Sisters Servants of Mary Immaculate

Knead Some Dough

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A Collection of Recipes by

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A Brief History of SSMI-US

The Immaculate Conception Province

Bishop Soter Ortynsky first asked the Sisters Servants of Mary Immaculate (SSMI) to work among Ukrainian immigrants in the US as early as the 1910s. However, with only 19 members in Canada, it was impossible for them to fulfill this request. The hope of Bishop Soter was revived in 1924 when the Holy See erected two new exarchates in the United States, one for Ukrainian Catholics and another for Ruthenian Catholics.

Sister Elizabeth Kassian, at that time Provincial Superior of SSMI-Canada (the Christ the King Province), was a woman of deep faith, foresight, courage, and conviction. She agreed to the request of Bishop Constantine Bohachevsky, Bishop Soter's successor, and in 1935 sent five sisters to minister in the Philadelphia Eparchy. As their initial ministry, the sisters would cook for the seminarians and priests at the newly-established St. Basil Ukrainian Catholic Seminary in Stamford, CT. Always flexible in their ministries, the sisters would soon take responsibility for the seminary library, the museum, and catechetical work in the local parish.

In 1937 Bishop Constantine provided a residence near the Ukrainian Catholic Cathedral of the Immaculate Conception on North Franklin St. in Philadelphia. Soon, a home was provided for the elderly, and there, the sisters began a new and much-needed ministry, sewing beautiful liturgical vestments. Afterwards, a third home, located in Chestnut Hill, PA was provided to the sisters to use as a residence for single, young women who worked in area factories.

By 1939, ten US mission homes had been opened, with two sisters in each. The sisters assumed an active ministry of education in local parishes. They began evening schools, teaching the Catholic faith, our liturgical rite, music, and customs; as well as the history of Ukraine

and its geography, language, and customs. They organized sodalities, instructed altar servers, formed choirs and produced concerts and plays. In some places the sisters conducted kindergarten classes for children as young as three years of age. The sisters saw to it that no segment of parish life was ignored.

The need for a central, community-owned home in the US was obvious because the sisters were having to travel to Canada in order to maintain relations with the larger SSMI community. At the time, Mission homes, usually comprised of two sisters, stretched from New York to North Dakota and distances between missions were therefore great. Bishop Constantine advocated buying a home where sisters could gather to rest, pray, get to know each other, and have retreats. Sisters could then return to their missions physically and spiritually refreshed.

An ideal home was discovered in Sloatsburg, NY and purchased in 1941. Table Rock House on the Hamilton Estate, was located in a beautiful wooded area with sloping hills near a large pond. Later named St. Mary's Villa, it would soon become a boarding school for girls, St. Mary's Villa Academy (1944-1978), as well as a summer home for sisters. In time, additional land was purchased and horse stables were remodeled to become St. Joseph's Adult Care Home. To maintain and support this complex, the sisters began to solicit funds, even in the subways of Manhattan. Daily, they listened as people stopped to share their concerns and problems with them and began asking for prayers. The sisters became known as "the angels of the subway."

To celebrating the Marian Year of 1954, the sisters conducted a pilgrimage at St. Mary's Villa in order to honor the Mother of God on the feast of her Dormition. The pilgrimage became a popular annual event, drawing thousands. The number of pilgrims steadily increased, and in the 1960s an outdoor sanctuary and grotto designed as a replica of the grotto at Lourdes was built, followed soon after by outdoor Stations of the Cross. An outdoor food pavilion and large parking lots were also built.

In 1958, Sister Jerome Chimy, Superior General, made a canonical visitation to the US, and determined that the American members were ready to assume responsibility for their future. Thus, on December 8, 1959, the Immaculate Conception Province in the US was established. The Home of Divine Providence in Chestnut Hill, PA was chosen as the Provincial Home. Within two years of its establishment as a province, there were 86 sisters.

In 1968, Villa of Divine Providence Nursing Home was built in Lansdale. It would also house the province's first novitiate when six sisters arrived from Ancaster, Ontario, to be joined by three postulants from the US.

In total, there have been 21 missions: Ambridge, Philadelphia, Lansdale, Chestnut Hill, Shamokin, Minersville, Sayre, and Saint Clair, PA; Buffalo, Rochester, and Sloatsburg, NY; Elizabeth and Passaic, NJ; Chicago, Cleveland, Minneapolis, Stamford, Detroit, and in North Dakota. After 1953, when the sisters were invited by the Ruthenian diocese, they had also served in Youngstown, OH and Passaic.

Unfortunately, US Catholic religious communities experienced an exodus in the late 1960's and early 1970s; and the congregation was not spared. Those departing, along with those who died passed away and the general aging of the congregation have necessitated that the province close some missions and restructure others. Fortunately, as a large international congregation, SSMI is able to gain support from "sister" provinces abroad.

Over the years, the complexion of the province has changed. The nursing home in Lansdale, was sold and, later, the Home of Divine Providence as well. Sloatsburg became the only property still owned by the sisters. The Provincial House and Novitiate are currently located on the Sloatsburg property.

Many parochial schools closed because of declining enrollment, but always being flexible in the ministries in which they serve, SSMI has

taken on catechetical and youth ministry, a retreat house facility, seminary library staffing, pastoral ministry, and have provided a chancellor for the Archeparchy of Philadelphia. SSMI maintains a presence in four parochial schools and continues operating the well-respected St. Joseph Adult Care Home.

The number of pilgrims attending the Marian Dormition Pilgrimage has actually increased. Parents, who have fond memories of the pilgrimage from their childhood, now bring their families. Happily, new immigrants attend the pilgrimage in large numbers. Having commemorated more than 50 years of honoring the Mother of God, the annual Dormition Pilgrimage continues to welcome pilgrims.

The beatification of our foundress, Blessed Josaphata Hordashevska, in 2001 brought new hope to God's people as her relics traveled to parishes throughout the US. While rebuilding SSMI, the sisters know that God's love has been an abiding presence, felt and seen. Indeed, God is with the SSMI sisters as they weather societal changes and will see them through!

Renewed commitment soars as we enter a new era in the country and community. A "fourth wave" of Ukrainian immigrants, changes in society and culture, and the developing needs of our church all have necessitated a fresh vision for the future. SSMI sisters are ever reminded of the words of our founders, "Serve where the need is the greatest."

As the province looks forward to the celebration of 50 years as the American Province and 75 years of ministry within the US, SSMI is thankful for the opportunity to have made a difference in the world and optimistically looks to the future to rejuvenate SSMI-US - The Immaculate Conception Province.

As we celebrate 75 years of service to our people in the United States and the Golden Anniversary of the establishment of the American Province of the Sisters Servants of Mary Immaculate under that patronage of the Immaculate Conception, we share our love and gratitude with all those who have been part of our history and those who will be part of our future.

We chose to compile a recipe book because cooking and baking are gifts of love. We welcome family and friends with food and drink. We celebrate with special meals and we often share food with someone who is going through pain and difficulty.

Family recipes are treasures that are passed on from mother to daughter – treasures that bring to mind the memories of times past and hope for the future.

We extend our heartfelt thanks to every person who has so generously shared your treasured recipes with us. Without your generosity, this book could not have become a reality. Thank you for your support of our ministry and of each of us. May God bless each of you for many blessed years to come and may God help us to continue, in the words of our Founders, "to go where the need is the greatest."

One can never pay in gratitude: one can only pay "in kind" somewhere else in life.

~~Anne Morrow Lindbergh

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Soups & Salads

"You are
My wisdom, my strength and my joy.
You are my happiness and my treasure
here and in eternity."

Bl. Josaphata.

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Helpful Hints

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

SOUPS & SALADS

3 BEAN SALAD

1-15 oz. can green beans (drained)
1-15 oz. can yellow wax beans (drained)
1-15 oz. can kidney beans (drained)
1 small green pepper, chopped
1 small onion, chopped
¼ cup sugar
½ tsp. pepper
1 tsp. salt
¾ cup vinegar
½ cup salad oil

You can mix and match the kinds of beans. Mix all and marinate overnight.

Helen Symionow

BACON POTATO CHOWDER

8 slices bacon cut in ½ inch pieces
1 cup chopped onions
2 cups chopped potatoes
1 cup water
1 tsp. salt
½ tsp. pepper
1 can cream of chicken soup

Brown bacon then add onions and drain. Add potatoes, water, salt and pepper. Cook until soft Add cream of chicken soup

Margaret Koffler

BAKED POTATO SALAD

5 lb. red skin potatoes(diced with skins and boiled)
6 hard-boiled eggs chopped
1 lb. bacon (crumbled)
1 med. onion minced
1 celery stalk diced fine
½ c. scallions chopped fine
2 c. good Mayonnaise
salt & pepper to taste

Boil bite sized potatoes until tender. Drain and cool in refrigerator slightly. Add eggs, bacon, onion, celery, scallions, mayo, salt & pepper to potatoes. Mix well and serve room temperature.

Tanya M. Schneider

90949B-08

BEANS AND SAUERKRAUT SOUP

(Fasolja Iz Kapustu with Zaprashka)

½ large onion chopped
2-3 tbs cooking oil or olive oil
1 large can/bag sauerkraut
1 large can butter beans
3 tbs oil
3 tbs flour
salt
pepper

Chop and fry onions in oil in soup pot over medium heat until soft. Drain sauerkraut. Add to the onion in the pot and add enough water to cover the sauerkraut. Add the can of undrained beans. Season with salt and pepper to taste. Simmer over medium heat for about 45 minutes. Make a Zaprashka (roux) - Place 3 tablespoons of flour into a small, dry frying pan. Set heat at medium and stir four while it begins to brown. Then add the oil slowly to the flour and continue to stir as the flour and oil mixture browns. The deeper the color the better the flavor. When the color becomes a medium brown, remove from heat and add a cup of broth from the soup pot stirring constantly. Continue adding broth until the mixture is fluid - then add slowly to the sauerkraut and beans. Continue to cook for 20 minutes.

Dr. Barbara Yastishock Lutz

BEEF BARLEY VEGETABLE SOUP

1½ lbs. beef stew-meat cut into ½" pieces
2 T. flour
2 cloves garlic, minced
2 T. oil
8 c. water
1 lb. can tomatoes chopped
½ can regular barley
1 T. salt
1 T. Worcestershire sauce
1 tsp. basil leaves
10 oz. frozen green beans
2 c. sliced carrots
1 c. sliced celery
1 c. chopped onions

In a large bowl, dredge meat in flour. In a 6 qt. pot, brown meat and garlic in oil. Drain fat. Add water, tomatoes, barley, Worcestershire sauce, salt, basil. Bring to a boiling, cover, reduce heat and simmer 1 hour. Add remaining ingredients. Bring to boiling, cover, reduce heat and simmer 20-25 minutes longer or until meat and vegetable are tender.

Kay Duda Lesagonicz
Sr.Bernitta's sister

BEST POTATO SALAD

1½ lbs. red potatoes
2 hard-boiled eggs
2 stems celery
¾ cup mayonnaise
2 tbs sour cream
2 tbs wine or vinegar
1 tsp. sugar
1 tsp. salt
2 tsp. dill
pepper

Cook red potatoes until soft. Cut potatoes into chunks with skins on. Peel and cut chunky eggs and celery. Place potato, egg and celery chunks into bowl. Pour sauce over all and mix gently with a rubber spatula or large wooden spoon. Mix mayonnaise, wine or vinegar, sugar, salt, dill for sauce mixture.

Dr. Barbara Yastishock Lutz

CARROT SALAD

6 c. sliced carrots
1 large onion, sliced into rings
1 large green pepper, chopped
1 (10½-oz.) can tomato soup
1 c. sugar
1 c. oil
¾ c. vinegar
1 tsp. salt
1 tsp. dry mustard
pepper to taste

Cook carrots until fork tender. Drain and place in a bowl with the onion and green pepper. Blend until well combine the soup, sugar, oil, vinegar, salt, dry mustard and pepper. Pour over the vegetable and marinate overnight. Makes 8-10 servings.

Sr. Tharasia Hladio, SSMI

COLD BORSCHT

1 (16-oz.) jar pickled beets, well-chilled
2 cups buttermilk, well-chilled
⅓ cup chopped fresh dill
1 cup icy cold water
salt and freshly ground pepper to taste

Empty the jar of beets with its liquid into the bowl of a food processor or blender. Chop finely. Transfer to a serving bowl. Stir in the buttermilk, dill and cold water. Salt and pepper to taste. Makes 4 servings.

Sr. Thomas Hrynewich, SSMI

COPPER PENNEY

2 lbs. sliced carrots
1 medium green pepper chopped fine
1 medium onion chopped fine
1 can tomato soup
¼ cup salad oil
¾ cup sugar
⅓ cup vinegar
½ tsp. dry mustard
1 tbsp. Worcestershire sauce
salt and pepper (to taste) celery salt, celery seed

Boil carrots and cool (in salted water). Mix carrots, pepper and onion. Gently add remaining ingredients and beat well. Pour over vegetables and refrigerate overnight.

Patricia McKenzie

CREAM OF BROCCOLI OR SPINACH SOUP

1 onion chopped
1 stick butter
1 qt. half and half
½ gal. milk
8-10 tsp. flour
3-4 chicken bouillon cubes
1 12 oz. pkg. thawed broccoli or chopped spinach

Sauté onions in butter. Add the flour to the onions and butter. Heat the half and half and milk. When milk is hot add the flour mixture. Add the chicken bouillon cubes. Add the thawed chopped broccoli (or spinach). Simmer until broccoli (or spinach) is done.

Patricia McKenzie

CREAM OF BROCCOLI SOUP

1½ qts. water
1 (10-oz.) pkg. frozen chopped broccoli or equivalent of fresh broccoli
¾ of a finely chopped onion
2 tsp. salt
2 tsp. white pepper
1 tsp. garlic powder
2 cups (8-oz.) American cheese, shredded
1 cup milk
1 cup cream
¼ cup butter (optional)
¾ cups flour and ½ cup water - for thickening

In a 3-quart saucepan, bring water to a boil. Add broccoli and onion. Boil 10-12 minutes. Add seasonings and cheese. Pour in milk, cream and butter. Stir to boiling. Thicken with the flour and water mixture. Makes 8-10 servings.

NOTE: To reduce cholesterol, substitute butter and cream with an additional 1¼ cups milk.

Vera Sawchyn

CREAM OF BROCCOLI SOUP

1 bunch of broccoli (about 1 lb.)
1 med. potato, pared
1 med. onion, chopped (about ½ cup)
1 clove garlic, chopped
2 T. butter
¾ tsp. curry powder
1 can (13¾ oz.) chicken broth or freshly make broth
1 cup water
½ tsp. salt
1 cup half & half (optional) or (could use some milk)

Trim broccoli and pare stems. Separate flowerets and cut stems into 12 in. slices. Cut potato into ½ inch cubes. Sauté onions and garlic in butter in a kettle or Dutch oven until tender, about 3-5 minutes. Add curry powder, chicken broth, water and salt to kettle. Bring to boiling. Add broccoli and potatoes. Return to boiling and lower heat. Cover and simmer 20 minutes or until broccoli and potatoes are tender. Purée mixture, part at a time in container of electric blender or if using a blender stick, blend right in pot. After blending, reheat mixture in a large sauce pain over low heat. Stir in half and half if using. Heat until soup is piping hot. Garnish with dairy sour cream if you wish. Serves 6.

Marion C. Hrubec

CREAM OF BROCCOLI SOUP

4 cup cut up broccoli
2 diced potatoes
2 onions sautéed in butter
1 can cheddar cheese soup
3 tbsp. cheese whiz or cheddar

Cook broccoli and potatoes in small amount of water. Add onions, cheddar cheese soup and the 3 tbsp of chesses whiz or cheddar. Add milk thickened with flour if desired. Simmer 10-20 minutes.

CREAMY LETTUCE TOSS

12 slices bacon
1 med. head iceberg lettuce, torn into bite-size pieces
3 green onions (with tops) finely chopped

Prepare sour cream dressing. Fry bacon until crisp, drain reserving 2 T. bacon fat. Crumble bacon. Toss lettuce, with onions, bacon and reserved bacon fat. Toss with dressing

Sour Cream Dressing:

½ cup dairy sour cream, or unflavored yogurt
1 T. sugar
1 T. vinegar
½ tsp. salt

Mix all above ingredients. Makes ½ cup dressing.

Sue Coldiron

CREAMY POTATO SOUP

6 med. potatoes
3 stalks celery and leaves
1 large onion
1 stick margarine
1 cup milk
½ lb. Velveeta cheese
½ lb. cooked bacon
salt and pepper

Wash, peel and chop potatoes. Put in large saucepan. Chop celery and onion. Add to pot. Cover with water. Add salt and pepper. Cook over medium heat until potatoes are tender. Add margarine, milk and cheese. Cook until cheese is melted. Add crumbled bacon and simmer for 15 minutes. Enjoy.

Note: Do not drain water from potatoes.

JoAnne Prevost

CUCUMBER DILL SOUP

6 medium cucumbers, peeled
½ sweet onion (Vidalia, Maui or Bermuda), finely chopped
1 clove garlic
2 slices white bread, crusts removed and finely chopped
¼ cup chopped fresh dill
4 scallions, thinly sliced
1 tsp. white wine vinegar
1 cup buttermilk, well-chilled
salt and white pepper to taste
1 tblsp dill weed

Split the cucumbers lengthwise. Scrape out seeds with a small spoon, and discard. Finely dice 4 of the cucumbers. Cut the 2 others into large chunks. Purée the chunks of the cucumbers in a food processor or blender with half the onion, the garlic, the bread and the dill. Transfer to a serving bowl. Mix in the diced cucumber, scallion, vinegar, buttermilk and remaining onion. Season to taste with salt and white pepper, and chill thoroughly. Garnish with dill leaves. Makes 4 servings.

Sr. Thomas Hrynewich, SSMI

DEPRESSION SOUP

3 or 4 carrots, sliced
2 large or 3 medium potatoes
½ small onion, chopped
1 tblsp margarine
salt and pepper to taste
1 pkg. frozen chopped spinach

Start cooking carrots in water while preparing potatoes. Add potatoes. Cook until tender. Meanwhile, sauté the onion in margarine. Add to soup. Add frozen spinach. Season to taste. Cook until tender. Add a big dash of ketchup and a little warm water. Fry in a covered pot for 1 hour. It is necessary to stir often because the mixture burns quickly.

Agnes Mashensic

FRESH SALAD

2 cups shredded raw cabbage
2 cups unpeeled raw apples
1 cup diced celery
½ cup mayonnaise
¼ cup sugar
½ tbsp. prepared mustard

Diced apples and let stand in salted water for ½ hour. Drain well. Mix sugar and mustard with mayonnaise. Add few tsp. of sour cream.

GERMAN POTATO SALAD

5 lbs. red potatoes
1 lb. bacon
1½ cups sugar
1½ cups vinegar
1½ cups water
1 large onion
salt
2 or 3 egg yolks (depending on how yellow looking you want potatoes to look)

Cook potatoes and slice very thin. Dice bacon in small pieces, easy to do if bacon is frozen then just slice. Cook, but not fry. Just simmer till fat has melted. Add onions and keep cooking and simmer. To that add sugar, vinegar and water. More water can be added. Simmer a little longer. Salt to taste. The egg yolks are added to the sauce last while hot. It's easier to have yolks in a big measuring cup, add a little sauce, mixing fast so as not to cook yolks. Add back to pot. Pour over sliced potatoes. Let sit for a few hours, mixing once in awhile. Enjoy.

Mary S.

GRAPE SALAD

1 cup sour cream
½ cup Cool Whip
¾ cup brown sugar
slivered almonds
grapes

Gently stir all ingredients together. Measure grapes according to your taste

Margie Koffler

HAM BONE BEAN SOUP

1 pkg. 15-bean meaty ham bone
1 chopped onion
1 large can chopped tomatoes
1 tsp. chili powder
1 T. lemon juice
salt to taste
pepper to taste

Wash 15 bean (or any combination you choose). Drain beans and soak overnight. Drain beans next morning. Add 2 quarts water and ham bone. Bring to boil. Simmer 2½ to 3 hours. Add remaining ingredients. Simmer additional 45 minutes or more.

JoAnne Prevost

HEARTY SPINACH SALAD

1-10 oz. bag fresh spinach
2 cups cooked chicken, diced
4 hard-cooked eggs, sliced
1½ cups cauliflower sprigs
1 small red onion, sliced about ¼ cup
12 cherry tomatoes, halved.

Place spinach, cleaned and torn into bite-size pieces, in a large serving bowl. Arrange chicken, eggs, cauliflower and onion in sections on top of spinach. Place tomatoes around edge of the bowl.

Dressing:

⅓ cup vegetable oil
⅓ cup red wine vinegar
2 T. water
2 T. toasted sesame seeds
1 clove garlic, crushed
½ tsp. salt
Premium crackers, unsalted tops

In a small saucepan combine vegetable oil, vinegar, water and sesame seeds, garlic and salt. Bring to a boil. Pour over salad and toss. Serve with premium crackers with unsalted tops. Makes 6 servings.

HOME-MADE SALAD DRESSING

1 tsp. salt
1 tsp. pepper
1 tsp. paprika
½ tsp. dry mustard
¾ cup sugar
1 med. grated onion
1 tsp. Worcestershire sauce
1 can tomato soup
1 cup salad oil
½ cup vinegar
1 clove garlic

Mix ingredients and shake well.

HUNGARIAN SOUR CREAM SALAD DRESSING

½ pt. sour cream
1 tbsp. vinegar
1 tsp. sugar
salt and peppers to taste

Place all ingredients an a bawl and mix well. Set in refrigerator until needed. Makes an excellent dressing for lettuce or vegetable salad.

LAYER LETTUCE SALAD

1 med. head lettuce, shredded (could be lettuce and endive)
½ cup celery, chopped
½ cup green pepper, chopped
½ cup (or less) onion, chopped
1-10 oz. pkg. frozen peas, thawed
1 cup sour cream
1 cup mayonnaise
1 T. sugar
1-6 oz. pkg. cheddar cheese, grated
8 slices bacon, cook and crumbled, (or bacon bits)

Spread lettuce in bottom of salad bowl. Combine celery, green pepper, onion and peas. Mix together and spoon over lettuce. In a bowl, blend sour cream and mayo. Spoon evenly over lettuce mixture (seal in ingredients). Sprinkle with sugar. Top with cheese and bacon. Cover and refrigerate over night.

JoAnne Prevost

LAYERED SALAD

1 bunch broccoli broken into flowerets
1 head cauliflower broken into flowerets
2 cups mayonnaise
1 cup sugar or less according to taste
¾ cup Parmesan cheese
1 lb. bacon fried and crumbled
1 head lettuce shredded or shredded cabbage

Layer all above ingredients in a large bowl. Let stand in refrigerator for several hours or overnight before serving. When ready to serve, mix well (by hand if necessary) to blend sugar, mayonnaise and cheese.

Marion C. Hrubec

LAYERED SALAD

1 cup walnuts
1 tsp. salad oil
¼ tsp. garlic salt
⅛ tsp. dill weeds
6-8 cherry tomatoes (cut in ½)
1 pkg. frozen peas cooked and cooled
1 cup shredded cheddar cheese
4 cups shredded lettuce

Turn walnuts into sauce pan of rapidly boiling water. Boil 3 minutes, drain and toss with oil, garlic, salt and dill weed. On shallow baking pan toast at 350 degrees for 10-12 minutes stirring once. Cool. Arrange in order in clear glass bowl(of approx. size of 7" diameter by 3" deep) 2 cups of lettuce, row of cherry tomatoes, cheese, peas, ¾ cup of walnuts and remaining lettuce. Top with one cup of creamy dressing, spread in even layer to edge of bowl. Cover and chill overnight. At serving time add remaining dressing and walnuts. Prepare in a clear glass bowl for a colorful effect.

Creamy Dressing Stir together

¾ cup mayonnaise
½ cup sour cream
1 tsp. lemon juice
1 tsp. prepared mustard
1 tsp. salt
2 tbsp. chopped onion
2 tbsp. chopped parsley

Linda Pelak

MARGARETHA'S CHILLED ZUCCHINI SOUP

1 lb. zucchini or yellow squash, scrubbed trimmed and thinly sliced
2 c. thinly sliced yellow onions
1 c. thinly sliced green pepper
3 tbsp. butter
1 clove garlic, finely chopped
salt
fresh ground pepper
1 tbsp. chopped tarragon
2 c. buttermilk
½ tsp. sugar
2 tsp. dill, finely chopped
3 tbsp. water
⅓ c. finely chopped parsley
⅓ c. finely shredded fresh basil
½ c. sour cream
1 tbsp. lemon juice
¼ tsp. Worcestershire sauce

Cook and stir onions in butter in a kettle until soft, about 10 minutes. Add water, zucchini or squash, peppers, garlic, salt and pepper. Cover and cook over high heat 3-5 minutes. uncover and let part of the liquid evaporate. Remove from heat, stir in parsley, basil and tarragon.(Use about ⅓ the amount if using dry herbs). Blend the mixture in a food processor or blender. There should be about 2 cups. Let cool. Put sour cream in another bowl and add 2 cups of the purée. Add buttermilk. lemon juice, sugar, Worcestershire, dill and salt to taste. Chill. When ready to serve put egg through a coarse chives, or chop. Add parsley and chives. Spoon a little over each serving of soup. Makes 8 to 12 servings.

Garnish

1 hard-cooked egg
1 tsp. each if minced parsley and chives

Irene Kwiatkowski

MEATLESS BORSCHT

½ cup (or more) dried mushrooms
1 large onion, chopped
3 T. vegetable oil
1 med. beet, cut in thin strips
½ small parsley root, cut in thin strips
1 peppercorns
1 small carrot, cut in thin strips
1 small potato, diced
1 small stalk celery, diced
3 cups shredded cabbage
½ cup tomato juice, beet kvas or lemon juice
½ clove garlic, crushed if desired
½ cup cooked white beans
8 to 9 cups water
salt and pepper to taste

Pour hot water over the mushrooms, drain and wash. Cover with lukewarm water and soak for 30 minutes or longer. The period of soaking will depend on the variety of mushrooms used. The boletus variety (white hryby) requires little or no soaking. Cook the mushrooms in the same water in which they were soaked until they are tender. Cook the onion in the oil until slightly wilted. Add the beets, parsley, peppercorns and water. Cover and cook until the beets are barely done. Add the carrot, potato and celery and continue cooking for about 15 minutes. At this stage put in the cabbage and cook until it is tender but not overcooked The cabbage should retain some crispness. Add the remaining ingredients. Use the beet kvas or lemon juice with discretion. The borscht should be mildly tart but not sour. Season to taste. Finally add the cooked, chopped or whole mushrooms along with the mushroom stock. Bring to a boil. This borscht may be served clear with Vushka. In that case omit the mushrooms and use only the mushroom stock. Strain the borscht and serve clear or remove most of the vegetables to make it very thin. The mushrooms may be used as a filling for Vushka.

