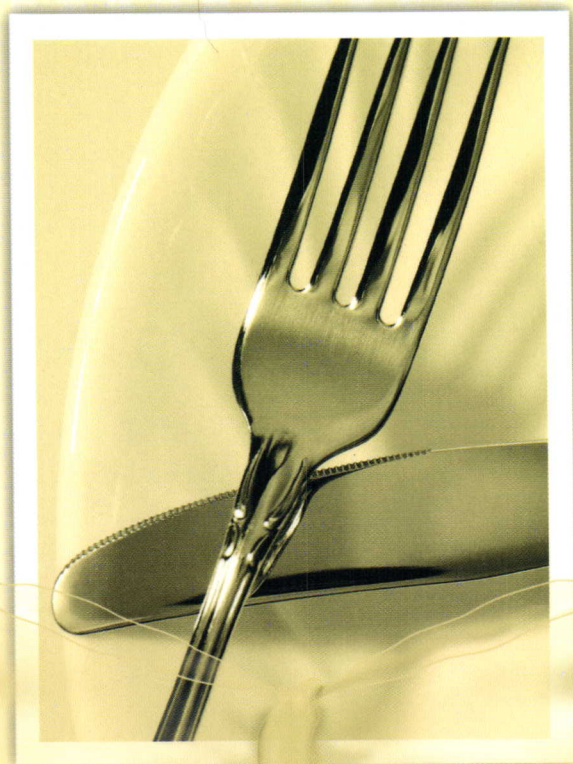


From the Kitchen of Jeremy's Delectables



Most Requested Recipes



FROM the KITCHEN of JEREMY'S DELECTABLES

MOST REQUESTED RECIPES

**A Collection of Recipes by
Jeremy's Delectables
P.O. Box 5415
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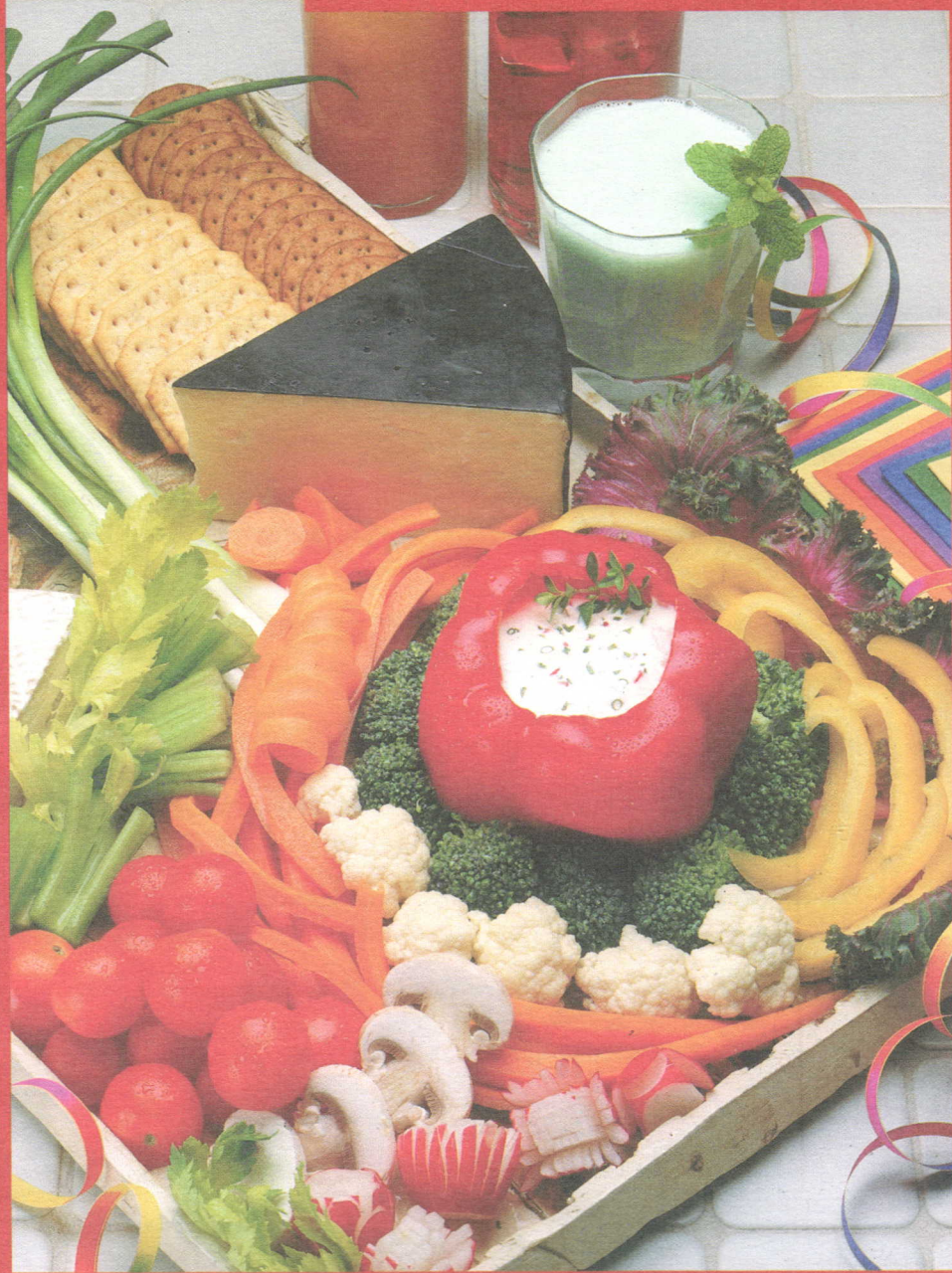


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Appetizers & Beverages



Helpful Hints

- You won't need sugar with your tea if you drink jasmine tea or any of the lighter-bodied varieties, like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.
- Calorie-free club soda adds sparkle to iced fruit juices, makes them go further and reduces calories per portion.
- For tea flavoring, dissolve old-fashioned lemon drops or hard mint candy in your tea. They melt quickly and keep the tea brisk!
- Most diets call for 8 ounces of milk and 4 ounces of fruit juice. Check your glassware. Having the exact size glass ensures the correct serving amount.
- Make your own spiced tea or cider. Place orange peels, whole cloves, and cinnamon sticks in a 6-inch square piece of cheesecloth. Gather the corners and tie with a string. Steep in hot cider or tea for 10 minutes or longer if you want a stronger flavor.
- Always chill juices or sodas before adding to beverage recipes.
- To cool your punch, float an ice ring made from the punch rather than using ice cubes. Not only is this more decorative, but it also inhibits melting and diluting.
- Place fresh or dried mint in the bottom of a cup of hot chocolate for a cool and refreshing taste.
- One lemon yields about $\frac{1}{4}$ cup juice; one orange yields about $\frac{1}{3}$ cup juice. This is helpful in making fresh orange juice or lemonade!
- Never boil coffee; it brings out the acid and causes a bitter taste. Store ground coffee in the refrigerator or freezer to keep it fresh.
- Always use COLD water for electric drip coffee makers. Use 1 to 2 tablespoons ground coffee for each cup of water.
- Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Unshelled nuts crack more easily when frozen. Nuts and seeds can be used directly from the freezer.
- Cheeses should be served at room temperature, approximately 70°.

Appetizers & Beverages

Appetizers

CHEESE FONDUE

1/4 tsp. paprika
1/2 tsp. dry mustard
1 or 2 dashes cayenne pepper
2/3 c. light or heavy cream

1 1/2 to 2 tsp. Worcestershire sauce
1 lb. processed sharp American cheese, grated

Mix paprika, mustard, and cayenne in a skillet. Stir in cream and Worcestershire sauce. Place over low heat. When above mixture is hot, add cheese stirring until cheese is completely melted. Keep hot in a small crock pot or fondue pot. Serve with a variety of dunkables. Dunkables - toast, crackers, crisp bacon slices, slices of turkey or chicken breast, vegetable sticks, cooked seafood such as lobster, crab or shrimp, hard-boiled eggs.

CHOCOLATE FONDUE

1 c. light cream
1 1/2 c. sugar
1/8 tsp. salt

6 squares unsweetened chocolate
1/2 c. butter
2 tsp. vanilla

Heat all ingredients except vanilla in fondue pot at high, stirring occasionally until chocolate is melted. Reduce heat to medium. Continue cooking, stirring constantly, about 5 minutes until thickens. Add vanilla and mix well. Set control on low for serving. Surround dunkables. Dunkables - fruit, dates, pitted prunes, marshmallows, angel food cake torn in pieces, sponge or chiffon cake, lady fingers, doughnuts, large salted nuts, mini-cream puffs.

CREAMY CHEDDAR SPREAD

1 8 oz. softened cream cheese
1 8 oz. container sharp cheddar spread

Combine all ingredients, mixing until well blended. Serve with assorted crackers.

Variations - Add 6 crisply cooked crumbled bacon slices, 1 T. finely chopped onion and 1/4 tsp. hot pepper sauce. - 2 T. each finely chopped pimiento, green pepper and onion; 1/2 tsp. lemon juice; and dash of ground red pepper.

DEVILED EGGS

6 hard-cooked eggs
1/2 tsp. salt
1/2 tsp. dry mustard

1/4 tsp. pepper
3 T. mayonnaise, salad dressing, vinegar, or half & half

(continued)

Cut peeled eggs lengthwise into halves. Slip out yolks; mash with fork. Mix in salt, mustard, pepper, and mayonnaise. Fill whites with egg yolk mixture, heaping it lightly. Arrange eggs on large serving plate. Cover and refrigerate no longer than 24 hours.

DEVILED PUFFS

1 c. water	1 T. prepared horseradish
½ c. margarine or butter	¾ tsp. pepper
1 c. all-purpose flour	¾ tsp. onion salt
4 eggs	⅓ c. dairy sour cream
3 cans (4½ oz. each) deviled ham	

Heat oven to 400°. Heat water and margarine to rolling boil in 3-quart saucepan. Stir in flour. Stir vigorously over low heat until mixture forms a ball, about 1 minute; remove from heat. Beat in eggs, all at once, until smooth and glossy. Drop dough by slightly rounded teaspoonfuls onto ungreased cookie sheet. Bake until puffed, golden brown and dry, about 25 minutes. Cool on wire racks away from draft. Blend deviled ham, horseradish, pepper, onion salt, and sour cream; refrigerate. Just before serving, cut off tops of puffs with sharp knife; remove any filaments of soft dough. Fill each puff with slightly rounded teaspoonful of ham mixture. Makes about 6 dozen appetizers.

PARTY EGG SANDWICH LOAVES

1 8 oz. container soft cream cheese	6 whole-wheat bread slices, crusts trimmed
1 T. mayonnaise	3 white bread slices, crusts trimmed
1 T. chopped parsley	
1 medium carrot, shredded	
1 hard-cooked egg	

Combine cream cheese and mayonnaise, mixing until well blended. Divide cream cheese mixture into thirds. Add parsley to one third, carrot to second third and chopped egg white to the last third. For each loaf, spread one whole-wheat bread slice with 2 T. parsley mixture, one white bread slice with 2 T. carrot mixture and second whole-wheat bread slice with 2 T. egg white mixture. Stack layers; garnish with sieved egg yolk. Cut each loaf lengthwise into thirds. Makes 9 appetizers.

PIZZA FONDUE

1 chopped onion	1 c. mozzarella cheese - grated
½ lb. ground beef (optional)	1 T. cornstarch
2 T. butter	1½ tsp. fennel seed
2 - 10½ oz. can pizza sauce	1½ tsp. oregano
10 oz. cheddar cheese - grated	¼ tsp. garlic powder

Brown onion and meat in butter. Heat until all red is gone. Reduce to medium heat and stir in pizza sauce and starch and seasonings. Stir well. When mixture thickens and bubbles, add cheese slowly, stirring well each time. Put into crockpot

(continued)

or fondue pot and maintain heat so that the mixture has a bubbly consistency. Dunkables - toasted English muffin cubes, garlic bread cubes, bagel cubes, French bread cubes. Left-over fondue can be served over bread or muffins, top with additional cheese and place under broiler until bubbly.

SPINACH DIP

- | | |
|---|---|
| 2 c. sour cream or cream cheese
(or combination) | 1 bunch - chopped parsley (can
also use dried) |
| 4 oz. pkg. frozen spinach - thawed,
drained and finely chopped | 1 pkg. ranch dressing mix |
| 1 bunch - chopped green onions
(optional) | 1 round loaf of bread |

Combine all ingredients well (except bread). Refrigerate. Cut top off of loaf and pull out all the soft bread in the middle. tear into bite size pieces and put back into loaf. Serve loaf and dip together for a great tasting appetizer.

Beverages

CHERRY PUNCH

- | | |
|---|---------------------------------------|
| 1 can 6 oz. frozen lemonade -
thawed | 2 c. water |
| 1 can 6 oz. frozen limeade - thawed | 2 liters cherry soda - chilled |
| 1 can 20 oz. pineapple chunks | 2 liters ginger ale - chilled |

Blend lemonade, limeade, and pineapple chunks until smooth. Add water and soda right before serving.

CRANBERRY APPLE PUNCH

- | | |
|--|--|
| 3 quarts water | 2 quarts cranberry juice cocktail |
| 2 c. sugar | 1 quart apple juice |
| 2 c. strong tea | 2 c. orange juice |
| 2 cans frozen lemonade (6 oz.) -
thawed | |

Heat water and sugar to boiling, stirring constantly, until sugar is dissolved; cool. Prepare tea using 1 T. loose tea or 3 tea bags and 2 cups boiling water; cool. Refrigerate all ingredients. Just before serving, mix in large punch bowl.

CREAMY ORANGE COOLER

2 c. orange juice
1 c. milk
½ c. sugar

2 tsp. vanilla
1 tray of ice cubes

Put all ingredients in blender. Blend until smooth. Pour into glasses and serve immediately. Makes 5 - 8 ounce servings.

GRANDMOM'S PUNCH

1 pt. cranberry juice
46 oz. orange juice
46 oz. pineapple juice

42 oz. lemon lime soda
2 pt. pineapple sherbet

Mix first 3 ingredients and chill together. Put in soda and sherbet just before serving.

PUNCH

1 pkg. strawberry Kool-Aid
1 pkg. cherry Kool-Aid
1 6 oz. can frozen lemonade
1 6 oz. can frozen orange juice

1½ c. sugar
3 quarts water
1 quart 7-up or ginger ale

Mix all ingredients; add 7-up or ginger ale right before serving.

SPARKLING PUNCH

1 6 oz. can frozen lemonade
1 6 oz. frozen Hawaiian Punch
2 6 oz. cans frozen orange juice

2 quarts cold water
2 quarts cold ginger-ale or 7-up

Combine all ingredients and mix well. Serve well chilled.

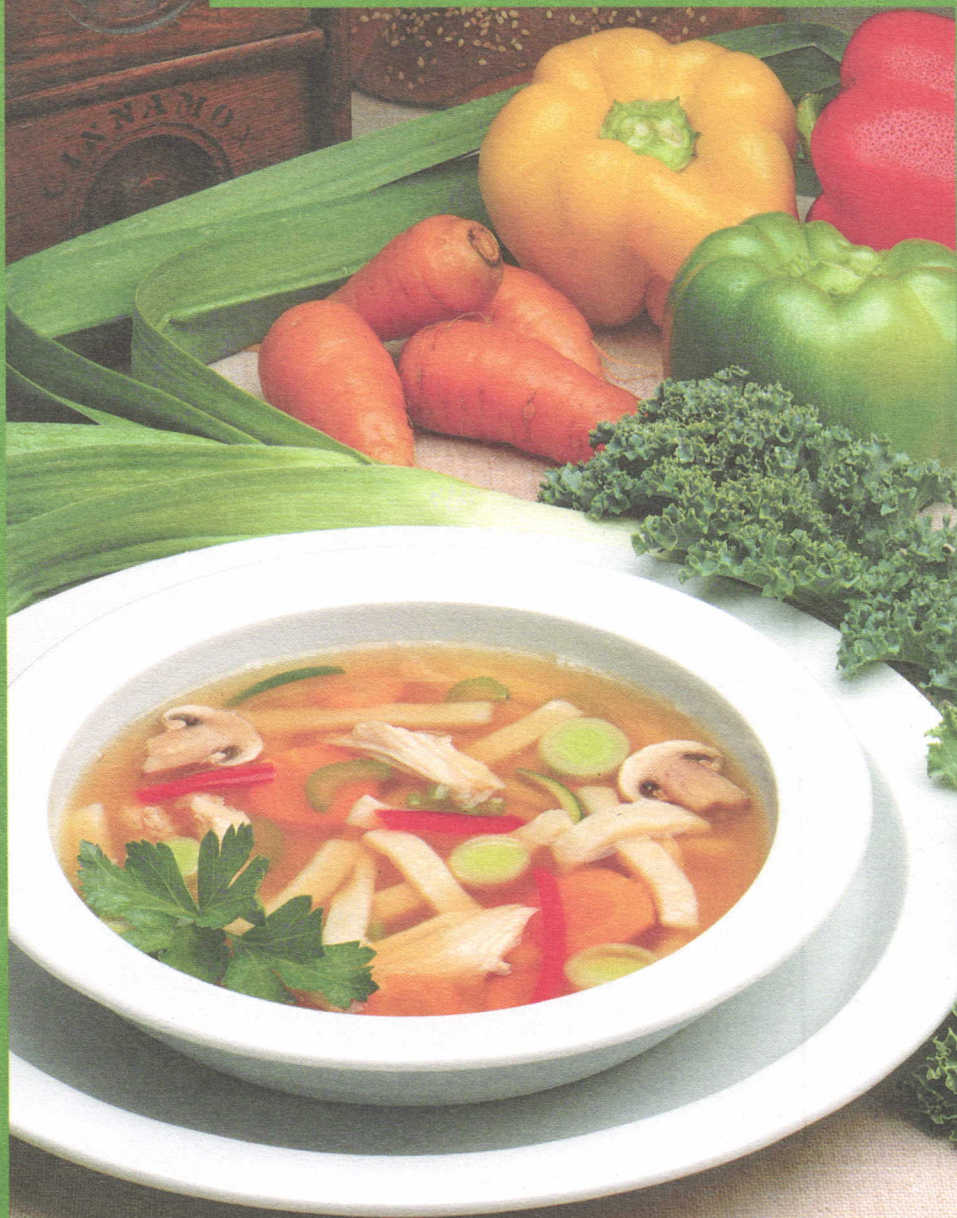
STRAWBERRY LEMONADE

3 c. cold water
1 quart fresh strawberries
¾ c. sugar

¾ c. lemon juice
2 c. cold club soda

Blend water, strawberries, and sugar until smooth. Stir in lemon juice. Add club soda and serve immediately.

Soups, Salads & Vegetables



Helpful Hints

- Fresh lemon juice will remove onion scent from hands.
- To save money, pour all leftover vegetables and water in which they are cooked into a freezer container. When full, add tomato juice and seasoning to create a “free” soup.
- Three large stalks of celery, chopped and added to about two cups of beans (navy, brown, pinto, etc.), will make them easier to digest.
- When cooking vegetables that grow above ground, the rule of thumb is to boil them without a cover.
- A lump of sugar added to water when cooking greens helps vegetables retain their fresh color.
- Never soak vegetables after slicing; they will lose much of their nutritional value.
- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.
- To quickly bake potatoes, place them in boiling water for 10 to 15 minutes. Pierce their skins with a fork and bake in a preheated oven.
- To cut down on odors when cooking cabbage, cauliflower, etc..., add a little vinegar to the cooking water.
- To avoid tears when cutting onions, try cutting them under cold running water or briefly placing them in the freezer before cutting.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To avoid toughened beans or corn, add salt midway through cooking.
- For an easy no-mess side dish, try grilling your vegetables along with your meat.
- To dress up buttered, cooked vegetables, sprinkle them with toasted sesame seeds, toasted chopped nuts, canned french-fried onions or slightly crushed seasoned croutons.

Soups, Salads & Vegetables

Soups

CHICKEN CORN SOUP

Soup Stock:

3½ quart water	¼ tsp. pepper
4 lbs. chicken pieces	onion
1 T. salt	celery

Soup Ingredients:

1 lb. corn	noodles
parsley	

Rivals:

1½ c. flour	beaten egg
salt	

To make stock - stew water, chicken, salt, pepper, onion, celery for 3 - 4 hours until tender. Strain stock. Refrigerate stock overnight to cause coagulation of the fat. The following day the fat can be skimmed from the top of the stock. After straining stock, remove all chicken pieces. Debone chicken, tearing chicken into bit size pieces. Refrigerate. To make soup - Put stock back into pot and heat until boiling. Add chicken pieces, corn, parsley and noodles. Bring to a boil again and allow to simmer for 5 minutes. Sprinkle rivals over soup stirring occasionally. Boil for 5 more minutes. Rivals - Beat egg in a bowl. Mix in flour and salt with fork until lumpy. Take a handful of this and sprinkle over the boiling soup and stir well. Keep doing this until enough rivals added to make the soup as thick as you like it. Rivals make their own little dumplings in the soup. If you dump them in and do not continue to stir, you will end up with big lumps and they will not taste good!

CORN CHOWDER

5 slices bacon	2½ c. milk
1 medium onion, thinly sliced or diced	1 tsp. salt
2 c. cooked or canned corn	dash pepper
1 c. diced cooked potatoes	butter
1 can condensed cream of mushroom soup (or potato)	

In large saucepan, cook bacon until crisp. Remove bacon; pour off bacon drippings, returning 3 T. to saucepan. Add onion and cook until lightly browned. Add remaining ingredients except butter. Heat to boiling, reduce heat and simmer a minute or two. Crumble bacon; sprinkle over chowder. Add butter. (1 cup diced cooked ham may be substituted for bacon.)

