
1/2 teaspoon vanilla extract  
1/2 cup shortening (no substitution)  
3 tablespoons hot water

Preheat oven to 325F. Blend all ingredients; then knead with your hands until it is pliable like dough. Form dough into 3/4 inch balls and press flat, 1/2 inch apart on greased cookie sheets. Bottom of a glass works nice for this. Bake 4 to 6 minutes or until cookies are crunchy. I should think you could refrigerate the dough in cylinder shaped rolls for a couple of hours and slice 1/8 inch thick, as well. Let cookies cool on sheets.

Combine filling ingredients and mix well. Form into balls about 1/2 to 3/4 inch in diameter, again using your hands. Sandwich one filling in the center of two cookies and carefully press down until the filling spreads almost to the edge.

Makes 2 dozen cookies (4 dozen wafers)

#### Outback Steakhouse Bloomin' Onion

4 Vidalia or Texas Sweet Onions

##### Batter:

1/3 C. Cornstarch  
1 1/2 C. Flour  
2 tsp. Garlic -- minced  
2 tsp. Paprika  
1 tsp. Salt  
1 tsp. Pepper  
24 oz. Beer

##### Seasoned Flour:

2 C. Flour  
4 tsp. Paprika  
2 tsp. Garlic powder  
1/2 tsp. Pepper  
1/4 tsp. Cayenne pepper

Mix cornstarch, flour, and seasonings until well blended. Add beer, mix well. Cut about 3/4" off top of onion and peel. Cut into onion 12 to 16 vertical wedges, but do not cut through bottom root end. Remove about 1" of petals from center of onion. Dip onion in seasoned flour and remove excess by shaking. Separate petals and dip in batter to coat thoroughly. Gently place in fryer basket and deep-fry at 375 to 400 1 1/2 minutes. Turn over, and fry an additional 1 1/2 minutes. Drain on paper towels. Place onion upright in shallow bowl and remove center core with circular cutter or apple corer. Serve hot with Creamy Chili Sauce.

##### Creamy Chili Sauce:

1 pint Mayonnaise  
1 pint Sour cream  
1/2 C. Chili sauce  
1/2 tsp. Cayenne pepper

#### Outback Steakhouse Aussie Fries

1 - 2 lb. bag of Frozen French Fries

1 Cup shredded Colby Jack cheese  
6 pieces of Bacon, cooked  
24 Fl. Oz. Peanut Oil (can be reused later; store  
in refrigerator)

Divide the fries into half, and use the other half later.  
Heat oil to 350 degrees. If you do not have a thermostat, make sure the oil is hot enough, so that when you set a french fry in there it will cook immediately. If the french fry sinks to the bottom, and barely bubbles, it is not hot enough. Fry the potatoes in small batches, they are done when they are golden brown, and float to the top of the skillet. ( I like to use a Dutch Oven). Be sure to drain the potatoes on paper towels. You can keep them warm in the oven while the other fries are done.

When all french fries are done cooking, and drained place them onto a platter. Salt the french fries if you like, and sprinkle on cheese and cooked bacon. Pop these back into a warm oven until the cheese begins to melt.

Dipping Sauce:

1/2 C. Sour Cream  
1 Tbsp. Prepared Horseradish  
dash Cayenne Pepper  
dash Salt  
dash black pepper

Combine all ingredients and mix well.

Outback Steakhouse Coconut Shrimp

1 1/2 lb large raw shrimp  
1/2 c all-purpose flour  
1/2 c cornstarch  
1 T salt  
1/2 T white pepper  
2 T vegetable oil  
1 c ice water  
oil for deep frying  
2 c short shredded coconut  
1/2 c orange marmalade  
1/4 c Grey Poupon country mustard  
1/4 c honey  
3-4 drops Tabasco sauce

Peel, devein & wash shrimp. Dry well on paper towels. Set aside.  
In a bowl, mix all dry ingredients for batter. Add 2T oil & ice water.  
Stir to blend. To fry: heat oil to 350 in deep fryer or electric skillet. Spread coconut on a flat pan a little at a time, adding more as needed. Dip shrimp in batter, then roll in coconut.  
Fry in hot oil until lightly browned, about 4 minutes.  
Bake at 300 5 minutes to finish cooking of the shrimp.

Serve with sweet & sour sauce or the following sauce: Combine marmalade, Grey Poupon mustard, honey & Tabasco sauce to taste.

Outback Steakhouse Honey Wheat Bushman Bread

Dough:  
1 1/2 cups warm water  
2 tablespoons butter, softened  
1/2 cup honey



2 cups bread flour  
1 2/3 cups wheat flour  
1 tablespoon cocoa  
1 tablespoon granulated sugar  
2 teaspoons instant coffee  
1 teaspoon salt  
2 1/4 teaspoons (1 pkg.) yeast

Coloring:

1/4 cup water  
75 drops red food coloring  
45 drops blue food coloring  
30 drops yellow food coloring

Cornmeal for dusting

1. If using a bread machine, add all of the ingredients for the dough in the exact order listed into the pan of your machine. Set it on "knead" and when the machine begins to mix the dough, combine the food coloring with 1/4 cup of water and drizzle it into the mixture as it combines. After the dough is created let it rest to rise for an hour or so. Then remove it from the pan and go to step #3.
2. If you are not using a bread machine, combine the flours, cocoa, sugar, coffee and salt in large bowl. Make a depression or "well" in the middle of the dry mixture. Pour the warm water into this "well," then add the butter, honey and yeast. Combine the food coloring drops with 1/4 cup of water and add that to the "well." Slowly mix the ingredients with a spoon, drawing the dry ingredients into the wet. When you can handle the dough, begin to combine it by hand, kneading the dough thoroughly for at least ten minutes, until it is very smooth and has a consistent color. Set the dough into a covered bowl in a warm place for an hour, to allow it to rise.
3. When the dough has risen to about double in size, punch it down and divide it into 8 even portions (divide dough in half, divide those halves in half, and then once more). Form the portions into tubular shaped loaves about 8 inches long and 2 inches wide. Sprinkle the entire surface of the loaves with cornmeal and place them on a cookie sheet, or two. Cover the cookie sheet(s) with plastic wrap and let the dough rise once more for another hour in a warm location.
4. Preheat the oven to 350 degrees. Uncover the dough and bake it for 20-24 minutes in the hot oven. Loaves should begin to darken slightly on top when done. Serve warm with a sharp bread knife and butter on the side. If you want whipped butter, like you get at the restaurant, just use an electric mixer on high speed to whip some butter until it's fluffy.

