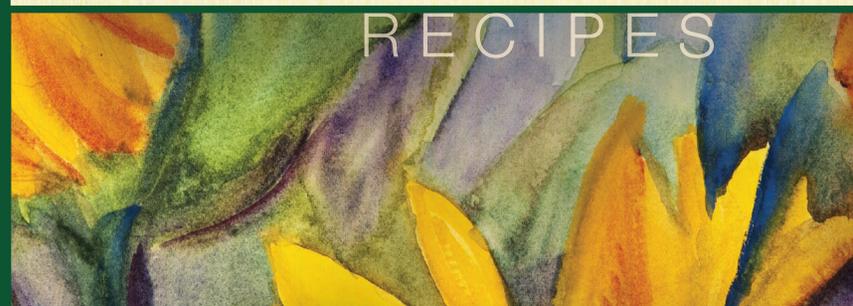


FAVORITE

# Bloomin' Good Recipes

Lakewood Forest Garden Club



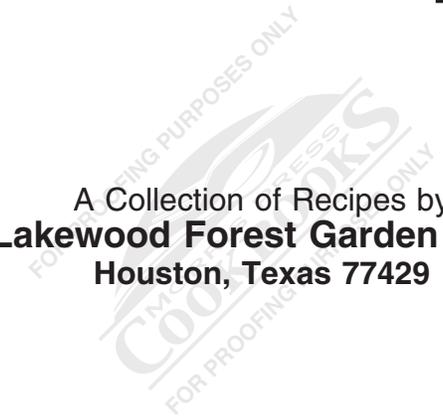
RECIPES



# Bloomin' Good Recipes



A Collection of Recipes by  
**Lakewood Forest Garden Club**  
Houston, Texas 77429



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## Dedication

We want to dedicate this cookbook to our founding member, Ginger Cunliffe. In 1974, soon after the Lakewood Forest Subdivision was opened to construction, she and a group of very interested women banded together in an effort to create a local interest in learning all about types of gardening and working to beautify the new subdivision.

It was through Ginger's work that the plans for landscaping the medians and entrances to the subdivision were laid out and planted. She was also instrumental in saving so many native trees in the area.

Ginger passed away in 2011. She was a guiding light and will be missed by all who knew her.



## Appreciation

We would like to thank all of our current and former members for their generosity in submitting recipes for this cookbook. Without you this project would never have gotten off the drawing board and into print.

Thank you to everyone who purchased this book. Your support enables us to provide assistance to our ongoing projects: updating the landscaping all over the subdivision, a butterfly garden at Moore Elementary, Shepherd's Garden, Mercer Arboretum, Brookwood Community, Lady Bird Johnson Wildflower Center, Nature Conservancy of Texas, Texas Native Plant Society, the Federation's "Seeds for Life" program, and other worthwhile causes as needs arise.

A special thank you also to the many club members for the countless hours spent typing, proofing and meeting to pull this project together.

Be sure to check out the brunch recipes, that you will find in the beginning of "This & That." The committee has not had time to try or test each contribution but the recipes are tried and true favorites of our members.





## Lakewood Forest Garden Club History and Organization

The Lakewood Forest Garden Club was organized in 1974 soon after the subdivision was opened to construction. A group of very interested women joined in an effort to create a local interest in learning about gardening, encourage the art of flower arranging and promote civic beautification within the subdivision.

Meetings are held at 9:30 a.m. on the first Friday of each month at the Lakewood Forest Residents' Club from September through May. Meetings consist of a short social gathering followed by a business meeting and a scheduled program presentation on a select phase of gardening. There is a wide range of guest speakers as well as programs given by some of our own members.

In November, the club conducts a public plant sale of Winter hardy plants at the Lakewood Forest Residents Club. This is the largest fund raising activity for the year and helps to finance the ongoing beautification of our subdivision. The club is also in charge of decorating the wing walls of the subdivision entrances during the Christmas holidays. Informative workshops are held during the year, and there is at least one field trip to visit gardens or natural areas. Arbor Day is always celebrated with some type of project. The Garden Club is a major participant with other civic organizations in conducting the "Yard of the Month" program to stimulate interest and pride within the subdivision in creating and maintain yards and gardens.

The Lakewood Forest Garden Club is a dues paying and active participant in the Houston Federation of Garden Clubs which is a member of the District IV of Texas Garden Clubs, Inc. The Texas club is a member of the National Garden Clubs, Inc. These organizations provide information which is of interest to all members.

Our garden club averages 70 members from several age groups with varied interests ranging from beginning gardeners to skilled flower show judges.



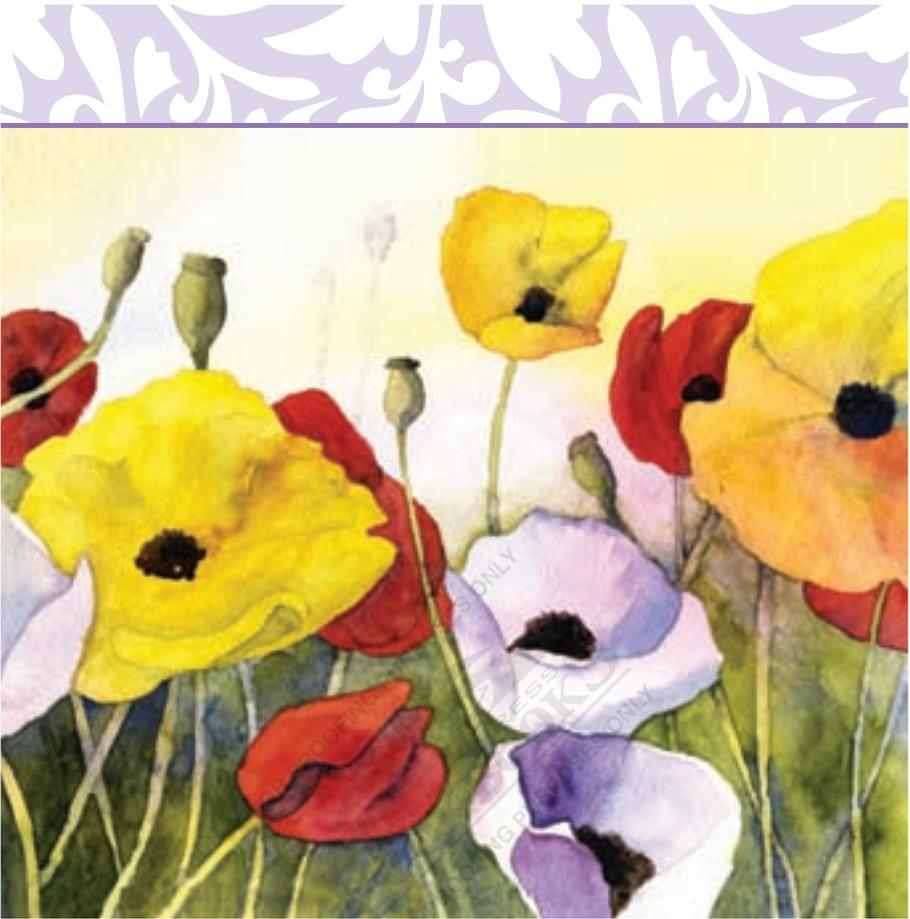
## Table of Contents

Appetizers & Beverages .....	1
Soups & Salads.....	15
Vegetables & Side Dishes .....	37
Main Dishes.....	53
Breads & Rolls.....	81
Desserts .....	89
Cookies & Candy .....	111
This & That .....	123
Index .....	133





D0866



*Poppies*  
APPETIZERS  
& BEVERAGES



## Helpful Hints

- Add flavor to tea by dissolving old-fashioned lemon drops or hard mint candies in it. They melt quickly and keep the tea brisk.
- Make your own spiced tea or cider. Place orange peels, whole cloves, and cinnamon sticks in a 6-inch square piece of cheesecloth. Gather the corners and tie with a string. Steep in hot cider or tea for 10 minutes; steep longer if you want a stronger flavor.
- Always chill juices or sodas before adding them to beverage recipes.
- Calorie-free club soda adds sparkle to iced fruit juices and reduces calories per portion.
- To cool your punch, float an ice ring made from the punch rather than using ice cubes. It appears more decorative, prevents diluting, and does not melt as quickly.
- Place fresh or dried mint in the bottom of a cup of hot chocolate for a cool and refreshing taste.
- When making fresh lemonade or orange juice, one lemon yields about ¼ cup juice, while one orange yields about ⅓ cup juice.
- Never boil coffee; it brings out acids and causes a bitter taste. Store ground coffee in the refrigerator or freezer to keep it fresh.
- Always use cold water for electric drip coffee makers. Use 1–2 tablespoons ground coffee for each cup of water.
- How many appetizers should you prepare? Allow 4–6 appetizers per guest if a meal quickly follows. If a late meal is planned, allow 6–8 appetizers per guest. If no meal follows, allow 8–10 pieces per guest.
- If serving appetizers buffet-style or seating is limited, consider no-mess finger foods that don't require utensils to eat.
- Think “outside the bowl.” Choose brightly-colored bowls to set off dips or get creative with hollowed-out loaves of bread, bell peppers, heads of cabbage, or winter squash.
- Cheeses should be served at room temperature –approximately 70°.
- To keep appetizers hot, make sure you have enough oven space and warming plates to maintain their temperature.
- To keep appetizers cold, set bowls on top of ice or rotate bowls of dips from the fridge every hour or as needed.

## APPETIZERS & BEVERAGES

### ARTICHOKE DIP

Barbara Wolz

- |   |   |
|---|---|
| <b>1 (14 oz.) can water-packed artichoke hearts, drained and finely chopped</b> | <b>1 tsp. garlic powder</b>                   |
| <b>1 C. Hellmann's mayonnaise</b>   | <b>1 (4½ oz.) can green chiles (optional)</b> |
| <b>1 C. parmesan cheese</b>   | <b>Triscuit Wafers (or desired crackers)</b>  |

Mix artichoke hearts, mayonnaise, parmesan cheese, garlic powder and green chiles together in a 7½ inch round Pyrex dish and bake at 350° for 15 - 20 min. or until brown on top. Serve with Triscuit Wafers or any other crackers.

### ARTICHOKE PESTO SPREAD

Gloria Cox

- |  |   |
|--|---|
| <b>4 oz. feta cheese, crumbled</b>     | <b>1 jar Canyon Foods Artichoke and Lemon Pesto (can find at HEB)</b> |
| <b>½ bunch green onions, chopped</b>   |   |
| <b>½ C. walnuts or pecans, chopped</b> |   |

Combine the cheese, onions and nuts. Add the jar of artichoke pesto, then mix. Serve with your choice of bread or crackers.

### KICKIN' CRAB SPREAD

Kathy Rogers

- |   |                                     |
|---|-------------------------------------|
| <b>8 oz. cream cheese, softened</b>                   | <b>4 green onions, chopped thin</b> |
| <b>½ C. mayonnaise</b>                                | <b>1½ T. prepared horseradish</b>   |
| <b>1 sm. can crabmeat, drained and shells removed</b> | <b>6 shakes Tabasco sauce</b>       |
|   | <b>Sturdy crackers</b>              |

Beat cream cheese and mayonnaise. Add crab, onions, horseradish and Tabasco. Mix well, cover, chill. Serve with sturdy crackers.

**Note:** This recipe has been a favorite for 20 years. Everyone loves it and asks for the recipe. Kathy likes to serve the spread in a scooped out eggplant or other large vegetable.

**CREAM CHEESE & VEGGIE DIP**

*Harolene Hatley*

- 8 oz. cream cheese, softened
- 1 C. each of 4 vegetables of your choice, chopped finely (like broccoli, green or red pepper, carrots, squash, etc.)
- Vidalia onion dressing
- Crackers

On a round glass platter, spread cream cheese, then layer the chopped vegetables on top and drizzle with dressing over top. Serve with crackers of your choice.

**DRIED SPICY BEEF DIP**

*Cherie Scheig*

- 1 (2.25 oz.) jar dried beef
- 1 (8 oz.) cream cheese, softened
- 5 green onions, chopped
- ½ tsp. dill weed (not seeds)
- 1 can Rotel tomatoes with green chilies, drained, reserve liquid
- Tortilla chips

Finely chop dried beef and set aside. In a bowl, cream softened cream cheese. Add green onions and dill weed; mix well. Add Rotel tomatoes and dried beef. Use reserved liquid from Rotel tomatoes to thin if needed. Dip should be a little thin and will thicken as it refrigerates. Best if made the day before. Serve with tortilla chips.

**EL CHICO DIP**

*Nan Walker*

- 1 (14 oz.) can Hunts Italian-style crushed tomatoes
- 1 T. crushed red pepper flakes
- 1 T. canola oil
- ¾ T. apple cider vinegar
- 1 tsp. garlic salt
- 1 clove garlic, crushed
- Tortilla chips

Combine crushed tomatoes, red pepper flakes, oil, vinegar, garlic salt and crushed garlic. Stir ingredients, pour into glass container and chill for several hours. Serve with tortilla chips.

**Note:** This recipe was given to me in 1987 by Ruby Ayers of Linden, TX.

**KEVIN'S FAMOUS SALSA**

*Adrienne Juno*

- 2 (12½ oz.) cans stewed tomatoes (he uses Mexican style)
- 1 can Rotel tomatoes
- ¼ - ½ onion, chopped
- 1 - 2 cloves garlic
- 1 T. cumin
- 1 T. vinegar
- 1 T. salt
- 1 T. chipotle chile pepper
- 1 bunch of fresh cilantro leaves

Dump all in blender or food processor. Blend.

**Note:** Kevin Juno, Adrienne's son, is requested to bring this salsa to many a gathering.

**NACHO DIP**

*Annette Andrew*

- 1 (8 oz.) pkg. cream cheese, softened
- 1 (8 oz.) ctn. sour cream
- 1 (10½ oz.) can jalapeño bean dip
- 1 (1.25 oz.) pkg. chile seasoning mix
- 5 drops hot sauce
- 2 tsp. fresh parsley, chopped
- ¼ C. taco sauce
- 5 oz. cheddar cheese, shredded (divided)
- 5 oz. Monterey Jack cheese, shredded and divided

Combine cream cheese and sour cream; beat until smooth. Stir in bean dip, chile seasonings mix, hot sauce, parsley, taco sauce, ¾ C. cheddar cheese and ¾ C. Monterey Jack cheese. Spoon mixture into a lightly greased 12x8x2 inch baking dish; top with remaining ½ C. cheeses. Bake at 325° for 15 - 20 min. Serve hot with tortilla chips or Fritos.

**GUACAMOLE DIP**

*Mary Dawson*

- 2 avocados, peeled
- 1 tomato, chopped
- 2 spring onions, diced
- ½ tsp. salt (to taste)
- Sprinkle pepper
- 2 cloves garlic, crushed (optional)
- ½ tsp. chili powder
- Dash Tabasco sauce
- Squeeze of lemon (to taste)

Mash avocado with back of fork. Add other ingredients and stir. Cover and refrigerate 1 hr. before serving.

## REUBEN DIP

Lynn White

- |  |                                       |
|--|---------------------------------------|
| <b>4 pkgs. corned beef, cut in little pieces</b> | <b>1 can sauerkraut, drained</b>      |
| <b>12 slices American cheese (divided)</b>       | <b>20 black olives, sliced</b>        |
| <b>12 slices Swiss cheese (divided)</b>          | <b>Mayo to make it stick together</b> |
|  | <b>Triscuits</b>                      |

Break up in small pieces all but 3 slices of each cheese. Mix all together except 3 slices of American and Swiss. Top with cheese slices. Bake at 350° until warm. Serve with Triscuits.

## SHRIMP DIP

Barbara Liner

- |  |                                   |
|--|-----------------------------------|
| <b>1 lb. fresh shrimp, cooked, peeled and deveined</b> | <b>½ lb. cream cheese</b>         |
| <b>1 clove garlic</b>                                  | <b>½ pt. mayonnaise</b>           |
| <b>1 small onion</b>                                   | <b>1 tsp. sugar</b>               |
| <b>½ bell pepper</b>                                   | <b>1 lemon, juiced</b>            |
| <b>1 rib celery</b>                                    | <b>Salt and pepper (to taste)</b> |
| <b>2 - 3 dashes Tabasco</b>                            | <b>Crackers</b>                   |

Cook and chop (finely) 1 lb. shrimp; set aside. Grind garlic, onion, bell pepper and celery in a food processor. Add Tabasco sauce to taste. Mix cream cheese, mayonnaise, sugar and lemon juice. Add ground vegetables into creamed mixture, salt and pepper to taste. Stir in finely chopped shrimp. Prepare one day ahead and refrigerate until serving. Serve with crackers.

## BOYLAND FAMILY DIP

Betty Boyland

- |  |  |
|--|--|
| <b>1 (5 oz.) jar Kraft pimento spread</b>    | <b>¼ small onion, finely grated to taste</b> |
| <b>1 (5 oz.) jar Kraft roka blue spread*</b> | <b>Pinch of horseradish</b>                  |
| <b>1 (8 oz.) cream cheese</b>                | <b>1 - 2 drops of Worcestershire sauce</b>   |
| <b>1 clove fresh garlic, grated</b>          |  |

Let cheeses soften in a bowl and mix. Grate in garlic and onion, then mix. Add horseradish and Worcestershire sauce and mix. \*Roka blue spread has become a Kraft seasonal product for Thanksgiving/Christmas holidays. Substitute 4 oz. cream cheese and 1 oz. Kraft roka blue salad dressing. For a less thick dip mix in 1 - 2 oz. warm milk. For a change, add a small amount of finely chopped green pepper. The beauty of the dip is its simplicity. It can be made as a single "batch" for a small gathering or doubled, tripled, etc. for larger gatherings.

**Note:** In 1943, Mike's father, Paul, was in the U.S. Army stationed in Seattle, Washington, housed in a civilian home. He became like one of the family and learned the recipe for their "secret" family dip. Over the past sixty-five years it became the "Boyland Dip" and has become a fixture at the many outings and parties given by the family.

## PECAN & BEEF DIP

Tracy Keyes

- |  |                             |
|--|-----------------------------|
| <b>1 (8 oz.) pkg. cream cheese</b>             | <b>¼ tsp. pepper</b>        |
| <b>2 T. milk</b>                               | <b>1 tsp. horseradish</b>   |
| <b>1 (2½ oz.) jar dried beef</b>               | <b>1 C. sour cream</b>      |
| <b>1 T. dehydrated onion flakes</b>            | <b>½ C. pecans, chopped</b> |
| <b>¼ C. green bell peppers, finely chopped</b> | <b>2 T. butter</b>          |
| <b>½ tsp. garlic salt</b>                      | <b>½ tsp. salt</b>          |

Soften cream cheese with milk. Add dried beef, onion flakes, bell pepper, garlic salt, pepper and horseradish. Stir and mix well. Fold in sour cream. Put in baking dish. Mix pecans, butter and salt. Top onto cream cheese mixture. Heat at 350° for 20 min.

**BAKED BRIE***Adrienne Juno*

- |  |                              |
|--|------------------------------|
| <b>1 small pkg. almonds</b>                        | <b>1 pkg. crescent rolls</b> |
| <b>1 (8 oz.) wheel Brie cheese</b>                 |                              |
| <b>½ (11.5 oz.) jar apricot or peach preserves</b> |                              |

Preheat oven to 350°F. Toast almonds on a cookie sheet in the oven on broil. Turn often until light brown or tan. Slice one wheel of Brie cheese in half so you have 2 circles of cheese. Spread apricot or peach preserves on the cut side half of one circle of brie. Then sprinkle half toasted almonds on top of the preserves. Make a sandwich out of the two halves of Brie, so that the preserves are in the center of both halves. Add more preserves and almonds on top. Wrap the entire wheel of Brie with crescent rolls. Lightly grease a cookie sheet. Bake for 30 min. or until the pastry is golden brown. Serve immediately.

**JALAPEÑO CHEESE SQUARES***Bettie Hughes*

- |                              |   |
|------------------------------|---|
| <b>4 C. cheese, shredded</b> | <b>1 jalapeño pepper, finely chopped and seeded</b> |
| <b>4 eggs, beaten</b>        |   |
| <b>1 tsp. onion, minced</b>  |   |

Combine all ingredients well and spread mixture in ungreased 8 inch non-stick square pan. Bake at 350° for 30 min. Cut in 1 inch squares.

**BEER CHEESE***Bettie Hughes*

- |  |                                  |
|--|----------------------------------|
| <b>1 (3 oz.) pkg. cream cheese, softened</b>         | <b>1 T. Worcestershire sauce</b> |
| <b>1 (8 oz.) pkg. sharp cheddar cheese, shredded</b> | <b>½ tsp. dry mustard</b>        |
| <b>1 clove garlic, minced</b>                        | <b>¼ tsp. ground red pepper</b>  |
|  | <b>¼ C. beer</b>                 |
|  | <b>Crackers or crusty bread</b>  |

Beat cream and cheddar cheese at medium speed with an electric mixer until smooth. Add garlic, Worcestershire, mustard and red pepper. Gradually add beer, beating until blended. Chill 1 hr. Serve with crusty bread or crackers. Yields 2½ C.

**CHEESE BALL***Mary Dawson*

- |   |  |
|---|--|
| <b>2 (8 oz.) pkgs. cream cheese, softened</b>                       | <b>5 - 6 green onion tops, chopped</b> |
| <b>4 (2 oz.) pkgs. Buddig's pressed beef, cut into small pieces</b> | <b>¼ tsp. garlic powder</b>            |
|   | <b>¼ tsp. red pepper or to taste</b>   |
|   | <b>2¼ oz. pkg. pecans, chopped</b>     |

Mix cream cheese, beef, onion tops, garlic powder and red pepper together. Shape into a ball and roll in chopped pecans. I like to make it a day ahead of time to let the flavors blend together. (Do not add salt to recipe)

**Note:** In our family, no Christmas celebration is complete without the cheese ball.

**CHEESE ROLL***Zelma Mikolajczyk*

- |  |  |
|--|--|
| <b>1 lb. Velveeta cheese, at room temp.</b>        | <b>1 (2 oz.) jar diced pimentos, drained</b> |
| <b>8 oz. pkg. cream cheese, at room temp.</b>      | <b>2 green onions, thinly sliced</b>         |
| <b>½ C. nuts, chopped</b>                          | <b>Crackers</b>                              |
| <b>1 (4 oz.) can chopped green chiles, drained</b> |  |

Roll out the Velveeta between two sheets of waxed paper until it is about ¼" thick (8x10 inch). Spread softened cream cheese on the Velveeta. Sprinkle nuts, chiles, pimentos and onions on top of cream cheese. Roll up like a jelly roll. Chill. Slice about ¼" inch thick with several strands of thread or a cheese slicer. Serve with crackers.

**JALAPEÑO CHEESE SPREAD***Barbara Davidson*

- |  |   |
|--|---|
| <b>1 bunch green onions with tops, chopped</b>     | <b>1 lb. cheddar cheese, grated</b>       |
| <b>1 - 3 fresh whole jalapeños (or to taste)</b>   | <b>1 lb. Monterey jack cheese, grated</b> |
| <b>4 - 5 slices of canned jalapeños with juice</b> | <b>1 C. mayonnaise</b>                    |
|  | <b>2 tsp. cumin (or to taste)</b>         |

Chop onions and jalapeños very fine. Mix with remaining ingredients. Add jalapeño juice to achieve consistency and form into desired shape. Refrigerate until served.

## CHARLIE'S SOUTHWEST CHICKEN LIVER MOUSSE

Susan Busler

- 1 lb. (about 2 C.) chicken livers (fresh or frozen and thawed)
- 6 T. butter (divided)
- 2 T. onion, diced fine
- 1 garlic clove, pressed
- 2 T. poblano pepper, roasted, peeled and diced (or chile of your choice)
- ½ tsp. fajita seasoning (Fiesta brand preferred)
- ¼ tsp. cumin
- ¼ tsp. Mexican oregano
- ½ tsp. chile powder
- ½ tsp. black pepper
- 1 tsp. Tabasco chipotle sauce
- ⅓ C. margarita (drink the rest!)
- ¼ tsp. lime juice
- 2 T. whipping cream
- ½ tsp salt
- lg. piece of roasted poblano or other chile to top mousse.

Clean chicken livers of fat and connective tissue; rinse and pat dry with paper towels. Cut into ½ inch pieces. Melt 2 T. butter in a large sauté pan over medium heat. Add onions, garlic, diced poblano or other chile. When the onion is soft, add livers, stirring frequently until livers are firm but rosy inside. Pour into food processor or blender. Add salt, fajita seasoning, cumin, Mexican oregano, chile powder, black pepper and chipotle sauce. Process to a fine paste. Heat the pan and add the margarita and extra lime juice in the pan. If you don't feel like drinking a margarita, then add a little extra lime juice in the pan. Be careful, the fumes might ignite. When it has reduced by one half, pour into liver mixture. Add 4 T. melted butter and cream and process until very smooth. Line two small bowls or miniature loaf pans with plastic wrap and place a piece of poblano on the bottom. Then gently pour in the mixture. Chill in refrigerator for 3 - 4 hr. (or overnight) until good and firm. Unmold and serve with crackers or corn chips. Return to refrigerator as soon as guests are through munching.

**Note:** Charlie is Susan's husband. Nothing in this recipe is exact. You can vary it as you like to suit your taste!

## SUPER NACHOS

Julie Huggard

- 1 lb. ground beef
- 1 onion, chopped
- Salt
- Cumin
- 1 can refried beans
- 1 (4 oz.) can chopped green chilies
- 3 C. cheddar cheese, shredded
- ¾ C. taco sauce (comes in a jar)
- ¼ C. green onion, chopped
- 1 C. ripe olives, sliced
- Small container avocado dip or guacamole
- 1 C. sour cream
- Tortilla chips

Brown ground beef with onion. Season meat with salt and cumin to taste. Spread refried beans on large greased pizza pan. Top evenly with meat. Sprinkle chilies and cover evenly with cheese. Drizzle taco sauce over cheese. Can be covered and refrigerated at this point. Bake uncovered in 400° oven for 20 - 25 min. Remove from oven and quickly garnish with green onion, olives and avocado dip. Spread with sour cream. Scoop up mixture with tortilla chips. Serves 10 - 12.

## EMPANADAS FORTENAS

Ann Callaghan

### Filling:

- ½ C. raisins
- ¾ can corned beef
- ½ T. powdered sugar
- ½ tsp. paprika
- ¼ tsp. salt
- Ground red chili, to taste

Mix raisins, corned beef, sugar, paprika and salt. Season to taste with ground red chili.

### Pastry:

- 4½ C. flour
- ¼ tsp. salt
- 2 C. vegetable shortening
- ½ C. vinegar
- ¾ C. water
- 1 egg
- ¼ C. butter, melted

Mix flour and salt. Cut in shortening. Add vinegar and water and mix in with fork. Whisk egg and mix into flour mixture. Turn onto waxed paper, form into ball and refrigerate overnight. Cut dough into 4 sections and roll out one at a time to ⅛ inch thickness. Cut into 2½ inch circles. Place 1 tsp. filling on half of each circle. Moisten edges of dough with water and fold dough over. Press together with fork. Brush with melted butter. Bake at 425° for 20 min. You may freeze on flat tray and pack in plastic bag for finishing the recipe later. Makes approx. 80 empanadas

**Note:** This recipe came to me from a friend's mother-in-law who lived in Peru, South America. She developed a cookbook for the Americans working there at high altitudes.

## SWEET & SOUR MEATBALLS

Ann Callaghan

### Meatballs:

- |                                   |                                      |
|-----------------------------------|--------------------------------------|
| <b>1 lb. ground smoked ham</b>    | <b>2 C. wheat flakes (Wheaties),</b> |
| <b>¾ lb. each ground beef and</b> | <b>crumbled</b>                      |
| <b>ground pork</b>                | <b>1 tsp. salt</b>                   |
| <b>1 C. milk</b>                  |                                      |

Mix ham, beef, pork, milk, wheat flakes and salt. Form into balls (about 1 T.). Place in baking dish.

### Sauce:

- |                               |                                     |
|-------------------------------|-------------------------------------|
| <b>1¼ C. dark brown sugar</b> | <b>½ C. vinegar</b>                 |
| <b>½ C. water</b>             | <b>1 T. prepared yellow mustard</b> |

Combine brown sugar, water, vinegar and mustard and heat to boiling. Pour the above over the meatballs. Bake at 350° for 1¼ hr.

## HAROLENE'S CRAB PUFF APPETIZER

Harolene Hatley

- |                                 |                                     |
|---------------------------------|-------------------------------------|
| <b>1 stick butter, melted</b>   | <b>½ tsp. seasoned salt</b>         |
| <b>1 jar Old English Cheese</b> | <b>1 (6 oz.) can crabmeat</b>       |
| <b>½ tsp. mayonnaise</b>        | <b>6 - 8 English muffins, split</b> |
| <b>½ tsp. garlic powder</b>     |                                     |

Blend butter, cheese, mayonnaise, garlic powder, seasoned salt and crabmeat. Spread on muffins halves. Freeze to set. Once frozen remove from freezer and cut each muffin half into quarters. Freeze muffin wedges until ready to use. Bake desired amount of frozen wedges at 15 - 20 min. in a 375° oven.

## SPICY MARINATED SHRIMP

Annette Andrew

- |                                      |                                     |
|--------------------------------------|-------------------------------------|
| <b>1 green onion, finely chopped</b> | <b>1 tsp. Tabasco pepper sauce</b>  |
| <b>2 T. olive oil</b>                | <b>1 clove garlic, minced</b>       |
| <b>2 T. fresh lemon juice</b>        | <b>1 tsp. Dijon mustard</b>         |
| <b>2 T. prepared horseradish</b>     | <b>Salt to taste</b>                |
| <b>2 T. ketchup</b>                  | <b>2 lb. medium shrimp, cooked,</b> |
| <b>1 T. chives, finely chopped</b>   | <b>peeled and deveined</b>          |

Combine all ingredients except shrimp in a large bowl. Add shrimp and toss to coat. Cover and refrigerate 4 - 6 hr. or overnight. Transfer shrimp mixture to a serving bowl and serve with toothpicks.

## SWEET & SPICY MUSHROOMS

Donna Stephens

- |  |  |
|--|--|
| <b>5 - 6 oz. sweet Italian sausage</b> | <b>⅓ C. mayonnaise</b>                 |
| <b>Pinch red pepper flakes</b>         | <b>Salt and pepper to taste</b>        |
| <b>¼ C. onion, finely minced</b>       | <b>12 lg. white mushrooms,</b>         |
| <b>1 garlic clove, minced</b>          | <b>stemmed and cleaned</b>             |
| <b>Olive oil</b>                       | <b>Parmesan cheese, freshly grated</b> |
| <b>¼ C. parsley, chopped</b>           | <b>(amt. to taste)</b>                 |
| <b>¼ C. black olives, chopped</b>      |  |

Preheat oven to 450°. Remove sausage meat from casings, crumble into small skillet. Sauté gently, stirring often, until meat is thoroughly done. Season with red pepper flakes. With slotted spoon, remove sausage to a bowl, leaving drippings in skillet. Sauté onion and garlic in drippings, adding a little olive oil if necessary, until tender and golden, about 5 min. Stir in parsley, add to sausage in bowl. Add olives and mayonnaise, combine thoroughly. Season with salt and pepper to taste. Sprinkle mushroom caps lightly with salt and pepper. Fill each cap generously with stuffing mixture and arrange in lightly oiled square baking dish. Sprinkle caps with parmesan. Bake until bubbling and well browned, about 15 min. Let stand 5 min. before serving. Makes 12.

## ONION TARTS

Susan Busler

- |                                      |                                     |
|--------------------------------------|-------------------------------------|
| <b>3 T. butter (divided)</b>         | <b>1 egg</b>                        |
| <b>1 T. cooking oil</b>              | <b>½ C. milk or cream</b>           |
| <b>3 C. onion, finely diced</b>      | <b>Pinch red pepper flakes</b>      |
| <b>1 lg. pinch sugar</b>             | <b>¼ C. parmesan cheese, grated</b> |
| <b>1 lg. pinch salt</b>              |                                     |
| <b>1 doz. club crackers, crushed</b> |                                     |
| <b>(can use Ritz or Cheez It</b>     |                                     |
| <b>crackers)</b>                     |                                     |

Melt 1 T. butter in a large sauté pan and add oil. Add onion, sugar and salt. Over low heat, slowly caramelize onion, stirring frequently (the slower you caramelize the sweeter they will be). Crush crackers and mix with 2 T. melted butter. Lightly butter mini-muffin tin; then press mixture into bottoms and sides. Mix pepper flakes into onion mixture. Then spoon gently into the cracker crusts. Lightly beat an egg and add milk or cream. Beat until well mixed. Spoon over the onion mixture. Sprinkle cheese over egg/milk mixture and bake at 375° for 20 min. or until set and golden brown. Serve warm. Makes 12 tarts.

**Note:** Variation: a little wine, vermouth or brandy is good added to the onions after they are caramelized and then cooked for a few more minutes.

## ZUCCHINI SAVORIES

*Zelma Mikolajczyk*

- |                             |                        |
|-----------------------------|------------------------|
| 3 C. raw zucchini, shredded | 2 tsp. fresh oregano   |
| 1 C. Bisquick               | 1 garlic clove, minced |
| ½ C. onions, chopped        | ½ C. vegetable oil     |
| ½ C. grated parmesan cheese | 4 eggs, beaten         |
| 2 T. parsley, chopped       | Pepper to taste        |
| ½ tsp. salt                 |                        |

Preheat oven to 350° F. Grease a 9x13 inch pan. Mix all ingredients; spread into prepared pan. Bake until golden brown, about 30 min. Cool slightly. Cut into 48 pieces.

## SPICY ORANGE PECANS

*Sharon Bartow*

- |   |   |
|---|---|
| 4 C. plain pecan halves (not salted or toasted) | 1½ tsp. kosher or coarse sea salt         |
| 2 T. fresh orange juice                         | 1½ tsp. chili powder                      |
| 1 lg. egg white                                 | ¼ - ½ tsp. cayenne pepper (to your taste) |
| 2 T. fresh orange zest                          | Pinch fresh ground pepper                 |
| ½ C. sugar                                      |   |

Preheat oven to 225°. Line baking sheet with parchment paper or silicon mat. In a large bowl, combine the pecans, orange juice and egg white and toss to coat. In a small bowl, combine the orange zest, sugar, salt and spices. Add to nuts and toss to coat. Spread evenly on the baking sheet and bake, stirring every 15 min. until pecans appear dry, about 1 hr. Cool completely and store in an airtight container.

## TROPICAL FRUIT DIP

*Beverly Baldwin*

- |  |                 |
|--|-----------------|
| 1 (8 oz.) can crushed pineapple (do not drain) | ¾ C. milk       |
| 1 (3.4 oz.) box instant coconut pudding mix    | ½ C. sour cream |

Blend all ingredients in a blender for 30 sec. Serve with fresh fruit.

**Note:** I usually double this recipe. This dip is especially good with cantaloupe, honey dew melon and strawberries.

## BLENDER MOJITO

*Adrienne Juno*

- |   |   |
|---|---|
| 1 C. sugar  | 2 limes, zested                               |
| 1 C. water  | Crushed ice                                   |
| 1 C. lime juice, freshly squeezed (about 6 - 8 limes) | 6 - 8 oz. of rum                              |
| ¼ C. fresh mint leaves, firmly packed                 | Extra lime slices and mint sprigs for garnish |

In a saucepan over medium heat, add the sugar and water. Cook for about 5 min., stirring often, until the sugar is dissolved and the syrup is clear. Set aside to cool. Put the sugar syrup, lime juice, mint leaves, lime zest and rum into a blender and blend until smooth. Add ice until full. Blend until smooth. Pour into glasses filled with crushed ice. Garnish with a sprig of mint and a lime slice.

## CHOCOLATE COVERED RASPBERRIES

*Betty Boyland*

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| 3 - 4 scoops vanilla ice cream  | 1½ oz. Chambord raspberry liqueur |
| 1½ oz. vodka                    |                                   |
| 1½ oz. Godiva chocolate liqueur |                                   |

Place ice cream in a blender. Add the vodka, chocolate liquor and raspberry liquor. Blend about 30 sec. or until creamy. Pour into a glass and enjoy a refreshing adult milk shake.

## MANGO MARGARITAS

*Adrienne Juno*

- |                                       |  |
|---------------------------------------|--|
| 1 C. good-quality tequila             | 1 - 2 mangos, peeled and cut into chunks |
| ¾ C. Triple Sec or Cointreau          | Ice                                      |
| ½ - ¾ C. lime juice, freshly squeezed | Sugar                                    |
| 4 - 6 T. sugar water (or 4 oz)        |  |

Combine tequila, Triple Sec, lime juice, sugar water and mangos in blender. Blend. Add ice to top of blender. Blend. Dip glasses in water or lime juice and rim glasses with sugar. \*To prepare sugar water, combine equal parts sugar and water and cook/microwave until sugar has dissolved. OR just use 2 - 3 T. sugar in the recipe as a substitute.

**FRUITY PUNCH***Gloria Cox*

12 oz. frozen orange juice  
 12 oz. frozen limeade  
 12 oz. frozen lemonade  
 2 qts. cold water

2 qts. ginger ale  
 1 jar maraschino cherries,  
 optional

Mix the juices and water in a container to freeze. Can use a mixing bowl or milk container. Take out about 30 min. before putting in the ginger ale and you will have a slush punch. I drain jars of maraschino cherries sometimes to garnish it or use the juice also if you want a pink colored punch. Makes 60 servings.

**HOLIDAY FRUIT PUNCH***Barbara Davidson*

3 (12 oz.) cans frozen orange  
 juice  
 3 (6 oz.) cans frozen limeade  
 3 (46 oz.) cans pineapple juice  
 3 (6 oz.) cans frozen lemonade  
 6 (2 L.) bottles ginger ale

Mix orange juice, lemonade, limeade, pineapple juice and ginger ale in a large punch bowl. I serve this at Christmas with champagne on the side so every one can add some, if they want it. Makes it easy to serve adults and children from the same punch bowl.

**HOT SPICY PUNCH***Carolyn Calvert*

3 C. pineapple juice  
 3 C. cranberry juice  
 1½ C. water  
 ⅓ C. brown sugar

2 - 3 whole cinnamon sticks  
 1½ T. whole cloves  
 1 tsp. allspice

Place pineapple juice, cranberry juice and water in the water container of a 9 cup or more coffee pot. Put brown sugar, cinnamon sticks (break in half), cloves and allspice in perk basket. Perk through cycle and serve.

**OPEN HOUSE PUNCH***Becky Bailey*

Sliced oranges (optional)  
 2 T. instant tea

64 oz. white grape juice  
 2 L. ginger ale

Place sliced oranges on the bottom of the punch bowl. Add tea, grape juice and ginger ale. Stir.