CREAMY POTATO SOUP

Soup:

3 T. butter	2 large carrots - chopped or grated
1 onion, diced	2 tsp. salt
4 large potatoes, cubed	¼ tsp. paprika
3 T. parsley, chopped	1½ c. boiling water
3 stalks celery or leaves, chopped	

White Sauce:

4 c. milk	2 chicken bouillon cubes
2 T. flour	1 tsp. salt
4 T. butter	¼ tsp. pepper

Soup - Sauté onion in butter until tender. Add remaining ingredients except white sauce and cook until vegetable are tender. Add white sauce and stir until blended. White sauce - Mix 1½ c. milk with flour. Heat remaining milk to boiling. Add flour mixture and stir constantly until thickened. Add remaining ingredients and stir until bouillon cubes are dissolved.

HAM AND VEGETABLE CHOWDER

1 quart water	½ tsp. salt
10 oz. frozen broccoli (chopped)	2 c. milk
2 c. fully cooked smoked ham	½ c. Bisquick
2 c. thin sliced carrots	8 oz. Swiss cheese or more (cut in cubes)
2 c. thin sliced celery	
½ c. chopped onion	

Put water into a 4-quart Dutch oven. Add broccoli, ham, carrots, celery, onion, and salt and simmer 10 minutes or until vegetables are cooked. In a separate bowl, gradually stir milk into Bisquick. When smooth, stir into chowder. Heat until boiling, stirring constantly. Boil and stir 1 minute. Remove from heat. Stir in cheese, cover and let stand 5 min. Stir to mix melted cheese into chowder. Cover and let sit an additional 5 minutes. Stir and serve.

VEGETABLE SOUP

Stock:

2 - 3 lb. soup bone
5 quarts cold water
1 onion
2 carrots
2 celery stalks

6 sprigs of parsley
1 bay leaf
1/2 tsp. thyme
1 T. salt

Soup:

1 large onion
2 carrots
2 celery
2 potatoes

1 c. soupettes
1 46 oz. can V8 juice
2 bags frozen mixed vegetables

Boil soup bone and water over high heat; skimming off scum rising to the surface. Add all other stock ingredients. Partially cover. Cook over low heat for 4 hours. Skim if necessary. Remove bones - strain stock. Cool and refrigerate until fat can be removed (usually 24 hours). Put stock back into a large pot and add chopped vegetables and 1 c. soupettes. Boil and simmer 20 minutes. Add frozen vegetables. Simmer 10 minutes. Add 1 quart V8 vegetable juice. Add salt and pepper to taste. You can add stew beef to the stock during the 4 hour cooking process and then pull the stew beef apart into bite size pieces and add to the soup.

Salads

COTTAGE CHEESE SALAD

1 pt. cottage cheese
1 pkg. 3 oz. strawberry Jello
1 16 oz. can (drained) crushed
pineapple

1 8 oz. can (drained) mandarin
oranges
1 pt. Cool Whip

Mix dry Jello with cottage cheese. Stir until well blended. Stir in pineapple, and mandarin oranges. Fold in Cool Whip. Chill for at least 2 hours before serving.

CRANBERRY SALAD

2 pkg. 3 oz. black cherry Jello
2 c. boiling water
1 c. cold water

1 can whole cranberry sauce
1 c. miniature marshmallows
1/2 c. chopped walnuts or pecans

Dissolve the 2 packages of Jello in 2 cups of boiling water. Add cold water. Chill until firm but not solid. Stir in the cranberry sauce, marshmallows, and nuts. Put in mold or dish and refrigerator until firm. The longer this salad ages the better the flavor. This recipe can be made as early as three days prior to being used.

FLUFFY LEMONADE GELATIN

- | | |
|---|---|
| 5 pkg. 3 oz. lemon Jello | 1 carton 12 oz. frozen whipped topping |
| 6 c. boiling water | |
| 1 can 12 oz. frozen lemonade concentrate | |

Dissolve Jello into boiling water. Add lemonade concentrate. Mix well. Chill until partially set then fold in whipped topping. Pour into 9 x 13-inch pan. Chill until firm. 20-24 servings.

FLUFFY RASPBERRY SALAD

- | | |
|---|---------------------------------------|
| 3 pkg. 3 oz. raspberry Jello | 1 jar 20 oz. chunky applesauce |
| 2 pkg. 3 oz. orange Jello | 3 c. mini marshmallows |
| 5 c. boiling water | 2 c. whipping cream-whipped |
| 4 pkg. 10 oz. frozen sweet raspberries | |

Dissolve raspberry and orange Jello in boiling water. Stir in sweet raspberries until thawed. Stir in apple sauce. Fold marshmallows and whipping cream into salad. Pour into 2 9 x 13-inch pan dishes. Refrigerate until firm. 32-40 servings.

DRESSING - FRENCH

- | | |
|------------------------------------|--------------------------------------|
| 3/4 c. ketchup | 1 medium onion - chopped fine |
| 3/4 c. oil | 1/2 c. sugar |
| 1/3 c. vinegar | 1 tsp. salt |
| 1 tsp. Worcestershire sauce | |

Blend well and store in refrigerator.

FROSTY CHERRY SALAD

- | | |
|---|---|
| 1 pkg. (8 oz.) cream cheese | 1 can (8 1/4 oz.) crushed pineapple - drained |
| 1 c. dairy sour cream | 1 can (1 lb) unpeeled apricot halves, drained and sliced |
| 1/4 c. sugar | 1 1/2 c. pitted, halved, fresh dark sweet cherries |
| 1/4 tsp. salt | |
| 4 drops red food coloring (optional) | |
| 2 c. miniature marshmallows | |

Beat cream cheese until fluffy; add sour cream, sugar and salt and mix well; add food coloring and mix. Add marshmallows and crushed pineapple and mix well; add apricots and cherries and mix gently. Pour into a 9-inch square pan and freeze until firm (about 6 hours). Cut into squares and serve on salad greens. 9 servings.

FROZEN STRAWBERRY SALAD

1 8 oz. cream cheese
3/4 c. sugar
10 oz. frozen strawberries -
undrained
1 - 13 oz. crushed pineapple -
drained

1 - 8 oz. Cool Whip
1 c. chopped walnuts
1 diced banana

Beat cream cheese and sugar together at medium speed for 2 minutes. Add remaining ingredients with spoon. Mix well by hand. Place in oblong glass dish and freeze overnight. Take out 1 hour before serving.

LAYERED BASIL SALAD

Salad:

4 c. torn assorted salad greens
4 medium carrots - julienne
1 1/2 c. cooked macaroni shells
2 c. frozen peas - thawed

1 medium red onion - diced
3/4 lb. fully cooked ham - cubed
1/3 c. shredded swiss cheese
1/3 c. shredded cheddar cheese

Dressing:

1 c. mayonnaise
1/2 c. sour cream
2 tsp. Dijon mustard

1 1/2 tsp. fresh (or 1/2 tsp. dried)
basil
1/2 tsp. salt

Garnish:

2 hard-boiled eggs - cut into
wedges

Layer the salad ingredients in a 3 1/2-quart glass bowl. Combine dressing ingredients in a small bowl. Mix well. Spread over salad. Garnish with eggs. Cover and chill for several hours. 12-14 servings.

LAYERED FRUIT SALAD

1 lb. grapes
2 bananas
1 can - 16 oz. sliced peaches
1 pint fresh raspberries

2 oranges
3 kiwis
Juice from 2 oranges or 1/2 c.
frozen orange juice

Rinse grapes, cut in half, seed, put in 8 bowls. Peel and slice bananas and place over grapes. Drain peaches, cut into pieces, and put over bananas. Rinse the raspberries and put over the peaches. Cut oranges into small pieces. Peel and slice kiwis for top layer. Pour orange juice over top and refrigerate.

MACARONI SALAD

2 c. uncooked macaroni	1/2 c. sugar
1 onion - finely chopped	1 egg (hard-boiled)-chopped
4 stalks celery - finely chopped	salt
2 c. miracle whip	pepper
1/2 c. mustard	

Cook macaroni. Drain. Mix all other ingredients into cooked macaroni while still hot. It will be soupy but macaroni will soak up this mixture as it cools. You can top the salad with sliced hard-boiled eggs if desired.

ORANGE TAPIOCA SALAD

3 c. water	1 can 15 oz. mandarin orange - drained
1 pkg. 3 oz. orange Jello	1 can 8 oz. crushed pineapple - drained
1 pkg. 3.4 oz. instant vanilla pudding	1 8 oz. whipped topping - thawed
1 pkg. 3 oz. tapioca pudding	

Bring water to boil in saucepan. Whisk in Jello and puddings. Return to boil. Stir constantly. Boil for 1 minute. Cool completely. Fold in fruit and whipped topping. Cover and refrigerate 2 hours.

PISTACHIO PUDDING

1 pkg. 3 oz. pistachio pudding	1 pkg. dream whip (made as directed on pkg)
1 can crushed pineapple (drained - reserve liquid)	1 can mixed fruit (drained)

Mix pudding in juice from pineapple. Fold in pineapple and fruit. Fold in Dream whip. Chill.

POTATO SALAD

6 potatoes - cooked	1 med onion - finely chopped
4 eggs (hard-boiled)	salt & pepper to taste
3 celery stalks - finely chopped	

Dressing:

4 T. sugar	2 eggs
1 1/2 T. cornstarch	3/4 c. water
1 tsp. dry mustard	1/2 c. milk
1 tsp. salt	1/4 c. vinegar

Mix all dressing ingredients in a sauce pan. Bring to a boil and boil slowly until thick. Use a wire whip to keep dressing smooth. Add a slice of butter to the thickened sauce. Cool. Cut cooked potatoes into bite size pieces. Dice 3 hard-

(continued)

boiled eggs and add to potatoes along with celery, onion, salt and pepper. Mix together and stir in cooled dressing.

QUICK LIME JELLO SALAD

- | | |
|---------------------------|--------------------------------|
| 1 c. boiling water | 1/4 c. pecans |
| 1 pkg. lime Jello | 10 lg. or 100 sm. marshmallows |
| 1 8-oz. pkg. cream cheese | 13 1/2 oz. can of pineapple |

Put boiling water and lime Jello into a blender. Blend for 1 minute. Add all remaining ingredients to Jello and blend until smooth. Pour into mold or dish and chill 4-8 hours or until completely set. Serve.

STRAWBERRY APPLESAUCE JELLO

- | | |
|-------------------------------|-----------------------------------|
| 2 pkg. 3 oz. strawberry Jello | 2 c. applesauce |
| 2 c. boiling water | 1 pkg. 10 oz. frozen Strawberries |

Dissolve strawberry Jello in boiling water. Add applesauce and strawberries. Mix and chill until set.

STRAWBERRY SALAD

- | | |
|---------------------------------|------------------------|
| 1 pkg. 3 oz. strawberry Jello | 1 c. crushed pineapple |
| 1 pkg. 3 oz. black cherry Jello | 2 bananas |
| 2 c. hot water | 1/2 pt. sour cream |
| 1 c. cold water | 1 T. sugar |
| 1 small box frozen strawberries | |

Dissolve Jello in water. Add strawberries, pineapple, and bananas (sliced thin) - mix well. Pour half of this mixture into dish. Let set. After mixture is firm, spoon sour cream sweetened with one tablespoon of sugar. Carefully spoon on the rest of Jello mixture. Chill until firm.

DRESSING - THOUSAND ISLAND

- | | |
|--|---|
| 1/4 c ketchup | |
| 3/4 c. ketchup mayonnaise | 1 medium onion chopped fine |
| 3/4 c. oil 1/2 c. evaporated milk | 1/2 teaspoon |
| 1/2 medium onion 1/4 tsp. garlic or onion | 1 teaspoon |
| 1 teaspoon Worcestershire sauce Powder | 2 T. sweet pickle relish |
| | 1/4 tsp paprika |

Blend well and store in refrigerator.

VEGETABLE CHEESE SALAD

Salad:

- | | |
|---|-----------------------------|
| 1 c. each cheddar, Monterey jack, mozzarella cheese | 1 green onion - sliced thin |
| 1 medium cucumber - chopped | 1/2 c. chopped green pepper |
| 1 medium tomato - seeded and chopped | 1/2 c. chopped red pepper |

Dressing:

- | | |
|-------------------------|-------------------------|
| 1/2 c. sour cream | 1/2 tsp. Dijon mustard |
| 1/4 c. mayonnaise | 1/2 tsp. dried basil |
| 1 T. lemon juice | 1/2 tsp. dried marjoram |
| 1 T. lime juice | 1/2 tsp. paprika |
| 1 garlic clove - minced | 1/2 tsp. sugar |

Combine all the salad ingredients. Mix dressing ingredients in a bowl until well mixed. Pour over salad ingredients and toss to coat. Chill for 1 hour and serve in lettuce lined bowl. 16 servings.

Vegetables

CHEESE POTATO PUFF

- | | |
|------------------------------|----------------|
| 3 medium potatoes - mashed | 1/4 c. milk |
| 1 1/2 T. butter | 1/4 tsp. salt |
| 1/2 c. grated cheddar cheese | 1 egg - beaten |

Add butter, cheese, milk, and salt to mashed potatoes and beat over low heat until cheese is melted. Fold egg into mixture. Bake in greased 2 quart casserole dish at 350° until done.

CROCK-POT CREAM CORN

- | | |
|---------------------------|---|
| 32 oz. frozen corn | 1/4-1/3 c. sugar |
| 1 8 oz. pkg. cream cheese | 2 T. flour(optional) - depends on how thick you like the corn |
| 1 stick butter | |

Put everything in crockpot for 5 to 7 hours and enjoy. (It really is that easy!!)

POTATO FILLING

- | | |
|----------------------|-------------------------------|
| 1 c. mashed potatoes | 2 T. butter |
| 2 beaten eggs | 2 T. onion - chopped fine |
| 4 slices bread | 1 stalk celery - chopped fine |
| 1 c. milk | salt and pepper to taste |

(continued)

Mix potatoes and eggs with fork. Break up bread and mix with potatoes. Pour milk over mixture and let soak (about 20 minutes). Brown celery and onion in butter. Stir into potato mixture. Turn into greased casserole and bake 1 hour at 375°. Cover with foil if gets too brown.

POTATOES O'BRIEN

1/2 c. chopped onion	3 T. cooking oil
1/2 c. chopped green pepper	1/4 c. beef broth
1/2 c. sweet red pepper - chopped	1/2 tsp. Worcestershire sauce
4 medium red potatoes - cubed	1 tsp. salt

Sauté onion, peppers, potatoes and oil in a skillet for 4 minutes. Combine broth, Worcestershire, and salt and pour over potatoes. Cover and cook 10 minutes or until potatoes are tender, stirring occasionally. Uncover and cook until liquid is absorbed (about 3 minutes).

SCALLOPED POTATOES

6 c. raw potatoes	1/8 tsp. pepper
4 T. flour	2 1/2 c. top milk (cream and milk)
1 1/2 tsp. salt	2 T. butter

Layer sliced potatoes in buttered baking dish. Sprinkle with salt, pepper and flour. Dot with butter. Repeat until all ingredients are used. Pour hot milk over the layers and bake 350° for 1 1/4 hours.

SLICE BAKED POTATOES

4 medium potatoes	4 T. grated cheddar cheese
1 tsp. salt	1 1/2 T. Parmesan cheese
3 T. butter	
herbs(parsley, chives, thyme, sage etc. no oregano)	

Peel and wash potatoes. Slice thin but not all the way through. Put into baking dish and fan potatoes slightly. Sprinkle salt over potatoes. Drizzle melted butter over potatoes. Sprinkle with herbs. Cover with tinfoil and bake at 425° for about 50 - 60 minutes. Remove from oven sprinkle with cheeses. Bake another 10 - 15 minutes uncovered until cheeses are melted.

SUCCOTASH

4 slices bacon - cooked and crumbled

6 medium potato(diced)

1 small onion

2 medium chopped tomatoes (optional)

10 oz. frozen baby lima beans

10 oz. frozen corn

$\frac{3}{4}$ c. water

2 tsp. salt

$1\frac{1}{2}$ tsp. sugar

$\frac{1}{8}$ tsp. pepper

Cook bacon in a 5 quart Dutch oven over low heat just until brown. Remove bacon and crumble leaving the bacon drippings in the pan. Cook potatoes and onion in bacon drippings on medium heat until tender. Add tomatoes, limas, corn, water, salt, sugar, and pepper over high heat until boiling. Reduce heat simmer 20 minutes until vegetables are tender. Spoon in large bowl top with bacon. Enjoy.

Recipe Favorites



Main Dishes & Casseroles

Helpful Hints

- When preparing a casserole, make an additional batch to freeze. It makes a great emergency meal when unexpected guests arrive. Just take the casserole from the freezer and bake it in the oven.
- To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.
- Never overcook foods that are to be frozen. Foods will finish cooking when reheated. Don't refreeze cooked thawed foods.
- A few drops of lemon juice added to simmering rice will keep the grains separated.
- Green pepper may change the flavor of frozen casseroles. Clove, garlic and pepper flavors get stronger when they are frozen, while sage, onion and salt get milder.
- Don't freeze cooked egg whites; they become tough.
- Spray your grill with vegetable oil to prevent sticking.
- Instant potatoes are a good stew thickener.
- When freezing foods, label each container with its contents and the date it was put into the freezer. Store at 0°. Always use frozen cooked foods within one to two months.
- Store dried pasta, rice (except brown rice) and whole grains in tightly covered containers in a cool, dry place. Always refrigerate brown rice, and refrigerate or freeze grains if they will not be used within five months.
- Glazed pottery, earthenware, glass, metal - all can be used for casseroles. Many of these casserole containers come in bright colors and pleasing designs to complement your tableware. The type of container you use makes very little difference, as long as it is heat-proof.
- Soufflé dishes are designed with straight sides to help your soufflé climb to magnificent heights. Ramekins are good for serving individual casseroles.
- To keep boiled lasagna noodles from sticking together as they cool, keep the noodles separate by draping them over the rim of a pot.

Main Dishes & Casseroles

Main Dishes

AU GRATIN POTATOES AND HAM

- | | |
|---|--|
| 1 can cream of chicken or potato soup | 1 - 2 c. of cheese (shredded mozzarella or cheddar) |
| 1 stick (or less) butter or margarine - melted | 2 lbs. hash brown potatoes |
| 1 c. sour cream | cooked ham pieces, bacon or any other meat can be added |

Mix together everything but the potatoes. When mixed well, stir in potatoes. Meat can be stirred in or layered on top. Cook in crock pot on low for 10 - 12 hours, high for 6 - 7 hours.

BEEF STROGANOFF

- | | |
|---------------------------------|-------------------------------------|
| 1 small onion | ½ tsp. pepper |
| 1 lb. ground beef | 1 can cream of chicken soup |
| 2 T. butter or margarine | 1 can cream of mushroom soup |
| 2 T. flour | 1 c. sour cream |
| 1 tsp. salt | |

Simmer onion, beef, and butter together until meat is browned. Add flour, salt, and pepper and mix well. Stir in soups and heat thoroughly. Just before serving, stir in sour cream and let sit for a couple of minutes. Serve over hot noodles (cooked according to package directions).

BREAKFAST BURRITOS

- | | |
|--|---|
| 1 lb. bulk pork sausage | 8 flour tortillas (7 inch) warmed |
| 1 small onion - chopped | 6 eggs - beaten and scrambled |
| ½ c. green pepper - chopped | 1 c. 4 oz. shredded cheddar cheese |
| 1 can 4 oz. mushroom stems and pieces - drained | |

Brown sausage. Drain all but 2 T. of sausage drippings. In the 2 T. of drippings, sauté the onions, peppers, and mushroom stems until tender. Put all ingredients together in tortillas. Serve hot.

CHEESE SOUFFLÉ

- | | |
|---------------------------|--------------------------------------|
| 6 T. butter | 1½ c. milk |
| ⅔ c. flour | 1½ c. shredded cheddar cheese |
| 1 tsp. salt | ½ tsp. Worcestershire sauce |
| ¼ tsp. dry mustard | 6 eggs - separated |

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Melt butter. Blend in flour, salt and mustard. Add milk and cook until thick and smooth. Add cheese and Worcestershire sauce. Stir until cheese melts. Remove from heat. Blend in egg yolks, one at a time. Beating well. Beat egg whites until soft mounds form. Fold gently into cheese mixture. Pour into ungreased 1 1/2 quart casserole dish. Set in pan containing 1 inch hot water. Bake 55 - 60 minutes at 350°. Makes 6-8 servings. Options - you can add bacon, tuna, chicken or ham before baking.

CHICKEN AND RICE

Chicken pieces	1 can water or milk
1 can cream of celery	2 1/4 c. minute rice
1 can cream of mushroom	1 can cream of chicken

Mix together cream of celery, cream of mushroom, and water. Stir in rice. Put in greased 9 x 13-inch pan. Top with chicken pieces seasoned with Adolph's chicken tenderizer. Top with chicken soup. Bake 300° for 2 hours. After 1/2 hour cover with aluminum foil. Cooking time will depend on the type of chicken used. Boneless chicken will take less time to bake than chicken pieces with bone. As you bake, you can add additional water to keep casserole moist.

CHICKEN DIVAN

1 can broccoli and cheese soup	1 1/2 c. cubed cooked chicken
1/3 c. milk	2 T. buttered bread crumbs
4 c. cooked broccoli spears	

Combine soup and milk. Arrange broccoli and chicken in shallow casserole dish. Top with soup mixture. Sprinkle bread crumbs on top. Bake at 450° for 10 minutes.

CHICKEN POT PIE

1/3 c. margarine, butter or chicken fat	2 c. cut-up cooked chicken or turkey
1/3 c. all-purpose flour	1 pkg. 10 oz. frozen peas and carrots - cooked as directed
1/3 c. chopped onion	4 medium potatoes - cooked and cubed
1/2 tsp. salt	pastry for 2 unbaked pie crusts
1/4 tsp. pepper	
1 3/4 c. chicken or turkey broth	
2/3 c. milk	

Heat margarine over low heat until melted. Blend in flour, onion, salt, and pepper. Cook over low heat, stirring constantly, until mixture is smooth and bubbly; remove from heat. Stir in broth and milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in chicken and vegetables; reserve. Roll 2/3 of pastry into a 13" square. Ease into a 9 x 9 x 2 pan. Pour filling in pie crust. Roll out the remaining pastry and place over the filling. Roll edges under and flute. Cut slits in the center to allow the steam to vent. Cook uncovered 425° until the crust is browned and

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the filling bubbly, about 30 - 35 minutes. If crust becomes too brown, you can cover edges or whole pie with foil to allow it to heat without over browning.