(continued)

My Version Of Above Borscht

4 or 5 med. beets
1 large onion, chopped
1 small parsley root, peeled and shredded
1 large carrot, peeled and shredded
1 large potato, diced
2 small stalks celery, diced (could be with leaves)
½ small head of cabbage, shredded
several sprigs of dill (tied together)
1 or more cloves garlic, crushed (according to your tastes)
3-5 peppercorns
1 to 2 cups V-8 Tomato juice, to taste
2 T. lemon juice or apple cider vinegar
8 to 10 cups liquid (water, chicken broth or vegetable broth)
chopped dill
sour cream

Wash beets and steam until tender. Peel and shred. Chop onion, dice celery and sauté together in small amount of oil. Place liquid in large pot. If using eater and want more intense flavor, add vegetable bouillon cube to water. If borscht is not for a 'meatless' meal, use chicken broth for added flavor in place of the water. Add vegetables (parsley, carrot, potato, dill and cabbage), peppercorns, garlic and sautéed onion and celery. Season to taste. Bring to a boil and then simmer until vegetables are tender. Add tomato juice and lemon juice or vinegar. Borscht should have a tart but not sour taste. Let borscht simmer for about 15 minutes until all flavors come together. Add shredded beets and bring back to a rolling simmer. Once beets are heated through, serve topped with chopped dill and sour cream.

Note: If beets are put into the liquid too early, they loose their color as they cook/boil. More tomato juice could be added as needed to enhance the flavor as well as lemon juice. If it becomes too tart/sour, a teaspoon or so of sugar may be added. The lemon and/or vinegar helps enhance the color of the beets also.

Marion C. Hrubec

MUSHROOM BARLEY SOUP

1½ lbs. beef chuck
1 T. cooking oil
2 cups finely chopped onion
1 cup diced carrots
½ cup sliced celery
1 lb. fresh mushrooms, sliced
2 garlic cloves, minced
½ tsp. dried thyme
1 large can beef broth
1 large can chicken broth
2 cup water or extra broth
½ cup medium barley
1 tsp. salt (optional)
½ tsp. pepper
3 T. chopped fresh parsley

In a Dutch oven, brown meat, cut into ¾ inch cubes, in cooking oil. Remove meat with a slotted spoon and set aside. Sauté onions, carrots and celery in drippings over medium heat until tender. Purée if you prefer. Add mushrooms, garlic and thyme. Cook and stir for 3 minutes. Add broths, water, barley, salt and pepper. Return meat and cover - simmer for 1½ to 2 hours or until barley and meat are tender. Add parsley.

MUSHROOM SOUP

1 large onion chopped
½ lb. fresh mushrooms sliced
2 tsp. butter or margarine
2 T. all-purpose flour
¼ tsp. pepper
⅛ tsp. salt
1 cup milk
1 cup chicken broth
1 tsp. fresh minced parsley

In a large sauce pan, sauté onions and mushrooms in butter for 3 minutes or until onions are tender. Stir in flour, salt and pepper. Gradually add milk and broth. Bring to a boil and cook and stir for 2 minutes or until thickened, add parsley.

O, Lord, give me the grace to love You. I do not ask for anything else, but only that I love You more and more.

Blessed Josaphata

ONION TOMATO SOUP

2 large sweet onions
3 tblsp butter or oil
1 cup chopped celery
1½ cups mushroom halves
1 (28-oz.) can tomatoes
2 (10-½-oz.) cans condensed beef broth
1 tsp. salt
¼ tsp. pepper
½ tsp. basil

In a large saucepan, melt butter (or heat oil). Add thinly sliced onions, mushrooms and celery. Sauté until tender. Add tomatoes, beef broth, salt, pepper and basil. Cover. Cook about 1 hour.

Vera Sawchyn

ORANGE JELLO BOWL SALAD

1 (9-oz.) can mandarin oranges drained
1 (9-oz.) can crushed pineapple drained
1 box orange Jello (dry)
3 cups small curd cottage cheese
2 cups mini marshmallows
1 large container Cool Whip

Mix all in a large bowl and stir with a slotted spoon. Top with nuts and cherry halves if desired. Chill two hours.

Patricia McKenzie
Sr. Tharasia's niece

ORANGE-CRANBERRY SALAD

1-3 oz. pkg. Cherry Jello
1 orange, ground whole
1 cup cranberries, ground
1-8 oz. can crushed pineapple
1 T. lemon juice
1 cup sugar
1 cup celery, chopped
½ cup pecans, chopped

Drain juice from pineapple but save to use later. Make Jello according to package instructions, add sugar, lemon juice and pineapple juice. Refrigerate until partially set (roughly 30 to 45 minutes). Mix remaining ingredients in large bowl. Add to partially set Jello and chill overnight.

Margie Clark

PINEAPPLE SALAD

1 large can crushed pineapple
1 cup sugar
1 (8 oz.) cream cheese
1 pkg. Knox gelatin
¼ cup cold water
1 pt. whipped cream or Cool Whip

Strain pineapple. Boil pineapple juice and sugar for 5 minutes. Dissolve gelatin in cold water. Mix cream cheese and pineapple. Combine juice and gelatin. Pour over cream cheese and pineapple. Mix well. Add Cool Whip or whipped cream. Put in glass container and refrigerate. When jelled, serve.

Marianne Abromitis

POTATO LEEK SOUP

8 cups potatoes, peeled and sliced
5 cups leeks, white part sliced thin
1 cup onion, diced
7 cups chicken broth
8 T. butter or margarine
3 cups half & half, warmed
2½ tsp. salt
⅛ tsp. pepper
¼ cups chives, fresh (optional)

In a 5 quart sauce pot, sauté leeks and onions in butter until nearly cooked, but not brown. Add chicken broth and potatoes. Bring to a boil and simmer until potatoes are done, approximately 30 minutes. Add cream, salt and pepper. Bring to boil. Just before serving, add chopped chives. Makes 10 to 12 servings.

JoAnne Prevost

SAUERKRAUT SALAD

(Dressing)

1 can (2.½#) sauerkraut
½ cup chopped celery
½ cup chopped green peppers
½ cup chopped pimentos

Mix the sauerkraut, celery, green peppers, onion and pimentos.

½ cup sugar
⅓ cup white vinegar
3 T. water
¼ cup salad oil

Mix the sugar, white vinegar, water and salad oil. Put dressing over vegetable and marinate for a few days.

Sophie Nadzak

SAUERKRAUT SALAD

1 can sauerkraut
½ c. chopped celery
½ c. green peppers chopped
½ c. chopped onions
½ c. chopped pimentos

Put dressing over vegetable and marinate for few days.

Dressing

½ c. sugar
⅓ c. white vinegar
3 tbsp. water
¼ c. salad oil

Sr.Tharasia Hladio, SSMI

SAUERKRAUT SOUP WITH PEAS (CHRISTMAS SUPPER)

1 can (14.4 oz.) sauerkraut
1½ cup yellow peas
½ cup chopped onions
2 T. butter or vegetable oil
½ cup shredded carrots
1½ qts. water
1 tsp. dill weed

In medium pot put peas and enough water to cover the peas. Cook on medium heat and keep stirring often adding more water as it thickens. Strain sauerkraut well. In large pot put kraut and 1½ quarts water and bring to a boil. Sauté onions in butter or vegetable oil, add carrots and sauté. Mix soup and peas in a soup pot, if too thick add more water. Add onions and carrots, dill weed, salt and pepper to taste. Boil again.

Mary Sweryda

SPINACH SALAD

½ cup canola oil
¼ cup apple cider vinegar
½ cup sugar
1 tbs Worcester sauce
1 tbs poppy seeds
1 tbs sesame seeds
1 bag baby spinach
1 pint strawberries

In a Salad Dressing Shaker or bowl with a whisk mix together ingredients. Mix well and pour over 1 package baby spinach and 1 pint sliced strawberries and lightly toss. (Wait until ready to serve before pouring dressing over. This helps keep salad from getting soggy).

Lucille Molochnick

SPINACH SALAD WITH PEAR AND AVOCADO

½ cup vegetable oil
⅓ cup seasoned rice vinegar
1 tblsp fresh lime juice
1 tblsp minced fresh cilantro
¼ tsp. garlic powder
pinch of cayenne pepper
1 (6-oz.) pkg. baby spinach, stems removed
1 ripe Anjou pear, peeled and cubed
1 avocado, pitted, peeled, cubed
½ small, red onion, thinly sliced
½ cup (2-oz.) crumbled Gorgonzola cheese

Whisk oil, rice vinegar, lime juice, cilantro, garlic powder and cayenne pepper in medium bowl to blend. Season to taste with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate. Bring to room temperature before using.) Mix spinach, pear, avocado and onion in large bowl. Toss with enough dressing to coat. Sprinkle with Gorgonzola cheese. Serve any remaining dressing separately. Serves 4.

Claire Fitzpatrick

ST. FRANCIS CHICKEN AND WILD RICE SALAD

2 pkgs. Uncle Ben's Wild Rice Mix
1 whole chicken breast, cooked, cubed
1 cup mayonnaise
1 (6-oz.) jar artichoke hearts, drained, sliced
1 (4-oz.) jar pimento, sliced
2 cups chopped celery
1 lb. fresh mushrooms, sliced
1 cup chopped green peppers
1 pkg. Good Seasons Italian Dressing, prepared with wine vinegar and oil

Prepare rice as package directs using ½ cup less water. Combine rice and chicken with mayonnaise. Cool completely. Combine artichoke hearts, pimento, celery and green pepper with salad dressing mixture. Mix all gently. Fold in mushrooms just before serving. May be made one day ahead. Serves 15-20.

Claire Fitzpatrick

SUGAR FREE PISTACHIO SALAD

1-8 oz. sugar free Cool Whip
1-13½ oz. can crushed pineapple* undrained
1 box sugar free Pistachio Instant Pudding
1 small can oranges with juice - (optional)
chopped nuts - (optional)

Mix pudding, pineapple with juice in a bowl until well blended. Stir in the oranges and mix well. Add nuts and Cool Whip. Chill and serve. *You can use a 20 oz can crushed pineapple, then drain oranges.

Helen Symionow

SUMMER FRUIT SALAD

1 cup strawberries
1 cup red or white grapes
1 cup chunk pineapple
1 cup chunked watermelon
1 cup chunked cantaloupe
1 cup kiwi, sliced
1 pt. fresh vanilla yogurt

Prepare your favorite fresh fruits by cutting them into bite size chunks. Mix in a large bowl. Add in pint of fresh vanilla yogurt. Chill and serve.

JoAnne Prevost

TACO SOUP

1 lb. burger (beef or turkey)
½ cup onions
2-8 oz. tomato sauce
2 cans stewed tomatoes
3 cups water
2 cans (15 oz.) chili beans
1 pkg. taco seasoning

Brown burger and onion. Mix in taco seasoning. Add tomato sauce, stewed tomatoes, water, chili beans and simmer for about ½ hour. Serve with a dollop of sour cream or shredded cheese. It's great plain, too.

Helen Symionow

THREE BEAN SALAD

1 lb. can fresh cut string beans
1 lb. can yellow wax beans
1 lb. can red kidney beans
½ c. minced green peppers
½ c. minced onions
½ c. salad oil
½ c. cider vinegar
¾ c. sugar
1 tsp. salt
½ tsp. pepper

Drain beans; place in a glass bowl. Add green peppers and onions. Mix oil and vinegar with sugar, salt and pepper. Pour over bean mixture; toss. Refrigerate, covered for 24 hours before serving. Makes 10 servings.

Kay Duda Lesagonicz
Sr. Bernitta's sister

TOMATO BASIL SOUP

1 qt. water
16 oz. can diced tomatoes
4 T. Onion soup base
(or Dry Lipton Onion soup)
5 cans condensed Tomato soup
1 T. basil
1 qt. heavy cream (or half & half)
2 T. sugar
½ tsp. salt

Bring water and 16 oz. can diced tomatoes and onion soup base to a rolling boil. Add 5 cans condensed Tomato soup, basil, heavy cream, sugar and salt. Turn heat to medium and bring to a low boil. Remove from heat and serve.

JoAnne Prevost

VEGETABLE SOUP

3 sticks carrots
3 sticks celery
3 medium potatoes
1 cup chopped onions
1 cup chopped tomato
1 tsp. salt
½ tsp. black pepper
½ cup chipped dill or parsley
1 stick margarine
6 cups water

Chop the carrots, celery and potatoes. Sauté onions in margarine and tomatoes. Add potatoes, carrots and celery and fry for 5 minutes or so. Add water to mixture and cook - covered for 20 minutes Add parsley or dill before serving. Serves 4-6 people

Hellen Odoyo

VEGETABLE SOUP

marrow bones
potatoes - diced
carrots - diced
cabbage - diced
1 can tomatoes
1 large onion - fried
parsley
dill

The amounts of each ingredient depend on the amount of soup you wish to make. Fill a large pot with water and add marrow bones. Cook marrow bones until done, at least 1½ hours. Add potatoes, then, carrots, green beans, cabbage, tomatoes and onion. The vegetables should be proportionate to the amount of potatoes added. Cook until all vegetables are tender. When the soup is done, add parsley and dill to taste and 2-3 tbsp. of sour cream mixed with a little flour and water. Let the soup come to a boil again and turn off heat.

Vera Sawchyn

Vegetables & Side Dishes

"I am waiting for the Lord Himself to invite me to His banquet."
Bl. Josaphata.

90949B-ca-2v

Helpful Hints

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

VEGETABLES & SIDE DISHES

*SWEET POTATO CASSEROLE

6 medium sweet potatoes (may use canned)
½ cup softened butter or margarine
¼ cup granulated sugar
¼ cup packed brown sugar
⅓ cup milk
2 large eggs
1 tsp. vanilla
Streusel Topping
⅓ cup finely chopped pecans
2 tbsp. flour
⅓ cup packed brown sugar
⅓ cup shredded coconut
2 tbsp. melted butter

Peel sweet potatoes and cut into large chunks. Boil or steam until soft and mashable. Set aside to cool (or mash canned sweets). Place mashed sweets in medium mixing bowl and add softened butter, sugar, milk, eggs and vanilla. Blend with electric mixer until smooth. Transfer mixture to buttered 2 quart casserole dish (or partially baked pie shell for dessert). Mix together pecans, flour, brown sugar and melted butter. Sprinkle streusel mixture evenly on top of casserole. Bake at 350 degrees F. for 30 minutes. *Side Dish or Dessert

John Drozd

ARTICHOKE AND MUSHROOM CASSEROLE

2 cans artichokes (retain liquid in cans) chopped
1 large can of mushrooms (stem and pieces)
1 small to medium onion (chopped fine)
¾ cup bread crumbs
¼ cup melted butter

Grease pan lightly with butter. Layer artichokes, mushrooms and onions. You should have 2 layers. On top of each layer, sprinkle half of the bread crumbs and half of the melted butter. When done with both layers, over the top of this, pour slowly the liquid from the can. If it looks like the dish will overflow, you don't have to use all the liquid. You can bake this uncovered at 350 deg. for 30 minutes.

Anna Gerega

90949B-08

BACON QUICKE

12 sliced bacon, cooked and crumbled
1 cup shredded natural Swiss cheese
⅓ cup chopped onion
2 cup milk
1 cup Bisquick baking mix
4 eggs
¼ tsp. salt
⅛ tsp. pepper

Pre-heat oven at 400 degrees. Lightly grease a 10" pie plate. Sprinkle bacon, cheese and onion in pie plate. Beat milk, Bisquick, eggs, salt and pepper in a medium size bowl with mixer until smooth, about 1 minute. Pour into pie plate. Bake ate 400 degrees fro 35 minutes or until top is golden brown and knife inserted halfway between center and edge comes out clean. Let stand 5 minutes before cutting. Garnish with tomatoes slices and bacon strips. Refrigerate remaining quicke.

BAKED RICE

2 (10-oz.) cans French Onion Soup
2½ cups rice (minute rice)
2 (10-oz.) cans beef consomme'
1 stick margarine
8 oz. mushrooms, undrained

Mix all ingredients together EXCEPT margarine in a casserole dish. Slice margarine over top. Bake uncovered at 350 degrees F. for 1 hour. LEFT OVERS: Reheat in the microwave on Half Power. Feeds 8 firefighters.

Mary Stefaniak
from Firefighters' Cook Book

BARLEY BAKE

¼ cup chopped onion
3 tbs butter
¾ cup pearl barley
2 oz. can mushrooms drained
⅛ tsp. salt
dash of pepper
2½ cup chicken broth

Brown barley in butter and onions, add spices and mushrooms. Put in greased pan, pour broth over. Bake at 350 covered for 35 minutes. Uncover and if necessary add more broth and bake uncovered for 10 minutes.

Margie Koffler

CALICO BEANS

6 slices bacon
2 lb. ground beef
½ cup chopped onions
½ cup ketchup
1 tbs. mustard
¼ tsp. garlic powder
2 tbs. molasses
½ cup brown sugar
2 tbs. vinegar
½ tsp. salt
2 (15-oz.) cans pork and beans
1 (15-oz.) can kidney beans drained
1 (15-oz.) can lima beans drained

Fry and dry bacon cutting into pieces. Brown ground beef and onion; drain fat. In a 3 qt. casserole dish combine beans, ketchup, mustard, garlic powder, salt, sugar, vinegar, molasses, bacon and ground beef. Mix well. Bake at 350 for 30-35 minutes. Double recipe for large crowd.

Nadia Kent
Sr. Michele's sister

CAULIFLOWER WITH CHEESE SAUCE

1 head (big) cauliflower
7½ oz. cheese
2 tbs cornstarch
1 - 2 c. milk
2 eggs yolks
1 tbs margarine
1 tbs bread crumbs
salt to taste
strong red pepper to taste

Wash the cauliflower. Cut into 4 parts and leave in salted water for 10 minutes. Boil 2 cups of water with salt to taste and put over the cauliflower, cover and for 25 minutes simmer on a low heat. Grate the cheese. Mix the cornstarch, milk, egg yolk, and red pepper. Heat ½ cup of bullion in liquid of cauliflower, pour ion cornstarch and boil. Add ½ of the grated cheese. Drain all water from the cauliflower and place the cauliflower in baking pan and cheese sauce on top. Then put grated cheese and bread crumbs on top, over this put pieces of margarine. Bake for 25 minutes in oven at 375 degrees.

Sr. Tekla Ulyana Hnatuyk, SSMI

CAULIFLOWER WITH UKRAINIAN MUSHROOM SAUCE

1 head cauliflower (about 2 lbs.)
½ cup butter
¼ lb. fresh mushrooms, thinly sliced
⅓ cup sliced onions (sweet or green onions)
2 tsp. instant chicken bouillon
1 T. cornstarch
1 cup water

Wash cauliflower and separate into flowerets. In a saucepan cook cauliflower in small amount of boiling salted water, covered for 15 to 20 minutes until tender. Drain. In a skillet melt butter, stir in mushrooms, onions and chicken bouillon. Sauté until mushrooms are tender. Dissolve cornstarch in water and stir into butter mixture. Cook, stirring constantly, until sauce thickens. Pour sauce over the drained cauliflower. (This sauce is also good on cooked chicken livers or over sautéed chicken breasts. Try on vegetables other than cauliflower, broccoli and carrots). Yield: 4 to 6 servings.

Dr. Barbara Yastishock Lutz

CHOW - CHOW

½ doz. green tomatoes
8 lg. onions
1 qt. small onions
1 c. corn
1 lb. lima beans
1 qt. celery
3 qt. cabbage
3 T. flour
½ doz large cucumber
1 lb. sugar
2½ qts. vinegar
1 tsp. mustard seed
2 tsp. turmeric
2 tsp. mustard power
½ doz large red peppers

Cut all vegetables into bite sizes. Bring all ingredients to a boil and let boil slowly for 5 minutes. Cool. Jar

Mrs. Helen Sema

COUSIN DANNY'S DELICIOUS SWEET POTATO CASSEROLE

2-40 oz. cans sweet potatoes (yams)
1 cup sugar
½ stick butter, melted
2 eggs, beaten
1 tsp. vanilla

Mix mashed sweet potatoes (yams) and other ingredients and put into well greased dish. Sprinkle with topping.

Topping:

1 cup chopped pecans
½ cup flour
1 cup brown sugar
⅔ stick butter, melted

Mix together and put on top of mashed sweet potato mixture. Bake in a 9 x 13 inch baking pan for 35 to 45 minutes until topping gets brown and crisp. Serves 9 to 12 people.

Dr. Barbara Yastishock Lutz

EGGPLANT CASSEROLE

1 med. eggplant, cut into ½ inch cubes
1 cup tomato juice
½ cup water
1 med. onion, diced
1 small green pepper, diced
1 stalk celery, diced
1-8 oz. can mushrooms
salt, garlic powder, Oregano

Par boil egg plant for 6 minutes. Strain and place after diced in a casserole, alternating with onion, green pepper, mushrooms, celery and seasoning. Lastly add water and tomato juice. Bake for 1 hour at 350 deg.

Anna Slifka

GREEK BAKED ZUCCHINI

4 large tomato peeled and chopped
½ olive oil
½ tsp. dried oregano
salt and pepper to taste
4 oz. crumbled feta cheese
2 med. onions sliced
1 clove garlic minced
1 tsp. sugar
½ tsp. dried mint
6 c. zucchini sliced in ¼ inch
½ c. bread crumbs
1½ tbsp. margarine

Combine tomatoes, garlic, oil, sugar and spices in large mixing bowl, and mix together. Grease a 9 x 13 x 2 baking pan. Layer zucchini, tomatoes mixture, 2 sliced onions, crumbled cheese, sprinkle with bread crumbs and margarine. Bake 45 minutes at 350 degrees.

Irene Kwiatkowski

HAM-BROCCOLI BAKE

10 oz. packages frozen chopped broccoli
12 slice white bread, crust removed
1 (4-oz.) cup shredded cheddar cheese
2 (8-oz.) cup cooked, diced ham
1 tsp. finely chopped onion
3½ cup milk
½ tsp. salt
6 eggs, slightly beaten

Grease 13 x 9" baking dish. Partially cook broccoli and drain. Cut each slice of bread with a donut cutter. Fits scraps into grease baking dish. Sprinkle with onion, Arrange "donuts" on top. Combine remaining ingredients, pour over bread. cover. Refrigerate 6 hours.

HERBED TOMATOES SAUCE

1 (8-oz.) can tomatoes sauce
¼ tsp. oregano leaves, crushed
salt and black pepper to taste

In medium saucepan combine all ingredients. Reduce heat and simmer, cover for 5 minutes.

ITALIAN BAKED ZUCCHINI

4 zucchini no longer than 6" (about 1 lb)
¼ tsp. salt or to taste
⅓ c. grated or crumbled Romano, Parmesan or Feta cheese
⅓ c. fine, dry bread crumbs
1 tsp. oregano
¼ c. olive oil
½ tsp. black pepper
1 tbsp. capers
3 tbsp. vinegar

Heat oven to 450 degrees. Trim the zucchini, and cut in rounds about ½" thick. Spread 1 tbsp oil in the bottom of a 9"x 13" baking dish. Add zucchini, sprinkle with salt and pepper and drizzle another tablespoon of oil over it. Bake 10 minutes. In the meantime, combine cheese, bread crumbs, capers and oregano in small bowl. Add remaining oil, and stir to moisten the crumbs. Remove zucchini from the oven, sprinkle with vinegar and stir. Sprinkle with bread crumbs, then return to oven and reduce heat to 400 degrees. Bake for 20 - 30 minutes. Serve with baked or grilled chicken and rolls or garlic bread.

Irene Kwiatkowski

ITALIAN CAULIFLOWER

1 head cauliflower
2 onions
2 tbs margarine
9 oz. cottage cheese
½ c. diced tomatoes
½ tsp. thyme
salt, pepper and garlic to taste.
garlic salt

Divide the cauliflower and put in cold slated water. Cut the onions into cubes and stew with margarine. Add cauliflower and half cup of water, cover and simmer for 20 minutes. Then grate the cheese. Put the diced tomatoes into baking pan, sprinkle with thyme and garlic salt. Drain the cauliflower and put it to the tomatoes and cover with cheese. Bake for 20 minutes ate 375 degrees oven.

Sr. Tekla Ulyana Hnatuyk, SSMI

KAPUSTA

1 2 lbs. can sauerkraut
2 lbs. head cabbage
½ c. flour
1 1 lb. can lima beans undrained
warm water
salt and pepper

Rinse sauerkraut thoroughly, drain in colander. Shred cabbage; combine with sauerkraut. Cover with cold water; cook for 1 hour. In a fry pan lightly brown flour; add enough warm water to make a thin sauce. Add to cabbage mixture. Add lima beans, salt pepper to taste. Cool 5 minutes.

PINEAPPLE CASSEROLE

3 eggs
1 cup sugar
1 small can crushed pineapple drained
¼ lb. margarine melted
5 slices bread cubed

Combine first three ingredients with bread and margarine mixture. Place in greased casserole dish. Bake at 350 for about 1 hour or until custard is firm.

Barbara Stefaniak

POTATO WEDGES

⅓ c. flour
⅓ c. grated Parmesan cheese
1 tsp. paprika
3 large potatoes
⅓ c. milk
¼ c. melted butter

Heat oven to 400 deg. F. In a pie pan, stir together flour, Parmesan cheese, and paprika. Dip cut potatoes in milk, then coat with flour mixture. Place on cookie sheet that has been sprayed with cooking spray. Pour melted butter over the potatoes (be generous with the butter!). Bake until potatoes are browned (about 45 minutes) and turn over one half way through. Stir all the ingredients together for the dip. Serve with potatoes.

Dip

1 small container sour cream (16 oz.)
½ c. bacon bits
½ tsp. garlic powder

Karen Zarsky

QUICK AND EASY SALMON CAKE

1 (12-oz.) can pink salmon, skin removed
⅓ c. diced onion
1 egg, lightly beaten
½ c. all-purpose flour
1½ tsp. baking powder
1½ c. vegetable oil

Drain salmon reserving 2 tbsp juice. I a bowl, combine juice with all ingredients except oil, mix well. Evenly divide into 6 balls, form into patties. In large skillet, in hot oil, fry patties on each side until golden brown. Drain in paper towels. Makes 4-6 servings.

Agnes Kleschick

SALMON AND GREEN PEA PIE

1½ tbsp. butter
1½ tbsp. flour
1 c. milk
1 large can salmon
1 small can peas pastry
salt, pepper and nutmeg
lemon juice

Make sauce from butter, flour, milk and seasoning. Add liquid from salmon and peas to make a smooth sauce. Boil for 5 minutes. Break salmon into pieces and stir through. Add drained peas and let cool. Line pie plate with pastry, pour in cool salmon mixture and cover with pastry and bake until golden brown at 350 degrees.

SCALLOPED POTATOES

8 medium potatoes
1 pint heavy cream
¼ cup maple syrup
3 tbs brown sugar

Slice potatoes in thin slices. Layer the slices in 9x12 pan. In medium pot combine cream, syrup and sugar bringing to a boil. Stir constantly. Pour over potato mixture. Cover with foil and bake for 40 minutes at 400. Serves 8-10 people.

Hellen Odoyo

SLOVAK EASTER CHEESE (SYREK)

12 eggs
1 qt. milk
¾ tsp. salt
1 T. sugar
½ tsp. vanilla

Pour milk into sauce pan and break eggs into milk, making sure each yolk is broken. Add salt, sugar and vanilla and mix. Do not cook over direct flame since mixture easily scorches. Use double boiler, have heat on low and stir frequently. Cook slowly until mixture looks like scrambled eggs. Pour mixture into cheesecloth and tie tightly. Gently squeeze cheesecloth bag to remove any excess liquid and hang for about 3 hours. Remove cheese from bag and refrigerate until cool. You can decorate with a few cloves or pepper balls.