**Note:** Everyone loves this punch. I chill all the ingredients beforehand so not as much ice is needed.



# SOUPS & SALADS

*Peruvian Lilies*



D066



## Helpful Hints

- If the soup is not intended as the main course, count on 1 quart to serve 6. As the main dish, plan on 1 quart to serve 2.
- After cooking vegetables, pour any water and leftover vegetable pieces into a freezer container. When full, add tomato juice and seasoning to create a money-saving “free soup.”
- Instant potatoes help thicken soups and stews.
- A leaf of lettuce dropped in a pot of soup absorbs grease from the top—remove the lettuce and serve. You can also make soup the day before, chill, and scrape off the hardened fat that rises to the top.
- To cut down on odors when cooking cabbage or cauliflower, add a little vinegar to the water and don't overcook.
- Three large stalks of celery, chopped and added to about two cups of beans (navy, brown, pinto, etc.), make the dish easier to digest.
- Fresh is best, but to reduce time in the kitchen, use canned or frozen broths or bouillon bases. Canned or frozen vegetables, such as peas, green beans, and corn, also work well.
- Ideally, cold soups should be served in chilled bowls.
- Perk up soggy lettuce by spritzing it with a mixture of lemon juice and cold water.
- You can easily remove egg shells from hard-boiled eggs if you quickly rinse the eggs in cold water after they are boiled. Add a drop of food coloring to help distinguish cooked eggs from raw ones.
- Your fruit salads will look better when you use an egg slicer to make perfect slices of strawberries, kiwis, or bananas.
- The ratio for a vinaigrette is typically 3 parts oil to 1 part vinegar.
- For salads, cook pasta al dente (slightly chewy to the bite). This allows the pasta to absorb some of the dressing and not become mushy.
- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.
- Chill the serving plates to keep the salad crisp.
- Fruit juices, such as pineapple and orange, can be used as salad dressing by adding a little olive oil, nutmeg, and honey.

## SOUPS & SALADS

### GINGER CUNLIFFE'S MEXICAN BEAN SOUP

*Garden Club Recipe*

<b>1 lb. hamburger</b>	<b>1 (9 oz.) pkg. frozen corn</b>
<b>1 onion, chopped</b>	<b>1 (1.25 oz.) env. taco seasoning</b>
<b>3 (15 oz.) cans beans (kidney, black, navy, etc., your choice)</b>	<b>1 (1 oz.) pkg. ranch dressing mix</b>
<b>2 (14.5 oz.) cans diced tomatoes, undrained</b>	<b>Tortilla chips (garnish)</b>
<b>1 (10 oz.) can Rotel tomatoes</b>	<b>Cheddar cheese, grated (garnish)</b>

Brown hamburger and onion until cooked, drain. In large pot or crock pot combine beans, tomatoes, corn and seasonings. Add meat mixture. Heat and simmer at least 1 hr. Garnish with tortilla chips and cheese.

**Note:** Ginger was the founder of our Garden Club and guiding light for all the years she lived in Houston. She was our President from 1974 to 1976. This soup was served at our Christmas luncheons for several years.

### JO-ANN MAGYAR'S VEGETABLE SOUP

*Garden Club Recipe*

<b>6 C. water</b>	<b>½ - ¾ C. carrot, diced</b>
<b>1 pkg. Lipton onion soup mix</b>	<b>1 (10¼ oz.) can tomato soup</b>
<b>½ C. rice</b>	<b>1 can water</b>
<b>½ - ¾ celery, diced</b>	<b>Cheese (garnish, your choice)</b>
<b>1 lb. hamburger</b>	

Bring water to a boil and add onion soup mix. Add rice and celery. Simmer 15 min. Brown hamburger. Add hamburger and carrots to soup/ rice mixture, cook 10 min. Add tomato soup and water. Cook 5 min. Ladle into soup bowl, sprinkle with grated cheese. Serves 8.

**Note:** Jo-Ann Magyar was President of the Garden Club from 1987 to 1989. This soup was served, along with Ginger Cunliffe's Mexican bean soup, at Garden Club Christmas luncheons for several years.

**TORTILLA SOUP***Garden Club Recipe*

1 pkg. corn tortillas	2 T. oregano
5 qts. cold water	1 T. cumin
3 - 4 lb. chicken	1½ tsp. cracked black pepper
¼ C. cilantro, chopped (divided)	3 C. fresh tomatoes, diced
1 carrot, chopped	2 C. scallions, diced
3 celery ribs, chopped	1 C. avocado, chopped (garnish)
1 onion, chopped	1 C. Monterey jack cheese,
2 garlic cloves, diced	grated (garnish)
1 T. salt	16 lime slices (garnish)

To make tortilla strips, cut 1 pkg. corn tortillas into ¼" to ½" strips. Spread on cookie sheet. Bake at 350° for 30 min., stirring strips every 10 min. Remove from oven. The strips will continue to brown. Set aside. To prepare soup, put water in large stockpot. Add chicken, ½ C. cilantro, carrot, celery, onion, garlic, salt, oregano, cumin and pepper. Bring to a boil and simmer, covered, for 1½ - 2 hr. or until chicken is thoroughly cooked. Remove chicken from broth. Remove chicken meat from bones and cut into strips. Set aside. Strain liquid into another large pot or bowl, discard vegetables. Taste for salt and put back into stockpot. Keep warm. Just before serving add reserved chicken, tomatoes, scallions and remaining ¼ C. of cilantro. Place several tortilla strips and 1 T. avocado into individual serving bowls. Ladle soup into bowls and garnish with 1 T. jack cheese and 1 slice of lime. Serve immediately. Makes 16 servings.

**Note:** This soup was served at the Lakewood Forest Garden Club's Soup Luncheon February 1, 2002.

**BAKED POTATO SOUP***Garden Club Recipe*

3 lg. baking potatoes	2 T. olive oil
½ C. celery ribs, minced	2 C. cold water
¾ C. carrots, minced (3 large)	2 tsp. chicken-seasoned stock base
¾ C. onion, minced	2½ C. heavy cream, half & half or whole milk
⅓ C. scallions, diced	12 oz. cheddar cheese, grated
1 tsp. garlic, minced	3 T. butter (optional)
1 tsp. white pepper	⅓ C. flour (optional)
1 tsp. cracked black pepper	
1 tsp. seasoned salt	
4 oz. bacon	

Bake potatoes until done, cool, peel and cut into ½" chunks. Set aside. In large bowl mix celery, carrots, onion, scallion, garlic, peppers and salt. Set aside. Cook bacon until crisp, cool, crumble and set aside. Put olive oil in large stockpot. When hot, add vegetable mixture. Sauté until vegetables are soft. Add potatoes, water, chicken base and cream. Heat for 5 min., stirring constantly. Fold in cheese until thoroughly blended. For a thick soup, heat butter in saucepan over low heat. Whisk in flour. Add roux to soup and stir until thoroughly blended. Reduce heat and simmer, stirring occasionally, for 30 min. Ladle into serving bowls and garnish with bacon. Makes 2 qts., 6 large or 12 small servings.

**Note:** This soup was served at the Lakewood Forest Garden Club's Soup Luncheon February 1, 2002.

**N.M. WHITE BEAN CHILI***Jane Easterwood*

4 chicken breasts	2 tsp. oregano
2 tsp. lemon pepper	2 (15 oz.) cans northern beans, undrained
2½ C. water	1 (14.5 oz.) can chicken broth (more if needed)
4 tsp. cumin (divided)	2 (15 oz.) cans shoe peg corn
1 C. onion, chopped	2 T. lime juice
1 clove garlic, minced	Tortilla chips, crushed
Olive oil	Jack cheese, shredded
1 (4.5 oz.) can chopped green chilies	
1 tsp. salt	

Cook chicken, lemon pepper, water and 2 tsp. cumin together until done. Cut chicken into cubes. Sauté onion and garlic in olive oil. Add green chilies, salt, 2 tsp. cumin, oregano, beans, broth, corn and lime juice. After mixing together, cook about 30 min. Add more chicken broth if the mixture is too thick. To serve, place tortilla chips and Jack cheese into individual soup bowls. Ladle in chili and serve immediately.

## CLYDE'S AWARD WINNING CHILI

Beverly Baldwin

2 lbs. link smoked sausage	1 (15 oz.) can tomato sauce
5 strips bacon	8 oz. Mr. & Mrs. T's Bold and Spicy Bloody Mary mix
3 med. sweet onions, chopped	1 (14.5 oz.) can petite diced tomatoes
2 - 3 celery ribs, chopped	1 (14.5 oz.) can beef broth
2 med. bell peppers, chopped	1 (14.5 oz.) can chicken broth
6 cloves garlic, minced	1 jar Cajun Power Makin' chili sauce
2 T. olive oil (if needed)	1 tsp. brown sugar
2 Anaheim peppers	3 oz. tomato paste
2 lbs. ground meat (beef, venison, etc.)	1 tsp. chipotle chili powder
1 (12 oz.) pkg. Jimmy Dean's light pork sausage	1 tsp. Fiesta Light Fancy chili powder
1 pkg. Rick Fowlers Two Alarm Chili Mix	1 (15 oz.) can EACH: red beans, pinto beans and black beans
1 tsp. onion powder	1 (10 oz.) can mild Rotel tomatoes (optional)
1 tsp. garlic powder	1 T. Cookwell & Co. Sweet Heat Sauce (optional)
1 tsp. black pepper	
1 tsp. Tony Chachere's seasoning	
1 tsp. The Original Tiger Sauce	
1 T. Worcestershire sauce	

Slice the smoked sausages and brown in a skillet with the bacon, drain on paper towels. Reserve sausage/bacon grease in the frying pan and sauté the onions, celery, peppers and garlic until soft. You may need to add additional oil. Don't burn the garlic. On the stove top, char the Anaheim peppers until all the outer skin is charred. Wrap in a brown paper bag and allow to steam. Unwrap and peel, wiping all the charred waxy outer skin off peppers. Remove seeds and dice into very small pieces. Add to the sautéed onion mixture. Add ground beef and breakfast sausage to sautéed vegetables. After the meat is browned, drain off excess grease and add the smoked sausages and bacon. Add the pkt. from the Chili Mix of red chili powder, cumin, oregano, corn masa flour, paprika and red pepper adjusting heat (red pepper) to your taste, and mix well. Add onion powder, garlic powder, black pepper, Tony Chachere's seasoning, Tiger sauce, Worcestershire sauce, tomato sauce, Bloody Mary mix, diced tomatoes, beef and chicken broths, Cajun Power chili sauce, brown sugar, tomato paste, the two chili powders and 3 cans of beans. If using, add the Rotel tomatoes and Sweet Heat sauce at this time. Mix well and cook over a medium heat, stirring constantly until the chili is hot, then reduce heat to simmer for 30 - 45 min. Taste and adjust seasoning to your taste.

**Note:** Clyde Baldwin, Beverly's husband, won a chili cook-off contest with this recipe. He suggests serving this with a corn bread of your  
(continued)

choice such as jalapeño, Mexicorn, chili powder or wherever your imagination takes you.

## CROCK POT TACO SOUP

Rosemary Felix

2 lbs. ground beef	1 (15 oz.) can chili beans, drained
2 C. onions, chopped	1 (15 oz.) can whole kernel corn, drained
1 (1.25 oz.) pkg. taco seasoning mix	Frito chips
1 (1 oz.) pkg. ranch dressing mix	Shredded cheese (garnish)
2 (10 oz.) cans Rotel tomatoes	Green onion, chopped (garnish)
1 (14.5 oz.) can stewed tomatoes	Sour cream (garnish)
2 (15 oz.) cans pinto beans, drained	

Brown ground beef and onions, drain. Place ground beef mixture in crock pot and add taco seasoning, ranch dressing mix, tomatoes, beans and corn. Cook on low for 6 - 8 hr. Serve with Frito chips and top with cheese, green onions and sour cream.

## HAMBURGER VEGETABLE SOUP

Ann Callaghan

2 lbs. ground round or chuck	Pinch nutmeg
2 lg. onions, thinly sliced (separate rings)	1 tsp. oregano
2 (15 oz.) jars baby carrots, undrained	1 tsp. basil
1 (15 oz.) jar baby onions, undrained	1½ tsp. brown sugar
2 (4.5 oz.) jars button mushrooms, undrained	2 T. cider vinegar
1 (2 oz.) jar pimientos, sliced	2 T. burgundy wine
1 (9 oz.) pkg. frozen french-cut green beans	2 qts. water
1 (9 oz.) pkg. frozen peas (with onions, if desired)	6 oz. spinach noodles, uncooked
	Salt and pepper to taste
	Parmesan cheese, freshly grated (garnish)
	Hot sauce (optional garnish)

Brown ground beef with onion rings. In a large pot combine ground beef and onion mixture, carrots, onions, mushrooms, pimientos, beans, peas, nutmeg, oregano, basil, sugar, vinegar, wine and water. Bring to a boil. Place spinach noodles on top, cover, simmer 1½ hours. Add salt and pepper to taste. It's delicious topped with Parmesan cheese and hot sauce.

**ONE OF EACH SOUP***Ann Callaghan*

- |  |                                       |
|--|---------------------------------------|
| <b>1 potato, peeled and cubed</b>          | <b>1 pt. chicken stock</b>            |
| <b>1 onion, chopped</b>                    | <b>1 tsp. (or more) curry powder</b>  |
| <b>1 apple, peeled and chopped</b>         | <b>1 C. half &amp; half</b>           |
| <b>1 banana, peeled</b>                    | <b>Chives, chopped (garnish)</b>      |
| <b>1 celery heart with leaves, chopped</b> | <b>Bread cubes, toasted (garnish)</b> |

Simmer potato, onion, apple, banana, and celery in chicken stock until soft. Purée in blender, return to pan and add salt and pepper, if desired, add curry to taste. Add half & half and heat (do not boil). Top with chopped chives and toasted bread cubes. May be served hot or cold.

**Note:** Ginger Cunliffe, the founder of our garden club, gave this recipe to Ann.

**CHARLIE'S AVOCADO SOUP FOR TWO***Susan Busler*

- |   |  |
|---|--|
| <b>1 heaping T. onion, finely diced</b>   | <b>2 tsp. lemon or lime juice (divided) (use more or less to taste)</b>        |
| <b>2 tsp. olive oil</b>   | <b>Salt</b>  |
| <b>1 lg. clove garlic, pressed</b>  | <b>Black pepper</b>  |
| <b>1 T. poblano pepper, diced &amp; smoked (or green chile or other chile pepper)</b> | <b>8 - 12 oz. (about 2 lg.) avocados, ripe &amp; mashed to make about 1 C.</b> |
| <b>2 tsp. flour</b>   | <b>½ avocado, diced</b>  |
| <b>1 (14.5 oz.) can chicken broth</b>   |  |
| <b>1 T. medium salsa (hot if you like)</b>  |  |

Base: Sauté onion in olive oil until tender and transparent. Add garlic and poblano pepper and continue to cook a few minutes but do not brown the onion or garlic. Add flour and stir frequently cooking about 3 min. Remove from heat and add the chicken broth, salsa and 1 tsp. lemon or lime juice. Return to heat and bring to a boil whisking frequently. Reduce heat and simmer partially covered for 20 min. Salt and pepper to taste. At this point you can cool to room temperature and continue or put it in the refrigerator for a few days or freeze it. The base and avocados should be at room temp. Mash ¼ of avocado with a fork so there is some texture left, even a few lumps. Add salt and pepper and about 1 tsp. lemon or lime juice to taste. Add diced avocado. Mix with a spoon or fork then fold in the base. Mix gently so some chunkiness remains but the base is fully incorporated. Adjust salt, pepper and lemon juice to taste. Cover surface with plastic wrap and let rest for 20 min. Serve and enjoy. The soup should be served at room temperature. Makes 2 main dish or 4 appetizer servings. Garnish ideas: A dollop of sour cream, slice or dice of avocado, sprinkling of chili powder, a spoon of salsa, cilantro sprig for those who like it or float a lemon slice.

**Note:** Submitted by Charlie Busler, Susan's husband.

**TOMATO BASIL SOUP***Carolyn Calvert*

- |  |  |
|--|--|
| <b>4 C. canned tomatoes, crushed or diced, undrained</b> | <b>1 C. half &amp; half</b>              |
| <b>4 C. tomato juice</b>                                 | <b>1 stick unsalted butter, softened</b> |
| <b>10 fresh basil leaves, crushed</b>                    | <b>Salt to taste</b>                     |
|  | <b>¼ tsp. cracked black pepper</b>       |

Combine tomatoes and juice in large saucepan over medium heat. Simmer 30 min. In a blender or food processor, working in small batches, combine the tomato mixture and the basil leaves. Process to purée, then return mixture to saucepan placed over low heat. Stir in cream and butter, season with salt and pepper. Continue stirring over low heat until heated through. Serve.

## FAMILY REUNION TACO SOUP

Margo Propst

1 lb. ground beef  
1 onion, chopped  
1 green pepper, chopped  
1 (28 oz.) can tomatoes, undrained  
1 - 2 (1.25 oz.) pkg. taco seasoning mix (depending on desired spiciness)  
1 (1 oz.) pkg. ranch dressing mix  
½ C. picante sauce

1 (6 oz.) can tomato paste  
2 (15 oz.) cans whole kernel corn, undrained  
2 (15 oz.) cans pinto beans, undrained  
2 C. water  
Salt to taste  
Freshly ground black pepper to taste  
Tortilla chips (garnish)  
Grated cheese (garnish)

Brown beef, onion and bell pepper in large pot; drain. Cut up tomatoes and add to the pot with their juice. Add taco seasoning, dressing mix, picante sauce, tomato paste, corn, beans, water, salt and pepper. Simmer 1 hr. Serve in bowls and sprinkle each serving with tortilla chips, cover with cheese. Makes a large pot, about 12 servings.

## ELEPHANT STEW

1 elephant (med. sized)  
Brown gravy to cover

Salt and pepper to taste  
2 rabbits (optional)

Cut elephant into bite sized pieces. Add gravy, salt and pepper. Cook about 4 weeks at 465°. This will serve 3,837 people. If more people come, add the rabbits, but only if necessary as some people do not like to find hare in their stew.

## HARVEY HOUSE SLAW

Judy Doba

½ head green cabbage, shredded  
1 lg. green bell pepper, thinly sliced  
1 med. onion, thinly sliced  
½ C. + 1 tsp. sugar (divided)

½ C. white vinegar  
⅓ C. salad oil  
½ tsp. ground dry mustard  
½ tsp. celery seed  
½ tsp. salt

In a large bowl, layer cabbage, bell pepper and onion; sprinkle top with ½ C. sugar (or less to taste). In small saucepan mix vinegar, oil, dry mustard, celery seed, salt and 1 tsp. sugar. Bring to a boil and pour over vegetables. Let cool and then toss. Cover and refrigerate at least 4 hr. before serving. It will keep several days in the refrigerator and gets better. Great with fish and grilled meats. Toss again before serving. Makes 8 servings. (Because this keeps so well, it is better if made the day before serving. I use the bag of pre-shredded cabbage with carrots and use green onion.)

**Note:** From the Houston Chronicle test kitchen that says "it originated at the Harvey House Restaurant".

## ORIENTAL SALAD

Zelma Mikolajczyk

Salad:

1 large head Napa cabbage  
5 green onions and tops  
2 pkg. Oriental Ramen noodles  
1 (5 oz.) pkg. almonds, sliced (about ½ - ¾ C.)

¼ C. butter  
½ C. sesame seeds

Cut cabbage into small shred. Chop green onions and tops. Store greens separately. Crush Ramen noodles in their pkg. before opening. Discard the seasoning packet. Brown noodles and almonds in butter. WATCH CAREFULLY BECAUSE THEY SCORCH EASILY. Add the sesame seeds when almonds begin to brown. Drain on paper towels at room temperature. Keep in refrigerator until ready to serve.

Dressing:

½ C. sugar  
½ C. olive oil  
½ C. vinegar

½ C. apple juice  
2 T. soy sauce

Mix sugar olive oil, vinegar, apple juice and soy sauce. When ready to serve, mix all the salad ingredients and dressing. The noodles will become soggy in 2 - 4 hr. but the salad is still very tasty.

**PAULA'S CABBAGE SLAW***Nan Walker*

2 bags Oriental Ramen noodles  
 2 T. sesame seeds  
 ¼ C. slivered almonds  
 3 T. canola oil  
 1 lg. bag slaw mix (cabbage & carrots)

3 T. rice vinegar  
 1 T. salt  
 1 T. pepper  
 2 T. sugar  
 ½ C. canola oil

Break up Ramen noodles and brown along with sesame seeds and slivered almonds in oil. Stir often being careful not to burn. When lightly browned add mixture to slaw, mix well. To prepare dressing, mix rice vinegar, salt, pepper, sugar, and oil well. Just before serving, pour dressing over slaw mix.

**Note:** This recipe was given to me by Paula Brown, a daughter-in-law. It is a family favorite. I discard the seasoning packets that come in the Ramen noodles. You can add chopped, grilled chicken breast to turn this into a main dish.

**ORANGE AND GREEN SALAD***Betty Broome***Dressing:**

½ tsp. salt  
 ⅛ tsp. freshly ground pepper  
 ¼ C. olive oil  
 2 T. fresh parsley, snipped

2 T. sugar  
 2 T. red wine vinegar  
 2 - 4 drops Tabasco sauce

Combine all dressing ingredients. Mix well. Cover and chill to allow flavors to blend while preparing remainder of ingredients.

**Garnish:**

½ C. slivered almonds                      3 T. sugar

In a dry skillet, over medium heat, toast almonds and sugar lightly until sugar just melts. Set aside.

**Salad:**

1 head iceberg lettuce  
 1 head romaine lettuce  
 2 celery stalks, thinly sliced

4 scallions, chopped  
 1 (11 oz.) can mandarin oranges, drained

To serve, tear greens into bite-size pieces and add celery, scallions and oranges. Pour dressing over greens. Toss well. Garnish with almonds. Preparation time 25 min. Yield: 6 servings.

**Note:** From Tucson Junior League "Purple Sage" cookbook.

**SPINACH SALAD***Pamela J. Randall*

1 pkg. fresh spinach, torn  
 ½ lb. fresh mushrooms, sliced  
 6 slices bacon, chopped  
 ¼ C. fresh lemon juice  
 3 T. sugar

2 tsp. Worcestershire sauce  
 2 eggs, boiled and cut into wedges (garnish)  
 ¼ C. red onion rings, sliced thin (garnish)

Combine spinach and mushrooms. Cook bacon until crispy; remove from pan with slotted spoon to paper towel. In drippings add lemon juice, sugar and Worcestershire sauce. Heat until boiling. Drizzle slowly over spinach mushroom mixture. Toss to combine. Garnish with egg wedges and onion rings. Makes 4 servings.

**Note:** I had to write this recipe down so I could share it with those who asked for it. I keep the list of ingredients in my head so I can whip this up any time, varying the amounts for the sauce.

**CYNTHIA'S PASTA SALAD***Donna Stephens***Salad:**

8 oz. vermicelli pasta  
 ½ C. onion, chopped  
 ½ C. green bell pepper, chopped  
 ½ C. celery, chopped  
 1 (2 oz.) jar chopped pimento, drained

1 (4.25 oz.) can chopped black olives, drained  
 Tony Chachere's seasoning  
 Tomatoes, chopped (garnish)

Break vermicelli into 3 pieces. Boil according to package directions. When cooked, drain and cool completely. Use a handy chopper to finely chop onion, bell pepper and celery. When all chopped, add pimento and olives. Mix well, season properly with Tony Chachere's seasoning to taste and then add dressing. Cover and chill, preferably overnight. Just before serving, add chopped tomatoes on top of salad.

**Dressing:**

½ C. olive oil  
 ¼ C. lemon juice  
 1 T. Accent seasoning  
 Salt and pepper to taste

1 C. Kraft mayonnaise (enough to make dressing thin and creamy)

Mix all ingredients thoroughly.

**GREEK TORTELLINI SALAD***Julie Huggard*

- |   |   |
|---|---|
| 1 (20 oz.) pkg. fresh cheese tortellini | ½ tsp. salt                                   |
| ½ C. olive oil                          | 1 lb. baby spinach leaves, rinsed and crisped |
| ¼ C. lemon juice                        | 6 - 8 oz. feta cheese, crumbled               |
| ¼ C. red wine vinegar                   | ½ C. red onion, slivered                      |
| 2 T. parsley, chopped                   | 6 hard boiled eggs, peeled and quartered      |
| 1 tsp. dried oregano or 1 T. fresh      |   |

Cook tortellini according to package directions. Drain. In a large bowl, combine olive oil, lemon juice, red wine vinegar, parsley, oregano and salt. Add cooked tortellini and mix to coat. Cover and chill at least 2 hr. or up to 1 day. Add spinach, feta cheese and onion to tortellini and mix gently. Mound salad on platter and arrange egg quarters around the edge.

**CANDY BAR APPLE SALAD***Carolyn Calvert*

- |  |   |
|--|---|
| 1 (8 oz.) pkg. cream cheese, softened                | 6 (2.16 oz.) caramel peanut bars (Baby Ruth or Payday), chopped |
| ½ C. brown sugar, packed                             | 1 (8 oz.) container whipped topping, thawed                     |
| 4 - 6 Granny Smith apples, cored, peeled and chopped |   |

Blend cream cheese and brown sugar together. Fold in apples and candy bars. Gently stir in whipped topping. Refrigerate until ready to serve.

**EASY FRUIT SALAD***Harolene Hatley*

- |  |                                      |
|--|--------------------------------------|
| 1 (16 oz.) bag frozen mixed fruit        | 6 oz. yogurt (flavor of your choice) |
| 1 (12 oz.) bag frozen peaches            |                                      |
| 1 (20 oz.) can pineapple chunks, drained | ½ C. pecans, chopped                 |

Mix together and serve.

**PEARS WITH PORT AND BLUE CHEESE***Cindy Ward*

- |                    |                               |
|--------------------|-------------------------------|
| 2 firm fresh pears | 1 oz. blue cheese, crumbled   |
| ¾ C. Port wine     | 1½ T. walnut pieces, toasted  |
| 1 T. lemon juice   | Watercress garnish (optional) |

Peel, halve and core pears. Combine port and lemon juice in skillet. Poach pears, cut side down, in port for 20 min., turning after 10 min. Baste frequently. Put pear half on plate, sprinkle with cheese and walnuts. Garnish with watercress, if desired. Makes 4 servings.

**PINEAPPLE BLUEBERRY SALAD FREEZE***Sally Gengo*

- |                                  |                   |
|----------------------------------|-------------------|
| 1 (20 oz.) can crushed pineapple | ¾ C. mayonnaise   |
| 2½ C. miniature marshmallows     | 3½ T. lemon juice |
| ¼ tsp. salt                      | 1 C. blueberries  |
| 1 C. dairy sour cream            |                   |

Combine pineapple (undrained) in saucepan with marshmallows & salt. Stir over low heat until marshmallows melt; cool. Stir in sour cream and mayonnaise. Place lemon juice & blueberries in blender container, blend until smooth, then stir into pineapple mixture. Freeze in desired container. Take from freezer about 30 min. before serving and put in refrigerator. Slice & serve.

**TAFFY APPLE SALAD***Joanne Matava*

- |                                  |  |
|----------------------------------|--|
| 1 (20 oz.) can pineapple tidbits | 8 oz. frozen whipped topping, thawed               |
| 2 C. miniature marshmallows      | 2 C. apples, peeled and diced (I use Granny Smith) |
| ½ tsp. vinegar                   | 1½ C. cocktail peanuts                             |
| 1 T. all-purpose flour           | Apple slices for garnish                           |
| ½ C. sugar                       |  |
| 1 egg, beaten                    |  |

Drain pineapple, reserve juice. Mix pineapple and marshmallows, set aside. In a saucepan, whisk together pineapple juice, vinegar, flour, sugar and egg. Heat until thick. Refrigerate overnight. Next day, mix thickened sauce and whipped topping. Add pineapple mixture, and then add apples and peanuts. Serve garnished with apple slices. (Prepare sauce the day before serving or allow sauce to cool for awhile.)

**CHERRY COKE SALAD***Carolyn Calvert*

12 oz. Coca Cola  
 1 (6 oz.) pkg. cherry jello  
 1 (14.5 oz.) can dark sweet cherries

1 (8 oz.) can crushed pineapple  
 1 C. chopped nuts (optional)  
 Whipped cream (optional garnish)

Heat coke on low; dissolve the jello in it. Remove to a serving bowl and add juice from can of cherries. Place in refrigerator just until syrupy. Add the cherries, pineapple and nuts. Place back in refrig. until fully set. May be served with whipped cream on top.

**FRUITY JELLED SALAD***Tracy Keyes*

1 (15 oz.) can crushed pineapple  
 1 (3 oz.) pkg. apricot or orange jello  
 1 (8 oz.) pkg. cream cheese, cut into chunks

1 C. milk (I prefer buttermilk)  
 1 C. Cool Whip  
 ½ C. pecans, chopped (optional)

In a saucepan over low heat, heat pineapple and juice to boiling. Add jello and stir to dissolve. Add cream cheese chunks and stir until dissolved. Remove from heat. Add milk, Cool Whip and pecans. Pour into about an 8x12 inch pan. Refrigerate for several hr.

**Note:** This was my Grandmother's recipe.

**CREAMY ORANGE FLUFF***Carolyn Calvert*

1 (3 oz.) pkg. orange gelatin mix  
 8 oz. whipped topping, thawed  
 12 oz. cottage cheese  
 1 (13 oz.) can pineapple tidbits, drained

1 (11 oz.) can mandarin oranges, drained

Combine gelatin, topping and cottage cheese together in a serving bowl; mix well. Fold in pineapple and oranges. Cover and refrigerate until serving.

**MARSHMALLOW LIME SALAD***Georgia Peurifoy*

1 (3 oz.) pkg. lime gelatin  
 1 (3 oz.) pkg. lemon gelatin  
 2 C. boiling water  
 2 C. miniature marshmallows

1 (20 oz.) can crushed pineapple  
 1 (8 oz.) ctn. small curd cottage cheese  
 1 C. mayonnaise

In a bowl, dissolve both gelatins in boiling water. Add marshmallows and stir until dissolved. Chill until partially set. Combine pineapple, cottage cheese and mayonnaise; stir into gelatin. Pour into 9 inch square dish. Chill until firm. Serves 9 - 12.

**MANDARIN ORANGE SALAD***Norma Harlan*

1 (3 oz.) box orange jello  
 ½ C. sugar  
 1 C. boiling water  
 1 C. sour cream (8 oz.)

1 sm. can crushed pineapple (do not drain)  
 1 sm. can mandarin oranges, drained

Mix jello and sugar together and dissolve in boiling water. Mix sour cream with jello mixture while still hot and stir well. Add pineapple and juice. Add drained oranges. Pour into a 5 C. mold or individual molds. Refrigerate overnight or all day before removing from molds and serving.

**RASPBERRY SALAD***Barbara Wolz*

1 (6 oz.) pkg. raspberry jello mix  
 2 C. boiling water  
 2 (12 oz.) pkgs. frozen raspberries, undrained

1 C. chunky applesauce  
 2 C. sour cream  
 1 (16 oz.) pkg. small marshmallows

Mix together jello and water. Stir until dissolved. Add raspberries and applesauce. Pour in mold or Pyrex dish. Refrigerate until it jells. Mix sour cream with marshmallows; spread on top. Put in refrigerator and leave overnight before serving.

**Note:** Delicious and pretty anytime, but especially nice for the Holidays. This recipe is from Barbara's mother.

**SOUR CHERRY JELLO SALAD***Bettie Hughes*

1 (14.5 oz.) can tart red cherries, drained  
 1 (6 oz) box cherry jello  
 1 (8 oz.) can crushed pineapple

½ C. sugar  
 ½ C. water  
 ½ C. pecans, chopped

Mix cherries, jello, pineapple, sugar and water in a sauce pan. Bring to a boil. Cool. Pour into an 8 inch square Pyrex dish. Cover with chopped nuts. Refrigerate until it jells.

**MEXICAN SALAD***Carolyn Calvert*

- |   |   |
|---|---|
| <b>1 lb. hamburger, cooked and cooled</b>   | <b>1 head lettuce, shredded</b>                   |
| <b>1 lb. sharp cheddar cheese, shredded</b> | <b>1 (15 oz.) can ranch style beans, drained</b>  |
| <b>1 onion, chopped fine</b>                | <b>1 (16 oz.) bottle Thousand Island dressing</b> |
| <b>4 tomatoes, chopped</b>                  | <b>1 C. Fritos (more if desired)</b>              |

Combine hamburger, cheese, onion, tomatoes and lettuce in a large salad bowl. Add ranch beans and stir. Just before serving, add the dressing and Fritos and toss all together.

**SPICY BEEF & PASTA SALAD***Donna Stephens*

- |  |  |
|--|--|
| <b>½ C. soy sauce</b>                      | <b>1 lb. flank steak</b>                           |
| <b>¼ C. Dijon mustard</b>                  | <b>8 oz. bow tie pasta</b>                         |
| <b>2 - 3 tsp. Cajun seasoning</b>          | <b>1 green bell pepper, cut into 2-inch pieces</b> |
| <b>¼ - ½ tsp. dried crushed red pepper</b> | <b>2 C. cherry tomatoes, halved</b>                |
| <b>2 T. olive oil</b>                      |  |

Stir together soy sauce, mustard, Cajun seasoning, dried pepper flakes and olive oil. Mix well and pour half of mixture over steak, covering all surfaces. Cover and refrigerate steak 8 hr. or overnight. Cover remaining soy sauce mixture and set aside. Cook pasta according to package directions; drain and rinse with cold water. Set aside. Remove steak from marinade, discarding marinade, and place on a lightly greased rack in a broiler pan. Broil steak 3 inches from heat 5 min. on each side or to desired degree of doneness. (You can also grill on barbeque pit) Let stand 5 min. Cut diagonally across the grain into thin slices. Combine cooked pasta, steak slices, reserved soy sauce mixture, bell pepper and tomato in a large bowl. Toss gently to coat. Yields: 6 servings.

**SUMMER PASTA SALAD***Pamela J. Randall*

- |  |                                     |
|--|-------------------------------------|
| <b>½ C. Miracle Whip salad dressing</b>                    | <b>1 C. tomato, chopped</b>         |
| <b>¼ C. parmesan cheese, grated</b>                        | <b>1 C. green pepper chunks</b>     |
| <b>5 T. milk</b>   | <b>¼ C. onion, coarsely chopped</b> |
| <b>1½ C. cooked ham, cubed</b>                             | <b>½ tsp. salt</b>                  |
| <b>1 C. shell macaroni, cooked and drained (4 oz. dry)</b> | <b>Lettuce</b>                      |

Combine salad dressing, parmesan cheese and milk; mix well. Add ham, macaroni, tomato, green pepper, onion and salt. Mix lightly. Chill several hours or overnight. Serve on a lettuce-covered platter. Makes 4 servings.

**Note:** When I was a teenager I found this recipe in a magazine as part of an advertisement for Miracle Whip Salad Dressing. I cut it out and have had it with me all these many years. I like to substitute cooked and peeled shrimp for the ham. It is my favorite summer picnic salad.

**CHICKEN & STRAWBERRIES OVER MIXED GREENS***Sarah Staines***Salad:**

- |   |                                       |
|---|---------------------------------------|
| <b>2 C. roasted chicken breast meat, chopped</b>          | <b>½ C. red onion, finely chopped</b> |
| <b>2 C. small strawberries, quartered</b>                 | <b>2 T. golden raisins</b>            |
| <b>⅓ C. celery, finely chopped (I use grapes instead)</b> | <b>Mixed salad greens</b>             |

Combine chicken, strawberries, celery, onion and raisins in a large bowl.

**Dressing:**

- |  |                       |
|--|-----------------------|
| <b>1 T. extra virgin olive oil</b>                 | <b>½ tsp. paprika</b> |
| <b>1 T. balsamic vinegar</b>                       | <b>⅛ tsp. salt</b>    |
| <b>1 T. sesame seeds, toasted</b>                  | <b>⅛ tsp. pepper</b>  |
| <b>1 T. chopped fresh or 1 tsp. dried tarragon</b> |                       |

Combine dressing ingredients and whisk well. Pour dressing over chicken mixture, toss well & serve over mixed salad greens.

**FRUITED CHICKEN SALAD***Genny Houglund*

- |  |   |
|--|---|
| <b>4 C. cooked chicken, diced</b>                | <b>Salt to taste</b>                              |
| <b>1 (15 oz.) can pineapple tidbits, drained</b> | <b>Sour cream, if needed</b>                      |
| <b>1 C. celery, chopped</b>                      | <b>1 (5 oz.) can chow mein noodles</b>            |
| <b>½ C. sliced ripe olives</b>                   | <b>1 (11 oz.) can mandarin oranges, drained</b>   |
| <b>½ C. green pepper, chopped</b>                | <b>Iceberg lettuce (optional)</b>                 |
| <b>3 T. onion, chopped</b>                       | <b>¾ C. seedless grapes (optional garnish)</b>    |
| <b>1 C. mayonnaise</b>                           | <b>Water chestnuts, sliced (optional garnish)</b> |
| <b>½ tsp. curry powder</b>                       |   |
| <b>1 T. mustard</b>                              |   |

In a large bowl, combine chicken, pineapple, celery, olives, green pepper and onion. Blend mayonnaise, curry powder, mustard and salt. Toss gently with chicken mixture. If it seems too dry, add a little sour cream to mixture. Chill. Before serving, mix in chow mein noodles and oranges. Turn salad into a lettuce lined bowl. If desired, add grapes and sliced water chestnuts.

**PASTA CHICKEN SALAD***Barbara Wolz*

- |   |   |
|---|---|
| <b>3½ C. pasta, your choice, uncooked</b> | <b>¾ C. carrots, sliced</b>                         |
| <b>1½ C. chicken, cooked and cubed</b>    | <b>½ C. green onions, sliced</b>                    |
| <b>1½ C. fresh broccoli florets</b>       | <b>1 C. creamy Italian salad dressing (divided)</b> |
| <b>1½ C. fresh cauliflower, chopped</b>   | <b>2 C. fresh mushrooms, sliced</b>                 |
|   | <b>Salt and pepper</b>                              |

Cook pasta according to package directions; drain. Rinse with cold water to cool quickly; drain well. In a large bowl, combine cooled pasta with chicken, broccoli, cauliflower, carrots and green onion. Toss with ½ C. salad dressing; cover and chill. Just before serving toss with remaining dressing and mushrooms. Season with salt and pepper to taste. Makes 6 servings (1¾ C. each).

**BEST TUNA SALAD EVER***Judy Doba*

- |  |   |
|--|---|
| <b>½ lemon juice, freshly squeezed</b>       | <b>1 tsp. (heaping) capers or to taste, drained</b> |
| <b>1 (6.4 oz.) pouch Albacore white tuna</b> | <b>Onion powder to taste (optional)</b>             |
| <b>Mayonnaise to moisten or to taste</b>     | <b>1 boiled egg grated (optional)</b>               |

Mix and refrigerate. Serves 2. You will never use pickle relish again!