COUNTRY CHICKEN

chicken pieces (with or without bone)
carrot chunks
onion - optional

potato chunks
green beans
1 can cream of mushroom soup (or 1 jar of chicken gravy)

Layer ingredients in Crock Pot in the order shown. Cook on high setting for at least 6 hours.

FETTUCCINE ALFREDO

12 oz. fettuccine - cook as directed
1/4 c. butter
3/4 c. Parmesan cheese

1/2 c. heavy cream
2 T. chopped parsley

Melt butter in saucepan over medium heat. Stir in Parmesan cheese. Stir in cream until well blended. Continue heating stirring constantly just to boiling point. Add parsley. Pour over cooked noodles and toss lightly. 6 servings.

HAM AND CHEESE OVEN OMELET

8 eggs
1 c. milk
1/2 tsp. season salt
3 oz. meat

1 c. (4 oz.) shredded cheese (cheddar, swiss or mozzarella)
3 T. finely chopped onion

Beat eggs, milk, and salt. Stir in the rest of the ingredients. Pour into a 8 x 8 greased pan. Bake at 325° for 40 - 45 minutes or until set.

HAM AND CHEESE SANDWICHES

16 soft sandwich rolls
1/2 lb. butter
3 T. mustard
2 T. poppy seed

1 T. Worcestershire sauce
1 medium onion
1 pound ham
American cheese

Melt butter and mix mustard, poppy seed, Worcestershire sauce, and onion with it. Spread evenly on buns. Put desired amount of ham and cheese on Sandwich and wrap in Aluminum foil. Bake 15 minutes at 350°. These can be frozen and taken out for quick meals.

HOMEMADE MANICOTTI

Crepe Noodles:

1½ c. flour
1 c. milk

3 eggs
½ tsp. salt

Filling:

1½ lbs. ricotta cheese
¼ c. grated Romano cheese

1 egg
1 T. fresh or dry parsley

Sauce:

28 oz. spaghetti sauce

For crepes - Whisk ingredients until smooth. Pour 2 T. onto hot greased skillet - about 5" circle. Cook over medium heat until set but not browned. Flip until other side is set. This only takes about 15 seconds per side. Makes 18 crepes. Stack between waxed paper. For filling - Combine all ingredients. Spoon 3 - 4 T. down center of crepe, roll up. Pour 14 oz. spaghetti sauce into ungreased 9 x 13-inch pan. Place crepes seam down over sauce. Pour 14 oz. of sauce over crepes. Cover and bake 350° for 20 minutes. Uncover and bake 20 minutes longer (until heated through). Sprinkle with shredded Romano, Parmesan or mozzarella if desired.

IMPOSSIBLE HAM AND SWISS CHEESE PIE

2 c. cooked smoked ham - chopped
1 c. shredded swiss cheese
⅓ c. green peppers / onions
4 eggs

2 c. milk
1 c. Bisquick
¼ tsp. salt
⅛ tsp. pepper

Set oven to 400°. Grease pie plate. Sprinkle ham and cheese over bottom of plate. Sprinkle onion/peppers. Beat remaining ingredients until smooth about 15 seconds in mixer or 1 minute by hand mixer. Pour on top on other ingredients in plate. Bake 35 - 40 minutes. Knife inserted should come out clean.

LASAGNA

1 lb. lasagna noodles
1 lb. sausage or hamburger (or half and half)
8 oz. container ricotta cheese
2 c. (8 oz.) mozzarella cheese (reserve ¼ c.)

½ c. Parmesan cheese (reserve ⅛ - ¼ c.)
2 tsp. dried oregano
2 tsp. dried parsley
28 oz. spaghetti sauce

Cook noodles as directed. Rinse with cold water and drain. Cook meat until browned. Drain well. Mix cheeses, oregano and parsley. Layer ⅓ of cooked lasagna noodles (about 6 noodles) on bottom of a 9 x 13-inch pan. Top with ½ of the cheese mixture - spreading well to totally cover noodles. Top with ½ of meat. Top with ⅓ of spaghetti sauce. Make sure sauce goes all the way to the

(continued)

edges of the pan. Repeat this layering process one more time. Top with the remaining noodles and sauce. Sprinkle the top with the reserved Parmesan and mozzarella cheese. Cover with aluminum foil and bake in a 350° oven for about 30 minutes. Remove foil and bake for another 30 minutes. If the cheese is getting brown replace foil for the remaining baking time. Let set for about 15 minutes before cutting and serving. Spinach lasagna can be made the same way but replace the 1 lb. of meat with 1 lb. of cooked and drained spinach. Other vegetables could also be substituted into this recipe.

MEAT SHELL POTATO PIE

1 lb. ground chuck	2 T. chopped parsley
1 can condensed cream of mushroom (divided in 1/2)	1/4 tsp. salt
1/4 c. chopped onions	pinch of pepper
1 egg	2 c. mashed potatoes
1/4 c. bread crumbs	4 bacon strips (cook and crumble)
	1/2 c. shredded cheddar cheese

Combine ground chuck, half of the cream of mushroom soup, chopped onion, egg, bread crumbs, parsley, salt, and pepper. Mix well. Press on bottom and sides of a 9" pie plate. Bake 350° for 25 minutes. Drain off fat. Mix potatoes with remaining soup. Beat until fluffy and spread over meat. Top with bacon and cheese. Bake at 350° for 15 minutes. Let stand for a few minutes before serving.

OVEN BARBECUED MEATBALLS

1 egg beaten	1/3 c. Crisco
1/3 c. milk	1 1/2 c. ketchup
1 c. soft bread crumbs	1 1/2 c. water
1/2 c. chopped onion	1/2 c. chopped onion
1 1/4 tsp. salt	6 T. vinegar
1/2 tsp. Worcestershire sauce	1 T. sugar
1/8 tsp. pepper	1 T. Worcestershire sauce
1 1/2 lbs. ground beef	1/2 tsp. celery seed
2 T. flour	Hot cooked noodles
1 tsp. paprika	

Preheat oven to 350°. In a large bowl, combine the egg, milk, bread crumbs, 1/2 c. onion, salt, 1/2 tsp. Worcestershire sauce, and pepper. Add beef and mix well. Shape mixture into 18 meatballs. Combine the flour and paprika. Roll meatballs in flour mixture. In large skillet, brown meatballs in hot Crisco. Transfer meatballs to 2 quart casserole. Drain off excess fat from skillet. In same skillet, combine the ketchup, water, 1/2 c. onion, vinegar, sugar, 1 T. Worcestershire sauce, and celery seed. Bring to boiling. Pour over meatballs in casserole. Cover and bake 350° for 45 minutes. Skim off excess fat. Serve meatballs and sauce over hot cooked noodles. Makes 6 servings.

SANDWICH FOR A CROWD

2 - 1 lb. whole loaf Italian bread - sliced in half	1/4 c. mayonnaise
1 pkg. cream cheese	1 T. Worcestershire sauce
1 c. shredded cheese	1 lb. sliced sandwich ham
3/4 c. sliced green onions	1 lb. sliced roast beef
	12 - 14 thin pickles

Combine cream cheese, cheddar cheese, green onions, mayonnaise, and Worcestershire sauce and spread over bread. Put 8 oz. of each meat on each piece of bread. Put on as many pickles as you want. Wrap and refrigerate for 2 hours before slicing.

SAUSAGE AND POTATO OMELET

1 pkg. 8 oz. brown and serve sausage links - 10 links	salt and pepper
1/3 c. Crisco	4 eggs
1 pkg. 12 oz. frozen shredded hash browns, thawed 2 patties	1/4 c. milk
1/4 c. chopped onion (optional)	1/4 tsp. salt
1/4 c. chopped green pepper (optional)	dash pepper
	1/2 c. shredded process American cheese

In a skillet, brown sausage links according to package directions. Meanwhile, melt Crisco in a 10 inch skillet. Combine the thawed potatoes, onion, and green pepper; pat into skillet with spatula. Season generously with salt and sprinkle with pepper. Cook uncovered, over low heat until underside is crisp and brown, 12 to 15 minutes. Blend eggs, milk, the 1/4 tsp. salt, and dash of pepper. Pour over potatoes. Top with sausage links arranged in spoke fashion. Cover. Cook low heat about 8 minutes. Sprinkle cheese over eggs and sausages. Cover and heat just until cheese begins to melt. Loosen omelet and cut in wedges to serve. Serves 5.

Casseroles

BAKED PINEAPPLE

1 c. sugar	1 large can chunks of pineapple (drained)
2 eggs	2 T. butter - melted
1/4 c. water	
2 T. cornstarch	

Mix sugar, eggs, water, cornstarch, and pineapple together. Pour 2 T. melted butter over top. Bake at 350° for 1/2 to 1 hour or until firm. Serve hot or cold. Serve as a side dish with ham or any other occasion.

BROCCOLI CASSEROLE

1 stick of butter
30 Ritz or Townhouse Crackers

2 lbs. of broccoli - partially cooked
Velveeta Cheese

Crush crackers. Melt butter and mix with crackers. Set aside. In a 2 quart casserole dish, layer $\frac{1}{2}$ of the broccoli, $\frac{1}{2}$ of the cracker crumbs, slices of cheese. Repeat this procedure using the remaining broccoli, cracker crumbs and top with cheese. Bake at 350° for 30 minutes.

BUSY DAY CASSEROLE

1½ lbs. ground beef
¼ c. onion
salt and pepper to taste

1 can creamed corn
1 can tomato soup
mashed potatoes

Brown beef and onion together along with salt and pepper to taste. Stir soup and corn into meat mixture. Place in 2-quart casserole dish and top with mounds of very moist mashed potatoes. Bake in oven at 350° for about 30 - 40 minutes - until potatoes begin to brown and meat mixture is bubbly. Meat mixture can also be made and heated through and served over hot mashed potatoes.

CHICKEN AND RICE

Chicken pieces
1 can cream of celery
1 can cream of mushroom

1 can water or milk
2¼ c. minute rice
1 can cream of chicken

Mix together cream of celery, cream of mushroom, and water. Stir in rice. Put in greased 9 x 13-inch pan. Top with chicken pieces seasoned with Adolph's chicken tenderizer. Top with chicken soup. Bake 300° for 2 hours. After $\frac{1}{2}$ hour cover with aluminum foil. Cooking time will depend on the type of chicken used. Boneless chicken will take less time to bake than chicken pieces with bone. As you bake, you can add additional water to keep casserole moist.

COUNTRY CORN CASSEROLE

1 8 oz. pkg. cream cheese
2 eggs
1 12 oz. can whole kernel corn,
drained
1 medium carrot, shredded
¼ c. chopped green onion
(optional)

¼ c. chopped green pepper
(optional)
¼ tsp. salt
dash of pepper

Combine softened cream cheese and eggs, mixing until well blended. Add remaining ingredients; mix well. Pour into lightly greased 8-inch square baking dish. Bake at 350°, for 40 minutes.

HAM AND CHEESE OVEN OMELET

8 eggs	1 c. (4 oz.) shredded cheese (cheddar, swiss or mozzarella)
1 c. milk	3 T. finely chopped onion
½ tsp. season salt	
3 oz. meat	

Beat eggs, milk, and salt. Stir in the rest of the ingredients. Pour into a 8 x 8 greased pan. Bake at 325° for 40 - 45 minutes or until set.

HAMBURGER-CHEESE SANDWICH CASSEROLE

6 slices bread (whole or cracked wheat or white)	1 can cheddar cheese soup
1 lb. hamburger	1½ tsp. salt
¼ c. chopped celery	¼ tsp. pepper
¼ c. onion, chopped	1 egg
¼ c. green pepper, chopped	1 c. milk

Butter 3 slices bread on one side. Cut slices of bread into quarters. Place the buttered quarters, butter side down, in a square or rectangle baking dish. Fry chopped vegetables in 1 T. oil until soft, not brown. Add hamburger and cook until red color is gone. Add ⅔ can of soup (do not dilute). When mixed thoroughly, pour this evenly over bread in the baking dish. Top with remaining quarters of bread. Beat egg, add milk, and mix well. Pour over sandwiches. Spread remaining cheese soup over the top and sprinkle with paprika. Bake 350° for 35 minutes.

IMPOSSIBLE HAM AND SWISS CHEESE PIE

2 c. cooked smoked ham - chopped	2 c. milk
1 c. shredded swiss cheese	1 c. Bisquick
⅓ c. green peppers / onions	¼ tsp. salt
4 eggs	⅛ tsp. pepper

Set oven to 400°. Grease pie plate. Sprinkle ham and cheese over bottom of plate. Sprinkle onion / peppers. Beat remaining ingredients until smooth about 15 seconds in mixer or 1 minute by hand mixer. Pour on top on other ingredients in plate. Bake 35 - 40 minutes. Knife inserted should come out clean.

SAVORY SPINACH CASSEROLE

1 8 oz. pkg. cream cheese	⅓ c. grated Parmesan cheese
¼ c. milk	
2 - 10 oz. pkg. frozen spinach, cooked, drained	

(continued)

Combine softened cream cheese and milk, mixing until well blended. Place spinach in 1 quart casserole; top with cream cheese mixture. Sprinkle with Parmesan cheese. Bake at 350°, for 20 minutes.

SPAGHETTI CASSEROLE

1 pound pasta (any kind) - cooked and drained **1½ c. mozzarella cheese**
1 small container ricotta cheese **¼ c. Parmesan cheese**
Large jar of spaghetti sauce

Put half of the cooked pasta in a 9 x 13-inch baking dish. Cover with all the cheese filling. Top with half of the spaghetti sauce. Cover with the remaining pasta. Top with sauce. Sprinkle top with mozzarella and Parmesan cheese. Bake 350° for about 30 minutes or until heated all the way through.

TATER TOT CASSEROLE

1 - 2 lbs. browned hamburger - with onion if desired **2 lbs. tater tots**
2 cans green beans
2 cans cream of chicken soup (can also use potato, mushroom, or celery)

Warm beans and soup together. Mix with beef. Spread in 9 x 13-inch pan. Layer tater tots on top of beef and bean mixture. Bake at whatever temperature and time suggested for the tater tots.

THREE CHEESE AND BEEF BISCUIT CASSEROLE

Casserole:

1 lb. ground beef **½ tsp. garlic powder**
6 oz. can tomato paste or sauce **1 T. butter or margarine**
2 T. cooking oil **¼ c. sliced black olives, if desired**
1 pkg. spaghetti seasoning mix **1 can 8 oz. Pillsbury buttermilk or country style biscuits**
½ tsp. salt **grated Parmesan cheese**
½ tsp. pepper

Filling:

1½ c. shredded mozzarella cheese **½ tsp. chopped chives - optional**
½ c. Ricotta or cottage cheese **½ tsp. basil**
1 T. parsley

Preheat oven to 400°. In large fry pan, brown ground beef; drain fat. Add tomato paste, oil, spaghetti seasoning mix and amount of water directed on package. Bring to boil. Add seasonings, butter, and olives; simmer 10 - 20 minutes according to seasoning mix directions. Separate biscuit dough into 10 biscuits; pat or roll

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each to a 4-inch circle. Combine filling ingredients; place about 2 T. on each biscuit. Fold circle in half; seal edges well. Pour half of hot meat mixture into ungreased 9 x 13-inch pan. Top with filled biscuits. Pour remaining meat mixture around biscuits. Sprinkle generously with Parmesan cheese. Bake 15 - 25 minutes or until golden brown.

Recipe Favorites

Meat, Poultry & Seafood



Helpful Hints

- Use little oil when preparing sauces and marinades for red meats. Fat from the meat will render out during cooking and will provide plenty of flavor. Certain meats, like ribs, pot roast, sausage and others, can be parboiled before grilling to reduce the fat content.
- When shopping for red meats, buy the leanest cuts you can find. Fat will show up as an opaque white coating, or can also run through the meat fibers, as marbling. Although most of the fat (the white coating) can be trimmed away, there isn't much that can be done about the marbling. Stay away from well marbled cuts of meat.
- Home from work late with no time for marinating meat? Pound meat lightly with a mallet or rolling pin, pierce with a fork, sprinkle lightly with meat tenderizer and add marinade. Refrigerate for about 20 minutes and you'll have succulent, tender meat.
- Marinating is a cinch if you use a plastic bag. The meat stays in the marinade and it's easy to turn and rearrange. Cleanup is easy; just toss the bag.
- It's easier to thinly slice meat if it's partially frozen.
- Tomatoes added to roasts will help to naturally tenderize them. Tomatoes contain an acid that works well to break down meats.
- Whenever possible, cut meats across the grain; they will be easier to eat and have a better appearance.
- When frying meat, sprinkle paprika over it to turn it golden brown.
- Thaw all meats in the refrigerator for maximum safety.
- Refrigerate poultry promptly after purchasing. Keep it in the coldest section of your refrigerator for up to two days. Freeze poultry for longer storage. Never leave poultry at room temperature for more than two hours.
- If you're microwaving skinned chicken, cover the baking dish with vented clear plastic wrap to keep the chicken moist.
- Lemon juice rubbed on fish before cooking will enhance the flavor and help maintain a good color.
- Scaling a fish is easier if vinegar is rubbed on the scales first.

Meat, Poultry & Seafood

Meat

BEEF BARBEQUE

2 lbs. hamburger	2 T. Worcestershire sauce
1 medium onion - chopped	2 T. mustard
¼ tsp. pepper	2 T. vinegar
1 tsp. salt	1 c. ketchup
2 T. sugar	

Brown hamburger with onion in 2 T. oil until done. Remove excess fat. Mix with pepper and salt. Add sugar, Worcestershire sauce, mustard, vinegar, and ketchup. Simmer 20 minutes.

ISLANDER PORK

1 - 3 lb. boneless pork (loin end or shoulder) - rolled and tied	¼ c. ketchup
5 - 6 whole cloves	2 T. orange juice
½ tsp. nutmeg	2 T. honey
¼ tsp. paprika	1 T. soy sauce
	2 tsp. lemon juice

Place roast on rack and broil 15 - 30 minutes; or until brown. Stud meat with cloves. Place roast in crock pot. Sprinkle with nutmeg and paprika. Stir together ketchup, orange juice, honey, soy sauce and lemon juice. Pour over roast. Cover and cook on low heat 10 - 12 hours (or as long as you want). Remove meat from pot. Shred pork and add some left over sauce from crock pot. Serve on fresh rolls. Enjoy.

Poultry

BAKED CHICKEN BREASTS SUPREME

6 - 12 oz. size chicken breasts	4 cloves garlic - finely chopped
2 c. dairy sour cream	4 tsp. salt
¼ c. lemon juice	½ tsp. pepper
4 tsp. Worcestershire sauce	1¾ c. dry bread crumbs
4 tsp. celery salt	½ c. butter
2 tsp. paprika	½ c. shortening

Cut breasts in half. Debone and skin. Wipe well with damp paper towel. In large bowl combine sour cream, lemon juice, Worcestershire sauce, celery salt, paprika, garlic, salt and pepper. Add chicken to sour cream mixture, coating each piece well. Marinate, covered refrigerator overnight. Next day, preheat oven to 350°. Remove chicken from sour cream mixture. Roll in bread crumbs coating evenly.

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Arrange in single layer in large, shallow pan. Melt butter and shortening in small saucepan. Spoon half over chicken. Bake chicken uncovered for 45 minutes. Spoon rest of butter over chicken. Bake 10 - 15 minutes longer or until chicken is tender and browned. Serves 12.

CHICKEN SUPREME

6 large chicken breasts - cooked and cut into bite size pieces	3/4 - 1 tsp. curry
2 10 oz. frozen chopped broccoli	3 T. lemon juice
2 10 oz. cream of chicken	8 oz. grated cheddar cheese
1 c. mayonnaise	bread crumbs
	2 - 2 1/2 jars mushrooms - optional

Mix chicken, broccoli, soup, mayonnaise, curry, and lemon juice thoroughly. Place in a greased 9 x 13-inch pan. Sprinkle with cheese and spread with mushrooms. Sprinkle with bread crumbs. Refrigerate over - night or up to 2 days. Bake 350° for 45 minutes.

CREAMED CHICKEN

2 c. diced chicken	2 T. butter
1 c. milk	2 T. flour
1 c. chicken broth or gravy	dash of pepper
1/2 tsp. salt	

Melt butter in saucepan. Add flour and seasonings. Add liquids and stir until smooth. Add chicken and heat thoroughly. Serve on toasted bread or rolls, potatoes or biscuits.

CREAMY CHICKEN ROLLS

1 16 oz. jar mild salsa	6 - 8 boneless chicken breasts - pound into 1/4 " thickness
1 8 oz. light cream cheese	
1 10 oz. enchilada sauce	

Preheat oven to 350°. Drain 1/2 c. salsa in colander. Mix drained salsa with cream cheese until well blended. In small bowl combine remaining salsa and enchilada sauce. In lightly greased oblong baking dish, pour half of sauce mix, spread 3 T. cream cheese mix down center of each chicken breast. Role folding sides in. Place seam side down onto sauce mixture. Pour remaining sauce over chicken. Bake 45 minutes or until chicken is done.



Breads & Rolls

Helpful Hints

- Over-ripe bananas can be peeled and frozen in a plastic container until it's time to bake bread or cake.
- When baking bread, a small dish of water in the oven will help keep the crust from getting too hard or brown.
- Use shortening, not margarine or oil, to grease pans, as margarine and oil absorb more readily into the dough or batter (especially bread).
- Use a metal ice tray divider to cut biscuits in a hurry. Press into the dough, and biscuits will separate at dividing lines when baked.
- To make self-rising flour, mix 4 cups flour, 2 teaspoons salt and 2 tablespoons baking powder, and store in a tightly covered container.
- Hot water kills yeast. One way to tell the correct temperature is to pour the water over your forearm. If you cannot feel either hot or cold, the temperature is just right.
- When in doubt, always sift flour before measuring.
- When baking in a glass pan, reduce the oven temperature by 25°.
- When baking bread, you get a finer texture if you use milk. Water makes a coarser bread.
- If your biscuits are dry it could be from too much handling, or the oven temperature may not have been hot enough.
- Nut breads are better if stored 24 hours before serving.
- To make bread crumbs, toast the heels of bread and chop in a blender or food processor.
- Cracked eggs should only be used in dishes that are thoroughly cooked; they may contain bacteria.
- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.
- For a quick, low-fat crunchy topping for muffins, sprinkle the tops with Grape-Nuts cereal before baking.

