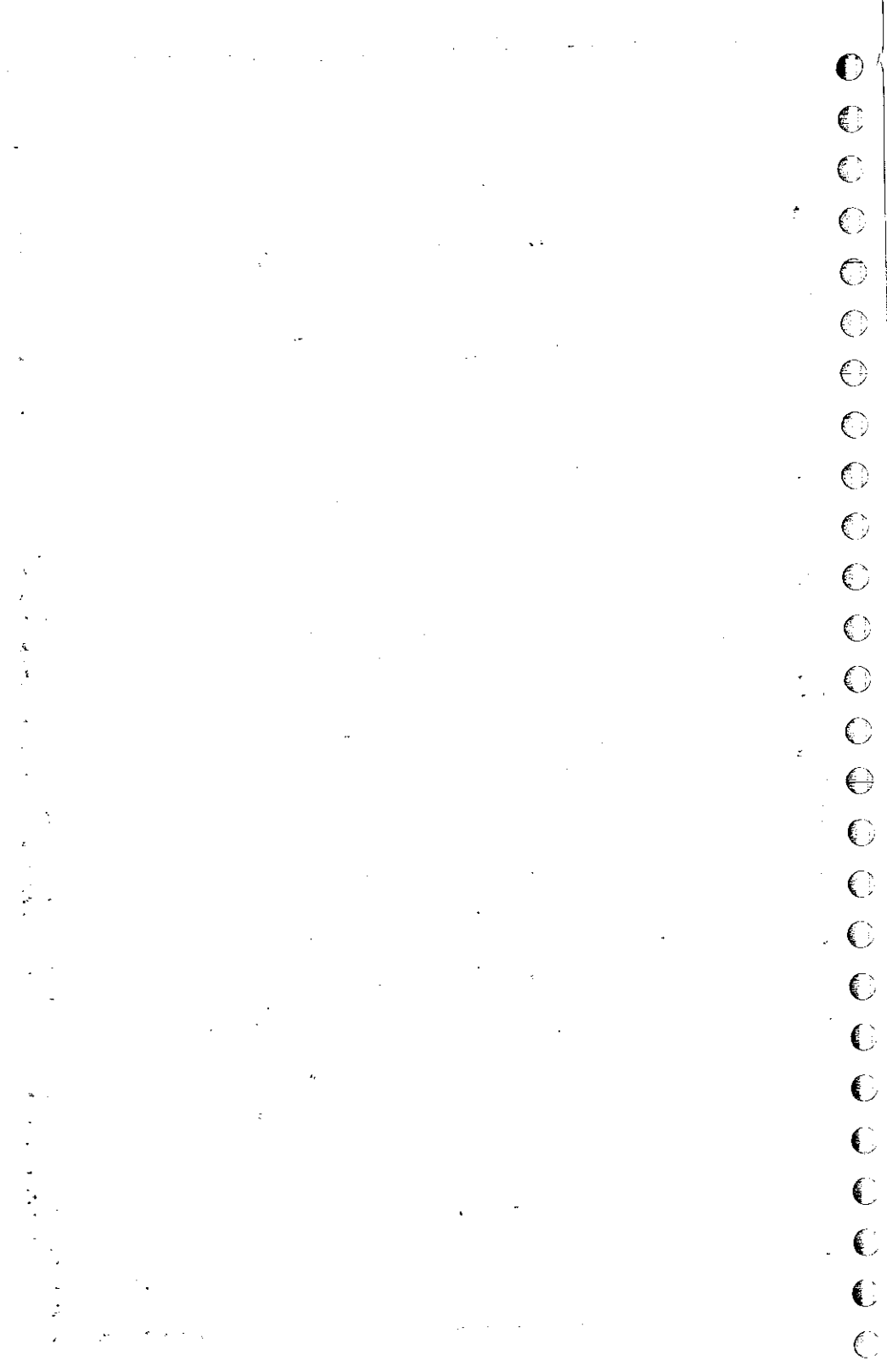


THE CAFE DOELGER COOKBOOK



Sue Horst



THE
CAFE DOELGER
COOKBOOK

Compiled and Written by

Volunteers of the

Doelger Senior Center
101 Lake Merced Blvd.
Daly City, CA. 94015

ILLUSTRATED BY: Sue Horst

EDITOR: Hildagarde Leishman

CO-EDITORS: Anne Wetteroth
Sue Horst, Lunch
Program Supervisor

CHIEF TYPIST: Eleanor Urness

ASS'T. TYPISTS: Micki Cline
Gloria O'Leary

TECHNICAL AIDE: Belle Thompson

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Doelger Senior Center serves
the Senior citizens of Daly City and
surrounding areas as a multi-purpose
Senior Center offering social service,
education, recreation, transportation
and nutrition.

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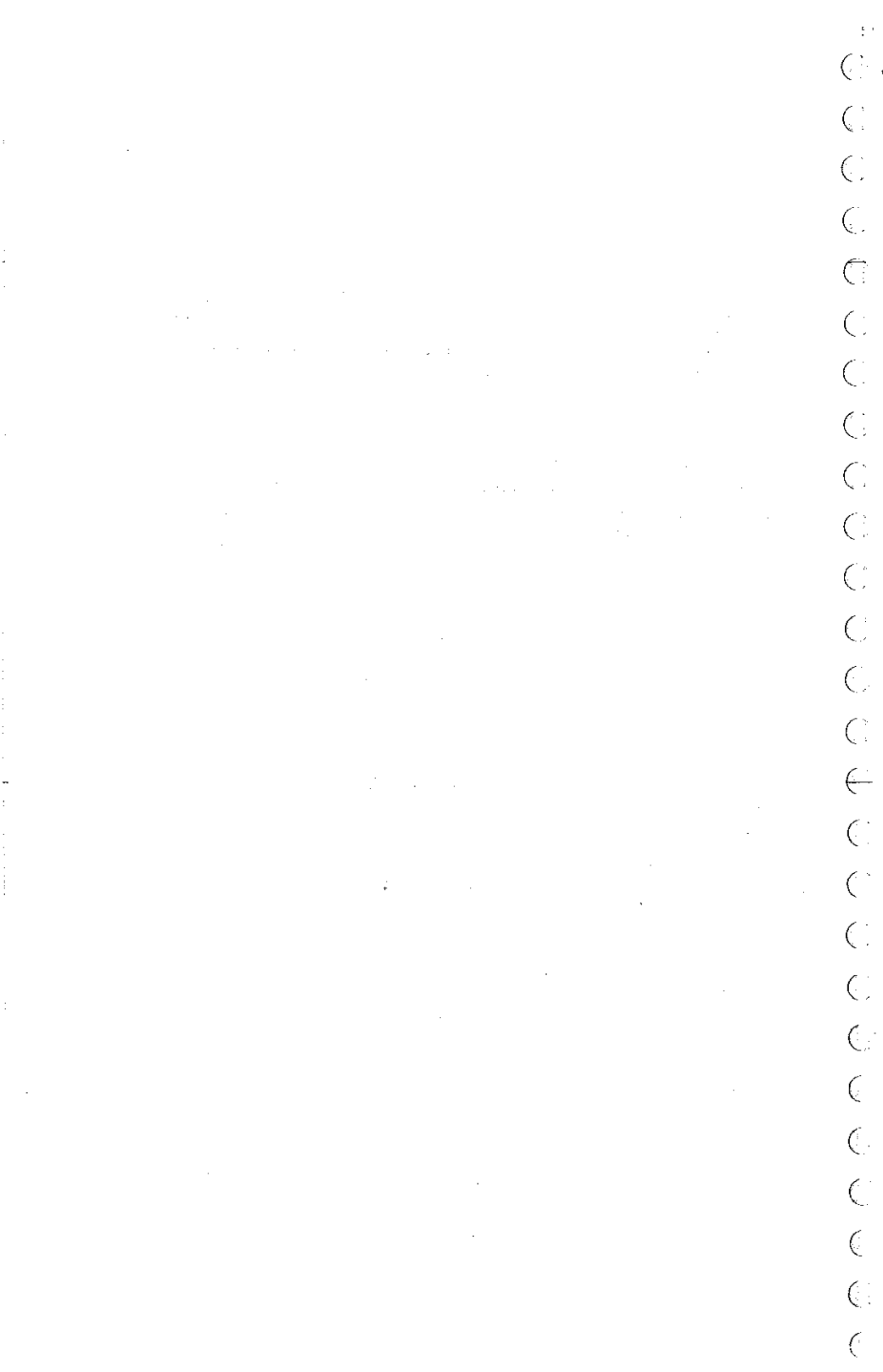
William G. Crocker

Beverly diGregorio

Edward M. King

Richard E. Slater





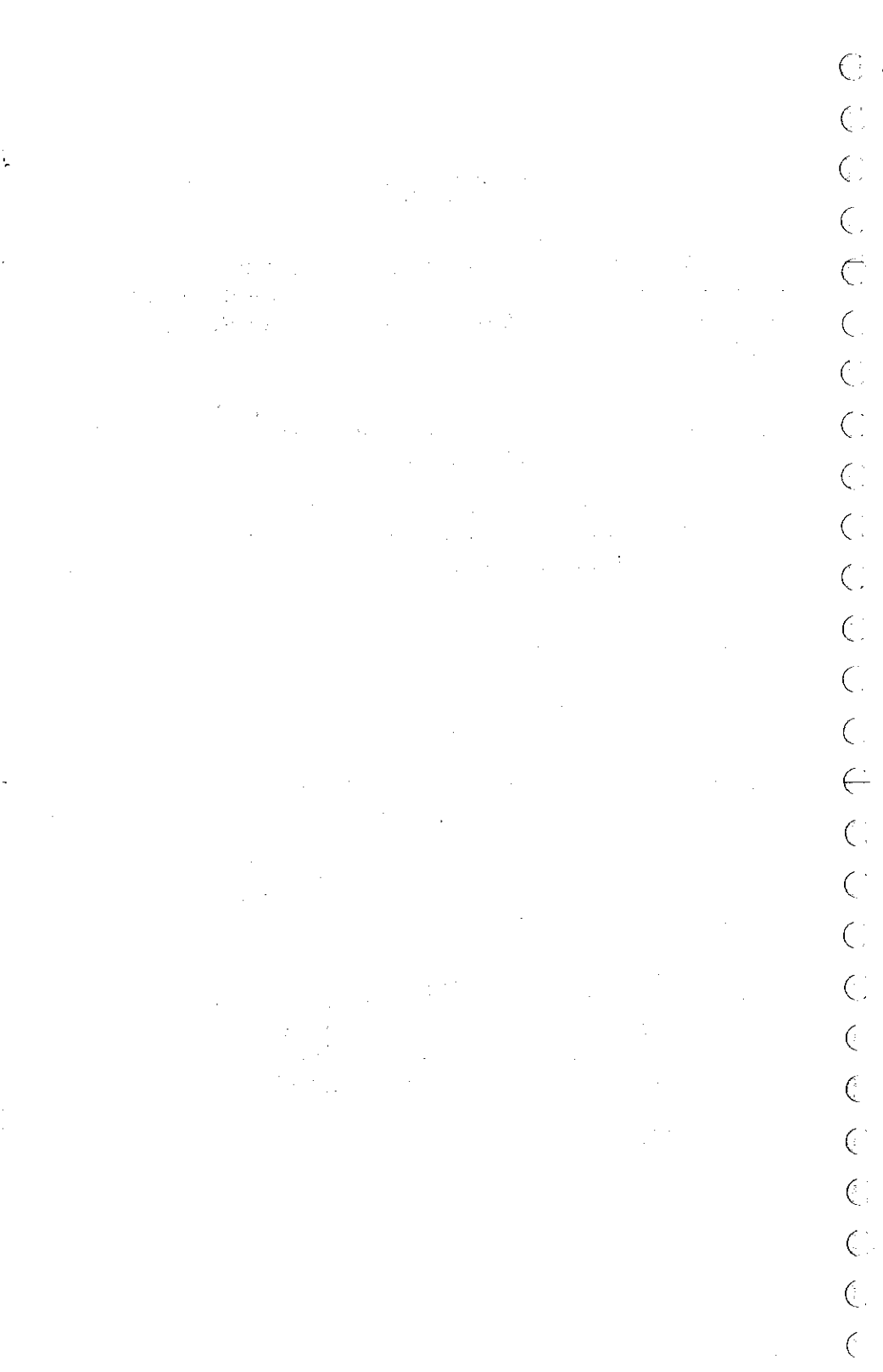
CAFE DOELGER

Cafe Doelger is a unique nutrition program, co-sponsored by Doelger Senior Center and Jefferson Union High School District Adult Division.

Sue Horst, on site adult education teacher, and a team of volunteer seniors, cooks, waiters and waitresses serve the hundreds of participants who enjoy the gourmet style meals at Cafe Doelger.

This book represents a collection of recipes from Cafe Doelger's finest menus, as well as from participants of Doelger Senior Center who generously donated their personal recipes to us.

We thank all the members whose hard work and devotion brought this book into being.



EDITOR'S NOTE

The recipes in this book, written by and for Senior citizens, have been reduced to serve one or two people, whenever possible.

Cakes, pies, breads, etc. often cannot be reduced when baking. Thus, we have left these recipes as is.

The Cafe Doelger Special recipes we consider "Company Specials" and these also have not been reduced.

Remember, it is often easier to cook a second meal at the same time, to be eaten later in the week or to be frozen for future use.

Please note that 1/2 can of soup or vegetables can be frozen for other purposes.

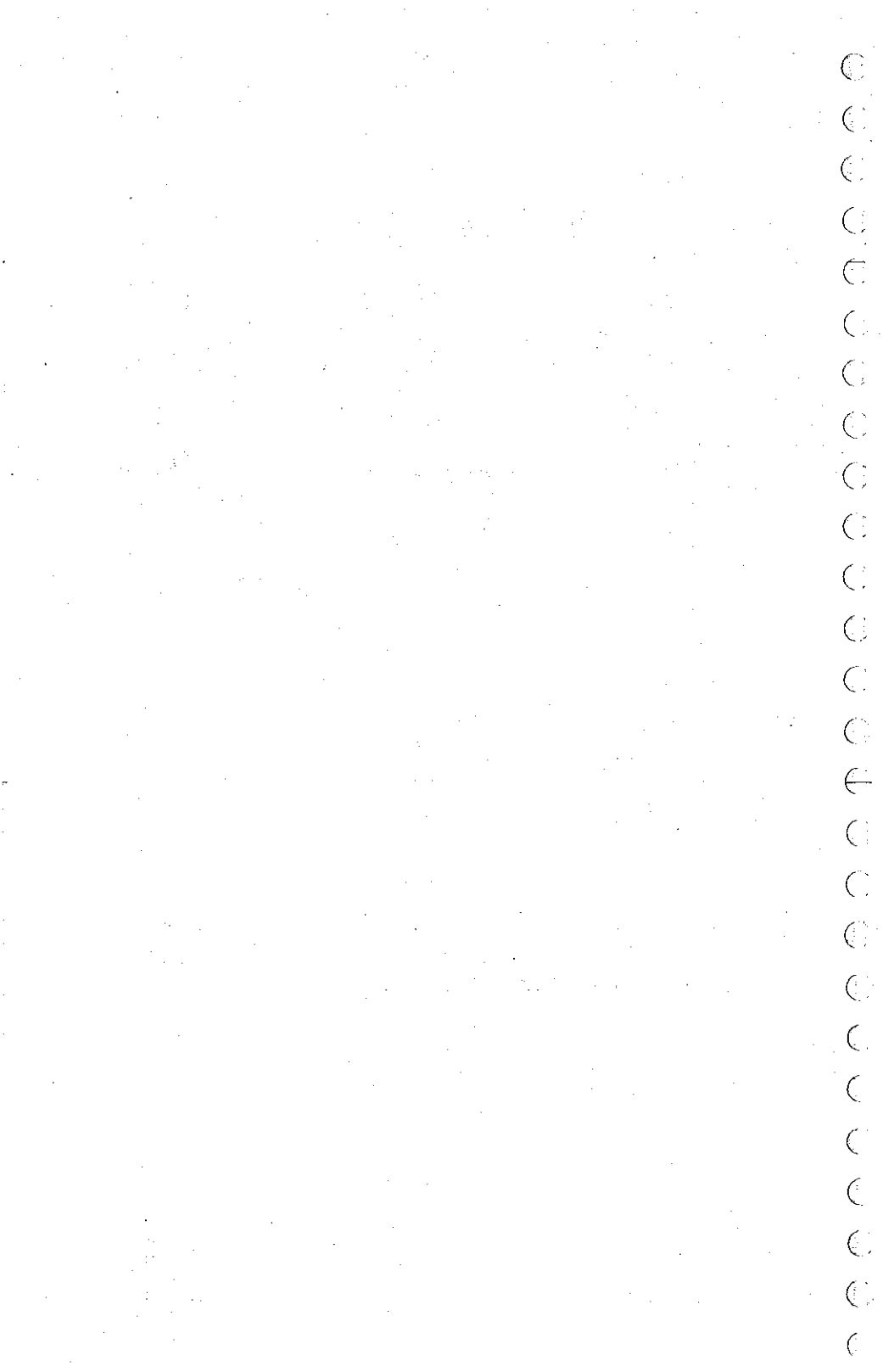
Plan your meals a week ahead so you can better use leftovers and utilize grocery store specials.

Most importantly, even when eating alone, remember to eat a balanced diet of whole grains, dairy products, green leafy vegetables, Vitamin C-rich fruits and vegetables and poly unsaturated fat.

ENJOY!!!!!!

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PRESERVING CHILDREN

Take 1 large grassy field, 1/2 dozen children, 2 - 3 small dogs, pinch of brook and some pebbles. Mix children and dogs well together and put them into the field - stirring constantly.

Pour the brook over the pebbles, sprinkle the field with flowers, spread over all a deep blue sky and bake in the hot sun. When brown, remove and set away to cool in a bathtub.

Note: This was in a very old cookbook put out by the Historical Society of Wareham, Mass.

Submitted by Virginia Duckett

GROUND TURKEY SOUP

(House Special)

1 lb. ground turkey
1 tsp. thyme leaves
1/8 cup minced green onion
1/8 cup cornstarch
1/2 tsp. garlic salt, 1/4 tsp. pepper
2 qts. chicken stock
2 carrots, sliced thin
2 zucchini, sliced
1 stalk celery, sliced
1 cup uncooked whole wheat ribbon noodles

Bring chicken broth to boiling. Press turkey mixture into 1" balls and drop into boiling broth, one at a time. Add carrots. Cook 10 min. Add zucchini, celery and noodles. Reduce heat, cover and simmer until vegetables and noodles are tender, 8 to 10 min. Serve immediately. Serves 4.

EGG FLOWER SOUP

(House Special)

2 cups beef broth
1 egg, slightly beaten
1 tsp. oil
1 scallion, chopped
1 cup bok-choy, chopped (citrus)
1 T. soy sauce
1/2 tsp. vinegar
dash pepper

Bring broth to a boil. Beat the eggs and oil together, and pour into the broth in a slow steady stream. Stir in scallions, bok-choy, soy sauce, vinegar and pepper. Bring to boil again and serve.

Cafe Doelger

House Specials





HOT & SOUR SOUP

(House Special)

2 dried mushrooms
1/4 cup warm water
1-3/4 cup chicken stock
1/8 lb. boneless pork, sliced thin
8 oz. tofu, sliced thin
1/4 cup bamboo shoots, sliced thin
1 T. rice vinegar
1 1/2 tsp. soy sauce
1/4 tsp. crushed red pepper
1 T. cornstarch
1 1/2 T. water
1 egg, slightly beaten

Soak mushrooms in warm water 30 min. Thinly slice mushroom caps, discarding tough stems and liquid. Stir together mushrooms, chicken stock, pork, tofu bamboo shoots, vinegar, soy sauce and pepper in 1 1/2 qt. sauce pan. Bring to a boil over medium heat stirring occasionally and boil 10 min. Stir together cornstarch and water until smooth. Add to soup, stirring constantly. Bring to a boil over medium heat and boil 1 min. Pour in egg slowly. Serve immediately.

Debra Green

HEARTY MINESTRONE

(House Special)

1/8 lb. kidney, navy pink beans soaked
over night in 2 cups water
1/2 small onion
1/2 clover garlic, minced
1 T. diced salt pork
2 tsp. salad oil
1 qt. beef broth
1 small carrot, sliced
1 small potato, diced
1/2 cup shredded cabbage
1/8 cup minced celery
1/8 cup tomato paste
1/4 tsp. basil
1/4 tsp. salt
dash thyme & pepper
1 small zucchini, sliced
1/2 tsp. parsley, dried
1/3 cup elbow macaroni
1 T. parmesan cheese

Stir fry onion, garlic and salt pork
in oil, 5-8 min. until golden. Drain
beans. Combine broth, beans and onion
mixture. Cover and simmer 1 hr. Add
all remaining ingredients except parsley,
zucchini, noodles and cheese. Cover,
simmer 1 hr., stirring occasionally.
Add all but cheese. Cover and simmer
15-20 min. until noodles are tender.
Stir in parmesan and serve. Makes 1 qt.

Sue Horst

WON TON SOUP

(House Special)

1½ doz. filled but uncooked won ton
(prepared according to recipe for
fried won ton. Freeze or fry extras.)

Boiling water

2 to 3 cups chicken broth

1 tsp. soy sauce

1 or 2 green onions, thinly sliced

3 or 4 water chestnuts, cut in half

Choice of vegetables below*

Drop filled wontons into large
kettle of boiling water. Cook only a
small number at a time to prevent stick-
ing. After they rise to top of water,
simmer 4 min. Turn into colander, pour
warm water over them, drain. Heat
chicken broth, season with soy sauce.
Drop in wonton and chosen vegetable.
Serve piping hot. Serves 2 generously.

*Optional vegetables

1/2 cup Bok-choy, chopped

1/2 cup pea pods

1/2 cup bamboo shoots

SALAD ITALIANO WITH BASIL DRESSING

(House Special)

3 T. red wine vinegar
3 T. grated parmesan cheese
1/2 tsp. dry mustard
1/4 tsp. dalt & pepper
6 T. olive oil
1/4 cup chopped fresh basil leaves
1 small cucumber, peeled, sliced
2 small tomatoes, wedged thin
1 can (8 oz.) garbonzo beans, drained
3 qts. mixed torn lettuce
1/2 cup croutons

Combine first 7 ingredients in jar. Shake well. Set aside. In large bowl, layer lettuce, cucumber, tomato and garbanzos. Blend dressing, pour evenly over top. Sprinkle croutons on top and serve. Serves 4.

Sue Horst

BASIC SALAD DRESSING

(House Special)

1-1/8 cup oil
2/3 cup vinegar
1/2 tsp. pepper
1 tsp. salt
1 tsp. dry mustard
1 tsp. oregano
1 tsp. garlic powder or 1 clove, minced
1 tsp. sugar

Blend all ingredients well. Shake before serving. Yields 2 cups.

Sue Horst

CHINESE CHICKEN SALAD

(House Special)

1 half chicken breast
1/4 lb bean sprouts
1/2 lb Napa cabbage, shredded
1½ green onions, chopped
1/4 cup sesame seeds, toasted without oil
fresh coriander (optional)
dressing (see below)

Cook the chicken breast in broth for 15 to 20 min.; cool. Remove and discard skin and bones and shred meat. Blanch bean sprouts in boiling water for 30 seconds. Combine chicken shreds, bean sprouts, Napa cabbage, onions, sesame seeds and coriander (if used) in a serving bowl. Pour dressing over all, toss well and serve.

Dressing:

1/2 tsp. ginger juice
1 tsp. dry mustard
3 T soy sauce
1½ T peanut oil
1 T rice wine vinegar
1 clove garlic, mashed
1 tsp. sugar
1 tsp. sesame oil
1/8 cup chopped green onion

Combine all ingredients and mix thoroughly. Let stand a while before using to dress chicken salad. Serves 2.

Sue Horst

CONFETTI COLESLAW

(House Special)

1/3 small head of red or green cabbage
1 med. carrot, peeled
1 small tart apple
2 green onions, include tops, slice thinly
1/3 cup unflavored yogurt
2 T plus 2 tsp. mayonnaise
1 T white wine vinegar
1 tsp. sugar
1/4 tsp. tarragon leaves
salt & pepper

Shred the cabbage with knife. Shred carrots with hand grater. Chop apples. Combine cabbage, carrots, apple and onion in serving bowl. Cover and chill as long as 2 hours.

DRESSING:

Stir together yogurt, mayonnaise, vinegar, sugar and tarragon. If made ahead, cover and chill as long as overnight.

To serve, pour dressing over cabbage mixture. Mix to blend thoroughly. Add salt and pepper to taste. Blend again. Serves 6.

LUNCHEON PASTA SALAD

(House Special)

3 T Salad Oil
1½ T red wine vinegar
1/2 tsp. salt
1/4 tsp. dried basil or 1 fresh leaf
1 drop hot pepper sauce
1 small garlic clove, minced
4 oz. linguini, broken in half
1 cup cooked roast beef strips
1/2 cup sliced celery
1/2 cup cucumber, unpeeled, seeded,
coarsely chopped
1 med. tomato, peeled & coarsely chopped
2½ oz. jar whole mushrooms, drained

In large bowl, beat together oil and vinegar until well mixed. Add salt, basil, hot pepper sauce and garlic. Set aside to blend flavors. Cook linguini as package directs. Drain and rinse with cold water. Add linguini and remaining ingredients to dressing. Cover and chill several hours or overnight. Serves 4.

GRANDMA'S POTATO SALAD

(House Special)

- 1 pt. diced pared, cooked potatoes ,
(white, new)
- 1/2 cup finely diced celery
- 1/4 cup finely sliced green onions,
(including some of the tops)
- 2 hard-boiled eggs (white only, now)
- 1/4 cup minced parsley (or 1 T dried)
- 1/8 cup Kraft French dressing
- 3/8 tsp. salt
- dash pepper
- 3/8 cup mayonnaise
- 1-1/8 tsp. French's mustard
- 2-1/4 tsp. lemon juice
- 2 mashed egg yolks

Combine first 8 ingredients. Toss well; chill until mealtime; add mayonnaise blended with mustard, lemon juice and mashed yolks. Serve as is or with tomato slices. Serves 2 generously.

Ruth Horst

CAFE DOELGER MACARONI SALAD (House Special)

- 1 cup cooked macaroni
- 1/2 cup chopped tomato
- 3/8 cup celery slices
- 1/4 cup parmesan cheese
- 3 T chopped dill pickle
- 1 T chopped onion
- 1/2 tsp. mustard
- 1/8 tsp. salt
- 1/4 cup mayonnaise

Combine all ingredients except mayonnaise. Toss lightly. Add mayonnaise. Chill. Serves 2.

GRANDMA'S CARROT SALAD

(House Special)

5 carrots
1/3 can tomato soup
1/3 cup sugar
1/3 cup salad oil
1/2 tsp. dry mustard
1/3 cup (scant) vinegar
1/2 tsp. pepper
1 small red onion
1/2 green pepper

Slice carrots crosswise. Cook until barely done. Make marinade of soup, sugar, oil, mustard, vinegar and pepper which has been whipped to blend. Add 1 small red onion, sliced into rings and 1/2 green pepper cut into slivers. Marinate overnight. Serves 2. Leftovers are delicious.

Debra Green

GREEN BEANS SUPREME

(House Special)

1/2 lb. fresh green beans, cooked
4 mushrooms, sliced
1 tsp. margarine
2 T canned mushroom soup
2 T milk
few water chestnuts (canned) sliced
1 T cheddar cheese, grated
French fried onion rings-a few T,s.

Saute mushrooms in margarine. Blend soup and milk. To the beans, add water chestnut, soup mixture and the mushrooms. Pour into pan. Sprinkle cheese on top. Bake at 300 for 30 min. Sprinkle onions on top of bean mixture. Bake another 10 min. Serves 2.

SPINACH SOUFFLE

(House Special)

1 sm. (8 oz. carton) cottage cheese
3 eggs, slightly beaten
1 T butter or margarine
1 cup grated sharp cheddar cheese

1½ T flour
1 pkg. frozen chopped spinach,
drained well

Mix together and bake uncovered at 350 for 35 minutes or until set.
Serves 3.

Susan Plath

RATATOUILLE

(House Special)

1/4 cup olive oil
1/2 cup thinly sliced onions
1 clove garlic
1 green pepper, julienne
1½ eggplants, peeled and diced
1-3/4 cup zucchini, cut in 1/2" slices
1¼ cup peeled seeded quartered tomatoes
salt & pepper to taste

Put oil in deep skillet. Saute onions and garlic. Combine these in layers with rest of ingredients. Sprinkle top with more olive oil. Simmer, covered, over very low heat for 35 to 45 min. Uncover and continue to heat for another 10 min. to reduce liquid. Serve hot or cold. Serves 4.

STIR FRIED VEGETABLES WITH HOISIN SAUCE
(House Special)

2 tsp. soy sauce
2 tsp. hoisin sauce
1/2 tsp. salt
1/2 tsp. sugar
1/2 tsp. water
2 T oil
1/2 cup bamboo shoots, sliced
1 cup celery, julienne sliced
1 cup carrots thinly sliced (blanched
 (1 min. in boiling water)
1 cup green beans, julienne
2 T sesame seeds, toasted

Combine soy, hoisin sauce, salt, sugar and water. Heat oil in wok. Stir fry vegetables to coat with oil. Stir in the soy mixture and cook vegetables covered until tender-crisp. Sprinkle with sesame seeds just before serving. Serves 4.

DILLED ZUCCHINI AND CARROTS
(House Special)

1 zucchini, sliced 1/2"
1 carrot, sliced thin
2 T chopped onion
1½ tsp. margarine
1/4 tsp. dill weed
1½ tsp. water

In skillet, melt margarine and saute vegetables 10 to 15 min. Add dill and water. Cover and cook until tender, about another 10 min. Serves 2.

