

# Nancy McNabb's Recipe Book

Third Edition

November 2019



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# *Beverages*

## **Russian Refresher**

Shauna Warnick

2 c. Tang	1/3 c. sweetened powdered lemonade
1 1/3 c. sugar	1 t. cinnamon
1/2 t. ground cloves	

Mix three spoonfuls in a mug of hot water.

## **Grammy's Hot Chocolate Mix**

Hazel Evans

1 lb. box Quik + 1 cup	1 (8 qt.) box powdered milk (8 cups)
1 (16 oz.) powdered cream	1 c. powdered sugar (use a little less)
3 T. cocoa	pinch salt

Mix ingredients thoroughly. Mix desired amount in a mug of hot water.

## **Frozen Fruit Slush**

Marie Brennecke

6 c. water	4 c. sugar
1 (46 oz.) can pineapple juice	2 (12 oz.) cans frozen orange juice, undiluted
1/2 c. lemon juice	1/2 jar maraschino cherries or strawberries for color
2 oranges, peeled and finely diced	
5 bananas, mashed	

Mix thoroughly. Freeze, stirring occasionally. Remove from freezer several hours before serving (depending on size of container). Put in glasses or punch bowl and fill with Sprite. Serves over 40 people. You can serve this as a slush dessert, but cut back on the sugar.

## **Wassail**

Debbie Hartman

1 quart apple juice (good)	1 quart orange juice
1 quart cranapple juice	1/2 t. allspice
1 c. sugar	1 orange, studded with cloves
6 cinnamon sticks	

Combine all ingredients and warm through in a crockpot.

## **Banana Milkshakes**

Heather Warren

1 ripe banana, cut in quarters lengthwise and in 1/2" pieces crosswise, frozen  
1 c. milk

Freeze overripe bananas in individual plastic bags. To make a milkshake, pour milk into blender. Remove banana from freezer and break into chunks. Add to the blender; blend well. Drink immediately.

## Beverages

### **Summer Fruit Drink**

Jean Evans

- 1 large can frozen orange juice concentrate
- 1 large can frozen lemonade concentrate
- 2 small cans frozen limeade concentrate

Thaw juices. Mix according to the directions on the cans. Combine and chill.

### **Citric Lemon Punch**

Kathy Roos

- |                     |                   |
|---------------------|-------------------|
| 3 c. sugar          | 1 quart hot water |
| 3 T. lemon juice    | 1 T. citric acid  |
| 4 quarts cold water |                   |

Boil 1 quart water; add sugar, juice, and citric acid. At this point, you can freeze this in freezer bags or you can use it after it has cooled. When ready to use, add 4 quarts cold water. You can buy citric acid at Beachy's.

# *Appetizers*

## **Mexican Platter Dip**

Linda Brewster

Layer the following ingredients on a round platter. Each layer should be about 1/2" smaller than the layer underneath, so that you end up seeing each layer.

First layer (bottom layer):

1 (30 oz.) can refried beans

Second layer:

Mix together:

3 ripe avocados, peeled and mashed

2 T. lemon juice

1 t. garlic salt

3 drops tabasco sauce

Third layer:

Mix together:

1 c. sour cream

1/2 c. Hellmann's mayonnaise

1 pkg. taco seasoning

Fourth layer:

Chopped green onions

Fifth layer:

Chopped tomatoes

Sixth layer:

Finely shredded cheddar cheese

Seventh layer (top layer):

Chopped black olives

Serve with tortilla chips.

## **Baked Cheese Balls**

Betty Johnston

1/2 lb. sharp cheddar cheese, grated

1 stick butter, softened

1 c. flour

1/4 t. salt

Dash of cayenne pepper

Blend ingredients. Form into 1" balls. Bake at 400 for ten minutes. Makes 48 cheese balls.

## **Salty Horse**

Margaret Evans

Shred a jar of dried chipped beef in a food processor. Transfer to bowl. Fill the same jar with English walnuts and grind them in the food processor (not too fine). Add Hellmann's mayonnaise to moisten for spreading. Serve with Ritz crackers or rye bread.

## Appetizers

### Sausage-Rye Appetizers

Margaret Evans

1 lb. ground beef	1 lb. hot pork sausage
1 lb. Velveeta cheese	1 t. oregano
1/4 t. garlic salt	2 pkg. party rye bread

Brown and drain meat. Dice cheese and add to meat, with seasonings. Mix well. Spread on bread slices. Freeze on cookie sheets; then bag. Remove as needed. Put under broiler about 5 minutes, until bubbly.

### Sausage Dip

Sherron Bodamer

1 lb. ground sausage	1 chopped onion
2 cans diced tomatoes	2 cans chopped green chiles
1/2 c. evaporated milk	2 T. flour
1/2 t. garlic powder	2 c. grated mozzarella cheese

Brown sausage and remove from pan, reserving 1 T. drippings. Brown onions. Add tomatoes and garlic. Boil down 15–20 minutes. Add 2 T. flour; stir. Add 1/2 c. canned milk and chiles. Let simmer. Top with cheese. Serve with tortilla chips.

### Reuben Dip

Pam Brown

1 c. Hellmann's mayonnaise	1 c. Thousand Island dressing
1 large can sauerkraut (drained)	2 (8 oz.) pkg. corned beef (deli-style)
16 oz. Swiss cheese	1 medium onion, chopped fine

Combine ingredients. Bake at 350° for 30 minutes. Serve hot with party rye bread.

### King's Hawaiian Party Dip

1 pkg. Knorr leek soup mix	1 c. Hellmann's mayonnaise
1 c. sour cream	1 (8 oz.) can chopped clams
dash Lea & Perrins Worcestershire sauce	1 pkg. frozen chopped spinach

For best results, mix the dip the day before, or at least 8 hours before serving. Thaw and drain, but don't cook, spinach. Mix all the ingredients together and refrigerate. Slice the top off of a loaf of King's Hawaiian bread. Hollow out the inside, leaving a 1/4 inch thick shell. Cut the excess bread into approximately 2" pieces. Fill loaf with the dip; surround the loaf with the extra pieces of bread and with assorted raw vegetables. After pieces of bread are eaten, break off the remained of the loaf and use those pieces to serve with the dip.

### Knorr Spinach Dip

1 (10 oz.) pkg. frozen chopped spinach	1 pkg. Knorr vegetable soup mix
1 1/2 c. sour cream	1 c. Hellmann's mayonnaise
1 (8 oz.) can water chestnuts, chopped	3 green onions, chopped

Thaw spinach and squeeze dry. Stir together soup mix, sour cream, and mayonnaise. Stir in remaining ingredients. Cover; chill 2 hours. Makes 4 cups.

**Cheese Ball**

Angie Archibald

2 (8 oz.) pkgs. cream cheese, softened	2 c. (8 oz.) mild or medium cheddar
1 T. chopped pimento	cheese, grated
1 T. finely chopped onion	1 t. lemon juice
1 dash cayenne pepper	2 t. Lea & Perrins Worcestershire sauce
1 T. chopped green pepper	1 c. toasted pecans

Mix everything together; divide in half and form into two balls. Roll each ball in pecans. Serve with crackers.

**Sausage Balls in Apple Butter**

Debbie Hartman

1 jar apple butter	2 lb. Jimmy Dean original recipe sausage
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Roll sausage into 1" balls. Line jelly roll pan with foil and place sausage balls on foil. Bake at 425° for 20 minutes. Heat apple butter and place sausage balls in it; stir. Keep warm in a fondue pot or chafing dish.

**Creamy Salsa Dip**

1 c. Hellmann's mayonnaise	1 c. sour cream
1 pkg. Knorr vegetable soup mix	1 jar (12 oz.) medium chunky salsa

Stir all ingredients until well mixed. Cover; chill 2 hours. Serve with tortilla chips. Makes 3 cups.

**Sausage Stars**

LynnEl Springer

1 lb. sausage, cooked and crumbled	1 1/2 c. shredded Monterey Jack cheese
1 1/2 c. shredded sharp cheddar cheese	1 c. prepared Hidden Valley Ranch
1 (2.25 oz.) can sliced black olives	salad dressing mix
1/2 c. chopped red bell pepper	1 pkg. won ton wrappers
oil	

Blot sausage dry with paper towels and combine with cheeses, salad dressing, olives, and red pepper. Lightly grease a muffin tin and press one wrapper in each cup (it will be indented in the middle and the points will form kind of a star shape). Brush wrapper edges with oil. Bake at 350° for 5 minutes, until golden brown. Remove from tins. place on baking sheet. Fill with sausage mixture. Bake 5 more minutes, until bubbly. Makes 4–5 dozen. **Variation:** Cut puff pastry sheet into 2 1/2" squares, place some sausage star filling in the middle of each square, fold two edges to the middle, overlapping about 1/4", and stick a toothpick where they're overlapped to keep the edges from separating. Bake at 400° for about 10 minutes, until golden brown and bubbly.

## Appetizers

### **Brie Bites**

- 1 pkg. (9.5 oz.) Pepperidge Farm mini puff pastry shells
- 4 T. seedless raspberry jam
- 8 oz. Brie cheese, cut into 24 pieces
- 1 T. pecans, toasted and chopped

Bake, cook and remove the top of the shells, according to the package directions. Heat oven to 350°. Place 1/4 t. jam and 1 piece of the cheese in each shell. Sprinkle the filled shells on a baking sheet. Bake for 5 minutes or until the cheese melts. Serve immediately. You can also make these with small phyllo shells.

### **Warm Bacon Cheese Spread**

Mary Reger

- 1 round loaf (1 lb.) sourdough bread
- 12 oz. sour cream
- 1 1/2 t. Lea & Perrins Worcestershire sauce
- 8 oz. cream cheese, softened
- 2 c. (8 oz.) shredded cheddar cheese
- 3/4 pound crisply cooked, crumbled bacon
- 1/2 c. green onions, chopped

Cut the top fourth off the loaf of bread. Carefully hollow out the bottom, leaving a 1" shell. Cut the removed bread and top into cubes and set aside. In a mixing bowl, beat the cream cheese. Add the sour cream, cheddar, and Worcestershire sauce until combined; stir in bacon and onions. Spoon into bread shell. Wrap in heavy duty foil. Bake at 325°F for one hour or until heated through. Serve with crackers and reserved bread cubes.

### **Zesty Sausage Dip**

Allison Bobofchak

- 1 roll of zesty sausage, browned and drained (buy it in a roll, specifically marked zesty)
- 2 (8 oz.) cream cheese
- 1 can Rotel tomatoes (size of small soup can) or 1 can (15 oz.) petite, diced tomatoes

Combine all in small crock pot and let melt. Serve with tortilla chips.

### **Holiday Chipped Beef Spread**

JoAnne Broadbent

- 2 (8 oz.) pkg. cream cheese
- 4 T. chopped green pepper
- 4 T. milk
- 1 c. sour cream
- 5 oz. jar chipped beef, cut
- 1/2 cup chopped pecans.
- 4 T. minced onions
- 1/4 t. pepper

Mix all ingredients and bake 25 to 30 minutes at 300°. Serve hot with your favorite cracker. May also be used cold as a sandwich spread. Serves 10.

**Almond Cheddar Appetizers**

1 c. mayonnaise	2 t. Lea & Perris Worcestershire sauce
1 c. shredded sharp cheddar cheese	1 medium onion, chopped fine
3/4 c. slivered almonds, chopped	6 bacon strips, cooked and crumbled
1 loaf (1 lb.) French bread	

Combine the first five ingredients. Cut the bread in 1/2" slices. Spread with cheese mixture. Cut slices in half and place on a greased baking sheet. Bake at 400° for 10–12 minutes, or until bubbly and browned. This recipe makes about 3 dozen appetizers. Unbaked appetizers may be frozen. Place in a single layer on a baking sheet; freeze for 1 hour. Remove from the baking sheet and store in an airtight container for up to 2 months. When ready to use, place unthawed appetizers on a greased baking sheet. Bake until bubbly.

**Fruit Kabobs**

Lynette Smith

strawberries, washed and hulled	watermelon, cut in 1" chunks
cantaloupe, cut in 1" chunks	canned pineapple chunks, drained
grapes	mint leaves
wooden skewers	

Slide pieces of fruit onto wooden skewers. After every two pieces of fruit, slide a mint leaf, and continue with fruit and mint leaves until the skewer is full, about 1" from the top and the bottom. Stack on a plate, cover, and refrigerate until ready to use.

**Fruit Salsa**

Julie Anderson

2 kiwis, peeled and diced  
 2 Golden Delicious apples, peeled, cored, and diced  
 8 oz. raspberries  
 1 lb. strawberries, hulled and diced  
 2 T. white sugar  
 1 T. brown sugar  
 3 T. fruit preserves, any flavor

In a large bowl, thoroughly mix all ingredients. Cover and chill in the refrigerator at least 15 minutes. Serve with cinnamon chips.

**Cinnamon Chips:**

10 flour tortillas (10" size)  
 Pam cooking spray, butter flavored  
 2 c. cinnamon sugar

Coat one side of each flour tortilla with butter-flavored cooking spray. Cut into wedges or chip-sized pieces and arrange in a single layer on a large baking sheet. Sprinkle wedges with desired amount of cinnamon sugar. Bake at 350° for 8 to 10 minute, or just until crisp. Repeat with any remaining tortilla wedges. Allow to cool about 15 minutes.



## *Salads and Dressings*

### **Cauliflower Salad**

Barbara Sutherland

- 2 heads cauliflower
- 4 stalks green onions
- 4 c. shredded cheddar cheese
- 1 pound bacon (fried crisp and crumbled)
- 2 green bell pepper
- 2 c. Hellmann's mayonnaise

Cut up all vegetables fine. Add bacon and mayonnaise. Mix together and chill.

### **Avocado Salad**

Emily Fleischman

- 1 head iceberg lettuce
- 2 avocados, cut in 1/2" pieces
- 1 t. lemon pepper
- about 3/4 c. Hellmann's mayonnaise
- 2 tomatoes, cut into wedges, then cut each wedge in half
- 1/2 t. lemon juice

Tear the lettuce into bite-sized pieces. Combine all the rest of the ingredients, tossing together well. The amount of mayonnaise depends on personal preference; add a little at a time so you don't get too much.

### **Five Cup Salad**

Pat McNabb

- 2 (15 oz.) can mandarin oranges, drained well
- 2 (15 oz.) can pineapple tidbits, drained well
- 2 c. miniature marshmallows
- 2 small carton whipping cream
- 2 c. coconut

Whip cream and fold in remaining ingredients. This can be made the night before; when made early it's a little less runny.

### **Mandarin Orange Salad**

- 1 (3 oz.) pkg. orange Jello (you don't add water to this)
- 1 (12 oz.) container Cool Whip
- 1 (15 oz.) can mandarin oranges, drained
- 1 (15 oz.) can crushed pineapple, drained
- 1 (6 oz.) can frozen orange juice concentrated, thawed

Stir Jello and Cool Whip until smooth. Add juice and mix. Fold in fruit and chill.

**Strawberry Salad**

Lucy Donoho

- |  |                               |
|--|-------------------------------|
| 2 small pkg. frozen strawberries       | 2 small pkg. strawberry Jello |
| 1 1/2 c. hot water                     | 2 mashed bananas              |
| 1 small can crushed pineapple, drained | 1 c. sour cream (optional)    |

Mix Jello and hot water; add frozen berries, chopped in large chunks. Stir until all the ice is melted. Add bananas and pineapple. Pour half of this mixture into a pan or mold; chill. Daub the sour cream around over this, then pour the remainder of the Jello mixture on top of the sour cream.

**Apple Salad**

Pat McNabb

- |  |                       |
|--|-----------------------|
| 5 medium apples, peeled and cut in 1/2" pieces |                       |
| 1/2 c. Hellmann's mayonnaise                   | 1 t. lemon juice      |
| 2 T. sugar                                     | 1 t. cinnamon         |
| 1/2 c. raisins                                 | 1/3 c. chopped pecans |

Sprinkle the raisins with 1 t. water and microwave about 20 seconds to soften them; drain off remaining water. Mix the mayonnaise, lemon juice, sugar and cinnamon together. Mix apples, softened raisins, and nuts with the dressing mix. Cover and chill.

**Blueberry Jello Salad**

- |  |                             |
|--|-----------------------------|
| 1 (6 oz.) pkg. black raspberry Jello       | 2 c. hot water              |
| 1 c. cold water                            | 1 can blueberry pie filling |
| 1 (8 oz.) can crushed pineapple, undrained |                             |

Dissolve Jello in hot water. Add cold water. Add blueberry pie filling and crushed pineapple. Let set several hours or overnight. Then frost with the following topping:

Topping:

- |                     |                                       |
|---------------------|---------------------------------------|
| 1/2 pint sour cream | 1 pkg. (8 oz.) cream cheese, softened |
| 1/2 c. sugar        | 1/2 c. chopping pecans                |

Mix all ingredients well. Frost salad.

**Cranberry Mousse Salad**

- |   |  |
|---|--|
| 1 (20 oz.) can crushed pineapple in juice (not syrup) | 1 (6 oz.) pkg. strawberry Jello            |
| 1 c. water  | 1 (16 oz.) can whole berry cranberry sauce |
| 3 T. fresh lemon juice                                | 1/4 t. ground nutmeg                       |
| 2 c. sour cream                                       | 1/2 c. chopped pecans                      |

Drain pineapple well and reserve juice. Add juice to Jello in a 2-quart saucepan and stir in water. Heat to boiling, stirring to dissolve. Take from heat and add cranberry sauce, lemon juice, and nutmeg. Chill until slightly thickened. Blend in sour cream and fold in pineapple and nuts. Chill.

**Thanksgiving Cranberry Salad**

Carolyn Newman

12 oz. raw cranberries, frozen	1/2 c. sugar
4 c. small marshmallows	1/2 c. chopped pecans
3/4 c. finely diced apples	1/2 pint whipping cream

Chop frozen cranberries in food processor until completely ground up. Mix ground cranberries, sugar and marshmallows in salad bowl and let stand overnight in refrigerator. Add chopped nuts and apples or pineapple. Whip cream until firm and fold into above mixture. Serve immediately.

**Watergate Salad**

1 pkg. pistachio pudding (dry)	2 c. miniature marshmallows
1 (15 oz.) can crushed pineapple, undrained	1 (8 oz.) Cool Whip

Mix and chill.

**Kiwi, Orange, and Banana Salad with Honey-Nutmeg Dressing**

1/4 c. plain yogurt	1 t. honey
a pinch of nutmeg, or to taste	2 navel oranges
2 bananas	3 kiwis

Peel oranges and remove white pith with a serrated knife. Cut fruit into sections. Peel bananas, half them lengthwise and cut crosswise into 1/2 inch slices. Peel kiwis, half them lengthwise, and cut crosswise into 1/2 inch slices. In a serving bowl, whisk together the yogurt, honey, and nutmeg. Add the fruit and stir the salad gently to combine well. Serves 4.

**Chinese Chicken Salad**

Ruth Hassell

1 1/2 c. cooked chicken	2–4 oz. rice sticks (deep fried)
4 stalks green onions, chopped	2 T. slivered toasted almonds
2 T. sesame seeds	1 small head lettuce or an equivalent amount of mixed lettuce

Buy the rice sticks at an Asian food store (the package says "rice stick"). Heat several inches of oil in the bottom of a wok or deep pan. Break off some of the rice sticks, place them in the oil, and they'll puff up immediately. Turn the sticks over and they'll finish puffing up. Drain on paper towels. Repeat process until you'll finished 2–4 oz. (it will make a big stack). Toss the above ingredients with the dressing just before serving.

**Dressing:**

2 T. sugar	1 t. salt
1/4 c. plus 1 T. salad oil	1/2 t. cracked pepper
3 T. vinegar	

Combine all of the above ingredients in a blender or stir very well. Make it ahead of time and chill well.



**Apple Salad**

Cindy Burton

- |                                       |                      |
|---------------------------------------|----------------------|
| 3 apples, unpeeled and chopped        | 1 c. toasted pecans  |
| 3/4 c. Craisins                       | 1/2 c. sliced celery |
| 1/2 c. cucumber, unpeeled and chopped | 12 oz. salad greens  |

Combine ingredients and add Panera Fuji apple dressing. You can also add blue cheese. Toss and serve.

**Taco Salad**

Mary Damjanovic

- |                                |   |
|--------------------------------|---|
| 1 lb. ground beef              | 1 head iceberg lettuce, bite-size pieces  |
| 1 lb. shredded cheddar cheese  | 1 small can kidney beans, drained         |
| 1 large can mushrooms, drained | 1 small can chopped black olives, drained |
| 1 small onion, chopped         | 1 (8 oz.) bottle 1000 Island dressing     |
| 1 pkg. taco seasoning          |   |

Layers:

lettuce, onion, olives

brown ground beef, drain, add taco seasoning, beans, mushrooms dressing

cheese

serve with tortilla chips, sour cream, and tomatoes

**Broccoli Salad**

Helen Johnson

- |  |                                 |
|--|---------------------------------|
| 1 large bunch fresh broccoli or 2 pkg. frozen chopped broccoli |                                 |
| 1 c. chopped celery  | 1/4 c. chopped onion            |
| 2 hard-boiled eggs, chopped                                    | 1 small jar sliced black olives |
| 1 c. Hellmann's mayonnaise                                     | 1 t. lemon juice                |

Steam broccoli in a little water until still crisp. Drain well and cool. Mix with remaining ingredients. Stir thoroughly before serving. Make the day before.

**Broccoli Salad**

JoAnne Broadbent

- |   |                                    |
|---|------------------------------------|
| 1 head fresh broccoli, cut into florettes | 8 slices bacon, fried and crumbled |
|---|------------------------------------|

**Dressing:**

- |                              |              |
|------------------------------|--------------|
| 1/2 c. Hellmann's mayonnaise | 1/2 c. sugar |
| 1/2 c. green onions          | 2 T. vinegar |
| 1/2 c. raisins               |              |

Toss broccoli, bacon, and dressing. Refrigerate at least 1 hour before serving.

## Salads and Dressings

### Caesar Salad

1 medium head romaine lettuce  
1 1/4 c. onion and garlic croutons  
Caesar salad dressing

1/3 c. Parmesan cheese  
freshly ground pepper

Tear washed and dried romaine into fork-sized pieces and place in a salad bowl. Pour in the dressing and toss lightly. Add cheese, pepper, and croutons. Toss until well distributed. Serves 4–6.

#### Caesar Salad Dressing:

1 clove garlic or 1/4 t. garlic powder  
1/4 t. prepared mustard  
2 T. lemon juice  
1 well-beaten egg

6 anchovy fillets (optional)  
1/8 t. Lea & Perrins Worcestershire sauce  
1/3 c. olive oil

Mix all the ingredients together until well blended.

### Spinach Salad

Julie Teuscher

2 bags pre-washed spinach (tear off stems and tear into bite-sized pieces)  
1 small head iceberg lettuce, torn into bite-sized pieces  
3/4 lb. fresh mushrooms, sliced (don't wash the mushrooms, just brush them)  
1/2 purple onion, chopped fine  
1/2 lb. bacon, cooked and crumbled

3/4 lb. Swiss cheese, grated  
1 c. small curd cottage cheese

Combine spinach and lettuce. Add the other ingredients just before you serve.

#### Dressing:

3/4 t. poppy seeds  
1/3 c. white vinegar  
1/3 c. oil  
1/3 c. sugar

3/4 T. onion (use part of the purple onion from the salad)  
3/4 t. salt  
1/3 t. prepared mustard

Blend all ingredients in a blender and toss with the salad just before serving.

### Spinach Salad

Mah Jongg

1 lb. fresh spinach  
3 hard-boiled eggs, chopped  
1/2 onion, finely chopped

1 can water chestnuts, sliced  
6 pieces bacon, fried and crumbled

#### Dressing:

1/2 c. oil  
1/2 c. sugar  
3 T. catsup

2 T. Lea & Perrins Worcestershire sauce  
2 T. vinegar  
salt and pepper

Toss dressing with salad just before serving.

**Nauvoo Salad**

Louise Dunn

- 2 1/2 lbs. lettuce (iceberg and green leaf)
- 1 lb. mushrooms, sliced
- 2 avocados, diced
- 1 lb. shredded Swiss cheese
- 2 (20 oz.) cans pineapple tidbits, drained
- 1 (12 oz.) bottle poppy seed dressing
- 1 lb. baby spinach
- 1/2 purple onion, chopped fine
- 1 lb. bacon, fried crisp and crumbled
- 2 c. red grapes, sliced in half
- 2 (15 oz.) cans mandarin oranges, drained

Combine all salad ingredients, except the mandarin oranges. Immediately before serving, pour the dressing over the salad and toss gently. When ready to serve, gently add mandarin oranges. This salad makes 25 large portions and can easily be adapted for smaller servings by cutting the recipe ingredients in half.

**JoAnne’s Salad**

JoAnne Broadbent

- Romaine lettuce
- Cut fresh oranges
- Toasted pecans (or direct from the bag)
- Spring greens
- Craisins

Wash and tear lettuces and combine with the oranges, Craisins, and pecans. Use whatever proportions you like.

**Dressing:**

- 1/3 c. vinegar
- 1 c. vegetable oil
- 1/2 small onion, chopped
- 2 T. water
- 1/2 c. sugar
- 1 t. salt
- 1 t. dry mustard

Combine vinegar, sugar, oil, salt, onion, mustard, and water in a blender. The dressing can be made ahead and refrigerated. Toss with salad just before serving.

**Grandma Collins’s Cucumber and Onion Salad**

Ellen Collins

- 2 medium cucumbers
- 1/2 c. vinegar
- 1/2 c. sugar or Splenda
- 2 medium onions
- 1/2 t. salt
- tomatoes (optional)

Don’t peel the cucumbers, but score them and cut paper thin. Bring the vinegar, salt, and sugar to a boil in a small saucepan, to dissolve the sugar. Pour over the cucumbers and onions while hot. Cover and refrigerate overnight.

## Salads and Dressings

### Potato Salad

Jean Evans

8 medium-size russet potatoes	1 c. chopped celery
1 small onion, chopped fine	4 hard boiled eggs, peeled and chopped
2 T. pickle relish	1 c. Hellmann's mayonnaise

Peel potatoes and cut into 3/4" chunks. Put in a covered pot and cover with cold water. Bring to a boil and cook until tender but not mushy, at least 10 minutes. Drain and put into a bowl. Add remaining ingredients; stir until well mixed. Put into serving bowl and sprinkle with paprika. Cover and refrigerate. It's good warm or cold.

### Mac and Tuna Salad

Lynne Ream

1 (12 1/2 oz.) can tuna, drained	6 oz. shell or bows macaroni, cooked
1/2 can sliced black olives	1 medium onion, chopped
4 boiled eggs, chopped	1/2 c. celery, chopped
1 green pepper, chopped	1 c. frozen peas, uncooked

Combine ingredients and add enough mayonnaise to make creamy or almost sloppy (pasta will absorb it). Add salt to taste. Best made the day before. Yields approximately 7 cups.

### Pasta Salad

1/2 lb. cavatelli pasta	1/2 lb. rotini pasta
1 c. cubed ham	1 c. cubed cheddar cheese
1 c. frozen peas, thawed	2 T. onion, chopped fine
2 T. vinegar	1/2-1 t. basil
2 t. lemon juice	Hellmann's mayonnaise

Cook pasta according to package directions (you can use any shape pasta). Drain and cool. Add remaining ingredients and enough mayonnaise to moisten well. Cover and refrigerate at least 2-3 hours.

### Chicken Salad

JoAnne Broadbent

3 c. chicken, cooked and diced	1 1/4 c. chopped celery
1 1/4 c. sliced fresh mushrooms	3 hard-cooked eggs, sliced
1/2 c. chopped onion	1/2 c. Hellmann's mayonnaise
1/2 c. sour cream	3/4 t. salt
4 oz. slivered almonds	

Mix the above ingredients together and refrigerate. Serve cold. Serves 8.

**French Dressing**

1 can tomato soup	1 1/2 c. salad oil
1 1/2 t. salt	3/4 c. sugar
3/4 c. vinegar	2 t. grated onion
2 t. Lea & Perrins Worcestershire sauce	1/4 t. paprika
1 t. dry mustard	1/4 t. garlic powder

Mix well in food processor. Makes one quart.

**Green Goddess Dressing**

1/2 t. basil	1/4 c. yogurt
1/4 c. chopped fresh parsley	1 t. chopped green onion or chives
2 t. vinegar	1/4 t. salt
dash pepper	1/2 c. Hellmann's mayonnaise

Blend ingredients in blender. Stir in mayonnaise.



## *Soups and Stews*

### **Lentil Soup**

1 lb. bulk sausage (Bob Evans type)	1 onion, chopped
1 lb. carrots, sliced or matchsticks	4 or 5 stalks celery, chopped
1/2 head cabbage, chopped	1 c. harvest soup mix*
1 (15 oz.) can diced tomatoes	1/4 c. Himalayan red rice
1/4 c. barley	1 t. garlic powder
1 T. poultry seasoning	1 t. salt
1/4 t. pepper	

Brown sausage and onion. Drain and set aside in a bowl (I refrigerate this while the lentils cook). Mix lentil soup mix, rice, barley, and tomatoes and put them in enough water to cover; add seasonings. Cover and bring to a boil; continue to boil about half an hour. Turn off the stove and leave it covered for about half an hour. The lentils swell up. Then add the vegetables and enough water to cover them. Boil until the carrots are done, scraping the bottom of the pan periodically. Adjust seasonings and return sausage and onion to the pan. Simmer for an hour or two.

\*I buy harvest soup mix in Arthur. It's a mixture of several colors of lentils.

### **Minestrone**

JoAnne Broadbent

4 c. canned tomatoes, chopped	4 c. water
1 (8 oz.) can tomato paste	4 large ribs celery, diced
3 large carrots, diced	2 large onions, chopped
1 t. basil	1/2 t. oregano
1 T. parsley	1 T. sugar
2 lb. bulk Italian sausage	2 (14 oz.) cans green beans, drained
2 (16 oz.) cans red beans	1 c. uncooked pasta shells
salt and pepper to taste	
1 or 2 cloves garlic (or 1/2 t. garlic powder)	

Brown sausage and onions in large pan; drain well. Add celery, carrots, tomatoes, water, tomato sauce, and spices. Bring to a boil and cook until carrots are tender. Simmer slowly for 3 or 4 hours. Add green and red beans and simmer 1 more hour. Cook pasta separately and add before serving.

## Soups and Stews

### Vegetable Soup

Jean Evans

Beef, cut in 1/2" chunks	3 potatoes, peeled and cut in 1/2" pieces
4 carrots, peeled and sliced	1/3-1/2 head cabbage, chopped
3 stalks celery, chopped	1 onion, chopped fine
1 (15 oz.) can diced tomatoes	1/3 c. barley
1 (15 oz.) can corn, undrained	1 (15 oz.) can green beans, undrained
salt and pepper	

Cook beef and onions in olive oil. Do not drain. Add tomatoes and about 2 cups water. Simmer, covered, about an hour, until the meat is tender. Add potatoes, carrots, cabbage, celery, barley, salt, and pepper. Add about 2 c. water. Bring to a boil; cook until the carrots are tender. Reduce heat and add the cans of corn, peas, and green beans. Simmer for an hour or two. (Jean didn't use the cabbage or barley but did use lima beans).

### Taco Soup

Rochelle Mooth

2 lb. ground beef, browned and drained	1 large onion, chopped and browned
2 (14.5 oz.) can diced tomatoes	2 (15.25 oz.) can whole kernel corn,
2 (15 oz.) can red beans, including juice	including juice
2 pkg. taco seasoning or 1/4 c. taco seasoning	

Mix all together. Bring to a boil and reduce heat to low for at least half an hour. Ladle into bowls and sprinkle with grated cheese and a spoonful of sour cream. Serve with crushed tortilla chips or Fritos.

### Swan Soup (Soup Continental)

Lois Brough

2 T. finely chopped onion	2 c. diced potatoes
1 c. diced celery	2 c. turkey broth
1 c. chopped turkey	2 c. corn
1 large can evaporated milk	1 t. salt
1/4 t. paprika	1/4 t. pepper
1/4 t. ginger	2 T. chopped parsley

Melt a little butter in a pan and sauté the onion until transparent. Add potatoes, celery, and turkey broth. Boil until the vegetables are done. Add corn, turkey, and seasonings. Add milk (do not boil after you've added the milk). Triple this recipe to fill a Dutch oven-sized pan.

### Cream of Chicken Soup

4 c. chicken or turkey broth	4 T. butter
4 T. flour	salt and pepper
1 c. cream	

Cook butter and flour for two minutes. Add broth and bring just to a boil. Add the cream and keep on low heat.

**Potato Soup**

Cindy Burton

6 slices bacon	1/2 c. chopped onion
1/2 c. chopped celery	2 large potatoes, peeled, cut in 1/2" cubes
1 c. water	1 t. dry mustard
1 1/2 c. milk	1 can cream of chicken soup
salt and pepper	

In a large saucepan, fry bacon until crisp. Remove bacon, reserving 1 T. drippings in the pan. Drain bacon on paper towel. Crumble bacon and set aside. Add onion and celery to pan; cook until tender. Stir in the potatoes, water, and mustard. Bring to boiling; reduce heat. Simmer, covered, for 15 minutes or until potatoes are just tender. Stir in milk, soup, and bacon. Simmer for a few hours.

**Slow Cooker Creamy Tortellini Soup**

1 lb. ground Italian sausage (Bob Evans type)	
1 yellow onion, chopped	1 1/2 c. matchstick carrots
3 stalks celery, chopped	4 cloves garlic, minced
1 T. Italian seasoning	1/2 t. salt
4 c. chicken broth	1/4 c. cornstarch dissolved in 1/4 c. water
2 c. half and half	5 c. fresh baby spinach
1 (19 oz.) cheese tortellini (I buy Louisa four cheese frozen tortellini in the frozen foods section)	

Sauté the sausage and onion until brown. Drain. Place in a slow cooker bowl. Add carrots, celery, garlic, Italian seasoning, salt, and chicken broth. Cover and cook on high for three hours or low for seven hours.

Put the dissolved cornstarch in the slow cooker and stir. Add half and half and mix well. Add the tortellini and mix again. Cover and cook on high for 45 minutes, until the soup has thickened and the tortellini is soft and cooked through.

Add the spinach, pressing the leaves down into the liquid. Cover again for ten minutes, until the leaves have wilted.

## Soups and Stews

### Slow Cooker Baked Potato Soup

Lisa McNabb

5 lbs. red potatoes, cut into 3/4" cubes	1/2 c. flour
1 lb. bacon, fried and cut into small pieces	1 large red onion, chopped
2 cloves garlic, minced	2 T. dry ranch dressing mix
4 t. dried parsley	2 t. Lawry's seasoned salt
1 t. ground black pepper	6 c. chicken broth
2 c. half and half	1 c. shredded Cheddar cheese
1/2 c. chopped green onion	

Put potatoes in the bottom of your slow cooker/crock pot. Scatter flour over the potatoes and toss to coat. Scatter bacon, red onion, garlic, ranch dressing mix, parsley, seasoned salt, and black pepper over the potatoes. Pour broth into the slow cooker. Cook on low seven to nine hours. Pour half and half into the soup; cook another 30 minutes. Garnish with Cheddar cheese and green onions to serve. You can also reserve some of the bacon for serving.

### Zuppa Toscana

2 lb. Italian sausage	4 large russet baking potatoes, unpeeled
1 large onion, chopped	3 garlic cloves, minced
4 c. kale, chopped	2 (14.5 oz.) cans chicken broth
4 c. water	2 c. heavy whipping cream

Brown the sausage with the chopped onion; drain very well. Meanwhile, cut the potatoes (don't peel them) into quarters and then into thin slices (1/4" thick). Add the chicken broth, water, garlic, and potatoes to the drained sausage. Boil until the potatoes are tender, then add the chopped kale (don't use the stems on the kale, just the leaves). Cover and cook about 10 minutes. Add the cream and let the flavors blend before serving. You may need to add more water, depending on how thick you want the soup to be.

### Beef Stew

Cindy Burton

4 lb. stew meat, cut into 1" cubes	1/2 c. flour
2 t. salt	1 t. garlic powder
1/2 t. pepper	2 cans diced tomatoes, undrained
2 cans beef broth (or 2 c. water)	4 c. cubed potatoes
2 c. celery	1 lb. baby carrots
3 small onions, quartered	2 bay leaves
2 T. minute tapioca	1/2 c. Lea & Perrins Worcestershire sauce

Coat meat with flour, salt, garlic powder, and pepper mixture. Brown in oil. Mix with vegetables and 1) cook on top of stove or 2) bake in 2 13 x 9 pans, covered, for 4 hours at 325°.

**Pork Stew**

- |                                 |                                      |
|---------------------------------|--------------------------------------|
| 1 onion, chopped                | 1 lb. pork, cut into 3/4" pieces     |
| 4 carrots, chopped into rings   | 4 stalks celery, chopped             |
| 4 potatoes, cut into 1" pieces  | 1 sweet potato, cut into 3/4" pieces |
| 1/2 head cabbage, chopped fine  | 1/2 c. whole barley                  |
| water                           | salt and pepper                      |
| 2 t. thyme or poultry seasoning |                                      |

Sauté onion and pork together in the bottom of a Dutch oven. Add carrots, celery, potatoes, sweet potato, cabbage, barley, seasonings, and enough water to cover everything. Bring to a boil and cook until the vegetables are tender. Simmer for an hour or two.

**Cream of Chicken Wild Rice Soup**

- |                             |                           |
|-----------------------------|---------------------------|
| 1 1/2 quarts water          | 4 bone-in chicken breasts |
| 4 oz. dry chicken soup base | 1 1/4 c. wild rice        |
| 4 ribs celery, 1/2" slices  | 1 large onion, chopped    |
| 4 carrots, 1/2" slices      | 1/2 lb. mushrooms, sliced |
| 4 c. 2% milk                | 6 T. butter               |
| 1/2 c. flour                | salt and pepper           |

In a large pot, put water, chicken, chicken base, pepper, and wild rice. Boil until chicken and rice are almost done. Remove chicken and add vegetables; cook until tender. Debone the chicken, cut into small pieces and add to soup. In another pan, melt butter on low heat, add flour, cook 2 minutes, add milk gradually. Cook until it thickens and boils about a minute. Add to soup and stir.

### Chicken Gnocchi Soup

Heather Smith

4 chicken breasts made with the perfect chicken recipe (below) and cut into small pieces (you can also use rotisserie chicken)

1/4 c. olive oil

1/4 c. flour

1 c. onion, finely diced

1 1/2 c. matchstick carrots

1 c. celery, chopped

1 c. fresh broccoli, finely cut

4 green onions, chopped

1 c. fresh spinach, coarsely chopped

32 oz. chicken broth

1 t. salt

1 t. pepper

4 garlic cloves, minced

1 t. thyme

1 pkg. potato gnocchi, cut into thirds

2 c. half and half

Sauté the onions, carrots, and garlic in the olive oil over medium heat for three minutes. Add the celery and broccoli and continue cooking until the onions are translucent and the carrots are tender. Add the flour and make a roux. Add the juices from the perfect chicken, too. Let the mixture cook for about a minute before adding a cup or two of the chicken broth. Stir until smooth and add the rest of the chicken broth. Cook until the mixture thickens. Meanwhile, cook gnocchi according to package directions. Add the cooked gnocchi, chicken, half and half, and spinach. Cook until the spinach is soft. You will probably have to add more chicken broth if the soup sits and simmers for a while, since the gnocchi soaks up liquid.

### Perfect Chicken

2–4 boneless chicken breasts with or without rib meat

1/2 t. salt

1/2 t. pepper

1/2 t. garlic powder

1/2 t. onion powder

1/2 t. paprika

2–3 T. olive oil

Mix salt, pepper, garlic powder, onion powder, and paprika in a small bowl (I use my old 1/4 cup). Coat the chicken breasts in the seasoning, rubbing in to coat. Pour olive oil in the bottom of a Dutch oven, and heat to med-high. When nice and hot, add chicken to the pan (in batches if necessary). Cook 2–3 min per side. If any chicken has been removed, add it back to the Dutch oven. Place uncovered Dutch oven in a 350° oven for 25 minutes or until juices run clear. Let sit on a plate 5–10 minutes before cutting, shredding, or eating.

**Chili**

Mima Kearn

- 1 large (30.5 oz.) can Brooks chili beans (mild or hot)
- 2 (15 oz.) cans diced tomatoes
- 2–4 green peppers seeded and coarsely chopped (I like a lot of green peppers)
- 2 large onions chopped
- 2 cloves garlic chopped fine
- 1/2 cup finely chopped fresh parsley
- 1 1/2 lbs. lean ground beef
- 1 1/2 lbs. lean ground pork
- 2–3 T. chili powder
- salt to taste
- 1/4 t. pepper
- 1 t. cumin

Brown beef and pork with onion until lightly browned. Drain well. Combine all the rest in a large crock pot and cook on low setting for 8 to 12 hours. Adjust seasonings to taste.