Makes 8 small loaves.

Outback Steakhouse Sydney's Sinful Sundae

1 cup shredded coconut  
4 large scoops vanilla ice cream  
1/2 cup Hershey chocolate syrup  
whipped cream (in a can)  
4 large, ripe strawberries

1. Preheat the oven to 300 degrees.
2. Spread the coconut over the bottom of the inside of a large oven pan. Shake the pan a little to spread the coconut evenly.
3. Bake the coconut for 25-30 minutes or until the coconut is a light, golden brown. You may have to stir or shake the coconut in the last 10 minutes to help it brown evenly.

4. When the coconut has cooled, pour it onto a plate, or into a large bowl. Roll each scoop of ice cream in the coconut until it is well coated. Press down on the ice cream to help the coconut stick. Put the ice cream into four separate bowls.
5. Heat up the chocolate syrup for 10-15 seconds in the microwave. Pour about two tablespoons over each scoop of ice cream. Try to completely cover the ice cream with chocolate.
6. Spray some whipped cream on the top of each scoop of ice cream.
7. Cut the stems from the strawberries and place one on each serving; upside down on the whipped cream. Serve with a spoon.

Serves four.

#### Panda Express Orange Chicken

2 lbs boneless chicken pieces, skinned  
 1 egg  
 1 1/2 t salt  
                   white pepper  
                   oil (for frying)  
 1/2 c plus 1 T cornstarch  
           1/4 c flour  
           1 T minced ginger root  
           1 t minced garlic  
           dash crushed hot red chiles  
           1/4 c chopped green onions  
           1 T rice wine  
           1/4 c water  
 1/2 to 1 t sesame oil

#### ORANGE SAUCE FOR STIR FRY:

2 t Minced zest and  
 1/4 c Juice from  
           1 lg Orange  
 1/2 t Sugar  
 2 T Chicken stock  
 1 T Light soy sauce

Combine all ingredients in small bowl and set aside.

Cut chicken pieces in 2" squares and place in large bowl. Stir in egg, salt, pepper, and 1 T oil and mix well. Stir cornstarch and flour together. Add chicken pieces, stirring to coat.

Heat oil for deep-frying in wok or deep-fryer to 375. Add chicken pieces, a small batch at time, and fry 3 to 4 minutes or until golden and crisp. (Do not overcook or chicken will be tough.) Remove chicken from oil with slotted spoon and drain on paper towels. Set aside.

Clean wok and heat 15 seconds over high heat. Add 1 T oil. Add ginger and garlic and stir-fry until fragrant. Add and stir-fry crushed chiles and green onions. Add rice wine and stir 3 seconds. Add Orange Sauce and bring to boil. Add cooked chicken, stirring until well mixed. Stir water into remaining 1 T cornstarch until smooth. Add to chicken and heat until sauce is thick. Stir in 1 teas. sesame oil.

Serve at once.

Makes 6 servings.

#### Papa John's Garlic Sauce

1/4 - 1/2 stick margarine  
1/2 T Garlic powder  
1/4 t salt

Melt butter in the microwave (about 30 seconds).  
Put in salt and garlic powder (to taste).  
Microwave for 5 seconds longer. Pecan Sandies

1 1/2 c Vegetable shortening  
3/4 c Granulated sugar  
1 1/2 ts Salt  
2 Eggs  
4 c All purpose flour  
1/4 ts Baking soda  
2 tb Water  
1 c Shelled pecans

- 1 Preheat the oven to 325~F
2. In a large bowl, cream together the shortening, sugar, and salt with an electric mixer on medium speed.
3. Add the eggs and beat well.
4. While mixing, slowly add the flour, baking soda, and water.
5. Chop the pecans into very small bits using a food processor or blender on low speed. Be careful not to overchop; you don't want to make pecan dust. The pieces should be about the size of rice grains.
6. Add the pecans to the dough and knead with your hands until the pecans are well blended into the mixture.
7. Roll the dough into 1 inch balls and press flat with your hands onto ungreased baking sheets. The cookies should be about 2 inches in diameter and 1/2 inch thick.
8. Bake for 25-30 minutes or until the edges of the cookies are golden brown.

#### Pillsbury Crescent Rolls

2 pk Active Dry Yeast  
3/4 c Warm Water (105 degrees)  
1/2 c Sugar  
1 ts Salt  
2 lg Eggs  
1/2 c Shortening  
4 c Unbleached Flour  
Butter Or Regular Margarine, Softened

In a large mixing bowl, dissolve the yeast in the warm water. Stir in the sugar, salt, eggs, shortening and half of the flour into the yeast mixture.

Add the remaining flour blending until smooth. Scrape the dough from the sides of the bowl and cover with a cloth dampened in warm water. (The cloth should feel wet, but not be so wet that water drips onto the dough.) Let rise in a warm place (85 degrees F.), until doubled, about 1 1/2 hours. Divide the dough in half, rolling each half into a 12-inch circle 1/4 inch thick. Spread with the soft butter and cut each circle into 16 wedges. Roll up each wedge beginning at the largest end. Place, point side down, on a greased baking sheet. Curve to form crescents. Cover and let rise until double, 1 hour. Preheat the oven to 400 degrees F and bake for 12 to 15 minutes, or until they are a rich golden brown. Brush with soft butter.

Makes 32 crescent rolls.

## Pizza Hut Creamy Italian Dressing

2 teaspoons dried oregano  
2 teaspoons dried basil  
1/2 teaspoon dried thyme  
1/2 teaspoon dried rosemary  
1 teaspoon salt  
1/2 teaspoon coarsely ground black pepper  
1/4 cup red wine vinegar  
1 tablespoon fresh lemon juice  
1/4 cup mayonnaise  
3/4 cup extra-virgin olive oil  
1/3 cup freshly grated Parmesan cheese

Crumble the oregano, basil, thyme and rosemary into a medium bowl. Stir in the salt, pepper, vinegar and lemon juice. Whisk in the mayonnaise and then the gradually whisk in the olive oil. Stir in the Parmesan cheese. Transfer to a jar with a tight-fitting lid and store in the refrigerator. Shake well before using. Pizza Hut Original Pan Pizza

1 1/3 cups Warm water (105F)  
1/4 cup Non-fat dry milk  
1/2 teas. Salt  
4 cups Flour  
1 Tbls. Sugar  
1 pk. Dry yeast  
2 Tbls. Vegetable oil (for dough)  
9 Oz. Vegetable oil (3 oz. per pan)  
Butter flavored Pam

Put yeast, sugar, salt, and dry milk in a large (2 qt.) bowl. Add water and stir to mix well. Allow to sit for two minutes. Add oil and stir again. Add flour and stir until dough forms and flour is absorbed. Turn out on to a flat surface and knead for about 10 minutes.

