



How many degrees?.

University of Wisconsin Dames Club

Madison, Wisconsin: University of Wisconsin Dames Club, 1969

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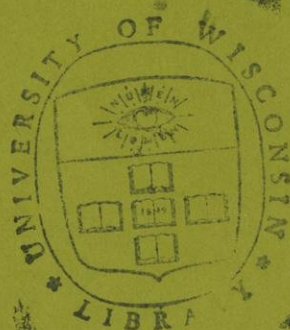
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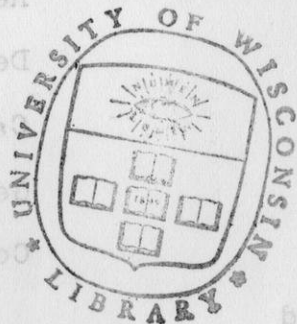
HOW MANY DEGREES?

4275 BCHE ???
BD
BLIT LLD
350° Stew PhD
BAKE BLEND BASTE moderate 375°
FOLD MIX
MS 500° BROIL
LLM LEA MFA
LLB LEA DFA
LHD I
Simmer E M A

UNIVERSITY OF WISCONSIN DAMES



HOW MANY DEGREES?



" . . . the discovery of a new dish does more for human happiness than the discovery of a new star."

Brillat-Savarin, French Epicure
the Dames who contributed their favorite
recipes. Without them the Cookbook would not
have become a reality.

UNIVERSITY OF WISCONSIN DAMES CLUB
Madison, Wisconsin
1969

The University Dames Club is an organization made up of student wives and wives of students who are attending the University of Wisconsin. Its purpose is to provide social, cultural, and recreational opportunities for its members and to be of service to the community.

ACKNOWLEDGEMENTS

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Special acknowledgement is given to all of the Dames who contributed their favorite recipes. Without them the Cookbook would not have become a reality.

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ABBREVIATIONS USED IN THIS BOOK

Appetizers and Beverages

Breads
Breads
Rolls
Pancakes

cup -- .c.
medium -- med.
ounce -- oz.
package -- pkg.
pint -- pt.

Cakes and Frostings

Cookies and Candies

Desserts

Pies

Pies

Crusts

Meats

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Veal

Lamb

Pork

Ham

Frankfurters

Ground Meats

Poultry and Fish

Casseroles and Combination Dishes

Salads

Salads

Dressings

Sauces and Accompaniments

Soups and Sandwiches

Vegetables

1 lb. all-purpose flour = 4 c. sifted
1 lb. cake flour = 1 1/2 to 2 c. sifted

ABBREVIATIONS USED IN THIS BOOK

c. -- cup	lb. -- pound
med. -- medium	qt. -- quart
oz. -- ounce	refrig. -- refrigerated
pkg. -- package	T. -- tablespoon
pt. -- pint	tsp. -- teaspoon

All temperatures are given in Fahrenheit degrees.

EQUIVALENT WEIGHTS AND MEASURES

dash = less than 1/8 teaspoon
 3 teaspoons = 1 tablespoon
 4 tablespoons = 1/4 cup
 2 tablespoons = 1 liquid ounce
 16 tablespoons = 1 cup
 1 cup = 1/2 pint
 2 cups = 1 pint
 2 pints = 1 quart
 4 cups = 1 quart
 4 quarts = 1 gallon

Uneven amounts:

2/3 cup = 1/2 cup plus 2 2/3 tablespoons
 5/8 cup = 1/2 cup plus 2 tablespoons
 7/8 cup = 3/4 cup plus 2 tablespoons

FOOD EQUIVALENTS

Butter or margarine

1/4 lb. = 1/2 c.
 1/2 lb. = 1 c.
 1 stick = c.

Cheese

1 lb. American = 5 c. grated
 3-oz. pkg. cream cheese = 6 2/3 T.

Fruits

1 lb. dates = 2 1/2 c. chopped
 1 lemon = 2-3 T. juice
 1 orange = 6-8 T. juice
 1 15-oz. pkg. raisins = 3 c.

Flour

1 lb. all-purpose flour = 4 c. sifted
 1 lb. cake flour = 4 1/2 to 5 c. sifted

APPETIZERS

BEVERAGES

???

???

BAKE
BLEND
BASTE

FOLD MIX

BOIL

MFA

DFA

???

Simmer

HINTS

For a quick appetizer, make Baked Toast. Spread bread with butter. Strew bread with poppyseed and bake at 300° for 20 minutes. Cut into triangles and serve hot.

Jazz up that everyday coffee by adding cinnamon, chocolate, or cardamon.

Freeze ice cubes with berries, melon balls, mint leaves, lemon curls, or grapes and serve with fruit juices.

Leftover coffee makes wonderful coffee ice cubes for cool summer coffee shakes.

To add interest to a punch bowl, make ice molds in jello molds or rings.

Get more juice from lemons by heating them in water several minutes before squeezing.

The blue cheeses make excellent appetizers. They can be served plain or spread on small rounds of toast. They are also good creamed and used to stuff celery.

For a summertime appetizer, make fresh fruit kabobs. Use apple, pear, or peach wedges and strawberries or banana chunks.

Make ice cubes of lemonade or fruit juices. Serve with ginger ale.

For a different breakfast drink combine 2 parts orange juice and 1 part apricot nectar, then serve with ground nutmeg.

For a tangy beverage combine 2 parts cranberry juice cocktail and 1 part pear nectar.

For a special treat, top after-dinner coffee with sweetened whipped cream.

If a punch recipe calls for sparkling or carbonated beverages, add them at the very last minute so you will retain the sparkle.

To make a pretty and edible garnish for a cold drink, thread pieces of pineapple (canned) and red and green maraschino cherries on long bamboo skewers or drink stirrers.

To frost the rims of glasses, dip top of each glass into fruit juice to a depth of 1/2-inch; dip into plain or tinted granulated sugar. Place in refrigerator until sugar is dry.

CHICKEN LIVER MOUSSE

- 1 lb. chicken livers
- 1/4 lb. butter
- 1/4 c. chopped onions
- 1/4 c. heavy cream
- 3/4 tsp. salt
- 1/4 tsp. pepper
- 2 T. cognac or dry sherry

Mrs. Charlene Plotkin

Wash livers, remove any discolored spots, and dry. Cut them into small pieces. Melt butter in skillet and saute livers and onions 5 minutes. Empty into a blender and puree, gradually adding the cream, salt, and pepper until a smooth paste is formed. (Or can be chopped in a chopping bowl and forced through a sieve.) Mix in the liquor and taste for seasoning. Pack into a small bowl or crock (not metal), cover, and chill for 4 hours. Serve in the crock or unmold and decorate with parsley. Serve with slices of French bread. Serves 8-10.

COCKTAIL PARTY BITS

- 3/4 c. butter
- 3/4 tsp. garlic salt
- 1/2 tsp. celery salt
- 1/2 tsp. onion salt
- 1/4 tsp. cayenne pepper
- or dash of Tabasco sauce
- 2 c. unsalted nuts
- 4 tsp. Worcestershire sauce
- 1 tsp. seasoned salt
- 2 c. Kix
- 2 c. Cherrios
- 2 c. Wheat Chex
- 2 c. Rice Chex
- 2 c. slim pretzel sticks

Mrs. Mary Morgan

Heat oven to 250°. Mix the dry cereals, pretzels, and nuts in a large, oblong baking or roasting pan. Melt butter over low heat. Stir in Worcestershire sauce and seasonings. Pour over the cereal mixture and mix gently until all pieces are coated with butter. Heat in oven on rack slightly above center for 1 1/2 hours, stirring every 15 minutes. Spread out on absorbent paper to cool. Store in covered container until needed.

DILLWEED VEGETABLE DIP

- 1 c. mayonnaise
- 1 c. sour cream
- 1 1/2 tsp. grated onion
- 2 T. chopped, fresh parsley
- 1 1/2 tsp. dillweed
- 1 1/2 tsp. Beu Monde (Spice Island)

Mrs. Betty Dileanis

Combine all ingredients. Serve as a dip for carrots, celery, cucumber, pepper strips, and cauliflower.

CHEESE CANAPES

6 T. mayonnaise
1 c. grated Parmesan cheese
2 T. minced sweet onion
20 tiny rounds of firm
bread cut with cookie
cutter
paprika

CHEESE COOKIES

1 lb. New York sharp cheese
1 tsp. salt
2 c. flour
1/4 tsp. cayenne pepper
1/2 tsp. baking powder
1/2 lb. butter

CELERY-RAVE REMOULADE (French) (Celery Root in Mustard Sauce)

1 1/2 lb. celery root
(heads), about 4 1/2 c.
when cut
2 1/4 tsp. salt
2 1/4 tsp. lemon juice,
fresh
6 T. Dijon mustard
4 1/2 T. boiling water
3/4 c. oil (half olive and
half salad)
3 T. red wine vinegar
salt and pepper
4 T. chopped parsley

Mrs. Carol Patten

Blend mayonnaise and cheese to consistency of softened butter. Place a little onion in center of each round of bread. Cover with mayonnaise and cheese mixture. Sprinkle with paprika. Place under broiler until puffed and brown.

Mrs. Carol Patten

Grate cheese. Cream butter; add cheese and mix. Sift baking powder, pepper and salt with flour. Add to cheese mixture to make a stiff dough. Make dough into 2 rolls; put in refrigerator or freezer to harden. To serve, cut 1/4" thick slices and bake at 350° for 8-10 minutes.

Gourmet Foods Committee

Peel the celery roots and cut them into julienne matchsticks. Toss in a bowl with the salt and lemon juice, and let steep for 30 minutes. Rinse the pieces in cold water, drain, and dry them in a towel. Warm a mixing bowl in hot water; dry it. Add the mustard to the bowl and beat in the water by droplets with a wire whip. Then beat in the oil by droplets to make a thick sauce. Beat in the vinegar by drops, and season with salt and pepper to taste. Fold the celery root into the sauce and allow it to marinate for 2-3 hours or overnight. Decorate with parsley before serving. Serves 8.

RUSSIAN CHEESE SPREAD

1/4 c. catsup
1 8-oz. pkg. cream cheese
1/2 tsp. Tabasco sauce
1 tsp. Worcestershire sauce
1/4 c. chopped stuffed olives
1/4 c. chopped walnuts
1/8 tsp. salt

SIGARA BOEREK (Turkey)

1 lb. hamburger
1 tsp. onion powder
1/4 tsp. garlic powder
1/2 tsp. pepper
1 onion, chopped very fine
frozen egg roll dough
1 egg yolk, beaten
milk

GUACOMOLE (Mexico)

2 ripe avocados
2 T. lemon juice
1/2 c. mayonnaise
1 T. grated onion
1/8 tsp. minced garlic
1/8 tsp. black pepper
1/8 tsp. cayenne pepper
1/2 tsp. chili powder
1/2 tsp. salt
1/2 tsp. Worcestershire sauce
dash of Tabasco sauce

RIPE OLIVE TREATS

1 3 1/2-oz. can ripe pitted olives
salted or dry roasted cashews

Mrs. Patti Kuswa

Blend together catsup and cheese. Stir in Tabasco, Worcestershire sauce, olives, walnuts, and salt. Makes about 1 1/3 cups.

Mrs. LuAnn Seawright

Cook the hamburger, onion powder, pepper, and onion until brown. Place a tablespoon of the meat mixture in center of square piece of dough, roll up (numbering the points of dough 1, 2, 3, and 4; fold 1 and 3 over the mixture and roll 2 to 4). Combine the egg yolk with a little milk and use as a glue at the end tip of the dough. Deep fry or pan fry in 1" of oil until golden brown. Serve warm. Serves 8.

Mrs. Sally Carpenter

Peel, pit, and mash the avocados with the lemon juice. Add the rest of the ingredients and mix well. Chill. Serve as a dip with tomatoes, cooked unshelled shrimp, or corn chips. Makes 2 cups.

Mrs. Renae Humburg

Drain liquid from olives. Stuff each olive with a cashew nut. Makes about 30.

FONDUE BRUXELLOISE (Belgium)

Gourmet Foods Committee

1/4 c. butter
6 T. flour
1 1/2 c. milk
2 c. grated Gruyere
(Swiss) cheese
1 c. grated Parmesan
cheese
1/2 tsp. salt
dash of ground pepper
3 egg yolks, lightly
beaten
1 egg
flour
fine, dry bread crumbs

Melt the butter in a saucepan. Stir in the flour until blended. Meanwhile, bring the milk to a boil and add about 1/4 of it gradually to the butter. Then add all the rest, stirring vigorously. Add cheeses, salt, and pepper and cook, stirring until cheese has melted. Remove from the heat and let cool. Stir in the egg yolks. Pour mixture into a 9x9" pan. Chill overnight. Cut into 2" shapes. Coat with flour, egg beaten with a little water, and finally with bread crumbs. Let them dry in the refrigerator. When ready to serve, fry a few at a time in preheated deep fat at 390° until brown (may be done in an electric skillet). Drain on absorbent paper. Serve at once or keep warm in oven until all are done. Serves 8.

FUNGHI ALLA PARMIGIANA (Italy (Cheese-stuffed mushrooms)

The University League

2 lb. large mushrooms
1/2 c. grated Parmesan
cheese
3/4 cup dry bread crumbs
1/2 c. grated onion
2 cloves garlic, minced
3 T. minced parsley
1 tsp. salt
1/2 tsp. black pepper
1/2 tsp. oregano
3/4 c. olive oil

Wash but do not peel mushrooms. Remove stems and chop them; mix with cheese, bread crumbs, onion, garlic, parsley, salt, pepper, and oregano. Stuff caps. Pour a little oil into a baking dish. Arrange mushrooms in it. Pour remaining oil over the mushrooms, being sure to cover each one. Bake at 350° for 25 minutes.

OLIVE-FILLED CHEESE BALLS

Mrs. Charlene Plotkin

1/2 lb. sharp cheddar cheese,
grated
2 T. soft butter
1/2 c. flour
25 large pitted ripe or
stuffed green olives,
well drained

Blend the cheese and butter in blender or by hand. Add flour and mix well. Wrap about 1 T. of the mixture around each olive, completely covering it. Bake at 400° for 15 minutes on an ungreased cookie sheet. Serve hot.

PEYNIR BOEREK (Turkey)

1/2 lb. cream, Turkish,
or cottage cheese
2 T. butter
1 egg
1/4 c. milk
1/4 c. chopped parsley or dill
frozen egg roll dough
1 egg yolk, beaten
milk

Mrs. LuAnn Seawright

Soften cheese with fork; cream butter; and combine. Add egg, milk, parsley or dill and mix well. Place a tablespoon of the mixture in the center of a square piece of dough and roll up (numbering the points of dough 1, 2, 3, and 4; fold 1 and 3 over the mixture and roll 2 to 4). Combine the egg yolk with a little milk and use as glue at the end tip of the dough. Deep fry or pan fry in 1" of oil until golden brown. Serve warm. Serves 8.

RUMAKI (Hawaii)

12 slices bacon
6 chicken livers
12 whole water chestnuts
6 T. soy sauce
4 tsp. sugar
1/2 tsp. MSG (monosodium glutamate), optional
1/4 tsp. ginger
24 toothpicks
brown sugar

Gourmet Foods Committee

Cut bacon strips in half and fry until partially cooked but soft. Quarter chicken livers or cut them into 24 bite-size morsels. Slice water chestnuts in half. Combine soy sauce, sugar, MSG, and ginger. Pour over chicken livers and marinate for 20 minutes. Roll the chicken livers in brown sugar after removing from marinade. Wrap chicken liver and water chestnuts in bacon strip and skewer in place with toothpick. Roll again in brown sugar. Place on a pan and bake in a 450° oven for 10 minutes. Makes 24.

SWISS SANDWICH PUFFS

32 slices party rye bread
1/2 c. mayonnaise
1/4 c. chopped onion
2 T. chopped parsley
8 slices Swiss cheese

Mrs. Charlene Plotkin

Toast the slices of rye bread. Mix together the mayonnaise, onion, and parsley. Spread the mixture on the slices of rye bread. Top each with 1/4 slice of Swiss cheese. Place on cookie sheet and broil 2-3 minutes. Makes 32 appetizers.

CITRUS SUNSHINE PUNCH

- 1 6-oz. can frozen orange juice
- 1 6-oz. can frozen lemonade
- 1 6-oz. can frozen limeade
- 1 qt. cold water
- 1 qt. chilled ginger ale
- ice cubes

HOT SPICED TEA

- 1 c. sugar
- 1 c. water
- 2 sticks cinnamon
- 1/2 c. orange juice
- 1/4 c. pineapple juice
- 1/4 c. lemon juice
- 6 c. water
- 6 tea bags
- grated rind of 1 orange
- 10-12 orange slices

PLANTER'S PUNCH

- 1 1/4 c. sugar
- 1 1/4 c. hot water
- 1 3/4 c. lemon and lime juice mixed (use 6 fresh lemons and 3 fresh limes)
- 1 fifth light rum
- maraschino cherry juice

Mrs. Alice LeDuc

Combine all ingredients except ginger ale. Chill. Just before serving add ginger ale and pour over ice cubes in a punch bowl. Makes about 30 servings.

Mrs. Renae Humburg

Combine sugar, 1 cup water, and cinnamon sticks; simmer for 5 minutes. Meanwhile, boil 6 cups water and let tea bags steep for 5 minutes. Add tea, fruit juices, and orange rind to the sugar-cinnamon mixture. Serve piping hot with orange slices. Makes 10-12 servings. Note: For a mild cinnamon flavor, remove sticks from syrup before adding juices and tea. Also, 1 tsp of whole cloves may be added to the sugar-cinnamon mixture before adding the juices and tea. Adjust amounts of spices to suit your taste. Remove cloves and cinnamon sticks just before serving.

Gourmet Foods Committee

Dissolve sugar in hot water. Cook syrup down until you have 1 3/4 cup of syrup. Mix fruit juice and syrup together. Add rum and small amount of cherry juice to give a pink color. Store in refrigerator 2-3 days before serving. To serve, fill tall glass with very finely crushed ice. (Rim of glass may be dipped in lemon juice and sugar and then chilled before serving.) Put a dash of bitters on top of ice. Pour punch over ice and serve with straws. Serves 8.

RUM FRUIT PUNCH

2 42-46 oz. cans unsweetened
pineapple juice
2 42-46 oz. cans Hawaiian
fruit punch
2 pt. light rum
1 qt. sparkling water
1/2-3/4 c. lemon juice

SANGRIA (Mexico)

1 bottle (fifth) dry red
wine
1 10-oz. pkg. frozen
peaches
4 slices lemon
Ice cubes
Carbonated water

SANGRIA (Mexico)

juice of 4 lemons (8 T.)
juice of 1 orange (3-4 T.)
1/2 c. sugar
1 bottle (fifth) red table
wine

TEA-RRIFIC PUNCH

2 c. hot double-strength
black tea
4 c. sugar
1 1/2 c. lemon juice
1 qt. orange juice
1 qt. cranberry juice
2 qt. ice water
1 qt. ginger ale
lemon or lime ice ring

Gourmet Foods Committee

Mix together pineapple juice,
Hawaiian punch, and rum.
Chill. Just before serving
add lemon juice and sparkling
water. Serve with ice cubes
in tall glasses. Serves 8.

Cookbook Committee

Combine wine, peaches (thawed)
and lemon slices in large
pitcher. Add ice; fill pitcher
with carbonated water (to your
taste). Stir well. Serve
in wine glasses. Serves 10.

Mrs. Mary Palmberg

Mix first three ingredients
until sugar dissolves. Add
wine. Pour in glasses with
cracked ice. Makes 8 servings.

Mrs. Ed Dee Imm

Pour tea over sugar and stir
until sugar is dissolved.
Cool. Add juices and chill
2-3 hours. When ready to
serve, mix with ice water and
ginger ale. Pour over ice.
Float ice ring on top.
Makes 50 servings.

PARTY PUNCHES

Mrs. Alice LeDuc

Each punch makes 25 to 30 cups. Choose ingredients to make a punch of the color that will fit the occasion and your color scheme.

Yellow Punch

- 1 6-oz. can frozen lemonade, diluted to 3 cups
- 1 46-oz. can pineapple juice
- 1 3-oz. pkg. lemon gelatin
- 2 c. hot water
- 1 qt. ginger ale
- ice cubes
- lemon sherbet

Dissolve gelatin in hot water. Mix with other liquid ingredients. Pour over ice cubes. Garnish with scoops of sherbet.

Orange Punch

Substitute orange juice for lemonade and orange gelatin for lemon gelatin in Yellow Punch. Garnish with scoops of orange sherbet.

Green Punch

Substitute limeade for lemonade and lime gelatin for lemon gelatin in Yellow Punch. Garnish with scoops of lime sherbet.

Red Punch

- 1 6-oz. can frozen lemonade, diluted to 3 cups
- 1 1/2 qt. cranberry or cherry juice
- 1 3-oz. pkg. cherry gelatin
- 2 c. hot water
- 1 qt. ginger ale
- ice cubes
- raspberry sherbet

Dissolve gelatin in hot water. Mix with other liquid ingredients. Pour over ice cubes. Garnish with scoops of sherbet.

Purple Punch

Substitute grape juice for cranberry juice and grape gelatin for cherry gelatin in Red Punch.

Note: In all of the punch recipes, chill all ingredients well before mixing together. Do not add the ginger ale until you are ready to serve the punch.

BREADS

275 BCHE ????

BD

BLIT LLD

PhD

FOLD MIX

500°

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BREADS ROLLS PANCAKES

HINTS

Serve biscuits or muffins baked with something special inside: cheese, jelly, or fruit.

Add blueberries, mashed bananas, chopped almonds or pecans, raisins, grated orange or lemon peel to waffle batter.

Use a variety of breads for toast: French, sourdough, poppyseed, raisin, whole wheat, pumpernickel rye, or oatmeal.

Place bread in muffin cups, then toast to make baskets for eggs or seafood sauce.

Serve ham slices, bacon, or cheese between two pieces of French toast; top with jelly.

Slice donuts, spread with butter, then toast in the broiler and serve with apple butter or jelly.

For a breakfast treat, heat a jar of strained baby food--such as pineapple, peaches, or apricots--to serve over hot pancakes or waffles.

Keep some flour in a kitchen-size salt shaker for flouring greased baking pans. It's quick and prevents dipping into the flour sack for small jobs.

Spread toaster-style corn muffins with applesauce, then sprinkle with cinnamon for a new taste treat.

Stir grated orange peel into cooked prunes (the baby food type works well) and serve over waffles or pancakes.

Bread stales more quickly when kept in the refrigerator but is less subject to mold.

To freshen bread or rolls, put them in a paper bag. Sprinkle the bag with water and heat in a 350° oven for 10-15 minutes.

The secret in making muffins is to stir only until the flour is dampened. The batter should be lumpy.

When sprinkling coffee cakes with confectioners' sugar, place a fancy paper doily on top of cake. Sugar will sift through doily pattern onto top of cake in a pretty decoration.

For a special waffle or pancake topping, season canned blueberries with cinnamon and thicken with a little cornstarch.

ONION BREAD

1 c. milk, scalded
3 T. sugar
1 1/2 T. butter
3/4 c. warm water
1 pkg. active dry yeast
1 envelope Lipton Onion
Soup mix
4 c. unsifted all-purpose
flour

Mrs. Lucy Peyton

In medium bowl, mix together milk, sugar, and butter. Cool to lukewarm. Add yeast to water; stir until dissolved. Add yeast mixture to milk mixture; then add soup mix and flour. Stir and blend for 2 minutes. Cover bowl and let rise in warm place until doubled in bulk (about 45 minutes). Preheat oven to 375°. Stir down batter; beat vigorously for 1/2 minute; turn into greased 1 1/2-qt. round casserole. Bake uncovered for 1 hour. Makes 1 loaf.

COLUMBUS COOKBOOK BANANA BREAD

1 c. sugar
1/2 c. shortening
1 egg
3 bananas, mashed
2 T. sour milk
1 tsp. baking soda
1/2 tsp. salt
2 c. flour, sifted

Mrs. Shari Budde

Cream together sugar, shortening, egg, bananas, and milk. Add soda, salt, and flour, mixing well. Pour batter into a loaf pan and bake for 1 hour at 325°. Makes 1 loaf.

CORN LIGHT BREAD

2 c. self-rising corn meal mix
1 c. self-rising flour
1/4 tsp. baking soda
1/4 c. sugar
2 T. oil
2 1/2 c. buttermilk

Mrs. Ruth Garrison

If you do not have self-rising corn meal and flour, add 3 tsp. baking powder and 1 tsp. salt to regular corn meal and flour. Heat oven to 375°. Grease a loaf pan and dust with flour. Combine dry ingredients and add oil and buttermilk. Pour into pan and let stand 15 minutes. Bake at 375° for 45 minutes. Cover with a pan while bread cools.