**SHRIMP MOUSSE***Kathy Somerville*

- |                                    |                                  |
|------------------------------------|----------------------------------|
| <b>1 (10¾ oz.) can tomato soup</b> | <b>2 (4½ oz.) cans shrimp</b>    |
| <b>1 (8 oz.) pkg. cream cheese</b> | <b>1 T. Worcestershire sauce</b> |
| <b>1½ T. unflavored gelatin</b>    | <b>3 stalks celery, chopped</b>  |
| <b>¼ C. cold water</b>             | <b>6 scallions, chopped</b>      |
| <b>1 C. mayonnaise</b>             | <b>Salt and pepper to taste</b>  |

Warm soup and cream cheese in saucepan over low heat until cheese melts. Soften gelatin in cold water and add to the soup mixture. Stir until gelatin dissolves. Put cheese mixture, mayonnaise, shrimp, Worcestershire sauce, celery, scallions, salt and pepper in a blender and blend until smooth. Pour into an oiled 1 qt. mold and refrigerate overnight. Unmold and garnish. Yields 4 C.

## SHRIMP & VEGETABLE SALAD

Margo Propst

- 2 lbs. shrimp, unpeeled
- 3 qts. water
- 2 T. salt
- ½ fresh lemon
- ⅓ C. fresh lemon juice
- 1 tsp. salt
- ½ tsp. freshly ground pepper
- 2 tsp. Dijon mustard
- ¾ C. extra-virgin olive oil
- 1 lb. green beans, cooked and cut into 1" pieces
- 1 celery heart, leaves included, sliced ¼" thick
- 1 bunch green onions, white part and half the green, thinly sliced
- 1 red or yellow bell pepper, seeded, quartered and cut into ¼" slices
- 1 cucumber, peeled, quartered lengthwise and cut in ¼" slices
- 1½ pt. basket red or yellow pear tomatoes, halved
- 1 C. pitted black olives, halved
- 1 bunch chives, thinly sliced
- ½ C. fresh basil leaves, torn into ½" pieces

Cook shrimp by bringing 3 qts. water, 2 T. salt and ½ lemon to a boil. Add the shrimp, reduce heat to med. Cook uncovered for 3 min. until shrimp are pink. Remove from heat and place shrimp in a bowl of ice water. Drain shrimp and place in a shallow bowl. Peel and set aside. Combine lemon juice, salt, pepper and mustard in a medium mixing bowl and whisk to mix. Whisk in oil in a slow stream so that the dressing doesn't separate. Immediately pour half the dressing on the shrimp. Fold the shrimp and dressing together with a rubber spatula to make sure shrimp are evenly coated. Cover and refrigerate. Combine the green beans, celery, green onions, pepper, cucumber, tomatoes, black olives, chives and basil leaves in a large mixing bowl and fold in the remaining dressing with a large rubber spatula. Cover and refrigerate. About half an hour before serving, add the shrimp to the vegetable salad and fold together with a rubber spatula. Taste for seasoning and add more salt, pepper or lemon juice as needed. Mound the salad on plates. Makes 6 - 8 servings.

**Note:** This is a great make-ahead dish that can be kept chilled until just before serving. During preparation, don't rinse shrimp under running water, it removes the natural flavor. Also, don't overcook them.

## LIME PROVENCE SALAD DRESSING

Susan Busler

- 1 clove garlic
- 1½ oz. fresh lime juice
- 1½ tsp. Dijon mustard
- 1½ tsp. Herbs de Provence
- Salt and pepper to taste
- 1 green onion, finely chopped
- 2 tsp. sugar
- 4½ oz. olive oil
- 1 T. half & half or milk

Smash garlic with flat side of knife. Place lime juice, mustard, herbs, salt & pepper, garlic, green onion and sugar in a bottle or jar. Shake vigorously. Let stand for a while (50 - 60 min.), shaking occasionally. Pour into a large bowl and remove garlic clove. Whisk in oil in a stream of droplets. Beat until somewhat thickened and oil does not separate. Whisk in cream or milk in the same manner. Chill and serve.



Recipe Favorites



D066

*Cosmos*  
VEGETABLES  
& SIDE DISHES

## Helpful Hints

- When preparing a casserole, make an additional batch to freeze for when you're short on time. Use within 2 months.
- To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.
- To prevent pasta from boiling over, place a wooden spoon or fork across the top of the pot while the pasta is boiling.
- Boil all vegetables that grow above ground without a cover.
- Never soak vegetables after slicing; they will lose much of their nutritional value.
- Green pepper may change the flavor of frozen casseroles. Clove, garlic, and pepper flavors get stronger when frozen, while sage, onion, and salt become more mild.
- For an easy no-mess side dish, grill vegetables along with your meat.
- Store dried pasta, rice (except brown rice), and whole grains in tightly covered containers in a cool, dry place. Refrigerate brown rice and freeze grains if you will not use them within 5 months.
- A few drops of lemon juice added to simmering rice will keep the grains separated.
- When cooking greens, add a teaspoon of sugar to the water to help vegetables retain their fresh colors.
- To dress up buttered, cooked vegetables, sprinkle them with toasted sesame seeds, toasted chopped nuts, canned french-fried onions, grated cheese, or slightly crushed seasoned croutons.
- Soufflé dishes are designed with straight sides to help your soufflé rise. Ramekins work well for single-serve casseroles.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To avoid toughened beans or corn, add salt midway through cooking.
- If your pasta sauce seems a little dry, add a few tablespoons of the pasta's cooking water.
- To prevent cheese from sticking to a grater, spray the grater with cooking spray before beginning.

## VEGETABLES & SIDE DISHES

### BAKED BEANS

*Linda Fisher*

**2 (1 lb.14 oz.) cans Van Camps  
pork & beans, drained**      **¼ C. Hunt's catsup**  
**½ onion, chopped**              **½ tsp. dry mustard**  
**½ C. brown sugar**                **4 - 5 slices bacon**

Pour pork & beans into bean pot. Add onions, sugar, catsup and mustard; mix well. Top with bacon. Cover and bake at 300° for 3 hr. Remove cover last ½ hr. I always use Van Camps brand beans.

### GREEN BEANS AND CHERRY TOMATOES

*Donna Stephens*

**2 T. olive oil**                              **1 lb. green beans, ends trimmed**  
**3 cloves garlic, chopped**              **Salt and pepper to taste**  
**1 pt. cherry tomatoes, sliced in  
half**

Heat olive oil over medium - high heat in a large skillet. Add the garlic and sauté until golden. Add the tomato halves and reduce the heat to medium-low, stir well, and cover with a lid. Cook for 5 min. until the tomatoes are melted into the oil. Add the green beans and season with salt and pepper. Stir well, lower the heat to a low heat and stir from time to time. The green beans will be ready in 10 - 15 min.

### BAVARIAN KRAUT

*Barbara Liner*

**1 head cabbage, chopped**              **¼ C. vinegar**  
**2 apples, peeled and chopped**        **¼ C. sugar**  
**1 onion, chopped**                        **Salt and pepper**  
**⅓ C. butter or margarine**

Cook cabbage, apples and onions until tender and drain. Add butter, vinegar, sugar, salt and pepper to taste and simmer for 10 min. Serve hot.

Veg/Side 6-09

**SUNSHINE CARROTS***Cindy Ward*

5 carrots, cut into thin strips  
 1 T. sugar  
 1 tsp. cornstarch  
 ¼ tsp. salt  
 ¼ tsp. ginger, dried  
 ¼ C. orange juice  
 2 T. butter or margarine

Cook carrots in salted water until tender, 10 - 15 min. Drain and set aside. Combine sugar, cornstarch, salt and ginger in saucepan. Add orange juice. Cook stirring constantly until thick and bubbly. Boil 1 min. Add butter and stir in. Add carrots and toss gently to coat.

**Note:** We always have this on Thanksgiving. It is wonderful with turkey.

**CAULIFLOWER ALA PARMIGIANA***Lynn White*

3 tsp. sea salt  
 1 head cauliflower, separated into large florets  
 ¼ tsp. black pepper, freshly ground  
 2½ T. butter  
 ⅓ C. parmesan cheese, freshly grated

Preheat oven to 425°. Lightly coat an 8x10 inch baking dish with butter. Bring a large pot of water and 3 tsp. salt to a boil. Add cauliflower and boil until slightly softened, about 4 min. Drain well, cool slightly, and slice stems lengthwise to ¼ inch thickness. Arrange slices, overlapping tightly, in prepared baking dish. Season with salt and black pepper, and dot with butter. Sprinkle top with cheese. Bake uncovered until lightly browned on top, about 30 min. Serve hot. Four servings, 130 calories each.

**Note:** Recipe from Country Living magazine

**BEST CREAMED CORN EVER***Judy Doba*

4½ C. frozen corn  
 1 C. heavy whipping cream  
 1 C. milk  
 1 tsp. salt  
 2 T. sugar  
 Pinch white or cayenne pepper  
 2 T. butter  
 2 T. flour

Combine the corn, cream, milk, salt, sugar and pepper in a pot and bring to a boil. Meanwhile, melt the butter in a small sauté pan. Add the flour, stirring constantly with a wooden spoon over low heat. Cook for 2 - 3 min. DO NOT ALLOW TO BROWN. Stir the flour-butter roux into the corn mixture. (I use a whisk to avoid lumps) and cook several min. over med. heat until it thickens. Serve warm. Serves 8.

**Note:** Once you make this you will never open another can of cream style corn. From Houston Chronicle favorites. (To reduce fat, use all whole milk, or 1 C. half & half with 1 C. whole milk.)

**CHEESY CREAMED CORN IN A CROCKPOT***Esther Ward*

3 slices American cheese  
 3 slices Swiss cheese  
 32 oz. frozen yellow corn  
 16 oz. frozen white corn  
 11 oz. cream cheese, cubed  
 ¼ C. butter, cubed  
 3 T. water  
 3 T. milk  
 2 T. sugar

Cut American and Swiss cheeses into small pieces. Combine all ingredients in a slow cooker; mix well. Cover and cook on low 4 - 5 hr., stirring occasionally. Stir well before serving. Serves 12 - 14.

**Note:** Tastes like fresh off the cob! Esther uses the organic frozen yellow corn found at Costco.

**SPICY CORN CASSEROLE***Donna Stephens*

1 (8 oz.) pkg. cream cheese  
 1 stick butter  
 4 T. flour  
 1 C. milk  
 2 - 3 (10 - 12 oz.) bags frozen corn, thawed  
 3 jalapeño peppers, chopped (can use canned peppers)  
 1 tsp. salt

Melt cream cheese and butter in saucepan until bubbly. Add flour and milk and stir until smooth. Add corn, peppers and salt. Mix well and place in a 9x13 inch dish. Bake at 350° for 20 min.

**TRIPLE CORN CASSEROLE***Norma Harlan*

- |  |                                     |
|--|-------------------------------------|
| <b>1 can white or whole kernel corn</b>  | <b>1 C. sour cream</b>              |
| <b>1 can creamed corn</b>                | <b>½ stick butter, melted</b>       |
| <b>1 pkg. Jiffy cornbread baking mix</b> | <b>Sharp cheddar cheese, grated</b> |

Mix together cans of corn and the Jiffy baking mix. Add sour cream and melted butter. Place in a greased 8x8 inch baking dish. Bake at 350° for 40 - 45 mins. The last 5 min. of baking, add grated sharp cheddar cheese over top and place back in oven until cheese is melted.

**EMESE'S HUNGARIAN LENTILS***Adrienne Juno*

- |                                    |                                 |
|------------------------------------|---------------------------------|
| <b>1 sm. bag brown lentils</b>     | <b>3 cubes chicken bouillon</b> |
| <b>1 - 1½ lg. onion, chopped</b>   | <b>3+ sprigs cilantro</b>       |
| <b>4 - 8 cloves garlic, minced</b> | <b>Salt to taste</b>            |
| <b>2 big tomatoes, chopped</b>     | <b>Rice, cooked</b>             |

Rinse and drain lentils. Boil with water until tender. Keep adding water as needed. Do not drain. Sauté onion and garlic until lightly browned. Add tomatoes to sautéed veggies. Add chicken bouillon and chopped cilantro. Pour sautéed veggies into lentils. Mix. Salt to taste. Serve on top of rice. Can add leftover meat when sautéing veggies.

**Note:** This recipe comes from a dear friend who immigrated to the US from Hungary during the upheaval there in the '50s.

**SHERRIED PEAS***Cindy Ward*

- |   |                                  |
|---|----------------------------------|
| <b>1 (10 - 12 oz.) bag frozen baby peas</b>     | <b>2 T. butter</b>               |
| <b>1 C. mushroom, fresh and cut into chunks</b> | <b>2 T. sherry</b>               |
| <b>2 T. shallot, minced</b>                     | <b>¼ tsp. salt</b>               |
|   | <b>Dash cracked black pepper</b> |
|   | <b>¼ tsp. Herbs de Provence</b>  |

Cook peas per package directions for half of total cook time. Sauté mushrooms and shallots in butter. Stir in sherry, salt, pepper and herbs. Add peas and heat until peas are done.

**Note:** This recipe is a must with our Christmas tradition of Rib Roast and Yorkshire Pudding. I make them often during the year leaving off 2 or 3 ingredients. The full version is saved for Christmas day only.

**SUMMER SQUASH CASSEROLE***Genny Houglund*

- |                                    |  |
|------------------------------------|--|
| <b>1½ lb. yellow squash</b>        | <b>8 oz. sour cream</b>                                      |
| <b>1 lb. zucchini</b>              | <b>1 (8 oz.) can of water chestnuts, drained and chopped</b> |
| <b>1 sm. onion, chopped</b>        | <b>1 (8 oz.) pkg. herb seasoned stuffing</b>                 |
| <b>2½ tsp. salt, divided</b>       | <b>½ C. butter, melted</b>                                   |
| <b>1 C. carrot, grated</b>         |  |
| <b>1 can cream of chicken soup</b> |  |

Preheat oven to 350°. Cut squash and zucchini into ¼ inch thick slices. Place in a Dutch oven. Add onion, 2 tsp. salt, and water to cover. Bring to a boil and cook 5 min. Drain well. Stir together carrots, chicken soup, sour cream, water chestnuts and ½ tsp. salt. Fold in squash mixture. Stir together stuffing and ½ C. melted butter and spoon half of stuffing mixture in bottom of greased 13x9 inch baking dish. Add squash mixture over stuffing and top with remaining stuffing mixture. Bake at 350° for 30 - 35 min. Shield with aluminum foil after 20 min. Serves 8.

**ZUCCHINI CASSEROLE***Mary Dawson*

- |  |   |
|--|---|
| <b>4 med. zucchini, sliced in ½ inch pieces</b>                              | <b>½ C. sour cream</b>  |
| <b>½ tsp. salt</b>   | <b>1 (10.4 oz.) can cream of chicken soup, undiluted</b>          |
| <b>½ C. onions, chopped</b>  | <b>2¼ C. Pepperidge Farm herb seasoned stuffing mix (divided)</b> |
| <b>¾ C. carrots, shredded (I cheat and buy the carrots already shredded)</b> |   |
| <b>6 T. butter or margarine (divided)</b>                                    |   |

Cook the zucchini in salted water 8 - 10 min. until tender; then drain. Sauté onions and carrots in 4 T. butter until done. Salt these as they are cooking. Remove from heat and add the sour cream, cream of chicken soup and 1½ C. of the stuffing mix to the onions and carrots. Gently fold in the zucchini. (Be sure that zucchini is well drained or casserole will be runny.) Transfer ingredients to 1½ - 2 qt. baking dish. Melt remaining 2 T. of butter and toss with the remaining ¾ C. of stuffing mix. Use this to put on top of casserole dish. Bake uncovered at 350° for 30 - 40 min. Serves 8.

**CURRIED BAKED FRUIT***Karen Ybanez*

- |                                |  |
|--------------------------------|--|
| 1 (1 lb.) can pear halves      | ¾ C. light brown sugar                           |
| 1 (1 lb.) can cling peaches    | 3 tsp. curry powder (I like Spice Islands brand) |
| 1 (1 lb.) can pineapple chunks | ⅓ C. butter or margarine, melted                 |
| 1 (1 lb.) can apricot halves   | ⅔ C. almonds, slivered                           |
| 12 maraschino cherries         |  |

Drain all fruit. In a separate bowl, add sugar and curry to melted butter. Arrange fruit and nuts in layers in 9x13 inch casserole dish. Pour curry mixture over all. Bake at 325° for 1 hr. Can prepare a day ahead. Refrigerate overnight; reheat at 325° before serving. Yield 10 - 12 servings. Use as side dish or great for brunch.

**ORANGE SLICES***Linda Fisher*

- |  |   |
|--|---|
| 2 (12 oz.) cans sweetened condensed milk | 1 tsp. vanilla                                      |
| 2 C. coconut                             | 2 tsp. orange flavoring                             |
| 1 C. pecans, chopped                     | 1 (16 oz.) can orange slices, cut into 3 - 4 pieces |

Mix all ingredients in a 9x13 inch pan. Bake for 30 min. in a 350° oven. Stir twice, every 10 min. Use a teaspoon full & drop on waxed paper. Sprinkle with powdered sugar. Let your pieces get cool & sprinkle more powdered sugar.

**Note:** This never does get hard but they are really good. The Fisher family has this at holidays as part of the meal.

**PINEAPPLE AU GRATIN***Kathy Somerville**Linda Fisher*

- |                                  |  |
|----------------------------------|--|
| 2 (20 oz.) cans pineapple chunks | 2 C. cheddar cheese, shredded          |
| 1 C. sugar                       | 1 sleeve (tube) Ritz crackers, crushed |
| 6 T. flour                       | 1 stick margarine, melted              |

Drain pineapple, save juice. Mix pineapple, sugar and flour. Add ¼ C. pineapple juice and cheese, stir. Put in a 9x13 inch casserole dish. Crush crackers and put crumbs on top. Drizzle margarine over the top. Bake in a 350° oven for about 30 min. until crackers are brown.

**Note:** Recipe from a friend of Kathy's in Maine. It is a favorite of the Fisher family.

**PINEAPPLE BAKE***Judy Doba*

- |   |   |
|---|---|
| 6 bread slices, cubed (can leave crusts on) | 2 T. flour  |
| 1 stick butter or oleo                      | ½ C. sugar  |
| 1 egg                                       | 1 (15 oz.) can chunk pineapple, drained and saved |

Melt butter in skillet and add cubed bread. Brown in butter (just like making croutons, but do not burn). Drain pineapple, reserving juice. Beat egg adding flour and sugar. Add reserved pineapple juice. Pour mixture into 1½ qt. casserole or 9 inch square pan that has been lightly sprayed with oil. Add pineapple chunks and top with bread. Bake at 350° for 30 - 40 min. Serves 6.

**Note:** Great with chicken or turkey instead of stuffing.

**SPICED PEACHES***Barbara Liner*

- |                              |                     |
|------------------------------|---------------------|
| 2 (29 oz.) cans peach halves | 4 cinnamon sticks   |
| 1 C. sugar                   | 2 tsp. whole cloves |
| 1 C. cider vinegar           |                     |

Drain peaches, reserving syrup. Combine syrup with sugar, cider vinegar, cinnamon sticks and cloves in a 2 qt. saucepan. Bring to a boil, reduce heat and simmer for at least 10 min. Pour hot syrup over peaches and cool. Chill thoroughly in refrigerator before serving. Better chilled overnight or for 24 hr.

**BOURSIN POTATOES***Fran Hamel*

- |   |                          |
|---|--------------------------|
| 3 lbs. new potatoes, thinly sliced with skins on                          | Salt and pepper to taste |
| 2 C. whipping cream   |                          |
| 5 oz. Boursin cheese (it's in a little box in the specialty cheese dept.) |                          |

Wash and slice potatoes. Combine whipping cream and Boursin cheese in a small sauce pan and heat slowly, stirring constantly until the ingredients have thoroughly combined. The mixture will be thick. Be careful not to cook too long. Cook just until combined. Place a layer of potatoes in a large casserole and cover with half the cheese mixture. Then add the second layer of potatoes followed by the rest of the cheese mixture. Bake at 400° for approx. 1 hr.

**Note:** This is a very easy five-star recipe.

**CHEESY POTATO CASSEROLE***Barbara Wolz*

- |  |  |
|--|--|
| <b>1 (10¾ oz.) can cream of chicken soup</b> | <b>1 (30 oz.) bag Ore-Ida country style hash browns</b>        |
| <b>2 C. sour cream</b>                       | <b>2 C. corn flakes, crushed (or any type cereal you like)</b> |
| <b>1 tsp. salt</b>                           | <b>¼ C. butter, melted</b>                                     |
| <b>½ tsp. pepper</b>                         |  |
| <b>3 green onions, chopped</b>               |  |
| <b>2 C. mild cheddar cheese, shredded</b>    |  |

Mix soup, sour cream, salt, pepper, green onions and cheese in a large mixing bowl. Add hash browns and stir to combine. Place in greased 9x13 inch pan. Top with butter and cereal mixed together. Bake at 350° for 45 min. until bubbly around the edges.

**MASHED POTATO SOUFFLÉ***Betty Broome*

- |                                    |                                 |
|------------------------------------|---------------------------------|
| <b>4 - 6 potatoes, peeled</b>      | <b>Salt and pepper to taste</b> |
| <b>1 (8 oz.) pkg. cream cheese</b> | <b>Tabasco sauce to taste</b>   |
| <b>1 egg</b>                       | <b>¼ C. scallions, chopped</b>  |
| <b>1 C. light cream</b>            |                                 |

Boil potatoes until tender. Drain. While still hot, whip potatoes with cream cheese, egg and cream. Season to taste with salt, pepper and Tabasco sauce. Fold in scallions. Pour into buttered casserole or soufflé dish, leaving 2 - 3 inches at the top for "puffing." Bake at 350° for 45 min. Preparation time: 1.5 hr. Yield 6 servings.

**Note:** Soufflé can be assembled and refrigerated until baking time.

**PAPRIKA POTATOES***Cindy Ward*

- |                                 |                      |
|---------------------------------|----------------------|
| <b>2 Idaho baking potatoes</b>  | <b>Salt to taste</b> |
| <b>2 T. butter or margarine</b> | <b>1 T. paprika</b>  |

Scrub and cut Idaho baking potatoes in half lengthwise. Line shallow pan with foil. Melt butter or margarine in oven in foil lined pan. Sprinkle butter with salt and paprika. Put potatoes in pan, cut side down. Bake at 350° for 30 min. or until done.

**SPICY POTATO WEDGES***Pamela J. Randall*

- |                            |   |
|----------------------------|---|
| <b>1 T. chili powder</b>   | <b>¾ tsp. salt</b>                          |
| <b>2 tsp. onion powder</b> | <b>¼ - ½ tsp. cayenne pepper</b>            |
| <b>2 tsp. garlic salt</b>  | <b>¼ C. vegetable oil</b>                   |
| <b>1 tsp. sugar</b>        | <b>3½ lbs. red potatoes cut into wedges</b> |
| <b>1 tsp. paprika</b>      |   |

In a large bowl, combine chili powder, onion powder, garlic salt, sugar, paprika, salt, cayenne pepper (can make a double batch to keep on hand in an airtight jar); stir in oil, add potatoes and toss to coat. Arrange in a single layer on greased baking sheet. Bake at 400°F for 30 - 35 min. or until potatoes are tender and golden brown. Turn once after 15 min. Yield 8 servings. Use olive oil or peanut oil as a healthier choice.

**Note:** My gardening buddy, Mandy, gave me this recipe so I tried it. The boys ate it up and demanded I make it again. It's a keeper!

**SUE'S ROMANO POTATOES***Sue Collins*

- |   |                                      |
|---|--------------------------------------|
| <b>2 lbs. red potatoes (not new potatoes), unpeeled</b> | <b>½ C. cheddar cheese, shredded</b> |
| <b>1 stick (½ C.) unsalted butter</b>                   | <b>2 T. green onions, chopped</b>    |
| <b>2 tsp. minced garlic</b>                             | <b>2 tsp. salt</b>                   |
| <b>4 T. Romano cheese, grated</b>                       | <b>1 tsp. cracked black pepper</b>   |
| <b>½ C. whole milk</b>                                  | <b>½ tsp. ground white pepper</b>    |
| <b>½ C. Monterey Jack cheese, shredded</b>              | <b>1 tsp. paprika</b>                |

Boil potatoes. Let cool. Cut potatoes into quarters in a large mixing bowl. Place butter and garlic in small saucepan; heat over medium heat until butter is completely melted. Pour over potatoes. Add Romano cheese, milk, Monterey Jack, cheddar, green onion, salt and peppers. Preheat oven to 350°. Mix ingredients thoroughly with your hands, gently squeezing through your fingers. Do not over mix; there should be chunks throughout the mixture. Transfer potatoes to a casserole dish large enough to hold all the mixture, sprinkle top with paprika, cover dish and bake for 35 min. Serve immediately. Makes about 8 servings.

**TATER TOT CASSEROLE***Gloria Cox*

- |   |   |
|---|---|
| <b>1 (32 oz.) pkg. Tater Tots</b>             | <b>8 oz. sour cream</b>                   |
| <b>1 (10¾ oz.) can cream of mushroom soup</b> | <b>1 C. cheddar cheese, grated</b>        |
| <b>1 stick butter, melted</b>                 | <b>crushed cornflakes or potato chips</b> |

Spread tots in casserole. Melt soup, butter, sour cream and cheese in saucepan. Pour over potatoes. Sprinkle with crushed corn flakes (potato chips, etc.) on top. Bake at 350° for 60 min.

**Note:** I make a double recipe for Easter.

**FRUITY SWEET POTATO CASSEROLE***Rosemary Felix*

- |   |                                    |
|---|------------------------------------|
| <b>1 (2 lbs. 8 oz.) can cut sweet potatoes, drained</b> | <b>¼ C. dried apricots, sliced</b> |
| <b>1 (8 oz.) can crushed pineapple, drained</b>         | <b>¼ C. brown sugar, packed</b>    |
| <b>½ C. maple syrup</b>                                 | <b>1 T. butter, melted</b>         |
| <b>½ C. pecan halves</b>                                | <b>1 tsp ground cinnamon</b>       |
|   | <b>1 tsp. pumpkin pie spice</b>    |
|   | <b>¼ tsp. salt</b>                 |

Place sweet potatoes in an ungreased 1½ qt. baking dish. Combine pineapple, syrup, pecans, apricots, brown sugar, butter, cinnamon, pumpkin spice and salt; pour over the potatoes. Bake, uncovered, at 350° for 45 min. or until heated through.

**SWEET POTATOES WITH PRALINE TOPPING***Donna Stephens**Gloria Cox**Barbara Liner***Casserole:**

- |   |                               |
|---|-------------------------------|
| <b>3 C. (8 - 10) yams, peeled and cubed</b> | <b>2 eggs</b>                 |
| <b>½ tsp. butter flavoring</b>              | <b>1 C. sugar</b>             |
| <b>½ C. butter</b>                          | <b>½ tsp. salt</b>            |
| <b>½ C. milk</b>                            | <b>Nutmeg to taste</b>        |
|   | <b>1 C. mini-marshmallows</b> |

Boil and mash yams till smooth. Add flavoring, butter, milk, eggs, sugar, salt, nutmeg and marshmallows. Whip until fluffy. Pour into 9x13 inch casserole dish.

**Topping:**

- |  |                              |
|--|------------------------------|
| <b>½ C. self-rising flour</b>          | <b>¼ stick (5 T.) butter</b> |
| <b>1 C. brown sugar, firmly packed</b> | <b>1 C. pecans, chopped</b>  |

Mix flour, brown sugar, butter and pecans together; place on top of yam mixture. Bake at 350° for 35 min. Serves 8 - 10.

**Note:** This is the Stephens family annual Thanksgiving dish. Can be made ahead of time.

**MUJADOARAH: ESAU'S DISH OF LENTILS (Rice and Lentils)***Ann Callaghan*

- |                              |                             |
|------------------------------|-----------------------------|
| <b>1 med. onion, chopped</b> | <b>3 C. boiling water</b>   |
| <b>Oil</b>                   | <b>½ C. rice</b>            |
| <b>1 C. lentils</b>          | <b>2 lg. onions, sliced</b> |
| <b>Salt to taste</b>         | <b>Rice, cooked</b>         |

Sauté onion until golden. Rinse lentils, place in saucepan with 3 C. water and the salt. Bring to boil; add onions. Boil in open pot for about 15 min. At the same time you start the lentils, put rice in heat proof container (1 - 2 qt.). Completely cover rice with more boiling water. After lentils have boiled 15 min., drain rice and add to lentils, mix well, cover reduce heat and cook another 20 - 25 min. Sauté the sliced onions until golden; remove and drain oil (use a sieve, then paper towels to soak up oil.) Arrange lentils on dish and sprinkle onions on top. Can be served warm or cold.

**Note:** This recipe was given to Ann from Janice Saudi, a former garden club member. It originated from her Iranian husband's family.

**RICE CASSEROLE***Linda Fisher*

**¼ C. melted butter**  
**1¼ C. Minute rice**  
**1 (10¾ oz.) can French onion soup**  
**1 (10 ½ oz.) can consommé beef soup**  
**½ can water**  
**1 (3 oz.) can sliced mushrooms**

Melt the butter in skillet and add the rice and brown the rice a little. Add onion soup, consommé beef soup, water and mushrooms. Stir and bake for 1 hr. at 350°.

**ORZO WITH ROASTED VEGETABLES***Joanne Matava***Veggies & Orzo:**

**1 sm. eggplant, peeled and ¾" diced**  
**1 red bell pepper, 1" diced**  
**1 yellow bell pepper, 1" diced**  
**1 red onion, peeled and 1" diced**  
**2 garlic cloves, minced**  
**⅓ C. good olive oil**  
**1½ tsp. kosher salt**  
**½ tsp. freshly ground black pepper**  
**½ lb. orzo**  
**4 scallions, minced (white & green parts)**  
**¼ C. pine nuts, toasted**  
**¾ lb. good feta, ½" diced, (not crumbled)**  
**15 fresh basil leaves, cut into chiffonade**

Preheat the oven to 425°. Toss the eggplant, bell peppers, onion and garlic with the olive oil, salt and pepper on a large baking sheet. Roast for 40 min. until browned turning once with a spatula. Cook the orzo in boiling salted water for 7 - 9 min., until tender. Drain and transfer to a large serving bowl. Add the roasted vegetables to the orzo, scraping all the liquid and seasonings from the roasting pan into the bowl.

**Dressing:**

**⅓ C. lemon juice, freshly squeezed (2 lemons)**  
**⅓ C. olive oil**  
**1 tsp. kosher salt**  
**½ tsp. freshly ground black pepper**

Combine the lemon juice, olive oil, salt and pepper, and pour on the orzo and vegetables. Add the dressing when the orzo is still warm so it is absorbed easily. Let cool to room temp., then add the scallions, pine nuts, feta and basil. Serve at room temp.

**Note:** All these vegetables ripen at the same time, and they're readily available, so you can make enough to feed a crowd. This dish is even better made in advance; just check the seasonings and add the pine nuts, feta and basil leaves at the last minute.

**MULTICOLORED PEPPERS WITH PASTA***Pam Baldauf*

**8 oz. whole wheat angel hair pasta**  
**⅛ C. olive oil**  
**2 tsp. salt**  
**Pepper to taste**  
**½ C. onion, chopped**  
**1½ C. peppers: combo of red, yellow and/or orange, sliced in thin strips**  
**1 C. grape tomatoes, halved**  
**1 lg. handful baby spinach**  
**1 tsp. crushed red pepper flakes**  
**¼ C. fresh parsley**  
**¼ C. freshly grated parmesan**  
**¼ C. fresh basil, chiffonade\***

Bring pasta water to a boil; cook according to package direction. Season with salt. In nonstick pan, over med. heat, sauté onion and peppers in olive oil, lightly salt and pepper. When tender, add tomatoes. With tongs, remove pasta from water and add to pan. Add spinach and crushed red pepper flakes and parsley. Season to taste, if needed with salt and pepper. Add parmesan, then basil and toss. \*Chiffonade means whole leaves rolled, then sliced.

**Note:** Make sure you save at least 1 C. of pasta water. It is great to add to pasta mixture if it becomes dry. Adjust by adding 1 T. at a time for desired moistness to pasta. This is good hot, warm, or cold the next day, as a side or as a salad.





*Sunflowers*  
MAIN  
DISHES



D066



## Helpful Hints

- Certain meats, like ribs and pot roast, can be parboiled before grilling to reduce the fat content.
- Pound meat lightly with a mallet or rolling pin, pierce with a fork, sprinkle lightly with meat tenderizer, and add marinade. Refrigerate for 20 minutes and cook or grill for a quick and succulent meat.
- Marinating is a cinch if you use a plastic bag. The meat stays in the marinade and it's easy to turn. Cleanup is easy; just toss the bag.
- It's easier to thinly slice meat if it's partially frozen.
- Adding tomatoes to roasts naturally tenderizes the meat as tomatoes contain an acid that works well to break down meats.
- Whenever possible, cut meat across the grain; this will make it easier to eat and also give it a more attractive appearance.
- When frying meat, sprinkle paprika on the meat to turn it golden brown.
- Thaw all meats in the refrigerator for maximum safety.
- Refrigerate poultry promptly after purchasing. Keep it in the coldest part of your refrigerator for up to 2 days. Freeze poultry for longer storage. Never leave poultry at room temperature for over 2 hours.
- When frying chicken, canola oil provides a milder taste, and it contains healthier amounts of saturated and polyunsaturated fats. Do not cover the chicken once it has finished cooking because covering will cause the coating to lose its crispness.
- One pound of boneless chicken equals approximately 3 cups of cubed chicken.
- Generally, red meats should reach 160° and poultry should reach 180° before serving. If preparing fish, the surface of the fish should flake off with a fork.
- Rub lemon juice on fish before cooking to enhance the flavor and help maintain a good color.
- Scaling a fish is easier if vinegar is rubbed on the scales first.
- When grilling fish, the rule of thumb is to cook 5 minutes on each side per inch of thickness. For example, cook a 2-inch thick fillet for 10 minutes per side. Before grilling, rub with oil to seal in moisture.

## MAIN DISHES

### BEEF CHOW MEIN

Sharon Bartow

<b>1½ lbs. beef stew meat or chuck roast, diced into 1" cubes</b>	<b>2 T. cornstarch</b>
<b>2 T. cooking oil</b>	<b>¼ C. water</b>
<b>⅓ C. soy sauce</b>	<b>1 (8 oz.) can sliced water chestnuts, drained</b>
<b>1 C. water</b>	<b>1 No. 2 can (2½ C.) bean sprouts, drained or 1 cup fresh</b>
<b>1 lg. bunch celery, cut into ½" slices</b>	<b>1 (3 oz.) can sliced mushrooms</b>
<b>1 sm. onion, chopped</b>	

Brown meat in hot oil. Add soy sauce and 1 C. water; simmer 2 min. Add celery and onion; simmer 1½ hr. Blend cornstarch and water; stir into meat mixture. Add water chestnuts, bean sprouts and mushrooms; heat through. Serve over rice or chow mein noodles. Serves 8.

**Note:** Simple, old fashioned recipe my mother made. It was my go to recipe when I entertained before I married, and we still enjoy it today.

### FLANK STEAK

Adrienne Juno

<b>1 lb. flank steak</b>	<b>1 tsp. thyme</b>
<b>⅓ C. soy sauce</b>	<b>Tabasco sauce</b>
<b>⅓ C. olive oil</b>	<b>2 green onions, chopped</b>
<b>⅓ C. lemon juice</b>	

Score flank steak diagonally both ways. Mix soy sauce, olive oil, lemon juice, thyme, Tabasco sauce and green onions; pour over steak. Let sit for a few hr. or overnight in refrig. Place under hot broiler or on a hot grill outside for 3 - 5 min. on each side.

**Note:** This is one of Jerry's favorite dishes. It is always a birthday request.

## PEPPER STEAK

Barbara Wolz  
Mary Lynne Christopher

- |   |   |
|---|---|
| <p>1½ lb. round steak, cut in thin slices<br/>¾ tsp. meat tenderizer<br/>3 T. oil<br/>1 clove garlic, minced (optional)<br/>2 large green peppers, cut in 1" squares or strips<br/>1 C. onion, chopped (yellow onion or scallions)<br/>½ C. celery, chopped<br/>1 (4.5 oz.) jar mushroom pieces (optional)<br/>1 - 1 ½ C. water, consommé or bouillon</p> | <p>1 T. cornstarch<br/>½ C. molasses (optional)<br/>1 T. soy sauce<br/>¾ tsp. salt or garlic salt<br/>1½ tsp. ginger<br/>2 tsp. lemon juice<br/>2 tomatoes, cut in eights (optional)<br/>Cooked rice<br/>Rice noodles or chow mein noodles (optional garnish)</p> |
|---|---|

Cut beef into paper thin slices or strips and sprinkle with meat tenderizer. Heat oil in large skillet or wok, add beef strips and cook just until pink disappears. Add garlic, peppers, onions, celery and mushrooms. Cook 3 - 5 min., stirring frequently. Blend water with cornstarch, stir in molasses, soy sauce, salt, ginger and lemon juice. Stir quickly into beef mixture with the tomatoes, until thickened and boiling. Serve over rice and top with rice noodles or chow mein noodles. Serves 6.

**Note:** Barbara got this recipe from her friend of 34 years, Jean Broussard.

## NO PEEK STEW

Norma Harlan

- |  |   |
|--|---|
| <p>3 lbs. stew meat<br/>1 med. onion, chopped<br/>Salt to taste<br/>Pepper to taste<br/>½ tsp. dried thyme<br/>½ tsp. garlic powder<br/>1 (10¾ oz.) can cream of mushroom soup</p> | <p>1 (12 oz.) can beer<br/>1 (2 ½ oz.) can sliced mushrooms, drained<br/>½ C. burgundy or red cooking wine<br/>Cooked noodles</p> |
|--|---|

Place meat in a 2 qt. greased casserole or a greased 9x13 inch baking dish. Mix all ingredients together and pour over meat. Cover and bake at 325° for 3 hr. Serve over cooked noodles. This is a recipe from "Cajun Country".

## AUNT JUDY'S ONE DISH MEAL

Janna Niemann

- |  |   |
|--|---|
| <p>2 med. potatoes, sliced<br/>2 tsp. salt, divided<br/>⅛ tsp. pepper<br/>½ C. uncooked rice<br/>1 lb. lean ground beef, browned</p> | <p>½ green pepper, sliced<br/>1 onion, sliced<br/>1 - 2 carrots, sliced<br/>1 (10 oz.) can tomato soup<br/>1 soup can water</p> |
|--|---|

Slice potatoes in bottom of 2½ qt. greased casserole. Sprinkle with pepper and 1 tsp. salt. Add rice, then hamburger, and sprinkle with remaining salt. Add onion, green pepper and carrots. Spread the tomato soup on top, and pour the can of water over all. Bake covered at 350° for 1½ hr.

**Note:** Tom's aunt gave me this recipe at my bridal shower 40 years ago. I still use it often. It's great when you need to take a meal to someone or to a church dinner.