Divide dough into three balls. In three 9" cake pans, put 3 Oz. of oil in each making sure it is spread evenly. Using a rolling pin, roll out each dough ball to about a 9" circle. Place in cake pans. Spray the outer edge of dough with Pam. Cover with a plate. Place in warm area and allow to rise for 1 to 1 1/2 hours.

### Sauce:

1 8 Ounce Can Tomato Sauce  
1 Teaspoon Dry Oregano  
1/2 Teaspoon Marjoram  
1/2 Teaspoon Dry Basil  
1/2 Teaspoon Garlic salt

Combine and let sit for 1 hour.

### For Each Nine Inch Pizza:

1. Preheat oven to 475F
2. Spoon 1/3 cup sauce on dough and spread to within 1" of edge.
3. Distribute 1 1/2 Oz. shredded mozzarella cheese on sauce.
4. Place toppings of your choice in this order:  
Pepperoni or Ham  
Vegetables  
Meats (cooked ground sausage or beef)
5. Top with 3 Oz. mozzarella cheese
6. Cook until cheese is bubbling and outer crust is brown.
7. Cut in six slices.

## Pizzeria Uno's Chicago Deep Dish Pizza

### Pan Dough:

- 1 c Warm tap water (110-115°)
- 1 pkg. Active dry yeast
- 3 1/2 c Flour
- 1/2 c Coarse ground cornmeal
- 1 ts Salt
- 1/4 c Vegetable oil

### Pizza Topping:

- 1 lb Mozzarella, sliced thin
- 1 lb Italian Sausage, removed from the casing and crumbled
- 1 cn Whole tomatoes, drained and coarsely crushed
- 2 cloves Garlic, peeled and minced
- 5 Fresh basil leaves, chopped fine
- 4 tb Freshly grated Parmesan Cheese

Pour the warm water into a large mixing bowl and dissolve the yeast with a fork. Add 1 cup of flour, all of the cornmeal, salt, and, and vegetable oil. Mix well with a spoon. Continue stirring in the rest of the flour 1/2 cup at a time, until the dough comes away from the sides of the bowl. Flour your hands and the work surface and knead the ball of dough until it is no longer sticky.

Let the dough rise in an oiled bowl, sealed with plastic wrap, for 45 to 60 minutes in a warm place, until it is doubled in bulk. Punch it down and knead it briefly. Press it into an oiled 15-inch deep dish pizza pan, until it comes 2 inches up the sides and is even on the bottom of the pan. Let the dough rise 15-20 minutes before filling.

Preheat the oven to 500 degrees.

While the dough is rising, prepare the filling. Cook the crumbled sausage until it is no longer pink, drain it of its excess fat. Drain and chop the tomatoes.

When the dough has finished its second rising, lay the cheese over the dough shell. Then distribute the sausage and garlic over the cheese. Top with the tomatoes. Sprinkle on the seasonings and Parmesan cheese.

Bake for 15 minutes at 500 degrees. Then lower the temperature to 400 degrees and bake for 25 to 35 minutes longer. Lift up a section of the crust from time to time with a spatula to check on its color. The crust will be golden brown when done. Serve immediately.

## Planet Hollywood Cap'n Crunch Chicken

### Chicken Crunch:

- 2 c. Cap'n Crunch cereal
- 6 eggs
- 2 c. corn flakes
- 1 c. milk
- 2 1/2 c. all-purpose flour
- 25 to 30 chicken tenders
- 3 T. granulated onion
- Vegetable oil for deep frying
- 3 T. granulated garlic

Creole mustard sauce, recipe follows

1 T. pepper

In food processor, grind cereals until crumbly but some 1/8-inch chunks are still visible. Spread in a shallow pan.

In a bowl, combine flour, onion, garlic and pepper.

In a separate bowl, combine the eggs and milk.

Dredge chicken in seasoned flour. Dip in egg mixture, coating evenly. Dredge in cereal mixture, coating well. Arrange on wax paper.

Preheat oil in deep fryer to 325 degrees.

Deep fry chicken in batches for 3 1/2 minutes or until golden brown. Drain.

Makes 4 servings.

Creole Mustard Sauce

1/4 c. sliced green onions

2 T. horseradish

2 T. chopped garlic

1 T. red wine vinegar

2 T. chopped onion

1 T. water

2 T. chopped celery

2 tsp. cider vinegar

2 T. chopped green pepper

1 tsp. Worcestershire sauce

1 c. mayonnaise

1 tsp. Tabasco sauce

1/4 c. hot mustard

Salt and cayenne pepper to taste

2 T. yellow mustard

Combine all ingredients and mix well.

Serve on the side with chicken. Makes about 2 cups. Ponderosa's Steak Sauce

1/3 Cup Heinz 57 Sauce  
1/3 Cup Worcestershire Sauce  
1/3 Cup A-1 Steak Sauce  
2 Tbls. Light corn syrup

Combine as listed and funnel into bottle with tight fitting cap.

Keep refrigerated to use in a few months. Shake well before using.

Popeye's Fried Chicken

3 c Self-rising flour  
1 c Cornstarch  
3 tb Seasoned salt  
2 tb Paprika  
1 ts Baking soda  
1 pk Italian Salad Dressing Mix Powder  
1 pk Onion Soup Mix -- (1 1/2 Ounces)  
1 pk Spaghetti sauce mix -- (1/2 Ounce)  
3 tb Sugar  
3 c Corn flakes -- crushed  
2 Eggs -- well beaten  
1/4 c Cold water  
4 lb Chicken -- cut up

Combine first 9 ingredients in large bowl. Put the cornflakes into another bowl. Put eggs and water in a 3rd bowl. Put enough corn oil into a heavy roomy skillet to fill it 1" deep. Get it HOT! Grease a 9x12x2 baking pan. Set it aside. Preheat oven to 350~. Dip chicken

pieces 1 piece at a time as follows: 1-Into dry coating mix. 2-Into egg and water mix. 3-Into corn flakes. 4-Briskly but briefly back into dry mix. 5-Drop into hot oil, skin-side-down and brown 3 to 4 minutes on medium high. Turn and brown other side of each piece. Don't crowd pieces during frying. Place in prepared pan in single layer, skin-side-up. Seal in foil, on 3 sides only, leaving 1 side loose for steam to escape. Bake at 350~ for 35-40 minutes removing foil then to test tenderness of chicken. Allow to bake uncovered 5 minutes longer to crisp the coating. Serves 4. Leftovers refrigerate well up to 4 days. Do not freeze these leftovers. Leftover coating mix (1st 9 ingredients) can be stored at room temp in covered container up to 2 months.