ZUCCHINI MOUSSAKA

(House Special)

Oven fried zucchini (directions follow)

2 lbs. ground lamb or ground beef

2 large onions, chopped

2 cloves garlic, minced or pressed

2 T all-purpose flour

1 tsp. ea. cinnamon, oregano leaves
and salt

1/2 tsp. ea. nutmeg & pepper

1/2 cup ea. catsup & water

3/4 cup dry red wine

14½ oz. Italian-style tomatoes

1/2 cup chopped parsley

1/2 cup ea. butter or margarine & flour

4 cups milk

6 eggs

1/4 tsp. ea. nutmeg, white pepper & salt

1 pkg. (8 oz.) fresh parmesan cheese,
grated

First, cook zucchini according to the directions that follow. For meat sauce, crumble lamb or beef into a 12" frying pan or Dutch oven. Add onions and garlic and cook, stirring, over medium high heat until onions are limp. Spoon off fat. Stir in the flour, 1 tsp. cinnamon, oregano, salt and the 1/2 tsp. nutmeg and pepper. Slowly stir in the catsup, water, wine, tomatoes (cut into small pieces) and parsley. Cook over medium high heat, stirring frequently to prevent sticking for 15 min. or until juices evaporate and a thick sauce forms; set aside

CUSTARD TOPPING

Melt the butter in a 3 qt. saucepan over medium heat; remove from heat and stir in the 1/2 cup flour; gradually blend in the milk. ¹⁴ Cook stirring, until

ZUCCHINI MOUSSAKA (continued)

a thick sauce forms. Beat eggs with the 1/4 tsp. nutmeg, white pepper and salt; gradually add 1 cup of the hot white sauce. Then stir egg mixture into the remaining white sauce. Cook, stirring constantly, over medium heat for 1 min. Remove from heat; stir in the cheese. Arrange half the zucchini in a greased 9x13 casserole dish; spoon meat sauce on top, spreading evenly. Arrange remaining zucchini on meat sauce, and spread custard over all. Cover and chill if made ahead. Bake uncovered in a 350 oven for 50 min. (60 min. if refrigerated) or until custard is bubbly and center appears firm. Let stand 15 min. before cutting into squares. Serves 8 to 10.

To Cook the Zucchini:

Place 1 T ea. butter and oil on each of 2 large rimmed baking sheets. Set in a 400 oven until butter melts, then rotate sheets to distribute mixture evenly. Cut 10 medium size zucchini (about 2 3/4 lbs.) in half length-wise, then cut in half again cross-wise. Arrange zucchini in a single layer on baking sheets, turning to coat both sides with fat. Bake flat side down on the bottom 2 racks of a 400 oven for 10 min. Switch position of trays; bake 10 to 12 min. or until flat sides are browned and zucchini is soft; drain on paper towels.

MUSHROOM BROCCOLI STROGONOFF

(House Special)

2 T margarine, melted
1/2 cup onion, chopped
1/2 cup mushrooms, sliced
1 T lemon juice
1/8 tsp. salt
1/8 tsp. basil
1 cup mild cheddar cheese, shredded
1/2 cup sour cream
1/2 lb. broccoli, cut in small pieces
1/3 lb. whole wheat flat noodles
1 cup diced cooked turkey
1/4 cup chopped walnuts

Melt margarine over medium heat. Add mushrooms and onion and saute 5 to 8 min. Remove pan from heat and stir in the lemon juice, salt, basil, half the cheese and sour cream. Mix until blended. Set aside.

Steam broccoli just until tender. Cook noodles 8 to 10 min. in boiling salted water. Drain. In large bowl combine the sour cream mixture, noodles, and broccoli. Stir in meat. Spread into baking dish. Bake covered 15 min. at 350. Sprinkle top with remaining cheese and the walnuts. Continue baking, uncovered, until cheese melts, about 5 min. Serves 4.

VEGETABLE SOUFFLE

(House Special)

4½ T margarine, softened
4 eggs, separated
½ cup sour cream
¼ cup flour
pinch of salt
⅛ tsp. pepper
⅛ tsp. nutmeg
½ cup grated parmesan cheese

Vegetable Filling:

⅓ lb. mushrooms
2 T margarine
1 lb. frozen mixed vegetables

Saute for 10 minutes over medium heat.

Beat the margarine until creamy. Beat in egg yolks, sour cream, flour, salt, pepper, nutmeg and ⅓ the cheese. In a large bowl beat egg whites until stiff moist peaks form. Fold into yolk mixture.

Spread ½ of the egg mixture in a buttered pan. Sprinkle with ½ of the filling and another ⅓ of the cheese. Spread remaining egg mixture over this. On top, spoon remaining filling in a strip down the center. Sprinkle on rest of cheese. Bake at 350 for 35 min. or until golden brown. Serves 4.

BARLEY & MUSHROOM CASSEROLE

(House Special)

1/4 cup margarine
2 onions, diced
1/4 lb. mushrooms, sliced
1 cup barley
1/4 tsp. salt
1/4 tsp. pepper
1 1/4 cup chicken stock

Preheat oven to 325. Melt margarine in frying pan over low heat. Add onions and cook, stirring occasionally, for about 5 min. until golden. Add mushrooms and cook for 3 min. Transfer onions and mushrooms to an ovenproof casserole. Add the barley, salt and pepper. Pour in the stock. Stir to mix. Cover casserole and cook for 1 hour or until barley is tender and liquid is absorbed. Serves 4.

PORK FRIED RICE

(House Special)

4 cups cooked rice
1/4 cup oil
1 1/2 cup cooked pork, sliced thin
3/4 cup scallions
1/4 tsp. pepper
2 eggs
2 T oyster sauce
1/2 cup parsley (optional)

Cook rice day before and refrigerate. Heat oil in wok. Cook rice, stirring steadily and pressing out lumps, until lightly browned. Add pork, scallions and pepper. Cook 1 min. stirring constantly. Make a hollow in the center and pour in eggs, stir until they begin to set, then mix all ingredients (over)

PORK FRIED RICE (cont'd)

together. Blend in oyster sauce.
Serves 6.

SPAGHETTI WITH MEAT SAUCE (House Special)

1 lb. ground beef
2 cups tomato puree or sauce
6 oz. can tomato paste
2/3 cup water
1/2 cup chopped onion
1 bay leaf
1/4 tsp. thyme
1 small garlic clove, minced
1/2 tsp. oregano
1/3 tsp. pepper
3/4 tsp. salt
1 T red wine
1 lb. spaghetti
5 qts. boiling water
1 T salt
1 T oil

Brown beef. Pour off excess fat. Add tomato sauce, paste, 2/3 cup water, onion, bay leaf, thyme, garlic, oregano, pepper, salt and wine. Cook slowly, stirring frequently until thickened, approx. 1/2 hr. About 15 min. before serving add dash of cinnamon. Cook spaghetti in boiling, salted water with oil, until tender, 12 to 15 min. Drain, rinse in hot water to remove excess starch. Serves 8.

SUE'S DOWN-HOME LASAGNE

(House Special)

1 lb. ground beef
1 small onion, chopped
1 clove garlic, minced
3 cups tomato sauce
6 oz. tomato paste & 6 oz. water
1/4 tsp. pepper, salt, basil & thyme
1 tsp. oregano
1/2 - 1 lb. lasagne noodles (whole
wheat if possible)
1/2 lb mozzarella, sliced thin
1 lb. jack cheese, sliced thin
1/2 shaker parmesan cheese

Cook ground beef until just browned. Add onion and garlic and cook until tender. Add sauce, pasta, water and spices. Cook 30 min. stirring occasionally. In baking pan layer meat sauce, uncooked noodles, jack cheese and parmesan. Repeat layer, using mozzarella combined with parmesan in final layer. Bake at 350 for 1 hr. Cover lightly with aluminum foil if casserole browns too quickly. Serves 4.

Sue Horst

MACARONI AND CHEESE

(House Special)

3 1/3 cup macaroni
3 T plus 1 tsp. margarine
6 T plus 2 tsp. flour
3 1/3 cup milk
1 scant tsp. mustard
salt & pepper to taste
2 1/3 cup cheddar cheese, grated

Boil macaroni in salted water for 7 min. Make white sauce with margarine, flour and milk. Add mustard, salt and pepper to taste. Add most of cheese and cook and stir until cheese is melted. Add cooked macaroni and stir well. Pour mixture into buttered heatproof pan. Sprinkle with remaining cheese and brown in hot oven. Serves 8.

MANICOTTI

(House Special)

2/3 lbs. manicotti.
melted margarine

Filling:

1 lb. ground beef
1 large onion, chopped
2 small cloves garlic, chopped
2 eggs
2/3 cup soft bread crumbs
1 pkg. spinach, thawed & drained

Sauce:

1/4 tsp. pepper
1/2 tsp. oregano
1/2 tsp. beef base
3 cups tomato sauce
3/4 cup water
1/4 cup red wine
3/4 cup parmesan cheese
1/4 tsp. cinnamon
1/2 tsp. Italian seasoning
6 to 12 mushrooms, sliced & sauted

Cook pasta in large quantity of boiling salted water until quarter done, about 5 min. Drain and rinse in cold water. Return to pot and toss with small amount of melted margarine. Fry ground beef with onion and garlic until browned. Drain. Combine with remaining filling ingredients. Fill each shell. Combine all sauce ingredients and heat until warm. Pour half of sauce in casserole. Place stuffed shells in pan. Top with remaining sauce. Bake in 350 oven about 30 min. or until done. Serves 6.

FRENCH BREAD

(House Special)

4½ cups flour
2 cups water, very warm (from tap)
1 tsp. sugar
2 tsp. salt
1 T yeast

Combine very warm water from tap with yeast. Let sit until dissolved. Add sugar and stir. Let sit until it

bubbles. Gradually add flour and salt. Mix just until thoroughly combined. Let rise until double (2 hours.) Punch down (with floured hands) and spoon into greased 10" baking dish (pyrex, cast iron, etc.) Spread evenly. (mixture will be very sticky.) Let rise again 1 hour. Bake at 400 for 1 hour. Remove from pan and cool. Makes 1 loaf.

SUNFLOWER CHEESE CRISPS (House Special)

1 cup all-purpose flour
1/4 tsp. salt
1/4 cup margarine
1 cup cottage cheese
1/4 cup sunflower seeds, shelled

In mixer bowl stir flour and salt. Cut in margarine with two knives until mixture is in fine crumbs. Beat in cottage cheese until smooth. Stir in seeds. Divide dough in half. Roll each half on a lightly floured surface into a rectangle. Cut in 4" squares. Prick each square several times with a fork. Place on ungreased baking sheet. Bake at 325 for 30 min. or until lightly browned. Makes 1½ dozen.

OLD FASHIONED OATMEAL BREAD

(House Special)

2 envelopes active dry yeast
1/2 cup warm water (105-115°)
1/2 cup molasses
1/3 cup oil
1-1/4 cups water
2 eggs, beaten
1 T sea salt
2 cups rolled oats
5 cups whole wheat flour

Stir yeast into very warm water. Let sit 5 minutes. Stir again to dissolve. In a large bowl, mix together molasses, oil, the 1-1/4 cups water, eggs and salt. Stir in the yeast, then oats and last add the flour, using just enough to form a soft dough. (You may need to use up to 5-1/2 cups flour.)

Knead dough in bowl several minutes to develop gluten. Cover and let rise in a warm, draft free place about 1 hour and 15 minutes (or until doubled in bulk.) Punch dough down and knead again. Divide dough in half and place in two buttered 9x5x3 inch loaf pans. Cover and let rise again until doubled in bulk (about 45 minutes.)

Bake at 375 for about 45 minutes or until loaves sound hollow when tapped. When done, remove from pans and cool on a wire rack. Makes 2 loaves.

Sue Horst

CARROT BREAD

(House Special)

2 eggs
3/8 cup honey
1/4 cup molasses
5/8 cup oil
1 1/4 cup whole wheat flour
1 tsp. baking powder
3/4 tsp. baking soda
1/8 tsp. salt
1 tsp. cinnamon
1/4 tsp. cloves
1/4 tsp. nutmeg
1 tsp. grated orange peel
1 cup carrots, grated

Beat eggs in bowl. Gradually add honey and molasses and beat until thoroughly mixed. Slowly add oil and continue beating until well mixed. Combine dry ingredients and orange peel. Stir into egg mixture and blend until smooth. Stir in carrots. Pour batter into loaf pan and bake at 350 for 30 min. Reduce heat to 300 and bake 20 min. longer or until tested done. Cool in pan for 10 min. Remove and cool on wire rack. Makes 1 loaf.

ZUCCHINI CHEDDAR BREAD (House Special)

1 cup chopped onion
1/4 cup margarine
2½ cup Bisquick baking mix
1 T snipped parsley
1/2 tsp. dried basil
1/2 tsp. thyme
1/4 cup milk
3 eggs
1½ cup zucchini, shredded
1 cup cheddar cheese, shredded
2/3 cup almonds

Heat oven to 400. Grease and flour baking pans. Cook and stir onion in margarine until tender. Cool slightly. Mix the onion mix, bisquick, parsley, basil, thyme, milk and eggs. Beat vigorously 1 min. Stir in remaining ingredients. Spread in pan. Bake about 40 min. or until wooden pick tests clean. Cool slightly. Remove from pan. Serves 8.

COTTAGE CHEESE RAISIN BREAD

(House Special)

This bread could almost be served as a cake.

1/4 cup butter or margarine
1/4 cup sugar
2 eggs
1 cup small curd cottage cheese
1/2 cup dark seedless raisins
1½ cups all-purpose flour
1/2 cup whole wheat flour
4 tsp. baking powder
1/4 tsp. soda
1/4 tsp. salt
1 tsp. caraway seeds
1/2 cup milk

Beat together butter and sugar until fluffy. Beat in eggs, cottage cheese and raisins. Stir in flour mixed with baking powder, soda, salt and caraway seeds, alternately with milk. Turn into a greased and floured 8 inch round layer cake pan.

Bake at 375 for 10 min., reduce heat to 350 and bake about 40 more min. or until cake tester inserted in center comes out clean.

Cool 10 minutes in the pan, then invert and cool on rack. Makes 1 loaf.

Sue Horst

EGG FOO YUNG

(House Special)

2 eggs
3/4 tsp. salt
1/8 tsp. pepper
1/3 cup chopped onion
1/2 cup cooked pork, chicken, shrimp etc.
(chopped)
1/2 cup bean sprouts
2 T chopped scallions
1 T soy sauce
1/3 cup oil
1/2 T cornstarch
3/4 cup chicken broth
1 tsp. molasses or dark corn syrup

Lightly beat eggs, salt and pepper.
Stir in onion, meat or fish, sprouts,
scallions, and 1/2 T soy sauce.

Heat the oil in wok or skillet.
Use a ladle and drop 1/4 cup of the
mixture into the oil. Fry until browned
on both sides. Mix the cornstarch to
a paste with a little broth. Combine
in saucepan with all the broth, the
molasses and remaining soy sauce.
Cook over low heat, stirring until
thickened. Pour over omelets and serve.
Serves 2.

MUSHROOM OMELET

(House Special)

A fluffy baked omelet to cut into squares and top with a savory mushroom sauce.

Omelet:

4 egg yolks, beaten
1/8 cup milk
2 tsp. cornstarch
1 oz. butter, melted
pinch salt
4 egg whites

Sauce:

1/2 cup mushrooms, sliced
1 T butter
6 oz. tomato sauce
1/2 cup cheese, processed cheddar

Omelet:

Combine egg yolks, milk, cornstarch, butter and salt.

Beat egg whites until they form stiff glossy peaks. Fold into yolk mixture.

Pour into a small pan. Bake in a 325 oven 1 hour or until done.

To make sauce:

Saute mushrooms in butter. Stir in tomato sauce and cheese. Heat and stir until cheese melts and mixture is blended.

To serve:

Cut omelet in 3 inch squares.
Serve with sauce. Serves 2.

Sue Horst

ZUCCHINI QUICHE

(House Special)

1 recipe for basic single-pie crust
3 T plus 1 tsp. grated parmesan cheese
3 T plus 1 tsp. grated cheddar cheese
6 T plus 2 tsp. dry bread crumbs
1½ lb zucchini, sliced
2 eggs, separated
1½ cup sour cream
1 T plus 2 tsp. chopped chives
1 T plus 2 tsp. flour
1/8 tsp. cream of tartar
salt & pepper to taste
margarine

Prepare pie crust dough. Combine the two cheeses and add 1/2 the cheese to dough. Chill, then press into pie tins. Chill again. Mix remaining cheese with bread crumbs and set aside. Boil zucchini in salted water for 5 min. and drain. Beat together egg yolks and sour cream. Add chives, flour, salt and pepper. Beat egg whites with cream of tartar until stiff but not dry and fold into sour cream mixture. Arrange a layer of zucchini slices over bottom of pie crust, placing them edge to edge and cover with a small amount of the sour cream mixture. Continue to layer, topping with sour cream mixture. Sprinkle cheese and bread crumb mixture over top. Dot with slivers of margarine. Bake for 10 min. at 450. then turn down heat to 325 for another 10 min. Makes 1 pie.

SPRING VEGETABLE QUICHE (House Special)

Pastry for 1 single crust 9" pie

1 lb. fresh spinach

1 cup chopped lettuce

1 cup thinly sliced green onions

1/4 cup snipped parsley

4 eggs

3 oz. cream cheese, softened

1/2 cup plain yogurt

1/4 cup milk

few drops worcestershire sauce

3/4 tsp. salt

dash of pepper

2 T parmesan cheese

Prepare and roll out pastry. Line pie plate with pastry. Flute edges. Do not prick. Bake at 450 for 5 min. Remove from oven. Reduce oven temperature to 375. Rinse and chop spinach, removing stems. Cook covered with just the water that clings to the leaves until steam forms. Reduce heat and cook 3 to 5 min. turning frequently. Drain. Add lettuce, onion and parsley. Beat together eggs, cream cheese, yogurt and milk. Stir in spinach mixture, worcestershire sauce, salt and pepper. Turn into pre-baked pie shell. Sprinkle with parmesan cheese. Bake at 375 for 30 min. or until knife inserted comes out clean. Let stand 10 min. before serving. Makes 1 pie.

OAT CRUST QUICHE

(House Special)

2 T margarine
1/4 lb. mushrooms, sliced
1 cup shredded carrots
1/2 cup thinly, sliced green onions
4 eggs
1 tsp. thyme
1/2 tsp. garlic salt
1/4 tsp. pepper
dash of nutmeg
2 cups scalding hot milk
1 cup rolled oats
2 cups shredded jack or swiss cheese

In frying pan, melt margarine over medium high heat. Add mushrooms, carrots and green onions. Saute until all juices evaporate and mushrooms are lightly browned. Beat together eggs and seasonings. Stir in scalding hot milk. Sprinkle oats evenly over bottom of buttered small baking pan. Sprinkle cheese over oats, then cover with mushroom mixture. Slowly pour egg mixture over all. Bake at 400 until center is set, about 30 to 40 minutes.

CHEESY CHILI RELLENO PUFF (House Special)

10½ oz. whole green chilis
1½ cup jack cheese, shredded (6 oz.)
6 eggs, slightly beaten
1 cup plus 2 T milk
1 T flour
1 tsp. baking powder
1/4 tsp. garlic powder
1/8 tsp. salt
1½ cup cheddar cheese, shredded (6 oz.)

In greased pan layer split chilis and the jack cheese. Combine eggs, milk, flour, baking powder, garlic powder, and salt. Mix well. Pour over chilis. Top with cheddar cheese. Bake at 350 for 30 min. Serve with chili sauce. Serves 6.

Chili Sauce:

1 cup tomato sauce
1/4 cup hot picante sauce
1 tsp. oregano

Combine ingredients, heat for 5 min. and serve.

CHILI RELLENO BAKE

(House Special)

6 eggs, separated
1/2 T flour
1/8 tsp. salt
1/8 tsp. pepper
4 oz. Calif. green chilis, seeded and
rinsed
1/4 lb. mild cheddar, sliced
canned or bottled green chili sauce
(optional)

Beat egg whites until stiff. Mix flour, salt and pepper with egg yolks and fold into the beaten egg whites. Pour half this mixture into a greased baking pan. Slit chilis lengthwise down one side. Lay flat over egg batter and then cover with cheese slices. Pour rest of egg mixture over cheese. Bake 25 min. in 325 oven. Cut into 4 servings. Serve with sauce if desired. Serves 4.

DANISH CHICKEN CASSEROLE (House Special)

3/8 cup flour
3/4 tsp. salt
1/4 tsp. pepper
3/4 tsp. dill
3½ lb. chicken, cut in pieces
2 eggs (small) lightly beaten
3 T margarine
1½ T oil
1 cup chicken stock
1 green pepper, cut in rings
3/8 cup heavy cream
2 small tomatoes, peeled, sliced
3/8 cup cheddar cheese, grated

Combine the flour and seasonings. Dip chicken, first in beaten eggs, then coat thoroughly in flour mixture. Melt margarine and oil over moderate heat. When foam subsides, add chicken pieces and fry 8 min. or until lightly browned. Turn frequently. Add chicken stock and bring to boil. Reduce heat over pan and simmer gently for 40 min. or until chicken is tender. Place chicken in baking dish. Add green pepper into liquid. Cook 4 min. Add tomatoes and cook 2 min. Remove tomatoes and peppers from liquid and arrange around chicken pieces in baking dish. Remove remaining liquid in pot from heat. Add cream. Return to heat and cook gently 2 to 3 min. Pour sauce over chicken. Sprinkle cheese over on top and bake until cheese melts.

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ALMOND CHICKEN BAKED IN CREAM

(House Special)

16 pieces chicken
flour
1¼ tsp. celery salt
1¼ tsp. paprika
1/2 tsp. salt
5/8 tsp. curry powder
5/8 tsp. oregano
5/8 tsp. pepper
scant 1/2 cup margarine, melted
1/2 cup almonds - generous measure
1-1/3 cup half & half
2/3 cup sour cream
1/4 cup fine dry bread crumbs combined
with 4 T melted margarine

Coat chicken pieces with flour.
Blend seasonings with melted margarine.
Coat chicken in seasoned margarine mixture. Arrange coated chicken in baking dish. Sprinkle evenly with almonds.
Pour half & half between pieces. Bake, covered in 350 oven for 45 min. Uncover.
Spoon half the sauce from the pan into the sour cream and mix. Pour evenly over the chicken. Sprinkle evenly with buttered crumbs. Bake uncovered, about 15 min. longer or until chicken is tender. Serves 8.

CASHEW CHICKEN

(House Special)

- 2 chicken pieces (preferably breasts)
(a protein)
- 1/4 lb. frozen pea pods (or fresh)
- 1/2 lb. mushrooms, sliced
- 2 green onions, sliced
- 1/2 can (15 oz.) bamboo shoots, drained
- 1/2 cup chicken broth
- 1/8 cup (2 T soy sauce
- 1 T cornstarch
- 1/4 tsp. each - sugar, salt
- 1 T oil
- 1/2 pkg. cashew nuts (4 oz.) (a protein)

Bone chicken and remove skin. Cut meat into 1" pieces. Remove the ends and strings from fresh pea pods. Wash and slice mushrooms. Slice green onion into 1/4" pieces, including part of tops. Slice bamboo shoots.

Prepare chicken broth. Mix together soy sauce, cornstarch, sugar and salt. Set aside.

Heat 1 T oil over moderate heat. Add nuts all at once. Cook one minute, shaking pan until lightly toasted. Remove from pan and set aside.

Add remaining oil to pan, add chicken. Cook until opaque, approximately 3 to 4 minutes. Add peas, mushrooms and bamboo shoots. Pour in broth. Cover and simmer 2 minutes.

Stir the soy sauce mixture into the pan juices and cook until sauce thickens, stirring constantly. Mix in green onions. Sprinkle with nuts.

Serve with rice. Serves 2.

Sue Horst

EASY CHEESEY TURKEY LOAF (House Special)

1 egg, lightly beaten (or 1 white of
egg or 1/4 cup defrosted no-
cholesterol substitute)

1/4 cup skim milk

3/8 cup rolled oats

1/2 lb. ground turkey

1/2 peeled, chopped onion

salt or garlic salt to taste

1/4 cup shredded extra-sharp American
or cheddar cheese

Optional: 1½ T catsup

Combine ingredients except catsup
and mix lightly. Shape into a non-stick
loaf pan. Spread top with catsup. Bake
in pre-heated 350 oven for 1 hour.
Serves 3.

Sue Horst

CRYING BABY CHICKEN

(House Special)

12 pieces chicken
1 pkg. dry Lipton onion soup
1 can mushroom soup
1 soup can of milk
1 soup can white wine
4½ T butter
Grated parmesan cheese
1¼ cup rice

Mix together dry rice, milk, soups and wine in baking pan, spreading over bottom. Place chicken pieces on top. Put pats of butter over all. Bake covered in 350 oven for 1 hour. Sprinkle cheese on top. Recover and cook for 15 minutes. Serves 6.

MUSHROOM SHERRIED CHICKEN (House Special)

10 chicken thighs
1 can cream of mushroom soup
2 T sherry wine
1 T worcestershire sauce
slivered almonds

Remove skin of chicken. Place chicken in casserole which has a lid. Combine soup, wine and worcestershire sauce. Pour over chicken. Sprinkle with almonds. Bake at 350 for 1 hour. Serve over rice. Serves 5.

HEARTY CHICKEN PIE

(House Special)

1/2 lb. pork sausage
1/4 cup margarine
2 T white flour
2 T whole wheat flour
1/8 tsp. salt
1/8 tsp. pepper
1 1/2 cup chicken broth
2/3 cup milk
1 chicken, cooked, cubed
1/2 pkg. frozen peas, about 3/4 cup
1/2 head broccoli, chopped, steamed
2 carrots, sliced steamed

In saucepan, brown sausage, breaking into pieces. Drain on paper towels. Pour off fat. In same pan melt margarine. Blend in flours, salt, pepper. Stir in broth and milk. Cook and stir until thick and bubbly. Cook 1 minute. Add sausage, chicken, peas, broccoli and carrots. Heat through. Pour into a casserole.

Pastry topping:

1/2 cup white flour
1/2 cup whole wheat flour
1 tsp. celery seed
1/2 tsp. salt
1/8 tsp. pepper
1/2 tsp. paprika
1/4 cup shortening
2 T water

Combine all dry ingredients. Cut in shortening. Sprinkle with water, mixing with fork until flour is moistened and dough clings together. Gather dough into a ball. Roll 1/8 to 1/3" thick on lightly floured surface.

HEARTY CHICKEN PIE (cont'd)

Cut into size of casserole. Cut slits in center. Place on top of casserole. Bake at 450 for 25 to 30 minutes. Serves 4.

ASPARAGUS CHICKEN WITH BLACK BEAN SAUCE

(House Special)

3/4 lb. asparagus
1 cup water
3/4 cup chicken, raw, cut in 3/4" squares
1½ tsp. mashed dermented black beans
(dow-see)
1/2 clove garlic, mashed
1½ tsp. soy sauce
1 T oil
1/4 tsp. salt
1/4 cup chicken stock
1/4 tsp. sugar
1½ tsp. cornstarch mixed with 1½ tsp.
water

Slice asparagus diagonally in 1/2" slices. Boil in 1 cup water until just tender (2 min.) or steam. Combine beans, garlic and soy sauce. In pre-heated wok, place 1 T oil and salt. Turn to high heat and add asparagus, chicken, black bean mixture, chicken stock, and sugar. Stir fry 1 minute. Cover and cook 2 more minutes. Add cornstarch mixed with water. Cook until it thickens. Serve over rice, if desired. Serves 2.

Sue Horst

CHICKEN STIR FRY

(House Special)

- 2 T soy sauce
- 1 T cornstarch
- 4 T oil
- 1 T dry sherry (optional)
- 1/2 tsp. ginger
- 3/4 lb. boneless chicken breasts, about
2 small, skinned and cut in thin
strips. (These are sometimes called
cutlets.)
- 1 large onion, sliced thin
- 1 can (16 oz.) chop suey vegetables,
rinsed and drained

In bowl mix well soy sauce, cornstarch, 1 T oil, sherry and ginger. Add chicken and toss to coat. Set aside. Heat 1 T oil in skillet and stir fry onion 2 to 3 minutes or until crisp tender. Remove from skillet and set aside. Heat remaining 2 T oil in same skillet and stir fry chicken until chicken loses pink color. Stir in onion and vegetables. Cook briefly, just to heat. Serve with rice and additional soy sauce. Serves 4.

SWEET AND SOUR CHICKEN (House Special)

2 whole chicken legs and 2 whole chicken
breasts

1/2 cup flour

1/3 cup salad oil or shortening

1 tsp. salt

1/4 tsp. pepper

Sauce:

1 can (1 lb. 4 oz.) sliced pineapple

1 cup sugar

2 T cornstarch

3/4 cup cider vinegar

1 T soy sauce

1/4 tsp. ginger

1 chicken bouillon cube

1 large green pepper, cut crosswise in
1/4" circles

Wash chicken. Pat dry with paper
towels. Coat chicken with flour.

Heat oil in large skillet. Add
chicken a few pieces at a time and brown
on all sides. Remove as browned to
shallow roasting pan, arranging pieces
skin side up. Sprinkle with salt and
pepper. Meanwhile, preheat oven to 350.

Make sauce. Drain pineapple pouring
syrup into 2 cup measure. Add water to
make 1 1/4 cups. In medium saucepan, com-
bine sugar, cornstarch, pineapple syrup,
vinegar, soy sauce, ginger and
bouillon cube; bring to boiling, stir-
ring constantly. Boil 2 min. Pour over
chicken. Bake uncovered 30 minutes.
Add pineapple slices and green pepper.
Bake 30 minutes longer, or until chicken
is tender. Serve with fluffy white rice.

TEXAS TURKEY CHILI

(House Special)

- 3 lbs. boned turkey (thigh or hind-quarter, cut in 1" cubes)
- 2 tsp. salad oil
- 1 cup turkey or chicken broth
- 1 can (28 oz.) tomatoes & liquid
- 2 large peeled chopped onions
- 4 seeded & chopped bell peppers
- 2 minced cloves garlic
- 1 T chili powder
- 2 tsp. cumin seeds
- 2 tsp. dried oregano
- Optional: 1/4 cup shredded sharp cheddar cheese

Add oil to pot. Brown raw turkey pieces over moderate heat. Drain and discard any fat.

Add all remaining ingredients except cheese. Cover and simmer over low heat until turkey is very tender, about 1 hour. Uncover and simmer until liquid has somewhat evaporated and chili is thick. Spoon into serving dish and sprinkle with shredded cheese.

TURKEY CASSEROLE

(House Special)

2 cups cooked turkey, cubed
3 T margarine
1/2 cup celery, diced
1/3 cup onion, diced
1/3 cup green pepper, diced
3 T flour
3 cups chicken stock
2 egg yolks, lightly beaten
salt & pepper to taste
3 T dry white wine

In cooking pot, melt margarine. Add celery, green pepper and onion. Stir and saute gently until lightly browned. Sprinkle flour over top and stir and cook slowly for 5 minutes. Gradually stir in chicken broth. Remove from heat. Stir in egg yolks, seasonings and meat. Stir over low heat until sauce thickens slightly. Add wine. Serve over rice. Serves 4.