**White Chicken Chili**

Diane Kay

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| 3 (15 oz.) cans Great Northern beans) | 4 cloves garlic, minced               |
| 1/4 c. butter                         | 1/4 c. flour                          |
| 1 c. chicken broth                    | 2 c. half and half                    |
| 1 t. cumin                            | 1/2 t. salt                           |
| 1/2 t. pepper                         | 8 oz. diced green chilies             |
| 1 lb. boneless chicken breasts, diced | 1 1/2 c. Monterey Jack cheese, grated |
| 1/2 c. sour cream                     |                                       |

Sauté garlic in a little olive oil, add diced chicken and brown. Set aside. Melt butter in a large saucepan. Whisk in the flour. Stirring constantly, add broth and half and half. Continue stirring until thickened. Add spices. Add green chilies, chicken, beans, cheese, and sour cream. Stir until cheese and sour cream are blended well.

**White Chili**

Missy Stowell

- |  |  |
|--|--|
| 3 (15 oz.) cans Great Northern beans     | 1–2 c. cooked and cubed chicken        |
| 1 T. olive oil                           | (or one (12.5 oz.) can cooked chicken) |
| 2 t. minced garlic                       | 1 medium onion, chopped                |
| 2 t. cumin                               | 1/4 t. cloves                          |
| 1/4 t. cayenne                           | 1 t. oregano                           |
| 1 (4 oz.) can chopped mild green chilies | 4 c. chicken broth                     |
| 8 oz. cream cheese, softened             |  |

Heat oil over medium heat. Add onions and cook until translucent. Stir in garlic, chilies, cumin, cayenne, oregano, and cloves. Sauté 2–3 minutes. Add chicken, beans, broth, and cream cheese (stir some hot broth from the soup a little at a time until the cream cheese is melted to keep the soup from getting lumpy).

## Soups and Stews

### Tex Mex Chicken Taco Soup

Brook Pankratz

1/2 cup diced onions	1/2 cup diced green bell peppers
1 tablespoon minced garlic	Vegetable oil
1 pound chicken breasts, boiled and shredded (3 boneless, skinless breasts)	
1 package taco seasoning mix	1 (8 oz.) jar medium salsa
1 (14 oz.) can kernel corn	1 (14 oz.) can hominy, drained
1 (16 oz.) can pinto or navy beans	2 (4 oz.) cans tomato paste
2 (14 oz.) cans chicken broth	1 (8 oz.) package light cream cheese

Sauté onions, green bell peppers, and garlic in a small amount of vegetable oil. Add chicken, taco seasoning mix, salsa, vegetables, beans, tomato paste, and chicken broth. Adjust liquid to your liking. Bring to a slow simmer and simmer for 20 minutes. Place cream cheese in a separate bowl. Using a measuring cup, take some of the hot liquid from the soup and pour over cream cheese to melt and then add back to the soup. Simmer on low for another 10 minutes. Serve with tortilla chips and grated Monterey jack cheese. Also, great on the second day over rice.

### Gumbo

1/4 c. olive oil	2 T. butter
1/2 t. garlic	8 T. flour
2 onions, chopped	

Combine all ingredients, except flour. Cook on medium heat, until onions are soft. Add the flour gradually, stirring constantly. Cook until it browns. Put it in a Dutch oven and add:

2 c. petite diced tomatoes, undrained	2 green peppers, chopped
6 celery stalks, chopped	1 pkg. andouille sausage, cut into 1" pieces
1 c. Cajun seasoning	6 c. water
2 lbs. shrimp	

Simmer for 40 minutes. Add shrimp and bring back to a simmer. Serve as soon as shrimp is heated, or the shrimp will shrink and get tough.

**Irish Lamb (or Beef) Stew**

Jackie Kitchen

- |  |   |
|--|---|
| 1 1/2 pounds thickly sliced bacon, diced   |   |
| 2 1/2 pounds boneless lamb shoulder, cut into 1 inch pieces (can use beef stew meat instead) |   |
| 1/2 teaspoon salt  | 1/2 teaspoon ground black pepper            |
| 1/2 cup all-purpose flour  | 3 cloves garlic, minced                     |
| 1 large onion, chopped   | 1/2 cup water                               |
| 4 cups beef stock  | 2 teaspoons white sugar                     |
| 5 large carrots, cut into bite-size pieces   | 2 large parsnips, cut into bite-size pieces |
| 3 potatoes   | 1 teaspoon dried thyme                      |
| 2 bay leaves   | 3/4 cup cooked wheat berries (optional)     |

Place bacon in a large, deep skillet. Cook over medium high heat until evenly browned. Drain, crumble, and set aside.

Put lamb, salt, pepper, and flour in large mixing bowl. Toss to coat meat evenly. Brown meat in frying pan with bacon fat.

Place lamb into crockpot (leave 1/4 cup of fat in frying pan). Add the garlic and yellow onion and sauté till onion begins to become golden. Deglaze frying pan with 1/2 cup water and add the garlic-onion mixture to the stock pot with beef stock and sugar. Add carrots, onions, potatoes, thyme, bay leaves, and wheat berries. Cover cook on high for 3–4 hours in crockpot. Add more water for thinner consistency if desired.

Serve with bacon pieces to garnish.

**Brunswick Stew**

Betty Johnston

- |                                  |                                  |
|----------------------------------|----------------------------------|
| 1 chicken                        | 1/4 lb. salt pork, cubed         |
| 1 (20 oz.) pkg. frozen corn      | 1 (20 oz) pkg. frozen lima beans |
| 3 (14.5 oz.) cans diced tomatoes | 6 red potatoes, peeled and cubed |
| 2 onions, chopped                | 1 t. sugar                       |
| salt and pepper                  |                                  |

Boil the chicken and salt pork until chicken falls from bones. Remove skin and bones of chicken. Add to broth, chicken, and pork, the potatoes, onions, and tomatoes. Boil for 5 minutes. Add remaining ingredients. Cook slowly, until stew is thick. Stir fairly often to be sure it doesn't stick. Cook a long time. Make at least one day early. May be frozen.

## Soups and Stews

### **Cream of Turkey Soup with Herbs**

Shirley Percy

2 c. cooked diced turkey  
1 onion, chopped  
1 carrot, sliced  
1/2 c. flour  
1 c. cream  
1 bay leaf  
1/2 t. turmeric  
salt and pepper

4 c. turkey or chicken broth  
1 stalk celery, diced  
1/2 c. butter  
3 c. milk  
1/4 t. each of thyme, marjoram, and chives  
1/8 t. nutmeg  
3/4 c. cooked rice

Place broth, onion, celery, and carrot in a large pan and bring to a boil. Reduce heat and simmer about an hour. Melt butter in a pan and blend in flour, milk, and cream. Stir and cook to gravy consistency. Add seasonings, turkey, and rice. Heat, don't boil. Combine contents of both pans and simmer.

## *Pasta and Rice*

### **Sausage and Mostaccioli Bake**

Cindy Burton

16 oz. mostaccioli or penne	1 or 2 lb. bulk Italian sausage
1/2 c. chopped onion	1/4 c. chopped green pepper
1 clove garlic, minced	2 (14.5 oz.) can diced tomatoes
1 (6 oz.) can tomato paste	1/2 c. water
1/4 t. oregano	1/2 t. basil
1/8 t. pepper	6 oz. shredded cheddar cheese

Cook pasta according to package directions. Drain. Brown sausage, onion, green pepper, and garlic. Drain. Stir undrained tomatoes, tomato paste, water, and seasonings into the meat mixture. Combine with pasta and cheese. Bake at 350°, covered, for about an hour. This recipe can be made with either one or two pounds of sausage, depending on how much meat you want.

### **Spaghetti alla Carbonara**

4 T. soft butter	2 whole eggs.
2 egg yolks	

Beat the above ingredients together.

8 slices bacon, fried and broken into small pieces	
1 c. cream	1 1/2 c. grated Parmesan cheese
1 lb. spaghetti	1/2 t. salt
1/8 t. pepper	

Cook spaghetti; drain immediately and toss with butter and egg mixture, stirring to cook egg and coat spaghetti strands. Add bacon, cream, and cheese. Serve immediately. Serves four.

### **Penne with Sausage and Sweet Peppers**

Cindy Burton

8 oz. penne	1 lb. fresh Italian sausage
3 or 4 medium green peppers	1 onion
1/2 c. water	1 (14.5 oz.) can diced tomatoes
salt and pepper	

Cook penne according to package directions; drain. Cut sausage into 3/4" pieces. Cut onions and peppers into large chunks. In a large skillet, cook sausage and onions until brown. When almost done, add peppers. Drain. Add water, pasta, and tomatoes and simmer, covered, 25–30 minutes. Serves 6.

## Pasta and Rice

### Macaroni and Cheese

Jean Evans

5 T. butter  
1 t. salt (more if you're not using sausage) pepper  
4 c. milk  
1/2 c. flour

Melt butter and add flour, stirring well. Cook and stir constantly for one to two minutes. Gradually add 1 cup milk and stir until well blended. Add 3 more cups milk. Stir constantly until sauce thickens and begins to bubble. Add salt and pepper to taste.

Stir in:

12 oz. shredded cheddar cheese (you might want more cheese)  
1 pound elbow macaroni, cooked and drained  
1/2 pound beef smoked sausage, sliced in 1/4" slices

Pour mixture into 13 x 9 pan. Bake, uncovered, about an hour at 350°, until light golden brown.

### Straw and Hay

1/2 lb. green pasta  
1 T. butter  
2 c. sliced mushrooms  
2 c. diced cooked ham  
1 c. freshly grated Parmesan cheese  
1/2 t. pepper  
1/2 lb. plain pasta  
1/2 c. chopped onion  
10 oz. frozen baby peas, thawed  
1 1/2 c. heavy cream  
1/2 t. salt  
1/4 c. butter

Cook pastas al dente. Drain; set aside and keep warm.

Melt 1 T. butter; sauté onion about 3 minutes, until soft. Add mushrooms; sauté 3 minutes, until tender. Add peas and ham; sauté 2 minutes. Remove from heat. Add pastas and toss well. Cover.

Heat cream and 1/4 c. butter until hot. Pour over pasta mixture. Sprinkle with cheese, salt, and pepper. Toss well.

### Cincinnati Chili

Mima Kearl

1 pkg. Cincinnati chili seasoning mix  
1 (28 oz.) can diced tomatoes  
1 1/2 lbs. lean ground beef  
4 c. water  
1 (6-oz.) can tomato paste

Combine the mix with water, diced tomatoes, and tomato paste. Break up the ground beef into the liquid and stir it up with a fork (you don't brown the ground beef). Bring to a boil and then simmer, uncovered, for several hours. Serve over hot angel hair spaghetti and top with grated cheddar cheese.

**Spinach Alfredo Lasagna**

Mardi Weber

12 oz. lasagna noodles (12 noodles)	1 lb. bulk pork sausage (not ground pork)
1 pkg. frozen chopped spinach, thawed and well drained	
1 jar (15 oz.) Alfredo sauce	1/2 t. salt
1/4 t. pepper	1/2 c. milk
1 egg	2 c. shredded cheddar cheese
1 carton (15 oz) ricotta cheese	1/2 c. Parmesan cheese
1 c. shredded mozzarella cheese	

Cook the noodles in boiling water, following package directions. Meanwhile, in a skillet, brown the sausage. Drain noodles; set aside. Drain sausage and add spinach, Alfredo sauce, milk, salt and pepper. Combine egg and cheddar, ricotta, and Parmesan cheeses; mix well. In an ungreased 13 x 9 pan layer 1/3 of the sausage mixture, noodles, and cheese mixture. Repeat layers twice. Sprinkle with mozzarella cheese. Cover and bake at 350° for 45 minutes. Let stand for 15 minutes before cutting.

**Chicken Spaghetti**

2 generous cups cooked chicken, torn in bite-sized pieces (see recipe below for Perfect Chicken)	
1 pound thin spaghetti, broken into 2" pieces	2 cans cream of mushroom soup
1 can (2 c.) chicken broth	2 1/2 c. grated sharp cheddar cheese
1/2 cup finely diced green pepper	1 medium onion, finely diced
1 t. seasoned salt	1/4 t. cayenne pepper
Salt and freshly ground black pepper	

Preheat the oven to 350°.

Put onion in a small bowl, cover with plastic wrap, and microwave two minutes.

Bring a large pot of water to a boil. Cook the spaghetti until al dente, about 6–7 minutes; drain. Do not overcook. When the spaghetti is cooked, combine with the chicken, mushroom soup, chicken broth, 1 1/2 cups cheese, green pepper, onion, seasoned salt, cayenne, and sprinkle with salt and pepper.

Place the mixture in a casserole pan and top with the remaining 1 cup cheese. Cover and freeze up to 6 months, cover and refrigerate up to 2 days or bake immediately until bubbly, about 45 minutes. (If the cheese on top starts to get too cooked, cover with foil). If you've made the casserole earlier and refrigerated it, allow extra baking time.

## Pasta and Rice

### Perfect Chicken

2–4 boneless chicken breasts with or without rib meat  
1/2 t. salt  
1/2 t. garlic powder  
1/2 t. paprika  
1/2 t. pepper  
1/2 t. onion powder  
2–3 T. olive oil

Mix salt, pepper, garlic powder, onion powder, and paprika in a small bowl. Coat the chicken breasts in the seasoning, rubbing in to coat. Pour olive oil in the bottom of a Dutch oven, and heat to med-high. When nice and hot, add chicken to the pan (in batches if necessary). Cook 2–3 min per side. If any chicken has been removed, add it back to the Dutch oven. Place uncovered Dutch oven in a 350° oven for 25 minutes or until juices run clear. Let sit on a plate 5–10 minutes before cutting, shredding, or eating.

### Bowtie Pasta

Lisa McNabb

2 T. olive oil  
1 lb. ground sausage (Bob Evans type)  
1/2 t. crushed red pepper (optional)  
1/2 c. diced onion  
3 cloves garlic, minced  
2 (15 oz.) cans petite diced tomatoes, drained  
1/4 c. chopped fresh parsley  
1 1/2 c. cream  
1/2 t. salt  
1 lb. bowtie pasta (farfalle)  
3 T. fresh basil, chopped  
1 c. Parmesan cheese

Bring a pot of salted water to a boil. When boiling, add bowtie pasta and cook until al dente.

Heat oil in a large heavy skillet over medium heat. Crumble and cook sausage and onion in oil. Cook until sausage is no longer pink. Drain. Add garlic. Drain tomatoes and stir into sausage and cook for a few minutes. Add the cream, salt, and basil. Simmer until mixture thickens slightly, about four minutes.

Drain pasta and add to simmering sauce. Stir in the Parmesan cheese and garnish with parsley.

Serves 4–6

**Baked Spaghetti**

Cindy Burton

2 (15 oz.) cans petite, diced tomatoes	2 c. tomato sauce
1 c. water	1/2 c. diced onion
1/2 c. diced green bell pepper	2 cloves garlic, chopped
1 T. dried parsley flakes	1 1/2 t. Italian season
1 t. salt	1 t. pepper
1 1/2 t. sugar	2 small bay leaves
1 1/2 lbs ground beef	8 oz. uncooked spaghetti
1 c. shredded Cheddar cheese	1 c. shredded Monterey Jack cheese

Brown ground beef with onion and green pepper. Drain. Add tomatoes, tomato sauce, water, and seasonings. Simmer for at least half an hour. Boil spaghetti, following package instructions. Drain spaghetti. Combine spaghetti with meat sauce and put half the spaghetti mixture in a prepared 13 x 9 pan. Put half the cheese mix on top and repeat the layers. Bake half an hour, covered, at 350°.

**Pasta with Chicken and Vegetables**

11 T. butter	3/4 c. flour
6 c. chicken broth	2 c. cooked, chopped chicken
1 head broccoli, cut into small pieces	4 carrots, peeled and sliced
1 lb. asparagus, sliced into 1" pieces	1/2 lb. mushrooms, sliced
1 c. grated Parmesan cheese	1 lb. spaghetti

Melt butter; add flour and chicken broth to make a white sauce. In a large frying pan, sauté broccoli, carrots, and asparagus for a few minutes. Add 1/2 c. water, cover, and steam until barely tender. Add mushrooms and cook another minute or two. Drain water. Cook spaghetti; drain water. Toss all ingredients together with cheese and serve immediately.

**Italian Ziti Medley**

1/2 lb. Italian sausage, sliced into coins	1/4 c. butter
1 c. sliced mushrooms	1 c. green pepper strips
1/3 c. chopped onion	1/3 c. flour
2 1/4 c. milk	2 c. shredded cheddar cheese
1/2 c. grated Parmesan cheese	1/2 t. pepper
3 c. ziti, uncooked	

Brown sausage; remove from pan and drain. Melt butter and cook mushrooms, pepper, and onion until tender. Blend flour into vegetable mixture; gradually stir in milk. Cook, stirring constantly, until mixture begins to boil. Boil and stir one minute. Blend in 1 1/2 c. cheddar cheese, Parmesan cheese, and pepper until cheese are melted and mixture is smooth. Cook ziti; drain. Stir ziti and sausage into vegetable cheese mixture. Pour into a two quart casserole. Sprinkle with remaining cheddar cheese. Bake, covered, at 350° for 30 minutes, or until hot and bubbly.

## Pasta and Rice

### Penne with Chicken and Sun-Dried Tomatoes

1 lb. penne	1/2 c. coarsely chopped sun-dried
1 c. water	tomatoes (not oil packed)
1 c. mushrooms, sliced	1/2 c. green onions, chopped
1/2 t. garlic powder	1 lb. boneless chicken, cut in 1" pieces
1 t. basil	2 T. olive oil
2 c. milk	2 T. cornstarch
salt and pepper to taste	

Cook penne; drain. In a small bowl, combine water and tomatoes; let stand 15 minutes. In a large skillet, cook mushrooms, onions and garlic about three minutes; remove mixture from skillet. In the same skillet, brown chicken in oil, then add basil, and the tomato mixture (undrained). Bring to a boil; reduce heat and simmer covered 15 minutes, stirring occasionally. Stir together milk and cornstarch; stir into chicken mixture. Cook and stir until thickened and bubbly. Add the mushroom mixture and the cooked penne.

### Orange-Basil Linguine

Penny Stucki

6 oz. linguine, uncooked	2 t. cornstarch
1 T. butter	1 T. chopped fresh basil or 1/2 t. dry basil
1/2 c. chicken broth	1/8 t. grated orange rind
1/2 c. orange juice	1 T. Parmesan cheese

Cook linguine according to package directions. Drain well and set aside. Combine butter, chicken broth, orange juice, and cornstarch in a small saucepan; stir well. Bring to a boil, and cook 1 minute. Remove from heat. Add basil and orange rind; stir well. Pour over linguine; toss gently. Sprinkle with cheese. Serves 6.

### Fried Rice

3 T. oil + 1 t. sesame oil, more if needed	1 c. cooked pork (or use raw pork and
1/2 c. chopped onion	cook with onion)
1/4 c. chopped carrots	1/2 t. garlic powder
1/2 t. ginger	2 T. Kikkoman soy sauce
1/2 c. peas	2 c. cabbage, shredded
3 eggs, slightly beaten	4 c. cooked rice, chilled

Heat oil in wok or frying pan. Cook pork, onions, cabbage, and carrots. Add peas after the other vegetables are cooked. Add rice. Add a little more oil if rice seems dry. Stir in soy sauce and seasonings. With a large spoon, stir until all the rice is coated with the seasonings. Make a well in the middle of the rice and pour beaten eggs into it. Cook and stir and then mix in with the rice. Add a little more sesame oil. Cook and stir; it's best when the rice cooks enough to get a little crusty.

**St. Paul's Rice**

Carol Stone

1 1/2 lb. sausage (any mild, ground sausage)

Crumble, fry, and drain.

2 pkg. Lipton noodle soup

4 1/2 c. water

3/4 c. rice

Place the soup mix, water, and rice in a saucepan and boil for 7 minutes.

5 ribs celery

1 green pepper

1 onion

1/4 t. garlic powder

pepper

1 pkg. slivered almonds

Chop the celery, green pepper, and onion and mix together in a large bowl. Add the sausage and the rice mixture and mix well. Put into a greased 13 x 9 pan and bake for 1 hour at 350°, uncovered. The last 15 minutes sprinkle with the almonds. You can make this ahead of time and freeze it, unbaked, but you need to thaw it before baking.

**Rice Pilaf**

Alton Brown

2 T. butter

1/2 onion, minced

1/2 red bell pepper, minced

1 1/2 t. salt

2 c. long grain rice

2 3/4 c. chicken broth

Pinch of saffron strands, steeped in 1/4 c. hot water

1 bay leaf

1 1/2 c. frozen peas, thawed

Toasted almonds

Preheat oven to 350°. In a heavy, wide, lidded pan, melt butter over medium-low heat. Add onion, red pepper, and salt. Sweat the onions and peppers until aromatic, stirring constantly. Add the rice and stir to coat. Continue stirring until rice smells nutty. Add chicken broth, saffron and water, and bay leaf. Bring to a boil. Stir once, then cover pan with moistened dish towel or tea towel. Place lid on pan and fold towel corners over lid. Bake for 15 minutes. Then rest at room temperature for 10–20 minutes without removing the cover. Meanwhile, cook peas in microwave until heated through. Remove lid from rice and turn out onto a platter. Add peas and fluff with a large fork. Add toasted almonds.

**Rice Pilaf**

Ruth Hassell

2 (14.5 oz.) cans chicken broth

3 or 4 green onions, chopped

1 1/2 c. rice

1/4 lb. bacon, fried and crumbled

2 T. Kikkoman soy sauce

1 small package slivered almonds

Combine all ingredients in a casserole dish. Bake, covered, at 350° for 1 hour and 15 minutes.

## Pasta and Rice

### **Beef Rice Pilaf**

Ruth Hassell

2 (14.5 oz.) cans beef broth	1 stick butter
1 small can mushrooms, undrained	minced onion
1 1/2 c. rice	

Combine all ingredients in a casserole dish. Bake, covered, at 350° for 1 hour and 15 minutes.

### **Almond Rice**

JoAnne Broadbent

1 c. rice	1/4 c. melted butter
1 can Campbell's French Onion soup	1/2 c. sliced almonds
1 can water	

Combine all ingredients in 9 x 9" baking pan. Cover with foil and bake at 350° for 1 hour. You can double the recipe and bake in 13 x 9" pan. Good with Italian Chicken.

### **Herbed Rice**

Jean Edlefsen

3 T. butter	1 medium onion, chopped
1 c. uncooked rice	3/4 t. basil
3/4 t. marjoram	1/4 t. thyme
1/4 t. curry powder	1/2 t. sage
1 t. salt	3 c. chicken broth

Sauté rice and onion in butter for 5 minutes. Add all else and cook as for regular rice. If using brown rice, cook longer. Serves 4–6.

### **Sandra's Rice**

Sandra Crawford

1/4 c. butter	1/2 c. onions
1 1/2 c. rice	3 c. chicken broth
3/4 t. garlic salt	1/3 c. Parmesan cheese

Sauté onions in butter. Add rice until butter is absorbed. Stir in broth and bring to boil. Transfer to oven. Bake, uncovered, for 30 minutes at 350°.

# *Breakfast*

## **Breakfast Casserole**

Peggy Lietz

Assemble 12–24 hours ahead of baking:

4 c. cubed Pepperidge Farm white bread, crusts removed	
8 oz. shredded cheddar cheese	10 eggs, lightly beaten
4 c. milk	1 t. dry mustard
1 t. salt	1/4 t. onion powder
8–10 slices cooked bacon, crumbled	1/2 c. sliced mushrooms
1/2 c. chopped, peeled tomato	

Butter a 13 x 9 pan. Arrange bread cubes and sprinkle with cheese. Beat next 5 ingredients, with pepper to taste. Pour over cheese and bread. Sprinkle with bacon, mushrooms, and tomato. Cover; chill up to 24 hours. Bake, uncovered, for 1 hour and 15 minutes at 350°.

## **Breakfast Sausage Casserole**

6 slices white bread, toasted and cut into cubes	
1 lb. ground pork sausage	2 c. milk
1/2 t. salt	6 eggs, beaten
8 oz. mild Cheddar cheese, shredded	

Crumble sausage into a medium skillet. Cook over medium heat until evenly browned, drain.

In a medium bowl, mix together salt, eggs and milk. Add the sausage, bread cubes, and cheese, and stir to coat evenly. Pour into a greased 13 x 9 inch baking dish. Cover, and chill in the refrigerator for 8 hours, or overnight.

Preheat oven to 350°.

Cover, and bake 45–50 minutes. Uncover, and reduce temperature to 325°. Bake for an additional 30 minutes, or until set.

**Caramel Pecan French Toast**

Lisa McNabb

- |   |                       |
|---|-----------------------|
| 3/4 c. brown sugar                          | 6 T. butter           |
| 1 T. + 1 t. light corn syrup                | 3/4 c. chopped pecans |
| 10 pieces French bread cut in 1 1/4" slices | 6 beaten eggs         |
| 1/2 c. milk                                 | 1 t. vanilla          |
| 1 T. sugar                                  | 1 1/2 t. cinnamon     |
| 1/4 t. nutmeg                               |                       |

In a medium saucepan, stir together brown sugar, butter and corn syrup. Heat and stir until the butter is melted and the brown sugar is dissolved. Pour into a 13 x 9 inch baking dish. Sprinkle with pecans. Arrange the bread slices on top of the pecans.

In a medium bowl, whisk together eggs, milk, and vanilla. Slowly pour over bread. Press lightly with back of a large spoon to moisten bread.

Stir together sugar, cinnamon, and nutmeg; sprinkle over bread. Cover and refrigerate for 8 to 24 hours.

Bake, uncovered, at 350° for about 30 minutes, or until lightly browned. Let stand 10 minutes. To serve, remove individual servings with wide spatula and invert onto serving plates.

Serves 5–6.

**Andrea's Granola**

Andrea McNabb

- |  |               |
|--|---------------|
| 2/3 c. water   | 2/3 c. oil    |
| 2/3 c. sugar   | 2 t. cinnamon |
| 10 c. old-fashioned or quick oats, or a mixture of the two |               |

Mix water, oil, sugar, and cinnamon. Mix with oats. Bake on a cookie sheet at 250°–300° for 2 to 3 hours. Turn off the oven and leave the granola in the oven. You can tell if it has dried out enough.

**Granola**

Lori Franz

- |                              |                         |
|------------------------------|-------------------------|
| 4 c. old-fashioned oats      | 1 1/2 c. sliced almonds |
| 1/4 c. brown sugar           | 1/2 t. salt             |
| 1/2 t. ground cinnamon       | 1/4 c. vegetable oil    |
| 1/4 c. honey                 | 1 t. vanilla            |
| 1 1/2 c. raisins or Craisins |                         |

Directions:

Preheat oven to 300° F. In a bowl mix the oats, almonds, brown sugar, salt and cinnamon. In a saucepan, warm the oil and honey. Whisk in vanilla.

Carefully pour the liquid over the oat mixture. Stir gently with a wooden spoon; finish mixing by hand. Spread granola in a 15 x 10 inch baking pan.

Bake 40 minutes, stirring carefully every 10 minutes. Transfer granola-filled pan to a rack to cool completely. Stir in raisins or Craisins. Seal granola in an airtight container or self-sealing plastic bag. Store at room temperature for 1 week or in the freezer for 3 months.

**Vanilla-Scented Granola**

Lisa McNabb

- |                          |                                   |
|--------------------------|-----------------------------------|
| Nonstick vegetable spray | 4 c. old-fashioned oats           |
| 1 c. sliced almonds      | 1/2 c. (packed) light brown sugar |
| 1/4 t. salt              | 1/8 t. cinnamon                   |
| 1/3 c. vegetable oil     | 1/4 c. honey                      |
| 2 T. sugar               | 4 t. vanilla                      |

You can substitute for the 1 c. almonds:

- |                            |                                    |
|----------------------------|------------------------------------|
| 1/2 c. sliced almonds      | 1/4 c. raw pumpkin seeds (pepitas) |
| 1/4 c. raw sunflower seeds | 1/4 c. unsweetened coconut flakes  |

Plus dried cranberries (after baking)

Position rack in middle of oven and preheat to 300°. Lightly spray large baking sheet with nonstick spray. Mix oats, almonds, brown sugar, salt, and cinnamon in large bowl. Combine oil, honey, and sugar in small saucepan; bring to simmer over medium heat. Remove from heat; stir in vanilla. Pour hot liquid over oat mixture; stir well. Using hands, toss mixture until thoroughly mixed.

Spread granola on prepared baking sheet. Bake until golden brown, stirring occasionally, about 30 minutes. Transfer sheet to rack; cool granola completely. Can be made two weeks ahead. Store in airtight container at room temperature.

**German Apple Pancake**

Pauleen Livermore

- |              |                |
|--------------|----------------|
| 6 eggs       | 1 t. vanilla   |
| 1 c. milk    | 1/2 t. salt    |
| 1 c. flour   | 1 stick butter |
| 1/2 c. sugar | 2 apples       |
| cinnamon     | brown sugar    |

Core and slice apples thinly; they may be peeled or unpeeled. Melt butter in a 13 x 9 pan in the oven. Remove from oven and place apples in pan and sprinkle with cinnamon and brown sugar. Put pan back in oven at 400° and let it get sizzling hot. Beat eggs well. Add the rest of the ingredients to eggs and beat until foamy. Pour batter into sizzling pan. Bake 15–20 minutes, until it is puffed up and lightly browned on top.

## Breakfast Casseroles

### Whole Wheat Pancakes

Wheat for Man

1 1/2 c. whole wheat flour	2 egg yolks
1 T. baking powder	1 1/2 c. milk
3/4 t. salt	3 T. oil
3 T. brown sugar	2 egg whites, beaten

Combine in order given, folding in beaten egg whites last. Bake on lightly greased hot griddle. We cook them at 350° on a Teflon griddle (no butter or oil is needed).

### Whole Wheat Waffles

Wheat for Man

1 c. whole wheat flour	2 egg yolks
1 T. baking powder	1 1/4 c. milk
1/2 t. salt	1/4 c. oil
2 t. sugar	2 egg whites, beaten

Mix together dry ingredients. Add eggs yolks and milk gradually, beating with electric mixer on low speed. Add oil. Batter will be very thin. Beat hard for 2 minutes. Fold in beaten egg whites. Bake in preheated waffle iron (scant one cup to fill waffle iron).

### Waffles

Roger Collins

2 c. flour	1 T. sugar
1 T. baking powder	2 eggs, separated
1/3 c. oil	1 1/4 c. milk (approximately)
1/2 t. salt	

Combine flour, sugar, salt, oil, egg yolks, and baking powder. Beat egg whites stiff. Add milk to the dry ingredients, beating until the mixture is not too thick, about the consistency of syrup (the mixture thickens when you add the egg whites). Fold in egg whites. Serves 4–6 people.

### Sausage Gravy

1/2 lb. pork sausage (Bob Evans type)	3 T. flour
2 c. milk	salt and pepper to taste

Brown sausage, stirring frequently to break up meat. Discard all but 3 T. of pan drippings. Sprinkle flour into drippings and whisk two minutes, until lightly browned. Whisk in milk. Increase heat to medium-high and stir constantly two minutes, or until it begins to bubble and thicken. Season with salt and pepper.

# Eggs

## Hard-Boiled Eggs

Place eggs in saucepan; add enough cold water to come at least 1" above eggs. Cover and heat rapidly to boiling. Remove from heat and let stand, covered, 15 minutes. Immediately cool eggs in cold water to prevent further cooking. Tap egg to crackle shell. Roll egg between hands to loosen shell, then peel. Hold egg under running cold water to help ease off shell.

## Deviled Eggs

12 eggs, hard boiled	1/4 t. salt
1/2 c. Hellmann's mayonnaise	1/4 t. pepper
1/3 c. sweet pickle relish	1/8 t. garlic powder
1 t. powdered mustard	paprika

Cut eggs in half, lengthwise. Put yolks and all other ingredients except paprika into a small bowl and mix thoroughly by hand. Fill pastry bag with filling and pipe the mixture back into the egg halves. Sprinkle yolk mixture lightly with paprika.

## April's Quiche

April Cropper

1 lb. sausage or 1 pkg. bacon, fried and drained	
9" pie crust	1/2 c. shredded c cheese
1/2 c. shredded Swiss cheese	1 c. sliced fresh mushrooms
1/4 c. chopped onion	1/4 c. chopped green pepper
2 T. butter	1 T. flour
3 beaten eggs	1 1/4 c. half and half (or 2% milk)

Put the sausage or bacon and the cheese into the bottom of the unbaked 9" pie crust. Sauté mushrooms, onion, and green pepper in butter until soft. Remove from heat and stir in the flour. Blend together eggs and the half and half (or milk). Combine the egg mixture with the mushroom mixture and pour over the meat and cheese. Bake, uncovered, at 350° for 45–50 minutes. You can also make this with no crust.

## Eggs and Cheese

### Farmer's Omelet

Cathy Westman

3 medium-sized potatoes	1 onion, chopped
8 slices bacon	shredded cheddar cheese
eggs	salt and pepper

Cook the potatoes in the microwave and cool (or use leftover potatoes). Cut bacon into 3/4" pieces and fry with onion until the bacon is crisp. Slice the potatoes and add to the bacon and onion. For each omelet, crack 2 eggs into a bowl and add 1 T. water. Stir with a whisk until well mixed. Heat a 10" skillet, coated with oil. Pour the egg mixture into the pan and cook at medium heat. When the eggs have cooked, put about half a cup of filling onto half of the omelet. Sprinkle with shredded cheese. Slide the omelet onto a plate and fold the other half of the omelet onto it.

### Scotch Eggs

Rupert Evans

8 hard-boiled eggs	1 lb. pork sausage meat
salt and pepper	1 t. mixed herbs (sage, thyme, marjoram)

#### Coating:

1/2 c. flour	1/2 t. salt
1/4 t pepper	1 beaten egg
1 c. dry white breadcrumbs	

Peel the eggs and dry thoroughly. Mix the sausage with the seasonings. Divide the sausage into 8 equal portions and pat each portion into a round on a dampened board. Surround each egg completely with the sausage meat, then roll in the seasoned flour, brush with beaten egg and coat well with the crumbs. Place the eggs on a rack in a baking pan and bake for 1 1/4 – 1 1/2 hours at 350°. They should be warm or lukewarm when served.

### Bacon and Eggs Hash

6 slices bacon, cut into 1" pieces	3 c. potatoes, shredded
6 large eggs (about 2 cups)	2 medium tomatoes or canned tomatoes

Fry bacon until crisp. Drain. Add potatoes to skillet and fry. Add bacon and tomatoes, mix well and spread into an even layer. Break eggs on top of potato mixture and sprinkle with salt and pepper. Cover and cook 5–10 minutes, until eggs are done.

# Potatoes

## Mashed Potatoes

Peel Idaho or russet potatoes and cut into 1" cubes. Place in a pan and cover with water; boil until they're done, about 10 minutes. Drain liquid. Place potatoes in a mixing bowl and add butter, milk, salt, and pepper. Mix at low speed until they're mashed up, then add more milk and mix at high speed. Continue for several minutes mixing and adding milk until they're light and fluffy.

## Patio Potatoes

Heather Warren

12 medium potatoes, cut into 1/2" cubes and boiled (an easy way to do this is to boil the potatoes with the jackets on and peel while warm; then cut up)

Mix together:

2 cans cream of chicken soup	2 c. sour cream
2 c. grated cheddar cheese	2 t. salt
1/2 c. chopped onion	

Layer potatoes and soup mixture. Top with mixture of:

2 T. melted margarine  
1/2 c. corn flake crumbs

Bake, uncovered, in a 13 x 9 pan at 350° for 45 minutes or until it starts to bubble.

## Scalloped Potatoes

1/3 c. butter	1/2 c. chopped onion
1/3 c. flour	3 c. milk
2 1/2 c. shredded cheddar cheese	1 T. salt
1/8 t. pepper	10 c. thinly sliced potatoes (about 4 lbs.)

Sauté onion in butter; add flour and cook and stir for a minute or two. Gradually add milk, stirring until thickened. Boil 1 minute. Add cheese, salt and pepper. Arrange half of the potatoes in a greased 13 x 9 pan. Pour half the cheese sauce over the potatoes. Arrange remaining potatoes in pan and add remaining sauce. Cover with foil and bake for 2 1/2–3 hours at 350°, until the potatoes feel soft when you poke them with a fork. You can add chunks of ham to each layer, if desired.

## Potatoes

### Potato Casserole

Karen Coffman

8 – 10 cooked potatoes (cubed and boiled)      1/4 c. chopped onion (microwave for  
1 c. Hellmann's mayonnaise                      two minutes)  
8 – 10 oz. shredded cheddar cheese              1/4 lb. bacon, fried and crumbled

Mix potatoes, cheese, onions, and mayonnaise. Mix bacon in. Bake, uncovered, at 375° until cheese is melted. If I make this early and refrigerate it, I bake it covered so it will heat up faster and not dry out.

### Funeral Potatoes

1/4 c. melted butter                                      6 T. dry minced onion  
2 c. sour cream    1 can cream of chicken soup  
salt and pepper    4 c. grated cheddar cheese  
2 (32 oz.) packages frozen hash brown potatoes, thawed

Stir together. Spread in two greased jelly roll pans (for moister potatoes, use 13 x 9 pans). Sprinkle more pepper on top. Bake, uncovered, at 350° for 1 hour. Serves 10-12.

### Garlic Red Potatoes

Rachel Luke

2 lb. red potatoes, unpeeled, 1/2" cubes      1/4 c. butter, melted  
2 t. minced garlic                                      1 t. salt  
1 lemon, juiced, or 3 T. lemon juice              Grated Parmesan cheese

Preheat oven to 350°. Place potatoes in an 8 x 8 inch baking dish. In a small bowl combine melted butter, garlic, salt and lemon juice; pour over potatoes and stir to coat. Sprinkle Parmesan cheese over potatoes.

Bake, covered, in preheated oven for 30 minutes. Uncover and bake an additional 10 minutes, or until golden brown.

### Potatoes Anna

1/2 c. butter, softened                                      2 lb. Idaho potatoes  
1 t. salt    1/8 t. pepper

Preheat oven to 425°. Using 3 T. of the butter, grease a heavy 8" skillet. Select a well-seasoned cast-iron skillet or one that has a heat-resistant handle. If the handle is not heat-resistant, cover it with foil.

Peel potatoes and cut crosswise into thin slices (about 5 c. sliced potatoes). Put potatoes into a large bowl and toss gently with salt and pepper. Arrange 1/3 of the potatoes in a circular fashion around the bottom and up the side of the skillet. Dot with 1/3 of the remaining butter and repeat layering two more times.

Place skilled over medium-high heat and cook 3 minutes to brown the bottom of the potatoes. Remove from heat and cover potatoes with foil. Place a 9" pie plate on top of the foil and press down firmly to pack potatoes together.

Place skillet (and pie plate) on rack in center of oven. You may want to place a sheet of foil on rack under the skillet to catch any drippings that may run over. Bake 30 minutes. Remove pie plate and foil and bake 5 minutes longer.

Remove skillet from oven and let stand for 5 minutes. Using a small metal spatula, gently loosen potatoes from side and bottom of skillet. Invert onto a serving platter to unmold the potatoes. Makes 6 servings.

### **Onion-Roasted Potatoes**

Louise Dunn

1 envelope Lipton onion soup mix	4 medium, unpeeled potatoes, cut into 3/4"
1/4 c. olive or vegetable oil	chunks

Preheat oven to 450°. In a large plastic bag or bowl, add all ingredients. Mix until potatoes are evenly coated. Arrange potatoes in a 13 x 9 pan. Bake, uncovered, stirring occasionally, for about 45 minutes or until potatoes are tender and golden brown. If you double this, you'll need to bake it longer.

### **Baked New Potatoes**

2 lb. new potatoes	1 small onion, diced
1/2 t. garlic powder	1 T. dill weed
salt and pepper	1/4 c. olive oil
2 T. butter	

Wash the potatoes and slice in half. Arrange potatoes in a single layer in a 13 x 9 pan. Sprinkle the onion, garlic, dill, salt, and pepper over the potatoes and drizzle with the olive oil. Cut the butter into small pieces and sprinkle over the potatoes. Bake, uncovered, at 400° for about 45 minutes, until the potatoes are soft.

### **Oven Roasted Potatoes**

1/4 c. olive oil	1 T. Tone's rosemary garlic seasoning
6 c. potatoes, cut in 1" pieces (about 6 medium potatoes)	
2 c. onions, cut in 1" pieces (about 1 large onion)	

Preheat oven to 425°. Combine olive oil and seasoning in a bowl. Add potatoes and onions; toss until well coated. Bake, uncovered, on a foil-covered cookie sheet for 20–25 minutes or until tender and potatoes are lightly browned.