Breads & Rolls

Breads

BANANA BREAD

1½ c. sifted flour
1 tsp. baking soda
1 tsp. salt
⅓ c. shortening
¾ c. brown sugar

2 eggs
1 c. mashed banana
½ c. milk
½ c. chopped nuts

Mix together flour, baking soda, and salt. Cream shortening and brown sugar. Beat in eggs and mashed banana until light. Add milk with flour gradually. Beat well. Stir in nuts. Pour batter into greased loaf pan. Bake 350° for 1 hour and 5 minutes. Remove from pan. Cool overnight before slicing.

BUTTER CRESCENTS

½ c. milk
½ c. butter - softened
⅓ c. sugar
½ tsp. salt

1 package dry yeast
½ c. warm water
1 egg - beaten
3½ - 4 c. flour

Heat milk until it bubbles around the edge. Combine the butter, sugar and salt with the hot milk. Stir well and cool until luke warm. Dissolve yeast in the warm water. Let stand until foamy (about 5-10 minutes). Beat egg, yeast and milk mixture together at low speed. Beat in 2 cups of flour at low speed until the mixture is smooth. Continue beating in flour until dough begins to pull away from the sides. Knead gently 2-3 minutes. Place in a large bowl, turning to coat. Cover loosely with a damp cloth and let rise in a warm place until double (about 1 hour). Punch dough down. on floured surface, divide dough in half. Cover with damp cloth and let rest for 10 minutes. Grease two baking sheets. Roll one part of the dough into a 12" circle. Cut into 6 wedges. Starting at the side opposite the point, roll up each wedge. Do this to both pieces of dough. Cover loosely with damp cloth and let rise in a warm place until doubled - about 30 minutes. Bake in a preheated 400° oven. Brush with beaten egg. Bake 15 minutes. Transfer to a rack and cool.

DINNER ROLLS

3 pkg. yeast
2 c. warm water
½ c. sugar
¼ c. oil

1¼ tsp. salt
1 egg
6 - 7 c. flour

Dissolve yeast into warm water. Blend sugar, oil, salt, and the egg into previous and let stand 5 minutes. Add 2 c. flour beat 2 minutes until smooth. Add remaining flour and knead 8 - 10 minutes. Put in greased bowl, turn over to grease top. Let rise 1½ hours. Divide into quarters. Divide each quarter into 18 equal parts. Place

(continued)

two of these in each cup of a greased muffin pan. Let rise 45 minutes. Bake at 350° for 20 minutes until golden brown. Makes 36 rolls.

FRENCH BREAD

1 envelope dried yeast	2 c. warm water
2 tsp. salt	5 c. flour (more if needed)
1 T. sugar	

Dissolve yeast, salt, sugar, and warm water in large bowl. Mix flour in gradually until mixture absorbs no more. Knead on floured board until slightly elastic. Let rise in greased bowl 1 hour with damp cloth over it. Butter cookie sheet, sprinkle with corn meal. Without working dough too much, divide into 2 narrow loaves on cookie sheet. Cut diagonal slits across the top of each loaf. Spread with melted butter. Bake at 450° for 5 minutes, then 375° 35 minutes. Important - to keep bread from drying out, put a shallow pan of boiling water on lowest rack of oven while baking.

MUFFINS

1 c. sugar	2 heaping tsp. baking powder
1 T. shortening	1 tsp. vanilla
1 egg	1 c. fresh blueberries (wild are best)
1 c. milk	
2 c. flour	

Mix all ingredients (except blueberries) just until blended. Stir in blueberries. Place in muffin cups. Bake at 425° for 10 minutes or 400° 12 minutes.

PANCAKES

1¼ c. flour	1 egg
½ tsp. salt	¼ c. milk
1 tsp. sugar	2 T. vegetable oil
1½ tsp. baking powder	

Mix the dry ingredients together. Add egg, milk and oil and mix together just until blended. Do not over mix. Pour onto hot griddle and allow to cook on one side until the top becomes bubbly. Flip and allow to brown on the other side. Pancakes should be a nice golden brown. Makes about 18 - 4" pancakes.

PIZZA CRUST

1 c. water	½ tsp. salt
1 pkg. yeast	2½ c. flour
2 T. oil	

(continued)

Dissolve yeast into warm water. Stir oil and salt into above. Mix in flour and knead for 5 minutes. Cover and let rise for 1¼ hours. Spread into crust and top as you please. Bake 15 - 20 minutes at 500°.

POPPY SEED BREAD

1 pkg. lemon or yellow cake mix	1 c. hot water
1 small pkg. instant coconut	½ c. oil
pudding (or vanilla, or lemon)	¼ c. poppy seeds
4 eggs	

Blend all ingredients. Pour into 2 greased and floured loaf pans. Bake 350° for 50 minutes.

PUMPKIN BREAD

3 eggs	1 tsp. salt
2 c. sugar	½ tsp. baking powder
1 c. salad oil	1 tsp. baking soda
2 c. cooked pumpkin	1 tsp. each - cloves, nutmeg, and
3 c. flour	cinnamon

Beat eggs. Stir egg into sugar, salad oil, and cooked pumpkin and mix well. Add flour, salt, baking powder, baking soda, and spices and mix well. Place in 3 loaf pans (7½ x 3½ x 2¼). Bake at 325° for 60 minutes or until knife inserted in middle comes out clean. Let cool for 10 minutes. Remove from pan. Allow to cool completely before serving. This can be frozen for later use if desired.

RAISIN BRAN MUFFINS

1 c. flour	2 c. Raisin Bran cereal
1½ tsp. baking powder	1¼ c. milk
½ tsp. baking soda	⅓ c. brown sugar
½ tsp. cinnamon	1 egg
½ tsp. nutmeg	½ c. apple sauce

Mix flour, baking powder, baking soda, cinnamon, and nutmeg in a bowl and set aside. In another bowl mix cereal, milk, and sugar. Wait 5 minutes for cereal to get soft. Stir egg and apple sauce into cereal mixture. Add flour mixture and blend just until moistened. Put in greased muffin tins. Cook 18 minutes at 400°. Makes 12 muffins

RAISIN BREAD

2 pkg. yeast	3 T. shortening
¾ c. warm water	9-10 c. flour
2⅔ c. warm water	1 c. raisins
¼ c. sugar	

(continued)

Dissolve yeast in the $\frac{3}{4}$ c. warm water. Stir in additional water, sugar, shortening, and 5 cups of flour and beat until smooth. Mix in additional flour so dough is easy to work with. Knead 10 minutes until elastic. Put in greased bowl and cover with damp cloth to rise for 1 hour. Punch down dough and divide into sections to make 3 loaves. Roll each into a rectangle. Sprinkle each loaf with 1 T. water. Mix $\frac{1}{4}$ c. sugar and 2 tsp. cinnamon. Sprinkle on each loaf. Roll and make seams. Put in bread pans. Brush with butter. Let rise 1 hour. Heat oven to 425°. Place loaves on low rack. Not touching. Bake 30 - 35 minutes until sounds hollow.

SCONE

1 c. sugar	3 T. Crisco
3 c. flour	2 eggs
1 T. baking powder	about $\frac{2}{3}$ c. milk
1 tsp. salt	1 c. raisins

Mix all ingredients together well. Pour into 9" round cake pan. Bake 1 hour at 350°.

TREASURE BRAN MUFFINS

Muffin:

1 $\frac{1}{4}$ c. bran cereal	$\frac{1}{2}$ c. sugar
1 c. milk	1 T. baking powder
$\frac{1}{4}$ c. oil	$\frac{1}{2}$ tsp. salt
1 egg	$\frac{1}{2}$ c. raisins
1 $\frac{1}{4}$ c. flour	

Filling:

1 - 8 oz. pkg. cream cheese	1 egg
$\frac{1}{4}$ c. sugar	

For muffins - Combine cereal and milk and let stand for 2 minutes. Add oil and egg and mix well. Add combined dry ingredients mixing just until moistened. Fold in raisins. Spoon into greased and floured medium-sized muffin pans, filling each cup $\frac{2}{3}$ full. Make a well in center to drop in filling. For filling - Combine softened cream cheese, sugar and egg mixing until well blended. Drop rounded tablespoons of cream cheese mixture into muffin batter. Bake at 375° for 20-25 minutes. Makes 1 dozen.

TRI-COLOR BRAIDED BREAD

Dough:

2 pkg. yeast	1 T. salt
2$\frac{1}{3}$ c. warm water	4 T. butter or margarine, softened
2 T. honey	2$\frac{1}{3}$ c. all-purpose flour

Whole Wheat Bread:

$\frac{1}{3}$ of Dough	2 T. wheat germ
2 T. molasses or dark corn syrup	1$\frac{1}{3}$ c. wheat flour

Pumpnickel Bread:

$\frac{1}{3}$ of dough	1$\frac{1}{2}$ tsp. caraway seeds
2 T. molasses	1$\frac{1}{3}$ c. rye flour
2 T. cocoa	

White bread:

$\frac{1}{3}$ of dough	1$\frac{1}{3}$ c. all-purpose flour
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Dough - In a large bowl of an electric mixer, dissolve yeast in water. Stir in honey, salt, butter, and 2 $\frac{1}{3}$ c. of flour and beat on high speed for 4 minutes. Divide batter into thirds (about 1 $\frac{1}{4}$ c. each) and put in 3 different bowls. Whole wheat, Pumpnickel, and White breads - Add all ingredients. Turn out on a floured board and kneed until smooth (about 5 minutes) adding all-purpose flour as needed to prevent sticking. To continue - cover bowls and let dough rise in a warm place until doubled (about 1 hour). Punch doughs down and divide each in half. Roll each portion into a smooth 15 inch rope. For each loaf, place a white, a wheat, and a pumpnickel rope on a greased 14 x 17 inch baking sheet; braid loosely and pinch ends to seal, tucking them underneath. Cover lightly and let rise in a warm place until doubled (about 1 hour). Brush both loaves with egg yolk mixture (1 beaten egg yolk with 1 T. water). Bake in a preheated 350° oven for about 35 minutes or until well browned. To bake both loaves in one oven, place oven racks in middle of oven, stagger pans, and switch pan positions halfway through baking. Cool on racks. Makes 2 loaves.

WAFFLES

1$\frac{3}{4}$ c. flour	3 eggs
2 tsp. baking powder	$\frac{1}{3}$ c. oil
3 tsp. sugar	1$\frac{1}{2}$ c. milk
$\frac{1}{2}$ tsp. salt	

Mix flour, baking powder, sugar, and salt well. Mix eggs, oil, and milk and add to other. Mix together just until blended. Pour $\frac{1}{2}$ cup of batter onto hot waffle iron and allow to bake for 1-2 minutes. Great topped with warmed fruit and whip cream, or ice cream and fruit.

ZUCCHINI BREAD

3 eggs	2 c. flour
2 c. grated zucchini	1 c. wheat flour
2 c. sugar	1 tsp. baking soda
1 c. vegetable oil	¼ tsp. baking powder
2 tsp. vanilla	2 tsp. cinnamon
1 tsp. salt	1 c. chopped nuts

Mix together eggs, zucchini, sugar, oil, vanilla, and salt. Add: flours, baking soda, baking powder, cinnamon and nuts. Pour in greased and floured loaf pan. Bake for 1 hour at 350°.

Recipe Favorites



Pies, Pastry & Desserts

Helpful Hints

- Egg whites need to be at room temperature for greater volume when whipped. Remember this when making meringue.
- When preparing several batches of pie dough, roll dough out between sheets of plastic wrap. Stack the discs in a pizza box, and keep the box in the freezer. Next time you're making pie, pull out the required crusts.
- Place your pie plate on a cake stand when placing the pie dough in it and fluting the edges. The cake stand will make it easier to turn the pie plate, and you won't have to stoop over.
- Many kitchen utensils can be used to make decorative pie edges. For a scalloped edge, use a spoon. Crosshatched and herringbone patterns are achieved with a fork. For a sharply pointed effect, use a can opener to cut out points around the rim.
- Dipping strawberries in chocolate? Stick toothpicks into the stem end of the berry. Coat the berries with chocolate, shaking off any excess. Turn the berries upside down and stick the toothpick into a block of styrofoam until the chocolate is set. The finished berries will have chocolate with no flat spots. Another easy solution is to place dipped berries dipped-side up in the holes of an egg carton.
- Keep strawberries fresh for up to ten days by refrigerating them (unwashed) in an airtight container between layers of paper towels.
- When grating citrus peel, bits of peel are often stuck in the holes of the grater. Rather than waste the peel, you can easily brush it off by using a clean toothbrush.
- To core a pear, slice the pear in half lengthwise. Use a melon baller to cut out the central core, using a circular motion. Draw the melon baller to the top of the pear, removing the interior stem as you go.
- When cutting up dried fruit, it sometimes sticks to the blade of the knife. To prevent this problem, coat the blade of your knife with a thin film of vegetable spray before cutting.
- Cutting dessert bars is easier if you score the bars as soon as the pan comes out of the oven. When the bars cool, cut along the scored lines.
- When cutting butter into flour for pastry dough, the process is made easier if you cut the butter into small pieces before adding it to the flour.

Pies, Pastry & Desserts

Pies

APPLE PIE

Pie:

1/4 - 1/2 c. sugar
1/4 - 1/2 c. flour
minute tapioca
sliced apples

sugar
brown sugar
butter
cinnamon

Crumb Topping:

3/4 c. flour
1/2 c. sugar

1/3 c. butter

Make a pie crust. Layer bottom with sugar then flour. Sprinkle with minute tapioca. Pile high with sliced apples. Sprinkle on sugar, brown sugar, butter, and cinnamon. Combine flour, sugar, and butter until crumbs. Spread crumbs over pie. Bake one hour at 350° until apples are soft.

BANANA CREAM PIE

1 pkg. 4 serving size vanilla instant pudding
1 envelope dream whip
1 1/2 c. cold milk

1/2 tsp. vanilla
2 ripe bananas
graham cracker crust

Blend pudding, dream whip, milk, and vanilla at high speed for 10 min. or until thick and fluffy. Cut bananas into thin slices. Spread over crust. Pour pudding mixture over bananas. Let set in refrigerator at least one hour.

BOSTON CREAM PIE

Cake:

1¼ c. flour	¾ c. milk
1 c. sugar	⅓ c. shortening
1½ tsp. baking powder	1 egg
½ tsp. salt	1 tsp. vanilla

Cream Filling:

⅓ c. sugar	1½ c. milk
2 T. cornstarch	2 egg yolks
⅓ tsp. salt	2 tsp. vanilla

Chocolate Glaze:

2 squares (1 oz. each) unsweetened chocolate	1 c. confectioner's sugar
3 T. butter	¾ tsp. vanilla
	about 2 T. hot water

For cake - Heat oven to 350°. Grease and flour 1 round layer pan. Beat all cake ingredients in a large mixing bowl on low speed for 30 seconds, scraping bowl. Beat on high speed, scraping bowl occasionally for 3 minutes. Pour into pan and bake for 30-35 minutes until done. Remove from pan; cool. Split cake into 2 thin layers. Fill layers with filling. You can also use a box mix yellow cake. For Filling - Mix sugar, cornstarch, and salt in a 2-quart saucepan. Stir in milk gradually. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Stir at least half of the hot mixture gradually into egg yolks. Blend into hot mixture in saucepan. Boil and stir 1 minute. Remove from heat; stir in vanilla. Cool to room temperature. Fill cake. For glaze - Heat chocolate and butter over low heat until melted. Remove from heat and stir in sugar and vanilla. Stir in water a little at a time until glaze is desired consistency (just liquid enough to slowly run down sides of the cake).

CHERRIES JUBILEE PIE

1 graham cracker crust	1 c. whipped topping, thawed
1 - 16 oz. can dark sweet cherries	⅓ c. sliced toasted almonds
1 - 3 oz. pkg. black cherry flavored gelatin	(optional - could use ½ tsp. almond flavoring)
1 pint vanilla ice cream - softened	

Drain cherries well, saving juice. Add enough water to cherry juice to make 1¼ cups liquid; heat. Add gelatin and stir to dissolve completely. Remove from heat and stir in ice cream, blending until smooth. Refrigerate until consistency of un-beaten egg whites (5 - 10 minutes). Blot cherries with paper towel to pick up any remaining liquid. Fold in whipped topping and almonds. Add cherries. Pour into crust. Refrigerate 3 to 4 hours, or until firm. Garnish as desired.

CHOCOLATE CHIP PIE

3 eggs	1/4 c. vegetable oil
3/4 c. packed brown sugar	1 tsp. vanilla
3/4 c. sugar	1 1/2 c. semi - sweet chocolate chips
3/4 c. flour	1 c. pecans - chopped
1/2 c. margarine - melted and cooled	1 9" unbaked pie shell

Beat eggs until foamy. Beat brown sugar, sugar, flour, margarine, vegetable oil, and vanilla into egg mixture until well blended. Stir in chocolate chips and pecans. Pour into pie shell. Bake 325° for 1 1/4 hours until knife inserted near center comes out clean. Chill until serving. Refrigerate leftovers.

FLUFFY BERRY CHEESE PIE

1 9" baked pie crust	1/2 c. water
1 c. miniature marshmallows	1 pkg. (3 oz.) cream cheese
1/2 c. milk	1 pkg. frozen strawberries, thawed
1 pkg. strawberry flavored gelatin	1/2 c. whipping cream

In saucepan, heat miniature marshmallows and milk over medium low heat, stirring frequently, until marshmallows are melted; set aside. In small saucepan, combine strawberry-flavored gelatin and water. Heat and stir until gelatin is dissolved. Combine marshmallow mixture and gelatin; gradually beat into the softened cream cheese. Drain thawed strawberries, reserving syrup. Add water to syrup to equal 3/4 c. liquid. Stir strawberry syrup into gelatin mixture; Chill until mixture is partially set. Whip gelatin mixture; fold in strawberries. Whip the cream; fold into the whipped gelatin mixture. Chill again until mixture begins to mound when stirred. Pile strawberry mixture into the baked pastry shell. Chill 3 to 4 hours or until filling is set. Garnish with dollops of additional whipped cream and strawberries, if desired.

FLUFFY CARAMEL PIE

Crust:

1 1/2 c. crushed ginger snaps (about 30 cookies)	1/4 c. butter - melted
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Filling:

1/4 c. cold water	dash of salt
1 envelope unflavored gelatin	1/2 c. chopped pecans
28 caramels	1 tsp. vanilla
1 c. milk	1 c. whipping cream - whipped

For crust - Combine crushed ginger snaps with melted butter. Press into a 9" pie plate. Cover and chill. For filling - Put cold water in sauce pan. Sprinkle gelatin over the water. Let stand 1 minute. Add caramels, milk and dash of salt and cook over low heat until gelatin is dissolved and caramels are melted. Refrigerate for 1-2 hours - until mixture mounds. Stir pecans and vanilla into the cooled, thickened caramel mixture. Gently fold in the whipped cream. Pour into crust and refrigerate

(continued)

at least 6 hours or overnight. Garnish with ice cream and pecans if desired. Store in refrigerator.

FROZEN PUMPKIN ICE CREAM PIE

2 c. pumpkin - 1 medium can	1/2 tsp. nutmeg
1 c. brown sugar	1 1/2 quart softened vanilla ice cream
1 tsp. salt	1 graham cracker crust
1 tsp. cinnamon	
1 tsp. ginger	

Mix together all ingredients together. Spread over crust. Freeze.

GERMAN SWEET CHOCOLATE PIE

1 4 oz. pkg. sweet chocolate	1 3 oz. pkg. cream cheese
1/3 c. milk	1 container Cool Whip
2 T. sugar	1 prepared crumb crust

Heat chocolate and 2 T. milk over low heat, stirring until melted. Beat sugar, cream cheese, remaining milk and chocolate mixture until smooth. Fold in whipped cream. Spoon in crust freeze until firm. Garnish with whipped cream and chocolate. Let stand 1 hour at room temperature before serving. Store leftovers in freezer.

IMPOSSIBLE PECAN PIE

1 1/2 c. chopped pecans	1/2 c. Bisquick
3/4 c. brown sugar	1/4 c. margarine
3/4 c. milk	4 eggs
3/4 c. corn syrup	1 1/2 tsp. vanilla

Sprinkle pecans in pie plate. Beat remaining ingredients until smooth 15 seconds in a blender or 1 minute on high speed with a mixer. Pour into a greased pie plate and bake 350° for 50 - 55 minutes.

LEMON MERINGUE PIE

Lemon Filling:

9 inch baked pie shell
1½ c. sugar
⅓ c. plus 1 T. cornstarch
1½ c. water
3 egg yolks - slightly beaten

3 T. margarine or butter
2 tsp. grated lemon peel
½ c. lemon juice
2 drops yellow food coloring - if desired

Meringue:

3 egg whites
¼ tsp. cream of tartar

6 T. sugar
½ tsp. vanilla

Bake pie shell. Heat oven to 400°. Mix sugar and cornstarch in 1½ quart saucepan. Stir in water gradually. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Stir at least half of the hot mixture gradually into egg yolks. Blend into hot mixture in saucepan. Boil and stir 1 minute. Remove from heat; stir in margarine, lemon peel, lemon juice, and food color. Pour into pie shell. Spoon Meringue onto hot pie filling; spread over filling, carefully sealing meringue to edge of crust to prevent shrinking or weeping. Bake until delicate brown, about 10 minutes. Cool away from draft. For meringue - Beat egg whites and cream of tartar until foamy. Beat in sugar, 1 T. at a time; continue beating until stiff and glossy. Do not overbeat. Beat in vanilla. Using bottled lemon juice and lemon flavoring will work, but the taste will be greatly effected.