BAKED CHICKEN

(House Special)

4 pieces of chicken
1 egg
2 T milk
3 T dry bread crumbs
1 T parmesan cheese, grated
1/4 tsp. Italian seasoning
salt & pepper to taste

Dip chicken into egg and milk mixture then into the combined dry ingredients. Toss in oiled baking pan. Bake for 1 to 1 1/2 hours at 350. Serves 2.

SWEET & SOUR PORK

(House Special)

1 lb. lean, boneless pork, cut in 1" pieces

1 egg, lightly beaten

1/2 tsp. salt

1/4 cup cornstarch

1/4 cup flour

1/4 cup chicken stock

1 cup oil, for frying

Sauce:

1 T oil

1 clove garlic, finely chopped

1 large green pepper, cut in 1/2" squares

1 carrot, sliced julienne

1/2 cup chicken stock

1/4 cup sugar

1/4 cup red wine vinegar

1 tsp. soy sauce

1 T cornstarch, dissolved in 2 T water

In bowl, combine egg, salt, cornstarch flour and stock. Set aside. For the sauce, have all ingredients within easy reach. Combine cornstarch and water. When ready to cook, add pork to egg mixture and stir until meat is well coated. Preheat oven to 250. Heat oil in wok, drop in pork cubes, one by one. Fry for 5 to 6 minutes until crisp and golden. Remove with slotted spoon and add another batch. Keep first batch warm in oven. Continue frying pork cubes in batches until all are cooked. To make sauce, pour off oil in wok. Add back 1 T oil over high heat. Add garlic, then green pepper and carrots. Stir fry 2 to 3 minutes. Pour in the chicken stock, sugar, vinegar and soy sauce. Bring to boil. Boil rapidly

SWEET & SOUR PORK (cont'd)

for 1 minute. Add cornstarch mixture and stir fry until thickened. Pour over pork and serve at once. Serves 6.

HAM LOAF

(House Special)

2 lb. ground ham
1/2 lb. ground pork or veal
3/4 can apple sauce
1 small, chopped fine
2 T flour
2 eggs
2 T brown sugar
1/8 tsp. black pepper
1 1/2 cup cracker meal

Combine all ingredients. Mold and place in baking pan with small amount of water.

Glaze:

1 cup brown sugar
1/2 cup water
1/3 cup vinegar

Bring to boil and boil 5 minutes.
Bake meat loaf 1 hour in 375 oven.
Baste frequently with glaze using pastry brush.

Dorothy Bradford

HEARTY MEAT PIE

(House Special)

1½ lbs. stew meat, cut in 1" pieces
2½ T salad oil
1 onion, finely chopped
1 clove garlic, minced
2 T sherry wine
1/4 tsp. pepper
1 T soy sauce
2 carrots, sliced
2 stalks celery, sliced
1/4 lb. mushrooms, sliced
1 large tomato, peeled and cut up
2½ T cornstarch
2½ T water
pastry - enough for 1 pie
1 cup beef broth

Brown meat in oil, stirring over high heat. Add onion and garlic. Stir until golden. Then add sherry, pepper, soy sauce and the beef broth. Cover and simmer until meat is tender about 1½ hours. Add more water if necessary. While meat is cooking prepare pie crust, roll to fit pan. Cover with film and chill. Cook vegetables, except tomato until barely tender. Drain liquid from meat. Bring juices to boil and add the cornstarch and water (mixed together) stirring until thickened. Combine meat, vegetables and juices in baking pan. Top with the tomato. Cover with pastry, slit top. Bake at 450 for 20 to 30 minutes.

CHICKEN (OR TURKEY) ENCHILADAS

(House Special)

- 1 small can enchilada sauce
- 12 corn tortillas
- 1/3 cup oil

Filling:

- 3 cups shredded, cooked chicken or turkey
- 2 cups sour cream
- 1/2 lb. (2 cups) shredded cheddar cheese

Combine the 3 filling ingredients. Heat oil in large frying pan. Dip tortillas in hot oil just until limp, then dip into the enchilada sauce and drain. Fill tortillas with filling and roll up and place in baking dish, seam side down. Pour remaining sauce over enchiladas. Bake at 350 for 30 minutes. Serves 6.

SWEET & SOUR TOFU

(House Special)

- 1/2 pkg. tofu, drained
- 3 T flour
- 1 egg
- 1/4 tsp. salt
- salad oil
- 1/4 cup diced onion
- 1/2 clove garlic, crushed
- 1/2 cup pineapple juice
- 1/4 cup firmly packed brown sugar
- 3 T cider vinegar
- 3/4 T cornstarch
- 1 T soy sauce
- 1/4 tsp. ground ginger
- 1 small tomato, cut in 8 wedges
- 1/2 cup diced green pepper

SWEET AND SOUR TOFU (cont'd)

Cut tofu in $1\frac{1}{2}$ " cubes. Combine flour, egg and salt and mix well. Dip each tofu cube in batter. Deep fry in hot oil until golden brown. Drain and keep warm in oven. In 1 T oil, saute onion and garlic. Discard garlic. Add juice, brown sugar, vinegar, cornstarch soy sauce and ginger. Cook stirring constantly until thickened. Add tomato and green pepper. Heat through. Just before serving pour over tofu. Serves 2.

ITALIAN STYLE GROUND BEEF CASSEROLE

(House Special)

1 lb. ground beef
1 medium onion, chopped
1 small clove garlic, minced
 $\frac{1}{4}$ cup mushrooms, sliced
4 oz. tomato sauce
3 oz. tomato paste
 $\frac{1}{2}$ cup water
 $\frac{3}{4}$ tsp. mixed Italian herbs
 $\frac{3}{4}$ tsp. salt
 $\frac{1}{4}$ tsp. pepper

Spinach Filling:

$\frac{1}{4}$ cup salad oil
10 oz. pkg. frozen chopped spinach,
thawed
1 cup soft bread crumbs
 $\frac{1}{4}$ cup minced parsley
 $\frac{1}{4}$ cup grated Romano cheese
 $\frac{1}{2}$ tsp. rubbed sage
 $\frac{3}{4}$ tsp. salt
 $\frac{1}{2}$ lb. seashell macaroni, cooked in
boiling water

Saute ground beef, onions, and garlic in large frying pan (with a cover) over

ITALIAN STYLE GROUND BEEF CASSEROLE (cont'd)

medium heat until crumbly. Add mushrooms, tomato sauce, tomato paste, water, herbs, salt and pepper. Stir mixture to blend. Cover and simmer gently for 1½ hours.

SPINACH FILLING: In a large bowl, mix together the salad oil, spinach, soft bread crumbs, parsley, cheese, sage and salt. Stir mixture until well blended. Grease small baking pan and place half the cooked macaroni in the bottom. Top with half the spinach mixture, then half the ground beef mixture. Repeat the layers, ending with the meat mixture on top. Bake uncovered in a 350 oven for 30 minutes. Serves 6.

Sue Horst

BEEF BEAN ENCHILADAS

(House Special)

1 lb. ground beef, crumbled
1 small onion, chopped
1 lb. can refried beans
1/2 tsp. salt
1/8 tsp. garlic powder
1/4 cup bottled taco sauce
2/3 cup quartered pitted olives
16 oz. can enchilada sauce
salad oil
12 tortillas
2 cups (1/2 lb.) shredded, cheddar
cheese
sour cream

In frying pan, saute beef and onions until meat is browned and onion is soft. Stir in beans, salt, garlic powder, taco sauce and olives. Heat until bubbly. Heat enchilada sauce. Pour half into ungreased, shallow baking dish. Pour oil onto griddle to cover. Dip tortillas one at a time, in hot oil to soften. Drain quickly. Place 1/3 cup of ground beef filling on each tortilla and roll to enclose filling. Place seam sides down in sauce in baking dish. Pour remaining sauce evenly over tortillas. Cover with cheese. Bake uncovered at 350 for 15 minutes or until thoroughly heated. Dollop with sour cream. Serves 6.

APPLE PECAN STUFFING

(House Special)

1/2 cup chicken broth
1/4 cup chopped celery
2 T chopped onion
2 T butter or margarine
1/4 tsp. salt
2 cups dry whole wheat bread cubes
(4 slices bread)
1 medium apple, pared, cored, finely
chopped
1/4 cup chopped pecans
1/2 tsp. ground sage
1/8 tsp. ground cinnamon
dash pepper

In small saucepan, combine chicken broth, celery, onion, butter or margarine and salt. Cover. Bring to boiling; simmer till vegetables are tender-about 5 minutes. In mixing bowl, combine bread cubes, apples, pecans, sage, cinnamon and pepper. Pour broth mixture over; toss gently to moisten. Stuff loosely into bird. (Or turn into a greased 1-quart casserole, and bake covered in 350 oven for 25 to 30 minutes.) Makes 3 cups stuffing.

Sue Horst

CRAZY CHOCOLATE CAKE

(House Special)

1½ cup flour
1 cup sugar
3 T cocoa
1 tsp. soda
1/4 tsp. salt
1/3 cup plus 1 tsp. oil
1 T vinegar
1 tsp. vanilla
1 cup cold water

Sift together flour, sugar, cocoa, soda and salt. Make three depressions. Distribute oil in depressions, then the vinegar and vanilla. Pour cold water over all. Stir with a slotted spoon until just mixed. Place in an ungreased small baking pan. Bake at 350 for 30 to 35 minutes or until tested done.

WHEAT GERM CARROT NUT BARS (House Special)

1 cup margarine
1½ cup sugar
3 cup grated carrots
3 eggs
1½ tsp. vanilla
1½ cup wheat germ
1½ cup flour
1 T baking powder
1/2 tsp. salt
3/4 cup flaked coconut
3/4 cup chopped walnuts

Beat together margarine and sugar until creamy. Beat in carrots, eggs and vanilla. Combine wheat germ flour, baking powder and salt. Stir into

WHEAT GERM CARROT NUT BARS (cont'd)

carrot mixture. Mix in coconut and walnuts. Spread in greased pan. Bake at 375 for 30 to 35 minutes or until tested done. Cool. Frost with orange frosting (following) Cut in bars.

Orange Frosting:

Mix 3 cups powdered sugar with $2\frac{1}{2}$ tsp. grated orange peel and 3 T orange juice beating until spreadable.

CARROT CAKE

(House Special)

1 cup carrots, grated
1 cup raisins
 $\frac{3}{4}$ cup honey
1 tsp. each cinnamon and all spice
 $\frac{1}{2}$ tsp. nutmeg
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. cloves
2 T margarine
 $1\frac{1}{2}$ cup water
 $1\frac{1}{2}$ cup whole wheat flour
1 tsp. baking soda
 $\frac{1}{2}$ cup wheat germ
 $\frac{1}{2}$ cup walnuts, chopped

Pre-heat oven to 300.

Cook carrots, raisins, honey, margarine and spices in the water for 10 minutes. Allow to cool. Mix together the flour, baking soda, wheat germ and walnuts. Combine this with the other ingredients. Pour into greased small loaf pans. Bake for 45 minutes. Serves 6.

YOGURT LEMON CAKE

(House Special)

3½ cups clour
3 tsp. baking powder
1 tsp. salt
1 cup butter, softened
2 T grated lemon peel
2 cups granulated sugar
5 eggs
1½ cups plain yogurt
powdered sugar

Mix flour, baking powder and salt. Beat butter with lemon peel and granulated sugar. Beat in eggs one at a time. Stir in flour alternately with yogurt to get a smooth batter but do not overmix.

Turn into greased and floured 9 or 10 cup mold. Bake at 350 for 1 to 1½ hours, or until pick inserted in center comes out dry. Baking time depends on shape of mold.

Cool 15 minutes in mold, then carefully invert and cool on rack. Sieve powdered sugar over top. No frosting is needed.

APPLE SLICES WITH SPICED CREAM

(House Special)

2 T margarine
2 tsp. sugar
1/4 cup port wine
2 large cooking apples, peeled, cored
and sliced into rings

Topping:

1/3 cup whipping cream
2 tsp. sugar
pinch cinnamon

In In pan melt margarine. Stir in sugar and wine. Add apple slices and stir to coat. Cook covered for 5 to 7 minutes or until barely tender, stirring once. Serve warm or cool with topping. Beat cream with its sugar and cinnamon. Spoon apples and juices into dishes. Top with whipped cream. Sprinkle with additional cinnamon. Serves 4.

ORANGE ZUCCHINI CAKE

(House Special)

1 cup flour
1 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. salt
1 tsp. cinnamon
1/2 tsp. nutmeg
3/4 cup sugar
1/2 cup oil
2 eggs
1/2 cup all-bran
1/2 T grated orange rind
1/2 tsp. vanilla flavoring
1 cup grated zucchini
1/2 cup chopped nuts

Combine flour, baking powder, baking soda, salt, cinnamon and nutmeg. Set aside. In mixing bowl, beat sugar, oil and eggs until well combined. Stir in orange peel, all-bran and vanilla. Add flour mixture, zucchini and nuts. Mix well. Spread evenly in 8x8" greased pan. Bake at 325 for 35 minutes or until tested done. Cool completely. Spread with orange-cream cheese frosting. Makes 8 to 10 pieces.

Orange Cream Cheese Frosting:

5½ T cream cheese, softened
1 T margarine
1/2 tsp. grated orange peel
1½ cup sifted confectioners sugar
milk, if needed

In small mixing bowl beat cream cheese margarine and peel until light and fluffy. Gradually add sugar, beating until fluffy and of spreading consistency. If mixture is too thick, add a few drops of milk.

ZUCCHINI NUT LOAF

(House Special)

2 cups flour
1½ tsp. baking powder
¾ tsp. baking soda
¾ tsp. finely shredded lemon peel
½ tsp. salt
¾ tsp. cinnamon
¼ tsp. ginger
2 beaten eggs
7/8 plus 2 T cup sugar
¾ cup oil
1½ cup finely shredded zucchini
¾ chopped walnuts
¼ tsp. orange extract (optional)

In bowl stir together flour, baking powder, baking soda, lemon peel, salt, cinnamon and ginger. Set aside. In another bowl beat together eggs, sugar, oil, orange extract. Add egg mixture to flour mixture along with zucchini and nuts. Mix well. Turn batter into greased loaf pan. Bake at 350 for 50 to 60 minutes or until tested done. Cool in pan for 10 minutes. Remove to rack and cool completely. Makes 1 loaf.

APPLE SAUCE SQUARES

(House Special)

1½ cup apple sauce
1/4 cup brown sugar
2 T flour
1 T lemon juice
1/2 cup margarine
1/2 cup brown sugar
1/2 cup flour
1 cup quick oats
1/2 cup coconut
1/2 tsp. nutmeg

In saucepan, combine first 4 ingredients. Cook until thick and bubbly. Cool. Cream margarine and brown sugar. Mix in the flour with dash of salt and stir in the oats. Press one-half the oat mixture into pan, spread cooled filling over crust. Add coconut and nutmeg to remaining oat mixture. Sprinkle over filling. Bake at 375 for 30 to 35 minutes. Cool. Cut in squares. Serves 8.

WHOLE WHEAT BROWNIE PIE (House Special)

3 T margarine or butter
2 T + 2 tsp. sugar
2 T + 2 tsp. honey
1 tsp. vanilla
1 egg
2 T + 2 tsp. whole wheat flour
2 T + 2 tsp. wheat germ
2 T + 2 tsp. unsweetened cocoa powder
1/8 tsp. salt
strawberry ice cream

In a small mixer bowl, cream together margarine and sugar until fluffy. Beat in honey and vanilla. Add egg, beating at low speed just until combined. Stir together remaining ingredients except ice cream. Add to creamed mixture. Turn into greased 4" pie tin (or mini bake pan). Bake in 350 oven for 20 minutes or until tested done. Cool. Cut in wedges to serve. Serves 3 to 4.

Sue Horst

HONEY PEACH COBBLER

(House Special)

1½ lbs. peaches, peeled and sliced
4½ tsp. lemon juice
1/4 cup honey
1 T cornstarch mixed with 1 T water
1 T margarine
topping(recipe follows)

Place peaches in shallow baking pan. Stir in lemon juice, honey and cornstarch mixture. Dot with pieces of margarine. Prepare topping and drop by spoonful onto fruit mixture. Bake at 400 for 30 to 35 minutes until well browned. Serves 6.

Whole Wheat & Honey Topping:

In a bowl, stir together 5/8 cup whole wheat flour, 1 tsp. baking powder, 1/4 tsp. salt, 1/4 tsp. ground cinnamon, 1/8 tsp. ground nutmeg. With pastry blender cut in 2 T margarine until well blended. Stir together 1/4 cup milk and 2 T honey. Stir in flour mixture just until blended. Serves 6.

CARROT BARS

(House Special)

1/3 cup butter or margarine
1/4 cup water
1 cup all-purpose flour
1 cup granulated sugar
1 tsp. ground cinnamon
1/2 tsp. baking soda
1/4 tsp. ea. salt, ground nutmeg &
ground ginger
1 slightly beaten egg
1/4 cup buttermilk or sour milk
1/2 tsp. vanilla
1 cup shredded carrots
1/2 cup raisins
powdered sugar (optional)

In a small saucepan combine butter or margarine and water. Bring to boiling, stirring to melt butter. Remove pan from heat.

In large mixing bowl stir together the flour, granulated sugar, cinnamon, baking soda, salt, nutmeg, and ginger. Add butter mixture, egg, buttermilk or sour milk and vanilla; Mix till combined. Fold in shredded carrots and the raisins. Pour mixture into greased 9x9x2 inch baking pan. Bake in a 375 oven for 20 to 25 minutes or till a wooden pick inserted in center comes out clean. Cool in pan on wire rack. To serve, sift powdered sugar over top, if desired. Cut into bars. Makes 12 bars.

For an easy dessert, cut this spicy bar into larger pieces and top with a scoop of vanilla ice cream.

JELLY ROLL

(House Special)

5 eggs
1 cup sugar
1 cup flour
1 tsp. cream of tartar
2 tsp. baking powder
1/2 tsp. salt
2/3 tsp. lemon juice

Filling:

1 to 1½ cup strawberry jam
8 oz. heavy cream, whipped
1 T fine sugar
1 tsp. vanilla

Beat eggs on high speed 1 to 2 minutes. Add sugar and beat 10 to 15 minutes. Mix dry ingredients and fold (low speed) into the egg sugar mix. Add lemon juice and mix only to blend. Pour into 12x20 inch jelly roll pan lined with greased wax paper. Bake in 375 oven for 12 minutes. Turn onto cloth or heavy paper covered with powdered or granulated sugar and quickly and carefully remove wax paper. Immediately roll up cake tightly. Let cool (not cold.) Unroll. Spread on jam and then the cream that has been whipped with 1 T sugar and 1 tsp. vanilla. Roll firmly and wrap with wax paper until serving time. Keep chilled. Sprinkle with powdered sugar to serve. Left-over jelly roll can be frozen. Serves 10.

RASPBERRY BARS

(House Special)

1 cup margarine
1/2 cup sugar
2 egg yolks, well beaten
2 cups flour
1/2 tsp. baking powder
1 T lemon juice
1 tsp. lemon rind
1 cup raspberry jam

Cream margarine and sugar. Add well beaten egg yolks. Sift together flour and baking powder. Add alternately with lemon juice and rind. Divide dough in half. Line small jelly roll pan with one-half the dough. Spread with jam. Roll other half into a thin square. Cut into strips 1/2" wide. Place in lattice style over jam. Bake at 400 for 25 minutes or until lightly browned. Cut in bars before completely cooled. Serves 9.

ZUCCHINI NUT MUFFINS

(House Special)

1 egg
3 T packed brown sugar
3 T honey
3 T melted margarine
1/2 tsp. vanilla
1/2 cup plus 2 T flour
1/2 tsp. soda
1/4 tsp.
1/4 tsp. baking powder
1/4 tsp. ground nutmeg
1/2 tsp. ground cinnamon
1/3 cup granola type cereal
3 T chopped nuts
2/3 cup shredded zucchini

In a bowl, beat egg lightly. Then beat in the brown sugar, honey, melted margarine and vanilla. Combine the flour, soda, salt, baking powder, nutmeg and cinnamon. Add these dry ingredients to the egg mixture. Stir until just evenly moistened. Stir in the granola, nuts and zucchini. Evenly spoon batter into 6 well-greased muffin cups (3" diameter) filling 3/4 full. Bake at 350 for 25 to 30 minutes or until tested done with wooden pick. Serve warm or cool. These muffins freeze well. After completely cool, wrap airtight and freeze. Thaw and serve at room temperature or re-heat. Makes 6.

MOLASSES OATMEAL SQUARES (House Special)

7 T margarine
1/2 cup brown sugar
1/2 cup molasses
1 egg
1½ cup flour, whole wheat
1½ tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
1/2 cup milk
1 cup raisins
1/2 cup oats
1/2 cup peanuts, chopped
vanilla ice cream

In small mixer bowl beat margarine and brown sugar until blended. Add molasses and egg and beat until fluffy. Stir together the flour, baking powder, baking soda and salt. Add to molasses mixture alternately with the milk. Batter will look curdled. Stir in raisins and oats. Turn into greased baking pan. Sprinkle peanuts over top. Bake at 375 for 25 to 30 minutes or until done. Cool. Cut in squares. Top with ice cream. Serves 8.

APPLESAUCE RAISIN BROWNIES

(House Special)

3/8 cup margarine
1 1/4 cup brown sugar, lacked
1/2 cup applesauce
1 egg
1 tsp. vanilla
1 1/4 cup flour
1 tsp. baking powder
1/2 tsp salt
1/2 tsp. cinnamon
1/4 tsp. soda
1/4 tsp. nutmeg
1/2 cup raisins
1/2 cup chopped nuts
orange glaze

Melt margarine in pan over low heat. Remove from heat and stir in sugar then applesauce, egg, and vanilla. In bowl, stir together flour, baking powder, salt, cinnamon, soda and nutmeg. Add apple sauce mixture and blend well. Stir in raisins and nuts. Spread mixture into greased pan. Bake at 350 for 25 minutes or until tested done. Cool briefly in pan on rack. Spread with glaze while still warm. Cut in squares.

Orange Glaze:

Stir together 1/2 cup sifted powdered sugar and 1 T orange juice until smooth.

CRANBERRY MOUSSE

(House Special)

3 oz. pkg. raspberry flavored gelatin
1 cup cranberry juice cocktail
1 lb. can whole cranberry sauce
2 cups non-dairy whipped topping, thawed
8 maraschino cherries
mint leaves

In saucepan, heat cranberry juice cocktail to boiling. Remove from heat. Stir in gelatin until dissolved. In a bowl, beat cranberry sauce with electric beater on high for 1 minute. Stir into gelatin mixture. Chill in refrigerator until thickened, but not set about 1½ hours. Fold in topping until thoroughly mixed. Spoon into dessert dishes or into 9" cooked pie shell. Chill until firm. Decorate each serving with a maraschino cherry and 2 mint leaves. Serves 8.

RUM RAISIN PEACH SUNDAES (House Special)

1/4 cup ea. of raisins, brown sugar, orange juice and margarine
1 lb. can sliced peaches, drained
1/4 cup rum
1/4 cup chopped walnuts
vanilla ice cream

In saucepan, combine raisins, brown sugar, orange juice and margarine. Cook and stir for 5 minutes. Stir in peaches and rum. Heat through. Add walnuts. Serve over ice cream. Serves 10.

CITRUS CRUNCH DESSERT

(House Special)

1 cup flour
1/3 cup brown sugar, packed
1/2 cup butter or margarine
1 cup quick-cooking rolled oats
1/4 cup flaked coconut
1/3 cup granulated sugar
1 T cornstarch
1/2 of 6 oz. can (1/3 cup) frozen orange
juice concentrate, thawed
16 oz. can orange and grapefruit sections

Combine flour and brown sugar. Cut in butter or margarine until mixture looks like fine crumbs. Stir in oats and coconut. Pat 1/2 mixture in an 8x8x2 inch baking pan; set remaining mixture aside. In sauce pan, combine sugar and cornstarch, blend in undiluted orange juice concentrate. Drain fruit; save syrup. Add syrup to cornstarch mixture, cook and stir until bubbly. Stir in fruit, pour over crumb mixture in pan. Sprinkle with remaining crumbs. Bake in 350 oven for 30 to 35 minutes. Serve warm if desired or top with ice cream. Serves 6.

APPLE WALNUT CAKE

House Special)

1 cup flour
1 tsp. baking soda
1 tsp. cinnamon
1/2 tsp. salt
1 egg
1/4 cup salad oil
1 tsp. vanilla
2 cup grated apples
1 cup sugar
1/2 cup chopped walnuts

Sift together the first four ingredients. Combine the egg, oil and vanilla, beating slightly. Thoroughly combine the apples and sugar. Alternately add the dry ingredients and the apples to the oil mixture. Mix. Add nuts and mix. Pour batter into a well greased small pan. Bake for 1 hour at 350. Cool 5 minutes. Remove cake from pan and cool on rack.

APPLE SLICES WITH SPICED CREAM

(House Special)

1½ T butter or margarine
1/2 T sugar
3 T port wine
2 medium cooking apples (½ lb.) peeled,
 cored and sliced into rings
1/4 cup whipping cream
1/2 T sugar
dash ground cinnamon

In a skillet, place butter or margarine and cook until melted. Stir in the first 1/2 T sugar and the wine. Add apple slices; stir to coat. Cook covered for 5 to 7 minutes till barely tender, stirring once. Serve warm or cool with topping: Beat cream with remaining sugar and the cinnamon. Spoon apple slices and juice into compote dishes. Top with whipped cream mixture. Sprinkle with additional ground cinnamon, if desired. Serves 2.

Sue Horst

APPLE BUTTER CRUMB BARS (House Special)

1½ cup flour
1 tsp. baking soda
1/2 tsp. cinnamon
2½ cups quick cooking oats
1/2 cup chopped nuts
1 cup firmly packed brown sugar
1 cup (½ lb.) butter or margarine
1 jar (16 oz.) apple butter or 1½ cups
homemade apple butter

In a large bowl, stir together the flour, soda, cinnamon, oats, nuts and brown sugar. With a pastry blender or 2 knives, cut butter into the flour mixture into small particles. Spread half the mixture evenly over the bottom of a 9x13 inch bake pan and press down lightly. Spread the apple butter evenly over the crumb layer, then sprinkle the remaining oat mixture evenly over the top; press down lightly.

Bake in 400 oven until golden brown, about 25 minutes. Let cool completely in pan on a wire rack. Cut into bars or squares. Wrap air tight to store as they soften on standing. Makes 3 dozen bars, about 2 dozen squares.

BUTTERSCOTCH SQUARES

(House Special)

1/4 cup margarine
3/4 cup brown sugar, packed
1 egg
1/2 tsp. vanilla
1 1/4 cup flour
1/4 tsp. baking powder
1/2 tsp. soda
1/4 tsp. salt
1/2 cup sour cream
1/3 cup walnuts, chopped

Cream margarine and sugar. Add egg and vanilla. Mix until well blended. Combine dry ingredients. Alternately add sour cream and dry ingredients to egg mixture. Mix. Add nuts and mix until well blended. Spread in small pan (about 8x8 inch.) Bake 25 to 35 minutes at 350 until it tests done. Serves 4.

WHOLE WHEAT BROWNIES

(House Special)

3/8 cup margarine
1/3 cup sugar
1/3 cup honey
2 tsp. vanilla
2 eggs
1/3 cup whole wheat flour
1/3 cup wheat germ
1/3 cup unsweetened cocoa
1/4 tsp. salt

In small mixer bowl, cream together margarine and sugar until fluffy. Beat in honey and vanilla. Add eggs, one at a time, beating at low speed just until blended. Stir together the remaining ingredients. Add this to the creamed

WHOLE WHEAT BROWNIES (cont'd)

mixture, beating just until blended.
Turn into greased pie plate. Bake at 350
until tested done. Cool. Cut in wedges
to serve. Serves 6.

FRESH PEAR CRISP WITH CHEESE

(House Special)

5 Anjou pears, peeled and sliced
2 T lemon juice
1/2 cup flour
1/2 cup sugar
1/4 tsp. cinnamon
1/8 tsp. nutmeg
1/4 tsp. salt
1/4 cup margarine
2/3 cup shredded cheddar cheese
whipped cream for topping

Mix pear slices with lemon juice.
Put into a buttered baking dish. In a
bowl, combine dry ingredients. Add butter
and cut in with a pastry blender until
crumbly. Mix in shredded cheese.
Sprinkle evenly over the pears. Bake
uncovered at 350 for 50 minutes or until
pears are tender. Serve warm or cold.
Top with whipped cream. Serves 6.

GINGERBREAD

(House Special)

1 cup sugar
1/4 tsp. salt
1 tsp. ginger
1/2 tsp. cinnamon
1/2 tsp. cloves
1 cup oil
1 cup molasses
2 tsp. baking soda
1 cup boiling water
2½ cup flour
2 eggs, well beaten

In bowl, combine sugar, salt, ginger, cinnamon and cloves. Stir in oil, then molasses mixing well. Mix the baking soda into the boiling water and immediately stir into the mixture. Gradually blend in flour to prevent lumping. Then mix in eggs. Turn into greased pan (13x9x2.) Bake at 350 for 40 to 45 minutes or until tested done.

YOGURT PARFAIT

(House Special)

8 oz. lemon yogurt
2 slices pound cake
1/2 can (8oz.) crushed pineapple

Cut cake into 1" squares. Combine yogurt and pineapple. Layer cake with yogurt in cups. Serves 2.

RIVERSIDE APPLE FLAN

(House Special)

- 1 single pie crust, baked and cooled
- 1 T margarine
- 6 bacon lices, chopped
- 2 large cooking apples, peeled, cored
and chopped
- 7/8 cup thick white sauce, hot
- 1½ cup grated cheddar cheese
- 1/2 tsp. salt or to taste
- 1/2 tsp. pepper
- 2 eggs, slightly beaten

In medium fry pan, melt margarine over moderate heat. When the foam subsides add the bacon and fry for 5 to 7 minutes turning frequently until golden brown and crisp. Remove and drain. Add apples to the pan and stirring frequently cook for 5 minutes or until just tender. Place the hot white sauce in a mixing bowl and stir in the bacon, apples, and cooking juices and one half the grated cheese. Season with salt and pepper. Stir until cheese melts. Add eggs and mix well. Pour mixture into pastry dish. Sprinkle with remaining cheese. Bake for 30 minutes at 350. Serves 4.