## Potatoes

### Oven-Roasted Potato Wedges

Karen McNabb

3/4 t. salt	1/2 t. sugar
1/2 t. paprika	1/4 t. ground mustard
1/4 t. garlic powder	1/4 t. onion powder
1 1/2 T. olive or canola oil	
4 or 5 medium unpeeled Idaho or russet potatoes	

Heat oven to 425°. Wash potatoes. Cut each potato lengthwise in half, then cut each half lengthwise into 4 wedges. Mix all the seasonings together in a gallon-sized Ziploc bag or in a bowl. Add the olive oil and mix well. Toss the potato wedges into the bag/bowl and mix until the potatoes are coated in the seasoning mixture. (If the potatoes don't fit into the bag, you might have to do as many of the wedges as you can, place them on the cookie sheet, and then coat the rest of the potato wedges in the remaining seasonings in the bag.) Line a cookie sheet with aluminum foil for easy clean up. Place potato wedges onto the cookie sheet, skin sides down. Bake uncovered 25 to 30 minutes or until potatoes are tender when pierced with a fork. If desired, serve with ketchup or BBQ sauce on the side.

### Baked Potatoes

Preheat oven to 475°. Scrub large baking potatoes and prick each potato with a fork twice. Bake, uncovered, directly on the oven racks for 1 hour.

### Twice-Baked Potatoes

Ruth Hassell

Wash and bake 12 medium-sized potatoes (do **not** wrap in foil). Scoop insides out of potatoes and put in mixing bowl.

Add to potatoes:

1 (16-oz.) container sour cream	1 pkg. Hidden Valley Ranch dip mix
1–2 c. shredded mild cheddar cheese crisp	1 lb. bacon, cut into small pieces, fried

Place skins concave up in casserole dish or 11 x 16 pan, scoop filling into the skins, and top with slices of cheddar cheese (slices work better than shredded cheese because they melt better together). Heat through.

### Twice-Baked Potato Casserole

8 medium baking potatoes, about 4 lbs.	1 (8 oz.) pkg. cream cheese, at room temp
1/2 c. (1 stick) butter, softened	2 c. (1 pint) sour cream
2 c. shredded Cheddar cheese, divided	2 cloves garlic, minced
1 1/2 t. salt	1/2 t. pepper
4 green onions, sliced, reserve 2 t. for garnish	6 slices bacon, cooked crisp, drained and crumbled

Preheat oven to 350°. Pierce potatoes and place on baking pan. Bake for 1 hour and 15 minutes, until very soft.

Peel and mash potatoes in large bowl with potato masher or back of fork. Add cream cheese, butter, sour cream, onions, and 1 cup of Cheddar cheese. Stir well. Add garlic, salt and pepper, and stir again.

Spray a 13 x 9 baking dish with Pam. Place potato mixture in dish, cover with plastic wrap and refrigerate casserole until ready to bake.

When ready to bake, preheat oven to 350°, remove plastic wrap and bake casserole 30 to 35 minutes, until hot (bake longer if the casserole has been refrigerated). Sprinkle remaining 1 cup cheese over casserole and return to oven for about 5 minutes, until cheese melts. Garnish with green onions and bacon.

### **Sister Jennie's Creamed Potatoes**

Shaker Cookbook

10 large cold boiled potatoes	1/4 lb. butter
3 c. light cream	1 t. salt
1/4 t. pepper	crumbled bacon bits

Skin and thinly slice the potatoes. Place butter over low heat in a heavy stainless steel skillet. When butter is melted, add cream and heat gently. Drop in the sliced potatoes and season. Simmer very slowly until all cream is absorbed, about one hour. Stir gently only once during cooking. Serve piping hot topped with a modern touch: crumbled bacon bits.

### **Hasselback Potatoes**

Peggy Evans

4 medium baking potatoes	5 T. melted butter
1 t. salt	1 T. bread crumbs
1 T. grated Parmesan cheese	

Wash and scrub the potatoes, leaving the skins on. With a sharp knife cut each potato crosswise 1/4" to 1/2" apart but not all the way through. Place in buttered pan and drizzle with 2 T. of the butter. Sprinkle with salt. Bake, uncovered, at 425° for 30 minutes. Sprinkle the bread crumbs over the potatoes and drizzle with the remaining butter. Bake 20 more minutes. Sprinkle with Parmesan cheese, baste with butter from the pan and bake 10 minutes, or until the potatoes are tender.

### **Baked Stuffed Sweet Potatoes**

Jean Stotts

8 medium-sized sweet potatoes	1/4 c. half and half
1/2 c. butter	salt and pepper

Scrub sweet potatoes. Don't prick them but cut the ends and dip them in lemon juice. Bake at 375 for 45–60 minutes, until tender when squeezed. Remove a thin slice from the top of each potato with a serrated knife. Scoop out the flesh into a mixing bowl, reserving skins. At this point, you can place skins in a baking pan, cover, and refrigerate for a day or two. Put the flesh into Tupperware and seal. Whip the potatoes with a mixer. In a saucepan, heat together the butter and half and half until the butter is melted. Add to the potatoes; season with salt and pepper. Beat until light and fluffy. Spoon potatoes into the reserved skins. Place on an ungreased baking sheet. Bake, uncovered, at 400° for 10 minutes.

## Potatoes

### **Sweet Potato Puff**

Maureen Margevich

3 c. cooked sweet potatoes  
1/4 c. sugar  
2 T. flour

4 egg whites  
1 t. vanilla

Preheat oven to 350°. Spray a 1 1/4 quart casserole with Pam. Mix the sweet potatoes, egg whites, sugar, vanilla, and flour until smooth. Transfer to casserole dish.

#### **Pecan Topping:**

1/2 c. brown sugar  
2 T. butter

3 T. flour  
1/2 c. chopped pecans

Use your fingers to stir the first three ingredients until crumbly. Stir in the pecans. Sprinkle on top of the potato puff. Bake, uncovered, about 30 minutes, until golden brown.

# Vegetables

## Baked Beans

Debbie Hartman

- |  |                                  |
|--|----------------------------------|
| 1 (53 oz.) can pork and beans, with most of liquid drained off |                                  |
| 2 T. catsup  | 1 t. yellow mustard              |
| 1/4 c. brown sugar   | strips of bacon cut in 1" pieces |

Combine beans, catsup, mustard, and sugar. Pour into 9 x 9 pan. Place pieces of bacon over the top and bake, uncovered, at 350° for 1 1/2 hours, until it only moves a little when jiggled. When you double this recipe, allow for extra baking time.

## Moros y Cristianos

- |  |                            |
|--|----------------------------|
| 1 c. onion, chopped                            | 1 c. green pepper, chopped |
| 1 t. garlic powder                             | 1 1/2 t. ground cumin      |
| 1 t. thyme                                     | 1/2 t. crushed red pepper  |
| 1 bay leaf                                     | 1 T. olive oil             |
| 1 c. rice                                      | 1 (15 oz.) can black beans |
| 1/2 t. pepper                                  | 2 c. water                 |
| 1 T. cider vinegar                             | 1 t. salt                  |
| 1 (14.5 oz.) can diced tomatoes w/green chiles |                            |

Sauté onion, green pepper, and seasonings in olive oil until onion is tender, about 5 minutes. Stir in remaining ingredients. Heat to boiling. Reduce heat and simmer, covered, until rice is tender, about 20 minutes. Let stand 5 minutes before serving.

## Oven Roasted Vegetables

Tiffany Peterson

- Cut up vegetables (potatoes, carrots, zucchini, yellow squash, onions, mushrooms, asparagus, etc.)
- Packet of dry ranch dressing powder
- 1/3 cup olive oil

Toss vegetables in a gallon Ziploc bag with olive oil and ranch dressing (fill the bag with vegetables). Place in a 13 x 9 pan and bake, uncovered, for 35 minutes at 425°, stirring at least once; cook until tender. If using mushrooms and asparagus, add them about 10 minutes before the rest of the vegetables are done; they don't take as long to cook. You can also toss chicken pieces a few chicken breast that have been cut into 2–3 pieces) with this. You can use different seasoning packets such as Lipton Onion soup mix, Lipton savory herb, etc.

## Vegetables

### Instant Pot Dal Makhani

3/4 c. dried red beans	1 1/2 c. black lentils (whole urad)
1 1/2 t. cumin	1 large onion, chopped
2 bay leaves	9 garlic cloves, minced
2 t. ginger, minced	1 1/2 t. garam masala
3/4 t. cayenne	1 1/2 t. turmeric
1 1/2 t. salt	1/2 t. pepper
1 (14 oz.) can diced tomatoes	4 c. water
3 T. butter	3/4 c. cream

Thoroughly wash the beans and lentils. Place all the ingredients, except the butter and cream, into the instant pot. Set the timer for 90 minutes. Release the pressure. Using a potato masher, mash the beans to thicken the mixture. Stir in the butter and cream. Serve with naan and rice.

### Hoosier Green Beans

6 slices bacon	1 medium onion, chopped fine
7 (15 oz.) cans green beans	3 potatoes, peeled and cut in 1/2" cubes
salt and pepper	

Cut bacon in 1/2" pieces and brown with the onion in the bottom of a pan. When the bacon is crisp, drain. Drain four cans of the green beans and add them to the bacon. Then add the remaining three cans, undrained. Add the potatoes, salt, and pepper. Cover and cook at a slow boil until the potatoes are tender. Continue simmering for an hour or so. Serve with cornbread or cornmeal muffins.

### Broccoli with Cheese Sauce

Fresh or frozen broccoli

Steam broccoli until done (it will still be a bright green)

#### **Cheese sauce:**

1/4 c. Hellmann's mayonnaise	2 T. flour
1/4 t. salt	dash pepper
1 c. milk	1 1/4 c. shredded cheddar cheese

In a small saucepan stir together the first four ingredients. Stirring constantly, cook over medium heat 1 minute. Gradually stir in milk until smooth. Stirring constantly, cook until thick (do not boil). Add cheese and stir until it melts. Makes about 2 cups.

**Steamed Vegetable Medley**

2 c. cauliflower flowerets	1 c. bias-sliced carrots
1 medium red onion, sliced and separated into rings	1 c. whole fresh mushrooms
1/2 t. salt	1 T. lemon juice
1/8 t. pepper	2 t. butter
	1/4 t. dried dill

Place cauliflower, carrots, and onion in steamer basket. Place basket over boiling water. Cover and steam for 15 minutes. Halve any large mushrooms. Add mushrooms; cover and steam for 5 minutes more or until all vegetables are tender.

Meanwhile, in a saucepan melt butter. Add lemon juice, salt, dill, and pepper. To serve, transfer vegetables to serving bowl. Pour lemon mixture over vegetables; toss the vegetables to coat. Makes 6 servings.

**Okra and Corn**

3 c. fresh okra, sliced in 1/4" slices	2 c. fresh or frozen corn
6 slices bacon, cut into 1" pieces	
4 or 5 large tomatoes, peeled, chopped, or 1 (14.5 oz.) can diced tomatoes	

In a heavy skillet, cook bacon until done. Remove and drain all but 1 T. grease from pan. Add tomatoes and okra. Cover with a lid and simmer until the okra is tender. Add corn. Simmer, covered, about 20 minutes. Stir in bacon at the last minute.

**Brussels Sprouts**

1 lb. Brussels sprouts	1/2–1 t. salt
4 T. butter	4 T. breadcrumbs
1 hard-boiled egg, chopped	1 t. finely chopped parsley

Cook Brussels sprouts according to package directions; do not overcook them. Drain any liquid. Melt 3 T. butter in a small saucepan and add the breadcrumbs. Brown them slightly. Add the chopped egg and parsley and mix well. In a separate pan, heat the remaining 1 T. butter; add the sprouts and sauté them lightly. Top them with the breadcrumb mixture and serve.

**Lemony Herbed Asparagus**

Carolyn Newman

1 lb. asparagus spears	1 T. olive oil
1/8 t. dried basil	1/8 t. dried oregano
1 t. lemon juice	

Snap off and discard the woody bases of the asparagus. Steam the asparagus for 5 to 8 minutes. In a small saucepan, combine oil and seasonings. Remove from heat. Stir in lemon juice. Transfer asparagus to a serving platter. Drizzle with lemon mixture. Makes 4 servings.

## Vegetables

### Company Broccoli

Karen Coffman

2 pkg. frozen broccoli pieces (not chopped broccoli) or fresh broccoli, cut into bite-size pieces

1 c. shredded cheddar cheese

1 can cream of mushroom soup

2/3 c. evaporated milk

1 (3.5 oz.) can onion rings

Cook broccoli about 4 minutes in the microwave. Drain and put in a 2 quart baking dish. Sprinkle cheese on top. Pour mixture of soup and milk over all. Bake, uncovered, at 350° for 25 minutes. Top with onion rings. Bake, uncovered, 8-10 minutes longer, until onions are crisp and brown. Recipe can be doubled in the same pan.

### Eggplant Parmesan

Betty Johnston

1 eggplant

salt and pepper to taste

1 c. fine dry bread crumbs

2 eggs, lightly beaten

olive oil

1 1/2 c. tomato sauce

1/2 lb. Mozzarella cheese, sliced

1 t. basil

1/4 c. grated Parmesan cheese

Wash eggplant and slice into 1/4" thick slices. Do not peel. Dip into bread crumbs, then egg, then again in bread crumbs. Fry slices in oil until lightly browned. Add oil when necessary. Drain on paper towels. Line a shallow dish with some tomato sauce, Layer eggplant slices, Mozzarella and sauce alternately, adding Parmesan cheese and basil. Repeat in layers, ending with Parmesan and basil. Bake, covered, at 350° for about 30 minutes. Best if prepared one day in advance. Freezes well.

### Creamed-Style Corn

Midwest Living

1 (16 oz.) package frozen corn

1/2 c. whipping cream

1 T. sugar

1 t. salt

1 T. cornstarch

4 T. whipping cream

In a 2-quart saucepan, cook corn according to package directions. Drain. Add the 1/2 c. cream, sugar, and salt. Bring just to boiling. Meanwhile, combine the cornstarch and the 4 T. cream. Stir into the corn mixture. Cook and stir till thickened and bubbly; cook 2 minutes more.

### Corn Casserole

Pam Urie

1 can creamed corn

1 can whole kernel corn, drained

1 c. sour cream

1/2 c. butter, softened

1 (8.5 oz.) pkg. Jiffy Corn Muffin Mix

Mix all ingredients together and place in a lightly greased two-quart casserole. Bake, uncovered, at 350° for 45 minutes.

**Succotash**

4 slices bacon, fried and crumbled	6 potatoes, peeled and diced
1 green pepper, minced	2 tomatoes, chopped
1 (10 oz.) pkg. frozen baby lima beans	1 (10 oz.) pkg. frozen corn
3/4 c. water	2 t. salt
1 1/2 t. sugar	1/8 t. pepper

In a 5-quart pan, brown bacon. Crumble; reserve for garnish. In drippings, cook potatoes, green pepper and onion until pepper and onion are tender. Add tomatoes and remaining ingredients. Heat to boiling. Reduce heat to low, cover, and simmer for 20 minutes. To serve, spoon into large bowl and sprinkle with bacon.

**Stuffed Mushrooms**

Becky McNabb

16 large fresh mushrooms	6 oz. sweet Italian sausage
1 clove garlic, minced	1 T. olive oil
2 T. minced parsley	1/4 c. Parmesan cheese

Wash mushrooms; remove stems and chop stems fine. Put meat in skillet with chopped stems, garlic, and 1 T. oil. Cook until browned. Drain. Add parsley and cheese. Fill mushroom cavities with mixture, rounding up tops. Put in shallow baking pan. Add 1/4 c. water to bottom of pan. You can scatter extra filling among the mushrooms. Bake, uncovered, at 350° for 20 minutes.

**Red Beans and Rice**

Ellen Collins

1 lb. bag dry red beans (not red kidney beans)  
 1 lb. Italian sausage links, sweet or hot (depending on whether you want it spicy)  
 1 large onion, chopped  
 1 t. garlic  
 Salt and pepper

Soak beans overnight; drain water. In a large pan, brown sausage with onion and garlic. Add the soaked beans, cover with water, and cover the pan with a lid. Bring to a boil, and simmer for about 3 hours. Remove from the heat and with the back of a heavy spoon, mash about 1/4 of the beans against the side of the pot. Continue to cook until the beans are tender and creamy, 15 to 20 minutes. Serve over hot rice.

## Vegetables

### **Black Beans and Sausage**

Lisa McNabb

1 lb. smoked sausage, cut in 1/2" slices	3 (15 oz.) cans black beans, drained
1 1/2 c. onions, diced	1 1/2 c. green peppers, diced
1 1/2 c. celery, diced	4 cloves garlic, minced
2 t. thyme	1 1/2 t. oregano
1 1/2 t. pepper	1/8 t. cayenne pepper
1 chicken bouillon cube	5 bay leaves
1 (8 oz.) can tomato sauce	1 c. water

Place ingredients in a crock pot on low for 8 hours (in my crock pot, I do it on high for 6 hours). Serve over hot rice. This freezes well.

## *Fish*

### **Orange Roughy with Dill Butter**

2 T. butter

1/4 t. dill

buttered bread crumbs

1/2 lb. orange roughy fish fillets

dash salt and pepper

Heat oven to 350°. Melt butter in shallow baking dish in oven. Place fish in melted butter, turning to coat; sprinkle with dill, salt, and pepper. Bake at 350° for 25–30 minutes or until fish flakes easily with fork. Sprinkle lightly with buttered bread crumbs during last 3 minutes of baking. Tip: any white-fleshed, milk-flavored fish such as haddock, sole, or white fish can be substituted for the orange roughy.

### **Baked Fish**

4 fish fillets

1 T. garlic powder

1/2 c. chopped parsley

Olive oil

1 c. bread crumbs

1/2 c. grated Parmesan cheese

1/3 c. lemon juice

Rub fish with lemon juice. Dredge in first four ingredients. Place on a wax paper-lined pan. Bake at 425° for 10 to 15 minutes.



## *Poultry*

### **Lime Soy Sauce Marinade**

Cindy Savoldi

1/2 c. fresh lime juice (4–5 limes)	1 T. honey
1/4 c. Kikkoman soy sauce	2 t. minced garlic
1/4 c. vegetable oil	1 1/2 t. chili powder

Combine all marinade ingredients in a gallon-size Ziploc bag. Add about 6 pieces of meat (boneless, skinless chicken breasts or boneless pork chops). Press air out of the bag and seal. Turn the bag to coat the meat, and refrigerate about 4 hours, turning the bag occasionally. If you marinate it longer than 4 or 5 hours, the meat starts to break up.

Grill meat over medium high heat until meat is no longer pink inside, about 4–5 minutes on each side for boneless meat.

### **Tender Baked Parmesan Chicken**

Sylvia Ruggieri

1/2 c. Hellmann's mayonnaise	1/2 t. garlic powder
1/3 c. shredded Parmesan cheese	2 T. Italian dressing
1/2 c. Italian seasoned bread crumbs	
4 boneless, skinless chicken breast halves (about 1 1/2 lb.)	

Combine mayonnaise, cheese, garlic powder, and Italian dressing. Spread chicken with mayonnaise mixture, then coat with crumbs. Arrange chicken on baking sheet. Bake at 425° for 20 minutes or until lightly browned and tender.

### **Perfect Chicken**

2–4 boneless chicken breasts with or without rib meat	
1/2 t. salt	1/2 t. pepper
1/2 t. garlic powder	1/2 t. onion powder
1/2 t. paprika	2–3 T. olive oil

Mix salt, pepper, garlic powder, onion powder, and paprika in a small bowl (I use my old 1/4 cup). Coat the chicken breasts in the seasoning, rubbing in to coat. Pour olive oil in the bottom of a Dutch oven, and heat to med-high. When nice and hot, add chicken to the pan (in batches if necessary). Cook 2–3 min per side. If any chicken has been removed, add it back to the Dutch oven. Place uncovered Dutch oven in a 350° oven for 25 minutes or until juices run clear. Let sit on a plate 5–10 minutes before cutting, shredding, or eating.

## Poultry

### Baked Chicken Breasts

Susan Hensley

12 pieces boneless, skinless chicken breasts  
2 sticks butter, melted                      2 c. Ritz cracker crumbs  
3/4 c. powdered Parmesan cheese            1/4 c. parsley flakes  
3 T. chopped onion                              1/2 t. each salt, pepper, sage

Mix crumbs, cheese, parsley, and herbs. Dip chicken in butter and then in crumb mixture. Roll up like a sleeping bag and put in baking dish. Dot with leftover butter. Sprinkle with remaining crumbs. Bake at 350° for 1 hour, covered. Uncover and bake for 10 minutes. No need to baste or turn over. Serves 12.

### Easy Baked Chicken Thighs

adapted from Valentina's Corner

3 lbs. chicken thighs (boneless, skinless)    1/4 c. mayonnaise  
1 T. olive oil                                      4 garlic cloves, minced  
2 t. salt    1/4 t. pepper  
1/4 t. cayenne pepper                              1 t. paprika

In a bowl, combine mayonnaise, olive oil, minced garlic, and the spices. Add chicken thighs and stir to coat.

Place coated chicken in a baking dish. Cover with foil and refrigerate at least 3–4 hours.

Bake about 45 minutes at 375°. Remove foil and broil about 8 minutes, until tops of the thighs are crispy.

If you don't have time to let the chicken marinate, it still tastes good.

### Company Chicken

6 chicken breasts, bone-in                      salt and pepper  
3 T. flour    1 c. sour cream  
1 can cream of mushroom soup                1/2 c. water  
1 T. paprika

Sprinkle chicken with salt and pepper. Mix 3 T. flour with 1/4 c. of the sour cream and then add the rest of the sour cream, soup, and water. Place chicken in a greased 13 x 9 pan and pour the sauce over it. Sprinkle with paprika. Bake at 325° for 1 hour, covered, and then uncover and bake for 15 more minutes.

### Crock Pot Chicken with Black Beans and Cream Cheese

Lisa McNabb

4–5 boneless skinless chicken breasts (frozen)    1 (15 oz) jar medium salsa  
1 (15.5 oz) can black beans, drained                1 (8 oz) package cream cheese  
1 (15 oz) can corn, drained                              Hot rice

Put frozen chicken breasts into crock pot. Add black beans, corn, and salsa. Cook on high for 4–5 hours until chicken is done. Put cream cheese on top of mixture and let it sit for 1/2 hour. Stir and serve over rice.

**Italian Chicken**

JoAnne Broadbent

6 boneless, skinless chicken breasts      1 can cream of chicken soup  
 8 oz pkg. cream cheese                      1 envelope Italian Dressing mix

Combine cream cheese, soup and dressing mix. Layer chicken and mixture in crock pot. Cook on high for 4–6 hours. I usually **double the sauce** because we like more sauce and less chicken.

**Creamy Parmesan Garlic Mushroom Chicken**

4 boneless, skinless chicken breasts, thinly sliced  
 2 T. olive oil                                      Salt and pepper  
 8 oz. sliced mushrooms

**Creamy Parmesan Garlic Sauce:**

6 T. butter                                      4 garlic cloves, minced  
 1/4 c. flour                                      1 c. chicken broth  
 2 c. heavy cream                              2 c. grated Parmesan cheese  
 1/2 t. pepper                                    1 t. salt  
 10 oz. fresh baby spinach

In a large skillet, add olive oil and cook the chicken on medium high heat for 3–5 minutes or until brown and no longer pink in center. Remove chicken and set aside on plate. Add the sliced mushrooms and cook for a few minutes until tender. Remove and set aside.

To make the sauce, add the butter and melt. Add garlic and cook until tender. Whisk in the flour and whisk in the broth, cream, salt and pepper, stirring constantly. Let simmer until it thickens. Add spinach and cook until it wilts. Add the cheese, chicken, and mushrooms to the sauce and serve over pasta.

**Ashlee's Chicken Pot Pie**

adapted from Ashlee Burton

3 T. butter                                      1/2 c. onion, chopped  
 3/4 c. celery, chopped                      1 1/4 c. carrots, chopped  
 1 c. peeled potatoes, chopped            1/4 c. flour  
 1 1/4 c. chicken broth                      1/2 c. cream  
 1/2 c. milk                                      1/2 c. frozen peas  
 2 c. chicken cooked and shredded (you can use a rotisserie chicken)  
 Salt, pepper, thyme, a little bit of seasoned salt  
 1 deep dish pie crust and top

Preheat oven to 400°. Sauté onion, celery, carrots, and potatoes in butter and olive oil for 10 minutes. Add flour and stir constantly for one minute. Combine broth, cream, and milk. Gradually stir into veggie mixture. Cook and stir until thickened and bubbly. Stir in chicken, peas, and seasonings. Pour into crust and top with another crust. Cut slits into the top of the pie. Bake 40–50 minutes until brown, bubbly, and cooked through (you can cover with foil at the end to prevent over browning). If frozen, bake 1 1/2 hours. Let stand before serving.

## Poultry

### Cassoulet

Microwave for eight minutes

1/2 c. barley

1 c. Holiday soup mix (see below)

2 c. water

Place microwaved mixture in bottom of crock pot. Add

5 bone-in, skinless chicken breasts or 8 bone-in chicken thighs

Sprinkle with

poultry seasoning

Layer:

1 1/2 c. coarsely-chopped cabbage

1 c. mini-carrots

1 (15 oz.) can diced tomatoes

1 t. garlic powder

1 onion, diced

Cook on high for 6 hours. Add:

1 lb. beef smoked sausage, cut in 1/4" slices.

Cook another 3 hours, stirring occasionally. The Holiday soup mix is 3 colors of lentils, white beans, lima beans, red beans, and pinto beans mixed together.

### Herb Chicken and Rice

Betty Moloney

2 c. rice

1 pkg. Lipton onion soup mix

2 cans cream of mushroom soup

1 can water

1 t. poultry seasoning

1/4 t. pepper

1/4 t. garlic powder

bone-in chicken (half frozen; if you cook this with thawed chicken, the chicken is too dry)

In the bottom of a pan, mix rice, soup mix, soup, water, and spices. Mix well. Place chicken pieces on top of rice mixture and push down into rice a little bit. Cover pan with foil and bake 2 hours at 350°.

### One-Dish Chicken Bake

4 chicken breasts

1 can cream of mushroom soup

1/3 c. sour cream

2 pkg. (6 oz.) Stove Top Stuffing Mix for Chicken

Pour both boxes of stuffing mix into a bowl and mix with 3 1/3 c. water; set aside. Place chicken in a baking dish just smaller than 13 x 9. Mix soup and sour cream; pour over chicken. Spoon stuffing evenly over top. Bake, uncovered, at 375° for about 45 minutes or until chicken is cooked through. Makes 4 or 5 servings. The recipe on the box calls for only one box of stuffing but it tastes better to use two; the proportion of chicken to stuffing is better than with one box. Don't double the other ingredients.

**Gourmet Chicken**

Penny Stucki

8 boneless skinless chicken breast halves	1 can cream of mushroom soup
6 oz. sliced Swiss cheese	1 stick butter, melted
1 small can mushrooms	1 (8 oz.) package herb-seasoned stuffing

Place chicken in baking dish. Put one slice cheese on each piece. Drain mushrooms and save liquid. Pour soup into mixing bowl. Pour liquid from mushrooms into soup can and add water to fill the can. Mix soup and liquids. Scatter mushrooms over chicken. Pour soup mixture over chicken. Mix butter and stuffing mix and sprinkle over chicken. Bake, uncovered, at 350° for one hour. If stuffing seems like it is getting too brown, lay a piece of foil over pan until done.

**Chicken Parmesan**

Lucy Donoho

1 egg	1 T. water
2 lbs. chicken pieces	1/2 c. Italian-flavored bread crumbs
2 T. butter	1 can tomato soup
1/4 c. water	1/4 c. chopped onion
1/2 t. garlic powder	1/2 t. basil
1/2 t. oregano	1 1/2 c. shredded mozzarella cheese
grated Parmesan cheese	

In a shallow dish, beat egg with water. Roll chicken pieces in egg-water and then in crumbs. Brown chicken in butter. Pour off fat. In a bowl, stir together soup, water, onion, and seasonings and pour over chicken. Cover, bring to a boil, and reduce heat to low and simmer 45 minutes, stirring occasionally. Sprinkle with mozzarella cheese. Serve over hot rice.

**Parmesan Herb Chicken**

2 c. grated Parmesan cheese	1/4 c. minced fresh parsley
2 T. oregano	2 t. paprika
1 t. salt	1 t. pepper
12 bone-in chicken breast halves	1/2 c. butter, melted

In a shallow dish, combine the first six ingredients. Dip chicken in butter, then coat with Parmesan mixture. Place in two greased 15 x 10 baking pans. Bake, uncovered, at 425° for 40–45 minutes, or until the juices run clear. Serves 12.

## Poultry

### Normandy Chicken

Hebertson Choro

3 lb. chicken breasts and/or thighs	2 onions
salt, pepper, and flour	3 T. butter
1 c. water	2 T. vinegar
1 or 2 chicken bouillon cubes	1 T. sugar
1/2 c. milk	

Melt butter in frying pan. Dice onions and sauté until clear. Salt, pepper, and flour chicken on both sides. Place the chicken, skin side down, on top of onions. Sauté for 1 minute and turn chicken. Mix together water, vinegar, bouillon cubes, sugar, salt, pepper, and milk. Simmer for 1 hour. Serve over hot rice.

### Fried Chicken

Rinse and dry chicken pieces (choose your favorite cuts). Dip each piece of chicken into a bowl of milk, then into a bowl of flour that is seasoned with salt and pepper. Heat a skillet with 3/4" of oil in the bottom. Make sure the oil is thoroughly heated but not too hot, medium setting on an electric stove. Arrange chicken pieces in pan, covering the bottom but not stacking them. Brown chicken 10 minutes on each side. Then cover the pan with a lid and continue cooking until the juices of the chicken are clear when you prick it with a fork. Remove the lid for the last 5 minutes of frying to let it get crispy again.

### Mushroom Stuffed Chicken

Quinn Peterson

4 boneless, skinless chicken breasts	2/3 lb. bacon
6–8 medium mushrooms sliced	2 cloves garlic, minced
2 shallots, finely chopped	2/3 lb. shredded Monterey Jack cheese
4 oz cream cheese	2 T. parsley

- 1) Fry bacon, remove from pan, and drain on paper towel. Crumble when cool.
- 2) Sauté shallots and garlic in bacon drippings for a few minutes. Add mushrooms, sauté until tender.
- 3) In medium mixing bowl, combine mushrooms, shallots, garlic, bacon, cheese, cream cheese, and parsley.
- 4) Prepare chicken by cutting a small hole in the fat end, and make a little pocket throughout the entire breast.
- 5) Stuff chicken with the filling. Rub the chicken breast with olive oil and your favorite chicken rub. I use Emeril's All Natural Chicken Rub.
- 6) Place in baking dish and bake at 350° for approximately 30 minutes, until the chicken is done. Serves 4.

**Chicken Curry**

Phyllis Cooper

3 T. butter	2 T finely chopped onion
1 apple, peeled and finely chopped	3 T. flour
1/2 t. salt	2 t. curry powder
1/8 t. ginger	1 1/2 c. chicken broth
1/2 c. half and half	2 c. diced cooked chicken

Melt butter in saucepan. Add onion and apple. Cook slowly until onion and apple are tender. Blend in flour, salt, curry powder, and ginger. Add about 1/2 c. of the broth. Stir to remove lumps. Add the rest of the broth and cream. Cook, stirring constantly, until thickened. Add chicken. Heat to serving temperature.

Serve the curry with rice and toasted almonds (sliced or slivered), Craisins or raisins, toasted coconut, and crumbled cooked bacon. It takes **five recipes** to fill my Dutch oven.

**South Carolina Hot Chicken Salad**

3 c. cooked chicken	1 c. Hellmann's mayonnaise
2 c. celery, chopped fine	2 T. grated onion
2 T. lemon juice	1/2 t. salt
1/4 t. thyme	1 cup crushed potato chips
1/2 c. grated cheese	

Mix well; turn into baking dish. Top with grated cheese and potato chips. Bake at 450° for 10 minutes. Serve immediately.

**Chicken Russe**

2 c. sour cream	2 T. lemon juice
2 t. salt	1/2 t. pepper
1/2 t. garlic powder	6 chicken breasts
bread crumbs	1 onion, sliced in strips
1 green pepper, sliced in strips	1 c. carrots, sliced 2" x 1/4 "
1/2 lb. mushrooms, sliced	flour and milk

Combine sour cream, lemon juice and seasonings in plastic bag or bowl. Add chicken pieces and coat well. Refrigerate overnight or at least for a few hours. Remove chicken. Shake with bread crumbs in plastic bag or just coat the chicken with the bread crumbs. Fry chicken in olive oil for 25–30 minutes. Remove chicken (at this point I microwave the chicken, covered, for 2 minutes to make sure it's done). Add vegetables (except mushrooms) and about 1 cup of water. Cook until crisp tender. Add mushrooms and cook another minute. Remove vegetables. Add 2 T. of flour to pan. Gradually add enough milk to make a gravy. Let it bubble a minute or so to get rid of the flour taste. Add the vegetables and chicken. Serve over hot rice or pasta.

## Poultry

### Baked Chicken with Artichokes

1/4 lb. mushrooms, thinly sliced	1 onion, finely chopped
2 garlic cloves, finely chopped	3 lb. meaty chicken pieces
1/3 c. flour	1 1/2 t. salt
1 1/2 t. paprika	1/2 t. dried rosemary
1/4 t. pepper	1/2 c. chicken broth
1/4 c. apple juice	1 (6 oz.) can artichoke hearts, drained

Mix mushrooms, onion, and garlic together. Mix flour, salt, paprika, rosemary, and pepper. Coat chicken in flour mixture. Place chicken on top of vegetables. Pour chicken broth and juice over it. Bake at 350° for 45 minutes. Add artichoke hearts and bake 15 minutes longer.

### Sesame Chicken with Apricot Glaze

6 chicken thighs	4 chicken breasts
1 1/4 t. salt	1/4 t. pepper
3/4 c. apricot preserves (10 oz. jar Smuckers Simply 100% Fruit)	
1/3 c. vinegar	3 t. minced onion
1 t. garlic powder	3/4 c. cornflake crumbs
1/2 c. wheat germ	1/3 c. sesame seeds
1/3 c. melted butter	

Mix apricot preserves, vinegar, onion, and garlic powder and allow to stand about an hour. Salt and pepper chicken, then cover with sauce and marinate 2 hours or overnight.

Be sure all pieces are well coated, then roll in crumb mixture of cornflake crumbs, wheat germ, and sesame seeds.

Brush large shallow pan with melted butter. Arrange single layer of chicken and drizzle with remaining apricot mixture. Bake at 375° for 1 1/4 hours.

### Poulet a l'Estragon

6–8 chicken breasts, bone-in	1/2 c. apple juice
3/4 c. flour	2 c. chicken broth
1 pinch thyme	1 bay leaf
salt and pepper	2–3 green onions
flour	

Combine flour, salt, and pepper. Coat chicken with flour mixture and brown on all sides in butter. Cut green onions very fine and spread over chicken. Add apple juice, chicken broth, and the herbs. Cover and simmer chicken 25 minutes or until tender. When chicken is tender, remove and keep hot. Cover with sauce.

#### Sauce:

1 c. light cream	1/4 c. grated Parmesan cheese
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To the pan juices, add cream and cheese, and any flour not used in coating chicken. Simmer gently until sauce thickens. Blend in blender if lumpy.

**Chicken Breasts Supreme**

6 chicken breasts, bone-in, skinned	1/2 t. salt
1/8 t. pepper	1/4 t. paprika
3 T. butter	1/2 lb. mushrooms, sliced
2 c. hot chicken broth or bouillon	3 T. flour
1 (14 oz.) can artichoke hearts, drained	

Sprinkle breasts with salt, pepper, and paprika. Sauté in butter over medium heat in a heavy skillet. Remove when lightly golden on both sides. Sauté mushrooms in same skillet. Add an additional tablespoon of butter if mushrooms tend to stick. Add broth and stir in flour. Place chicken breasts and artichoke hearts in a buttered 2-quart oblong baking dish and cover with mushroom mixture. Bake at 375° for 60 minutes. Serves 6.

**Grandma Lucy's Chicken Marinade**

Lucy Donoho

1 c. oil	5 capfuls vinegar
Lowry's salt	sprinkle paprika
1 t. garlic powder	sprinkle oregano and parsley

Marinate chicken overnight. Bake at 400° for about an hour (1/2 hour uncovered, 1/2 hour covered).

**Chicken a la King**

2 c. cooked chicken	1/2 c. mushrooms, sliced
1 c. frozen peas	6 T. butter
6 T. flour	3 c. chicken broth
2 egg yolks	salt and pepper

Melt butter in saucepan. Add flour and cook until smooth and bubbly. Gradually add chicken broth, stirring constantly. Add salt and pepper. When the sauce is smooth and boiling, add chicken, mushrooms, and peas. Reduce the heat and add egg yolks. Cook a few more minutes. Serve over baked potatoes or baked puff pastries.

**Rubber Chicken (Golden Lemon Chicken)**

4 boneless, skinless chicken breast halves	1 beaten egg
1 c. water	3 T. butter
flour	4 t. lemon juice
1 t. poultry seasoning	1/8 t. garlic powder
3/4 t. salt	1/4 c. water
2 T. cornstarch	hot cooked rice

Dip chicken in flour, then egg, then flour. In skillet, melt butter and brown chicken about 5 minutes on each side. Combine the lemon juice, seasonings, water, and cornstarch and pour over the chicken. Bring to a boil. Reduce heat and simmer covered about 10 minutes, until sauce is slightly thickened and chicken is done. Serve over hot rice.

## Poultry

### Chicken and Noodles

4 chicken breasts, bone-in  
salt and pepper

1 lb. fine egg noodles  
mashed potatoes

Cover chicken with water and cook until done, but not overdone. Remove skin and bones and break chicken into small pieces. Add egg noodles and cook until they're done. Simmer another 15 minutes until the noodles absorb remaining liquid. You may need to add additional water. Serve over mashed potatoes.

### Chicken and Rice

Barbara Spear

chicken (3 breasts, 3 thighs, 3 legs)  
2 cans cream of mushroom soup

1 c. shredded cheddar cheese  
1/2 c. milk

Place chicken pieces in the bottom of a 13 x 9 pan. Sprinkle the cheese over the chicken. Mix the soup and milk together and pour over the chicken and cheese. Cover with foil and bake at 350° for 1 1/2 hours. Serve with hot rice.

### Chicken and Ham Stuffed Crepes

Ruth Hassell

Cook

one 3-lb. uncut fryer

on top of the stove, partially covered with water, until tender. Reserve

2 c. of the broth

and use the remainder for anything you desire. Let chicken cool. When cool, remove chicken from bones and cut into bite-size pieces. Put into a large mixing bowl along with

1/2 c. diced ham

Add half of the sauce mixture to the chicken and ham mixture; stir to blend thoroughly (see sauce recipe below). Place 1/4 cup of chicken mixture (or 1/12th of total mixture) on crepe and roll up jellyroll fashion. Place in a single layer, overlapping slightly, in a baking dish. Pour remaining sauce over the crepes and sprinkle with

1 c. shredded Monterey Jack cheese

Cover dish with aluminum foil. Bake at 350° for 30 minutes. Remove foil and sprinkle with

2 T. grated Parmesan cheese

Place under broiler just until cheese starts to brown.

Sauce:

Melt

8 T. butter

Add

1/2 c. flour

1 t. salt.

Stir in



## Poultry

### **Turkey Breast Steaks**

Debbie Hartman

1 turkey breast roast	1 T. ground ginger
1 t. dry mustard	1 t. Accent (optional)
1 T. honey	1/2 c. Kikkoman soy sauce
1/4 c. vegetable oil	3 cloves garlic, minced

Have butcher but turkey breast crosswise into 1" to 1/2" steaks (frozen breast can also be cut; thaw when ready to use). Combine remaining ingredients in glass or pottery bowl. Let stand 24 hours at room temperature, then pour over steaks; cover and refrigerate overnight. Drain steaks and cook on a grill, about 8 minutes on each side. Brush occasionally with marinade.

### **Turkey Tetrazzini**

3/4 lb. mushrooms, sliced	1 small green pepper, slivered
1/4 c. butter	3 T. flour
2 t. salt	1/4 t. pepper
2 1/2 c. light cream	4 c. diced, cooked turkey or chicken
2 pimentos, chopped	6 oz. thin spaghetti, cooked
2 egg yolks, beaten	grated Parmesan cheese

Melt butter in saucepan. Add flour and cook until smooth and bubbly. Gradually add cream, stirring constantly. Add salt and pepper. Sauté mushrooms and green pepper in butter. Combine with white sauce, turkey, pimentos, and spaghetti. Stir in egg yolks. Pour into large shallow baking dish. Sprinkle with cheese. Bake at 300° for 45 minutes. Broil to brown.