Lorraine Mc Annaney

SPINACH AND ARTICHOKE RING

1 (14-oz.) can artichoke hearts in water (drained and chopped)
1 (10-oz.) pkg. frozen chopped spinach (thawed and well-drained)
1 (4-oz.) pkg. shredded mozzarella cheese
1 (4-oz.) pkg. crumbled feta cheese
½ cup diced red bell pepper
⅓ cup mayonnaise
1 garlic clove, pressed
¼ tsp. coarsely ground black pepper
1 egg white, lightly beaten
2 tblsp (½ oz.) grated fresh Parmesan cheese
2 (8-oz.) pkgs. refrigerated crescent rolls

Preheat oven to 375 degrees F. In a bowl combine artichokes, spinach, mozzarella cheese, feta cheese, bell pepper, mayonnaise, garlic and black pepper. Mix well. MAKING RING: Unroll 2 pkgs. crescent rolls and separate into 16 triangles. Arrange triangles, slightly overlapping, in a circle on a large Round Stone with wide ends 4" from the edge of the baking stone. The points will extend off the edge of the stone. Roll wide ends of dough toward center to create 5" opening. Using large scoop, scoop filling evenly over dough in a continuous circle. Bring points of triangles up over filling and tuck under dough at the center to form a ring. Brush with egg white. Sprinkle with Parmesan cheese. Bake 25-30 minutes or until golden brown. Yield: 8 servings.

Claire Fitzpatrick

SWEET POTATO CASSEROLE

4 cups sweet potatoes (2-29 oz. cans, drained)
2 eggs
1 tsp. vanilla
1 cup sugar
1 stick melted butter
½ cup milk
1 cup brown sugar
⅓ cup flour
½ stick melted butter
1 cup pecan, chopped

Mix until crumbly: brown sugar, flour, ½ stick melted butter and pecans. Mix rest of ingredients: sweet potatoes, eggs, vanilla, sugar, 1 stick melted butter and milk, with electric mixer and pour into 9 x 13 inch pan. Top with the brown sugar, flour, butter and pecan mixture. Bake at 350 deg. for 35 to 40 minutes. Great with ham.

Patricia McKenzie

ZUCCHINI CASSEROLE

1¼ c. crackers crumbs
1 lb. zucchini, grated(about 2½ cups)
1 egg, lightly beaten
1 small clove garlic minced
¼ c. butter or margarine, melted
¾ c. shredded sharp cheddar cheese
2 tsp. finely chopped onion

Preheat oven to 325 degrees. In small bowl, combine crackers crumbs and butter; reserve ¼ cup of crackers mixture for topping. In medium bowl, stir together remaining cracker mixture, zucchini, cheese, egg, onion and garlic. Place zucchini mixture in 8" square baking pan. Sprinkle with reserved cracker mixture. Bake 1 hour.

Irene Kwiatkowski

Serve your people where the need is greatest.
Father Jeremiah Lomnitsky, OSBM

ZUCCHINI FRITTERS

3 c. shredded zucchini
1½ c. shredded carrots
2 stick shredded celery
1 large diced onion
2 clove finely chopped garlic
1½ tbsp. flour
1 c. Bisquick
1 egg
salt & pepper to taste
1 tbs chopped parsley

Mix well and fry in Canola oil by spoon full. Let mixture stand at least 5 minutes before frying. You will need more Bisquick as there usually a build up of liquid. You can add by teaspoon when necessary. Use brown paper or paper towels to absorb the oil from fritters after frying. (Can add about ¼ cup shredded Parmesan cheese, cut up slices of green or red pepper diced into small pieces). Makes about 20 cakes.

Marie Glowa

ZUCCHINI PARMIGIANO

zucchini
eggs
bread crumbs
mozzarella cheese

Peel zucchini, slice, dip in eggs and bread crumbs. Bake in oven or fry. Put in pan cover with tomato sauce and top with mozzarella cheese. Bake in 350 degrees until cheese is melted.

Irene Kwiatkowski

ZUCCHINI PIZZA (QUICHE)

3 cups sliced zucchini
1 pkg. Pillsbury Biscuits (10 count)
½ cup Parmesan cheese
½ cup white American cheese, shredded
4 eggs (may use Egg Beaters)
½ cup oil (may be omitted)
½ cup chopped onions
1 clove chopped garlic
½ tsp. parsley flakes
½ tsp. salt
⅓ tsp. oregano
pepper to taste

Grease a 9 x 13" pan or two pie plates. Press biscuits into the pan to make a crust. Push dough up the sides of the pan. Mix all of the ingredients well and pour over biscuits. Bake at 350 degrees F. for 40 minutes or until golden brown.

John Drozd

ZUCCHINI PUDDING

4 c. zucchini, grated
2 c. baking mix(Bisquick)
½ tsp. garlic powder
4 eggs
1 onion powder
¼ stick melted margarine
corn flakes crumbs

Prepare zucchini and onion in food processor. Place in large mixing bowl. Add baking mix, onion and garlic powder, salt, pepper and parsley. Mix gently, then add eggs and margarine. Mix completely. Spray 9" x 13" pan with nonstick cooking spray. Add mixture and bake in 350 degree preheated oven for 1 hour. Let stand 10-15 minutes before cutting into squares. (Although called a pudding, this side dish is cut squares, and a nice addition to beef or chicken dish).

Irene Kwiatkowski

ZUCCHINI QUICHE

3 cups young or small zucchini, thinly sliced
1 small onion, chopped
1 cup Bisquick
4 large eggs
½ cup vegetable oil
½ cup Parmesan cheese
1 tsp. parsley flakes
¼ tsp. salt
⅛ tsp. pepper

Mix everything together until zucchini is evenly coated. Pour into 10-inch buttered pie dish or Pyrex dish. Bake at 350 degrees F. for 30 minutes or until golden. Serve warm. Same Quiche can be made with cut up spinach instead of zucchini. This comes out more puffed up because it is lighter.

Vera Sawchyn

ZUCCHINI QUICHE

3 c. grated unpared zucchini
½ c. chopped onion
½ tsp. salt
dash pepper
½ c. vegetable oil
1 c. Bisquick mix
½ c. grated Parmesan cheese
½ tsp. oregano leaves
1 clove chopped garlic
4 eggs beaten

Preheat oven to 350 degrees. Grease pie plate. Mix all ingredients, spread into pie plate, bake until golden brown. About 30 minutes.

Irene Kwiatkowski

ZUCCHINI QUICHE

4 cups zucchini, cut into ½ inch squares
4 eggs, beaten slightly
1 small onion, chopped
½ cup Parmesan cheese
½ cup vegetable oil
1 cup Bisquick
1 T. chopped parsley
salt and pepper to taste
some chopped red and green pepper and garlic powder for taste

Combine all the above, mixing well, incorporating all ingredients and pour into a greased quiche pan or a deep pie pan. Bake at 350 deg. for about 1 hour or until done (golden and firm to touch).

Marion C. Hrubec

ZUCCHINI RIBBONS WITH BASIL BUTTER

4 (1½ lbs) med. zucchini
1 tbs butter cut into small pieces
1 tbs olive oil
2 tbs grated Parmesan cheese
2 tbs fresh basil leaves thinly sliced
½ tsp. red pepper flakes

Bring pot of water to boil. Meanwhile with vegetable peeler, slice zucchini length wise into ribbons (Don't peel skin off). Add zucchini into boiling water, cook until just tender (30-60 seconds). Drain. Transfer zucchini to serving bowl. Add butter, oil, Parmesan, basil and red pepper flakes. Gently toss until butter is melted and zucchini are coated. Attractive side dish. Serve 4.

Vera Glowa

ZUCCHINI STUFFING

4-5 small zucchini, sliced
1 medium onion, chopped
¾ cup shredded carrot
¼ cup butter
1 can cream of chicken soup
¼ cup milk
2 cups Pepperidge Farm Seasoned Stuffing Cubes
Topping
¼ cup butter
1 cup Pepperidge Farm Seasoned Stuffing Cubes

Sauté onions and carrots in ¼ cup butter until tender. Add zucchini. Sauté lightly. Add soup and milk. Mix well and add stuffing cubes. Mix well. Place in buttered casserole dish. Melt ¼ cup butter and add 1 cup stuffing cubes. Toss until well coated. Place on top of casserole. Bake uncovered on lower rack at 350 degrees F. for ½ hour to 45 minutes until it bubbles and zucchini is tender to your taste.

John Drozd

ZUCCHINI STUFFING CASSEROLE

4 med. zucchini slide ½"
½ c. chopped onion
2¼ c. herbed stuffing cubes
¾ c. shredded carrots
6 tbsp. margarine
1 can condensed cream of chicken soup
½ c. sour cream

Cook squash in salted water till tender-drain. In saucepan cook carrots and onions in 4 tbsp margarine till tender. Remove from heat; stir in 1½ cups herbed stuffing cubes, the soup and sour cream. Gently stir in zucchini. Turn into 1½ quart casserole. Melt margarine, add remaining cubes, toss and top. Bake ate 350 degrees for 30-40 minutes.

Irene Kwiatkowski

ZUCCHINI-MUSHROOM FRITTATA CASSEROLE

- ¾ cup chopped green pepper
- 1½ cups coarsely chopped fresh zucchini (not peeled) or fresh asparagus
- ¾ cup chopped onion
- 3 tbsp. oil
- ¼ cup light cream
- 1½ cups shredded cheddar cheese
- 2 cups cubed bread, about 4 slices
- 1½ cups sliced fresh mushrooms
- 1 large clove garlic, minced
- 6 eggs, beaten
- 8 oz. pkg. cream cheese, cut into chunks
- 1½ tsp. salt
- ¼ tsp. pepper

Sauté green peppers, mushrooms, zucchini, onion and garlic in oil in large skillet until crisp-tender, stirring often. Let cool a little. Meanwhile, beat eggs and cream together with a fork or whisk. Mix with cream cheese, cheddar, bread, salt, pepper and sautéed vegetables. Pour into greased 9 x 13 baking dish or pan. Bake 50 to 60 minutes at 350 degrees, until set. Makes about 10 servings. Can be reheated.

Lonnie Bushnell

Appetizers & Beverages

"Omnipotent God, I shall constantly raise my eyes to You pleading for help."
Bl. Josaphata.

Helpful Hints

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

APPETIZERS & BEVERAGES

3-LAYER FIESTA DIP

1 (8-oz.) pkg. cream cheese
1 can Hormel beanless chili (or with beans)
1 (8-oz.) pkg. shredded cheddar cheese

Spread cream cheese on the bottom of pan (size depends on quantity needed). Spread chili on top of cream cheese. Sprinkle cheddar cheese on top of chili. Bake at 375 degrees F. until cheddar cheese is melted. Serve immediately with tortilla chips. Garnishes can be added just before baking, i.e. sliced black olives, green onions, pimentos, chopped tomatoes. This recipe can be easily doubled. Any size pan is acceptable as long as you have enough cream cheese to form a bottom layer.

Sr. Kathleen

BUFFALO CHICKEN DIP

2 chicken breasts, cubed & cooked
Cream Cheese
12 oz. or less red Hot Wing Sauce
1 cup Ranch or Blue Cheese dressing
2 cups sharp, shredded cheese

Mix chicken, cream cheese, hot sauce, and dressing together. Bake at 350 degrees F. for 30 min. Sprinkle shredded cheese over top and bake another 15 min. Serve with Taco chips, cubed bread or celery.

Rose Kern (Lizzy's Mom)

CHEESE CHILI PIE DIP

1 8 ox cream cheese
1 Hormel canned chili (no beans)
1 bag cheddar cheese shredded

Spread cream cheese on the bottom of glass pie plate. Then layer on the Hormel canned chili and sprinkle a bag of cheddar cheese on top. Microwave until cheese melts. Microwave 4-5 minutes on high. Just until cheese melts. Can always stick back in for couple of minutes if need be.

Kathy Sweryda
Sr. Juliette's niece

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CHICKEN WING DIP

8 oz. softened cream cheese
cooked shredded chicken (boil 3 to 4 chicken breasts and shred)
bottle of wing sauce (may use Wegmans)
8 oz. of shredded mozzarella cheese

Mix shredded chicken, wing sauce and mozzarella cheese. Layer the cream cheese and chicken mixture. Bake at 350 deg. for 20 minutes or until hot and cheese is melted.

Kathy Sweryda
Sr. Juliette's niece

CLAM DIP

1 8 oz. cream cheese
1 can chopped clams
1 tsp. mayonnaise
1 medium onion minced
1 tsp. lemon juice
1 tsp. Worcestershire sauce
garlic powder (to taste)
clam juice as needed

Mix together all ingredients and serve with potato chips. Recipe can be doubled or tripled. Keep extra clam juice in refrigerator

Kathy Sweryda
Sr. Juiiette's niece

DEVILED EGGS

12-14 eggs
½ cup mayonnaise
½ tblsp Deli Mustard
½ tsp. pepper
⅓ cup Parmesan cheese
paprika

Boil eggs and cool. Shell, slice in half long ways and scoop out yolk. Set aside. Mash yolks with fork. Combine yolks, mustard, mayonnaise, pepper and Parmesan cheese. Mix well. Refill eggs with mixture. (Better filling if you use more eggs than you plan on filling.) Sprinkle with paprika. Refrigerate 2 hours before serving.

Rose Kern (Lizzy's Mom)

EGGNOG MADE FROM SCRATCH

4 eggs separated
½ cup sugar
¼ tsp. salt
3 cup milk
1 cup whipping cream
½ tsp. vanilla
½ - 1 cup brandy or whiskey
nutmeg as desired

Beat egg yolks, gradually add ¼ cup sugar and salt beating constantly. Add milk and cream gradually. Cook over hot water or low heat stirring constantly, until mixture thickens and coast a metal spoon. Cool. Add vanilla and chill thoroughly. Beat egg whites to soft peaks while gradually adding remaining sugar. If concerned about using raw egg whites, dry egg white can be substituted by using the directions on the package for four egg whites. Beat chilled custard until smooth and frothy. Fold beaten egg whites into custard. Sprinkle nutmeg on top after adding brandy or whiskey. Some eggnog buffs prefer a blend of spirits such as cognac and rum or brandy and rum. Eggnog should be served very cold. Pre chill the punch bowl, cups, eggnog itself and any ingredients you might add. If possible set bowl of eggnog in a bed of crushed ice. Makes 16 half cup servings.

Dorothy Bognar

FISH BALLS

1 lb. fish fillet
2 T. chopped onion
2 T. butter
1 c. soft bread crumbs
½ c. milk
1 egg slightly beaten
2 T. water
salt & pepper
1 egg slightly beaten

Grind the fillets. Cook onions in butter until tender. Combine with ground fish. Add bread crumbs(soaked in milk), the first egg, salt & pepper to taste. Mix thoroughly. Shape mixture into small balls; dip in second egg diluted with water. Then dip in bread crumbs. Cook in hot butter until delicately browned.

Sr. Stephanie, SSMI

FRUIT SMOOTHIE

2 ripe bananas
1 cup apple juice
8 oz. blueberry low fat yogurt
8 oz. frozen strawberries

Cut bananas into chunks, Place in blender. Add fruit juice and strawberries. Blend on medium low speed or pulse until well blended. Stir midway through to mix well and to make sure that all of the fruit is puréed.

Jamie Sharpe

FRUIT TEA PUNCH

6 tea bags
4 cups boiling water
1 cup sugar
10 cups cold water
1 (6-oz.) can frozen orange concentrate (thawed and undiluted)
1 (6-oz.) can frozen lemonade concentrate (thawed and undiluted)

Steep tea bags in boiling water for 5 minutes and discard tea bags. Add remaining ingredients. Serve over ice. Makes 1 gallon

Karen Sharpe

GARLIC SPINACH DIP

1 pkg. 10 oz. frozen chopped spinach, thawed and drained
1 cup Kraft mayo real mayonnaise
1 cup Breakstone or Knudsen sour cream
½ cup Kraft 100% grated Parmesan cheese
1 tsp. garlic powder or 3 cloves garlic minced

Mix all ingredients and cover. Refrigerate several hours until chilled. Serve with wheat thins, crackers or assorted breads. Served cold.* Warmed up if preferred.

Ada Ruiz

GOURMET ASPARAGUS ROLL-UPS

1 bunch 15-20 pieces asparagus (trim ends and wash)
4 oz. goat cheese
10 slices prosciutto sliced thin
salt & pepper
olive oil

Pre-Heat oven to 415 degrees. Slice prosciutto in half the long way. Spread small amount of goat cheese on each piece of prosciutto. Place the asparagus at one end of prosciutto and roll-up and lay out on a baking sheet. Salt and pepper. Drizzle with olive oil. Roast for about 15 minutes. Serve.

Tanya M. Schneider

HAMBURGER SALSA CHEESE DIP

1 lb. hamburger
1 medium Mexican cheese mild Velveeta
1 jar salsa sauce

Brown hamburger. Cut Velveeta cheese in pieces and put into hamburger. Add salsa sauce. Serve with tortilla chips

Kathy Sweryda
Sr. Juliette's niece

HOLIDAY PUNCH

3½ cups sugar
4 cups water
1 lemon
2 qts. pineapple juice
2 qts. cranberry juice
2 tbs almond extract
4 pts. ginger ale

Bring sugar and water to a boil until sugar is dissolved. Remove from heat. Add juice from lemon, pineapple, and cranberry juices and almond extract. Freeze. Just before serving put frozen punch in bowl and add ginger ale. Makes about 70 4-oz. servings.

Barbara Stefaniak

MARY'S SPECIAL PUNCH

6 (46-oz.) can Hawaiian Punch
2 (46-oz.) can pineapple juice
4 qt. ginger ale
3 small can frozen lemonade
2 qt. pineapple sherbet
2 qt. raspberry sherbet
2 packages frozen raspberries
2 whole oranges sliced

Chill all juices, then mix with frozen juices. Add raspberries and oranges to punch. Cut sherbet into four pieces and float on top. If using orange Hawaiian Punch, use only orange sherbet. Serve 120 or more.

OLIVE CHEESE BALLS

½ lb. cheddar cheese cube
2 T. soft butter
½ cup flour
dash cayenne
25 large stuffed green olives, well drained

Preheat oven to 400 degrees. Mix cheese, butter, cayenne and flour. Work with hands if necessary. Pat olives completely dry on a paper towel. Wrap about a tablespoon of the mixture around each olive, completely covering. Bake for 15 minutes at 400 degrees, Serve hot.

Dorothy Bognar

PARMESAN CHEESE ROUNDS

½-¾ cup Parmesan cheese
¾ cup mayonnaise
½ cup diced onion
dash Worcestershire
dash salt
dash pepper
bread rounds

Mix all ingredients. Spread on bread rounds. Broil on low. (If you do not have a low broil setting, leave your oven door slightly open while broiling, to let some of the heat escape. Cook on lower rack of the oven).

Rose Kern (Lizzy's Mom)

RASPBERRY ICED TEA

8 cups water (divided)
⅔ cup sugar
5 tea bags
¾ cups unsweetened raspberries

Bring 4 cups water to a boil - stir in sugar till dissolved. Remove from heat and add Tea bags - steep for 10 minutes. Discard tea bags and add remaining 4 cups water. Bring raspberries and an additional ¼ cup water to a boil - reduce heat and simmer uncovered for 3 minutes - strain and discard pulp. Add raspberry juice to the tea mixture. Serve over ice.

Rose Barton

SALMON CHEESE SPREAD

1 (1-lb.) can salmon
1 T. lemon juice
1 tsp. horse radish
1-8 oz. cream cheese at room temperature
1 to 2 T. liquid smoke

Mix all ingredients and chill. Great with crackers.

Helen Symionow

SHRIMP DIP

1 can shrimp chopped
3 oz. cream cheese
2 tsp. mayonnaise
1 tsp. ketchup
1 tsp. mustard
1 tsp. fine chopped onion
¼ cup celery chopped fine
dash of garlic salt
dash cayenne pepper

Mix well and chill for 1½ hours. Serve with crackers

Kathy Sweryda
Sr. Juliette's niece

SHRIMP DIP

2 cans medium shrimp
8 oz. sour cream
8 oz. Hellmann's mayonnaise
1 heaping tbsp. minced onion

Cut shrimp in pieces or use a fork to shred. Mix the shrimp, sour cream, mayonnaise and onions together in a bowl. Serve with Pringles Rippled Potato Chips.

Kathy Sweryda
Sr. Juliette's niece

SHRIMP SCAMPI ANNE

30(1½) lbs. jumbo bay shrimp
¼ cup olive oil
salt, black and red pepper to taste
3 large garlic cloves- minced
⅓ cup parsley - chopped
⅓ cup seasoned bread crumbs
8 tbsp. melted butter
⅓ cup white wine
dash Tabasco sauce
1½ lb. linguini- cooked
¼ cup Parmesan and Romano cheese-grated

Slit shrimp down the back leaving tail tip section of shell on the shrimp. Devein, wash and dry shrimp. Arrange shrimp, single layer, in 10" square baking dish. Pour olive oil evenly over shrimp. Sprinkle to coat with salt, black and red pepper, garlic, parsley and bread crumbs. Cover dish and bake in preheated 300 degrees oven for 20 minutes. Pour butter, Tabasco, and wine evenly over shrimp. bake uncovered 5 minutes longer or until done. Do not overcook; the shrimp will toughen. Serve over cooked linguini and top with grated cheese. Makes 6 servings.

Dorothy Bognar

SPINACH BROWNIES (SPINACH-CHEESE SQUARES)

1 pkg. chopped spinach (defrost and squeeze liquid)
1 cup flour
¼ cup melted butter
2 eggs beaten
1 tsp. baking powder
1 lb. cheddar cheese, grated
1 tsp. salt
1 cup milk
½ cup finely chopped onion (white or green)
pinch cayenne pepper

Mix all ingredients together. Put in greased 9 x 13 pan. Bake at 350 deg. for 35 minutes, until golden and edges start to crisp. Cut in squares to serve. These freeze beautifully, just thaw for a short while, put on baking sheet and heat until bubbly hot.

Connie Halinda

TACO DIP

2 8-oz. cream cheese
1 8-oz. sour cream
1 pkg. taco seasoning
pinch chili powder
chop lettuce
olives
tomatoes
grated cheese

Mix all together. Spread on bottom of 10 inch pie plate. Chop lettuce, olives, tomatoes, grated cheese, spread on top of first ingredients. Serve with crackers or taco chips.

Dolores Sorokach

VEGETABLE DIP

1 cup Hellmann's mayonnaise
1 cup sour cream
1½ T. minced onions
1½ T. parsley
1½ T. dill weed
1½ tsp. Lawry's seasoned salt

Mix ingredients together and chill. Serve with vegetables: mushrooms, celery sticks, carrot sticks, cauliflower, broccoli, etc.

JoAnne Prevost

YORKSHIRE PUDDING AKA POPOVERS

¾ cup sifted flour
1 cup milk
2 eggs
pinch salt

stir eggs into flour. Mix milk into flour. Add egg and salt gradually to the mixture stirring out as many lumps as possible and refrigerate about 1 hour. Pour into greased cupcake tin, one made of cast iron works best. Beef drippings in each cup of the pan is optional. Bake at about ¾ of hour to 1 hour at 400 degrees. Serve hot with butter or applesauce. Makes 8 to 10.

Irene Pelak

ZUCCHINI APPETIZERS

3 cups sliced thin unpared zucchini
1 cup Bisquick baking mix
½ cup finely chopped onion
½ cup grated Parmesan cheese
2 tbsp. snipped parsley
½ tsp. salt
½ tsp. dried marjoram or oregano

Heat oven to 350 deg. Grease oblong pan 13 x 9 x 2. Mix all ingredients together. Spread in pan. Bake until golden brown 25 to 30 minutes. Cut into pieces 2 x 1 inch. Makes 4 dozen appetizers. They are so good!!!.

Kathy Sweryda
Sr. Juliette's niece

ZUCCHINI BITES

1 zucchini or squash (small to medium)
½-1 cup Parmesan cheese
¼ tsp. parsley flakes

Set oven to low broil. Cover cookie sheet with aluminum foil for easy clean up. Skin zucchini. Cut into bite-sized pieces to be used as a veggie or finger-sized strips for an appetizer. Put ⅛ to ¼ cup Parmesan cheese and shake some parsley flakes into a zip lock bag. Shake to mix. Put several zucchini pieces in the bag. Shake to coat. Repeat. Broil till golden brown.

Rose Kern (Lizzy's Mom)

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Main Dishes

"How glad I shall be, my God... when I shall be able to love You totally, confident, that I shall never lose You."

Bl. Josaphata.

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Helpful Hints

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

MAIN DISHES

BACON AND ONION QUICHE

10" pie shell
3 eggs
1 c. half & half
3 c. cheese shredded(fontina, Swiss or cheddar or 1 cup of all 3)
1 c. onion diced and sautéed
6 slice bacon cooked and crumbled
1 tsp. poppy seeds
1 tsp. lemon pepper seasoning.

Pre-Heat oven to 375 degrees. Beat eggs. Add half & half, cheese, onions and bacon to eggs mix well. Pour into pie shell. Sprinkle top with poppy seeds and lemon pepper. Bake at 375 degrees for 40 minutes on middle rack in oven

Tanya M. Schneider

BAKED BEEF STEW

2 lb. boneless beef chuck cut into cubes
½ c. flour
½ tsp. salt
⅛ tsp. black pepper
3 tbs vegetable oil
1 c. beef stock or 1 cup of water
1 (14½-oz.) can Contadina stewed tomatoes with onions, celery and green pepper
1 c. potatoes cubed
1 c. onions chopped
1 c. carrots chopped
¼ c. celery chopped
1 clove garlic minced
4 tbs ketchup
1 tbs Worcestershire sauce

Toss beef cubes an the flour mixed with salt and pepper. Reserve left over flour. In Large skillet heat vegetable oil and brown beef cubes. Pour over into a Dutch oven on baking dish with lid. Add remaining ingredients. Cover and bake in oven at 325 degrees for 1 hour. Remove from oven and stir in left over flour. Return to oven for another hour. Serve with hot corn bread.

Vera Glowa

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BAKED CHICKEN RIGATONI

1 16 oz. box Barilla rigatoni
1 jar Barilla marinara sauce
8 oz. Mozzarella cheese
4 chicken breasts
1 cup breads crumbs
1 egg white
Parmesan cheese

Beat one egg white in bowl. Add a dash of salt and pepper. In a separate bowl, put a cup of bread crumbs. Roll chicken in the egg and then into the bread crumbs. Place chicken in a baking dish and bake at 400 deg. for 30 minutes or until no longer pink. While chicken is baking, cook pasta and drain. Save a cup of the pasta sauce for later. Place pasta into a baking dish. Pour sauce over top of the pasta. Stir Mozzarella cheese into the pasta and sauce. Bake the pasta mixture for 20 minutes. Place pasta on dishes and place a chicken breast on top of each pasta dish. Pour some pasta sauce on top of the chicken and sprinkle with Parmesan cheese.