ELEGANT FROSTING

(House Special)

1½ cups sugar
1 cup evaporated milk or heavy cream
5 squares un-sweetened chocolate
1/2 cup butter
1 tsp. vanilla

In heavy saucepan combine sugar and milk. Bring to a boil, stirring constantly. Lower heat and simmer 6 minutes without stirring. Remove from heat; add chocolate; stir to blend. Stir in butter and vanilla. Chill until mixture begins to thicken. Beat until thick and creamy.

SWEET BEAN BUNS

(House Special)

1 pkg pie crust mix
1 can sweetened red bean paste
1 egg yolk
2 T water

Prepare pastry mix as directed on package for a crust pie. Roll dough out on floured board to form a rectangle 12x6 inch. Cut into 12, 4-inch squares.

Place an equal amount of the bean paste in each square. Shape bean paste mound into a rectangle 2"x2½". Fold short ends of pastry over filling, then lap longer sides over top.

Place seam side down on a greased baking sheet and flatten slightly with your hand. Beat egg yolk with water and brush on each pastry.

Bake in 375 oven for 45 minutes, until richly browned. Cool on wire racks. Eat warm or cold. Serves 2.

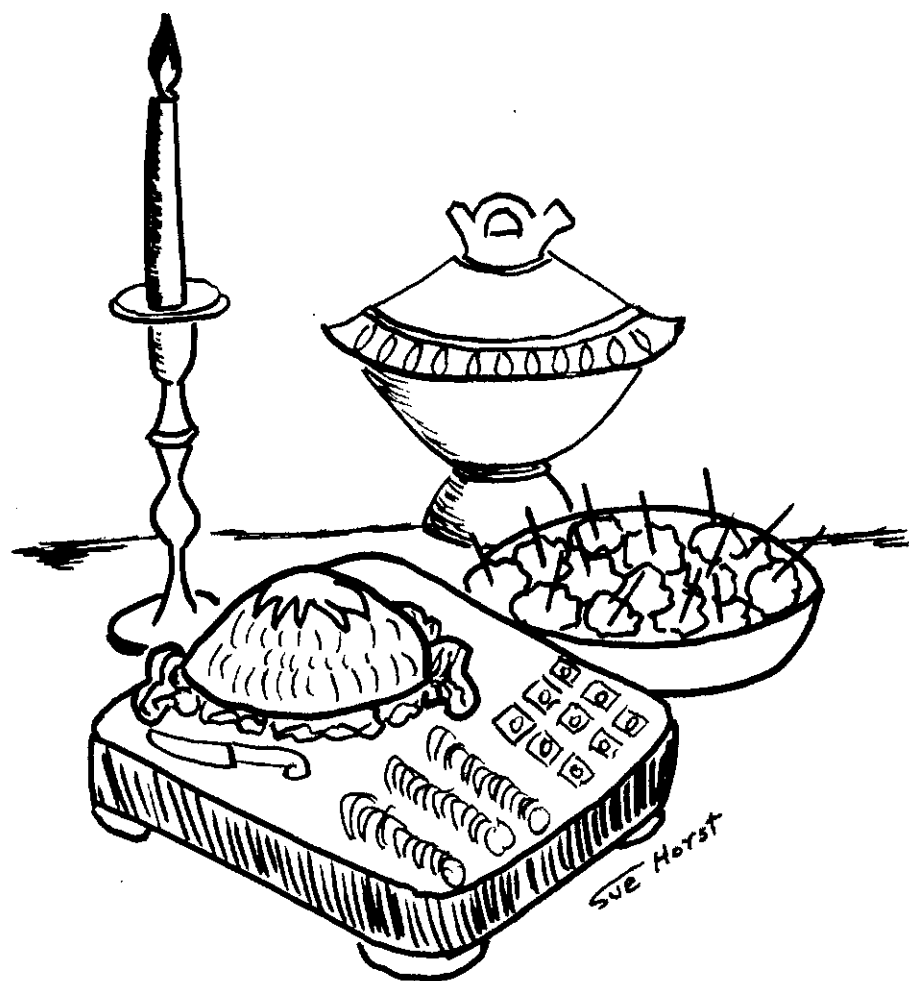
ARTICHOKE NIBBLES

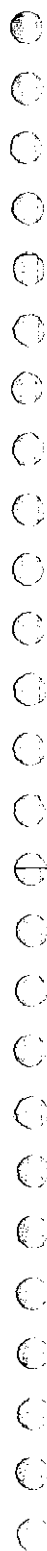
2 (6 oz.) jars marinated artichoke hearts
1 small onion, finely chopped
1 clove garlic, minced or mashed
4 eggs
1/4 cup fine dry bread crumbs
1/4 tsp. salt
1/4 tsp. ea. pepper, oregano & liquid hot
pepper seasoning
1/2 lb. sharp cheddar cheese, shredded
(about 2 cups)
2 T. minced parsley

Drain marinade from 1 jar of the artichokes into a frying pan. Drain the other jar & discard. Chop all the artichokes: set aside. Add onion & garlic to frying pan & saute until onion is limp about 5 min. In a bowl, beat the eggs with a fork, add the crumbs, salt, pepper, oregano & hot pepper seasoning. Stir in the cheese, parsley, artichokes & onion mixture. Turn into a greased 7" x 11" baking pan. Bake in a 325 oven for about 30 min. or until set when lightly touched. Let cool slightly in pan & cut into 1" squares. These may be served cold or reheated in pan in a 325 oven for 10 to 12 min.

Thelma L. Stockman

Appetizers





CRAB AVOCADO COCKTAIL

1/2 lb. frozen Alaska King crab or 7 oz.
can

1 med. avocado
2 T. lemon juice
1/2 cup mayonnaise
1/3 cup chili sauce
1 T. parmesan cheese
1 T. vinegar
1/2 clove garlic, minced
dash paprika
1 T. chopped green pepper
lemon wedges for garnish

Preparation time: Allow 1½ hrs.

Defrost the frozen crab (or chill the canned crab). Drain & slice the crab. Cube the avocado & sprinkle with lemon juice. Alternate the crab & avocado in parfait glasses. Combine the remaining ingredients for sauce. Pour sauce over the crab & avocado & chill until serving time. Garnish with lemon wedges.
Serves 4.

Mrs. Thomas F. Landers

DEVEILED CRAB

3 T. butter
1/3 cup flour
1/2 to 3/4 cup half & half cream
1/4 green pepper, finely minced
1 stem celery, finely minced
dash worcestershire
1/4 cup sherry
1/4 tsp. dry mustard
1/4 tsp. dried minced onion
1/2 lb. fresh crab
parmesan cheese & bread crumbs

Saute green pepper & celery in butter. Set aside. Make cream sauce with butter, flour, half & half. Add pepper & celery mix, add other seasonings. Spoon into tiny clam shells. Sprinkle lightly with bread crumbs & dot with butter. Sprinkle generously with parmesan cheese. Bake in 375 oven until bubbly.

Hildagarde Leishman

SHRIMP APPETIZER

2½ lbs. raw med. size shrimp
2 med. onions
1½ cup oil
3/4 cup white vinegar
1½ tsp. salt
2½ tsp. celery salt
2½ T. capers
dash tabasco
7-8 bay leaves

Clean & boil shrimp approx. 3 min. Mix all other ingredients. Pour over cool shrimp & let set for 24 hrs.

Hildagarde Leishman

CRAB DELIGHT

1/2 lb. fresh crab
8 oz. pkg. cream cheese
1 can cream of mushroom soup, heated
1 pkg. gelatin mixed with 3 T. cold water
1 cup celery, chopped fine
3/4 cup mayonnaise
small onion, grated

Heat soup. Add gelatine soaked in water.
Mix. Add other ingredients & pour in a
fish mold or any other suitable mold.

Hildagarde Leishman

MARINATED ARTICHOKE & MUSHROOMS

2 8 oz. cans artichoke hearts
1 Bermuda onion, sliced
1 pkg. "Good Seasons Italian dressing"
(mixed per pkg. instructions)
1 - 2 T. dry vegetable flakes
2 garlic cloves, crushed
fresh mushrooms (amt. equal to artichokes)
pickling spices (approx. 1 tsp.)

Marinate artichokes in dressing, add
sliced onion, garlic, vegetable flakes &
pickling spices. (this can be done up to
2 days before serving) Add mushrooms the
day of serving, if they are large halve
or quarter them. Serve with cocktail picks.

Hildagarde Leishman

BARBECUED MEAT BALLS

1 lb. ground beef
1 med. onion, grated
1/2 cup oatmeal
1 egg
salt & pepper to taste
garlic, to taste
catsup (watch for dryness)

Mix well & form into tiny meat balls.
Brown. Remove from skillet.

SAUCE

2 lemons
8 oz. can tomato sauce
2 T. maple syrup
small chopped onion
2 T. brown sugar
dash vinegar
salt & pepper to taste.

Combine all ingredients in skillet, add
meat balls & cook for approx. 1 hr. or
until done.

Hildagarde Leishman

SHRIMP-FRUIT COCKTAIL

1 bag or pkg. of shrimp
1 can of any fruit you choose
chilled glasses

Dice shrimp into bite-size bits. Chill.
Drain fruit syrup & chill fruit in separate
container. When ready to serve, add
shrimp & fruit. Toss as if tossing a
salad. Put in chilled glasses.

Serves 3 - 4.

Hint: Pineapple is suggested for fruit.
Top with fruit dressing if you choose.

Todd Rogers, Age 11

MAPLY APPETIZERS

13½ oz. can pineapple chunks
2 8 oz. pkgs. brown & serve sausage links
4 tsp. cornstarch
1/2 tsp. salt
1/2 cup maple-flavored syrup
1/2 cup water
1/3 cup vinegar
1 large green pepper, cut in 3/4" squares
1/2 cup maraschino cherries, drained

Drain pineapple, reserving syrup. Cut sausages in thirds crosswise: brown in skillet. Blend cornstarch, salt, reserved pineapple syrup, maple syrup, water & vinegar. Heat to boiling, stirring constantly. Add pineapple, sausage, pepper & cherries: Cook 5 min. Keep warm in chafing dish. Spear with cocktail picks.

Hildagarde Leishman

DOGS IN BLANKETS

Frankfurters
prepared dough, such as Bisquick

Roll biscuit dough out to about 1/2 inch thickness; cut in squares & wrap one square around each frankfurter. You can let the ends of the frankfurter stick out. Place on baking sheet & bake in a hot oven until brown.

Lucille Meighan

MEXICAN PIZZA

1 small can chopped ripe olives
1 small can green chili peppers, chopped
8 oz. can tomato sauce
1 cup grated cheddar cheese
1 small onion, chopped
1 clove garlic, chopped
1/3 cup olive oil
salt & pepper to taste

Mix all together & spread on thinly sliced french rolls. Put into a 350 oven for a bit, than turn oven to broil & broil about 5 min. or until bubbly.

Hildagarde Leishman

ZUCCHINI TORTA

4 cups zucchini, sliced thin
1/4 cup oil
1/2 cup parmesan cheese
1½ cups bisquick
4 - 5 eggs
1 onion, chopped fine
few grains of salt
pepper to taste

Grease 9"x13" pan. Mix all ingredients. Bake about 40 min. at 350 or until brown on top. Freezes well. May be served as hors d'oeuvres or as an accompaniment with your entree. May divide recipe in half & put in a 8"x8" pan.

Elizabeth Diener

CHILI CON QUESO

1 large onion, minced
1 clove garlic, minced
4 T. butter
1 #2 can solid pack tomatoes
4 oz. can, peeled green chilies, rinsed
free of seeds & chopped
1 T. flour
1/2 cup cream
salt to taste
tabasco to taste
chili powder
1/2 lb. Monterey Jack cheese, shredded

Saute onions & garlic in 3 T. butter until soft. Add tomatoes & simmer until thick. Then add the chilies. Make a sauce with the remaining 1 T. butter, flour & cream. Cook until smooth & thick. Add to the tomato mixture. Season to taste with salt, tabasco, chili powder. Add cheese cook until melted. Keep warm in chafing dish. Serve with corn chips, fritos or tostados. Taste improves the longer it heats in chafing dish. Use lots of chili-powder, tabasco otherwise it is too blah..

Hildagarde Leishman

STUFFED MUSHROOMS

1 lb. mushrooms
1/4 cup butter
1 1/2 garlic cloves, minced
1/2 can (6 1/2 oz.) minced clams, drained,
juice reserved
1/4 cup bread crumbs
1/4 cup parsley (generous)
1/4 T. salt
dash pepper

Mince mushrooms stems; combine butter & garlic in small sauce pan. Heat slowly until butter is melted. Taste for seasoning. Coat mushroom caps with mixture & place on baking sheet. Preheat broiler. Combine juice & minced stems in another saucepan. Cook until stems are tender. Add clams, bread crumbs, salt, pepper & parsley. Stuff mushroom caps with mixture. Place under broiler for 5 - 8 min.

Pam Deaton

BARBECUED SPARE RIBS

Small spareribs cut in pieces. Brown ribs very well and drain.

Sauce

1/2 cup catsup
1/4 cup vinegar
9 oz. can crushed pineapple
3 T. brown sugar
2 T. cornstarch
1 T. soy sauce
1/2 tsp. salt

Pour sauce over well browned ribs. Bake in 350 oven until very well done. Keep warm in chafing dish.

Hildagarde Leishman

BLUE CHEESE LEMON JELLO MOLD

4 oz. blue cheese
4 oz. cream cheese
1/2 pkg. lemon jello
1/2 cup water (hot)

Mix cheeses, blend until creamy. Add jello mixed with water, blend well. Put into a small mold or 2 custard cups that have been sprayed with Pam (for easy unmolding). Serve with unpeeled red apple slices. (If apple slices are dipped in fresh fruit mix, they will not darken.

Hildagarde Leishman

OLIVE CHEESE BALL

8 oz. pkg. cream cheese
8 oz. blue cheese, crumbled
1/4 cup soft butter
2/3 cup well drained, chopped ripe olives
(4½ oz. can)
1 T. minced chives
1/3 cup chopped walnuts or toasted
diced almonds

Blend cheeses & butter, stir in olives
& chives. Chill slightly for easier
shaping. Form into a ball. Roll in
chopped nuts. Serve with assorted
crackers. Makes 3 cups.

Hildagarde Leishman

CHEESE BALL

3 oz. wedge roquefort cheese
5 oz. jar cheddar cheese spread
2 3oz. pkgs. cream cheese
1 T. minced onion
1/2 cup ground pecans or walnuts
1/2 tsp. worcestershire
1/4 cup snipped parsley

Let cheeses soften at room temperature.
Combine cheeses, onion, worcestershire.
Blend well. Stir in 1/8 cup parsley &
1/4 cup nuts. Shape into a ball. Refriger-
erate overnight. About 1 hr. before
serving, remove from refrigerator & roll
in mixture of 1/4 cup nuts & 1/8 cup
parsley. Serve with crackers.
Makes 2½ cups.

Hildagarde Leishman

OLIVE CHEESE BALLS

- 1 cup shredded sharp cheddar cheese
- 2 - 3 T. butter
- 1/2 cup flour
- 25 med. stuffed green olives

Cream together cheese & butter. Blend in flour. Drop tsps. of dough on waxed paper. Wrap each tsp. of dough around an olive (well drained) covering completely. Bake in a hot oven 400 for about 15 min. Makes about 25 balls.

Hildagarde Leishman

ZUCCHINI TORTE

- 3 cups grated zucchini
- 1 small onion, minced
- garlic powder to taste
- 1/2 cup oil
- 1/2 cup grated Monterey Jack cheese
- 4 eggs, beaten
- 1 cup bisquick
- 1/2 tsp. salt
- 1/4 tsp. pepper

Mix all together. Put into a greased 9"x9" pan & bake at 350 for 30 - 35 min. or until top browns.

Hildagarde Leishman

SPINACH DIP

1 pkg. chopped frozen spinach
1/2 cup chopped parsley
2 T. chopped onion
1 tsp. salt (optional)
1 tsp. pepper (this is the secret)
mayonnaise

Defrost spinach; do not cook but drain well. Combine all ingredients with spinach & mix with mayonnaise. (Use mayonnaise sparingly to achieve desired consistency for binding mixture together) Serve in bowl, surrounded with raw cauliflowererets, celery & carrot sticks & green pepper sticks. Serve with regular dip crackers or cheese sticks.

Mary Galvin

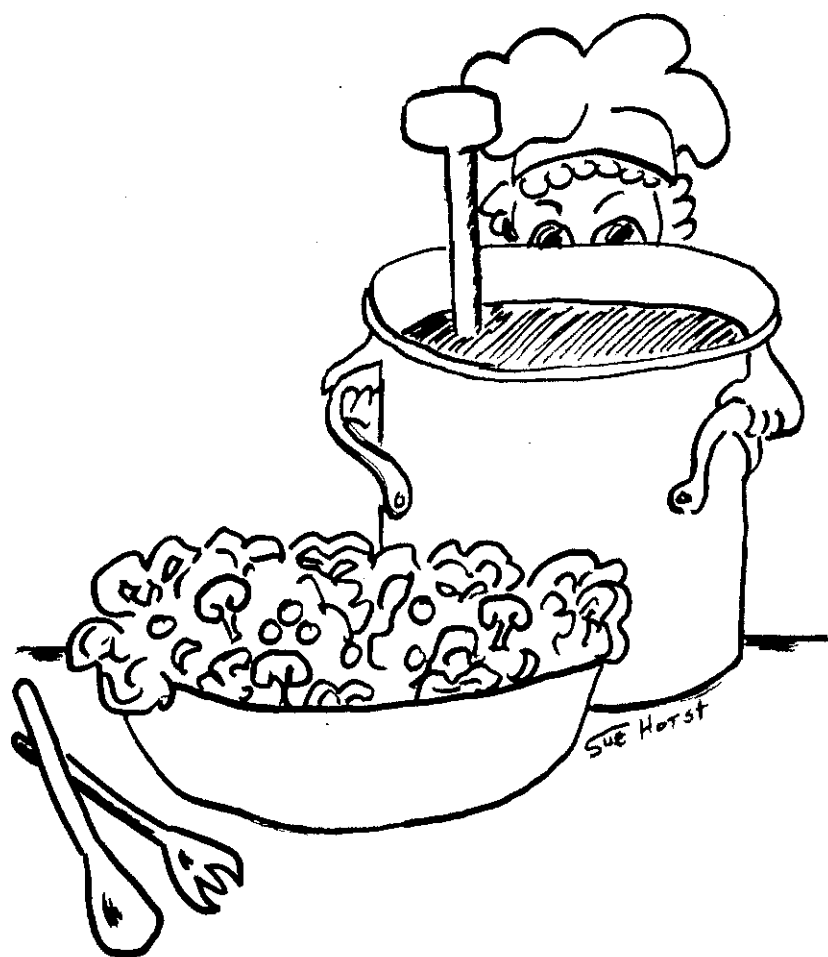
ZUCCHINI APPETIZERS

1½ cup grated zucchini
¾ cup bisquick
¼ cup onion, chopped finely
¼ cup grated parmesan cheese
1 tsp. parsley, chopped
¼ tsp. salt
¼ tsp. seasoned salt
¼ tsp. oregano
½ clove garlic, minced
⅙ cup oil
2 eggs

Mix all ingredients together. Put into a greased 13x9x2" pan. Bake at 350 for 25 min. or until toothpick comes out clean. Serves 10.

Grace Loy

Soups & Salads





"THE SHADOWS" LENTIL SOUP

(For special occasions - Serves 10 - 12)

Not an everyday dish - but Excellent!

1½ cup dried lentils
5 slices bacon, finely chopped
1 cup chopped onions
2 cups chopped celery
1 cup diced carrots
1½ clove garlic, finely chopped
2 raw diced potatoes
1/2 cup tomato puree
2 whole cloves
2 bay leaves
6 cups cold water
4 cups beef stock
1 tsp. salt
2 tsp. Accent
Dash White pepper
2 tsp. red wine vinegar
2 cups sliced garlic sausage
1 cup thinly sliced leeks

Cover lentils with water. Soak overnight.
Drain. In 6-qt. utensil, saute bacon
lightly. Add onion, celery, carrots and
garlic. Cook a few minutes.
Add lentils, potatoes, tomato puree,
cloves, bay leaves, water, beef stock,
salt and pepper.
Simmer covered for 1½ hours or until
lentils are tender.
Add vinegar, sausage and leeks and more
salt and pepper, if desired.

Lucille Meighan

LENTIL SOUP

1/2 pkg. lentils
1 large onion
1/4 cup oil
1/2 cup rice
2 qts. water
Seasoning to taste

Wash lentils well. Boil in water approximately 15 - 20 minutes.
Add rice, stirring to prevent it from sticking.
Heat oil in pan. Add sliced onion, browning gently until well done.
Add rice and lentils.
Cook on low heat 15 minutes or until done.
Serves 2

Barbara McCloud

HEARTY LENTIL SOUP

1 large ham bone
1/2 small onion
1 cup celery
2 qts. water
1½ cup lentils (well rinsed)
8 oz. can tomatoes
2 T. chopped parsley (optional)
1½ tsp. salt
1/4 tsp. rubbed sage
1/8 tsp. pepper
1/2 cup uncooked macaroni

Place everything except macaroni in pot.
Boil, then simmer for 2 hours.
Put in macaroni, the final 15 minutes.

CHICKEN SOUP (JEWISH PENICILLIN)

1 young hen (about 4 - 5 lbs.)
3 qts. water
1 T. salt
1 whole onion
1 bay leaf
2 carrots, peeled
4 celery tops

Wash chicken. Cut into halves or quarters. Place in salted water in deep pot. Cover. Bring to boil. Uncover. Reduce heat. Add remaining ingredients. Simmer until chicken is tender, about 3 hours. Skim when necessary. Remove chicken, strain soup and chill. When chilled, skim off fat that has congealed on surface. To serve, reheat and serve hot with sprinkled parsley over egg noodles or matzo balls.*

Marian Cohn

MATZO BALLS

3 eggs separated
1 tsp. salt
1/4 tsp. pepper
1/2 cup matzo meal
2 T. rendered chicken fat (or oil)

Beat egg whites until stiff. Beat egg yolks until light. Add salt, pepper and oil to beaten egg yolks. Fold in egg whites. Fold in matzo meal, 1 spoonful at a time. Refrigerate 1 hour.

Wet hands for forming batter into walnut-sized balls. Drop into boiling soup. Reduce heat. Cook covered slowly about 30 minutes.

Marian Cohn

CHICKEN VEGETABLE SOUP

4 chicken wings
4 chicken legs with thighs, separated
Water
1 medium onion, quartered
1 tsp. salt
1 bay leaf
Few celery tops
1 cup ea. thinly sliced celery and
carrots
1 cup fresh or frozen peas

In heavy 4 to 5-qt. kettle or dutch oven,
bring to boil chicken and $1\frac{1}{2}$ to 2 qts.
water.

Add onion, salt, bay leaf and celery tops.
Cover.

Simmer 30 to 40 minutes or until chicken
is almost tender.

Add celery, carrots and peas.
Cover.

Simmer 5 minutes.

Remove thighs and reserve for fried rice
or other main dishes.

Serve a wing and leg in each soup bowl
with broth and vegetable.

Serves 4.

POTATO-LEEK SOUP

2 cups chicken broth
2 small potatoes
2 leeks
1 small onion
1/2 cube butter
1/2 pt. whipping cream
Salt and pepper

Saute sliced leeks and onions in melted butter.

Add broth and sliced potatoes. Cover and cook until soft, about 20 minutes. Cool. Blend mixture in osterizer until smooth.

Beat in cream. Salt and pepper to taste. Serves 2.

This is a good "base" soup. Try adding asparagus, spinach, prawns, crab, wine, etc.

Add more potatoes for thicker soup.

CRAB MEAT ASPIC (Serves 2)

1 pack dietetic lemon gelatin
2 pkgs. instant chicken broth mix
1 cup boiling water
1½ tsp. lemon juice
1/2 cup plain yogurt
1/2 small onion, grated
1/2 lb. fresh or canned crab meat
1/2 cup celery, chopped
1½ tsp. dill or parsley, chopped
Dash white pepper

Dissolve gelatin and bouillon in boiling water. Add lemon juice, yogurt and onion. Mix thoroughly. Chill until slightly thickened. Fold in crabmeat, celery, parsley and white pepper. Pour into 2-qt. mold. Chill until firm. Unmold on crisp lettuce and garnish with tomato slices.

SHRIMP SALAD (Serves 4 - 5 as first course)

3/4 lb. Bay shrimp
2 stems celery, finely chopped
Garlic powder (to taste)
Juice of 1 lemon
Little oil

Let stand for several hours, preferably overnight in refrigerator.
When ready to serve, drain off marinade very well. Add approximately 1½ cup finely shredded iceberg lettuce and mayonnaise. Serve on lettuce leaf. Top with a dab of mayonnaise. Sprinkle with paprika and garnish with a couple of pitted ripe olives.

Hildagarde Leishman

SHRIMP A LA CREOLE

1 lb. clean, boiled shrimp
(boiled in salt water)
1/3 cup tarragon vinegar
2 T. lemon juice
1/4 cup minced celery
1½ T. ketchup
1/2 tsp. salt
1/2 clove garlic (finely minced)
1½ T. horseradish mustard
1/2 cup salad oil
1/4 cup minced onions
1½ tsp. paprika
3/4 tsp. cayenne

Mash the seasonings (except onions and celery) through a sieve.
Add vinegar, then oil and beat thoroughly until the mixture thickens.
Add the onions and celery.
Mix shrimp into sauce and let it remain 3 - 5 hours in the refrigerator.
Serve on lettuce with hard-cooked eggs, sliced beets and pickles.

Serves 3.

Marie Samiere

CHINESE CHICKEN SALAD (Serves 2)

1/2 chicken breast
1/4 lb. bean sprouts
1/4 lb. Napa cabbage (shredded)
1 green onion with top (chopped)
1/4 cup sesame seed, toasted without oil
1/4 cup fresh coriander, chopped

Cook chicken in stock or broth for 15 to 25 minutes. Tear in strips.

Blanch bean sprouts in boiling water 30 seconds.

Combine all ingredients and mix well. Let stand at room temperature a while before serving.

Bob Swan

DRESSING TO COVER:

1/2 tsp. ginger juice
1 tsp. dry mustard
3½ T. soy sauce
1½ T. peanut oil
1 clove crushed garlic
1½ tsp. sugar
1 tsp. sesame oil
1/8 cup green onions, chopped
1 T. rice wine vinegar

Mix all ingredients and let stand a few minutes before combining with chicken salad.

Bob Swan

SPINACH LUNCH SALAD

2 lbs. fresh spinach, washed, dried,
trimmed
1 small red onion, thinly sliced
1/4 lb. bean sprouts
1 cup walnut halves or quarters
1 large tart apple, cored and thinly
sliced
4 hard cooked eggs
1/3 cup Romano cheese

DRESSING

1/3 cup safflower oil
3 T. white wine vinegar
1 T. soy sauce
1 tsp. brown sugar
1 clove garlic, mashed
1/4 tsp. salt
Pinch cayenne pepper

Tear spinach in bite size pieces and toss with onion, bean sprouts, walnuts and apple slices. Toss with dressing to taste and divide among 4 large salad plates. Peel and quarter eggs and arrange around salads.

Then sprinkle all with grated cheese. Serve with hot muffins or bread.

Serves 4.

HOT GERMAN POTATO SALAD

3 medium potatoes, boiled in jackets
3 slices bacon
1/4 cup chopped onion
1 T. flour
2 T. sugar
1/2 tsp. salt
1/4 tsp. celery seeds
Dash of pepper
1/2 cup water
1 T. vinegar

Peel potatoes and slice thin. Rinse in cold water.
Fry bacon slowly in skillet and drain on paper towels.
Saute onion in bacon fat until golden brown.
Blend in flour, sugar, salt, celery seeds and pepper.
Cook over low heat, stirring until smooth and bubbly.
Remove from heat.
Stir in water and vinegar.
Heat to boiling, stirring constantly.
Boil 1 minute.
Stir in carefully the potatoes and the crumbled bacon bits.
Remove from heat.
Cover and let stand until ready to serve.

Serves 2.

Erna Constantini

RICE-A-RONI SALAD

- 1 pkg. Rice-a-Roni
- 3 green onions and tops, chopped
- 3 cups green bell peppers, chopped
- 1 can water chestnuts, drained and sliced
- 1 handful peanuts, chopped
- 2 jars artichoke hearts, cut in half and
drained (save juice and oil)
- 1/4 tsp. dry mustard
- 1/4 tsp. curry powder
- 1 tsp. lemon juice
- 1/4 cup mayonnaise (not salad dressing)

Cook Rice-a-Roni, as directed.

Cool.

Add onions, peppers, chestnuts and peanuts.

Mix mustard, curry powder and lemon juice into mayonnaise and oil from artichokes.

Add to Rice-a-Roni.

Mix well and refrigerate.

When in bowl, place artichokes around edge.

When refrigerated, this salad may be served the day after it is made and it is just as tasty.

Leona M. Gaines

BEET SALAD

1 can shoestring beets
1 T. sugar (approx.)
1 T. vinegar (approx.)
1 pkg. lemon jello
1 cup cold water
a little raw onion
Crumbled, hard boiled eggs

Drain 1 cup juice from can of beets.
Into the juice, put vinegar and sugar to taste. Bring to a boil and pour into a package of lemon jello. Stir until jello is dissolved. Then add 1 cup cold water and the mashed beets. Grate a little raw onion into this and pour into molds. Serve on lettuce with crumbled, hard boiled eggs on top.
Serves 2

Lucille Meighan

SAUERKRAUT SALAD

1 pt. sauerkraut (use juice also)
1 small red onion
1 small bell pepper
1/2 cup celery
1 small jar pimientos
1 small unpeeled apple
1/2 cup sugar
1/4 tsp. salt
1/4 cup wine vinegar
1/8 cup olive oil

Mix all ingredients together and let stand in refrigerator for at least 24 hours before serving.

Mary Galvin

LAYERED SALAD

1/2 head lettuce
1/2 cup onion, chopped
1 can chopped water chestnuts
5 oz. frozen petite peas
1 cup mayonnaise, diluted with water
1/2 tsp. salt
1/4 cup Parmesan cheese
1 T. sugar
1/4 tsp garlic powder
Tomato wedges
Bacon slices, cooked crumbled

Layer lettuce, onion, water chestnuts
and peas in bowl
Pour mayonnaise over top.
Combine cheese, salt, sugar and garlic.
Sprinkle over mayonnaise.
Place tomatoes around edge and top with
bacon.