### **Thanksgiving Turkey**

Andrew and Karen McNabb

#### Ingredients:

15 lb. turkey  
canola oil

#### Brine Ingredients:

1 c. kosher salt  
2 c. brown sugar  
1 T. black peppercorns  
2 T. allspice berries  
2 T. candied ginger  
2 c. water  
1 gallon iced water  
5 lb. bag of ice

## Aromatic Ingredients:

- 1 red apple, sliced (or a pomegranate, sliced)
- 2 onions, sliced
- 1 cinnamon stick
- 1 c. water
- 4 sprigs of fresh rosemary
- 6 leaves of fresh sage

## Directions:

1. Combine all brine ingredients, except the iced water, in a stock pot and bring to a boil. Stir to dissolve the solids, then remove from the heat. Cool to room temperature and then refrigerate until thoroughly chilled.
2. Combine the brine, the bag of ice, and the iced water in a 5 gallon bucket or cooler. Place the thawed turkey breast side down in the brine, cover, and refrigerate. You may also set it in a cool area (like your porch/garage) or in an ice chest for overnight. Turn the turkey over once, half way through brining.
3. Preheat oven to 500°, making sure to arrange the racks so that the turkey will fit in the oven. Combine the apple/pomegranate, onion, cinnamon stick, and water in the microwave for 5 minutes.
4. Remove the turkey from the brine. Rinse the inside and outside with cold water. Discard the brine. Place the turkey on a roasting rack inside a wide, low pan with the breast side up. Pat the turkey dry with paper towels.
5. Add all of the aromatic ingredients to the turkey cavity. Tuck the wings underneath the the bird to prevent them from being overcooked. Coat the whole bird liberally with canola oil.
6. Mold a triangle of aluminum foil to cover the the white meat. The dark meat on the drumsticks does not need to be covered. Save this aluminum mold to put on the turkey later.
7. Roast the turkey at 500° for 30 minutes.
8. Remove the turkey from the oven. Cover the turkey with the molded aluminum foil. Insert a probe thermometer into the thickest part of the breast, making sure the thermometer does not touch bone, which can result in inaccurate results.
9. Return the turkey to the oven, reducing the temperature to 350°. Do not peek at the turkey while it is baking, as this will increase cooking time. It should take about 2 hours to for the white meat to reach 160°.
10. Let the turkey rest, loosely covered for 15 minutes before carving. Make your gravy in the meantime.



# Beef

## Rouladen

Lynn Isenbarger

round steak	6–7 pieces bacon
1 large onion, chopped	1 green pepper, chopped
flour	salt and pepper

Cut round steak into 4" pieces. Pound thin. Fry bacon and sauté onions and green pepper in the drippings. Remove. Dredge meat in flour, salt, and pepper. Brown. Place bacon, onions, and green pepper on steak and roll up. Secure with 2 – 3 toothpicks. Make gravy from drippings. Pour over meat. Cover and bake at 300° for 4 hours.

## Stuffed Peppers

2 lb. ground beef	1 onion, chopped
4 c. cooked rice	2 (15 oz.) cans tomato sauce
1 c. grated cheddar cheese	salt and pepper
1/2 t. garlic powder	10 bell peppers, tops and seeds removed

Brown ground beef and onion. Drain. Mix with rice, soup, cheese, and seasonings. Meanwhile, boil water in a Dutch oven. When water has come to a boil, put the peppers in and cover with a lid. After about five minutes, remove and cool. Stuff the pepper shells with the rice mixture and place upright in a baking dish. Bake at 350° for 20–30 minutes.

## Stuffed Cabbage

Gail Warshawsky

14–16 cabbage leaves	2 lb. ground beef
1 c. uncooked rice	1 egg, beaten
Sauce:	
1 large onion, diced	1/4 c. lemon juice
1/2 c. sugar	2 (15 oz.) can tomato sauce

Gently remove cabbage leaves from head. Steam in boiling water until they soften. Drain and cool. Mix ground beef, rice, and egg. Take about 1/3 c. of the mixture, form into an egg shape, and wrap a cabbage leaf around each piece of meat. Place in a frying pan, open side down, and cover with sauce. Bring sauce to a boil; reduce heat and simmer 1 1/2 hours, basting occasionally.

## Beef

### Porcupines

Nelle Ensley

2 lbs. lean ground beef	1 c. uncooked rice
1 large onion, chopped	1 egg, slightly beaten
2 (15 oz.) cans tomato sauce	1/4 c. catsup

In a bowl, mix ground beef, rice, onion, and eggs with your hands. Form into 3" balls and place in the bottom of a skillet. Cover with tomato sauce and pour catsup over the top. Cover and cook very slowly for at least an hour or until the rice is cooked.

### Lipton Meat Loaf

2 lb. ground beef	1 envelope Lipton onion soup mix
2 eggs, beaten	1/3 c. catsup
1 1/2 c. soft bread crumbs	3/4 c. water

Form into loaf and top with catsup or barbeque sauce. Bake at 375° for 1 hour.

### Grammy's Goulash

Hazel Evans

2 lb. ground beef	2 onions, chopped
1/2 c. flour	2 large cans tomatoes (about 30 oz. size)
1 can red beans	1/2 – 1 lb. spaghetti, cooked

Brown ground beef and onions. Drain. Add flour gradually, while stirring. Add tomatoes and juice and simmer. Add cooked spaghetti and beans (undrained). Simmer out flour taste and season with salt and pepper.

### Delicious Barbecued Meatballs

3 c. ground beef	1/2 c. milk
1 c. oatmeal	1 egg
1/2 c. chopped onion	1/4 t. garlic salt
1 t. salt	1/4 t. pepper
1/2 t. chili powder	

#### Sauce:

1 c. catsup	1/4 c. brown sugar
1 t. liquid smoke	1/4 c. chopped onions
1/4 t. chili powder	

Combine all ingredients (except sauce). Mix well, Form into balls about 1 1/2" diameter. Line a jelly-roll pan with foil and place the meatballs on it. Mix sauce ingredients together and pour over meatballs. Bake at 350° for 1 hour.

**Beef and Noodles**

2 lbs. boneless beef short ribs, cubed	1 large onion, chopped fine
1 lb. wide egg noodles	salt and pepper

Brown cubes of beef and onion in oil. Cover with water and simmer for an hour or two until tender. Bring to a boil and add noodles. Cook until the noodles are done and let simmer for about 15 minutes, until the noodles absorb any remaining liquid. You may need to add more water.

**Beef Stroganoff**

1 lb. beef, cut into strips	6 T. butter
1/2 lb. mushrooms, sliced	2 onions, chopped
1 1/2 c. beef broth	2 T. catsup
1/4 t. minced garlic	1 t. salt
3 T. flour	8 oz. sour cream

Sauté onions in 3 T. butter. After onions start to become clear, add mushrooms. Sauté another 2 minutes; don't let mushrooms get soggy. Put onion-mushroom mixture in a bowl. In the skillet you just used, put meat and cook until done. Add 1 c. broth, catsup, garlic, and salt. Cover and simmer 30 minutes. Blend flour with remaining broth. Add to meat mixture and bring to a boil (extra water may be needed), stirring constantly. Add onion-mushroom mixture and sour cream. Serve over cooked noodles or rice.

**Smoked Sausage and New Potatoes**

1 lb. beef smoked sausage	1 (16 oz.) bag frozen peas
1/2 lb. mushrooms, sliced	15 small new potatoes

Bring a large pot of water to a boil. Wash new potatoes and slice any that are bigger in half. Boil potatoes until tender. Slice sausage in 1/2" slices. In a large skillet, brown sausage; add mushrooms and peas. Cook until they are done. Add potatoes.

**Hamburger Stroganoff**

Mima Kearn

2 lb. ground beef	1 onion, chopped
2 cans cream of mushroom soup	8 oz. sour cream

Brown ground beef and onion. Drain. Add soup; simmer. Just before serving, add 8 oz. sour cream. Serve over cooked noodles or rice.

## Beef

### Swiss Steak

Julia Brough

1/4 c. flour	1 large onion
1 t. salt	1 (16 oz.) can tomatoes
1/4 t. pepper	1/2 c. beef broth (or substitute water)
1 T. oil	2 c. peeled, sliced carrots
1 lb. beef round steak, about 3/4" thick	

Combine flour, salt, and pepper. Coat steak. With a wooden mallet or rolling pin, pound meat between wax paper until 1/2" thick. Heat oil in large skillet and brown steak well on both side. Move to one side to sauté onion until tender. Add tomatoes and broth. Cover and simmer 1 hour. Add carrots, cover, simmer 1 hour, or until meat and carrots are tender.

### Pot Roast

4 lb. pot roast	1 can cream of mushroom soup
1 t. garlic powder	1/2 t. pepper
1/2 t. salt	

Place the pot roast in a slow cooker. Pour mushroom soup over the top and spread it over the roast with a spoon. Sprinkle garlic powder, pepper, and salt over the top. Cover and cook on high. For dinner at 5:30 or 6:00 p.m., start the pot roast about 8:00 a.m. Add potatoes and carrots about 11:00 a.m. Stir some of the juices into the vegetables.

### Instant Pot Pot Roast

2.5–3 lb. chuck pot roast	1/2 t. salt
1/2 t. pepper	1 t. garlic powder
1 1/2 c. water	

Sauté roast on both sides. Cook in instant pot for 50 minutes. Release steam. Add:

1/2 .b baby carrots	5 red potatoes, cut in 1 1/2" chunks
1 onion, sliced	1 can cream of mushroom soup

Pressure cook 12 more minutes.

### Pot Roast Marinade

3/4 c. salad oil	1/3 c. Kikkoman soy sauce
1/4 c. vinegar	2 T. Lea & Perrins Worcestershire sauce
3 T. lemon juice	1 T. dry mustard
1 t. salt	1 t. pepper
1 t. parsley flakes	1 clove garlic, crushed

Enough marinade for 4 lbs. meat. Marinade should cover meat.

**Barbeque**

Ellen Collins

4–5 lb. lean stew meat	1 large can tomatoes
2 onions, chopped	1/4 c. sugar
1/2 c. catsup	1/2 c. vinegar
1/2 c. Lea & Perrins Worcestershire sauce	1 quart water
8 cloves garlic, chopped	dash tabasco sauce
salt and pepper	

Cook in a covered pot for 5–6 hours. Shred meat and serve on buns.

**Italian Beef**

Dee Westman

1/4 t. red pepper	2 t. oregano
1/2 t. garlic salt	1 t. onion salt
1 t. salt	1/2 t. pepper
3 or 4 bay leaves	2 t. basil
2 t. parsley flakes	3 c. water

Cover a 5 lb. roast with sauce. Bake 3 1/2 hours. You may have to add more water. Shred and serve on Italian bread or kaiser rolls.

**Beef Brisket**

Mima Kearl

5–6 lb. beef brisket	celery salt
3 oz. liquid smoke	pepper
onion salt	Lea & Perrins Worcestershire sauce
garlic salt	

Pour liquid smoke over brisket. Sprinkle salts, pepper, and Worcestershire sauce on both sides of brisket. Cover and bake at 275° for 5 hours. Uncover and pour barbecue sauce over the brisket. Bake another hour.



# Pork

## Cindy's Ham

Cindy Burton

1 fully-cooked boneless ham (5 lbs.)	1 jar (18 oz.) orange marmalade
1/2 c. stone-ground mustard	2 T. dry mustard
1 garlic clove, minced	1/2 t. ground ginger

Place meat, fat side up, in baking pan; score ham. Mix remaining ingredients until well blended. Set aside half of the mixture. Brush ham with remaining mixture. Roast 2 hours, or until meat thermometer register 140°, brushing ham with remaining mixture every 15 minutes. Let stand 10 minutes. Slice and serve. Serves 10–12.

## Ham for a Crowd

Have butcher slice ham in 1/4 inch slices. Place in a 13 x 9 pan, with 1" water added to the bottom of the pan. Cover with foil. Bake at 350 for 1 1/2 hours. See recipe for ham sauce.

## Ham Sauce

Sarah Cassavaugh

1/2 c. Dijon mustard	1 (20 oz.) can crushed pineapple,
2/3 c. maple syrup	undrained
1/3 c. brown sugar	1 T. cornstarch

Mix together and cook until thickened.

## Ham Loaf

2 lb. ground ham or combination of ground ham and ground pork	
2 eggs, beaten	3/4 c. milk
3/4 c. soft bread crumbs	dash pepper

Mix thoroughly meat, eggs, milk, bread crumbs, and pepper. Form into a loaf in a shallow baking pan. Bake at 350° for 1 hour. Pour ham loaf glaze over the loaf.

### Ham Loaf Glaze

1 T. mustard	1/2 c. vinegar
1 c. brown sugar	1/2 c. water

Boil 5 minutes. Pour over ham loaf and bake at 350° for 1 hour, basting occasionally.

## Pork

### Mrs. Donoho's Ham Packets

Lucy Donoho

Place a 3/4" to 1" slice of ham on a 12" x 12" piece of foil. Spread 1/4" of brown sugar over the top of the ham. Slice a layer of onions over the top. Slice potatoes over the onions. Put another piece of foil over the top and seal the edges well. Bake at 350° for about 45 minutes, until the potatoes are done. To serve several people, you can line a 13 x 9 pan with foil, put several slices of ham in the bottom of the pan, top with the sugar, onions, and potatoes, and cover the pan with foil.

### Swiss Meat Ring

1 T. butter, softened	1 1/2 c. shredded Swiss cheese
2 T. German mustard	1 c. fresh or frozen chopped broccoli, cooked and drained
2 T. parsley flakes	1 c. diced cooked ham
1 1/2 t. onion flakes	1 can (8 oz.) refrigerated Crescent rolls
1 t. lemon juice	

Combine butter, mustard, parsley, onion, and lemon juice; blend well. Add cheese, broccoli and ham; mix lightly. Set aside. Separate refrigerated roll dough into 8 triangles. On a greased cookie sheet, arrange triangles in a circle with bases overlapping. (The center opening should be about 3 inches in diameter and the points will be facing outward. Spoon ham filling in a ring over bases of triangles, about 1/3 c. per triangle. Fold points of triangles over the filling and tuck under the bases at center of circle. Bake at 350° for 25–30 minutes, until golden brown. Serve hot. Makes 6–8 servings.

### Ham and Spinach Rolls

Chris Comer

- 24 thin slices boiled or baked ham (#4 on slicing machine)
- 2 pkgs. (10 oz.) frozen chopped spinach, cooked and drained
- 2 c. packaged cornbread stuffing
- 2 c. sour cream

Cream Sauce:

1/2 c. butter	1/2 c. grated sharp cheddar cheese
1/2 c. flour	grated Parmesan cheese
4 c. milk	paprika

Melt butter, stir in flour, and gradually stir in milk. Stir constantly until sauce comes to a boil. Boil 1 minute. Add cheddar cheese.

Combine spinach, stuffing, and sour cream. Spread on ham. Roll up and place seam-side-down in casserole. Pour cream sauce over ham. Sprinkle with paprika and a little grated Parmesan cheese. Bake at 350° for 15 minutes covered and 15 minutes uncovered.

### Easy Pork Chops

- 2 cans cream of mushroom soup
- 2 lb. pork chops

Line a 13 x 9 pan with aluminum foil and arrange the pork chops on it in one or two layers. Pour soup over it. Cover with foil. Bake at 350° for 2 hours. Serve over hot rice or mashed potatoes.

**Western/Country-Style Ribs**

Choose the leanest ribs you can find. Line a 13 x 9 pan with aluminum foil and arrange the ribs on it in a single layer. Cover the pan with foil and bake at 425° for about 2 hours. During the last half hour, pour KC Masterpiece Barbecue sauce over the top of the ribs.



## *Casseroles*

### **Pork Chop and Potato Bake**

6 pork chops	Lawry's seasoned salt
1 can cream of mushroom soup	1/2 c. milk
1/2 c. sour cream	1/4 t. pepper
1 pkg. (32 oz.) frozen hash browns, thawed	1 c. shredded cheddar cheese
	1 can (2.8 oz.) Durkee's onion rings (Taste Toppers)

Brown pork chops in lightly greased skillet; sprinkle both sides with Lawry's salt. Combine soup, milk, sour cream, pepper, and 1/2 t. Lawry's salt. Stir in potatoes, cheese, and onion rings. Spoon into 13 x 9 pan. Arrange the pork chops over the potatoes and push them into the potatoes slightly. Bake, covered, at 350° for 1 1/2 hours. Makes 6 servings.

### **Hunter's Casserole**

Harlan Shores

6 pork chops or pork steaks	1 c. wild rice
1 c. white rice	2 T. butter
1 c. celery, chopped	1 green pepper, chopped
1 onion, chopped	1 c. mushrooms, sliced
2 cans cream of mushroom soup	1 c. milk
1 c. shredded cheddar cheese	

In a medium-sized saucepan, combine wild rice with 3 c. water. Bring to a boil and boil about 5 minutes. Add white rice and cook until rice is tender. Brown pork chops in lightly greased skillet. When cooked through, remove to a plate and sauté the vegetables in the same pan. Mix the cooked rice, vegetables, soup, and milk and place in the bottom of a 13 x 9 pan. Sprinkle the cheddar cheese over the top. Place the pork chops on top and push them into the rice mixture slightly. Bake, covered, at 350° for 1 hour.

### **Potato Casserole**

Lynne Ream

6 pork chops or pork steaks	6 potatoes, peeled and sliced very thin
2 cans cream of mushroom soup	1 c. water
1 t. thyme	1 can Durkee's onion rings (Taste Toppers)

Brown pork chops in a lightly greased skillet. Place potatoes in the bottom of a 13 x 9 pan. Mix the soup, water, thyme, and onion rings and pour over the potatoes, poking the sauce down into the potatoes. Place the pork chops on the top. Bake, covered, at 350° for 1 1/2 hours.

## Casseroles

### **Tater Tot Casserole**

Betty Moloney

- |   |                              |
|---|------------------------------|
| 1 1/2 lb. ground beef                   | 1 onion, chopped             |
| 1 (16 oz.) pkg. frozen mixed vegetables | 1 can cream of mushroom soup |
| 1 can cream of celery soup              | 1 large pkg. Tater Tots      |

Brown and drain the ground beef and onion. Place in the bottom of a 13 x 9 pan. Mix vegetables and soups together and pour over the meat. Top with Tater Tots. Bake, uncovered, at 350° for 2 hours.

### **Ground Beef Casserole**

Debbie Hartman

- |                                |                                   |
|--------------------------------|-----------------------------------|
| 1 1/2 lbs. ground beef         | 5 or 6 potatoes, peeled and diced |
| 1 can cream of mushroom soup   | 1 pkg. Lipton Onion Soup mix      |
| 1 can French style green beans |                                   |

Brown and drain ground beef and put it in the bottom of a two-quart casserole dish. Cover with layer of potatoes. Then layer the mushroom soup, onion soup, and pour the undrained can of beans over the top. Bake, covered, at 350° for 1 1/2 hours.

### **Gemelli Casserole**

- |                                       |                                  |
|---------------------------------------|----------------------------------|
| 1 lb. gemelli or rotini pasta         | 6 slices bacon, cut in 1" pieces |
| 1-1 1/2 lbs. ground beef              | 1 small onion, chopped           |
| 2 cloves garlic, chopped              | pepper                           |
| 2 c. shredded cheddar cheese, divided | 2 (15 oz.) cans tomato sauce     |

Cook the pasta according to package directions. Brown the bacon in a skillet until a little crispy. Add ground beef, garlic, and onion and continue browning until cooked thoroughly. Drain. Mix with gemelli, 1 1/2 cups cheese, and tomato sauce. Top with remaining 1/2 cup cheese. Bake, covered, at 350° for 1 hour.

### **Enchilada Casserole**

adapted from Louise Dunn

- |   |                                      |
|---|--------------------------------------|
| 15 corn tortillas                                       | 1 1/2 lb. ground beef                |
| 1 can chopped black olives                              | 1 onion, chopped                     |
| 1 (10 oz.) can mild enchilada sauce                     | 1 (15 oz.) can green enchilada sauce |
| 1 (15 oz.) can tomato sauce                             |                                      |
| 1 lb. shredded cheese, mix of cheddar and Monterey Jack |                                      |
| oil   |                                      |

Mix the enchilada sauces and the tomato sauce in a bowl. Brown ground beef and onion; drain. Mix olives into the meat and onion. Dip 5 tortillas, one at a time, into the sauce and place in the bottom of a round casserole dish. Place a third of the meat mixture on the tortillas. Place a third of the cheese over the meat. Repeat layers two more times. If you make this early and refrigerate it, let it warm up a little before putting it in the oven. Bake at 350°, covered, for about an hour.

**Cheesy Enchilada Casserole**

1 lb. lean ground beef or pork	1 medium green pepper, diced
1 medium onion, chopped	1 clove garlic, minced
1 (15 oz.) can pinto beans, drained	1 (15 oz.) can tomato sauce
2 c. salsa	1 t. ground cumin
1 t. chili powder	12 corn tortillas
2 c. (8 oz.) shredded Monterey Jack and/or Cheddar cheese	
Suggested toppings for the table:	
2 c. shredded lettuce	1 c. sour cream
2 c. chopped tomato	

Brown meat with green pepper, onion, garlic in a 10" skillet; drain. Add beans, tomato sauce, salsa, and cumin; simmer 15 minutes. Spoon small amount of meat mixture into a 13 x 9 pan, spreading to coat the bottom of the dish. Top with 6 tortillas, overlapping as necessary. Top with half remaining meat mixture; sprinkle with 1 cup cheese. Cover with remaining tortillas, overlapping to cover cheese; top with remaining mixture and cheese. Cover tightly with aluminum foil. Make this an hour or two early to soften the tortillas. Bake at 350° for 50–60 minutes. Let stand 10 minutes before serving. Top with lettuce, sour cream, and tomato, if desired and serve with additional salsa. Makes 8 servings.

**Chicken Español**

Louise Dunn

1 chicken, cooked and cut into bite-sized pieces (about 3 1/2 cups, 3 large chicken breasts)	
14 corn tortillas, torn into pieces	1 onion, microwaved 2 minutes covered
10–12 oz grated cheddar cheese	1 can chopped green chiles
1 can cream of chicken soup (you can use 98% fat free)	
1 c. sour cream (you can use light sour cream)	
1 1/2 c. broth (from chicken or canned)	

Lay 7 torn tortillas in a 13 x 9 pan. Mix the chicken, chiles, and onion together and place half the mixture on the tortillas. Place half of the cheese on top. Repeat layers. Mix soup, broth, and sour cream. Pour over the layers. Use spoon to make sure all tortillas are covered with sauce. Grate cheese on top. Cover with foil. Let sit at least 1 hour or overnight (to soften tortillas). Bake 45 minutes at 350° (allow extra baking time if you have refrigerated the casserole). Broil to brown.

## Casseroles

### Chicken Divan

Beth Evans

2 (10 oz.) pkg. frozen broccoli spears or a comparable amount of fresh broccoli  
4 c. cooked chicken  
1 c. Hellmann's mayonnaise  
1 1/2 t. curry powder  
buttered bread crumbs

2 cans cream of mushroom soup  
1 t. lemon juice  
1/2 c. sharp cheddar cheese

Cook and drain broccoli. Place on bottom of 13 x 9 pan. Place the chicken in a layer over the broccoli. Combine soup, mayonnaise, lemon juice, and curry powder. Pour over broccoli. Top with cheddar cheese and buttered bread crumbs. Bake, covered, at 350° for 25–30 minutes. Broil to brown.

### Chicken and Wild Rice Casserole

1/4 c. butter  
1 1/2 t. salt  
1 c. chicken broth  
1 1/2 c. cooked wild rice  
2 c. cooked chicken, cut up  
1/4 c. slivered almonds

5 T. flour  
1/8 t. pepper  
1 1/2 c. milk  
3/4 c. mushrooms  
1/3 c. green pepper, chopped

Melt butter, blend in flour, salt, and pepper. Cook until smooth and bubbly. Stir in chicken broth and milk. Bring to boil and boil 1 minute, stirring constantly. Mix sauce with remaining ingredients. Bake, covered, in an oblong baking dish for 45 minutes at 350°.

### Chile Relleno Casserole

Sylvia Hatton

1 lb. shredded cheddar cheese  
1 lb. ground beef  
2 (8 oz.) cans tomato sauce  
3 T. flour

1 lb. shredded Monterey Jack cheese  
3 (7 oz.) cans whole green chiles  
4 eggs  
1 (12 oz.) can evaporated milk

Brown and drain ground beef. Wash and remove seeds from chiles. Flatten half of the chiles on the bottom of a 13 x 9 pan. Layer cheddar cheese, ground beef, the remaining chiles, and then the Monterey Jack cheese. Separate the eggs. Mix 4 egg yolks with 3 T. flour and evaporated milk. Beat the egg whites separately (use a mixer and beat until they form soft peaks) and fold into the egg/milk mixture. Pour egg mixture on top of casserole. Bake, covered, at 325° for 1 hours. Pour tomato sauce on top and bake, uncovered, for 1/2 hour.

**Butternut Squash and Sausage**

1 butternut squash	1 lb. Bob Evans sausage
1 onion, diced	1 green pepper, diced
1 c. mushrooms, diced	1/4 c. Parmesan cheese
1/2 c. shredded mozzarella cheese	

Slice the butternut squash in half and scoop out the seeds. Coat the cut squash with some olive oil and place, cut side down, on a foil-covered baking sheet. Bake at 375° for 35 minutes.

Meanwhile, brown the sausage and onion together. When it's mostly cooked, add the green pepper and mushrooms and continue cooking until done.

Remove the squash from the oven and scoop the squash into a baking dish. Add the sausage mixture and stir until combined. Top with both cheeses. Bake for an additional 10 minutes.

**Two-Cheese Tuna Noodle Casserole**

1/2 c. celery, chopped	1/2 c. green pepper, chopped
1 T. butter	1/2 t. salt
8 oz. fine egg noodles or spaghetti	1 (8 oz.) pkg. cream cheese
1 c. milk	1/4 t. garlic powder
1/2 c. Parmesan cheese	2 (7 oz.) cans tuna, drained
paprika	

Cook pasta until done; don't overcook. Sauté vegetables in 1 T. butter. Heat cream cheese and milk. Add to drained pasta, 1/4 c. of the Parmesan, seasonings, and tuna. Place in a shallow 1 1/2 quart baking dish. Sprinkle with the remaining Parmesan. Bake, covered, at 350° for 30 minutes.

**Tuna and Rice**

Betty Johnston

3 c. cooked, hot rice	8 T. butter
1/2 c. flour	4 c. milk
1 can tuna, drained	1/4 c. fresh parsley, chopped
salt and pepper	

Melt butter, add flour, and stir with a whisk until blended and bubbly. Gradually add milk, stirring well to remove lumps. Stir until the sauce thickens and comes to a full boil; boil one minute. Remove from heat and stir in hot rice, tuna, parsley, salt, and pepper. Serve immediately.

## Casseroles

### **Five Can Casserole**

Jean Evans

1 can cream of mushroom soup

1 can chicken and rice soup

1 can chicken

1 small can evaporated milk

1 can chow mein noodles

1 beaten egg

Combine ingredients and top with crushed potato chips and grated cheese. Bake, uncovered, at 375° for 40 minutes.

# *Sandwiches*

## **Hot Ham and Cheese Sandwiches**

Lucy Donoho

1 lb. shaved ham	1/2 lb. Swiss cheese
2 t. dry mustard	1/2 c. butter
1 small onion, chopped fine	2 T. poppy seeds
8 buns	

Sauté the onion in the butter and mix in the mustard and poppy seeds. Spread on both sides of each bun and divide the ham and cheese among the buns. Wrap each sandwich in foil. Bake at 350° for 20 minutes. These sandwiches can be frozen but should be thawed before baking.

## **Hawaiian Ham and Cheese Sliders**

3/4 c. melted butter	1 T. Dijon mustard
1 t. Worcestershire sauce	1 t. brown sugar
1 t. poppy seeds	2 t. dried minced onion
12 King's Hawaiian dinner rolls	9 oz. thin sliced deli ham
8 oz. thin sliced Swiss cheese	

Preheat oven to 350°. Grease a 13 x 9 baking dish. Combine butter, mustard, Worcestershire sauce, brown sugar, poppy seeds, and dried onion. Slice the rolls horizontally, remove tops, and set aside. Place the bottom pieces into the prepared baking dish. Layer the ham onto the rolls. Top the ham with the Swiss cheese. Place the tops of the rolls onto the sandwiches. Brush or pour the liquid mixture evenly over the rolls. Bake 20 minutes, or until the rolls are lightly browned and cheese has melted. Separate into individual sandwiches to serve.

## **Feta Cheese Spread**

Sue Reed

1/4 lb. feta cheese	24 oz. cottage cheese (small curd, 4% fat)
1/2 lb. chopped walnuts or pecans	1 large grated carrot
1 diced green pepper	2 stalks diced green onion

Combine above ingredients. Season with a dash of paprika, spike seasoning, prepared mustard, salt, pepper, and enough mayonnaise to hold it together. Serve on whole wheat or rye bread. Add a slice of tomato.

## **Lisa's Barbecue Sandwiches**

Place a Boston butt roast in a crock pot, fat side down. Cook on low 7–8 hours, until the meat falls apart easily. Remove from crock pot, put the meat on a cutting board, and shred the meat. Wipe out the crock pot, put the shredded meat in, and mix in enough barbecue sauce to coat the meat, but not swim in it. Serve on hamburger buns, with the extra sauce on the side.

## Sandwiches

### **Barbecue Sauce:**

1/2 c. honey	1 T. Lea & Perrins Worcestershire sauce
1/2 c. brown sugar	1 t. garlic powder
2 large T. mustard	1 T. liquid smoke
1 c. Heinz 57 sauce	hot sauce to taste
1/2 c. A.1 Sauce	2 T. Kikkoman soy sauce
1 c. ketchup	

Mix well and store in the refrigerator.

### **Sloppy Joes**

Cindy Burton

2 1/2 lbs. ground beef	1 large green bell pepper, diced
1/2 large onion, diced	1 1/2 c. ketchup
5 cloves garlic, diced	2 T. packed brown sugar
1 T. chili powder	1 t. dry mustard
1/2 t. red pepper flakes	1/4 c. Lea & Perrins Worcestershire sauce
1 t. salt	1 t. pepper
1 c. water	8 kaiser rolls

Brown ground beef, bell pepper, and onion. Drain. Add 1 c. water, ketchup, and garlic. Add all the seasonings. Stir well and simmer for half an hour. Serve with rolls.

### **Mexican Beef Heroes**

Joy Erickson

6 slices bacon	1/2 lb. ground beef
1 medium onion, chopped (1/2 c)	1 (4 oz.) can chopped green chiles, drained
1/2 c. sliced green olives	1/4 c. catsup
1/2 t. chili powder	6 hero buns
6 slices Colby cheese	6 slices Muenster cheese

Cook bacon until crisp. Drain. Brown beef and onion. Drain. Stir in green chiles, olives, catsup, salt, and chili powder. Cook 5 minutes, stirring occasionally.

Split buns in half lengthwise. Place a slice of Colby cheese, cut to fit, on bottom half of bun, top with 1/3 c. meat mixture, bacon slice, and slice of Muenster cheese, cut to fit. Press down gently with top half of bun. Wrap each sandwich in foil. Bake at 375° for 10 minutes.

### **Sandwich Loaf**

Betty Johnston

16 slices Roman Meal bread

Cut off the bread crusts and place 4 slices of the bread on a flat plate. Spread the bottom filling over the bread. Place another layer of bread and spread the pimiento cheese filling. Repeat with remaining bread and fillings, ending with a bread layer.

**Bottom Filling:**

turkey, chicken, or tuna salad made with meat, mayonnaise, 2 hard boiled eggs, chopped celery.

**Pimiento Cheese:**

10 oz. shredded cheddar cheese                      1 (4 oz.) jar pimiento with juice  
Hellmann's mayonnaise                                  dash cayenne pepper

Mix ingredients in a food processor.

**Ham Salad:**

ground ham    sweet pickles, chopped  
Hellmann's mayonnaise

Mix ingredients in a food processor.

**Frosting:**

2 (3 oz.) pkgs. cream cheese, softened              4 oz. sour cream  
green or black olives

Mix the cream cheese and sour cream until spreadable. Frost the sandwich loaf on sides and top. Decorate with olives.



## *Yeast Breads*

### **Orange Rolls**

Jere McCullough

1. Put 2 packages yeast in 1/2 cup warm water. Set aside.
2. Mix 1 cup hot water, 1/2 cup shortening, and 1/2 cup sugar. Add 3 eggs and yeast.
3. Mix in 2 teaspoons salt and 4 1/2 cups flour (add the flour 1 or 2 cups at a time). Mix well.
4. Let rise in warm place for 1 hour; punch down and cover with plastic wrap.
5. Refrigerate 3 hours or overnight.
6. Divide in half and roll out 1/4" thick (12" x 18" rectangle).
7. Spread with thin mixture of 1/2 cup creamed butter, 1/2 cup sugar, and the grated rind of 1 orange (use half the rind if you grind it in a food processor; use the whole rind if you grate it by hand). Mix early.
8. Roll up (jelly-roll style), pinch seam, and cut into 1" slices.
9. Let rise until double (at least an hour).
10. Bake at 350° for 12 to 15 minutes.
11. Glaze with 1 pound powdered sugar and the juice of 1 orange. Mix early.
12. Makes 3 dozen rolls. For dinner rolls, put cut pieces of dough into greased muffin tins and for breakfast rolls, put cut pieces of dough on greased cookie or jelly-roll sheet.

### **Potato Rolls**

Celia Johnson

2 pkg. yeast	1/2 c. warm water
1 c. mashed potatoes	1/2 c. butter-flavored Crisco
1 1/8 c. sugar	4 t. salt
2 c. warm milk (microwave 2 minutes)	2 eggs
8–9 c. flour	

Mix yeast and warm water. In mixing bowl, combine potatoes, shortening, sugar, salt, milk, eggs, and half the flour. Add yeast mixture and mix at high speed for a minute. Add the remaining flour, a cup at a time, to form a soft dough. Turn onto a floured surface, knead until smooth and elastic, about 10 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 2 hours. Punch dough down. Form into rolls. Let rise until they touch with little space between them (about 50 minutes). Bake at 350 for about 20 minutes, until golden brown. This recipe makes 3–4 dozen rolls. Tip: when you make mashed potatoes, make extra and freeze the leftovers in baggies in 1 cup portions. It doesn't matter if the mashed potatoes have pepper in them.

## Yeast Breads

### Light Whole Wheat Rolls

2 packages dry yeast	2 3/4 c. warm water
2/3 c. honey	1 T. salt
2 eggs, beaten	2/3 c. oil
1 1/2 c. whole wheat flour	6 c. white flour

In a large bowl, combine yeast, water, honey, and salt; stir to dissolve completely. Add eggs and oil and stir for 2 minutes. Stir in whole wheat flour and enough white flour to make dough easy to handle. Knead for 10 minutes, until dough springs back when you fold it in half. Place in well-greased bowl and let rise until double. Punch down and allow to rise again until double. Punch down again. Shape dough into 1-inch balls. Place 3 balls each into greased muffin cups. Allow rolls to rise until double. Bake at 350° until lightly browned, about 15 minutes (if these rolls are overbaked, they're dry). Remove from pans to wire racks, and butter top of rolls immediately.

### Butter Horn Rolls

Irene Cole

Dissolve:

1 pkg. yeast	1 c. warm milk (microwave 1 minute)
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Cream together:

3/4 c. softened butter	1/2 c. sugar
------------------------	--------------

Add to above:

4 c. flour	1 1/2 t. salt
3 beaten eggs	Yeast mixture

Mix well. Let rise in a warm place until doubled, 1 1/2 to 2 hours. Then knead 10 minutes. Put into greased bowl, cover with foil, and refrigerate overnight.

For rolls, take 1/3 of the dough. Roll into a circle, spread with melted butter; cut in half and then into 4 or 5 pieces. Beginning at the large end, roll each piece and place on a baking pan with the point of the dough underneath. Let rise after rolls are shaped for about 1 or 1 1/2 hours. Bake at 400° for 8 minutes. Tip: if pressed for time, place dough in freezer until chilled. This recipe makes about two dozen rolls.

**Oatmeal Dinner Rolls**

2 c. water	1 c. quick-cooking oats
3 T. butter	1 pkg. yeast
1/3 c. warm water	1/3 c. brown sugar
1 T. sugar	1 1/2 t. salt
4 3/4–5 1/4 c. flour	

In a saucepan, bring water to a boil; add oats and butter. Cook and stir for 1 minute. Remove from the heat; cool to lukewarm. In a mixing bowl, dissolve yeast in warm water. Add the oat mixture, sugars, salt, and 4 cups of flour; beat until smooth. Add enough remaining flour to form a soft dough. Turn onto a floured board; knead until smooth and elastic, about 10 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour. Punch dough down. Shape into 18 balls. Place in two greased 9" round baking pans. Cover and let rise until doubled, about 45 minutes. Bake at 350° for 20–22 minutes or until golden brown. Remove from pan to wire racks.

**Pumpkin Knot Rolls**

2 pkg. yeast	1 c. warm milk
1/3 c. butter, softened	1/2 c. sugar
1 c. canned pumpkin	3 eggs
1 1/2 t. salt	5 1/2–6 c. flour
1 T. cold water	1 egg
sesame or poppy seeds, optional	

In a mixing bowl, dissolve yeast in warm milk. Add the butter, sugar, pumpkin, 3 eggs, salt, and 3 c. flour. Beat until smooth. Stir in enough remaining flour to form a soft dough. Turn onto a lightly floured surface; knead until smooth and elastic, about 10 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour. Punch dough down. Turn onto a lightly floured surface; divide in half. Shape each portion into 12 balls. Roll each ball into a 10" rope; tie into a knot and tuck ends under. Place 2" apart on greased baking sheets. In a small bowl, beat water and remaining egg. Brush over rolls. Sprinkle with sesame or poppy seeds if desired. Let rise until doubled, about 30 minutes. Bake at 350° for 15 minutes, or until golden brown.

**Sticky Buns**

Margaret Evans

1 1/2 c. warm milk	1/2 c. oil
2 eggs, well beaten	4 T. sugar
2 t. salt	2 pkg. yeast
1/2 c. warm water	About 6 c. flour

Mix together milk, sugar, salt, and oil. Stir yeast into water until dissolved. Mix in milk mixture and egg. Stir in enough flour to make a stiff dough. Knead until smooth and elastic, about 10 minutes. Let rise 1 1/2 hours or until doubled. Punch down.

## Yeast Breads

Meanwhile, prepare each of three 13 x 9 pans with 3 T. soft butter spread on the bottom of the pan, sprinkled with 1/4 c. brown sugar and topped with chopped pecan pieces.

Divide dough in three pieces. Roll dough on lightly flour surface into 12" x 11" rectangle. Spread with 3 T. soft butter, 1/4 c. brown sugar, and generous cinnamon. Roll up jelly roll style. Cut into slices and place cut side down in prepared pans. Gently press rolls to about 1" high. Repeat these steps with the remaining dough.

Pour 1/2 c. dark corn syrup over each pan of rolls.

Cover and let rise until doubled, 35 – 40 minutes. Bake in 400° oven for 18 minutes, or until light golden brown. Immediately lift out onto a large plate. Makes 3 dozen.

### Cinnamon Twists

Vilda Forster

1 pkg. yeast	1/4 c. warm water
1 c. warm milk	2 T. butter
2 T. sugar	1 t. salt
1 egg	3 1/2 c. flour

Dissolve yeast in 1/4 c. water. In a mixing bowl, combine milk, butter, sugar, salt, egg, yeast mixture, and half of flour. Mix well, Add remaining flour a little at a time to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 10 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled. Punch dough down. Melt 4 T. butter in a bowl and put cinnamon sugar in another bowl. Pinch off a piece of dough and roll it into a rope. Dip into butter and then cinnamon sugar. Tie in a knot. Let rise on baking sheet until double. bake at 375° for 10–15 minutes. Makes 2 dozen.

### Cinnamon Rolls

Cheri Wilsted

1/2 c. butter	1 c. warm milk
2 eggs, beaten	3/4 c. sugar
2 t. salt	1 c. water
1/2 c. lukewarm water	2 pkg. yeast
7 1/2 c. flour	

Combine butter and milk. Mix well. Add eggs, sugar, salt, and water. Soften yeast in lukewarm water. Combine. Add half of flour. Beat well. Add remaining flour one cup at a time. Cover and chill overnight. Divide dough into two parts. Roll each part into a 15" square. Spread melted butter over dough and sprinkle with cinnamon sugar. Roll up into log and cut into 1" sections. Let rise until double in size. Bake at 375° for 15–20 minutes.

**Rabbit Rolls**

6 1/2 – 7 c. flour	2 pkg. yeast
1/2 c. sugar	2 t. salt
2 c. water	1/3 c. butter
2 eggs	1 egg
1 T. water	raisins

In a large bowl, combine 2 1/2 c. flour, yeast, sugar and salt; mix well. Heat 2 c. water and butter until very warm (butter doesn't need to melt). Add to the flour mixture. Add two eggs. Blend at low speed until moistened; beat 3 minutes at medium speed. Gradually stir in enough remaining flour to make a soft dough. Knead about 5 minutes. Place in greased bowl, turning to grease top. For quick-rise yeast, allow to set 5–10 minutes before placing in refrigerator. Cover. Refrigerate 6–12 hours.

After dough has chilled, divide into 4 parts. Shape one part at a time. Refrigerate remaining dough until ready to use. Place rolls 2" apart on greased cookie sheets. Combine egg and water; gently brush rolls. Let rise at room temperature until almost doubled. Bake at 400° for 8–10 minutes until golden brown. Serve warm or cold.