ORANGE NUT BREAD

Mrs. Madeline Hoeft

1 c. raisins, ground
rind of 1/2 of an orange,
ground
1 c. sugar
1 T. shortening
1 egg, beaten
1/4 tsp. salt
2 c. flour
1 tsp. baking soda
1 tsp. baking powder
1 tsp. vanilla
juice from 1 orange plus
boiling water to make
1 cup
1/2 c. nuts

Beat sugar, shortening, and egg together. Add salt, flour, baking soda, and baking powder; mix well. Add nuts, orange rind, and raisins. Add vanilla and orange-water mixture mixing well. Bake in a loaf pan at 350° for 45 minutes. Makes 1 loaf.

PUMPKIN NUT BREAD

Mrs. Vivian Treatmann

1 1/3 c. sugar
1/2 c. shortening
2 eggs
1 2/3 c. flour
1 tsp. baking soda
3/4 tsp. salt
1/2 tsp. baking powder
1/2 tsp. cinnamon
1/4 tsp. cloves
1/3 c. water
1 c. pumpkin
1/2 c. nuts, chopped fine

Cream sugar and shortening; add eggs and beat well. Add dry ingredients alternately with water. Add pumpkin and nuts. Bake in a greased loaf pan for 1 hour at 350°.

PUREE (India)

Mrs. Rekha Shah

1 c. wholewheat flour
1/2 c. bleached flour
4 T. vegetable oil
1 T. salt
1/2 tsp. turmeric
1 tsp. coriander
1 tsp. cumin powder
1/2 tsp. pepper

Mix all ingredients and knead with water until you have a solid and quite tough homogeneous mass which can be rolled. Roll dough to 1/8" thick and cut into round shapes. Cook the purees by deep frying until coffee brown in color. Serve as a bread with curry. Makes 25-30 purees.

QUICK RAISIN BREAD

2 c. sour milk
2 tsp. baking soda
1/2 c. sugar
2 c. whole wheat flour
1 c. white flour
2 T. soft shortening
1 egg, beaten
1 c. raisins
1/2 c. nuts, optional

SPOON BREAD

4 c. milk
1 c. white cornmeal
1 tsp. salt
1/4 c. butter
5 egg whites
4 egg yolks

SPOON BREAD WITH HAM AND MUSHROOMS

Spoon bread as above
1/4 c. butter
4 medium mushrooms,
minced
1/2 c. finely chopped ham

Mrs. Pat Wolverton

Mix soda and sour milk. Add remaining ingredients in order listed, stirring well after each addition. Bake at 350° for 35-40 minutes in 2 small greased loaf pans. Makes 2 loaves.

Mrs. Sarah Gooding

Preheat oven to 350°. Butter a 3-qt. souffle dish. Scald 2 1/2 cups of the milk. Mix remaining milk with the cornmeal and stir into the scalded milk. Cook over low heat, stirring constantly, until mixture is a thick mush. Mix in the salt and butter. Beat egg whites until stiff. Beat yolks well. Add a little mush to the yolks; add this mixture to the remaining mush. Fold in egg whites. Turn into dish and bake for 50 minutes until puffy and brown. Makes 8 servings.

Mrs. Sarah Gooding

Prepare spoon bread up to beating egg whites. Melt the butter and saute the mushrooms for 3 minutes. Add the ham and cook 2 minutes longer. Add to the cornmeal mixture. Finish preparing the spoon bread. Pour into prepared souffle dish and bake 1 hour. Serves 8.

DAVID EYRE'S PANCAKE

1/2 c. flour
1/2 c. milk
2 eggs, lightly beaten
pinch of nutmeg
3 T. butter
2 T. confectioner's sugar

OLIVE PANCAKES WITH CHEESE

SAUCE

1 c. ripe or stuffed olives
1 8-oz. pkg. process
American cheese spread
1 c. sour cream
2 c. buttermilk pancake mix
1/2 tsp. salt
1 egg
1 3/4 c. milk
1/4 c. salad oil
2 T. finely chopped onion
1/3 c. finely chopped diced
green pepper

PLATTER (Sweden) (Swedish Pancakes)

3 eggs
1 T. sugar
1/2 c. flour
1/4 tsp. salt
1/2 c. sour cream
1 c. milk

Mrs. Marilyn Adams

Preheat oven to 425°. Mix flour, milk, eggs, and nutmeg in a bowl. Beat lightly, leaving the batter a little lumpy. Melt butter in 12-inch skillet with ovenproof handle. When very hot, pour in batter. Bake in oven 15-20 minutes or until pancake is golden brown. Sprinkle with sugar and return to oven for a moment. Makes 2-4 servings.

Mrs. Marilyn Adams

Cut olives into wedges. Dice cheese into a saucepan. Mix in sour cream. Heat gently until cheese is melted and mixture is smooth. Combine pancake mix, salt, egg, and milk in large bowl; add oil. Stir in olives, onion, and green pepper. Bake in hot, lightly greased griddle until tops are covered with bubbles and edges cooked. Turn and cook 1 minute. Serve hot with cheese sauce. Makes 16 pancakes.

Mrs. Kathy Nelson

Beat eggs; add sugar, salt, and sour cream. Beat thoroughly. Alternately add flour and milk; beat well. Batter will be thin. Drop by ladle onto hot, greased skillet or traditional Swedish plett pan. Cook until lightly browned on both sides. Makes 4 servings.

CAKES

4275 BChE ????

BD BLIT LLD

350° Stew PhD

BAKE
BLEND
BASTE
moderate

FOLD MIX

MS T moderate BOIL 500° BROIL

LLM LLB LLH LLD LFA DFA

Simmer 5MA

CAKES FROSTINGS

HINTS

When baking, sift the dry ingredients onto a paper plate. The plate can be bent for easy pouring into the mixer bowl.

Slip your flour sifter into a plastic bag before putting it away. You'll keep your shelves cleaner this way.

Toast sliced pound cake and spread with jelly or jam.

An apple cut in half and placed in the cake box will keep the cake fresh several days longer.

Add a pinch of baking powder to confectioners' sugar icings. It will prevent hardening and cracking, and the icing will stay moist and gooey.

To make sour milk or buttermilk for baking, use 1 T. lemon juice or vinegar plus enough sweet milk to make 1 cup. Let stand 5 minutes before using.

When making sponge, angel, or chiffon cakes, do not grease the tube pan. The foamy batter should cling to the sides of the pan and bake to a high, fluffy perfection.

Always keep cream-filled cakes, or cakes frosted with whipped cream in the refrigerator.

Use wire racks to cool cakes to allow circulation of air.

Use the exact size pan called for in the cake recipe. Too small a pan will result in runover, while too large a pan will result in a compactness and underbrowning. Bright, shiny pans will brown more evenly than dull pans.

How much icing is needed to frost a given cake? Here is a guide to help you:

For the tops and sides of two 9-inch round layers, use 1 1/2 cups.

For 16 large or 24 small cupcake tops, use 1 to 1 1/4 cups.

For filling a 10 x 15-inch roll, use 2 cups.

Cut angel food cake with a sharp knife which has been dipped in hot water and use a sawing motion.

Ground mace is a traditional spice for pound cakes.

Petits fours may be frosted by spearing and dipping into frosting until coated. Decorate after frosting has set.

EASY APPLE CAKE

2 c. flour
1 c. sugar
1 1/2 tsp. baking soda
1/2 tsp. cinnamon
1 tsp. salt
1/2 tsp. nutmeg
1 22-oz. can apple pie
filling
2 eggs
2/3 c. salad oil
1/2 c. chopped nuts
(optional)
1 tsp. vanilla
Glaze:
1 c. brown sugar
1 tsp. salad oil
1/2 c. sour cream

UNBAKED FRUIT CAKE

1 lb. graham crackers
(rolled fine)
1 qt. nuts (chopped fine)
1 15-oz. can sweetened
condensed milk
1 pt. candied fruit and
peels
1 c. raisins
1 c. currants
1 c. dates
1 8-oz. jar maraschino
cherries and juice

CARROT CAKE

1 1/2 c. salad oil
3 c. grated carrots
4 eggs
1 c. raisins (chopped)
1/2 c. walnuts (chopped)
3 c. flour
2 tsp. cinnamon
2 tsp. baking powder
2 tsp. baking soda
1 tsp. salt

Mrs. Renae Humburg

Sift dry ingredients together.
Mix together eggs, apple pie
filling, oil, nuts (optional),
and vanilla. Add dry ingredients.
Pour batter into a greased 9 X
13-inch pan. Bake for 45 minutes
at 350°. Remove from oven and
punch holes in warm cake with a
fork.
Glaze:
Melt brown sugar, sour cream and
1 tsp. oil over low heat but do
not boil. Pour glaze over warm
cake.

Mrs. Patti Kuswa

Mix thoroughly, mold in loaf
shape, wrap in foil and let
stand 24 hours before serving.
Keep refrigerated. Will retain
quality for two or three months.
May be served with whipped cream.

Mrs. Janice Vidruk

Sift together flour, salt,
cinnamon, soda and powder. Mix
oil and sugar; add grated carrots
and one egg at a time. Mix well;
add dry ingredients and blend.
Add nuts and raisins. Bake in a
10-inch tube pan at 350° for 1
hour or until done. Ice if
desired with cream cheese
frosting.

BANANA CHIFFON CAKE

2 1/4 c. sifted soft-silk cake flour
1 1/2 c. sugar
3 tsp. baking powder
1 tsp. salt
1/2 c. cooking oil
5 egg yolks
1/3 c. cold water
1 c. mashed ripe bananas
1 tsp. vanilla
1 c. egg whites
1/2 tsp. cream of tartar

BUSY DAY CRUNCH CAKE

1 1/4 c. flour, sifted
2/3 c. sugar
2 tsp. baking powder
1 tsp. vanilla
1/2 tsp. salt
1/3 c. shortening
1 egg
2/3 c. milk
Coconut Crunch:
1/2 c. coconut
1/3 c. packed brown sugar
1/2 c. flour
2 T. butter

CRUMB CAKE

1/2 c. softened butter or margarine
1 1/3 c. flour (unsifted)
1 c. granulated sugar
1 tsp. nutmeg
1 egg
pinch of salt
1/2 c. sour milk or buttermilk
1/2 tsp. baking soda

Mrs. Monique Sadler

Mix flour, sugar, baking powder and salt. Make a well and add salad oil, egg yolks, water, bananas, and vanilla. Beat until smooth, then measure into large mixing bowl and beat until stiff the egg whites and the tartar. Gently fold the two mixtures together with a rubber spatula until completely blended. Pour into an ungreased 10-inch tube pan. Bake 65-70 minutes in a 325° oven. Invert. Let hang until cool.

Mrs. Lee Lubin

Cream together shortening, egg, and sugar. Stir in milk and dry ingredients. Beat with mixer at medium speed for 2 minutes. Turn into greased and floured 9-inch square pan. Mix crunch ingredients together until crumbly and sprinkle on top of batter. Bake at 350° for 35-40 minutes or until cake springs back when touched lightly in center.

Mrs. Sue Spooner

Blend butter, flour, sugar and nutmeg to make crumbs. Reserve 1 heaping cup. Add to remaining crumbs, egg, salt, milk (to which soda has been added). Put 1/2 of reserved crumbs on bottom of greased round or square cake pan. Pour mixture in, and sprinkle rest of crumbs on top. Bake at 350° for 30 minutes.

BUCHE DE NOEL
(France)

2 c. flour
1 1/3 c. sugar
2 1/2 tsp. baking powder
3/4 tsp. salt
1 1/2 tsp. imitation rum
or 3/4 tsp. pure rum
2/3 c. butter
1 c. milk
6 egg yolks
French Silk Frosting:
4 c. sifted confectioners'
sugar
1 c. soft butter
1 egg
3 sq. unsweetened choco-
late
1 tsp. vanilla
Mocha Icing:
1 c. sifted confectioners'
sugar
1 tsp. powdered instant
coffee
1 tsp. hot water

ORANGE-RAISIN CAKE

1/2 c. shortening
1 c. sugar
2 c. sifted flour
1 tsp. baking soda
1 tsp. salt
1/2 c. milk
2 eggs
1 c. raisins
1/3 c. chopped nuts
1 6-oz. can frozen orange
juice (thawed)
Topping:
3 T. sugar
1 1/2 tsp. cinnamon
1 1/4 c. chopped walnuts

Mrs. Madeline Hoeft

Heat oven to 350°. Grease and
flour 9 x 5 x 3-inch loaf pan.
Mix dry ingredients in large
mixer bowl. Blend in rum,
butter, milk and egg yolks.
Beat 3 minutes at medium speed.
Pour batter into pan. Bake at
350° for 65 to 70 minutes or
until toothpick comes out clean.
Cool 10 minutes. Take out of
pan. Trim off edges with a
sharp knife to form log. Use
leftover edges to make a stump
situated on the top of the log.
Frost with French Silk Frosting
all over. Drizzle or spread on
Mocha Frosting to form the grain
of the bark.
French Silk Frosting:
Melt and cool chocolate. Mix
in with rest of ingredients
until smooth and fluffy.
Mocha Icing:
Dissolve coffee in water. Stir
in sugar, adding a few more drops
of water to make a spreading
consistency.

Mrs. Gwen Burkhardt

Combine all ingredients with
1/2 c. orange juice in large
mixer bowl. Blend at low speed
30 seconds. Beat 3 minutes at
medium speed. Pour in greased
9 x 13-inch pan. Bake at 350°
for 40-45 minutes. Drizzle
remaining 1/4 c. orange juice
concentrate over warm cake.
Sprinkle with sugar-nut
topping.

BROWNIE CAKE

2 c. sugar
2 c. flour
1/2 tsp. salt
1/2 c. margarine
1/4 c. salad oil
4 T. cocoa
1 c. water
1/2 c. buttermilk or
sour milk
1/2 tsp. baking soda
2 eggs
1 tsp. vanilla
Icing:
1/2 c. margarine
6 T. milk
2 T. cocoa
2 1/2 c. confectioners' sugar
(1 box)
1 tsp. vanilla
1 c. chopped nuts

LEMON CAKE

1 pkgs. lemon cake mix
1 3-oz. pkg. lemon
jello
4 eggs
3/4 c. water
3/4 c. salad oil
2 c. confectioners' sugar
juice of 2 lemons
grated rind of 2 lemons

QUICK HEATH CAKE

1 ready-made angel food
cake
1 pt. whipping cream
6 Heath candy bars (5-cent
size)
1/2 c. chocolate fudge
sauce

Mrs. Donna Stearns

Sift together sugar, flour and
salt. Melt margarine with salad
oil; add cocoa and water. Bring
to a boil; add dry ingredients.
Add milk to which has been added
soda, eggs, and vanilla. Bake
in 15 x 10 1/2 x 1-inch pan at
375° for 20 minutes. Bring to
boil margarine, milk, and cocoa;
remove from heat, add confection-
ers' sugar, vanilla and nuts.
Ice cake while hot.

Mrs. Ruth Niendorf

Beat cake mix, jello, eggs,
water, and salad oil with elec-
tric beater for 5 minutes.
Bake at 350° for 30 to 35 min-
utes in a 9 x 13 x 3-inch pan.
When still hot, make holes with
a long fork. Drizzle with icing
made from combining confectioners'
sugar, lemon juice, and lemon
rind. Serves 15 to 16.

Mrs. Sandy Keller

Cut the angel food cake through
the center so you have two cir-
cular cakes. Crush the Heath
candy bars; set aside. Whip
the cream; add the fudge sauce
and crushed bars. Frost both
cakes and place one on top of
the other.

CHOCOLATE DATE CAKE

1 c. dates, chopped
1 c. hot water
1 tsp. baking soda
1 c. sugar
3/4 c. shortening
2 eggs
1 tsp. vanilla
1 T. cocoa
1 3/4 c. flour
1 c. chocolate chips
1/2 c. chopped walnuts

FILLED COFFEE CAKE

1 c. sugar
1/2 c. brown sugar
3/4 c. oil
1 tsp. vanilla
4 eggs
2 c. flour
1 tsp. baking powder
1 can fruit pie filling
Cinnamon
Granulated sugar

OLD RELIABLE SPONGE CAKE

4 eggs
3 T. cold water
1 c. sugar
1/4 tsp. salt
1 c. flour
1 tsp. baking powder
juice of 1 lemon

Mrs. EdDee Imm

Combine dates, water and soda and let stand. Cream sugar and shortening then add eggs and vanilla. Alternate date mixture with cocoa-flour. Add dates and 1/2 c. chips. Pour into 9x13" pan; sprinkle 1/2 c. chocolate chips and walnuts on top. Bake at 350° for 35 minutes. Needs no frosting.

Mrs. Gwen Burkhardt

Mix well by hand sugar, brown sugar, oil, and vanilla. Add eggs, flour, and baking powder; mix well. Pour half of batter into a 9x13" greased pan. Sprinkle with sugar and cinnamon. Spread pie filling over batter. Pour rest of batter over pie filling. Sprinkle again with sugar and cinnamon. Bake at 325° for 50 minutes.

Mrs. Garland Rasmussen

Separate eggs; beat whites until stiff. Beat egg yolks and water until very pale. Add sugar gradually, beating well after each addition. Beat 2-3 minutes after all sugar is added. Sift together flour, salt, and baking powder. Fold dry ingredients into egg yolk mixture. Fold in lemon juice. Fold in egg whites. Bake in ungreased tube pan at 325° for 1 hour (until cake springs back when touched). Invert pan over funnel. Remove from pan when cake is cool.

FRUIT COCKTAIL CAKE

1 1/2 c. sugar
2 eggs
2 c. fruit cocktail (both
fruit and juice)
2 tsp. baking soda
1/2 tsp. salt
2 c. flour
1 tsp. vanilla
1/2 c. nuts
Icing:
3/4 c. sugar
1/2 c. margarine
1/2 c. evaporated milk

PUMPKIN CAKE

2 c. sugar
4 eggs
1 c. salad oil
2 c. flour
2 tsp. cinnamon
2 tsp. baking soda
1 tsp. baking powder
1/2 tsp. salt
1 tsp. cloves
2 c. pumpkin

WALDORF ASTORIA CAKE

1/2 c. shortening
1 1/2 c. sugar
2 eggs
1/4 c. red food coloring
2 T. cocoa
2 1/4 c. flour, sifted
1 T. vanilla
1 T. vinegar
1 tsp. baking soda
1 tsp. salt
1 c. buttermilk

Mrs. Peggy Vergamini

Combine sugar, eggs and fruit cocktail. Add soda, salt, flour, vanilla and nuts. Beat together and pour into a 9x13x2" pan, greased. Bake for 45 minutes at 350°.

Icing: Combine all ingredients and bring to a boil, cook six minutes. Pour over hot cake.

Note: Cake may be baked with a mixture of 1 c. chopped nuts and 1 c. brown sugar sprinkled over top of batter if desired.

Mrs. Judy Waedt

Beat together eggs, sugar, and oil. Add pumpkin; mix well. Sift dry ingredients together; gradually add to batter. Pour batter into a greased and floured 10" tube pan. Bake at 350° for 75 minutes. When cool, frost with Cream Cheese Frosting.

Mrs. Alice LeDuc

Cream shortening, sugar, and eggs. Make a paste of coloring and cocoa; add to egg mixture. Add salt, flour, vanilla, and buttermilk; mix slowly by hand. Mix in vinegar and soda very slowly. Pour into a 13x9" greased pan and bake at 350° for 30-35 minutes. When cool, frost with Fluffy White Frosting.

SOUR CREAM COFFEE CAKE

1/2 c. shortening
 3/4 c. sugar
 1 tsp. vanilla
 3 eggs
 2 c. sifted flour
 1 tsp. baking powder
 1 tsp. baking soda
 1/2 pt. sour cream
 6 T. butter or margarine
 1 c. firmly packed brown sugar
 2 tsp. cinnamon
 1 c. chopped nuts

Mrs. Pat Pfingsten

Thoroughly cream shortening, sugar, and vanilla. Add eggs one at a time, beating well after each addition. Sift flour, baking powder, and soda together. Alternately add flour mixture and sour cream to creamed mixture, blending after each addition. Spread half of batter in 10-inch tube pan that has been greased and lined on the bottom with waxed paper. Cream butter, brown sugar, and cinnamon together; add nuts, and mix well. Sprinkle half of nut mixture over batter. Add remaining batter, then nut mixture. Bake at 350° for 50 minutes.

PEBBLE DASH CAKE

5 eggs, separated and whites beaten until stiff
 1 1/2 c. sugar
 8 T. warm water
 1 1/2 c. cake flour
 1 1/2 tsp. Royal baking powder
 Filling:
 2 c. milk
 1/2 c. flour
 1/2 c. sugar
 1 c. cold butter
 1 c. confectioner's sugar
 1 tsp. vanilla
 Topping:
 1/2 c. blanched almonds
 1/2 c. sugar

Mrs. Betty Troccoli

Beat egg yolks thoroughly with sugar. Add water. Add cake flour with Royal baking powder (sifted together). Add stiffly beaten egg whites. Bake in 3 layers at 350° until cake shrinks from sides. Scald milk; pour over flour and sugar thoroughly mixed. Cook in double boiler about 15 minutes. Cool. Beat in cold butter, sugar, and vanilla. Beat until very fluffy and white. Spread between layers and on top. Carmelize sugar and almonds (just tan in color). Pound until very fine. Sprinkle top and sides. Note: Peanut brittle can be substituted.

CREAM CHEESE FROSTING

1/2 c. butter
1 8-oz. pkg. cream cheese
3 1/2 c. sifted confectioners' sugar
1 tsp. vanilla

FLUFFY WHITE FROSTING

1/2 c. milk
2 1/2 T. flour
dash of salt
1/2 c. sugar
1/2 c. shortening
1 tsp. vanilla

LEMON BUTTER FROSTING

4 T. butter
3 c. confectioners' sugar
dash of salt
1-2 T. cold water
2 T. lemon juice

SPEEDY CARAMEL FROSTING

1/2 c. butter or
margarine
1 c. packed brown sugar
1/4 tsp. salt
1/4 c. milk
2 1/2 c. sifted
confectioners' sugar
1/2 tsp. vanilla

Mrs. Judy Waedt

Let butter and cream cheese soften to room temperature. Combine all ingredients and beat with an electric mixer until fluffy. If frosting is too thick, add a small amount of milk or cream. Makes enough frosting for one 10-inch tube cake.

Mrs. Alice LeDuc

Combine milk, flour, and salt. Cook until thick. Let cool to lukewarm. Beat sugar, shortening, and vanilla with an electric mixer until creamy and fluffy. Add flour paste and beat until frosting resembles heavy whipped cream. Makes enough to frost a 13 X 9" cake.

Mrs. Michele Zinn

Cream butter; add sugar gradually. Beat in lemon juice and enough cold water to make a spreading consistency. Beat in salt. Makes about 3 1/2 cups frosting.

Mrs. Patti Kuswa

Melt butter in large saucepan. Blend in brown sugar and salt. Cook over low heat 2 minutes, stirring constantly. Add milk; continue stirring until mixture comes to a boil. Remove from heat. Blend in sifted confectioners' sugar gradually. Add vanilla and mix well. Then mix with small amount of cream to make a spreading consistency. Frosts 8 or 9-inch layer cake.

HINTS

COOKIES

CANDIES

A
M???

stew
375° PhD

FOLD MIX

500°

???

MA

HINTS

To soften brown sugar, place it in a closed container with a slice of very fresh white bread or an apple slice.

For easy-to-make cookies that children will love, spread confectioners' sugar icing between graham cracker halves.

If honey goes to sugar, stand jar in pan of hot water until honey reliquifies.

Store thin, crisp cookies in a can with a loose cover. Store soft cookies in an airtight container.

When baking cookies, use baking sheets with shiny surfaces. Dark cookie sheets absorb heat and cookies may brown too much on the bottom.

Make candy on a cool, dry day for best results. Candy made on a damp or humid day may be sugary.

Never store candies that absorb moisture readily (caramels and hard candies) in the same container with those that lose moisture easily (fondants and fudge).

Two cups of granulated sugar equals one pound.

Two and one-fourth cups of packed brown sugar equals one pound.

To refreshen coconut that has been allowed to dry out, soak it in milk and then use the milk in making cakes or custard.

To keep nuts from becoming rancid, store in refrigerator in tightly covered dry glass jar.