Marie Gotelli

POTATO SALAD

- 1 qt. diced, pared cooked potatoes
(white rose or new)
- 1 cup finely diced celery
- 1/2 cup finely sliced green onions
(including some of the tops)
- 3 hard-boiled eggs, separated
(whites in salad, yolk reserved for
dressing)
- 1/2 cup minced parsley
or
- 2 T. dry parsley
- 1/4 cup Kraft French dressing
- 3/4 tsp. salt
- 1/8 tsp. pepper

Toss well and chill.

DRESSING

- 3/4 cup mayonnaise
- 2¼ tsp. French's mustard
- 4½ tsp. lemon juice
- 3 mashed egg yolks

Add dressing before serving. Serve as
is or with tomato slices.

Serves 6.

BROWN RICE-VEGETABLE SALAD

5 cups cooked brown rice
1 cup cooked peas
2/3 cup ea. finely chopped carrot, celery,
red onion
2 T. minced parsley
1/2 cup finely chopped walnuts or almonds
1/4 cup ea. olive oil, safflower oil
1/4 cup white wine vinegar
2 cloves garlic, minced or pressed
1/2 tsp. ea. salt, brown sugar, Dijon
mustard, thyme, dill weed
1/4 tsp. pepper

Toss together brown rice, peas, carrot, celery, onion, parsley and walnuts.
Combine oils, vinegar, garlic, salt, sugar, mustard, thyme, dill and pepper in a jar with a tight fitting lid.
Cover and shake well.
Pour over salad and mix thoroughly.
Chill for an hour before serving.

TROYS MACARONI SALAD

2½ to 3 cups uncooked macaroni
1 can chopped olives
1 large pimiento, chopped
5 hard boiled eggs, chopped
1 large onion, chopped
1/2 tsp. salt
1/4 tsp. pepper
About 3 - 4 medium sweet pickles
1 pt. mayonnaise

Mix very well, but gently.

ORANGE-ALMOND SALAD

For salad greens use romaine, iceberg or red-leaf lettuce

1/2 slivered almonds
2 qts. lightly packed torn salad greens
1 cup thinly, sliced celery
2 T. chopped parsley
2 green onions, thinly sliced
1/4 cup salad oil
2 T. white wine vinegar
1 T. sugar
1/8 tsp. liquid hot pepper seasoning
2 (11-oz.) cans mandarin oranges, well
drained

Salt and pepper

Spread almonds in a single layer in a shallow baking pan.

Toast in a 350 oven for about 8 minutes or until golden brown. Set aside.

In a salad bowl, combine the greens, celery, parsley and green onions.

Cover and chill 2 to 4 hours.

In a small jar or bowl, combine the oil, vinegar, sugar, and hot pepper seasoning. Shake or stir well.

Let stand at room temperature.

To serve: Shake or stir dressing.

Pour over salad mixture.

Distribute oranges and almonds over top and toss.

Season to taste with salt and pepper.

Serves 6.

SWEET AND SOUR ZUCCHINI

1 T. dehydrated onions (minced)
1/8 cup wine vinegar

Soak onions in vinegar 5 or 10 minutes.

To above mixture, add:

1/2 cup sugar
1/2 cup chopped celery
1/2 cup chopped green bell pepper
5 or 6 zucchini (small ones)
sliced very thin

Combine:

1 tsp. salt
1/2 tsp. pepper
1/3 cup salad oil
2/3 cup apple cider vinegar

Prepare at least one day before serving.
Better 2 or 3 days ahead.
Stir once or twice daily to marinate
thoroughly.
Serve cold.
Drain off excess juice.

Good substitute for cold slaw, macaroni
salad, etc.

Elizabeth Diener

SWEET AND SOUR ZUCCHINI

1 tsp. dehydrated onion
3/4 cup sugar
1 tsp. salt
1 tsp. pepper
1/3 cup salad oil
2/3 cup cider vinegar
1/2 cup white wine vinegar
8 cups thinly sliced small zucchini
1/2 cup green pepper, chopped
1/2 cup celery, chopped

Mix together onion, sugar, salt, pepper, salad oil and vinegar. Combine with vegetables and cover.
Chill several hours or overnight.
Drain well. Serve on crisp salad greens or use as a relish.

Lillian Del Fante

TABOOLEY SALAD

1/2 cup cracked wheat (fine)
1/2 bunch green onions
1 large bunch parsley
1/4 bunch mint
2 large tomatoes
Juice of 2 lemons
1/4 cup olive oil (or vegetable oil)
Seasonings to taste.

Soak wheat in water for 10 minutes.
Squeeze dry by pressing between palms.
Chop onions, parsley, mint leaves and tomatoes very fine.
Add wheat, lemon juice, olive oil, salt and pepper. Mix well.

Serves 3

Barbara McCloud

GREEN GODDESS DRESSING

3 cups mayonnaise
1 small can chopped anchovies
2 green onions
2 T. parsley
2 T. tarragon
2 T. chives
1 T. oil
1 clove garlic, finely minced
3 - 4 T. vinegar

Mix well

Hildagarde Leishman

VINAIGRETTE DRESSING

1 cup oil
1/3 cup vinegar
3 T. chopped capers
3 T. very finely chopped shallots
6 T. either minced chives, parsley,
 tarragon, chervil (combined)
 or
 only fresh parsley and chives
 (which I use).

Mix thoroughly. Good over fresh asparagus.

Hildagarde Leishman

CHICKEN SALAD WITH DRESSING

3 cups cooked chicken, cut in small strips
1 cup celery, sliced
1/4 cup green onions, sliced
1/2 small red onion, sliced thin
1/2 cucumber, cut
1/2 can olives, sliced
1/4 lb. mushrooms, sliced
Mixed torn lettuce

Combine all ingredients.
Chill. Toss with Tarragon Dressing.
Serves 6.

CALIFORNIA SALAD DRESSING

2 cups oil
2 T. plus 2 tsp. lemon juice
1/2 cup cider vinegar
1 tsp. salt
1 tsp. mustard powder
Dash pepper, garlic powder
1 tsp. tarragon
1/2 cup Parmesan cheese

Shake all ingredients together in jar.

SHRIMP DRESSING

For salad, or may be used as a dip.

4 oz. shrimp
1 T. mayonnaise
1/2 cup buttermilk
1/4 cup ketchup
1 T. lemon juice
1/4 tsp. Worcestshire sauce
1 tsp. horseradish

Put in blender all of above, except for
1 oz. shrimp (to be put on top)

May substitute minced clams for shrimp
or use Tobasco sauce, instead of horse-
radish.

Mickie Cline

RUBY DRESSING

1/2 cup salad oil
1/3 cup catsup
1/4 cup sugar
1 T. minced onions
1½ tsp. lemon juice
1½ tsp. salt
1½ tsp. pepper
1/2 tsp. dry mustard
1/2 tsp. paprika

Shake all ingredients well in tightly
covered jar.
Refrigerate

Laila Gasho

MELANZANE MARINATE

(Eggplant marinated - a Sicilian Relish)

1 small or 1/2 large eggplant

1/2 cup chopped celery

1 T. chopped onion

3/4 tsp. oregano

1/2 bay leaf

1 cup water

1 T. capers, drained

1/2 T sugar

1/2 tsp. salt

dash pepper

2 T. olive oil

1½ T. wine vinegar

Cut eggplant into 1" slices, then cube. Combine with celery, onion, oregano, bay leaf & water in large saucepan. Heat to boiling then simmer 5 min. or until eggplant is tender. Drain well, remove bay leaf. Combine eggplant with capers, sugar, salt, pepper, olive oil & vinegar in med. size bowl, toss lightly to mix. Cover, chill in refrigerator overnight to blend flavors. Serve cold with meat or fowl. Makes 2 cups.

Jennie Aiello

Vegetables





ZUCCHINI PICKLES

5 - 10 zucchini (10" approx.)
1½ sweet red bell peppers*
1½ green bell peppers
2½ large onions
1/4 cup salt
1 tsp. alum
Ice cubes (3 - 4 trays) enough to cover
top
2½ cup sugar
2½ cup white vinegar
1 T. celery seed
1 T. mustard seed
1/2 tsp. tumeric
1/4 tsp. ground cloves

Slice zucchini, onions & peppers thinly. Put in large kettle. Sprinkle with salt & alum. Place ice cubes on top to cover vegetable. Put on lid & let stand overnight. (I set mine outside-cool.) Next day, drain & wash in cold water. Drain again. Combine last 6 ingredients & bring to a boil. Add vegetables to liquid & boil slowly about 20 min. Pack in sterile pint jars & seal. *If there are no sweet bell peppers, I use 3 green ones & use red Bermuda onions instead of the brown or white onions. They give a nice color, same as the sweet red bell peppers do. Makes 4 to 5 pts.

Leona Morris Gaines

ZUCCHINI RELISH

6 small zucchini
4 large onions
1 green bell pepper
1 red bell pepper*
1/2 cup salt
2½ cups white vinegar
1 cup water (1/2 cup in salt & 1/2 cup in
spice & vinegar)
2 tsp. each tumeric & celery seed
2½ cup sugar

Remove seed from zucchini & seeds from peppers. Grind vegetables (not fine). Add salt & water mixture. Cover top with ice cubes. Put lid on & let set over - night. Next day make vinegar, sugar & spices in the 1/2 cup water. Boil 3 min. Add vegetable & simmer 15 min. Spoon in small jars or jelly glasses. Top with hot wax. This is special to me because my Mother made it when I was a little girl.

*Red onions can be used for color, if red bells are not in the market.

Leona Morris Gaines

FRESH STRING BEANS

1 lb. fresh string beans
1½ lbs. lamb chunks or beef
butter
1 onion, sliced thinly
1 clove garlic, chopped
12 oz. can tomatoes
2 cups water
season to taste
bay leaf & dash of oregano

Saute lamb chunks in butter or margarine. Add sliced onion & garlic & brown. Add string beans & season to taste. Cover & steam on low heat approx. 45 min. Stir occasionally to keep from sticking. Add tomatoes & water until even with beans. Cook 15 min. or until tender. Serve with a side of rice.

Barbara Mc Cloud

EGGPLANT DISH

Peel & slice 1 small eggplant, soak 15 min. in salt water. Drain & cube. Saute in 1/4 cup olive oil with 1/4 cup chopped onion. Add 3 peeled tomatoes or 1 small can tomato sauce. Cook until it is like a sauce. Add 1/2 small bell pepper, salt, pepper & thyme to taste. Simmer 30 min. Dish over spaghetti. This is a good substitute for a meat dish. Serves 2.

Laila Gasho

GLORIA'S STUFFED ZUCCHINI

2 large or 4 med. zucchini, clean, cut lengthwise, scoop out meat, put aside.
1 bunch spinach, wash, leave stems on, chop into small pieces. Put aside.
1 cup diced celery
1 cup onion
1 lb. grd. round or 1/2 lb. grd round & 1/2 lb. grd. pork or 1/2 lb. grd. veal & 1/2 cup chopped bacon
1 cup uncooked rice (long grain) rinse before using to remove starch.
2 bouillon cubes in 2 cups water, dissolvedgarlic oil (put 6 - 8 garlic buds in 1 cup oil; let set for 1 week. Great in salads, meats)
salt, pepper, accent (1/2 tsp.) parmesan cheese, parsley & paprika.

Brown meat. Set aside. Reserve drippings from meat. Place rice & bouillon water in pan & cook until half done. Put veg. ingredients in. Cook for 3 min. Add meat, stir together, add seasonings. Roll zucchini in garlic oil. Put 1 tsp. of above mixture inside of each zucchini & sprinkle with parsley, parmesan cheese & paprika. Put in lined baking dish & cover with foil & bake at 350 for 30 - 40 min. Uncover the last 10 min. so it will brown. Also take juice drippings & spoon on top of zucchini. If desired, put on more parmesan cheese. Serves 4.

Hoyt Casey

COMPANY CABBAGE

1 tsp. instant beef bouillon granules
2½ cups coarsely shredded cabbage
1/2 cup coarsely shredded carrots
1/4 cup sliced green onions
1/4 tsp. salt
1/8 tsp. pepper
1/2 tsp. prepared mustard
1 T butter or margarine, melted
paprika to taste
pecans (if desired)

In saucepan heat beef bouillon in 1/4 cup water until dissolved. Add cabbage, carrots, green onions, salt, pepper. Toss to mix; cook covered over med. heat 5-10 min. or until tender, stirring once during cooking. Drain if necessary. Combine butter or margarine, pecans & mustard. Pour over vegetables, toss to mix. Sprinkle with paprika & serve. Serves 2 generously.

Georgiana Clark

TENDER CRISP GREEN BEANS

1/2 lb. green beans
1½ T oil
1/8 cup sliced green onions or 1/2 large onion
1/2 tsp. granule or 1/2 bouillon cube
1/4 tsp. salt
1/4 cup water

Cut beans on bias. Stir fry in heavy skillet over high heat in oil. When transparent add remaining ingredients. Reduce heat to med., cover & cook until tender, approx. 10 min. Serves 2.

Dorothy Bradford

SOUTHERN GREENS WITH ONION

1/2 med. onion
water
1 pkg. (10 oz.) frozen chopped mustard greens, turnip greens, collard greens or kale
1/2 tsp. salt

Slice a few rings from the onion; set aside. Chop remaining onion. In saucepan bring half the remaining onion in 1 inch water to boil. Cover; cook 5 min. Add frozen greens & salt. Cover; bring to boil. Reduce heat; cook about 15 min. (or less) breaking greens apart with fork after about 5 min. Serve sprinkled with remaining chopped onion & onion rings. Serves 3.

SWEET POTATO CASSEROLE

3 to 4 yams
3 to 4 carrots
5 to 6 marshmallows

Cook potatoes & carrots until soft. Pour off water & mash. Put into a casserole & top with marshmallows. Bake at 350 for about 20 min. Serves 2.

Libby Butcher

ZUCCHINI BAKE

3/4 lb. zucchini (approx.), chopped
2 eggs, beaten
1/8 cup flour
3/4 tsp. salt
1½ T chopped parsley
1½ thinly, sliced green onions
1/2 clove garlic, minced
3/8 tsp. oregano
dash pepper
9 cherry tomatoes, halved
1/8 cup parmesan cheese

Press moisture out of zucchini with a towel. Beat eggs, add flour, salt, parsley, green onions, garlic, oregano & pepper. Add zucchini, place into a greased small casserole. Sprinkle with parmesan cheese. Place cherry tomatoes, cut side up, on top & press lightly into mix. (May also sprinkle on some shredded cheddar cheese). Bake at 350 for 25 to 30 min. Serves 3.

Belle Thompson

BAKED SQUASH AND APPLES

1/2 butternut squash, pared, quartered
and seeded
1½ apples, pared, quartered & sliced
1/6 cup raisins
1/2 T lemon juice
1/4 tsp. cinnamon
1/2 T butter

Cut squash into chunks or slices; combine with sliced apples, raisins & lemon juice in small baking dish. Sprinkle with cinnamon & dot with butter. Cover and bake in 350 oven until squash is tender. Serves 2.

Dorothy Arnold

EGGPLANT PATTIES

1/2 med. eggplant, peeled & cubed
5/8 cup coarsely crushed rich round
crackers (about 10 crackers)
5/8 cup shredded American cheese (2½ oz.)
1 egg, beaten
1 T. snipped parsley
1 T. sliced green onions
1/2 clove garlic, minced
1/4 tsp. salt
dash pepper
1½ T. cooking oil

In saucepan add eggplant to small amount of boiling water. Cover. Cook until tender (about 5 min.). Mix in remaining ingredients EXCEPT oil. Shape into four 3" patties. Heat oil in skillet. Cook patties until golden about 3 min. per side. Serves 2.

Barbara Mc Cloud

ZESTY CARROTS

3 large carrots (about 3/4 lb.)
boiling water, salted
1 T grated onion
1 T prepared horseradish
1/4 cup mayonnaise
dash pepper
1/8 cup packaged fry bread crumbs
1 T butter or margarine, melted

Scrape carrots, cut crosswise in half, then into thin strips. Turn into small saucepan, pour on boiling water to measure 1 inch, add 1/2 tsp. salt & cook carrots 6 to 8 min. or until tender. Preheat oven to 375. Drain carrots, reserving 1/8 cup liquid. Turn into small baking dish. In small bowl, combine the onion, horseradish, mayonnaise, salt, pepper & reserved liquid. Pour over carrots, spread evenly. Toss bread crumbs with butter and sprinkle over top. Bake 15 min. Serves 3.

Mary M. Galvin

JACKSON HOLE CELERY

celery
salt
butter
small pkg. salted peanuts
small can button mushrooms

Cut celery in rather large diagonal slices & cook until almost tender. Salt the celery & let stand about 5 min. Then drain & saute in a wee bit of butter until coated, salt to taste again. Then add about 10¢ worth of salted peanuts & a small can of button mushrooms. Heat through - adding a bit more butter if you think it needs it.

Lucille Meighan

BAKED ONIONS IN WINE SAUCE

2 cans whole white onions, drained
3 T butter
3 T flour
1 can cream of mushroom soup
1/2 cup sliced almonds
1/2 cup grated cheddar cheese
1/2 cup white table wine
salt & pepper to taste

Melt butter & stir in flour. Add soup and wine and stir constantly until the mixture thickens and is smooth. Add onions and almonds. Season with salt and pepper. Turn all into a casserole and sprinkle with cheese. Bake at 375 for 20 min. Serves 8.

Katherine H. White

SOUR CREAM GREEN BEANS

2 oz. minced onion
1 T butter
1 T flour
1/2 tsp. salt
1/8 tsp. pepper
1/2 cup sour cream
1 cup french style green beans, cooked
1/4 cup grated cheddar cheese

Simmer onion in melted butter. Add flour, salt & pepper; mix well. Add cream & heat through. Blend in cooked beans and pour into a shallow baking dish. Top with cheese and bake at 350 for 10 min. or until cheese is melted. Serves 2.

Georgiana Clark

ZUCCHINI CASSEROLE

9 small zucchini
2 small onions
garlic (optional)
1 bell pepper
1/2 cup grated sharp cheese
4 beaten eggs
1 cup whole kernel corn, drained

Steam zucchini, drain and chop. Fry onions and pepper in oil. Add to zucchini, cheese, corn and eggs. Bake in a greased casserole placed in a pan of water for 1 hr. or until set. Oven temp. 350.

Leona Gaines

GERMAN STYLE GREEN BEANS

2 pkg. frozen french style beans
1/2 onion, chopped
2 T margarine
1 can mushroom soup
1/2 cup milk, scalded
1/2 cup Ritz crackers, crumbled

Slightly undercook beans, drain, place in square shallow pan (9"x9"). Saute onions in margarine; add to beans, pour milk & mushroom soup over. Top with crumbs; add a few extra pieces of margarine to topping. Brown in 325 oven.

Margaret Vanvick

CARROTS LYONNAISE

1 lb. carrots
1 chicken bouillon cube
1/2 cup boiling water
4 T butter
3 med. onions, sliced
1 T flour
1/4 tsp. salt
1/8 tsp. pepper
3/4 cup water

Peel carrots, cut in strips. Dissolve bouillon cube in boiling water. Add carrots and cook covered for 10 min. Melt butter in skillet, add onions and cook covered for 15 min. Stir occasionally. Stir in flour, salt & pepper. Add 3/4 cup water. Bring to boil, add carrots and stock and simmer uncovered for 10 min. or more until tender.

Elsie Martin

BAKED CABBAGE AND CHEESE

1/2 head of cabbage
white sauce
1/2 cup (plus a little more) cheese

Cut the 1/2 head of cabbage into 4 pieces. Steam until done. Make white sauce, adding 1/2 cup cheese. Put cabbage in small baking dish; pour over white sauce, sprinkle a little more cheese on top. Bake until bubbly and brown. Serves 2.

Lucille Meighan

PEARL ONIONS

1/2 can small pearl onions
cream sauce
1 small can mushrooms
1 T sherry
sliced almonds or grated cheese

Use liquid from onions to make cream sauce. Add canned mushrooms and sherry. Put into a small casserole. Top with either sliced almonds or sprinkle with grated cheese. Bake about 20 min. Serves 2.

Lucille Meighan

SPINACH LASAGNA

1½ cups (10-oz. pkg.) frozen, chopped
spinach, thawed and drained
2/3 cup Ricotta cheese
1/8 tsp. freshly grated nutmeg
1/2 tsp. salt
1/8 tsp. pepper
2 medium tomatoes, peeled and sliced
1½ oz. grated Mozzarella cheese
1/2 oz. grated Parmesan cheese

Combine spinach, Ricotta cheese, nutmeg,
salt and pepper; mix well.

Spoon 1/3 of the mixture into baking dish.
Cover with 1/3 of the tomato slices and
1/3 of the Mozzarella cheese.

Repeat twice.

Sprinkle with Parmesan cheese.

Bake at 350 (moderate over) 20 minutes,
or until cheese is bubbly.

Serve as is, or put under broiler, about
4 inches from source of heat for 2 minutes
or until top is golden brown.

Serves 2.

Mickie Cline

Potatoes, Beans, Rice & Pasta





TED'S CHILI BEANS

Simmer: 1 cup red Mexican beans in
1 qt. water for 2 hours.

Fry in bacon fat or oil:
1 cup chopped onion
1 clove garlic, chopped

Add: 4 sieved tomatoes. Simmer for
a while.

Add: 1/8 T. cumin seed, pounded fine
1/4 tsp. thyme
1 bay leaf
1 T. peanut butter
1 T. shaved bitter chocolate
Salt and pepper to taste

Cook above ingredients (seasonings) for
10 minutes; add to beans and simmer until
thickened to suit.

10 minutes before serving, add Grandma's
Seasoning (Chili) to taste, starting with
one tablespoon.

If you like it really hot, add 2 or 3
chilis, broken up.

Serves 2.

Belle Thompson

GREEK RICE WITH VEGETABLES

1 T. butter
1/2 small eggplant, peeled and diced
2 large mushrooms, chopped
1 tomato, peeled and diced
1/2 small onion, chopped
6 T. long grain rice
1/2 cup beef or chicken broth
1/2 tsp. salt
Dash pepper

In saucepan, over medium heat, melt the butter.

Add eggplant, mushrooms, tomatoes and onion for about 15 minutes, or until the eggplant is tender, stirring occasionally. Stir in the rice and cook over low heat for 10 minutes, stirring occasionally. Add broth, salt and pepper. Cover and cook for 20 minutes or until rice is tender.

Serve with lamb, Greek style.

Serves 3

Lisa King

CLAM MACARONI 'N' CHEESE

1/2 cup uncooked macaroni
1/2 can minced clams, plus 1 cup milk
or
10-3/4 oz. can clam chowder plus 1/2 cup milk
1/2 cup sharp Cheddar cheese (shredded)
1/2 T. chopped onion
1/4 small green pepper, chopped (1/8 cup)
1 oz. sliced pimento, chopped
or
pimento olives
1/8 tsp. dry mustard
1/2 cup potato chips, crushed (optional)

Mix all together.

Put in greased casserole.

Cover and refrigerate 4 or more hours.

Stir.

Sprinkle more cheese on top and, if desired, crushed potato chips.

Bake 20 minutes at 350.

Serves 2.

K. Jovick

SAUCEPAN MACARONI AND CHEESE

4 Servings

2 T. margarine

2 T. flour

Dash of salt

1/8 tsp. pepper

2 cups milk

1½ cup shredded American cheese

1½ cup (8-oz.) elbow macaroni, cooked and
drained

Melt margarine in saucepan.

Blend in flour, salt and pepper.

Stir over medium heat until smooth and
bubbly.

Remove from heat.

Whisk in milk.

Heat to boiling, stirring until thickened.

Stir in cheese until melted.

Stir in macaroni.

RICE CASSEROLE

1 cup uncooked rice (not minute rice)

3 green onions, finely chopped

1 tsp. parsley flakes

1 tsp. salt

1/2 tsp. celery salt

1/2 tsp. garlic salt or powder

1 tsp. Worcestershire sauce

1 can beef consomme

1 can water

1/3 cup butter

Mix all together in order given.

Mix water with consomme before adding.

Bake in 350 oven 1 hour in a 1½ quart
covered casserole.

Millie Bacigalupe

GREEN RICE

1 cup rice
1 bunch green onions
1/2 cup chopped parsley (chopped fine)
1/2 cup grated Tillamook cheese
1/3 cup salad oil
1 egg beaten
1/2 cup milk
Salt and pepper to taste

Cook rice; then mix with rest of ingredients. Bake about 1 hour.
Cut in squares and serve topped with creamed chicken, or creamed tuna.

Lucille Meighan

SPANISH RICE

1/2 cup long grain white rice
1/4 cup chopped onion
1 cup liquid (1/4 of 8-oz. can tomato
sauce)

Make balance of liquid by dissolving
1/2 T. chicken broth in warm water.
This should make 1 cup liquid.

Saute onions in small amount of oil.
Add rice and brown slightly.
Add liquid and season to taste.
Bring to boil. Then cover with tight lid.
Lower temperature and let simmer until
done.
For the amount above, it takes about
20 minutes.
Serves 2

Blanche Orellano

RICE ZUCCHINI TORTE

1/2 cup uncooked rice
1 lb. zucchini
1/2 cup grated Cheddar cheese
1/4 cup green onions
3 T. parsley
1/4 cup olive oil
2 eggs
1/4 tsp. Accent
Dash of rosemary and garlic powder
Salt and pepper to taste.

Cook the rice. Cook sliced, unpeeled zucchini until just tender. Drain. Chop and drain again. Mix rice and zucchini with the rest of the ingredients (except for paprika) Turn into a greased baking dish. Dust with the paprika.

Bake at 350 for about 1 hour or until firm and light brown.

(Also good with grated cheese on top).

Serves 3 or 4.

Joan Azzopardi

CHILI CON CARNE

1 lb. pink beans, cooked
1 large onion, chopped
1 large clove garlic, minced
2 lbs. round steak, cut into 1/2-inch
cubes
1 can peeled tomatoes, chopped
1/2 cup chili powder (or to your taste)
Saute onion, garlic and steak until steak
is browned and done.
Add chopped tomatoes.
Simmer a few minutes, then add to cooked
beans.
Simmer to mix flavors.

Blanche Orellana

BARBEQUE BEANS (Serves 2 generously)

1/2 lb. ground beef
1/2 lb. bacon, chopped
1/2 onion, chopped
1/4 cup ketchup
1/4 cup B.B.Q. sauce
1/2 tsp. salt
2 T. prepared mustard
2 T. molasses
1/2 tsp. chili powder
Dash pepper
1 16-oz. can red kidney beans
1 16-oz. can pork 7 beans
1 16-oz. can butter beans

Cook bacon first. Brown ground beef and
onion. Drain fat.
Combine all ingredients, except beans.
Stir well.
Add beans. Combine all. Bake 1 hour in
350 oven. More beans may be added, if
desired.

ANN'S PASTITSO

1½ lb. elbow macaroni (cook according to directions on pkg.)

1 T. salt

1 cube butter, melted

3 eggs, beaten

A little grated cheese

Drain and rinse macaroni. While still warm, add salt, butter, eggs and cheese. Mix and set aside.

Filling:

4 T. butter

2 onions, chopped

1 clove garlic, chopped

2 lbs. hamburger

Dash cinnamon (little more)

Dash nutmeg

Salt and pepper to taste

1 can tomato paste

1/2 cup water

1/2 cup white wine

Brown onions and garlic in butter until golden. Add meat and cook until browned. Add seasonings and tomato paste, water and wine. Cook until liquid disappears. Set aside.

Topping:

1 cube butter

8 T. cornstarch

1 qt. warmed milk

1½ tsp. salt

A little grated cheese

3 eggs, slightly beaten

1/2 tsp. cinnamon

ANN'S PASTITSO (Cont'd)

Melt butter in saucepan. Add cornstarch slowly and stir constantly. Gradually add hot milk and continue stirring. Cook until sauce is smooth and thick (like pudding). Add salt and grated cheese. Set aside to cool 5 minutes. Then blend in beaten eggs, small amount at a time.

Grease a 10 x 15 pan. Place half of pasta mixture on bottom. Add all of the filling. Place remaining half of pasta mixture over the filling. Spread topping over all. Bake at 350 for 40 minutes. Serves 15.

Ann Sklavos

CHEESY POTATO STICKS

1 T. butter or margarine
1 T. All-Purpose flour
1/8 tsp. salt
Dash pepper
1/2 cup milk
1/2 cup shredded American cheese
1½ tsp. chopped, canned pimentos
8 oz. pkg. frozen French Fried potatoes

In saucepan, melt butter over low heat. Blend in flour, salt and pepper. Add milk, all at once. Cook quickly, stirring constantly until thickened and bubbly. Add half of the shredded cheese. Stir until cheese is melted. Stir in pimentos. Place potatoes in baking dish. Pour cheese sauce over potatoes. Sprinkle with remaining cheese. Cover and bake at 350 for 15 minutes. Uncover and bake 25 minutes more.

Serves 2.

MUFFIN SANDWICH

Split a English muffin. Butter both outer sides. Mix 1 egg with chopped celery & tuna. Pat mixture on bun. Top with 1 slice of cheese & 1 slice tomato. Put together. Place on dry skillet on low heat, this takes about 5 min. each side. Cut in half.

FLUFFY DUMPLINGS

Sift: 1½ cup flour
1/4 T salt
1 T baking powder
Add: 1 beaten egg
1/4 cup milk

Stir only to wet. Drop dough, small spoonsful on boiling broth and meat. Cover tightly. Cook 12-15 min. Do not peek or dumplings will fall. Fast and delicious.

Breads, Sandwiches & Pancakes





WHEAT GERM MUFFINS

2/3 cup biscuit mix
1/3 cup wheat germ
1/4 cup sugar
1 slightly beaten egg
1/3 cup water
2 T peanut butter
1/2 tsp. vanilla

Combine biscuit mix, sugar & wheat germ, set aside. In another bowl combine slightly beaten egg, water, peanut butter & vanilla. Add to dry ingredients just until moistened (do not over mix). Fill muffin pans 2/3 full. Bake at 375 for 20 to 30 min. Makes 6 muffins.

Laila Gasho

DOROTHY'S PANCAKES

1 egg
2 T sugar
2 T oil
1 cup milk
1 cup flour
dash salt
3 tsp. baking powder

Beat egg slightly with spoon. Add sugar and oil & milk. Add dry ingredients and beat well. Bake on ungreased skillet. Grated apple may be added.