LEMON SPONGE PIE

3 T. shortening
1 c. sugar
3 T. flour
3 large eggs - separated

1 c. milk (scolded)
¼ c. lemon juice (juice of 1 lemon)
1 T. lemon rind
8" unbaked pie shell

Cream shortening and sugar together until fluffy. Beat in flour. Beat in egg yolks, milk, and lemon juice and rind. Beat egg whites until stiff. Fold into lemon mixture. Pour into pie shell. Bake 450° for 25 min.

LEMON SUPREME PIE

1 unbaked pie crust

Filling:

1½ c. sugar

6 T. cornstarch

½ tsp. salt

¼ c. water

2 T. butter

2 tsp. grated lemon peel

⅔ c. lemon juice

Cream Cheese Filling:

2 pkg. 8 oz. and a 3 oz. cream
cheese

¾ c. confectioner's sugar

1½ c. whipped topping

1 T. lemon juice

Line an unpricked pie crust with double foil. Bake 450° for 8 minutes, Remove foil and bake for 5 additional minutes. For lemon filling - Combine sugar, cornstarch, and salt in saucepan. Slowly stir in water mixing well. Bring to a boil and reduce heat. Boil for 2 minutes. Remove from heat and stir in butter, lemon peel, and lemon juice; but don't over mix. Cool to room temperature - about 1 hour. For cream cheese filling - Beat cream cheese and confectioners' sugar until smooth. Fold in whipped topping and lemon juice. Refrigerate ½ cup for garnish. Spread remaining cream cheese onto cool, baked pie shell. Top with lemon filling. Chill overnight - decorate with remaining cream cheese mixture.

LIGHT 'N FRUITY PIE

1 pkg. 3 oz. Jello (any flavor)

⅔ c. boiling water

2 c. ice cubes

1 container 8 oz. whipped cream

1 graham cracker crust

Add Jello to boiling water and stir until dissolved. Stir in ice cubes. If mixture begins to thicken before ice cubes are melted, carefully remove undissolved ice cubes. Use wire whip to blend the whipped cream into the Jello. Pour into graham cracker crust. Refrigerate. You can add any fruit to this pie for an extra touch of flavor.

OATMEAL PIE

9" unbaked pie crust

¾ c. sugar

½ c. melted butter

1 tsp. vanilla

2 eggs beaten

¾ c. dark Karo

¾ c. uncooked oats

Beat until well blended. Pour into pie crust. Bake at 350° for 50 - 60 min.

PEACH PIE

Pie crust	1 c. sugar
Fresh sliced peaches - enough to fill pie	1 T. flour
1 egg	½ c. water

Beat egg. Add sugar, flour, and water. Beat together and pour over sliced peaches. Bake at 375° for 1 hour. This syrup can be stretched to make two pies.

PIE CRUST

1 c. flour	salt
⅓ c. plus 1 T. Crisco	2 - 3 T. cold water

Mix flour and salt together. Add Crisco and crumble with fork until mixture forms pea size lumps. Mix in water and stir just until ball forms. Makes 1 pie crust.

PUMPKIN PIE

3 lg. eggs	¼ tsp. salt
½ c. sugar	1 tsp. cinnamon
2 c. pumpkin	½ tsp. ginger
½ c. cream or half and half	½ tsp. nutmeg
¾ c. dark corn syrup	

Beat all ingredients until well blended. Pour in unbaked 9" pie shell. Bake at 375° for 50 minutes. Serve with whipped cream.

SHOOFLY PIE

1 c. flour	1 egg
¾ c. brown sugar	¾ c. hot water
1 T. Crisco	1 tsp. baking soda dissolved in ¼ c. hot water
1 c. molasses or dark corn syrup	

Form crumbs from flour, brown sugar, and Crisco. Reserve ½ c. for crumb topping. Mix molasses, egg, hot water, and baking soda in water. Add remaining flour mixture and mix well. Pour into 9" pie shell and top with ½ c. of reserved crumbs. Bake 35 minutes at 375°. If you don't want a strong molasses flavor in your pie, you can use ¼ c. molasses to ¾ c. corn syrup (or any other combination that may suit your taste).

STRAWBERRY YOGURT DREAM PIE

2 envelopes dream whip
2 containers - 8 oz. strawberry yogurt (Dannon fruit on bottom works best)

1/2 c. mashed strawberries
1 8 or 9" graham cracker crust

Prepare dream whip as directed. Fold in yogurt until well mixed. Chill until mounds will form. Spoon into crust. Freeze about 4 hours. Remove about 30 minutes prior to serving. Keep in refrigerator. Store in freezer. This can be made with any other fruit combination you desire.

SWEET CHOCOLATE PIE

Crust:

1 c. graham cracker crumbs
1/4 c. sugar

1/4 c. margarine - melted
1/4 c. finely chopped nuts

Chocolate Filling:

1 1/2 c. mini marshmallows (15 large)
1 4 oz. pkg. sweet chocolate (chopped)
1/3 c. milk

3 T. margarine - melted
1 tsp. vanilla
1 c. whipping cream

For crust - Combine ingredients and press onto bottom and sides of pie plate. Bake at 375° for 8 minutes and cool. For pie filling - Combine marshmallows, chocolate, milk, and margarine in saucepan. Cook over low heat, stirring constantly until smooth. Cool. Blend in vanilla. Whip cream until stiff peaks form; fold into cooled chocolate mixture. Pour into crust. Chill several hours.

TRIPLE FRUIT PIE

1 1/4 c. each blueberries, raspberries, and strawberries
1/2 tsp. almond extract
1 1/4 c. sugar
1/4 c. quick cook tapioca

1/4 tsp. nutmeg
1/4 tsp. salt
1 T. lemon juice
Crust for 2 pies

Combine fruit and almond extract in bowl. Combine sugar, tapioca, nutmeg, and salt and add to fruit. Stir gently. Let stand 15 minutes. Stir in lemon juice. Put in crust; top with second crust. Bake 400° for 20 minutes. Reduce heat to 350° and bake for 30 minutes.

Desserts

ALMOND CREAM PUFF RING

Cream Puff:

1 c. water
½ c. butter
¼ tsp. salt

1 c. flour
4 eggs

Filling:

1 pkg. vanilla pudding
1¼ c. milk

1 c. whipping cream (whipped)
1 tsp. almond extract

Glaze:

½ c. chocolate pieces
1 T. butter

1½ tsp. milk
1½ tsp. light corn syrup

For cream puff ring - Mix water, butter, and salt over medium heat until it boils. Remove from heat and stir in flour quickly until it forms a ball. Beat eggs in one at a time until batter is smooth. Cool slightly. Use 7" pie plate and trace a circle on sheet. Drop Batter by heaping tablespoons in 10 mounds to form a ring. Place in oven set to 400° and bake for 40 min. For filling - Beat together pudding and milk until smooth. Fold in whipped whipping cream and almond extract. When cream puffs are cooled slice in half. Spoon filling into ring. For frosting - Melt chocolate, butter, milk, and corn syrup until smooth stirring occasionally. Glaze the cream puff.

APPLE TAPIOCA

⅓ c. tapioca
1 c. brown sugar
4 c. sliced tart apple
2 c. water

2 T. lemon juice
2 T. butter
½ tsp. cinnamon
½ tsp. salt

Mix together and let stand for 5 minutes. Bring to a boil stirring often. Simmer until apples tender about 12 minutes. Serve hot or warm over vanilla ice cream.

CHERRY CRUMB DESSERT

½ c. butter - softened
1 pkg. (18½ oz.) yellow cake mix
1 can (21 oz.) cherry or blueberry pie filling

½ c. chopped walnuts
whipped cream or ice cream

Combine butter and cake mix to make crumbs. Set aside one cup of crumb mixture. Pat remaining crumbs onto bottom and ½ inch up the sides of a greased 9 x 13-inch pan. Spread pie filling over the crust. Combine walnuts with the one cup

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of reserved crumbs and sprinkle over the top of the fruit filling. Bake at 350° for 30-35 minutes. Serve warm with whipped cream or vanilla ice cream. Makes 12-16 servings.

CHOCOLATE ECLAIRS

Eclairs:

1 c. water	¼ tsp. salt
½ c. butter	4 eggs
1 c. flour	

Filling:

1 pkg. (5.1 oz.) vanilla pudding	¼ c. confectioners' sugar
2½ c. cold milk	1 t. vanilla
1 c. whipping cream - whipped to soft peaks	

Frosting:

2 squares 1 oz. semi-sweet chocolate	1¼ c. confectioners' sugar
2 T. butter	2-3 T. hot water

For eclairs - Bring water and butter to boil stirring constantly until butter melts. Reduce heat to low and add flour and salt. Stir vigorously with wooden spoon until it is a smooth ball. Remove from heat. Stir in eggs one at a time until batter is smooth. Form batter into eclairs (about 9). Bake at 400° for 35 - 40 minutes until puffed and golden. Cut slit immediately to allow steam to escape. Cool on wire rack. For filling - Beat milk and pudding until smooth. Whip whipping cream until soft peaks form. Beat confectioners' sugar and vanilla into whipping cream. Fold pudding and whipping cream together. Fill cooled eclairs. For frosting - Melt chocolate and butter until smooth. Add confectioners' sugar and hot water until smooth consistency. Cool slightly. Frost eclairs.

CHOCOLATE FILLED CREAM PUFFS

Cream Puff:

1 c. water	1/4 tsp. salt
6 T. butter	4 eggs
1 c. flour	

Filling:

1 c. whipping cream - beat until soft peaks	1/2 c. confectioner's sugar
	2 T. baking cocoa

Glaze:

1 - 1 oz. square of unsweetened baking chocolate	1/2 c. confectioner's sugar
1 T. butter	2 T. water

For cream puff - Bring water and butter to boil. Add flour and salt and stir until smooth ball forms. Remove from heat and let stand about 5 minutes. Beat in eggs one at a time - beating until smooth. Cover baking sheet with foil and grease well. Drop into six mounds. Bake at 400° for 15 minutes. Reduce heat to 350° and bake 30 minutes longer. Remove from pan and place on cooling racks. Immediately cut slits in each to allow steam to escape. When cool - cut tops off puffs and remove the soft dough. For filling - Beat whipping cream until soft peaks form. Gradually add sugar and cocoa and beat until almost stiff. Fill each puff with filling and replace top. For glaze - Melt chocolate and butter. Stir in sugar and water. Drizzle over puffs and chill.

CHOCOLATE MOUSSE

1 tsp. unflavored gelatin	1/4 c. cocoa
1 T. cold water	1 c. heavy cream
2 T. boiling water	1 tsp. vanilla
1/2 c. sugar	

Sprinkle gelatin over cold water in small bowl, stir in and let stand for 1 minute to soften. Add boiling water, stir until gelatin is completely dissolved (it will be clear). Stir together sugar and cocoa in small mixing bowl. Add heavy cream and vanilla. Beat at medium, speed until stiff peaks form, pour in gelatin mixture and beat until well blended. Spoon into serving form and chill about 1/2 hour.

CREAM CHEESE ROLLS

2 8 oz. pkg. crescent rolls	1 tsp. vanilla
2 8 oz. cream cheese	1 egg
1 c. sugar	

Grease bottom of 9 x 13-inch pan. Place 1 pack rolls on bottom of pan. Beat remaining ingredients and spread over rolls. Place second pack of rolls on top of

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cream cheese mixture. Bake 350° 30 - 35 min. You can also add fruit topping in middle layer or on top when done.

CREAMY RASPBERRY DESSERT

Crust:

1 c. graham cracker crumbs ¼ c. butter - melted
3 T. sugar

Filling:

1 pkg. 10 oz. frozen raspberries, ½ c. sugar
thawed 1 c. whipping cream, whipped
¼ c. cold water fresh raspberries and whipped
1 envelope unflavored gelatin cream for garnish
1 pkg. 8 oz. cream cheese, softened

For crust - Combine crumbs, sugar and butter. Press onto the bottom of an 8 or 9 inch springform pan. Bake at 350 degrees for 10 minutes and cool. For filling - Drain raspberries and reserve juice. Set berries aside. In small saucepan, combine juice, cold water and gelatin. Let stand for 5 minutes. Cook and stir over low heat until gelatin dissolves. Remove from heat and cool for 10 minutes. In a mixing bowl, beat cream cheese and sugar until blended. Add berries and gelatin mixture; beat on low until thoroughly blended. Chill until partially set. Watch carefully as the mixture will set up quickly. By hand, gently fold in whipped cream. Spoon into crust. Chill for 6 hours or overnight. Just before serving, run knife around edge of pan to loosen. Remove sides of pan. Top with fresh raspberries and whipped cream. Makes 10 servings.

FLUFFY TAPIOCA PUDDING

3 T. tapioca egg yolk - beaten
⅓ tsp. salt egg white
3 T. sugar 2 T. sugar
2 c. milk ¾ tsp. vanilla

Mix tapioca, salt, sugar, milk, and the egg yolk. Let stand 5 minutes. Cook over medium heat and bring to a full boil, stirring constantly 6 - 8 minutes. Beat egg white until foamy, add sugar, and beat until soft peaks form. Add tapioca mixture gradually into the beaten egg white, stirring quickly just until blended. Stir in vanilla. Cool 20 minutes. Stir. Refrigerate. Can be served warm or cold.

FRESH CHERRY TART

2 T. butter 1¼ c. milk
2 c. or 20 regular marshmallows 1 c. heavy or whipping cream
2½ c. rice crispies 1 tsp. almond extract
1 3 oz. instant pudding - vanilla 1½ lbs. cherries

(continued)

Melt butter and marshmallows and add rice crispies. Form into a crust in a pie plate. Blend pudding, milk, whipping cream, and almond extract until stiff peaks. Fold in cherries and put in crust. Refrigerate.

FROZEN FRUIT CUPS

2 cans 20 oz. crushed pineapple - undrained	1 can 12 oz. orange juice concentrate - thawed
2 pkg. 10 oz. frozen sweet strawberries - thawed	1 can 6 oz. lemonade concentrate - thawed
1 can 20 oz. fruit cocktail - undrained	6 medium firm bananas - cubed

Combine all ingredients and pour into 4 individual cups or bowls. Freeze. Take out 30 - 45 minutes before serving.

FRUIT ROLLS

2 c. warm milk	2 eggs - beaten
1/2 c. sugar	2 T. yeast
2 tsp. salt	flour

Mix all ingredients and add flour to make soft dough. Let rise. Pinch into small balls. Press down and let rise. Make a hole in the middle of ball and add fruit. Bake 350° until done.

GRAHAM CREAM PUFFS

Puffs:

1 c. water	1/2 c. graham cracker crumbs
1/2 c. butter	1/4 tsp. salt
1/2 c. flour	4 eggs

Filling:

1 c. whipping cream	1 tsp. vanilla
3 T. sugar	2 c. raspberries (or other fruit)

Glaze:

1/2 c. raspberries - puréed and strained (or other fruit)	1 tsp. cornstarch
2 T. sugar	1/2 c. orange juice

For Puffs - Bring water and butter to a boil. Add flour, graham crumbs, and salt all at once. Stir until smooth ball is formed. Remove from heat and let stand for 5 minutes. Add eggs, one at a time, beating until smooth each time. Cover baking sheet with foil and grease. Drop mixture by 1/4 c. fulls, 3 inches apart. Bake at 400° for 30-35 minutes until brown. Remove and slit tops to allow steam to escape.

(continued)

For filling - Beat whipping cream until soft peaks form. Beat in sugar and vanilla. Fold in fruit. For glaze - Combine everything in sauce pan and bring to a boil over medium heat, stirring constantly. Boil 1 minute. Remove from heat. To serve cream puffs - Just before serving, split puffs and remove soft dough. Add filling and replace tops. Drizzle with glaze. Makes 10 puffs.

HOT FUDGE

1/3 c. cocoa	1/4 c. butter
1 c. sugar	1/8 tsp. salt
3/4 c. evaporated milk	1/2 tsp. vanilla

Combine cocoa and sugar in a sauce pan. Blend in evaporated milk. Add butter and salt. Cook, stir constantly until mixture just begins to boil. Remove from heat and stir in vanilla. Serve warm over ice cream or other desserts.

INDOOR S'MORES

2/3 c. light corn syrup	1 tsp. vanilla
2 T. butter	10 oz. pkg. Golden Grahams
11 1/2 oz. chocolate chips	3 c. mini marshmallows

Heat corn syrup, butter, and chocolate chips until boiling. Quickly mix in Golden Grahams and marshmallows. Press into a greased 9 x 13-inch pan let set at least 1 hour. Cut in squares and serve.

LEMON DELIGHT

Crust:

1 c. flour	1/2 c. chopped nuts (pecans)
1 stick margarine	

Cream Cheese Layer:

1 - 8 oz. pkg. cream cheese	9 oz. container Cool Whip - divided
1 c. confectioner's sugar	in half

Lemon Layer:

2 - 3 oz. pkg. of lemon pudding	3 cups milk
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For crust - Mix flour, margarine, and chopped nuts until crumbly. Spread evenly in 9 x 13-inch pan and bake at 350° for 20 minutes until turning golden brown. Remove from oven and cool completely. Cream cheese layer - Beat cream cheese and sugar until smooth. Fold in half of Cool Whip. Carefully spread over cooled crust. Lemon layer - Beat lemon Jello and milk until thick. Spread on top of cream cheese mixture. Spread remaining Cool Whip on top. Sprinkle nuts on top for finishing touch.

LEMON ROLL

Roll:

3 eggs	1 tsp. baking powder
1 c. granulated sugar	1/4 tsp. salt
1/3 c. water	Powdered sugar
1 tsp. vanilla	
3/4 c. all-purpose flour or 1 c. cake flour	

Lemon Filling:

3/4 c. sugar	1 T. butter
3 T. cornstarch	1/3 c. lemon juice (fresh squeezed is best)
1/4 tsp. salt	4 drops yellow food color (optional)
3/4 c. water	
1 tsp. grated lemon peel	

For roll - Heat oven to 375°. Line jelly roll pan, 15½ x 10½ x 1 inch, with aluminum foil or waxed paper; grease generously. Beat eggs in small mixer bowl on high speed until very thick and lemon colored, about 5 minutes. Pour eggs into large mixer bowl. Beat in granulated sugar gradually. Beat in water and vanilla on low speed. Add flour, baking powder, and salt gradually, beating just until batter is smooth. Pour into pan. Bake until wooden pick inserted in the middle comes out clean, 12 to 15 minutes. Immediately loosen cake from edges of pan; invert on towel sprinkled generously with powdered sugar. Carefully remove foil. Trim off stiff edges if necessary. While hot, carefully roll cake and towel from narrow end. Cool on wire rack; remove towel. Fill and roll again. Lemon Filling - Mix sugar, cornstarch and salt in saucepan. Stir in water gradually. Cook, stirring constantly until the mixture thickens and boils. Boil and stir 1 minute. Remove from heat and add lemon peel and butter. Stir in lemon juice and food color. Cool. If filling is too soft, refrigerate until it thickens. Spread on roll (about an inch from the edges) and roll. Filling will spread and fill to the edges of the roll. Sprinkle with powdered sugar and refrigerate. This can also be made with 2/3 c. jelly or jam for a filling. Beat jelly slightly with fork to soften; spread over cake. Roll up; sprinkle with powdered sugar.

PEACH MELBA TRIFLE

1 14 oz. can Eagle Brand Sweetened Condensed Milk (Not evaporated milk)	1 10 oz. prepared angel food cake, torn into small pieces
1/2 c. water	1 1/2 c. lbs. fresh peaches, pared and sliced or 1 29 oz. can sliced peaches
1 - 3 3/4 oz. pkg. instant vanilla pudding and pie filling mix	1/4 c. red raspberry preserves
2 c. whipping cream (1 pint) - whipped	toasted almonds and additional preserves (optional)
1/4 c. + 1 T. orange juice	

In large bowl, combine Eagle Brand and water; mix well. Add pudding mix; beat until well blended. Chill 5 minutes. Fold in whipped cream and 1 T. orange juice. Place 4 c. cake pieces in a 2 quart glass serving bowl. Sprinkle with 2 T. O.J. Top with half of the peach slices, 1/4 c. preserves and half of the pudding mixture.

(continued)

Repeat layering with the remaining cake, O.J., peaches, and pudding; chill. Garnish with almonds and additional preserves if desired. Refrigerate leftovers.

PEACH SORBET

**1½ lbs. fresh peaches or
nectarines**
¼ c. orange juice

2 tsp. lemon juice
½ c. sugar
½ c. water

Peel peaches and remove pits. Put peaches, orange juice, and lemon juice into blender or food processor. Cover and blend until peaches are puréed. (You should have approximately 2½ c. peach purée.) In a 1-quart saucepan over medium heat, bring sugar and water to a boil while stirring. Reduce heat and simmer for 5 minutes. Remove from heat and let cool to room temperature. Combine the cooled sugar syrup mixture and the puréed peaches. Pour into a 9 x 9 inch baking pan; cover with foil or plastic wrap and freeze for at least 3 hours. Stir several times during the freezing process to prevent large ice crystals from forming. Sorbet mixture can also be prepared in an automatic ice cream maker; follow manufacturer's directions.

RICE PUDDING

⅔ c. rice
2¼ c. water
2 tsp. cornstarch
⅔ c. sugar
½ tsp. salt

2½ c. milk (part ½ and ½)
4 egg yolks- beaten
1 tsp. vanilla
2 T. butter

Boil rice and water about 25 minutes until all water is absorbed. Add cornstarch, sugar, salt, and milk to rice. Bring to a boil stirring constantly. Boil 1 minute. Stir half of hot mixture into egg yolks quickly, then return to pot again to boil 1 minute. Remove from heat. Add vanilla and butter into above. Stir until melted. Cool.