## BARBECUED MEATBALLS

Tracye Keyes

- |   |  |
|---|--|
| <p>1 slice bread<br/>¼ C. milk<br/>1 lb. ground beef<br/>1 onion, chopped<br/>½ green bell pepper, chopped<br/>pinch of salt and pepper</p> | <p>½ C. ketchup<br/>¼ C. vinegar<br/>½ C. water<br/>1 T. Worcestershire sauce<br/>Hot pepper sauce</p> |
|---|--|

Break bread into crumbs and add to milk. In medium bowl, mix together beef, bread crumb mixture, onion, green bell pepper, salt and pepper. Form into 1 inch balls and place in an oven proof dish. In a small bowl, mix thoroughly the ketchup, vinegar, water, Worcestershire sauce and hot pepper sauce. Cover meatballs with sauce and place cover on dish. Cook in oven at 375° for 45 min.

**GREEN CHILI LASAGNA***Cindy Ward*

- |                                      |  |
|--------------------------------------|--|
| 1½ lbs. ground beef                  | 1 C. cottage cheese or ricotta         |
| 1 (16 oz.) can tomato sauce          | 4 oz. cream cheese                     |
| 1 tsp. sugar (optional)              | ½ C. sour cream                        |
| ½ tsp. salt                          | 1 T. picante sauce                     |
| ½ tsp. garlic salt                   | ½ C. scallions with tops,<br>chopped   |
| ¼ tsp. pepper                        | 4.5 - 9 oz. chopped chilies,<br>canned |
| 8 oz. mini lasagna or egg<br>noodles | ¼ C. Parmesan cheese, grated           |
| 1½ tsp. butter or margarine          |  |

Brown ground beef in a saucepan. Add tomato sauce, sugar, salt, garlic salt and pepper. Simmer for 30 min. Cook noodles, drain and mix with margarine or butter. Combine cottage cheese, cream cheese, sour cream, picante sauce, scallions and chilies. Layer ½ of the noodles in a baking dish, cover with ½ ground beef mixture, then ½ of cheese mixture. Repeat with other half of ingredients. Sprinkle Parmesan on top. Chill 24 hr. or overnight. Bake at 350° for 45 min.

**Note:** This is a family mainstay at any reunion. I have brought it to Garden Club lunches a number of times.

**EASY HOB0 HEAVEN***Harolene Hatley*

- |   |  |
|---|--|
| 1 lb. ground meat made into<br>meatballs or use pre-made<br>meatballs | 1 (10 - 15 oz.) can English peas             |
| 3 potatoes, sliced into rounds  | 1 onion, sliced into rounds and<br>separated |
| 2 C. fresh carrots, sliced in<br>coins                                | 1 C. broccoli, chopped<br>(optional)         |
|   | Salt and pepper                              |

Brown the meatballs in an electric skillet at 350°. Layer potatoes and carrots on top of meatballs. Add peas, broccoli, sliced onion, salt and pepper and ¾ C. of water. Cook for 30 - 45 min. or until tender (may need to add water but it needs to be almost dry when finished cooking).

**PENNE BOLOGNESE***Barbara Wolz*

- |                                 |   |
|---------------------------------|---|
| 2 tsp. olive oil                | ¾ tsp. salt                               |
| 1 lg. onion, minced             | ½ tsp. freshly ground black<br>pepper     |
| 1 lg. carrot, minced            | ½ tsp. dried oregano                      |
| 1 rib celery, minced            | 12 oz. penne pasta                        |
| ½ C. water                      | ¼ C. parsley, chopped                     |
| ½ lb. lean ground beef          | 3 T. Parmesan or Romano<br>cheese, grated |
| ½ C. dry white wine             |   |
| ⅓ C. no-salt added tomato paste |   |
| 1⅓ C. low fat milk, divided     |   |

In a large non-stick skillet, heat the oil until hot over med. heat. Add onion and cook, stirring frequently until softened, about 5 min. Stir in carrot, celery and water and cook until the vegetables are tender and liquid has evaporated, about 5 min. longer. Stir in ground beef and cook until no longer pink. Add the wine and cook until liquid has evaporated. Stir in tomato paste, ⅔ C. milk, salt, pepper and oregano; reduce to a simmer and cook, stirring frequently, until the milk has been absorbed. Continue to cook until the sauce is thick and creamy, gradually adding the remaining 1 C. milk. Cook about 20 min. longer. Meanwhile, cook the pasta in a large pot of boiling water until just tender. Drain well. Transfer the sauce to a large bowl. Add the pasta, parsley and cheese and toss to combine. Spoon the Penne Bolognese into serving bowls and serve. Makes about 4 servings.

**Note:** From Williams-Sonoma Cookbook.

**RUNETTE'S SLOPPY JOES***Nan Walker*

- |                              |  |
|------------------------------|--|
| 1 lb. hamburger meat         | 2 T. brown sugar                       |
| 1 med. onion, chopped        | 2 T. Worcestershire sauce              |
| ½ C. water                   | Salt & pepper, to taste                |
| 1 T. vinegar                 | Ketchup, enough to change the<br>color |
| 3 T. French's yellow mustard |  |

Brown the meat and onion in water. Add vinegar, mustard, brown sugar, Worcestershire sauce, salt and pepper and enough ketchup to change the color. Mix thoroughly and heat through, maybe 30 min., on low to moderate heat. Serve on your favorite bread.

**Note:** This recipe was given to me by my mother, Runette Alexander Copeland. It is one of my and Ed's favorites mainly because it's quick and delicious.

## SPAGHETTI AND SPINACH CASSEROLE

Julie Huggard

- |   |                                       |
|---|---------------------------------------|
| 1½ lbs. ground beef                                       | 2 C. Monterey Jack cheese, shredded   |
| 2 cloves garlic, minced                                   | 1½ C. sour cream                      |
| ½ tsp. salt   | 1 lg. egg, lightly beaten             |
| ½ tsp. pepper   | 1 tsp. garlic salt                    |
| 1 (26 oz) jar spaghetti sauce                             | 8 oz. wide egg noodles, cooked        |
| 1 tsp. Italian seasoning                                  | 1½ C. (6 oz) shredded Parmesan cheese |
| 1 (10 oz) pkg. frozen chopped spinach, thawed and drained |                                       |

Cook ground beef, garlic, salt and pepper in a large non-stick skillet over medium heat, stirring until beef crumbles and is no longer pink. Drain and return to skillet. Stir in spaghetti sauce and Italian seasoning. Combine spinach and Monterey Jack cheese, sour cream, egg and garlic salt in separate bowl. Fold in noodles, and spoon mixture into a lightly greased 9x13 inch baking dish. Sprinkle with half of Parmesan cheese, top with beef mixture and remaining Parmesan cheese. Bake at 350° for 30 min. or until bubbly and golden.

## LASAGNE

Betty Broome

- |                            |                                   |
|----------------------------|-----------------------------------|
| 1 lb. ground beef          | 8 oz. lasagna noodles             |
| 3½ C. canned tomatoes      | 1 (8 oz.) mozzarella cheese       |
| 1 (8 oz.) can tomato sauce | 1 C. creamed style cottage cheese |
| 2 cloves garlic, minced    | ½ C. Parmesan cheese              |
| 2 env. spaghetti sauce mix |                                   |
| Salt to taste              |                                   |

Brown meat slowly and pour off excess fat. Add tomatoes, tomato sauce, garlic and sauce mix; cover, then simmer 40 min., stirring occasionally. Salt to taste. Cook noodles in boiling salted water until tender, drain. Place half the noodles in 9x13 inch baking dish and cover with ½ sauce and ½ mozzarella cheese and ½ of cottage cheese and repeat layers ending with sauce on top. Top with Parmesan cheese. Bake at 350° for 25 - 30 min. Let stand for 15 mins.

## FRENCH ONION SALISBURY STEAK

Cindy Ward

### Cheese Toasts:

- |  |                              |
|--|------------------------------|
| 4 slices French bread, cut diagonally ½" thick | Pinch of paprika             |
| 1 T. unsalted butter, softened                 | ¼ C. Swiss cheese, grated    |
| ½ tsp. garlic, minced                          | 1 T. Parmesan cheese, grated |

Preheat oven to 400°. Place bread on a foiled baking sheet. Combine butter, garlic and paprika and spread on one side of each slice of bread. Combine cheese and sprinkle evenly over butter. Bake until bread is crisp and cheese is bubbly, 10 - 15 min.

### Salisbury Steak:

- |   |                                  |
|---|----------------------------------|
| 1 lb. ground beef                             | 1 tsp. sugar (optional)          |
| ¼ C. + 4 tsp. fresh parsley, minced (divided) | 1 T. garlic, minced              |
| 2 T. scallion, minced                         | 1 T. tomato paste                |
| 1 tsp. + ¾ tsp. kosher salt (divided)         | 2 C. beef broth                  |
| ½ tsp. black pepper                           | ¼ C. dry red wine                |
| 2 T. all-purpose flour                        | ½ tsp. dried thyme               |
| 1 T. olive oil                                | <b>Cheese Toasts</b>             |
| 2 C. onion, sliced                            | 4 tsp. Parmesan cheese, shredded |

Combine beef, ¼ C. parsley, scallion, 1 tsp. salt and pepper. Divide evenly into 4 portions and shape each into ¾ - 1 inch thick oval patties. Place flour in a shallow dish; dredge each patty in flour, reserving 1 tsp. flour. Heat oil in a sauté pan over medium - high heat. Add patties and sauté 3 min. on each side or until browned. Remove from pan. Add onions and sugar to pan and sauté 5 min. Stir in garlic and tomato paste and sauté 1 min. or until paste begins to brown. Sprinkle onions with reserved flour and cook 1 min. Stir in broth and wine, then add ¾ tsp. salt and thyme. Return meat to pan and bring soup to a boil. Reduce heat to medium - low, cover and simmer 10 min. Place Cheese Toasts in pasta or other shallow bowls, place a steak on top. Ladle the onion soup over the meat and garnish with 4 tsp. parsley and parmesan.

**Note:** Wonderful! This is one of our favorite meals.

## WESTERN MEAL-IN-ONE

Sandra McKeon

- |                                    |                               |
|------------------------------------|-------------------------------|
| 1 lb. ground beef                  | 1 tsp. chili powder           |
| 1 T. salad oil or bacon drippings  | 1 (1 lb.) can tomatoes        |
| 1 clove garlic, minced or mashed   | 1 (1 lb.) can kidney beans    |
| 1 tsp. salt                        | ¾ C. rice, uncooked           |
| 1 lg. onion, finely chopped        | ¾ C. ripe olives, chopped     |
| 1 green pepper, seeded and chopped | ¾ C. cheddar cheese, shredded |

Brown the ground beef in oil until crumbly. Add garlic, salt, onion, green pepper and chili powder and sauté for 5 min., or until vegetables are limp. Mix in tomatoes, kidney beans and rice, and turn into a greased 2 qt. casserole. Bake uncovered at 350° for 45 min. Sprinkle with olives and cheese, and continue baking for 15 min. longer or until cheese is melted. If you assemble the casserole in the morning and refrigerate it, allow 1½ hr. for baking. Serves 8.

## MEXICAN STYLE STUFFED BELL PEPPERS

Sally Gengo

- |  |  |
|--|--|
| ¼ C. long grain white rice                         | ½ tsp. ground thyme                                      |
| 1½ lbs. ground beef                                | 2 jalapeño chiles, diced (optional)                      |
| 1 (14.5 oz.) can Del Monte Mexican stewed tomatoes | 10 green peppers (depending on the size, I used 7 large) |
| ½ tsp. garlic salt                                 | ½ C. water   |
| ¾ tsp. salt  | 6 oz. tomato sauce                                       |
| ½ tsp. pepper                                      |  |

Cook rice. Place meat and rice in a large mixing bowl. In a smaller bowl combine tomatoes, seasonings and jalapeños. Add to meat mixture and mix well. Pack each pepper with meat/rice mixture. Then place in Dutch oven. Add water and tomato sauce. Bring to boil uncovered. Cover, reduce heat to med. and cook for 50 min. until green peppers are tender and meat is fully cooked.

## STUFFED RED PEPPERS

Pamela J. Randall

- |   |                               |
|---|-------------------------------|
| 4 red bell peppers, med. sized, round with flat bottoms | ⅛ tsp. pepper                 |
| 1 lb. ground meat                                       | pinch of sugar                |
| ½ C. onions, diced                                      | 1 tsp. oregano                |
| ½ C. mushrooms, chopped                                 | 1 T. basil                    |
| 1 clove garlic, chopped                                 | ¼ cup + 2 T. water            |
| 1 (10 oz.) can Rotel tomatoes                           | ¼ C. uncooked long grain rice |
| ¼ tsp. salt   | ½ C. cheddar cheese, shredded |

Wash and remove stems and cores from bell peppers. Heat a large pot with water to a boil; add peppers and boil 5 min. Remove peppers from water and drain upside down onto paper towels. After peppers have drained and cooled, sprinkle cavity lightly with salt. In a deep skillet with lid cook ground meat until no longer pink, add onions, mushrooms and garlic and cook until tender. Add Rotel tomatoes, salt, pepper, sugar, oregano, basil and water. Bring to a boil. Add the rice; cover and reduce heat to simmer. Simmer 20 - 25 min. until the rice is tender and all the liquid is absorbed. Add ⅔ of the cheddar cheese and mix well. Stuff this mixture into the cavity of each pepper mounding it up on the top. Place the peppers into a square glass baking dish; top with remaining cheese. Any remaining stuffing mix can be placed between the peppers in the baking pan. Bake in a 350° oven for 20 min. until cheese is melted and browned.

**Note:** Shortly after I was married I realized my husband had a fondness for red peppers. Typically, I did not buy peppers at all because I thought they had a bitter taste. After consulting my few cookbooks and speaking with my mother on her cooking method, I developed this recipe. The husband approved and the peppers were delicious.

## CANADIAN MEATLOAF

Joanne Matava

- |                              |              |
|------------------------------|--------------|
| 2½ lbs. ground beef          | 2 T. sugar   |
| 1 med. onion, chopped fine   | ½ C. ketchup |
| 1 green pepper, chopped fine | 1 C. milk    |
| 2 C. fine bread crumbs       | 1 tsp. salt  |
| 2 eggs                       |              |

Mix ingredients and pack firmly in loaf pan. Cover with foil. Place pan inside another pan with water ½ way up. (This is the secret of a good meatloaf.) Bake at 350° for 3 hr.; remove foil and brown last ½ hr. Drain off fat. Cut & serve.

## MEATLOAF

*Genny Houglan*

- |                                    |                                  |
|------------------------------------|----------------------------------|
| <b>1 egg, slightly beaten</b>      | <b>1 tsp. yellow mustard</b>     |
| <b>½ C. milk</b>                   | <b>1 C. soft bread crumbs</b>    |
| <b>¾ C. parsley, minced</b>        | <b>1 lb. lean ground beef</b>    |
| <b>2 T. dry onion soup mix</b>     | <b>¼ C. chili sauce or salsa</b> |
| <b>1 tsp. Worcestershire sauce</b> |                                  |

Mix together all ingredients except beef and chili sauce. Add beef and mix thoroughly. Shape into a loaf pan. Spread surface with chili sauce or salsa. Bake at 350° for 40 - 50 min.

## SWEET AND SOUR MEATLOAF

*Sandra McKeon*

### Sauce:

- |                                       |                                  |
|---------------------------------------|----------------------------------|
| <b>1 (16 oz.) can stewed tomatoes</b> | <b>1 tsp. prepared mustard</b>   |
| <b>½ C. brown sugar</b>               | <b>⅓ C. chopped green pepper</b> |
| <b>¼ C. vinegar</b>                   |                                  |

Preheat oven to 350°. Mix together the stewed tomatoes, brown sugar, vinegar, mustard and green pepper. Simmer until sugar dissolves.

### Meat:

- |  |                                    |
|--|------------------------------------|
| <b>2 lbs. ground meat</b>                          | <b>2 T. prepared sauce (above)</b> |
| <b>2 eggs, slightly beaten</b>                     | <b>1 tsp. salt</b>                 |
| <b>½ med. onion, minced</b>                        | <b>½ tsp. garlic salt</b>          |
| <b>½ C. Pepperidge Farm cornbread dressing mix</b> | <b>½ tsp. black pepper</b>         |

Combine ground meat, eggs, onion, dressing mix, 2 T. prepared sauce, salt, garlic salt and pepper. Shape into a loaf. Place loaf in a shallow pan. Pour ¼ C. sauce over top of meat loaf. Cook, uncovered, for 1 hr. Heat remaining sauce and serve with meat.

## BAKED CHICKEN CASSEROLE

*Carolyn Calvert*

- |   |  |
|---|--|
| <b>4 chicken breasts, cooked and shredded</b> | <b>½ C. almonds, chopped</b>                 |
| <b>1 (10¾ oz.) can cream of chicken soup</b>  | <b>½ C. mayonnaise</b>                       |
| <b>1 C. celery, diced</b>                     | <b>2 T. onion, chopped</b>                   |
|   | <b>½ (10 oz.) pkg. potato chips, crushed</b> |

Mix chicken, soup, celery, almonds, mayonnaise, onion and most of the potato chips in a large bowl. Pour into a greased 8 inch baking dish. Top with remaining potato chips. Bake for 20 min. at 375°.

## CHICKEN ROSÉ

*Norma Harlan*

- |  |                             |
|--|-----------------------------|
| <b>4 boneless chicken breasts halves</b> | <b>2 T. water</b>           |
| <b>¼ C. Rosé or red cooking wine</b>     | <b>⅛ tsp. garlic powder</b> |
| <b>¼ C. soy sauce</b>                    | <b>1 T. brown sugar</b>     |
| <b>¼ C. canola oil</b>                   | <b>Cooked rice</b>          |

Place chicken pieces in a greased 9x13 inch baking pan. Mix all ingredients together and pour over the chicken. Cover dish with foil. Bake at 375° for 40 min. Serve over rice.

## CHICKEN & WILD RICE CASSEROLE

*Betty Broome*

- |   |                                     |
|---|-------------------------------------|
| <b>1 C. wild rice (I use Uncle Ben's)</b> | <b>3 C. chicken (cooked), diced</b> |
| <b>½ C. butter</b>                        | <b>¼ C. pimento, diced</b>          |
| <b>¼ C. flour</b>                         | <b>2 T. parsley, chopped</b>        |
| <b>1 (6 oz.) can mushrooms</b>            | <b>1 ½ tsp. salt</b>                |
| <b>1 (14 oz.) can chicken broth</b>       | <b>¼ tsp. pepper</b>                |
| <b>1½ C. light cream</b>                  |                                     |

Prepare wild rice as directed. Cook onion in butter until tender. Remove from heat and stir in flour. Drain mushrooms and save liquid. Add enough chicken broth to mushroom liquid to make 1½ C. Stir slowly into flour mixture. Add cream, cook and stir until thickened. Add rice, mushrooms, chicken, pimento, parsley, salt and pepper. Place in greased 2 qt. casserole. Cook at 350° for 30 - 45 min. May be prepared the day before serving. Yields 6 - 8 servings.

## CHICKEN & DRESSING CASSEROLE

*Sandra McKeon*

- |  |   |
|--|---|
| <b>4 chicken breasts, boned and split</b>    | <b>¼ C. water or white wine</b>                             |
| <b>Salt and pepper</b>                       | <b>¼ C. butter or margarine</b>                             |
| <b>6 slices Swiss cheese</b>                 | <b>2 C. Stove Top stuffing or Pepperidge Farms stuffing</b> |
| <b>1 (10¾ oz.) can cream of chicken soup</b> |   |

Place chicken in bottom of a 9x13 inch shallow casserole dish. Salt and pepper to taste. Put cheese over chicken. Thin out soup with water or wine; pour over chicken. Melt butter, toss stuffing into butter, spread on top of chicken. Bake at 300° for 1 hr. or longer, depending on oven.

## CHICKEN OR SHRIMP CURRY

Cindy Ward

### Curry:

3 T. butter or margarine	1 C. chicken broth
¼ C. onion, minced	1 C. milk
1½ tsp. curry powder	2 C. cooked chicken, cut-up OR cooked shrimp
3 T. flour	½ tsp. lemon juice
½ tsp. salt	Cooked rice (enough to serve 4)
⅛ tsp. ginger	

Melt butter over low heat. Sauté onion and curry in melted butter. Blend in flour, ginger and salt. Cook over low heat until mixture is smooth and bubbly. Remove from heat. Stir in chicken broth and milk. Bring to a boil, stirring constantly. Boil 1 min. Add shrimp or chicken and lemon juice. Heat just until warm. Have each person help themselves to rice. Spoon the curry over the rice. Then sprinkle relishes over the top. Serves 4.

### Curry Accompaniments:

Major Grey Chutney	Almonds, slivered salted
Eggs, sieved and hard-cooked	Salted peanuts
Tomato, chopped	Coconut
Crisp bacon bits	Onion rings, sautéed
Raisins	Pineapple tidbits
Pickles, sweet or sour	Avocado, sliced

Set out, in separate bowls, any (or all) of the accompaniments.

**Note:** This is a really fun meal. Very festive. With all the different toppings, each bite tastes different. My family always asks for the shrimp version.

## MEXICAN CHICKEN ENCHILADA CASSEROLE

Julie Huggard

Nan Walker

Gloria Cox

1 pkg. corn tortillas	1 can cream of chicken soup
2 - 4 chicken breasts, cooked and diced or shredded	½ C. milk or chicken broth
1 onion, diced (optional)	½ lb. Monterey Jack cheese, grated
1 can Rotel tomatoes	½ lb. cheddar cheese, grated
1 can cream of mushroom soup	

Cut tortillas into bite sized pieces; line bottom of 9x13 inch greased pan. Layer diced chicken over tortillas. Mix onion, tomatoes, both soups and milk. Pour over chicken. Sprinkle both cheeses over the top of sauce. Refrigerate overnight. Bake at 350° for 45 min.

**Note:** Can be made a few days ahead and stored in fridge until cooking. Serve it with a salad and salsa. Canned white meat chicken can be used if you're in a hurry. Gloria added 1 (4 oz.) can green chilies, 1 C. sour cream instead of milk, added 1 more can of chicken soup, and she uses flour tortillas. Nan uses 5 chicken breasts in her recipe.

## CHICKEN POT PIE

Donna Stephens

1 rotisserie chicken	1 (15 oz.) can creamed corn
2 (10¾ oz.) cans cream of chicken soup	1 C. frozen peas
1 (15 oz.) can Veg-All	1 pkg. Pillsbury pie crust
1 (15 oz.) can diced potatoes	Salt and pepper to taste

Debone chicken into bite-sized pieces. Mix can goods and chicken together and season well. Place a pie crust in bottom of 9x13 inch pyrex or oven safe dish. Pour in chicken mixture. Place the other pie crust on top and pinch/seal edges if possible. Cut vent holes or design on top. Bake at 400° for 35 - 40 min. or until top is golden brown.

## CHICKEN SPAGHETTI CASSEROLE

*Bettie Hughes  
Zelma Mikolajczyk*

- |  |   |
|--|---|
| 5 - 6 chicken breasts, boned or boneless, or 3 - 5 lb. chicken | 1 (10 ¾ oz.) can cream of mushroom soup       |
| 1 onion, chopped   | 12 - 16 oz. spaghetti, cooked                 |
| 1 C. celery, chopped   | 8 oz. pkg. cream cheese (optional)            |
| 1 green pepper, chopped (optional)                             | 1½ C. sharp cheddar cheese, grated (optional) |
| 1 C. chicken broth   |   |

Boil chicken with salt and pepper until done. Cool, debone and chop into bite size pieces. Sauté onion, celery and green pepper in chicken broth. Add mushroom soup and mix with chopped chicken and cooked spaghetti. Pour into an 9x13 inch baking dish layering with cheddar cheese, and ending with a layer of cheddar cheese. Bake at 325 - 350° for 45 min.

**Note:** Zelma uses a whole chicken and adds the cream cheese, but not the cheddar, to her dish along with the spaghetti. Betty uses chicken breasts, green pepper and cheddar cheese in her recipe.

## CHICKEN STEW

*Donna Stephens*

- |  |  |
|--|--|
| 1 whole chicken, cut-up, or your favorite chicken pieces | 1 (10¾ oz.) can cream of mushroom soup |
| 1 (1 oz.) pkg. dry Lipton onion soup                     | 1 soup can water                       |
|  | Cooked rice                            |

Mix all together and put in oven proof Dutch oven. Bake covered in 350° oven for 2 hr. Serve over rice.

**Note:** This is a short-cut recipe for Cajun style chicken fricassee.

## SLOW COOKER CASSOULET

*Jane Easterwood*

- |                        |  |
|------------------------|--|
| 1 whole chicken        | 3 T. parsley, chopped                  |
| 1 tsp. salt            | 2 (15 oz.) cans white cannelloni beans |
| 1 tsp. black pepper    | ½ lb. smoked sausage, sliced           |
| 2 leeks, sliced thinly | ¼ C. dry white wine                    |
| 1 clove, minced garlic |  |

Place chicken in slow cooker. Season with salt and pepper. Cover with leeks, garlic and parsley. Spoon beans and sausage over top. Pour in wine. Cover and cook on low for 5 - 6 hr. The original recipe calls for a whole chicken, uncut; but if preferred, cut into pieces.

## CHICKEN TACOS WITH BLACK BEANS

*Jane Easterwood*

- |   |                             |
|---|-----------------------------|
| 2 - 3 boneless chicken breasts              | 1 jalapeño, seeded & minced |
| 4 T. lime juice, divided                    | 1 C. diced green pepper     |
| 2 - 3 T. olive oil                          | 1 tsp. salt                 |
| 4 green onions, thinly sliced               | ¼ C. chopped cilantro       |
| 2 lg. garlic cloves, minced                 | Pinch of cayenne            |
| ¾ C. cooked black beans or 1 can, undrained | 10 flour or corn tortillas  |
| 1 C. diced tomatoes                         | ½ C. jack cheese, shredded  |

Cut chicken into ½ inch cubes. Add 2 tsp. lime juice and 2 tsp. oil to chicken and stir. Heat 1 T. oil in heavy skillet on medium-high heat. Cook chicken 1 min. Remove chicken. Add 1 T. oil to pan and sauté onion and garlic 2 min. until softened. Add beans, tomatoes, jalapeños and green pepper. Sauté 2 min. Stir in remaining 2 tsp. lime juice, salt, cilantro and chicken. Cook 1 - 2 min. until warm. Taste, then add cayenne and adjust seasoning. Serve in flour or corn tortillas and top with cheese. Serves 4.

## EASY CHICKEN AND RICE

*Zelma Mikolajczyk*

- |  |                                      |
|--|--------------------------------------|
| 1 whole, uncooked chicken (cut up) or any kind of chicken pieces | 1 (10¾ oz.) can cream of celery soup |
| 2 C. raw Minute rice   | 1 soup can of water                  |
| 1 (10¾ oz.) can cream of mushroom soup                           | 1 (1 oz.) pkg dried onion soup mix   |
|  | Paprika                              |

Preheat oven to 325° F. Grease 9x13 inch pan. Wash and drain the chicken, then season with salt and pepper. Add the uncooked rice to the prepared pan. Place seasoned, raw chicken on top of the rice. Heat the 2 cans of soup and 1 can of water until warm. Pour soup mixture on top of chicken. Cover with a sprinkling of dried onion soup and paprika. Cover tightly with foil. Bake for 2½ hr.

## GRANNY'S CHICKEN & DUMPLINGS

Nan Walker

### Chicken and Stock:

- 1 - 1½ lbs. chicken breasts
- 2 - 3 qts. water
- 1 stick butter
- 1 (12 oz.) can evaporated milk
- Salt & pepper, to taste

Bring water and chicken to boil in large stock pot; add salt to taste if desired. Cook over med. heat until done. Remove chicken and chop when cooled. Add butter, evaporated milk, salt and pepper to stock; bring to a slow, rolling boil.

### Dumplings:

- 2 C. flour (approx.)
- 1 tsp. salt
- ¼ C. canola oil
- 1 C. cold water

Mix flour and salt; add oil and water and mix. You can always add more flour if needed. Roll flour mixture out and cut into strips on a floured cutting board. Drop dumplings in one at a time in chicken stock. Enough flour clings to the dumplings to thicken the mixture. Add chicken back to pot. Cook until heated through and serve.

**Note:** This recipe was given to me by my paternal grandmother, Zema Brower. It has been a family favorite for years.

## PEANUT CHICKEN

Pat Gauger

- 5 T. creamy peanut butter
- 3 green onions, white and green parts, chopped
- 3 T. soy sauce
- 2 T. rice vinegar
- ½ tsp. cayenne pepper
- 3 - 4 lb. chicken
- 1 piece of fresh ginger, 1 inch, peeled
- 2 garlic cloves
- Handful cilantro

Heat oven to 450° F. In a small bowl, combine the peanut butter, half the onions, soy sauce, vinegar and cayenne. Gently loosen skin of chicken and spread half of the paste between skin and meat. Rub the rest of the paste all over the outside of the chicken. Put the remaining onions, ginger, garlic and cilantro into the chicken cavity. Roast the chicken, breast-side down, in a roasting pan for about 20 min. Reduce oven temp. to 325° and flip the chicken breast-side up. Baste with any juices that have accumulated in the pan. Roast for 30 - 40 min. until a meat thermometer inserted into the thickest part of the thigh reads 160 - 165° and the juices run clear. Let the bird rest for 10 min. before serving.

## SKILLET CHICKEN AND POTATOES

Cindy Ward

- 1 lb. small red potatoes, halved
- 3 T. olive oil, divided
- Salt and pepper to taste
- ¼ C. all-purpose flour
- 4 boneless, skinless chicken breasts
- 2 T. unsalted butter, divided
- ½ C. low-sodium chicken broth
- 1 T. fresh sage, chopped
- 2 T. lemon juice

Toss potatoes with 1 T. oil, salt and pepper in a microwave safe bowl. Cover with plastic wrap and microwave on high until tender, 4 - 5 min., tossing potatoes halfway through cooking. Place flour in a shallow dish. Season chicken with salt and pepper, dredge in flour and shake to remove excess. Melt 1 T. butter with remaining 2 T. oil in a large skillet over medium-high heat. When foam subsides, cook chicken until browned on both sides, about 5 min. per side. Transfer to a plate, leaving fat in skillet and cover chicken with foil. Reduce heat to medium, add potatoes, cut side down and cook until browned, 4 - 5 min. Transfer to platter. Add broth, sage and lemon juice and using a wooden spoon, scrape browned bits from skillet. Return chicken and accumulated juices to pan and simmer until sauce is slightly thickened and chicken is thoroughly cooked through, at least 10 min. Transfer chicken to platter with potatoes. Whisk remaining 1 T. butter into sauce to thicken. Return chicken and potatoes to pan, coat with sauce and serve.

**Note:** Fast, easy, moist chicken and great flavor!

## CORNISH HENS WITH RICE DRESSING

Rosemary Felix

- 1 ½ C. chicken broth
- ½ C. uncooked long grain rice
- ½ C. fresh mushrooms, sliced or 7 oz. can sliced mushrooms, drained
- ¼ C. celery, sliced
- 2 T. chopped onion
- ½ tsp. dried marjoram, divided
- ½ tsp. salt, divided
- 2 cornish hens (1 - 1½ lbs. each)
- 1 T. canola oil
- Pepper to taste

In an ungreased 9 inch sq. baking dish, combine broth, rice, mushrooms, celery, onion, ¼ tsp. marjoram and ¼ tsp. salt. Place hens on rice mixture and brush with oil. Sprinkle with pepper and remaining ¼ tsp. marjoram and ¼ tsp. salt. Cover and bake at 350° for 1 hr. Uncover and bake 25 - 35 min. longer or until juices run clear.

**GRILLED MARINATED TURKEY STEAK**

Betty Boyland

- 5 lb. bone-in turkey breast
- 1/2 C. soy sauce
- 1/4 C. vegetable oil
- 1 T. ground ginger
- 1 tsp. dry mustard
- 2 cloves garlic, pressed

Purchase bone-in turkey breast from butcher. Ask him to cut in half lengthwise, and then cut each half crosswise into 1-inch thick "steaks" resembling large pork chops. Combine soy sauce, vegetable oil, ground ginger, dry mustard and garlic; pour over turkey. Cover and refrigerate 8 hr. Remove turkey from marinade, discarding marinade. Grill turkey, covered with lid over med. hot coals (350 - 400°) for 8 - 10 min. on each side. Yield 12 servings.

**CAJUN PORK TENDERLOIN**

Cindy Ward

- 1 lb. pork tenderloin
- 2 tsp. Cajun or Creole seasoning
- 2 med. yams
- 4 zucchini
- 1 1/2 C. small frozen onions
- 2 T. butter or margarine, melted
- 1/2 tsp. thyme
- 1/2 tsp. salt

Preheat oven to 425°. Line shallow baking pan with foil. Rub seasoning into tenderloin. Place in center of prepared pan. Cut yams and zucchini in half lengthwise. Place potatoes, zucchini and onions closely around pork. Drizzle butter over vegetables, then sprinkle with thyme and salt. Roast uncovered about 35 min. or until meat thermometer reads 160°. Remove from oven, cover loosely with foil and let sit 10 min. Cut pork into thin slices.

**Note:** Fast, flavorful and easy clean-up.

**CLYDE'S QUICK DEER CAMP SPAGHETTI**

Beverly Baldwin

- 3 med. sweet onions, diced
- 2 - 3 celery ribs, diced
- 2 med. bell peppers, diced
- 1/2 C. olive oil
- 3 cloves garlic, minced
- 2 lbs. ground meat (beef or venison)
- 1 lb. Jimmy Dean's low-fat breakfast sausage
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 tsp. black pepper
- 1 tsp. Tony Chachere's seasoning
- 1 lg. jar Ragu chunky garden spaghetti sauce
- 1 (15 oz.) can tomato sauce
- 1 (14.5 oz.) can petite diced tomatoes
- 8 oz. spicy Bloody Mary mix
- 3 oz. tomato paste
- 1 env. McCormick's thick and zesty spaghetti sauce seasoning
- 1 T. Worcestershire sauce

Sauté the onions, celery and bell peppers in olive oil. Once the veggies are soft, add the garlic. Season the ground beef and sausage with the onion and garlic powders, black pepper and Tony Chachere's seasoning. Brown with the sautéed vegetables. After the meat is browned, drain off the excess grease. Add the spaghetti sauce, tomato sauce, diced tomatoes, Bloody Mary mix, tomato paste, spaghetti sauce seasoning and Worcestershire sauce. Cook over a medium heat, stirring constantly, until the sauce is hot. Taste and add more of the seasonings to your taste. Turn down the heat to a simmer and cook for 30 - 45 min.

**Note:** Clyde is Beverly's husband. He suggests serving this sauce with pasta of your choice and garlic bread or bread sticks. If extra guests pop in unexpectedly, you can quickly stretch this by adding another jar of the Ragu spaghetti sauce!

## CORNY DOGS

Nan Walker

**1 C. flour**  
**1 T. sugar**  
**½ tsp. baking powder**  
**1 tsp. salt**  
**⅛ tsp. garlic salt**  
**Dash cracked black pepper**  
**⅔ C. corn meal**

**2 T. canola oil**  
**1 egg, slightly beaten**  
**¼ tsp. Tabasco sauce**  
**Milk, to desired consistency**  
**1 pkg. wieners**  
**Skewers**

Mix flour, sugar, baking powder, salt, garlic salt, pepper and corn meal. Add oil, egg, Tabasco sauce and milk, to desired consistency (a little thicker than pancake batter). Pat the wieners dry with paper towels, insert skewer in one end of wiener. Dredge in batter mixture. Fry in hot oil in a deep fryer. Corny dog is done when it's browned and floats to the top.

**Note:** My mother gave me this recipe and my family loves it. Leftover batter was used to fry cheese, pickles, etc. and even just the batter. My boys were usually disappointed if we didn't have leftover batter for "batter balls". If frying battered cheese, cut it in desired size and freeze it first.

## MAPLE CRANBERRY PORK MEDALLIONS

Fran Hamel

**½ tsp. salt**  
**¼ tsp. pepper**  
**⅓ C. all-purpose flour**  
**2 T. butter or margarine**  
**2 T. vegetable oil**  
**1½ lbs. boneless pork tenderloin, cut into ¾ inch pieces**

**1 tsp. garlic, minced**  
**1 C. chicken broth**  
**2 tsp. Dijon mustard**  
**2 T. maple syrup**  
**1 T. balsamic vinegar**  
**½ C. green onion, chopped**  
**½ C. dried cranberries**  
**Salt and pepper to taste**

Preheat the oven to 375°. Combine salt, pepper and flour on a plate. Heat butter and oil in a large skillet over medium-high heat. Dredge pork medallions lightly in the flour mixture, shaking off excess, and sauté in the skillet until browned on both sides. Remove to a 3 qt. glass baking dish. Add garlic to skillet and sauté. Whisk in chicken broth and mustard, scraping browned bits from the bottom of the pan. Simmer for 5 min., reducing liquid by half. Add syrup, vinegar, green onions and dried cranberries. Cook 2 min. more. Pour sauce over pork and bake in oven for about 10 min. to heat through.

**Note:** This dish can be prepared ahead and finished in the oven just before serving. Goes well with wild rice and broccoli. It is nice to serve around the Christmas holiday.

## MARINATED GRILLED PORK TENDERLOINS

Sue Collins

**1½ C. canola oil**  
**¾ C. soy sauce**  
**2 T. dry mustard**  
**2½ tsp. salt**  
**1 T. ground pepper**  
**½ C. red or white wine vinegar**

**¼ C. Worcestershire sauce**  
**2 T. fresh parsley, chopped**  
**2 cloves garlic, crushed**  
**⅓ C. lemon juice**  
**1 pkg. two unseasoned fresh pork tenderloins**

Combine all ingredients except pork tenderloins in a gallon freezer zip-lock bag, a glass baking dish or plastic storage container. Place two unseasoned fresh pork tenderloins in container and let marinate for 4 - 5 hr., turning occasionally. Grill tenderloins over medium fire approximately 20 min. per side depending on thickness. Turn once. Tenders should be grilled to medium/medium well doneness and not overcooked. Slice tenders to desired thickness and place on a warm platter. Garnish with parsley.

## PORK CHOPS CHASSEUR

Sandra McKeon

**1 (14.5 oz.) can tomatoes**  
**6 pork chops**  
**1½ T. oil**  
**1 (10.75 oz.) can mushroom soup**  
**⅓ C. onions, chopped**

**2 tsp. prepared mustard**  
**Pepper to taste**  
**½ C. dill pickle slices**  
**3 C. cooked rice**  
**1 T. chopped parsley**

Drain tomatoes, reserving ½ C. liquid. Cut up tomatoes. In skillet, brown chops, pour off fat. Add soup, reserved tomato liquid, onion, mustard and pepper. Cover, cook over low heat 30 min. or until done. Stir occasionally. Add tomatoes and pickles, heat. Combine rice and parsley. Serve pork chops over rice.

## PORK CHOPS & SLICED APPLES

Mary Dawson

**6 pork chops**  
**2½ C. sliced apples**  
**2 T. flour**  
**2 T. brown sugar**

**¼ tsp. salt**  
**½ tsp. cinnamon**  
**⅓ C. boiling water**

Brown pork chops on all sides and place in oven-proof baking dish. Combine all ingredients (except water) and pour over chops. Then pour boiling water over top. Cover and bake at 300° for 2 hr.