Pecans are easier to crack if the nuts have been boiled about 20 minutes, then dried out slightly in the oven.

To hang cookies on a Christmas tree, press a loop of green string into the back of the cookie before baking.

If you are mailing cookies, wrap them individually or put them into a polyethylene bag and bed them down in popcorn. Fill all the crannies of the box with the popcorn, until it just touches the lid.

The maximum storage period for baked or unbaked cookies in a freezer at 0° F. is 12 months.

Rolled cookies may be baked and decorated before freezing.

ALMOND CRESCENTS

1 c. soft shortening
(half butter)
1 1/3 c. sugar
2/3 c. ground blanched
almonds
1 2/3 c. sifted flour
1/4 tsp. salt
1 c. confectioners' sugar
1 tsp. cinnamon

BUTTERSCOTCH-PEANUT BARS

1/2 c. butter
1 1/2 c. light brown sugar,
firmly packed
1/2 c. chunk-style
peanut butter
1 1/4 c. sifted flour
1 tsp. baking powder
1/2 tsp. salt
2 eggs
1 tsp. vanilla

CHOCOLATE CHIP BARS

2/3 c. soft shortening
(part butter or oleo)
1/2 c. granulated sugar
1/2 c. brown sugar
2 eggs (unbeaten)
1 tsp. vanilla
1 1/2 c. flour
1/2 tsp. soda
1/2 tsp. salt
1/2 c. chopped nuts (optional)
1 6-oz. pkg. semi-sweet
chocolate pieces

Mrs. Ginger Hancock

Cream shortening with sugar and mix in almonds. Sift together and work in flour and salt. Chill dough. Roll with hands to pencil thickness; cut in 2 1/2 inch lengths and form into crescents on ungreased baking sheet. Bake until set, not brown, at 325° for 14-16 minutes. Cool on pan. While warm roll carefully in mixture of confectioners' sugar and cinnamon. Makes 5 dozen.

Mrs. Carol Minor

Melt butter in a 2-qt. saucepan. Add brown sugar and peanut butter; mix well. Bring mixture just to boiling over low heat; stir constantly. Remove from heat; let cool to lukewarm. Sift flour with baking powder and salt; set aside. Preheat oven to 300°. Lightly grease a 13x9" pan. Using a wooden spoon, beat eggs and vanilla into peanut butter mixture. Stir in flour mixture. Spread batter in pan and bake for 45 minutes or until lightly browned. Let cool; cut into bars when slightly warm. Makes 24 bars.

Mrs. Nancy Foulkes

Heat oven to 350°. Mix shortening, sugar, eggs, and vanilla thoroughly. Mix flour, soda, and salt; blend in thoroughly. Add nuts and chocolate pieces. Bake 20 minutes in 13x9x2" pan. Makes 48 bars. Mint chocolate chip bars - substitute mint chocolate chips for semi-sweet. Raisin bars - substitute 1/4 to 1/2 c. raisins for chocolate chips.

CREAM CHEESE BROWNIES

4 oz. German sweet
chocolate
5 T. butter
3 oz. cream cheese,
at room temperature
1 c. sugar
3 eggs
1/2 c. plus 1 T.
unsifted flour
1 1/2 tsp. vanilla
1/2 tsp. baking powder
1/4 tsp. salt
1/4 tsp. almond extract
1/2 c. coarsely chopped
nuts, optional

Mrs. Connie Wahlin

Heat oven to 350°. Grease a 9" square pan. Melt chocolate and 3 T. butter over very low heat, stirring constantly. Cool. Cream remaining butter with cream cheese. Gradually add 1/4 cup sugar, creaming until fluffy. Blend in 1 egg, 1 T. flour, and 1/2 tsp. vanilla. Set aside. Beat remaining eggs until thick and light in color. Gradually add 3/4 c. sugar; beat until thick. Add baking powder, salt, and remaining flour. Blend in cooled chocolate mixture, nuts, almond extract, and 1 tsp. vanilla. Measure 1 cup chocolate batter and set this aside. Spread remaining chocolate batter in pan. Top with cheese mixture. Drop measured 1 cup chocolate batter by teaspoonfuls on top and marble batters. Bake 35-40 minutes. Keep brownies refrigerated.

CRESCENT MELTAWAYS

1 8-oz. pkg. cream cheese
1 c. butter
2 c. sifted all-purpose
flour
1/2 c. melted butter
3/4 c. light-brown sugar,
packed
dash cinnamon
3/4 c. finely chopped
walnuts
1 egg yolk
2 T. water

Mrs. Kirsten Hasty

Blend cream cheese with 1 cup butter with pastry fork. Sift in flour, then blend until dough forms a ball. Heat oven to 400°. Grease cookie sheet. Divide dough into thirds. On lightly floured cloth-covered board, roll out one-third of dough 1/8" thick and circular in shape. Brush with some melted butter; sprinkle with 1/4 cup brown sugar, cinnamon, 1/4 cup chopped nuts. Cut circle in 16 pie-shaped pieces. Beginning at outer edge, roll up each piece tightly and place, point side down, on cookie sheet. Repeat with rest of pieces. Beat egg yolk with water, then use to brush tops on cookies. Bake about 18 minutes or until golden. Repeat with other two-thirds of dough. Makes 4 dozen.

DAKOTA LAYER COOKIES

Mrs. Gwen Burkhardt

Part I:

1/2 c. butter
1 T. sugar
1 c. flour

Part II:

2 eggs
1 c. brown sugar
1 c. coconut
1/2 c. finely chopped nuts
1 tsp. vanilla
2 T. flour
1/2 tsp. baking powder

Part III:

1/2 c. soft butter
1 c. confectioners' sugar
1/8 c. orange juice

Cream all ingredients together. Beat well. Spread in 8x8" greased pan. Bake at 350° for 20-25 minutes.

Beat eggs until light. Add rest of ingredients. Spread over previously baked mixture. Bake again 15 minutes or until dry.

Spread this over cooled cookie mixture. Let stand in refrigerator for a while before cutting. Store in refrigerator.

HUNGARIAN DOUBLE DECKER

PASTRY (Hungary)

5 c. all-purpose flour
1 1/2 c. sugar
4 tsp. baking soda
pinch of salt
1 c. butter
2 T. shortening
4 egg yolks
1 tsp. vanilla
1 c. sour cream
2 1/2 c. ground walnuts
1 c. apricot jam
confectioners' sugar

Mrs. Ilonka Fischer

Sift together flour, 1 c. of the sugar, baking soda and salt. Cut into butter and shortening. Add beaten egg yolks, vanilla, sour cream and mix well. Work the dough with hand until blended. Divide the pastry into 3 portions. Roll out 1 portion on floured board and place it on the bottom of an ungreased oblong pan 1 x 10 1/2 x 1". If dough doesn't behave, just patch and press into pan with fingers. Mix ground nuts and the remaining 1/2 c. sugar. Sprinkle half of this mixture on first layer. Roll and place second pastry on nuts and cover that layer with apricot jam. (You may thin jam with a bit of water). Sprinkle the rest of the nuts on jam. Roll out third layer; cut into strips and lay on top in criss-cross fashion. Bake at 350° for 25 minutes. Cut into squares. Sprinkle with confectioners' sugar (optional). Makes 2 dozen. NOTE: freezes well for 2-3 months.

GLAZED LEMON SQUARES

Mrs. Kay Mary Frank

1 c. sifted all-purpose flour
1/4 c. confectioners' sugar
1/8 tsp. salt
1/2 c. butter
1 c. granulated sugar
2 T. all-purpose flour
1/2 tsp. baking powder
1/8 tsp. salt
2 eggs slightly beaten
2 T. lemon juice
1 tsp. lemon rind
Lemon Glaze:
1/2 c. confectioners' sugar
1 T. lemon juice
1 T. melted butter

Combine 1 cup flour, powdered sugar and salt in mixing bowl. Cut in butter until mixture resembles coarse crumbs. Press into greased 8x8x2" pan. Bake at 325° for 15 minutes. Mix remaining ingredients; spread over baked layer. Return to oven and bake at 325° about 25 minutes. Cool. Make Lemon Glaze.

Blend all ingredients until smooth. Frost and cut into squares. Makes about 2-3 dozen.
NOTE: For best results use butter and not a substitute.

HELLO DOLLY'S

Mrs. Janis Burnkrant

1/2 c. butter
1 c. graham cracker crumbs
1 c. coconut
1 c. chocolate chips
1 c. chopped nuts
1 15-oz. can sweetened condensed milk, not evaporated

Preheat oven to 350° and melt butter in oblong or square pan. Sprinkle crumbs over butter. Sprinkle with ingredients in following order: coconut, chocolate chips and nuts. Pour milk over all and bake for about 1/2 hour or until edges begin to tan and milk bubbles. Drizzle with frosting if desired.
NOTE: Use a 9x13" pan or a 9x9" pan, depending on thickness desired.

MOLASSES CRINKLES

Mrs. Sharon Thomas

3/4 c. shortening
1 c. brown sugar
1 beaten egg
1/4 c. light molasses
2 1/4 c. flour
1/4 tsp. salt
2 tsp. baking soda
1 tsp. cinnamon
1 tsp. ginger
1/2 tsp. cloves
granulated sugar

Sift together dry ingredients. Cream sugar and shortening. Add egg and molasses; beat well. Add sifted dry ingredients and mix well. Chill overnight. Shape in balls. Flatten with glass bottom dipped in sugar. Bake at 350° for 15 minutes. 3 dozen cookies.

JEWEL COOKIES

1/2 c. soft butter or oleo
1/4 c. light brown sugar,
firmly packed
1 egg yolk
1 tsp. vanilla
1 c. sifted all-purpose
flour
1 egg white, slightly
beaten
1 c. finely chopped walnuts
or pecans
2 T. jelly or jam

LIGHT BROWNIES

1/4 c. butter
1 c. light brown sugar
1 egg
1 tsp. baking powder
1/2 tsp. salt
1/2 c. chopped or
sliced almonds
1/2 tsp. vanilla
Frosting:
1/4 c. butter
2 c. sifted confectioners'
sugar
2 T. milk
1 tsp. vanilla

POWDERED SUGAR COOKIES

1 c. confectioners' sugar
1 egg
1 tsp. baking soda
1 c. butter
1 tsp. vanilla
1/4 tsp. salt
1 tsp. cream of tartar
2 c. flour

Mrs. Patti Lang

In medium bowl beat butter, sugar, egg yolk, and vanilla until smooth. Stir in flour just until combined. Refrigerate 30 minutes. Preheat oven to 375°. Roll dough into balls 1-inch diameter; dip in egg white; roll in nuts. Place 1 inch apart on ungreased cookie sheet. With thimble or thumb, press center of each cookie. Bake 10-12 minutes or until a delicate golden brown. Remove from baking sheet and cool. Place 1/4 tsp. jelly in center of each cookie. Makes 2 dozen.

Mrs. Ruth Grewe

Melt butter over low heat. Blend in sugar and cool. Stir in egg. Sift together flour, baking powder, and salt and add to butter mixture. Mix in vanilla and almonds. Spread in greased 8x8x2" pan and bake at 350° for 25 minutes. Remove from oven and frost while still hot. To make frosting, brown butter and blend in confectioners' sugar. Add milk and vanilla; stir until smooth. Frost brownies.

Mrs. Nina Davis

Cream butter and sugar. Add egg, soda and vanilla and let stand 10 minutes. Add rest of ingredients and let stand in refrigerator overnight. Roll into balls and flatten. (Dough can be rolled out and cut into shapes). Bake at 350° for 10 minutes. The cookies will not turn brown when done. Makes 2 dozen.

CHOCOLATE PEANUT BUTTER KISSES COOKIES

2 2/3 c. sifted all-
purpose flour
2 tsp. baking soda
1 tsp. salt
1 c. softened butter
2/3 c. creamy peanut
butter at room
temperature
1 c. granulated sugar
1 c. brown sugar,
firmly packed
2 eggs
2 tsp. vanilla
5 dozen foil-wrapped
chocolate kisses
granulated sugar

Mrs. Betty Martin

Sift flour with baking soda and salt. Set aside. In a large bowl, with electric mixer at medium speed, beat butter and peanut butter until well blended. Add the 1 c. granulated sugar and the brown sugar; beat until light and fluffy. Add eggs and vanilla; beat until smooth. Stir in flour mixture until well combined. Using level table-spoonful for each, shape into balls. Roll each in granulated sugar. Place 2 inches apart, at 375° for 8 minutes. Remove from oven; press an unwrapped chocolate kiss on top of each; bake 2 minutes longer. Makes 5 dozen.

PARTY BROWNIES

1/2 c. shortening
2 T. cocoa
2 eggs
1 c. sugar
1 T. butter
1 c. chopped pecans
1/2 tsp. salt
3/4 c. flour
1 tsp. vanilla
2 c. miniature marshmallows
Chocolate Frosting:
2 T. butter
3 T. milk or cream
1 1/2 c. confectioners'
sugar
1/4 c. cocoa

Mrs. Doris Graybeal

Blend shortening and cocoa and set aside. In another bowl, add sugar and butter to beaten eggs. Then add cocoa mixture, salt, flour, and vanilla. Add chopped nuts and mix well. Bake at 350° oven 20 minutes. Take from oven and spread a layer of marshmallows on top. Top with chocolate frosting. Frosting: Mix well in saucepan and cook over low heat until melted and pours easily. Pour over brownies when cool. Cut into squares.

GRAHAM CRACKER DEE-LIGHT

1/2 c. chopped nuts
1 c. brown sugar
1 c. butter or margarine
30 graham cracker squares

Mrs. Bonnie Elfner

Mix and boil sugar and butter for 3 minutes. Add nuts and spread on graham cracker squares. Bake 6 minutes at 350°. Cut when cool. Makes 60.

ROLLED OAT COOKIES

1 1/2 c. sugar
2 c. flour
1 tsp. salt
1 tsp. cinnamon
1/4 tsp. nutmeg
1 tsp. baking powder
1/4 tsp. baking soda
1 c. butter and lard (or
margarine) mixed
2 eggs
2 c. rolled oats
1 1/2 c. raisins
1 c. broken nuts
1/3 c. milk

STIR-N-DROP SUGAR COOKIES

2 eggs
2/3 c. vegetable oil
2 tsp. vanilla
1 tsp. grated lemon rind
3/4 c. sugar
2 c. sifted flour
2 tsp. baking powder
1/2 tsp. salt

SURPRISE KISSES

4 egg whites
1 1/2 c. sugar
1/4 tsp. cream of tartar
1/4 tsp. salt
1 c. chocolate chips
1 tsp. vanilla
food coloring (optional)

Mrs. Garland Rasmussen

Sift together dry ingredients. Cream butter and sugar. Add eggs, milk, raisins, oats, and flour mixture. Drop from teaspoon on a well-greased cookie sheet. Bake in a 350° oven. 4 dozen cookies.

Mrs. Patti Lang

Heat oven to 400°. Beat eggs with fork. Stir in oil, vanilla, and rind. Blend in sugar until mixture thickens. Sift together flour, baking powder, and salt; stir into mixture. Drop by teaspoonfuls about 2" apart onto ungreased cookie sheet. Flatten with greased bottom of glass dipped in sugar. Bake 8-10 minutes or until a delicate brown. Remove immediately from baking sheet. Makes about 3 dozen 3" cookies.

Mrs. Bobbye Smith

Beat egg whites until stiff. Slowly beat in sugar until dissolved. Add cream of tartar and salt and beat until very stiff. Fold in chocolate chips and vanilla. Food coloring can be used for variety. Bake at 300° for 25 minutes. Makes 4 to 5 dozen.

CANDY MINTS

2 tsp. butter
1 egg white
2 1/2 c. sifted powdered sugar
1/2 tsp. peppermint or wintergreen flavoring
Food coloring

Mrs. Mary Scharmer

Mix thoroughly and then knead butter, egg white, sugar, and flavoring. Divide into several parts and add a different food color for each part. Make into balls and flatten with fork on wax paper. Let harden several hours. Makes 3 dozen.

CREAMY PRALINES

2 c. sugar
pinch of salt
1 tsp. baking soda
1 c. buttermilk
3 T. butter
2 1/3 c. whole pecans

Mrs. Ruth Garrison

Place sugar, salt and soda in a saucepan. Pour in buttermilk and begin cooking on low heat, stirring constantly. After 5 minutes drop in butter. Continue cooking over low heat for about 30 minutes or until it forms a very soft ball in cold water. Remove from heat and beat until slightly thick and cooled. Drop in pecans and continue to beat until mixture is quite thick. Drop by teaspoonfuls on sheet of wax paper while it is still soft enough to spread slightly. Makes 24.

DATE ROLL CANDIES

1 1/2 c. sugar
1/2 c. evaporated milk
1/4 lb. chopped dates
1/4 lb. (3/4 c.) pecans

Mrs. Ruth Garrison

Place sugar and milk in saucepan, stir over low heat until sugar is dissolved. Increase heat and boil to soft ball stage. Stir in dates and cook for 2 or 3 minutes. Remove from heat and cool until lukewarm. Beat until thick, add nuts, continue beating until candy will hold its shape. Turn onto wet cheesecloth, form into roll about 1 inch in diameter. Let stand in refrigerator until cold. Cut into slices.

DESSERTS

275

???

350

375°

FOLD MIX

MS moderate BOIL

AFMFA

AFIDFA

HINTS

Put oranges in a hot oven for a few minutes before you peel them. Then all the white fiber will come off easily, along with the rind.

For an easy dessert, fill the cored center of baked apples with vanilla ice cream. Top it off with a hot fudge or butterscotch sauce.

Top orange slices with a little sour cream and a sprinkle of brown sugar.

Spread broiled grapefruit halves with currant jelly or cranberry sauce.

For a refreshing treat, serve slices of honeydew melon topped with lemon or lime ice.

Marshmallows may be softened by heating in a damp bag in the oven.

Just before serving a fruit cup, top the fruit with a whole berry, a sprig of mint, or a scoop of sherbet.

Marinate a quart of strawberries in a 6-oz. can of frozen orange juice and $\frac{3}{4}$ cup of tawny port wine. Serve the marinated berries with whipped cream for a special dessert.

One cup of whipping (heavy) cream equals two cups whipped.

For a change of flavor, substitute dry red or white wine for half the water when making gelatin.

To make Pears Helene, chill canned or fresh pears; top with vanilla ice cream and hot chocolate fudge sauce.

When making stiffly beaten egg whites, have the egg whites at room temperature. They will reach a greater volume more rapidly than chilled egg whites.

In an emergency 3 T. of cocoa plus 1 T. of butter may be substituted for 1 square of unsweetened chocolate.

When making custards or puddings, 2 egg yolks may be substituted for 1 egg.

Blend $\frac{1}{4}$ tsp. ground cardamon with $\frac{1}{2}$ cup honey to sweeten fruits, especially peaches.

When serving a flaming dessert sauce, heat the serving spoon to help keep the brandy flaming.

ICE BOX TORTE

1/4 c. cold water
1/2 c. boiling water
1 8 1/2-oz. pkg. choco-
late wafers
1 envelope unflavored
gelatin
Maraschino cherries (cut
into halves)
6 egg whites, beaten
well
3/4 c. sugar
2 tsp. vanilla
1 pt. whipping cream

Mrs. Susan Fosdick

Add gelatin to cold water and stir. Mix in boiling water and set aside. Add sugar to egg whites; whip cream until stiff. Do not underbeat. Fold egg-sugar mixture into whipped cream. Add gelatin and fold in well. Add Maraschino cherry halves (as many as you like) to mixture. Crumble a portion of the choco-
late cookies reserving enough whole cookies to place around sides of torte tin. Place 3/4 of crumbled cookies in bottom of a spring-form pan and whole cookies around the sides. Add filling mixture and sprinkle top with cookie crumbs. Decorate with cherry halves. Put in the refrigerator overnight. Serves 10. Note: It is important to beat cream until really stiff. It will look almost curdled. If cream isn't stiff enough mixture will not gel properly. When making the gelatin you can use the syrup of the cherries instead of cold water.

RHUBARB CRUNCH

Crust:
1 c. quick oatmeal
1 c. brown sugar
1/4 tsp. salt
1 c. flour
1/2 c. butter
Filling:
4 c. diced rhubarb
1 c. sugar
1 c. water
2 T. cornstarch
few drops red food
coloring
1 tsp. almond extract
1 21-oz. can cherry pie
filling
1/2 c. chopped nuts

Mrs. Dorothy Kellasch

Mix crust ingredients with a pastry blender. Press 1/2 of mixture into 9 x 13-inch pan. Sprinkle rhubarb over crust. Mix together sugar, cornstarch, and water and boil until thick. Add coloring, almond extract, and pie filling. Pour over rhubarb. Sprinkle remaining crust over top. Sprinkle on nuts. Bake 45 minutes at 350°. Serve with whipped cream. Serves 12-16.

EASY CHOCOLATE TOFFEE DESSERT

1 c. vanilla wafer crumbs
2/3 c. butter
1 1/3 c. sifted confectioner's sugar
2 egg yolks
2 4-oz. bars German sweet chocolate or 1 1/3 c. semi-sweet chocolate pieces, melted
2/3 c. chopped walnuts
1 tsp. vanilla
2 egg whites

SWEDISH PASTRY

Part I:
1/2 c. margarine
1 c. flour

Part II:
1/2 c. margarine
1 c. water
3 eggs
1 tsp. almond extract
1/2 c. flour

Part III:
2 c. confectioner's sugar
2 T. margarine
1/3 c. milk (to thin for spreading consistency)
1 tsp. almond extract
jelly or jam

Mrs. Renae Humburg

Cream together butter and confectioner's sugar. Stir in egg yolks, chocolate, walnuts, and vanilla. Fold in stiffly beaten egg whites. Sprinkle half of crumbs on bottom of 8" square pan. Spread chocolate mixture over crumbs. Sprinkle remaining crumbs over top. Chill. Serve small squares topped with whipped cream on individual dessert plates. Serves 8-10.

Mrs. Barbara Chapman

Mix together as for pie crust. Add 1 T. water. Divide dough into 2 parts and press each into a strip 3 or 4 inches wide and 11 to 15 inches long.

Bring margarine and water to a full rolling boil. Add flour and remove from heat. Beat well with a mixer. Mixture will be very thick. While beating, add eggs and extract. Spread mixture over the pastry. Bake on pastry sheet in 350° oven for 50 minutes. Do not open the oven. The pastry will puff during baking and fall when cooling.

When cool spread any jelly or jam over the pastry. Combine all ingredients under Part III to make icing and spread over the jam.

NOAH'S DREAM

4 egg whites
pinch of salt
1 c. sugar
1 tsp. almond extract
6-8 bananas
1 pt. whipping cream
1 tsp. vanilla
1 T. sugar

PINEAPPLE DELIGHT

2 1/4 c. crushed graham
crackers
1/2 c. melted butter
1 1/2 c. confectioners'
sugar
1/2 pt. whipping cream
1 tsp. vanilla
1/2 c. butter
2 eggs, well beaten
2 T. granulated sugar
1 20-oz. can crushed
pineapple, well drained

STRAWBERRY MOLD

3 3-oz. pkgs. strawberry
jello
3 1/2 c. boiling water
1 13 1/4-oz. can
crushed pineapple
1 10-oz. pkg. frozen
strawberries
2 bananas, sliced
1/2 c. chopped nuts
1 c. sour cream

Mrs. Garland Rasmussen

Beat egg whites and salt until stiff; add sugar gradually, beating constantly. Add almond extract. Spread this meringue on the bottoms of 2 round layer cake pans. Bake in 250° oven until firm (about 1-1 1/2 hours). Carefully remove from pans. Slice bananas. Whip cream, adding sugar and vanilla. Put whipped cream mixture and sliced bananas between and on top of meringues. Serve immediately. Serves 6-8. (Ice cream and strawberries or other fruits may be substituted for whipped cream and bananas.)

Mrs. Charlotte Heywood

Combine crumbs and melted butter. Pat half of mixture into 12 x 6 x 2-inch pan. Reserve remaining crumbs for topping. Cream butter; add confectioners' sugar, beating until well blended. Beat eggs well and add to butter-sugar mixture; spread on top of crumb base. Whip cream until stiff, add granulated sugar and vanilla. Fold in pineapple. Spread on top of butter-sugar layer. Top with remaining crumbs. Chill for at least 8 hours before serving. Serves 8-12.

Mrs. Marcy Butler

Dissolve jello in water. When partially set, add fruits and nuts. Pour half of mixture in mold. Allow to set. Spread sour cream over this and add the rest of the jello. Makes a 6 1/2-cup mold.