To shape rolls: Divide each part into 9 balls. Roll each ball into an 18" roll (roll it the way you make snakes out of clay). Cut 10" for the body, 5" for head and 1" for tail and ears. Swirl rolls for head and body and place together on cookie sheet. Form ears and tail and attach to bunny. Make sure you pinch the body parts together securely. Also, make the ears longer and narrower than you think they might need to be because the dough will rise and make them look shorter. Cut raisins in half and push into place to make eyes.

Tuck and pinch the ends of the swirls very securely or they will work loose during the rising and baking process.



## Yeast Breads

### Challah

Betty Johnston

2 pkgs. yeast	1 3/4 c. warm water
1 T. salt	1/2 c. sugar
1/2 c. melted butter	4 well-beaten eggs
7-8 c. flour	

#### Glaze:

1 egg, beaten	1 T. water
sesame or poppy seeds	

Dissolve the yeast in water. In a mixing bowl, combine salt, sugar, butter, eggs, 1/3 of the flour; and the yeast mixture; mix at high speed for a minute. Add the remaining flour, a cup at a time, to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 10 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 2 hours (I warm the oven to 170° or 180°, turn it off, and put the bowl of dough inside; I don't cover it). Punch dough down. Divide into six pieces and roll each piece into an 18 inch rope. Place on a greased baking sheet. Braid ropes together (three ropes per loaf), pinch ends. Combine glaze thoroughly; brush over braid and sprinkle with sesame seeds or poppy seeds. Let rise about 30 minutes. Bake at 350° for 22 minutes, or until golden brown. If you've made it into two loaves, bake for 25 minutes.

### Raisin Bread

Betty Crocker Cookbook

2 pkgs. yeast	3/4 c. warm water
3 T. butter-flavored shortening	2 2/3 c. warm water
1/4 c. sugar	1 c. raisins or Craisins
1 T. salt	7 1/2 c. flour
1/4 c. sugar	2 t. cinnamon

Dissolve yeast in 3/4 c. warm water. Stir in 2 2/3 c. warm water, sugar, salt, shortening and 5 cups of the flour. Beat until smooth. Mix in enough remaining flour to make dough easy to handle.

Turn dough onto lightly floured board; knead until smooth and elastic, about 10 minutes. Place in a greased bowl; turn greased side up. Cover; let rise in warm place until double, about 1 hour (I always turn the oven to "warm" and then turn it off and let the bread rise in the oven).

Punch down dough; divide in half. Roll each half into rectangle, 18" x 9". Sprinkle each rectangle with 1 t. water and a mixture of 1/4 c. sugar and 2 t. cinnamon. Roll up, beginning at short side. With side of hand, press each end to seal. Fold ends under loaf. Place seam side down in greased loaf pan. Let rise until double.

Bake at 400° for 30 minutes.

**Nine-Grain Bread**

2 c. warm water	2 pkg. yeast
2 T. honey or sugar	2 T. butter-flavored shortening
2/3 c. milk	5 c. unbleached flour
3 c. whole wheat flour	1/3 c. seven-grain cereal
1 T. salt	1/4 c. sesame seeds
1 c. rolled oats, for topping	

Cook cereal in 1 cup boiling water until softened (the more you cook it, the more it blends into the bread and the less you notice the seeds, so I only let it boil about a minute). Cool. Mix yeast and warm water. In mixing bowl, combine honey, shortening, milk, cooled cereal, salt, sesame seeds, yeast mixture, and whole wheat flour. Mix at high speed for a minute. Add the remaining flour, a cup at a time, to form a soft dough. Knead until smooth and elastic, about 10 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour. Punch dough down. Shape into 2 loaves, wet with water, and roll in rolled oats to coat. Place the bread in 2 greased loaf pans. Let rise to slightly above the top of the pans (less than half an hour). Bake at 375° for about 40 minutes. This bread is moist and light, in spite of being almost half whole wheat. You can buy the seven-grain cereal at a health food store (Strawberry Fields in Urbana carries it). Two and one-half cups wheat berries makes three cups whole wheat flour.

**Whole Wheat Bread**

Judy Kinder

2 pkg. yeast	1 1/2 c. warm water
3/4 c. milk	3 T. sugar
2 t. salt	1/3 c. melted butter
1/3 c. honey	4 1/2 c. whole wheat flour
2 3/4 c. white flour	

Mix yeast and warm water. In mixing bowl, combine milk, sugar, salt, butter, honey, the yeast mixture, 2 c. wheat flour, and 2 c. white flour. Add the remaining flour, a cup at a time, to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 10 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 1/2 hours. Punch dough down. Divide into two loaves and place in greased loaf pans. Let rise one hour. Bake at 400° for 25–30 minutes.

## Yeast Breads

### French Bread

Betty Johnston

2 pkg. yeast	2 T. sugar
2 t. salt	2 1/2 c. warm water
6 c. flour	1 egg

Mix together yeast, sugar, salt, and water. Add half of flour and then add the rest of the flour half a cup at a time. Knead for 10 minutes. Let rise for 1 1/2 hours, until doubled. Punch down, cut in half, and roll out until the dough matches the French loaf pan. Make sure to spray the pan with Pam. Brush with a beaten egg that has been mixed with 1 t. water. Snip with scissors. Let rise 25 minutes. Bake at 400° for 10 minutes, at 350° for 15 minutes, turn out onto oven rack and bake 5 additional minutes. Makes two loaves. This recipe takes about 2 1/2 hours start to finish.

### Whole Wheat French Bread

Emily Jamison

2 c. warm water	2 t. salt
1 T. sugar	2 pkg. yeast
3 c. whole wheat flour	2 1/2–3 c. white flour

Dump ingredients in this order into bread machine, bowl, mixer, or Kitchen Aid. Stir for 5–10 minutes. This should be a stiff dough; add more flour if it is sticky. Place dough in oiled bowl and cover with plastic wrap and a towel. Allow to rise until doubled in size (1–2 hours). Punch down, shape into 2 long French-style loaves, place on cookie sheet or in French bread pans. Slash the tops with a knife or cut with scissors diagonally. Let rise 30–45 minutes. Preheat oven to 450°. Bake for 20 minutes. Turn off oven and leave bread in oven for 5 more minutes. Remove and cool.

### Squash Braid

1 pkg. Yeast	2 T. warm water
1/2 c. warm milk	1 c. mashed cooked butternut squash
1/4 c. butter, softened	1 egg
3 T. brown sugar	1/4 t. salt
3 – 3 1/2 c. flour	

#### Glaze:

1 egg, beaten	1 T. water
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In a small bowl, dissolve yeast in water. In a mixing bowl, combine squash, milk, butter, egg, brown sugar, and salt; mix well. Add yeast mixture and 1 1/2 c. flour; mix well. Add enough remaining flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 10 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour. Punch dough down. Divide into thirds; roll each third into an 18 in. rope. Place on a greased baking sheet. Braid ropes together; pinch ends. Combine glaze ingredients; brush over braid. Cover and let rise until nearly doubled, about 30 minutes. Bake at 350° for 20–25 minutes, or until golden brown.

**Herb Bread**

Mark Spear

2 pkg. yeast	1/2 c. warm water
1/2 c. butter	1/3 c. brown sugar
2 c. warm milk	1 T. salt
1 t. basil	1 t. caraway seeds
1/2 t. thyme	7 1/2 – 8 c. flour

Melt butter and add brown sugar, milk, salt, basil, caraway seeds, and thyme. Cool to lukewarm. Dissolve yeast in warm water. Mix butter mixture with yeast mixture and add half of the flour. Mix well. Add remaining flour one cup at a time to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 10 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 1/2 hours. Punch dough down. Let rise again about 30 minutes. Divide into two loaves and place in greased loaf pans. Let rise about 45 minutes. Bake at 375° for 30 minutes.

**Artisan Bread in Five Minutes a Day**

2 3/4 c. lukewarm water	1/4 c. oil (canola or olive)
1/2 T. granulated yeast	1 1/2 T. coarse kosher salt
6 1/2 c. all-purpose flour	Cornmeal for pizza peel

Note: The authors suggest using a pizza peel and a baking stone. Alternatively, you can use a cookie sheet lined with parchment paper.

In a 5-quart bowl, mix the yeast, water and salt. Add all the flour, then use a wooden spoon to mix until all ingredients are uniformly moist. It is not necessary to knead or continue mixing once the ingredients are uniformly moist. This will produce a loose and very wet dough.

Cover with a lid (not airtight). Allow the mixture to rise at room temperature until it begins to collapse, about 2 hours, but no more than 5 hours.

After rising, the dough can be baked immediately, or covered (not completely airtight) and refrigerated up to 14 days. The dough will be easier to work with after at least 3 hours refrigeration.

On baking day, prepare a pizza peel (or prepared cookie sheet) by sprinkling it liberally with cornmeal to prevent the bread from sticking when you transfer it to the oven. Uncover the dough and sprinkle the surface with flour. Pull up and cut off a 1-pound (grapefruit size) piece of dough (serrated knives work best). Store the remaining dough in the bowl and refrigerate for baking at another time.

Hold the mass of dough in your hands and add a little more flour as needed so it won't stick. Create a smooth ball of dough by gently pulling the sides down around to the bottom, rotating the ball a quarter-turn as you go. While shaping, most of the dusting flour will fall off. The bottom of the loaf may appear to be a collection of bunched ends, but it will flatten out during resting and baking. Shaping the loaf this way should take no more than 1 minute.

## Yeast Breads

Place the dough on the pizza peel. Allow the loaf to rest for about 40 minutes. It does not need to be covered. The bread may not rise much during this time.

Twenty minutes before baking, place a pizza stone on the center rack of the oven. Remove any upper racks. Place a broiler pan or an aluminum pie pan on a rack below the pizza stone. Preheat the oven to 450°.

When the dough has rested for 40 minutes, dust the top liberally with flour, then use a serrated knife to slash a 1/4" deep cross into the top.

Slide the loaf off the peel and onto the baking stone. Quickly but carefully, pour 1 cup of hot water into the broiler tray and close the oven door.

Bake for about 30 minutes, or until the crust is nicely browned and firm to the touch. Allow the bread to cool completely, preferably on a wire cooling rack.

### Monkey Bread

Ruth Hassell

2 pkg. yeast	2 T. sugar
1 1/2 c. warm milk	5 c. flour
1/3 c. butter	1 egg
1 t. salt	1 stick butter
garlic salt or cinnamon sugar	

Mix yeast, sugar, and warm milk together. Add egg, butter, salt, and gradually add the flour. Knead 10 minutes. Let rise until doubled in size. Punch down and let rise again. Spray a bundt pan with Pam. Roll the dough into a rectangle and cut into strips that are 3/4" wide and 1" long. Melt stick of butter and add garlic salt or cinnamon sugar. Roll each strip of dough into a ball and dip in the flavored butter. Fill the bundt pan with the dough balls. Let rise again. Bake at 400° for 30 minutes.

### Danish Pastry

#### Basic dough:

Dissolve:

2 pkg. yeast	1/2 c. warm water
1 T. sugar	

Mix together:

1/2 lb. butter	2 beaten eggs
2 c. warm milk	1 t. salt
1 c. sugar	6 1/2 c. flour

Pour warm milk over butter and sugar. Add eggs and yeast mixture. Add flour and salt (half at a time). Blend. Cover and let rise in a warm place for 1 hour. Divide into 4 parts. Roll out each part to a 14" x 18" rectangle on a piece of floured aluminum foil. With a knife, divide the rectangle into three long pieces. On each piece, spread one of the fillings (below), with a different filling on each piece. Fold the edges of each piece in and pinch well to seal. Braid the three pieces, pinching the ends well. Glaze the top and decorate

with maraschino cherries and nuts. Let raise. Bake at 350° for 25–30 minutes. Makes 4 pastries.

**Cream filling:**

1 c. milk	3 egg yolks
1/2 t. salt	1/3 c. sugar
2 T. flour	1 t. vanilla

Mix sugar and flour, add other ingredients. Cook, stirring constantly, until mixture is thickened and boils for about a minute.

**Almond filling;**

1/2 lb. softened butter	3/4 c. sugar
1/3 c. rolled oats	2 t. almond extract

Mix together.

**Crumb mixture:**

1/2 lb. softened butter	1/2 c. flour
1/2 c. sugar	1/4 c. chopped nuts

Mix together.

**Glaze:**

2 egg whites, beaten slightly

**Swedish Tea Ring**

Debbie Hartman

1/4 c. warm water	1 pkg. yeast
3/4 c. lukewarm milk	1/4 c. sugar
1 t. salt	1 egg
1/4 c. butter-flavored shortening	About 3 1/2 c. flour

Dissolve yeast in water. Add milk, sugar, salt, egg, shortening, and half of the flour to yeast. Mix with spoon until smooth. Add enough remaining flour to handle easily. Knead until smooth, about 5 minutes. Put in greased bowl and cover with cloth. Let rise until double, about 1 1/2 hrs. Punch down. Let rise again until double, about 30 minutes. Roll out dough onto floured surface. Spread with filling mixture and roll up, jelly roll style. Shape into a ring. With scissors, cut deep slits into ring, with part of the scissors underneath the ring and part of the scissors on top. Stick butter knife underneath each piece and flip the underneath side to the left (kind of lay it down). Continue moving to the left and overlap each piece on the one to the right. Let rise and bake at 375° for 15–20 minutes. Frost when cool and decorate with nuts and maraschino cherries. Makes one tea ring.

## Yeast Breads

### **Filling:**

3 T. melted butter  
3 t. cinnamon

3/4 c. sugar

### **Icing:**

powdered sugar  
vanilla

milk

## **Spudnuts**

Emer Dean Broadbent

4 c. lukewarm milk  
1 c. sugar  
5 eggs  
2 c. mashed potatoes

1 c. butter-flavored shortening  
1 T. salt  
2 pkg. yeast  
10–12 c. flour

Warm milk; add shortening, sugar, salt, and enough flour to make a thin batter. Add beaten eggs and softened yeast (use some of the milk to dissolve the yeast). Beat in potatoes. Add enough flour to make a soft dough. Let rise twice. Do not knead dough, just roll out on well-floured surface about 1/2 inch thick. Cut with a donut cutter and let rise on countertop, which has been lightly floured, until double in volume. Fry in deep hot peanut oil with raised side down until golden brown, turning once. Frost with glaze and dip in nuts or coconut, if desired. Half or one quarter of this recipe is usually plenty.

### **Vanilla Glaze:**

3 1/2 c. powdered sugar (1 lb.)  
1/2 t. maple flavoring

1/2 c. water

Don't let glaze get too watery. Warm glaze and keep at low heat while dipping donuts, but do not boil. Dip donuts while warm and then let drip for a few minutes from a wooden dowel over sink or on a wire rack.

### **Chocolate Glaze:**

1 c. powdered sugar  
1 t. vanilla  
2 squares unsweetened chocolate

1/4 c. milk  
2 T. butter

Melt the chocolate and the butter over hot water. Heat the milk but do not boil. Combine all the ingredients and beat until smooth.

## *Quick Breads, Coffee Cakes*

### **Louise's Coffeecake**

Louise Dunn

Cream in mixer:

1 c. butter

1 3/4 c. sugar

4 eggs

Mix in:

3 c. flour

1 1/2 t. baking powder

1/2 t. salt

1/2 t. almond extract

1/2 c. chopped pecans

Reserve 1 1/2 c. batter. Drop the rest of the batter into a greased jelly roll pan. Spread evenly. Pour

1 can cherry pie filling (or any other flavor pie filling)

over crust. Spread evenly. Dollop on remaining batter and form into three horizontal "logs," using your fingers. Bake at 350° for 30–40 minutes, until golden brown. Cool slightly and drizzle with glaze.

Glaze:

1 c. powdered sugar

1/2 t. almond extract

little bit of milk (enough to make it thin enough to drizzle)

### **Prize Coffee Cake**

Ellen Collins

3/4 c. sugar

1/4 c. butter-flavored shortening

1 egg

1/2 c. milk

1 1/2 c. flour

2 t. baking powder

1/2 t. salt

#### **Streusel Mixture:**

1/2 c. brown sugar

2 T. flour

2 t. cinnamon

2 T. melted butter

1/2 c. chopped nuts

Mix sugar, shortening, egg, and milk in mixer. Add flour, baking powder, and salt; mix thoroughly. Pour batter into a greased 9 x 9 pan. Mix the streusel mixture together by hand and pour over batter. With a knife, swirl the streusel into the batter. Bake at 350° for 25–30 minutes, until a toothpick inserted in the coffee cake comes clean.

**Blueberry Coffeecake**

Joy Erickson

1/4 c. butter	1/2 t. salt
3/4 c. sugar	2 c. frozen blueberries
1 egg	1/2 c. sugar
1/2 c. milk	1/4 c. flour
2 c. flour	1/2 t. cinnamon
2 t. baking powder	1/4 c. butter

Cream 1/4 c. butter and 3/4 c. sugar in bowl until light and fluffy. Add egg and milk; mix well. Add mixture of 2 c. flour, baking powder, and salt; mix well. Fold in blueberries. Put in greased and floured 8" square pan. Place remaining 4 ingredients in bowl. Cut in butter with 2 knives until crumbly. Sprinkle over batter. Bake 40–45 minutes at 375°.

**Jo's Cornbread**

JoAnne Broadbent

3/4 c. cornmeal	1 c. milk
3/4 t. salt	1 egg, well beaten
1 c. flour	2 T. melted butter-flavored shortening
1/3 c. sugar	5 t. baking powder

Mix wet ingredients with a whisk. Add dry ingredients, mixing until just mixed. Bake in 9 x 9 pan for 15–18 minutes at 425°, or until toothpick comes clean. Do not over bake.

**Cornmeal Muffins**

Lois Brough

1 c. cornmeal	4 t. baking powder
1 t. salt	4 T. sugar
1 c. flour	4 T. melted butter-flavored shortening
1 1/4 c. milk	1 egg

Mix wet ingredients together and add dry ingredients, just enough to dampen ingredients. Fill greased muffin pans 2/3 full. Bake at 400° for 20 minutes. Makes 1 dozen.

**Blueberry Muffins**

Jean Evans

1 1/2 c. flour	1/2 c. sugar
1/2 t. salt	1 T. baking powder
1 egg	1/2 c. milk
1/4 c. melted butter-flavored shortening	1 c. blueberries, frozen

Mix wet ingredients together, with a spoon, and add dry ingredients. Mix until batter is moistened, but don't over mix. Fold in frozen blueberries. Line muffin pan with paper liners and fill them 2/3 full. Bake at 425° for about 18 minutes, until golden brown. Makes 11.

**Pumpkin Bread/Muffins**

Barbara Spear

4 eggs	3 c. sugar
1 c. oil	2 c. canned pumpkin
2/3 c. water	2 t. baking soda
1 1/2 t. salt	1 t. cinnamon
1 t. nutmeg	3 1/3 c. flour
1 c. chopped pecans	

In a mixer, mix wet ingredients together well. Add dry ingredients. Pour into two greased loaf pans and bake at 350° for 1 hour. You can also fill greased muffin tins 2/3 full with batter and bake at 400° for 20 minutes. Makes 2 1/2 dozen muffins.

**Raisin Bran Muffins**

Betty Moloney

15 oz. box Raisin Bran cereal	3 c. sugar
5 c. flour	2 t. salt
5 t. baking soda	1 c. oil
1 quart buttermilk	4 eggs, beaten

Mix wet ingredients well and stir in dry ingredients. This batter will keep in the refrigerator for 6 weeks, in a sealed container. Fill muffin cups 2/3 full of batter and bake at 375° for 20 minutes.

**Whole Wheat Applesauce Muffins**

3/4 c. sugar	1/2 c. oil
2 eggs	1 c. applesauce
3/4 t. vanilla	1 1/4 c. whole wheat flour
1 t. baking powder	1/2 t. salt
1 t. cinnamon	1/2 t. nutmeg
1/4 c. instant dry milk	1/2 c. raisins

Mix together wet ingredients. Add dry ingredients. Batter is runny. Fill greased muffin tins 2/3 full and bake at 400° for 20 minutes. Makes 1 dozen muffins.

### **Pineapple Upside-Down Muffins**

1/4 c. brown sugar	1 1/2 c. 40% Bran Flakes cereal
2 T. melted butter	12 pecan halves
1 1/2 c. flour	3 1/2 t. baking powder
1 t. salt	1/4 c. milk
1/3 c. sugar	1 egg
1/4 c. oil	1/2 c. chopped nuts
1 can (8 oz.) crushed pineapple in juice, undrained	

Combine brown sugar and butter. Portion scan teaspoon into each of 12 greased muffin pan cups. Place nut half in each. Stir together flour, baking powder, salt, and sugar. Measure bran flakes, pineapple, and milk into a large bowl. Mix well. Let stand 2 minutes. Add egg and oil. Beat well. Stir in nuts. Add flour mixture, stirring only until combined. Portion evenly into muffin tin. Bake at 400° for 25 minutes or until browned. Invert onto serving plate. Serve warm.

### **Banana Muffins**

Jess Allen

3 or 4 large ripe bananas	1/2 c. sugar
1 slightly beaten egg	1/3 c. melted butter
1 t. baking soda	1 t. baking powder
1/2 t. salt	1 1/2 c. flour
1 c. chocolate chips (optional)	

Mash bananas, leaving some lumps. Mix bananas, sugar, egg and butter together. Set aside. In a separate bowl, mix dry ingredients. Mix wet and dry ingredients together, being careful not to over stir! Fold in chocolate chips. Pour into greased muffin tins. This recipe makes 18 muffins.

Bake at 350° for approximately 16 minutes (depends on your oven)

### **Biscuits**

Betty Johnston

1 3/4 c. flour	1 1/2 t. baking powder
1/8 t. salt	1/4 t. sugar
5 T. butter, softened	

Blend with pastry cutter until the mixture is like little peas. Add:

3/4 c. milk

Knead as little as possible. Roll out to 1/4 inch thickness. Cut into 10–15 biscuits. Bake at 450° for 10 minutes.

### Old Homestead Buttermilk Biscuits

1/4 c. warm water	2 T. dry active yeast
5 c. flour	1 T. baking powder
1 t. salt	1 t. baking soda
1 c. sugar	1 c. butter-flavored shortening
1 3/4 c. buttermilk	

Place warm water in small bowl. Add yeast and stir to dissolve. Set aside.

Pour flour into food processor fitted with mixing blade. Add baking powder, salt, baking soda, and sugar. Add shortening and process until mixture is crumbly like coarse cornmeal. Add buttermilk and yeast and mix well.

Roll dough out on a lightly floured board to a thickness of 1 inch. With a biscuit cutter, cut dough in to 2 1/2 inch rounds and place on a baking sheet. Bake (no rising time is necessary) at 400° for 15–20 minutes, until golden brown. Makes about 1 1/2 dozen biscuits.

### Cheddar Biscuits

2 c. Bisquick	2/3 c. milk
1/2 c. shredded cheddar cheese	1/4 t. garlic powder
3 T. butter, melted	

Combine Bisquick, milk, cheese, and garlic powder. Mix with a spoon about 30 seconds. Spoon onto greased cookie sheet. Smooth tops down with spoon. Bake at 450° for 8–10 minutes, until they start to turn golden brown. Pour butter over hot biscuits. Makes 10 biscuits.

### Poppyseed Bread

Margaret Evans

Soak overnight or two hours ahead:

4 oz. poppyseeds	1 can evaporated milk (1 2/3 c.)
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Beat together:

2 c. sugar	1 1/2 c. oil
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Add:

4 eggs	1 t. vanilla
3 c. flour	1 1/2 t. baking soda
1 t. salt	

Add seed and milk mixture. Bake in 4 small pans at 350° for about 40 minutes.



### Dill Bread

1 pkg. yeast	1/4 c. warm water
1 c. creamed cottage cheese	2 T. sugar
1 T. instant minced onion	1 T. butter
2 t. dill seed	1 t. salt
1 t. baking soda	1 egg
2 1/4 – 2 1/2 c. flour	

Mix ingredients together. Let rise one hour. Stir down. Put in greased baking pan. Let rise 30–40 minutes. Bake at 350° for 30 minutes. Brush with butter and salt.

### Herbed Pinwheels

1 pkg. refrigerator crescent rolls	4 T. butter
2 T. parsley flakes	1/2 t. oregano
1/4 t. tarragon	1/4 t. ground thyme

Soften butter to room temperature (do not melt). Mix herbs with softened butter and blend well. Place two sections of crescent rolls side by side on lightly flour surface. Lightly flour rolling pin. Gently roll into 10 x 12 inch rectangle. Spread butter/herb mix to completely cover crescent. Roll (long side). Slice into 12 rolls. Place on greased jelly roll pan. Beat 1 egg and 1 T. water and brush on rolls with pastry brush (tops and sides). Bake at 375° for about 15 minutes.

### Cranberry and White Chocolate English Tea Scones

Annie Post

1 3/4 c. flour	2 t. baking powder
1/2 t. salt	1 T. sugar
8 T. butter (unsalted and cold) cut into 1/3 inch cubes	
1/2 c. Craisins	1/2 c. white chocolate baking chips
3/4 c. buttermilk, divided	

Heat oven to 400°. Combine the flour, baking powder, salt, and sugar in an electric mixer. Using the paddle attachment, add the butter and mix just until coated with flour. The butter chunks should remain fairly large, no less than half their original size. Add dried cranberries and white chocolate chips. Stir gently. With the mixer set on a slow speed add 2/3 c. of the buttermilk and mix until just absorbed. Stop mixing when the dough begins to pull away from the sides of the bowl.

Scrape the dough from the bowl and shape into a ball. With well-floured fingers, pat the dough into a 7-inch-diameter disk. Cut the disk into quarters and then again into eighths or sixteenths. Set the cones on a baking sheet lined with kitchen parchment and brush the tops with the remaining buttermilk. Bake until well-browned. About 15–20 minutes (15 minutes if the scones are cut into sixteenths). Ice with almond glaze and sprinkle with sliced almonds.

These taste much better fresh; they're not as good the second day.

## Quick Breads, Coffee Cakes, Pancakes, & Waffles

### **Glaze:**

1 c. powdered sugar

4 t. milk

1/4 t. almond extract

1/4 c. sliced almonds

You can create your own specialty scones by adding any of the following:

Chocolate chips, chopped nuts, orange or lemon rind, favorite dried fruits (raisins, currants, apricots, etc.)

# *Pies*

## **Grandma Barbre's Pie Crust**

Nelle Ensley

2 c. flour  
1 t. salt  
ice water

1 c. butter-flavored shortening  
1/2 t. baking powder

Blend flour, shortening, salt and baking powder very well with a pastry blender. Add ice water, about 1 T. at a time (about 1/2 cup), to hold it together. Handle the dough as little as possible once you've added the ice water. If you chill the dough in the refrigerator before you roll it out, it is much easier to handle.

Spread a layer of flour on the counter and place a third of the dough on it. Using a floured rolling pin, roll into a circle about 12" round, rolling from the center out to the edges. Roll to about 1/16" thickness. You can also freeze the dough and it's best to thaw it in the refrigerator. This is enough pastry for three 9" pies, without top crusts.

To bake just the crust, line the pie plate with the dough and flute the top edge. Prick the crust in about 10 places with a fork to allow air to escape. Put a smaller aluminum pie plate inside the crust to help keep it in place. Bake at 425° for about 10 minutes, until lightly browned. You may need to remove the aluminum pie plate for a few minutes at the end to allow the bottom crust to bake.

To make pinwheels, roll leftover pie dough into a rectangle. Spread with a thin layer of brown sugar. Roll up like a jellyroll and pinch the seam well. Slice into 1/4" sections and lay each pinwheel on the cookie sheet. Bake at 425° until lightly browned.

To make a pie dough cake, roll leftover pie dough into a piece that will fit in the bottom of a pie plate. Prick in several places with a fork and sprinkle with cinnamon sugar. Bake at 425° until lightly browned.

## **Fruit Turnovers**

Cindy Burton

Roll out a piece of pie dough into a circle that is about 5" in diameter. On half of the dough put a spoonful or two of pie filling (cherry, apple, blueberry, lemon). One can of pie filling will make six tarts. Fold over the pie dough and seal by pressing down with your fingers. Crimp with a fork and trim unwanted edge with a knife. Bake at 425° until golden brown. Glaze immediately with a powdered sugar glaze.

### **Apple Dumplings**

Hazel Evans

Make 1 1/2 recipes pie crust. Peel and cut up apples. Roll out pie crust into 5" squares. Place about 1/3 c. of apples in the center of the pie crust. Sprinkle with cinnamon and sugar. Pull corners of pie dough up and form around the apples into a ball. Place 12 of these bundles of apples in a 13 x 9 pan. Bake at 425° for 30 minutes. While the dumplings are baking, mix 1 c. sugar and 1 c. boiling water until the sugar dissolves. Pour over the dumplings after they've baked the half hour. Reduce heat to 350°. Bake another 30–45 minutes, until the crust is golden brown. Serve with vanilla ice cream.

### **Dutch Apple Pie**

Joy Erickson

4 large tart apples (sliced)                      1/2 cup sugar with 1 t. cinnamon  
2 T. flour

Mix together and put in an unbaked 9" pie shell.

Mix:

1/2 c. sugar    3/4 c. flour

Cut in until crumbly:

1/3 c. butter

Before you put the pie in the oven, take a 12" piece of foil and fold it in half. Cut a half circle on the folded edge so that when it's unfolded you have a circle cut out of the foil. Place the foil collar over the pie so that the outside crust is entirely covered. Crimp lightly to hold it in place. This prevents the outside crust from overbrowning. Cover the apples with the crumb mixture and bake at 450° for 10 minutes. Reduce heat to 350° and bake 45–60 minutes longer, or until the pie is bubbling around the edges. The length of baking time depends on the variety and age of the apples you're using.

### **Banana Cream Pie or Coconut Cream Pie**

French cream filling:

3/4 c. sugar    1/3 c. flour  
3 T. cornstarch    salt

Mix together and add:

2 egg yolks    3/4 c. warm milk

Stir well and add:

3 c. warm milk

Heat, stirring constantly, until mixture boils. Boil 2 minutes. Then add:

1 1/2 T. butter    1 1/2 t. vanilla

Cool. Combine with 3–4 bananas and pour into a baked 9" pie shell. Top with whipped cream. For coconut cream pie, mix about 1 cup coconut into the cooked filling. Top with whipped cream and toasted coconut.

**Fruit Pies**

Line a 9" pie plate with crust. Mix 1/3 cup flour, 1 cup sugar, and 1 quart berries. Pour into pie crust. Dot with 1 T. butter, cut into small pieces. Cover with top crust, sprinkle with sugar. Before you put the pie in the oven, take a 12" piece of foil and fold it in half. Cut a half circle on the folded edge so that when it's unfolded you have a circle cut out of the foil. Place the foil collar over the pie so that the outside crust is entirely covered. Crimp lightly to hold it in place. This prevents the outside crust from overbrowning. Bake at 425° for 10–15 minutes. Reduce temperature to 350° and bake until the juices boil out of the pie crust. I always put a sheet of foil under the pie to catch the juice.

**Cherry Pie**

1 c. sugar	1/3 c. flour
5 c. tart cherries	1/4 t. almond extract
1 T. butter	

Follow the instructions for fruit pies, above.

**Strawberry Pie**

Bake and cool a 9" pie crust. Wash and slice 5 cups fresh strawberries. Set aside 1 cup of the berries. Mix 1 c. sugar and 4 T. cornstarch in a 2 quart saucepan. Blend in 1 c. water and stir until smooth. Add the cup of berries. Cook and stir over medium heat until thick and clear. Boil one or two minutes, stirring constantly. Add a few drops of red food coloring. Cool. Add remaining berries and pour into crust. Cool about 3 hours before serving. Garnish with whipped cream.

**Peach Cobbler**

Mima Kearl

Line the bottom of a 9"x9" baking dish with piecrust. Mix 1 c. sugar and 1/4 c. flour. Slice 1 quart peaches and combine with the flour and sugar mixture. Dot with butter and cover with pie crust. Make a few slits in the top crust and sprinkle with sugar. Bake at 425° for 10 minutes. Reduce temperature to 350° and bake until the juices boil and start running out.

For a 9"x13" baking pan, I use 1 1/2 recipes crust and 5 quarts of peaches, drained.

**Rhubarb Custard Pie**

Nelle Ensley

Put 4 c. rhubarb, cut into 1/4" pieces, in an unbaked 9" pie shell. Mix and pour over the rhubarb:

2 eggs	1 c. sugar
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Dot with 2 T. butter. Before you put the pie in the oven, take a 12" piece of foil and fold it in half. Cut a half circle on the folded edge so that when it's unfolded you have a circle cut out of the foil. Place the foil collar over the pie so that the outside crust is entirely covered. Crimp lightly to hold it in place. This prevents the outside crust from overbrowning. Bake at 425° for 20 minutes; reduce heat to 325 and bake 25 minutes longer.

## Pies

### Strawberry Rhubarb Pie

1 unbaked 9" pie crust  
1 pint strawberries, sliced

2 c. rhubarb, sliced 1/4" thick

Mix the fruit with:

1/4 c. flour  
1/4 t. salt

1 c. sugar

Dot with:

2 T. butter

Before you put the pie in the oven, take a 12" piece of foil and fold it in half. Cut a half circle on the folded edge so that when it's unfolded you have a circle cut out of the foil. Place the foil collar over the pie so that the outside crust is entirely covered. Crimp lightly to hold it in place. This prevents the outside crust from overbrowning. Bake at 425° for 40 minutes.

### Pumpkin Pie

Nelle Ensley

2 T. melted butter  
2 egg yolks  
1/2 t. salt  
1/2 t. maple flavoring  
1 c. milk

3/4 c. sugar  
2 egg whites, beaten until stiff  
1/4 t. cinnamon  
1 c. mashed pumpkin

Combine butter, sugar, and egg yolks. Add remaining ingredients. Fold in beaten egg whites. Pour into unbaked 9" pie shell. Before you put the pie in the oven, take a 12" piece of foil and fold it in half. Cut a half circle on the folded edge so that when it's unfolded you have a circle cut out of the foil. Place the foil collar over the pie so that the outside crust is entirely covered. Crimp lightly to hold it in place. This prevents the outside crust from overbrowning. Bake at 375° for 1 hour.

### Blueberry Pie

Betty Crocker Cookbook

4 c. fresh blueberries  
1/3 c. flour  
1 T. lemon juice

1/2 c. sugar  
2 T. butter  
pastry for 9-inch two-crust pie

Prepare pastry. Stir together sugar and flour; mix with berries and lemon juice. Turn into a 9" pastry-lined pie pan; dot with butter. Cover with top crust and cut slits for steam to escape. Sprinkle with sugar. Before you put the pie in the oven, take a 12" piece of foil and fold it in half. Cut a half circle on the folded edge so that when it's unfolded you have a circle cut out of the foil. Place the foil collar over the pie so that the outside crust is entirely covered. Crimp lightly to hold it in place. This prevents the outside crust from overbrowning. Bake for 10 minutes at 425° and then about 40–45 minutes; bake until the juices are bubbling out of the pie.

For a 10" pie, use 5 c. blueberries, 2/3 c. sugar, 1/4 c. plus 2 T. flour, 2 T. lemon juice, and 3 T. butter.

**Creamy Blueberry Pie**

Sara Richards

3 c. fresh blueberries	1 9" pie crust
1 c. sugar	1/3 c. flour
1/8 t. salt	2 eggs, beaten
1/2 c. sour cream	1/2 c. sugar
1/2 c. flour	1/4 c. butter

Combine 1 c. sugar, 1/3 c. flour, and salt. Add eggs and sour cream, stirring until blended. Place blueberries in pastry shell and spoon sour cream mixture over berries. In another bowl, combine 1/2 c. sugar and 1/2 c. flour, Cut in butter with pastry blender or fork until mixture resembles coarse meal. Sprinkle this mixture over sour cream mixture and berries in the pie shell. Bake at 350° for 50–55 minutes, or until lightly browned.

**Penny's Chocolate Pie**

Penny Stucki

1/2 c. cocoa	1 1/4 c. sugar
1/3 c. cornstarch	1/4 t. salt
3 c. milk	3 T. butter
1 1/2 t. vanilla	1 baked 9" pie crust
sweetened whipped cream	

In a medium saucepan, stir together cocoa, sugar, cornstarch and salt. Gradually blend milk into dry ingredients, stirring until smooth. Cook over medium heat, stirring constantly, until mixture boils; boil 1 minute. Remove from heat; stir in butter and vanilla. Pour into baked pie crust, while the filling is still hot. Cool and refrigerate 6–8 hours. Top with whipped cream.

**Demetrie's Chocolate Pie**

1 2/3 cups water	5 T. cocoa
1 T sugar	3 T. cornstarch
1 (14 oz.) can sweetened condensed milk	3 egg yolks, beaten
2 T. butter	1 t. vanilla
1 9" pie shell, prebaked plain or graham cracker	
1 carton whipping cream, whipped and sweetened	
Shaved chocolate to sprinkle on top	

In a medium sized saucepan, mix water, cocoa, sugar, and cornstarch with a whisk until all the lumps are gone. Stir in condensed milk and egg yolks. Heat to just under a boil and stir until it's thick.

Reduce heat to low and stir in butter and vanilla, and keep stirring well. Turn off the heat and let it cool some. Pour into a prebaked pie shell.

Cover with pie with wax paper so you don't get a skin. Refrigerate at least 4 hours, until cold. Top with whipped cream and shaved chocolate

## Pies

### Lemon Meringue Pie

Lynne Ream

9" pie shell, baked	1 c. sugar
1/3 c. cornstarch	1/2 t. salt
1 2/3 c. water	1 t. lemon rind, grated fine
1/3 c. lemon juice, fresh not bottled	3 egg yolks
2 T. butter	3 egg whites
1/4 t. cream of tartar	5 T. powdered sugar
1/2 t. vanilla	

Combine sugar, cornstarch, salt and water in a saucepan. Cook over medium heat, stirring constantly, until thick and clear, 5–8 minutes. Remove from heat. Stir in lemon rind and lemon juice. Cook 2 minutes more. Blend about 1/2 c. hot mixture into beaten egg yolks. Return to saucepan and cook 2 minutes, stirring constantly. Add butter; cover. Cool to lukewarm. Pour into baked pie shell and top with meringue, sealing to edge of crust. To make meringue, whip egg whites until frothy, add 1/4 t. cream of tartar, whip them until they are stiff, but not dry, until they stand in peaks that lean over slightly when the beater is removed. Beat in, 1/2 t. at a time, 5 T. powdered sugar. Do not over beat. Beat in 1/2 t. vanilla. Bake at 350° for 10–12 minutes.

### Southern Pecan Pie

Shirley Percy

1/3 c. melted butter	1 c. light Karo syrup
2/3 c. sugar	3 eggs
1/2 t. salt	1 1/2 c. pecan halves
9" pie shell, unbaked	

In a mixer, blend butter, eggs, syrup, sugar, and salt; mix well. Place the pecans on the bottom of the unbaked pie shell and pour the mixture over them. When pecans rise to the surface, turn right side up. Before you put the pie in the oven, take a 12" piece of foil and fold it in half. Cut a half circle on the folded edge so that when it's unfolded you have a circle cut out of the foil. Place the foil collar over the pie so that the outside crust is entirely covered. Crimp lightly to hold it in place. This prevents the outside crust from overbrowning. Bake at 350° for 45 minutes. Shake pie gently to make sure it's done before removing; it will still jiggle slightly.

### Dirt Pie

Cindy Burton

1 graham cracker crust, homemade or Keebler

Combine:

1 c. cold milk	1 pkg. instant chocolate pudding
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Fold in:

8 oz. Cool Whip	1/2 c. (20) crushed Oreos
1 1/2 c. "rocks" (chocolate chips and dry roasted peanuts)	

Pour into graham cracker crust. Top with crushed Oreos. Refrigerate.

**Hawaiian Pie**

Lynette Smith

2 graham cracker pie crusts	1 can condensed milk
1/4 c. lemon juice	1 (20 oz.) can crushed pineapple, drained
1 (15 oz.) can Mandarin oranges, drained	1 (16 oz.) Cool Whip

Beat milk and lemon juice together. Fold in fruit. Fold in Cool Whip and pour into pie shells. Best if cooled in refrigerator overnight.



## *Cakes and Frostings*

### **Molten Lava Cakes**

3 eggs	1/4 c. sugar
4 ounces chocolate	1/3 c. butter
1T. cocoa	2 T. flour

Preheat the oven to 375°

Line a 6-cup muffin pan with baking cups.

In the bowl of a mixer, using the wire whisk, beat the egg whites with half of the sugar until stiff.

In a separate bowl, whip the egg yolks with the remaining sugar until fluffy and smooth.

Melt the chocolate, butter and cocoa together in the top of a double boiler or in a bowl placed above boiling water.

Using a rubber spatula, combine all three mixtures together until smooth. Fold in the flour gradually.

Pour the batter into the baking cups and bake for 11 or 12 minutes. Serve immediately. Makes 6 servings.

You can make up this batter in advance and keep it up to 48 hours in the refrigerator. If you use refrigerated batter, let the batter warm to room temperature before baking, or add additional time to the baking time.