Sr. Kathleen borrowed from Maria Dubovici

BALSAMIC SOY-GLAZED CHICKEN WINGS

4 lb. chicken wingettes (see note below)
2 tblsp olive oil
½ tsp. salt
½ tsp. black pepper
¾ cup balsamic vinegar
¼ cup soy sauce
2 tsp. sugar
1 tblsp unsalted butter

*Put oven racks in upper and lower thirds of oven. Line 2 large shallow baking pans (17 x 11") with foil. Put pans in oven and preheat oven to 500 degrees F. Pat wings dry, then toss with oil, salt, and pepper in a large bowl. Divide between preheated pans, spreading wings in 1 layer. Roast, without turning, until golden and tender, about 35 minutes. While wings roast, simmer vinegar, soy sauce and sugar in a 1 to 1½ quart heavy saucepan, stirring occasionally, until reduced to about ⅓ cup, for 12-14 minutes. Remove from heat and stir in butter until melted. Remove roasted wings from oven and let stand in pans 1 minute (to make wings easier to remove from foil), then transfer with tongs to a clean bowl. Pour balsamic mixture over wings and toss to coat well. Let stand 5 minutes, then toss again.

NOTE: To make wingettes from regular chicken wings, cut off and discard tips from wings with kitchen shears or a large heavy knife, then halve wings at joint.

Irene Coan

BEEF AND BEANS

1 lb. ground beef
2 T. butter
1 pkg. onion soup mix
½ cup cold water
1 cup catsup
2 T. mustard
2 T. vinegar
2 cans baked beans
½ cup brown sugar

Brown ground beef and drain. Mix all other ingredients with beef and bake (uncovered) at 400 deg. for 20-30 minutes.

BEEF BARBECUE SANDWICHES

8 oz. tomato sauce or tomato juice
2 tbsp. catchup
2 tbsp. vinegar
1 tbsp. Worcestershire sauce
¼ cup water
1 tbsp. onion chopped
1 tbsp. brown sugar
1 tbsp. salad style prepared mustard
1½ cup beef roast or cooked - sliced thin
6-8 hamburger buns

Combine ingredients in sauce pan and heat together. Add meat and vinegar for 15 minutes. Serve on warm toasted buns.

BEEF LO-MEIN

¼ cup cooking oil
1 lb. beef sirloin steak
1 lb. fresh bean sprouts
1 lb. chow mein noodles (steamed)
1½ tsp. salt or to taste
3-4 tsp. soy sauce
3 green onions chopped.

Sliver beef into bite size pieces and stir fry quickly in the oil. Add a dash of salt. Meanwhile, steam noodles. Add the bean sprouts to the beef and allow to steam for a few minutes. Add noodles, salt, soy sauce and green onions. Stir to combine and cook slowly for 10 minutes.

Cornelia Halabecki

BEEF STEW

2 lbs. cubed beef
4 potatoes, cubed
4 carrots, cubed
1-8 oz. can mushrooms
1 med. onion, minced
2 tbsp. vegetable oil
1 cup water
½ cup wine
1-15 oz. can tomato sauce
salt and pepper

Sauté the minced onion in 2 tbsp. vegetable oil. Add beef to brown it slightly. In a large casserole, combine beef, water, potatoes, carrots, mushrooms, tomato sauce, wine, and salt and pepper. Bake at 300 deg. for 2½ hours.

Anna Slifka

BEEF STEW

5 lb. stew meat
5 sticks celery
5 sticks carrots
10 medium potatoes
2 cups chopped onion
2 cups chopped tomato
1 pt. beef stew seasoning mix
8 cups water
2 tsp. curry powder
½ tsp. black pepper
1 tsp. garlic powder
1 tsp. salt
2 sticks of butter or margarine

Cut meat in small pieces and brown on frying pan till brown. Sauté onions and tomatoes till well done, add meat and cook for 10 minutes mixing well. Then in a large cooking pan, mix meat and water, add the rest of the ingredients. Cover with foil, cook for 1½ hours in oven at 375 deg. Serves 15-20 people.

Hellen Odoyo

O, Lord, my Love, my Happiness, greater that any human tenderness.
Blessed Josaphata

BEEF STROGANOFF

2 lbs. beef tenderloin (london broil (cook longer) or sirloin steak may be used
4 T. butter
1 T. minced onion
½ lb. mushrooms, sliced
½ pt. sour cream
3 T. tomato purée, not sauce
1 can beef broth

Cut meat into 2-½" x 1" strips. In 2 tablespoons of butter quickly brown meat, a little at a time. Set aside as finished. When meat is finished browning and out of pan, put in 2 tablespoons of butter and sauté onions until yellow. Sauté sliced mushrooms, also. Put meat back into pan, add 1 can beef broth with water to cover and the tomato purée. Simmer until meat is cooked but still retains shape. This depends upon cut you use. Check seasonings. Just before serving add the sour cream (which should be at room temperature) and heat -- do not boil.

Kathryn D. Stone

BEST EVER MEAT LOAF

1 can Campbell's Golden Mushroom Soup
2 lbs. ground beef
½ cup fine dry bread crumbs
⅓ cup finely chopped onion
1 egg, slightly beaten
1 tsp. salt
⅓ cup water

Mix thoroughly ½ cup soup, beef, bread crumbs, onion, egg and salt. Shape firmly into loaf (8 x 4"). Place in shallow baking pan. Bake at 375 deg. for 1 hour and 15 minutes. Blend remaining soup, water and 2 to 3 tablespoons drippings. Heat, stir occasionally. Serve with loaf. Makes 6 servings.

BIALYSTOK PORK AND NOODLES

3 cups (8 oz.) Mrs. Weiss' Kluski Egg Noodles, uncooked
2 T. butter, divided
2 cups (6 oz.) sliced fresh mushrooms
1 small green pepper, cut into thin strips (about 1¼ cups)
1 cup thinly sliced onion
1 lb. boneless pork tenderloin
1 T. all-purpose flour
1 tsp. salt
½ tsp. ground ginger
¼ tsp. ground black pepper
½ cup water
1 T. Worcestershire sauce
1 cup (8 oz.) dairy sour cream

Cook noodles according to package directions, drain. Meanwhile, in 5 quart saucepan over medium-high heat, melt 1 tablespoon butter. Add mushrooms, green pepper and onions. Cook 10 minutes or until vegetables start to turn light brown and liquid evaporates. Remove from pan. Add remaining butter and one-half pork tenderloin (cut into thin 3-inch strips) and cook until browned. Remove and brown remaining pork. Add reserved vegetables, browned pork, flour, salt, ginger and pepper to pan. Cook 1 minute, stirring constantly. Add water and Worcestershire sauce and cook 1 minute. Stir in sour cream; heat through. Toss pork mixture with hot noodles. 4 serving (1 cup pork mixture and ¾ cup noodles).

Marion C. Hrubec

BIGOS (HUNTER'S STEW)

2 bags sauerkraut
1 lb. pork
1 lb. beef
¾ lb. kielbasa
1 large sweet Spanish onion
1-2 cloves garlic
1 tsp. marjoram
1 bay leaf
2 stalks celery or more
tomato sauce or paste
¾ flour, for thickening, if necessary

Drain and rinse sauerkraut. Put sauerkraut in pot. Cover with water and start cooking. Dice and sauté pork, then put on top of sauerkraut. Do the same for beef, then kielbasa (after removing skin.) Take onions and sauté in same skillet as meat. Add to sauerkraut. Deglaze skillet and add to sauerkraut. Add spices and celery ribs. Cook until done. Adjust spices, if needed. Add only enough tomato sauce or paste to color, not too much. Thicken with flour, if too thin.

NOTE: If stew is too sour, fresh cabbage can be added to stew, but add before the tomato is added.

Vera Sawchyn

BOURBON CHICKEN

8-10 chicken breast halves (boneless/skinless)
¼ cup butter or margarine
2 (10-oz.) can cream of chicken soup
½ lb. shredded cheddar cheese
1 pkg. stove top stuffing mix crushed
3 oz. bourbon (vodka or white wine)

Cut chicken breast into serving size pieces and lay in a 9x12 buttered baking dish. Dot with butter and spoon the soup evenly over all. Layer on the cheese, and then top with the stuffing mix and sprinkle on bourbon. Bake uncovered in 350 oven for 1 hour and 15 minutes. If topping starts to get too brown, cover with foil for part of the baking time. Bourbon may be omitted.

Stella Ovens

BUTTERMILK PANCAKES

3 eggs separated
3 tbsp. melted butter
1 tbsp. sugar
1½ cups sifted flour
1 tsp. baking soda
1 tsp. baking powder
½ tsp. salt
¼ tsp. vanilla
1⅔ cups buttermilk

Sift the flour, soda, baking powder and salt. Beat the egg yolks lightly and blend in the melted butter and sugar, vanilla. Add flour mixture alternately with buttermilk. Beat until smooth. Fold in stiffly beaten egg whites. Cook pancakes on griddle or frying pan.

Sr. Jacqueline, SSMI

CAMPBELL'S TUNA NOODLE CASSEROLE

1 (10¾-oz.) can Campbell's cream of Mushroom soup
½ c. milk
1 c. frozen or canned peas
2 (6-oz.) can tuna drained
2 c. hot cooked medium egg noodles
½ c. shredded cheddar cheese

Preheat oven to 400 degrees. Mix soup, milk, peas, tuna and noodles in 1½ qt casserole. Bake 20 minutes, Stir. Sprinkle cheese over casserole. Bake 5 minutes more.

Vera Glowa

CHEESEBURGER BAKE

1 lb. ground beef or turkey
1 onion, chopped
1 can condensed cheese soup
1 cup frozen peas and carrots
¼ cup milk
2 cups Bisquick
¾ cup water
1 cup shredded cheese

Heat oven to 400 deg. Grease a 13 x 9 x 2 baking pan. Cook meat and onion in a skillet until it is browned. Drain. Stir in soup, veggies and milk. Remove from heat. Mix Bisquick and water and spread into baking pan. Spread meat mixture over Bisquick batter. Sprinkle with cheese. Bake uncovered for 30 minutes. You can use other vegetables, corn, etc.

Helen Symionow

CHICKEN & RICE

2 cooked chicken breasts, cubed
¼ tsp. pepper
2 cloves garlic, crushed (⅛ tsp. minced garlic=1 clove)
1/16 tsp. saffron
2 (14½-oz.) cans chicken broth
½ cup sliced, stuffed green olives
3½ cups Minute Rice

Combine chicken with pepper, garlic and saffron. Pour chicken broth over chicken. Bring to a boil. Add olives and rice. Cover and remove from heat. Let stand for 10 minutes. Serves 4.

Barbara Stefaniak

CHICKEN AND BROCCOLI

1 (16-oz.) pkg. chopped broccoli
1 cup Minute Rice
1 cup diced cooked chicken
1 (10¾-oz.) can cream of chicken soup
1 cup milk
1 cup grated cheddar cheese
1 bunch green onions

TO PREPARE IN THE OVEN: Place frozen broccoli in 1½ qt. baking dish. Bake at 350 degrees F. for 7 minutes to partially thaw. Stir in rice, chicken, soup, milk, half the cheese, and the onion. Top with remainder of cheese. Bake for 45 minutes or until hot and bubbly. TO PREPARE IN A SKILLET: Thaw broccoli in saucepan over low heat, separating with a fork. Stir in rice, chicken, soup, milk, half the cheese and the onion. Cover and simmer for 10 minutes, stirring frequently. Stir and sprinkle with remaining cheese.

Barbara Stefaniak

CHICKEN CASSEROLE

2 cups diced chicken
2 cans mushroom soup
1 cup sliced mushrooms, (reserve liquid)
1 cup finely chopped celery
1 cup finely chopped onion
1 cup coarsely chopped almonds
¼ cup mushroom liquid
½ tsp. salt
2 cups chow mein noodles
generous shake pepper

Reserve ½ cup noodles and almonds. Mix everything except reserved noodles and almonds. Turn into large 9 inch buttered casserole. Sprinkle remaining ingredients on top. Bake at 325 deg. for 1 hour. Serves 10.

JoAnne Prevost

CHICKEN IN SAVORY LEMON SAUCE

4 skinless, boneless, chicken breast halves
2 (10¾-oz.) cans Cream of Chicken soup
4 tblsp water
½ cup chopped sweet red pepper (optional)
2 tblsp chopped fresh parsley
2 tblsp lemon juice
1 tsp. paprika

Spray skillet with vegetable cooking spray. Heat over medium/high heat for 1 minute. Add chicken and cook about 10 minutes until brown and chicken is no longer pink. In same skillet, combine soup, water, red pepper, parsley, lemon juice and paprika. Heat to boiling and return chicken to pan. Cover and cook over low heat about 5 minutes, stirring often. Serve over rice.

Barbara Stefaniak

CHICKEN ITALIAN SPECIAL

2 chicken breast, boned and cut into stripes
¼ c. oil
1 onion, minced
2 cloves garlic minced
1 tsp. salt
1 tsp. Italian seasoning
1 c. ripe olives, pitted
1 can tomato paste
1 can tomato sauce
5 oz. spaghetti
1 c. grated cheddar

Heat onion in frying pan over medium heat. sauté chicken, onion, garlic, for 6 minutes. Add salt, Italian seasoning, olives, tomato paste, and tomato sauce. Mix well, simmer 10 minutes. meanwhile prepare spaghetti according package directions. Place drained spaghetti in a greased flat baking dish. Add chicken mixture sprinkle with grated cheese. Bake 350 degrees oven for 15 minutes. Makes 6 servings.

Kay Duda Lesagonicz
Sr. Bernitta's sister

CHICKEN PAPRIKAS

1 onion, chopped
¼ cup shortening
2 tblsp salt
1 tblsp paprika
1 tsp. black pepper
4-5 lbs. chicken disjointed
1½ cup water
½ pint sour cream
½ pint light cream (optional)

Brown onion in shortening. Mix in seasoning. Add chicken and brown 10 minutes. Add water. Cover and simmer slowly until tender. Remove chicken. Add sour cream to dripping in pan and mix well. If more gravy is desired add the light cream. Add cooked dumplings or cooked egg noodles. Arrange chicken on top. Heat through and serve. Yield 4-6 servings.

Helen Potak

CHICKEN PARTY CASSEROLE

3 c. cooked chicken (medium size pieces)
2 c. chopped celery
3 c. cooked rice
¾ c. mayonnaise
2 tbs chopped onions
1 tsp. chopped parsley
1 tsp. lemon juice
1 can chicken cream soup (undiluted)
1 can water chestnuts - sliced

Mix all items above, then top with the topping. Bake for ½ hour at 350 degrees oven.

Topping:

1 stick butter
1 c. crushed corn flakes
½ c. sliced almonds

Melt butter, combine nuts and corn flakes.

Vera Glowa

CHICKEN PICCATA

4 skinless boneless chicken breast halves
3 tbsp. butter, room temperature
1½ tbsp. all-purpose flour
additional all-purpose flour
2 tbsp. olive oil
⅓ cup dry white wine
¼ cup fresh lemon juice
¼ cup canned low salt chicken broth
¼ cup drained capers
¼ cup chopped fresh parsley

Place chicken between 2 large sheets of plastic wrap. Using meat pounder or rolling pin, lightly pound chicken to ¼" thickness. Sprinkle chicken with salt and pepper. Mix 1½ tablespoons flour small bowl until smooth. Place additional flour in shallow baking dish. Dip chicken into flour to coat; shake off excess. Heat 1 tablespoon oil in each of 2 heavy large skillets. Add 2 chicken breast to each skillet and cook until golden and cooked through, about 3 minutes per side. Transfer chicken to platter; tent with foil to keep warm. Bring wine, lemon juice and broth to boil in 1 skillet over medium-high heat. Whisk in butter-flour mixture and boil until sauce thickens slightly, about 2 minutes. Stir in capers, parsley and remaining 2 tablespoon butter. Season sauce to taste with salt and pepper. Pour sauce over chicken and serve. Makes 4 servings.

Dorothy Bognar

CHICKEN WITH CHERRIES

6 whole chicken breasts, halved
¼ lb. butter melted
1 (12-oz.) bottle chili sauce
½ tsp. salt
¼ tsp. pepper
2 large onions, sliced
1 cup water
½ cup brown sugar
1 cup sherry
1 tbsp. Worcestershire sauce
1 (17-oz.) can black bin cherries, pitted and drained
1 cup raisins(optional)

Marinate cherries in sherry, Season chicken, then cover with melted butter and brown. Combine all ingredients except cherries, sherry and raisins and bake in 350 degrees oven for 1 hour. Add cherries, sherry and raisins and bake additional 15 minutes. Serve 8 portions.

Dorothy Bognar

CHICKEN WITH TOMATOES

1 cooked chicken cut in serving pieces
2 oil
1 med. onion sliced in thin rings
1 med. size green pepper cut in ¼ in strip
1 (large(2 lb-3-oz.) can peeled whole tomatoes and juice
1 c. chicken broth
salt and pepper to taste
½ tsp. dried crushed basil
chopped parsley for garnish

In a large heavy saucepan, heat the oil. Add the onions, pepper and cook for 5 minutes. Then add the can of whole tomatoes and juice. Break up the tomatoes with the edge of a wooden spoon. Add the chicken broth, salt, pepper and crushed basil. Reduce the heat and simmer partially covered for about 10 minutes. The tomatoes, onions and pepper should not overcook. Add the chicken to tomatoes sauce. Cover and heat through about 15 - 20 minutes. Don't cook chicken to long or it will fall apart.

CHILI

2 T. oleo
2 lbs. ground beef
4 dashes Worcestershire Sauce
2 dashes Tabasco Sauce
4 T. chili powder
1 tsp. sugar
1 tsp. cumin seed
2 med. onions, chopped
2 (14½ oz.) cans tomatoes, diced
1 (6 oz.) can V-8 juice
2 (16 oz.) cans chili beans

Melt oleo and add ground beef and onions. Cook. Drain off fat. Add Worcestershire and Tabasco Sauce, chili powder, sugar, cumin seed and cook. Add to large pot. Then add tomatoes chopped, V-8 juice and beans. Bring to a boil and reduce to simmer for a couple of hours. (I use garlic powder and French's chili seasoning)

Kathy Siegel

CHINESE CHICKEN

1 onion chopped
1 green pepper chopped
1 (4-oz.) can mushroom (stew & pieces-drained)
1 cup ketchup
2 tbsp. molasses
¼ tbsp. paprika
1 tbsp. vegetable oil or olive oil
2 tbsp. Worcester sauce

Sauté over medium heat in skillet onion, green pepper, mushrooms until soft. Add ⅔ cup water & mix. In another skillet brown cut up chicken in 1 tbsp vegetable oil. Spread 1 cup ketchup over after browned. Put in casserole, (glass is best). Bake in oven at 325 degrees during 1 hour. You can use pieces of chicken, legs, thighs, wings and breast.

Anastasia Jean Pucher

CHOP SUEY: (MOM'S)

1 lb. beef, cubed
1 lb. pork or veal, cubed
oleo to fry meat
1 med. onion, chopped
3 single stalks of celery, (diagonal sliced)
1 can mushrooms (pieces & stems) & juice
6 or 8 T. soy sauce
1 heaping T. salt
1 heaping T. sugar
1 T. chicken bouillon
water to cover (¾ of the pot full) (it will evaporate while cooking)
2 T. potato starch (to thicken at the end when cooked) with 4 T. water.

Rinse meat with water and drain and then fry and brown meat in oleo. Add onion, celery, mushrooms, soy sauce, salt, sugar and bouillon. Add water and cook for at least 1½ hours or till meat is tender. Then thicken at the end.

Pearl Morkiewicz

CONFETTI RICE

1 lb. ground meat
1¼ cups long-grain rice, uncooked
¼ cup margarine, melted
2 cans (10½ oz. each) beef consomme
1 tsp. salt
¾ cup chopped green onion
¾ cup chopped carrots
¾ cup chopped celery

In a large frying pan, add the rice to the melted margarine. Cook about 5 minutes. Add consomme and salt. Continue cooking until mixture comes to a boil. Turn into a 1½ quart casserole. Bake covered in moderately hot oven 375 degrees F. for about 30 minutes, or until rice is tender. Brown ground meat and drain grease. About 10 minutes before rice is done, remove from oven and stir in meat and chopped vegetables. Return to oven and continue baking with cover on for remaining 10 minutes. The vegetables should remain crisp to contrast with the tender rice. Makes 6 servings.

Barbara Stefaniak

CORRINE'S CHICKEN POT PIE

1⅔ cup of frozen mixed veggies
1 cup cut up cooked chicken (about 1½ cups)
1 can condensed cream of chicken soup
1 cup original Bisquick mix
½ cup milk
1 egg

Heat oven to 400 deg. Mix veggies, chicken, cream of chicken soup together in a casserole dish (they call for a 9 x 1¼ dish).Then stir together remaining ingredients with fork until blended (Bisquick, milk and egg). Pour into casserole dish. Bake 30 minutes at 400 deg.

Anna Gerega

CREAMED CHICKEN: (MOM'S)

6 chicken thighs or legs, (or 8 boneless thighs)
oleo (to fry chicken)
1 med. onion
1 carrot, chopped
1 small green pepper, chopped
1 T. chicken bouillon
1 qt. of half & half

Sauté chicken in oleo and also fry the onion, carrot, green pepper and bouillon. Then add the ½ and ½ and a little milk to rinse out the bottle. Cook for at least 1 to 1½ hours till chicken is soft.

Pearl Morkewicz

CREAMY BAKED CHICKEN BREASTS

8 Chicken Breast Halves - skinless/boneless
8 slices Swiss cheese
1 can Cream of Chicken soup - undiluted
1 cup dry White Wine
1 cup Pepperidge Farm Herbal Stuffing - crush
¼ cup melted margarine

Arrange chicken in greased 9 x 13" pan. Top each chicken piece with slice of cheese. Combine soup and wine. Spoon over chicken. Sprinkle with crushed stuffing mix. Drizzle melted margarine over crumbs. Bake at 350 degrees F. for 55 minutes. Serve over rice.

Rev. Peter Waslo

CREAMY CHICKEN AND VEGETABLES

4 skinless, boneless chicken breast halves
⅛ tsp. garlic powder
1 can (10¾ oz.) Campbell's cream mushroom soup
½ c. milk
1 tbsp. lemon juice
¼ tsp. dried basil leaves, crushed
1 (16-oz.) bag frozen vegetable combination

Sprinkle chicken with garlic powder. Spray skillet with vegetable cooking spray and heat over medium-high heat 1 minute. Cook chicken 10 minutes or until browned. Set chicken aside. Add soup, milk, lemon juice, basil and vegetable. Heat to boil. Return chicken to pan. Cover and cook over low heat 10 minutes or until chicken is done. Serves 4.

Agnes Kleschick

CRESCENT-TOPPED BEEF POT PIE

1 Boneless Beef Top Sirloin steak (approx. l-lb), cut ¾ inch thick
vegetable cooking spray
¼ tsp. pepper
1 baking potato (steamed)
1 red pepper (cut in strips)
1 onion (chopped)
small bag frozen greens beans
2 tblsp water
½ tsp. dried Thyme leaves
1 (12-oz.) jar Mushroom gravy
1 can refrigerated crescent rolls

Heat oven to 375 degrees F. Cut steak into pieces. Spray skillet with vegetable spray. Heat over medium/high heat until hot. Stir-fry beef for 1 minute. Remove from skillet and season with pepper. Set aside. In same skillet, combine vegetables, water, and thyme. Cook and stir 3 minutes or until beans are defrosted. Stir in gravy. Bring to a boil. Remove from heat. Return beef to skillet and stir to combine. Separate crescent rolls into 8 triangles. Starting from wide ends, roll up half way. Lay on top of mixture with pointed ends toward center. Bake 17-18 minutes or until rolls are golden brown. Serves 4.

Mary Stefaniak

CROCK POT BARBECUED BEEF SANDWICHES

3 lb. chuck roast
1 cup water
2 beef bouillon cubes
1 tbsp. minced onion
15 oz. tomato sauce
¼ cup brown sugar
¼ cup ketchup
¼ cup yellow mustard
dash Worcestershire sauce

Cook meat, water and bouillon cubes on low in crock pot 8-10 hours. Shred meat with fork after cooking - retain 1 cup juice from cooking liquid. Add remaining ingredients to meat and retained juice and continue to cook on low for 3-4 hours or high for 1-1½ hours. Serve on Kaiser rolls.

Rose Barton

DIEGO QUICHE

¼ cup melted butter
10 eggs, beaten
½ cup flour
1 tsp. baking powder
½ cup diced green chilies
1 lb. grated Swiss cheese
1 cup cottage cheese
½ cup sliced green onion with tops
½ cup quartered cherry tomatoes

Mix butter, eggs, flour and baking powder together. Add chilies, Swiss cheese, cottage cheese, onions and tomatoes. Mix well. Pour into greased 9 x 13 inch casserole pan. Bake at 400 degrees F. for 15 minutes, then reduce heat to 350 degrees. Bake for 60 minutes. Cut into 8 servings and garnish with sour cream and a sprig of basil or cilantro. Quiche may be made the night before and refrigerated for the morning.

Tessie Bury

EASY LASAGNA

1 lb. pkg. uncooked lasagna noodles
15 oz. ricotta cheese
2 (8-oz.) pkgs. mozzarella cheese
½ cup Parmesan cheese
2 eggs
2 (16-oz.) jars spaghetti sauce
1 cup water
salt and pepper to taste

Blend ricotta cheese, eggs, salt and pepper to smooth consistency. Set aside 1 cup of spaghetti sauce to use for topping before adding water to remaining sauce and mix. In a 9 x 13" baking dish, layer with uncooked noodles, a layer of sauce, a layer of ricotta mixture, then mozzarella cheese and another layer of sauce. Repeat layers. Top with Parmesan cheese. Bake in preheated 350 degrees F. oven for 1 hour or until lightly browned and bubbly.

Sr. Natalya, SSMI

ENCHILADA CASSEROLE

1½ lbs. ground meat
2 (20-oz.) cans Enchilada sauce (mild)
1 (8-oz.) tomato sauce
1 pkg. flour tortillas
1 medium onion, chopped
shredded cheddar cheese
shredded lettuce
chopped tomatoes
1 small can chopped black olives

Brown meat and onion. Drain grease and add sauce. Simmer. Using a large pie dish make layers of tortillas, sauce, and cheese. On top of final layer sprinkle chopped black olives. Serve with lettuce and chopped tomatoes. Bake at 350 degrees F. until bubbly. Serve hot.

Barbara Stefaniak

ENCHILADA CASSEROLE

2 lbs. hamburger
½ cup onion, chopped
1 can chili beans, drained
16 oz. can tomato sauce
10 oz. can mild enchilada sauce
2 T. margarine
1 pkg. taco seasoning
10 to 12 small flour tortillas or 8 large
2 cups grated cheddar cheese

Brown hamburger and onion. Drain grease. Add beans, tomato sauce, enchilada sauce, margarine and taco seasoning. Simmer for 5 minutes. Spoon meat mixture into tortillas. Top with grated cheese. Roll and place in 9 x 13 casserole dish. Top with remaining meat sauce and grated cheese. Bake at 350 deg. for 20 to 30 minutes or microwave on high for 10 minutes.

Karen Sharpe

FAMILY PORK CHOPS

6 pork chops
salt and pepper
onions sliced
¾ cup catchup
1 cup water
2 tbsp. Worcestershire sauce
2 tbsp. vinegar
1 tsp. paprika
1 tsp. chili powder

Salt and pepper chops in place in a shallow baking dish. Top each with an onions slice. Make a sauce of the remaining ingredients and pour over the chops, cover and bake at 300-350 degrees for 1½ hour. Uncover for the last 20 minutes. Makes 6 servings.