DANISH PUFF

Crust:

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

Topping:

1/2 c. butter
1 c. water
1 tsp. almond flavoring
1 c. flour
3 eggs

Frosting:

confectioners' sugar icing
recipe
chopped nuts

Mrs. Alice LeDuc

Measure flour into bowl, cut in butter. Sprinkle with water; mix with fork. Round into ball; divide in half. Pat into 2 strips, 12 x 3 inches. Place 3 inches apart on ungreased cookie sheet. Mix butter and water in sauce pan. Bring to boil; remove from heat; add flavoring. Beat in flour, stirring quickly to prevent lumping. When smooth, add one egg at a time, beating well after each addition until smooth. Divide in half and spread half over each piece of pastry. Bake at 350° for 60 minutes. (Puff has a tendency to shrink while cooling leaving a custard portion in center). Frost with an icing and sprinkle with chopped nuts. Makes 2 1-foot long puffs--one for you and one for friends!

COFFEE NUT TORTONI (Italy)

1 pt. heavy cream
1/2 c. sugar
2 T. instant coffee powder
2 tsp. vanilla
2 drops almond flavoring
2 egg whites
4 T. sugar
4 c. corn flakes or 1 c. packaged corn flake crumbs
1/2 c. finely chopped toasted almonds

The University League

Whip cream until almost stiff; fold in sugar, instant coffee powder, and flavorings; beat until stiff. Beat egg whites until foamy; gradually add sugar and beat until stiff. If using corn flakes, crush into fine crumbs. Combine crumbs with almonds. Fold egg whites and half the crumb mixture into whipped cream. Spoon into 12 souffle cups or paper baking cups placed in muffin tins. Sprinkle remaining crumb mixture over tops and freeze until firm. Serve frozen, garnished with whipped cream and toasted almonds. Serves 10-12.

FARINA NUT PUDDING (Turkey)

Mrs. LuAnn Seawright

1 c. sugar
1 c. milk
1 c. water
1/3 c. butter
1 c. farina
1/3 c. pine nuts
cinnamon

Mix together sugar, milk and water; boil to syrup stage. Allow to cool. Melt butter in heavy saucepan, add farina and whole pine nuts, saute over low heat until nuts turn light brown. Pour cooled syrup gradually over hot farina and nut mixture, stirring until well mixed. Cover and cook until syrup is entirely absorbed, stirring frequently to keep farina from becoming lumpy. Remove from heat, wrap saucepan lid in dish towel, and replace on pan to draw excess moisture. Let stand 1/2 hour, then stir well, sprinkle with cinnamon and serve. May be kept at room temperature for several hours. Serves 8.

FRUIT COCKTAIL TORTE

1 c. sugar
1 c. flour
1 tsp. soda
pinch of salt
1 beaten egg
1 20-oz. can fruit cocktail,
drained
1/2 c. brown sugar

Mrs. Donna Schirer

Sift together sugar, flour, soda, and salt. Add egg and drained fruit cocktail. Stir until well mixed. Place in 9x9" or 8x12" greased and floured pan. Bake at 275°-300° for 1 hour. Serve with whipped cream. Serves 12.

HAAGSE BLUF (The Netherlands)

1/2 c. fruit syrup
1/2 to 3/4 c. sugar
(according to taste)
1 egg white

Mrs. Pietie Vreman

Combine all ingredients in a deep bowl. Mix at high speed until very stiff. Chill. Can be used alone or served over ice cream or pudding. Makes 1 1/2 cups.

Note: 1/3 pkg. jello dissolved in 1/2 c. hot water can be substituted for fruit syrup. Be sure to chill before using in mixture.

CHERRY CHEESE CAKE

(Turkey) Mrs. Charlene Plotkin

1 7-oz. pkg. vanilla wafers,
crushed
1/2 c. melted butter
1 8-oz. pkg. cream cheese
1/2 tsp. vanilla
2 eggs
1/2 c. sugar
Topping:
1 c. sour cream
2 T. sugar
1/2 tsp. vanilla
1 20-oz. can cherry pie
filling

Blend wafer crumbs with butter. Press into bottom of a 9" pie plate. Mix together cream cheese, vanilla, eggs and beat until smooth and creamy. Add to crumb crust. Bake at 350° for 30 minutes. Combine sour cream, sugar and vanilla; spread immediately over cheese cake. Bake 5 minutes more. Chill thoroughly. Top with cherry filling before serving.

CHOCOLATE TORTE

Mrs. Jeanne Evert

Meringue shell:
2 egg whites
1/4 tsp. salt
1/2 tsp. vinegar
1/2 c. sugar
1/4 tsp. cinnamon
Cream filling:
1 6-oz. pkg. (1 c.) semi-
sweet chocolate pieces
2 beaten egg yolks
1/4 c. water
1 c. heavy cream
1/4 c. sugar
1/4 tsp. cinnamon
Topping:
whipping cream
pecans

Cover a cookie sheet with piece of heavy paper, draw an 8-inch circle in center. Beat egg whites, salt and vinegar until soft peaks form. Blend sugar, cinnamon; gradually add to egg whites, beating until very stiff peaks form and all sugar has dissolved. Spread within circle, making the bottom 1/2-inch thick and mounding around edge, making it 1 3/4-inches high. Form ridges on outside with back of spoon. Bake in very slow oven, 275°, 1 hour; turn off heat and let dry in oven, door closed, about 2 hours. Peel off paper. Melt the chocolate over warm, not hot, water. Cool slightly, then spread 2 T. of the chocolate over bottom of cooled meringue shell. To remaining chocolate add egg yolks, water and blend. Chill until the mixture is thick. Combine cream, sugar and cinnamon, whip until stiff. Spread half over chocolate in shell; fold remainder into chocolate mixture and spread on top, chill several hours or overnight. Trim with whipped cream and pecans. Serves 8-10.

SWISS CHOCOLATE FONDUE

3 2-oz. bars Toblerone
1/2 c. cream (light or heavy)
until stiff then add vanilla.
Fold into Holland Rusks mixture. Pour into a 9x13x2 pan and bake at 350° for 30 minutes. Chill before adding topping.
Topping: Whip Dream Whip. Spread over cake. Beat egg whites, then add powdered sugar and chocolate. Spread over top of Dream Whip. Refrigerate until set. Serves 18.

BROILED AMBROSIA

2 large bananas, sliced 3/8" thick
3 oranges cut into bite-size pieces
1 T. fresh lemon juice
1 c. firmly packed brown sugar
1 c. flaked or shredded coconut
6 T. melted butter
vanilla ice cream

FRUIT BASKET UPSET

1 8-oz. can fruit cocktail, drained
2 bananas, sliced
1/2 c. halved seedless green grapes
1/2 c. sliced strawberries
5 sliced maraschino cherries
1/4 c. miniature marshmallows
1/2 c. whipping cream
2 drops red food coloring

Cookbook Committee

Break Toblerone into separate triangular pieces; combine all ingredients in small casserole. Stir over low heat and keep stirring until chocolate is melted and smooth, ready for dipping. Serve on individual plates, one or a combination of the following: angel food cake, French bread or doughnuts (cut in chunks); marshmallows; orange or tangerine slices, strawberries, split banana or pineapple chunks (fruit well drained). Serves 3-4.

Mrs. Jane Morelock

Gently toss bananas and oranges with lemon juice. Turn into a 10-inch pie plate. Mix together sugar, coconut, and butter; sprinkle over fruit. Broil 6" from heat until sugar is melted and coconut toasted. Cool slightly. Tap crust to break and top with ice cream. Serves 6.

Mrs. Anna Mae Cox

Mix together fruit and marshmallows in a large bowl. Beat whipping cream until stiff; tint with food coloring. Fold whipped cream into fruit. Refrigerate until ready to serve. Serves 4-6.

HOLLAND RUSK TORTE

1 c. sugar
6 egg yolks
6 egg whites
1 tsp. baking powder
1 c. crushed Holland Rusks
1 c. finely chopped nuts
1 tsp. vanilla
Topping:
2 envelopes Dream Whip
3 egg whites
1 c. confectioner's sugar
3 squares bitter chocolate,
melted

MIDSUMMER BERRY DESSERT

10-oz. pkg. butter cookies
3/4 c. butter
1 c. confectioner's sugar
2 eggs
1/3 c. chopped walnuts
1 qt. strawberries, rasp-
berries or blueberries, etc.
1 c. heavy cream, whipped

Mrs. Anna Mae Cox

Mix together fruit and marsh-
mallows in a large bowl. Beat
whipping cream until stiff;
tint with food coloring. Fold
whipped cream into fruit.
Refrigerate until ready to
serve. Serves 6-8.

Mrs. Faye Drankoff

Beat sugar and egg yolks. Add
baking powder, Holland Rusks
and nuts. Beat egg whites
until stiff then add vanilla.
Fold into Holland Rusks mix-
ture. Pour into a 9x13x2" pan
and bake at 350° for 30 minutes.
Chill before adding topping.
Topping: Whip Dream Whip.
Spread over cake. Beat egg
whites, then add powdered sugar
and chocolate. Spread over
top of Dream Whip. Refrigerate
until set. Serves 18.

Mrs. Annette Tealey

Roll cookies into crumbs. Cover
bottom of 8" square pan with
half of crumbs. Thoroughly
cream butter and sugar. Add
eggs one at a time and beat
well after each addition.
Spread mixture over crumbs and
sprinkle with chopped walnuts.
Top with berries; spread with
whipped cream and sprinkle with
remaining crumbs. Chill
thoroughly in refrigerator.
Garnish with cookies and whole
berries. Serves 12.

Note: Graham cracker crust
works well also. For large
berries (like strawberries)
you may have to use a larger
pan.

1/2 c. halved seedless
green grapes
1/2 c. sliced strawberries
1/2 c. sliced raspberries
1/2 c. sliced cherries
1/2 c. sliced marsh-
mallows
1/2 c. whipping cream
1/2 c. food coloring

PIES

275

???

350

BAKE

BLEND

BASTE

moderate

375°

FOLD

MIX

BOIL

F

MFA°

DFA°

150

PIE CRUSTS

PIES

HINTS

Highlight apple pie by placing a few slices of sharp process cheese on top of the pie filling before putting on the top crust.

Roll out leftover pie dough and sprinkle it with brown sugar, cinnamon, and dots of butter. Roll up and cut into slices. Bake at 350° until golden brown. Makes a special snack for children.

Use a pastry wheel for cutting pretty strips for lattice-top pies.

Don't overcook fillings with a cornstarch base. Overcooking tends to thin cornstarch fillings.

When two-crust pies are browning a little too quickly, cover top crust with a circle of aluminum foil.

Cream, custard, and chiffon pies and pies with whipped cream decorations should be kept refrigerated.

For a sparkling, extra-flaky top crust on fruit pies, brush with milk or cream, then sprinkle with sugar.

To prevent pie meringue from shrinking, spread meringue over filling, making sure it touches crust all the way around.

To prevent pie meringue from weeping (little droplets of moisture over surface), be sure to spread meringue over hot filling; bake at once.

For a garnish for the top of a 1-crust pie, roll out leftover scraps and cut with a fancy cookie cutter. Place on cookie sheet. Bake at 400° just until golden.

Cook fillings for cream pies in a heavy sauce pan and stir constantly to prevent scorching.

To quicken the chilling of chiffon pies, place saucepan of filling in large bowl with ice cubes and water. Stir frequently until mixture begins to thicken and mounds when spooned. Remove from ice at once. Have remaining ingredients ready to fold in.

One pound of apples (3 medium) is approximately 3 cups sliced apples.

One pound of bananas (3 medium) is approximately 2 1/2 cups sliced bananas.

LEMON CLOUD PIE

Crust:

1 c. flour
1/2 tsp. salt
1/3 c. shortening
1 slightly beaten egg
1 tsp. grated lemon rind
1 T. lemon juice

Lemon Cheese Filling:

1 c. sugar
1/4 c. cornstarch
1 c. water
1 tsp. grated lemon rind
1/3 c. lemon juice
2 eggs, separated
1/2 c. cream cheese

Mrs. Alice LeDuc

Sift flour and salt into bowl. Cut in shortening until particles are fine. Combine egg, lemon juice and rind. Sprinkle over mixture stirring with fork until dough is moist enough to hold together. Form into a ball. Let rest 5 minutes. Roll out to fit 9-inch pie pan. Trim pastry from edge of shell; place extra pieces in small baking pan. Fold edges to form a rim; flute. Prick generously. Bake shell and pastry pieces at 400° for 12 to 15 minutes.

Lemon Cheese Filling: Combine in saucepan 3/4 cup sugar, cornstarch, water, lemon rind, lemon juice and slightly beaten egg yolks. Cook over medium heat, stirring constantly, until thick. Remove from heat, add cream cheese, blend well. Cool. Beat egg whites until soft mounds form. Gradually add 1/4 cup sugar; beat until stiff peaks form. Fold into lemon mixture. Spoon into pie shell. Chill at least 2 hours. Sprinkle crumbled pastry around edge.

Mrs. Deborah Krider

Crush cookies, mix with butter, press into a 9-inch pie pan. In a double boiler place marshmallows and milk. Cook until marshmallows melt. Let cool, stir in liqueurs, food coloring, and whipped cream. Chill over ice water until partially thick. Pour into pie shell and chill. Top with additional whipped cream and shaved chocolate if desired. Serves 8. May be frozen.

GRASSHOPPER PIE

12 cream-filled chocolate cookies
2 T. butter
24 large marshmallows
2/3 c. milk
1/4 c. Cream de Menthe
2 T. Creme de Cacao
Green food coloring
1 c. cream, whipped

NAKED APPLE PIE

1 egg, beaten
 1/2 c. brown sugar
 1/2 c. sugar
 1 tsp. vanilla
 pinch of salt
 1/2 c. flour
 1 tsp. baking powder
 2 medium apples, pared
 and sliced (or chopped)
 1/2 c. pecans or walnuts

NEVERFAIL SOUTHERN PECAN PIE

1 9-inch unbaked pie
 shell
 3 eggs
 2/3 c. sugar
 1 c. dark or light corn
 syrup
 1/3 c. melted butter
 1 c. pecan halves
 dash of salt

PEPPERMINT PIE

16 Oreo cookies
 1/4 c. melted margarine
 1 1/4 c. cold milk
 1 envelope unflavored
 gelatin
 2 1/2 c. miniature
 marshmallows
 1 c. cream, whipped
 A few drops peppermint
 extract and green
 food coloring
 2-oz. German Sweet
 Chocolate, grated

Mrs. Jo Bucklew

Mix all ingredients together.
 Spread mixture in 9-inch greased
 pie plate. Bake at 350° for
 20 minutes.

Mrs. Mary Alyce Schmitt

Beat eggs thoroughly with sugar,
 salt, corn syrup, and butter;
 add pecans. Pour into pie
 shell. Bake at 350° for 60
 minutes, or until knife comes
 out clean. Cool.

Mrs. Betty Janke

Roll cookies into crumbs; mix
 well with melted margarine.
 Pat into 9-inch pie pan; refri-
 gerate for half hour or longer.
 Mix 1/4 cup milk and gelatin
 in pan; let stand a few minutes.
 Add marshmallows and remaining
 milk; heat slowly until dissolv-
 ed. Cool; when mixture begins
 to thicken, fold in whipped
 cream and peppermint extract and
 food coloring. Pour into crumb
 crust; grate chocolate over top.
 Refrigerate. Serves 6.

BROWNIE PIE

3 egg whites
Dash salt
3/4 c. sugar
3/4 c. fine chocolate
wafer crumbs (Nabisco
with no sugar coating)
1/2 c. chopped walnuts
1/2 tsp. vanilla
Sweetened whipped cream

Mrs. Betty Dileanis

Make meringue of first 3 ingredients. Fold in crumbs, nuts and vanilla. Spread evenly in lightly buttered 9-inch pie pan. Bake in slow oven 325° for about 35 minutes. Cool. Spread top with sweetened whipped cream. Chill well, 3-4 hours. Trim with curls of shaved unsweetened chocolate. Serves 10-12.

SODA CRACKER PIE

3 egg whites
1 c. sugar
1/4 tsp. cream
of tartar
18 coarsely crushed soda
crackers (square type)
1 c. chopped nuts
1 c. whipping cream
1 20-oz. can crushed
pineapple

Mrs. Betty Janke

Beat egg whites until stiff and dry. Add sugar and cream of tartar, and beat 1 minute. Stir in crackers and nuts. Spread in a well-buttered 9-inch pie plate. Bake 20 minutes at 350°. Whip cream until stiff. When crust is cooled, top with whipped cream and pineapple. Makes 6 servings.

COCONUT PIE

2 T. butter
1 c. dark brown sugar
3/4 c. white corn syrup
3 eggs
1 tsp. vanilla
16 soda crackers (small
squares), rolled fine
1 1/2 c. fresh grated or
ground coconut
1/8 tsp. salt
1 9-inch pie shell,
unbaked

Gourmet Foods Committee

To prepare coconut: With hammer and large nail, pierce 3 holes in one end. Drain out milk. Heat in moderate oven 30 minutes. Cool. Break shell with hammer or chisel, remove. Pare off brown skin. Grate coarsely. One coconut will yield enough grated coconut for two pies. Cream butter and brown sugar. Add corn syrup and mix well. Add the rest of the ingredients, reserving 1/2 c. of coconut. Sprinkle the 1/2 c. of coconut over the top. Bake on lower shelf in 375° oven for 40-45 minutes.

DIFFERENT LEMON PIE

Pastry for double 8-inch pie

- 1 $1\frac{1}{4}$ c. sugar
- 2 T. flour
- 3 large eggs
- 2 T. butter, melted and cooled
- $\frac{1}{3}$ c. lemon juice
- 3 T. water

Mrs. Sharleen Tetzlaff

Stir sugar and flour together. Beat eggs until foamy and begin to thicken. Add sugar and flour mixture. Stir until smooth. Add butter, lemon juice and water. Mix well and pour into unbaked shell. Place top crust on filling. Bake at 400° for 35 minutes. Cool before cutting.

FRENCH CHERRY PIE

- 3 oz. cream cheese
- $\frac{1}{2}$ c. confectioner's sugar
- $\frac{1}{2}$ tsp. vanilla
- 1 c. whipping cream
- 1 9-inch graham cracker crust
- 1 21-oz. can cherry pie filling
- $\frac{1}{4}$ tsp. almond extract

Mrs. Peggy Vergamini

Cream together cheese, sugar, and vanilla. Whip cream and fold into cheese mixture. Spread evenly into pie shell. Cover with cherry filling. Chill thoroughly.

ORANGE CHIFFON PIE

- 1 envelope unflavored gelatin
- $\frac{1}{2}$ c. sugar
- $\frac{1}{4}$ tsp. salt
- 1 c. water
- $\frac{1}{3}$ c. orange juice
- 2 c. Cool Whip or whipped cream
- 2 egg yolks
- 1 T. grated orange rind
- 1 8-inch baked pie shell

Mrs. Judy Loyd

Mix gelatin, sugar, salt. Add water and orange juice. Blend yolks and add to mixture. Place over medium heat. Stir constantly until gelatin is dissolved, about 5 minutes. Remove from stove and add orange rind. Put in refrigerator until thick, $\frac{1}{2}$ to $\frac{3}{4}$ hour. Place pot in bowl of ice water. Whip until double in volume. Blend in Cool Whip. Pour in cooled pastry shell. Chill for 3 hours. Garnish with orange rind.

PINEAPPLE STREUSEL PIE

- 1 8-inch unbaked pie shell
- 1 20-oz. can crushed pineapple
- 2 T. tapioca
- 1 c. flour
- 1/4 c. margarine
- 1/2 c. brown sugar
- 1 tsp. ginger
- 1/4 c. slivered almonds

Mrs. Christine Kelly

Preheat oven to 375°. Prepare pastry shell. Mix tapioca with crushed pineapple and let stand 10 minutes. Cut margarine into flour with a pastry blender. Add sugar and ginger. Place pineapple into pastry shell and cover with streusel mixture. Sprinkle with almonds. Bake 35-40 minutes. Serve warm with ice cream or topping.

RAISIN FESTIVAL PIE

- 1/4 c. butter
- 3/4 c. sugar
- 3 eggs
- 1 tsp. vanilla
- 1 1/2 c. raisins
- 1/2 c. chopped almonds or walnuts
- 1 stick pastry mix
- Whipped cream

Mrs. Sue McGrath

Beat butter and sugar until creamy. Beat in eggs and vanilla. Add raisins and nuts. Crumble in pastry stick, stirring until well distributed (may look curdled). Turn into greased 9-inch pie plate. Bake at 325° for 35 minutes or until set. Cool before cutting. Top with whipped cream.

RHUBARB PIE

- Pie Filling:
 - 3 eggs
 - 2 T. milk
 - 1 1/2 c. sugar
 - 3 T. flour
 - pinch of nutmeg,
 - cinnamon and salt
- 2 c. chopped rhubarb
- Topping: 1/3 c. butter
- 1/3 c. brown sugar
- 1/3 c. sifted flour

Mrs. Bonnie Boyd

Beat eggs, then add milk, sugar, flour, nutmeg, cinnamon and salt; mix well. Then stir in the chopped rhubarb. Pour filling into a 9-inch pie shell. Then mix the topping ingredients together in bowl, then sprinkle over top of pie. Bake at 400° for 60 minutes.

QUICK FRUIT PIE

- 1 8-oz. pkg. cream cheese
- 1 $\frac{3}{4}$ c. milk
- 1 $\frac{3}{4}$ -oz. pkg. vanilla instant pudding
- 1 can pie filling, any kind (strawberry, blueberry, or cherry are best)
- 1 Graham cracker crust

Mrs. Connie Wahlin

Make favorite graham cracker crust. To cream cheese add milk and pudding. Mix until smooth and fairly thick. Put in 9-inch pie pan. Top with pie filling. Chill several hours.

RHUBARB CREAM PIE

- 1 $\frac{1}{2}$ c. sugar
- 3 T. flour
- $\frac{1}{2}$ tsp. nutmeg
- 1 T. butter
- 2 well-beaten eggs
- 3 c. cut rhubarb (1 lb.)
- Pastry for two-crust 9-inch pie

Mrs. Alice LeDuc

Blend sugar, flour, nutmeg and butter. Add eggs; beat smooth; pour over rhubarb in pie shell. Top with pastry cut in strips. Bake in very hot oven 450° for 10 minutes; then in moderate oven 350° about 30 minutes.

VELVETY CUSTARD PIE

- 4 slightly beaten eggs
- $\frac{1}{2}$ c. sugar
- $\frac{1}{4}$ tsp. salt
- 1 tsp. vanilla
- 2 $\frac{1}{2}$ c. milk, scalded
- 1 9-inch unbaked pastry shell
- Dash of nutmeg

Mrs. Alice LeDuc

Thoroughly mix eggs, sugar, salt and vanilla. Slowly stir in hot milk. At once pour into unbaked pastry shell. (To avoid spill, fill at oven). Dash top with nutmeg. Bake in very hot oven (475°) for 5 minutes; reduce heat to 425° and bake 10 minutes longer or until knife inserted halfway between center and edge comes out clean. Cool on rack. Serve cool or chilled.

SAND BAKKELS (Sweden)

Dough:

1 c. butter or margarine
(room temperature)
3 oz. cream cheese
(room temperature)
2 c. flour

Filling:

2 eggs
1 1/2 c. brown sugar
1/4 tsp. salt
1 tsp. vanilla
1 T. soft butter
1/4 c. finely chopped
pecans

SOUTHERN CHESS PIE

4 eggs

1 1/2 c. sugar

1/2 c. butter

2 T. cream

2 T. corn meal

2 T. lemon juice

2 tsp. vanilla

1/8 tsp. salt

Pastry for 1-crust,

9-inch pie

STRAWBERRY CHIFFON PIE

2 baked 9" pie shells

32 large marshmallows

1 10-oz. pkg. frozen

strawberries

1 13-oz. can evaporated

milk, well chilled

Gourmet Foods Ccommittee

Combine butter and cream cheese thoroughly. Blend in flour. Chill for about 30 minutes. After the dough is chilled, form into balls about the size of large walnuts and press against the bottom and sides of muffin tin with fingers. Dough should fill cup 1/2 to 3/4 full. Combine eggs, brown sugar, butter, vanilla, and salt. Spoon filling into cups of dough about 1 T. filling per cup. Sprinkle pecans lightly over filling and bake at 350° for 15-20 minutes or until light brown. These are to be served at room temperature. Serves 8.