Serve with whipped cream or vanilla ice cream.

### **Pumpkin Cake Roll**

Heather Warren

3 eggs	1 c. sugar
2/3 c. canned pumpkin	1 t. lemon juice
3/4 c. flour	2 t. cinnamon
1 t. baking powder	1 t. ground ginger
1/2 t. salt	1/2 t. nutmeg
powdered sugar	1 c. finely chopped nuts (pecans or
walnuts)	

In a large mixing bowl, beat eggs on high speed for 5 minutes; gradually beat in granulated sugar. Mix in pumpkin and lemon juice. Add flour and spices. Spread batter in a greased and floured 15 x 10 x 1 jelly roll pan. Sprinkle with nuts.

Bake in a 375° oven for 15 minutes. Immediately invert cake onto a towel sprinkled with powdered sugar. Roll up cake and towel jelly roll style, starting from one of the short sides. Cool completely. Unroll cake.

## Cakes and Frostings

Mix cream cheese frosting and spread over cake. Roll cake back up; cover and chill.

### Cream Cheese Frosting:

2 (3 oz.) cream cheese, softened	1/4 c. butter or margarine, softened
1/2 t. vanilla	1 c. powdered sugar

Cream together until smooth.

## Chocolate Mousse Cake

### **Crust:**

1 c. chopped pecans	1 c. chopped almonds
1/4 c. softened butter	

### **Filling:**

1 pound (16 squares) semisweet chocolate, coarsely chopped	
1 c. heavy cream	6 large eggs
1 t. vanilla	1/2 c. flour
1/3 c. sugar	

### **Garnish:**

1 c. whipped cream	1 c. fresh raspberries
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Preheat oven to 325°.

To prepare crust, mix together nuts and butter. Press evenly over bottom and up sides of a 9-inch spring form pan.

To prepare filling, in a medium saucepan, heat chocolate and cream over low heat, stirring constantly, until chocolate is melted and smooth. Cool to room temperature, 10 minutes.

Beat together eggs and vanilla at low speed until foamy. At high speed, gradually beat in flour and sugar until thick, 8 to 10 minutes.

Fold one-third of egg mixture into melted chocolate mixture. Fold chocolate mixture, one-quarter at a time, into remaining egg mixture. Spread batter in prepared pan; smooth top.

Bake cake until puffed around outer edges, 45 minutes. Transfer pan to a wire rack to cook for 30 minutes. Remove sides of pan.

Chill cake for 4 hours or overnight. Garnish with whipped cream and fresh raspberries before serving.

## Flourless Chocolate Cake

Louise Dunn

1/2 c. water	1/4 t. salt
3/4 c. white sugar	18 (1 ounce) squares bittersweet chocolate
1 cup unsalted butter	6 eggs

Preheat oven to 300°. Grease one 10" spring form pan.

In a small saucepan over medium heat, combine the water, salt and sugar. Stir until completely dissolved and set aside.

In the top half of a double boiler, melt the bittersweet chocolate. Pour the chocolate into the bowl of an electric mixer.

Cut the butter into pieces and beat the butter into the chocolate, 1 piece at a time. Beat in the hot sugar-water. Slowly beat in the eggs, one at a time.

Pour the batter into the prepared pan. Have a pan larger than the cake pan ready, put the cake pan in the larger pan and fill the pan with boiling water halfway up the sides of the cake pan.

Bake cake in the water bath for 45 minutes. The center will still look wet. Chill cake overnight in the pan. To unmold, dip the bottom of the cake pan in hot water for 10 seconds and invert onto a serving plate.

### **Cheesecake**

#### **Crust:**

1 (9 oz.) box chocolate wafers, crushed    5 T. butter, softened  
1/4 c. ground pecans

Press mixture in bottom and up sides of a 9" spring form pan

#### **Filling:**

3 (8 oz.) pkgs. cream cheese, softened    1 c. sugar  
3 eggs    3/4 c. sour cream  
1 t. vanilla

Beat cream cheese until fluffy. Gradually add sugar; then add eggs one at a time. Stir in vanilla. Pour filling into crust. Bake at 325° about 1 1/2 hours, until the top begins to turn golden brown. Cool before removing sides of pan. Refrigerate. 10–12 servings.

### **Pumpkin Cheesecake**

Jerilyn Roper

#### **Crust:**

1 1/2 c. graham cracker crumbs  
1/4 c. sugar  
1/3 c. melted butter

Combine crumbs, butter and sugar, press into a 9" spring form pan. Bake at 350° for 6–8 minutes. Do not allow to brown. Cool for 10 minutes.

## Cakes and Frostings

### **Filling:**

3 (8 oz.) pkgs. cream cheese, softened	1 c. sugar
1/4 c. brown sugar	2 eggs
1 (15 oz.) can pumpkin	2/3 c. evaporated milk
2 T. cornstarch	1 1/4 t. cinnamon
1/2 t. nutmeg	

Beat cream cheese, 1 cup sugar, brown sugar, until fluffy. Beat in eggs, pumpkin, evaporated milk. Add cornstarch, cinnamon and nutmeg. Beat well, pour into crust. Bake at 350° for 60 minutes or until edge is set but center still moves slightly.

### **Topping:**

2 c. sour cream, room temperature	1 t. vanilla
1/3 c. sugar	

Combine sour cream, 1/3 cup sugar, and vanilla mix well. Spread over surface of warm cheesecake. Bake at 350° for 5 minutes. Cool. Chill several hours or overnight.

### **Cheesecake in 13 x 9 Pan**

20 Oreo cookies, crushed (about 2 cups)	3 T. butter, melted
4 (8 oz.) pkgs. cream cheese, softened	1 c. sugar
1 t. vanilla	1 c. sour cream
4 eggs	
6 squares Baker's semi-sweet baking chocolate, melted and cooled	

Preheat oven to 325°. Line a 13 x 9 inch baking pan with foil, with ends of foil extending over sides of pan. Mix cookie crumbs and butter; press firmly onto bottom of prepared pan. Bake 10 minutes.

Beat cream cheese, sugar, and vanilla in a large bowl with a mixer on medium speed until well blended. Add sour cream; mix well. Add eggs, one at a time, beating on low speed after each addition just until blended. Remove 1 cup of the batter; set aside. Stir melted chocolate into remaining batter in large bowl; pour over crust. Top with spoonfuls of the remaining 1 cup plain batter; cut through batters with knife several times for swirling effect.

Bake 40 minutes or until center is almost set. Cool. Refrigerate at least 4 hours or overnight. Use foil handles to lift cheesecake from pan before cutting to serve. Store any leftover cheesecake in refrigerator. Makes 16 servings.

### **Tunnel Cake**

JoAnne Broadbent

1. Bake an angel food cake. Cool thoroughly. Remove from pan. Wash pan.
2. Cut off top of cake, 1 – 1 1/2" from larger end of cake; set aside.
3. Put cake back in angel food cake pan. Pinch out chunks of cake, leaving 1" shell. Save pieces.

4. Whip 1 carton whipping cream and sweeten it with about 1/8 cup of sugar; set aside in refrigerator. Mix a 3-oz. box of raspberry or strawberry Jello with 1 c. boiling water. Add 10–11 oz. frozen raspberries or strawberries (sweetened or unsweetened). Cool until the mixture thickens a little. Gently fold the whipped cream into the fruit mixture and then fold in the cake pieces.
5. Pour mixture into tunnel of cake. Put top back on cake. Refrigerate for 1–2 hours.
6. Turn cake out onto plate. Whip 2 cartons whipped cream and sweeten with about 1/4 c. sugar. Frost the cake with the whipped cream.

**Heath Bar Cake**

Louise Dunn

- |   |                    |
|---|--------------------|
| 1 angel food cake   | 3 Heath candy bars |
| 1 pint whipping cream   |                    |
| 2 small cans Hershey's fudge topping or 2/3 of a large can (I use about 1 cup of the hot fudge sauce recipe, chilled) |                    |

Whip the cream. Crush the Heath bars in a food processor and fold into the whipped cream. Fold in the fudge topping. Frost the cake.

**Banana Nut Cake**

- |                                   |                            |
|-----------------------------------|----------------------------|
| 2/3 c. butter-flavored shortening | 2/3 c. buttermilk          |
| 3 eggs                            | 1 2/3 c. sugar             |
| 1 1/4 c. mashed ripe bananas      | 2 1/4 c. flour             |
| 1 1/4 t. baking soda              | 1 1/4 t. baking powder     |
| 1 t. salt                         | 2/3 c. finely chopped nuts |

Combine shortening, buttermilk, eggs, sugar, and bananas in a mixing bowl. Blend half a minute on medium speed and then add the rest of the ingredients, scraping the bowl. Beat 3 minutes at high speed, scraping the bowl occasionally. Pour into greased pans. Bake at 350°. 13 x 9 pan: 45–50 minutes. Two 9-inch or three 8-inch pans for about 35 minutes, until a toothpick inserted in the center of the cake comes out clean. Cool. Frost with butter cream frosting.

**Heavenly Chocolate Cake**

Allison Bobofchak

- |  |   |
|--|---|
| 1 package chocolate cake mix             | 1 (14 oz.) can sweetened condensed milk |
| 1 (12 oz.) jar caramel ice cream topping | 1 (8 oz.) Cool Whip, thawed             |
| 1 bag of crushed Heath toffee bars       |   |

Bake cake in a 13 x 9 pan according to package directions and let cool.

With end of wooden spoon, poke holes in cake. Pour sweetened condensed milk over top of cake. Let stand for 5 min. Pour caramel topping over cake and let stand for 5 min. Spread whipped topping evenly over cake. Top with toffee pieces. Chill at least 8 hours or overnight.

## Cakes and Frostings

### Spice Nut Cake

Heather Warren

3 eggs	3/4 c. brown sugar
2/3 c. butter-flavored shortening	1 c. buttermilk
1 c. sugar	2 c. flour
1 t. baking powder	1 t. salt
3/4 t. baking soda	3/4 t. ground cloves
3/4 t. cinnamon	1/2 c. walnuts and/or raisins

Using a mixer, beat the eggs, brown sugar, shortening, and buttermilk together. Add the rest of the ingredients. Pour the batter into a greased 13 x 9 pan. Bake at 350° for 30–35 minutes. Frost with penuche frosting.

#### Penuche Frosting

1/2 c. butter	1 c. brown sugar
1/4 c. milk	powdered sugar

In a saucepan, melt butter and add milk and brown sugar. Bring to a boil and stir for 2 minutes, stirring constantly. Cool to lukewarm, add powdered sugar and beat. Add water if too thick.

### Chocolate Cake

Jene Moore

1 box Devil's food cake mix	1 (5.9 oz.) pkg. instant chocolate pudding mix
1 c. sour cream	4 eggs
1 c. vegetable oil	2 c. mini chocolate chips
1/2 c. warm water	

Mix cake mix and pudding mix together. Add sour cream, then eggs, then water, then oil. When combined, add chocolate chips. Pour into greased bundt pan. Bake at 350° for 50–55 minutes. Cool completely. Frost with chocolate glaze or dust with powdered sugar.

#### Chocolate Glaze

3/4 c. chocolate chips	3 T. butter
1 T. light corn syrup	1/4 t. vanilla

Put all ingredients in a bowl. Microwave for 45 seconds; stir. Microwave for 30 seconds; stir. Then microwave in 15-second intervals until smooth. Pour over cooled cake.

### Lemon Cake

Jene Moore

1 box white cake mix	1/3 c. vegetable oil
1 1/4 c. water	3 egg whites

Combine all ingredients and beat two minutes. Pour into greased 10" cake pan or spring form pan. Bake at 350° for 40–45 minutes. Cool cake completely.

**Lemon Filling**

8 oz. cream cheese, softened	3 1/2 T. lemon juice
1 t. lemon zest	2 c. powdered sugar
1 c. heavy cream	

Mix cream cheese and powdered sugar until smooth. Add lemon juice and zest. Whip cream until stiff peaks form. Fold into cream cheese mixture.

**Crumb Topping**

1/2 c. flour	1/4 c. cold butter
1/2 c. powdered sugar	1/2 t. vanilla

Combine flour and sugar. Add butter and dribble in vanilla. Use a pastry blender to mix butter into flour and sugar. Break butter into smaller and smaller pieces as you incorporate it into the dry ingredients. Be sure not to press the mixture together. You want to end up with a very crumbly consistency with pieces no bigger than a pea.

**To assemble**

Make cake first and let cool completely. When cool, slice cake in half and remove the top. Spread all but one cup of the filling mixture onto the bottom half of the cake, then replace top. Spread remaining mixture on top and sides of cake. Sprinkle with crumb topping and press onto sides. Chill in refrigerator at least three hours.

This cake breaks apart easily when you slice it in two, but is very forgiving when you patch the pieces back together!

**Miracle Whip Cake**

Jean Evans

1 c. Miracle Whip	1 c. granulated sugar
2 c. flour	4 T. cocoa
2 t. baking soda, dissolved in	1 t. vanilla
1 c. warm water	

Stir until well mixed. Pour into a greased 13 x 9 pan. Bake in a 350° oven for 30–35 minutes. Top with Coconut Icing or Hungarian Chocolate Frosting.

**Coconut Icing**

Jean Evans

1 stick butter	1 c. brown sugar
4 T. milk	

Melt butter in a saucepan and add sugar and milk. Bring to a boil and add:

1 c. coconut

Immediately pour over cake and place under hot broiler for 2 or 3 minutes, until golden brown.

**Hungarian Chocolate Frosting**

Jean Evans

2 eggs	4 squares semi-sweet baking chocolate
6 T. butter, softened	powdered sugar

Melt chocolate and mix together with eggs and butter, using a mixer. Add enough powdered sugar to reach desired consistency. Spread over cooled cake.

**One Bowl Buttercream Frosting**

6 T. butter, softened	2 2/3 c. powdered sugar
1/2–3/4 c. cocoa	1/3 c. milk
1 t. vanilla	

In a small mixing bowl, cream butter. Add remaining ingredients and beat to spreading consistency (additional milk may be needed).

**Apple Cake with Cream Cheese Frosting**

2 eggs	2 c. sugar
1/2 c. oil	1 t. vanilla
2 c. flour	1/2 t. salt
1 t. baking soda	2 t. cinnamon
1/4 t. nutmeg	4 c. apples, peeled and diced
1 c. chopped pecans	

Mix eggs, sugar, oil, and apples together in a mixer. Add the remaining ingredients and mix well. The batter is very thick. Pour batter into a greased 13 x 9 pan and bake at 350° for 45 minutes.

**Cream Cheese Frosting**

1 (8 oz.) pkg. cream cheese, softened	6 T. butter, softened
pinch salt	1/2 t. vanilla
3 c. powdered sugar	

Mix well in a mixer and spread over cooled cake.

**Cherry Chocolate Cake**

Fern Broadbent

1 pkg. Pillsbury Fudge cake mix	1 (21 oz.) can cherry pie filling
2 eggs, beaten	1 t. almond extract

By hand, mix dry cake mix and remaining ingredients. Pour batter into a greased 13 x 9 pan. Bake at 350° for 25 minutes. Frost with fudge frosting. You don't have to wait for the cake to cool to use this frosting.

**Fudge Frosting:**

5 T. butter	1/3 c. milk
1 c. sugar	1 c. (6 oz. pkg.) chocolate chips

In a small saucepan, combine butter, milk, and sugar. Bring to a boil, stirring constantly, and boil exactly 60 seconds. Remove from heat, stir in the chocolate chips until melted, and pour over the cake.

**Oatmeal Chocolate Chip Cake**

1 3/4 c. boiling water	1 c. oatmeal (uncooked)
1 c. brown sugar	1 c. white sugar
2 eggs	1 stick butter, melted
1 3/4 c. flour	1 t. baking soda
1/2 t. salt	1 T. cocoa
1 c. (6 oz. pkg.) chocolate chips	1/2 c. chopped pecans

Pour water over oatmeal and let stand 10 minutes. Add sugars, butter, and eggs and mix in a mixer. Add remaining ingredients and beat well. The batter will be very thin. Pour into a greased 13 x 9 pan. Bake at 350° for 40 minutes.

**Frosting:**

1 c. brown sugar	6 T. milk
5 T. butter, melted	1 c. chopped pecans
1 c. coconut	

Combine ingredients and spread over the cake as soon as it comes out of the oven. Bake 5 minutes more.

**Pineapple Upside-Down Cake**

Debbie Hartman

1/2 c. butter	1 c. brown sugar
1 (20 oz.) can pineapple rings	1 c. flour
1 t. baking powder	1 c. sugar
1/8 t. salt	3 eggs, separated
5 T. pineapple juice	pecan halves
maraschino cherries	

Melt butter in a round 9" pan. Spread brown sugar evenly over the butter and arrange pineapple slices in the pan. Cut a maraschino cherry half for the middle of each pineapple ring; place the cut side up. Fill in with pecan halves.

Mix dry ingredients. Take beaten egg yolk and juice and mix with dry ingredients. Beat egg whites until stiff and fold in. Pour over top of prepared pineapple slices.

Bake at 375° for 30 minutes. When the cake starts getting a little too brown, cover lightly with foil. When the cake is done, let it sit for 2 minutes and turn upside-down onto a plate. You can double this recipe and use a 13 x 9 pan, lengthening the baking time. You can also make this recipe by mixing up a yellow cake mix and pouring over the prepared pineapple.

## Cakes and Frostings

### **Black and White Chocolate Cupcakes**

1 1/2 c. all-purpose flour	1 c. sugar
1 c. plus 2 T. dark chocolate cocoa	1 1/2 t. baking soda
1 t. salt	1/2 c. sour cream
3 eggs	3/4 c. ready-to-eat chocolate pudding
1/2 c. butter, melted	1 c. semisweet chocolate chips

Preheat oven to 350°F. Line 24 cupcake pan cups with paper liners.

In a large bowl, mix the dry ingredients together with an electric mixer on low speed for 30 seconds until well combined.

Add wet ingredients and mix on medium speed for 1 minute. Stop and scrape the sides of the bowl and resume mixing on medium speed for an additional minute. Stop mixer and fold in chocolate chips.

Fill the prepared cupcake liners with batter 3/4 full. Bake about 15–18 minutes in the preheated oven, until a toothpick inserted in the center of a cupcake comes out clean. Let the cupcakes cool completely before frosting.

### **White Chocolate Frosting**

8 ounces cream cheese, softened	1/4 c. butter, softened
1 c. white chocolate chips or 6 ounces white chocolate, melted	
1 t. vanilla	2 1/3 c. powdered sugar

To make the frosting, beat cream cheese and butter in a large bowl with an electric mixer on medium speed for 1 minute. Add melted chocolate and vanilla; mix for an additional minute. Add powdered sugar gradually, beating until light and fluffy after each addition.

Spread the frosting on the chocolate cupcakes. Garnish with fresh raspberries, mini chocolate chips, or chocolate sprinkles.

### **Boston Cream Pie**

This recipe makes two Boston cream pies. Bake 2 9" round cake layers, using a yellow cake mix. When cooled completely, slice each cake in half horizontally to form two layers. I use a long serrated knife to cut the cakes; then I lift off the tops with a spatula or two. Spread the bottom piece of each cake with filling and then top with the top piece of each cake. Frost.

#### **Creamy Custard Filling:**

4 c. milk	1/2 c. sugar
6 T. cornstarch	1/2 t. salt
4 egg yolks	2 t. vanilla
2 T. butter	

In a medium-size saucepan, combine half the milk with the sugar, cornstarch, salt, and egg yolks. Stir well. Add the remaining milk and heat, stirring constantly, until the custard is thick and comes to a full boil. Boil 2 minutes. Remove from heat and add vanilla and butter. Cool.

#### **Chocolate Icing:**

6 squares semisweet chocolate	3 T. butter
1 1/2 c. powdered sugar	about 1/3 c. milk

In a small saucepan, melt butter and chocolate. Remove from heat and add powdered sugar and half the milk. Beat well and add remaining milk. Pour quickly over the top of the cake; the chocolate will harden quickly.

This cake should be made at least 4 hours before serving, so that it has a chance to cool thoroughly.

#### **Chocolate Strawberry Cake**

4 oz. pound cake	1 pint fresh strawberries
4 oz. chocolate chips	3 T. water
1 c. whipped cream	

Slice pound cake into 4 servings. Wash and slice berries. Add water to chocolate and melt slowly in a double boiler. Pour over berries and cake to coat. Chill for 20–30 minutes, until chocolate is firm. Top with whipped cream. Serves 4.

#### **Strawberries and Cream Sponge Cake Roll**

3 egg yolks	1 t. vanilla
powdered sugar	2 c. sliced strawberries
2 T. sugar	5 egg whites
1/2 t. cream of tartar	1/4 t. salt
3/4 c. powdered sugar	1/2 c. flour
2 c. whipping cream	3 T. sugar

Grease a 15 x 10 x 1 jellyroll pan with Pam and line with waxed paper. Grease the waxed paper with Pam; set aside.

Beat egg yolks until light and lemon colored; stir in vanilla, and set aside. Beat egg whites until foamy; add cream of tartar and salt, beating until stiff but not dry. Fold in 3/4 c. powdered sugar. Fold yolk mixture into whites. Gradually fold flour into egg mixture. Spread batter evenly in prepared pan. Bake at 350° for 12 minutes.

Sift powdered sugar into a 15" x 10" rectangle on a linen towel. When cake is done, immediately loosen from sides of pan and turn out on sugar. Peel off waxed paper. Starting at narrow end, roll up in towel. Cool on rack. Mix strawberries with 2 T. sugar. When the cake is cool, unroll, remove towel. Frost with whipped cream and place sweetened strawberries on top. Roll up. Frost with whipped cream, seam side down.

## Cakes and Frostings

### Pineapple Sheet Cake

2 c. flour	2 c. sugar
2 t. baking soda	2 eggs, beaten
1/2 c. chopped pecans	1 (20 oz.) can crushed pineapple with juice
1 t. vanilla	pinch of salt

Bake at 350° for 30 minutes in a greased 15 x 10 x 1 jellyroll pan.

#### **Frosting:**

1 (8 oz.) pkg. cream cheese, softened	2 c. powdered sugar
1 t. vanilla	4 T. butter, softened.
1/2 c. chopped pecans	

Beat well in a mixer. Frost cooled cake.

### Whole Wheat Carrot Cake

Vilda Forster

4 eggs	2 c. sugar
3 c. grated carrots (6 or 7 med. size)	1 c. oil

Beat together and add:

3 c. whole wheat flour (or white flour)	2 t. cinnamon
1 T. baking powder	1 t. baking soda
1 t. salt	2 t. vanilla
1 c. chopped nuts	

Mix with mixer for 5 minutes. Bake at 350° for 45 minutes in a 13 x 9 pan, 45–60 minutes in a tube pan, or 30–45 minutes in 2 loaf pans. Cool and frost with cream cheese frosting.

### Cream Cheese Frosting

1 (8 oz.) pkg. cream cheese, softened	6 T. butter, softened
pinch salt	1/2 t. vanilla
3 c. powdered sugar	

Beat for several minutes with a mixer. Spread on cooled cake.

### Carrot Cake

Pari Edgar

2 c. sugar, less 2 T.	1 1/2 c. oil, plus 2 T.
2 c. flour	1 t. salt
2 t. cinnamon	2 t. baking soda
4 eggs	2 c. grated carrots

Mix dry ingredients together. Beat oil and eggs together and add to dry ingredients. Mix well and add carrots. Bake in a greased bundt pan at 350° for 30 minutes. The cake can be baked in different-sized pans if the baking time is adjusted.

**Cream Cheese Frosting:**

1 (3 oz.) pkg. cream cheese	1 stick butter
1 t. vanilla	1 pound powdered sugar

Beat well, using a mixer. Spread on cooled cake.

**Dump Cake**

Karen Coffman

1 (21 oz.) can cherry pie filling	1 (8.5 oz.) can crushed pineapple, undrained
1 pkg. yellow cake mix	1 (3.52 oz.) can coconut
2 sticks butter, melted	
1 c. chopped pecans	

Spoon cherry pie filling evenly in the bottom of a 13 x 9 pan. Spread pineapple over the pie filling. Sprinkle dry cake mix over the pineapple. Pour melted butter evenly over all. Sprinkle on coconut and nuts. Bake at 325° for about an hour.

**Italian Cream Cake**

5 eggs, separated	1/2 c. butter, softened
1/2 c. butter-flavored shortening	2 c. sugar
2 c. flour	1 t. baking soda
1 c. buttermilk	1 (3.5 oz.) can coconut
1 c. chopped pecans	1 t. vanilla
1 t. coconut extract	

Separate eggs and beat whites until stiff. Set aside. Cream butter, shortening, and sugar. Beat well. Add egg yolks, one at a time, beating well after each addition. Dissolve soda in buttermilk; add alternately with flour. Beat well. Add coconut, nuts, and extracts. Fold in stiffly-beaten egg whites. Pour into 3 greased 9" round cake pans, using 2 c. batter for each pan. Bake at 350° for 25 minutes.

**Cream Cheese Frosting:**

1 (8 oz.) pkg. cream cheese, softened	1/2 c. butter, softened
1 (1 lb.) box powdered sugar	1 t. almond extract

Combine ingredients and beat well. Spread between layers and on top of cooled cake.

**Peanut Butter Frosting**

1 stick butter, softened	3/4 c. smooth peanut butter
1 (2 pound) bag powdered sugar	1 t. vanilla
About 1/2 cup milk plus 2–3 T., added slowly	

Cream butter and peanut butter. Add powdered sugar and vanilla, then add milk slowly. Whip well. This recipe frosts 24 cupcakes with piped frosting

## Cakes and Frostings

### **Decorator Frosting**

Zina Whetten

1 1/2 c. Crisco (white)

5 c. powdered sugar

1/2 t. salt

2/3 c. milk

1/2 t. vanilla

Whip to death.

## *Cookies and Bars*

### **Snickerdoodles**

1/2 c. butter	1/2 c. butter-flavored Crisco
1 1/2 c. sugar	2 eggs
2 3/4 c. flour	2 t. cream of tartar
1 t. baking soda	1/4 t. salt
2 T. sugar	2 t. cinnamon

Mix, by hand, butter, shortening, 1 1/2 c. sugar, and the eggs. Add the rest of the ingredients and mix well. Shape dough into balls about an inch in diameter. Mix 2 T. sugar and 2 t. cinnamon together. Roll each dough ball in the cinnamon sugar. Place on a cookie sheet and bake at 400° about 8 minutes, until the edges are set. Makes about 3 dozen cookies.

### **Chocolate Chip Cookies**

Jean Evans

1 c. butter-flavored shortening	3/4 c. brown sugar
3/4 c. sugar	2 eggs
2 1/4 c. flour	1/2 t. baking soda
1 t. salt	1 t. vanilla
2 1/2 c. chocolate chips	1/2 c. chopped pecans
1/2 c. chopped raw macadamia nuts	

Mix, by hand, shortening, sugars, and eggs. Mix in flour, baking soda, salt, and vanilla. Mix in chocolate chips and nuts. Roll into 2" balls and flatten on a cookie sheet. Bake at 400° for 10 minutes. Makes about 27 cookies.

### **Chocolate Chip Oatmeal Cookies (Marvelettes)**

1 c. butter-flavored shortening	3/4 c. brown sugar
3/4 c. sugar	2 eggs
1 1/2 c. flour	1 t. salt
1 t. baking soda dissolved in 2 t. water	2 c. oatmeal
1 t. vanilla	2 c. chocolate chips
1 c. chopped pecans	

Mix, by hand, shortening, sugars, and eggs. Mix in flour, salt, baking soda, oatmeal and vanilla. Mix in chocolate chips and nuts. Roll into 2" balls and flatten on a cookie sheet. Bake at 375° for 12 minutes, then switch cookie sheets from bottom to top in the oven. Bake another minute or two, until light golden brown.

## Cookies and Bars

### Coconut Wheaties Cookies

Jean Evans

1 c. butter-flavored shortening	1 c. brown sugar
1 c. granulated sugar	2 eggs
1 t. vanilla	1 t. baking soda
1 t. baking powder	1/2 t. salt
2 c. flour	2 c. coconut
2 c. Wheaties cereal	

Cream shortening and sugar. Add eggs, vanilla, dry ingredients, coconut, and Wheaties. Roll in small walnut-sized balls and bake on ungreased cookie sheet. Bake in a 400° oven for 12 to 15 minutes. 12 minute cookies are chewy; 15 minute cookies are crisp.

### Peanut Butter Cookies

Nelle Ensley

1 c. butter-flavored shortening	1 c. brown sugar
1 c. granulated sugar	1 c. peanut butter
2 eggs	1 t. baking soda
1/2 t. salt	1 t. vanilla
1 T. cream	3 c. flour

Cream together shortening, sugar, peanut butter, and eggs. Add remaining ingredients. Form into balls and place on ungreased cookie sheet. Bake at 375° for about 9 minutes. Makes 3 dozen cookies. As a variation, you can make the cookies smaller, dip in granulated sugar, and bake. As soon as they are done, press either a chocolate kiss or a miniature Reese's peanut butter cup in the center of each cookie. The chocolate will melt but will harden as it cools.

### Buried Cherries

Louise Dunn

1 (10 oz.) jar maraschino cherries (about 48)	1 1/2 c. flour
1/2 c. cocoa	1/4 t. baking soda
1/4 t. baking powder	1/4 t. salt
1/2 c. butter	1 c. sugar
1 egg	1 1/2 t. vanilla
1 c. (6 oz. pkg.) chocolate chips	1/2 c. sweetened condensed milk

Drain cherries; reserve juice. Stir together dry ingredients. In a large mixing bowl, beat butter until soft; beat in sugar; add egg and vanilla. Add flour mixture and beat well. Shape dough into 1" balls; place 2" apart on an ungreased cookie sheet. Press down center of each with thumb and put a cherry in each dent. In a small saucepan, combine chocolate chips and condensed milk. Cook until chocolate is melted. Stir in 4 t. cherry juice. Spoon 1 teaspoon of frosting over each cherry to cover. Bake at 350° for 10 minutes, or until done.

**Fudge Ecstasies**

Louise Dunn

2 c. (12 oz. pkg.) chocolate chips	2 squares unsweetened chocolate
2 T. butter	1/4 c. flour
1/4 t. baking powder	dash of salt
2 eggs	2/3 c. sugar
1 t. vanilla	1 c. chopped nuts

In a heavy saucepan, heat 1 cup chocolate chips, unsweetened chocolate, and butter until melted, stirring constantly. Transfer to a large mixing bowl to cool slightly. Stir together flour, baking powder, and salt. Add eggs, sugar, and vanilla to chocolate mixture and beat well. Add the flour mixture; beat well. Stir in the rest of the chocolate chips and the nuts. Drop by heaping teaspoonfuls on a lightly greased cookie sheet (this is not a flat cookie). Bake at 350° for 8–10 minutes (the edges should be firm, the surface dull and cracked). Cool on cookie sheet one minute; remove. Makes 36.

**Coconut Macaroons**

Jean Evans

1 egg white	dash of salt
1 1/2 c. coconut	1/2 c. powdered sugar

Using a mixer, beat the egg white stiff. Mix the coconut, powdered sugar, and salt well and mix with the egg white. Bake at 350° for 15 minutes. Makes 1 dozen.

**Molasses Crinkles**

Debbie Hartman

3/4 c. butter-flavored shortening	1 c. brown sugar
1 egg	1/4 c. molasses

Mix above ingredients together. Then stir in:

2 1/4 c. flour	2 t. baking soda
1/4 t. salt	1/2 t. ground cloves
1 t. cinnamon	1 t. ginger

Make balls the size of walnuts and dip tops in sugar. Place balls on cookie sheet, sugared-side up. Sprinkle each ball with 2 to 3 drops of water. Bake 10 minutes at 375°, until the edges are set. To make these fancy for a holiday, mix 1 (12 oz.) pkg. vanilla baking chips with 1/8 c. shortening over low heat. Dip the cookies halfway; shake off excess. Place on waxed paper-lined baking sheets to harden.

**Thumbprint Cookies**

Debbie Hartman

1/4 c. butter-flavored shortening	1/4 c. butter
1/4 c. brown sugar	1 egg yolk
1/2 t. vanilla	1 c. flour
1/4 t. salt	1 egg white
1 c. pecans, chopped very fine	

Mix shortening, sugar, egg yolk, and vanilla. Stir in dry ingredients. Roll into 1" balls, dip into lightly-beaten egg white. Roll in chopped nuts. Bake at 350° for 5 minutes, then press thumb into centers; bake about 5 minutes longer.

**Icing:**

1 c. powdered sugar	2 T. milk
1 t. vanilla	food coloring

After cookies have cooled, fill center (the thumbprint) with icing and let set overnight.

**Shortbread Thumbelinas**

2 1/2 c. flour	1 c. finely chopped toasted almonds, divided
1/4 t. salt	
1 1/4 c. butter, softened	1 c. powdered sugar
1 t. vanilla	Chocolate Filling

Beat butter at medium speed with an electric mixer until creamy; gradually add powdered sugar, beating until light and fluffy. Add flour, 1/2 c. almonds, and salt gradually, beating just until blended. Add vanilla. Cover dough and chill 1 hour.

Shape dough into 1" ball; roll balls in remaining 1/2 c. almonds. Place about 1" apart on lightly greased baking sheets; gently press an indentation into the center of each cookie with your thumb. Bake at 350° for 10 minutes or until set; remove from pans and press your thumb again into each indentation. Cool on wire racks.

Spoon or pipe about 1/2 t. chocolate filling into indentation of each cooled cookie.

**Chocolate Filling:**

3/4 c. semisweet chocolate chips  
3 T. whipping cream

Combine chocolate chips and cream in a microwave-safe glass measuring cup. Microwave on high for 30 seconds. Whisk until smooth.

**Famous Oatmeal Cookies**

3 c. oatmeal (quick or old fashioned)	1 c. flour
1 t. salt	1/2 t. baking soda
3/4 c. butter-flavored shortening	1 c. brown sugar
1/2 c. sugar	1 egg
1/4 c. water	1 t. vanilla
chopped pecans	raisins

Mix, by hand, shortening, sugars, egg, water, and vanilla until creamy. Add dry ingredients; mix well. Drop by rounded tablespoonfuls onto greased cookie sheet. Bake at 350° for about 12 minutes. You can add chopped pecans and/or raisins.

**Grandma Lucy's Chocolate Cookies**

Lucy Donoho

1 pkg. devil's food cake mix	1/2 c. oil
2 eggs	1 c. (6 oz. pkg.) chocolate chips
pecan halves	

Blend cake mix, oil, and eggs. Stir in chocolate chips. Drop from a teaspoon onto an ungreased cookie sheet. If desired, top each cookie with a pecan half. Bake at 350° for about 10 minutes. Test for doneness with a toothpick. Cool on cookie sheet about 1 minute, then remove to finish cooling.

**Playdoh Cookies**

1 1/2 c. sugar	1 c. butter
1 egg	1 t. vanilla
2 c. flour	1/4 t. salt
1 t. baking powder	1 t. cream of tartar
food coloring	

Using a mixer, cream sugar, butter, egg, and vanilla well. Add remaining ingredients. Divide dough into 3 bowls. Add food coloring, one color to each bowl; make them bright. Take a small amount from each bowl and combine into a 1" ball. Place on an ungreased cookie sheet. Bake at 375° for 8 minutes; do not brown. Makes about 5 dozen cookies.

**Old Fashioned Sugar Cookies**

Jean Edlefsen

1 c. sugar	1 c. powdered sugar
1 c. oil	1 c. butter, softened
2 eggs	1 t. vanilla
1 t. cream of tartar	1 t. baking soda
1 t. salt	4 c. flour

Mix sugars, oil, butter, eggs, and vanilla together. Add dry ingredients; mix well. Chill dough. Roll in 1" balls and in sugar. Flatten with mold or glass bottom dipped in sugar. Bake at 350° for 9 minutes. Do not brown.

**Sour Cream Butter Cookies**

Carol Frye

2 c. butter	2 c. sugar
2 eggs	1 c. sour cream
5 c. flour	1 t. salt
1 t. baking soda	1 T. baking powder
2 t. vanilla	1/2 t. nutmeg
1/2 t. cinnamon	

Cream butter and sugar. Add eggs. Mix with dry ingredients. Chill thoroughly. Roll out and cut into shapes. Bake at 350° for 8–10 minutes. When cool, frost.

**Old Fashioned Sugar Cookies**

Jan Thomas

3/4 c. butter-flavored shortening	2 t. vanilla
1/4 c. butter	3 c. flour
1 c. sugar	1 t. salt
2 eggs	1 t. baking powder

Cream shortening, butter, vanilla, and eggs. Add remaining ingredients. Roll out and cut into shapes. Bake on ungreased cookie sheet at 400° for 7 minutes. They will be light in color and will not be brown unless over baked. After baking, remove promptly from tray. When cool, frost with buttercream frosting.

**Buttercream Frosting**

1/3 c. butter, softened	1 1/2 t. vanilla
3 c. powdered sugar	about 2 T. milk
dash salt	

Cream butter and sugar. Blend in vanilla and milk; beat until frosting is smooth and of spreading consistency.

**Mexican Wedding Cakes**

1 c. butter, softened	1/2 c. powdered sugar
1 t. vanilla	2 1/4 c. flour
1/4 t. salt	3/4 c. chopped pecans

Cream butter, sugar, and vanilla together. Add remaining ingredients. Roll in 1" balls and in powdered sugar. Bake at 400° for 10 minutes.

**Chocolate Chip Sticks**

Jody Simpson

2 sticks (1 cup) butter, room temperature    1/2 c. powdered sugar  
 1 t. vanilla    2 1/4 c. flour  
 1 1/4 c. chocolate chips    2 t. corn oil

Using an electric mixer, beat butter, sugar, and vanilla until pale and fluffy. Beat in flour until just blended. Stir in 1/4 c. of finely chopped chocolate chips (or mini chocolate chips). Refrigerate dough 2 hours or overnight. Roll 1/4 cupfuls of dough into 16-inch-long ropes, then cut each into 4 pieces. Put on ungreased cookie sheets, about 2" apart. Bake at 350° for 10 minutes, or until cookies feel firm and just begin to brown. Remove cookies to wire rack to cool. After cookies have cooled, put 1 cup of chocolate chips and the oil into a small, deep glass bowl. Heat in the microwave for about 2–3 minutes, stirring every 15–30 seconds, until chocolate is smooth and shiny. Dip one end of each stick into melted chocolate. Put on waxed paper until chocolate sets. (To speed setting, put cookies on paper on a tray and place in the refrigerator. Otherwise, it can take hours for the cookies to set in a warm kitchen. Once set, they will not melt easily).

**Rice Krispies Treats**

1/4 c. butter    6 c. Rice Krispies  
 10 oz. marshmallows (4 c. mini-marshmallows or 40 regular marshmallows)

In a heavy saucepan, melt butter. Melt in marshmallows. Cook on low heat 3 minutes. Remove and add Rice Krispies. Press into buttered 13 x 9 pan. Cool.

**Brownies**

Mark Spear

4 eggs    2 c. sugar  
 1/2 t. salt    1 t. vanilla  
 1 c. cocoa    1 c. oil  
 1 1/2 c. flour    1/2 c. nuts

Mix eggs and sugar by hand. Add salt, vanilla, cocoa, oil, flour, and nuts. Mix well, still by hand. Pour into a greased 13 x 9 pan. Bake at 350° for 25 minutes.

**Mint Brownies**

Louise Dunn

Bake a pan of brownies and cool to room temperature. Melt

1/4 c. butter

in a saucepan. Add

1/4 c. milk

Cook until mixture begins to boil. Take off heat. Add:

1 t. peppermint extract  
 2 or 3 drops green food coloring  
 2 1/4 c. powdered sugar

Pour over brownies and cool in refrigerator until firm. Melt



In a mixer, blend sugar with cream cheese until smooth. Add remaining ingredients. Spread over crust. Sprinkle with reserved crumb mixture. Bake at 350° for 25 minutes.

I always double this and bake it in a 13 x 9 pan.

**Pecan Pie Bars**

**Crust Ingredients:**

- |                |                                |
|----------------|--------------------------------|
| 1 3/4 c. flour | 3/4 c. butter, softened        |
| 1/3 c. sugar   | 1/3 c. coarsely chopped pecans |

**Filling Ingredients:**

- |                                  |                    |
|----------------------------------|--------------------|
| 1 1/2 c. dark corn syrup         | 2/3 c. brown sugar |
| 4 eggs                           | 6 T. flour         |
| 2 t. vanilla                     | 1 t. salt          |
| 1 1/2 c. coarsely chopped pecans |                    |

Heat oven to 350°. Combine 1 3/4 c. flour, butter and sugar in a large mixing bowl. Beat at medium speed, scraping bowl often, until mixture resembles coarse crumbs. Stir in 1/3 c. pecans.

Press crust mixture evenly onto bottom of ungreased 13 x 9 pan. Bake for 18 minutes, until edges are very light golden brown.

Combine all filling ingredients **except** 1 1/2 c. pecans in small mixing bowl. Beat in mixer until mixed well. Stir in pecans. Spread evenly over hot, partially baked crust. Bake for 30 minutes or until the filling is set and a knife inserted 1" from the edge comes out clean. Cool; cut into bars.