## THREE MEAT PASTA

Tracye Keyes

- 1 lb. angel hair pasta
- 2 C. cooked chicken, cubed
- 2 C. cooked smoked sausage link (cut ½" thick)
- 2 C. cooked ham, cubed
- 1 lg. yellow onion, chopped
- 2 C. cheddar cheese, shredded

- 16 oz. cottage cheese
- ½ C. sour cream
- 3 chicken bouillon cubes
- 1 C. hot water
- 1 - 2 C. Parmesan cheese, grated

Preheat oven to 350°. In a large pot, boil angel hair in salted water. When cooked, drain and set aside. In a large bowl mix together chicken, sausage, ham, onions, cheddar cheese, cottage cheese, and sour cream. In a separate small pan, dissolve bouillon cubes with hot water and pour over the meat and pasta. Pour mixture into a 9x13 inch deep greased baking dish and top with the parmesan cheese. Bake for 30 - 35 min. or until you see bubbling around the edges. Yields 4 - 6 servings.

## ULTIMATE MAC N' CHEESE

Kathy Rogers

- 1 lb. penne pasta
- 1 pt. cherry tomatoes
- 4 T. olive oil
- Salt and pepper to taste
- 1 lb. Italian hot sausage
- 6 T. butter
- ½ C. flour
- 4 C. milk
- 1 T. Worcestershire sauce
- 1 tsp. dry mustard
- 6 shakes Tabasco sauce
- 2 C. Monterrey jack cheese, grated
- 1 C. cheddar cheese, grated

Cook pasta per pkg. instructions, drain. Core tomatoes, drizzle with oil, add salt and pepper to taste. Place in shallow pan and bake at 300° for 20 min. Remove sausage casings, brown sausage in skillet, drain and crumble. Melt butter on low heat, add flour and cook until smooth and bubbly. Add the milk, Worcestershire, mustard, Tabasco and both cheeses. Stir often until blended. Add pasta, tomatoes and sausage. Mix and pour into 9x13 inch baking pan. Cover and bake at 350° for 30 min.

## PASTA WITH TOMATOES & FRESH BASIL

Janice Giordano

- ½ C. cherry tomatoes, sliced in half
- ¼ C. fresh basil, chopped
- 2 T. olive oil
- 1 clove fresh garlic, chopped
- 1 C. dry pasta noodles
- Grated parmesan or romano cheese

Mix together sliced tomatoes, basil, chopped garlic and olive oil in serving bowl. Cover and let sit at room temp. Boil water and cook pasta according to pkg. directions. Drain pasta and add to tomato basil mixture. The hot pasta will warm the tomato basil mixture. Serve immediately. Makes 2 entrée servings or 4 side dish servings.

**Note:** This is great served with a salad and your favorite bread. The recipe is highly adaptable. If you don't like raw garlic, omit it. If you would like a heartier meal, add grilled chicken or shrimp.

## LEMON GRILLED SALMON

Rosemary Felix

- 1½ lb. salmon fillet
- 2 tsp. snipped fresh dill or ¾ tsp. dried dill weed
- ½ tsp. lemon-pepper seasoning
- ¼ tsp. garlic powder
- ½ tsp. salt (optional)
- ¼ C. brown sugar, packed
- 3 T. chicken broth
- 3 T. vegetable oil
- 3 T. soy sauce
- 3 T. green onions, finely chopped
- 1 sm. lemon, thinly sliced
- 2 onion slices, separated into rings

Sprinkle dill, lemon-pepper, garlic powder and salt, if desired, over salmon. Place in a large resealable plastic bag or shallow glass container. Combine the brown sugar, broth, oil, soy sauce and green onions; pour over the salmon. Seal bag or cover and refrigerate for 1 hr., turning once. Drain and discard marinade. Place salmon skin side down on grill over med. heat; arrange lemon slices and onion rings over top. Cover and cook 15 - 20 min. or until fish flakes easily with a fork.

## BAR-B-Q SHRIMP

Janet Saffer

- |  |                       |
|--|-----------------------|
| 8 lbs. large raw shrimp, peeled and deveined | 1 T. parsley, chopped |
| ½ lb. butter                                 | 2 tsp. paprika        |
| 1 C. olive oil                               | 2 tsp. oregano        |
| 8 oz. chili sauce                            | ¼ tsp. red pepper     |
| 3 T. Worcestershire sauce                    | 1 tsp. Tabasco sauce  |
| 2 lemons, sliced                             | 3 T. liquid smoke     |
| 4 garlic cloves, chopped                     | Salt to taste         |
| 3 T. lemon juice                             | Pepper to taste       |

Rinse shrimp. Spread out in shallow baking pan. Combine rest of ingredients in sauce pan over low heat. Mix well, pour over shrimp. Refrigerate. Baste every 30 min. while refrigerated for several hr. (4 hr. minimum). Remove from refrigerator and place in heated oven at 300° for 30 min. turning shrimp every 10 min. Remove from oven and serve in soup bowls with French bread for dipping in sauce. Salad and french bread should be included as side dishes. Serves 4 - 6, or more depending on appetites.

## LINGUINE WITH HERBED SHRIMP

Marilyn Bullen

- |  |   |
|--|---|
| 1 lb. med. shrimp, peeled, deveined        | Salt to taste                                     |
| ½ C. extra-virgin olive oil (divided)      | Freshly ground black pepper to taste              |
| 3 sprigs fresh thyme or 1 tsp. dried thyme | 3 garlic cloves, peeled, chopped                  |
| ½ C. parsley, chopped                      | 1 (28 oz.) can imported Italian tomatoes, drained |
| 1 lg. or 2 sm. bay leaves                  | 1 lb. imported linguine                           |

Cook the shrimp in ¼ C. olive oil in a med. saucepan with the thyme, parsley, bay leaves, salt, and pepper. Cook just until the shrimp turns pink and is slightly firm. Do not overcook. To make the sauce, heat ¼ C. olive oil in a med. saucepan, add the garlic and sauté briefly just until it turns opaque. Add tomatoes directly to pan by putting them through coarse disk of food mill. Cook the tomatoes quickly over med. heat until the sauce thickens. Add the herbed shrimp mixture to sauce. Heat through so the shrimp are warm but not overcooked. Cook the pasta in abundant boiling salted water until al dente. Quickly drain and place in a shallow serving bowl. Add the shrimp-tomato sauce and mix. Serve immediately.

## OVER-THE-BORDER SHRIMP ENCHILADAS

Annette Andrew

- |   |                                      |
|---|--------------------------------------|
| 1 med. onion, chopped                           | ¼ tsp. ground cumin                  |
| 2 T. olive oil                                  | ¼ tsp. pepper                        |
| ¾ lb. uncooked med. shrimp, peeled and deveined | 1 (8 oz.) pkg. cream cheese, cubed   |
| 1 (4 oz.) can chopped green chiles              | 8 flour tortillas                    |
| ½ tsp. chili powder                             | 1½ C. chunky salsa                   |
| ¼ tsp. salt                                     | 1½ C. Monterey Jack cheese, shredded |

In a large skillet, sauté onions in oil until tender. Add the shrimp, green chiles, chili powder, salt, cumin and pepper. Cook for 2 - 3 min. or until shrimp turns pink. Stir in cream cheese until melted. Place ⅓ C. shrimp mixture down the center of each tortilla. Roll up and place seam side down in a greased 9x13 inch baking dish. Pour salsa over the top; sprinkle with Monterey Jack cheese. Bake, uncovered, at 350° for 20 - 25 min., or until heated through.

## SHRIMP WITH ROASTED RED PEPPER CREAM

Jane Easterwood

- |  |                                 |
|--|---------------------------------|
| 1 (12 oz) jar roasted red peppers, drained | ¼ tsp. cayenne pepper           |
| ½ C. chicken broth                         | 2 lb. shrimp, cooked and peeled |
| 3 cloves garlic, chopped                   | 8 oz. thin spaghetti            |
| 8 oz. cream cheese                         | Basil leaves for garnish        |

Process red peppers, broth, garlic, cream cheese and cayenne in blender. (I do this early in the day in blender and put in frig.) Put into large fry pan and cook about 5 min. over med. heat. Add shrimp and cook until shrimp is hot, about 3 min. Cook spaghetti per package directions. Serve shrimp mixture over pasta. Slice basil leaves and sprinkle over top. Serves 6 - 8.

## NEW ORLEANS SHRIMP

*Fran Hamel*

- |                                |                       |
|--------------------------------|-----------------------|
| ¼ C. butter                    | ¼ tsp. Tabasco        |
| 2 cloves garlic, minced        | ¼ tsp. cayenne pepper |
| 2 T. onion, chopped            | 2 T. flour            |
| 1 lb. shrimp, uncooked, peeled | ¼ C. water            |
| 1 T. parsley, chopped          | ¼ C. white wine       |
| Dash paprika                   | 1 tsp. salt           |

Melt butter in a skillet and sauté garlic and onion for 2 min. Add shrimp, parsley, paprika, Tabasco and cayenne pepper. Cover and cook for 7 min. or until shrimp are pink. Mix flour, water, wine and salt together, add to shrimp mixture and cook until sauce thickens. Serve over noodles.

**Note:** I have made this in the microwave and it turns out beautifully. I have also doubled and tripled the recipe and cooked it on the stove. If I double or triple the recipe, I substitute a pound of scallops for one of the pounds of shrimp.

## NOODLE BOWL FOR TWO

*Cindy Ward*

- |                                       |                                  |
|---------------------------------------|----------------------------------|
| 1 pkg. oriental ramen noodle soup mix | ⅔ C. fresh snow peas, trimmed    |
| 2 C. water                            | ½ lb. meat, see note below       |
| 1 scallion, chopped                   | Top ⅔ of a Napa cabbage, chopped |
| 2 T. cilantro, chopped                | Salted peanuts (garnish)         |
| 1 T. soy sauce                        |                                  |

Stir together flavor packet from soup mix, water, scallion, cilantro and soy sauce in medium saucepan. Bring to a boil. Break up ramen noodles and add to pan with snow peas. Cook 1 min. Add meat and cabbage. Cover and cook 2 min. until cabbage is wilted. Put in serving bowls and garnish with peanuts.

**Note:** Meat can be ½ lb. cooked, shelled shrimp, thawed frozen crawfish tails or chopped cooked chicken. Fast and easy. A complete dinner in a bowl!

## CRAWFISH CASSEROLE

*Annette Andrew*

- |  |   |
|--|---|
| 2 bunches (5 oz.) green onion, chopped | 1 can diced Rotel tomatoes                          |
| 1 stick butter                         | 2 (5 oz.) pkgs. Mahatma saffron rice, cooked        |
| 1 lb. Velveeta cheese                  | 2 lbs. thawed crawfish tail meat (available frozen) |
| 1 (10¾ oz.) can cream of mushroom soup |   |

Preheat oven to 350°. Sauté onions in butter. Melt cheese in onion and butter. Add soup and tomatoes. Stir in cooked rice and crawfish. Pour into a 3 qt. casserole dish and bake until bubbly, about 30 - 45 min. Goes great with garlic bread and green salad.

## CRABMEAT CASSEROLETTES

*Pat Gauger*

- |   |  |
|---|--|
| 4 C. sweet potatoes, diced in ½ inch pieces | ¼ C. fresh parsley, chopped                            |
| 8 T. (1 stick) unsalted butter              | ¼ C. green onions, chopped using white and green parts |
| 1 C. half & half (or more if needed)        | ½ tsp. fennel seeds                                    |
| 2 cloves garlic, minced                     | ½ tsp. cayenne pepper                                  |
| ½ lb. (2 C.) Monterey jack cheese, grated   | ½ lb. fresh crab meat                                  |
|   | Paprika  |

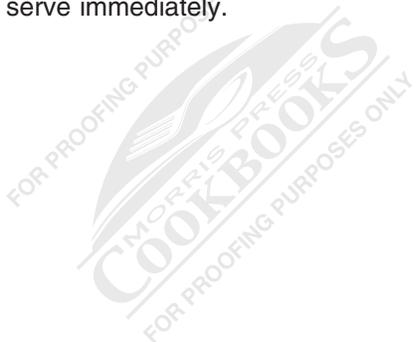
Preheat the oven to 400°. In a large pot of boiling water, cook the sweet potatoes until soft, about 8 min. Drain well and return to pot. Add butter and let it melt over the hot potatoes. Add half and half and mash with potatoes, mixing until they are smooth and not stiff. Add more half and half if needed. Add garlic, cheese, parsley, green onions, fennel and cayenne. Mix well. Fold in crabmeat. Put mixture into greased individual ramekins or a single 2 - 3 qt. baking dish and sprinkle top with paprika. Bake for 20 min. or until heated through and begins to brown. Serves 6.

### CONGHILIE AND MUSSELS

Margo Propst

- 1 lb. conghilie (small shells) pasta
- 1 lb. broccoli, cut into florets (about 4 C.)
- ¼ C. extra-virgin olive oil
- 3 cloves garlic, minced
- ⅛ tsp. red pepper flakes
- ½ tsp. kosher salt
- ¼ tsp. freshly ground black pepper
- 2 lbs. mussels, de-bearded
- 1 C. white wine
- ⅓ C. chopped fresh flat-leaf parsley

Bring a large pot of salted water to a boil over high heat. Add the pasta and cook for 6 min., stirring occasionally. Add the broccoli into the pasta water and continue cooking until the pasta is tender but still firm to the bite, and the broccoli is blanched, about 2 - 3 min. Drain pasta and broccoli, reserving 1 C. of the cooking liquid. Meanwhile, in a large, heavy skillet, heat the olive oil over medium heat. Add the garlic, red pepper flakes, salt and pepper and sauté for 3 min. Add the mussels and wine. Cook for 5 min., making sure all the shells have opened. Discard any shells that remain closed. Sprinkle with the parsley. In large bowl, toss together the pasta, broccoli and shellfish. Add the reserved pasta water, ¼ C. at a time, to moisten. Toss to combine. Transfer to a serving platter and serve immediately.



D066

*Daffodils*  
 BREADS  
 & ROLLS

## Helpful Hints

- When baking bread, a small dish of water in the oven will keep the crust from getting too hard or brown.
- Use shortening, not margarine or oil, to grease pans when baking bread. Margarine and oil absorb more readily into the dough.
- To make self-rising flour, mix 4 cups flour, 2 teaspoons salt, and 2 tablespoons baking powder. Store in a tightly covered container.
- One scant tablespoon of bulk yeast is equal to one packet of yeast.
- Hot water kills yeast. One way to test for the correct temperature is to pour the water over your wrist. If you cannot feel hot or cold, the temperature is just right.
- When in doubt, always sift flour before measuring.
- Use bread flour for baking heavier breads, such as mixed grain, pizza doughs, bagels, etc.
- When baking in a glass pan, reduce the oven temperature by 25°.
- When baking bread, you can achieve a finer texture if you use milk. Water makes a coarser bread.
- Fill an empty salt shaker with flour to quickly and easily dust a bread pan or work surface.
- For successful quick breads, do not overmix the dough. Mix only until combined. An overmixed batter creates tough and rubbery muffins, biscuits, and quick breads.
- Muffins can be eaten warm. Most other quick breads taste better the next day. Nut breads are better if stored 24 hours before serving.
- Nuts, shelled or unshelled, keep best and longest when stored in the freezer. Unshelled nuts crack more easily when frozen. Nuts can be used directly from the freezer.
- Enhance the flavor of nuts, such as almonds, walnuts, and pecans, by toasting them before using in recipes. Place nuts on a baking sheet and bake at 300° for 5–8 minutes or until slightly browned.
- Overripe bananas can be frozen until it's time to bake. Store them unpeeled in a plastic bag.
- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.

## BREADS & ROLLS

### BANANA NUT BREAD

Barbara Liner  
Genny Houglund  
Janet Saffer

<b>3 ripe bananas</b>	<b>1 tsp. vanilla</b>
<b>1¼ C. flour</b>	<b>½ C. oil</b>
<b>1½ C. sugar</b>	<b>2 eggs</b>
<b>1 tsp. soda</b>	<b>5 T. milk</b>
<b>½ tsp. salt</b>	<b>½ - ¾ C. pecans</b>
<b>¼ tsp. cinnamon</b>	

Mash bananas; add flour, sugar, soda, salt, cinnamon and vanilla. Blend in oil, 2 eggs, milk, and pecans until well mixed. Bake in a greased and floured 9x5x3 inch loaf pan at 325° for 1 hr.

### DILLY BREAD

Cindy Ward

<b>1 (¾ oz.) pkg. dry yeast</b>	<b>2 tsp. dill seed</b>
<b>¼ C. lukewarm water (95° - 105°)</b>	<b>¼ tsp. baking soda</b>
<b>1 C. lukewarm cottage cheese</b>	<b>1 T. instant onion flakes</b>
<b>1 T. oil</b>	<b>1 egg, slightly beaten</b>
<b>2 T. sugar</b>	<b>2¼ - 2½ C. white flour</b>
<b>1 tsp. salt</b>	

Dissolve yeast in water by sprinkling yeast over water. Mix in rest of ingredients and mix well. Put into greased bowl and let rise 50 - 60 min. Work down and shape into a greased loaf or round casserole pan. Let rise 40 min. Do not let rise too much. Bake at 350° for 35 - 45 min.

**Note:** This no knead batter bread can also be made into hamburger buns, and is good toasted. Do not need to serve butter or margarine with it.

**GOLDEN FLAX SEED BREAD -  
GLUTEN FREE***Adrienne Juno*

$\frac{2}{3}$ C. milled flax seed (I use Hodgson Mill brand)	2 eggs
$\frac{1}{3}$ C. almond flour	1 T. olive oil
$1\frac{1}{2}$ - 2 tsp. gluten free baking powder	1 T. honey
$\frac{1}{4}$ tsp. salt	$\frac{1}{3}$ C. water
	2 T. sesame seeds, toasted
	2 T. sunflower seeds

Preheat oven to 350° F. Mix all the flax seed meal, almond flour, baking powder and salt. In a separate bowl, lightly beat the eggs and add the olive oil, and honey to it. Pour egg mixture into dry ingredients and mix thoroughly. Add water little by little just to achieve the texture that is not too wet or dry. Add the seeds and mix well. Oil the baking pan and pour in the batter. Cook for 20 - 25 min. until the top is brown or a toothpick comes out clean when inserted. The bread is delicious straight out of the oven eaten alone or with butter, peanut butter or jam.

**Note:** This is a delicious, healthy and packed with Omega-3 from the flax seed. You can "invent" variations like these: Herb bread: add chopped rosemary, thyme or dried basil leaves (I made this and it was really good!); Cinnamon bread: add cinnamon powder; Raisin bread: add chopped raisins; Nutty bread: add any nuts you like; Date bread: add chopped dates.

**POTATO PAN ROLLS***Adrienne Juno*

$\frac{1}{2}$ C. milk	1 egg
1 T. sugar	$\frac{1}{2}$ C. mashed potatoes (at room temp.)
$\frac{3}{4}$ tsp. salt	3 $\frac{1}{2}$ - 4 $\frac{1}{2}$ C. all-purpose flour
2 T. margarine	Flour for dusting
$\frac{1}{2}$ C. warm water (105° - 115° F)	
1 ( $\frac{3}{4}$ oz.) pkg. active dry yeast	

Heat milk; stir in sugar, salt and margarine. Cool to lukewarm. Measure warm water into a large warm bowl. Sprinkle in yeast; stir until dissolved. Stir in lukewarm milk mixture, egg, potatoes and 2 C. flour. Beat until smooth. Stir in enough additional flour to make a soft dough. Turn dough onto a lightly floured surface. Knead until smooth and elastic (8 - 10 min.) Place in a greased bowl; turn dough to grease top. Cover; let rise in warm place until double in bulk (about 1 hr.). Punch dough down; turn out onto a lightly floured surface. Divide in half. Divide each half into 16 equal pieces; form into smooth balls. Place in 2 greased 9" round layer cake pans. Cover; let rise in warm place until double in bulk (about 1 hr.) Dust rolls with flour. Bake at 375° F about 25 min. or until done. Remove from pans and cool on wire racks. Makes 32 rolls.

**SPOON BREAD***Donna Stephens*

$\frac{3}{4}$ C. cornmeal	$\frac{1}{4}$ C. butter
1 T. sugar	4 eggs, separated
1 tsp. salt	Parmesan cheese, for dusting
2 C. milk	

In saucepan, stir together cornmeal, sugar and salt. Mix well and stir in milk. Cook till mush consistency. When thickened, take off heat and stir in butter. Slowly stir in 4 beaten egg yolks. Set aside. Beat 4 egg whites till stiff. Fold into cornmeal mixture. Prepare 1 $\frac{1}{2}$  qt. casserole pan greased and dusted with enough parmesan cheese to coat. Pour cornmeal into pan. Bake in 375° oven and 30 - 45 min. till brown and set in middle. This will be like custard consistency.

**Note:** This recipe comes from former Lakewood Forest Garden Club member, Cheryl McRobbie.

**JULIE'S NUT MUFFINS***Barbara Davidson*

2 C. ripe bananas, applesauce or carrots	1 C. rolled oats
$\frac{1}{2}$ C. oil	1 tsp. baking soda
2 eggs, beaten or 4 egg whites	$\frac{1}{2}$ tsp. salt
1 tsp. vanilla	1 tsp. cinnamon
1 C. flour	1 C. pecans, chopped
1 C. sugar or 1 $\frac{1}{4}$ tsp Stevia	1 C. raisins or craisins

Mix together bananas, oil, eggs and vanilla. Mix flour, sugar, oats, baking soda, salt, cinnamon, pecans and raisins. Add banana mixture. Bake at 350° for 20 min. or until muffins are done. Makes 12 med. muffins.

**Note:** Variations: Can use any nuts like walnuts, almonds, etc., any dried fruit, or add oats or flax seed meal. Healthy choices: canola, coconut or flaxseed oils; substitute is  $\frac{3}{4}$  C. whole wheat flour and  $\frac{1}{4}$  C. soy flour (Soy flour provides protein). Stevia is a pure powdered extract, or can use other sugar substitute.

**PUMPKIN PINEAPPLE CARROT MUFFINS***Barbara Davidson*

1 C. powdered milk	1 (15 oz.) can pumpkin
2 C. oatmeal flour	1 (20 oz.) can crushed pineapple
1 C. whole wheat flour	2 carrots, shredded or finely chopped
1 C. wheat bran	2 eggs, beaten
4 tsp. baking powder	1 C. raisins
1 C. cinnamon	1 C. pecans, chopped
½ tsp. ginger	½ C. coconut oil (or other vegetable oil)
¼ tsp. nutmeg	
¼ tsp. cloves	
1 tsp. Stevia	

Mix together all ingredients and spoon into muffin tins. Bake at 350° for 30 min. or until muffins are done. Makes 24 large muffins.

**Note:** Stevia is a powdered plant extract with no calories. 1tsp.= 2 C. sugar

**RAISIN BRAN MUFFINS***Lynn White*

1 (15 oz.) box raisin bran cereal	2 tsp. salt
5 C. all-purpose flour	1 qt. buttermilk
3 C. sugar	4 eggs, beaten
5 tsp. baking soda	1 C. oil

Preheat oven to 400°. Mix the raisin bran, flour, sugar, baking soda and salt in a large bowl. Add the buttermilk, eggs and oil and mix well. Put in a greased muffin tin and fill  $\frac{2}{3}$  full. Bake 12 - 15 min.

**Note:** You can cut the ingredients in half and still have a lot. The batter will keep stored in frig in a sealed container for up to six weeks. Lynn received this recipe from a friend in 1980 and still loves it hot out of the oven - with butter of course.

**BISCUITS OR SCONES***Barbara Davidson*

1½ C. self rising flour	1 C. whipping cream
2 T. sugar (or ⅛ tsp. Stevia)	

Sift flour, add sugar, and stir together. Stir in whipping cream. The dough will be sticky. Scrape out of bowl onto generously floured cutting board or counter and knead in flour until no longer sticky. Roll or pat out to desired thickness and cut out or roll into small balls. Press the balls to preferred thickness. Bake at 400 ° F. until lightly browned on top.

**Note:** If I am in a hurry, I roll out and cut into squares. The taste is the same no matter what shape they are in. Options: These are similar to scones. Add additional sweetener (to taste), cinnamon, nuts, or dried fruit such as cranberries, raisins, cherries to the dry ingredients and vanilla to the cream. Cut into triangles.

**JEWISH CRUMB CAKE***Sally Gengo*

½ lb. butter	2 tsp. baking soda
3 C. sugar, divided	3 C. all-purpose flour
¼ tsp. salt	3 T. coconut, shredded
2 tsp. vanilla	3 T. almonds, sliced
4 eggs	2 T. cinnamon
1 pt. sour cream, divided	

Cream together butter, 2 C. sugar, salt and vanilla. Add eggs one at a time at high speed. Mix 3 T. sour cream with baking soda. Add this mixture and rest of sour cream to batter; beat at high speed. Add flour, one cup at a time at low speed. Mix 1 C. sugar, coconut, almonds and cinnamon in another bowl. Pour half of the batter into greased and flour 10x14 inch pan. Sprinkle half of sugar mixture then add the other half of batter and sprinkle the rest of the mixture on top. Swirl the knife in the batter. Bake at 350° for 50 min. If you don't like coconut substitute ½ C. of brown sugar. Makes a good breakfast cake.

## JOHN DOWNEY'S POPPY SEED KOLACHES

Barbara Davidson

### Dough:

5 C. flour	½ C. sugar
2 tsp. salt	3 egg yolks
1 C. butter or margarine, melted, divided	1 C. confectioners' sugar (optional)
2 (¾ oz.) pkgs. dry yeast	Juice from 1 med. size lemon (optional)
2 C. warm milk	

Mix flour and salt in a large bowl. In another bowl, put ½ C. melted butter, and then stir in the yeast, warm milk, sugar and egg yolks. Stir the liquid mixture into flour mixture until a smooth batter is formed. It should pull away from the sides of the bowl as you form it into a ball. Spread some of the rest of the melted butter over the dough ball, cover with a damp cloth and let rise in a warm place until double in size. Punch down, roll out on floured surface in a rectangle about ½" thick. Cut into 3x4 inch pieces.

### Filling:

2 cans Solo poppy seed filling or 2 cans any fruit pie filling or 12 oz. dried fruit	¼ C. water ½ C. sugar ½ tsp. cinnamon ½ tsp. lemon or orange zest
---	--

If using dried fruit, cut into small pieces if necessary. Stew the fruit on low heat with water, sugar, cinnamon and zest until soft. Drain if necessary. Or use ready made poppy seed filling or other fruit pie filling. Put 1 T. filling in center of each kolache and pinch edges together to form a roll. Put on flat baking sheet. Brush rolls with rest of the melted butter or margarine. Cover with a damp cloth and place in warm spot for final rising. When they have doubled in size, bake in a 350° oven for 20 min. Mix confectioners' sugar with lemon juice and brush glaze on rolls if desired.

**Note:** John is Barbara's son. He makes these for the family and close friends every Christmas.

## MINI-CINIS

Susan Busler

2 (8 oz.) can refrigerated crescent rolls	1 tsp. ground cinnamon
6 T. butter or margarine, softened	¼ C. chopped pecans
⅓ C. firmly packed brown sugar	⅔ C. powdered sugar
1 T. sugar	1 T. milk or half-and-half
	¼ tsp. almond or vanilla extract
	⅛ tsp. salt

Unroll crescent rolls and separate each dough portion along center perforation to form 4 rectangles; press diagonal perforations to seal. Stir together butter, brown sugar, sugar and cinnamon; spread evenly over 1 side of each rectangle. Sprinkle pecans on top. Roll up jellyroll fashion, starting at long end. Gently cut each log into 6 (1 inch thick) slices, using a serrated knife. Place rolls ¼ inch apart into 2 (8 inch) greased cake pans. Bake at 375° for 15 - 18 min. or until golden. Cool 5 - 10 min. Stir together powdered sugar, milk, vanilla and salt. Drizzle over warm rolls. Makes 2 doz. - Doubles easily for a crowd

**Note:** To make slicing easier, place unbaked rolls on baking sheet and freeze for 10 min. This recipe came from Southern Living.

### DANISH PUFF PASTRY

Adrienne Juno

**Crust:**

- 1 C. flour
- 2 T. water
- ½ C. butter

Measure flour into bowl and cut in butter. Sprinkle water over mixture. Mix with fork. Form into a ball and divide in half. On ungreased cookie sheet, pat each half with hands into a strip, 12x3 inch. Strips should be about 3 inches apart.

**Filling:**

- ½ C. butter
- 1 C. flour
- 1 C. water
- 3 eggs
- 1 tsp. vanilla or almond extract

In saucepan, combine butter and water. Heat to boiling. Remove from heat and stir in extract. Beat in flour, stirring to keep it from lumping. When smooth, add eggs one at a time, beating until smooth after each addition. Divide batter in half and spread each half evenly over strips. Bake 60 min. at 350° until browned, then cool.

**Glaze:**

- 1½ C. powdered sugar
- 1 - 2 T. water
- 2 T. butter, softened
- 1½ tsp. vanilla or almond extract

Mix powdered sugar, butter, extract and water. Frost baked strips with glaze. May be spread with jelly before glazing. Makes 2 pastries.

**Note:** This is sooo yummy. Taste like a cheese Danish!



# Water lilies

## DESSERTS



## Helpful Hints

- Keep eggs at room temperature to create greater volume when whipping egg whites for meringue.
- Pie dough can be frozen. Roll dough out between sheets of plastic wrap, stack in a pizza box, and keep the box in the freezer. Defrost in the fridge and use as needed. Use within 2 months.
- Place your pie plate on a cake stand when ready to flute the edges of the pie. The cake stand will make it easier to turn the pie plate, and you won't have to stoop over.
- When making decorative pie edges, use a spoon for a scalloped edge. Use a fork to make crosshatched and herringbone patterns.
- When cutting butter into flour for pastry dough, the process is easier if you cut the butter into small pieces before adding it to the flour.
- Pumpkin and other custard-style pies are done when they jiggle slightly in the middle. Fruit pies are done when the pastry is golden, juices bubble, and fruit is tender.
- Keep the cake plate clean while frosting by sliding 6-inch strips of waxed paper under each side of the cake. Once the cake is frosted and the frosting is set, pull the strips away, leaving a clean plate.
- Create a quick decorating tube to ice your cake with chocolate. Put chocolate in a heat-safe, zipper-lock plastic bag. Immerse it in simmering water until the chocolate is melted. Snip off the tip of one corner, and squeeze the chocolate out of the bag.
- Achieve professionally decorated cakes with a silky, molten look by blow-drying the frosting with a hair dryer until the frosting melts slightly.
- To ensure that you have equal amounts of batter in each pan when making a layered cake, use a kitchen scale to measure the weight.
- Prevent cracking in your cheesecake by placing a shallow pan of hot water on the bottom oven rack and keeping the oven door shut during baking.
- A cheesecake needs several hours to chill and set.
- For a perfectly cut cheesecake, dip the knife into hot water and clean it after each cut. You can also hold a length of dental floss taut and pull it down through the cheesecake to make a clean cut across the diameter of the cake.

## DESSERTS

*Julie Huggard*

### CARROT CAKE

#### Cake:

**2 C. flour**  
**2 tsp. baking soda**  
**2 tsp. baking powder**  
**2 tsp. cinnamon**  
**Dash of salt**

**2 C. sugar**  
**1½ C. vegetable oil**  
**3 C. carrots, grated**  
**4 eggs**  
**1 C. pecans, chopped**

Sift flour, baking soda, baking powder, cinnamon and salt. Mix sugar and oil then add to dry ingredients. Add carrots. Add eggs, one at a time. Beat well. Add pecans. Bake at 350° for 30 - 40 min. in a 9x13 inch pan.

#### Icing:

**1 (8 oz.) pkg. cream cheese**  
**½ stick butter (4 oz.)**

**2 tsp. vanilla**  
**1 lb. powdered sugar**

Mix cream cheese, butter, vanilla and powdered sugar well and spread over hot cake.

### CHOCOLATE SHEET CAKE

*Janna Niemann*

#### Cake:

**1 C. water**  
**½ lb. butter**  
**4 T. cocoa**  
**2 C. sugar**

**2 C. flour**  
**½ C. buttermilk**  
**2 eggs, beaten**  
**1 tsp. baking soda**

Bring the water, butter and cocoa to a boil. Mix the sugar and flour in a bowl and add the boiled mixture and mix well. In a separate small bowl, mix the buttermilk, beaten eggs and soda. Mix together well and pour into a greased and floured 9x13x2 inch sheet cake pan. Bake at 350° for 20 min.

#### Frosting:

**6 T. milk**  
**¼ lb. butter**  
**4 T. cocoa**  
**1 box powdered sugar**

**1 tsp. vanilla**  
**1 C. pecans or walnuts, chopped**

While the cake is baking; bring the milk, butter and cocoa to a boil. Remove from heat, and add the powdered sugar, vanilla and nuts. Spread on the cake immediately after taking it out of the oven.

## DOUBLE CHOCOLATE CAKE

*Carolyn Calvert*

- 1 box yellow butter cake mix
- 1 (3.4 oz.) pkg. chocolate instant pudding mix, dry
- 4 eggs
- 1 C. vegetable oil
- ¼ C. water
- 8 oz. sour cream
- 8 oz. chocolate chips
- 2½ C. pecans, chopped
- Confectioners sugar (optional)

Mix cake mix, pudding, eggs, oil and water in large mixing bowl. Add sour cream, chocolate chips and pecans. Pour into a greased and floured bundt pan. Bake at 350° for approximately 60 min. Check doneness with toothpick. Turn out of pan when slightly cooled. Sprinkle top with confectioners sugar, if desired.

## SOUR CREAM CHOCOLATE CAKE

*Anna Church*

- 1¼ C. sugar
- 1¾ C. flour
- 4 T. cocoa
- ¼ tsp. salt
- 1½ C. sour cream
- 2 T. butter, melted
- 2 eggs, beaten well
- 2 tsp. baking soda, dissolved in 4 T. boiling water
- 1 tsp. vanilla

Sift together sugar, flour, cocoa and salt in a bowl. Add sour cream, melted butter and eggs and beat until smooth. Add soda that was previously dissolved in boiling water and vanilla. Bake at 350° in 9x13 inch pan for 40 - 45 min.

**Note:** This recipe is from my husband's mother, Joan Dohrer. It is the cake my husband requests for his birthday.

## SUGARLESS CHOCOLATE CAKE

*Barbara Davidson*

### Cake:

- ¼ C. all-purpose flour
- ⅛ tsp. sea salt (I used regular salt)
- 6 T. butter, sweet unsalted
- 4 oz. chocolate, unsweetened
- ⅓ C. milk
- ⅓ C. apricot or raspberry 100% spreadable fruit
- 2 tsp. Dacopa, or other instant grain coffee substitute
- 1 tsp. coffee flavoring (optional)
- 1 egg yolk, slightly beaten
- 1 T. vanilla flavoring
- 1 tsp. Stevia powder or ⅛ tsp. liquid concentrate.
- 3 egg whites
- ⅛ tsp. cream of tartar

Lightly grease sides of 9 inch round cake pan and line bottom with parchment paper. Combine flour and salt in small bowl and set aside. Place butter, chocolate, milk, fruit preserves, coffee substitute and coffee flavoring in a small saucepan over medium-low heat. Stir constantly until chocolate is almost melted. Remove saucepan from heat and continue to stir until chocolate is completely melted and mixture is smooth. Whisk egg yolk and vanilla into chocolate. Add Stevia and continue whisking until smooth. Set aside. Using an electric hand-held mixer, beat egg whites and cream of tartar until stiff peaks form. First fold chocolate mixture into egg whites to form a smooth batter, then fold flour into batter. Pour batter into prepared pan and bake at 350° for 18 - 20 min., or until a toothpick inserted in center comes out clean. Do not over bake. Carefully loosen cake from the sides of pan with a small sharp knife. This will prevent cake from cracking as it cools. Allow cake to cool completely in pan, cover with wax paper, and place in refrigerator for 1 - 2 hr. to chill. Remove cake from pan and cut into wedges.

### Topping (optional):

- 1 pt. whipping cream
- ⅛ tsp. Stevia

Whip cream until it begins to thicken then sprinkle Stevia over cream and continue whipping until soft peaks form. You can serve as is or topped with sweet whipped cream. I topped it with strawberry preserves, sweetened with Stevia. This makes a very rich desert and serves a lot of people.

## COCONUT CAKE

Bettie Hughes

### Batter:

1 yellow cake mix	8 oz. sour cream
1 (3.4 oz.) instant coconut pudding mix	½ C. milk
4 eggs, beaten	½ C. vegetable oil

Combine cake and pudding mixes. Blend in eggs, sour cream, milk and oil. Beat for 2 min. and set aside.

### Filling:

1 tsp. cinnamon	¼ C. sugar
½ C. pecans, chopped	

Combine cinnamon, pecans and sugar. Pour half of the batter into a greased Bundt pan. Sprinkle with half of the filling mixture. Add remaining batter and sprinkle with remaining filling mixture. Swirl with a knife. Bake at 350° for 50 - 60 min. Cool 15 min. and remove from pan.

## HUMMINGBIRD CAKE

Beverly Baldwin

3 C. flour	1 tsp. butternut or butter flavoring
1 tsp. baking soda	3 eggs, slightly beaten
1 tsp. salt	8 oz. crushed pineapple, undrained
1 tsp. cinnamon	2 C. bananas, chopped
½ tsp. nutmeg	1 C. pecans, chopped
2 C. sugar	
1½ C. canola oil	
1 tsp. bourbon vanilla or other good quality vanilla	

In a large bowl add flour, baking soda, salt, cinnamon and nutmeg, mixing well. Add sugar, oil, vanilla, butternut or butter flavoring, eggs, pineapple, bananas and pecan, mixing well with a large spoon until well blended. Spoon batter into a well greased tube pan. Bake at 350° for 60 - 70 min. Cool in pan for 1 hr. before removing.

**Note:** One of my favorite one bowl cakes.

## MEXICAN FRUIT CAKE

Bettie Hughes

### Cake:

1 (20 oz.) can crushed pineapple, undrained	2 tsp. baking soda
2 C. flour	2 eggs
2 C. sugar	1 C. pecans or walnuts, chopped

Combine pineapple, flour, sugar, baking soda, eggs and nuts until thoroughly mixed. Pour into a greased 11x13 inch Pyrex dish. Bake at 350° for 45 min.

### Icing:

4 oz. cream cheese	1½ C. powdered sugar
¼ lb. butter, melted	

Beat cream cheese, butter and powdered sugar well and spread on hot cake.

**Note:** There is no oil in this cake. You get that in the icing.

## MISSISSIPPI PRALINE CAKE

Susan Busler

1 box Betty Crocker butter pecan cake mix	1 C. pecans, chopped (divided)
4 eggs	1 can coconut frosting (Duncan Hines for German Chocolate cake)
1 C. water	
½ - ¾ C. oil	

Combine cake mix, eggs, water, oil and half of pecans in bowl and stir with a spoon. Add frosting and mix together. Spray bundt cake pan with Pam. Spread remaining pecans in bottom of pan and add batter. Bake at 350° for 50 min.