STICKY BUNS

Buns:

1 small potato
2 c. water
2 c. milk
1 c. Crisco
2 pkg. yeast

2 c. sugar
2 eggs
pinch of salt
8 c. flour

Syrup:

2 T. butter
2 T. Crisco
2 T. brown sugar

1 T. Karo
1 T. milk

(continued)

For Sticky buns - Cut and peel potato. Put into a pot with two cups of water. Boil until soft and mash in the water. Add more water if needed to measure out 2 cups. Melt Crisco in milk. Let cool down some. Add yeast to warm mixture. Mix sugar, eggs, salt, and flour with above liquid mixture. Add two more cups flour if necessary. Dough should be a little sticky. Let dough rise for 2 hours - covered with a damp cloth. Roll dough out into a large rectangle. Spread with soft butter, sugar, brown sugar, cinnamon, and raisins. Roll dough up with everything in it. Cut into about 40-50 pieces and place in prepared pans. For Syrup in pans - Butter pans with Crisco and butter. Sprinkle brown sugar, Karo, and milk in each pan. For 9 inch round pans - place 7 rolls - one in middle and the rest around the outside. For 9 inch square pans - 9 rolls per pan. 9 x 13-inch pan - you will need to double the syrup and put 15 rolls in the pan. Cover with damp cloth and let rise for one hour before baking. Bake at 350° for 30 minutes or until completely baked. Freezing tips - This will make 6-7 pans of buns. You can make them ahead and bake them fresh by putting pans in the freezer before the second rising. When you want to bake them, take them out of the freezer and thaw in refrigerator. Take out of refrigerator 2 hours before baking and let rise in a warm place - covered with damp cloth.

STRAWBERRY TART DESSERT

1 c. Bisquick	2 pints. strawberries
2 T. sugar	$\frac{2}{3}$ c. sugar
1 T. butter - softened	1 T. plus 1 tsp. cornstarch
6 oz. cream cheese - softened	$\frac{2}{3}$ c. water
$\frac{1}{4}$ c. sugar	4 drops food coloring
$\frac{1}{4}$ c. sour cream	2 - 3 tsp. lemon juice

Mix 3 oz. of cream cheese, Bisquick, sugar, and butter to form ball. Press ball into 9" pan. Bake 10 - 12 minutes. Cool. Beat the remaining 3 oz. of cream cheese, sour cream, and sugar. Spread on top of cooled crust. Arrange strawberries pointed ends up. In a sauce pan, mix sugar and cornstarch. Slowly add water and mix until smooth. Bring to boil, stirring constantly. Boil and stir 1 minute. Stir in food coloring and lemon juice. Allow to cook 2 - 3 minutes. Spread over strawberries. Refrigerate 2 hours.

WHOOPEE PIES

Cream:

10 T. flour
2 c. milk
2 c. Crisco

1½ c. confectioners' sugar
4 tsp. vanilla
½ tsp. salt

Cookie:

2 eggs
2 c. sugar
½ c. Crisco
4 c. flour
2 tsp. baking soda
½ tsp. baking powder

½ tsp. salt
½ c. cocoa
1 c. sour milk
½ c. boiling water
1½ tsp. vanilla

For cookies - Cream together eggs, sugar, and Crisco. Sift flour, baking soda, powder, and salt. Add to creamed mixture. Add cocoa, sour milk, boiling water, and vanilla. Mix well. Put 2 T. of mixture on cookie sheet. Bake 5-7 minutes at 425°. For cream - Cook flour and milk until thick, stirring constantly. Cool completely. Combine Crisco, confectioners' sugar, vanilla, and salt. Cream well and then add the flour mixture. Makes approximately 22 pies (two cookies filled with cream).

Recipe Favorites

Recipe Favorites

Cakes, Cookies & Candy



Helpful Hints

- Push animal shaped cookie cutters lightly into icing on cakes or cupcakes. Fill depressed outlines with chocolate icing or decorating confections.
- Fill flat bottomed ice cream cones half full with cake batter and bake. Top with icing and decorating confections.
- Marshmallows can be used for candle holders on cakes.
- To keep the cake plate clean while frosting, slide 6-inch strips of waxed paper under each side of the cake. Once the cake is frosted and the frosting is set, pull the strips away leaving a clean plate.
- When decorating a cake with chocolate, you can make a quick decorating tube. Put chocolate in a heat-safe zipper-lock plastic bag. Immerse in simmering water until the chocolate is melted. Snip off the tip of one corner, and you can squeeze the chocolate out of the bag.
- Professionally decorated cakes have a silky, molten look. To get that appearance, frost your cake as usual, then use a hair dryer to blow-dry the surface. The slight melting of the frosting will give it that lustrous appearance.
- To ensure that you have equal amounts of batter in each pan when making a layered cake, use a kitchen scale to measure the weight.
- To make cookie crumbs for your recipes, put cookies into a plastic bag and run a rolling pin back and forth until they are the right size.
- To decorate cookies with chocolate, place cookies on a rack over waxed paper. Dip the tines of a fork with chocolate, and wave the fork gently back and forth making wavy lines.
- A gadget that works well for decorating sugar cookies is an empty plastic thread spool. Simply press the spool into the dough, imprinting a pretty flower design.
- Some holiday cookies require an indent on top to fill with jam or chocolate. Use the rounded end of a honey dipper to make the indent.
- When a recipe calls for packed brown sugar, fill the correct size measuring cup with the sugar, and then use the next smaller size cup to pack the brown sugar into its cup.

Cakes, Cookies & Candy

Cakes

APPLE CAKE

Cake:

1 1/4 c. sifted flour	1/2 c. milk
1/2 c. sugar	1 egg
1 1/2 tsp. baking powder	3 apples
1/2 tsp. salt	1/2 tsp. cinnamon
4 T. margarine	2 tsp. sugar

Vanilla Sauce:

1/2 c. sugar	1 tsp. vanilla
2 T. cornstarch	1 c. water
2 T. butter	

Sift first 4 ingredients. Cut in margarine. Add milk and egg until smooth. Slice apples and lay across cake. Mix cinnamon and sugar and sprinkle over cake. Bake 375° for 45 minutes. Cook sugar, cornstarch, and water for 5 minutes stirring constantly. Add butter and vanilla and stir. Pour over cake.

APPLESAUCE CAKE

2 1/2 c. all-purpose or cake flour	1/2 tsp. ground allspice
2 c. sugar	1 1/2 c. applesauce
1 1/2 tsp. baking soda	1/2 c. water
1 1/2 tsp. salt	1/2 c. shortening
1/4 tsp. baking powder	2 eggs
3/4 tsp. ground cinnamon	1 c. raisins
1/2 tsp. ground cloves	1/2 c. chopped walnuts - optional

Heat oven to 350°. Grease and flour oblong pan, 13 x 9 x 2 inch, or 2 round layer pans, 8 or 9 x 1 1/2 inches. Beat all ingredients in large mixer bowl on low speed, scraping bowl constantly, 30 seconds. Beat on high speed, scraping bowl occasionally, 3 minutes. Pour into pan(s). Bake until wooden pick inserted in center comes out clean, oblong 60 to 65 minutes, layers 50 to 55 minutes; cool. Serve with whipped cream.

BROWNIES

Brownie:

1 c. sugar	1 tsp. vanilla
2 eggs	$\frac{2}{3}$ c. flour
$\frac{1}{2}$ c. butter	$\frac{1}{2}$ tsp. baking powder
2 oz. Choco-Bake (or 2 squares unsweetened baking chocolate - melted)	$\frac{1}{2}$ tsp. salt
	$\frac{1}{2}$ c. nuts - chopped

Fudge Frosting:

1 egg yolk	1 tsp. milk
2 T. butter	$\frac{1}{2}$ tsp. vanilla
1 oz. Choco-Bake	1 c. confectioner's sugar

For brownie - Beat the sugar, eggs, butter, chocolate, and vanilla until creamy. Add the flour, baking powder and salt and mix well. Stir in the nuts. Pour into a greased and floured 8 inch square pan and bake at 350° for 30 minutes. Do not overbake! Cool completely before frosting. For frosting - Cream egg, butter, chocolate, milk and vanilla. Gradually add sugar and beat until creamy. Spread on top of brownie.

CARROT CAKE WITH CREAM CHEESE ICING

Cake:

2 c. flour	1 c. sugar
2 tsp. cinnamon	3 large eggs
1 tsp. baking powder	$\frac{2}{3}$ c. milk
$\frac{1}{4}$ tsp. salt	3 medium carrots - grated
$\frac{2}{3}$ c. butter - softened	$\frac{1}{2}$ c. coarsely chopped walnuts

Icing:

$\frac{1}{2}$ c. butter - softened	1 tsp. vanilla
4 oz. cream cheese - softened	2$\frac{1}{2}$ c. confectioner's sugar

Topping:

$\frac{1}{4}$ c. finely chopped walnuts	2 T. brown sugar
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For cake - Mix together flour, cinnamon, baking powder, and salt and set aside. Cream butter and sugar until light and fluffy. Add eggs one at a time, beating well. Add milk alternately with flour. Stir in grated carrots and walnuts. Pour into greased 9" round pan dusted with flour. Bake 350° for 40 minutes. Turn cake out after 10 minutes. For Icing - Beat butter, cream cheese, vanilla, and confectioners' sugar until completely smooth. Frost cake. For Topping - Mix walnuts and brown sugar together and sprinkle over iced cake.

CHEESECAKE

Cake:

2 - 8 oz. cream cheese - softened **3 eggs**
¾ c. sugar **1 tsp. vanilla**

Topping:

1 c. sour cream **1 tsp. vanilla**
3 T. sugar

Beat cream cheese until smooth. Beat in sugar, eggs, and vanilla until creamy. Pour into 9" buttered pie plate. Bake 25 minutes at 350°. Take out of oven and let set 20 minutes. Cover with topping to about up to about ½" from edge. For topping - Beat sour cream, sugar, and vanilla until creamy. Return to oven and bake 12 minutes more. Remove from oven and let set 15 minutes. Refrigerate for a couple of hours up to a couple of days. You can top with fruit topping if desired.

CHOCOLATE CAKE

2 c. flour **2 eggs**
2 c. sugar **¾ c. oil**
1 tsp. salt **1 c. milk**
2 tsp. baking powder **1 c. strong coffee (drinkable - not grounds)**
2 tsp. baking soda **1 tsp. vanilla**
¾ c. Hershey cocoa

Mix all ingredients well. Bake 350° for about 25 - 35 minutes. Check with toothpick. Cake will be very moist but it should not still be wet.

CHOCOLATE CREME DE MENTHE BROWNIES

Brownie:

4 eggs **½ tsp. salt**
1 c. sugar **1 can (16 oz.) or 1⅓ c. Hershey's**
½ c. butter - softened **Chocolate Syrup**
1 c. flour

Mint Layer:

½ c. butter - softened **5 T. creme de menthe flavoring**
2 c. confectioner's sugar **(found in ice cream section)**

Chocolate Glaze:

1 c. (or 6 oz.) chocolate chips **6 T. butter**

For brownie - Combine eggs, sugar and butter and beat well. Add flour, salt and chocolate syrup and mix well. Pour into a greased and floured 9 x 13-inch pan. Bake at 350° for 30-40 minutes - until just set. Do not overbake! It is better for them to be a little wet. Cool completely. For mint layer - Beat butter, sugar and
(continued)

flavoring together until smooth. Spread on cooled brownie. If you can't find the flavoring, you can make this the butter and sugar with a couple of drops of flavorings such as mint, cherry, almond or any other combination you think would go well with chocolate. Just add a couple of drops of your flavoring and mix well. Continue to add until you have the strength of flavor you desire. For chocolate glaze - Melt the chips and the butter together. Cool to room temperature and spread over the mint layer. Refrigerate/

Hint - for easier cutting without breaking chocolate glaze - let cake sit at room temperature for about 30 minutes and the cut into small pieces.

CHOCOLATE MOCHA ICING

3/4 c. Crisco
1 T. vanilla
1/2 tsp. salt

1/2 c. cocoa
4 1/2 c. confectioners' sugar
1/2 c. strong coffee

Cream together first 4 ingredients. Add confectioners' sugar and coffee alternately beating until smooth.

CREAM CHEESE BROWNIES

Brownie:

1/4 c. margarine
1 brownie mix (9 x 13 size)

1 c. chopped nuts (optional)

Cream Cheese Filling:

8 oz. cream cheese
1/4 c. sugar

1/2 tsp. vanilla
1 egg

For brownie - Cut margarine into 1/2 cup of dry brownie mix. Blend until crumbly. Stir in nuts and set aside. Mix brownie mix as directed. Put into a 9 x 13-inch pan. For filling - beat all ingredients on medium speed for 2 minutes. Spread over brownie mixture in pan. Sprinkle with the reserved crumbs. Bake 30-40 minutes at 350°.

DOUBLE CHOCOLATE BROWNIES

3/4 c. flour
1/4 tsp. baking soda
1/4 tsp. salt
1/3 c. butter
3/4 c. sugar

2 T. water
2 c. (12 oz.) chocolate chips
1 t. vanilla
2 eggs
1/2 c. chopped nuts

Combine the flour, baking soda and salt together and set aside. In small sauce pan, bring butter, sugar and water just to a boil then remove from heat. Stir in vanilla and 1 cup of the chocolate chips until melted. Pour chocolate mixture into large bowl and beat in eggs one at a time. Gradually blend in flour mixture. Stir

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in the remaining 1 cup of chocolate chips and the nuts. Spread in a greased and floured 9 inch square pan. Bake at 325° for about 30 minutes. Do not overbake! Cool completely before cutting and serving.

FROZEN MOCHA CHEESECAKE

1 1/4 c. chocolate wafer cookie crumbs (about 24 cookies)	2/3 c. chocolate flavored syrup
1/4 c. sugar	2 T. instant coffee
1/4 c. margarine or butter melted	2 tsp. hot water
1 8 oz. pkg. cream cheese, softened	1 c. whipping cream - whipped
1 - 14 oz. can Eagle Brand Sweetened Condensed milk (not evaporated milk)	Additional chocolate crumbs (if desired)

In a small mixing bowl, combine crumbs, sugar, and margarine. In buttered 9 inch springform pan or 9 x 13-inch pan, pat crumbs firmly on bottom and sides of pan. Chill. In large mixer bowl, beat cream cheese until fluffy; add Eagle Brand and chocolate syrup. In small bowl, dissolve coffee in water; add to Eagle Brand mixture. Mix well. Fold in whipped cream. Pour into prepared pan. Cover. Freeze 6 hours or until firm. Garnish with additional chocolate crumbs if desired. Return leftovers to freezer.

FUDGY CHOCOLATE LAYER CAKE

Cake:

1 3/4 c. flour	2/3 c. sugar
1 c. less 1 T. cocoa	2/3 c. brown sugar
1 1/4 tsp. baking soda	2 large eggs
1/8 tsp. salt	2 tsp. vanilla
3/4 c. butter - softened	1 1/2 c. buttermilk

Frosting:

1/2 c. butter - softened	2 tsp. vanilla
1 c. confectioner's sugar	
3 oz. unsweetened chocolate - melted	

Mix together flour, cocoa, baking soda, and salt in a small bowl. Set to the side. Beat butter, sugar, and brown sugar until fluffy. Add eggs one at a time. Beat well each time. Add vanilla. Add buttermilk alternately with flour mixture. Line bottoms of two 9" round cake pans with wax paper. Grease sides of pans and paper. Dust with flour. Bake 25 - 30 minutes. Transfer to wire racks. Remove paper and turn layers top-side up and cool completely. For frosting - Beat butter and confectioner's sugar until light and fluffy. Add unsweetened chocolate and vanilla and continue beating until shiny and smooth. Frost cake then let stand 30 minutes before sprinkling with chocolate shavings.

FUNNY CAKE

2 unbaked pie crusts

Bottom:

1 c. sugar
1 c. boiling water
1 tsp. vanilla

2 T. butter
¼ c. cocoa

Top:

½ c. Crisco
1½ c. sugar
1 tsp. vanilla
2 eggs

salt
1 c. milk
2⅓ c. flour
2 tsp. baking powder

Mix together ingredients for bottom. Pour evenly over the two pie crusts. Beat together ingredients for top until well blended. Spread evenly over the chocolate liquid bottom. Try to cover as much of chocolate as possible. Bake 40 minutes at 375°. Toothpick inserted into center of cake should come out clean.

HAWAIIAN WEDDING CAKE

1 small pkg. instant vanilla pudding
milk
8 oz. cream cheese
20 oz. can crushed pineapple,
undrained

1 pt. Cool Whip
chopped nuts - for garnish
shredded coconut - for garnish

Bake a yellow cake in a jelly roll pan. Make pudding as directed on package and mix with cream cheese, spread over cool cake. Mix pineapple with Cool Whip and spread over pudding. Sprinkle with chopped nuts and shredded coconut. Chill overnight.

ICE CREAM CAKE

1 medium size pkg. Oreo cookies
¼ lb. margarine

½ gallon vanilla ice cream

Crush cookies in blender. In a bowl, mix cookie crumbs and margarine. Layer half of cookie mixture on bottom of a 9 x 13-inch dish. Spread softened ice cream over top of cookies. Sprinkle the remaining cookie crumb mixture over the top of the ice cream. Freeze. Remove from freezer about 10 minutes before cutting and serving. Return left-overs to freezer.

JELLO CAKE

1 pkg. strawberry supreme cake mix
1 3 oz. strawberry Jello

1 pkg. vanilla instant pudding
1 pkg. dream whip
1½ c. cold milk

Cook cake as directed in a 9 x 13-inch pan. Mix Jello as directed on package. Let this cool unrefrigerated while cake bakes and cools. Using a small funnel, poke holes in cake and pour Jello slowly into holes. Refrigerate. Beat together pudding, dream whip, and milk until thick and spread on cake. Keep cake refrigerated. Can also be frozen.

ROCKY ROAD BROWNIES

½ c. butter or margarine
½ c. unsweetened cocoa
1 c. sugar
1 egg
½ flour
¼ c. buttermilk

1 tsp. vanilla
1 c. miniature marshmallows
1 c. coarsely chopped walnuts
1 c. 6 oz. semi-sweet chocolate chips

Preheat oven to 350°. Lightly grease an 8 inch square pan. Combine butter and cocoa in medium-sized heavy saucepan over low heat, stirring constantly until smooth. Remove from heat; stir in sugar, egg, flour, buttermilk, and vanilla. Mix until smooth. Spread batter evenly in prepared pan. Bake 25 minutes or until center feels dry. (do not overbake or brownies will be dry.) Remove from oven; sprinkle marshmallows, walnuts and chocolate chips over top. Return to oven for 3 - 5 minutes or just until topping is warmed enough to melt together. Cool in pan on wire rack. Cut into 2-inch squares.

SNOW TUNNEL CAKE

Angel food cake - baked
12 oz. frozen whipped topping
1½ c. milk

4½ oz. pkg. - chocolate instant pudding

Mix milk and chocolate pudding until thick. Cut top off of cake. Hollow out trench 1½" wide 2" deep. Tear cake into small pieces. Mix in with pudding with 1¾ c. of topping. Fill trench. Replace top of cake. Cover with remaining whipped topping. Chill until set.

STRAWBERRY CREAM BOWL CAKE

Cake:

2 c. boiling water	1 tsp. lemon juice
1 pkg. (6 oz.) strawberry flavored gelatin	1 pkg. (7-oz.) miniature Jello rolls
2 pkg. (10-oz. each) frozen strawberries in can - thawed	1 c. heavy cream, whipped

Strawberry Glaze:

reserved strawberry syrup	2 tsp. cornstarch
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Stir boiling water into strawberry gelatin in a large bowl until completely dissolved. Drain strawberries, reserving syrup. Purée strawberries in an electric blender then stir into dissolved gelatin, along with lemon juice. Chill mixture in refrigerator, stirring occasionally, until as thick as unbeaten egg white. While mixture chills, cut jelly rolls into 1/4 inch slices. Line a 2 quart mixing bowl with plastic wrap. Arrange jelly roll slices close together to line bowl. Fold whipped cream into thickened strawberries mixture until no streaks of white remain. Spoon into jelly roll-lined bowl. Chill until firm, about 3 hours or overnight. Unmold dessert onto serving plate. Garnish with additional heavy cream and serve with strawberry glaze. Strawberry glaze - Stir strawberry syrup into cornstarch in a small sauce pan. Cook, stirring constantly until mixture thickens and clears. Cool and refrigerate.

Cookies

ALMOND-CREAM CHEESE COOKIES

1/2 c. Crisco	2 tsp. baking powder
1 pkg. 3 oz. cream cheese, softened	1/4 tsp. salt
1/2 c. sugar	1 c. crisp rice cereal
1/2 tsp. almond extract	red and/or green candied cherries - optional
1 c. sifted flour	

In bowl, blend Crisco, cheese, sugar, and extract until combined. Combine flour, baking powder, and salt. Stir into creamed mixture until combined. Chill about 2 hours. Preheat oven to 350°. Form dough into balls, using 1 T. for each cookie. Roll in coarsely crushed cereal. Place on ungreased cookie sheet. Cut cherries in slivers. Top each ball with a cherry piece, pressing in lightly. Bake 350° for 12 - 14 minutes. Cool on rack. Makes about 30 cookies.

CARAMEL PEANUT BARS

1 1/2 c. quick cooking oats	3/4 c. butter - melted
1 1/2 c. flour	1 pkg. 14 oz. caramels
1 1/4 c. brown sugar	1/2 c. whipping cream
3/4 tsp. baking soda	1 1/2 c. chocolate chips
1/4 tsp. salt	3/4 c. chopped peanuts

(continued)

Combine oats, flour, sugar, baking soda and salt. Stir in butter and set aside 1 c. for topping. Press remainder in 9 x 13-inch pan. Bake 350° for 10 minutes. Melt caramels and whipping cream stirring often. Sprinkle chocolate chips and chopped peanuts over crust. Top with caramel. Sprinkle with reserved topping. Bake 350° for 15 - 20 minutes until golden brown. Cool completely before cutting. Makes about 36.