Note: This sauce can be made up and kept on hand in refrigerator. It may be used on chicken, meat loaf, spareribs or stew meat. The gravy is good on rice.

Mary Milewski

FETTUCCINE WITH SPINACH

13 oz. pasta fettuccine
1 clove garlic
6 oz. bacon
10½ oz. frozen spinach (defrost ahead of time)
1 tsp. cornstarch
2 onions
1 c. sour cream
7 oz. white Swiss cheese
salt to taste
walnuts (as much you want)
Worcester sauce(to taste)

Cook the pasta for 6 to 8 minutes in salted water. Rinse the pasta with cold water, put in a greased baking pan. Chop the onions, garlic finely. Cut up the bacon in cubes, put in oil to fry, add onions and garlic and fry until yellow, then add spinach, ⅓ cup of water. Mix sour cream with cornstarch and pour into the spinach and heat to a boiling point. Add salt, nuts, Worcester sauce. Put this mixture on top of the cooked fettuccine and cover with grated cheese. Bake 10 minutes at 375 degrees or until is done. Serve 4.

Sr. Tekla Ulyana Hnatuyk, SSMI

FLO'S PORK

1 can pork n' beans
1 can lima beans, drained
1 can kidney beans
1 medium size onion chopped and sautéed in 2 T. oleo

Add beans to sauce, Place bacon strips on top and bake at 350 until done.

Sauce

½ c. chili sauce
½ c. ketchup
½ c. brown sugar
1 tsp. dry mustard
1 T. molasses.

GARDEN SKILLET

2 cups zucchini squash, diced
½ cup chopped onion
½ tsp. Basil leaves crushed
2 T. butter or margarine
1 can Campbell's Cheddar Cheese Soup
3 cups cooked elbow macaroni
2 cups shredded sharp Cheddar cheese
1-16 oz. can tomatoes chopped and drained
½ tsp. prepared mustard

In skillet cook diced zucchini and onion with Basil leaves in butter until tender. Add remaining ingredients. Heat until cheese melts; stir occasionally. Makes about 5½ cups.

GOLDEN MEATBALL CASSEROLE

1 lb. ground beef
½ c. soft bread cubes
1 egg
1 tsp. salt
2 T. oleo
2 c. cooked rice
1 c. sliced carrots
½ lb. Velveeta cubed
½ c. chopped green pepper
½ c. milk
¼ c. chopped onions

Heat oven 350 degrees. Combine meat, bread cubes, egg and salt; Mix lightly. Shape into 12 meatballs; brown in oleo. Combine meatballs and remaining ingredients; mix lightly. Spoon into a 11½ by 7½ baking dish. Cover-bake in 350 degrees oven for 30-35 minutes. Makes 4-6 servings.

Kay Duda Lesagonicz
Sr.Bernitta's sister

GREEN PEPPER AND TOMATOES STEW

1 lb. green pepper
1 lb. tomatoes
1 (2-oz.) can diced smoked bacon
2 tbsp. bacon fat
1 med. onion chopped
1 tsp. paprika
1 tsp. salt
½ lb. smoked sausage

Cone(clean out center) peppers and slice them lengthwise into ½'" strips .Cone and quarters tomatoes, if fresh scold first to remove skins. Slowly cook the bacon in a 9" skillet, until it starts to render fat. Then sauté the chopped onions, when it starts to wilt sprinkle with paprika and cook for 2-3 minutes. Stir in pepper strips and tomatoes. Salt, cover and simmer gently, stirring occasionally for about 30 minutes or peppers tender, Slice sausage ¼" thick. Stir after cooking for 20 minutes.

HAM CHOWDER

4 lg. carrots, sliced
4 stalks, celery, sliced
1 onion chopped
4 lg. tomatoes, diced
5 c. water
2-3 c. diced ham
2 T. unsalted butter or oleo
2½ c. milk
salt & pepper to taste

In stock pot, cook carrots, celery, onion and potatoes in 5 cups of water until tender, about 20 minutes. Add ham, butter, salt & pepper. Blend flour into milk smoothly, stir into soup mixture; heat, stirring constantly, until mixture boils. Turn heat to low and allow to simmer, partially covered 10-20 minutes. To serve, sprinkle top with paprika and chopped parsley. Makes 6 generous servings.

Kay Duda Lesagonicz
Sr. Barnitta's sister

HAMBURG STROGANOFF

4 oz. noodles
¾ c. sliced onions
1 lb. ground beef
¼ c. flour
dash of pepper
¾ tsp. salt
¼ c. ketchup
2 tsp. Worcestershire sauce
¼ c. mushrooms

Cook noodles; drain. Meanwhile in a sauce pan combine onions and ground beef; cook until onions are tender and meat is browned. Remove from heat; blend in flour, pepper, and salt. Add ketchup, Worcestershire sauce, mushrooms and buttermilk; mix well. Stir noodles into beef mixture; turn into a casserole and bake in a 350 degrees oven for 25-30 minutes. Make 1½ quarts.

Kay Duda Lesagonicz
Sr. Bernitta's sister

HAMBURGER PORCUPINE BALLS

1 lb. ground beef
¼ cup chopped onions
1 tsp. salt
¼ tsp. pepper
½ cup Minute Rice
1 can tomato soup
1 can water

Mix meat, onions, salt, pepper, and rice together well. Shape into meatballs. Arrange in roaster. Combine soup and water. Pour over meatballs. Cover and bake in 350 degrees F. oven for 1 hour or until rice is baked.

M. Ganton
(Sr. Bonaventure's relative)

HASH BROWN POTATO CASSEROLE

1-2 lb. pkg. frozen hash browns, thawed about 1 hour
½ cup softened margarine
½ cup diced onions
1 can Cream of Chicken Soup (undiluted)
½ container sour cream
grated cheese (shredded cheddar)
salt and pepper to taste

Mix all above ingredients. Place in buttered or Pam sprayed casserole (13 x 9 glass dish). Bake at 350 deg. for 1 hour or until brown.

JoAnne Prevost

HUNGARIAN CHICKEN PAPRIKASH

1 onion (chopped)
2 T. margarine
1 tsp. black pepper
2 tsp. salt
2 T. paprika
½ pt. sour cream
1-1½ c. chicken broth (from can) *
1 can cream of mushroom soup (optional)
chicken pieces

*(water can be used in place of chicken broth, but better flavor with broth.) Brown onions in margarine and add paprika (red pepper). Add chicken, salt, pepper, and chicken broth. Cover and let simmer slowly until tender. Add more broth if you notice that it is cooking away. Remove chicken, and slowly add sour cream and cream of mushroom soup which have already been heated as a mixture. Thicken gravy with either flour and water paste, or with cornstarch. Place chicken back into gravy and let simmer until gravy is smooth. Serve over dumplings.

Dumplings

3 eggs, beaten
3 c. flour
1 T. salt
½ c. water

Mix all ingredients together and beat with a spoon. Drop batter by teaspoonfuls into boiling salted water. Cook ten minutes. Drain and rinse with cold water. (You may also use shells, or elbow macaroni in place of dumplings.) Enjoy!

Sr. Rose Margaret Kanski

IMPOSSIBLE BACON PIE

12 slices bacon, crisply fried and crumbled
1 c. shredded natural Swiss cheese (about 4 oz.)
⅓ c. chopped onion
2 c. milk
4 eggs
¼ tsp. salt
⅛ tsp. pepper

Heat oven to 400 F. Lightly grease pie plate (10 x 1½). Sprinkle bacon, cheese and onion in pie plate. Beat remaining ingredients until smooth, 15 seconds in blender or 1 minute hand beater. Pour into pie plate. Bake until golden brown and knife inserted halfway between center and edge comes out clean, 35 - 40 minutes. Let stand 5 minutes before cutting. (6 servings)

Sr. Rose Margaret Kanski

IMPOSSIBLE VEGETABLE PIE

2 c. chopped fresh broccoli or sliced fresh cauliflower
½ c. chopped onion
½ c. chopped green pepper
1 c. shredded cheddar cheese
1-½ c. milk
¾ c. Bisquick baking mix
3 eggs
1 tsp. salt
¼ tsp. pepper

Heat oven to 400 F. Lightly grease pie plate 10 x 1½). Heat one inch salted water (½ tsp. salt to 1 cup water) to boiling. Add broccoli. Cover and heat to boiling. Cook until almost tender, about 5 minutes. Drain thoroughly. Mix broccoli, onion, green pepper and cheese in pie plate. Beat remaining ingredients until smooth, 15 seconds in blender or 1 minute with hand beater. Pour into pie plate. Bake to golden brown and when knife inserted halfway between center and edge comes out clean, 35 to 40 minutes. Let stand for 5 minutes before cutting. (6 servings)

Note: 1 package (10 oz.) frozen chopped broccoli or cauliflower, thawed and drained, can be substituted for the fresh broccoli or cauliflower. Do not cook.

Sr. Rose Margaret Kanski

ITALIAN CHICKEN

5-6 (8-oz.) skinless chicken breasts
2 cans cream of mushroom soup
1 envelope Italian seasoned salad dressing mix
½ cup sour cream
1 small can mushrooms
cooked rice or noodles
salt
pepper

Salt and pepper chicken. Place chicken in crock pot and cover with cream soup. Sprinkle with soup mix. Cook until chicken is done. Add sour cream and mushrooms and stir to distribute. Serve over rice or noodles.

Yolanda Demcher

ITALIAN CHICKEN

Chicken breasts
Italian Shake n' Bake
Tomato sauce
Shredded mozzarella cheese

Coat chicken breasts in Shake n' Bake. Bake at 375 deg. F. for 20 minutes. Lightly pour tomato sauce and shredded mozzarella cheese over chicken. Bake for 10 minutes (until cheese is melted).

Karen Zarsky

KIELBASA WITH GOLDEN ONIONS AND APPLE

2 lbs. smoked Kielbasa (preferably beef and pork)
2 tblsp olive oil
3 large onions, chopped (6 cups)
½ tsp. salt
1 tsp. black pepper
½ stick (¼) cup unsalted butter
1 large Granny Smith apple
1¾ cups (14 oz.) reduced-sodium chicken broth

Cut kielbasa crosswise into 3-inch lengths. Lightly score each piece of sausage in several places with a sharp paring knife. Heat 1 tblsp. oil in a 12" heavy skillet over moderate heat until hot but not smoking, then brown half of sausage, turning occasionally, until golden brown, about 4 minutes. Transfer into a bowl and cover to keep warm. Pour off fat from skillet and wipe skillet clean. Add remaining sausage in same manner, transferring to bowl with cooked sausage. Wipe skillet clean again, then cook onions with salt and pepper in butter over moderate heat, stirring occasionally, until golden brown, 15-20 minutes. Meanwhile, peel, core and finely chop apple. Stir apple and broth into onion mixture and simmer briskly, uncovered, stirring occasionally, until apple is tender, 6-7 minutes. Add sausage and simmer, stirring until heated through, about 1 minute.

Irene Coan

How happy are those who have crossed the stormy sea of life and arrived safely to shore.

Blessed Josaphata

LASAGNA BOLOGNESE

White Sauce

¼ c. butter
¼ c. flour
2½ c. milk

To Make Bolognese sauce: In a saucepan heat the oil and fry the onion until soft. Stir in beef and cook, stirring until brown. Add the tomato purée, garlic, stock, wine, nutmeg, salt and pepper to taste; simmer the sauce over low heat - uncovered, for 20 minutes or until thick, occasionally stirring. Add the mushrooms and cook 10 minutes longer. Cook lasagna noodles and drain. Make the white sauce and season. Butter a lasagna dish, spoon in a layer of Bolognese sauce and cover with alternate layers of strips of lasagna and white sauce until all ingredients are used, ending with the white sauce. Sprinkle with Parmesan cheese and bake at 375 for 15 - 20 minutes.

Bolognese Sauce

3 tbsp. oil
1 med. onion chopped
1 lb. ground beef
4 tbsp. tomato purée
1 clove garlic, crushed
½ c. stock
½ c. red wine
1 (¼ lb) c. chopped mushrooms

Tanya M. Schneider

LASAGNE

1½ lbs. lean ground beef
1 c. diced onions
1 garlic clove, minced
1 can Italian tomatoes, diced (19 oz.)
1 can tomato sauce
1 can tomato paste
2 T. Worcestershire sauce
1 tsp. sugar
salt & pepper
1 tsp. basil
1 tsp. oregano
¾ c. water
Lasagne noodles (Catelli - no bake lasagne noodles)
2 c. ricotta cheese
2 c. shredded mozzarella cheese
½ c. grated Parmesan cheese

Brown beef, onions and garlic. Drain off fat. Add tomatoes, tomato sauce, paste, Worcestershire sauce, sugar and seasonings. Cover and simmer for 1 hour. Add the water to the sauce. Spray a 9 x 13 " pan with cooking spray. Put a light layer of sauce on the bottom. Cover with 1 layer of the no-bake noodles. Put another layer of sauce on the noodles. Layer the ricotta cheese and ½ c. of the mozzarella cheese. Repeat layers of noodles and sauce. Make sure the top layer has some sauce (enough to lightly cover all the no-bake noodles) and top off with the rest of the mozzarella cheese and Parmesan. Lightly cover with foil and bake at 350 deg. F. for 40 minutes. Let sit 10 minutes before serving.

Karen Zarsky

LAZY HOLOPTSI

1 head cabbage
6 med. onions
3 cups rice
1 can tomato soup
1 cup water
¾ cup margarine
salt and pepper to taste

Wash rice, cover with water, add salt and pepper and bring to a boil. Remove from stove, cover with lid and let stand 20 minutes. Shred whole cabbage and slice onions thin. In a small roaster or casserole, put a layer of half of the shredded cabbage, then a layer of half the sliced onions, then all the rice. On top, place in layers the remaining cabbage and onions. Mix in a bowl, the tomato soup, water and margarine and pour over the cabbage and rice and cover. Bake in 325 deg. oven for 40 minutes.

Sr. Bernard, SSMI

LEFTOVER CHICKEN OR TURKEY CASSEROLE

leftover chicken or turkey, diced
1 (10¾-oz.) can Cream of Mushroom soup
1 (10¾-oz.) can Chicken Noodle soup
1 (5-oz.) can Carnation Evaporated Milk
1 (3-oz.) can Chow-Mein Noodles

Pour mushroom soup into glass casserole. Add milk and mix. Add milk and chicken noodle soup and mix together. Fold in chow-mein noodles. Cover and bake at 350 degrees F. for about 1 hour.

Anna Stanowicki

LIVER AND ONION PATTIES

beef or pork liver
10 soda crackers finely ground
1 med. onion
2 eggs
½ cup milk
1 tsp. salt

Cover liver with boiling water and let stand for 10 minutes. Grind liver, crackers and onion finely. Add slightly-beaten eggs, milk and seasonings. Drop by tablespoon into hot fat. Flatten with a spatula and fry each side until brown and crisp.

Sr. Olympiada,SSMI

MACARONI CASSEROLE

¼ lb. dried beef, chopped
2 cans cream of mushroom soup
2 can macaroni, raw
1 c. grated mild cheese
1 sm. onion chopped
1 pt. milk
4 hard-boiled eggs, chopped

Mix above ingredients. Pour into a grease casserole. Put into refrigerator overnight. Bake in a 325 degrees for 1 hour and 15 minutes without a lid.

Kay Duda Lesagonicz
Sr. Bernitta's sister

MARINATED PORK TENDERLOIN

2 large cloves of garlic sliced thinly
1 large piece of ginger sliced thinly
½ cup red wine
4 T. olive oil
¼ cup dark soy sauce
pork tenderloin

Put above ingredients in a plastic bag. Tie bag closed. Marinate at least 1 hour. Grill until bare pink. Remove to a plate and tent with foil for 10 minutes. Slice on the diagonal. Add more garlic or ginger to taste. Increase amount of marinate depending on amount of meat.

Barbara Harpiak

MEAT SAUCE

¼ lb. (1 stick) melted margarine)
2-3 T. brown sugar
½ c. ketchup

Mix all ingredients and heat. Do not bring to a boil.

Eleanore Strencosky

MEATBALLS - RUSSIAN STYLE

Meatballs

2½ lb. chopped beef or veal
½ lb. ground lean pork
2¼ c. corn flakes - rolled fine
1 c. milk
2 eggs slightly beaten
1 tsp. salt
¼ tsp. pepper
½ tsp. grated lemon rind
¼ tsp. nutmeg

Gravy:

3 c. (or more) of thinly sliced onions
1 c. sour cream
2 tbsp. flour
1 can beef broth/ consomme(or beef bouillon cubes in 2 cups of water)
¼ c. vermouth (optional)

Mix all meatball ingredients well. Allow this mixture to stand about one hour and then shape into small balls. Fry meatballs until browned and cooked through. Remove meatballs from the pan - set aside. Add onions to the pan and cook about 20 minutes. Remove from pan and add the sour cream to the drippings in the pan. Thicken with the flour mixed with the can of beef broth/consomme. Cook until blended. Add the meat balls and fried onions into the gravy. Bring to a slow boil. At the last minute, stir in the vermouth (optional) - it brings up the flavor.

Marion C. Hrubec

ONION STUFFED HOT PEPPER CHICKEN

1 large onion, peeled and sliced
1 T. plus 1 tsp. olive oil, divided
1 tsp. salt
2 jalapeño peppers
½ bell pepper
2 T. fresh parsley, finely chopped
4 med. skinless boneless chicken breasts

In a nonstick skillet, sauté 1 large onion, peeled and sliced in 1 teaspoon olive oil and 1 teaspoon salt for 5 minutes and remove from heat. Dice both jalapeño and bell peppers. Discard the seeds from 1 jalapeño, but include the seeds from the other. Stir the diced peppers and 2 tablespoons freshly chopped parsley into the onions. Divide the mixture among the 4 boneless chicken breasts that have been cut on the side to form pockets. Stuff mixture into pockets cut in the chicken. In a nonstick skillet, heat 1 tablespoon olive oil (you may need more olive oil). Add chicken and cook 20 minutes or until done, turning once.

Katy Watson

OVEN FRIED CHICKEN

9 lbs. + 6 oz. chicken
8 oz. flour
1 T. salt
1 tsp. pepper
½ tsp. garlic powder (optional)
¼ c. egg
1½ c. milk
1 tsp. salt
1 lb. dry bread crumbs
2 tsp. paprika
8 oz. melted margarine

Wash chicken, drain and dry (you can use chicken legs, thighs, halves, quarters or breast). Mix flour and seasonings. Place in shallow pan. Dredge chicken in seasoned flour. Shake off excess. Mix egg, milk and salt. Place in shallow pan. Lay wire rack across one end of pan. Dip floured chicken in egg batter. Let drain on rack so excess drops back into pan (I skip the wire rack process). Mix crumbs and paprika. Place in shallow pan. Coat drained chicken lightly with crumbs. Shake off excess crumbs. Place breaded chicken on a greased baking pan, skin side up (I have used "skinless" chicken pieces..just place pieces on greased pan or on parchment paper and bake). Brush top of chicken with margarine, or drizzle over each piece. Bake at 325 F. in a convection oven for one hour or until golden brown and done; or in a 400 F. conventional oven for one hour and 20 min. or until golden brown and done. Makes 25 servings.

Marion C. Hrubec

PAPRIKA CHICKEN

1 tblsp margarine or more
4 chicken breasts - boneless/ skinless
2 cans cream of mushroom soup
2 tsp. paprika
⅛ tsp. ground red pepper
⅓ cup sour cream or plain yogurt

In skillet brown chicken in margarine. Remove from skillet and set aside. In same skillet, combine soup, paprika and ground red pepper. Heat to boiling. Return chicken to skillet. Cover and cook over low heat 5 minutes or until chicken is no longer pink - stirring often. Stir in sour cream - heat through. Serve over noodles or rice.

Rev. Peter Waslo

PARMESAN CHICKEN

¼ cup fine dry bread crumbs
4 T. grated Parmesan cheese
¼ tsp. oregano leaves, crushed
dash of garlic powder
dash of pepper
2 lbs. chicken parts
1 can Campbell's Cream of Chicken Soup
½ cup milk
paprika

Combine crumbs, 2 tablespoons of Parmesan cheese, oregano, garlic and pepper. Roll chicken in mixture. Arrange in 2 quart shallow baking dish (12 x 8 x 2). Bake at 400 deg. for 20 minutes. Turn chicken. Bake 20 minutes more. Meanwhile blend soup and milk and pour over chicken. Sprinkle with paprika and remaining Parmesan cheese. Bake 20 minutes more or until done. Arrange chicken on platter. Stir sauce. Serve with chicken. Makes 4 servings.

PIZZA STYLE SPAGHETTI

1 lb. thin spaghetti
1 cup milk
2 eggs
2 jars spaghetti sauce or your own home made
1½ cup thin sliced pepperoni
2 cup shredded cheddar or mozzarella cheese

Cook spaghetti until tender. Drain, add milk, eggs and mix well. Spread in 11" x 18" greased jelly roll pan. Top with spaghetti sauce. Bake in 350 degrees for 20 minutes. Remove from oven. Spread pepperoni and cheddar cheese over top. Return to oven until cheese bubbles. Let rest for 5 minutes. Serve in squares. Serves 18. Requires a lot of sauce.

POPPY SEED CHICKEN

6 to 8 chicken breasts
1½ pts. sour cream
2 cans Cream of Chicken soup
salt and pepper
¼ cup sherry (optional)
Ritz crackers, crumbled
Poppy seeds
6 T. butter, melted

Either boil or bake chicken and pull white meat apart. In a 2 quart casserole dish, put layer of chopped chicken. Mix soup, sour cream and sherry. Sprinkle with salt and pepper. Pour mixture over chicken. Top with cracker crumbs, mixed with poppy seeds. Pour melted butter over crumbs. Bake at 350 deg. for 30 minutes.

Kathy Siegel

PORTOBELLO ALFREDO

12 oz. Fettuccini
6 oz. Portobello Mushrooms
½ cup butter
3 garlic cloves
1 cup whipping cream
1 cup milk
1 tsp. black pepper
½ tsp. salt
2 tblsp parsley
1 cup shredded Parmesan cheese

Remove gills from mushrooms (they will turn the sauce brown if you leave them in). Chop the mushrooms and garlic. Sauté in butter 5-6 minutes until tender. Add cream and milk. Bring to a boil and simmer 10 minutes. Stir in cheese. Cook pasta according to directions on the package. Toss pasta with the sauce. *VARIATION: Add cooked chicken.

John Drozd

POTATO CASSEROLE

2 lbs. hash brown potatoes (thaw 30 min. before)
½ cup diced onions
1 can Cream of Chicken Soup (undiluted)
1 lb. carton sour cream
1 stick margarine (melted)
1 can Cheddar Cheese soup (undiluted)
salt and pepper to taste

Mix above ingredients. Cover with crushed chips. Bake in 13 x 9 glass dish at 375 deg. about 1 hour or until brown.

JoAnne Prevost

POTATO PANCAKES

4 large potatoes (you can grate or put in blender)
1 med. onion
1 tsp. salt
1 egg
½ cup milk
2 or 3 heaping T. flour
shortening for frying

Peel potatoes, grate or blend in blender with onion, salt, milk, egg and add flour in the end. Drop by tablespoonfuls into hot shortening in skillet. Brown on both sides. Makes 6 servings. Serve with sour cream or applesauce.

Pearl Morkiewicz

POTATO PANCAKES

5 lb. all-purpose potatoes
5 cup flour
1 doz. eggs
5 T. vegetable oil
3 tsp. baking soda
dash salt & pepper
vegetable oil for the grill

Peel and grated the potatoes. Drain well. Beat eggs. Mix in all ingredients. Pour batter onto greased grill about 3" diameter in size. Fry each until golden brown. Makes 40 servings.

Sr.Mary Ann Botsko, SSMI

RICE PILAFF

3 c. rise
¼ lb. butter
3 c. chicken or beef broth
salt and pepper to taste

Melt butter in heavy skillet, add dry rice. Braise well until butter begins to bubble. Add broth and seasoning. Stir well, and bake in oven 375 - 400 degrees for 30 minutes. Remove from oven stir well and bake again for 10 minutes.

Kathryn D. Stone

RICE RAISINS SAUERKRAUT

2 cup rice
1 cup sugar
1 cup raisins
1½ tsp. salt
1 lb. bacon
1 pt sauerkraut drained

Cut bacon into strips, fry and drain. Add all other ingredients, cover with water and bring to a boil. Simmer for 20 minutes. Put into greased baking dish, add about ¾ to 1 cup water and bake at 350 for 1½ to 2 hours. If it gets dry add water.

Margie Koffler

SALSA CHICKEN AND RICE

4 chicken breasts
1 tsp. garlic salt
1 tsp. chili powder
1 cup rice
16 oz. jar salsa
1 cup water
⅓ cup Monterey Jack cheese (shredded)

Sprinkle chicken with garlic salt and chili powder. Combine rice, salsa and water in baking dish and mix well. Arrange chicken breasts over rice. Cover dish with foil. Bake at 375 deg. for 25 minutes. Remove foil and bake another 15 minutes or until chicken is tender and water absorbed. Sprinkle with shredded Monterey Jack cheese and serve.

Patricia McKenzie

SALSA PIZZA

1 large and 1 small Grands Biscuits
1 16 oz. jar salsa

Topping:

½ cup chopped green pepper
½ cup chopped green onion
⅔ cup chopped black olives
2 tbsp. melted butter
12 oz. pkg. Monterey Jack cheese

Cut biscuits into eights. Place in a bowl with salsa. Put in a 9 x 13 pan. Mix the ingredients for the topping and spread the mixed topping on top of biscuits mixed with salsa. Bake at 350 deg. for 35-45 minutes.

Patricia McKenzie

SEASONED RICE

2 c. water
1 cube chicken bouillon
1 bay leaf
1 boutique parsley
1 tbsp. salt pinch pepper.
pinch of pepper
1 tbsp. butter
1 c. raw, long grained rice

Bring all the ingredients above, except the rice to a boil in heavy saucepan. Lower heat, add rice and stir with fork. simmer, covered over low heat for 25 minutes, stirring with the fork 3-4 times during cooking. When the rice is cooked, remove the bay leaf and parsley. Place a sheet of paper towel over the rice, cover and keep warm over a double boiler or in a warm oven. Place the rice on warm dinner plates and ladle the some tomatoes sauce over. Garnish with chopped parsley.

SENSATIONAL CINNAMON ROLLS

2 (8-oz.) can refrigerated crescent rolls
6 tbs. butter softened
⅓ cup firmly packed brown sugar
¼ cup chopped pecans
1 tbs. sugar
1 heaping tsp. ground cinnamon
⅔ cup powdered sugar
1 tbs. half and half
¼ tsp. almond extract
⅛ tsp. salt

Unroll crescent rolls and separate each dough portion along center perforation to form 4 rectangles. Press diagonal perforations to seal. Stir together butter, brown sugar, chopped pecans and regular sugar. Spread evenly over one side of each rectangle. Roll up jellyroll style, starting with the long side. Place unbaked rolls on a baking sheet and freeze for 10 minutes (this will make slicing easier). After removing, gently cut each log into 6 (1-inch thick) slices, using a serrated knife. Place rolls ¼ inch apart onto 2 (8inch) greased cake pans. Bake at 375 for 15 to 18 minutes or until golden brown. Cool 5 minutes. Meanwhile, stir together powdered sugar, cinnamon, half and half, almond extract and salt. Drizzle over warm rolls and serve. Makes 2 dozen rolls

Karen Watson

SESAME CHICKEN STRIPS

1 lb. boneless chicken
3 T. butter
1 T. Soy sauce
1 c. sesame snack crackers(crushed)
1 tsp. ginger
¼ tsp. salt

Cut chicken into 1'" strips. Combine butter and soy sauce. in another bowl, combine crackers crumbs, ginger and salt. Dip chicken in butter than roll in crumbs. Place in a single layer on a greased baking sheet. Bake at 450 degrees for 10 minutes.