Mrs. Susan Fosdick

Preheat oven to 325°. Combine eggs, sugar, and butter; beat 5 minutes on high speed. Blend in remaining ingredients. Pour into 9-inch pastry-lined pie pan. Bake 1 hour or until knife inserted 1 inch from edge comes out clean.

Mrs. Carolyn Ahrens

In the top of a large double boiler heat marshmallows and strawberries until marshmallows are melted. Cool. Beat evaporated milk until stiff. Fold in cooled strawberry mixture. Fill pie shells with mixture. Chill several hours before serving.

BAKED CRUMB CRUST

1 1/3 c. crushed graham
cracker crumbs
1/4 c. soft butter
1/4 c. sugar

MERINGUE PIE SHELL

4 egg whites
1/2 tsp. cream of tartar
1 c. sugar

NUT BROWN CRUST

1 1/2 c. ground almonds,
walnuts, Brazil nuts,
or pecans
3 T. sugar
2 T. soft butter

SPECIAL PIE CRUST

2 c. flour (unsifted)
3/4 c. lard (no substitute)
1 large egg, beaten
2 T. cold water
salt

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Thoroughly mix crumbs, butter, and sugar in a bowl. Press firmly on bottom and sides of lightly buttered 9-inch pie plate. Bake at 350° for 8 minutes. Cool before filling. Note: An equal amount of vanilla wafer crumbs, chocolate wafer crumbs, or gingersnap crumbs may be substituted for the graham cracker crumbs. Reduce the amount of sugar to 2 T.

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Beat egg whites, adding cream of tartar when eggs are half beaten. Beat whites until stiff; gradually add sugar while continuing to beat. Bake in a well-buttered 9-inch glass pie plate for 50 minutes. Bake at 275°.

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Blend nuts, sugar and butter together with fingers. Press firmly on bottoms and sides of lightly buttered 9-inch pie plate. Bake at 400° for 6-8 minutes. Cool before filling.

Mrs. Susan Fosdick

Blend flour and salt. Cut in lard. Add egg and water and mix well. Line 9-inch pie pan with half and use remaining pastry for top crust, or put in refrigerator to be saved for another pie.

MEATS

350° stew
375°

BOIL

BROIL

Simmer 50°

BEEF VEAL LAMB PORK HAM
FRANKFURTERS GROUND MEAT

HINTS

Add zest to hamburgers or meatballs by lightly tossing grated process cheese with ground meat.

For light and juicy hamburgers, add one whipped egg white to each pound of ground beef.

For extra richness and flavor, mix paprika with flour when coating meat for browning.

Variety meats and ground or chopped meats are more perishable than other meats and should be cooked in one or two days or frozen.

For Russian hamburgers, top broiled hamburger with generous dollop of sour cream. Add a ribbon of red caviar across the top.

To keep meat loaf from cracking, dip hands in cold water and rub top of meat until smooth and then proceed with baking.

Pour $\frac{1}{4}$ cup dry red wine for each pound of meat over hamburgers as they brown.

Baste a whole ham with 2 cups port or muscatel wine.

When making gravy for roasts, add 2 T. sherry, dry red, or dry white wine per cup of gravy.

Add $\frac{1}{8}$ teaspoon sage to a pound of ground pork to make spicy meatballs.

Sprinkle leaf thyme over lamb chops before grilling, rubbing well into the meat.

Crush parsley with garlic and use in a marinade for lamb.

One tablespoon of instant minced onion soaked in one tablespoon water 3 to 5 minutes may be substituted for 1 medium-size chopped onion.

Blend ground cumin with oregano and rub into lamb before roasting.

Add $\frac{1}{2}$ teaspoon fennel seed to each 2 cups liquid for beef stew.

Pour a spiced sauce over diced, leftover pork and cooked sweet potatoes, and bake until thoroughly hot. This makes a delicious and economical casserole.

BARBEQUED ROUND STEAK

Mrs. Charlene Plotkin

2 lb. top round steak,
1 inch thick
1/2 c. Burgundy wine
1/4 tsp. garlic powder
1/8 tsp. oregano
1/2 c. chopped onion
2 T. butter
1 10 3/4-oz. can
condensed tomato soup
2 T. brown sugar

Score meat. Combine wine, garlic powder, and oregano. Pour over meat. Marinate 4 hours, turning occasionally. In saucepan, cook onion in butter until tender. Add soup, brown sugar, and marinade. Heat, stirring occasionally. Place steak on grill 3 inches from heat or broil in oven 3 inches from heat. Brush with sauce. Cook 10 minutes; turn; baste with remaining sauce. Cook until done as desired. Serves 6.

BEEF FONDUE

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1/2 lb. beef per person,
cut in bite-size
pieces (use tenderloin,
short loin, or sirloin)
peanut oil
dipping sauces

Put a 1 1/2-inch depth of oil in the fondue pot and heat it on the stove. Light the burner of the fondue set and place the pot of hot oil on it. Each person spears a piece of meat with his fondue fork, dips it into the hot oil and lets it cook. Bring the cooked meat to your plate and use a dinner fork to eat it. The meat may be dipped in one of a variety of sauces before eating. See Sauce section for suggestions.

GREEN PEPPER STEAK

Mrs. Carolyn Nord

1 lb. sirloin tip cut in
1/2-inch pieces
2 medium green peppers,
cut in 1-inch pieces
2 T. oil
flour
2 tsp. salt
2 T. Gravy Master
1 1/2 c. bouillon
2 c. cooked rice

Brown steak pieces in oil. Remove meat from skillet. Boil peppers for 10 minutes in separate pan. Drain peppers. Add bouillon to skillet drippings and thicken with flour. Add Gravy Master. Stir until desired thickness is obtained. Add peppers, meat, and salt to gravy; simmer for 30 minutes. Serve over hot rice. Serves 4.

BEEF IN HERB WINE SAUCE

3-4 medium onions, sliced
2 T. oil
2 lb. lean beef, cut
in 1 1/2-inch cubes
1 1/2 T. flour
1 c. beef bouillon
1 1/2 c. dry red wine
1/4 tsp. marjoram
1/4 tsp. thyme
1/4 tsp. oregano
1 tsp. salt
1/2 tsp. pepper
1/2 lb. fresh mushrooms,
sliced
1/4 c. butter

Mrs. Michele Zinn

Saute onions in oil until yellow; remove from skillet. Add meat cubes to skillet, sprinkle with flour and brown meat thoroughly. When meat is well browned, add 1/4 c. bouillon, 1 c. wine, marjoram, thyme, oregano, salt, and pepper. Cover pan tightly and simmer over low heat (or in 300° oven) about 2 hours, gradually adding remaining bouillon and wine. Add onions and mushrooms which have been sauted in butter. Cook 20-30 minutes longer until meat is tender. Serves 4-6.

BLUE SKY CHUCK STEAK

4-5 lb. 2-inch chuck
steak
1/2 c. Burgundy wine
1/3 c. salad oil
1 T. salt
1 clove garlic, minced
8 peppercorns
1 onion, thinly sliced
1 tsp. thyme
1 bay leaf
1 T. Worcestershire sauce

Mrs. Kathy Heid

Combine all ingredients and pour over steaks. Let marinate overnight, turning meat several times. Broil 4 inches above charcoal coals, 15-20 minutes for each side. Makes 6-8 servings.

CHINESE BEEF AND RICE

2/3 c. rice
2 T. vegetable oil
1 1/2 tsp. salt
1 1/2 c. boiling water
1 bouillon cube
2 tsp. soy sauce
1 med. onion, chopped
2 stalks celery, chopped
1 green pepper, chopped
1 1/2 c. diced cooked
beef

Mrs. Linda Giese

Cook rice in hot oil over medium heat until golden brown. Add salt, water, bouillon cube and soy sauce. Cover; simmer 20 minutes. Add rest of ingredients. Cover tightly and simmer 10 minutes more. (It may be necessary to add more water). All water should be absorbed at end of cooking time. If not, remove cover and allow liquid to evaporate. 2 generous servings.

SUKIYAKI

- 1 lb. round steak
- 1 T. vegetable oil
- 1/2 lb. mushrooms, thinly sliced
- 1 bunch green onions, cut in 1 1/2-inch lengths
- 3 stalks celery, sliced
- 2 large onions, thinly sliced
- 1 5-oz. can bamboo shoots, drained
- 3 T. sugar
- 1/3 c. soy sauce
- 1 chicken bouillon cube dissolved in 1/2 c. hot water
- 3 c. raw spinach leaves, washed (optional)
- 3 c. hot cooked rice

TERIYAKI STEAK (Japan)

- 4 lb. sirloin steak, cut 1/2-inch thick
- 1 1/2 c. soy sauce
- 1/2 c. dry sherry
- 2 tsp. powdered ginger
- 6 T. brown sugar*
- 3 tsp. grated onion
- 2 minced garlic cloves
- 24 canned pineapple chunks (more if desired)
- 24 mushroom caps, sauteed
- 1 1/2 T. cornstarch
- 3 T. pineapple juice

*You may like the sauce sweeter. Add more brown sugar. Also a dash of vinegar brings out a semi-sweet tang, when you add more sugar.

Mrs. Marilee Garvey

Cut round steak into strips, 2 x 1/4 inches; brown in hot oil. Add remaining ingredients except spinach and rice. Simmer uncovered until vegetables are tender, about 10 minutes. Add spinach; cook 5 minutes. Serve over rice. Serves 4.

Mrs. Jenna Gruenberg

Cut steak in 1-inch squares. Mix together soy sauce, sherry, brown sugar*, onion, ginger and garlic. Marinate meat in mixture 3 hours. Drain, reserving marinade. Thread steak, pineapple, mushrooms on skewers, starting and ending with meat. Broil 4 minutes or to desired degree of rareness, turning to brown on all sides. Use charcoal broiler, if possible. Mix together the cornstarch, cold pineapple juice and marinade. Cook over low heat stirring constantly till thickened. Serve warm with meat. Serves 8.

POT ROAST WITH ORANGES
(Brazil)

Mrs. Mary Palmberg

3 lb. chuck roast
juice of one lemon
2 tsp. salt
6 slices of bacon
1 clove garlic,
minced
1 small onion,
finely chopped
3 small tomatoes, peeled
and chopped
1 bay leaf
dash of pepper
2 c. orange juice

Season meat with lemon juice and salt. Fry bacon, remove from pan and fry meat in drippings till golden brown. Add onion, tomatoes, bay leaf and pepper. After a few minutes of cooking, pour orange juice over meat, cover and simmer until meat is tender. If liquid becomes too thick, add more orange juice. When tender, remove meat. Strain gravy and garnish meat with bacon slices. Serve with boiled potatoes.

STEAKS POLYNESIAN

Mrs. Patti Kuswa

6 cube steaks
2 T. butter or margarine
1/4 c. chopped onion
1 green pepper, seeded
and cut in strips
1/2 tsp. salt
1/8 tsp. pepper
1 1-lb., 14-oz. can
sliced pineapple
1/3 c. soy sauce
3 T. brown sugar
1 T. finely sliced
candied ginger or
1 tsp. ground ginger
1/3 c. cold water
2 T. cornstarch
Hot, cooked rice

Brown steaks quickly in butter or margarine in large skillet; add onion, green pepper, salt, and pepper; brown lightly. Add pineapple slices and juice, soy sauce, brown sugar, and ginger; heat. Blend cornstarch to a smooth paste with cold water. Arrange meat, pineapple, and peppers on platter; keep warm. Stir cornstarch into hot liquid in skillet; cook, stirring constantly, until sauce thickens and clears. Pour over meat. Serve with hot rice. Makes 4-6 servings.

BEEF SUPREME

Mrs. Jan Roseen

2 lb. beef, cubed (rump
roast or sirloin tip)
1 lb. sliced mushrooms
1/2 c. bread crumbs
1/2 c. flour
1 onion, chopped
1 10 1/2 oz. can
consomme
1/2 c. Burgundy wine

Lightly brown cubes of beef. Place all ingredients in a two-qt. casserole. Bake at 300-degree oven for 3 hours. Remove cover and bake 1/2 hour more. Serves 4.

6-HOUR BEEF STEW Mrs. Georgia Eckhardt

2 lb. stew meat Put all ingredients in a 13 x
8 carrots, cut in thick 9-inch pan. Cover and bake at
pieces 250° for 6 hours. During the
1 #2 can tomatoes last 20 minutes, remove cover
1/2 pkg. dry onion soup and add frozen peas. Serve
mix over mashed potatoes. Serves
3 T. tapioca 4-6.
8 T. cooking sherry
1 T. salt
1 T. sugar
dash each of rosemary,
pepper, marjoram
thyme
1/2 10-oz. pkg. frozen
peas
hot mashed potatoes

PICCATA DI VITELLO (Italy) (Veal in Lemon Sauce)

The University League

2 lb. veal scallops Pound veal very thin. Dip the
1/2 c. flour slices in a mixture of the flour,
1 1/2 tsp. salt salt and pepper. Heat the oil.
1/2 tsp. freshly and butter in a large skillet
ground pepper until it sizzles. Brown the
1/4 c. olive oil veal on both sides. Have the
1/4 c. butter veal flat, in a single layer.
1/4 c. lemon juice When brown and tender, remove
1/4 c. minced parsley veal. Pour off fat; add lemon
juice and parsley. Serve the
resulting "gravy" over the veal.
Serves 8.

VEAL WITH RICE AND SOUR CREAM

Mrs. Carol Patten

1 1/2 lb. veal, cut Brown veal in oil in a heavy
in small cubes saucepan. Stir in onion,
2 T. oil garlic, parsley, paprika, and
1 onion, chopped beef broth. Simmer the mix-
1 clove garlic, ture, covered, 15-20 minutes.
crushed Stir in rice, cover the pan,
3 T. chopped parsley and cook 15 more minutes.
2 tsp. paprika Gradually stir in sour cream
3 c. beef broth and salt and pepper. Simmer
1 c. raw rice until heated through.
1 c. sour cream
salt and pepper, to
taste

EASY LAMB CURRY

Mrs. Carol Patten

2 T. butter
 1 c. chopped onion
 1/2 c. chopped celery
 1/4 c. chopped apple
 1 clove garlic
 2 T. curry powder
 1 T. flour
 1/4 tsp. ginger
 1 1/4 c. stock
 (beef for lamb,
 chicken for seafood
 or chicken)
 2 c. cooked lamb
 chutney
 coconut

In butter saute the onion,
 celery, apple, and garlic. When
 tender, add curry powder, flour,
 ginger, and stock. Mix in
 chutney to personal taste.
 Add meat and simmer until
 well blended and heated through.
 Serve with coconut. Serves
 3-4. Note: Add 1/4 cup cream
 for seafood curry.

SHISH KABOB (Turkey)

Mrs. LuAnn Seawright

4 pounds deboned leg of
 lamb cut in 1-inch
 cubes
 2 T. olive or vegetable oil
 juice of 1 lemon
 salt and pepper
 2 medium onions, sliced
 6 medium tomatoes,
 quartered
 bay leaves
 green pepper
 (optional)
 eggplant (optional)

Mix olive oil and lemon juice;
 rub into the meat. Place meat
 and marinade in dish, sprinkle
 with salt and pepper; cover
 with slices of onion and tomatoes
 and a few bay leaves. Place in
 refrigerator for 4-5 hours or
 make day ahead. Stir occasion-
 ally. Arrange meat on spits
 or skewers alternately with
 tomatoes, onions and occasional
 bay leaf. Broil over char-
 coal, open wood fire or in
 broiler. Grill about 15 minutes,
 turning occasionally.

PORK CHOPS CAPRI

Mrs. Mary Atkins

8 lean pork chops
 3 tsp. rosemary
 1/2 tsp. garlic powder
 3/4 c. water
 4 T. wine vinegar
 1 T. sugar
 1 bay leaf
 1 1/2 c. tomato juice
 salt and pepper to taste
 2 16-oz. cans green beans
 1 4-oz. can mushrooms

Brown pork chops on both sides.
 Sprinkle rosemary and garlic
 powder evenly over chops. Add
 water, vinegar, sugar, and bay
 leaf. Bring to a simmer and
 cook 10 minutes. Add tomato
 juice and salt and pepper.
 Cover tightly and simmer 40
 minutes. Drain beans and
 mushrooms and spread over chops.
 Replace cover and heat through.
 Serves 6-8.

HIM SOON YORK (China)
(Sweet-Sour Pork)

Mrs. Elaine Grinde

Cut pork into thin strips, (1/4 x 2 inches). Dip meat into the fritter batter. Pick up 1 piece at a time and drop into 1 c. hot peanut oil (350°) and fry a few pieces at a time until golden brown. Do not brown too much as it will darken later when combined with vegetables. To make Fritter Batter: Combine all ingredients in a small bowl; use egg beater to beat until smooth. Cover and let stand about 10 minutes before using. To make Sweet and Sour Sauce: Combine vinegar, pineapple juice and brown sugar in saucepan and cook until mixture comes to a boil. Let cool a few minutes. Then add the cornstarch mixture and stir until well blended. Then heat 1/4 c. peanut oil in large skillet. When hot, add green pepper and fry slowly for 1 minute. Add pineapple and fry 2 more minutes. Add the previously cooked pork and mix altogether very gently as it cooks 2 more minutes. Add the Sweet-Sour Sauce; blend gently; cover and cook over moderate heat about 5 more minutes until the mixture is transparent. Next add tomatoes and cook about 2 minutes being careful not to crush the tomatoes. Mound on a dish and serve with the fried rice. To make Fried Rice: Heat 1/4 c. peanut oil in large skillet. Add egg, stirring and breaking it into pieces as it cooks. When solid, add onion, rice, pepper and soy sauce. Blend together and cook over medium heat 7-8 minutes. Serves 2-3.

Mix together meats and Rice Krispies; stir in egg, milk and seasonings. Pat into a 9 x 5-inch loaf pan. Bake 1 1/2 hour at 350°. Place pineapple slices at top and bake for 1 1/2 hour more. Serves 6.

1 lb. ground ham
1/2 lb. ground pork
2 c. Rice Krispies
1 egg
3/4 c. milk
1 tsp. Worcestershire sauce
pepper
1 1/4-oz. can sliced pineapple

BAKED STUFFED PORK CHOPS

Mrs. Connie Wahlin

1 c. diced apples Mix together apples, raisins,
1/4 c. seedless raisins bread crumbs, salt, and sugar.
3/4 c. bread crumbs or croutons Sauté onion in butter 5 minutes;
add to bread mixture. Add
3/4 tsp. salt hot water; blend. Sprinkle
1 1/2 T. sugar salt and pepper to taste on
1 T. minced onion inside of chop pockets. Fill
2 T. butter pockets with stuffing; fasten
3 T. hot water with poultry pins. Brown
4 rib chops, 1 1/2-inch chops well on both sides.
thick with pockets Place in casserole or 8 x 8 x 2-
salt and pepper inch baking pan. Add water to
1/2 c. water drippings in fry pan; stir to
loosen scrapings; pour around
chops. Cover casserole or use
foil with baking pan. Bake 1
hour at 375°; uncover last 15
minutes. Serves 4.

PARTY PORK CHOPS

Mrs. Diane Hoff

5 pork chops Trim excess fat from chops.
1 1-lb., 13-oz. can Season with salt and pepper.
whole tomatoes Brown meat on both sides and
1 12-oz. can tomato juice place flat in a shallow baking
5 T. raw rice dish. Top each chop with onion
5 thin onion slices slice, 1 T. rice, 1 whole
5 green pepper rings tomato, and a green pepper ring.
(optional) Secure vegetables with a
toothpick. Pour juice from
canned tomatoes and can of
tomato juice over the chops
being sure to soak rice. Add
juice up to the level of the
onions. Cover dish with foil
and bake at 350° for 2 hours.
Serves 4-5.

HAM LOAF

Mrs. Connie Smith

1 lb. ground ham Mix together meats and Rice
1/2 lb. ground pork Krispies; stir in egg, milk
2 c. Rice Krispies and seasonings. Pat into a
1 egg 9 x 5-inch loaf pan. Bake 1/2
3/4 c. milk hour at 350°. Place pineapple
1 tsp. Worcestershire slices at top and bake for 1/2
sauce hour more. Serves 6.
pepper
1 8 1/4-oz. can sliced
pineapple

FRANKFURTER CASSEROLE

Mrs. Alice LeDuc

2 T. butter
6-8 frankfurters, sliced
1/2 c. diced onion
1 c. uncooked noodles
1 can cream of mushroom soup
1 soup can milk
chopped parsley
grated cheese

Preheat electric skillet to 350°. Melt butter in skillet; add frankfurters and onion; brown, stirring frequently. Add noodles, soup, and milk. Stir well. When boiling, cover and simmer for 30-40 minutes, stirring occasionally. Thin further with milk or water as needed. Garnish with parsley and cheese. Serves 4-5.

BARBECUED MEAT LOAF

Mrs. Connie Wahlin

1 1/2 lb. ground beef
1/2 c. fresh bread crumbs (very fine)
1/2 c. quick cooking oatmeal
1 small onion, finely chopped
1 1/2 tsp. salt
1/4 tsp. pepper
1 egg
1/4 c. milk
2 c. tomato sauce
1/2 c. water
3 T. vinegar
3 T. brown sugar
2 T. prepared mustard
2 tsp. Worcestershire sauce

Mix beef, crumbs, oatmeal, onion, egg (unbeaten), milk, salt, pepper, and 1/2 cup tomato sauce. Form into loaf and place in shallow baking dish. Combine 1 1/2 cups tomato sauce, water, vinegar, brown sugar, mustard, and Worcestershire sauce for sauce. Pour half of sauce over loaf. Bake for 1 1/2 to 1 3/4 hours at 350°. As loaf bakes, baste with the balance of the sauce as the loaf absorbs sauce and appears dry on top. Serves 4 to 6.

CANADIAN CHILI

Mrs. Janice Vidruk

1 lb. ground beef
1 onion, diced
1/2 tsp. seasoned salt
1/4 tsp. garlic salt
1 21-oz. can pork and beans
1 12-oz. can corn niblets
1 c. catsup

Brown ground beef and onion in large skillet. Add salt and garlic. Stir in pork and beans, corn, and catsup. Simmer until heated through. Serve with hot rolls or rice. Serves 6.

HAMBURGER STROGANOFF

1 lb. ground beef
3 slices bacon, diced
1/2 c. chopped onion
3/4 tsp. salt
1/4 tsp. paprika
dash pepper
1 can condensed
cream of mushroom soup
1 c. dairy sour cream
hot buttered noodles
or rice

Mrs. Karen Burgett

Brown ground beef with bacon.
Add onion; cook until tender
but not brown. Drain off excess
fat. Add seasonings to meat
mixture. Stir in soup. Cook
slowly, uncovered, 20 minutes,
stirring frequently; stir in
sour cream. Heat thoroughly.
Do not boil. Serve over noodles
or rice.

SLOPPY JOES

1 1/2 lb. ground beef
1 onion, chopped
1/2 c. catsup
1 T. prepared mustard
1 can chicken gumbo
soup
1 c. water
1 3-oz. can mushroom
pieces, drained
salt and pepper to
taste
6 sandwich rolls,
toasted

Mrs. Elaine Grinde

Cook beef and onion until lightly
browned, breaking up meat with
fork. Add remaining ingredients
except rolls. Cover, bring to
boil and simmer about 30 minutes.
Serve on toasted rolls. Makes
6 servings.

KONIGSBERGER KLOPS (Germany)

1/4 lb. ground pork
1/4 lb. ground veal
3/4 lb. ground beef
3 slices old bread
2 eggs, beaten
salt and pepper
1 can chicken broth
4 lemon slices
3/4 tsp. capers
2 T. cornstarch mixed
with 2 T. water

Mrs. Jane Williams

Combine in bowl eggs, salt and
pepper to taste, meats and
bread broken into small bits.
Form mixture into meatballs.
Bring broth to a boil and add
meatballs and lemon slices.
Simmer for 30 minutes. Remove
meatballs and add cornstarch
mixture. Cook until slightly
thickened. Add the meatballs
and capers to the gravy. Serve
while hot. Serves 4-6.

POULTRY

FISH

4275

BAKE

BLEND

BASTE

MS

HEAT

MFA
DFA

150

MA

HINTS

Enhance broiled fish fillets by sprinkling a little grated cheese on top of the fish as soon as it comes out of the broiler. The cheese melts, it glazes and flavors the fish, and saves the trouble of making a sauce.

To tenderize chicken, rub with lemon juice inside and out.

A 1-lb. loaf of bread makes 8 cups loosely packed crumbs or cubes.