CHOCOLATE CHIP COOKIES

1 c. brown sugar	1 tsp. vanilla
1/2 c. white sugar	2 1/4 c. flour
1 c. butter	1 tsp. baking soda
2 eggs	2 c. chocolate chips (12 oz.)
1 T. water	

Beat sugars, butter, eggs, water, and vanilla until creamy. Mix flour and baking soda together and mix into sugar mixture. Mix well. Stir in chocolate chips. Place cookies on a greased cookie sheet and bake at 375° for 8 minutes. Do not over bake. Cookies should be set and lightly browned.

CHOCOLATE DREAM COOKIES

Cookie:

1/2 c. shortening	1 tsp. baking soda
1 tsp. vanilla	1/2 tsp. salt
1/4 tsp. butter flavoring	1 c. sugar
2 eggs	pecan halves
1 3/4 c. flour	large marshmallows
1/2 c. cocoa	

Chocolate Mint Frosting:

1 c. chocolate chips	3 c. confectioner's sugar
1/2 c. cream or milk	1 tsp. mint or peppermint extract
1/4 c. margarine	

For cookie - Mix shortening, vanilla, butter flavoring and eggs. Add flour, cocoa, baking soda, salt, and sugar and mix thoroughly. The dough will be very stiff. Place a pecan half on a greased cookie sheet for each cookie. Roll dough into a small ball and press each ball lightly onto the pecan half. Bake at 350° for 8 minutes. Cut a large marshmallow in half. Place cut side down onto each cookie and return to oven for 3 minutes longer. Cool complete and then frost. For frosting - In saucepan, melt chocolate chips, cream and margarine and mix until blended. Bring to a boil and boil for two minutes. Remove from heat. Add sugar and extract and Mix well. Frost cookies. Makes about 40 cookies

CREAM CHEESE SPRITZ COOKIES

8 oz. cream cheese
1 c. butter
1 c. sugar

1½ tsp. vanilla
2 c. flour

Beat cream cheese, butter, sugar and vanilla until light and fluffy. Gradually add flour. Mix well. On an ungreased cookie sheet, press through star tip cookie press in a circular pattern to form a wreath. Sprinkle with red and green sparkles. Bake for 12-15 minutes at 350° until cookie is set.

CRUNCHY PEANUT BUTTER BARS

Cookie Bar:

2¾ c. flour
1¼ c. brown sugar
1 egg
½ c. butter

½ c. shortening
⅓ c. chunky peanut butter
1 tsp. vanilla
½ tsp. salt

Topping:

1 c. chocolate chips - melted
½ c. chunky peanut butter

1½ c. crushed corn flakes

For cookie bar - mix all ingredients together. This will be thick. Press into ungreased 15 x 10 jelly roll pan. Bake at 350° for 15-20 minutes - just until set. Cool for 5 minutes. For topping - melt chocolate chips. Stir in peanut butter and corn flakes and spread over top to the cookie bar. Makes 4 dozen.

FUDGE CHEESECAKE BARS

Crust:

2 c. flour
1½ c. butter - cut into pieces

⅔ c. brown sugar

Topping:

1 package of creamy chocolate fudge frosting mix
1 - 8 oz. cream cheese - cut up

2 eggs
¾ c. slivered almonds

For crust - Beat until it forms crumbs. Pat into a 9 x 13-inch pan. Bake in a 350° oven for 10-12 minutes. For topping - Combine the frosting with the cream cheese. Beat in eggs and mix until smooth. Spread over hot crust. Sprinkle with almonds and bake for another 30 minutes. Cool and then cut. Store in refrigerator.

GINGERBREAD

1 c. shortening	1 tsp. nutmeg
1 c. sugar	2 tsp. ground clove
1 c. molasses	2 tsp. ginger
1 egg	3 tsp. cinnamon
1 tsp. baking powder	Approximately 5½ c. flour
1 tsp. salt	

Mix the shortening, sugar, molasses, and egg. Add baking soda, salt and spices. Mix well. Add flour until desired consistency (to be able to roll and cut). Put on ungreased cookie sheet and bake for 20 minutes in a 300° oven. Makes 2-3 houses.

JELLY COOKIES

1 c. butter	3 c. flour
1 c. sugar	¼ tsp. salt
2 eggs	1½ tsp. vanilla

Cream butter, sugar and eggs. Add the remaining ingredients and mix well. For into one inch balls. Put each ball onto cookie sheet and make a thumb print in each cookie. Fill with jelly. Bake at 375° for 10 minutes - just until set.

LEMON CUSTARD BARS

Crust:

3½ oz. can sliced, blanched almonds	½ tsp. lemon extract
¾ c. butter	1½ c. flour
½ c. confectioner's sugar	⅛ tsp. salt

Topping:

⅓ c. fresh squeezed lemon juice	4 eggs
1 T. grated lemon rind	¼ c. sugar
¼ c. flour	1 tsp. baking powder
¼ tsp. salt	

For crust - Divide almonds by measuring out ½ cup and setting it aside. Chop the remaining almonds until finely ground. Mix butter, sugar, lemon extract, flour, and salt. Add the ground almonds. and knead until well blended. Pat on the bottom of an ungreased 9 x 13-inch pan and bake 350° for 15-20 minutes. For topping - Beat all ingredients until well blended. Pour over crust and top with the reserved ½ cup of almonds. Bake for an additional 25 minutes.

MAGIC COOKIE BARS

- | | |
|---|--|
| 1/2 c. butter | 1 c. (or 6 oz.) chocolate chips |
| 1 1/2 c. graham cracker crumbs | 1 1/3 c. (or 3 1/2 oz.) coconut |
| 1 - 14 oz. can of sweetened-condensed milk | 1 c. nuts - chopped |

Melt butter in 9 x 13-inch pan in a 350° oven. Remove from oven and sprinkle graham cracker crumbs over melted butter and press on bottom of pan. Pour milk evenly over the crumb mixture. Top evenly with chocolate chips, coconut and nuts. Bake in the 350° oven for 25-30 minutes.

OATMEAL COOKIES

- | | |
|-------------------------|-------------------------------|
| 1 c. shortening | 1 tsp. baking soda |
| 1 c. brown | 1 c. flour |
| 1 c. white sugar | 3 c. oatmeal |
| 2 eggs | 1/2 c. nuts (optional) |
| 1 tsp. vanilla | 1/2 tsp. cinnamon |
| 1 tsp. salt | |

Mix shortening and sugars. Shape in 3 - 12" rolls wrapped in wax paper. Chill for a couple of hours or overnight. Cut in 1/4 inch slice. Bake on ungreased pan at 350° for 12 minutes.

PEANUT BUTTER COOKIES

- | | |
|-----------------------------|-------------------------------------|
| 1/2 c. butter | 1 egg |
| 1/2 c. peanut butter | 1/2 tsp. vanilla |
| 1/2 c. sugar | 1 1/4 c. flour |
| 1/2 c. brown sugar | 3/4 x baking soda |
| 1/4 tsp. salt | 3/4 tsp. [→] |

Cream butters, sugars, salt, egg and vanilla. Add flour and baking soda and mix well. Roll into one inch balls. Roll in sugar. Place two inches apart on an ungreased cookie sheet. Press down lightly with fork in a criss-cross pattern on each cookie. Bake in a 375° oven for 10-12 minutes, just until set. Makes 4 dozen cookies.

PEANUT BUTTER TEMPTATION - COOKIE

- | | |
|-----------------------------|--------------------------------|
| 1/2 c. butter | 1/2 tsp. vanilla |
| 1/2 c. peanut butter | 1 1/4 c. flour |
| 1/2 c. sugar | 3/4 tsp. baking soda |
| 1/2 c. brown sugar | 1/2 tsp. salt |
| 1 egg | mini peanut butter cups |

Mix sugars, egg, and vanilla in a bowl and beat until creamy. Add the flour, baking soda and salt. Mix well. Roll into one inch balls and put into mini tart pans. Bake

(continued)

at 375° for 8-10 minutes - just until set. Press peanut butter cups into each tart while still hot. Allow to cool completely before removing from pan. Makes 48

PEANUT BUTTER TEMPTATIONS - BROWNIE

1/2 c. butter	1/2 tsp. vanilla
1/2 c. peanut butter	1 1/4 c. flour
1/2 c. sugar	3/4 tsp. baking soda
1/2 c. brown sugar	1/2 tsp. salt
1 egg	mini peanut butter cups

Mix sugars, egg, and vanilla in a bowl and beat until creamy. Add the flour, baking soda and salt. Mix well. Roll into one inch balls and put into mini tart pans. Bake at 375° for 8-10 minutes - just until set. Press peanut butter cups into each tart while still hot. Allow to cool completely before removing from pan. Makes 48

PECAN - PIE BARS

Crust:

1 1/3 c. flour	1/2 c. butter
2 T. brown sugar	

Topping:

2 eggs	1 tsp. vanilla
1/2 c. light corn syrup	1/8 tsp. salt
3/4 c. chopped pecans	1/2 c. brown sugar
2 T. butter - melted	

Mix together flour and 2 T. brown sugar. Work in 1/2 c. butter until crumbs hold together. Press on bottom of 9" square pan. Bake at 350° for 12 - 15 minutes. Mix together remaining ingredients. Pour onto crust. Bake 25 minutes until lightly browned. Cool and serve.

PECAN SQUARES

Crust:

3 c. flour	1 c. butter - softened
1/2 c. sugar	1/2 tsp. salt

Filling:

4 eggs	3 T. butter - melted
1 1/2 c. corn syrup (light or dark)	1 1/2 tsp. vanilla
1 1/2 c. sugar	2 1/2 c. chopped pecans

For crust - In a large mixing bowl, blend crust ingredients until mixture resembles coarse crumbs. Press firmly and evenly into a 10 x 15 jelly roll pan. Bake at 350°

(continued)

Meanwhile in top of double boiler over boiling water, melt chocolate with peanut butter. Stir to blend; spread over baked layer. Chill; loosen sides and turn out. Cut into bars and wrap in foil and store in refrigerator or freezer.

PEANUT BUTTER - CHOCOLATE FUDGE

12 oz. pkg. peanut butter chips **6 oz. pkg. chocolate chips**
1 c. sweetened-condensed milk **2 T. butter**
2 T. butter

Melt first 3 ingredients in large saucepan; stir occasionally. Spread into wax paper lined 8" square pan. Melt chocolate chips and butter in small pan. Spread on top of other mixture. Chill 2 hours. Store tightly sealed.

PEANUT BUTTER EGGS

2 lbs. confectioner's sugar **little milk**
¼ lb. softened cream cheese **8 oz. chocolate semi-sweet**
1 c. peanut butter **¼ bar Paraseal wax**
¼ c. soft butter

Mix sugar, cream cheese, peanut butter and milk. Make it into a large ball. Then cut pieces off and shape them like little eggs. Cool in refrigerator for 2 hours. Melt chocolate and wax. Dip eggs into the chocolate. Keep in a cool place.

ROCKY ROAD CANDY

1 - 12 oz. pkg. semi-sweet **2 T. margarine or butter**
chocolate morsels **2 c. dry roasted peanuts**
1 - 14 oz. can Eagle Brand **1 10½ oz. package campfire**
Sweetened Condensed milk (Not **miniature marshmallows**
evaporated milk)

In heavy saucepan, over low heat, melt morsels with Eagle Brand and margarine; remove from heat. In large bowl, combine nuts and marshmallows; stir in chocolate mixture. Spread in wax paper lined 9 x 13-inch pan. Chill 2 hours or until firm. Remove from pan, peel off wax paper; cut into squares. Store loosely covered at room temperature.

Recipe Favorites



A rustic still life photograph set on a wooden surface. In the upper left, several glass jars are filled with various preserves, including a vibrant red jam and a jar containing whole eggs. A wooden rolling pin rests behind them. To the right, a small wooden tray holds dried herbs and cinnamon sticks. In the lower left, a metal colander with a wooden handle sits on a wooden cutting board. Next to it are two white eggs. In the lower right, a white bowl with blue stripes at the base is filled with flour and topped with a pat of yellow butter. A red and white striped cloth is partially visible under the bowl. A pair of vintage-style metal tongs lies on the cloth. The background is a dark wooden cabinet with a small green herb sprig tucked into a shelf. The entire scene is framed by a dark green border with white rectangular cutouts on the left side.

This & That

Helpful Hints

- To refinish antiques or revitalize wood, use equal parts of linseed oil, white vinegar and turpentine. Rub into the furniture or wood with a soft cloth and lots of elbow grease.
- To stop the ants in your pantry, seal off cracks where they are entering with putty or petroleum jelly. Also, try sprinkling red pepper on floors and counter tops.
- To fix sticking sliding doors, windows and drawers, rub wax along their tracks.
- To make a simple polish for copper bottom cookware, mix equal parts of flour and salt with vinegar to create a paste. Store the paste in the refrigerator.
- Applying baking soda on a damp sponge will remove starch deposits from an iron. Make sure the iron is cold and unplugged.
- Remove stale odors in the wash by adding baking soda.
- To clean Teflon™, combine 1 cup water, 2 tablespoons baking soda and ½ cup liquid bleach. Boil in stained pan for 5 to 10 minutes or until the stain disappears. Wash, rinse, dry and condition with oil before using the pan again.
- Corning Ware can be cleaned by filling it with water and dropping in two denture cleaning tablets. Let stand for 30 to 45 minutes.
- A little instant coffee will work wonders on your wood furniture. Just make a thick paste from instant coffee and a little water, and rub it into the nicks and scratches on your dark wood furniture. You'll be amazed at how new and beautiful those pieces will look.
- For a clogged shower head, boil it for 15 minutes in a mixture of ½ cup vinegar and 1 quart water.
- For a spicy aroma, toss dried orange or lemon rinds into the fire-place.
- Tin coffee cans make excellent freezer containers for cookies.
- Add raw rice to the salt shaker to keep the salt free-flowing.
- Ice cubes will help sharpen garbage disposal blades.

Mix popcorn with butter. Sprinkle with pudding. Toss.

NACHO POPCORN

1/4 c. butter - melted

1/2 tsp. cumin

1 tsp. paprika

10 c. popped corn

1/2 tsp. crushed red pepper

1/3 c. Parmesan cheese

Stir together butter, paprika, pepper and cumin. Toss with popcorn. Sprinkle with cheese. Toss to coat.

PLAY DOUGH

1 c. flour

2 tsp. cream of tartar or 2 T.

1 c. water

powdered alum

1/4 c. salt

1 T. oil

Cook over medium heat; stir until it begins to stick together. Put on floured board and work in food coloring.

TRAIL MIX

2 lbs. dry roasted peanuts

1 lb. M & M 's

2 lbs. cashews

1/2 lb. flaked coconut

1 lb. raisins

You know what to do with it.

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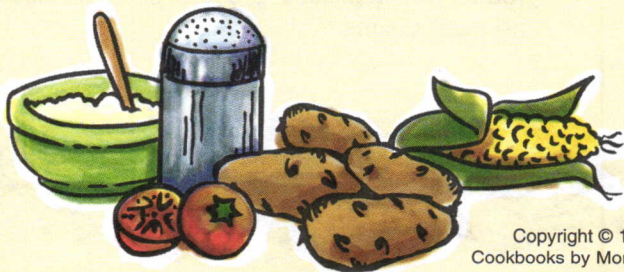
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Cooking Tips

1. After stewing a chicken, cool in broth before cutting into chunks; it will have twice the flavor.
2. To slice meat into thin strips, as for stir-fry dishes, partially freeze it so it will slice more easily.
3. A roast with the bone in will cook faster than a boneless roast. The bone carries the heat to the inside more quickly.
4. When making a roast, place dry onion soup mix in the bottom of your roaster pan. After removing the roast, add 1 can of mushroom soup and you will have a good brown gravy.
5. For a juicier hamburger, add cold water to the beef before grilling (1/2 cup to 1 pound of meat).
6. To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags. They will stay separated so that you may remove as many as you want.
7. To keep cauliflower white while cooking, add a little milk to the water.
8. When boiling corn, add sugar to the water instead of salt. Salt will toughen the corn.
9. To ripen tomatoes, put them in a brown paper bag in a dark pantry, and they will ripen overnight.
10. To keep celery crisp, stand it upright in a pitcher of cold, salted water and refrigerate.
11. When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage. It will absorb the odor.
12. Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.
13. Let raw potatoes stand in cold water for at least a half-hour before frying in order to improve the crispness of French-fried potatoes. Dry potatoes thoroughly before adding to oil.
14. Use greased muffin tins as molds when baking stuffed green peppers.
15. A few drops of lemon juice in the water will whiten boiled potatoes.
16. Buy mushrooms before they "open." When stems and caps are attached firmly, mushrooms are truly fresh.
17. Do not use metal bowls when mixing salads. Use wood, glass or china.
18. Lettuce keeps better if you store it in the refrigerator without washing it. Keep the leaves dry. Wash lettuce the day you are going to use it.
19. Do not use soda to keep vegetables green. It destroys Vitamin C.
20. Do not despair if you oversalt gravy. Stir in some instant mashed potatoes to repair the damage. Just add a little more liquid in order to offset the thickening.



Herbs & Spices

Acquaint yourself with herbs and spices. Add in small amounts, ¼ teaspoon for every 4 servings. Crush dried herbs or snip fresh ones before using. Use 3 times more fresh herbs if substituting fresh for dried.

Basil Sweet, warm flavor with an aromatic odor. Use whole or ground. Good with lamb, fish, roast, stews, ground beef, vegetables, dressing and omelets.

Bay Leaves Pungent flavor. Use whole leaf but remove before serving. Good in vegetable dishes, seafood, stews and pickles.

Caraway Spicy taste and aromatic smell. Use in cakes, breads, soups, cheese and sauerkraut.

Chives Sweet, mild flavor like that of onion. Excellent in salads, fish, soups and potatoes.

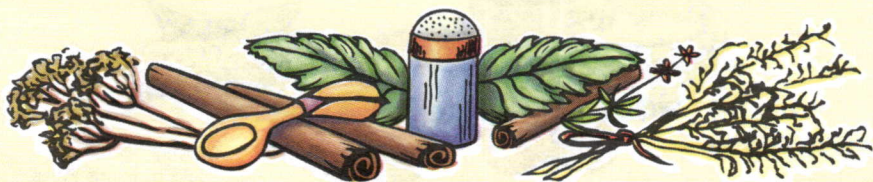
Cilantro Use fresh. Excellent in salads, fish, chicken, rice, beans and Mexican dishes.

Curry Powder Spices are combined to proper proportions to give a distinct flavor to meat, poultry, fish and vegetables.

Dill Both seeds and leaves are flavorful. Leaves may be used as a garnish or cooked with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to flavor pickles.

Fennel Sweet, hot flavor. Both seeds and leaves are used. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.

Ginger A pungent root, this aromatic spice is sold fresh, dried or ground. Use in pickles, preserves, cakes, cookies, soups and meat dishes.



Herbs & Spices

- Marjoram** May be used both dried or green. Use to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.
- Mint** Aromatic with a cool flavor. Excellent in beverages, fish, lamb, cheese, soup, peas, carrots, and fruit desserts.
- Oregano** Strong, aromatic odor. Use whole or ground in tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.
- Paprika** A bright red pepper, this spice is used in meat, vegetables and soups or as a garnish for potatoes, salads or eggs.
- Parsley** Best when used fresh, but can be used dried as a garnish or as a seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.
- Rosemary** Very aromatic. Can be used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread and potatoes. Great in dressings.
- Saffron** Orange-yellow in color, this spice flavors or colors foods. Use in soup, chicken, rice and breads.
- Sage** Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, omelets, beef, poultry, stuffing, cheese spreads and breads.
- Tarragon** Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots and dressings.
- Thyme** Sprinkle leaves on fish or poultry before broiling or baking. Throw a few sprigs directly on coals shortly before meat is finished grilling.



Baking Breads

Hints for Baking Breads

1. Kneading dough for 30 seconds after mixing improves the texture of baking powder biscuits.
2. Instead of shortening, use cooking or salad oil in waffles and hot cakes.
3. When bread is baking, a small dish of water in the oven will help keep the crust from hardening.
4. Dip a spoon in hot water to measure shortening, butter, etc., and the fat will slip out more easily.
5. Small amounts of leftover corn may be added to pancake batter for variety.
6. To make bread crumbs, use the fine cutter of a food grinder and tie a large paper bag over the spout in order to prevent flying crumbs.
7. When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins or cake pans.

Rules for Use of Leavening Agents

1. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount $\frac{1}{2}$ teaspoon for each egg used.
2. To 1 teaspoon soda use 2 $\frac{1}{4}$ teaspoons cream of tartar, 2 cups freshly soured milk, or 1 cup molasses.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure and add acid according to rule 2.

Proportions of Baking Powder to Flour

biscuitsto 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder
cake with oilto 1 cup flour use 1 tsp. baking powder
muffinsto 1 cup flour use 1 $\frac{1}{2}$ tsp. baking powder
popoversto 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder
wafflesto 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder

Proportions of Liquid to Flour

drop batterto 1 cup liquid use 2 to 2 $\frac{1}{2}$ cups flour
pour batterto 1 cup liquid use 1 cup flour
soft doughto 1 cup liquid use 3 to 3 $\frac{1}{2}$ cups flour
stiff doughto 1 cup liquid use 4 cups flour

Time and Temperature Chart

Breads	Minutes	Temperature
biscuits	12 - 15	400° - 450°
cornbread	25 - 30	400° - 425°
gingerbread	40 - 50	350° - 370°
loaf	50 - 60	350° - 400°
nut bread	50 - 75	350°
popovers	30 - 40	425° - 450°
rolls	20 - 30	400° - 450°

Baking Desserts

Perfect Cookies

Cookie dough that is to be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. Place on a floured board only as much dough as can be easily managed.

Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and add trimmings to dough that needs to be rolled. Place pans or sheets in upper third of oven. Watch cookies carefully while baking in order to avoid burned edges. When sprinkling sugar on cookies, try putting it into a salt shaker in order to save time.