**Seven Layer Cookies**

Jan Thomas

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 1 stick butter                    | 1 c. graham cracker crumbs      |
| 1 c. (6 oz. pkg.) chocolate chips | 1 c. (6 oz.) butterscotch chips |
| 1 can sweetened condensed milk    | 1 1/2 c. chopped pecans         |
| 1 c. coconut                      |                                 |

Melt butter in a 11 x 7 pan. Add the remaining ingredients by layers, in order listed. Bake at 350° for 30 minutes. You can double this recipe in a 13 x 9 pan, but don't double the condensed milk. You can replace the butterscotch chips with another cup of chocolate chips to reduce sweetness.

**Tri-Level Brownies**

Andrea McNabb

**Bottom Layer:**

- |                    |                                    |
|--------------------|------------------------------------|
| 1/2 c. flour       | 1/4 t. soda                        |
| 1/4 t. salt        | 1 c. quick-cooking rolled oats     |
| 1/2 c. brown sugar | 1/2 c. butter or margarine, melted |

## Cookies and Bars

### **Middle Layer:**

1/4 c. butter or margarine, melted	3/4 c. sugar
1 egg	2/3 c. flour
1/4 t. baking powder	1/4 t. salt
1/4 c. plus 1 Tablespoon milk	1/2 t. vanilla
1/2 c. chopped walnuts	1/4 c. cocoa

1 recipe Frosting

For bottom layer: Mix the first 5 ingredients and stir in the 1/2 c. melted butter. Pat mixture in bottom of 11 x 7 x 1 1/2 inch baking pan; bake at 350° for 10 minutes.

For middle layer: Combine chocolate, 1/4 c. melted butter, and sugar. Add egg and beat well. Add the dry ingredients alternately with milk and vanilla to chocolate mixture; fold in nuts. Spread batter over baked layer. Bake at 350° for 25 minutes longer.

For **Frosting**: Combine 1 square (1 ounce) unsweetened chocolate and 2 T. butter in a small saucepan. Stir over low heat till chocolate melts. Remove from heat and add 1 1/2 c. powdered sugar and 1 t. vanilla. Blend in enough hot water (about 2 T.) to make almost pourable consistency. Spread over cooled brownies. Top with walnut halves. Makes 16 bars.

### **Triple Layer Cookie Bars**

1/2 c. butter	1 1/4 c. graham cracker crumbs
1 (7 oz.) pkg. coconut (2 2/3 c.)	1 (14 oz.) can sweetened condensed milk
1 (12 oz.) pkg. semisweet chocolate chips	1/2 c. creamy peanut butter

Preheat oven to 350°. In a 13 x 9 pan, melt butter in oven. Sprinkle crumbs evenly over butter. Top evenly with coconut, then sweetened condensed milk. Bake 25 minutes or until lightly browned. In a small saucepan, over low heat, melt chocolate chips with the peanut butter. Spread evenly over the hot coconut layer. Cool 30 minutes. Place in refrigerator and chill thoroughly. Cut into bars. Store at room temperature.

### **Caramel Oatmeal Bars**

Brook Pankratz

48 caramels (1 14 oz. bag)	1/2 c. heavy cream
3 c. oats	3 c. flour
1 1/2 c. brown sugar	1 t. baking soda
1 t. salt	1 1/2 cups semisweet chocolate chips
3 3/4 sticks unsalted butter, cut into small pieces (yes, this is right!)	

Preheat oven to 350°. Put caramels and cream in a small sauce pan; cook over medium heat, stirring occasionally, until caramels are melted, about 5 minutes. Let cool.

Stir together oats, flour, brown sugar, baking soda, and the salt in a large bowl. Blend in butter with a fork or your fingertips until mixture resembles coarse meal; press a little more than half into parchment lined (or greased) 13 x 9 baking pan. Bake until just set and starting to color around edges, about 20 minutes. Let cool in pan on a wire rack 5 minutes. Sprinkle crust with chocolate chips; drizzle with caramel mixture. Top with remaining crumb mixture, pressing down slightly. Bake until pale golden brown, 20 to 25 minutes. Let cool completely before cutting into squares. It helps to refrigerate the bars before cutting, so that the caramel doesn't ooze out, but they taste best at room temperature.

**Peanut Lover's Brownies**

- 1/2 c. butter, softened
- 1/2 c. graham cracker crumbs
- 1/2 c. salted peanuts, chopped
- 3/4 c. flour
- 1/4 c. sugar

Line a 13 x 9 baking pan with foil; grease the foil. Mix butter, flour, crumbs and sugar; press into the prepared pan. Bake at 350° for 10–12 minutes or until set. Cool on a wire rack. Sprinkle peanuts over crust.

**Brownie Layer:**

- 3/4 c. butter, cubed
- 1/2 t. salt
- 4 eggs
- 2 t. vanilla
- 4 squares (1 oz. **each**) unsweetened chocolate, chopped
- 2 c. sugar
- 1 c. flour

In a microwave, melt the butter and chocolate; stir until smooth. In a mixing bowl, combine the eggs, sugar, vanilla, and chocolate mixture. Add flour; mix well. Spread over crust. Bake for 30–40 minutes, or until a toothpick inserted near the center comes out clean. Cool.

**Peanut Cream Topping:**

- 1 c. creamy peanut butter
- 12 miniature peanut butter cups, coarsely chopped
- 1 (12 oz.) Cool Whip

Warm peanut butter for 30 seconds in a microwave. Gradually fold in whipped topping; spread over brownies. Refrigerate for 1 hour. Sprinkle with chopped peanut butter cups. Using foil, lift brownies out of pan. Cut into squares. Store in the refrigerator.

**Lemon Coconut Squares**

Ellen Collins

**Cookie Dough:**

- 1 1/2 c. flour
- 1/2 c. brown sugar
- 1/2 c. butter

Mix together and press into a greased 13 x 9 pan. Bake at 274 for 10 minutes.

## Cookies and Bars

### **Filling:**

2 eggs, beaten	1 c. brown sugar
1 1/2 c. coconut	1 c. chopped pecans
2 T. flour	1/2 t. baking powder
1/4 t. salt	1/2 t. vanilla

Mix together and spread on top of the baked crust. Bake at 350° for 20 minutes. While still warm, glaze with frosting. Cool slightly and cut into squares; remove from pan and cool on racks.

### **Frosting:**

1 c. powdered sugar	1 T. melted butter
the juice of one lemon	

## **Chewy Chocolate Peanut Butter Bars**

1 c. brown sugar	2 c. (12 oz. pkg.) chocolate chips
2/3 c. butter	1/3 c. light corn syrup
1 t. vanilla	2/3 c. peanut butter
4 c. quick cooking oats, uncooked	1/2 c. chopped peanuts

Beat brown sugar and butter in a mixing bowl until creamy; beat in corn syrup and vanilla. Stir in oats; press into greased 13 x 9 pan. Bake at 350° for 15 minutes. Cool slightly. Melt 1 c. chocolate chips and peanut butter in a small, heavy saucepan over lowest possible heat, stirring until smooth. Spread over base. Sprinkle with peanuts and remaining chocolate chips; press down slightly. Chill for 1 hour or until firm.

## **Pumpkin Bars**

Lois Brough

4 eggs	1 2/3 c. sugar
1 c. oil	2 c. canned pumpkin
Beat together until light and fluffy.	
2 c. flour	2 t. baking powder
2 t. cinnamon	1/2 t. salt
1 t. baking soda	

Stir together and add to pumpkin mixture. Blend well. Spread evenly in ungreased 15 x 11 x 1 baking pan. Bake at 350° for 25–30 minutes. Cool and frost with cream cheese frosting.

### **Cream Cheese Frosting:**

1 (3 oz.) pkg. cream cheese, softened	1/2 c. butter, softened
1 t. vanilla	2 c. powdered sugar

Cream together until smooth.

## *Desserts and Sauces*

### **Molten Lava Cakes**

3 eggs	1/4 c. sugar
4 ounces chocolate	1/3 c. butter
1T. cocoa	2 T. flour

Preheat the oven to 375°

Line a 6-cup muffin pan with baking cups.

In the bowl of a mixer, using the wire whisk, beat the egg whites with half of the sugar until stiff.

In a separate bowl, whip the egg yolks with the remaining sugar until fluffy and smooth.

Melt the chocolate, butter and cocoa together in the top of a double boiler or in a bowl placed above boiling water.

Using a rubber spatula, combine all three mixtures together until smooth. Fold in the flour gradually.

Pour the batter into the baking cups and bake for 11 or 12 minutes. Serve immediately. Makes 6 servings.

You can make up this batter in advance and keep it up to 48 hours in the refrigerator. If you use refrigerated batter, let the batter warm to room temperature before baking, or add additional time to the baking time.

Serve with whipped cream or vanilla ice cream.

### **Lemon Dessert**

Barbara Spear

#### **Bottom Layer:**

1 c. flour	1 T. sugar
1/2 c. butter, softened	1/2 c. chopped pecans

Mix together and press in the bottom of 13 x 9 pan. Bake at 350° for 15 minutes. Cool.

#### **Second Layer:**

1 (8 oz.) package cream cheese, softened  
 1 cup powdered sugar  
 1 cup Cool Whip

Mix with a mixer and spread on first layer.

#### **Third Layer:**

2 boxes instant lemon pudding  
 Use 3 cups of milk

Mix in mixer and spread over second layer; refrigerate about ten minutes.

**Topping:**

Spread Cool Whip over lemon layer and sprinkle with a few nuts.

Use a 12 oz. container of Cool Whip for this recipe.

**Eclairs**

**Cream Puffs:**

1 c. water	1 c. flour
1/2 c. butter or margarine	4 eggs
1/4 t. salt	

In a large saucepan heat water, butter, and salt over medium heat until butter melts and the mixture begins to boil. Add the flour all at once. Keeping pan on the heat, stir rapidly until the mixture forms a ball and comes away from the sides of the pan. Cool slightly (about 10 minutes). Beat in eggs, one at a time. The mixture will be slippery and separated after the addition of each egg but it will smooth out as you beat. When all the eggs are blended in and the batter is smooth, spoon it into a pastry bag. Press out onto greased baking sheets into the size you want. This recipe will make about 24 small cream puffs, 12 medium puffs, or 8 elongated eclairs. Bake at 400° for about 30 minutes. After they cool, slice the tops off and fill with French cream filling, using a pastry bag. If you don't want to slice the tops off, cut a slit in the side (toward the top) of each puff, and fill the puff by inserting the pastry bag into the slit. The icing will cover the slit. You can make the cream puffs the day before, but don't cover them or they will become soft.

**French Cream Filling:**

3/4 c. sugar	2 egg yolks
1/3 c. flour	3/4 c. cold milk
3 T. cornstarch	3 c. warm milk
1 1/2 T. butter	dash of salt
1 1/2 t. vanilla	

Mix sugar, flour, cornstarch, and salt in a saucepan. Combine egg yolks with cold milk and mix into the sugar mixture. Mix well. Add warm milk and mix well. Heat, stirring constantly, until filling thickens. Boil for two minutes and add butter and vanilla. Cool.

**Chocolate Icing:**

Melt in saucepan:

4 squares semisweet chocolate (Bakers chocolate, not chocolate chips)  
2 T. butter

With whisk, beat in:

1 c. powdered sugar  
4-5 T. milk

Beat well. Cool slightly and drop about a tablespoon (maybe less) of icing on each cream puff and spread over the top of the cream puff with the back of a spoon or your finger. This icing will set up quickly, so you may need to heat it up part way through the job or work quickly.

After you've assembled the eclairs, cover and refrigerate. They are best when they are very cold.

### English Trifle

Julie Merrill

1. Prepare 2 (3 oz.) pkgs. Jello tapioca pudding, according to package directions. Refrigerate.
2. Dissolve 1 (3 oz.) pkg. strawberry Jello and 1 (3 oz.) pkg. raspberry Jello in 3 c. boiling water.
3. Stir in 1 c. vanilla ice cream.
4. Stir in 2 boxes frozen raspberries and 2 boxes frozen strawberries (partially thawed).
5. Stir in 3 sliced bananas and 1 c. chopped pecans.
6. Pour half of the mixture into the serving bowl and the other half into another bowl. Refrigerate until partially set.
7. Break an angel food cake into chunks.
8. Whip 2 (8 oz.) carton whipping cream and sweeten slightly.
9. When mixture in serving bowl is partially set, put half of the angel food cake chunks on top of the Jello mixture.
10. Pour half of the tapioca pudding on top of the cake chunks. Spread with half of the whipped cream.
11. Pour remaining Jello mixture on top.
12. Place on top remaining cake chunks.
13. Pour on top remaining tapioca pudding.
14. Frost with whipped cream. Refrigerate.

### Pumpkin Gingerbread Trifle

#### Gingerbread:

All Recipes.com

1/2 c. white sugar	2 t. cinnamon
1/2 c. butter	1 t. ground ginger
1 egg	1/2 t. cloves
1 c. molasses	1/2 t. salt
2 1/2 c. flour	1 c. hot water
1 1/2 t. baking soda	

Preheat oven to 350°. Spray a 9" square baking pan with Pam. Using a mixer, cream together the sugar and butter. Beat in the egg and mix in the molasses. Add flour, baking soda, salt, cinnamon, ginger and cloves to the creamed mixture. Stir in the hot water. Pour into the prepared pan. Bake 35 minutes, until a knife inserted in the center comes out clean.

Use 1/2 recipe.

**Quick Pumpkin Pudding:**

JoAnne Broadbent

1 (3 oz.) pkg. instant vanilla pudding      1 (12 oz.) can evaporated milk  
1 (15 oz.) can pumpkin                      1 t. pumpkin pie spice  
Whipped cream or Cool Whip

Beat pudding mix and evaporated milk in a large bowl with a whisk for two minutes; refrigerate for 5 minutes. Add pumpkin and pumpkin pie spice; mix well. Spoon into dessert dishes. Refrigerate for 10 minutes or until ready to serve. It's best when it's thoroughly chilled. Top with whipped cream.

Use 1 1/2 recipes.

**Whipped Cream:**

2 c. heavy whipping cream  
1/4 c. sugar  
1 t. vanilla

Whip cream with a mixer for a minute or two; slowly add sugar and vanilla. Continue whipping until stiff.

Assemble the trifle:

On the bottom of a bowl or trifle dish, spread 1/3 of the pumpkin pudding. Crumble 1/3 of the gingerbread, cover with 1/3 of the whipped cream. Sprinkle a layer of Heath toffee bits or chopped spiced pecans. Repeat the process with two more layers. The last layer will be whipped cream; spread it evenly across the top and sprinkle with **Heath toffee bits** or spiced pecans.

**Strawberry and Lemon Curd Trifle**

Louise Dunn

Assemble the following ingredients.

Pound cake, ladyfingers or angel food cake      1 1/2 c. strawberry sauce  
1/2 lb. fresh strawberries, sliced                      1 1/2 c. lemon curd  
1 1/2 c. heavy whipping cream                      2-3 T. white sugar  
1/2 t. vanilla    4 crushed shortbread cookies

In the bottom of a trifle bowl, place slices of cake. Fill in any gaps with additional cake pieces. Pour half of the strawberry sauce over the pound cake. Top the strawberry sauce with half of the sliced strawberries. Then pour half of the lemon curd over the strawberries. Top with half of the whipped cream. Repeat the layers. Cover and refrigerate for 8 and up to 24 hours to allow the flavors to mingle. Just before serving, sprinkle the top of the trifle with the crushed cookies. You can also make this into individual trifles, using clear plastic cups.

**Strawberry Sauce:**

20 oz. bag of frozen unsweetened strawberries, or 20 oz. of fresh strawberries  
1/4 to 1/3 c. sugar  
Freshly squeezed lemon juice (optional)

Place frozen unsweetened strawberries in large bowl and thaw. This may take a few hours. Once thawed, put the strawberries and their juice in the bowl of a food processor or blender and process the berries until they are pureed. Pour the puree into a 2 cup measuring cup. You should have about 1 1/4 cups of puree. Add 1/4 cup of sugar to start and stir until sugar dissolves. Taste and add more sugar if needed. Add lemon juice to taste, if desired. Store covered in the refrigerator for one week. The sauce can also be frozen. Makes approximately 1 1/4 cups.

**Lemon Curd:**

3 large eggs

1/3 c. FRESH lemon juice (2–3 lemons). Do not use bottled lemon juice.

3/4 c. sugar

1 T. finely shredded lemon zest (outer yellow skin of lemon)

4 T. butter, at room temperature

Note: Room temperature lemons provide more juice. After squeezing, strain the juice to remove any pulp. Zest is the yellow, sweet-flavored outer rind of the lemon. A zester or fine grater can be used to remove the rind. Cold lemons are much easier to grate. Grate lemons just before using as the zest will lose moisture if it sits too long.

In a stainless steel bowl or double boiler placed over a saucepan of simmering water, whisk together the eggs, sugar, and lemon juice until blended. Cook, stirring constantly (to prevent it from curdling), until the mixture becomes thick (like sour cream or hollandaise sauce). This will take approximately 10 minutes. Remove from heat and immediately pour through a fine strainer to remove any lumps. Cut the butter into small pieces and whisk into the mixture until the butter has melted. Add the lemon zest and let cool. The lemon curd will continue to thicken as it cools. Cover immediately so a skin doesn't form, and refrigerate for a week. Makes 1 1/2 cups.

**Whipped Cream:**

Use "pasteurized" rather than "ultra-pasteurized" cream if you can find it. It has superior taste and whips faster (I found it at Schnucks).

Make sure the cream is cold and chill your bowl and beaters or whisk in the refrigerator for one hour or in the freezer for 15 minutes. Beat cream, sugar, and vanilla at medium speed until cream starts to thicken. For soft peaks, continue to beat until the cream, when beater is raised, droops slightly from the ends of the beater. For stiff peaks, beat cream until the cream holds its shape and clings to the end of the beater when raised. If the cream is beaten too long it becomes grainy, so don't leave it unattended!

## Strawberry Shortcake

### Velvet Crumb Cake:

1 1/2 c. Bisquick	1/2 c. milk
1/2 c. sugar	1 t. vanilla
2 T. shortening	1 egg

Beat all ingredients in a mixer on low speed for 30 seconds, scraping bowl constantly. Beat on medium speed 4 minutes, scraping bowl occasionally. Pour batter into a greased square 8" pan or a round 9" pan. Bake at 350° for 30 minutes, or until toothpick inserted in center comes out clean.

### Strawberries:

1 quart fresh strawberries	1/4 c. sugar
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Wash strawberries and remove hulls. Slice into a bowl, add sugar, and stir. Refrigerate. When ready to serve, spoon strawberries over cake and top with whipped cream.

## Mousse au Chocolat

Haleigh Burgon

1 1/2 c. Ghirardelli 60% cacao chocolate chips	
8 T. butter	8 large eggs, separated
1/8 t. cream of tartar	1 c. heavy cream

In a double boiler, melt together chocolate and butter, stirring occasionally until smooth. Remove from heat, and transfer to a large bowl. Let cool for a few minutes. Temper the egg yolks by adding a tiny bit of chocolate to the yolks, little by little, so they warm up gradually (otherwise you can get tiny scrambled eggs). Whisk in the egg yolks, stirring well. Let cool to room temperature.

In a large bowl, beat egg whites with cream of tartar until stiff. Whisk a third of the whites into the chocolate mixture; gently fold in remained of the egg whites.

Whip cream until it holds soft peaks, and fold into chocolate mixture. Chill until set, about one hours.

You can serve this with homemade whipped cream, powdered sugar, chocolate shavings, and add a Frenjess ch cookie like a Biscoff or Petit Ecolier.

## Raspberry Fool

3 (10 oz.) boxes frozen raspberries	1 t. vanilla
2 c. whipping cream	

Thaw raspberries. Beat whipping cream in chilled large bowl until stiff peaks form. Drain off enough of the raspberry juice so that when you fold the raspberries into the whipped cream, the whipped cream doesn't become soupy. Add vanilla. Do not over mix. berries should form a marbled effect in the cream. Refrigerate. Serve in iced parfait glasses or sherbet dishes. This is best when made within an hour of serving time but will hold for several hours in the refrigerator.

**Haleigh's Raspberry Dessert**

Haleigh Burgon

- |                                   |  |
|-----------------------------------|--|
| 1 (6 oz.) package raspberry Jello | 1 (8 oz.) package cream cheese, softened |
| 1 (12 oz.) Cool Whip, thawed      | 1 package frozen (or fresh) raspberries  |
| 4 bananas                         |  |

Thaw frozen raspberries and drain very well (or use fresh). Dissolve Jello in 1 c. boiling water. Stir softened cream cheese into another 1 c. boiling water. Try to remove as many lumps as possible. Stir together dissolved Jello and cream cheese. Refrigerate until firm, four hours or more.

Whip Jello mixture in mixer until fluffy, about 5 minutes. Fold in Cool Whip by hand. Fold in raspberries and pour into serving bowl or individual serving dishes. Slice bananas and put on top before serving. Since bananas turn brown quickly, you can leave them out if you won't be eating it right away.

**Triple Layer Banana Cream Pie Bars**

Cindy Burton

- 1 1/2 cups crushed vanilla wafers (about 60 wafers)
- 1/2 cup chopped pecans
- 1/3 cup butter, melted
- 3 bananas, sliced
- 3 cups cold milk
- 2 pkg. (4-serving size each) Jello vanilla flavor instant pudding
- 2 1/2 cups thawed Cool Whip, divided

Preheat oven to 325°F. Mix wafer crumbs, pecans and butter in 13 x 9 baking dish; press firmly onto bottom of dish. Bake 8 min. Cool 10 min.

Top crust with banana slices. Pour milk into large bowl. Add pudding mixes. Beat with wire whisk 2 min. or until well blended. Spoon 2 cups of the pudding over banana layer.

Gently stir 1 cup of the whipped topping into remaining pudding; spoon over pie. Top with remaining 1 1/2 cups whipped topping. Refrigerate 3 hours. Store any leftovers in refrigerator.

**Chocolate Cups with Strawberry Filling**

- Chocolate molding discs (purchase at candy supply store)
- Foil muffin cups

Heat chocolate in top of a double boiler, stirring until melted. Do not heat over 120°. Brush a layer of chocolate on the **inside** of a foil muffin cup with the back of a spoon, making sure to push the chocolate into each crevice and making sure that all of the muffin cup is covered. Refrigerate until hardened. Peel the muffin cup away from the chocolate.

**Strawberry Filling:**

## Desserts and Sauces

2 (3 oz.) pkgs. strawberry Jello                      2 c. boiling water  
1 1/2 c. crushed strawberries, fresh or frozen      1 T. lemon juice  
1/2 c. sugar    1/8 t. salt  
2 c. whipping cream, whipped

Put gelatin in large bowl; add boiling water and stir until dissolved. Combine strawberries, lemon juice, sugar, and salt with the Jello mixture; stir until sugar is dissolved. Chill to consistency of beaten egg white (the Jello mixture will be very thick but not yet set). Fold in whipped cream. Pour into chocolate cups and refrigerate until set. Decorate top with additional strawberries, whipped cream, or chocolate leaves, if desired.

### **Strawberry Charlotte Russe**

Prepare the strawberry filling recipe, above. Line the side of a spring form pan with a narrow strip of waxed paper; then line with ladyfingers. Carefully spoon the strawberry filling into the pan and chill for 4–5 hours. Remove sides of the spring form pan. Decorate top with additional strawberries and whipped cream, if desired.

#### **Chocolate Leaves:**

12 lemon leaves    Pam spray  
Chocolate molding discs (purchase at candy supply store)

Wash leaves; dry with paper towels. Spray underside of each leaf with Pam. Heat chocolate in top of a double boiler, stirring until melted. Do not heat over 120. Brush a thick layer of chocolate on the underside of each leaf. Refrigerate until hardened. Peel leaves from chocolate. To make the leaf more natural looking, prop against the edge of a plate so that the chocolate will harden while the leaf is in a curved position.

### **Chocolate Charlotte Russe**

1 envelope unflavored gelatin                      3 oz. unsweetened chocolate  
4 eggs, separated    1/2 c. sugar  
1 t. vanilla    dash of salt  
1/2 t. cream of tartar    2 pkgs. ladyfingers  
1 c. whipping cream, whipped                      1/4 c. powdered sugar  
toasted almonds

Soften gelatin in 1/4 c. water. Melt 3 one-ounce squares unsweetened chocolate in 1/2 c. water over low heat, stirring constantly. Remove from heat; add softened gelatin; stir to dissolve. Beat 4 egg yolks until thick and lemon-colored; gradually beat in 1/2 c. sugar. Add vanilla and salt. Gradually stir in chocolate mixture. Cool to room temperature; stir until smooth. Beat 4 egg whites plus 1/2 t. cream of tartar to soft peaks. Gradually add powdered sugar, beating to stiff peaks. Fold into chocolate mixture. Fold in whipping cream, whipped and sweetened. Split ladyfingers lengthwise. Line bottom and sides of 9" spring form pan. Fill with half the chocolate mixture. Add another layer of split ladyfingers. Add remaining chocolate mixture. Sprinkle with toasted almonds. Chill 8 hours or overnight. Remove sides of pan. This can also be made by layering in a bowl.

**Chocolate Icebox Dessert**

2 egg whites, at room temperature	4 T. sugar
1/8 t. cream of tartar	4 t. cocoa
pinch of salt	1/2 t. vanilla
12 small ladyfingers	whipped cream or Cool Whip

On high speed, beat egg white, cream of tartar, and salt together. Beat only about 5 seconds, then start adding sugar gradually. When very thick and glossy, beat in cocoa and vanilla. Split ladyfingers and arrange 6 halves on serving dish. Top with 1/4 of chocolate-meringue mixture. Add a second layer of ladyfingers, more meringue, and repeat. Refrigerate for 2–3 hours. Serves 4–6. Top with whipped cream or Cool Whip. This chocolate-meringue makes a good frosting for angel food cake.

**Sunshine Orange Chiffon**

1 (3.4 oz) pkg. instant vanilla pudding	1 1/2 c. milk
1/2 c. Cool Whip	1 (3 oz.) pkg. orange Jello
3/4 c. boiling water	1/2 c. cold water
ice cubes	

Prepare pudding as directed on box, reducing milk to 1 1/2 cups. Let stand 5 minutes. Fold into whipped topping. Spoon into glasses; chill. Dissolve Jello in boiling water. Combine water and ice to make 1 1/4 cups. Add to Jello; stir until thickened. Remove any unmelted ice. Beat with mixer until gelatin is doubled in volume. Spoon over pudding in glasses. You can use the diet versions of the pudding and the Jello for this dessert. Serves 8. (50 calories per serving).

**Strawberry Puff**

1 (16 oz.) pkg. frozen whole strawberries	2 egg whites
1/4 c. sugar	1 T. lemon juice
1 c. Cool Whip	

Combine strawberries, egg whites, sugar, and lemon juice in a large mixing bowl. Beat at high speed of electric mixer 10 to 12 minutes or until stiff peaks form. Add Cool Whip; beat until smooth. Spoon into individual serving dishes and freeze until firm. You can top it with more strawberries that have been crushed with a fork. Serves 8. (100 calories per serving).

**Quick Pumpkin Pudding**

JoAnne Broadbent

1 (3 oz.) pkg. instant vanilla pudding	1 (12 oz.) can evaporated milk
1 (15 oz.) can pumpkin	1 t. pumpkin pie spice
Whipped cream or Cool Whip	

Beat pudding mix and evaporated milk in a large bowl, according to package directions; refrigerate for 5 minutes. Add pumpkin and pumpkin pie spice; mix well. Spoon into dessert dishes. Refrigerate for 10 minutes or until ready to serve. It's best when it's thoroughly chilled. Top with whipped cream.

### Strawberry Pizza

Dee Westman

#### Bottom Crust:

1 1/2 c. flour  
1 c. butter  
1/2 c. brown sugar  
1 c. chopped pecans

Mix flour and sugar and cut in butter; then add nuts. Press into a jellyroll pan or two pizza pans. Bake at 400° for 12 minutes.

#### Filling:

1 (8 oz.) pkg. cream cheese  
1 (12 oz.) Cool Whip  
2 c. powdered sugar

In a mixer, mix softened cream cheese and sugar. Fold in the Cool Whip. Spread over the cooled crust.

#### Topping:

1 c. sugar  
1 (3 oz.) pkg. strawberry Jello  
1 c. water  
4 t. cornstarch  
dash of salt  
4 c. sliced fresh strawberries

In a medium-sized saucepan, combine water and cornstarch. Add Jello, sugar, and salt. Heat on medium heat, stirring constantly, until the mixture is thickened. Add 3 or 4 drops red food coloring. Cool and add berries. Pour over filling. Refrigerate.

### Pumpkin Dessert

Lisa Watson

#### Crust:

1 yellow cake mix (dry), **reserve 1 cup**  
1 egg, beaten  
1/3 c. melted butter

Mix and press into a 13 x 9 pan (spray pan with Pam).

#### Filling:

2 eggs, beaten  
1 (30 oz.) can pumpkin pie mix (not canned pumpkin)  
2/3 c. milk

Mix by hand until smooth. Pour over crust.

#### Topping:

1 c. reserved dry cake mix  
1 t. cinnamon  
1/4 c. sugar  
1/4 c. softened butter, **not melted**

Mix with fork until crumbly. Sprinkle over top.

Bake at 350° for 45–50 minutes, until set in the middle. Serve warm with whipped cream or ice cream. Don't cover before serving or topping will get soggy. It's best served while still warm from the oven. Once it has cooled thoroughly, it can be covered. Refrigerate leftovers.

**Apple Crisp**

Debbie Hartman

5 c. apples, peeled and sliced	1/4 c. flour
1/4 c. sugar	3/4 c. brown sugar
1/2 c. flour	1/2 c. oats
3/4 t. cinnamon	3/4 t. nutmeg
1/2 c. butter, melted	

Mix apples with 1/4 c. flour and 1/4 c. sugar. Place in the bottom of a greased 8" square baking pan. Mix brown sugar, flour, oats, cinnamon, nutmeg, and melted butter and spread crumbles on top of the apples. Bake at 375° for 40–45 minutes.

**Fluffy Tapioca Pudding**

2 eggs, separated	8 T. sugar, divided
6 T. minute tapioca	4 c. milk
several dashes salt	2 t. vanilla

Mix tapioca, 4 T. sugar, milk, and egg yolks; let stand 5 minutes. Meanwhile, beat egg whites until stiff; gradually add 4 T. of sugar. Set aside. Cook the pudding until it comes to a full boil. Remove from heat and stir in the beaten egg whites. Add the vanilla. The pudding will be runny but will thicken as it cools.

**Baked Custard**

Betty Crocker Cookbook

3 eggs, slightly beaten	1/3 c. sugar
1 t. vanilla	2 1/2 c. milk, warm
dash salt	nutmeg

Heat oven to 350°. Blend eggs, sugar, salt and vanilla. Gradually stir in milk. Pour into six 6-oz. custard cups. Sprinkle with nutmeg. Place cups in 13 x 9 baking pan; pour very hot water into pan to within 1/2 inch of tops of cups. Bake about 45 minutes or until knife inserted halfway between center and edge comes out clean. Remove from water. Serve custard warm or chilled.

**Penny's Bread Pudding**

Penny Stucki

1 1/2 loaves Jimmy John's bread (or any type French bread)	1 1/4 c. sugar
4 c. milk	4 eggs
4 T. butter, cold	2 t. vanilla
nutmeg	cinnamon

Grease a 13 x 9 inch baking pan. Cut the loaves of Jimmy John's bread into pieces by cutting the bread lengthwise into strips and then again crosswise into one-inch chunks. Put into pan. Beat eggs well in mixing bowl, then add sugar, milk, and vanilla, and beat together well. Pour over the bread. Push bread down into milk with a spoon until bread is well covered with milk mixture. Sprinkle cinnamon and nutmeg over the top and dot with the cold butter. Bake at 350° for 50 minutes, until golden brown. Serve with vanilla sauce.

## Desserts and Sauces

### **Vanilla Sauce:**

1 c. sugar	2 T. cornstarch
1 c. boiling water	1/2 c. butter
1 T. vanilla	

Mix sugar and cornstarch in sauce pan. Gradually add boiling water. Cook until sauce thickens. Remove from stove. Add butter and vanilla. Stir until blended. Spoon over bread pudding when served.

### **Famous Dave's Bread Pudding**

1 (1 1/2 lb.) loaf cinnamon egg bread	2/3 c. golden raisins
1 1/2 c. sugar	4 c. milk
2 c. whipping cream	1/4 t. vanilla
8 eggs, beaten	1 t. cinnamon

Coat the bottom and sides of a 2" deep baking dish heavily with butter. Tear the bread into 1" pieces. Mix with the raisins in a bowl. Spread the bread mixture evenly in the prepared dish, turning crust side down as this tends to burn easily. Whisk the sugar, milk, whipping cream, vanilla, eggs and cinnamon in a bowl until well blended. Pour over the bread mixture. Preheat the oven to 325°. Place the baking dish in a 4" deep baking pan. Add water to reach halfway up the side of the baking dish. Bake for 1 hour. Remove from water bath. Let stand for 20 minutes. Serve while still warm. Drizzle each serving with praline sauce. Top with whipped cream and a scoop of ice cream if desired. Makes 9 servings.

### **Ol' Southern Plantation Praline Sauce** (this is 1/3 of the original recipe):

11 T. butter, divided	1/2 c. chopped pecans
1 lb. light brown sugar	1/2 c. whipping cream
1/4 t. cinnamon	3/4 c. sour cream
1/2 t. vanilla	

Heat half of the butter in a heavy saucepan until melted. Add the pecans and mix well. Bring to a boil. Cook until the pecans begin to change color. Add the remaining butter and mix well. Remove from heat. Combine brown sugar, whipping cream and cinnamon in another saucepan and mix well. Cook over low heat until blended, stirring constantly; increase heat. Cook to 230° on a candy thermometer. Stir in pecan mixture; add sour cream and vanilla and mix well. Remove from heat. Makes 1 1/3 cups.

**Pumpkin Bread Pudding**

4 eggs	2 (15 oz.) cans pumpkin
1 1/2 c. milk	1 c. half and half
1 c. sugar	1 t. cinnamon
1/2 t. salt	1/2 t. nutmeg
1/2 t. vanilla	
1 (12 oz. French bread loaf, cut into 1" pieces (about 10 cups))	

Whisk together eggs and next 8 ingredients in a large bowl until well blended. Add bread pieces, stirring to thoroughly coat. Cover with plastic wrap, and chill 8 to 24 hours.

Preheat oven to 350°. Spoon bread mixture into a lightly greased 13 x 9 baking dish. Cover with aluminum foil. Bake, covered, at 350° for 35 minutes. Uncover and bake 15 minutes more. Drizzle each serving with praline sauce. Top with whipped cream and a scoop of ice cream if desired.

**Ol' Southern Plantation Praline Sauce** (this is 1/3 of the original recipe):

11 T. butter, divided	1/2 c. chopped pecans
1 lb. light brown sugar	1/2 c. whipping cream
1/4 t. cinnamon	3/4 c. sour cream
1/2 t. vanilla	

Heat half of the butter in a heavy saucepan until melted. Add the pecans and mix well. Bring to a boil. Cook until the pecans begin to change color. Add the remaining butter and mix well. Remove from heat. Combine brown sugar, whipping cream and cinnamon in another saucepan and mix well. Cook over low heat until blended, stirring constantly; increase heat. Cook to 230° on a candy thermometer. Stir in pecan mixture; add sour cream and vanilla and mix well. Remove from heat. Makes 1 1/3 cups.

**Note:** Most bread-and-egg based casseroles can be baked in individual servings. Prepare the recipe as directed; divide evenly between lightly greased ramekins, filling about 3/4 full. Bake at 350° for 25–30 minutes, or until a knife inserted in center comes out clean.

**Baklava**

Mary Damjanovic

1 pkg. phyllo dough	1 lb. chopped pecans
cinnamon	1 lb. butter, melted

Butter a 13 x 9 pan. Put a sheet of dough in the bottom of the pan (keep the rest of the phyllo covered so that it won't dry out). Butter each layer and sprinkle with chopped pecans; every third or fourth layer, sprinkle with cinnamon. Make as thick as desired. Cut before baking. Mix syrup ingredients together and pour over the top. Bake at 375°–400° until light brown.

**Syrup:**

1 1/2 c. sugar	1 c. water
1 T. lemon juice	2–3 T. honey (or brown sugar)



## *Ice Cream and Yogurt*

### **Hot Fudge Sauce**

Betty Moloney

6 T. butter	2 c. powdered sugar
1/3 c. cocoa	1 c. evaporated milk
1 t. vanilla	

Melt butter slightly. Add sugar and cocoa. Add half of the milk gradually, stirring well to remove lumps; stir in remaining milk. Cook, stirring constantly, until it comes to a rolling boil. Cook and stir 5 minutes. Add vanilla. One batch serves 15 people.

### **Six Three's Ice Cream**

Louise Dunn

Mix together and freeze in ice cream freezer:

the juice of 3 lemons	the juice of 3 oranges
3 mashed bananas	3 c. sugar
3 c. milk	3 c. cream

### **Chocolate Mint Chip Ice Cream**

Bachmans

4 eggs	2 c. sugar
4 (13 oz.) cans evaporated milk	1 1/2 c. grated or mini chocolate chips
1 1/2 t. mint extract	concentrated green food coloring

Add sugar gradually to beaten eggs and continue to beat until stiff. Stir in remaining ingredients. Tint with concentrated green food coloring. Freeze in ice cream freezer. Makes 1 gallon. Chop the chocolate chips fine or the ice cream becomes very chewy. Don't try to make plain ice cream with this recipe, as the evaporated milk flavor is too strong.

### **Ice Cream Flower Pots**

Debbie Hartman

Select and wash 4" clay flower pots. Place a paper muffin liner in the bottom of each pot. Mix a chocolate cake mix, following package directions. Fill each muffin cup (inside the pot) 2/3 full of cake mix. Bake in a 350° oven until the cupcake is done (a toothpick inserted in the cupcake will come out clean). Let cool. Soften vanilla ice cream and scoop ice cream on top of each cupcake, filling just under the top of the flower pot. Cover with a layer of fudge sauce and sprinkle with crushed Famous Brand Chocolate Wafers (they are located by the ice cream at the grocery store; grind them in a food processor). Place each pot in the freezer. Before serving, push a silk flower into each pot.

## Ice Cream and Yogurt

### Homemade Yogurt

1 t. plain gelatin	1 c. boiling water
1 T. sugar	3 c. instant milk powder
3 c. tepid water	1 (12 oz.) can evaporated milk
2 c. tepid water	3 T. commercial plain yogurt

Soften the gelatin in 1 c. boiling water and add sugar. Using a mixer on low speed, mix milk powder and 3 c. tepid water. Add gelatin mixture, evaporated milk, 2 more cups tepid water, and the commercial yogurt. Mix until well blended. Preheat oven to 275°. Cover bowl with foil; put in oven and turn **off** oven. Leave in for 8–10 hours. Refrigerate. This is good with blueberry sauce.

### Andrew's Yogurt

Andrew McNabb

4 c. milk (at least 1%; higher fat content will make it thicker and less sour)
3–4 T. commercial plain yogurt

Scald milk (185°) in microwave or in a sauce pan on the stove. Cool to 110°. Mix in commercial yogurt. Cover with lid or foil. Place the container on a heating pad (the kind you use on your sore back) that you've set to "medium" and cover with towels. Some heating pads turn off automatically after 2 hours; so make sure you account for that. Let sit, covered, for 6–12 hours, depending on how sour you want the yogurt to be (the longer you leave it, the more sour it will be).

### Blueberry Sauce

1/2 c. sugar	2 t. cornstarch
dash salt	1/2 c. water
1 pint blueberries	1 t. lemon juice
1 t. grated lemon rind (optional)	

Combine sugar, cornstarch, and salt. Add water and blueberries. Bring to a boil and simmer until clear and thick. Remove from heat and add lemon. Chill. Don't add water if using frozen blueberries.

### Raspberry Sauce

1/4 c. sugar	2 T. cornstarch
1 (10 oz.) pkg. frozen red raspberries	1 c. water

In a small saucepan, combine all the ingredients. Heat to boiling, stirring constantly. Boil and stir 1 minute. Press through sieve to remove seeds.

## *Candies and Treats*

### **Fudge**

Mary Reimers

1/2 c. milk

1 stick butter

2 c. sugar

12 large marshmallows

Bring above ingredients to a boil, stirring constantly. When it comes to a full boil, continue boiling for 1 minute. Remove from heat. Add:

1 c. (6 oz. pkg.) chocolate chips

After the chocolate chips are melted add:

1 oz. unsweetened baking chocolate

6 Hershey bars (1.55 oz. size)

Stir until smooth. Pour into a greased 9 x 9 pan. Refrigerate overnight. This can be doubled and made in a 13 x 9 pan..

### **Spiced Pecans**

Sandra Crawford

1st bowl:

1 egg white

1 T. water

Beat until foamy. Add

2 c. pecan halves

and stir until well coated.