Baste chicken with $\frac{1}{4}$ cup dry white or red wine per pound when broiling or sauteing.

Add one teaspoon chervil to 2 cups broth for chicken or fish sauce.

Avoid overcooking fish. Fish is done when it has changed to a cream color, can be easily pierced with a fork, and the flakes are easily separated but still juicy.

Before frying fish, dry it thoroughly so you won't have spattering when it is placed in the hot fat.

When buying shrimp, keep in mind that 1 pound fresh or frozen shrimp in the shell is equivalent to $\frac{1}{2}$ pound shelled, cooked shrimp.

Two kinds of stuffing are better than one for a holiday bird; one in the neck, the other in the breast cavity.

Add $\frac{1}{4}$ teaspoon of sage to 6 cups bread crumbs when making stuffing for poultry.

Use $\frac{1}{2}$ teaspoon turmeric in dressing for seafood salads.

Get rid of fish odor before cooking by placing the fish in lemon juice for 25 minutes.

If you are in doubt about the freshness of a fish, place it in cold water. A fresh fish will float.

If cooked fish is to be served cold, keep refrigerated until the very last minute. If served buffet-style, place it over cracked ice.

To remove the odor of fish from utensils and dishcloths, use a solution of 1 teaspoon baking soda to 1 quart water.

CURT'S POLYNESIAN CHICKEN

Mrs. Carole Muchmore

- 1 3-lb. fryer chicken, cut up
- 1/4 c. vegetable oil
- 2 T. Kikkoman soy sauce
- 2 T. Worcestershire sauce
- 1 T. monosodium glutamate (MSG)
- 1 tsp. garlic powder
- 1 tsp. salt
- 1 tsp. cracked black pepper
- 1 tsp. rosemary
- 2 firm ripe pineapples
- 1 can (1 lb. 14 oz. size) fruits for salads
- 4 tsp. cornstarch
- 1/2 c. sauterne wine
- 1/4 c. flaked coconut

Place chicken pieces, bone side up, in a greased baking pan. Combine oil, soy sauce, Worcester-shire sauce, MSG, garlic powder, salt, pepper, and rosemary in a cup; brush part over chicken. Bake at 350° for 25 minutes. Turn chicken pieces; brush with remaining oil mixture. Continue baking 40 minutes, or until chicken is tender and golden. While chicken bakes, halve pine-apples lengthwise, cutting through leafy crown. Cut all around fruit to loosen from shells; lift out; cut out cores. Cut fruit in large chunks; set fruit and shells aside. Drain liquid from canned fruits and mix with cornstarch in a sauce pan; stir in wine. Cook, stirring constantly, until sauce thickens and boils 3 minutes; fold in fruits and pineapple. Heat until just hot. Arrange chicken pieces in pineapple shells; place on serving plates. Spoon hot fruit sauce over chicken; sprinkle with coconut.

CHICKEN CACCIATORA

Mrs. Pam Carter

- 2 lb. (approximately 10 pieces) legs or thighs
- 2 tsp. Lawrys seasoned salt
- 1 pkg. Lawrys spaghetti sauce mix
- 1-2 c. canned whole tomatoes (undrained)
- 1/4 c. sauterne (optional)
- 1/4 c. vegetable oil

Sprinkle chicken with seasoned salt. Brown in oil in skillet. Remove chicken, drain fat, blend spaghetti sauce mix and tomatoes with liquid in skillet. Add chicken; cover and simmer 30 minutes. Add sauterne and continue simmering uncovered for 15 minutes or until chicken is tender. Serve over cooked spaghetti or rice. Serves 4-6.

CHICKEN GUMBO FILE

Mrs. Lucy Loflin

- 1 large chicken cut into serving pieces
- 1 c. veg. oil
- 2 tsp. chopped parsley
- 1 c. chopped celery
- 2 c. chopped onions
- 1 c. flour
- 2 tsp. chopped green onion tops
- salt and pepper
- file powder
- 3 qt. water

Fry chicken in oil until brown; remove and add flour slowly to oil making a brown roux. Add onions and celery, cook until soft. Put chicken back into pot. Add water; let cook slowly until chicken is done. Season to taste. Add parsley and onion tops. Serve in soup plates over rice. Add 1/2 tsp. file powder to each plate served. Gumbo file, an old Indian ingredient, acts as both flavor and thickening for sauce.

Variations:

1. Add 50 oysters and liquid after chicken is done. Cook 10 minutes.
2. Add 2 lb. raw shrimp. Cook 15 minutes.
3. Instead of chicken, smoked sausage, duck, guinea hen might be used.
4. Add 12 cleaned raw crabs. Cook 15 minutes.

COUNTRY CAPTAIN

Mrs. Deborah Krider

- 4 lbs. chicken breasts
- 2 green peppers, chopped
- Seasoned flour
- 1/2 c. shortening
- 2 onions, chopped fine
- 1 clove garlic, chopped
- 3-4 tsp. curry powder
- 1 1/2 tsp. salt
- 1/2 tsp. white pepper
- 1/2 tsp. thyme
- 2 cans (1 lb. 3 oz.) tomatoes
- 1 T. chopped parsley
- 6 c. hot cooked rice

Remove skin from chicken. Roll in seasoned flour. Fry in shortening until well browned. Remove and keep warm in oven. Cook onions, pepper, and garlic in remaining shortening in pan until tender. Stir in curry powder, salt, pepper, and thyme. Mix well. Add tomatoes and parsley; heat. Place breasts in large casserole. Pour sauce over and cover. Bake at 350° for 45 minutes, or until chicken is tender. Arrange chicken in center of platter, mound cooked rice around chicken. Pour sauce over all. Garnish with parsley. Serves 8.

MOA LUAU A ME WAI NIU
(Hawaii)

(Chicken and Spinach in
Coconut Milk)

2 fryers (small, 2 1/2 lb.
each)

4 T. vegetable oil

4 tsp. salt

2 1/2 c. coconut milk*

6 T. butter

3 lb. raw spinach

(or 2 pkg. frozen,
thawed)

*Coconut Milk

1. Fresh Coconut Milk: grate meat of fresh coconut. To each cup of coconut meat add 2 c. hot water. Let soak 30 minutes, then squeeze through a piece of cheesecloth to extract all the liquid.

2. Vacuum-Packed Flaked Coconut Milk: For each cup of flaked coconut, add 2 cups of hot milk. Let stand 30 minutes. Then squeeze through a piece of cheesecloth to extract all the liquid.

EASY CHICKEN DIVINE

2 c. sliced cooked chicken
or 6 chicken breasts

2 cans cream of chicken
soup

1 c. mayonnaise

1/2 tsp. curry powder

1/2 c. shredded sharp

cheddar or Parmesan cheese

1/2 - 1 c. soft bread crumbs

1 T. melted butter

2 10-oz. pkg. frozen broccoli

Mrs. Jenna Gruenberg

Cut all meat off bones and into cubes. Heat oil in skillet; brown chicken. (Chicken may be cooked before deboning).

Add 3 tsp. salt and 1/2 c. coconut milk. Cover and cook over low heat 20 minutes.

While chicken is cooking, melt butter in large saucepan, add spinach and remaining salt.

Cover and cook over low heat 15 minutes. (Huge bulk will compress when the steam gets to it, about the last 2-3 minutes; a few large stirs might help). Add chicken with remaining coconut milk; bring to boil and serve. Serves 8.

Mrs. Flora Weinberg

Cook broccoli and arrange in greased baking dish. Place chicken on top of broccoli. Combine soup, mayonnaise, curry powder; pour over chicken. Sprinkle cheese on top. Combine bread crumbs and butter; sprinkle over cheese. Bake at 350° 20-25 minutes. Serves 6.

WATERZOOI (Belgium)

- 3 lb. chicken breasts, legs, and thighs
- 6 T. butter
- 4 leeks (white part only)
- 4 stalks celery
- 2 medium onions
- 1 bouquet garni (3 sprigs parsley, 1/4 tsp. thyme, 1/2 bay leaf all tied in a piece of cheesecloth)
- 7 c. hot chicken stock
- 1 1/4 c. dry white wine
- salt and pepper
- 8 Holland rusks
- 8 round lemon slices
- 8 egg yolks
- 2/3 c. heavy cream
- chopped parsley
- 6-7 oz. fresh mushrooms

Gourmet Foods Committee

Wash leeks well. Wipe mushrooms clean with damp cloth. Cut the leeks, celery, onions, and mushrooms into shoestrings about 1/8" thick. The length of leek should be 2" and the celery 1". Melt butter in large pot and put in vegetables and chicken. Cover and let simmer 10-15 minutes. Don't let chicken or vegetables brown. Add hot chicken broth and season to taste with salt and pepper. Add wine. Simmer 2 1/2 hours or until meat pulls away from the bone. Just before serving, remove chicken and vegetables to serving bowl and keep warm in the oven. Skim off fat from liquid. Combine egg yolks and cream; mix well. Heat broth to very hot. Add some hot broth to the egg-cream mixture and pour this into the broth. Heat over moderate heat a few minutes until sauce thickens. Be careful not to boil or sauce will curdle. Consistency should be of a slightly thickened soup. Strain sauce over chicken and vegetables to catch any bits of egg white. Sprinkle with parsley. Serve in individual soup bowls large enough to hold chicken pieces. In each bowl place a rusk and lemon slice. Serves 8.

SESAME BAKED CHICKEN

- 1 2 1/2-3 lb. fryer chicken, cut-up
- 2/3 c. fine cracker crumbs
- 1/4 c. toasted sesame seeds
- 1/3 c. evaporated milk
- 1/2 c. melted butter
- parsley

Mrs. Beth Heinzen

Toast sesame seeds in shallow, ungreased pan for 10 minutes at 350°. Combine crackers and seeds. Dip chicken in milk and roll in cracker mixture. Pour in 11 1/2 x 7 1/2 x 1 1/2-inch baking dish. Dip skin side of chicken in butter and then arrange in dish skin side up. Bake uncovered 90 minutes at 350°. Garnish with parsley. Serves 4.

CALIFORNIA BAKED FILLETS

Mrs. Mabel Coleman

2 lb. flounder fillet or
other fish fillet, fresh
or frozen
1/2 c. flour
1 tsp. salt
dash of pepper
1/4 c. roasted, diced
almonds
1 T. grated lemon rind
1/4 c. melted fat or oil
1/4 c. chopped chives
lemon wedges
parsley
1/4 c. lemon juice

POTATO SALMON PUFF

2 servings instant mashed
potatoes
3 egg yolks, beaten
2 T. minced parsley
1 7 3/4-oz. can salmon,
drained, boned, flaked
1 T. minced onion
1 T. lemon juice
1 tsp. seasoned salt
1/8 tsp. pepper
3 egg whites, stiffly
beaten

SALMON RICE SOUFFLE

1/4 c. butter
1 c. milk
1/4 c. flour
1/2 tsp. salt
3/4 c. cooked rice
4 eggs, separated
salt and pepper
3/4 c. canned salmon,
drained

Thaw frozen fillets and skin if
necessary. Cut into serving-
size portions. Combine flour,
salt, and pepper; roll fish
in mixture. Place fish in a
well-greased shallow baking
dish. Combine almonds, lemon
rind, lemon juice, and fat;
mix well. Pour over fish.
Bake at 350° for 25-30 minutes
or until fish flakes easily
when tested with a fork.
Sprinkle chives over top of
fish. Garnish with lemon
wedges and parsley. Serves 6.

Mrs. Renae Humburg

Heat oven to 325°. Prepare
potatoes according to package
directions. Stir in egg yolks,
parsley, salmon, onion, lemon
juice, seasoned salt, and
pepper; blend well. Gently
fold in egg whites. Turn
mixture into buttered 2-quart
casserole. Bake about 1 hour
or until puffy and golden brown.
Serves 4.

Mrs. Betty Dileanis

To make white sauce, melt
butter and stir in flour.
Blend in milk and salt.
Cook, stirring until thickened.
Gradually add hot white sauce
to slightly beaten egg yolks;
add rice and salmon. Beat
whites until stiff but not
dry. Fold into rice mixture.
Pour into ungreased 2-qt.
casserole and bake at 325°
for 50 minutes. Serves 4.

BAR-B-QUED CHICKEN

1 3-lb. roasting chicken
1/4 c. soy sauce
1/4 c. catsup
1/8 c. oil
1/8 c. lemon juice
1/2 clove garlic, minced
1/4 tsp. ginger
1/4 tsp. salt
1/4 tsp. pepper
1/4 c. pineapple juice

EASY CHICKEN BAKE

1 c. uncooked rice
1 fryer chicken, cut-up
salt and pepper (to taste)
1 pkg. onion soup mix
1 can cream of mushroom soup
1 soup can milk or water

HUNGARIAN CHICKEN PAPRIKA

1 2 1/2-lb. fryer chicken, cut-up
1 large onion, diced
1 green pepper, diced
1 tomato, diced
1 c. sour cream
2 T. flour
2 T. shortening
2 T. paprika
1/2 tsp. cayenne pepper
salt
1 c. hot water to which 2 chicken bouillon cubes have been added
4 servings hot rice or wide cooked noodles

NOTE: To make Veal Paprika, replace chicken with 2 lb. of veal cubes. Both dishes make 4 generous servings.

Mrs. Louise Woodmansee

Brush chicken with soy sauce. Let stand for 30 minutes. Place on rotisserie. Mix remaining ingredients and use to baste chicken while on rotisserie. Time of barbeque will depend upon size of fire and closeness of chicken (about 1 hour). Serves 3-4.

Mrs. Renae Humburg

Grease a 9 x 13-inch pan. Par-boil the rice and spread evenly over the bottom of the pan. Place pieces of chicken over the rice. Season with salt and pepper. Sprinkle onion soup mix (dry) over chicken. Top with mushroom soup and 1 soup can of milk or water. Bake covered 2 hours at 325 degrees. Uncover casserole last 15 minutes. Serves 4.

Mrs. Ilonka Fischer

In a large frying pan or Dutch oven glaze onion with shortening over medium heat. Add paprika and cayenne; do not let the mixture burn. Immediately add salted chicken pieces; mix well with paprika and onion. Add green pepper, tomato, and bouillon. Cover and simmer over low heat until chicken is tender, (about 45 minutes). Check during simmering and add water if necessary. Just before serving, pour off liquid into a small pan. Mix sour cream with the flour. Add to liquid and stir over medium heat until sauce thickens. Serve chicken surrounded with rice or noodles. Pour some sauce over chicken and serve rest in a gravy boat. Serves 4.

STUFFED FLOUNDER A LA CREME

6 T. butter
1 medium onion, chopped
1/2 lb. fresh mushrooms, chopped
1 6-oz. pkg. frozen crab meat, thawed, drained, and cut up
1/2 cup cracker meal, coarse grind
1/2 c. snipped parsley
1 tsp. salt
1/4 tsp. pepper
2 lb. flounder fillet (6 fillets)
1 T. flour
1 c. light cream
1/2 c. water
1/3 c. dry sherry
4 oz. process Swiss cheese, grated
1/2 tsp. paprika

SHRIMP CELESTIAL

8 med. shrimp, cleaned and deveined
1 T. chopped scallions
12 thin carrot slices
1/4 tsp. minced garlic
1 tsp. butter
1/3 tsp. salt
1/8 tsp. MSG
8 thin slices water chestnut

CRAB MEAT CASSEROLE

1 c. chopped crab meat
1/4 c. sliced mushrooms
2 T. butter
2 T. flour
2/3 c. consomme
2 egg yolks, beaten
2 T. sherry
1 tsp. chopped parsley
salt and pepper
seasoned bread crumbs

Mrs. Betty Dileanis

In skillet, melt butter and saute onions and mushrooms until golden. Stir in crab meat, cracker meal, parsley, and half of salt and pepper. Place 1 T. filling on each flounder fillet using about 2/3 of the mixture. Roll fillets and place side by side in large, shallow baking pan. Into remaining crab mixture stir flour, cream, water, sherry, and rest of salt and pepper. Cook while stirring until thickened. Pour over fillets. Sprinkle with grated cheese and paprika. Bake in 400° oven for 20 minutes, or until sauce is bubbling and fish flakes easily with a fork. Serves 6.

Mrs. Winnie Doran

Arrange shrimp with the other ingredients in center of a 12-inch square of aluminum foil. Bring up foil and pinch top to make a tight bag. Place in pot containing 1 inch of boiling water; cover tightly and cook 15 minutes (or place on shallow pan and bake 15-20 minutes in 400° oven). Serve in the foil with French bread for dunking. Serve soy sauce on the side. Serves 1.

Mrs. Carol Patten

Make sauce of butter, flour, and consomme; add egg yolks, sherry, salt, and pepper. Cook 3 minutes. Add parsley and cool. Add crab meat and mushrooms; fill crab shells or put in casserole. Cover lightly with buttered, seasoned bread crumbs. Bake at 350° until topping browns lightly. Serves 4 as an appetizer or 2 as a main dish.

CRAB ANDREW

2 lb. frozen king crabmeat
18 slices bacon
6 servings white or
seasoned wild rice

Mornay Sauce:

1/4 c. butter
3 or 4 shallots, chopped
2 cloves garlic, minced
1/2 c. flour
4 c. cream
2 egg yolks
1 c. grated Parmesan
cheese

Mrs. Alice LeDuc

Cut bacon slices in half crosswise. Cut crab meat into 36 chunks. Wrap each crab chunk in bacon. Place in shallow baking dish. Bake at 425° for 15 minutes. Assemble on oven-proof serving platter mounds of rice with 6 crab chunks per person threaded on a skewer. Pour Mornay sauce on the sides and sprinkle 1/2 c. Parmesan cheese over top. Place under a hot broiler until cheese browns. Serves 6.

To make Mornay Sauce: Melt butter in a skillet and add shallots, and garlic. Add flour and smooth vigorously to make a roux. Add cream gradually to thin out flour mixture; bring to a boil. Remove from stove and stir in egg yolk and 1/2 c. cheese using a wire whip to keep mixture smooth.

Mrs. Susan Foskick

Saute onion in butter. Melt soup and sour cream in a pan. Add onion, shrimp, and curry. Cook until hot; serve over hot rice. Serves 4.

QUICK SHRIMP CURRY

1 small onion, minced
2 c. cooked shrimp
1 10-oz. can frozen
shrimp soup
1 c. sour cream
1 tsp. curry powder

Mrs. Michele Zinn

Bring 1 1/4 c. water to a boil; add rice and salt. Cook, covered, over low heat for 20 minutes. Melt butter; add onion and simmer about 5 minutes. Remove from heat. Stir in flour, curry powder, salt, sugar and ginger. Dissolve bouillon in water; add with milk to flour mixture. Cook over low heat until thickened; stir constantly. Add shrimp and lemon juice. Simmer until shrimp is hot. Serve over rice. Makes 2 generous servings.

CURRIED SHRIMP

1 1/4 c. water
1/2 c. raw rice
1/2 tsp. salt
3 T. butter
1/4 c. minced onion
3 T. flour
1 1/4 tsp. curry powder
1/2 tsp. salt
1 tsp. sugar
1/8 tsp. ginger
1 chicken bouillon cube
1/2 c. boiling water
1 c. milk
2 c. precooked shrimp
1/2 tsp. lemon juice

CASSEROLES

4275 BChE ????

BD BLIT LLD

350 Stew Phd

BAKE BLEND BASTE moderate

375° FOLD MIX

MS 500° BOIL

LLM LLB LLD I MFA DFA

Simmer 500° BROIL

FONDUES COMBINATION DISHES

HINTS

Top creamed vegetable or fish casseroles with grated cheese tossed with soft bread crumbs.

Scramble eggs with crisp-crumbled bacon, flavored croutons, cubed cooked potatoes, crushed herbs, or grated cheese.

Fold a puffy omelet and fill with chopped ham, or chopped green pepper, or top with tomato or cheese sauce.

When cooking pasta, remember that

- 1 cup uncooked macaroni (4 oz.) equals 2 cups cooked
- 1 cup uncooked spaghetti (4 oz.) equals 2 cups cooked
- 1 cup uncooked noodles (2 1/2 oz.) equals 1 1/4 cups cooked

To keep cooked spaghetti from sticking together, toss with butter or a few tablespoons of sauce as soon as it is drained.

To restore a traditional recipe of cheese fondue that has separated, stir in a little more kirsch.

Add tomato juice, chili powder, and a can of kidney beans to leftover spaghetti sauce to make a delicious chili.

When you need crumbled bacon, save time by cutting raw bacon into julienne strips. Fries into neat crumbles.

Always use plenty of salted water when cooking pasta -- the rule is six quarts of water and 2 tablespoons of salt for a pound of pasta.

Egg yolks separate from the whites more easily when the eggs are at room temperature.

Four to six whole eggs, 8 to 10 egg whites, or 12 to 14 egg yolks equal one cup.

Leftover yolks may be kept two or three days if covered with water in a covered jar and refrigerated.

Store leftover egg whites in a tightly-covered jar. They will keep fresh for a week to ten days.

If rice is left in the pan for more than 5 or 10 minutes after it is cooked, it will pack.

Use leftover dried-out meat loaf in your next batch of chili.

When making spaghetti, use a package of onion soup mix in place of real onions if you are out.

SWISS FONDUE

- 1/2 lb. Imported Natural Swiss Gruyere, shredded
- 1/2 lb. June-Cured Swiss Cheese, shredded
- 2 T. cornstarch (or flour)
- 1 clove fresh garlic
- 2 c. dry white wine
- Nutmeg, salt and pepper, (to taste) (optional)
- 2 T. Kirshwasser or non-sweet brandy
- 2 loaves French or Italian bread cut in cubes

PIZZA RUSTICA (Italy)

- 2 lb. ricotta
- 3 eggs, lightly beaten
- 6 oz. prosciutto, finely diced
- 2-3 links Italian sweet sausage, cut in small pieces
- 1 unbaked, chilled deep 10-inch pie shell

LAZY STEW

- 2 lb. stew meat
- 1 10-oz. pkg. frozen peas
- 1 can tomato soup
- 1/2 soup can water
- 1 big potato, sliced
- 1 c. raw or frozen carrots pieces
- salt and pepper, to taste

Cookbook Committee

Rub heavy earthenware Fondue dish with garlic and discard garlic. Heat wine in Fondue dish over medium heat on regular stove. As air bubbles begin to rise (do not boil) add shredded cheese very slowly, stirring constantly with a wooden fork or spoon. Add cornstarch, which has been mixed with the Kirshwasser and a little wine to the cheese mixture. Stir until well blended, to the consistency of a medium white sauce. Serves 4.

Mrs. Sarah Gooding

Preheat oven to 375°. Mix together ricotta, eggs, and prosciutto. Saute sausage pieces until cooked, cool. Add sausage to cheese mixture and pour into pie shell. Bake 50-60 minutes or until lightly browned on top and set. Cool and chill. Makes 8-10 servings.

Mrs. Justine Dirreen

Put all ingredients into a large casserole with a tight lid. Bake at 275° for 5 hours. Serves 4-6.

MACARONI WITH SHELL FISH

1 1/2 c. macaroni
1 T. minced onion
3 T. butter
1 1/2 T. flour
1 1/2 c. milk
3/4 c. grated cheddar
cheese
1 tsp. Worcestershire
sauce
1/2 tsp. lemon juice
1 tsp. salt
1/2 tsp. paprika
few grains cayenne
1 1/2 to 2 c. cleaned
seafood (shrimp, clams,
etc.)
1/3 c. crushed crackers
or bread crumbs

CHILI CORN CASSEROLE

1/2 c. chopped onion
1/2 c. chopped green
pepper
1/4 c. chopped celery
1/4 tsp. minced garlic
1 1/2 lb. ground beef
2 c. tomato sauce
1 16-oz. can corn,
drained
2-3 tsp. chili powder
1 1/2 tsp. salt
1/2 c. flour
1/2 c. corn meal
1 T. sugar
2 tsp. baking powder
1 egg, slightly beaten
1/2 c. milk
4 T. shortening

Mrs. Cathy Jansen

Cook and drain macaroni. Saute onion in butter. Stir in flour until blended. Stir in milk, cheese, Worcestershire sauce, lemon juice, salt, paprika, and cayenne. Place layers of macaroni and seafood in a 2-qt. casserole. Pour sauce over them. Sprinkle crumbs on top. Bake at 350° for 45 minutes. Serves 4.