Dorothy Arnold

2 cups sifted all-purpose flour

1½ tsp. baking powder

1/2 tsp. baking soda

1/2 tsp. salt

1 eqq

2 T grated orange rind

1/2 cup orange juice

3 T melted butter or margarine

2 T hot water

1½ cup cranberries, halved or 1 can whole
cranberries.

3/4 cup chopped walnuts

Sift flour, sugar, baking powder, baking soda and salt into a large bowl. Beat egg lightly in a small bowl. Stir in orange rind and juice, butter and hot water. Add to dry ingredients and mix thoroughly. Fold in cranberries and nuts. Turn batter into well greased 9x5 loaf pan. Bake in mod. oven 350 for 50 min. or until done. Test with cake tester. Remove from pan and cool on wire rack.

* Latvian homemakers in this country have discovered that our North American cranberries are similar to those growing in the forests in Latvia and can be substituted in their native recipes.

Marie Gatelli

NAVAJO FRY BREAD OR SOPASPILLAS

4 cups flour
2 T baking powder
2 tsp. salt
1/2 cup lard or crisco

Combine ingredients & add enough water to make a stiff dough. Knead with hands until soft & smooth. Make small balls, roll out or stretch when it is big enough for your skillet; put a hole in the middle and fry. Your frying skillet should have enough lard or shortening to deep fry your bread, heat to 400. Put it in skillet and as soon as it brown on one side turn and fry on second side. It takes only a min. Remove and drain on paper towels and sprinkle powdered sugar on it or eat it with honey, like I did when I was small. This was my Mother's idea of a treat or something special for 15 children, years & years ago.

Andrea Hydes

OVEN POLENTA

1 cup polenta
3 cup warm water
1 cube butter (not margarine)
salt to taste

Mix all together. Bake in 350 oven 1 hr. in square pan. Do not open oven for at least 30 min. after baking.

Millie Bacigalupi

DILL BREAD

1 pkg. active dry yeast
1/4 cup warm water
3 T sugar
2 tsp. salt
3 T butter or margarine, softened
2 cup cold water
1 cup non-fat dry milk powder
6½ cup flour (approx.)
3 T dill-weed

In 5 qt. bowl dissolve yeast in warm water; let stand 5 min. Add sugar, salt, butter, cold water & milk powder; stir well. Gradually add about 6 cups flour, stirring well after each addition so no flour pockets remain at bottom of bowl or around edges. (Dough should look & feel as if just ready to knead). Cover well with plastic wrap; let stand in cool, draft free place overnight or 8 to 14 hrs. Sprinkle top of dough with about ¼ cup flour; scrape down sides of bowl; turn dough out on floured surface. Flatten with fingers, feeling for dry lumps or over-moist spots. Work in dry spots; dust moist spots with flour. Sprinkle with dill weed, then roll up tight; fold in thirds and knead adding flour to prevent sticking, until smooth and satiny. Divide in half. Shape each half in round loaf; place in greased 8" layer pan or shape to fit greased 9x5x3" pan. Cover; let rise in warm, draft-free place until doubled, about 1 hr. Bake in pre-heated 400 oven 30 min. or until loaves sound hollow when tapped. Remove from pans. Cool on racks. *Delightful with hearty soup, green-pea or potato. Makes two loaves.

DILL CLOVERLEAF ROLLS

1 recipe Dill Bread dough (See preceding page)

3/4 cup water

2 T. cornstarch

3 T. sesame seed

Prepare dough.

After kneading, divide in half.

Divide each half in 12 portions; then divide each portion in 3 parts.

Shape each part in ball the size of large marble; place 8 together in greased muffin cup.

Repeat until all dough is used. Cover.

Let rise in warm, draft-free place until rolls are doubled, about 1 hour.

Meanwhile, in small saucepan, mix water and cornstarch. Bring to boil. Cool.

Brush on rolls. Sprinkle with sesame seed.

Bake in pre-heated 375 oven 12 to 15 minutes, or until golden and hollow-sounding when tapped.

Remove from pans.

Serve warm or cool on racks.

Makes 24 rolls

These add an old-fashioned touch to a special meal.

ZUCCHINI PANCAKES

2 cups raw zucchini, grated
3 T. flour (heaping)
1 egg
Salt and pepper to taste

Drain zucchini well. Beat egg and add flour and salt and pepper. Then add drained zucchini and mix well. Drop by tablespoon into hot oil until brown on both sides.

Millie Bacigalupi

BEER PANCAKES

3 eggs
1 cup buttermilk
1/3 cup beer
1/2 cup sour cream
2 T. melted butter
1 cup Buttermilk pancake mix

In mixing bowl, beat eggs slightly and beat in buttermilk, beer, sour cream and melted butter.

Add pancake mix and beat until almost smooth.

Spoon in dollar size amounts on medium hot ungreased griddle.

Bake until golden brown on both sides.

These pancakes are thin.

Should you prefer a thicker consistency, add another 1/2 cup Buttermilk pancake mix.

Also can be made into larger size.

Hildagarde Leishman

BLINTZES

1 egg
1½ tsp. melted butter
1/3 cup milk
1/4 cup flour
1/2 tsp. salt
1½ tsp. sugar

FILLING

1/2 cup drained cottage cheese
1 small egg yolk
1/4 tsp. salt
1½ tsp. melted butter
1½ tsp. sugar
Cinnamon (optional)

Mix filling ingredients and set aside.

Beat egg; add milk and butter.

Stir in flour and beat until smooth.

Heat a little oil in a 6-inch skillet.

Pour 2 T. batter into skillet, tilting pan to coat bottom.

When set, turn out brown side up on paper towel.

Spread about 1 T. filling in center of pancake.

Fold in sides and roll like a jelly roll.

Fry in butter until brown.

Serve topped with sour cream or jam.

Makes approximately 5 or 6.

Marion Cohn

GLAZED CRANBERRY LEMON BREAD

4 T. butter
3/4 cup sugar
2 eggs
2 tsp. grated lemon peel
2 cups All-Purpose flour, sifted
2½ tsp. baking powder
1 tsp. salt
3/4 cup milk
1 cup fresh cranberries, chopped
1/2 cup walnuts, chopped
2 tsp. lemon juice
2 T. sugar

Cream together butter and 3/4 cup sugar until light and fluffy.

Add eggs and lemon peel. Beat well.

Sift together flour, baking powder and salt.

Add to mixture alternately with milk.

Beat until smooth after each addition.

Stir in cranberries.

Pour into greased 9 x 5 x 3-inch pan.

Bake in 350 oven 55 to 60 minutes.

Cool in pan 10 minutes.

Remove from pan.

When cool, combine lemon juice and sugar and spoon over the top.

Wrap; store overnight.

Nan and Frank Doonan

CORNISH PASTY - (Serves 3 generously)

This original recipe was made by wives of Cornish miners who, working 12 hours a day underground, were not satisfied with sandwiches. Hot from the oven, they were wrapped in dish towels and put in lunch pails, remaining warm until eaten.

1 lb. sirloin tip, cut in cubes

3 raw potatoes, cut fine

1 green onion, cut fine

Salt and pepper to taste

Cut steak in small cubes. Add vegetables and seasonings. Mix well.

4 cups flour

1 cup margarine 2 tsp. salt

1 oz. butter Pinch of baking powder

Cut shortening into flour and add enough cold water to make a stiff dough.

Roll out about 1/8-inch thick and cut 6 circles about 6 inches in diameter (a saucer is a good guide).

Into the center of each circle, put a mound of filling ingredients.

Moisten around edge of pasty and press halves together at the edges with a fork. Brush each with a mixture of one egg and one tablespoon cream beaten together.

Make a hole in each to let steam escape.

Bake at 425 for 1 hour. The pasties are very small. They may be served with a meat gravy when eaten at home.

Also, hamburger and varied vegetables may be used.

A pie crust for a one crust pie may be substituted and, if desired, two pasties may be baked in a cake pan.

HAM-N-NOODLE PIE

1/2 cup diced ham
1½ T. butter
3/4 cup cooked noodles
1/2 can undiluted celery or mushroom soup
1/2 cup broccoli
1/4 cup grated cheese
1/2 cup mashed potatoes
1 T. chopped onion
1/8 cup milk

Cook ham and onions in butter until meat is brown and onions tender.
Stir in soup, milk, noodles and broccoli.
Pour into butter dish. Add a ring of mashed potatoes around the outside and sprinkle with grated cheese.
Bake at 350 for 30 minutes.

Serves 2.

Marion Brown

Casseroles





ITALIAN SAUSAGE POLENTA PIE

3/4 lb. sweet Italian sausage
1/2 cup sliced onion
1 small clove garlic
1/2 can (1/2 lb.) tomatoes
1/2 can (4-oz.) tomato sauce
3/8 cup grated sharp cheese
1/4 tsp. dried oregano
1/4 tsp. sugar
1/8 tsp. pepper
3/4 cup yellow cornmeal
Dash salt

Brown sausages in large skillet. Reduce heat. Cook sausages, turning them occasionally, 15 minutes longer. Drain on paper towels.

Discard all but 1 tablespoon of fat in skillet. Saute onion and garlic until golden brown, about 5 minutes.

Halve 3 sausages lengthwise; set aside for top. Slice the rest.

Add tomatoes, sauce, 1/2 of salt, oregano, sugar, basil, pepper and sausage slices to onion mixture. Bring to boil. Reduce heat. Simmer uncovered, stirring occasionally, about 25 minutes.

Preheat oven to 375.

In medium saucepan, combine cornmeal with 3 cups water and rest of salt. Bring to boil, stirring constantly. Boil until thickened, 2 minutes. Remove from heat and let cool about 5 minutes.

Layer half of the cornmeal mixture in a 1½ qt. casserole. Top with half of sausage mixture. Sprinkle with half of cheese. Repeat and arrange reserved sausage on the top.

Lillian Del Fante

CHILIES RELLENOS CASSEROLE

4 oz. Cheddar cheese
1 can (7 oz.) whole green chilies
5 eggs
1/4 cup All-Purpose flour
1/2 tsp. baking powder
1 cup small curd cottage cheese
1 small avocado, peeled, pitted, sliced
bottled green or red taco sauce

Cut cheese into 1/2-inch thick fingers, long enough to fit inside each chili. Stuff cheese into chilies and lay crosswise in a greased baking pan. In bowl, stir together the eggs, flour, baking powder, until blended. Mix in cottage cheese and pour evenly over the chilies.

Bake in 350 oven for 30 - 35 minutes or until lightly browned on top and center feels firm.

Top with avocado slices.

Let stand 5 minutes.

Then, cut in rectangles to serve.

Offer taco sauce for individual servings.

BAKED TAMALES PIE

1 large onion, chopped
1½ lbs. ground beef (fry out grease)
10½-oz. can condensed tomato soup
1 tsp. salt
1/2 tsp. black pepper
1½ tsp. chili pepper
3/4 cup chopped ripe olives
12-oz. can whole-kernel corn
Corn bread batter

Brown onion and meat in hot fat.
Add remaining ingredients.
Pour into greased casserole. Cover.
Bake in moderate oven 325 for 1½ hours.
Spread with corn bread batter.
Bake uncovered in hot oven 425 for
25 minutes.
Serves 8.

CORN BREAD BATTER

1/2 cup flour
1 tsp. salt
1 tsp. black pepper
1/2 tsp. soda
3/4 cup corn meal
1 cup buttermilk
1 egg, beaten
2 T. salad oil

Sift flour, salt, pepper and soda
together.
Add corn meal and mix well.
Add buttermilk and beaten egg.
Then add oil.

Lucille Meighan

ZUCCHINI LASAGNA

3/4 lb. ground beef
1/2 cup finely chopped onion
1 15-oz. can tomato sauce
1 8-oz. carton Ricotta cheese or large
 curd cottage cheese
1 egg
1/2 tsp. oregano
1/2 tsp. basil
1/2 lb. grated Mozzarella cheese
Grated Parmesan cheese
4 medium zucchini (about 8-inch long)

Preheat oven to 350 degrees.
Saute beef and onion in large skillet.
Drain off fat.
Add tomato sauce and seasonings and
simmer uncovered about 10 minutes more,
stirring occasionally.
Slice zucchini lengthwise (about 1/4-inch
thick).
Arrange half the slices in an 8 x 12-inch
baking dish. Salt and pepper lightly.
Beat Ricotta or cottage cheese with egg
spread on zucchini.
Top with 1/2 Mozzarella cheese and 1/2
sauce.
Layer zucchini, sauce, etc. and generous-
ly sprinkle with Parmesan cheese.
Bake uncovered for 40 minutes or until
zucchini is tender.
Let stand for about 10 minutes before
serving.

Gloria Papera

CORNED BEEF AND CABBAGE CASSEROLE

1 cup shredded cabbage, cooked 5-8
minutes

4 slices corned beef from deli
or

1/2 can corned beef*

1/4 cup shredded cheese (your choice)

1 T. margarine

1 T. flour

3/4 cup milk

In greased casserole dish, layer cabbage, cheese and corned beef. Prepare cream sauce (a sauce with margarine, flour and milk). Pour over cabbage and corned beef. Sprinkle cheese on top.

Bake at 350 for 30 minutes.

* If canned corned beef is used, the remaining half makes a tasty sandwich spread, chopped and mixed with relish and dressing. Serves 2.

FRANKFURTER CASSEROLE

Gloria O'Leary

1 slice bacon

3 frankfurters, cut into thirds

1/4 cup chopped onion

1/2 can cream of chicken soup

1/4 cup water

1½ cups sliced, cooked potatoes

1/2 cup cooked green beans

Brown bacon in skillet. Remove bacon and crumble. Brown franks and cook onion in bacon drippings. Stir in soup, water, potatoes and green beans. Pour into baking dish. Add crumbled bacon and bake at 350 for 45 minutes.

Serves 2.

Jennie Aiello

JOELLA CHICKEN

1/2 jar (2½-oz.) chipped beef
2 whole chicken breasts, halved
1/2 can (10½-oz.) cream of mushroom soup
1/2 cup dairy sour cream
1/2 can (4-oz.) sliced mushrooms,

undrained

1/4 cup California Dry Sherry
Dash paprika

Place chipped beef (which may be rinsed in water first, if too salty) in bottom of shallow casserole.

Arrange chicken breasts on top.

Cover with mixture of soup, sour cream, mushrooms and liquid and sherry.

Dust with paprika, generously.

Bake, uncovered in 350 oven for 1½ hours.

Serves 2.

CHICKEN AND RICE CASSEROLE

3 cooked chicken breasts (chunked)
1½ cup cooked rice
2 eggs, hardboiled and sliced
1 can mushroom soupe (do not dilute)
3/8 cup mayonnaise
1 cup celery, chopped
1/2 large onion, grated
1½ pkg. (2½-oz.) slivered almonds

Mix all ingredients and put in buttered casserole. Top with crushed potato chips. Cook about one hour in medium oven.

Serves 2.

ZUCCHINI CASSEROLE

3/4 lb. zucchini, cut in 1/4-inch rounds
1/2 lb. ground beef
1 small onion, chopped
1/2 cup instant rice
1/2 tsp. seasoned or garlic salt
1/2 tsp. crushed oregano
1 cup (1/2-pt.) small curd cottage cheese
1/2 can cream of mushroom soup
1/2 cup grated Cheddar cheese

Cook zucchini until barely tender in salted water. Drain well.
Saute beef with onion until meat is brown.
Add rice and seasonings.
Place half the sliced zucchini in bottom of 1½-qt. casserole. Cover with beef mixture and spoon over the cheese.
Add remaining zucchini.
Then spread soup over all.
Sprinkle with grated cheese.
Bake uncovered at 350 for 35 or 40 minutes, or until bubbly hot.
Serves 2.

Lucille Herzo

CHICKEN CASSEROLE

1/2 cup rice
1/2 cup milk
1/2 can cream of mushroom soup
1/2 can cream of chicken soup
1/2 chicken, fryer, cut up
Salt and pepper to taste.

Put rice and soup on bottom of baking dish. Place chicken pieces on top.
Bake for 1½ hours in a 350 oven.

Charlie Gasho

EGG NOG (CHRISTMAS)

9 egg yolks
1 cup granulated sugar
2 tsp. vanilla

Beat 15 minutes

Add 1/2 pt. whipping cream
1 pt. half & half cream

Beat 10 minutes

Add 2 cups vodka
2 jiggers Brandy

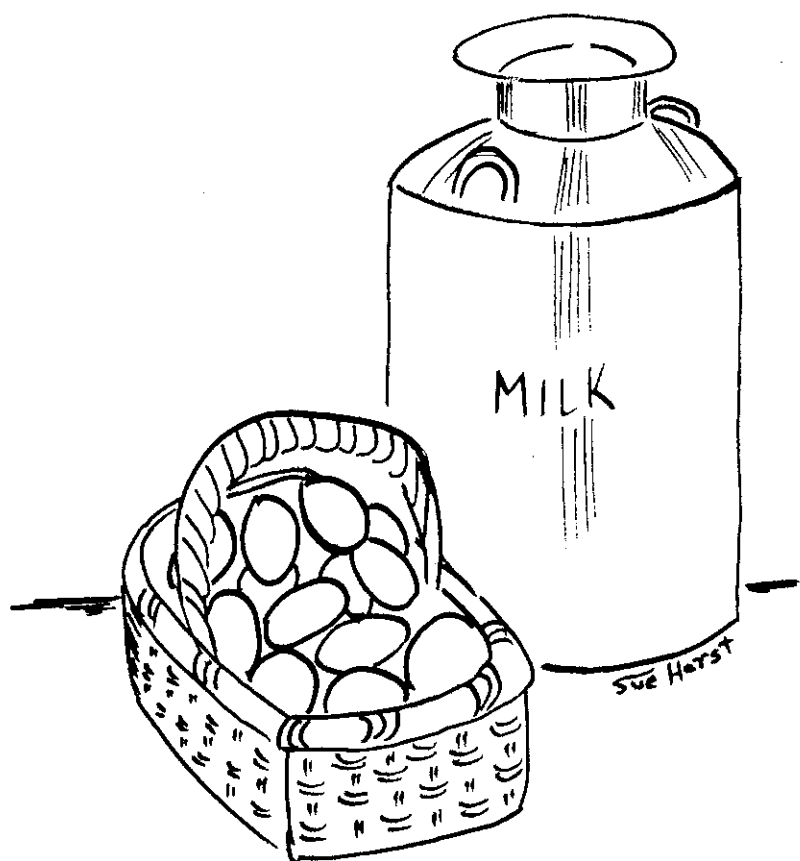
Mix well

Put into 1/2-gal. jug.

Keeps for weeks in refrigerator.

Hildagarde Leishman

Eggs, Dairy & Cheese Dishes





MEDITERRANEAN YOGURT

3 T. yogurt (Starter - Knudsen yogurt)
2 T. milk
2 heavy towels

Heat milk on low fire until it comes to a boil.

Remove from burner.

Cool to lukewarm.

Add yogurt; stir well.

Cover and wrap with towels, patting each one well.

Store in a warm place (or in cool oven) overnight.

Do not touch or disturb until next morning.

Uncover yogurt.

Refrigerate immediately for several hours.

Store in plastic container or to the top in covered glass jars.

Use as needed.

Barbara McCloud

CRAB QUICHE

1½ cup crabmeat
1½ T. celery, chopped
1½ T. green onion, chopped
1 tsp. dried parsley
2 T. Sherry
¾ cup grated Swiss cheese
4 eggs
2 cups half & half cream
¼ tsp nutmeg
½ tsp. salt
¼ tsp. pepper

Combine first 5 ingredients.

Refrigerate

Pre-heat oven to 450.

Line 9-inch pie plate with pastry dough.

Bake 5 minutes.

Sprinkle the partly baked pastry shell with crabmeat mixture.

Top with cheese.

Combine eggs, cream and seasonings.

CAREFULLY pour into shell over the cheese.

Bake 15 minutes.

Then reduce oven to 350.

Bake until knife inserts and comes out clean, approximately 10 minutes.

ZUCCHINI FRITTATA

3 small zucchini
1/2 clove garlic, minced
1/4 cup parsley, finely chopped
1/2 T. butter
1/4 tsp. salt
Dash pepper
2 eggs
1/4 cup grated Romano or Parmesan cheese
Chop zucchini. Saute zucchini, garlic and parsley in melted butter for 5 minutes. Beat eggs slightly; add cheese, salt and pepper. Stir into vegetable mixture.
Pour into buttered baking dish and bake at 350 for 30 minutes or until set.
Serves 2.

Dorothy Arnold

ARTICHOKE FRITTATA

3 jars marinated artichoke hearts
1 clove garlic, minced
1 bunch green onions, chopped
1 cup grated Cheddar cheese
4 eggs, beaten
10 soda crackers
Dash Worcestershire sauce
Pepper to taste
Drain oil from artichokes into large frying pan. Cook onions and garlic in oil until limp. Chop artichoke hearts small and add to onion mixture. Beat eggs until frothy. Add crushed crackers to egg mix and mix all together.
Pour into greased 8 x 12-inch pan.
Bake in slow oven 325 for 35 minutes or until firm.

Millie Bacigalupi

BROCCOLI-ONION OMELET

- 1 package (10-oz.) frozen chopped broccoli, cooked according to package directions, drained
- 1/2 cup chopped onion (1 medium size)
- 1/3 cup French dressing
- 8 eggs
- 1/2 cup milk
- 1½ tsp. salt
- 1/8 tsp. pepper
- 3 T. margarine, divided

In saucepan, stir together broccoli, onion and dressing. Set aside.
Beat eggs, milk and seasonings.
In skillet or large omelet pan, heat 1½ T. margarine until very hot.
Add half the egg mixture.
Cook slowly, shaking skillet for even cooking and lifting edge of omelet to let uncooked mixture run under.
Quickly heat vegetable mixture.
When omelet is set, put a fourth of vegetable mixture in center and fold.
Put on hot platter.
Top with a fourth of vegetable mixture.
Repeat with remaining 1½ T. margarine, half of the egg mixture, and half of the vegetable mixture.

Serves 4.

NOTE: For easier handling, make 4 small omelets.

"EASY" SOUFFLE FOR AN "EASY" DAY

8 slices white bread

Sliced American cheese, milk or sharp

Make sandwiches; cut off crusts and cut into fours.

Place in casserole.

4 cups milk

4 eggs

Salt and pepper

Small shrimp, chipped beef, etc.

(optional)

Beat well and pour over sandwiches in casserole.

Refrigerate at least 4 hours.

Bake at 350 for 45 minutes.

The formula for this recipe is:

1 sandwich, plus

1 egg, plus

1 cup milk

This dish is excellent for people on diets (salt free).

Also delicious with salads or as a gourmet side dish.

Elsie Garrison Martin

SHREDDED ZUCCHINI QUICHE

3 eggs
1/8 cup milk
1 clove garlic
1/8 tsp. salt
Dash of pepper
1/8 cup grated Parmesan cheese
1/8 cup wheat germ

Mix together the above and set aside.
Butter sides and bottom of deep pie plate and coat with wheat germ.

Layer the following ingredients in pie plate:

1/4 cup shredded Swiss cheese
1/8 cup chopped green onions
1 small shredded zucchini
1/2 cup shredded Jack cheese

Pour egg mixture over this.
Bake at 350 for 25 to 30 minutes, or until center is set when lightly touched.
Cool on wire rack.

Serves 3.

QUICHE LORRAINE

5 eggs
1½ cup half and half cream
1 cup whipping cream
Pinch of salt
1/4 tsp. nutmeg
1 cup grated Swiss cheese
10 slices bacon (diced and fried
thoroughly and well drained)

Make a pastry crust to fit into a 11" false-bottomed quiche pan. Butter pan. Gently press the pastry into the bottom and around the sides of the pan. Prick crust, trying not to pierce all the way through.

Chill for 1 hour.

Pre-bake crust in 400 oven for about 10 - 15 minutes until it is not quite thoroughly baked. Cool.

Crumble approximately 3/4 of the drained bacon on bottom of crust.

Add 1/3 cup dry shredded or minced onion.

Add egg mixture.

Bake 40 minutes in a 375 oven or until inserted knife comes out clean.

Cool for about 5 minutes.

Carefully unmold by setting quiche pan over a jar or can so that the ring of the quiche pan drops free.

Sprinkle top with finely chopped parsley and the rest of the bacon and Parmesan cheese.

Hildagarde Leishman

SICILIAN MEAT ROLL

2 eggs, beaten
3/4 cup soft bread crumbs (about 1 slice
bread)
1/2 cup tomato juice
2 T. snipped parsley
1/2 tsp. dried oregano, crushed
1/4 tsp. salt
1/4 tsp. pepper
1 small clove garlic, minced
2 lbs. lean ground beef
8 thin slices boiled ham
6 oz. (1½ cups) shredded Mozzarella cheese
3 slices Mozzarella cheese, halved
diagonally

Combine eggs, bread crumbs, tomato juice, parsley, oregano, salt, pepper and garlic. Stir in ground beef, mixing well.

On foil or waxed paper, pat meat to a 12 x 10 rectangle.

Arrange ham slices atop meat, leaving a small margin around edges.

Sprinkle shredded cheese over ham.

Starting from short end, carefully roll up meat, using foil to lift.

Seal edges and ends.

Place roll, seam side down, in a 13 x 9 x 2-inch baking pan.

Bake in 350 oven for 1 hour 15 minutes, or until done.

(Center of meat roll will be pink, due to ham).

Place cheese wedges over top of roll.

Return to oven for 5 minutes, or until cheese melts.

Makes 8 servings.

Jill Soldati

Entrees





CHICKEN ORANGE

2 legs and thigh (attached) chicken pieces

Flour

1/4 cup blanched, slivered almonds

1/4 cup raisins

1 cup orange juice

1/8 tsp. cinnamon

Pinch of cloves

Pinch of nutmeg

Coat chicken with flour and brown in butter.

Sprinkle with salt and pepper.

Add almonds, raisins, orange juice, cinnamon, cloves and nutmeg.

Cover and simmer at least 1 hour until chicken is very tender.

If it needs more orange juice, add it.

If you prefer, it can bake in medium oven.

Serves 2.

Hildagarde Leishman

VEGETARIAN ENCHILADAS

1/4 cup oil (can use butter or margarine)
1½ lb. eggplant (cut into 1/2" cubes)
2 cloves garlic, chopped
1 large green pepper (optional)
1 medium onion, chopped
1 lb. cubed frozen tofu
1 4-oz. can diced green chilis
2½ cups shredded Cheddar cheese
2 cans (10-oz.) enchilada sauce
1 doz corn tortillas
Unflavored yogurt

Melt oil in 5-qt. kettle.
Add eggplant and garlic.
Cook until eggplant is soft.
Add onion, green pepper and cook for
10 minutes.
Add green chili and tofu.
Cook another 10 minutes.

Heat enchilada sauce until steamy.
Dip each tortilla in sauce until soft.
Remove tortilla w/tongs to casserole dish.
Spoon 1/2 vegetable mix down center.
Add spoon of yogurt and cheese.
Roll enchilada to enclose filling.
Turn fold side down in casserole dish.
Cover with remaining sauce and cheese.
Bake uncovered 350 F. 20 minutes or
until done.
Pass yogurt for spooning over enchilada.

SWEET AND SOUR CHICKEN

2 pieces chicken
1½ T. soy sauce
1 egg
1/4 cup flour
1/2 tsp. salt
Fat for deep frying
1 T. cornstarch
1 T. sugar
1½ T. vinegar
1 cup water
1½ tsp. catsup
1/2 cup sliced mixed sweet pickles

Skin and bone chicken. Cut into 2-inch pieces. Sprinkle it with soy sauce.

Let stand 10 minutes.

Beat the eggs, flour and salt to a smooth batter. Dip chicken in it.

Heat fat to 370; fry chicken in it until browned.

Drain. Keep warm.

Mix together cornstarch, sugar, vinegar, water and remaining soy sauce.

Cook over low heat until thickened, stirring constantly.

Stir in catsup, pickles.

Cook 1 minute.

Pour over chicken.

LEFT-OVER TURKEY

Steam rice. Add one can chicken soup, chopped turkey and ripe olives. Bake.

Lucille Meighan

ORANGE CURRY CHICKEN

1 whole chicken breast
1 tsp. curry powder
2/3 cup orange juice
2 T. lemon juice
2 tsp. honey
1/2 tsp. dry mustard
1 T. grated orange or lemon peel
Salt and pepper to taste

Rub chicken with curry powder. Place skin side down in pan. Combine remaining ingredients in pot and simmer 5 minutes over medium heat. Pour over chicken. Bake uncovered in 350 oven 45 minutes to 1 hour (until fork tender).
Serves 2.

EASY CHICKEN DIVAN

1 10-oz. pkg. frozen broccoli or 1 bunch fresh
1 cup sliced cooked chicken or turkey
1 can condensed cream of chicken soup
1/2 cup mayonnaise or salad dressing
1/2 tsp. lemon juice
1/4 cup sherry wine
1/4 tsp. curry powder
1/4 cup shredded sharp processed American cheese
1/4 cup soft bread crumbs
1/2 T. butter or margarine, melted

Cook broccoli in boiling, salted water until tender. Drain. Arrange broccoli in greased 9 x 9 baking dish. Place chicken slices on top. Combine soup, mayonnaise,

(Cont'd to next page)

EASY CHICKEN DIVAN - (Cont'd.)

lemon juice, wine and curry powder.
Pour over chicken. Sprinkle with cheese.
Combine crumbs and butter. Sprinkle over
all.
Bake at 350 for 25 to 30 minutes.

Lucille Herzo

CHICKEN AND ALMONDS

1½ T. oil
1 raw chicken breast, diced
1/2 tsp. salt
Dash pepper
1 T. soy sauce
1/2 cup celery, diced
1/2 cup peas, diced
1/4 cup onion, diced
2 oz. can mushrooms, sliced
1½ T. cornstarch
1 T. water
1/4 cup almonds, sliced

Heat oil in skillet. Saute chicken 5 minutes. Add salt, pepper, soy sauce, celery, peas, onion and mushrooms.
Cover and cook over low heat 5 minutes.
Mix together cornstarch and water.
Stir into mixture until thickened; add almonds. If desired, serve over rice.
Serves 2.

CHICKEN IN PLUM SAUCE

1½ lb. chicken pieces 1/4 tsp. salt
1/2 can plum sauce Dash pepper

Wash and season chicken. Warm plum sauce on top of stove. Bake chicken at 350 for 1 hour, basting regularly with plum sauce.
Serves 2 generously. 168

CHICKEN CHOW MEIN

- 2 T. oil (corn oil) (a polyunsaturated oil)
- 2 chicken breasts, boned (protein)
- 1/2 cup bean sprouts
- 1/4 cup mushrooms, sliced
- 2 stalks celery, in 1-inch slices
- 2 scallions, sliced
- 2 T. soy sauce
- 1/4 tsp. salt
- 1 T. cornstarch
- 1 cup chicken broth
- 2 cups noodles, cooked (whole grain)

Prepare ahead:

Chop celery, slice mushrooms and scallions.