Sr.Kathleen, SSMI

SHRIMP-MUSHROOM-ARTICHOKE CASSEROLE

2½ tbsp. butter
½ lb. fresh mushrooms
¾ lb. frozen shrimp - cooked
1 can artichoke hearts
4½ tbsp. butter
4½ tbsp. flour
¾ cup milk
¾ cup whipping cream
½ cup dry sherry
1 tbsp. Worcestershire
½ cup Parmesan cheese
salt and pepper to taste
paprika

Melt butter and sauté mushroom. Place in 2 quart casserole, 1 layer each of artichoke, shrimp and mushrooms. Melt 4½ tablespoon butter, add flour, stirring with wire whisk, then milk and cream. Stir and cook till thickened. Add sherry, Worcestershire, salt and pepper. Pour sauce over layered ingredients. Sprinkle with grated cheese, then paprika. Bake 30 minutes in 350 degrees oven. Serve over rice. (¼ pound crab can also be added for heartier dish). Serves 6.

Mary Milewski

SLOW COOKER STEAK

1½-2 lbs. Sirloin Steak
2 tblsp cooking oil
¼ cup soy sauce
1 onion, chopped
1 garlic clove
1 tsp. sugar
½ tsp. salt
¼ tsp. pepper
¼ tsp. ground ginger
1 (16-oz.) can chopped tomatoes with liquid
2 large green peppers in strips
Optional: ½ cup cold water and 1 tblsp. cornstarch

Brown beef in oil. Put in slow cooker. Combine next 7 ingredients. Pour over beef. Cook on low 5-6 hours. Add tomatoes and peppers. Cook on low 1 hour. Mix water and cornstarch. Add to above and cook on high until thickened. Serve over noodles or rice.

Mary Stefaniak

SPARE RIBS-BARBECUE SAUCE

1 c. vinegar (apple cider)
2 tbs sugar
2 tbs Worcester sauce
½ c. catchup
1 tsp. salt
1 tsp. dry mustard
1 tsp. paprika
¼ tsp. pepper
1 clove minced garlic
2 lb. spare ribs

Boil spare ribs until cooked trough. Combine the rest of the ingredients in a sauce pan and simmer for 15 minutes. Brush sauce on to cooked ribs. Bake, broil on grill brushing sauce on ribs frequently. Cook until ribs are nicely browned.

Vera Glowa

STEAK AND POTATO CASSEROLE

½ cup Bisquick (or flour)
½ tsp. cinnamon (omit if desired)
1 tbsp. brown sugar (omit if desired)
1. 5 lb. steak cut in bite size
4 tbsp. butter
½ cup onions
4 medium potatoes, cut in four or quarters
some garlic
1 large can tomato sauce

Mix cinnamon, brown sugar and Bisquick, coat the meat cubes. Melt butter in sauce pan, add garlic, onions and meat. Cook until meat is brown. Place potatoes in a pan and pour contents in sauce pan over potatoes. Pour tomato sauce over potatoes and meat. Cover pan with aluminum foil. Bake at 350 deg. for 90 minutes. Sprinkle a little cheese if desired

Mary Sweryda
Sr. Juliette's sister

STUFFED PEPPER

8 slices white bread torn into small pieces
½ c. sherry
12 med. green pepper
1 lb. bulk pork sausage
¼ tsp. pepper
3 dash hot pepper sauce
1 (10¾-oz.) can cream celery soup
1 lb. halibut or haddock creaked, seasoned an flaked
fine dry bead crumbs, buttered

Sprinkle bread with sherry. Set aside. Slice tops from pepper and remove seeds. Plunge peppers in boiling water about 5 minutes until slightly limp drain. Cook sausage until brown, drain. Add bread, seasoning and celery soup, gently stir in fish. Spoon mixture into hallow peppers, Top with bread crumbs. Bake in preheated 350 degrees oven about 20-30 minutes or until crumbs are brown.

THREE MEAT QUICHE

¼ large onion, finely chopped
6 med. mushrooms caps, chopped
2 scallions, chopped
¼ tsp. minced garlic (season to taste)
3 eggs
1 cup milk
1 T. flour
1⅓ cups shredded Colby & Monterey cheese
4 slices fried bacon, crumbled
2 fried sausages patties, crumbled
3 thin slices of ham, finely chopped

Mix milk and flour. Beat eggs. Fold together, milk and flour, eggs and cheese. Fold in meats, and sautéed scallions, onion, finely minced garlic and mushrooms. Pour into a 9 inch deep dish pie shell. Bake in pre-heated oven at 325 deg. for 45 to 60 minutes or until done (oven temps vary). During last few minutes of cooking, cover edges of pie crust with aluminum foil to prevent burning. Insert tooth pick in center, pie is done if tooth pick comes out clean.

Jim Stafford

TOMATOES CHEESE RICE

1 (16-oz.) can stewed tomatoes.
⅓ c. water
2 tbsp. butter or margarine
1½ c. minute rice
¼ c. grated Parmesan cheese.

Combine tomatoes, water, butter or margarine in saucepan; bring to a boil, Stir in rice. Cover remove from heat and let stand for 5 minutes. Stir in cheese. Makes 3½ cups or 6 servings.

TUNA AND NOODLE CASSEROLE

1 large can tuna
1 can Cream of Mushroom soup
1-8 oz. pkg. noodles
1 can mixed veggies
2 cups milk
1 egg
salt and pepper to taste

Boil noodles until tender. Drain veggies, mix into casserole with noodles. Add salt and pepper. Beat egg, add soup and mix. Add milk and mix with the veggies and noodles. Bake at 350 deg. for 20 minutes covered. Uncover and bake for another 10 minutes. For change you can top with cheese or bread crumbs before baking.

Helen Symionow

TUNA FLORENTINE

1 pkg. frozen chopped spinach
1 T. chopped onions
1 can tuna, drained
3 hard-cooked eggs
1 can cream of mushroom soup
1 c. sour cream
2 T. melted butter or oleo
2 slices bread, cubed

Squeeze spinach to remove excess liquid. Spread evenly in a greased casserole. Sprinkle with onion, tuna and chopped eggs. Mix mushroom and sour cream. Pour soup mixture over egg layer. Mix melted butter with cube bread; sprinkle over top of casserole. Bake in a 350 deg oven fro 30-35 minutes or until golden and bubbly.

Kay Duda Lesagonicz
Sr.Bernitta's sister

TUNA NOODLE CASSEROLE

2½ cups dry medium noodles
1 cup frozen peas
1 can condensed cream of chicken soup
½ cup milk
1 can tuna (6.5 oz.) drained
1 cup shredded cheddar cheese

Prepare noodles according to the package directions, adding peas at the last 5 minutes of cooking time, then drain water. In 8 cup casserole dish, combine soup, milk, tuna and ¾ cup of cheese. Stir in noodles and peas. Top with remaining cheese and sprinkle with paprika. Preheat oven to 400 deg. Bake casserole for 20 to 25 minutes. Let rest 5 minutes before serving.

Janet Lucas

TUNA NOODLE COMBO

1 can Campbell's Cream of Celery Soup
½ cup sour cream
½ cup milk
1-7 oz. can tuna, drained and flaked
2 T. chopped parsley
2 T. chopped pimento
¼ tsp. salt
dash of pepper
2 cups cooked noodles
2 T. buttered bread crumbs

In 1½ quart casserole combine soup and sour cream. Stir in milk. Add tuna, parley, pimento, seasonings and noodles. Bake at 400 deg. for 25 minutes or until hot. Stir. Top with bread crumbs. Bake 5 minutes more. Makes about 4 cups.

TUNA VEGETABLE SOUFFLÉ

1 package frozen mixed vegetable- cooked and drained
¼ c. chopped green pepper
2 tbsp. chopped pimiento
1 tbsp. minced onion
2 can Tuna-drained and flaked
Instant mashed potatoes
½ c. mayonnaise - Hellmann's preferred
4 eggs separated.

Combine first 5 ingredients in a large bowl. Prepare 4 servings of instant mashed potatoes, omitting the butter from the box instructions. Fold in the Mayonnaise. Add egg yolks, one at a time; beat until fluffy. Stir into vegetable mixture. Beat egg whites until stiff and fold in. Pour into a greased 1 ½ quart casserole. Bake in a moderate oven (350) for 1 hour or until knife comes out clean. Serve at once. Serves 6.

Marion C. Hrubec

TURNIP CASSEROLE

2 tbs. butter
1½ cup chopped green pepper
1½ cup finely chopped onion
1 tbs. flour
1 tsp. salt
¼ tsp. pepper
½ cup chili sauce or mild taco sauce
¼ cup water
4 cups ¾ in. cubes turnip - cooked
½ cup grated Gruyere cheese

Heat oven to 350. Butter 8 cup casserole. Heat 2 tbs. butter in medium saucepan. Add green pepper and onion and cook gently until onion is very lightly browned, stirring. Sprinkle in flour, salt and pepper and stir to blend. Remove from heat and add chili sauce and water. Stir to blend. Return to moderate heat and cook until thickened, stirring constantly. Stir in cooked turnip. Pour into prepared casserole. Sprinkle with cheese. (Also layer cheese with turnips for a cheesier casserole). Bake for about 20 minutes or until cheese is melted and mixture is very hot.

Marion C. Hrubec

Breads & Rolls

"In all my needs, I want only that which Your Most Holy Heart desires."

Bl. Josaphata.

Helpful Hints

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

BREADS & ROLLS

BABKA

(Sweet Egg Bread)

2 oz. fresh yeast (or 2 pkgs. powdered yeast)
1 tsp. sugar
2 tbs flour
½ cup sugar
4 cups unsifted flour
1 tsp. salt
½ cup milk
10 egg yolks
½ cup milk
1 tsp. vanilla
¼ lb. butter
1 cup raisins
1 lemon (grated rind)

Combine flour, sugar and yeast in warm milk. Leave in warm place to rise. Beat yolks of eggs, add sugar beating to blend. Stir in yeast mixture, flour, salt, vanilla, warm milk and melted but not hot butter. Leave in warm place to rise until twice the bulk. Knead dough 20-30 minutes adding raisins and lemon rind. Shape in loaf and place to rise until increased bulk. Bake at 300 for 40 minutes. Decrease to 275 for 20 minutes in greased pan

Sr. Michele's father

BANANA NUT BREAD

1 stick oleo, melted
1 cup sugar
2 eggs
2 bananas, mashed
1½ cup self-rising flour
¼ tsp. baking soda
1 cup nuts (optional)
1 tsp. vanilla (optional)

Mix all ingredients together and bake at 350 deg. for 1 hour or until done. (Doubled recipe makes 5 mini loaf pans)

Carol Lear

BISCUITS

2 cups self rising flour
3 T. Crisco
¾ cup milk (buttermilk or whole)

Cut Crisco into flour. Add milk and roll into balls. Bake at 475 deg. for 10 to 15 minutes or until lightly brown.

Sandra Evans

909498-08

BRAN MUFFINS

2½ c. flour
2 tsp. baking soda
¼ tsp. salt
½ c. sugar
2 c. 100% bran
2 eggs
1 c. oil
2 c. buttermilk

Sift dry ingredients together. Mix eggs, oil, buttermilk beat well in separate bowl. then add this to the dry ingredients. Stir until all is mixed well. Bake at 350 degrees for 25-30 minutes. Makes 12 muffins, 16 oz. scoop.

Sr. Andronica Annie Spilchuk, SSMI
Canada

BREAKFAST CASSEROLE

2 cans crescent rolls
1-16 oz. sausage, browned and drained
1 cup cheddar cheese
4 or 5 eggs
⅓ cup milk
2 T. butter, melted

Put one can unrolled crescent rolls on bottom of 9 x 13 dish. Layer sausage, cheese and egg mixture (eggs and milk beaten together). Top with other can of crescents, then melted butter on top. Bake at 325 deg. for 45 minutes and check for doneness in center.

Kathy Siegel

BREAKFAST CINNAMON PULL-APARTS

6 T. melted Butter
½ c. sugar
1 T. cinnamon
18 frozen bread dough buns
⅓ c. corn syrup

Stir sugar and cinnamon in small bowl. Dip frozen dough buns into butter. Roll into sugar mixture. Place in greased bundt pan. Mix corn syrup with remaining butter. Drizzle over top of buns. Cover with damp tea towel. Let stand on counter to rise for 6-8 hours or overnight. Bake at 350 deg. F. for 30 minutes. Let stand 5 minutes. Flip out onto plate & serve.

Karen Zarsky

COFFEE BREAK BREADS

1 c. water
½ c. butter or margarine
1 tsp. sugar
¼ tsp. salt
1 c. flour
4 eggs
½ c. golden raisins(plumped)

Combine water butter, sugar and salt in saucepan bring to boil. Add flour all at once, then over low heat beat with wooden spoon about 1 minute or until mixtures leaves sides of pan and form a smooth thick dough. Remove from heat. Continue beating about 2 minutes to cool slightly. Add eggs one at time beating after each until mixture has satiny shine. Stir in raisins. Drop heaping measuring tablespoon about 2 inches apart on greased baking sheet. Bake in preheated at 375 degrees oven for 30 - 35 minutes or until doubled. Golden and firm. Remove to wire rack to cool slightly. While still warm gently spread frosting over tops and sides. Makes 20 breads.

(Note, to plump raisins, cover with hot water and let stand 5 minutes and drain well.)

Lemon Frosting:

1 tbs butter or margarine
1½ tbs heavy cream
1 c. confectioners sugar
½ tsp. lemon juice

Melt butter or margarine stir in heavy cream. Remove from heat stir confectioners sugar till smooth stirring ½ teaspoon each lemon juice and vanilla. Add more cream if necessary to make of spreading consistency.

Vera Glowa

COFFEE CAN BREAD

1½ cups sugar
½ cup vegetable oil
3 eggs
1⅔ cups flour
1 tsp. baking soda
1 tsp. baking powder
1 tsp. nutmeg
1 tsp. cinnamon
1 cup pumpkin
1 cup raisins
1 cup nuts

Mix together, sugar, vegetable oil and eggs and set aside. Then mix together the flour, baking soda, baking powder, nutmeg and cinnamon and add to the above mixture. Then add the pumpkin, raisins and nuts. Spray 2 coffee cans with Pam and divide the batter. Bake at 325 deg. for approx. 1½ hours or until done.

Jo Ann Ferguson

COFFEE CAN BREAD

1½ c. brown sugar
½ c. oil
3 eggs mix together and set aside
1⅔ c. flour
1 tsp. baking soda
1 tsp. baking powder
1 tsp. nutmeg
1 tsp. cinnamon

Mix together and add to the above mixture 1 c. pumpkin, 1 c. raisins, 1 c. nuts spray 2 coffee cans with PAM and divide the batter. Bake at 325 for approximately 1½ hours or until done.

Joann/ Sr. Bernardine

CRANBERRY PUMPKIN BREAD

3¾ c. all-purpose flour
3 c. sugar
4 tsp. pumpkin pie spice
2 tsp. baking soda
1 tsp. salt
4 eggs
1 (15-oz.) can solid pack pumpkin
½ c. vegetable oil
2 c. fresh or frozen cranberries, thawed
1 c. chopped walnuts

In a large bowl, combine the flour, sugar, pumpkin pie spice, baking soda and salt. In another bowl, beat the eggs, pumpkin and oil; stir into dry ingredients just until moistened. Fold in cranberries and walnuts. Spoon into two greased 9" x 5" x 3" loaf pans. Bake at 350 degrees for 70-80 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing form pans to wire racks to cool completely. Yield: 2 loaves.

CREAM BISCUITS

2 cups flour
1 tsp. salt
2 tsp. sugar
1 T. baking powder
1½ cups heavy cream

Preheat oven at 425 deg. Combine flour, salt, sugar and baking powder. Add cream. Incorporate and knead a few times. Roll out dough with rolling pin and cut with biscuit cutter. Dip biscuit in already melted butter and place on ungreased baking sheet and bake until golden, approximately 15 minutes. Enjoy, Bon Appetit !

Ada Ruiz

EASTERN EUROPEAN CHEESE BANIK

Dough:

1-16 oz. box Hot Roll Mix

Follow directions for "Pizza Recipe" (usually located on the box side panel). Or use your favorite bread dough recipe. Pat dough into a large rectangular cookie sheet forming "sides" all around the dough. Rub olive oil over the dough and then add the following.

Topping:

4 eggs, beaten
⅓ cup milk
garlic salt (or garlic powder)
8 oz. grated Cooper Sharp Cheese

Beat eggs with milk and pour over the dough and sprinkle the salt over the egg mixture. Top with grated Cooper Sharp Cheese. Bake in a 350 deg. oven for 25 to 30 minutes. When baked, rub butter over the entire surface. This is excellent with any meal, as an appetizer or snack.

Dr. Barbara Yastichock Lutz

FABULOUS CORN BREAD

2 eggs
¾ cup sugar
2 cups Bisquick
1 cup cornmeal
3 tbsp. melted butter
1½ cup evaporated milk
1 tsp. salt

Beat eggs and sugar. Add remaining ingredients and beat until blended, Pour into greased 9 x 9 pan. Bake at 400 degrees fro 25-30 minutes.

Sue Butler

My attention should be focused on God as if there is nothing on earth only God and me.

Blessed Josaphata

HORN ROLLS

1 cup scalded milk
¾ tsp. salt
½ cup sugar
½ cup shortening
1 pkg. yeast, softened in
¼ cup warm water
3½ to 4½ cups flour
3 egg yolks

Mix well salt, shortening, sugar into the milk. When cools to lukewarm, add yeast mixture and 1½ cups of flour. Beat well and let rise about 1 hour. Add egg yolks and remaining flour. Knead lightly. Let rise until double in bulk. Roll dough to ½ inch thickness. Cut in pie-like (triangular) pieces and roll into crescent shape. (If desired, spread with nut filling). Place on greased pan and let rise again. Bake about 20 minutes at 350 degrees F.

*NOTE: This dough can also be used to make nut rolls.

Missionary Sisters of the Mother of God

HORN ROLLS NUT FILLING

¼ lb. butter
2 cups nuts (chopped)
2 eggs
½ cup regular sugar
½ cup brown sugar
1 tsp. lemon juice
1 tsp. lemon rind
¼ cup coconut (if desired)
¾ cup milk

Melt butter and add sugar, brown sugar. Beat eggs and add to mixture. Add nuts, lemon juice, lemon rind and, if desired, coconut. Mix well. Pour mixture into pot and add milk. Cook slowly until thick enough to spread. Cut triangular pieces and roll into crescent shape. (If desired, spread with nut filling). Place on greased pan and let rise again. Bake about 20 minutes at 350 degrees F.

Missionary Sisters of the Mother of God

IRISH SODA BREAD

½ stick margarine
3 cups flour
½ cup sugar
2 eggs
1 tsp. baking soda
1 tsp. baking powder
pinch salt
1¾ cups buttermilk
½ tsp. caraway seeds
1 cup raisins

Mix margarine and eggs together. Add salt, sugar, sifted flour, baking soda and baking powder. Add buttermilk to flour and gently mix with egg mixture. Add raisins and caraway seeds. Bake in round cake tin 8" at 350 for ½ hour and 325 for about 45 minutes. When removing from oven brush margarine over the top.

Gladys Moore

IRISH SODA BREAD

3½ c. flour
¼ c. sugar
4½ tsp. baking powder
½ tsp. baking soda
¾ tsp. salt
1 c. raisins
1 egg
1½ c. buttermilk

Flour hand and begin to mix first six ingredients together. Make a well and drop egg and buttermilk in the center. Mix from the center out making dough into a ball. Form the dough into a low mound and place in cast iron skillet or heavy cookie sheet or pan. Make a cross in the dough with the knife; sharp side up. Bake at 350 degrees for the first ½ hour then reduce heat to 250 degrees for the second ½ hour. Serve with butter or margarine.

JANA'S ZUCCHINI BREAD

2 c. grated zucchini
1¼ c. oil
2 c. sugar
½ tsp. baking soda
1 tsp. vanilla
1½ tsp. nutmeg
3 eggs (well beaten)
3 c. flour
1 tsp. baking powder
1 c. chopped nuts
3 tsp. cinnamon
1 box instant lemon pudding

Beat eggs well, add other ingredients. Bake at 350 degrees for 1 hour. Makes 2 loafs.

Irene Kwiatkowski

OLD FASHIONED BATTER BREAD WITH CINNAMON BUTTER

1 cup sugar
4 tbs butter softened
2½ cups sifted all-purpose flour
2 tsp. baking powder
2 eggs beaten
1 cup milk
1 tsp. vanilla
2 tbs butter melted for topping
1 tsp. cinnamon
1 tsp. sugar

Beat butter until smooth, slowly add sugar and cream well. Sift flour and baking powder together and add slowly to butter/sugar mixture. Beat eggs and mix with milk and vanilla. Add slowly to flour mixture and mix with wood spoon until well blended. Spoon into a greased and floured loaf pan. Cut through the center of the loaf with a knife. Pour melted butter into the slit and sprinkle the entire loaf top with the cinnamon/sugar mixture. Bake at 350 for 50-60 minutes. Delicious sliced and spread with cinnamon butter. Cinnamon Butter: ½ lb. of butter, softened and beat well then add the following mixture and whip well: 1¾ cups Confectioners sugar, 2 tbs. cinnamon, 1 tbs. of brown sugar. Yield 1 lb. Use on bread, toast, scones, pancakes and waffles.

Dr. Barbara Yastishock Lutz

PEAR STRUDEL MUFFINS

1½ cups flour
2 tsp. baking powder
½ tsp. salt
4 tblsp margarine soft
⅓ cup sugar
1 egg
1 tsp. vanilla
½ cup milk
1½ cups diced pears
topping
2 tblsp margarine melted
2 tblsp brown sugar
¼ tsp. cinnamon

Mix together and place in muffin pan lined with paper liners. Mix the melted margarine, brown sugar and cinnamon and pour over top of muffins. Bake at 400 F. for 20 to 25 minutes.

Anna Drozd

PECAN SHORT BREAD

1¼ c. all-purpose flour
3 tbsp. brown sugar
½ c. butter
2 tbsp. finely chopped pecans

Mix flour and sugar together in a small bowl. Using a pastry cutter, cut in butter till mixture resembles crumbs. Stir in 2 tbsp of finely chopped pecans. Sprinkle mixture with ½ teaspoon vanilla before kneading. Form mixture into a ball and knead until smooth. Pat or roll the dough into an 8"circle. Do this on an ungreased cookie sheet. Cut circle into 16 wedges. Bake in 325 degrees oven for 20 - 25 minutes or until bottom starts to brown. Re-cut wedges carefully while still warm. After 5 minutes transfer to a wire rack.

Lela Lovelace

PUMPKIN BREAD

4 eggs
1 cup liquid oil
3 cups sugar
⅔ cup water
½ cup nuts
2 cups canned pumpkin
3½ cups flour
1 tsp. cinnamon
1½ tsp. salt
1 tsp. nutmeg
2 tsp. baking soda

Beat eggs. Add sugar, oil, water and pumpkin. Stir in rest of ingredients. Preheat oven to 350 deg. Bake until golden brown, about 1 hour. Makes 2 loaves.

Carol Lyszak

RASPBERRY ROLL-UPS

1 c. butter or margarine
½ lb. (8 oz.) cream cheese
red raspberry jam
2 c. all-purpose flour
1 tsp. salt

Combine butter and cream cheese. Blend until smooth. Combine flour and salt and blend into butter mixture. Chill about ½ hour. Roll dough out to about ¼" thick. Cut into 2-½" squares. Spread each square with 1 tsp. jam to within ¼" of edges. Roll up firmly. Place rolled edge down on ungreased baking sheet. Bake in preheated oven-425 F. for 12 minutes. (Start checking at 9 or 10 minutes) Yields 2-½ dozen.

Kathryn D. Stone

RICH BASIC SWEET DOUGH

2 tsp. sugar
⅓ c. lukewarm water
2 packages dry yeast
¾ c. scalded milk, lukewarm
¾ c. flour
½ c. butter
½ c. sugar
2 whole eggs
3-4 eggs yolks
1 tsp. salt
1 tsp. vanilla
4½ - 5 c. flour
1 lemon (grated rind)

Dissolve the sugar in the lukewarm water, sprinkle the yeast over it, and let it stand until softened. Combine with lukewarm milk and ¾ cup of flour. Beat well, cover. and let the sponge rise in warm place until light and bubbly. Cream the butter with sugar. Beat the whole eggs and the eggs yolk together along with the salt. Combine with the butter-sugar mixture and beat thoroughly. Stir in vanilla, lemon rind and sponge. Add the flour and knead in the bowl for about 10 minutes. This dough should be soft. Cover and let it rise in a warm place until double in bulk. Punch down, knead a few times and let it rise again. Form into a desired shape. Bake after letting them rise. (This dough could be used for buns, donuts, coffee cakes, etc.)

ROLLS

(Butter Milk Pull Apart's)

3 pkg. butter milk biscuits
½ cup brown sugar
½ cup sugar
½ cup margarine
1 cup vanilla ice cream (melted do not boil)
cinnamon

Roll each biscuit in sugar and cinnamon mixed. Place side by side in bundt pan. Pour sauce of ice cream, margarine and sugars. Do not raise. Bake at 350 for 30 minutes.

Margie Koffler

SISTER JOSAPHINE'S BISCOTTI

6 eggs
1 cup sugar
1 cup oil or
1 stick butter
pinch of salt
4¼ cups flour
4½ tsp. baking powder
2 tblsp anise extract

Beat eggs well. Mix sugar, oil, salt, baking powder and anise extract into eggs. Mix well. Add flour to mixture and mix well. Shape dough into loaves and place loaves on greased cookie sheet. Preheat oven for 10 minutes at 350 degrees F. Increase temperature to 400 degrees and bake for about 30 minutes. Slice loaves and place slices on cookie sheet to toast. Toast for about 10 minutes at 500 degrees F.

*NOTE: For a stronger anise flavor use 1 tblsp anise oil rather than anise extract. You may also substitute almond extract instead of anise extract for a different flavor.

Sr. Natalya Stoczanyn, SSMI

SWEET DOUGH

2¼ cup warm water
2 tsp. salt
½ cup sugar
2 compressed yeast cakes
4 tbsp. soft shortening
2 eggs
7-8 c. flour

Make a well in the flour and add water, yeast, salt, sugar, shortening and beaten eggs. Mix first with wooden spoon then finish with the hand for 5 minutes. Place the dough in a greased bowl and cover with wax paper and put in the refrigerator an hour. Dough will keep for 1 week in the refrigerator.