2nd bowl:

1/2 c. sugar

1/2 t. salt

1/2 t. cinnamon

Stir well. Pour the contents of the first bowl into the second bowl and stir well. Turn into a greased jelly roll pan that has been lined with wax paper. Bake at 300° for 40–45 minutes, stirring every 15 minutes. When they're done, stir occasionally as they cool.

### **Candy Corn Peanut Mix**

Debbie Hartman

2 pkgs. Brach's candy corn

1 jar dry-roasted peanuts

Mix together and serve.

### **Reindeer Chow**

Lori Franz

Mix the following together in a large bowl:

- 6 c. Rice Chex
- 3 c. pretzels
- 2 c. lightly salted dry roasted peanuts
- 12 oz. Christmas M&M's (red and green)

Melt:

16 oz package of white chocolate (the Meijer brand—Candiquik— comes with a microwavable tray)

in the microwave and pour over mixture and stir immediately. Put on wax paper to dry. After it dries you break it up into bite-size pieces.

### **Caramel Popcorn Chex Mix**

- |                          |                         |
|--------------------------|-------------------------|
| 8 c. popped popcorn      | 4 c. Rice Chex          |
| 2 c. mini pretzel twists | 1 c. peanuts            |
| 1 c. brown sugar         | 1/2 c. butter (1 stick) |
| 1/4 c. light corn syrup  | 1 t. vanilla            |
| 1/2 t. baking soda       |                         |

Preheat oven to 300.

Combine first four ingredients in a large bowl. Then combine butter, brown sugar, and corn syrup in a saucepan. Cook and stir over medium heat, until mixture is boiling over entire surface. Reduce heat to medium-low and cook without stirring for 5 minutes. Remove from heat; quickly stir in vanilla and baking soda (sprinkle the baking soda over the top so it doesn't clump). Pour over popcorn mixture, and stir until well coated. Pour into a 13 x 9 pan, bake for 20 minutes stirring half way through (bake it for 10 minutes, dump it back into the big bowl to stir it well, put it back in the baking pan, and bake another 10 minutes). Transfer to parchment paper to cool. Then break up and put into serving bowl.

### **Chocolate-Dipped Bananas**

Sister Pennock

Several bananas, peeled and cut into 1" slices.

Stick toothpicks into each piece of banana and freeze in a single layer on a wax paper-lined pan so that they don't touch. Melt in a double boiler:

- 2 c. (12 oz. pkg.) chocolate chips
- 2/3 c. shortening

Dip bananas into the chocolate and replace in the freezer. Do not stack. When they are well-frozen, you can put them in a freezer container, with wax paper between the layers. Serve within 5 minutes after removing from freezer.

**Chocolate Dipped Strawberries**

The easiest way to dip strawberries is to use Ghirardelli Melting Wafers, and follow the package instructions. If they aren't available, you can use the following recipe:

- 1 c. semi-sweet chocolate chips
- 1/2 c. milk chocolate chips
- 5 milk chocolate Wilton Candy Melts (you can get these at Wal-Mart or at a craft store)
- 1 T. shortening
- 1/2 c. white chocolate chips

Clean strawberries with a damp paper towel or wash and dry very well.

Put the semisweet and white chocolates into two separate double boilers. Heat and stir until smooth.

Line a cookie sheet with wax paper. Holding the strawberry by the stem, dip the fruit into the dark chocolate, lift and twist slightly, letting any excess chocolate fall back into the bowl. Set strawberries on the wax paper. Repeat with the rest of the strawberries. Put the melted white chocolate in a plastic bag, cut a small snip out of the corner, and drizzle the white chocolate over the dipped strawberries.

Refrigerate the strawberries about 20 minutes. You can leave them out at room temperature because the Candy Melts will harden up. You can store these supplies in the freezer for a long time.

A two-pound box of strawberries contains about 40 berries. Use one recipe for each pound of strawberries.

**Peanut Butter Balls**

Lynne Ream

- |                      |                            |
|----------------------|----------------------------|
| 1 lb. butter         | 3 c. crunchy peanut butter |
| 2 lb. powdered sugar | 2 (8 oz.) Hershey bars     |
| 1/2 bar paraffin     |                            |

Mix ingredients and form into 3/4" balls. Melt chocolate and paraffin in the top of a double boiler and dip the peanut butter balls into it.

**Pumpkin Dip for Fruit**

- |  |                    |
|--|--------------------|
| 2 (3 oz.) pkgs. cream cheese, softened | 1/2 c. brown sugar |
| 1/2 c. pumpkin                         | 2 t. maple syrup   |
| 1/2 t. cinnamon                        | assorted fruit     |

In a small mixing bowl, beat cream cheese and sugar until well blended. Add pumpkin, syrup, and cinnamon; beat until smooth. Refrigerate until ready to serve. Serve as a dip with cut-up fruit and cookies (bananas, apples, pears, orange sections, animal crackers).

## Candies and Treats

### **Honey Butter**

1/2 c. honey

1 t. cinnamon

1/2 c. butter, softened (not melted)

Mix well and serve with bread or rolls.

# Japanese

## Curry Rice

2 lbs. cubed beef	1/4 c. oil
4 large onions	4 c. water
6 large potatoes	1/2 c. Kikkoman soy sauce
1–2 lbs. carrots	1/2 t. pepper
1 apple, peeled	1 T. brown sugar
1/2 head finely shredded cabbage	8 oz pkg of S&B Golden Curry Sauce Mix

Brown beef in oil. Cut onions into large, bite-size pieces and add to beef. Add water, soy sauce, pepper, and sugar and bring to low boil. Cut potatoes, carrots, and apple into bite-size pieces and add to pot. Add cabbage and simmer under cover until all vegetables are tender (about 90 minutes). Break up curry cubes and stir into pot. Bring to low boil, stirring gently until curry is dissolved, then reduce heat to low. Simmer slowly for about 30–60 minutes, stirring occasionally to prevent sticking to bottom of pot. Serve over white rice. Makes about 6 quarts.

## Katsudon

Kazumi Koyama

1 t. baking powder	1 T. cornstarch
1 egg	1/4 c. sake
1 1/2 – 2 lbs. pork, cut in 1" cubes	

Mix together and put the pork in. Do this about an hour before cooking to tenderize the pork. Then pour into the pork mixture:

fine, dry bread crumbs

Mix well. Fry the breaded pork in oil. When the pork is done, add:

4 onions, sliced into onion rings

Top with sauce:

1/2 c. Kikkoman soy sauce	1/4 c. Lea and Perrins Worcestershire sauce
1/3 c. sugar	1/3 c. sake
1/3 c. water	

Cover pan with lid and cook, stirring periodically, until onions are done. Add:

4 beaten eggs

Stir and cover for a few minutes, until the eggs are cooked. Serve over rice. Depending on the amount of meat I have, sometimes I increase the sauce by 1 1/2 times.

**Gyoza**

Marty Wolf

**Filling:**

1 1/2 lb. ground pork	1/2 t. garlic powder
1/4 t. ginger	4 green onions, chopped fine
2–3 T. Kikkoman soy sauce	1 t. sesame oil
3 pkg. jumbo gyoza skins	Peanut oil to fry the gyoza
1/3–1/2 head cabbage, chopped extra fine (or 1 pound bag of slaw mix; chopped fine)	

**Sauce:**

1/4 c. rice vinegar	1/4 c. Kikkoman soy sauce
Chopped green onions	

Have the meat department grind the pork for you; don't use pork sausage. Use regular cabbage; boil (but the cabbage needs to remain firm), and then chop fine. Chinese cabbage gets too watery. Mix garlic, ginger, sesame oil, and soy sauce together before adding to meat, and then add meat, cabbage, and green onions; mix with your hands.

Put a level tablespoon (or slightly less) of filling in the middle of each jumbo gyoza skin. Apply water to the edge of the top half of the skin and fold the skin over the filling. Press the edges of the skin together firmly. Place each gyoza on a cookie sheet lined with wax paper; don't let them touch unless you are starting to cook right away; the skins can get very gooey. Coat a heavy frying pan with a little bit of peanut oil and let it sit on warm for 10–15 minutes. When ready to cook, turn the temperature up to medium high. Put the gyoza in the frying pan. Fry for 4 minutes, covered. Add 1/3 c. water to the pan and cover again. Steam the gyoza for 4 minutes. For the sauce, mix the rice vinegar with the soy sauce and chopped green onions. Serve with hot rice. Three packages of jumbo skins makes 90 dumplings.

**Sukiyaki**

1 lb. sirloin or round steak, cut 3" thick and sliced very thin, cutting across the grain	
2 medium onions	1/2 lb. mushrooms, sliced
shiitake mushrooms	1/4 lb. fresh spinach
1 bunch green onions, sliced	clear noodles
Napa cabbage	tofu
3 T. oil	1/2 c. water
1 beef bouillon cube	1/3 c. Kikkoman soy sauce
2 T. sugar	hot cooked rice

Heat oil, add meat, cover and cook over low heat until tender but not browned. Add vegetables, cover, simmer 5 minutes, stirring several times. Combine water, bouillon cube, soy sauce, and sugar. Add to pan. Cook 15 minutes. Serve over rice.

**Chicken Teriyaki**

3/4 c. water	1 t. ginger
3/4 c. Kikkoman soy sauce	3 T. cornstarch
3/4 c. brown sugar	2 lb. chicken thighs or frozen boneless, skinless chicken breasts
1/2 t. garlic powder	

Line a pan with foil and put all the ingredients into it. Swish the thighs around until they are coated and the sauce is mixed. Bake at 350°, skin side down, for 40 minutes. Turn over and bake another 40 minutes.

**Subuta**

1 – 1 1/2 lb. pork	2 green peppers
2–3 onions	2–3 carrots
2 stalks celery	1 c. mushrooms, black, if possible
1/2 t. chopped garlic	1/2 c. vinegar
2 c. water	1/4 c. sugar
1/8 t. ginger	3 T. Kikkoman soy sauce
1/2 t. Lea & Perrins Worcestershire sauce	3 T. cornstarch
1/4 t. pepper	1 large can pineapple chunks, drained

Brown meat and garlic in a large frying pan. Add vegetables, cut into large bite-size chunks. Fry several minutes. Add half of the water, vinegar, sugar, ginger, soy sauce, Worcestershire sauce, and pepper. Boil until vegetables begin to soften. Do not overcook. Add pineapple, the rest of the water, and the cornstarch. Add salt to taste. Boil until slightly thickened. Serve over rice.



## *Italian*

### **Spaghetti Sauce**

2 lb. Italian sausage	1 onion, chopped
1 #10 can tomato sauce	1 (15.5 oz.) can petite diced tomatoes
1 (5.5 oz.) can apple juice	1/2 c. sugar
1/2 t. garlic powder	1 t. oregano
2 t. basil	1/2 t. pepper

Brown sausage and onion together; drain well and crumble the sausage. Add remaining ingredients and bring just to a boil; simmer for 6–8 hours. You can also add chopped green pepper and/or sliced mushrooms. If using homemade tomato sauce, use: 3 quarts homemade sauce, 2 large cans tomato paste, and 1 (15.5 oz.) can diced tomatoes. Add meatballs just before serving.

### **Meatballs:**

1 1/2 lbs. ground beef	2 eggs, slightly beaten
1 c. bread crumbs	1/4 t. garlic powder
1/4 t. oregano	1/2 t. basil

If using commercial bread crumbs, add 1/2 c. water to the recipe. Stir together ingredients with your hands. Form into 1" or 1 1/2" balls. Cover a jelly roll pan with foil and place balls on the foil. Bake at 425 for 20 minutes. Add to sauce just before serving.

### **Lasagna**

6 c. spaghetti sauce	1 lb. ricotta cheese
2 eggs, beaten	1 lb. shredded mozzarella cheese
2 c. Parmesan cheese	12 lasagna noodles, cooked

Mix together the ricotta cheese and eggs. On the bottom of a deep 13 x 9 pan, place 1/2 c. spaghetti sauce. Layer three cooked lasagna noodles in the pan, 1 1/2 c. sauce, 1/4 of the ricotta/egg mixture, 1/4 of the mozzarella, 1/4 of the Parmesan cheese. Repeat layers three more times. Bake at 350° for an hour, until brown and bubbling at the edges. Let sit for 15 minutes before serving.

## Italian

### Pizza Crust

1 pkg. yeast	1/4 c. warm water
2 t. sugar	1 t. salt
1 T. oil	1/2 to 3/4 c. milk
2 1/2 c. flour	

Dissolve yeast in warm water in a large bowl; let stand 5 minutes. Combine 2 c. flour, sugar, and salt; stir in yeast mixture and oil. Add enough milk to make a soft dough. Knead for 5 minutes, adding more flour as necessary. Let rise 15 minutes. Pat dough on bottom of pizza pan. Bake at 400° for 15 minutes. Enough crust for 2 round pizza pans or 1 jelly roll pan.

### Chicken Cacciatore

chicken (3 breasts, 3 thighs, 3 legs)	1 clove garlic
1 onion, chopped	2 c. canned tomatoes
1 large green pepper, sliced	3 stalks celery, chopped
oil and flour	1 t. basil
1/2 t. oregano	1 t. parsley flakes
1 c. sliced mushrooms, optional	1/2 c. sliced carrots, optional
2 c. water	2 T. cornstarch mixed with 1/2 c. water
hot cooked rice	

Dip chicken pieces in flour and brown chicken in hot oil for about 5 minutes on each side. Add vegetables, tomatoes, and water. Simmer about an hour. Thicken with cornstarch mixed with 1/2 c. water. Serve on hot rice. You can serve it over risotto (stir in 2 T. Parmesan cheese and 1 T. parsley flakes to cooked rice).

# Chinese

## Spring Rolls

Mima Kearn

- 1 1/2 – 2 lbs lean pork, finely ground (chop in food processor)
- 2 c. bean sprouts

Chop in food processor the following:

- |                           |                |
|---------------------------|----------------|
| 1 onion                   | 5 carrots      |
| 5 celery stalks           | 1 green pepper |
| bok choy or green cabbage |                |

Mix all of the above, adding other vegetables you like (peas, broccoli). This is a very carefree recipe.

Season with:

- |                   |                   |
|-------------------|-------------------|
| 2 T. garlic       | 2 T. ginger       |
| 1 T. oyster sauce | 1–2 t. sesame oil |
| pepper            | salt              |

Roll about 1/4 – 1/3 cup of the mixture in egg roll wrapper. Seal with water. Fry in peanut oil heated over medium high heat until both sides are golden brown. Wrap with Boston lettuce. Dip in sauce made of equal parts rice vinegar and soy sauce with green onions chopped up, floating in it. Makes about 40 spring rolls.

## Egg Rolls

- |   |                       |
|---|-----------------------|
| 6 oz. pork loin, cut very fine                  | 1/2 t. salt           |
| 1 t. cornstarch                                 | dash pepper           |
| 1 t. Kikkoman soy sauce                         | 1/4 t. sesame oil     |
| 1 egg, slightly beaten                          | 2 T. water            |
| 1 oz. bamboo shoots, chopped                    | 4 oz. egg roll shells |
| 1 small carrot, chopped                         | 2 T. cornstarch       |
| 4 oz. bean sprouts or green cabbage,<br>chopped | 2 T. water            |
| 1 oz. shelled raw shrimp                        | 4 c. oil              |

Mix pork, cornstarch, and soy sauce. Set to one side. Fry egg flat like a pancake and then cut into narrow 1" strips. Set to one side. Stir fry chopped vegetables in 3 T. oil. Set to one side. Combine pork mixture and shrimp; stir fry in 3 T. oil. Mix with egg, vegetables, salt, pepper, sesame oil, and 2 T. water. Cool. Divide into 6 parts and spoon each part into one egg roll shell. In small bowl, mix cornstarch and water to form paste. Fold each egg roll up by folding one side in, folding the ends in, and folding the last side in. Dip finger in cornstarch paste to seal egg roll. Heat 4 c. oil. Fry egg rolls until golden brown. Drain on paper towels. Serves six.

**Sizzling Szechuan Shrimp**

Debbie Hartman

- 2 lbs. unpeeled medium-size fresh shrimp
- 1/2 c. water
- 1/4 c. sugar
- 1 T. Kikkoman soy sauce
- 2 T. cornstarch
- 6 green onions, chopped
- 1 (8 oz.) can water chestnuts, chopped
- 1/4 t. dried, crushed red pepper
- 1/2 c. catsup
- 1/4 c. chili sauce
- 2 t. sesame oil
- 1/4 c. vegetable oil
- 3 cloves garlic, minced
- 1/4 t. black pepper
- 1 t. peeled, minced gingerroot

Peel and devein shrimp; set aside. Combine water, catsup, sugar, chili sauce, soy sauce, sesame oil, and cornstarch. Pour vegetable oil around top of pre-heated wok, coating sides; heat for 2 minutes. Add shrimp, green onions, garlic, water chestnuts, black pepper, red pepper, and ginger; stir fry 3 minutes

**Szechuan Noodles with Pork Sausage**

adapted from Marilyn Upah-Bant

- 1 lb. zesty/spicy/hot ground sausage (not Italian); use regular ground sausage if you don't want it to be spicy, but it's better with spicy
- 1/4 t. red pepper flakes, optional
- 2 T. soy sauce
- 1 (10 oz.) bag matchstick carrots
- 1 t. garlic
- 1 (15 oz.) can chicken broth (you might want to use more broth)
- 3/4-1 bottle Annie Chun's Thai peanut sauce
- 5 T. chopped fresh cilantro, divided
- 1 c. chopped peanuts
- 1 lb. Kame wide lo mein noodles or fettucine noodles
- 6-8 green onions, 1/2" diagonally cut
- 1/2 t. ginger
- 1 t. sesame oil

Boil noodles according to package directions. Brown pork sausage with optional hot pepper flakes until no longer pink. Add soy sauce, green onions, carrots, garlic, and ginger, and cook for 3 additional minutes.

Stir 2 cans broth and sauce into ground pork mixture until melted and blended.

Add noodles to pork mixture and toss to coat evenly

Stir in 2 T. cilantro and sesame oil. Serve with remaining cilantro and chopped peanuts on top.

If serving only part of this recipe, hold back some cilantro and chopped peanuts to add fresh to leftovers.

Serves 5-6.

**Beef and Broccoli Lo Mein**

1 lb. tri tip beef, sliced thin	1 T. corn starch
1/2 lb. lo mein noodles	2 t. dark sesame oil
2 T. olive oil	2 t. minced garlic
1/2 t. ginger	6 c. broccoli, cut into florets
3 c. onion, sliced vertically	6 T. soy sauce
2 T. oyster sauce	1/4 c. brown sugar
2 T. chili sauce with garlic	

At least an hour before cooking, combine corn starch with 1/4 c. water. Slice beef thinly and add to the corn starch and water, stirring to coat. Let sit in refrigerator. Before cooking, rinse the corn starch from the beef and drain well. The corn starch will tenderize the beef.

Boil lo mein according to package directions. Drain. Add 2 t. sesame oil to lo mein, tossing to coat.

Heat olive oil in large skillet over medium-high heat. Add garlic and sauté 30 seconds. Add beef and continue sautéing until the beef is barely done. Remove from pan.

Add onion and a few teaspoons of olive oil to the pan juices. Sauté for three minutes or so, then add the broccoli. Continue sautéing for a minute or so, then add 1 c. of water to the pan and cover with a lid. Let the broccoli steam until crisp tender. Mix ginger, brown sugar, soy sauce, oyster sauce, and chili sauce and add to the onion and broccoli. Add the beef and the lo mein. Toss to coat.

I like this served with hot rice.

**Egg Foo Yung**

6 large eggs	1/2 t. salt
1 c. mung bean sprouts	1 c. cooked, finely cut meat
1/8 t. pepper	1/2 c. chopped onion

Beat eggs for one minute. Add remaining ingredients and mix lightly. Form into patties and fry, browning both sides. Serve with Chinese brown gravy over rice.

**Chinese Brown Gravy:**

6 T. butter	2 T. Kikkoman soy sauce
6 T. flour	1 t. Kitchen Bouquet
1 1/2 c. hot water	1/2 c. cold water
1 t. salt	dash pepper

Melt butter, add flour, cold water, and seasonings. Bring to boil. Add hot water and cook to smooth, gravy consistency.

### Sweet and Sour Pork

1 lb. lean pork, cut in 1" cubes	1 green pepper, cut in 1" squares
1 c. tempura batter mix	3 medium carrots, peeled and sliced at a
3/4 c. water	45 degree angle in thin ovals
1 clove garlic, peeled and chopped	1/2 c. water
1 (8 oz.) can unsweetened pineapple chunks, drained (reserved 1/2 c. juice)	
Hot cooked rice	

#### Sweet and Sour Sauce:

3/4 c. vinegar	1/2 c. water
3/4 c. sugar	1 T. catsup
2 T. Kikkoman soy sauce	3 T. cornstarch
1/2 c. reserved unsweetened pine apple juice (from canned pineapple)	

In a small saucepan, combine vinegar, sugar, pineapple juice, water, and catsup. Stir over low heat until sugar dissolves. Add soy sauce. Dissolve cornstarch in small amount of sauce. Stir into rest of sauce. Stir over low heat until thickened.

Mix 1 c. tempura batter mix with 3/4 c. water. Place pork in batter and toss. Pour oil in bottom of wok or frying pan to depth of 2". Heat to 375°. Fry pork cubes in hot oil, a few at a time, until lightly browned and crisp. Drain and set aside. Continue until all pork is cooked. Heat 1 T. oil in wok. Add garlic and stir until browned; remove garlic and discard. Add green pepper and carrots. Stir fry about 1 minutes. Pour in 1/2 c. water. Cover and steam about 3 minutes, until crisp tender. Pour in sweet and sour sauce. Add pork and pineapple. Stir gently until meat is reheated. Serve over hot cooked rice. Serves 4. You can make this without using batter on the pork; just sauté the pork until done.

\*\*\*If tempura mix is unavailable, try this: toss pork cubes in 2 T. soy sauce. Roll in 1 c. flour, then in 1 egg (slightly beaten with 1 T. water), and again in flour. Place on a rack and let stand for 5 to 10 minutes.

### Beef with Snow Peas

2 lbs. round or sirloin steak, sliced very thin	1 c. beef broth
2 T. Kikkoman soy sauce	2 pkg. frozen snow peas
1 T. cornstarch	1 c. fresh mushrooms, sliced
1 t. sesame oil	1/2 t. ginger
	hot cooked rice

Mix steak with soy sauce and cornstarch. Set aside to tenderize. Sauté until cooked. Add snow peas, mushrooms, and ginger. Stir in beef broth. Stir until thickened.

**Beef and Broccoli**

Rupert Evans

2 lbs. ground beef	
8 c. broccoli florets (or 1 pound frozen broccoli)	
1 onion, chopped fine	1/2 t. ginger
1/2 t. garlic powder	1/2 c. Kikkoman soy sauce
1 t. sesame oil	2 c. water
3 T. cornstarch	1/2 c. water
hot cooked rice	

Brown ground beef and onion. Drain. Add the broccoli to the beef, add the water, spices, and soy sauce. When the broccoli is almost done, mix the cornstarch with 1/2 c. water and add to the pan. Stir until it thickens and bubbles for a minute or two. Serve with hot rice.

**Cashew Chicken Stir Fry****Marinade:**

1 egg white	1/4 t. salt
2 t. cornstarch	1 t. sesame oil

In small mixing bowl, blend all ingredients until smooth. Stir in chicken strips. Refrigerate at least 30 minutes.

**Stir Fry:**

4 boneless chicken breast halves, cut into strips	1 1/2 c. sliced fresh mushrooms
2 cloves garlic	1 c. carrots, cut into thin diagonal slices
6 green onions, cut diagonally into 1" pieces	1 c. celery, cut into thin diagonal slices
	1 c. salted cashews

**Cooking Sauce:**

1 (14 oz.) can chicken broth	3 T. cornstarch
3 T. Kikkoman soy sauce	1 t. sugar

In a small bowl, combine all ingredients. Set aside.

In wok or large frying pan, heat 2 T. oil. Add chicken strips and garlic. Stir-fry for 2–3 minutes, or until chicken is no longer pink. Remove chicken to plate. Put about 1/8 cup water in the pan (the original recipe calls for you to add another 1–2 T. oil to the pan but I use water to reduce the calories). Add carrots, celery, mushrooms, and green onions. Stir fry for 2 minutes. Add cooking sauce. Stir until sauce thickens. Boil for 2 minutes. Stir in chicken and cashews (or serve cashews separately). Serve over rice. You can substitute shrimp, pork, or beef for the chicken.

Because the cashews get a little soggy when reheated as leftovers, I serve the cashews on the side.

### Beef and Green Peppers

1 lb. round steak (cut in 2" paper-thin strips)  
1 T. cornstarch  
2 t. sesame oil  
1/2 c. soy sauce  
1/2 t. garlic powder  
2 T. cornstarch  
3 T. olive oil  
1/8 t. pepper  
4-6 green peppers (sliced in strips)  
1/8 t. ginger

Combine 1 T. cornstarch and 1/3 or 1/2 cup water in a bowl. Add beef strips. Toss well to coat. Let sit for about an hour. Run water over meat to remove cornstarch; drain well. Preheat oil. Put meat into oil and stir fry with garlic and pepper until meat loses its redness. Remove from pan. Add sliced peppers to pan. Add about 2 cups water, ginger, and soy sauce. Cover and cook until crisp tender. Thicken with 2 T. cornstarch mixed with 1/4 cup water. Bring to boil and cook about 1 more minute. Return meat to pan and stir to mix. Serve over rice.

### Stir-Fry Chicken and Broccoli

4 boneless, skinless chicken breasts cut into 1" pieces  
4 c. broccoli florets or 20 oz. frozen broccoli cuts  
3 T. Kikkoman soy sauce  
1 c. low-sodium chicken broth  
1/2 c. fresh mushrooms, sliced  
1 T. cornstarch  
1 T. oil, plus 1 t. sesame oil  
1/4 t. garlic powder  
1 T. lemon juice

In a small bowl, combine chicken, soy sauce, and oil. Place broccoli and 1/2 c. chicken broth in wok or frying pan. Stir fry 5 minutes. Add chicken mixture and garlic. Stir fry 3 minutes. Add mushrooms and stir fry 1 minute. Combine lemon juice and cornstarch with remaining 1/2 c. chicken broth. Heat in wok until thickened, about 2 minutes.

### Chicken "Chinese"

Fern Broadbent

2 lb. boneless, skinless chicken breasts, cut into 1" chunks  
3/4 t. salt  
2 T. oil  
1/2 c. green pepper  
1 can tomatoes  
1 T. cornstarch  
1/4 t. paprika  
1 1/2 c. celery  
1/2 c. onion  
2 T. Kikkoman soy sauce  
1 T. water

Heat oil. Sauté chicken chunks and sprinkle with salt and paprika. Remove chicken from pan. Add celery, green peppers, onion, tomatoes, and soy sauce. Cook until crisp tender. Mix cornstarch and water and add to vegetables. Cook, stirring constantly, until thickened. Let it boil about a minute. Add chicken to vegetables. Serve over hot rice.

## *Mexican*

### **Nachos (Mexican Stuff)**

Cindy Burton

2 lbs. ground beef	2 pkgs. taco seasoning
1 (30 oz. can refried beans)	1 (15 oz.) can refried beans with chiles
1 (14.5 oz) can diced tomatoes with chiles	1 c. water
2 c. shredded cheddar cheese	salsa
shredded lettuce	fresh tomatoes, diced
sour cream	black olives, sliced
tortilla chips	

Brown and drain ground beef. Add 2 pkgs. taco seasoning, canned diced tomatoes, and 1 c. water. Bring to a boil and simmer for 10 minutes. In the bottom of a 13 x 9 pan, spread the two cans of refried beans and heat in the microwave until warm. Spread the ground beef mixture over the beans and top with the shredded cheese. Heat in the oven at 350° until the cheese is melted and the mixture is hot. To assemble, each person places tortilla chips on his plate (some people prefer them crushed). Then put a large spoonful of the baked mixture on top and continue topping with salsa, sour cream, olives, tomatoes, and shredded lettuce.

### **Guacamole**

2 large, very ripe avocados	1 tomato
1/2 small white onion, chopped	salt and pepper
pinch sugar	Hellmann's mayonnaise
2 or more serrano chiles, chopped	

Mix until smooth.

### **Chicken Enchiladas**

In a bowl, combine:

- 2 cans cream of chicken soup
- 1 c. sour cream
- 1/2 c. chopped onion, covered and cooked in microwave 2 minutes
- 2 (4 oz.) cans diced green chilies
- Garlic
- 2 c. diced, cooked chicken
- 1 c. shredded Cheddar cheese.
- Green enchilada sauce

Combine all ingredients, Fill and roll corn or flour tortillas. Place seam side down in 13 x 9 baking pan. Top with cheese and pour green enchilada sauce over sauce over the top. Bake, uncovered, at 350° for 45 minutes.

**Vegetarian Chimichangas**

Lisa McNabb

- 8 oz chopped cabbage or 1 bag of coleslaw mix
- 1 (15 oz) can corn, drained
- 1 (15 oz) can black beans, drained and rinsed
- 2 c. shredded low-fat cheddar cheese
- 1 c. chopped tomato
- 1/2 c. chopped cilantro
- 1/2 c. chopped green onion
- 1 small can chopped green chiles
- Juice from 1 lime
- 1/8–1/4 t. cayenne pepper
- 1 t. sugar
- 1 t. garlic salt
- 1 T. cumin
- 8" flour tortillas

Mix ingredients and fold into tortillas. Place seam down in baking dish close together. Spray tops with Pam. Bake at 400° for 20 min.

**Corn Tortillas**

Jessica Ruggieri

- 2 c. Maseca corn flour (buy at Walmart)
- 1/2 t. baking powder
- 1/2 c. flour
- 1/2 t. salt
- 2 c. warm water

Mix corn flour, flour, baking powder, and salt. Pour half of the warm water over, and stir until the water is absorbed. Add the rest of the water incrementally until the flour forms a ball. Divide dough into 18 equal-sized balls. Press into tortilla and cook for about 30 seconds, until browned and slightly puffy.

## *Miscellaneous Ethnic*

### **Cornish Pasties**

Rupert Evans

1 lb. ground beef, browned and drained	2 c. diced potatoes
1 c. diced carrots	1/2 c. diced onions
1 t. salt	pepper
milk	

Place ingredients in a saucepan and add 1 c. hot water. Cover and simmer for 10 minutes. Set aside.

Make pastry out of:

2 c. flour	2/3 c. butter-flavored shortening
1 t. salt	1 t. baking powder
ice water	

Blend flour and shortening with pastry blender. Add enough ice water to hold together. Roll four circles, about 8" in diameter. Spoon 1/4 of the filling onto half of each circle. Dampen edges of dough with water. Fold dough over filling, pressing edges together firmly; crimp with fork. Make a slit in each pastie and put about 2 t. milk in each one. Repeat procedure with remaining dough and filling. (If pasties aren't to be the main dish, you can make them smaller).

Place pasties on a large jelly roll pan and bake at 425° for 15 minutes. Then turn oven back to 350° and bake for 30–40 minutes. Remove, cut a slit in the center of each pasty, add 2 T. milk to each pasty. Let set 15 minutes before serving.

### **Sanaa (from Yemen)**

Rupert Evans

3 c. rice	2 large or 3 medium onions, diced
1–1 1/2 lb. leftover cooked lamb	1/4 c. vegetable oil
1/2 heaping t. cardamom	1/2 heaping t. coriander
1/2 heaping t. cinnamon	1/2 c. chicken broth
salt and pepper	

Cook and cool rice. Sauté lamb and onions in oil until the onions are done. Mix in rice, spices, and chicken broth. Heat through.

**Kima**

Mark Spear

- |                                  |                                 |
|----------------------------------|---------------------------------|
| 1 lb. ground beef or tofu, cubed | 1 onion, chopped                |
| 1 clove garlic, minced           | 1 1/2 t. curry powder           |
| 1/2 t. salt                      | dash of pepper                  |
| 1 T. Kikkoman soy sauce          | 2 potatoes, diced               |
| 2 carrots, diced                 | 1 stalk celery, diced           |
| 1 c. frozen peas                 | 1 (14.5 oz.) can diced tomatoes |

Brown beef and onions. Drain. Add seasonings and vegetables. There is very little liquid but don't worry. Simmer until potatoes are done. Serve in a bowl over rice and top with a dollop of sour cream.

**Thai Meatballs and Peanut Sauce**

- |   |                            |
|---|----------------------------|
| 1 lb. ground pork   | 2 T chopped fresh cilantro |
| 1 1/2 T. lime juice   | 1 t. ginger                |
| 1 carrot, grated  | salt and pepper            |
| 1 c. Asian peanut sauce (I like Annie Chun's Thai peanut sauce) |                            |

Heat oven to 375°. Line a baking sheet with foil. In a large bowl, combine everything but sauce. Shape into 1 1/2" balls; set on sheet. Bake 25 minutes. Serve with peanut sauce for dipping.

**Japchae (Korean Noodle Stir Fry)**

- 1 lb. tri tip or sirloin steak, sliced in small strips

**Marinade:**

- |                         |                     |
|-------------------------|---------------------|
| 1 t. garlic             | 2 t. salt           |
| 4 T. Kikkoman soy sauce | 3 T. sugar          |
| 4 t. sesame oil         | 1/2 t. black pepper |

Mix the marinade ingredients together and add the beef strips. Cover and refrigerate at least one hour, or overnight.

- |   |  |
|---|--|
| 1 pkg. (3.75 oz.) Korean vermicelli noodles (grayish in color, buy Dang Myun brand) |  |
| 1 c. matchstick carrots   | 1 large onions, coarsely chopped         |
| 1 red pepper, julienned   | 2 c. shredded cabbage                    |
| 3 c. sliced mushrooms   | 1 c. green onions, sliced on 1" diagonal |
| 1 (10 oz.) bag or box of fresh baby spinach   |  |

Start water boiling for noodles. When it has come to a boil, add about 3.75 oz. noodles and boil about 8 minutes. Drain in colander and snip the noodles a few times to make them easier to eat. Pour this sauce over the noodles:

- |                 |                 |
|-----------------|-----------------|
| 1/2 t. salt     | 2 t. sugar      |
| 1 T. soy sauce  | 1 t. sesame oil |
| pepper to taste |                 |

Heat wok or large skillet with a tablespoon of olive oil. Drain off excess liquid from meat and add the meat to the hot oil. Stir fry until done. Remove meat from pan.

Add carrots, onions, pepper, and mushrooms to the wok or skillet. Stir fry until crisp tender. Add cabbage, green onions, and spinach. Cover with lid and turn the heat down. Let it sit a few minutes until you can start stirring the spinach into the other vegetables. Continue stirring until the spinach is wilted. Add the beef and noodles to the vegetables. Serve with hot rice.

### Chicken Tikka Masala

#### Chicken:

1 c. plain yogurt	2 T. lemon juice
1 t. cinnamon	1 t. paprika
1/2 t. cayenne pepper	1/4 t. black pepper
1 t. salt	
1 1/2 lbs. boneless, skinless chicken breast, cut in 1 1/2" pieces	

Whisk yogurt, lemon juice, cinnamon, paprika, cayenne, pepper, and salt. Add chicken, stir, and set aside for 30 minutes. To cook chicken, discard marinade. Bake at 375° for 25 minutes. Stir into sauce. Top with cilantro. Serve with rice and naan.

#### Sauce:

2 t. minced garlic	2 T. butter
1 t. cumin	1 t. paprika
1 t. salt	1 (8 oz.) can tomato sauce
1 c. heavy cream	

In a skillet, cook garlic in butter for 2 minutes. Add cumin, paprika, and salt. Cook 1 minute. Stir in tomato sauce and cream. Simmer, stirring, until the sauce is thick.

### Moroccan Chicken and Lentils

Julie Anderson

8 c. water	3 t. sea salt
1 lb. dried lentils	3/4 c. plus 2 T. olive oil
1/2 c. red wine vinegar	3 T. ground cumin
2 T. plus 2 t. chili powder	2 cloves garlic
1 large onion, chopped	2 lb. boneless, skinless chicken
1/4 t. cinnamon	1 c. chopped fresh parsley

Combine water and 1 t. salt. Over high heat, add lentils; bring to boil. Cover, reduce heat to medium, simmer until lentils are soft (about 30 minutes). Drain and rinse under cold water.

In a small bowl, mix 3/4 c. olive oil, vinegar, 2 T. cumin, 2 T. chili powder, garlic and 1 t. salt. Pour over lentils, toss, and cool.

Slice chicken into 1" wide pieces (they'll be about 1" x 4"). In a large skillet, heat 2 T. olive oil, add onion, sauté until well cooked. Add chicken and sauté until done. Add 1 t. salt, 1 T. cumin, 2 t. chili powder, and 1/4 t. cinnamon. Garnish with parsley. This is good served with warm naan (Indian flat bread).



## *Fondue*

### **Bacon and Cheese Fondue**

5 strips bacon	1 medium onion, chopped
1/8 t. garlic powder	1 can cream of mushroom soup
1 c. milk	3/4 lb. sharp cheddar cheese, shredded
1 t. Lea & Perrins Worcestershire sauce	1 t. dry mustard
3 dashes hot pepper sauce	French bread, cut into 1 1/2" cubes
assorted raw vegetables	

Fry bacon until crisp and brown in a heavy saucepan, reserving 1/4 c. bacon drippings. Drain on paper towels. Crumble bacon; set aside. Add onion and garlic to drippings; sauté until tender. Add soup. Slowly stir in milk. Cook over medium heat, blending until smooth. Add cheese, stirring until melted. Add the seasonings. Pour into a fondue pot and keep warm. Provide bread cubes and raw vegetable to dip in fondue. If mixture become too thick, stir in a little hot milk. Makes 5 cups.

### **Chocolate Fondue**

2 c. (or so) whipping cream
30 oz. Ghirardelli chocolate chips (you can use a combination of dark and milk chocolate, but I use all dark)

Place in double boiler or small crock pot. Let melt together. Add more whipping cream, until the consistency is like thick honey. Serve with chunks of angel food cake, 1" slices of banana, strawberries, apples, marshmallows, or pineapple.



# *Canning and Freezing*

## **Freezer Tomato Sauce**

Hilda Kolb

20 large tomatoes	1 large onion
4 large carrots	3 T. sugar
2 T. salt	3/4 t. pepper

Wash and core the tomatoes (don't peel them). Cut into chunks and put them in a large kettle. Remove skin from the onion, chop in large wedges, and run through a food processor. Remove the ends from the carrots (don't peel them) and run through the food processor. Add sugar, salt, and pepper. Bring slowly to a boil, uncovered, stirring often. Simmer for 1 hour, until it thickens and turns a darker red. Cool slightly and then measure, 3 cups at a time, into the food processor. Process for about 30 seconds. Pour into 1 quart freezer containers to cool and freeze. You can pour the tomato sauce into 1 quart freezer bags after it has cooled in the freezer containers.

## **Frozen Peaches**

1 quart fresh peaches	2/3 c. sugar
1/4 t. ascorbic acid (Fruit Fresh)	

Peel the peaches. Slice and mix with sugar and ascorbic acid. Let stand 10 minutes. Place in freezer bags.

## **Canned Peaches**

Choose freestone peaches, preferably Red Havens, Glow Havens, or Crest Havens. Remove skins by placing in boiling water for about a minute and a half. Take the peaches from the hot water and put in a sink of cold water, to cool quickly. Slip/peel the skins off and slice peaches into clean 1 quart canning jars. Fill jars with hot light syrup, leaving 1/4" headroom at the top of the jar. Wipe jar rims clean with a damp cloth. On each jar place a canning lid that has been softened in hot water (bring it just to a boil) for several minutes. Firmly screw a ring on each jar. Place jars in hot water bath and bring to a boil. Process for 30 minutes. Remove and let cool and rest for 24 hours.

### **Light Syrup:**

2 c. sugar	1 quart water
4 t. ascorbic acid (Fruit Fresh)	

Bring to a boil. Makes 5 c. syrup.

To make a large pan full of syrup:

6 c. sugar (1 1/2 quarts)	12 c. water (3 quarts)
heaping 1/4 c. ascorbic acid	

### **Homemade Applesauce**

5 quarts peeled and sliced apples

2/3 c. sugar

2 3/4 – 3 c. water

1 T. ascorbic acid (Fruit Fresh)

We use 2/3 Jonathan apples to 1/3 Mackintosh apples. The Jonathans stay firm and the Mackintosh get mushy. Put all the ingredients in a pot, cover, and bring to a boil. Let boil slowly, stirring occasionally, until the apples break apart and it looks like applesauce. The color will change to a golden hue. Fill clean 1 quart canning jars, leaving 1/2" headroom at the top of the jar. Wipe jar rims clean with a damp cloth. On each jar place a canning lid that has been softened in hot water (bring it just to a boil) for several minutes. Firmly screw a ring on each jar. Place jars in hot water bath and bring to a boil. Process for 10 minutes. Remove and let cool and rest for 24 hours. One bushel of apples will make 16–18 quarts of applesauce.