Perfect Pies

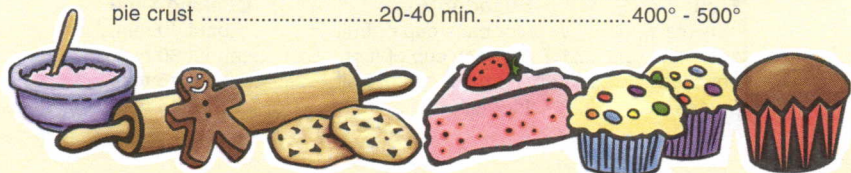
1. Pie crust will be better and easier to make if all the ingredients are cool.
2. The lower crust should be placed in the pan so that it covers the surface smoothly. Air pockets beneath the surface will push the crust out of shape while baking.
3. Folding the top crust over the lower crust before crimping will keep juices in the pie.
4. In making custard pie, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
5. When making cream pie, sprinkle crust with powdered sugar in order to prevent it from becoming soggy.

Perfect Cakes

1. Fill cake pans two-thirds full and spread batter into corners and sides, leaving a slight hollow in the center.
2. Cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
3. After removing a cake from the oven, place it on a rack for about five minutes. Then, the sides should be loosened and the cake turned out on a rack in order to finish cooling.
4. Do not frost cakes until thoroughly cool.
5. Icing will remain where you put it if you sprinkle cake with powdered sugar first.

Time and Temperature Chart

Dessert	Time	Temperature
butter cake, layer	20-40 min.	380° - 400°
butter cake, loaf	40-60 min.	360° - 400°
cake, angel	50-60 min.	300° - 360°
cake, fruit	3-4 hrs.	275° - 325°
cake, sponge	40-60 min.	300° - 350°
cookies, molasses	18-20 min.	350° - 375°
cookies, thin	10-12 min.	380° - 390°
cream puffs.....	45-60 min.	300° - 350°
meringue	40-60 min.	250° - 300°
pie crust	20-40 min.	400° - 500°



Vegetables & Fruits

Vegetable	Cooking Method	Time
artichokes	boiled	40 min.
	steamed	45-60 min.
asparagus tips	boiled	10-15 min.
beans, lima	boiled	20-40 min.
	steamed	60 min.
beans, string	boiled	15-35 min.
	steamed	60 min.
beets, old	boiled or steamed	1-2 hours
beets, young with skin	boiled	30 min.
	steamed	60 min.
broccoli, flowerets	baked	70-90 min.
	boiled	5-10 min.
broccoli, stems	boiled	20-30 min.
brussels sprouts	boiled	20-30 min.
cabbage, chopped	boiled	10-20 min.
	steamed	25 min.
carrots, cut across	boiled	8-10 min.
	steamed	40 min.
cauliflower, flowerets	boiled	8-10 min.
cauliflower, stem down	boiled	20-30 min.
corn, green, tender	boiled	5-10 min.
	steamed	15 min.
corn on the cob	baked	20 min.
	boiled	8-10 min.
eggplant, whole	steamed	15 min.
	boiled	30 min.
	steamed	40 min.
	baked	45 min.
parsnips	boiled	25-40 min.
	steamed	60 min.
peas, green	baked	60-75 min.
	boiled or steamed	5-15 min.
potatoes	boiled	20-40 min.
	steamed	60 min.
	baked	45-60 min.
pumpkin or squash	boiled	20-40 min.
	steamed	45 min.
	baked	60 min.
tomatoes	boiled	5-15 min.
turnips	boiled	25-40 min.

Drying Time Table

Fruit	Sugar or Honey	Cooking Time
apricots	1/4 c. for each cup of fruit	about 40 min.
figs	1 T. for each cup of fruit	about 30 min.
peaches	1/4 c. for each cup of fruit	about 45 min.
prunes	2 T. for each cup of fruit	about 45 min.

Vegetables & Fruits

Buying Fresh Vegetables

Artichokes: Look for compact, tightly closed heads with green, clean-looking leaves. Avoid those with leaves that are brown or separated.

Asparagus: Stalks should be tender and firm; tips should be close and compact. Choose the stalks with very little white; they are more tender. Use asparagus soon because it toughens rapidly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Broccoli, Brussels Sprouts and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate pests or disease.

Cabbage and Head Lettuce: Choose heads that are heavy for their size. Avoid cabbage with worm holes and lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green, but yellow ones are undesirable.

Mushrooms: Caps should be closed around the stems. Avoid black or brown gills.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellow, or flabby pods.

Buying Fresh Fruits

Bananas: Skin should be free of bruises and black or brown spots. Purchase them green and allow them to ripen at home at room temperature.

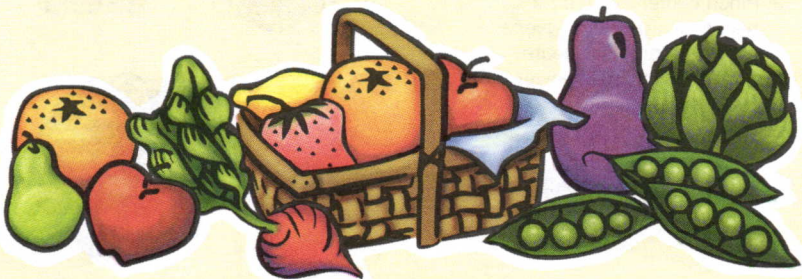
Berries: Select plump, solid berries with good color. Avoid stained containers which indicate wet or leaky berries. Berries with clinging caps, such as blackberries and raspberries, may be unripe. Strawberries without caps may be overripe.

Melons: In cantaloupes, thick, close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and the space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken or soft areas.



Napkin Folding

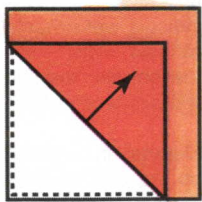
General Tips:

Use well-starched linen napkins if possible. For more complicated folds, 24-inch napkins work best. Practice the folds with newspapers. Children can help. Once they learn the folds, they will have fun!

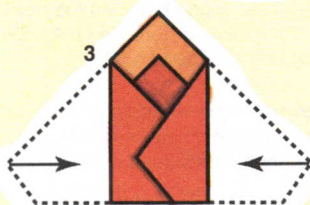
Shield

Easy fold. Elegant with monogram in corner.

1, 2



3



4



Instructions:

1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right side and left side points.
4. Turn over; adjust sides so that they are even, single point in center.
5. Place point up or down on plate, or left of plate.

Rosette

Elegant on plate.

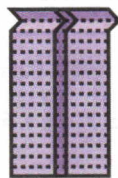
Instructions:

1. Fold left and right edges to center, leaving $\frac{1}{2}$ " opening along center.
2. Pleat firmly from top edge to bottom edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.

1



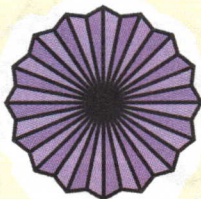
2



3



4



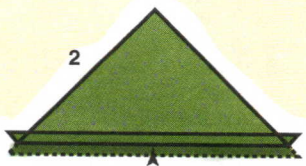
Napkin Folding

Candle

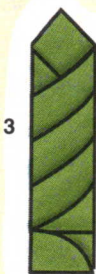
Easy to do; can be decorated.



1



2



3

Instructions:

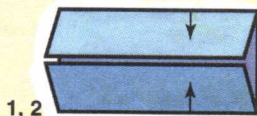
1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

Fan

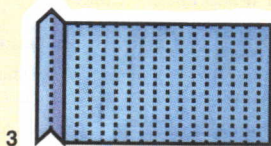
Pretty in napkin ring or on plate.

Instructions:

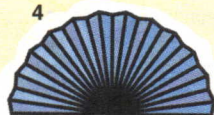
1. Fold top and bottom edges to center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with hot iron.
4. Spread out fan. Balance flat folds of each side on table. Well-starched napkins will hold shape.



1, 2



3



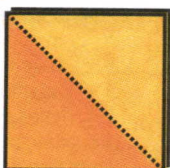
4

Lily

Effective and pretty on table.



1



2



3, 4



5

Instructions:

1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.)
4. Pleat.
5. Place closed end in glass. Pull down two points on each side and shape.

Measurements & Substitutions

Measurements

a pinch	1/8 teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons	1/4 cup
8 tablespoons	1/2 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
1 ounce liquid	2 tablespoons
8 ounces liquid	1 cup

Use standard measuring spoons and cups.
All measurements are level.

Substitutions

Ingredient	Quantity	Substitute
baking powder	1 teaspoon	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
catsup or chili sauce	1 cup	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking)
chocolate	1 square (1 oz.)	3 or 4 T. cocoa plus 1 T. butter
cornstarch	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
cracker crumbs	3/4 cup	1 c. bread crumbs
dates	1 lb.	1 1/2 c. dates, pitted and cut
dry mustard	1 teaspoon	1 T. prepared mustard
flour, self-rising	1 cup	1 c. all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
herbs, fresh	1 tablespoon	1 tsp. dried herbs
milk, sour	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes)
whole	1 cup	1/2 c. evaporated milk plus 1/2 c. water
min. marshmallows	10	1 lg. marshmallow
onion, fresh	1 small	1 T. instant minced onion, rehydrated
sugar, brown	1/2 cup	2 T. molasses in 1/2 c. granulated sugar
powdered	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
tomato juice	1 cup	1/2 c. tomato sauce plus 1/2 c. water

When substituting cocoa for chocolate in cakes, the amount of flour must be reduced. Brown and white sugars usually can be interchanged.



Equivalency Chart

Food	Quantity	Yield
apple	1 medium	1 cup
banana, mashed	1 medium	1/3 cup
bread	1 1/2 slices	1 cup soft crumbs
bread	1 slice	1/4 cup fine, dry crumbs
butter	1 stick or 1/4 pound	1/2 cup
cheese, American, cubed	1 pound	2 2/3 cups
American, grated	1 pound	5 cups
cream cheese	3-ounce package	6 2/3 tablespoons
chocolate, bitter	1 square	1 ounce
cocoa	1 pound	4 cups
coconut	1 1/2 pound package	2 2/3 cups
coffee, ground	1 pound	5 cups
cornmeal	1 pound	3 cups
cornstarch	1 pound	3 cups
crackers, graham	14 squares	1 cup fine crumbs
saltine	28 crackers	1 cup fine crumbs
egg	4-5 whole	1 cup
whites	8-10	1 cup
yolks	10-12	1 cup
evaporated milk	1 cup	3 cups whipped
flour, cake, sifted	1 pound	4 1/2 cups
rye	1 pound	5 cups
white, sifted	1 pound	4 cups
white, unsifted	1 pound	3 3/4 cups
gelatin, flavored	3 1/4 ounces	1/2 cup
unflavored	1/4 ounce	1 tablespoon
lemon	1 medium	3 tablespoon juice
marshmallows	16	1/4 pound
noodles, cooked	8-ounce package	7 cups
uncooked	4 ounces (1 1/2 cups)	2-3 cups cooked
macaroni, cooked	8-ounce package	6 cups
macaroni, uncooked	4 ounces (1 1/4 cups)	2 1/4 cups cooked
spaghetti, uncooked	7 ounces	4 cups cooked
nuts, chopped	1/4 pound	1 cup
almonds	1 pound	3 1/2 cups
walnuts, broken	1 pound	3 cups
walnuts, unshelled	1 pound	1 1/2 to 1 3/4 cups
onion	1 medium	1/2 cup
orange	3-4 medium	1 cup juice
raisins	1 pound	3 1/2 cups
rice, brown	1 cup	4 cups cooked
converted	1 cup	3 1/2 cups cooked
regular	1 cup	3 cups cooked
wild	1 cup	4 cups cooked
sugar, brown	1 pound	2 1/2 cups
powdered	1 pound	3 1/2 cups
white	1 pound	2 cups
vanilla wafers	22	1 cup fine crumbs
zwieback, crumbled	4	1 cups

Food Quantities

For Large Servings

	25 Servings	50 Servings	100 Servings
Beverages:			
coffee	1/2 pound and 1 1/2 gallons water	1 pound and 3 gallons water	2 pounds and 6 gallons water
lemonade	10-15 lemons and 1 1/2 gallons water	20-30 lemons and 3 gallons water	40-60 lemons and 6 gallons water
tea	1/12 pound and 1 1/2 gallons water	1/6 pound and 3 gallons water	1/3 pound and 6 gallons water

Desserts:			
layered cake	1 12" cake	3 10" cakes	6 10" cakes
sheet cake	1 10" x 12" cake	1 12" x 20" cake	2 12" x 20" cakes
watermelon	37 1/2 pounds	75 pounds	150 pounds
whipping cream	3/4 pint	1 1/2 to 2 pints	3-4 pints

Ice cream:			
brick	3 1/4 quarts	6 1/2 quarts	13 quarts
bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons

Meat, poultry or fish:			
fish	13 pounds	25 pounds	50 pounds
fish, fillets or steak	7 1/2 pounds	15 pounds	30 pounds
hamburger	9 pounds	18 pounds	35 pounds
turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
wieners (beef)	6 1/2 pounds	13 pounds	25 pounds

Salads, casseroles:			
baked beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
jello salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
potato salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
scalloped potatoes	4 1/2 quarts or 1 12" x 20" pan	9 quarts or 2 1/4 gallons	18 quarts 4 1/2 gallons
spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons

Sandwiches:			
bread	50 slices or 3 1-pound loaves	100 slices or 6 1-pound loaves	200 slices or 12 1-pound loaves
butter	1/2 pound	1 pound	2 pounds
lettuce	1 1/2 heads	3 heads	6 heads
mayonnaise	1 cup	2 cups	4 cups
mixed filling			
meat, eggs, fish	1 1/2 quarts	3 quarts	6 quarts
jam, jelly	1 quart	2 quarts	4 quarts



Microwave Hints

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave on high for 1 1/2 to 2 minutes for 1/2 pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30-45 seconds; and one-half gallon, 45-60 seconds.
3. To melt chocolate, place 1/2 pound in glass bowl or measuring cup. Melt uncovered at 50% power for 3-4 minutes; stir after 2 minutes.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2 1/2 minutes. One 3-ounce package of cream cheese will soften in 1 1/2 to 2 minutes.
5. A 4 1/2 ounce carton of whipped topping will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center, but it will blend well when stirred. Do not over thaw!
6. Soften jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
7. Heat hot packs. A wet fingertip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
8. To scald milk, cook 1 cup for 2 to 2 1/2 minutes, stirring once each minute.
9. To make dry bread crumbs, cut 6 slices of bread into 1/2-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
10. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave for 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
11. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nutmeats will slip out whole after cracking the shell.
12. Stamp collectors can place a few drops of water on a stamp to remove it from an envelope. Heat in the microwave for 20 seconds, and the stamp will come off.
13. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
14. Sprinkle a layer of medium, finely chopped walnuts evenly onto the bottom and side of a ring pan or bundt cake pan to enhance the looks and eating quality. Pour in batter and microwave as recipe directs.
15. Do not salt foods on the surface as it causes dehydration and toughens food. Salt after you remove from the oven unless the recipe calls for using salt in the mixture.
16. Heat left-over custard and use it as frosting for a cake.
17. Melt marshmallow cream. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
18. To toast coconut, spread 1/2 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes. Watch closely, as it quickly browns.
19. To melt crystallized honey, heat uncovered jar on high for 30-45 seconds. If jar is large, repeat.
20. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.

Calorie Counter

Beverages

apple juice, 6 oz.	90
coffee (black)	0
cola type, 12 oz.	115
cranberry juice, 6 oz.	115
ginger ale, 12 oz.	115
grape juice, (prepared from frozen concentrate), 6 oz.	142
lemonade, (prepared from frozen concentrate), 6 oz.	85
milk, protein fortified, 1 c.	105
skim, 1 c.	90
whole, 1 c.	160
orange juice, 6 oz.	85
pineapple juice, unsweetened, 6 oz.	95
root beer, 12 oz.	150
tonic (quinine water) 12 oz.	132

Breads

cornbread, 1 sm. square	130
dumplings, 1 med.	70
French toast, 1 slice.....	135
melba toast, 1 slice	25
muffins, blueberry, 1 muffin	110
bran, 1 muffin.....	106
corn, 1 muffin.....	125
English, 1 muffin	280
pancakes, 1 (4-in.)	60
pumpernickel, 1 slice	75
rye, 1 slice	60
waffle, 1	216
white, 1 slice	60-70
whole wheat, 1 slice	55-65

Cereals

cornflakes, 1 c.	105
cream of wheat, 1 c.	120
oatmeal, 1 c.	148
rice flakes, 1 c.	105
shredded wheat, 1 biscuit	100
sugar krisps, 3/4 c.....	110

Crackers

graham, 1 cracker.....	15-30
rye crisp, 1 cracker.....	35
saltine, 1 cracker.....	17-20
wheat thins, 1 cracker	9

Dairy Products

butter or margarine, 1 T.....	100
cheese, American, 1 oz.....	100
camembert, 1 oz.	85
cheddar, 1 oz.	115
cottage cheese, 1 oz.	30
mozzarella, 1 oz.	90
parmesan, 1 oz.	130
ricotta, 1 oz.	50
roquefort, 1 oz.	105
Swiss, 1 oz.	105
cream, light, 1 T.	30
heavy, 1 T.	55
sour, 1 T.	45
hot chocolate, with milk, 1 c.	277
milk chocolate, 1 oz.	145-155
yogurt	
made w/ whole milk, 1 c.	150-165
made w/ skimmed milk, 1 c.	125

Eggs

fried, 1 lg.	100
poached or boiled, 1 lg.	75-80
scrambled or in omelet, 1 lg.	110-130

Fish and Seafood

bass, 4 oz.	105
salmon, broiled or baked, 3 oz.	155
sardines, canned in oil, 3 oz.	170
trout, fried, 3 1/2 oz.	220
tuna, in oil, 3 oz.	170
in water, 3 oz.	110



Calorie Counter

Fruits

apple, 1 med.	80-100
applesauce, sweetened, 1/2 c.	90-115
unsweetened, 1/2 c.	50
banana, 1 med.	85
blueberries, 1/2 c.	45
cantaloupe, 1/2 c.	24
cherries (pitted), raw, 1/2 c.	40
grapefruit, 1/2 med.	55
grapes, 1/2 c.	35-55
honeydew, 1/2 c.	55
mango, 1 med.	90
orange, 1 med.	65-75
peach, 1 med.	35
pear, 1 med.	60-100
pineapple, fresh, 1/2 c.	40
canned in syrup, 1/2 c.	95
plum, 1 med.	30
strawberries, fresh, 1/2 c.	30
frozen and sweetened, 1/2 c.	120-140
tangerine, 1 lg.	39
watermelon, 1/2 c.	42

Meat and Poultry

beef, ground (lean), 3 oz.	185
roast, 3 oz.	185
chicken, broiled, 3 oz.	115
lamb chop (lean), 3 oz.	175-200
steak, sirloin, 3 oz.	175
tenderloin, 3 oz.	174
top round, 3 oz.	162
turkey, dark meat, 3 oz.	175
white meat, 3 oz.	150
veal, cutlet, 3 oz.	156
roast, 3 oz.	76

Nuts

almonds, 2 T.	105
cashews, 2 T.	100
peanuts, 2 T.	105
peanut butter, 1 T.	95
pecans, 2 T.	95
pistachios, 2 T.	92
walnuts, 2 T.	80

Pasta

macaroni or spaghetti, cooked, 3/4 c.	115
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Salad Dressings

blue cheese, 1 T.	70
French, 1 T.	65
Italian, 1 T.	80
mayonnaise, 1 T.	100
olive oil, 1 T.	124
Russian, 1 T.	70
salad oil, 1 T.	120

Soups

bean, 1 c.	130-180
beef noodle, 1 c.	70
bouillon and consomme, 1 c.	30
chicken noodle, 1 c.	65
chicken with rice, 1 c.	50
minestrone, 1 c.	80-150
split pea, 1 c.	145-170
tomato with milk, 1 c.	170
vegetable, 1 c.	80-100

Vegetables

asparagus, 1 c.	35
broccoli, cooked, 1/2 c.	25
cabbage, cooked, 1/2 c.	15-20
carrots, cooked, 1/2 c.	25-30
cauliflower, 1/2 c.	10-15
corn (kernels), 1/2 c.	70
green beans, 1 c.	30
lettuce, shredded, 1/2 c.	5
mushrooms, canned, 1/2 c.	20
onions, cooked, 1/2 c.	30
peas, cooked, 1/2 c.	60
potato, baked, 1 med.	90
chips, 8-10	100
mashed, w/milk & butter, 1 c.	200-300
spinach, 1 c.	40
tomato, raw, 1 med.	25
cooked, 1/2 c.	30



Cooking Terms

Au gratin: Topped with crumbs and/or cheese and browned in oven or under broiler.

Au jus: Served in its own juices.

Baste: To moisten foods during cooking with pan drippings or special sauce in order to add flavor and prevent drying.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudites: An assortment of raw vegetables (i.e. carrots, broccoli, celery, mushrooms) that is served as an hors d'oeuvre, often accompanied by a dip.

Degrease: To remove fat from the surface of stews, soups, or stock. Usually cooled in the refrigerator so that fat hardens and is easily removed.

Dredge: To coat lightly with flour, corn-meal, etc.

Entree: The main course.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Glaze: To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut vegetables, fruits, or cheeses into match-shaped slivers.

Marinate: To allow food to stand in a liquid in order to tenderize or to add flavor.

Meunière: Dredged with flour and sautéed in butter.

Mince: To chop food into very small pieces.

Parboil: To boil until partially cooked; to blanch. Usually final cooking in a seasoned sauce follows this procedure.

Pare: To remove the outermost skin of a fruit or vegetable.

Poach: To cook gently in hot liquid kept just below the boiling point.

Purée: To mash foods by hand by rubbing through a sieve or food mill, or by whirling in a blender or food processor until perfectly smooth.

Refresh: To run cold water over food that has been parboiled in order to stop the cooking process quickly.

Sauté: To cook and/or brown food in a small quantity of hot shortening.

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Steep: To let food stand in hot liquid in order to extract or to enhance flavor, like tea in hot water or poached fruit in sugar syrup.

Toss: To combine ingredients with a repeated lifting motion.

Whip: To beat rapidly in order to incorporate air and produce expansion, as in heavy cream or egg whites.