#### Popeye's Red Beans and Rice

2 c Uncle ben's long grain rice (cooked)  
1 - 16 oz. can Red chili beans in chili gravy  
1 t Chili powder  
1/4 ts Cumin  
Dash garlic salt

In saucepan, heat beans without letting them boil. Stir in chili powder, cumin and garlic salt. When piping hot, add warm rice and gently mix.

#### Red Lobster Cheese Biscuits

Dough:

1 1/4 lbs. Bisquik  
3 Oz. freshly shredded cheddar cheese  
11 Oz. cold water

Garlic Spread:

1/2 cup melted butter  
1 teas. garlic powder  
1/4 teas. salt  
1/8 teas. onion powder  
1/8 teas. dried parsley

To cold water, add Bisquik and cheese, blending in a mixing bowl. Mix until dough is firm.

Using a small scoop, place the dough on a baking pan lined with baking paper. Bake in 375 degree oven for 10 to 12 minutes or until golden brown. While biscuits bake, combine spread ingredients.

Brush baked biscuits with the garlic topping.

#### Red Lobster Creamy Caesar Dressing

3/4 cup Bottled Italian dressing  
1 tablespoon Parmesan, grated  
1 tablespoon Sugar  
1/3 cup Mayo  
1 teaspoon Anchovy paste, or  
Soy sauce

Combine all with wire whisk. Keep refrigerated. Use in a week. Red Lobster Tartar Sauce

1/3 cup Miracle Whip Salad Dressing

2/3 cup Sour cream  
1/4 cup Confectioner's Sugar  
3 Tablespoons sweet white onion, chopped fine  
2 Tablespoons sweet pickle relish from jar  
with the relish juice  
3 Teaspoons carrot, chopped fine  
1/4 Teaspoon salt

Chop the sweet white onion in food processor, put in small container and set aside. Chop carrot in food processor, and add to onion. Mix in remaining ingredients and stir to blend thoroughly. Do not use electric mixer. Refrigerate for at least 2 hours or overnight to let flavors blend. Reese's Peanut Butter Cups

6 oz Pkg semi sweet chocolate chips  
4 Nestles milk chocolate bars  
1 1/4 c Peanut butter

Put chocolate chips, chocolate bars, and 1/4 c peanut butter in top of double boiler over HOT, not boiling water, stirring till smooth. Use small muffin tin liners, or cut regular cupcake liners down to a 1" depth. Spoon HALF of the chocolate mixture equally into the liners. Melt the rest of the peanut butter over hot water, and spoon this equally over the chocolate layer. Top with remaining chocolate. Refrigerate to allow cups to set up before serving.

Makes: 24 tiny/12 large Ruby Tuesday Apple Pie

1 (9-inch) frozen deep-dish apple pie  
(double crust or old-fashioned)  
1 stick Butter  
1 C. Light Brown Sugar  
3 1/2 tsp. Cinnamon  
1/4 tsp. Allspice  
1/4 tsp. Ground Clove  
1 1/2 tsp. Lemon Juice  
3/4 C. flour  
1/2 C. sugar  
10 Tbsp. frozen butter (see Note)  
1 1/3 C. chopped walnuts  
Ice cream (optional)

Let pie thaw at room temperature for 30 to 45 minutes.

Preheat oven to 350 degrees. In a small saucepan, melt the stick of butter over medium heat. Add 1/2 cup brown sugar, 1 1/2 teaspoons cinnamon, allspice, cloves and lemon juice. Stir until well blended and sugar is melted, about 3 minutes. Make an X in the center of the top crust of the pie and fold back the crust.

Pour the butter mixture evenly into the pie and then replace the crust. Leave 4 vent holes, sealing the rest of the pastry.

Bake for 30 minutes.

Remove from the oven and set aside. Reduce heat to 325 degrees.

Grate frozen butter into a medium-sized bowl. Toss the grated butter with flour, remaining sugars, remaining cinnamon and walnuts. Carefully wrap an aluminum foil band around the edge of the pie, creating a lip to hold topping. Sprinkle topping evenly over pie.

Bake for 30 to 40 minutes. Let rest for 10 minutes then serve with ice cream, if desired.



## Sara Lee Cheesecake

### Crust:

1 1/2 cups Fine graham cracker crumbs  
1/4 cup Granulated sugar  
1/2 cup Butter (softened)

### Filling:

1 pound Cream cheese  
1 cup Sour cream  
2 tablespoons Cornstarch  
1 cup Granulated sugar  
2 tablespoons Butter (softened)  
1 teaspoon Vanilla extract

### Topping:

3/4 cup Sour cream  
1/4 cup Powdered sugar

Preheat oven to 375 F. For crust combine crumbs, sugar and butter and mix well. Press firmly into 9" pie-pan covering bottom only. Bake for 8 min., or until the edges are slightly brown. Reduce oven to 350 F. For filling, combine cheese, sour cream, cornstarch, and sugar in bowl of mixer. Mix until sugar has dissolved. Add the butter and vanilla and blend until smooth. Be careful not to overmix, or the filling will become too fluffy and will crack when cooling. Pour the filling over the crust. Bake for 30 to 35 min., or until knife inserted 1" from edge comes out clean. Cool 1 hr. For topping, mix sour cream and powdered sugar. Spread mixture over top of cooled cheesecake. Chill or freeze until ready to eat.