Mrs. Sharon Lambeth

Saute onion, garlic, green pepper, and celery in 2 T. shortening. Add meat and cook until well-browned. Drain off fat. Stir in tomato sauce, corn, chili powder, and 1 tsp. salt. Simmer 5-10 minutes. Pour into an 8 x 8-inch baking dish or a 2-qt. casserole. Sift flour with corn meal, sugar and baking powder and 1/2 tsp. salt. Combine egg, milk, and 2 T. melted shortening. Add to dry ingredients, stir until smooth. Spoon batter over meat mixture. Bake at 400° for 15-20 minutes. Serves 5-6.

CREOLE CASSEROLE

1 c. ripe olives
3/4 c. chopped onion
2 T. bacon drippings
2 c. tomato chunks
1/2 c. water
1/3 c. chopped green pepper
1 1/4 tsp. salt
8 frankfurters
1 c. raw rice
grated cheese

TUNA RICE CASSEROLE

3/4 c. precooked rice
1 7-oz. can tuna,
drained
1 can cream of celery
soup
1 can cream of mushroom
soup
1 c. milk
1 c. frozen peas
1 2-oz. can mushrooms,
drained
2 T. chopped onion
1/2 tsp. pepper
1/2 tsp. salt

AYSHEKADIN FASULYA (Iraq) (Beans Cooked by Ayshe)

2 16-oz. cans Blue Lake
green beans
1 16-oz. can tomatoes
1 small onion, sliced
oil
1/2 lb. ground round
salt and pepper to taste

Mrs. Ruth Garrison

Cut olives in large pieces.
Cook onions slowly in bacon
drippings until clear but not
brown. Add tomatoes, water,
green pepper, salt, olives,
rice, and frankfurters cut
in 1/4-inch slices. Bring
to a boil. Turn into a 2-qt.
baking dish. Cover; bake at
350° for 30 minutes. Remove
cover, mix rice slightly with
a fork, and top with cheese.
Bake, uncovered, 15 minutes
longer. Serves 5-6.

Mrs. Betty DeGrave

Mix all of the ingredients
together. Pour into a 1 1/2-
qt. casserole and cover.
Bake at 375° for 45 minutes.
Serves 4-5.

Mrs. Barbara MacAlpine

Cover bottom of saucepan with
oil and heat. Add onion and
brown until yellow. Add meat
and brown. Add tomatoes.
Simmer about 10 minutes.
Add beans and simmer 10 more
minutes. Serves 3-4. This is
good served with rice pilaf.

KHAO PAD (Thailand)
(Thai Rice)

1/2 lb. round steak,
sliced in thin strips
1/2 lb. pork steak,
sliced thin
2 onions, chopped
1 7-oz. pkg. frozen
shrimp, shelled,
cleaned, and diced
1 7-oz. can crab meat
1/2 tsp. MSG
1/2 tsp. salt
3 T. soy sauce
2 eggs, beaten
4 c. cooked rice
4 green onions,
chopped
1 clove garlic,
crushed
1/4 tsp. pepper
tomato and cucumber
slices

MRS. FULLER'S CASSEROLE

4 oz. sharp cheese,
grated
2 T. butter
1 lb. ground beef
1/4 c. chopped onion
1 can tomato soup
1 2-oz. can sliced mush-
rooms, drained
1 c. water
1 1/2 c. uncooked
noodles
1 10-oz. pkg. frozen
corn, thawed
1/2 c. sour cream
1/4 c. chopped ripe
olives

Mrs. Ilonka Fischer

Saute pork strips in small
amount of cooking oil; move to
one side of pan. Saute beef
strips, move to other side of
pan. Saute onions until
golden brown, move them aside to
make room to saute shrimp and
crab meat. Mix all ingredients
together. Add MSG, salt, pepper,
and garlic. Cover and simmer
10 minutes, stirring occasional-
ly. Add cooked rice, heat through
and at the last minute add green
onions and eggs. Toss gently.
Serve on a platter surrounded
with cucumber and tomato slices.
Serves 4.

Mrs. Linda Ramig

Brown meat and onions in butter.
Stir in soup, mushrooms, and
water. Bring to boil; add
noodles. Bring to boil,
reduce heat, and simmer until
noodles are just tender (10
minutes). Add corn. Stir in
half of cheese, sour cream, and
olives. Turn into a greased
2-qt. casserole. Sprinkle with
remaining cheese. Bake at 350°
for 45 minutes. Serves 4.

ONE-DISH CASSEROLE DINNER

- 1 1/2 lb. ground beef
- 2 onions, chopped
- 1 can cream of chicken soup
- 1/2 c. evaporated milk
- 1 16-oz. pkg. Tater Tots

MEAT AND CHEESE PIE

- 1 lb. ground round or chuck
- 1 small green pepper, diced
- 1 small onion, diced
- salt and pepper
- favorite seasonings, to taste
- 1 6-oz. can tomato paste
- 8-inch baked pie shell
- 1 6-oz. can pitted or chopped ripe olives, drained
- 1 c. shredded cheese

CHINESE CHICKEN CASSEROLE

- 1 3-lb. fryer chicken
- 1 can cream of chicken soup
- 1 can cream of mushroom soup
- 1 can cream of celery soup
- 1 5-oz. can water chestnuts
- 1 small onion, diced
- 1 2-oz. jar pimiento, drained and diced
- 1/2 c. sliced almonds
- 1 3-oz. can chow mein noodles
- salt and pepper to taste

Mrs. Teresa Anzoleaga

Brown meat and onions. Place in bottom of 1 1/2-qt. casserole. Add soup and milk. Place Tater Tots on top. Bake at 350° for 1 hour. Serves 4-5.

Mrs. Georgine Trammell

Brown meat with green pepper and onion; add salt, pepper, and favorite seasonings. Stir in tomato paste; cook 10 minutes, stirring regularly. Turn meat mixture into pie shell. Cover entire pie with olives. Sprinkle cheese over olives. Bake at 325° for 20 minutes. Makes 4 servings.

Mrs. Betty DeGrave

Precook chicken. Use white and dark meat without skin and cut into bite-size pieces. Mix together all of the ingredients except the almonds and noodles. Pour into a large casserole dish; top with noodles and almonds. Cover dish, bake in a preheated oven at 350° for 30 minutes. Makes 4-5 servings.

DAD'S FAVORITE CASSEROLE

1 lb. veal steak,
diced
1 lb. pork steak,
diced
1 small onion,
sliced
4 c. water
2 tsp. salt
5-6 oz. noodles
1/2 10-oz. pkg. frozen peas
1/4 lb. processed
cheese, diced
1 can cream of mush-
room soup
1 can cream of chicken
soup
1 4-oz. jar pimiento
(drained and diced)
1/2 green pepper,
diced
crushed corn flakes
or potato chips

BEEF STEW

4 lb. beef chuck, cut
in 1 x 2-inch pieces
1/2 c. flour
1 c. olive oil
3 onions, diced
4 cloves garlic, minced
2 bay leaves
1 tsp. thyme
1 bottle (fifth)
California Burgundy
1 qt. hot water
8 small carrots
1/2 lb. fresh mushrooms
1 8-oz. can small whole
onions
chopped parsley
salt and pepper

Mrs. Cheryl Kolosso

Combine meats, onion, water,
and salt; bring to boiling
point and simmer 45 minutes.
Add noodles and cook 10 more
minutes. Add peas, cheese,
soups, pimiento, green pepper.
Pour into a large buttered
casserole. Sprinkle equal
amounts of corn flakes and
potato chips on top. Bake
uncovered at 350° for 45-50
minutes. Serves 8-10.

Mrs. Sally Carpenter

Roll pieces of beef in flour.
Saute in olive oil. Sprinkle
with salt and pepper and place
in large roasting pan. Brown
onions and garlic in remaining
olive oil. Add to meat. Add
wine, water, thyme, and bay
leaves to meat. Bake in 350°
oven for 3 hours. Boil carrots
and mushrooms separately.
Add these and onions to stew
and bake 20 minutes more.
Serve with parsley. Serves 8.

SALADS

DRESSINGS

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HINTS

Fresh parsley will keep for a long time if you wet it and put it in a covered jar in the refrigerator.

Make cheese curls for a salad garnish by "shaving" cheese from a loaf. Run a vegetable peeler down the side of a 1/2-pound cake of process cheese. Roll each thin shaving and garnish a favorite salad.

Fill hollowed-out tomatoes with cheese cubes marinated in French dressing. Top with mayonnaise; serve on a bed of crisp lettuce as a luncheon salad.

To vary the flavor of a green salad, add sliced raw mushrooms or cubes of avocado and chopped chives.

For a quick potato salad, season hot potatoes with oil and vinegar. Add minced parsley and celery salt for color and flavor.

When making tossed salad, try adding the oil first to coat the leaves, then add your vinegar and herbs. You use a lot less oil this way.

One pound of fresh mushrooms equals 20-24 medium mushrooms. One pound of fresh mushrooms, sliced and cooked, equals one 8-oz. can of sliced mushrooms.

Use one, two, three, or more greens in your salads to give them contrast in color, flavor, and texture.

It is unwise to add cut-up tomatoes to a tossed salad, as their juices thin the dressing. Dress them separately and use them for garnishing the salad bowl.

To make a garlic vinegar for use in dressings or sauces, heat 1 cup vinegar to the boiling point. Cut 4 cloves garlic in half and add to vinegar for 24 hours. When the vinegar is cold, place it in a closed jar. After 2 weeks strain it and use as needed.

To substitute dried herbs for fresh use 1/3 tsp. powdered or 1/2 tsp. crushed for every tablespoon fresh chopped herbs.

One small clove of garlic equals 1/8 tsp. garlic powder.

One tablespoon of fresh horseradish equals 2 tablespoons of bottled horseradish.

An interesting addition to green salads is toasted diced bread dipped in garlic-flavored salad oil.

BEAN SALAD

1 16-oz. can green beans
1 16-oz. can wax beans
1 16-oz. can red kidney beans
1 medium onion, sliced in rings
1 green pepper, sliced in rings
1 c. chick peas
1 1/2 c. sugar
1/2 c. salad oil
1/2 c. vinegar
1 tsp. Lawry's salt
salt and pepper

CALIFORNIA SALAD

1 3-oz. pkg. lemon jello
1 3-oz. pkg. lime jello
2 c. boiling water
1 c. milk
1 c. mayonnaise
1 c. crushed pineapple, well drained
1 pt. cottage cheese
3 c. small marshmallows
1/2 c. nuts
1 dash salt

CLASSY CUCUMBER SALAD

1 3-oz. pkg. lime gelatin
3/4 tsp. salt
1 c. hot water
1/2 c. cold water
2 tsp. vinegar
1 tsp. grated onion
1 8 1/4-oz. can sliced pineapple, drained
1/3 c. mayonnaise
1 1/2 c. grated cucumber
maraschino cherries

Mrs. Madeline Hoeft

Combine all ingredients. Season with salt and pepper. Let stand several hours or overnight. Drain off liquid before serving. Reserve liquid for storing of leftover salad. This salad will keep a little over a week. 14-16 servings.

Mrs. Justine Dirreen

Dissolve lemon and lime jello in water; cool until thick. Stir in milk, mayonnaise, and pineapple. Fold in lightly cottage cheese, marshmallows, salt, and nuts. Chill until firm. Makes 16 servings.

Mrs. Shari Gilmore

Dissolve gelatin and salt in hot water. Add cold water, vinegar, grated onion, cucumber, mayonnaise, and sliced pineapple cut into small pieces. Set in refrigerator to thicken slightly. Stir and pour into mold. Serves 4-5.

CINNAMON WALDORF SALAD

Mrs. Lois Berth

- 3 T. red cinnamon candies
- 1 c. boiling water
- 1 3-oz. pkg. lemon jello
- 3/4 c. cold water
- 1/4 tsp. salt
- 2 apples, diced
- 1 T. lemon juice
- 3/4 c. diced celery
- 1/2 c. chopped walnuts

Melt the cinnamon candies in the boiling water. Dissolve the jello in the same boiling water. Add cold water and salt. Chill until thickened. Toss apples with lemon juice. Add apples, celery, and walnuts to jello. Chill until firm. Serves 6.

CURRIED RICE SALAD

Mrs. Ruth Garrison

- 1 1/2 c. cooked rice
- 1/4 c. minced onion
- 1 T. vinegar
- 2 T. salad oil
- 3/4 tsp. curry powder
- salt to taste
- 1 c. chopped celery
- 2 c. cooked green peas
- 3/4 c. mayonnaise

Mix together onion, vinegar, oil, curry powder, and salt. Add rice and marinate in refrigerator about 3 hours. Then add celery, peas, and mayonnaise. Stir gently to combine all ingredients. Serves 6.

EASY FRUIT SALAD

Mrs. Betty Hillmer

- 1 21-oz. can peach pie filling
- 1 20-oz. can pineapple chunks
- 1 11-oz. can mandarin oranges
- 1 banana

Drain juice from pineapple chunks and mandarin oranges; chill. Chill pie filling; add pineapple chunks and oranges to pie filling. Keep mixture in the refrigerator. Just before serving add the cut-up banana. Delicious accompaniment to chicken. Serves 12.

HOLIDAY FRUIT SALAD

Mrs. Charlene Plotkin

- 1 egg yolk
- 2 T. lemon juice
- pinch of cream of tartar
- 1 17-oz. can fruit cocktail
- 1 20-oz. can cubed pineapple
- 1 8-oz. pkg. miniature marshmallows
- 1/2 pt. whipping cream

Cook egg yolk, lemon juice, and cream of tartar until thick. Let cool. Drain fruit cocktail and pineapple. Mix with marshmallows. Whip cream. Add egg-lemon mixture and fold in fruit. Top with cherries. Let stand in the refrigerator 24 hours. Serves 6 to 8.

EGGS WITH MAYONNAISE AND SHRIMP

8 hard-cooked eggs
1 1/2 c. medium shrimp
1/2 c. heavy cream
1/2 c. mayonnaise
2-3 T. chopped dill
2 tsp. lemon juice
3/4 tsp. salt
dash white pepper
shredded lettuce

Gourmet Foods Committee

Peel eggs and cut into halves or quarters. Arrange on serving dish. Shell shrimp and remove vein. Place shrimp on shredded lettuce leaves around the eggs. Whip cream; add mayonnaise, dill, lemon juice, salt, and pepper. Blend well and drizzle over eggs. Serves 8 as salad or appetizer.

FEBRUARY SALAD

2 c. boiling water
2 3-oz. pkgs. raspberry jello
1 16-oz. can jellied cranberry sauce
2 bananas, well-mashed

Mrs. Nina Davis

Dissolve jello in water. Add cranberry sauce. Cook for 2 to 3 minutes, stirring constantly. Cool. Add bananas. Chill until set. Serves 8-10.

FRENCH DRESSING

1 c. salad oil
2/3 c. catsup
1/2 c. vinegar
1/2 c. sugar
2 tsp. paprika
2 tsp. salt
1 grated onion
1 T. chopped parsley

Mrs. Marilyn Hoyt

Combine all of the ingredients in a quart jar. Shake until well blended. Store in refrigerator. Makes 3 cups.

SAUCE VINAIGRETTE (France)

4 T. wine vinegar
2/3 c. salad oil
1/4 tsp. salt
pinch of pepper
1/2 tsp. dry mustard, optional
1/2 tsp. minced scallions, optional
1/4 tsp. tarragon, optional

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Place all the ingredients in a screw-top jar and shake vigorously for 30 seconds to blend thoroughly. Refrigerate until serving and shake again. Put dressing on lettuce at last minute. Makes about 1 cup dressing.

HONEY FRUIT DRESSING

1 c. dairy sour cream
 4 tsp. lemon juice
 1 T. honey
 1/4 c. sliced, drained
 maraschino cherries

SESAME SALAD DRESSING

1/2 c. sesame seeds
 1 T. butter
 1/4 c. Parmesan cheese
 1 c. sour cream
 1/2 c. mayonnaise
 1 T. tarragon vinegar
 (must be tarragon)
 1 T. sugar
 Salt and pepper
 1 clove minced garlic
 1/4 c. chopped green pepper
 1/4 c. diced cucumber
 2 T. minced onion

THOUSAND ISLAND DRESSING

1/3 c. olive oil
 juice of 1/2 orange
 juice of 1/2 lemon
 1 tsp. salt
 1/4 tsp. paprika
 1 tsp. onion juice or salt
 1 T. chopped parsley
 8 stuffed olives, chopped
 1 tsp. Worcestershire sauce
 1 tsp. prepared mustard
 1/2 hard-cooked egg, chopped
 1/8 tsp. chili powder
 2 T. chili sauce
 2 T. sweet relish
 1 T. garlic salt
 1/2 c. catsup
 1/4 tsp. of one or all --
 chervil, rosemary, tarragon,
 celery salt
 mayonnaise

Mrs. Patti Kuswa

Combine all ingredients in small bowl; mix until well blended. Refrigerate, covered, at least 30 minutes before using. Serve with fruit salad. Makes 1 1/3 cups.

Mrs. Betty Dileanis

Saute sesame seeds in butter until light brown; remove from heat. Add cheese to seeds and set aside. Blend the rest of the ingredients together (may use a blender). Sprinkle 3/4 of the seeds over salad greens; add dressing and garnish with rest of seeds. Makes 2 cups of dressing.

Mrs. Michele Zinn

Pour all ingredients into a quart jar. Fill jar with mayonnaise. Shake until well blended. Dressing tastes better after having been refrigerated.

HINTS

Store those small envelopes of sauce and gravy mixes in a paper napkin holder in the kitchen cabinet. They'll be within easy reach when you need them.

To make a tasty sauce for vegetables, dice process American cheese and dilute with milk. In the top of your blender, add one cup of liquid. Two tablespoons of oil.

One tablespoon of cornstarch will thicken two cups of liquid. Blend for a few minutes before adding.

To give a creamy texture, add a spoonful of instant coffee.

Serve with a slice of ham or Canadian-style sausage.

Position in the sauce, or slightly diluted.

A final touch to the food you serve. I should provide a contrast of shape, color, or flavor to the suggestions for various dishes are:

Just before serving vegetables, top with pimiento strips, cheese, sliced bacon, sliced hard-boiled eggs, or roasted almonds.

Serve with lemon wedges, thick cucumber slices, or tomato slices.

Top with a bright-colored gelatin.

Surround steak with mushroom caps or French-fried onion rings.

Fill canned pear halves with green mint jelly and place on a platter.

Sprinkle minced parsley on a bowl of hot soup.

When a recipe calls for milk and cream, they may be beaten together and added to the sauce without danger of curdling.

To have the best sauce, cook with the very best ingredients.

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HINTS

Store those small envelopes of sauce and gravy mixes in a paper napkin holder in the kitchen cabinet. They'll be within easy reach when you need them.

To make a tasty sauce for vegetables, dice process American cheese and dilute it in a little milk, then heat and stir in the top of your double boiler until cheese melts.

Two tablespoons of flour will thicken one cup of liquid.

One tablespoon of cornstarch will thicken two cups of liquid. Blend the cornstarch with a little cold water before adding to the sauce.

To give gravy a browner look, add a teaspoon of instant coffee.

Serve fried or poached eggs on slices of ham or Canadian-style bacon and top with a mustard sauce.

Poach eggs in cheese sauce, creole sauce, or slightly diluted canned soup such as celery, potato, or asparagus.

A garnish provides the finishing touch to the food you serve. It should provide a contrast of shape, color, or flavor to the food. Some suggestions for various dishes are:

Just before serving vegetables, top with pimiento strips, grated cheese, crumbled bacon, sliced hard-cooked eggs, or toasted almonds.

Surround fish on a platter with lemon wedges, thick cucumber slices, or tomato slices.

Top plain puddings with cubes of bright-colored gelatin.

Surround steak with broiled mushroom caps or French-fried onion rings.

Fill canned pear halves with green mint jelly and place on a platter of lamb.

Sprinkle minced parsley or chives on a bowl of hot soup.

When a recipe calls for egg yolks and cream, they may be beaten together and added to the sauce without danger of curdling.

To have the best sauce, cook with the very best ingredients.

BAR-B-Q SAUCE

- 1 c. catsup
- 1/4 c. vinegar
- 1 T. honey
- 1 tsp. Worcestershire sauce
- 2 T. mustard
- 1/4 c. hot water

Mrs. Charlene Plotkin

Combine all ingredients in order listed. Use sauce on any grilled meat. Makes 1 1/2 cups.

BARBEQUE SAUCE FOR CHICKEN

- 2/3 c. butter
- 2 T. sugar
- 1 tsp. salt
- few grains cayenne
- 2 T. flour
- 2/3 c. water or stock
- 2 T. chopped pickle
- 2 tsp. Worcestershire sauce
- 1 1/2 T. lemon juice
- 1/4 c. vinegar
- 1/4 tsp. Tabasco sauce

Mrs. Ruth Garrison

Melt butter. Combine dry ingredients and add to melted butter; stir until well blended. Remove from heat. Combine remaining ingredients and gradually stir into butter mixture. Return to heat and cook, stirring constantly, until thick and smooth. Makes about 1 1/3 cups. Use to baste barbecued chicken.

BEEF STEAK MARINADE

- 1/2 c. chopped onion
- 1/2 c. fresh lemon juice
- 1/4 c. salad oil
- 1/2 tsp. salt
- 1/2 tsp. celery salt
- 1/2 tsp. pepper
- 1/2 tsp. thyme
- 1/2 tsp. oregano
- 1/2 tsp. rosemary
- 1 clove garlic, minced

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Mix all ingredients together. Use to marinate 2 1/2 pounds of 1/2-inch thick chuck, round, or flank.

Marinate the steak at least 4-5 hours. Broil the meat in the oven or over charcoal. Makes 4 servings.

MUSTARD SAUCE FOR BROCCOLI

- 1 T. butter
- 2 T. mayonnaise
- 2 tsp. prepared mustard
- 1/4 c. evaporated milk

Mrs. Ruth Garrison

Melt butter in a small saucepan. Blend in mayonnaise and mustard. Gradually add milk as sauce heats. Serve over broccoli.

SOUR CREAM HOLLANDAISE

Mrs. Joy Herling

- 4 egg yolks
- 1 c. sour cream
- 1 T. lemon juice
- 1/4 tsp. salt

Combine all ingredients in top of double boiler. Cook over simmering water, beating constantly for 5 minutes or until thick and smooth. You can make sauce in advance and reheat over hot water at serving time. Makes 1 cup.

SWEET AND SOUR SAUCE

Mrs. Randa Keener

- 1 22-oz. can tomato sauce
- 1/2 c. ketchup
- 2 T. vinegar
- 1 c. sugar
- 1 c. water
- 1/2 c. raisins
- 1 small onion, diced
- 1/2 green pepper, diced
- salt and pepper, to taste

Combine all ingredients in a large saucepan and simmer over low heat. For meat: mix sauce with 2 lbs. ground beef and add more raisins. For chicken: cook sauce with 2 lbs. chicken pieces for 1 hour.

EGG AND CRUMB SAUCE

Mrs. Carol Patten

- 1/2 c. butter
- 1 c. bread crumbs
- 1 1/2 tsp. finely chopped onion
- 1 tsp. salt
- 1/4 tsp. pepper
- 1/2 tsp. dry mustard
- 2 hard-cooked eggs, finely chopped

Melt butter in frying pan; stir in crumbs and onion and cook on low heat until the crumbs are golden. Add salt, pepper and mustard. Just before serving stir in chopped egg. Serve on top of asparagus, cauliflower, broccoli, or tuna casserole. Servings for 6.

DESSERT SHERRY SAUCE

Mrs. Pauline Bjorkholm

- 1/2 lb. butter
- 2 c. sugar
- 4 egg yolks
- 1 c. dry sherry

Cream butter and sugar; add well-beaten egg yolks and sherry. Cook in double boiler until sauce thickens stirring constantly. Cool. Serve over ice cream or other desserts.

BERNAISE SAUCE

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- 1/4 cup dry white wine
- 1/4 cup wine vinegar
- 1 T. minced shallots
- or onions
- 1 tsp. dried tarragon leaves
- 1 tsp. dried chervil or parsley
- Freshly ground black pepper
- 3 egg yolks
- 1 cup butter, melted
- 2 T. fresh minced tarragon or parsley

Combine wine, vinegar, shallots, dried herbs and pepper in the top of a double boiler. Cook over low heat until the liquid has reduced to about half. Strain and cool. Now put the egg yolks into the double boiler. Beat until frothy. Beat in vinegar mixture. Place pan over hot but not boiling water, and do not let water touch top pan. Add the butter slowly, about a teaspoonful at a time, beating constantly. Add additional pepper and a pinch of salt, if desired. Stir in the fresh tarragon or parsley before serving. Makes 2 cups. Use as dip for beef fondue.