Mix salt and cornstarch with chicken stock.

Measure noodles. Bone chicken and cut into 1-inch pieces.

Set aside.

To cook:

Set wok or deep fry pan over high heat for 30 seconds. Swirl in the oil and let it heat slightly.

Add chicken. Stir fry several minutes until chicken becomes opaque.

Add mushrooms, bean sprouts, celery, scallions, soy sauce.

Stir fry 3 more minutes.

Pour in cornstarch mixture. Stir until thick and clear.

Boil noodles as directed on package.

Pour wok contents over noodles and serve.

Serves 2.

HAMBURGER STROGANOFF

1/2 lb. ground beef
1½ slices bacon
1/4 cup chopped onion
1/2 can cream of mushroom soup
1/8 tsp. paprika
1/2 cup sour cream

Brown ground beef with bacon; add onion and cook until tender but not brown. Drain off excess fat. Add paprika. Stir in mushroom soup. Cook slowly uncovered for 20 minutes, stirring often. Stir in sour cream and heat through but do not boil.
Serve over hot buttered noodles.
Serves 2.

Dorothy Arnold

PAT BUCKLEY'S HOT DISH

3/8 lb. ground beef
1 small onion, diced
1 stem celery, sliced
1/2 can cream of chicken soup
1 small can V8 tomato juice
1/2 cup noodles

Brown beef in skillet. Add onion and celery. Add the chicken soup and tomato juice. Add noodles (uncooked). Put in casserole and bake at 350.
(Can also be made in skillet on top of stove)
Serves 2.

Optional: Buttered bread crumbs sprinkled with parsley flakes is a nice topping.

Dorothy Arnold

CURRIED HAM AND PEACHES

2 T. butter or margarine, divided
3/4 lb. cooked ham, cut in 4 slices
1 can (16-oz.) peach halves with syrup
1 tsp. curry powder
2 T. packed brown sugar

Lightly brown ham slices in 1 T. butter in large skillet. Remove from skillet; set aside.

Add peach syrup to skillet; stir in curry powder. Place peach halves in skillet, cut side down; cook 2 minutes.

Turn peaches over and fill cavities with brown sugar; dot with remaining 1 T. butter. Return ham to skillet.

Cover and cook 3 minutes or until ham is heated through and sugar melts.

4 Servings.

PORK CHOPS WITH SWEET POTATOES AND CRANBERRIES

4 thin-cut pork chops (1 lb.)
1/2 tsp. salt
1 can (16-oz.) sweet potatoes or yams
(drain, reserving 1/2 cup syrup)
1 can (16-oz.) whole cranberry sauce
1/2 orange, sliced

Sprinkle chops with salt. Cook, turning once 5 to 7 minutes or until well browned on both sides.

Remove to serving dish; keep warm.

Reduce heat. Add sweet potatoes and syrup to skillet.

Stir in cranberry sauce and orange slices.

Cover and cook 5 minutes or until potatoes are heated through. Lift potatoes and orange slices to serving dish.

Pour sauce over all.

Serves 4.

PORK CHOPS AND CABBAGE

4 loin pork chops
1 medium onion, chopped
1 small clove garlic, minced
1 cup tomato juice
1/4 cup vinegar
2 T. soy sauce
1 T. brown sugar
Salt and pepper to taste
4 cups shredded cabbage

Trim fat from chops. Use fat to make grease; remove fat.

Brown chops well on both sides.

Remove chops from pan.

Add onion and garlic.

Cook until tender, but not browned.

Put pork chops back in pan.

Combine tomato juice, vinegar, soy sauce, sugar, pepper and salt.

Mix and pour over chops. Cover.

Simmer 45 minutes or until chops are tender. Add cabbage on top of chops so cabbage will steam.

Cover and cook 10 minutes.

Remove chops and toss cabbage in sauce.

Spoon over chops.

Serve with steamed rice.

Serves 2.

Rose Comacho

HAM SUPREME

1 cup ground ham
9 soda crackers, ground
1/8 onion, chopped
1/8 bell pepper, chopped
1/4 lb. mild cheese, grated
1 egg, beaten
1 cup milk
Bread crumbs, paprika, parsley

Mix well the first five ingredients.
Pour into greased baking dish.
Sprinkle bread crumbs and paprika on top.
Bake about an hour, or until firm in 350 oven. Decorate with parsley.

Serves 2.

Lucille Meighan

CORNED BEEF HOT DISH

1 cup macaroni
1/2 can asparagus spears, drained
1/2 small can pimientos, chopped
1/2 can (12-oz.) corned beef pieces
1½ T. margarine
1½ T. flour
1½ cup milk
1/2 can cream of mushroom soup
1/4 lb. Cheddar cheese

Bake at 350 for 30 minutes.

First, cook macaroni in unsalted water until tender. While macaroni is cooking, make white sauce (margarine, flour, milk); when thickened, add mushroom soup and stir. Add cheese. Heat and stir until cheese melts and sauce is smooth. Add pimiento. Grease a 9" x 13" baking dish. Layer macaroni, the corned beef and sauce. Top with asparagus spears. Garnish with buttered bread crumbs.

Serves 3.

BEEF STEW

1 lb. shoulder beef
1 onion
2 carrots
1 or 2 potatoes
Green beans
Lima beans
3 or 4 celery stalks
Peas
1/2 cup hot water

Cook meat (salted), onion and water on low fire about one hour.

Add celery, carrots and lima beans (soak first, if dry). Cook 1/2 hour.

Add green vegetables and potatoes.

Cook until done.

Add a little v-8 at end, if desired.

Serves 2.

Ruth Goldsmith

CHOPPED LIVER AND ONIONS

Liver (amount desired)

Onions (1/4 cup per pound of liver), finely diced

Two hard boiled eggs

Shortening for saute,

Salt and pepper to taste

Mayonnaise, if desired

Slice liver 1-inch thick and broil 5 to 10 minutes to a light brown on both sides.

Remove veins and skin.

Put through food chopper, using fine cutting blade (or chop to a smooth paste in a wooden bowl)

Saute onions until light brown, add to liver paste with salt and pepper. Add hard boiled eggs.

If paste is too dry when chopped, add mayonnaise to moisten.

Belle Pinkus

CURRIED PLUM SAUCE PORK

2 large loin pork chops
1 tsp. Mei Yen seasoning powder
1/2 tsp. curry powder (or less to taste)
1/4 tsp. orange peel
1½ tsp. instant toasted onions
1/4 cup plum preserves
1 T. lime juice
3/4 cup water
1/2 tsp. arrowroot

Brown chops slowly on both sides in very little oil. Discard excess fat.
Blend Mei Yen seasoning, curry powder, orange peel, toasted onions and plum preserves into pan juices.
Stir in lime juice and 1/2 cup water.
Cover tightly and simmer one hour.
Remove chops to heated serving platter.
Discard excess fat from pan.
Blend arrowroot with remaining 1/4 cup water. Stir into pan liquid.
Continue cooking, stirring constantly, until sauce thickens.
Serve hot over chops.

SOMETHING DIFFERENT-GOOD FLAVOR

Serves 2.

Margaret Vanvick

SHORTRIBS (JAPANESE STYLE)

2½ lb. shortribs
¾ cup water
¾ cup sugar
¾ cup shoyu
½ tsp. grated ginger (or 1 tsp.
powdered)
½ tsp. salt
Dash of garlic powder
¾ cup sherry

Dust about 2½ lbs. shortribs with flour.
Brown on all sides in salad oil in big
Dutch oven. Pour off fat.
Pour all ingredients together and mix.
Cover and simmer about 1½ hours.

Serves 2.

SWISS STEAK

1 large round steak
Salt, pepper and flour each side; pound
well; cut into serving portions.
Braise in Dutch oven in oil until brown.

SAUCE

1 large carrot, finely minced
1 large onion, finely minced
1 large pepper, finely minced
¾ cup celery, finely minced
2 cans 8-oz. tomato sauce

Cover and cook slowly for one hour.
Serve with mashed potatoes.

SAVORY MEAT LOAF

1 thin 2-inch slice salt pork, diced
1 lb. ground beef (round)
1/4 tsp. minute tapioca
1 cup canned tomatoes
1/4 small onion, diced or chopped
1½ tsp. salt
Dash pepper

Fry out salt pork until golden brown.
Add pork drippings to other ingredients
and mix thoroughly.

Bake in loaf pan in 450 oven for 15
minutes.

Decrease heat to 350 and bake 30 minutes
or until done.

Serve hot or cold.

Garnish with parsley.

Serves 2.

As an alternative, shape into a loaf.

Put into a large pan and surround with
small, peeled potatoes.

Bake according to directions about until
meat and potatoes are done, basting
frequently with 3/8 cup hot water and
2 T. butter.

This is a 50-year old recipe and a nice
change from the usual formula.

Alice Beck

HAM SAUCE

10-oz. jar apple or guave jelly
1 T. prepared mustard
1/3 cup unsweetened pineapple juice
2 T. dry white wine
1 lb. 5-oz. can cherry pie filling
1/2 cup raisins

In saucepan, combine jelly with mustard.
Add pineapple juice and wine.
Stir and simmer 3 minutes. Set aside.
Heat cherry pie filling with raisins.
Add to the above mixture.
One-half hour before serving, pour half
of this mixture over ham. When ham is
done, pour off juices into the rest of
the sauce.
Heat to boiling and serve. May be frozen.

Norma Young

QUICK BARBECUE SAUCE

1/4 cup chopped onion
1 T. margarine
1 can (8-oz. tomato sauce)
1 T. Worcestershire sauce
1 T. brown sugar
1/4 tsp. pepper
1/2 tsp. dry mustard

Cook onion in margarine about 5 minutes.
Add tomato sauce, Worcestershire sauce,
sugar, pepper, dry mustard. Simmer 5
minutes. Makes 1 1/4 cups.
For use on leftover meat and hot dogs.

Gloria O'Leary

BRISKET WITH SWEET/SOUR SAUCE

5 lb. brisket
2 tsp. salt
1 cup vinegar
1½ cup ketchup
3 T. brown sugar
1 cup celery, sliced thin
2 onions, sliced

Trim brisket of excess fat.
Place in covered casserole.
Pour sauce of combined remaining ingredients over meat.
Bake at 325 for 5 hours, or until tender.

Bernice Freeman

5-HOUR STEW

2/3 lbs. stew meat
2 small or 1 large potato, cubed
2 carrots in 2-inch pieces
1 onion, sliced
1 T. Minute tapioca
1/3 cup celery in 2-inch pieces
2 tsp. chopped parsley
1 small can tomatoes, solid pack
1/2 tsp. salt
Dash pepper
1 tsp. sugar
1/3 slice bread, broken in pieces

Mix all together in large casserole.
Cook in 250 oven for 5 hours.
Stir up about once or twice during cooking.
Serves 2.

BROILED SALMON

2 fresh salmon steaks
Dot with 2 T. margarine
Sprinkle with paprika.
Put on aluminum pan.
Broil on one side for 5 minutes.

Do not turn over.

Leave in broiler, turned off for 5 minutes.

After cooked, if desired, add:

Green Mayonnaise

1/2 cup mayonnaise
2 T. ea. chives, chopped fine, and
parsley

Also add spinach and watercress, if desired, or any vegetable that is green.

Serves 2.

Kathryn Jovick

TUNA SQUARES

1 cup Bisquick
1/4 cup water

Mix Bisquick and water. Pat dough in small, greased pan - pressing dough to sides.

1 can tuna, drained and flaked
1½ cup grated Swiss cheese
1/2 cup celery
3 T. green onion (sliced)
3 T. mayonnaise
1/2 tsp. Worcestershire sauce
1/8 tsp. salt
Pepper to taste

Mix all the above and spread evenly over dough. Sprinkle with paprika.
Bake at 375 for 30 minutes.
Serves 2 - 3.

Lucille Meighan

STAY-ABED STEW

1 lbs. beefstew, cubed
1 small tiny peas (omit if you don't have them)

1/2 cup sliced carrots
1 chopped onion
1/2 tsp. salt
Dash pepper

1/2 can Golden mushroom soup and 1/4 cup water

1 small raw potato, sliced
Bay leaf, if you like it

Place all in Dutch oven. Cover tightly.
Place in oven at 275 for 5 hours.

Lucille Meighan

STUFFED GRAPE LEAVES

1 jar grape leaves
1 tsp. salt
Juice of 2 lemons
1 cup rice
1 lb. lamb or beef
Seasoning to taste

Take grape leaves out of jar and rinse them.

Put on a large cookie sheet covered with paper toweling and drained.

Rinse 1 cup rice.

Drain thoroughly.

Add seasonings and juice of 1 lemon.

Take 1 leaf at a time, put small amount of stuffing on leaf and roll.

Place in pan of firmly, wrapped grape leaves, always changing the directions of the whole row of leaves.

Continue until pan is full.

Add water and lemon.

Cover with smaller dish.

Cook 15 minutes at medium heat.

Barbara McCloud

3 T. butter

1/2 cup each of chopped onion, chopped

carrots, chopped celery
1 qt. water (or more, if necessary)

3/4 cup (or more) dry white wine

Salt (parsley for garnish)

7 or 8 peppercorns

Salmon Steaks - select equally thick, not too large fresh salmon steaks; allow one steak per serving. Bring to room temperature prior to cooking (1/2 to 1 hour)

In a large skillet, heat butter. Add vegetables and cook 5 minutes. Add water, wine, seasonings. Simmer 5 minutes. Carefully place salmon in boiling liquid. Lower heat and simmer gently for 5 minutes covered. If liquid does not cover fish, carefully (with spatula) turn fish once while cooking. Remove fish carefully (should be deep pink in center when done. Overcooking destroys flavor and texture. Gently place on hot platter. Garnish with fresh parsley. Serve hot with Hollandise Sauce, poured over all. Have sauce boat with extra sauce for passing. Discard poaching liquid.

Blender Hollandaise Sauce Yields about 5 servings.

1/2 cup butter, heat until melted
(do not brown)

3 large egg yolks

2 T. freshly squeezed lemon juice

Dash cayenne

1/4 tsp. salt

Place eggs, juice, cayenne, salt in blender. On low speed, add melted butter very gradually until mixture is smooth and thickened, about 15 seconds or longer

MARINATED CHICKEN -- BASIC RECIPE

The following 6 recipes all require using this basic marinated chicken recipe.

2 whole medium sized breasts
(boned and skinned)
3/4 tsp. salt
1/4 to 1/2 tsp. fresh ground pepper
4 tsp. cornstarch
4 tsp. olive or other oil
1 egg white, unbeaten

For strips

Slice chicken in strips no larger than
2½ x 3/8-inch.

For Filets

Place each breast piece between 2 sheets
wax paper and pound with meat pounder or
flat side of cleaver or rolling pin
until 1/2-inch thick.
Sprinkle chicken with salt and pepper and
let stand 20 minutes.
Sprinkle with cornstarch and oil.
Turn to mix and let stand 20 minutes.
Mix in egg white and let stand 30
minutes.

Use as directed in following recipes.

Teri Nishikawa

CHESTNUT CHICKEN

Marinated chicken strips (See basic recipe)

1/4 cup butter or margarine
3/4 cup chopped cooked chestnuts
3 T. brandy
1/2 cup finely chopped shallots
1 cup heavy cream
1/4 cup dry white wine
1 tsp. lemon juice
Salt and fresh ground pepper

In large skillet over medium high heat, saute chicken in butter until opaque throughout and a little golden, about 5 minutes.

Remove chicken and keep warm.

Add chestnuts and stir to coat with drippings.

Add 2 T. brandy at edge of pan.

As soon as warm, ignite and spoon flames over chestnuts until flames die.

Stir in shallots, cream and wine.

Stir over high heat until mixture is the consistency of heavy cream.

Put chicken back in pan with remaining 1 T. brandy and the lemon juice.

Stir gently.

Correct seasoning with salt and pepper.

Garnish with watercress.

Teri Nishikawa

TARRAGON CHICKEN

Marinated chicken strips (1½ lb. meat)
(See basic recipe)

1/4 cup butter

4 tsp. finely diced, peeled, seeded
tomato

1 cup heavy cream

1½ tsp. mild white wine vinegar

1 tsp. dried tarragon

3 T. minced parsley

Salt and fresh ground pepper

In a large skillet over medium heat,
saute chicken in butter until opaque
throughout and a little golden, about
5 minutes.

Remove chicken and keep warm.

Add tomato, vinegar, cream and tarragon
to pan.

Increase heat to high.

Stir until mixture is blended and
consistency of heavy cream.

Put chicken back in pan with half of the
parsley.

Turn gently to mix and heat through.

Correct seasoning with salt and pepper.

Sprinkle with remaining parsley.

Teri Nishikawa

CHICKEN BREASTS ON SPINACH BED WITH MUSHROOM - WINE SAUCE

Marinated chicken filets (See basic recipe)

6 T. butter or margarine
Spinach bed
1/2 lb. mushrooms, minced
1 cup heavy cream
1/4 cup dry white wine
1½ T. dried tarragon
Salt and pepper

In a large skillet over medium heat, saute chicken in butter until opaque throughout and cooked on both sides, about 8 minutes total.

(Do not crowd in pan).

Remove and arrange on spinach and keep warm.

Add mushrooms to drippings in pan.

Increase heat to high and saute until tender.

Add cream, wine and tarragon. Stir until liquid is consistency of heavy cream.

Correct seasoning with salt and pepper.

Spoon sauce lightly over chicken to coat, then pour remaining sauce around (not over) spinach.

Spinach bed

Wash 1½ lbs. trimmed spinach leaves. Cook until tender. Drain well and chop coarsely, or cook and drain 2 pkgs. of 10-oz. frozen leaf spinach. Chop coarsely. Mix spinach with 2 T. butter, 1/4 tsp. sugar and 1/4 tsp. nutmeg and salt and ground pepper to taste.

Arrange in shallow bowl or serving platter or on each of 4 warm, serving plates.

GOLDEN BUTTER CRUMBED BREASTS

Marinated chicken filets (See basic recipe)

Flour

1 egg yolk

3 T. heavy cream

1 cup fine soft bread crumbs

6 T. butter

Hot pepper sauce

Shake off any excess egg white from chicken. Coat chicken lightly with flour and shake off excess.

Beat egg yolk with cream.

Dip filets in yolk mixture, then press into crumbs to coat.

Place on waxed paper and chill until coating sets, approximately 30 minutes to 1 hour.

Melt butter in skillet over medium heat until bubbly.

Add filets and cook, turning once until opaque throughout and crumbs are crisp and golden, 8 to 10 minutes total.

(Do not crowd in pan).

Remove to warm platter or plates.

Stir a few drops of pepper sauce into pan drippings and spoon over chicken.

Garnish with lemon and watercress.

Teri Nishikawa

AMBROSIA PIE

1-3/4 cups milk
3-4 cup sugar
1/2 cup biscuit mix
4 eggs
rind of 1/2 orange
1/4 cup butter
1½ tsp. vanilla
1 cup coconut

Combine milk, sugar, biscuit mix, orange rind, butter and vanilla in blender. Cover and blend for 3 minutes at low speed. Pour into greased 9" pie plate. Let stand for about 5 minutes, then sprinkle with coconut. Bake at 350 for 40 minutes.

Blanche Orellana

LEMON CAKE PIE

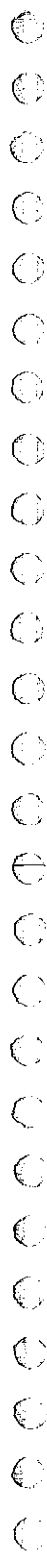
1 cup sugar
3 T flour
3 T butter
2 eggs, separated
juice and rind of 1 lemon
1/2 cup canned milk, diluted with 1/2 cup
water

Cream sugar, flour and butter. Stir in beaten egg yolks. Add lemon juice and rind and diluted milk slowly. Beat egg whites stiff and fold into mixture. Pour into unbaked pie shell and bake in moderate oven (350) for 30 minutes or until firm. Makes one 9" pie.

Lucille Meighan

Desserts





Desserts





BAKLAVA

2 lb. shelled walnuts (8 cups)
1 lb. butter
1 lb. filo (pastry sheets)
2/3 cup sugar
2 tsp. cinnamon
1 tsp. allspice

Honey syrup:

1 cup sugar
1½ cup honey
2 cups water
slice of lemon

To prepare honey, syrup-cook sugar and water, lemon over low heat for 15 minutes. Add honey and cook a few more minutes. Set aside.

Coarsely chop nuts and mix with sugar, cinnamon and allspice. Melt butter. Brush bottom of 10 x 15 pan with butter. Lay a sheet of filo in bottom, brush with butter and repeat process until you have layered 8-10 sheets. Then spread a thin layer of the nut mixture on top of the filo; cover with another sheet, brush with butter and spread thin layer of the nuts and repeat process until all the nuts are used. Then cover with remaining filo, brushing each filo sheet with butter. With a very sharp knife, cut the top filo sheets. Pour any remaining butter over top.

Bake at 325 for about 1 hour or until top is golden. Remove from oven and pour syrup over hot baklava.

Allow to cool several hours or overnight before slicing.

STRAWBERRY DELIGHT

1 pkg. (3 oz.) strawberry Jello
1 pkg. (10 oz.) frozen strawberries
1 T. sugar
pinch salt
1/2 Angel food cake (10") torn in pieces
1/2 pint whipping cream

Dissolve Jello in 1½ cup boiling water.
Stir in thawed strawberries, sugar and salt.
Chill until it begins to thicken. Fold in
whipped cream. Cover bottom of 9" pan with
half of torn angel food cake. Pour half of
cream mixture. Make another layer of cake.
Pour remaining cream mixture. Refrigerate
6 hours.

Lucille Herzo

STRAWBERRY WHIP

Angel food cake or white cake.

Whip together 1 egg white, 1 cup sugar &
1 cup strawberries. Put into large bowl,
beat until stiff. Cut cake in two cross-
wise & put mashed berries across.
(Additional berries that have been crushed)
Put top of cake on & decorate it with the
whip (cover it over all). Cut leftover
berries, cut in half and put over the whip.
Keep cool until served.

Barbara Merritt

PRUNE WHIP

1 cup fruit pulp
1/2 cup sugar
2 egg whites, beaten
1 T. lemon juice

Heat fruit pulp and sugar together until sugar is dissolved. Pour hot syrup slowly over stiffly beaten egg whites, beating constantly. Add lemon juice.

Place mixture in greased baking dish. Put in pan of hot water and bake in slow oven (300) about one hour.

Ruth Goldsmith

MYSTERY PUDDING

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

Sift the above together.

1 egg
1 tsp. vanilla
2 cups fruit cocktail
1 cup brown sugar
1/2 cup chopped nuts
Whipped cream

Beat one egg with vanilla. Add to sifted dry ingredients. Add fruit cocktail (including the juice). Pour into an 8" or 9" square pan. Put brown sugar and chopped nuts on top. Bake 1 hour in 325 oven. Top with whipped cream to serve.

Lucille Meighan

IMPOSSIBLE PIE

So called because impossible to have a failure. It makes its own crust.

2 cups milk
1 cup sugar (scant if you don't like it
too sweet)
1/2 cup flour
1 cup coconut
1/4 tsp. salt
2 tsp. vanilla
1/2 stick margarine or butter
4 eggs

Put all in blender at one time. Blend thoroughly. Grease pan a little with margarine. Bake at 350 for 45 minutes.

Lucille Meighan

POPPY SEED CAKE

3 cups flour
2 cups sugar
1½ cups salad oil
4 eggs
1½ tsp. baking soda
1/2 tsp. salt
1 large can evaporated milk

Blend well with electric mixer.

Add:

1 jar poppy seed filling

Beat well for 2 minutes.

Add 1 cup chopped nuts, if desired. Bake at 350 in a 10" tube pan (bundt) for 1 hour and 10 minutes. (Do not grease pan.) Cool before removing from pan.

Dorothy Bradford

RAW APPLE CAKE

2 cups raw apples, cubed
1 egg
1 cup sugar
1/4 cup oil
1 tsp. cinnamon
1 cup chopped nuts
3/4 cup raisins (optional)
1 cup flour
1 tsp. baking soda
1/4 tsp. salt

Add egg to apples, stir well, then add sugar and oil; stir to mix. Combine soda, salt and cinnamon with flour. Add nuts and raisins. Add this to apple mixture and mix well. Bake at 350 for 45 to 50 minutes in 8 x 8 greased and floured pan.

Georgiana Clark

APPLE WALNUT CAKE

2 cups flour, sifted
2 tsp. baking soda
2 tsp. cinnamon
1 tsp. salt
2 eggs
1/2 cup pure salad oil
2 tsp. vanilla
4 cups medium apples, pared and grated
2 cups sugar
1 cup walnuts, chopped

Combine eggs, oil and vanilla and beat slightly. Combine apples and sugar and mix. Add sifted ingredients alternately with apples to oil mixture and mix. Add nuts and mix. Pour batter into a well greased 13 x 9 x 2 pan. Bake in preheated 350 oven about 1 hour. Cool 5 minutes. Remove cake from pan and cool on cooling rack.

Note: This cake, when served for guests, can be topped with whipped cream and garnished with walnut halves.

DANISH APPLE CAKE

2 cups bread crumbs or zwiebach
1½ T. sugar
¾ cup butter
1 tsp. vanilla

2½ cups applesauce
2 T. sugar
½ pint whipping cream
currant jelly

Brown crumbs slowly in skillet with butter and sugar. Add vanilla. Add 2 T. sugar to applesauce. Place in 8 x 8 x 2½ inch pan lined with waxed paper, the crumb mixture first, in alternating layers with applesauce (better if applesauce is tart and cooled). Last layer should be crumbs with dabs of currant jelly. Refrigerate 3 or 4 hours or overnight. Unmold and top with whipped cream. Decorate with dabs of currant jelly.

W. Morrissey

DUMP APPLE CAKE

1/2 can Comstock apple sliced* (must use
this kind)

1 egg

1/2 cup Wesson oil (be sure to use all
the oil)

1 cup unsifted flour

1 cup sugar

1/2 tsp. baking soda

1/2 tsp. vanilla

1/2 tsp. salt

1/2 cup chopped nuts

1½ tsp. cinnamon

Put everything in a bowl by hand, except apples, and give 100 strokes until well mixed. Fold in apples and pour into greased 8 x 8 pan. Bake at 350 for 1 hour or until done. Wait 15 minutes before removing from pan. Serves 2.

*Remaining half can Comstock apple slices can be frozen for future use.

Lucille Herzo

APPLE CAKE

1 cup sugar
1/2 cup + 2 T. oil
1 egg
2 cups raw, chopped apples
1½ cup sifted flour
1/2 cup raisins
1 tsp. baking soda
1/2 tsp. salt
1 tsp. vanilla
1 tsp. cinnamon

Mix together sugar, oil, and eggs. Add 2 cups raw, chopped apples. Mix well. Combine remaining ingredients. Add apple mixture to dry ingredients and stir until blended. Bake in 8 x 8 x 2 inch pan at 325 about 45 - 50 minutes until done. Do not underbake. May also be baked in small loaf pans and frozen for future use. If desired, drizzle top of cooled cake with lemon glaze: 1/2 cup of powdered sugar, 1/2 tsp. lemon juice and 1/2 tsp. vanilla blended until smooth.

Sophie Evans

SHERRY ZUCCHINI CAKE

3 cups sifted all-purpose flour
2 tsp. cinnamon
1½ tsp. soda
1½ tsp. salt
1 tsp. baking powder
1 cup salad oil (not olive)
2 cups sugar
3 eggs
1 tsp. vanilla
4 T. sherry
2 cups grated zucchini
1 tsp. grated lemon peel
1½ cups chopped nuts
1 cup seedless raisins

Combine flour, cinnamon, soda, salt and baking powder, mixing well: set aside. Beat together oil and sugar; add eggs, one at a time, beating well after each addition. Add vanilla, sherry, zucchini and lemon peel; stir to blend. Fold in the dry ingredients and then nuts and raisins. Turn into a well-greased 10-inch angel food cake pan or 9-inch bundt pan. Bake in a preheated 325-degree oven for an hour and 15 minutes, or until done. Let stand in pan for about 5 minutes, then turn out on rack to cool. When cool, wrap and freeze (or refrigerate, if you're going to use it).

Elizabeth Diener

CHOCOLATE ZUCCHINI CAKE

2½ cups all-purpose flour
1/2 cup cocoa
2½ tsp. baking powder
1½ tsp. soda
1 tsp. ea. salt and cinnamon
¾ cup soft butter or margarine
2 cups sugar
3 eggs
2 tsp. ea. vanilla and grated orange peel
2 cups coarsely shredded zucchini
1/2 cup milk
1 cup chopped walnuts or pecans
Glaze (directions below)

Combine the flour, cocoa, baking powder, soda, salt and cinnamon; set aside. With a rotary mixer, beat together the butter and sugar until smoothly blended. Add the eggs, one at a time, beating well after each addition. With a spoon stir in the vanilla, orange peel and zucchini. Alternately stir the dry ingredients and the milk into the zucchini mixture, including the nuts with the last addition. Pour batter into a greased and flour dusted 10-inch tube pan or bundt pan. Bake in a 350 oven for about one hour or until a pick inserted in center comes out clean. Cool in pan 15 minutes; turn out on a wire rack to cool thoroughly. Drizzle glaze over cake. Serves 10 to 12.

GLAZE: Mix together 2 cups powdered sugar, 3 T. milk and 1 tsp. vanilla; beat until smooth.

CHOCOLATE COOKIE SHEET CAKE

2 cups sugar
2 cups flour
4 T. cocoa
1/2 lb. margarine
1 cup water
1/2 cup buttermilk
1 tsp. soda
2 eggs, beaten
1 tsp. vanilla

Mix sugar and flour in a large bowl. Set aside. Put cocoa, margarine and water in a sauce pan and bring to a boil. Add soda to buttermilk in cup and stir until milk foams to top of cup. Pour over sugar and flour mixture and blend well. Add eggs and vanilla. Pour into cookie sheet with sides. Bake 20 minutes in 350 to 400 oven.

FROSTING

4 T. cocoa
1 cube margarine
6 T. milk
1 pkg. powdered sugar, sifted
1 tsp. vanilla

Put cocoa, margarine and milk in saucepan and bring to a boil. Pour over powdered sugar; add vanilla and blend well. Pour over cake when cake is done, and while it is still hot.