## Sara Lee Poundcake

1 stick unsalted butter  
3/4 C. sugar  
3 eggs  
1 C. cake flour  
2 T. dry powdered milk  
1 T. corn syrup  
juice of half a small lemon  
1/4 tsp. salt  
1/2 tsp. vanilla  
1/4 tsp. nutmeg  
1/2 tsp. baking powder  
1/4 tsp. mace (optional)

Allow butter to reach room temperature, if you can try to use unsalted butter. Cream sugar and butter together until light and fluffy. Add eggs one at a time and mix well. Add in flour, powdered milk, and corn syrup. Beat each in well. Add juice of half a lemon, salt, vanilla, nutmeg, and mace. Make sure everything is well blended, and pour into a greased loaf pan. Bake at 325 degrees for 45 minutes, checking for doneness by inserting a toothpick and seeing if it comes out clean.

You almost want to underbake this. Sbarro Baked Ziti

2 lbs. Ziti (uncooked)  
2 lbs. Ricotta Cheese  
3 Oz. Grated Romano Cheese  
3 Cups Garlic & Onion Tomato Sauce (any brand will do)  
1/2 Teas. Black Pepper  
1 1/2 lbs. Shredded Mozzarella Cheese

1. Cook Ziti according to package directions - 12 to 14 minutes until al dente stirring often. After cooking, drain ziti well, but DO NOT RINSE OFF UNDER WATER!
2. While Ziti is cooking preheat oven to 350F. Combine ricotta, romano, tomato sauce (reserve 1/4 cup) and pepper in large mixing bowl.
3. Gently combine cooked ziti with cheese/sauce mixture. In a 13"x9"x2" pan, spread the 1/4 cup reserved sauce. Add ziti and top with mozzarella cheese. Cover loosely with aluminum foil and bake until mozzarella is thoroughly melted (about 12-15 minutes). Serve with garlic bread and additional sauce if desired. Sbarro Tomato Sauce

2 - 1 lb. 12 oz. Cans Crushed Tomatoes  
1 - Tomato Can Cold Water (more or less to desired thickness)  
4 Oz. Grated Romano Cheese  
12 oz. Olive Oil  
10 oz. Diced Onions  
1 oz. Chopped Fresh Garlic  
1/2 oz. Chopped Fresh Italian Parsley  
3 oz. Sherry Cooking Wine

**\*\*SPICES\*\***

2 Tbls. Salt  
2 tsp. Oregano  
1/2 tsp. Crushed Red Pepper  
1/2 tsp. Black Pepper  
2 tsp. Basil

1. Heat oil until hot but not smoking. Add onions and saute until almost browned. Add garlic.
2. When garlic is brown, de-glaze pan with sherry. Add parsley and stir.
3. Add tomatoes, water, cheese, and spices. Mix well.
4. Bring just to boil and simmer one hour.

Shake and Bake

4 Cups Flour  
2 Tsp. Cayenne Pepper  
1 Cup Bran Flake Cereal (crushed)  
2 Tbls. Parsley Flakes  
2 Tsp. Garlic Powder  
1 Tbls. Onion Powder  
2 Tsp. Chili Powder  
2 Tbls. Taco Seasoning  
1 Tsp. Ground Pepper  
1 Tsp. Curry Powder  
1 Tsp. Basil  
1 Tsp. Oregano

Mix together well.

Preheat oven to 400F

Dredge 1 disjointed chicken in above mix.

Melt 1/4 cup butter in a shallow 9 x 12 baking pan.

Place chicken skin side down and baste top with melted butter from the pan. Bake uncovered for 25 min.

Turn skin side up, reduce heat to 350F and bake until tender; 30 - 35 minutes.

Sizzler Cheese Toast

1 Lb. Butter (slightly softened)  
8 Oz. Grated Parmesan Cheese  
Sliced Italian Bread

In a mixer, cream together the butter and cheese.

1. Preheat a griddle or large frying pan on medium-high.
2. Spread cheese mixture on bread about 1/4" thick.
3. Place bread cheese side down on griddle. Cook until cheese has browned.      Snapple Flavored Ice Teas

2 quarts water  
3 Lipton Tea Bags

For any of the flavors, boil the water in a large saucepan. When the water comes to a rapid boil, turn off the heat, put tea bags into water and cover. After tea has brewed about 1 hour, pour sugar (or corn syrup) into a 2 qt. Pitcher, then add the tea. The tea should still be warm so the sugar or sweetener will dissolve easily. Add the flavoring ingredients (plus additional water if needed to bring the tea to the 2 quart line. Chill.

For Lemon:

3/4 cup sugar (or 1 16 oz. bottle light corn syrup)  
1/3 cup + 2 tbsp Lemon juice

For Diet Lemon:

12 - 1 gram envelopes sweet n' low or equal  
1/3 cup + 2 tbsp lemon juice

For Orange:

3/4 cup sugar (or 1 16 oz. bottle light corn syrup)  
1/3 cup lemon juice  
1/8 tsp. Orange extract

For Strawberry:

3/4 cup sugar (or 1 16 oz. bottle light corn syrup)  
1/3 + 1 tbsp lemon juice  
1 tbsp. strawberry extract

For Cranberry:

3/4 cup sugar (or 1 16 oz. bottle light corn syrup)  
1/3 cup + 2 tbsp lemon juice  
2 tbsp Ocean spray cranberry juice-cocktail concentrate

Snickers Candy Bar

1/4 cup light corn syrup

2 tablespoons butter  
1 tablespoon vanilla extract  
1/8 cup peanut butter  
1 dash salt  
3 cups powdered sugar  
35 unwrapped Kraft caramels  
1 cup dry-roasted unsalted peanuts  
1 bag milk-chocolate chips -- (12-ounce)

With the mixer on high speed, combine the corn syrup, butter, vanilla, peanut butter, and salt until creamy. Slowly add the powdered sugar. When the mixture has the consistency of dough, remove it from the bowl with your hands and press it into a lightly greased 9x9-inch pan. Put in the refrigerator. Melt the caramels in a small pan over low heat. When the caramel is soft, mix in the peanuts. Pour the mixture over the refrigerated nougat in the pan. Let this cool in the refrigerator. When the refrigerated mixture is firm, melt the chocolate over low heat in a double boiler or in a microwave oven set on high for 2 minutes. Stir halfway through cooking time. When the mixture in the pan has hardened, cut it into 2x1-inch sections. Set each chunk onto a fork and dip into the melted chocolate. Tap the fork against the side of the bowl or pan to knock off any excess chocolate. Then place the chunks on waxed paper to cool at room temperature (less than 70 degrees F). This could take several hours, but the bars will set best this way. You can speed up the process by placing the bars in the refrigerator for 30 minutes.