## RUM CAKE

Genny Houglund

1 (18 oz.) box yellow cake mix	½ C. water
1 (3.4 oz) box instant vanilla pudding	½ C. rum
½ C. vegetable oil	4 eggs
	¾ C. nuts, chopped

Combine cake mix, instant pudding, oil, water, rum and eggs in mixing bowl and mix well. Beat 3 min. Pour into a greased and floured tube pan and sprinkle with nuts. Bake at 350° for 40 min. or until done to touch.

## SKILLET CAKE

Karen Ybanez

### Cake:

1½ C. flour	1 tsp. vanilla
1 C. sugar	1 T. vinegar
1 tsp. baking soda	6 T. melted butter.
3 T. cocoa	1 C. cold tap water
½ tsp. salt	

Sift together flour, sugar, baking soda, cocoa and salt into a 10x2 inch cast iron skillet or 10 inch cake pan. Make 3 holes in mixture; large, medium and small. In small hole put vanilla, in medium hole put vinegar and in large hole put 6 T. melted butter. Pour water over it and stir with fork. Bake at 350° for 20 - 25 min.

### Frosting:

⅔ C. brown sugar	4 T. cream
6 T. melted butter	1 C. shredded coconut

Mix sugar, butter, cream and coconut. Put on top of baked cake and put under broiler for 3 - 5 min. I always make it in a cast iron skillet and serve with a bow on the handle.

## LOUISE'S STRAWBERRY CAKE

Kay Morse  
Julie Huggard  
Sally Gengo

### Cake:

½ pkg. frozen strawberries, thawed and drained (saving juice for icing)	¾ - 1 C. oil (not olive oil)
1 reg. box strawberry Jello (dry)	3 T. flour
1 reg. box yellow (or white) cake mix	½ C. water
	4 eggs

Before combining the cake ingredients, drain the juice from the thawed strawberries. ½ strawberries for cake, and ½ strawberries for icing. Save juice for icing. Combine dry strawberry jello, cake mix, oil, flour, water, eggs and ½ pkg. thawed strawberries in a large bowl. Mix well. Grease and flour three 8 inch round cake pans. Pour mixture into cake pans. Be sure the mixture is even on top in each pan. Bake at 350° for 30 - 35 min., or until toothpick stuck in middle of pan comes out clean. While cake is baking, make the icing.

### Icing:

1 box powdered sugar	Remaining ½ package thawed strawberries and drained juice
¾ - 1 stick melted butter	
¼ tsp. salt	

In med. bowl mix by hand, the powdered sugar, melted butter and remaining ½ package strawberries. Add the juice SLOWLY, until you have a nice spreading consistency. BEWARE: YOU MAY NOT NEED ALL THE JUICE, SO DO NOT ADD THE JUICE ALL AT ONCE. Using too much juice would cause the icing to run off the cake, resulting in a big mess to clean up! Spread the icing between each layer of the cake, then spread icing over the top and sides of cake. As the cake sets, the icing will become semi-hard. This cake can be baked in 9x13 inch pan for 30 - 35 min.

**Note:** Kay grew up enjoying this delicious cake that only her mother, Louise, made for all birthdays, Thanksgiving, Christmas, and Easter. Now, she's the one who makes it for these occasions. Julie and Sally use fresh strawberries instead of frozen (½ C. for cake and ½ C. for icing) and use a white cake mix.

## TRES LECHES CAKE

Jane Easterwood

1 box French vanilla or white cake mix  
1 C. evaporated milk  
1 can sweetened condensed milk

1 C. whole milk  
1 (12 oz.) container Cool Whip  
Fresh strawberries, sliced

Make cake as directed on box. When cake is done, poke holes all over it with a fork. Mix the 3 milks together and pour evenly over the top. Place in refrigerator. When the cake has absorbed the milks, spread with Cool Whip. Slice strawberries or other fruit and place on top. Enjoy! You can use fat free condensed milk, if desired.

## OATMEAL CAKE

Mary Lynne Christopher

### Cake:

1 C. quick cooking oats  
1 stick butter  
1¼ C. boiling water  
1 C. sugar  
1 C. brown sugar  
1 tsp. baking soda

1 tsp. nutmeg  
1 tsp. cinnamon  
½ tsp. salt  
2 eggs  
1 ⅓ C. flour

Combine oats, butter and boiling water. Stir and let stand 20 min. Mix sugar, brown sugar, baking soda, nutmeg, cinnamon, salt, eggs and flour. Combine with oatmeal mixture, beating until smooth. Bake at 350° for 30 min. in a 9x13 inch greased or sprayed pan.

### Topping:

2 T. butter, softened  
½ C. sugar  
1 tsp. vanilla

¼ C. evaporated milk (Pet)  
1 C. pecans, chopped  
1 C. coconut

Mix all ingredients and spread topping on hot cake. Broil on second rack for 5 min. or until browned.

## CHOCOLATE FUDGE NUT ICING

Becky Bailey

¼ lb. butter or margarine  
4 T. unsweetened cocoa  
⅓ C. milk

4 C. powdered sugar, sifted  
¼ tsp. vanilla extract  
1 C. nuts, chopped (optional)

Place butter, cocoa and milk in saucepan. Melt, stirring, and bring to a boil. Remove from heat and add powdered sugar, vanilla and nuts, if using. Stir well.

**Note:** I make a devil's food cake in a 9x13 inch pan and spread this icing on top. You don't have to wait for the cake to cool before icing. Yummmm...

## FROSTY TOFFEE BITS PIE

Annette Andrew

1 (3 oz.) pkg. cream cheese, softened  
2 T. sugar  
½ C. half & half cream  
1 (8 oz.) carton frozen whipped topping, thawed

1 (8 oz.) pkg. milk chocolate English toffee bits (divided)  
1 (9") graham cracker crust

In a large bowl, beat cream cheese and sugar until smooth. Beat in half & half until blended. Fold in whipped topping and 1 C. toffee bits. Spoon into crust; sprinkle with the remaining toffee bits. Cover and freeze overnight. Remove from the freezer 10 min. before serving.

## HERSHEY BAR CHOCOLATE PIE

Mary Lynne Christopher

1 prepared graham cracker crust  
4 (1.45 oz.) Hershey bars, with or without almonds

16 large marshmallows  
½ C. milk  
8 oz. whipping cream

In a saucepan combine Hershey bars, marshmallows and milk. Melt over medium heat until mixture is smooth, stirring constantly. Let cool. Whip cream and fold cooled chocolate mixture into it. Pour into crust. Refrigerate until set, 2 - 3 hr.

## KEY LIME PIE TO DIE FOR

Kathy Rogers

- |                                 |  |
|---------------------------------|--|
| 1 lb. box graham cracker crumbs | 3 (14 oz.) cans sweetened condensed milk |
| ½ C. brown sugar, packed        | 5 lg. egg yolks, slightly beaten         |
| ¼ C. + 1 T. butter, softened    | 2½ C. key lime juice                     |

Mix cracker crumbs, sugar and butter. Press into 10 inch pie pan. Mix milk, egg yolks and key lime juice in a saucepan. Cook on low heat 10 min. Pour into crust. Bake at 350° for 20 - 25 min. Chill in refrigerator 4 - 5 hr. Makes a large pie.

**Note:** This is an extremely rich and thick recipe from the chef at Anthony's Restaurant, part of the Tony's chain.

## LEMON ICE BOX PIE

Shirley Stagner

- |                                  |                                |
|----------------------------------|--------------------------------|
| 1 sm. can frozen lemonade        | 1 (4½ oz.) container Cool Whip |
| 1 can Eagle Brand condensed milk | 1 graham cracker crust         |
|                                  | Whipped cream (optional)       |

Thaw lemonade, add condensed milk and mix well. Add Cool Whip and mix well. Pour into graham cracker crust. Refrigerate for at least 30 min. before serving. May top with whipped cream before serving.

**Note:** This is a recipe from my mother-in-law, Jessie Lynn Stagner, who was 96 on December 18, 2010.

## PECAN PIE

Betty Broome

- |                         |                         |
|-------------------------|-------------------------|
| 3 eggs, slightly beaten | 2 T. melted butter      |
| 1 C. sugar              | ¾ C. pecans, chopped    |
| ¾ C. white corn syrup   | 1 tsp. vanilla          |
| ⅓ tsp. salt             | 1 (8 inch) pastry shell |

Mix together eggs, sugar, syrup, salt, butter, pecans and vanilla. Pour into unbaked pastry shell. Bake at 350° for 45 - 50 min.

**Note:** Our family has enjoyed this recipe from Anna Maude Cafeteria in Oklahoma City since 1953.

## BOURBON PIE

Becky Bailey

- |  |                             |
|--|-----------------------------|
| 21 large marshmallows, cut in ¼'s to melt faster | 3 T. bourbon                |
| 1 C. evaporated milk                             | 1 chocolate pie crust       |
| ½ pt. whipping cream                             | Whipped cream (optional)    |
|  | Grated chocolate (optional) |

Melt marshmallows in evaporated milk, do not boil! Chill. Whip cream and fold into marshmallow mixture. Add bourbon and combine well. Pour into chocolate crust and refrigerate overnight. Garnish with whipped cream and grated chocolate, if desired.

## ARKANSAS STRAWBERRY PIE

Cindy Ward

- |   |  |
|---|--|
| 1 prepared pie crust (purchased or homemade)  | 8 oz. Cool Whip, thawed                |
| 1 (10 oz.) pkg. frozen strawberries, thawed   | ½ C. pecans, chopped                   |
| 1 (14 oz.) can Eagle sweetened condensed milk | Fresh strawberries, chopped (optional) |
| ⅓ C. lemon juice                              | Fresh strawberries, whole (optional)   |
|   | More Cool Whip (optional)              |

Bake pie shell as per pkg. directions. Cool. Thaw and drain frozen strawberries, thoroughly. Mix thawed strawberries, milk and lemon juice together. Stir in Cool Whip and then add pecans and chopped fresh strawberries, if using. Mound into pie shell. Trim with a whole fresh strawberry and Cool Whip, if desired.

**Note:** My husband enjoyed this pie at a small restaurant in Arkansas. He asked for the recipe, and the waitress wrote it out quickly on a Guest Check for him!

## FRESH STRAWBERRY PIE

Shirley Stagner

- |                      |  |
|----------------------|--|
| 4 T. cornstarch      | 1 lg. pkg fresh strawberries, sliced       |
| 1 C. sugar           | 1 pie crust, baked (homemade or purchased) |
| 1 C. water (divided) | 1 can whipped cream                        |
| 1 T. lemon juice     |  |
| Red food coloring    |  |

Make paste of cornstarch and 2 T. water. Mix sugar and remaining water in saucepan stirring well. Bring to a boil for about 1 min. or until dissolved. Add paste to sugar water a little at a time stirring until thick and clear. Remove from heat. Add lemon juice. Add red food coloring until color is desired shade. Cool completely then pour strawberries into saucepan and stir. Pour into pie crust and refrigerate. Top with whipped cream when ready to serve. If sweeter taste is desired, strawberries may be sugared prior to mixing.

## AUTHENTIC ENGLISH CHRISTMAS MINCEMEAT

*Sarah Staines*

- |  |   |
|--|---|
| 1 lb. cooking apples (Granny Smith), cored & chopped | 2 oz. almonds, chopped  |
| 12 oz. soft dark brown sugar                         | 8 oz. currants  |
| 2 oranges, grated zest & juice                       | ½ tsp. ground cinnamon  |
| 2 lemons, grated zest & juice                        | 8 oz. mixed candied peel, chopped (called cake mix or cake fruit) |
| 8 oz. shredded suet (beef fat)*                      | Nutmeg, grated  |
| 12 oz. raisins                                       | 6 T. brandy   |
| 8 oz. sultanas                                       |   |

Combine all ingredients, except brandy, in a large ovenproof bowl. Mix together well. Cover & leave in a cool place overnight or approx. 12 hr. Cover the bowl loosely with foil & place in the preheated 225° oven for 3 hr. Remove & allow to cool, stirring the mixture occasionally. (Don't worry about the appearance - it will look very fatty but this will coagulate & coat the fruits, keeping in the juices & preventing any fermentation). Stir in brandy. Pack into clean jars & seal. Store in a cool place. Keeps indefinitely but best used within a year. Use to make traditional Christmas Mince Pies or combine with apples for a twist on apple pie.

**Note:** Suet is dried beef fat coated in flour & you cannot buy it here. Some meat counters might have the fresh version or you can use lard or Crisco (I've never tried making it with either of these though). Sultanas are another form of raisins & taste a little different. Not sure if they're available here, but you can use golden raisins instead.

## APPLE CHERRY COBLER

*Julie Huggard*

### Cobbler:

- |                    |                                   |
|--------------------|-----------------------------------|
| 1 egg, beaten      | 2¼ tsp. baking powder             |
| ½ C. sugar         | 1 (21 oz.) can apple pie filling  |
| ½ C. milk          | 1 (21 oz.) can cherry pie filling |
| 2 T. vegetable oil | 1 T. lemon juice                  |
| 1 C. flour         | 1 tsp. vanilla extract            |

Combine beaten egg, sugar, milk and oil. Combine flour and baking powder in a separate bowl and add to egg mixture. Pour into a greased 9x13 inch pan. Combine pie fillings, lemon juice and vanilla. Spoon over batter.

### Topping:

- |                          |                                    |
|--------------------------|------------------------------------|
| ⅓ C. brown sugar, packed | 2 T. margarine or butter, softened |
| 3 T. flour               |                                    |
| 1 tsp. cinnamon          |                                    |

Combine brown sugar, flour, cinnamon and margarine/butter until crumbly. Sprinkle over filling. Bake at 350° for 40 - 45 min. or until bubbly and cake tests done.

## APPLE CRISP

*Mary Dawson*

- |                     |                       |
|---------------------|-----------------------|
| 4 C. apples, sliced | 1 C. sugar            |
| ¼ C. water          | ¾ C. sifted flour     |
| ½ tsp. salt         | ⅓ C. butter, softened |
| 1 tsp. cinnamon     |                       |

Spread sliced apples in an 8 inch pan. Sprinkle apples with water, salt and cinnamon. Work together sugar, sifted flour and butter until crumbly. Spread crumb mixture over apples. Bake uncovered at 350° about 40 min.

**Note:** This recipe has been a family favorite for many years. I usually double it and serve warm with ice cream.



## BREAD PUDDING WITH WHISKEY SAUCE

Joanne Matava

### pudding:

1 lb. french bread	½ C. pecans, chopped
2 C. half & half	½ C. golden raisins
2 C. milk	1 T. plus 1 tsp. vanilla
3 eggs, lightly beaten	1½ tsp. cinnamon
2 C. sugar	1 T. butter, melted

Break bread into small pieces & place in shallow bowl. Add half & half and milk. Let stand 10 minutes. Crush mixture with hands until blended. Add eggs, sugar, pecans, raisins, vanilla and cinnamon. Stir well. Pour melted butter into 9x13 inch pan. Tilt dish to coat evenly. Spoon and spread pudding mixture into dish. Bake at 325° for 40 - 45 min. or until bread pudding is very firm.

### Whiskey Sauce:

1 C. butter	3 T. bourbon whiskey
2 C. powdered sugar	2 eggs, beaten

Place butter in top of double boiler and melt. Add sugar and bourbon. Stir until sugar dissolves. Stir about ¼ of mixture into beaten eggs, then dump all back into hot mixture. Stir constantly 5 min. This recipe is very easy and very good.

## WHITE CHOCOLATE BREAD PUDDING

Anna Church

### Bread pudding:

3 T. butter or margarine, melted	2 eggs
3 C. whipping cream	8 egg yolks
10 oz. white chocolate	1 loaf french bread, sliced into ¼ inch pieces and dried in the oven
1 C. milk	
½ C. sugar	

Pour melted butter into a 9x13 inch baking pan. In the top of a double boiler over hot water, combine whipping cream and white chocolate; stir until white chocolate is melted. Remove from heat and set aside. In the top of another double boiler over hot water, heat milk, sugar, eggs and egg yolks until warm. Blend egg mixture into chocolate mixture. Place the bread slices into prepared baking pan. Pour half of the mixture over the bread and let settle for a while, making sure the bread soaks up all the mixture. Top with the rest of the mixture. Cover with aluminum foil and bake at 275° for 1 hr. Remove the foil and bake for an additional 15 min. until the top is golden brown. To serve, cut into squares and put into individual serving dishes. Serve warm with White Chocolate Sauce.

### White Chocolate Sauce:

8 oz. white chocolate	3 oz. heavy cream
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In the top of a double boiler over hot water, melt white chocolate. Remove from heat and mix in heavy cream. Spoon over bread pudding. Makes 8 servings.

**Note:** From The Palace Cafe located on New Orleans' Canal Street. It's the newest restaurant from the Brennan family. Extremely popular and has practically become The Palace Cafe's signature dessert.

**BLUEBERRY BUCKLE***Kay Morse***Buckle:**

<b>2 C. flour</b>	<b>1 tsp. baking powder</b>
<b>¾ C. sugar</b>	<b>½ tsp. salt</b>
<b>½ C. milk</b>	<b>½ tsp. nutmeg</b>
<b>¼ C. butter</b>	<b>1 C. blueberries</b>
<b>1 egg</b>	

Combine flour, sugar, milk, butter, egg, baking powder, salt and nutmeg in a large bowl. Using slow speed, mix well for 1 - 2 min. Pour into a 9 inch square pan, then fold in blueberries.

**Topping:**

<b>½ C. sugar</b>	<b>½ tsp. nutmeg</b>
<b>⅓ C. flour</b>	<b>¼ C. butter, softened</b>
<b>½ tsp. cinnamon</b>	

In another bowl, stir sugar, flour, cinnamon and nutmeg. Add the softened butter. Using a fork, cut the butter into the mixture until crumbly. Sprinkle over batter. Bake at 375° for 30 - 35 min. Serves 8.

**Note:** This recipe is from the Betty Crocker Cookbook issued in the early 1960's. I made this recipe numerous times through the years for my children and their friends. Now, I make it for my grandchildren. Good on a cold morning with a cup of hot chocolate.

**CHOCOLATE DESSERT***Janna Niemann*

<b>½ C. melted butter</b>	<b>1 tsp. vanilla</b>
<b>1 C. flour</b>	<b>1 C. Cool Whip (use remaining</b>
<b>½ C. + 2 T. pecans, chopped</b>	<b>Cool Whip from carton for last</b>
<b>(divided)</b>	<b>layer)</b>
<b>8 oz. cream cheese (room</b>	<b>2 sm. pkgs. instant chocolate</b>
<b>temp.)</b>	<b>pudding</b>
<b>1 C. powdered sugar</b>	<b>3 C. milk</b>

Mix melted butter, flour and ½ C. pecans in 9x13 inch pan. Pat in bottom. Bake at 350° for 15 min. Cool. Mix cream cheese, powdered sugar, vanilla, 1 C. Cool Whip together and spread on baked 1st layer. Beat pudding and milk together and spread on top. Spread remaining Cool Whip over this and sprinkle 2 T. pecans on top. Cool until pudding is set.

**DIRT CAKE***Nan Walker*

<b>1 (18 oz.) pkg. Oreo cookies</b>	<b>1 (12 oz.) container whipped</b>
<b>½ stick butter</b>	<b>topping</b>
<b>1 (8 oz.) pkg. Philadelphia cream</b>	<b>Gummy Worms or silk flowers</b>
<b>cheese</b>	<b>Plastic bucket and shovel or</b>
<b>1 C. powdered sugar</b>	<b>plastic flower pot with trowel</b>
<b>2¼ C. milk</b>	<b>(8" at top)</b>
<b>2 (3.5 oz) pkgs. french vanilla</b>	
<b>instant pudding</b>	

Crush or blend Oreo cookies; set aside. Cream together butter, cream cheese and powdered sugar; set aside. Mix together milk and instant pudding. Fold whipped topping into pudding mixture. Combine pudding and creamed cheese mixtures. If you're using a flower pot as your container, plug bottom of hole with lid from whipped topping. Layer ingredients in pot starting with cookie crumbs. Then layer pudding mix, cookie crumbs, and pudding mix; ending with cookie crumbs. Refrigerate overnight, add silk flowers or gummy worms before serving for decoration depending on which container you use. Serve with a (cleaned) garden trowel or a shovel.

**Note:** I serve this in a plastic bucket and decorate with gummy worms. My grandchildren love it! The recipe was given to me by my sister's mother-in-law, Natalie Johnson, from Alexandria, LA.

**FLAN NORMAND***Karen Ybanez*

<b>2 lb. golden delicious apples</b>	<b>Pinch of salt</b>
<b>Cinnamon to sprinkle</b>	<b>8 eggs</b>
<b>1 C. + 2 T. sugar (divided)</b>	<b>2 C. milk</b>
<b>1 ⅛ C. flour</b>	<b>4 T. butter, melted</b>

Peel apples. Cut into quarters, core then slice. Put apples in a buttered 9x13 inch casserole dish. Sprinkle a little cinnamon and 2 T. sugar on top of apples. In a separate bowl, mix flour, 1 C. sugar, and salt. Add eggs 2 at a time and mix well after each. When the paste is smooth, add the milk slowly and stir until creamy. Pour over apples. Pour melted butter on top. Bake in 400° oven until top is golden (approximately 15 min.) then reduce oven to 300°. Bake 50 - 60 min. or until knife comes out clean.

**Note:** Given to Karen by the mother of a French woman.

**RUBY'S CHEESECAKE***Adrienne Juno***Crust:**

**1¼ C. graham cracker crumbs**      **¼ C. sugar**  
**(16 crackers)**                              **¼ C. melted butter**

Work graham cracker crumbs, sugar and melted butter together until blended. Butter a 9 inch spring form pan & press crumb mixture over the bottom & about 2¼ inches up the sides of the pan.

**Filling:**

**5 (8 oz.) pkgs. cream cheese at**      **2 egg yolks**  
**room temperature**                      **¼ C. heavy cream (I use**  
**1¼ C. sugar**                                  **whipping cream)**  
**3 T. flour**                                      **Cherry or blueberry pie filling**  
**2 T. lemon juice**                              **(optional)**  
**5 whole eggs**

In a large bowl combine cream cheese, sugar, flour and lemon juice. Beat with an electric blender on low speed. Add whole eggs and egg yolks one at a time, beating well after each addition. Add heavy cream and beat at medium speed just until mixture is smooth. Pour cheese mixture into prepared graham cracker crust and bake at 500° for 10 min. Reduce oven to 200° and continue baking for 1 - 1½ hr. until set. Remove from oven and cool on wire rack away from drafts. Refrigerate until cold. When cold, remove rim of pan and place cake on serving plate. This can be topped with cherry or blueberry pie filling, but is scrumptious without!

**Note:** From the kitchen of Ruby Samuelson (one of Jerry's coworkers). It is the best cheesecake I have ever eaten!

**LEMON DELIGHT***Jane Easterwood*

**1½ C. sugar (divided)**                      **½ C. cold water**  
**6 eggs, separated**                              **1 med. angel food cake (I use a**  
**¾ C. lemon juice**                                  **purchased angel food cake.)**  
**1 env. unflavored gelatin**                      **Cool Whip or whipped cream**

Add ¾ C. sugar and lemon juice to well beaten egg yolks. Cook in double boiler until slightly thickened, about 5 min. Dissolve gelatin in water and add. Beat egg whites until stiff, gradually adding ¾ C. sugar. Fold two mixtures together. Break angel food cake into pieces the size of an egg, then fold into mixture. Pour into a 9 inch lightly greased spring form pan. Refrigerate overnight. Unmold and frost with Cool Whip or whipped cream.

**PUMPKIN DIP***Jane Easterwood*

**2 (8 oz.) pkgs. reduced fat**                      **2 tsp. cinnamon**  
**cream cheese**                                  **½ tsp. nutmeg**  
**1 lb. powdered sugar**                              **Gingersnaps**  
**1 (16 oz.) can pumpkin**

Beat softened cream cheese until creamy. Gradually add sugar, beating until well incorporated. Thoroughly mix in pumpkin, cinnamon and nutmeg. Serve with gingersnaps. Makes 5 C.

**PINEAPPLE ANGEL FOOD CAKE TRIFLE***Beverly Baldwin*

**1 baked angel food cake, cut**                      **3 C. milk**  
**into cubes**                                      **8 oz. sour cream**  
**1 (15 oz.) can pineapple tidbits**                      **8 oz. frozen whipped topping.**  
**2 (3.4 oz.) boxes of instant**  
**vanilla pudding**

Drain pineapple tidbits, reserving 1 C. of juice, set aside. Combine instant pudding mix, milk and ½ C. of the reserved juice in a large bowl. Beat at low speed with handheld electric mixer 2 min. or until thickened. Fold in sour cream and drained pineapple tidbits. In large bowl or trifle dish, layer ⅓ of the angel food cake cubes, drizzle with a few spoons of reserved juice. Spoon ⅓ of the pudding mixture over cake cubes. Repeat procedure until cake and pudding are used up. Cover and chill for several hr. Just before serving, spread with whipped topping or dollops of sweetened freshly whipped cream.

**Note:** This recipe works well with sugar-free pudding mix, low fat milk, light sour cream and light whipping topping for a calorie reduced version.



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*Lilies* COOKIES  
& CANDIES

## Helpful Hints

- Unbaked cookie dough can be covered and refrigerated for up to 24 hours or frozen in an airtight container for up to 9 months.
- Bake one cookie sheet at a time on the middle oven rack.
- Decorate cookies with chocolate by placing cookies on a rack over waxed paper. Dip the tines of a fork into melted chocolate and wave the fork gently back and forth to make line decorations.
- Some cookies need indentations on top to fill with jam or chocolate. Use the rounded end of a honey dipper.
- Dip cookie cutters in flour or powdered sugar and shake off excess before cutting. For chocolate dough, dip cutters in baking cocoa.
- Tin coffee cans make excellent freezer containers for cookies.
- If you only have one cookie sheet on hand, line it with parchment paper. While one batch is baking, load a second sheet of parchment paper to have another batch ready to bake. Cleanup will be easier.
- When a recipe calls for packed brown sugar, fill the correct size measuring cup with sugar and use one cup size smaller to pack the brown sugar into its cup.
- Cut-up dried fruit often sticks to the blade of your knife. To prevent this problem, coat the blade of your knife with a thin film of vegetable spray before cutting.
- Instead of folding nuts into brownie batter, sprinkle on top of batter before baking. This keeps nuts crunchy instead of soggy.
- Only use glass or shiny metal pans. Dark or nonstick pans will cause brownies to become soggy and low in volume.
- When making bars, line pan with aluminum foil and prepare as directed. The bars can be lifted out, and cleanup is easy.
- Cutting bars is easier if you score the bars right as the pan leaves the oven. When the bars cool, cut along the scored lines.
- Use a double boiler for melting chocolate to prevent it from scorching. A slow cooker on the lowest setting also works well for melting chocolate, especially when coating a large amount of candy.
- Parchment paper provides an excellent nonstick surface for candy. Waxed paper should not be used for high-temperature candy.

## COOKIES & CANDY

### LAVENDER PECAN CRISPS

*Garden Club Recipe*

<b>2 C. butter or margarine</b>	<b>6 tsp. culinary lavender</b>
<b>2 C. sugar</b>	<b>2 tsp. cream of tartar</b>
<b>3 C. flour</b>	<b>4 C. corn flakes</b>
<b>½ tsp. salt</b>	<b>1 C. pecans, chopped, toasted</b>
<b>1 tsp. baking soda</b>	

Cream sugar and butter until fluffy. Add flour, salt, baking soda, lavender and cream of tartar. Fold in corn flakes and nuts. Roll into balls and bake at 350° for 15 - 20 min.

**Note:** We made these wonderful cookies in our unique rental home in Gruene, Texas on the Guadalupe River during our Spring Fling April 2009. Recipe from Chappell Hill Lavender Farm. Cooking lavender can be purchased at Central Market or at [www.chappellhilllavender.com/](http://www.chappellhilllavender.com/).

### CHOCOLATE CRAISIN COOKIES

*Genny Houglund*

<b>1 C. all purpose flour</b>	<b>1 tsp. vanilla</b>
<b>⅓ C. unsweetened cocoa</b>	<b>1 large egg</b>
<b>½ tsp. baking powder</b>	<b>⅔ C. cherry-flavored raisins</b>
<b>¼ tsp. baking soda</b>	<b>(dried cranberries)</b>
<b>¼ tsp. salt</b>	<b>3 T. semi-sweet chocolate</b>
<b>1 C. sugar</b>	<b>baking chips</b>
<b>⅓ C. butter, softened</b>	

Combine all ingredients. Drop by tablespoon 2 inches apart on baking sheet coated with cooking spray. Bake 9 min. or until set. Remove from pan and cool on rack. Yield: 30 cookies.

## CONNIE'S SANDIE COOKIES

Anna Church  
Adrienne Juno

**1 box Duncan Hines Butter Yellow Cake Mix**  
**2 eggs**  
**1/3 C. oil or 1 stick of butter, melted**  
**1 (11 oz.) pkg. Heath Bar toffee chips**  
**1/2 C. pecans, chopped**

Mix all ingredients together and drop by a teaspoon on a greased cookie sheet. Bake at 350° for 10 -14 min.

**Note:** Anna received this recipe from Connie when she was volunteering at St. Francis North Hospital. It is a very easy recipe that even small children can help make it. It is a Juno family favorite.

## DATE & NUT KISSES

Barbara Davidson

**1 box (1/2 lb. or 1 C.) dates**  
**1 C. all-purpose flour**  
**2 C. pecans, chopped**  
**3 egg whites**  
**1 C. sugar**  
**1 T. vanilla**

Chop dates and stir in flour. (The flour keeps the pieces from sticking together.) Stir in chopped pecans. Beat egg whites until stiff. Stir in sugar and vanilla. Add flour mixture and stir until mixed. Drop by teaspoonful onto cookie sheet that has been greased or covered with parchment paper. Bake at 350° until peaks turn light brown.

**Note:** This recipe is from Barbara's mother.

## JUNE CLEAVER COOKIES

Janna Niemann

**1 C. shortening**  
**1 C. sugar**  
**1/2 C. brown sugar**  
**2 beaten eggs**  
**2 tsp. vanilla**  
**2 1/2 C. flour**  
**1 tsp. salt**  
**1 tsp. soda**  
**1 sm. bag chocolate chips**  
**1/2 C. chopped walnuts or pecans (optional)**

Cream together shortening, sugar, brown sugar, eggs and vanilla. In another bowl, combine flour, salt and soda. Add dry ingredients to creamed mixture and mix. Add in one small bag chocolate chips and nuts, if desired. Drop by rounded spoonfuls on ungreased cookie sheet. Bake 350° for 8 - 10 min.

**Note:** This recipe appeared in the Kansas City Star in 1987, in honor of the 30th anniversary of "Leave it to Beaver". These cookies kept Wally and The Beaver very happy for many years when they returned home from school.

## SPICY CHRISTMAS CUT-OUT COOKIES

Fran Hamel

**1 1/2 C. butter (room temp.)**  
**2 C. brown sugar**  
**1 egg**  
**2 tsp. cinnamon**  
**1 tsp. nutmeg**  
**1/2 tsp. cloves**  
**1/2 tsp. baking powder**  
**4 C. flour**

Cream the butter and brown sugar together. Mix in the egg, cinnamon, nutmeg, cloves and baking powder. Add the flour and mix. Chill in refrigerator for 2 hr. Roll out about 1/4 of the dough at a time on a floured surface to about 1/4 inch thick. Cut out cookies and place on lightly greased cookie sheets. Decorate with sprinkles. Bake in 350° oven for 8 - 10 min. When cool enough, remove to cooling racks.

**Note:** This is the Hamel family's favorite Christmas cookie.

## SNOWCAPPED CHOCOLATE COOKIES

Sandra McKeon

**4 oz. unsweetened chocolate**  
**1/2 C. shortening**  
**2 C. sugar**  
**2 tsp. vanilla**  
**4 eggs**  
**2 C. flour**  
**2 tsp. baking powder**  
**1/8 tsp. salt**  
**1/2 C. nuts, chopped powdered sugar**

Melt chocolate and shortening. Add sugar and vanilla. Mix well. Add eggs, beating well after each egg. Sift flour, baking powder and salt together. Add to chocolate mixture along with nuts. Chill dough until balls can be formed. Roll in powdered sugar. Bake at 350 ° for 12 - 15 min. Yield: 4 doz. cookies.

## SNICKERDOODLES

Kay Morse

1½ C. sugar  
½ C. margarine or butter  
(softened)  
½ C. shortening  
2 eggs  
2¾ C. flour

2 tsp. cream of tartar  
1 tsp. baking soda  
¼ tsp. salt  
¼ C. sugar  
2 tsp. ground cinnamon

Heat oven to 400°. Mix in a large bowl, sugar, softened butter, shortening and eggs. Stir in flour, cream of tartar, baking soda and salt. Shape into 1¼ inch balls. Mix in a small bowl ¼ C. sugar and cinnamon. Roll balls in the mixture. Place 2 inches apart on a ungreased cookie sheet. Bake 8 - 10 min. or until set. Cool.

**Note:** Kids, parents, grandparents, everyone loves these. Can't go wrong with them. Everyone loves making them, too.

## PEANUT BUTTER COOKIES - GLUTEN FREE

Adrienne Juno

1 C. sugar  
1 C. natural peanut butter  
1 lg. egg  
pinch of salt (if using natural  
peanut butter)

Preheat oven to 350°F. Mix all ingredients. Scoop out the dough and roll it into one inch balls. Place on prepared cookie sheet 2 inches apart. Use a flat bottomed cup to somewhat flatten each dough ball out. Cook for exactly 8 minutes. Once removed from the oven, let the cookies cool for a few minutes before placing them on a cooling rack. Makes 36 cookies. I use Kroger brand crunchy peanut butter and don't add the salt.

## BUTTERMILK TEACAKE COOKIES

Shirley Stagner

4 C. flour  
1 tsp. baking soda  
½ tsp. salt  
1½ C. butter  
½ C. buttermilk  
2 eggs  
1 tsp. vanilla

Mix flour, baking soda, salt, butter, buttermilk, eggs and vanilla well and chill 3 hr. Roll out dough on floured surface to ½ inch thickness. Use cookie cutters to cut into shapes. Bake at 350° for 10 - 15 min. or until edges of cookies start to brown.

**Note:** This is a recipe from Shirley's mother-in-law, Jessie Lynn Stagner, who was 95 on December 18, 2010.

## BASIC ENGLISH FLAPJACK

Sarah Staines

4 oz. butter  
4 oz. soft brown sugar  
4 oz. Lyle's golden syrup  
8 oz. porridge oats (that's the  
Queens English for quick  
cook oatmeal)  
Pinch of salt (optional)

Melt butter, sugar & syrup together over gentle heat - do not boil. Remove from heat, stir in oats (& salt if used) until well combined. Spread mixture into buttered or non-stick pan approx. 6x9 inch. Press down with fingers. Bake at 370° F (slightly cooler for fan/convection oven) for 20 - 30 min. until bubbling & edges are tinged golden. Do not overcook. Allow to cool for 5 - 10 min. before marking into squares. The mixture will be quite soft initially then harden as it cools. Finish cutting into squares & remove from tin when firm enough to handle but before it cools completely.

**Note:** Lyles Golden Syrup looks like maple syrup but is made from sugar cane & has a distinctive flavor. It's available in HEB by the maple syrups or in the International Foods section. You may add any combination of nuts, chocolate, dried fruits, coconut, etc to the above recipe. Another variation follows.

## CHUNKY CHOCOLATE NUT FLAPJACK

Sarah Staines

5 oz. butter  
5 oz. Lyle's golden syrup  
2 oz. light muscovado sugar  
8 oz. oats  
1 oz. desiccated coconut  
4 oz. brazil or cashew nuts,  
chopped  
2 oz. almonds, chopped  
3 oz. good quality dark  
chocolate, in chunks

Melt butter, sugar & syrup together over gentle heat - do not boil. Remove from heat, stir in oats and coconut until well combined. Press mixture into buttered & lined pan approx 10 inch square. Scatter the top with nuts & press down into mixture. Add the chocolate chunks. Bake at 370°F for 20 - 30 min. until bubbling & edges are tinged golden. Do not overcook.

**Note:** Muscovado sugar is a type of brown sugar & is available here in HEB & others stores. American brown can be used instead.

**EASY MACARON BARS***Harolene Hatley*

**3¼ C. flaked coconut (divided)**  
**1 (14 oz.) can sweetened condensed milk**  
**1 tsp. almond extract**  
**6 oz. milk chocolate chips, melted (optional)**  
**1 (8 oz.) tube refrigerated crescent rolls**

Sprinkle 1½ C. coconut into a well-greased 9x13 inch baking pan. Combine milk, almond extract and melted chocolate chips, if desired. Drizzle half over the coconut. Unroll crescent dough and arrange in a single layer over coconut. Drizzle with remaining milk mixture. Sprinkle with remaining coconut. Bake at 350° for 30 - 35 min. or until golden brown. Cool completely before cutting. Store in the refrigerator. Makes 3 doz. bars.

**Note:** I added the chocolate because it needed some sweetness, but you do not need to add it.

**BLACK BEAN BROWNIES  
GLUTEN FREE***Adrienne Juno*

**1 (15.5 oz.) can black beans, rinsed, and drained well**  
**3 eggs**  
**3 T. vegetable oil**  
**¼ C. cocoa powder**  
**½ tsp. baking powder**  
**1 pinch salt**  
**1 tsp vanilla extract**  
**¾ C. white sugar**  
**1 tsp. instant coffee (optional)**  
**½ C. milk chocolate chips (optional)**

Preheat oven to 350° F. Lightly grease an 8 inch square baking dish. Combine black beans, eggs, oil, cocoa powder, salt, vanilla extract, sugar and instant coffee in a blender; blend until smooth; pour the mixture into the prepared baking dish. Sprinkle the chips over the top of the mixture. Bake in the preheated oven until the top is dry and the edges start to pull away from the sides of the pan, about 30 min.

**Note:** Nuts can be added to the recipe. Instead of adding chocolate chips on top, can frost with thin layer of chocolate butter frosting after brownies have cooled.

**CAKE MIX BAR COOKIES***Adrienne Juno*

**2 eggs**  
**1 stick of butter or margarine**  
**½ C. peanut butter, optional (I like crunchy)**  
**1 box dry cake mix (I prefer Duncan Hines butter recipe brand)**  
**1 sm. bag chocolate chips**  
**1 C. nuts, chopped**

Beat eggs well in mixer. Melt butter in microwave. Slowly add to eggs while continuing to mix. Add peanut butter and mix well. Add dry cake mix. Fold in chips, nuts or whatever you have chosen for these cookies. Smooth into 9x13 inch greased pan. Bake at 350° for about 15 - 20 min. Don't overcook!! Only the outside edges should be brown. Center should not be brown. So easy and always a hit!

**Note:** You can make any kind of cookie by changing the flavor of cake mix and add different goodies. Use your imagination. Rocky Road Brownies: Use chocolate fudge cake mix, add 1 C. marshmallows and 1 C. chopped walnuts Lemon Bars: use lemon cake mix, add grated lemon zest.