Dorothy Bradford

CHEESE CAKE

Line a spring mold with graham cracker crumbs (approximately 14 - 16 crackers) that has been mixed with 2 T. sugar, 6 T. melted butter, and $1\frac{1}{2}$ tsp. cinnamon.*

Filling: Mix 3 pkg. (8-oz.) cream cheese, 1 cup sugar, 3 well beaten eggs, $\frac{1}{2}$ tsp. vanilla.
Bake 25 minutes at 375.

Topping: Blend together 2 cups sour cream, 2 T. sugar, $\frac{1}{2}$ tsp. vanilla.

Remove cake from oven and carefully pour on topping. Do not spread to very edges. Topping will spread while baking. Turn oven to 450 and bake approximately 7 minutes or till light brown. Cool.

*Note: Reserve a couple T. crumb mixture to sprinkle on top.

Ann Armour

DIETETIC CHEESECAKE

2 envelopes unflavored gelatine
1 cup skim milk
4 eggs, separated
artificial sweetener to equal 1 cup sugar-
(24 pkg.)
1/4 tsp. salt
2 tsp. grated lemon rind
1½ T. lemon juice
1½ tsp. vanilla
1/2 tsp. almond extract
1-1/3 cup cottage cheese
1/2 tsp. cream of tartar
1 T. ea. grated lemon and orange rind,
for garnish

Sprinkle gelatine over milk to soften.
Add egg yolks and blend. Stir over low
heat until gelatine dissolves and mixture
thickens slightly. Do not boil. Remove
pan from heat. Add sweetener, salt, 2
tsp. lemon rind and juice, and flavoring
extracts. Force cottage cheese through a
sieve, or whirl in electric blender to
make it very smooth. Add to gelatine
mixture. Cool, stirring occasionally,
until mixture is on the point of setting.
Beat egg whites with cream of tartar
until stiff. Fold into the cheese mixture.
Spoon into a 9-inch, springform pan.
Sprinkle top with mixed lemon and orange
rind. Chill cake until firmly set.
To serve: Remove sides of pan. Serves 4.

Mickie Cline

COFFECAKE

1/2 cup chopped nuts)
1/2 cup brown sugar } Mix and set aside.
1 T. cinnamon }
1/2 cup butter or margarine
2 eggs
1 cup sugar
1 cup sour cream
1 tsp. vanilla
2 cups sifted flour
1 tsp. baking powder
1/2 tsp. salt
1 tsp. baking soda
1 medium apple

Grease 9-inch angel food pan. With mixer at high speed, mix butter and gradually add 1 cup sugar until light and fluffy. Add eggs-one at a time, then vanilla. Beat. Add flour which has been mixed with baking powder, salt and soda alternately with sour cream. Spread half of batter in pan, top with pared, cored, thinly sliced apple; then top with half of walnut mixture, then rest of batter, then rest of walnut mixture. Bake 40 minutes at 375. Remove from oven and let stand in pan on rack for 30 minutes. Then with metal spatula, loosen cake all around side; lift cake, still on base, from pan and let cool on rack. When cold, lift to plate.

Elizabeth Diener

LOW CALORIE CHEESECAKE

1 (8-oz.) pkg. cream cheese
(could use Neufschtel -
Less calories)

3 eggs
2 tsp. vanilla
1/4 tsp. salt
2 cups unflavored yogurt
1/2 cup sugar

Combine cream cheese and sugar, then mix. Add eggs, one at a time. Add vanilla and salt. Beat until light and creamy. Blend in yogurt. Pour into a crumb crust (graham or chocolate) 9-inch or 10-inch pie plate. Bake at 350 oven 60 minutes or more until dry when lightly touched.

Jackie Diener

APPLESAUCE CAKE

1 cup sugar
1/2 cup butter
1½ cup hot applesauce
2 cups unsifted flour
1 cup raisins
2 T. soda
1 T. cinnamon
1/2 T. cloves
1/2 T. nutmeg
2 rounding T. chocolate
1 tsp. vanilla
Grated rind of 1 lemon

Blend butter and sugar; add dry ingredients; blend in applesauce, vanilla and lemon rind. Bake in 350 oven 45 minutes.

Myrtle H. Woodcock

DELUXE CHEESECAKE

Mix together $1\frac{1}{2}$ cup crushed graham crackers and $\frac{1}{3}$ cup melted butter. Sprinkle on sides and press in bottom of greased 9-inch springform pan.

Cook and stir package of Jello Pudding and pie filling with $\frac{1}{2}$ cup sugar and one cup milk to full boil. Remove from heat. Cover.

Beat 3 pkgs. (8-oz.) cream cheese; beat in 3 egg yolks, 1 T. lemon juice, 1 tsp. vanilla, $\frac{1}{4}$ tsp. salt and then pudding. Beat 3 egg whites to peaks; fold in. Pour into pan. Bake at 400 for 30 minutes, until set in center. Rest in oven with door ajar for a spell. Cool. Top with following glaze. Arrange strawberries in a decorative circular pattern on cheesecake.

STRAWBERRY GLAZE

$\frac{1}{2}$ cup water
 $\frac{1}{4}$ cup sugar
2 tsp. cornstarch
 $\frac{1}{2}$ cup strawberries
Few drops red coloring

Crush berries, add water and cook 2 minutes. Sieve. Mix sugar and cornstarch; gradually stir in berry juice. Cook and stir until thick and clear, tint red. Cool slightly, then spoon over berries. Refrigerate.

Elizabeth Diener

RASPBERRY ANGEL CAKE

- 2 pkgs. (3-oz.) raspberry jello
- 2 cups boiling water
- 2 pkgs. frozen raspberries
- 1 pt. whipping cream
- 1/4 cup powdered sugar
- 1 tsp. vanilla
- 1 large Angel Food cake

Dissolve jello in boiling water; add raspberries with juice. Chill until slightly set. Break cake into 1-inch pieces; set aside. Whip cream; add sugar and vanilla and fold whipped cream into jello mixture. Pour over cake pieces and mix until cake is coated evenly. Return to 10-inch tube pan or 10 x 12 pan and chill until jello sets. Keep chilled until served.

Millie B.

'CARROT CAKE

Lightly grease 13 x 9 x 2 pan.

- 8 oz. can crushed pineapple with juice
- 2 tsp. cinnamon 1 tsp. vanilla
- 2 tsp. baking soda 2 cups sugar
- 2 cups flour 4 eggs - add one at a time
- 1 1/4 cup oil. 3 cups grated carrots

Mix all ingredients together well. Bake about 50 minutes in a 350 oven. Cool completely and add following topping.

- TOPPING:
- 6 oz. softened cream cheese
 - 1 stick margarine
 - 1 cup chopped nuts
 - 1/2 or 3/4 cup powdered sugar

PINEAPPLE CARROT CAKE

1 (13½ oz.) can crushed pineapple drained
2 cups sugar
3 cups carrots, finely shredded
4 eggs
2 cups flour, sifted
1 cup chopped walnuts
½ cup salad oil
2 tsp. baking soda
2 tsp. baking powder
2 tsp. cinnamon

Beat eggs and sugar together. Mix dry ingredients. Add oil and dry ingredients to egg mixture a little at a time. Add carrots, nuts and pineapple. Blend well. Pour into 3 8-inch cake pans, greased and floured. Bake at 350 degrees for 40 minutes. Cool and then frost.

FROSTING

1 cube butter
1 pkg. 8-oz. cream cheese
2 tsp. vanilla
1 box powdered sugar

Blend butter and cream cheese well.
Gradually add sugar and vanilla.

Note: I prefer baking batter into 2 loaf pans and only frosting the top of the loaf. In that case, make only 1/3 of the frosting. These cakes freeze well.

Hildagarde Leishman

COFFEE CRUNCH BARS

2 cups sifted flour
1/2 tsp. baking powder
1/4 tsp. salt
2 T powdered coffee
1 cup butter or margarine
1 cup brown sugar
1 tsp. almond extract
1 pkg. semi-sweet chocolate bits (6 oz.)
1/2 cup chopped toasted almonds

Combine flour, baking powder, salt and coffee. Beat butter until fluffy, add sugar and extract and blend thoroughly. Stir in dry ingredients. (Mixture will be stiff.) Pat dough evenly into ungreased $15\frac{1}{2}$ x $10\frac{1}{2}$ x $1\frac{1}{2}$ " pan. Bake 20 minutes in a 350 oven until light brown and crisp. Remove from oven; sprinkle chocolate chips on top. When melted, spread evenly. Sprinkle nuts over chocolate. Cool until chocolate is almost set. Cut into 1" x 2" bars. Makes about 6 dozen.

Elizabeth Diener

CHOCOLATE CRINKLES

Makes about 4 dozen.

1 cube butter or margarine
1-2/3 cups granulated sugar
2 tsp. vanilla
2 eggs
2 - 1-oz. squares unsweetened chocolate,
melted
2 cups sifted All-Purpose flour
2 tsp. baking powder
1/2 tsp. salt
1/3 cup milk (or less)
1/2 cup chopped walnuts
Sifted confectioner's sugar

Thoroughly cream shortening, sugar and
vanilla. Beat in eggs, then chocolate.
Sift together dry ingredients; blend in
alternately with milk. Add nuts.
Chil 3 hours or longer. Form into 1-inch
balls. Roll in confectioner's sugar.
Place on greased cookie sheets 2 to 3
inches apart. Bake in moderate oven 350
about 15 minutes. Cool slightly. Then
remove from pan.

Bella Pinkus

MAJORETTES

2 eggs
1 cup brown sugar
1½ cup sifted flour
1 tsp. baking powder
1/2 tsp. salt
1½ cup chocolate chips
1 cup chopped walnuts

Beat eggs two minutes; add brown sugar and mix well. Add flour, baking powder and salt; mix well. Add chips and nuts. Bake in a greased 8 or 9-inch square baking pan or baking dish 350 for 25 or 30 minutes. Could double recipe and use 13 x 9 x 2 pan.

Elizabeth Diener

CHINESE CHOP SUEY COOKIES

1 - 6-oz. pkg. chocolate chips - semi-sweet
1 - 6-oz. pkg. butterscotch pieces
1 - 3-oz. can Chinese noodles
1 cup peanuts

Melt chocolate and butterscotch pieces in double boiler over hot, but not boiling, water. When melted, add noodles and nuts. Stir until well coated. Drop by teaspoon onto wax paper. Chill. Makes about 34 cookies. Keep in refrigerator or freeze.

Elizabeth Diener

CHERRY MERINGUE DESSERT

6 egg whites
2 cups sugar
3/4 cup walnuts
3/4 tsp. cream of tartar
2 cups saltines
2 tsp. vanilla
2 cups whipping cream
1 can cherry pie filling

Beat egg whites, cream of tartar, sugar and vanilla until it holds soft peaks. Fold in saltines and walnuts. Bake in 350 oven for 25 minutes. Use a 8 x 13 pan. Cool Whip cream and spread over top. Put cherries on top. (Strawberries may be used instead of cherries).

Ann Armour

LAYERED JELLO TREATS

Serves 15.

For each colored layer:

- 1 3-oz. pkg. jello
- 1 envelope Knox gelatin
- 1 cup boiling hot water

Dissolve and cool in a 9 x 13 pan.

Add 3 milk layers:

- 2 envelopes Knox gelatin
- 2 cups hot water

Dissolve and cool; then add 1 can Eagle brand condensed milk.

- 1) Chill first layer until hard.
- 2) Pour 1 cup milk mixture on top of first layer; chill 15 - 20 minutes.
- 3) Repeat until 7 layers of jello colors and 3 layers of milk.

This is a delightful and colorful treat. The seven layers of alternating very firm jello and milk is a finger food suitable at parties for children or adults.

Yoshi Yao

ANGEL KISSES COOKIES

6-oz. pkg. chocolate bits
2 egg whites
1/8 tsp. salt
1/2 cup sugar
1/2 tsp. vanilla
1/2 tsp. vinegar
3/4 cup chopped walnuts

Melt chocolate bits. Set aside. Beat egg whites with 1/8 tsp. salt. Slowly add sugar. Beat until stiff peaks form. Add vanilla and vinegar. Beat until mixed. Fold in melted chocolate bits and walnuts. Spoon by teaspoon on greased cookie sheet. Bake at 350 for 10 minutes.

Muriel Herlihy

FILLED ANGINETTI'S

1½ pkg. Stella Dora anginetti's
6-oz. cream cheese
8-oz. cool whip
#2 can crushed pineapple, very well

Soften cream cheese, add cool whip and pineapple. Split anginetti's in half fill with the above mixture and top.

Norma Halter

DATE OATMEAL COOKIES

1/2 cup shortening
1 tsp. salt
1 tsp. cinnamon
1 tsp. vanilla
1 T. molasses
1 cup sugar
1 beaten egg
1 cup flour
3/4 tsp. baking soda
1 cup oatmeal
1/3 cup date pieces
1/3 cup nuts

Mix shortening, salt, cinnamon, vanilla, molasses, sugar and beaten egg. Add flour that has been sifted with baking soda. Stir in oatmeal, date pieces and nuts. Drop by teaspoon onto cookie sheet. Bake at 350 for 10 to 15 minutes. Makes 4 dozen.

Optional: Butter may be used in place of shortening. If you want a softer, chewier cookie, use 2 T. molasses and decrease the sugar a bit.

COUNTRY FRENCH CAKE

1/2 cup milk
1/2 cup butter or margarine
1 pkg. active dry yeast
1/4 cup warm water (about 110)
1/2 tsp. grated orange peel
1/2 tsp. salt
1/4 cup sugar
1 egg
3 egg yolks
3 1/4 cups All-Purpose flour
Orange custard filling
2 to 4 sugar cubes, coarsely crushed
powdered sugar

In a 1-quart pan heat milk and butter to lukewarm. Set aside. In large bowl, mix yeast with water; let stand 5 minutes. Blend in milk mixture, grated peel, salt, sugar, whole egg and egg yolks. Add 1 1/2 cup flour and beat with electric mixer on medium speed for 5 minutes, scraping bowl occasionally. Add remaining flour and beat with mixer or by hand until well blended. (This dough should be soft but not too sticky when lightly patted). Turn dough over into a greased bowl; cover; let rise in a warm place until more than double (about 2 hours). Punch down dough, turn it out onto a well greased 12 x 15 baking sheet; flatten into a 10-inch round. Cover lightly with plastic wrap and let rise at room temperature. (Place should be not quite as warm as for original rising). Allow dough to rise to height of 2 inches - about 35 minutes. Bake in 350 over 25 to 30 minutes until a light golden brown. With a large spatula, slide cake onto a wire rack to cool completely.

COUNTRY FRENCH CAKE - (Cont'd)

Place cake on a serving plate or board. With a long serrated knife, cut it horizontally in half. Spread orange custard filling over bottom half and replace top half. Cover lightly with plastic wrap and chill at least 6 hours or overnight. To serve, scatter crushed sugar cubes on top and press in lightly; dust with powdered sugar.

ORANGE CUSTARD FILLING

In a $1\frac{1}{2}$ to 2-quart pan, stir together $\frac{1}{4}$ cup sugar and 2 T. cornstarch; blend in $\frac{3}{4}$ cup half and half. Cook over direct heat, stirring constantly with a wire whip until mixture boils. Remove from heat. Lightly beat together 2 egg yolks, then gradually stir in 2 T. of the hot cream mixture. Stir yolk mixture back into the cream mixture. Remove from heat and stir in 1 tsp. grated orange peel. Cool slightly; then cover and chill until cold. Stiffly beat $\frac{1}{4}$ cup whipping cream and fold into custard.

Sue Horst

GERMAN PLUM CAKE

Use 9-inch cake tin

Remove stones from 2 lbs. fresh plums, wash and place in large bowl. Saute overnight with 1 cup brown sugar, 1 cup water, 1/2 cup brandy, 1 T. cinnamon and 1 tsp. nutmeg. Cover and place in refrigerator overnight.

PASTRY BOTTOM

Mix 1 heaping T. of butter with 1 egg, 1 cup white sugar, little salt, 1 tsp. baking powder, 1 cup flour. Mix dough until soft. Place dough in buttered and floured cake tin. Pat with hands until thin layer is formed. Place refrigerated plums on dough nicely. Pour 2 T. sauce over cake. Put in oven for about 3/4 hr. at 350 or 1/4 hr. more. Remove from oven and cool. Take dinnerplate and turn cake upside down. Take second plate and reverse, right side up. Whip cream and put over all.

Barbara Merritt

OAT PRUNE CHEWS

3/8 cup margarine or butter
1/2 cup brown sugar
1 egg, beaten
1/4 tsp. vanilla
7/8 cup unbleached flour
1/2 tsp. soda
1/4 tsp. salt
1 cup rolled oats
1/2 cup finely, chopped prunes

Cream margarine with sugar until fluffy and stir in eggs and vanilla. Mix together flour, soda, and salt. Stir into creamed mixture. Stir in oats and prunes. Drop by the spoonful on greased baking sheet. Bake at 350 for about 10 minutes. Makes 2 dozen cookies.

Laila Gasho

CARDAMON COOKIES

These cookies keep very well.

2 tsp. ground cardamon (or 8 whole,
mashed)
1½ cup soft butter
1 cup sugar
1 cup corn syrup
4 eggs

Blend together, then sift together:

2 tsp. salt
6 cups flour
2 tsp. cinnamon
1 tsp. cloves
1 tsp. ginger

Roll and cut. Bake at about 350 for 10 to 15 minutes.

Mickie Cline

GALLIANO CAKE

1 pkg. yellow cake mix
1 pkg. vanilla instant pudding
1 cup cooking oil
4 eggs
1/2 cup Galliano
1/2 cup orange juice

Mix all ingredients, beat 4 minutes.
Pour into a well greased lightly
floured Bundt cake pan.

Bake 45 to 50 minutes in a 350 oven.
Vanilla frosting optional.

Rita DiBona

PINEAPPLE-YOGURT NUT LOAF

2½ cups whole wheat flour
1/2 cup bran flakes
2 T. wheat germ
1 tsp. baking soda
1 tsp baking powder
dash salt
1 egg, beaten
2 cups pineapple yogurt (or peach or
orange)
1/4 cup milk
2 T. cooking oil
2 T. light molasses
2 T. honey
1 tsp. lemon juice
1 cup raisins
1/2 cup chopped walnuts
1/2 cup chopped pitted dates

In a bowl, stir together whole wheat flour, bran flakes, wheat germ, baking soda, baking powder and salt. In a second bowl, combine egg, yogurt, milk, cooking oil, molasses, honey and lemon juice. Stir into dry ingredients just until moistened. Stir in raisins, walnuts and dates. Bake in 325 oven 65 to 70 minutes or until bread tests done. Cool 10 minutes; remove from pan. Cool loaf completely on wire rack. Wrap and store overnight before slicing.

HONEY PUMPKIN TUBE CAKE

3 cups All-Purpose flour
1½ tsp. soda
2 tsp. ground cinnamon
1/2 tsp. ea. salt, ground nutmeg, ginger
and cloves
3/4 cup butter or margarine
1½ cup honey
3 eggs
1½ tsp. vanilla
1½ cup canned pumpkin
1½ cup snipped dates
1 cup chopped nuts

Stir together flour, soda, cinnamon, salt, nutmeg, ginger and clover.

In the large bowl of electric mixer, beat together butter and honey until creamy.

Beat in eggs one at a time until blended.

Then stir in vanilla, pumpkin, dates, nuts and flour mixture until blended.

Pour mixture into a greased and floured

12-cup fluted tube cake pan. Bake in a

350 oven for 45 minutes or until a pick

inserted in center comes out clean.

Cool on rack. Sprinkle with powdered sugar.

Wrap in foil and store at room temperature for 2 days; freeze for longer storage.

Serves 12 to 15.

LEMON CURD BARS

Sift:

1 cup flour
1/2 cup powdered sugar

Add and combine:

1/2 cup melted butter

Press above into an 8 x 8 greased pan.
Bake at 350 for 20 minutes.

Combine:

1 cup sugar
1/2 tsp. baking powder
2 slightly beaten eggs
2 T. lemon juice
2 T. grated lemon peel
1/2 cup flaked cocoanut

Pour ingredients over baked, warm crust.
Bake 25 minutes. When cool, sprinkle
with powdered sugar. Cut into squares.

Hildagarde Leishman

7-LAYER COOKIES

1 cube butter or margarine, melted
1 cup graham cracker crumbs
3½ oz. flaked cocoanut
6 oz. chocolate chips
6 oz. butterscotch chips
1 can condensed milk
1½ cup chopped nuts

In a 9 x 12 pan, layer ingredients in order given. Drizzle milk over ingredients; then add nuts.

Bake 25 to 30 minutes at 325.

Refrigerate to set.

Georgiana Clark

ALBANIA COOKIES (Austrian)

1 lb. butter or margarine
1 lb. sugar
12 eggs - whole
1 lb. flour
1 cup raisins
1 lb. walnuts
2 pkgs. chocolate chips (6-oz ea.)
1 T. vanilla

Cream sugar and butter. Add eggs and flour. Fold in raisins, walnuts, chips and vanilla.
Put in pan about 1/2" thick. Bake 1 hr. at 350.

Anna Spes

BLARNEY STONES

4 eggs
1 cup sugar
1 cup flour
2 to 4 T. water
1 tsp. baking powder
pinch of salt
Peanuts, chopped

Beat egg yolks; add sugar a little at a time; add water. Beat egg whites until stiff. Add flour sifted 4 times with baking powder and salt. Add to egg yolks; add baking powder and salt. Fold in egg whites.

Cook in a slow oven; test to see if it is done. When cool, remove from pan. Cut in squares, any size you wish to make them. Frost each piece completely with powdered sugar frosting flavored with vanilla. While each section is still wet with frosting, roll in chopped peanuts. Use a 4 x 6 pan, placing a piece of wax paper in the bottom to prevent sticking.

Since this is basically a sponge cake, do not grease sides of pan.
Serves about 24.

Nan Doonan

1/2 cup butter or margarine
1 pkg. Betty Crocker Yellow cake mix
2 cans* (1 lb. 5 oz. ea.) cherry pie filling*
1/2 cup chopped walnuts

Heat oven to 350. Cut butter into cake mix (dry) until mixture resembles coarse cornmeal. Reserve 1 cup mixture. Pat remaining mixture lightly into ungreased oblong pan 13 x 9 x 2 inches, building up 1/2-inch edge. Pour cherry pie mix over this to within 1/2-inch of edge.

Bake 45 to 50 minutes. Serve warm with whipped cream or ice cream. Serves 12 to 15.

* For a crisper, thinner dessert, use
1 can cherry pie filling.

Bake 35 to 40 minutes.

For variety, try these combinations:

Devils food cake mix and apricot pie filling.

Lemon velvet cake mix and peach pie filling.

White cake mix and blueberry pie
filling.

Spice 'N apple cake mix and apple pie
filling.

Thelma L. Stockman

APPLE CRISP

1/2 cup light brown sugar, firmly packed
1/4 cup All-Purpose flour
1/4 tsp. nutmeg
1/4 tsp. cinnamon
1/8 tsp. salt
1/4 stick margarine
3 or 4 tart apples. sliced

Mix sugar, flour, spices and salt.
Cut in butter until mixture is crumbly.
Spread apples over bottom of buttered
8" or 9" baking pan.
Sprinkle crumbly mixture over fruit,
pat lightly with fingers.
Bake uncovered at 350 for 40 to 45
minutes or until apples are tender.
Serve warm with cream or ice cream

Ruth Goldsmith

PAPER BAG APPLE PIE

6 medium apples (or enough to fill 9-inch
pie plate)

Slice apples and coat with:

1/2 cup sugar

2 T. flour

1/2 T. nutmeg

Let marinate while making pie crust and
topping.

Topping:

1/2 cup flour

1/2 cup sugar

1/2 cup margarine

Make pie crust. Roll out and place in
pan.

Spoon apples over uncooked shell.

Then sprinkle topping, then the juice
of one lemon and grated rind.

Place in large, heavy bag.

Fold ends over twice and staple or use
paper clips to fasten.

Place on large cookie sheet and bake at
425 for one hour.

Split bag; cook more, if needed.

Serves 2.

Laila Porterfield Gasho

JIFFY CRACKLE (Serves 2)

1/3 cup popcorn (you can pop this while
cooking the syrup)
3/8 cup light corn syrup
1/8 cup molasses
1/2 cup (plus 1 T.) sugar
1/4 tsp. salt
1 T. butter
1/8 tsp. vanilla

Put popped corn in large kettle sprayed
with Pam. Mix balance of ingredients and
bring to boil. Cook to exactly 285
degrees. Remove from heat and add
vanilla. Pour over popped corn. Mix
well. Spread on oiled cookie sheets.

Dorothy Arnold

TURON

Get one big bowl and crack 3 eggs into
the bowl. Take the yolk out of the egg
and wet your hand and put a drop of water
into it. Beat the egg.
Get a small pan and put water in it, also
put a lot of sugar in it. Put cinnamon
in it and let it boil; when it has boiled
see if it is stickly. If it is sticky,
put it in the beaten egg and beat it again.
Get a pan (a rectangle pan) and put the
Turon in it, like little balls, and stick
it in the oven - medium temperature -
until they are hard. Smells good and
start eating. Serves 3.

Blanca Lorena Solorzano Villacosta
age 11

FRESH BERRY COFFEE CAKE

2/3 cup butter or margarine, softened
1½ cup sugar (1¼, if blueberries used)
2 eggs
1 cup Whole Wheat flour and
1 cup All-Purpose flour
2 tsp. baking powder
1 tsp. salt
1½ tsp. ground cinnamon
3/4 cup milk
1 tsp. vanilla
2 cups fresh huckleberries or blueberries
(or frozen, unsweetened blueberries
partially defrosted)

In a large bowl, beat together butter and 1¼ cup sugar (1 cup sugar for blueberries) until creamy.

Beat in eggs, one at a time.

Stir together the flour, baking powder, salt and 1 tsp. cinnamon.

Mix alternately with the milk into butter mixture until the batter is smooth.

Stir in vanilla and the berries.

Pour batter into a greased and flour-dusted 9 x 13 baking dish, distributing evenly.

Mix remaining 1/4 cup sugar with 1/2 tsp. cinnamon and sprinkle over batter.

Bake in 350 oven for 40 minutes or until a pick inserted in center comes out clean. Serves about 12.

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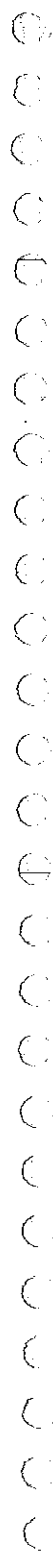
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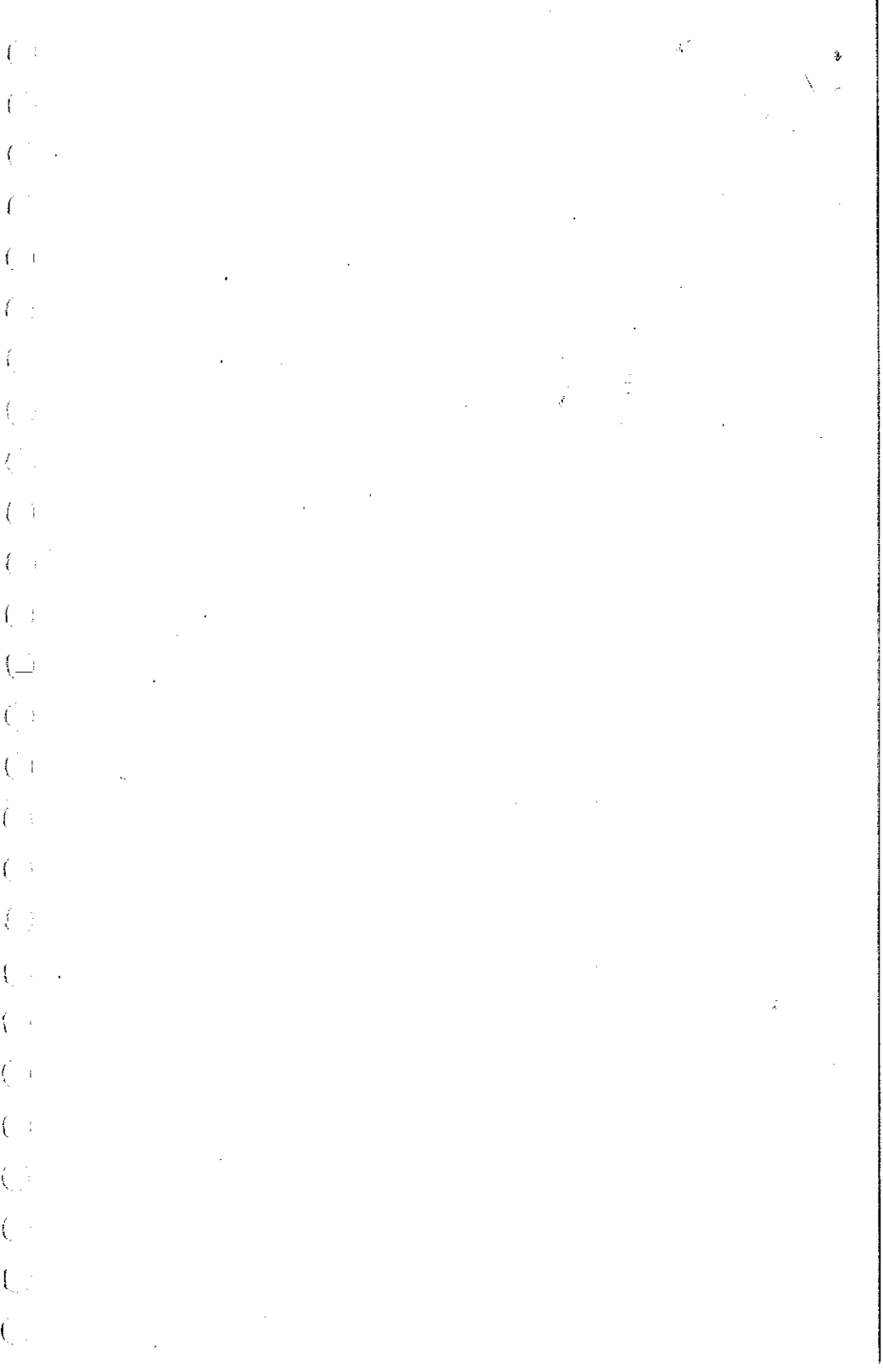
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