Makes about 2 dozen bars.

#### Soup Nazi's Seafood Bisque

2 cups dry white wine  
1 bay leaf  
1 onion, roughly chopped  
1 clove garlic  
2 ribs celery  
1 lobster, 1 1/2 to 2 pounds  
12 medium-size shrimps, in shell  
24 mussels, well scrubbed  
12 sea scallops  
4 cups heavy cream  
1 cup milk  
1 teaspoon dried thyme  
1 tablespoon minced fresh parsley  
1/4 teaspoon dried rosemary  
1 cup fresh spinach, well rinsed and chopped  
1/2 cup grated carrot  
salt and freshly ground black pepper to taste  
1/2 teaspoon fresh lemon juice

1. Combine the white wine, bay leaf, onion, garlic and celery in a large stock pot over medium heat. Boil. Add the lobster, cover the pot and steam for 10 minutes. Remove the lobster, set aside and cool.
2. Add the shrimps to the boiling broth, cover the pot and steam for 5 minutes. Remove the shrimps with tongs, set aside and cool.
3. Add the mussels, cover the pot and steam until they open, about 5 minutes. Remove the mussels with the tongs, extract the meat and discard the shells.
4. Add 2 cups of water to the liquid in the pot, bring to a boil and

add the scallops. Cover the pot, and steam for 3 minutes.  
Remove the scallops with the tongs.

5. Extract the lobster meat, reserving the shells. Peel and devein the shrimps, reserving the shells. Chop the meat into bite-size pieces, cover and set aside.
6. Return the lobster and shrimp shells to the broth and add 2 more cups of water. Bring to a boil, then reduce heat to simmer for 30 minutes. Strain the broth and return it to the pot. Discard shells.
7. Bring the broth to a simmer over low heat. Add the cream, milk and herbs and simmer until mixture thickens slightly, about 5 minutes. Add the seafood and simmer for 2 minutes. Stir in the spinach and carrots and simmer another 2 minutes to just wilt the spinach. Season with salt, pepper, and lemon juice. Serve hot.

Yield: 6 Servings

#### Starbuck's Frappuccino

1/2 cup fresh espresso  
2 1/2 cups lowfat milk (2 percent)  
1/4 cup granulated sugar  
1 tablespoon dry pectin

Combine all ingredients in a covered container. Shake until sugar and pectin are dissolved.     Steak & Ale Hawaiian Chicken

#### 4-6 Chicken Breasts

##### Marinade:

1/4 c. soy sauce  
1/2 c. + 2 T. dry sherry  
1 1/2 c. unsweetened pineapple juice  
1/4 c. red wine vinegar  
1/4 c. + 2 T. sugar  
1/2 tsp. garlic powder

Combine all ingredients and marinate chicken overnight.  
Remove and grill, saute or bake. Baste with marinade ONLY during the first several minutes of cooking. Top each breast with a slice of munster or provolone cheese and broil just until cheese starts to melt.  
Stouffer's Macaroni and Cheese

2 - 10 ounce packages Stouffer's Frozen Welsh Rarebit  
(defrosted)  
1 cup elbow macaroni  
2 teaspoons salt  
1 cup sour cream  
1/4 cup grated Cheddar cheese

Preheat oven to 400 degrees.

Heat Welsh Rarebit in top of double boiler over rapidly boiling water for 15 to 20 minutes just until hot.

Cook macaroni following package directions. Drain well.

Pour Welsh Rarebit into a 2-quart casserole; add cooked macaroni, salt and sour cream. Stir to combine. Sprinkle with grated cheese. Bake at 400 degrees for 20 minutes.

Serves 4. Swiss Miss Hot Chocolate

1 16 oz. box of non fat dry milk  
1 C. Sugar  
3/4 C. cocoa

Sift all ingredients together three times. Store this mixture in a tightly sealed container in a cool place. When ready to use, you can add a couple of heaping tablespoons to hot water.

Sprinkle miniature marshmallows on top. T.G.I. Friday's Jack Daniels Grill Glaze

1 head of garlic  
1 tablespoon olive oil  
2/3 cup water  
1 cup pineapple juice  
1/4 cup teriyaki sauce  
1 tablespoon soy sauce  
1 1/3 cups dark brown sugar  
3 tablespoons lemon juice  
3 tablespoons minced white onion  
1 tablespoon Jack Daniels Whiskey  
1 tablespoon crushed pineapple  
1/4 teaspoon cayenne pepper

1. Cut about 1/2-inch off of top of garlic. Cut the roots so that the garlic will sit flat. Remove the papery skin from the garlic, but leave enough so that the cloves stay together. Put garlic into a small casserole dish or baking pan, drizzle olive oil over it, and cover with a lid or foil. Bake in a preheated 325° oven for 1 hour. Remove garlic and let it cool until you can handle it.
2. Combine water, pineapple juice, teriyaki sauce, soy sauce, and brown sugar in a medium saucepan over medium/high heat. Stir occasionally until mixture boils then reduce heat until mixture is just simmering.
3. Squeeze the sides of the head of garlic until the pasty roasted garlic is squeezed out. Discard remaining skin and whisk to combine.
4. Add remaining ingredients to the pan and stir.
5. Let mixture simmer for 40-50 minutes or until sauce has reduced by about 1/2 and is thick and syrupy. Make sure it doesn't boil over.

Makes 1 cup of glaze.

T.G.I. Friday's Soy Dressing

1/3 C. Peanut Oil  
1/3 C. Cider Vinegar  
1/3 C. Water  
2 Tbsp. Soy sauce  
2 Tbsp. Green Onion stems  
1 Tbsp. Honey  
1/2 Tsp. Prepared hot mustard

Combine all ingredients in a jar with a tight-fitting lid; shake the jar vigorously to combine ingredients thoroughly.