SWEET RAISIN BREAD

2 yeast cakes or
2 packets of Rapid Yeast
¼ cup (4 tablespoons) lukewarm water
1½ cups scalded milk
1 T. salt
¼ cup butter
6 cups sifted flour
1 cup raisins
½ cup sugar
3 eggs, beaten

Crumble yeast in water and set aside. Pour scalded milk over combined shortening, sugar and salt. Cool to lukewarm. Add yeast mixture and eggs. Add half the flour until smooth. Add remaining flour and raisins and knead until smooth. Let rise until double in bulk. Punch down and let it rise again. Form into loaves and place into greased pans. Brush top with beaten egg yolks before placing in oven. Bake 45 minutes in 350 deg. oven.

Missionary Sisters of Mother of God

WHITE BREAD

2 packets yeast
½ cup lukewarm water
⅓ cup sugar
⅓ cup shortening/butter
2 T. salt
2 cups hot scalded milk
10-12 cups flour
1½ cups cold water

Put the 2 packets of yeast in ½ cup of lukewarm water and set aside. Combine the 2 cups of hot scalded milk in a pot to heat, then add the sugar, shortening or butter, salt and water. When lukewarm, add the yeast mixture to the milk. Mix well. Add gradually 10-12 cups of flour to form a stiff dough. Knead on floured surface until smooth and satiny, 5 to 10 minutes. To knead, fold dough over on itself, and push with palms of hands. Repeat this process rhythmically, turning dough over one quarter way each time. If dough sticks, add a little flour to the board. Place in a greased bowl, turning enough to grease all sides. Cover. Let rise in a warm place (85 deg. to 90 deg. F.) until light and double in size, about 2 hours. Punch down dough by plunging first into center; turn upside down in bowl. Cover and let rise 30 minutes. Place on lightly floured surface and divide into four parts. Mold into balls. Allow to rest, covered with inverted bowl for 15 minutes. Shape into loaves using either rolling pin or hand method. Place in well greased 9 x 5 x 3 inch pans and cover. ROLLING PIN METHOD: Roll out each part to a 14 inch rectangle. Roll up tightly starting with 7 inch side. Seal edges and sides. Place in pan, seam side down. HAND METHOD: Flatten each part by pressing and slapping with hands. Then stretch dough to an 18 x 10 inch rectangle. Fold in half lengthwise; pressing out air pockets. Then fold over both ends of dough (about ⅓ of length) and overlap in center. Press out air each time. Roll into a loaf, sealing edges well by pressing with heels of hands and tucking edge under. Place in pan, seam side down. Let rise in warm place about 1½ hours until dough fills pans and top of loaves are well above pan edges. Bake at 350 deg. for 35-40 minutes. This recipe makes 4 loaves.

Missionary Sisters of Mother of God

WHOLE WHEAT BREAD

2 cups firmly packed brown sugar
12 T. shortening
1 T. salt
4 cups boiling water
4 packets of active dry yeast
9 cups whole-wheat flour
15-18 cups all-purpose white flour

Combine in a large bowl, brown sugar, shortening, salt and boiling water. Add 3 cups cold water. Cool to lukewarm. Soften 4 packets of active dry yeast in 1 cup of warm water. Stir in brown sugar mixture. Gradually add 9 cups of whole-wheat flour and about 15-18 cups of all-purpose white flour (should not be sticky and heavy). Knead as you would for white bread. Punch after it doubles in bulk. Let it rise again. Bake at 350 deg. for 50 minutes. Commercial ovens vary and it takes about 35-40 minutes. Makes 6 loaves.

Missionary Sisters of Mother of God

ZUCCHINI BREAD

3 eggs
2 cups sugar
3 tsp. vanilla
3 cups flour
3 tsp. cinnamon
1 cup vegetable oil
2 cups grated zucchini
½ cup chopped nuts
¼ tsp. baking powder
1 tsp. baking soda

Beat eggs and add vegetable oil, sugar and zucchini. Sift dry ingredients and add to the zucchini mixture. Stir in vanilla and nuts. Pour into greased and floured loaf pans. Bake at 325 deg. For about 1 hour. The time depends on the size of the pan used. You can divide the dough in 3 greased loaf pans.

Helen Symionow

ZUCCHINI BREAD

3 eggs
1 cup oil
2 cups zucchini, raw, peeled and grated
2 cups sugar
2 cups flour
½ tsp. baking powder
2 tsp. baking soda
3 tsp. cinnamon
1 cup chopped nuts
1 tsp. salt, scant
1 tsp. vanilla

Beat eggs, oil and zucchini. Add dry ingredients and mix. Add flour and nuts. Pour into 2 greased and floured loaf pans. Bake at 350 degrees for 1 hour.

Irene Kwiatkowski

ZUCCHINI BREAD

2 cups Bisquick baking mix
¾ cup sugar
3 eggs
2 tsp. ground cinnamon
½ cup chopped nuts
1½ cups shredded zucchini
¼ cup vegetable oil
1 tsp. vanilla
1 tsp. ground nutmeg

Heat oven to 350 degrees. Grease bottom only of loaf pan, 9 x 5 x 3 inches. Beat all ingredients on low speed, scraping bowl constantly, 30 seconds. Beat on medium speed, scraping occasionally, 1 minute. Pour into pan. Bake until wooden pick inserted in center comes out clean, 50 to 55 minutes. Cool 10 minutes; remove from pan. Cool completely before slicing. Store in refrigerator.

Irene Kwiatkowski

ZUCCHINI NUT BREAD

4 eggs
2 cups sugar
1 tsp. vanilla
1 cup oil
3½ cups unsifted flour
1½ tsp. baking soda
1½ tsp. salt
1 tsp. cinnamon
¾ tsp. baking powder
2 cups shredded zucchini (not drained)
1 cup raisins
1 cup chocolate chips
1 cup chopped walnuts

Cream sugar, eggs, vanilla, and oil. Sift dry ingredients together. Add to batter. Mix in shredded zucchini. Fold in raisins, chocolate chips and nuts. Pour into greased and floured tube pan. Bake at 350 degrees F. for 1 hour and 10 minutes.

Helen Potak

ZUCCHINI NUT BREAD

4 eggs
2 cups sugar
1 cup oil
3½ cups flour
1½ tsp. baking soda
1 tsp. salt
1 tsp. cinnamon
¾ tsp. baking powder
2 cups zucchini, grated
½ cup chopped nuts
1 tsp. vanilla

Beat eggs, add sugar gradually, add the oil and beat. Mix dry ingredients together and add to egg and oil mixture alternately with zucchini. Fold in vanilla and nuts. Bake in 2 loaf pans at 350 degrees for 1 hour. Can be frozen up to 6 months.

Irene Kwiatkowski

Desserts

Helpful Hints

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

DESSERTS

3 HOLE CAKE

3 cups flour
2 cups sugar
6 tbs. cocoa
2 tbs. baking soda
1 tsp. salt

Combine and mix ingredients. Make 3 holes in the batter. First hole put 2 tbs. vinegar. Second hole put ⅔ cup oil and third hole put in 1 tsp. vanilla. Over all pour 2 cups cold water. Mix well and bake at 350 for 30-35 minutes.

Sr. Michele, SSMI

AMELIA'S COFFEE CAKE

½ lb. butter or margarine
2 cups sugar
2 tsp. vanilla
4 eggs (large)
4 cups flour, sift before measuring
3 tsp. baking soda
2 tsp. baking powder
½ tsp. salt
1 pt. sour cream

Mix together butter, sugar, vanilla and eggs; beat one at a time until creamed. Sift together flour, baking soda, baking powder and salt. Add the sifted ingredients to creamed mixture. Add 1 pt. sour cream. Grease a 10 x 13 pan. Line with wax paper. Spread half of the mixture. Sprinkle with filling mixture and ¾ cup chocolate chips. Repeat with mixture, nut and sugar filling and chocolate chips. Bake at 350 deg. for about 1 hour. Test with toothpick for doneness.

Filling:

1 cup chopped nuts
¾ cup sugar
1 tsp. cinnamon

Mix together nuts, sugar and cinnamon.

Marion C. Hrubec

90949B-08

ANNA TARANOWSKA'S APRICOT OR APPLE CAKE

3 cups flour
1 pkg. Oetker Baking Powder or 1 tbsp baking powder + 1 tbsp cornstarch
1 cup sugar
½ lb. sweet, unsalted butter
3-4 egg yolks
sour cream - enough to make a soft dough
apricot preserves or grated apples

Mix flour, baking powder and butter: cut with a pastry cutter. Add sugar, and egg yolks. Add sour cream until dough can stick to fingers. Take ⅔ of dough and spread on 9½" x 13" baking pan. (Dough is hard to spread.) Spread apricot preserves or grated apple on the dough. Spread remaining dough on top. Bake at 350 degrees F. for 35-40 minutes.

NOTE: Lining the baking pan with parchment paper makes it easier to take cake out of pan.

Vera Sawchyn

APPLE BRANDY SPICE CAKE

5 apples, peeled, diced or chopped
6 tblsp brandy
2 cups sugar
½ cup oil
3 eggs, well-beaten
2 cups flour
2 tsp. baking soda
2 tsp. cinnamon
1 tsp. nutmeg
1 tsp. salt
½ tsp. cloves
1 cup raisins
1 cup chopped walnuts

Combine apples and brandy in a bowl and set aside while preparing batter. Mix together sugar, oil and eggs. In another bowl, mix together flour, baking soda, cinnamon, nutmeg, salt and cloves. Add dry ingredients to the sugar-oil-eggs mixture. Mix well. Add apples and brandy. Then add raisins and walnuts. Mix well. Pour into floured 9 x 13 inch pan. Bake at 350 degrees F. for 1 hour or until done.

Tillie Hrynewich

APPLE BRANDY SPICE CAKE

5 peeled, diced or chopped apples
6 tbs. brandy
2 cups sugar
½ cup oil
3 eggs well beaten
2 cups flour
2 tsp. baking soda
2 tsp. cinnamon
1 tsp. nutmeg
1 tsp. salt
½ tsp. cloves
1 cup raisins
1 cup chopped walnuts

Combine in bowl and set aside while preparing batter: apples and brandy. Mix together sugar, oil, and eggs. Add this to the flour, baking soda, cinnamon, nutmeg, salt and cloves mixture. When all is mixed, add the apples and brandy. Mix well and add raisins and walnuts. Pour into floured 9x13 pan and bake for 1 hour or until done at 325.

Marion C. Hrubec

APPLE CAKE

3 eggs
1 cup oil
2 cups flour
½ cup chopped nuts
4 medium Macintosh apples
¼ tsp. salt
1 tsp. baking soda
1 tsp. cinnamon
½ tsp. vanilla

Beat eggs for 1 minute. Add sugar gradually, then oil and vanilla. Add flour, salt, baking soda and cinnamon. Mix well. Fold in apples and nuts. Mix well. Pour into greased 9" x 13" pan Bake at 350 degrees F. for 40-45 minutes. Cool in pan. Sprinkle with powdered sugar. *Do not cover with any kind of covering.

Anna Wenglowsky

APPLE CRISP

6 c. thinly sliced peeled apples
⅓ c. sugar
1 tsp. cinnamon
½ tsp. salt

Mix together apples, sugar, salt and melted butter. Place in a greased 8"square baking dish. Set aside. Combine ¾ sugar and flour

Topping

¾ c. sugar
½ c. flour
⅓ c. butter or oleo
whipped topping store in freezer before using

Anastasia Jean Pucher

APPLE DUMPLINGS

6 granny smith apples
6 tsp. cinnamon
6 tbsp. granulated sugar
6 tsp. butter (or margarine)
2½ cups flour
1 cup Crisco butter flavor sticks
½ cup cold water

Peel and core the apples, set aside. Pour 2½ cups of flour in large mixing bowl. Put in Crisco stick and break up with fork in flour. Pour ½ cup cold water in flour and Crisco mixture. Mix with hands until mixture forms a large dough ball. Sprinkle flour on table and rolling pin. Cut dough into 6 squares. Place an apple in center of each square. Pour one tablespoon of sugar in each apple hole. Sprinkle one teaspoon of cinnamon over each apple. Cut one square of butter and place on top of sugar and cinnamon. Gather dough up and around apple. Fold over top of dough on apple. Bake in 350 deg. oven for 35 minutes. Makes 6.

Rose Purcell

APPLE FRITTERS

1⅓ cup sifted flour
1 tbsp. sugar
2 tsp. baking powder
½ tsp. salt
2 beaten eggs
⅔ cup milk
1 tbsp. salad oil
3-4 medium apples pared, cored and cut into strips (approx. 3 cups)
powdered sugar

Sift together flour, sugar, baking powder and salt. Blend eggs, milk, and salad oil, gradually stir into dry ingredients and mix till smooth. Stir in apple strips. Drop from tablespoon into deep hot fat (375 deg.) and fry till golden about 4 minutes. Drain on paper towels. While warm sprinkle with powdered sugar. Makes about 3 dozen.

Helen Potak

APPLE SAUCE CAKE

¾ cup butt err or margarine
2 cups sugar
3 eggs
3 cups flour
1½ tsp. baking soda
1 tsp. baking powder
¾ tsp. salt
½ tsp. allspice
4 tbs. cocoa
1 lb. can applesauce
1½ cup raisins
1 cup nuts

Combine butter, sugar, eggs, allspice, cocoa. Blend in flour, baking soda, baking powder and applesauce. Add raisins and nuts. Bake at 350 for approximately 1 hour.

Eileen Smilko

APRICOT COOLER

6 oz. apricot Jello
1 large can crushed pineapple(drained) save juice
8 oz. cream cheese-softened
1 large (or 2 regular) containers Cool Whip
1 large stalk celery (chopped very small)
½ c. chopped nuts

Mix 2½ cups boiled water with Jello. Put pineapple juice in 1 cup (add water to juice to make 1 cup) Add to Jello and let set. When Jello almost stiff. Beat in soft cream cheese, half of Cool Whip, sprinkle with nuts (can also spread coconut flakes. Let seat.

Marie Glowa

AUDREY'S WHIPPING CREAM POUND CAKE

1 cup butter or margarine
3 cups white sugar
6 eggs
3 cups cake flour
1 cup heavy whipping cream or ⅔ c. heavy cream & ⅓ c. flavored coffee creamer
2 tsp. vanilla extract
1 tsp. almond extract (optional)

Preheat oven to 325 degrees F. Grease and flour 10-inch tube pan. In a large bowl, cream butter for 2 minutes. Add sugar. Continue beating for 5 minutes. Add eggs, one at a time, beating well after each addition. Add flour alternately with whipping cream, beginning and ending with flour. Stir in vanilla and almond extract. Spoon into prepared tube pan. Bake at 325 degrees F. for 1 hour 10 minutes. Turn out on cotton dish towel. Place on cooling rack covered with cotton towel. When cool sprinkle with powdered sugar. Serve plain or with fruit.

Vera Sawchyn

BANANA CAKE

2 cups sugar
8 tbsp. margarine
4 eggs
1 cup sour cream
dash salt
2 tsp. baking soda
2 cups flour
4 ripe bananas, mashed

Cream sugar, margarine, eggs and sour cream. Sift dry ingredients. Add to cream mixture. Beat in mashed bananas until well mixed. Grease a 9" x 13" pan. Bake at 350 degrees F. for 40 to 45 minutes or until done.

NOTE: For cupcakes, use cupcake liners. Bake for 20 to 25 minutes or until done.

Anna Drozd

BANANA CAKE

2 cups flour
1 tsp. baking soda
1 tsp. baking powder
½ tsp. salt
½ cup butter or oleo
1½ cups sugar
2 eggs
¾ cup sour milk
1 cup mashed banana (3 small)
1 tsp. vanilla

Sift flour, salt and baking powder together. Cream butter, sugar, eggs together. Alternate mixing flour into the sugar mixture. Add mashed banana and then the sour milk which has had the baking soda mixed into it. Then add vanilla. Bake in either 2 buttered and floured 8 inch layer cake pans or one 9 x 13 pan at 375 deg. for 30 minutes.

Pearl Morkiewicz

BANANA NUT CAKE

2½ c. sifted flour ("soft-as- silk")
1⅓ c. sugar
1¼ tsp. baking powder
1¼ tsp. baking soda
1 tsp. salt
⅔ c. high grade shortening (1 stick + ¼)
⅔ c. buttermilk
1¼ c. mashed bananas
½ c. unbeaten eggs (2 eggs)
⅔ c. chopped nuts

Sift together in bowl, flour, sugar, baking soda, baking powder and salt. Add shortening, ⅓ cup buttermilk and bananas. Beat together for 2 minutes. Add ⅓ cup buttermilk, unbeaten eggs. Beat 2 more minutes. Fold in ⅔ cup chopped nuts. Place in 13" x 9" pan (buttered and floured). Bake in 350 degrees oven for 30 or 35 minutes.

Mary Tymoch

God-everything that can be said about You is contained in that word-Lord, Father, Son, Holy Spirit, my God, my all!

Blessed Josaphata

BEER CAKE

1 cup shortening
2 cups brown sugar
2 eggs
3 cups flour
1 tsp. cinnamon
½ tsp. allspice
½ tsp. cloves
2 tsp. baking soda
½ tsp. salt
2 cups beer
nuts

Cream shortening and sugar. Add eggs and mix with dry ingredients. Alternate beer. Fold in nuts. Bake at 350 for 1 hour 15 minutes.

Sr. Michele, SSMI

BEST CARROT CAKE

2 c. flour
2 tsp. baking powder
1 tsp. baking soda
2 tsp. cinnamon
2 c. sugar
1½ c. vegetable oil
4 eggs, beaten well
3 c. ground carrots
½ c. chopped nuts

Preheat oven to 350 degrees. Sift dry ingredients together. Cream sugar, oil and eggs. Add dry ingredients. Mix in carrots and nuts. Pour into greased 9" x 13" pan and bake for 45-60 minutes or until toothpick comes out clean. Cool completely. Frost.

Cream Cheese Frosting

½ c. margarine
1 (8-oz.) packages cream cheese
1 lb. confectioners sugar
2 tsp. vanilla

Soften margarine and cream cheese, blend together. Add sugar and vanilla and mix well. (Can add little water is needed).

Irene Kwiatkowski

BLACK JOE CAKE

2 cups flour
2 cups sugar
¾ cup cocoa
2 tsp. baking soda
½ tsp. salt
1 tsp. baking powder
2 eggs
½ cup vegetable oil
1 cup black coffee (cooled)
½ cup milk

Pour all ingredients in mixing bowl at once. Beat until smooth. Pour in greased and floured pan(s). Batter is very runny. Bake at 350 deg. for 30-35 minutes.

Rose Purcell

BLUEBERRY BUCKLE CAKE

¾ cup shortening
¾ cup sugar
2 eggs well beaten
3 cups sifted flour
3 tsp. baking powder
1 tsp. vanilla
1 tsp. lemon flavoring
1 cup milk
2 cups fresh blueberries
½ tsp. cinnamon

Preheat oven to 350 degrees, Thoroughly cream shortening and sugar. Add eggs and mix well. Add sifted dry ingredients alternately with milk and flavorings. Beat until smooth. Fold in berries. Pour into greased and floured 9x13 pan. TOPPING: Combine flour, sugar, butter and cinnamon until crumbly. Spread remaining cup of berries on cake and sprinkle crumbs on top. Bake in 350 degree for 1 hour

Rose Barton
In Memory of Mary Bardon

BLUEBERRY CHEESE CAKE

Crust:
¼ cup margarine
½ cup sugar
1 egg
2 cup flour
1 tsp. baking powder
1 tsp. vanilla
1 tsp. lemon juice
¼ cup milk
Batter:
1 lb. cream cheese
1 cup sugar
4 egg yolks
1 cup milk
¼ tsp. salt
1 tsp. lemon juice
1 tsp. vanilla
4 egg whites
1 can Blueberry Pie Filling

Crust: Cream margarine, sugar, egg. Add flour, baking powder, vanilla, lemon juice and milk. Press dough into bottom and sides of a greased pan. Batter: Beat the cream cheese, sugar, egg yolks, milk, salt, vanilla, lemon juice, until well mixed. In a separate bowl beat egg whites until soft peaks form and fold into batter. Spread blueberry pie filling on top of crust. Pour batter over blueberries. Bake at 325 degrees F. for 1 hour or until top is light brown.

Helen Potak

BLUEBERRY SHEETCAKE

5 cups flour
½ tsp. salt
1½ tsp. baking powder
1 cup shortening (no oleo)
1 cup sugar
3 eggs
1 tsp. vanilla
½ cup sour cream
1 tsp. baking soda

Mix flour, salt, baking powder and shortening. In a small bowl mix sugar, eggs and vanilla. Add this to the above flour mixture. Then add sour cream and baking soda. Mix with fork and then by hand divide dough in ½. Roll between wax paper the size of the cookie sheet pan. Put in the pan then put in the filling and make the other half of the dough for the top after you have put the filling in. Bake at 350 deg. for 30 minutes.

Filling:

3 cans blueberries or
2 cans cherries or
2 cans pineapple (This equals about 5½ cups of fruit)

Pearl Morkiewicz

BROWNIES

½ c. oil(not olive oil)
3 tbsp. cocoa
¾ cup sifted flour
½ tsp. baking powder
¾ tsp. salt
2 eggs
1 c. sugar
1 tsp. vanilla

Mix ingredients well. Bake in small greased 9" square pan at 350 degrees oven for 25 - 30 minutes. if desired chopped nuts can be added.

BUTTER CAKE

1 Duncan Hines Butter Cake mix
1 stick butter
1½ cups granulated sugar
¾ cup water
1 tsp. vanilla
1 tsp. butter flavoring

Follow directions for Duncan Hines Butter Cake mix, except use 5 eggs and bake as directed. While baking boil for 5 minutes, butter, sugar and water. Add the vanilla and butter flavoring. Poke holes in the hot cake and pour mixture over it. (13 x 9 inch pan).

Joanie Abernathy

BUTTER NUT GRAHAMS

1 stick butter
1 stick oleo
½ cup sugar
graham crackers
chopped nuts

Mix butter, margarine and sugar. Bring to a boil and boil 2 minutes. Line Jelly roll pan with graham crackers and pour mixture over crackers. Sprinkle nuts on top. Bake at 325 deg. for 8 minutes. Remove from pan to wax paper and cool. When cool break into bite size pieces.

JoAnne Prevost

CARROT CAKE

1½ cup salad oil
2 cups sugar
4 eggs
2 cups flour
2 tsp. baking soda
2 tsp. baking powder
1 tsp. salt
2 tsp. cinnamon
3 cups grated carrots
1 cup chopped walnuts
½ tsp. vanilla

Blend in a bowl, salad oil and sugar. Add eggs one at a time. Sift together, flour, baking soda, baking powder, salt and cinnamon. Add to mixture. Last add the carrots, walnuts and vanilla. Bake at 325 deg. in a 10 inch tube pan for 45 to 60 minutes or until toothpick comes out clean. Top with icing.

Icing:

1 pkg. (8 oz.) cream cheese
1 stick margarine
1½ tsp. vanilla
1 box confectioners sugar

Mix together all ingredients.

Marion C. Hrubec

CARROT CAKE

2 cups cake flour
2 tsp. baking powder
1½ tsp. baking soda
1½ tsp. salt
2 tsp. cinnamon
2 cups granulated sugar
1½ cup oil
4 eggs
2 cups grated carrots
5 oz. crushed pineapple, slightly drained
½ cup pecans
3½ oz. coconut

Mix flour, baking powder, baking soda, salt and cinnamon. Add sugar, oil and eggs and beat well. Then add carrots, pineapple, pecans. and coconut and mix well. Divide into 3 greased and floured 9" round cake pans, and bake at 350 degrees for 25-30 minutes, or until done. Cool and ice with cream cheese frosting(see frosting recipe).

Cream Cheese Frosting

8 oz. cream cheese, softened
3½ oz. softened butter
4-5 cups powdered sugar
1¼ tsp. vanilla

Beat until creamy and add milk or sugar to get desired consistency.

Merridee's Breadbasket

CHEESE CAKE

4 (8-oz.) pkgs. cream cheese
1½ pints sour cream
1½ cups sugar
4 tsp. vanilla
7 eggs
graham cracker crumbs

Beat all ingredients together for at least 15 minutes or more until liquidy. Butter bottom of pan and sprinkle graham cracker crumbs. While beating cheese mixture place over at 400. When placing cake in oven reduce oven to 375. Bake 50 minutes. After turning oven off let sit in oven with door open for 1 hour.

Gladys Moore

CHEESE CAKE - UNBAKED

2 tbsp. unflavored gelatin
½ cup cold water
¾ cup sugar
1 tbsp. cornstarch
½ cup milk
2 egg yolks slightly beaten
1 tsp. salt
2 cups cottage cheese-dry ("Friendship" brand - "Farmer cheese" is good)
1 tsp. grated lemon rind
¼ cup lemon juice
1 tsp. vanilla
2 egg whites, stiffly beaten
1 cup heavy cream whipped

Soften gelatin in cold water. Combine starch, sugar and salt, add to milk in top of double boiler and stir until sugar is dissolved. Add egg yolks to milk mixture. Cook stirring constantly until mixture thickens. Remove from heat, add gelatin and set aside to cool. Add cheese, lemon rind, juice and vanilla. Fold in egg whites and whipped cream.

Crust for cheese cake

2 cups fine crumbs of graham crackers
1 tsp. cinnamon
¼ tsp. salt
⅓ cup sugar
⅓ cup butter, melted

Combine all dry ingredients and melted butter in a small bowl until well blended. Press mixture into bottom of pan. Chill before putting cheese mixture into it. Chill cake well before serving

Sr. Jacqueline, SSMI

CHEESE DANISH

2 cans crescent rolls
2-8 oz. pkg. cream cheese
1 egg yolk
1 cup granulated sugar
½ tsp. almond flavoring

Spread one can of rolls in 13 x 9 inch baking dish, pressing seams together. Mix rest of the ingredients and spread over dough in dish. Spread second can of rolls on top of mixture, sealing edges. Bake at 325 deg. for 30 minutes. Mix and spread topping after cooling

Topping:

1 cup confectioners sugar
4 tsp. milk
¼ tsp. almond flavoring

Karen Watson

CHEESECAKE

¼ cup butter melted
1 cup graham cracker crumbs
¼ cup sugar
2 8oz packages cream cheese
¼ real lemon juice
1 cup sour cream
3 tsp. sugar
1 tsp. vanilla
mandarin oranges
1 can Eagle "brand" condensed milk

Preheat oven to 300. In sauce pot melt butter. Stir in graham cracker crumbs and sugar. Pat at bottom of 9 inch springform pan. In bowl beat softened cream cheese until fluffy. Add condensed milk and eggs beating tilt smooth. Stir in real lemon juice. Turn into pan. Bake 50-55 minutes. While cake bakes, combine sour cream, sugar and vanilla. Spread onto hot cheesecake and return to oven for 5 minutes. Cool. Remove from pan. Decorate with mandarin oranges.

Rose Marie Watts
Sr. Anne Roman's sister

CHERRY CAKE

2 eggs
½ lb. butter
1 cup sugar
2 cups flour
½ tsp. salt
1 tsp. vanilla
3 tsp. baking powder
1 qt. fresh cherries
1 tbsp. cornstarch
½ cup sugar

Take stones out of cherries. Cook cherries, ½ cup sugar and 1 tablespoon corn starch till it boils and set aside to cool. Beat eggs, butter, sugar, salt and vanilla. Combine flour and baking powder and add to egg mixture. Pour half of batter into 9 x 13 pan. Spread cherry filling on batter. Pour balance of batter on filling. Spread with spoon dipped in hot water. Bake at 350 deg. for I hour.