**DREAM BARS***Julie Huggard***Crust:**

**⅓ C. butter**  
**½ C. brown sugar**  
**1 C. flour**

Mix butter, brown sugar and flour. Press into bottom of 9x13 inch ungreased pan. Bake at 350° for 10 min.

**Filling:**

**2 eggs, well beaten**  
**1 C. brown sugar**  
**1 tsp. vanilla**  
**2 T. flour**  
**1 tsp. baking powder**  
**½ tsp. salt**  
**1 sm. pkg. chocolate chips powdered sugar**

Mix eggs, brown sugar and vanilla. Add flour, baking powder and salt. Then add chocolate chips. Spread on top of crust and bake at 350° for 25 min. Sprinkle powdered sugar over cookies immediately after removing from oven. Cut into bars when cooled.

**Note:** From a very old Betty Crocker cookbook

## GOOEY BUTTER BARS

Gloria Cox

1 pkg. yellow cake mix  
1 stick margarine, melted  
3 eggs, divided

1 lb. powdered sugar  
8 oz. cream cheese  
1 tsp. vanilla

Mix cake mix, margarine and 1 egg. In greased 9x13 inch pan, spread evenly on bottom. In separate bowl, mix 2 eggs, sugar and cream cheese for 3 min. and pour over dough. Bake 40 min. at 350°.

**Note:** For variations: put almond flavor in cake mix and topping and sprinkle with sliced almonds. Or use chocolate cake mix, adding coconut & chopped pecans to topping

## LEMON SQUARES

Jane Easterwood

### Crust:

2 sticks butter  
½ C. powdered sugar

½ tsp. salt  
2 C. flour

Mix butter, powdered sugar, salt and flour. Pat into 9x13 inch pan and bake at 325° 20 - 30 min.

### Filling:

4 eggs, beaten  
2 C. granulated sugar  
1 T. flour

8 T. lemon juice  
zest of one lemon

Beat eggs until foamy, gradually beat in granulated sugar. Add 1 T. flour, lemon juice and zest. Pour over crust and bake at 325° 20 - 25 min. Sprinkle with powdered sugar if you wish after allowing to cool. Cool before cutting.

## PECAN BOURBON OR RUM BALLS

Carolyn Calvert  
Janet Saffer

2½ C. finely crushed vanilla wafers  
1 C. confectioners' sugar  
1 C. pecans, finely chopped  
2 T. cocoa

¼ C. bourbon or rum  
3 T. corn syrup  
Confectioners' or granulated sugar

Mix together vanilla wafers, sugar, pecans and cocoa. Stir in bourbon (or rum) and corn syrup. With hands, roll mixture into 1 inch balls, then roll each one in granulated or powdered sugar. Store tightly covered. Makes about 36 balls.

**Note:** Janet uses rum and rolls the balls in confectioner's sugar. Carolyn uses bourbon and rolls the balls in granulated sugar.

## PEANUT BRITTLE BY PAPPY

Shirley Stagner

3 C. sugar  
½ C. water  
1 C. Karo syrup  
3½ C. raw peanuts

½ tsp. salt  
2 T. baking soda  
½ stick of butter  
1 tsp. vanilla

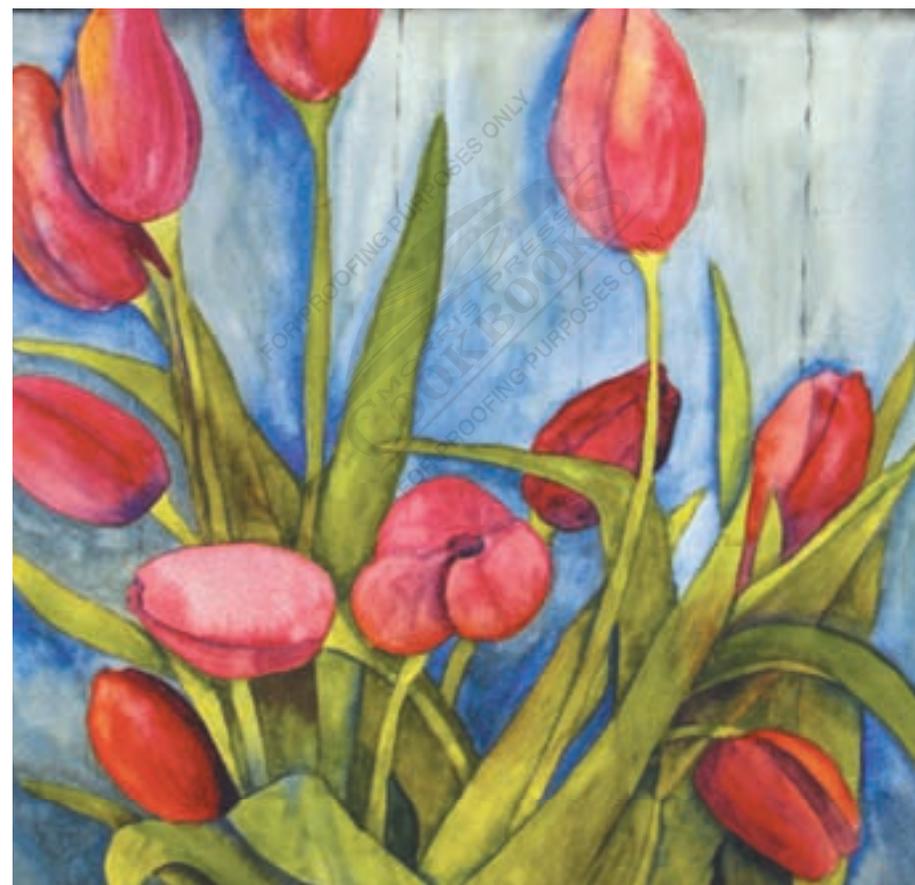
Heat sugar, water and syrup over low heat until it spins a "thread". Add peanuts and stir lightly until a light straw color. Remove from heat and add salt, soda, butter and vanilla. Stir until butter melts. Pour mixture on two cookie sheets with sides. As mixture begins to harden around edges, pull until thin.

**Note:** This is a recipe of Shirley's father-in-law, Kentric (Pappy) Stagner (Nov. 26, 1914—Dec. 6, 1996).





*Tulips*  
THIS  
& THAT



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## Helpful Hints

- Never overcook foods that are to be frozen. Foods will finish cooking when reheated. Don't refreeze cooked, thawed foods.
- When freezing foods, label each container with its contents and the date it was put into the freezer. Always use frozen, cooked foods within 1–2 months.
- To avoid teary eyes when cutting onions, cut them under cold running water or briefly place them in the freezer before cutting.
- Fresh lemon juice will remove onion scent from hands.
- To get the most juice out of fresh lemons, bring them to room temperature and roll them under your palm against the kitchen counter before cutting and squeezing.
- Add raw rice to the salt shaker to keep the salt free flowing.
- Transfer jelly and salad dressings to small plastic squeeze bottles – no more messy, sticky jars!
- Ice cubes will help sharpen garbage disposal blades.
- Separate stuck-together glasses by filling the inside glass with cold water and setting both in hot water.
- Clean CorningWare® by filling it with water and dropping in two denture cleaning tablets. Let stand for 30–45 minutes.
- Always spray your grill with nonstick cooking spray before grilling to avoid sticking.
- To make a simple polish for copper bottom cookware, mix equal parts of flour and salt with vinegar to create a paste.
- Purchase a new coffee grinder and mark it “spices.” It can be used to grind most spices; however, cinnamon bark, nutmeg, and others must be broken up a little first. Clean the grinder after each use.
- In a large shaker, combine 6 parts salt and 1 part pepper for quick and easy seasoning.
- Save your store-bought bread bags and ties—they make perfect storage bags for homemade bread.
- Next time you need a quick ice pack, grab a bag of frozen peas or other vegetables out of the freezer.

## THIS & THAT

### BLACKBERRY BUTTER

*Kathy Rogers*

**½ C. salted butter, softened**      **Bread, toasted**  
**3 T. seedless blackberry preserves**

Mix butter and preserves. Cover and chill. Serve with toasted bread cut on diagonal.

### DATE-NUT SANDWICHES

*Cindy Ward*

**8 oz. cream cheese, softened**      **1 T. sour cream**  
**4 T. dates, chopped**      **½ tsp. grated orange rind**  
**2 T. walnuts, chopped and toasted**      **8 slices whole wheat bread**

Combine cream cheese, dates, walnuts, sour cream and orange rind. Spread evenly on 4 slices of the bread. Top with remaining slices of bread. Trim off crusts and cut into thirds or quarters for tea sized sandwiches.

**Note:** Our British president, Sarah Staines, called these brunch sandwiches “lovely”, so Sarah, this one’s for you.

### FUNNEL CAKES

*Joanne Matava*

**2 eggs, beaten**      **1 tsp. baking powder**  
**1½ C. milk**      **½ tsp. salt**  
**2 C. flour**      **1 C. oil**

Combine eggs and milk, Sift flour, baking powder & salt together, add to egg mixture, beat until smooth. (If too thick, add a little milk, if too thin add a little flour. Batter needs to flow through the funnel end.) Put oil into an 8 inch skillet covering the bottom, heat oil. Cover the bottom of a funnel with your finger; pour in ½ C. of batter, holding over hot oil, remove finger and start in center and spiral toward outside. Fry until golden, turn carefully with tongs. Drain on paper towel and sprinkle with powdered sugar or syrup. Makes 4 cakes.

## BLUEBERRY STUFFED FRENCH TOAST

Cindy Ward

### Bread and fruit layer:

8 oz. cream cheese  
1 loaf French bread (not sourdough)  
¼ C. sugar

½ tsp. vanilla  
1 tsp. cinnamon  
1 pint blueberries

Cut 14 (½" slices) from french bread. Beat cream cheese, sugar, vanilla and cinnamon until fluffy. Spread on 7 slices of bread. Top with other 7 slices of bread. Tear sandwiches into pieces and place in 9x13 inch pan. Cover with blueberries.

### Egg layer:

8 eggs  
2½ C. milk

½ tsp. salt  
¼ tsp. pepper

Whisk eggs, milk, salt and pepper. Pour over bread pieces. Press bread down lightly with the back of a spoon so that the bread is submerged. Cover and chill for a minimum of 8 hr. Bake at 350° for 30 min. or until set and golden.

## HAM & CHEESE STRATA

Gloria Cox

1 ⅓ C. fresh mushrooms, thinly sliced  
½ C. onions, diced  
2 T. butter  
1 ½ C. sharp cheddar cheese, shredded  
1 ½ C. Monterey jack cheese, shredded

1 C. Swiss cheese, shredded  
8 slices day old bread, buttered, cubed  
5 oz. cooked ham, diced  
6 eggs  
2¾ C. milk  
2 tsp. prepared mustard  
½ tsp. salt

Sauté mushrooms and onions in butter until tender. Mix cheeses lightly in large bowl. Place half the bread cubes on the bottom of buttered 7x12 inch baking dish. Sprinkle mushrooms and onions evenly over bread, add ham evenly on top. Layer 3 C. cheese mixture over ham, add remaining bread cubes and top with remaining 1 C. cheese. Beat eggs, milk, mustard and salt until smooth. Pour into casserole. Press gently with spoon so bread will absorb egg and milk mixture. Cover with buttered foil. Refrigerate for several hr., preferably overnight. Bake covered at 375° for 30 min., remove foil and bake 20 min. longer until lightly browned and bubbly.

## OMELETS IN A BAG PARTY

Gloria Cox

2 large or extra large eggs per person  
Boiling water  
Optional ingredients:  
Cheese, grated  
Ham, diced

Onions, chopped  
Green pepper, chopped  
Tomatoes, chopped  
Salsa  
Mushrooms, sliced  
Salt & pepper to taste

Have guests write their name on a 1 qt. freezer bag with permanent marker. Crack 2 eggs into the freezer bag (not more than 2 per bag) and shake to combine. Let guests add their choice of optional ingredients. Make sure to get the air out of the bag and zip it up. Place the bags into rolling, boiling water for exactly 13 min. You can usually cook 6 - 8 omelets in a large pot. For more, make another pot of boiling water. Open the bag and the omelet will roll out easily onto to a plate. Nice to serve with fresh fruit and coffee cake.

**Note:** Be prepared for everyone to be amazed. Everyone gets involved in the process, and it is a great conversation piece. Enjoy!

## CHEESE, MUSHROOM, AND BACON PIE

Annette Andrew

4 bacon strips, cut into ½ inch pieces  
1 lb. mushrooms, sliced  
¼ C. sweet onion, chopped  
3 eggs  
1 (8 oz.) pkg. cream cheese, softened

½ tsp. salt  
¼ tsp. pepper  
1 sheet refrigerated pie pastry  
1 C. sharp cheddar cheese, shredded  
2 T. Parmesan cheese, grated  
⅓ tsp. paprika

In a large skillet, cook bacon until crisp. Remove and drain on paper towels, reserving 2 tsp. drippings in skillet. Sauté mushrooms and onions. In a large bowl, beat eggs until foamy. Add softened cream cheese and beat well. Mix in salt, pepper and mushroom mixture. Unroll pastry into a 9 inch pie plate; trim and flute edge. Fill with cheddar cheese and bacon. Pour egg mixture over top. Sprinkle with parmesan cheese and paprika. Bake at 375° for 30 - 35 min. until a knife inserted in the center comes out clean. Let rest for 15 min.

**CHERIE'S BREAKFAST  
CASSEROLE***Cherie Scheig*

<b>1 lb. pork sausage (hot or mild)</b>	<b>1 C. cheddar cheese, grated</b>
<b>½ C. onion, chopped</b>	<b>2 C. scalded milk (slightly cooled)</b>
<b>½ C. bell pepper, chopped</b>	<b>5 eggs, beaten</b>
<b>3 - 4 cloves garlic, minced</b>	<b>1 tsp. baking powder</b>
<b>½ C. mushrooms, sliced</b>	<b>Seasoned salt and pepper to taste</b>
<b>½ C. jalapeño, chopped (pickled or fresh)</b>	<b>Cheddar cheese, grated (optional)</b>
<b>15 oz. frozen shredded hash browns</b>	

Sauté sausage, onion, bell pepper, garlic, mushrooms and jalapeño in a large skillet over med. heat for 3 - 5 min. or until sausage is done. In a greased 9x13 inch casserole, layer ½ sausage mixture alternately with ½ shredded hash browns and ½ grated cheese. Repeat layers. Combine milk, eggs, baking powder, seasoned salt and pepper and beat with a wire whisk until smooth. Pour over casserole and cover. Refrigerate overnight. To serve, bake uncovered, at 350° for 1 hr. During the last 5 min. of baking time top with additional shredded cheddar cheese, if desired. Yield: 8 servings.

**ZINGY CHEESE AND EGG  
CASSEROLE***Julie Huggard*

<b>1(16 oz.) loaf French bread</b>	<b>1 C. (4 oz.) Monterey jack cheese, shredded</b>
<b>1 (8 oz.) pkg. cream cheese</b>	<b>10 eggs</b>
<b>8 slices bacon, cooked and crumbled or 1 C. diced ham</b>	<b>2½ C. milk</b>
<b>1 (4 oz.) can chopped green chili peppers</b>	<b>1 tsp. dry mustard</b>
<b>1 C. (4 oz.) cheddar cheese, shredded</b>	

Grease a 3 qt. baking dish. Cut or tear French bread into 1 inch pieces and place in prepared baking dish. Cut cream cheese into small cubes, layer on top of bread. Sprinkle with bacon or ham and chili peppers. Sprinkle with cheeses. In a large bowl, beat eggs; add milk and mustard. Pour over mixture in baking dish. Press down lightly with back of spoon or spatula to make sure all bread is moistened. Cover and chill in the refrigerator for at least 2 hr. or up to 24 hr. Preheat oven to 325°. Uncover and bake for 45 - 50 min., or until puffed and a knife inserted near the center comes out clean. Let stand for 10 min. Cut into squares to serve.

**Note:** To add more zing, you can use Monterey Jack cheese with jalapeño peppers. Reduced fat cream cheese, cheese and milk can be substituted, if desired.

**SAUSAGE CRESCENT ROLLS***Tracye Keyes*

<b>1 tube pork sausage with sage (Kroger brand or Jimmy Dean)</b>	<b>Fresh parsley, to taste</b>
<b>1 - 2 C. bag of cheddar cheese (Colby or Monterrey), grated</b>	<b>3 beaten eggs, divided</b>
	<b>2 tubes of Pillsbury crescent rolls</b>

Cook sausage until crumbly and cool. In a bowl, mix the cooled sausage, the cheese, parsley (to taste) and 2 beaten eggs. To make each loaf, roll out one container of crescent dough and smooth out perforations. Place half of the mixture on one side of the crescent dough and roll it over until it looks like a loaf. Pinch off the ends. Take the final beaten egg and brush it onto the 2 loaves. Bake in the oven at 350° for 30 min.

**DEVILED SHRIMP***Cindy Ward*

<b>1 lb. shrimp</b>	<b>3 T. butter</b>
<b>6 eggs, hard-boiled</b>	<b>3 T. flour</b>
<b>2 T. mayonnaise</b>	<b>½ tsp. salt</b>
<b>1 T. mustard</b>	<b>1½ C. milk</b>
<b>½ tsp. salt</b>	<b>3 T. sherry (optional)</b>
<b>⅛ tsp. pepper</b>	<b>½ C. cheddar cheese grated</b>
<b>Dash cayenne pepper or Tabasco</b>	<b>12 slices white bread</b>

Preheat oven to 350°. Cook shrimp 3 min. in boiling water, shell and remove vein. Reserve 12 nice shrimp and chop the rest into 3 - 4 pieces, depending on size. Make deviled eggs with egg yolks, mayonnaise, mustard, salt, pepper and cayenne. Grease a 9x13 inch casserole dish. Arrange deviled egg halves in casserole. Top with 12 whole shrimp. Melt butter in saucepan, add flour and salt. Cook on low heat until bubbly. Add milk slowly, stirring constantly until smooth and bubbly. Add sherry and cheese, stirring until smooth. Add chopped shrimp to sauce and pour over eggs. Cook in oven for 25 - 30 min. Meanwhile, cut crusts off bread. Press into muffin pan. Bake in same oven until toasty. To serve, put two toast cups on a plate, add a deviled egg half in each cup and spoon sauce on cup to cover. Serves 6.

**Note:** A family tradition for Christmas morning and birthdays. Well worth the effort!

**OVEN BAKED BACON***Adrienne Juno***1 lb. bacon, any thickness**      **cracked pepper (optional)**

For each 1 lb. of bacon: use two foil lined jelly roll (10x15½ inch) pans (easy clean-up). Bake in a preheated 400° oven for 10 - 12 min. Depending on the type of bacon, the time will vary. Lay the bacon close together, since it shrinks as it cooks. Carefully remove bacon and drain on a dish lined with paper towels. Refrigerate or freeze any leftovers. Great way to cook large amounts of bacon.

**BLANCHE'S DILLY BEANS***Anna Church*

<b>1 - 2 lbs. fresh whole green beans</b>	<b>4 C. boiling water</b>
<b>6 heads of fresh dill</b>	<b>4 C. vinegar</b>
<b>6 cloves of garlic</b>	<b>½ C. salt</b>
<b>6 small red chili peppers</b>	<b>6 (1 qt.) jars with lids</b>

In each quart jar, place green beans lengthwise packed tightly, then dill, garlic, and red pepper on top of green beans. In a pan, heat water, vinegar and salt to boiling point. Pour boiling water mixture over green beans while hot and seal lid on jar. (Heat the jar lids and jars before placing beans and liquids in the jars).

**Note:** Recipe from my husband's aunt, Blanche Hanson.

**BREAD AND BUTTER PICKLES***Kay Morse*

<b>2 C. sugar</b>	<b>1 C. green peppers (chopped)</b>
<b>1 C. white vinegar</b>	<b>6 C. cucumbers (sliced thinly)</b>
<b>2 tsp. salt</b>	

Mix sugar, white vinegar, salt, green peppers and cucumbers in a large bowl. Let marinate for two days in or out of refrigerator. No cooking. Put in jars and keep in refrigerator. Keeps a long time.

**BAKED CRANBERRY SAUCE***Karen Ybanez*

<b>1 lb. cranberries (5 C.)</b>	<b>¾ C. coconut</b>
<b>1 (12 oz.) jar orange marmalade (1 C.)</b>	<b>1½ C. sugar</b>
<b>1 C. pecans, chopped</b>	<b>½ C. water</b>

Combine all ingredients. Spread in a 9x13 inch baking dish. Bake uncovered at 350° for about 40 - 45 min. Serve warm or chilled. Can be refrigerated for several days. Use as a meat accompaniment or over fruit, ice cream or pound cake. Makes about 4 C.

**ALFREDO SAUCE***Sally Gengo*

<b>¼ C. butter</b>	<b>1½ C. Parmesan cheese, freshly grated</b>
<b>1 C. heavy cream</b>	<b>¼ C. fresh parsley, chopped</b>
<b>1 clove garlic, crushed</b>	

Melt butter in a medium saucepan over medium low heat. Add cream and simmer for 5 min., add garlic and cheese and whisk quickly, heating through. Stir in parsley and serve.

**CHEESE STEAK BUTTER***Cindy Ward*

<b>½ C. butter, unsalted, softened</b>	<b>¾ tsp. Italian seasoning</b>
<b>4 oz. cheddar cheese, grated</b>	<b>¼ tsp. garlic powder</b>
<b>1 tsp. lemon juice</b>	<b>¼ tsp. black pepper</b>

Mash all ingredients together thoroughly. Form into a roll on waxed paper. Wrap and refrigerate until set. Put a thin slice of this spiced butter on a broiled or grilled steak. Yum! Freezes well.

**FLANK STEAK MARINADE***Cindy Ward*

<b>¼ C. sherry</b>	<b>1 tsp. garlic salt</b>
<b>¼ C. pineapple juice</b>	<b>½ tsp. dry mustard</b>
<b>¼ C. soy sauce</b>	<b>½ tsp. brown sugar</b>
<b>¼ C. oil</b>	<b>Black pepper to taste</b>
<b>1 tsp. ground ginger</b>	

Combine all ingredients in a saucepan. Bring to a boil and cook 5 min. Cool to room temp. Marinate flank steak several hr. in refrigerator in this sauce, and then grill. After the flank steak is removed from the marinade, it can be used to marinate vegetables for 20 min. before cooking them on the grill or in a wok.

**Note:** My sister, Betsy Ford, is a terrific cook, and she gave me this recipe

**BLACKENED SEASONING MIX***Barbara Davidson*

<b>3 T. sweet paprika</b>	<b>2 tsp. white pepper</b>
<b>1 T. onion powder</b>	<b>2½ tsp. black pepper</b>
<b>1 T. garlic powder</b>	<b>1½ tsp. dried thyme</b>
<b>1 T. cayenne pepper</b>	<b>1½ tsp. dried oregano</b>

Mix all seasonings together. Sprinkle on chicken, beef or fish before grilling. Leftover seasoning can be stored in an airtight container.

**POULTRY SEASONING***Barbara Davidson*

- |                     |                     |
|---------------------|---------------------|
| 1 T. dried rosemary | 1 T. dried marjoram |
| 1 T. dried sage     | 1 T. celery seed    |
| 1 T. dried thyme    |                     |

Mix all seasonings. Can be used on any poultry grilled/baked or in soup. Store leftover spices in airtight container.

**TACO SEASONING***Nan Walker*

- |                      |  |
|----------------------|--|
| 2 tsp. chili powder  | 1 tsp. ground cumin                      |
| 1½ tsp. salt         | ½ - 1 tsp. cayenne pepper or hot paprika |
| 1 tsp. garlic powder |  |
| 1 tsp. cornstarch    |  |

Mix all ingredients in a small bowl. Use mixture to flavor ground beef for tacos. This recipe is for 1 lb. beef.

**Note:** This recipe was given to me by my son, Aaron Brown. He has been preparing my taco seasoning since high school, and I finally got him to give me something on paper some 20 years later.

**TEXAS CHILI SEASONING***Barbara Davidson*

- |                        |                                  |
|------------------------|----------------------------------|
| 2 T. paprika           | 1 tsp. garlic powder             |
| 1 T. onion powder      | ½ tsp. fresh ground black pepper |
| 1½ tsp. cayenne pepper | 6 T. chili powder                |
| 4 tsp. ground cumin    |                                  |

Mix all seasonings. Use to season poultry and beef before grilling or in chili. Store in airtight container.

**MOISTURIZING LOTION***Adrienne Juno*

- |  |  |
|--|--|
| 2 (15 oz.) bottles Dollar General pink baby lotion | 1 lg. (7.5 oz.) jar Dollar General petroleum jelly |
| 2 (8 oz.) single jars DeLeon Vitamin E cream       |  |

Blend all ingredients, using blender or mixer. Mixture will be gooey and messy. Makes 9 C.

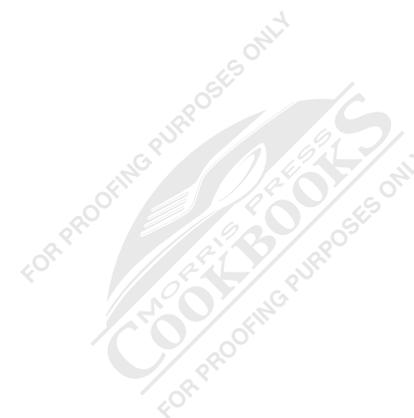
**Note:** All ingredients are purchased at Dollar General Store and are DG brand. I cut open the baby lotion bottles to get all lotion out of the bottles. You can use the vitamin E cream and petroleum jelly containers to store some of the moisturizing lotion. I also found Rubbermaid 'Twist & Seal' liquid storage containers.

**NO MELT PEANUT BUTTER SUET FOR YOUR WILD BIRDS***Sharon Bartow*

- |   |               |
|---|---------------|
| 1 (18 oz.) jar of crunchy peanut butter | 4 C. cornmeal |
| 1 lb. lard                              | 2 C. flour    |
| 4 C. quick cook oats                    | ¾ C. sugar    |

Melt lard and peanut butter over low heat. Stir in oats, cornmeal, flour and sugar. Pour mixture into flat containers; 1 - 1½ inches deep. Cool. Cut into squares/blocks that will fit into suet cage. Place a block in suet cage and hang outdoors for the birds. Freeze the extra blocks. Blocks can be used directly from the freezer.

**Note:** Recipe came from Becky Bailey. It is from the July 5, 1996 issue of Wild Birds Magazine. It is a guaranteed favorite of all the birds that come to my yard, including woodpeckers. Do not use natural peanut butter or suet will melt outdoors. Any kind of flour works.



**- A -**

Annette Andrew . . . . . 3, 10, 77, 79, 97  
 . . . . . 125

**- B -**

Becky Bailey . . . . . 14, 97, 99  
 Pam Baldauf . . . . . 49  
 Beverly Baldwin . . . . . 12, 18, 71, 92, 109  
 Sharon Bartow . . . . . 12, 53, 131  
 Betty Boyland . . . . . 5, 13, 70  
 Betty Broome . . . . . 24, 44, 58, 63, 98  
 Marilyn Bullen . . . . . 76  
 Susan Busler . . . . . 8, 11, 21, 35, 87, 93  
 . . . . . 103

**- C -**

Ann Callaghan . . . . . 9, 10, 19, 20, 47  
 Carolyn Calvert . . . . . 14, 21, 26, 28, 30  
 . . . . . 62, 90, 119  
 Mary Lynne Christopher . . . . . 96, 97  
 Anna Church . . . . . 90, 105, 112, 128  
 Sue Collins . . . . . 45, 73  
 Gloria Cox . . . . . 1, 14, 46, 118, 124, 125

**- D -**

Barbara Davidson . . . . . 7, 14, 50, 83, 84  
 . . . . . 85, 86, 91, 112, 120, 129, 130  
 Mary Dawson . . . . . 3, 7, 41, 73, 101  
 Judy Doba . . . . . 23, 32, 39, 43

**- E -**

Jane Easterwood . . . . . 17, 66, 67, 77, 96  
 . . . . . 108, 109, 118

**- F -**

Rosemary Felix . . . . . 19, 46, 69, 75, 121  
 Linda Fisher . . . . . 37, 42, 48

**- G -**

Pat Gauger . . . . . 68, 79  
 Sally Gengo . . . . . 27, 60, 85, 129  
 Janice Giordano . . . . . 75

**- H -**

Fran Hamel . . . . . 43, 72, 78, 113  
 Norma Harlan . . . . . 29, 40, 54, 63  
 Harolene Hatley . . . . . 2, 10, 26, 56, 116  
 Genny Houglan . . . . . 32, 41, 62, 93, 111

Julie Huggard . . . . . 9, 26, 58, 65, 89  
 . . . . . 101, 117, 126  
 Bettie Hughes . . . . . 6, 29, 66, 92, 93

**- J -**

Adrienne Juno . . . . . 3, 6, 13, 40, 53, 82  
 . . . . . 88, 108, 114, 116, 117, 120  
 . . . . . 128, 130

**- K -**

Tracye Keyes . . . . . 5, 28, 55, 74, 127

**- L -**

Barbara Liner . . . . . 4, 37, 43, 81

**- M -**

Joanne Matava . . . . . 27, 48, 61, 104, 123  
 Sandra McKeon . . . . . 60, 62, 63, 73, 113  
 Zelma Mikolajczyk . . . . . 7, 12, 23, 67  
 Kay Morse . . . . . 95, 106, 114, 128

**- N -**

Janna Niemann . . . . . 55, 89, 106, 112  
 . . . . . 121

**- P -**

Georgia Peurifoy . . . . . 29  
 Margo Propst . . . . . 22, 34, 80

**- R -**

Pamela J. Randall . . . . . 25, 31, 45, 61  
 . . . . . 102  
 Kathy Rogers . . . . . 1, 74, 98, 123

**- S -**

Janet Saffer . . . . . 76  
 Cherie Scheig . . . . . 2, 126  
 Kathy Somerville . . . . . 33, 42  
 Shirley Stagner . . . . . 98, 99, 103, 114  
 . . . . . 119  
 Sarah Staines . . . . . 31, 100, 115  
 Donna Stephens . . . . . 11, 25, 30, 37, 39  
 . . . . . 47, 65, 66, 83

**- W -**

Nan Walker . . . . . 2, 24, 57, 68, 72, 107  
 . . . . . 130



Cindy Ward . . . . . 27, 38, 40, 44, 56, 59  
 . . . 64, 69, 70, 78, 81, 99, 123, 124  
 . . . . . 127, 129  
 Esther Ward . . . . . 39  
 Lynn White . . . . . 4, 38, 84

Barbara Wolz . . . . . 1, 29, 32, 44, 54, 57

- Y -

Karen Ybanez . . . . . 42, 94, 107, 128

INDEX OF RECIPES

APPETIZERS & BEVERAGES

ARTICHOKE DIP 1  
 ARTICHOKE PESTO SPREAD 1  
 BAKED BRIE 6  
 BEER CHEESE 6  
 BLENDER MOJITO 13  
 BOYLAND FAMILY DIP 5  
 CHARLIE'S SOUTHWEST  
 CHICKEN LIVER MOUSSE 8  
 CHEESE BALL 7  
 CHEESE ROLL 7  
 CHOCOLATE COVERED  
 RASPBERRIES 13  
 CREAM CHEESE & VEGGIE DIP 2  
 DRIED SPICY BEEF DIP 2  
 EL CHICO DIP 2  
 EMPANADAS FORTENAS 9  
 FRUITY PUNCH 14  
 GUACAMOLE DIP 3  
 HAROLENE'S CRAB PUFF  
 APPETIZER 10  
 HOLIDAY FRUIT PUNCH 14  
 HOT SPICY PUNCH 14  
 JALAPEÑO CHEESE SPREAD 7  
 JALAPEÑO CHEESE SQUARES 6  
 KEVIN'S FAMOUS SALSA 3  
 KICKIN' CRAB SPREAD 1  
 MANGO MARGARITAS 13  
 NACHO DIP 3  
 ONION TARTS 11  
 OPEN HOUSE PUNCH 14  
 PECAN & BEEF DIP 5  
 REUBEN DIP 4  
 SHRIMP DIP 4  
 SPICY MARINATED SHRIMP 10  
 SPICY ORANGE PECANS 12  
 SUPER NACHOS 9  
 SWEET & SOUR MEATBALLS 10  
 SWEET & SPICY  
 MUSHROOMS 11  
 TROPICAL FRUIT DIP 12  
 ZUCCHINI SAVORIES 12

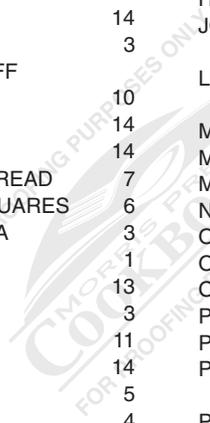
SOUPS & SALADS

BAKED POTATO SOUP 17  
 BEST TUNA SALAD EVER 32  
 CANDY BAR APPLE SALAD 26  
 CHARLIE'S AVOCADO SOUP  
 FOR TWO 21  
 CHERRY COKE SALAD 28

CHICKEN & STRAWBERRIES  
 OVER MIXED GREENS 31  
 CLYDE'S AWARD WINNING  
 CHILI 18  
 CREAMY ORANGE FLUFF 28  
 CROCK POT TACO SOUP 19  
 CYNTHIA'S PASTA SALAD 25  
 EASY FRUIT SALAD 26  
 ELEPHANT STEW 22  
 FAMILY REUNION TACO SOUP 22  
 FRUITED CHICKEN SALAD 32  
 FRUITY JELLED SALAD 28  
 GINGER CUNLIFFE'S MEXICAN  
 BEAN SOUP 15  
 GREEK TORTELLINI SALAD 26  
 HAMBURGER VEGETABLE  
 SOUP 19  
 HARVEY HOUSE SLAW 23  
 JO-ANN MAGYAR'S VEGETABLE  
 SOUP 15  
 LIME PROVENCE SALAD  
 DRESSING 35  
 MANDARIN ORANGE SALAD 29  
 MARSHMALLOW LIME SALAD 29  
 MEXICAN SALAD 30  
 N.M. WHITE BEAN CHILI 17  
 ONE OF EACH SOUP 20  
 ORANGE AND GREEN SALAD 24  
 ORIENTAL SALAD 23  
 PASTA CHICKEN SALAD 32  
 PAULA'S CABBAGE SLAW 24  
 PEARS WITH PORT AND BLUE  
 CHEESE 27  
 PINEAPPLE BLUEBERRY SALAD  
 FREEZE 27  
 RASPBERRY SALAD 29  
 SHRIMP & VEGETABLE SALAD 34  
 SHRIMP MOUSSE 33  
 SOUR CHERRY JELLO SALAD 29  
 SPICY BEEF & PASTA SALAD 30  
 SPINACH SALAD 25  
 SUMMER PASTA SALAD 31  
 TAFFY APPLE SALAD 27  
 TOMATO BASIL SOUP 21  
 TORTILLA SOUP 16

VEGETABLES & SIDE DISHES

BAKED BEANS 37  
 BAVARIAN KRAUT 37  
 BEST CREAMED CORN EVER 39



BOURSIN POTATOES	43
CAULIFLOWER ALA PARMIGIANA	38
CHEESY CREAMED CORN IN A CROCKPOT	39
CHEESY POTATO CASSEROLE	44
CURRIED BAKED FRUIT	42
EMESE'S HUNGARIAN LENTILS	40
FRUITY SWEET POTATO CASSEROLE	46
GREEN BEANS AND CHERRY TOMATOES	37
MASHED POTATO SOUFFLÉ	44
MUJADOARAH: ESAU'S DISH OF LENTILS	47
MULTICOLORED PEPPERS WITH PASTA	49
ORANGE SLICES	42
ORZO WITH ROASTED VEGETABLES	48
PAPRIKA POTATOES	44
PINEAPPLE AU GRATIN	42
PINEAPPLE BAKE	43
RICE CASSEROLE	48
SHERRIED PEAS	40
SPICED PEACHES	43
SPICY CORN CASSEROLE	39
SPICY POTATO WEDGES	45
SUE'S ROMANO POTATOES	45
SUMMER SQUASH CASSEROLE	41
SUNSHINE CARROTS	38
SWEET POTATOES WITH PRALINE TOPPING	47
TATER TOT CASSEROLE	46
TRIPLE CORN CASSEROLE	40
TURKEY/CHICKEN/PORK DRESSING	50
ZUCCHINI CASSEROLE	41
<b>MAIN DISHES</b>	
AUNT JUDY'S ONE DISH MEAL	55
BAKED CHICKEN CASSEROLE	62
BARBECUED MEATBALLS	55
BAR-B-Q SHRIMP	76
BEEF CHOW MEIN	53
CAJUN PORK TENDERLOIN	70
CANADIAN MEATLOAF	61
CHICKEN & DRESSING CASSEROLE	63

CHICKEN & WILD RICE CASSEROLE	63
CHICKEN OR SHRIMP CURRY	64
CHICKEN POT PIE	65
CHICKEN ROSÉ	63
CHICKEN SPAGHETTI CASSEROLE	66
CHICKEN STEW	66
CHICKEN TACOS WITH BLACK BEANS	67
CLYDE'S QUICK DEER CAMP SPAGHETTI	71
CONGHILIE AND MUSSELS	80
CORNISH HENS WITH RICE DRESSING	69
CORNY DOGS	72
CRABMEAT CASSEROLETTES	79
CRAWFISH CASSEROLE	79
EASY CHICKEN AND RICE	67
EASY HOBO HEAVEN	56
FLANK STEAK	53
FRENCH ONION SALISBURY STEAK	59
GRANNY'S CHICKEN & DUMPLINGS	68
GREEN CHILI LASAGNA	56
GRILLED MARINATED TURKEY STEAK	70
LASAGNE	58
LEMON GRILLED SALMON	75
LINGUINE WITH HERBED SHRIMP	76
MAPLE CRANBERRY PORK MEDALLIONS	72
MARINATED GRILLED PORK TENDERLOINS	73
MEATLOAF	62
MEXICAN CHICKEN ENCHILADA CASSEROLE	65
MEXICAN STYLE STUFFED BELL PEPPERS	60
NEW ORLEANS SHRIMP	78
NO PEEK STEW	54
NOODLE BOWL FOR TWO	78
OVER-THE-BORDER SHRIMP ENCHILADAS	77
PASTA WITH TOMATOES & FRESH BASIL	75
PEANUT CHICKEN	68
PENNE BOLOGNESE	57
PEPPER STEAK	54
PORK CHOPS & SLICED APPLES	73
PORK CHOPS CHASSEUR	73

RUNETTE'S SLOPPY JOES	57
SHRIMP WITH ROASTED RED PEPPER CREAM	77
SKILLET CHICKEN AND POTATOES	69
SLOW COOKER CASSOULET	66
SPAGHETTI AND SPINACH CASSEROLE	58
STUFFED RED PEPPERS	61
SWEET AND SOUR MEATLOAF	62
THREE MEAT PASTA	74
ULTIMATE MAC N' CHEESE	74
WESTERN MEAL-IN-ONE	60

**BREADS & ROLLS**

BANANA NUT BREAD	81
BISCUITS OR SCONES	85
DANISH PUFF PASTRY	88
DILLY BREAD	81
GOLDEN FLAX SEED BREAD - GLUTEN FREE	82
JEWISH CRUMB CAKE	85
JOHN DOWNEY'S POPPY SEED KOLACHES	86
JULIE'S NUT MUFFINS	83
MINI-CINIS	87
POTATO PAN ROLLS	82
PUMPKIN PINEAPPLE CARROT MUFFINS	84
RAISIN BRAN MUFFINS	84
SPOON BREAD	83

**DESSERTS**

APPLE CHERRY COBBLER	101
APPLE CRISP	101
APPLE CRUMBLE	102
ARKANSAS STRAWBERRY PIE	99
AUTHENTIC ENGLISH CHRISTMAS MINCEMEAT	100
BLUEBERRY BUCKLE	106
BOURBON PIE	99
BREAD PUDDING WITH WHISKEY SAUCE	104
CARROT CAKE	89
CHOCOLATE DESSERT	106
CHOCOLATE FUDGE NUT ICING	97
CHOCOLATE SHEET CAKE	89
COCONUT CAKE	92
DIRT CAKE	107
DOUBLE CHOCOLATE CAKE	90
FLAN NORMAND	107

FRESH STRAWBERRY PIE	99
FROSTY TOFFEE BITS PIE	97
HERSHEY BAR CHOCOLATE PIE	97
HUMMINGBIRD CAKE	92
KEY LIME PIE TO DIE FOR	98
LEMON DELIGHT	108
LEMON ICE BOX PIE	98
LOUISE'S STRAWBERRY CAKE	95
MEXICAN FRUIT CAKE	93
MISSISSIPPI PRALINE CAKE	93
OATMEAL CAKE	96
PECAN PEACH COBBLER	103
PECAN PIE	98
PIE CRUST	103
PINEAPPLE ANGEL FOOD CAKE TRIFLE	109
PUMPKIN DIP	109
RUBY'S CHEESECAKE	108
RUM CAKE	93
SKILLET CAKE	94
SOUR CREAM CHOCOLATE CAKE	90
SUGARLESS CHOCOLATE CAKE	91
TRES LECHES CAKE	96
WHITE CHOCOLATE BREAD PUDDING	105

**COOKIES & CANDY**

BASIC ENGLISH FLAPJACK	115
BLACK BEAN BROWNIES GLUTEN FREE	116
BUTTERMILK TEACAKE COOKIES	114
CAKE MIX BAR COOKIES	117
CHOCOLATE CRAISIN COOKIES	111
CHUNKY CHOCOLATE NUT FLAPJACK	115
CONNIE'S SANDIE COOKIES	112
DATE & NUT KISSES	112
DREAM BARS	117
EASY MACARON BARS	116
FOUR CHIP FUDGE	121
GOOEY BUTTER BARS	118
JUNE CLEAVER COOKIES	112
LAVENDER PECAN CRISPS	111
LEMON SQUARES	118
PEANUT BRITTLE BY PAPPY	119
PEANUT BUTTER CHOCOLATE BONBONS	120

PEANUT BUTTER COOKIES - GLUTEN FREE	114	BREAD AND BUTTER PICKLES	128
PECAN BOURBON OR RUM BALLS	119	CHEESE, MUSHROOM, AND BACON PIE	125
PRALINES	120	CHEESE STEAK BUTTER	129
SNICKERDOODLES	114	CHERIE'S BREAKFAST CASSEROLE	126
SNOWCAPPED CHOCOLATE COOKIES	113	DATE-NUT SANDWICHES	123
SPICY CHRISTMAS CUT-OUT COOKIES	113	DEVILED SHRIMP	127
VANILLA TOFFEE CANDY	121	FLANK STEAK MARINADE	129
		FUNNEL CAKES	123
		HAM & CHEESE STRATA	124
		MOISTURIZING LOTION	130
		NO MELT PEANUT BUTTER SUET FOR YOUR WILD BIRDS	131
		OMELETS IN A BAG PARTY	125
		OVEN BAKED BACON	128
		POULTRY SEASONING	130
		SAUSAGE CRESCENT ROLLS	127
		TACO SEASONING	130
		TEXAS CHILI SEASONING	130
		ZINGY CHEESE AND EGG CASSEROLE	126

**THIS & THAT**

ALFREDO SAUCE	129
BAKED CRANBERRY SAUCE	128
BLACKBERRY BUTTER	123
BLACKENED SEASONING MIX	129
BLANCHE'S DILLY BEANS	128
BLUEBERRY STUFFED FRENCH TOAST	124

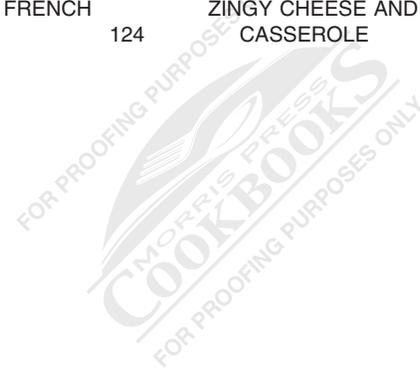


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# PANTRY BASICS

**A WELL-STOCKED PANTRY** provides all the makings for a good meal. With the right ingredients, you can quickly create a variety of satisfying, delicious meals for family or guests. Keeping these items in stock also means avoiding extra trips to the grocery store, saving you time and money. Although everyone's pantry is different, there are basic items you should always have. Add other items according to your family's needs. For example, while some families consider chips, cereals and snacks as must-haves, others can't be without feta cheese and imported olives. Use these basic pantry suggestions as a handy reference list when creating your grocery list. Don't forget refrigerated items like milk, eggs, cheese and butter.