Keep refrigerated and covered to use within a few weeks.  
Shake before using. Taco Bell Crispitos

1/8 C. Cinnamon  
1/2 C. Sugar  
10 Flour Tortillas

Oil to fry with

Mix together cinnamon and sugar very well. In a dutch oven, or large skillet heat the oil to 350 degrees. If you do not have a thermometer, you can set it on medium high, but be carefull to watch that it doesn't get too hot and begin to smoke. Quarter the tortillas and deep fry 2-4 at a time. Allow them to cook on one side for about 30 seconds or until golden brown, turn over, and repeat. When both sides are brown take out, and place on paper towels to drain. While the tortillas are draining liberally sprinkle with cinnamon and sugar mixture. These are really great with honey. Taco Bell Enchirito

1 pound Ground beef  
1/4 teaspoon Salt  
1 teaspoon Chili powder  
1/2 tablespoon Dried minced onion  
1 can Refried beans 30 oz.  
1/4 Diced onion  
1 can La Victoria enchilada sauce  
2 1/2 cups Shredded cheddar cheese  
1 can Sliced black olives (2 oz.)  
1 package Flour tortillas (10 or 12")

Slowly brown the ground beef in a skillet using a wooden spoon or spatula to separate the beef into pea-sized pieces. Add the salt, chili powder, and minced onion. With a mixer, or potato masher, beat the refried beans until smooth. Heat beans in small saucepan or in microwave. Warm tortillas all at once in a covered container, or wrapped in moist towel in microwave. Set on high for 40 sec. or warm individually in skillet for 2-3 min. per side. Spoon 3 tbs. of beef into the center of each tortilla. Sprinkle on 1/2 tsp. diced fresh onion. Add 1/3 cup refried beans. Fold sides of each tortilla over the beans. Place the tortilla onto a plate. Spoon 3 tbs. enchilada sauce over top of the tortilla. Sprinkle on 1/4 cup shredded cheese, and top with 3 olive slices. Taco Bell Green Sauce

1 lb. fresh tomatillos  
3 large jalapeno peppers, seeded  
1 medium onion, chopped  
2 cloves garlic  
6 sprigs of cilantro, stems removed  
2 cups chicken broth  
1 T. vegetable oil

Husk tomatillos and cut in half. Stem and half peppers. Boil tomatillos and peppers in chicken broth for 10 minutes. Strain, reserving broth. Combine tomatillos, peppers and remaining ingredients, except for the oil, in a blender and mix until almost smooth. Heat oil in frying pan until very hot. Add the tomatillo mixture and cook for 4-5 minutes, stirring constantly until dark and thick. Add reserved broth to mixture and bring to a boil. Reduce heat and cook until thickened, about 10 minutes, stirring occasionally. Taco Bell Hot Sauce

6 oz Can Tomato Paste  
3 cup Water  
2 tsp. Cayenne pepper

1 1/2 Tbls. Chili powder  
2 1/2 tsp. Salt  
2 tsp. Cornstarch  
2 tsp. Distilled white vinegar  
1 Tbls. Minced dried onion  
2 Tbls. Canned jalapeno slices

1. Combine the tomato paste with the water in a saucepan over medium heat. Stir until smooth.
2. Add the cayenne pepper, chili powder, salt, cornstarch, vinegar, and dried onion and stir.
3. Chop the jalapeno slices very fine. You can use a food processor, but don't puree.
4. Heat the mixture to boiling. Continue to stir about 3 minutes and remove from the heat.
5. Let the sauce stand until cool, and then put in a tightly sealed container and refrigerate.

This will last for 1 to 2 months. Makes 3 1/2 Cups.

#### The REAL Neiman Marcus Cookie Recipe

1/2 cup unsalted butter, softened  
1 cup brown sugar  
3 T granulated sugar  
1 egg  
2 t. vanilla extract  
1/2 t. baking soda  
1/2 t. baking powder  
1/2 t. salt  
1-3/4 cup flour  
1-1/2 t. instant espresso powder, slightly crushed  
8 ounces semi-sweet chocolate chips

Cream the butter with the sugars until fluffy. Beat in the egg & vanilla extract. Combine the dry ingredients & beat into the butter mixture. Stir in the chocolate chips. Drop by large spoonfuls on a greased cookie sheet. Bake at 375 8-10 minutes, or 10-12 minutes for a crispier cookie.  
Thomas English Muffins

1 lb All-purpose or bread flour  
1 t Salt  
1 1/2 T Dry yeast  
1 t Sugar  
1 cup Warm milk  
2 oz Butter, melted

Sift the flour and salt into a bowl and leave in a warm place. Dissolve the yeast and sugar in warm (105 F) milk (M-Waved). Let froth, then mix in the butter. Stir all the liquid into the warm flour and beat well until smooth and elastic. Cover and proof in a warm place for 50 minutes or until doubled in bulk. Turn onto a well-floured board and knead, working a little more flour if necessary to make the dough easier to shape. Round up the dough, roll into a thick sausage shape and (using the sharpest knife you have) slice into 8 to 10 portions, each about 1 1/2 ~ 1 3/4 inch thick. Shape each one into a round with straight sides. Put onto a greased baking sheet. Cover (use greased plastic wrap) and put in a warm place to proof for 30-40 minutes or until springy to the touch. Leave room for expansion and be careful not to over-proof, as the muffins will get flabby and lose their shape. Warm and grease the bakestone lightly. Lift the muffins carefully onto the bakestone and cook over very moderate heat for 8-10 minutes until pale gold underneath. Turn and cook the other side. Wrap in a cloth and keep warm if cooking in batches. To



serve, insert a knife in the side, pull the top and bottom slightly apart, and insert slivers of butter.

#### Tony Roma's Baby Back Ribs

Combine:

1 cup ketchup  
1 cup vinegar  
1/2 cup dark corn syrup  
2 teaspoons sugar  
1/2 teaspoon salt  
1/4 teaspoon garlic powder  
1/4 teaspoon onion powder  
1/4 teaspoon tabasco pepper sauce

Heat over high heat until boiling.

Reduce heat, simmer 30-40 minutes until thick.

Coat 4 pounds of baby back pork ribs, front and back, with BBQ sauce.

Wrap ribs in aluminum foil. Bake at 300 degrees for 2 - 2 1/2 hours.

Remove ribs from foil and smother with more sauce.

Grill on hot barbecue for 2-4 minutes per side. Tony Roma's Onion

#### Rings

6 each White onions  
1 cup Milk  
3 each Eggs, beaten  
Salt  
2 cups Pancake mix

Slice the onions crosswise and separate into rings.

Combine milk, eggs, and salt to taste in mixing bowl.

Soak the onions in the mixture about 30 minutes.

Place pancake mix in a shallow bowl.

Heat oil for frying in skillet to 375 degrees.