HERB SAUCE

Cookbook Committee

- 2 egg yolks
- 2 T. lemon juice
- 1 tsp. salt
- Freshly ground black pepper

Beat egg yolks until frothy. Beat in lemon juice, salt and pepper. Beat in the oil, about a teaspoonful at a time, until about one half cup has been added. Then add the rest of the oil more quickly, about a teaspoonful at a time, beating until the mayonnaise is thick. You may not need all of the oil. Stir in chives, parsley and onion. Chill until ready for serving. Makes 2 cups. Use as a dip for beef fondue.

CRANBERRY RELISH

Mrs. EdDee Imm

- 1 lb. cranberries washed
- 1 lb. cored apples
- 1 13 1/4-oz. can crushed pineapple
- 1-2 oranges
- sugar to taste (1-2 cups)

Grind cranberries and oranges fine; grind apples coarse. Mix in rest of ingredients. Make a week ahead of serving time. Keep refrigerated. Serve with poultry dishes.

SPAGHETTI SAUCE

1 28-oz. can stewed tomatoes
2 cans tomato soup
2 tsp. salt
1/4 tsp. pepper
2 tsp. sugar
1 clove of garlic, minced
pinch of oregano
pinch of rosemary
sprig of parsley

CRANBERRY CHUTNEY

1 c. seedless raisins
1 8-oz. pkg. pitted dates, cut-up
1 pound fresh cranberries
1/2 c. vinegar
1 c. water
1/2 c. sugar
1/4 tsp. allspice
1/4 tsp. ginger
1/4 tsp. cardamon
1/4 tsp. salt

OLD-FASHIONED DILL PICKLES

13 1/2 c. water
6 1/2 c. white vinegar
1 c. coarse salt
7 stalks dill weed
7 tsp. sugar
7 qt. finger-sized cucumbers

PICKLED BEETS

2 No. 1 cans sliced beets
1/2 c. sugar
salt and pepper
1 c. vinegar
6 whole cloves

Mrs. Barbara Morgan

Combine all ingredients in a large saucepan. Add browned meatballs, if desired. Simmer slowly for 2 hours. Serve over spaghetti.

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Combine all ingredients in large heavy saucepan. Bring to boiling over medium heat. Simmer for 5 minutes or until cranberries are split. Serve warm or cold. Makes about 2 quarts.

Mrs. Ruth Grewe

Mix together water, vinegar, and salt to make a brine. Prepare 7 qt. jars by having them clean and heated. Pack clean cucumbers, with dill weed in between tightly into jars. Boil brine for 15 minutes. Add 1 tsp. sugar to each jar and pour hot brine over the top. Seal. Put jars in very hot water and let stand until cold. Makes 7 quarts.

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Make brine of sugar, salt and pepper, vinegar, and cloves. Place beets in brine and let stand at least 6-7 hours before serving. Serve 8.

HINTS

Top bowls of soup with "croutons" of cheese. Just cut process cheese into tiny cubes and you'll have a really different treat at mealtime.

Add one teaspoon sherry or dry white wine to each serving of cream soups. Add one teaspoon sherry or dry red wine to each serving of meat and vegetable soups.

SOUPS

SANDWICHES

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HINTS

Top bowls of soup with "croutons" of cheese. Just cut process cheese into tiny cubes and you'll have a really different treat at mealtime.

Add one teaspoon sherry or dry white wine to each serving of cream soups. Add one teaspoon sherry or dry red wine to each serving of meat and vegetable soups.

Add a dash of your favorite herb to canned or frozen soups for an extra flavor touch.

Make soup elegant by serving from lovely, colored pottery bowls, cups, or mugs.

Serve your favorite soup with "go-with's" -- cheese sticks, oyster crackers, saltines, soda crackers, melba toast, or tiny cheese sandwiches.

When using toast for sandwiches, don't stack the toast slices; this traps steam and makes them soggy.

For lunch-box sandwiches, it's best to pack the tomatoes, pickles, and lettuce separately to be added when the sandwich is eaten.

For an open-faced hearty sandwich spread buttered rye bread with soft cream cheese. Top with thinly sliced smoked salmon and sliced onion.

Russian dressing is a good topper for roast beef sandwiches.

Make a delicious grilled sandwich with sliced summer sausage, sliced tomato, sliced onion, and American cheese slices.

Spread toast lightly with butter; top with a mixture of sauteed sliced mushrooms, sour cream, and crab meat. Cover with grated Parmesan cheese and broil until the cheese melts and top is golden brown.

Serve a roast pork sandwich with hot gravy, barbeque sauce, or hot applesauce.

Spread bread with peanut butter. Top with jelly and sliced bananas.

To make peanut butter sandwiches for a crowd, 7 cups of peanut butter are needed for 50 sandwiches.

For a new taste, mix peanut butter with drained crushed pineapple and coconut. Spread on toasted white bread.

OPEN-FACED CHEESE

SANDWICHES

- 6 slices white bread
- 6 slices American cheese
- 6 slices tomato
- mayonnaise

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Toast one side of the bread slices under the broiler. Remove from broiler and spread mayonnaise on untoasted sides of bread. Put a slice of cheese and then a slice of tomato on each piece of bread. Broil sandwiches until cheese is lightly browned and bubbly on top.

PIZZA BUNS

- 1 lb. hamburger
- 8 hamburger buns
- 1 small onion chopped
- 8 slices cheddar cheese cut in squares
- 1 15-oz. can pizza sauce
- 1 2-oz. can chopped mushrooms
- 1/2 tsp. oregano
- salt and pepper to taste

Mrs. Pat Wolverton

Brown hamburger and onion, add pizza sauce, spices, and mushrooms, simmer for 10 minutes, cool. As mixture cools, pre-heat oven to 375°. Add cheese, scoop on to halves of hamburger buns. Place on cookie sheet. Bake 10-15 minutes.

TUNA PUFF SANDWICHES

- 1 7-oz. can tuna, drained and flaked
- 1 1/2 tsp. prepared mustard
- 1/4 tsp. Worcestershire sauce
- 1 1/2 tsp. grated onion
- 2 T. chopped green pepper
- 3 hamburger buns, split
- 6 tomato slices
- 1/2 c. mayonnaise
- 1/4 c. finely shredded American cheese

Mrs. Charlene Plotkin

Blend together tuna, mustard, Worcestershire sauce, mayonnaise, onion, and green pepper. Pile mixture on the hamburger bun halves. Top each bun with a tomato slice. Blend mayonnaise with cheese. Spread on tomato slices. Broil 4 inches from heat until topping puffs and browns. Makes 6 servings.

TOMATO, CHEESE N' BACON BROIL

- 8 slices bacon, cut in half
- 8 slices process cheese
- 8 slices toast
- 1 can (10 1/2 oz.) condensed tomato soup

The Cookbook Committee

Partially cook bacon. Place a slice of cheese on each slice of toast; spread with soup; cover edges completely. Top with bacon. Broil about 4 inches from heat until cheese melts. 8 open-faced sandwiches.

EASY BORSCHT

Mrs. Wendy Sopkovich

- 1 16-oz. can shoestring beets
- 1 pkg. Knorr's onion soup
- 32 tiny precooked, pre-seasoned meatballs
- sour cream

Drain beets; add to prepared onion soup. Add meat balls and heat through. Serve with dab of sour cream on top. Serves 4.

FRENCH ONION SOUP

Mrs. Charlotte Heywood

- 2 T. butter
- 1 tsp. sugar
- 1/4 tsp. dry mustard
- 2 c. sliced onion
- 4 c. hot water
- 2 T. meat extract paste
- or 6 beef bouillon cubes

Melt butter in saucepan; blend in sugar and dry mustard. Add onions and cook over low heat. Stir frequently until onions are tender (about 15 minutes). Pour in water, bring to boil. Blend in and dissolve meat extract or cubes. Simmer uncovered about 15 minutes. Serve topped with toast cubes.

QUICK BORSCHT

Mrs. Alice Liechty

- 1 16-oz. can shoestring beets
- 2 T. chopped onion
- 1 c. shredded cabbage
- 1 tsp. salt
- 1 T. vinegar
- sour cream

Drain beets and reserve liquid. Combine onion, cabbage, plus beet liquid and water to make 4 cups, salt, vinegar. Cook in pressure cooker (15 lbs.) 3 minutes or simmer covered 15-20 minutes. Add beets. (Portion or all of beets may be blended.) Heat. Serve cold and add sour cream to top. Serves 4.

CLAM CHOWDER

Cookbook Committee

- 1/4 c. finely cut bacon
- 1/4 c. minced onion
- 2 7-oz. cans, minced clams
- 2 c. finely diced raw potatoes
- 1/2 c. water
- 2 c. milk
- 1 tsp. salt
- 1/8 tsp. pepper

Saute bacon and onion in large kettle. Add liquid from the 2 cans of clams, potatoes and 1/2 c. water and cook for 10 minutes (or until potatoes are tender). Just before serving add clams, milk, salt, and pepper. Heat to boiling, stirring occasionally. Serve immediately. Serves 6.

NOTE: For Manhattan Clam Chowder use 1 No. 303 can cooked tomatoes instead of milk. Increase water to 1 cup and add 1/3 c. diced celery with clam liquor. Add 1/4 tsp. thyme and 2 tsp. minced parsley.

HINTS

Use a vegetable peeler to remove the thin skin from firm semi- or smooth-skinned fruits and vegetables. It's more efficient and less wasteful than using a paring knife.

Bake eggs in mashed potato cups, tomato shells, green pepper halves, or green pepper rings.

Make green vegetable casseroles by serving them with a creamed celery sauce made from condensed cream of celery soup diluted slightly with milk. Sprinkle creamed onion on top.

To easily peel a potato, boil it over flame or heat for 1 minute, then plunge into cold water. Then plunge into cold water and slip off the skin.

Onion skins keep the freezer in a plastic bag. When needed, they are ready and waiting. The same trick can be used for green pepper and fresh herbs.

Three basic rules for cooking green vegetables: don't use too much water, don't overcook, and serve immediately. Potatoes baked at 450° for 40-50 minutes.

Tell your guest potatoes apart, and serve them as long and chunky as possible.

Serve creamed onions topped with grated cheese and topped with a bit of butter.

Use a vegetable peeler to remove the thin skin from firm semi- or smooth-skinned fruits and vegetables. It's more efficient and less wasteful than using a paring knife.

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Bake eggs in mashed potato cups, tomato shells, green pepper halves, or green pepper rings.

Make green vegetables glamorous by serving them with a creamed celery sauce made from condensed cream of celery soup diluted slightly with milk. Sprinkle crumbled bacon on top.

To easily peel a tomato, hold over flame or heat for 1 minute or place in boiling water for 1 minute. Then plunge into cold water. Remove from water and slip off the skin.

Chop onions and keep them in freezer in a plastic bag. When needed, they are ready and waiting. The same trick can be used for green peppers and fresh herbs.

Three basic rules for cooking green vegetables -- don't use too much water, don't overcook, and serve immediately.

Potatoes bake best at 450° for 40-50 minutes.

To tell yams and sweet potatoes apart, remember that yams are chubby and sweet potatoes are long and slim.

Serve creamed onions topped with grated cheese and chopped nuts.

Perk up tomatoes, scalloped or stewed, by adding a bit of grated cheddar or sharp cheese. The flavor is delicious.

White vegetables (onions, cauliflower, etc.) will stay whiter if the pan is covered while cooking.

One cup of white uncooked rice equals 3 cups cooked.

Store leftover cooked rice, covered, in the refrigerator. It can be kept about a week.

Use spices and herbs to enhance the taste of vegetables.

Serve sliced cucumbers with minced fresh dill, vinegar, and salt.

Add a pinch of basil to baked scalloped tomatoes.

Substitute chicken broth, beef broth, or consomme for the water when cooking rice.

ASPARAGUS CASSEROLE IN MORNAY SAUCE

Mrs. Katie Zipf

- 4 T. butter
- 5 T. flour
- 2 c. milk
- 1 1/2 c. grated cheese
- salt and white pepper
- 2 No. 2 cans asparagus
- 1 5-oz. can water chestnuts
- 2 hard-cooked eggs
- 2 T. chopped pimiento
- bread crumbs

NOTE: Choose your favorite cheese--Swiss, Parmesan, or Cheddar--in preparing the Mornay sauce.

To make mornay sauce, melt butter over low heat and blend in flour. Cook slowly, stirring constantly until the mixture foams for 2 minutes. Remove from heat. When it has stopped bubbling pour in the milk (which has been heated to the boil) and beat vigorously so it is thoroughly mixed. Set over medium heat and stir (preferably with a wire whip) until sauce boils for 1 min. Salt and pepper to taste and stir in cheese until melted and blended. Butter casserole dish and place layers of asparagus (1 can), 1 egg sliced, and 1 T. of pimientos. Cover with 1/2 of mornay sauce and repeat. Top with bread crumbs and bake in 375° oven 30 minutes. 6 to 8 servings.

SPICED-UP BAKED BEANS

Mrs. Madeline Hoeft

- 1 16-oz. can Campbell's baked beans
- 1/8 c. chopped onion
- 1 bacon strip cut into small pieces
- 1/4 c. catsup
- 2 T. barbecue sauce
- 1 tsp. mustard
- 2 T. molasses
- 1/4 c. brown sugar loosely packed

If baked beans seem to have extra liquid, pour some off. Then combine all ingredients thoroughly. Bake in a covered casserole dish at 350° for 45 minutes.

GREEN BEAN CASSEROLE

Mrs. Peggy Vergamini

- 1 can condensed cream of chicken or cream of mushroom soup
- 1 tsp. soy sauce
- 1 3 1/2-oz. can French fried onions
- 3 c. cooked French style green beans, drained
- dash of pepper.

In 1-qt. casserole stir soup and soy sauce until smooth; mix in 1/2 can of onions, beans, and pepper. Bake in a 350° oven 20 minutes or until bubbling. Top with remaining onions. Bake 5 more minutes. Serves 6-8.

SWISS CHEESE GREEN BEAN
CASSEROLE

Mrs. Connie Wahlin

- 2 16-oz. cans French style green beans
- 1 lb. grated Swiss cheese
- 4 T. butter
- 2 T. flour
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 tsp. sugar
- 1/2 tsp. minced onion
- 1 c. sour cream
- 1/2 c. corn flakes, crushed

Mix 2 T. butter, flour, salt, pepper, sugar, onion; stir in sour cream. Warm beans and add Swiss cheese. Fold in sour cream mixture. Pour in a 2 1/2-qt. casserole. Top with 2 T. melted butter combined with corn flakes. Put in 400° oven for 20 minutes (45 minutes if casserole is prepared ahead of time and is not warm). Serves 8.

CARROT RING

Mrs. Charlene Plotkin

- 1 c. shortening
- 1/2 c. brown sugar
- 1 egg, beaten
- 1 T. cold water
- 2 c. grated carrots
- 1 1/2 c. flour
- 1/2 tsp. baking powder
- 1/2 tsp. salt
- 1/2 tsp. nutmeg
- 1/2 tsp. cinnamon

Cream shortening and brown sugar together. Combine and add egg, water, and carrots. Sift together flour, baking powder, salt, nutmeg, and cinnamon and add to other ingredients. Grease mold and pack 2/3 full. Cover with wax paper; refrigerate overnight. Three hours before baking take out and let it come to room temperature. Bake one hour at 350°. Serves 6 to 8.

BAKED MUSHROOM-ARTICHOKE
CASSEROLE

Mrs. Renae Humburg

- 1/2 lb. fresh mushrooms
- 2 T. dry white wine
- 2 7-oz. cans artichoke hearts (well drained)
- 6 slices bacon, cooked, drained, and crumbled
- 2 8-oz. cans tomato sauce
- 2 T. pine nuts (pinon nuts) (optional)
- 2 T. chopped parsley
- 2 T. grated Parmesan cheese (or more to suit your taste)

Wash and dry mushrooms. Cut off tough ends from stems. Slice stems; set aside. Sprinkle a buttered, shallow baking dish with the dry white wine. Arrange mushroom caps and artichoke hearts alternately in the dish. Sprinkle with the crumbled bacon. Combine mushroom stems, tomato sauce, and pine nuts (optional); mix well. Pour over the vegetables. Sprinkle with parsley and cheese. Bake at 350° for 30 minutes. Serves 4.

RICE PILAF

Mrs. Marilyn Hoyt

1/2 c. butter
1 large onion, thinly
sliced
1 c. fresh mushrooms
1/4 c. finely chopped
green pepper
1 c. raw rice
dash of thyme
2 c. canned chicken
broth or bouillon

Melt half of butter and cook onion in it over medium heat until golden. Add mushrooms and green pepper, cook until tender. Remove vegetables and set aside. In same skillet, heat remaining butter. Add rice and brown slightly, stirring over low heat. Stir in vegetables and thyme. Heat chicken broth to boiling. Stir into rice. Turn mixture into 1-qt. casserole. Cover and bake 30-40 minutes at 350° or until liquid is absorbed and rice is tender. Serves 6.

RISOVERDI (Italy) (Green Rice)

The University League

2 T. olive oil
4 T. butter
1 c. minced scallions
1 1/2 c. finely chopped
raw spinach
2 c. raw long grain rice
3 1/2 c. hot chicken
broth
1 tsp. salt
1/4 tsp. pepper
grated Parmesan cheese
1 c. minced parsley

Heat oil and half of butter in heavy saucepan; mix in scallions. Cover and cook over low heat 5 minutes. Mix in rice and heat until translucent. Add 2 cups broth, salt, and pepper; cover and cook over low heat 20 minutes, adding remaining broth, spinach, and parsley after 10 minutes. Lightly mix in remaining butter with a fork. Serve with cheese. Serves 8.

TOMATOES AND LUSITANIAN STYLE

Mrs. Betty Troccoli

8 medium sized tomatoes
ground black pepper
3 T. chopped onion
1/3 c. chopped green pepper
2 T. salad or olive oil
1 c. cooked rice
mayonnaise
thin green pepper strips
lettuce

Scoop out the tomatoes from the stem end. Sprinkle tomato cavities with salt and pepper; let stand 1/2 hour. Invert on plate to drain. Use "slow" half hour to saute onion and chopped green pepper until limp but not brown. Add to rice and mayonnaise to moisten. Season to taste; chill, then spoon into cavities. Garnish with green pepper strips; serve on lettuce. Serves 8.

FRENCH FRIED ONION RINGS

Mrs. Mary Anne Linscott

1 c. flour
1/4 tsp. salt
1/2 c. milk
2 T. oil
1 egg white, unbeaten
6 T. water (about)
2-3 large onions
fat for frying

Sift flour and salt in mixing bowl. Add milk, oil, and egg white all at once and beat until smooth. Then add just enough water to make a medium-thin batter. Peel and slice onions into 1/4-inch slices; separate into rings and dip into batter. Drop batter-covered rings a few at a time into fat heated to 375° and fry until golden brown. Drain on absorbent paper and sprinkle with salt. These rings may be kept in a warm oven for 15-20 minutes after frying. Serves 5.

SPINACH SOUFFLE

Mrs. Connie Wahlin

4 slices bacon, cubed
1/4 c. bacon drippings, cooled
2 c. packed, raw spinach or 1 16-oz. package frozen spinach
3/4 c. milk
4 eggs, separated
1/4 c. flour
1 slice onion, chopped
1 tsp. salt
1/8 tsp. pepper
1/2 c. grated cheddar cheese

Heat oven to 375°. Grease a one-quart casserole. Fry bacon slices until crisp, drain well, and reserve drippings. Set aside. Cook spinach until tender. Drain well. Put all ingredients except bacon and egg whites into blender and mix until smooth. Turn into saucepan and cook over moderate heat until thickened. Add cubed bacon pieces. Cool slightly. Beat egg whites until stiff. Fold spinach mixture into beaten egg whites. Turn into prepared casserole and bake 30 minutes. Serve immediately. 6 servings.

ZUCCHINI CASSEROLE

Mrs. Carol Patten

1 lb. sliced onions
2 lb. sliced zucchini
1 green pepper, chopped
4 tomatoes, chopped
1 clove garlic, minced
1 cup croutons (seasoned, if possible)
4 T. oil
Parmesan cheese

Saute onions in oil until tender. Add zucchini, green pepper, tomatoes, garlic and croutons. Sprinkle with Parmesan cheese. Bake at 375° for 45 minutes. Serves 6-8.

EGGPLANT PARMESAN

- 1 large eggplant
- 3 eggs, beaten
- 1 c. packaged dried bread crumbs
- 3/4 c. olive oil
- 1/2 c. grated Parmesan cheese
- 2 tsp. dried oregano
- 1/2 lb. sliced mozzarella cheese
- 3 8-oz. cans tomato sauce

Mrs. Donna Fessler

Preheat oven to 350°. Cut eggplant into 1/4" slices; dip slices into eggs, then crumbs. Saute in hot olive oil until golden brown on both sides. Place layer of eggplant in 2-qt. casserole; sprinkle with some Parmesan, oregano, and slices of Mozzarella; cover with some tomato sauce. Repeat until all eggplant is used. Top with Mozzarella cheese and cover with tomato sauce. Bake uncovered for 1/2 hour. Serves 4-6.

CRAB-STUFFED BAKED MUSHROOMS

- 16 large mushrooms
- 3 T. butter
- 4 T. Italian bread crumbs
- 6 oz. crab meat
- 2 T. minced parsley
- 2 T. minced onion
- 2 T. grated Parmesan cheese
- 1/2 tsp. salt
- few grains cayenne
- 1 c. white wine

Mrs. Marilyn Adams

Rinse mushrooms in cold water; dry. Remove stems and chop fine. Melt butter in skillet. Add stems, crumbs, crab meat, parsley, onion, cheese, salt, and cayenne; cook 10 minutes. Blend in 1/4 cup wine. Pack filling into mushroom caps. Sandwich 2 filled mushrooms together. Place in shallow baking dish. Pour remaining wine around mushrooms. Bake at 400° for 20 minutes. Makes 8.

BIBER DOLMA (Turkey)

- 1 lb. rice
- 2 lb. green pepper
- 3 onions
- 2 tomatoes
- 2 tsp. salt
- 1/4 c. pine nuts
- 1/2 c. currants
- 2 tsp. sugar
- 1/2 tsp. black pepper
- 1 c. water
- 1/2 tsp. cinnamon

Mrs. LuAnn Seawright

Cook onion and salt in oil until pink. Put in rice and sugar; cook; add pine nuts and currants; cook. Add cubed, skinless tomatoes, then cinnamon and black pepper. Add water, let cook, covered, until rice has absorbed water. Stuff peppers, place in pan filled with water up to 3/4 the level of peppers. Cook until water is almost gone. Note: You can use recipe to stuff other vegetables. Serves 8-10.

BEST SCALLOPED POTATOES

4 c. thinly sliced, pared
potatoes
1/2 c. minced onion
2-3 T. flour
1 tsp. salt
1/8 tsp. pepper
3 T. butter or margarine
1 1/2 c. scalded milk

PAPAS A LA HUANCAINA (Peru) (Potatoes)

6 large potatoes, peeled
1/8 c. oil
1/2 c. evaporated milk
5 eggs, hard boiled
hot sauce (bottled)
1 lb. cottage cheese
juice of one large lemon
parsley and lettuce for
garnish

BANANA AND SWEET POTATO CASSEROLE (Hawaii)

4 sweet potatoes
1 1/2 tsp. salt
4 T. butter
4 bananas
3/4 c. brown sugar
1/2 c. orange juice

Mrs. Renae Humburg

Preheat oven to 375°. Arrange layers of potatoes in greased 2-qt. casserole. Top with some of the onion. Sprinkle with part of the flour, salt, and pepper. Dot with some butter. Repeat layers until all are used, ending with butter. Pour milk over layers. Cover. Bake 45 minutes; uncover; bake 15 minutes more or until potatoes are tender. Makes 4 servings.

Mrs. Nancy Chisinos

Boil potatoes, halve them lengthwise, put on a bed of lettuce. While they are boiling make sauce, preferably in a blender. Mix cottage cheese with oil, lemon juice, pinch of salt and enough hot sauce to suit your preference. Add 2 boiled egg yolks. Blend till smooth. Put sauce over potatoes. Garnish with remaining eggs (halved) and parsley.

Mrs. Jenna Gruenberg

Cook unpeeled sweet potatoes in boiling water till tender but firm. Cook, peel and slice 1/4 inch thick. In large buttered casserole, arrange alternate layers of potatoes, sprinkled with salt and dotted with butter and the bananas sprinkled with brown sugar. Start with potatoes and end with banana layer dotted with butter. Add orange juice. Bake in 350° oven 30 minutes or till browned on top. Serves 8.