## STAPLES

Baker's chocolate  
Baking powder  
Baking soda  
Barbeque sauce  
Bread crumbs (plain or seasoned)  
Chocolate chips  
Cocoa powder  
Cornmeal  
Cornstarch  
Crackers  
Flour  
Honey  
Ketchup  
Lemon juice  
Mayonnaise or salad dressing  
Non-stick cooking spray  
Nuts (almonds, pecans, walnuts)  
Oatmeal  
Oil (olive, vegetable)  
Pancake baking mix  
Pancake syrup  
Peanut butter  
Shortening  
Sugar (granulated, brown, powdered)  
Vinegar

## PACKAGED/CANNED FOODS

Beans (canned, dry)  
Broth (beef, chicken)  
Cake mixes with frosting  
Canned diced tomatoes  
Canned fruit  
Canned mushrooms  
Canned soup  
Canned tomato paste & sauce  
Canned tuna & chicken  
Cereal  
Dried soup mix  
Gelatin (flavored or plain)  
Gravies  
Jarred Salsa  
Milk (evaporated, sweetened condensed)  
Non-fat dry milk  
Pastas  
Rice (brown, white)  
Spaghetti sauce

## SPICES/SEASONINGS

Basil  
Bay leaves  
Black pepper  
Bouillon cubes (beef, chicken)  
Chives  
Chili powder  
Cinnamon  
Mustard (dried, prepared)  
Garlic powder or salt  
Ginger  
Nutmeg  
Onion powder or salt  
Oregano  
Paprika  
Parsley  
Rosemary  
Sage  
Salt  
Soy sauce  
Tarragon  
Thyme  
Vanilla  
Worcestershire sauce  
Yeast



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# HERBS & SPICES

**DRIED VS. FRESH.** While dried herbs are convenient, they don't generally have the same purity of flavor as fresh herbs. Ensure dried herbs are still fresh by checking if they are green and not faded. Crush a few leaves to see if the aroma is still strong. Always store them in an air-tight container away from light and heat.

**BASIL** Sweet, warm flavor with an aromatic odor. Use whole or ground. Good with lamb, fish, roast, stews, beef, vegetables, dressing and omelets.

**BAY LEAVES** Pungent flavor. Use whole leaf but remove before serving. Good in vegetable dishes, seafood, stews and pickles.

**CARAWAY** Spicy taste and aromatic smell. Use in cakes, breads, soups, cheese and sauerkraut.

**CELERY SEED** Strong taste which resembles the vegetable. Can be used sparingly in pickles and chutney, meat and fish dishes, salads, bread, marinades, dressings and dips.

**CHIVES** Sweet, mild flavor like that of onion. Excellent in salads, fish, soups and potatoes.

**CILANTRO** Use fresh. Excellent in salads, fish, chicken, rice, beans and Mexican dishes.

**CINNAMON** Sweet, pungent flavor. Widely used in many sweet baked goods, chocolate dishes, cheesecakes, pickles, chutneys and hot drinks.

**CORIANDER** Mild, sweet, orangy flavor and available whole or ground. Common in curry powders and pickling spice and also used in chutney, meat dishes, casseroles, Greek-style dishes, apple pies and baked goods.

**CURRY POWDER** Spices are combined to proper proportions to give a distinct flavor to meat, poultry, fish and vegetables.

**DILL** Both seeds and leaves are flavorful. Leaves may be used as a garnish or cooked with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to flavor pickles.

**FENNEL** Sweet, hot flavor. Both seeds and leaves are used. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.



# HERBS & SPICES

**GINGER** A pungent root, this aromatic spice is sold fresh, dried or ground. Use in pickles, preserves, cakes, cookies, soups and meat dishes.

**MARJORAM** May be used both dried or green. Use to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.

**MINT** Aromatic with a cool flavor. Excellent in beverages, fish, lamb, cheese, soup, peas, carrots and fruit desserts.

**NUTMEG** Whole or ground. Used in chicken and cream soups, cheese dishes, fish cakes, and with chicken and veal. Excellent in custards, milk puddings, pies and cakes.

**OREGANO** Strong, aromatic odor. Use whole or ground in tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.

**PAPRIKA** A bright red pepper, this spice is used in meat, vegetables and soups or as a garnish for potatoes, salads or eggs.

**PARSLEY** Best when used fresh, but can be used dried as a garnish or as a seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.

**ROSEMARY** Very aromatic. Can be used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread and potatoes. Great in dressings.

**SAFFRON** Aromatic, slightly bitter taste. Only a pinch needed to flavor and color dishes such as bouillabaisse, chicken soup, rice, paella, fish sauces, buns and cakes. Very expensive, so where a touch of color is needed, use turmeric instead, but the flavor will not be the same.

**SAGE** Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, omelets, beef, poultry, stuffing, cheese spreads and breads.

**TARRAGON** Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots and dressings.

**THYME** Sprinkle leaves on fish or poultry before broiling or baking. Throw a few sprigs directly on coals shortly before meat is finished grilling.

**TURMERIC** Aromatic, slightly bitter flavor. Should be used sparingly in curry powder and relishes and to color cakes and rice dishes.

Use 3 times more fresh herbs if substituting fresh for dried.



# BAKING BREADS

## HINTS FOR BAKING BREADS

- Kneading dough for 30 seconds after mixing improves the texture of baking powder biscuits.
- Instead of shortening, use cooking or salad oil in waffles and hot cakes.
- When bread is baking, a small dish of water in the oven will help keep the crust from hardening.
- Dip a spoon in hot water to measure shortening, butter, etc., and the fat will slip out more easily.
- Small amounts of leftover corn may be added to pancake batter for variety.
- To make bread crumbs, use the fine cutter of a food grinder and tie a large paper bag over the spout in order to prevent flying crumbs.
- When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins or cake pans.

## 3 RULES FOR USE OF LEAVENING AGENTS

1. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount 1/2 teaspoon for each egg used.
2. To 1 teaspoon soda, use 2 1/4 teaspoons cream of tartar, 2 cups freshly soured milk or 1 cup molasses.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure and add acid according to rule 2.

## PROPORTIONS OF BAKING POWDER TO FLOUR

biscuits	.....to 1 cup flour use 1 1/4 tsp. baking powder
cake with oil	.....to 1 cup flour use 1 tsp. baking powder
muffins	.....to 1 cup flour use 1 1/2 tsp. baking powder
popovers	.....to 1 cup flour use 1 1/4 tsp. baking powder
waffles	.....to 1 cup flour use 1 1/4 tsp. baking powder

## PROPORTIONS OF LIQUID TO FLOUR

pour batter	.....to 1 cup liquid use 1 cup flour
drop batter	.....to 1 cup liquid use 2 to 2 1/2 cups flour
soft dough	.....to 1 cup liquid use 3 to 3 1/2 cups flour
stiff dough	.....to 1 cup liquid use 4 cups flour

## TIME & TEMPERATURE CHART

Breads	Minutes	Temperature
biscuits	12 - 15	400° - 450°
cornbread	25 - 30	400° - 425°
gingerbread	40 - 50	350° - 370°
loaf	50 - 60	350° - 400°
nut bread	50 - 75	350°
popovers	30 - 40	425° - 450°
rolls	20 - 30	400° - 450°

# BAKING DESSERTS

## PERFECT COOKIES

Cookie dough that must be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. Place on a floured board only as much dough as can be easily managed. Flour the rolling pin

slightly and roll lightly to desired thickness. Cut shapes close together and add trimmings to dough that needs to be rolled. Place pans or sheets in upper third of oven. Watch cookies carefully while baking in order to avoid burned edges. When sprinkling sugar on cookies, try putting it into a salt shaker in order to save time.

## PERFECT PIES

- Pie crust will be better and easier to make if all the ingredients are cool.
- The lower crust should be placed in the pan so that it covers the surface smoothly. Air pockets beneath the surface will push the crust out of shape while baking.
- Folding the top crust over the lower crust before crimping will keep juices in the pie.
- When making custard pie, bake at a high temperature for about 10 minutes to prevent a soggy crust. Then finish baking at a low temperature.
- When making cream pie, sprinkle crust with powdered sugar in order to prevent it from becoming soggy.

## PERFECT CAKES

- Fill cake pans two-thirds full and spread batter into corners and sides, leaving a slight hollow in the center.
- Cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
- After removing a cake from the oven, place it on a rack for about 5 minutes. Then, the sides should be loosened and the cake turned out on a rack in order to finish cooling.
- Do not frost cakes until thoroughly cool.
- Icing will remain where you put it if you sprinkle cake with powdered sugar first.

## TIME & TEMPERATURE CHART

Dessert	Time	Temperature
butter cake, layer	20-40 min.	380° - 400°
butter cake, loaf	40-60 min.	360° - 400°
cake, angel	50-60 min.	300° - 360°
cake, fruit	3-4 hrs.	275° - 325°
cake, sponge	40-60 min.	300° - 350°
cookies, molasses	18-20 min.	350° - 375°
cookies, thin	10-12 min.	380° - 390°
cream puffs	45-60 min.	300° - 350°
meringue	40-60 min.	250° - 300°
pie crust	20-40 min.	400° - 500°



# VEGETABLES & FRUITS

## COOKING TIME TABLE

Vegetable	Cooking Method	Time
artichokes	boiled	40 min.
	steamed	45-60 min.
asparagus tips	boiled	10-15 min.
beans, lima	boiled	20-40 min.
	steamed	60 min.
beans, string	boiled	15-35 min.
	steamed	60 min.
beets, old	boiled or steamed	1-2 hours.
beets, young with skin	boiled	30 min.
	steamed	60 min.
	baked	70-90 min.
broccoli, flowerets	boiled	5-10 min.
broccoli, stems	boiled	20-30 min.
brussels sprouts	boiled	20-30 min.
cabbage, chopped	boiled	10-20 min.
	steamed	25 min.
carrots, cut across	boiled	8-10 min.
	steamed	40 min.
cauliflower, flowerets	boiled	8-10 min.
cauliflower, stem down	boiled	20-30 min.
corn, green, tender	boiled	5-10 min.
	steamed	15 min.
	baked	20 min.
corn on the cob	boiled	8-10 min.
	steamed	15 min.
	steamed	30 min.
eggplant, whole	boiled	40 min.
	steamed	40 min.
	baked	45 min.
parsnips	boiled	25-40 min.
	steamed	60 min.
	baked	60-75 min.
peas, green	boiled or steamed	5-15 min.
potatoes	boiled	20-40 min.
	steamed	60 min.
	baked	45-60 min.
pumpkin or squash	boiled	20-40 min.
	steamed	45 min.
	baked	60 min.
tomatoes	boiled	5-15 min.
turnips	boiled	25-40 min.

## DRYING TIME TABLE

Fruit	Sugar or Honey	Cooking Time
apricots	1/4 c. for each cup of fruit	about 40 min.
figs	1 T. for each cup of fruit	about 30 min.
peaches	1/4 c. for each cup of fruit	about 45 min.
prunes	2 T. for each cup of fruit	about 45 min.

# VEGETABLES & FRUITS

## BUYING FRESH VEGETABLES

**Artichokes:** Look for compact, tightly closed heads with green, clean-looking leaves. Avoid those with leaves that are brown or separated.

**Asparagus:** Stalks should be tender and firm; tips should be close and compact. Choose the stalks with very little white; they are more tender. Use asparagus soon because it toughens quickly.

**Beans, Snap:** Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

**Broccoli, Brussels Sprouts and Cauliflower:** Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate pests or disease.

**Cabbage and Head Lettuce:** Choose heads that are heavy for their size. Avoid cabbage with worm holes and lettuce with discoloration or soft rot.

**Cucumbers:** Choose long, slender cucumbers for best quality. May be dark or medium green, but yellow ones are undesirable.

**Mushrooms:** Caps should be closed around the stems. Avoid black or brown gills.

**Peas and Lima Beans:** Select pods that are well-filled but not bulging. Avoid dried, spotted, yellow or limp pods.

## BUYING FRESH FRUITS

**Bananas:** Skin should be free of bruises and black or brown spots. Purchase them slightly green and allow them to ripen at room temperature.

**Berries:** Select plump, solid berries with good color. Avoid stained containers which indicate wet or leaky berries. Berries with clinging caps, such as blackberries and raspberries, may be unripe. Strawberries without caps may be overripe.

**Melons:** In cantaloupes, thick, close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and the space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

**Oranges, Grapefruit and Lemons:** Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken or soft areas.



# NAPKIN FOLDING

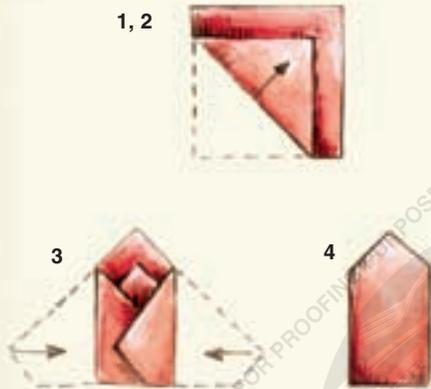
FOR BEST RESULTS, use well-starched linen napkins if possible. For more complicated folds, 24-inch napkins work best. Practice the folds with newspapers. Children will have fun decorating the table once they learn these attractive folds!

## SHIELD

Easy fold. Elegant with monogram in corner.

### Instructions:

1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right side and left side points.
4. Turn over; adjust sides so they are even, single point in center.
5. Place point up or down on plate, or left of plate.

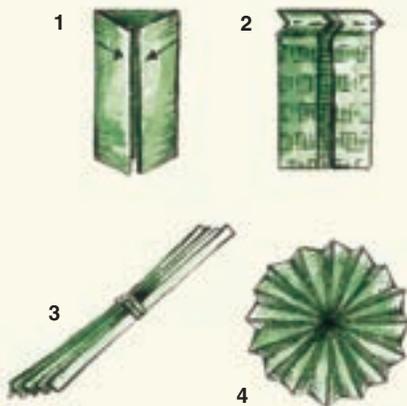


## ROSETTE

Elegant on plate.

### Instructions:

1. Fold left and right edges to center, leaving 1/2" opening along center.
2. Pleat firmly from top edge to bottom edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.



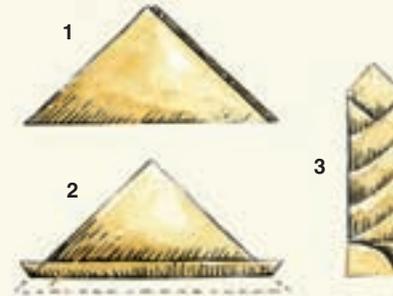
# NAPKIN FOLDING

## CANDLE

Easy to do; can be decorated.

### Instructions:

1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

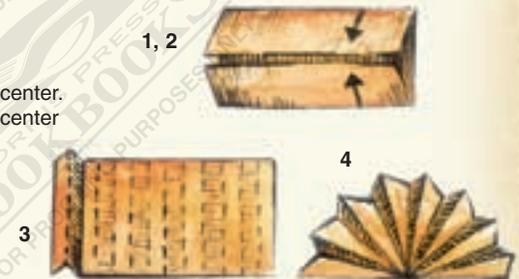


## FAN

Pretty in napkin ring or on plate.

### Instructions:

1. Fold top and bottom edges to center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with hot iron.
4. Spread out fan. Balance flat folds of each side on table. Well-starched napkins will hold shape.

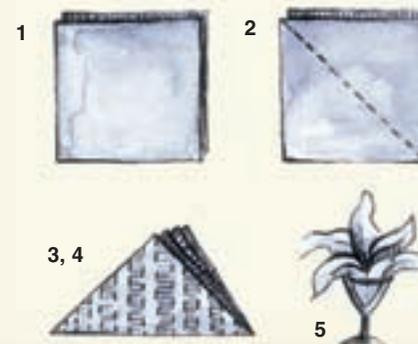


## LILY

Effective and pretty on table.

### Instructions:

1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.)
4. Pleat.
5. Place closed end in glass. Pull down two points on each side and shape.



# MEASUREMENTS & SUBSTITUTIONS

## MEASUREMENTS

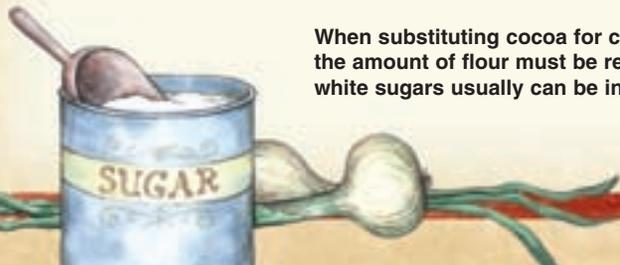
1 pinch	1/8 teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons	1/4 cup
8 tablespoons	1/2 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
1 ounce liquid	2 tablespoons
8 ounces liquid	1 cup

Use standard measuring spoons and cups. All measurements are level.

## SUBSTITUTIONS

Ingredient	Quantity	Substitute
baking powder	1 teaspoon	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
chocolate	1 square (1 oz.)	3 or 4 T. cocoa plus 1 T. butter
cornstarch	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
cracker crumbs	3/4 cup	1 c. bread crumbs
dates	1 lb.	1 1/2 c. dates, pitted and cut
dry mustard	1 teaspoon	1 T. prepared mustard
flour, self-rising	1 cup	1 c. all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
herbs, fresh	1 tablespoon	1 tsp. dried herbs
ketchup or chili sauce	1 cup	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking)
milk, sour	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes)
whole	1 cup	1/2 c. evaporated milk plus 1/2 c. water
min. marshmallows	10	1 lg. marshmallow
onion, fresh	1 small	1 T. instant minced onion, rehydrated
sugar, brown powdered	1/2 cup	2 T. molasses in 1/2 c. granulated sugar
	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
tomato juice	1 cup	1/2 c. tomato sauce plus 1/2 c. water

When substituting cocoa for chocolate in cakes, the amount of flour must be reduced. Brown and white sugars usually can be interchanged.



# EQUIVALENCY CHART

Food	Quantity	Yield
apple	1 medium	1 cup
banana, mashed	1 medium	1/3 cup
bread	1 1/2 slices	1 cup soft crumbs
bread	1 slice	1/4 cup fine, dry crumbs
butter	1 stick or 1/4 pound	1/2 cup
cheese, American, cubed	1 pound	2 2/3 cups
American, grated	1 pound	5 cups
cream cheese	3-ounce package	6 2/3 tablespoons
chocolate, bitter	1 square	1 ounce
cocoa	1 pound	4 cups
coconut	1 1/2 pound package	2 2/3 cups
coffee, ground	1 pound	5 cups
cornmeal	1 pound	3 cups
cornstarch	1 pound	3 cups
crackers, graham	14 squares	1 cup fine crumbs
saltine	28 crackers	1 cup fine crumbs
egg	4-5 whole	1 cup
whites	8-10	1 cup
yolks	10-12	1 cup
evaporated milk	1 cup	3 cups whipped
flour, cake, sifted	1 pound	4 1/2 cups
rye	1 pound	5 cups
white, sifted	1 pound	4 cups
white, unsifted	1 pound	3 3/4 cups
gelatin, flavored	3 1/4 ounces	1/2 cup
unflavored	1/4 ounce	1 tablespoon
lemon	1 medium	3 tablespoon juice
marshmallows	16	1/4 pound
noodles, cooked	8-ounce package	7 cups
uncooked	4 ounces (1 1/2 cups)	2-3 cups cooked
macaroni, cooked	8-ounce package	6 cups
macaroni, uncooked	4 ounces (1 1/4 cups)	2 1/4 cups cooked
spaghetti, uncooked	7 ounces	4 cups cooked
nuts, chopped	1/4 pound	1 cup
almonds	1 pound	3 1/2 cups
walnuts, broken	1 pound	3 cups
walnuts, unshelled	1 pound	1 1/2 to 1 3/4 cups
onion	1 medium	1/2 cup
orange	3-4 medium	1 cup juice
raisins	1 pound	3 1/2 cups
rice, brown	1 cup	4 cups cooked
converted	1 cup	3 1/2 cups cooked
regular	1 cup	3 cups cooked
wild	1 cup	4 cups cooked
sugar, brown	1 pound	2 1/2 cups
powdered	1 pound	3 1/2 cups
white	1 pound	2 cups
vanilla wafers	22	1 cup fine crumbs
zwieback, crumbled	4	1 cup

# FOOD QUANTITIES

## FOR LARGE SERVINGS

	25 Servings	50 Servings	100 Servings
<b>Beverages:</b>			
coffee	1/2 pound and 1 1/2 gallons water	1 pound and 3 gallons water	2 pounds and 6 gallons water
lemonade	10-15 lemons and 1 1/2 gallons water	20-30 lemons and 3 gallons water	40-60 lemons and 6 gallons water
tea	1/12 pound and 1 1/2 gallons water	1/6 pound and 3 gallons water	1/3 pound and 6 gallons water
<b>Desserts:</b>			
layered cake	1 12" cake	3 10" cakes	6 10" cakes
sheet cake	1 10" x 12" cake	1 12" x 20" cake	2 12" x 20" cakes
watermelon	37 1/2 pounds	75 pounds	150 pounds
whipping cream	3/4 pint	1 1/2 to 2 pints	3-4 pints
<b>Ice cream:</b>			
brick	3 1/4 quarts	6 1/2 quarts	13 quarts
bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons
<b>Meat, poultry or fish:</b>			
fish	13 pounds	25 pounds	50 pounds
fish, fillets or steak	7 1/2 pounds	15 pounds	30 pounds
hamburger	9 pounds	18 pounds	35 pounds
turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
wieners (beef)	6 1/2 pounds	13 pounds	25 pounds
<b>Salads, casseroles:</b>			
baked beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
jello salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
potato salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
scalloped potatoes	4 1/2 quarts or 1 12" x 20" pan	9 quarts or 2 1/4 gallons	18 quarts 4 1/2 gallons
spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons
<b>Sandwiches:</b>			
bread	50 slices or 3 1-pound loaves	100 slices or 6 1-pound loaves	200 slices or 12 1-pound loaves
butter	1/2 pound	1 pound	2 pounds
lettuce	1 1/2 heads	3 heads	6 heads
mayonnaise	1 cup	2 cups	4 cups
mixed filling			
meat, eggs, fish	1 1/2 quarts	3 quarts	6 quarts
jam, jelly	1 quart	2 quarts	4 quarts

# QUICK FIXES

**PRACTICALLY EVERYONE** has experienced that dreadful moment in the kitchen when a recipe failed and dinner guests have arrived. Perhaps a failed timer, distraction or a missing or mismeasured ingredient is to blame. These handy tips can save the day!

**Acidic foods** – Sometimes a tomato-based sauce will become too acidic. Add baking soda, one teaspoon at a time, to the sauce. Use sugar as a sweetener alternative.

**Burnt food on pots and pans** – Allow the pan to cool on its own. Remove as much of the food as possible. Fill with hot water and add a capful of liquid fabric softener to the pot; let it stand for a few hours. You'll have an easier time removing the burnt food.

**Chocolate seizes** – Chocolate can seize (turn course and grainy) when it comes into contact with water. Place seized chocolate in a metal bowl over a large saucepan with an inch of simmering water in it. Over medium heat, slowly whisk in warm heavy cream. Use 1/4 cup cream to 4 ounces of chocolate. The chocolate will melt and become smooth.

**Forgot to thaw whipped topping** – Thaw in microwave for 1 minute on the defrost setting. Stir to blend well. Do not over thaw!

**Hands smell like garlic or onion** – Rinse hands under cold water while rubbing them with a large stainless steel spoon.

**Hard brown sugar** – Place in a paper bag and microwave for a few seconds, or place hard chunks in a food processor.

**Jello too hard** – Heat on a low microwave power setting for a very short time.

**Lumpy gravy or sauce** – Use a blender, food processor or simply strain.

**No tomato juice** – Mix 1/2 cup ketchup with 1/2 cup water.

**Out of honey** – Substitute 1 1/4 cups sugar dissolved in 1 cup water.

**Overcooked sweet potatoes or carrots** – Softened sweet potatoes and carrots make a wonderful soufflé with the addition of eggs and sugar. Consult your favorite cookbook for a good soufflé recipe. Overcooked sweet potatoes can also be used as pie filling.

**Sandwich bread is stale** – Toast or microwave bread briefly. Otherwise, turn it into breadcrumbs. Bread exposed to light and heat will hasten its demise, so consider using a bread box.

**Soup, sauce, gravy too thin** – Add 1 tablespoon of flour to hot soup, sauce or gravy. Whisk well (to avoid lumps) while the mixture is boiling. Repeat if necessary.

**Sticky rice** – Rinse rice with warm water.

**Stew or soup is greasy** – Refrigerate and remove grease once it congeals. Another trick is to lay cold lettuce leaves over the hot stew for about 10 seconds and then remove. Repeat as necessary.

**Too salty** – Add a little sugar and vinegar. For soups or sauces, add a raw peeled potato.

**Too sweet** – Add a little vinegar or lemon juice.

**Undercooked cakes and cookies** – Serve over vanilla ice cream. You can also layer pieces of cake or cookies with whipped cream and fresh fruit to form a dessert parfait. Crumbled cookies also make an excellent ice cream or cream pie topping.



# COUNTING CALORIES

## BEVERAGES

apple juice, 6 oz. ....	90
coffee (black) .....	0
cola, 12 oz. ....	115
cranberry juice, 6 oz. ....	115
ginger ale, 12 oz. ....	115
grape juice, (prepared from frozen concentrate), 6 oz. ....	142
lemonade, (prepared from frozen concentrate), 6 oz. ....	85
milk, protein fortified, 1 c. ....	105
skim, 1 c. ....	90
whole, 1 c. ....	160
orange juice, 6 oz. ....	85
pineapple juice, unsweetened, 6 oz. ....	95
root beer, 12 oz. ....	150
tonic (quinine water) 12 oz. ....	132

## BREADS

cornbread, 1 sm. square .....	130
dumplings, 1 med. ....	70
French toast, 1 slice .....	135
melba toast, 1 slice .....	25
muffins, blueberry, 1 muffin .....	110
bran, 1 muffin .....	106
corn, 1 muffin .....	125
English, 1 muffin .....	280
pancakes, 1 (4-in.) .....	60
pumpnickel, 1 slice .....	75
rye, 1 slice .....	60
waffle, 1 .....	216
white, 1 slice .....	60-70
whole wheat, 1 slice .....	55-65

## CEREALS

cornflakes, 1 c. ....	105
cream of wheat, 1 c. ....	120
oatmeal, 1 c. ....	148
rice flakes, 1 c. ....	105
shredded wheat, 1 biscuit .....	100
sugar krisps, 3/4 c. ....	110

## CRACKERS

graham, 1 cracker .....	15-30
rye crisp, 1 cracker .....	35
saltine, 1 cracker .....	17-20
wheat thins, 1 cracker .....	9

## DAIRY PRODUCTS

butter or margarine, 1 T. ....	100
cheese, American, 1 oz. ....	100
camembert, 1 oz. ....	85
cheddar, 1 oz. ....	115
cottage cheese, 1 oz. ....	30
mozzarella, 1 oz. ....	90
parmesan, 1 oz. ....	130
ricotta, 1 oz. ....	50
roquefort, 1 oz. ....	105
Swiss, 1 oz. ....	105
cream, light, 1 T. ....	30
heavy, 1 T. ....	55
sour, 1 T. ....	45
hot chocolate, with milk, 1 c. ....	277
milk chocolate, 1 oz. ....	145-155
yogurt	
made w/ whole milk, 1 c. ....	150-165
made w/ skimmed milk, 1 c. ....	125

## EGGS

fried, 1 lg. ....	100
poached or boiled, 1 lg. ....	75-80
scrambled or in omelet, 1 lg. ....	110-130

## FISH AND SEAFOOD

bass, 4 oz. ....	105
salmon, broiled or baked, 3 oz. ....	155
sardines, canned in oil, 3 oz. ....	170
trout, fried, 3 1/2 oz. ....	220
tuna, in oil, 3 oz. ....	170
in water, 3 oz. ....	110



# COUNTING CALORIES

## FRUITS

apple, 1 med. ....	80-100
applesauce, sweetened, 1/2 c. ....	90-115
unsweetened, 1/2 c. ....	50
banana, 1 med. ....	85
blueberries, 1/2 c. ....	45
cantaloupe, 1/2 c. ....	24
cherries (pitted), raw, 1/2 c. ....	40
grapefruit, 1/2 med. ....	55
grapes, 1/2 c. ....	35-55
honeydew, 1/2 c. ....	55
mango, 1 med. ....	90
orange, 1 med. ....	65-75
peach, 1 med. ....	35
pear, 1 med. ....	60-100
pineapple, fresh, 1/2 c. ....	40
canned in syrup, 1/2 c. ....	95
plum, 1 med. ....	30
strawberries, fresh, 1/2 c. ....	30
frozen and sweetened, 1/2 c. ....	120-140
tangerine, 1 lg. ....	39
watermelon, 1/2 c. ....	42

## MEAT AND POULTRY

beef, ground (lean), 3 oz. ....	185
roast, 3 oz. ....	185
chicken, broiled, 3 oz. ....	115
lamb chop (lean), 3 oz. ....	175-200
steak, sirloin, 3 oz. ....	175
tenderloin, 3 oz. ....	174
top round, 3 oz. ....	162
turkey, dark meat, 3 oz. ....	175
white meat, 3 oz. ....	150
veal, cutlet, 3 oz. ....	156
roast, 3 oz. ....	76

## NUTS

almonds, 2 T. ....	105
cashews, 2 T. ....	100
peanuts, 2 T. ....	105
peanut butter, 1 T. ....	95
pecans, 2 T. ....	95
pistachios, 2 T. ....	92
walnuts, 2 T. ....	80

## PASTA

macaroni or spaghetti, cooked, 3/4 c. ....	115
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## SALAD DRESSINGS

blue cheese, 1 T. ....	70
French, 1 T. ....	65
Italian, 1 T. ....	80
mayonnaise, 1 T. ....	100
olive oil, 1 T. ....	124
Russian, 1 T. ....	70
salad oil, 1 T. ....	120

## SOUPS

bean, 1 c. ....	130-180
beef noodle, 1 c. ....	70
bouillon and consomme, 1 c. ....	30
chicken noodle, 1 c. ....	65
chicken with rice, 1 c. ....	50
minestrone, 1 c. ....	80-150
split pea, 1 c. ....	145-170
tomato with milk, 1 c. ....	170
vegetable, 1 c. ....	80-100

## VEGETABLES

asparagus, 1 c. ....	35
broccoli, cooked, 1/2 c. ....	25
cabbage, cooked, 1/2 c. ....	15-20
carrots, cooked, 1/2 c. ....	25-30
cauliflower, 1/2 c. ....	10-15
corn (kernels), 1/2 c. ....	70
green beans, 1 c. ....	30
lettuce, shredded, 1/2 c. ....	5
mushrooms, canned, 1/2 c. ....	20
onions, cooked, 1/2 c. ....	30
peas, cooked, 1/2 c. ....	60
potato, baked, 1 med. ....	90
chips, 8-10 .....	100
mashed, w/milk & butter, 1 c. ....	200-300
spinach, 1 c. ....	40
tomato, raw, 1 med. ....	25
cooked, 1/2 c. ....	30



# COOKING TERMS

**Au gratin:** Topped with crumbs and/or cheese and browned in oven or under broiler.

**Au jus:** Served in its own juices.

**Baste:** To moisten foods during cooking with pan drippings or special sauce in order to add flavor and prevent drying.

**Bisque:** A thick cream soup.

**Blanch:** To immerse in rapidly boiling water and allow to cook slightly.

**Cream:** To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

**Crimp:** To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

**Crudites:** An assortment of raw vegetables (i.e. carrots, broccoli, celery, mushrooms) that is served as an hors d'oeuvre, often accompanied by a dip.

**Degrease:** To remove fat from the surface of stews, soups or stock. Usually cooled in the refrigerator so that fat hardens and is easily removed.

**Dredge:** To coat lightly with flour, corn-meal, etc.

**Entree:** The main course.

**Fold:** To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

**Glaze:** To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

**Julienne:** To cut or slice vegetables, fruits or cheeses into match-shaped slivers.

**Marinate:** To allow food to stand in a liquid in order to tenderize or to add flavor.

**Meunière:** Dredged with flour and sautéed in butter.

**Mince:** To chop food into very small pieces.

**Parboil:** To boil until partially cooked; to blanch. Usually final cooking in a seasoned sauce follows this procedure.

**Pare:** To remove the outermost skin of a fruit or vegetable.

**Poach:** To cook gently in hot liquid kept just below the boiling point.

**Purée:** To mash foods by hand by rubbing through a sieve or food mill, or by whirling in a blender or food processor until perfectly smooth.

**Refresh:** To run cold water over food that has been parboiled in order to stop the cooking process quickly.

**Sauté:** To cook and/or brown food in a small quantity of hot shortening.

**Scald:** To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

**Simmer:** To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

**Steep:** To let food stand in hot liquid in order to extract or to enhance flavor, like tea in hot water or poached fruit in syrup.

**Toss:** To combine ingredients with a repeated lifting motion.

**Whip:** To beat rapidly in order to incorporate air and produce expansion, as in heavy cream or egg whites.



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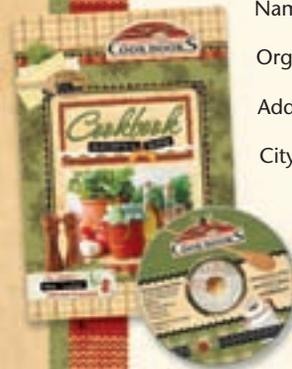
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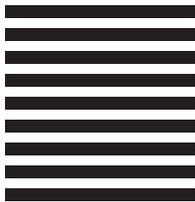
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