Remove the onion rings from milk mixture, dip in pancake mix and place in hot oil. Fry rings until golden brown and drain on paper towels. Pack fried onion rings solidly, but loosely, without pressing, into an 8x4" loaf pan. Bake at 400 degrees 10 to 15 minutes. Turn onto serving plate.

#### Twix Bars

35 unwrapped Kraft caramels  
1/4 cup water  
1 box Nabisco Lorna Doone shortbread  
cookies -- (40)  
2 bags milk-chocolate chips -- (12 ounce)

1. Combine the caramels with the water in a small pan and melt over low heat.
2. Place the shortbread cookies side by side on an ungreased cookie sheet.
3. Spoon a dab of caramel onto each cookie. Then place all the cookies in the refrigerator until the caramel firms up.
4. In the meantime, in a double boiler over low heat, melt the chocolate chips. You may also use the microwave for melting the chocolate.

Just heat the chips for 1 minute on high, stir, then heat for another minute.

5. Remove the cookies from the refrigerator. Rest each one on a fork and dip it into the chocolate. Tap the fork on the side of the pan or bowl to knock off any excess chocolate. Then place each one on a sheet of waxed paper and let them cool at room temperature (65-70F). This could take several hours, but the bars will set best this way. If you want to speed up the process, put the candy in the refrigerator for 30 minutes.

Makes 40 bars.

#### Waldorf Hotel's Waldorf Salad

1 cup walnut halves  
1/2 cup mayonnaise  
1/4 cup plain yogurt  
1 teaspoon prepared mustard  
Pinch of dry mustard  
Juice of 1/2 lemon  
4 to 6 tart apples, peeled, cored, and diced (2 cups)  
1 to 2 cups finely diced inner ribs celery  
(white part only), leaves reserved  
Salt and freshly ground black pepper  
2 bunches tender greens, such as arugula, baby kale,  
or pepper cress, washed and dried  
2 tablespoons olive oil 1 tablespoon fresh lemon juice

Preheat the oven to 325°F.

Spread the walnuts on a baking sheet and toast in the oven for 4 to 5 minutes, until aromatic and lightly toasted. Let cool.

Combine the mayonnaise, yogurt, both mustards, and the lemon juice in a large bowl. Fold in the apples and diced celery and season with salt and pepper.

Put the salad greens in a large bowl. Add the olive oil and lemon juice, season with salt and pepper, and toss well. Divide the greens among four plates. Spoon the apple mixture onto the greens and sprinkle with the toasted walnuts and reserved celery leaves.

Yield: Serves 4

#### Wendy's Chili

1 pound ground beef  
1 - 14.5 Oz. can tomato sauce  
1 - 14.5 Oz. can kidney beans (with liquid)  
1 - 14.5 Oz. can pinto beans (with liquid)  
1/2 cup diced onion  
1/4 cup diced green chilies  
1/4 cup diced celery  
2 medium tomatoes, chopped  
1 teaspoons cumin powder  
2 tablespoons chili powder  
1 teaspoon black pepper  
2 teaspoons salt  
1 cup water

1. Brown the ground beef in a skillet over medium heat; drain off the fat.
2. Using a fork, crumble the cooked beef into pea-size pieces.
3. In a large pot, combine the beef plus all the remaining ingredients,

and bring to a simmer over low heat. Cook, stirring every 15 minutes, for 2 to 3 hours.

Makes about 12 servings. Wendy's Frosty

1 c Milk  
1/2 c Nestle's Quik  
3 c Softened Vanilla ice cream  
-in refrigerator 1 hour

Blend Milk and Quik for 10 seconds on high speed.

"Pulse" in the ice cream until barely mixed. Wheat Thins

1 3/4 c Whole wheat flour  
1 1/2 c White flour  
1/3 c Oil  
3/4 ts Salt  
1 c Water

1. In large mixing bowl, combine the flours and thoroughly mix.
2. In separate bowl blend the oil, salt, and water.
3. Add liquid mixture to dry, mixing well but as little as possible.
4. Roll as thin as possible on unoiled cookie sheet - not more than 1/8" thick. Mark with knife for size crackers desired, but do not cut through. Prick each cracker a few times with fork. Sprinkle lightly with salt or onion salt, if desired.
5. Bake at 350F until crisp and light brown, about 30 minutes.
6. When cool, separate into individual crackers.

Wicker's BBQ Sauce

1 1/4 cups Cider vinegar  
1 tsp. black pepper  
2 1/2 tsp. salt  
1 1/2 tsp. sugar  
4 tsp. chili powder  
1 tsp. dry mustard  
1 tsp. paprika  
1/2 tsp. ground cumin

Combine all ingredients and cook for 5-10 minutes to dissolve spices. Use as a marinade and basting with your favorite BBQ recipe.  
Yoo Hoo

1/2 Cup Nestle chocolate powder  
1 1/2 Cups Nonfat dry milk powder  
3 Cups Water

Mix all contents in a blender for 30 seconds.  
Refrigerate till cool. Makes 2 drinks.

York Peppermint Patties

1 Egg white  
4 cups powdered sugar  
1/3 cup light corn syrup  
1/2 teaspoon Peppermint oil or extract  
Cornstarch for dusting  
1 16-oz. bag semi-sweet chocolate chips

1. In a medium bowl, beat the egg white until it is stiff and forms peaks. Don't use a plastic bowl for this.
2. Slowly add the powdered sugar while blending with an electric mixer set on medium speed.
3. Add the corn syrup and peppermint oil or extract and knead the mixture with your hands until it has the smooth consistency of dough.
4. Using a flat surface and a rolling pin lightly dusted with cornstarch, roll out the peppermint dough 1/4-inch thick.
5. Punch out circles of peppermint dough with a biscuit cutter or a clean can with a diameter of about 2 1/2-inches. Make approximately 20, place them on plates or cookie sheets, and let them firm up in the refrigerator, about 45 minutes.
6. Melt the chocolate chips in a microwave set on high for 2 minutes. Stir halfway through the heating time. Melt thoroughly, but do not overheat. Melting the chocolate chips can also be done using a double-boiler over low heat.
7. Drop each patty into the chocolate and coat completely. Using 2 forks, one in each hand, lift the coated patty from the chocolate. Gently tap the forks against the bowl to knock off the excess chocolate and place each patty on waxed paper.
8. Chill the peppermint patties until firm, about 30 minutes. Makes 20 peppermint patties.