Mary Sweryda

CHERRY CHEESE PIE

3 (8-oz.) packages cream cheese
1 cup sugar
4 eggs
1 pt. sour cream
1 tsp. vanilla
3 tbs sugar
1 can cherry pie filling

Combine first three ingredients and beat for 15 minutes. Pour into a greased glass pan and bake at 325 for 45 minutes. Remove from oven and cool for 15 minutes. Mix last 3 ingredients together. Spread over top of pie and bake for 15 minutes more. Let cool for a couple hours and then cover with 1 can of cherry pie filling.

Lucille Molochnick

CHOCOLATE CAKE - HUNGARIAN STYLE

5 large eggs
¼ tsp. salt
1 cup sifted confectioners sugar
¼ cup sifted unsweetened cocoa
1 tsp. vanilla extract
1 cup heavy whipped and sweetened chocolate glaze
toasted sliced almonds (optional)

Separate eggs and beat whites with the salt, until stiff but not dry. Beat in 1 cup confectioners sugar, 1 tbsp. at a time, then fold in cocoa. Beat yolks until thick and lemon-color and fold into cocoa mixture. Add vanilla. Spread in 15 x 10 x 1 inch pan lined with waxed paper and greased. Bake in moderate oven, 350 deg. about 20 minutes. Turn out on towel sprinkled with confectioners sugar. Very gently peel off waxed paper, using a small spatula to separate cake from paper if it sticks. Cool and cut crosswise in quarters. Put layers together with whipped cream. Spread with glaze and decorate with almonds if desired. Chill and slice.

Sr. Jacqueline, SSMI

CHOCOLATE CREAM CHEESE CAKE

2 cups sugar
2 eggs
⅔ cup oil
2 tsp. vanilla
2 cups water
2 tblsp vinegar
½ cup cocoa
3 cups flour
2 tsp. baking soda
Topping:
1 (8-oz.) pkg. cream cheese, softened
1 egg
½ cup sugar
1 pkg. chocolate chips

Cream sugar, eggs and oil. Add wet ingredients. Sift dry ingredients. Add to batter. Mix well. Place in an ungreased 9" x 13" pan. Beat topping ingredients together. Fold in one package of chocolate bits. Drop by spoonful on top of cake batter. Bake at 350 degrees F. at 45 minutes or until done.

Helen Potak

CHOCOLATE DELIGHT

First Layer

1 stick margarine melted
1 c. chopped pecans
1 c. all-purpose flour

Mix and press in 9" x 13" pan. Bake at 325 degrees for 30 minutes. Cool on rack in fridge.

Second Layer

8 oz. packages cream cheese softened
1 c. Cool Whip from large container
1 c. powder sugar

Mix then spread over cooled first layer. Be careful, will pull up crust.

Third Layer

2 small boxes instant chocolate pudding mix
1 tsp. vanilla
3½ c. milk

Mix then spread over second layer.

Fourth Layer

Rest of Cool Whip. Sprinkle with finely chopped pecans. Refrigerate.

Sr. Mary Magdalene, OSA

CHOCOLATE MAYONNAISE CAKE

3 cups flour
1½ cups sugar
2¼ tsp. baking powder
1½ tsp. baking soda
1½ cup mayonnaise
1½ cup water
1½ tsp. vanilla

Mix dry ingredients and then stir in mayonnaise. Gradually stir in water and vanilla. Bake at 350 for 30 minutes.

Sr. Michele, SSMI

CHOCOLATE ZUCCHINI CAKE

½ cup soft margarine
½ cup oil
1¾ cups sugar
2 eggs
1 tsp. vanilla
½ cup sour milk
2 cups shredded zucchini
1 cup raisins
2½ cups flour
4 tblsp cocoa
½ tsp. baking powder
1 tsp. baking soda
½ tsp. cinnamon
1 cup chocolate chips

Cream margarine, oil and sugar. Add eggs and vanilla. Add sour milk (if you don't have sour milk, put a shot of vinegar in a measuring cup and add fresh milk to equal 1 cup). Sift dry ingredients. Add dry ingredients to batter. Stir in shredded zucchini and raisins. Pour into a greased (9" x 13" pan. Sprinkle chocolate chips on top. Bake at 350 degrees F. 40 to 45 minutes or until done.

Helen Potak

CHOCOLATE-PEANUT BUTTER COOKIE PIE

1 (18-oz.) roll Pillsbury refrigerated chocolate chip cookies
3 cup powdered sugar
1 cup creamy or crunchy peanut butter
2 tsp. butter, softened
¼ cup water
1 cup milk chocolate chips, melt
16 pecans halves, is desired

Heat the oven to 350 degrees. Cut cookies dough into ½" sliced; arrange in bottom of ungreased 10 or 9 " springform pan. With floured fingers, press dough in pan to form crust. Bake 14 - 18 minutes or until golden brown. Cool 15 minutes. In medium bowl, mix powdered sugar, peanut butter, butter and water until smooth(if necessary, add additional water 1 teaspoon at a time). Drop spoonfuls of peanut butter mixture over crust; spread evenly to cover crust. Spread melted chocolate chips over peanut butter mixture(if desired, carefully swirl chocolate with fork). garnish with pecans halves. Refrigerate until chocolate is set before serving, about 1 hour. Serve 16.

Merridee's Breadbasket

CHRUSTIKY (EARS)

3 egg yolks
2 whole eggs
1 T. rich cream
Flour to make a soft dough
1 T. sugar
½ tsp. salt
1 tsp. vanilla

Beat the eggs and yolks until light. Add sugar, cream, vanilla, salt and beat again. Stir in the flour and add just enough flour to make a soft dough. Knead on a floured board until smooth. Cover and let rest for 10 minutes. You are now ready to shape Chrustiky. TO SHAPE CHRUSTIKY: Roll out the dough very thin, as for a pie crust, about ⅛ inch thick. Cut the rolled dough into strips about one-inch wide, then cut dough 3 inches long forming diamond shapes. With the point of a paring knife slit a ¾ inch slit in center of "diamond". Put one point of diamond through the slit to form a bowknot or a figure eight, pulling out the two opposite ends. Cover the shaped dough as it dries up quickly. Fry in deep hot shortening or oil. Drain on absorbent paper. Dust with icing sugar.

Sr. Olympiada, SSMI

COCONUT CREAM

1 cup flour
½ cup chopped pecans
½ cup butter
8 oz. cream cheese
1 cup powdered sugar
2 large Cool Whip (8 oz. each)
2¾ oz. Instant Coconut Cream, Pudding Mix
3 cups milk
½ cup toasted coconut

Mix flour, pecans and butter as for a crust. Press in 9 x 13 pan. Bake at 350 deg. for 10 minutes. Cool. Mix cream cheese and powdered sugar, fold in one 8 oz. container of Cool Whip. Spread over the crust. Mix pudding with milk and let set couple of hours, then spread over the cream cheese layer. Spread one 8 oz. container of Cool Whip on top. Sprinkle toasted coconut on top. Refrigerate at least 2 hours or over night.

Leona Knapik

COFFEE CAKE

1 cup margarine, soft
2 cups sugar
4 eggs
1 tsp. vanilla
3½ cups flour
2 tsp. baking powder
1 tsp. salt
2 cups sour cream
2 tsp. baking soda
Topping:
½ cup ground nuts
½ cup sugar
2 tsp. cinnamon

Cream margarine, sugar, eggs, and vanilla. Sift flour, baking powder, and salt. Mix sour cream with baking soda. To the batter add dry ingredients, alternately, with sour cream mixture. Mix well. Mix ground nuts, sugar, and cinnamon. Grease and flour a tube pan. Pour half the batter in. Spread half the topping mixture over batter. Pour the rest of the batter in. Sprinkle the top with the remaining nut mixture. Bake at 350 degrees F. for 45 minutes, or until done.

Anna Drozd

COFFEE CARAMEL RICE PUDDING

2 cups strong coffee
½ cup uncooked rice
3 tbsp. butter or margarine
3 eggs, beaten
½ cup dark corn syrup
¼ cup sugar
¼ tsp. salt
1 tsp. vanilla
1½ cups milk
cinnamon

Heat coffee on high until boiling. Add rice; stir, then cover and cook on low or simmer until the rice is tender, about 25 minutes. Add butter or margarine. Combine eggs, corn syrup, sugar, vanilla, salt, and milk; add to hot rice. Pour into buttered 2 quart casserole, Sprinkle with cinnamon. Bake in 350 degrees oven about 45 minutes or until an inserted knife comes out clean. Cool, then chill. Serve with light cream. Makes 6 servings.

CONDENSED MILK PUDDING

1 can condensed milk
1 can regular milk
1 can coconut milk
5 whole eggs

Take 2 spoons of sugar and put on bunt pan. Take to the stove and slowly melt the sugar spreading around the pan. Put all the ingredients in the blender. Blend for a few minutes. Pour in the pan. Cook in oven 400 degrees for 1½ hour in double boiler. If is burning cover with aluminum foil. After it is done leave aside to cool and put on serving dish.

Cecilia Dachiuk

CORN BREAD CAKE

1½ c. self rising flour
1 c. white sugar
1 c. brown sugar
1 c. Crisco oil
1 tsp. vanilla
4 eggs
2 c. chopped pecans

Mix all ingredients, except pecans, till well blended. Now add pecans. Pour into greased 9"x 13" pan. Bake for 45 minutes ate 325 degrees. Should be chewy.

Sr. Mary Magdalene, OSA

CRACKER TOFFEE

(Easy and Good)

1 sleeve/pack of Saltine crackers
1 cup butter
1 cup brown sugar
1 (12-oz.) pkg. chocolate chips
Topping:
¾ - 1 cup slivered almonds or ground walnuts

In 9" x 13" cookie sheet (with ½"-¾" edge/lip), crush Saltines with a rolling pin or break them into small pieces with your fingers. Spread evenly in thin layers until pan is covered. Melt butter and brown sugar until it boils. Pour evenly all over crumbled crackers. Place in 350 degrees F. oven for 10-12 minutes. Remove from oven. Immediately spread chocolate chips over top. (They will melt.) Sprinkle nuts. Cool really well, until hard. Break into pieces and serve.

Sr. Zenovia
(borrowed from Natalie Coleman)

CREAM CHEESE PIE

1½ cup graham cracker crumbs
¼ cup melted butter
4 (3-oz.) packages cream cheese
½ cup sugar
2 eggs
1 tsp. vanilla
¾ cup sour cream
2 tbsp. sugar

Combine graham cracker crumbs and melted butter. Press into a well greased, 9" shiny pie pan. Have cream cheese at room temperature, whip until smooth in mixer bowl; add the ½ cup sugar, eggs and ½ teaspoon vanilla. Beat until thoroughly blended. Pour into the crumb crust and bake in 350 degrees oven for 20 minutes. Meanwhile, combine sour cream, the 2 tablespoons sugar and remaining ½ teaspoon vanilla. When pie has baked the 20 minutes, remove from oven and spread sour cream mixture over top. Return pie to oven and bake 5 to 10 minutes longer. Cool, then chill thoroughly. Makes 6-8 servings.

CREAM CHEESE POUND CAKE

¾ lb. butter or margarine
1 (8 oz.) pkg. cream cheese
3 cups sugar
6 eggs
1 tsp. vanilla
1 tsp. almond extract
3 cups flour

Cream together butter and cream cheese, blending in sugar with electric mixer. Add eggs, on at a time, and continue to blend. Add flavorings and flour and beat until smooth and light. Pour batter into greased and floured 10 inch tube pan. Bake in pre-heated 325 deg. oven for 1 and ½ hours or until cake is golden and tests done.

Christy Robinson

CREAMY APPLE PIE

Crust:

½ cup soft butter
¼ cup sugar
2 tsp. vanilla
1 cup flour

Beat with mixer ½ cup butter, ¼ cup sugar and 2 teaspoons vanilla. Gradually add flour to form soft dough. Press into bottom and sides of 9 inch pie pan.

Filling:

8 oz. cream cheese at room temperature
¼ cup sugar
1 egg
½ tsp. vanilla

Beat until smooth, cream cheese, sugar, egg and vanilla. Spread evenly over crust.

Topping:

4 cups sliced apples
½ tsp. cinnamon
⅔ cup sugar
½ cup chopped pecans

Mix the apples, cinnamon and sugar and put over the cream cheese filling. Dot with 1 tablespoon of butter. Sprinkle with ½ cup chopped pecans. Bake at 400 deg. for 15 minutes. Reduce heat to 350 deg. and bake for 30 minutes.

Patricia McKenzie

CREOLE CAKE

2 cups all-purpose flour
2 cups sugar
4 T. cocoa
½ tsp. soda
½ tsp. salt
½ cup buttermilk
½ cup vegetable oil
2 eggs
1 cup boiling water, added last

Mix as ordinary cake. Bake for 30 minutes at 350 deg. in a 13⅛ x 9½ x 2 pan.

Icing:

1 stick butter, melted
2 T. cocoa
1 egg, beaten
2 cups confectioners sugar
1 T. lemon juice
1 tsp. vanilla
1 cup nuts (if desired)

Add cocoa to melted butter. Add beaten egg to this mixture and cook over low heat just to boiling point. Add other ingredients and spread on cake while it is still hot.

Mary Howard

CRUMB CAKE

¾ c. sugar
3 tsp. baking powder
3 c. flour
2 eggs
1½ stick butter
1 can cherry filling
½ c. chopped nuts

Use pie mixer for dough 8"x 12" greased pan. ⅔ batter in pan then 1 can cherry filling spread on top. Add ½ cup chopped nuts and sprinkle with raisins. Spread ⅓ batter on top - crumble type. Bake at 350 degrees for 1 hour. Powder sugar on top.

Marie Glowa

DATE PUFFS

2 tbsp. shortening
½ cup sugar
2 cup sifted flour
½ tsp. salt
3 tsp. baking powder
½ tsp. nutmeg
½ cup milk
1 cup sliced soft dates
¼ cup powdered sugar
½ tsp. cinnamon
¼ cup melted butter

Cream shortening; add sugar and eggs, and cream until light and fluffy. Combine flour, salt, baking powder and nutmeg. Add to creamed mixture alternately with milk. Stir in dates. Spoon into well greased muffin pans. Bake in 400 degrees oven for 20 minutes. Combine powdered sugar and cinnamon in paper bag. Dip muffins in melted butter and then shake in powdered sugar-cinnamon mixture. Makes 18 medium-sized puffs.

DEATH BY CHOCOLATE

5 box instant chocolate pudding
1 box chocolate cake mix
2 (8-oz.) containers Cool Whip
1 bag Kit Kat candy

Complete and bake cake. Put aside until cool. Mix pudding and put aside until chilled. Take Kit Kat bars and crush into smaller particles. When all is ready begin to layer in bowl-broken chunks of cake mix, pudding layer, Cool Whip layer and particles of Kit Kat candy. Follow same process, layer by layer to fill the bowl. Amount you make is determined by size of group you feed.

Metropolitan Stefan Soroka
Bishop David Motiuk

DEVIL'S FOOD CAKE

6 eggs yolks
⅔ c. butter
1 tsp. soda
½ c. cocoa
2½ c. flour
2 c. sugar
1 c. buttermilk
1 tsp. baking powder
½ c. hot water
1 tsp. vanilla

Cream butter, eggs and sugar. Pour hot water in cocoa, then add to mixture. Add buttermilk. Sift dry ingredients(soda, baking powder and flour). Add to mixture. Add vanilla. Bake about 30 - 40 minutes in layer pan at 350 degrees.

DR. BIRD CAKE

3 cups flour
1 tsp. baking soda
1 tsp. cinnamon
1 tsp. salt
2 cups sugar
2 cups diced bananas
1¼ cup oil
1⅓ tsp. vanilla
3 eggs
1 8-oz. can crushed pineapple with juice
½ cup powdered sugar
¼ tsp. vanilla
milk

Mix flour, soda, cinnamon, salt, sugar. Add bananas, oil, vanilla, eggs, and pineapple. Stir to mix. Pour in greased, floured pan. Bake at 350 for 1 hour 20 minutes. Remove from pan when cool. Glaze: Add milk to powdered sugar and vanilla. Put on glaze while cake is warm

Sr. Michele, SSMI

My God...to see You and enjoy You!...I wait for nothing else, only You, O my God!

Blessed Josaphata

EASY APPLE PIE FOR DIABETIC

1 refrigerated pie crust Pillsbury already in round circle
2 tbsp. cornstarch
¾ c. Splenda
1 tbsp. ground cinnamon
1 tbsp. nutmeg
4 c. peeled sliced thin Macintosh apples
1 tbsp. lemon juice
½ c. chopped walnuts
½ c. raisins (dried cranberries)
2 tbsp. sliced butter

Prepare crust as directed. Put in a floured pie plate, also dust the crust after put into pie plate. The crust should extend out at least 1½" from pie plate. Mix Corn starch, sugar, cinnamon, nutmeg. Pass over peeled apples that were splashed with lemon juice. Add nuts, raisins. Spoon into center of crust spreading within inch from edge. 1½ inch edge of crust over apples pleating crust as needed. (middle will be exposed) Add the sliced butter. Bake in pre-heated 425 degrees for at least 20 minutes or until apples are tender. If baking too much cover top with aluminum foil.

Marie Glowa

EASY CRUNCHY APPLE PIE

1 8-9" unbaked pastry shell
1 (21-oz.) can apple pie filling
1½ c. unsifted flour
½ c. light brown sugar
½ (1 stick) c. Blue Bonnet Margarine
¾ c. Planters Walnuts

Fill pastry shell with apple pie filling; set aside. Combine flour and brown sugar, cut in Blue Bonnet until crumbly. Mix in Planters Walnuts. Sprinkle crumb mixture over filling in shell. Bake at 375 degrees for 30 minutes, or until done. If necessary, cover pie with foil to prevent over browning. Serve warm or cold.

Helen Labinsky

EASY PIE CRUST

1 tsp. salt
2 cups flour
1 cup Crisco
1 egg, beaten
¼ cup milk
2 T. vinegar

Cut together: salt, flour and Crisco. Add beaten egg with milk and vinegar, combine. Refrigerate, roll out, or it can be stored.

Janina Everett

GEMMA'S CHEESE CAKE

Crust:
1 cup flour
4 tblsp sugar
4 tblsp butter
1 egg
1 tsp. baking powder

Filling:
2 large pkgs. cream cheese
3 eggs
1 cup sugar
1 pint sour cream - last

Mix well: flour, sugar, butter, egg and baking powder. Pat the mixture to the bottom of a spring form pan to make crust. The crust may be baked for 10 minutes before adding filling, if desired. For filling, mix cream cheese, eggs and sugar, until smooth. Add sour cream. Pour onto crust. Bake 1 hour at 350 degrees F. Let cool in oven with oven door slightly open. The top will have a crack. Fill top with cherry or other kind of pie filling.

Vera Sawchyn

GERMAN APPLE CAKE

4-5 apples sliced
2 tbs cinnamon
4 eggs
1½ cup sugar
2 tsp. baking powder
2½ tsp. vanilla
3 cups flour
1 cup oil
¼ cup orange juice
5 tbs sugar
1 tsp. salt

Sprinkle (5) tbs. sugar and (2)tbs cinnamon over apples and set aside. Grease and flour a tube pan. Mix sugar, eggs, oil, orange juice and vanilla. Mix flour, baking powder and salt together. Mix flour mixture into egg mixture. Pour half batter into tube pan. Squeeze juice from apples. Put half apples over batter. Put remainder of batter over apples and rest of apples over batter. Bake at 375 for 1 hour.

Mary Sweryda
Sr. Juliette's sister

GLADYS' ENGLISH TOFFEE BALLS

½ cup powdered sugar
3¾ oz. pkg. vanilla instant pudding
1 cup butter or margarine, softened
2 cups flour
1 tblsp milk
1 tsp. vanilla
3 Heath Bars, crushed

In a large bowl, cream sugar, pudding, and butter. Stir in flour, milk, vanilla and crushed toffee bars. Mix well. Place spoonfuls on ungreased cookie sheet. Bake at 350 degrees F. for about 15 minutes or until edges are light brown. Dip top of each cookie in powdered sugar.

Sr. Natalya, SSMI

GOOD & EASY, APPLE CAKE

3 eggs
2 cups sugar
⅔ cup shortening
1 tsp. cinnamon
2 tsp. baking soda
½ tsp. salt
2 tsp. vanilla
3 cups flour
1 cup chopped nuts (optional)
4 cups chopped apples (pealed)

Mix eggs, sugar, shortening, cinnamon, baking soda, salt and vanilla. Add Flour, chopped nuts and apples. Place in 9 x 13 pan. Pour topping over the top, spread it. Bake at 350 deg. for 45 minutes or until done.

Topping:

1 stick melted butter
½ cup brown sugar
¼ cup flour

To melted butter, add brown sugar and flour. Mix well.

Janina Everett

GRAHAM CRACKER DELIGHT

1 pkg. graham crackers
½ cup sugar
½ cup butter
½ cup oleo
coconut
nuts, chopped

Line cookie sheet with foil. Break 1 pkg. or more graham crackers. Boil sugar, butter and oleo until dissolved. Pour mixture over graham crackers. Add coconuts and chopped nut. Bake at 350 deg. about 8 minutes until bubbly and light brown in color. Brown after baking. Cool on cookie sheet. Break apart.

JoAnne Prevost

HOME BREAD PUDDING

4 slice toasted bread cut into quarters
⅓ c. raisins
2 slightly beaten eggs
¼ c. sugar
⅛ tsp. salt
1 c. evaporated milk
1 c. boiling water
1 tsp. vanilla
¼ tsp. cinnamon

Please toast into greased 1¼ qt glass oven dish. Sprinkle raisins over toast. Combine milk, sugar, vanilla and water. Pour over toast. Let stand 10 minutes. Sprinkle with sugar and cinnamon. Bake at 350 degrees for 30 minutes until knife inserted comes out clean.

HONEY CAKE

3 cups flour
1 cup sugar
1 cup oil
4 eggs
1 cup coffee or milk
2 tsp. baking powder
1 tsp. baking soda
1 cup honey

Mix flour, baking powder and baking soda. Beat eggs and sugar, add oil and beat. Add coffee or milk and beat. Then add honey, stir till mixed well. Pour into 9 x 13 pan. Bake at 350 deg. for 50 to 60 minutes.

HOUSE TOUR CHOCOLATE DECADENCE

(A Favorite Brownie Recipe or a Good Mix)

12 oz. chocolate chips
4 eggs
4 tblsp strong hot coffee
4 tblsp Kahlua (or Grand Marnier)
1½ cups milk, scalded
Chocolate Cool Whip or whipped cream
shaved chocolate

In a springform pan, make brownies. Cool. Blend chocolate chips, eggs, coffee, Kahlua, and milk, in blender on high speed for 2 minutes. Pour mousse on top of cooled brownie. Chill 6-8 hours. On top of mousse, spread Cool Whip flavored with Kahlua or whipped cream flavored with sugar and Kahlua. Garnish with shaved chocolate.

Claire Fitzpatrick

ICE CREAM SANDWICH CAKE

1 box of 24 ice cream sandwiches
1 large container of Cool Whip
Filling: May be chocolate chips, crushed toffee bars, M & M's, sprinkles or whatever you would like.

Line a 9" x 13" Pyrex dish with ice cream sandwiches. Spread with Cool Whip. Spread with filling. Add another layer of ice cream sandwiches. Top with Cool Whip. Decorate top with crushed Oreo cookies or any topping of your choice. Freeze until serving. Cut into squares and serve.

Sr. Kathleen

IMPOSSIBLE PIE

4 eggs
½ stick margarine
½ cup Bisquick
1 cup fine coconut
less than ½ cup sugar
2 cups milk
1 tsp. vanilla
½ tsp. nutmeg

Cream sugar, margarine and eggs. Add Bisquick, coconut, milk, vanilla and nutmeg. Mix together. Pour into greased glass pie plate. Bake at 350 degrees F. for 50 minutes.

Gloria Waslo

IMPOSSIBLE PIE

4 eggs
½ c. margarine
½ c. flour
2 c. milk
1 c. sugar
1 c. coconut
2 tsp. vanilla

Blend all ingredients in blender until well mixed. Pour mixture into 10" greased pie plate. Bake at 350 degrees for 1 hour or until center tests done.

Sr. Andronica Annie Spilchuk, SSMI
Canada

ITALIAN CREAM CAKE

½ cup softened butter
½ cup shortening
2 cups granulated sugar
5 eggs
2 cups cake flour
1 tsp. baking soda
1 cup buttermilk
1 tsp. vanilla
3½ oz. coconut
1 cup pecans

Cream together shortening, butter and sugar. Add eggs and beat well. Sift together dry ingredients and add alternately with buttermilk and vanilla, mixing well after each addition. Stir in coconut and pecans and divide into 3 greased and floured 9" round cake pans. Bake at 350 degrees for 25-30 minutes or until done. Cool and ice with cream cheese frosting.

Cream Cheese Frosting

8 oz. cream cheese, softened
3½ oz. softened butter
4-5 cups powdered sugar
1¼ tsp. vanilla

Beat until creamy and add milk or sugar to get desired consistency

Merridee's Breadbasket

JEAN'S APPLE CAKE

4 cups apple pieces bite size
¾ cup walnuts
2 cups flour
2 tsp. baking soda
1 tsp. salt
2 tsp. cinnamon
1½ cup sugar
2 eggs
2 tsp. vanilla
½ cup vegetable oil

Sift the flour, soda, salt and cinnamon together. Cream the sugar, eggs, vanilla and oil. Add the sifted mixture to the creamed mixture and gradually add apples and nuts. Bake at 350 for 1 hour in greased and floured pan. Cool and sprinkle with confectioner's sugar.

Nadia Czubatyj

KUTYA

2 c. high grade wheat
3 qt. water
1 c. pappy seed
⅔ c. sugar
⅓ c. honey
½ c. hot water
½ c. chopped pecans

Dry wheat in a slow oven 250 degrees for a hour, stirring occasionally. Wash and soak overnight. Bring the wheat to boiling point and simmer for 3-4 hours until the kernels burst opened and white appear. Scold pappy seed and simmer 3 to 5 minutes, Drain well. and grind twice using the fine blade or a food chopper. Set aside. Prepare honey and sugar dissolve in hot water, set aside. Before a meal, add sweetened mixture, ground pappy seed, nut to the cooled wheat. Can be used any kind of nuts.

LADY BALTIMORE CAKE

3 cups sifted cake flour
3 tsp. baking powder
½ tsp. salt
¾ cup shortening
2 cups sugar
½ cup milk
½ cup water
1 tsp. vanilla
6 egg whites

Sift flour, baking powder and salt together. Cream shortening and sugar until fluffy (main bowl). Combine milk, water and vanilla, in separate bowl. Add dry ingredients and liquids alternately to mix, in small amounts, beating well after each addition. Beat egg whites until stiff, but not dry. Fold into the batter. Pour into greased pans. Bake in moderate oven 350 degrees F. for 25 minutes. Makes 3 (9" layers) or 1 (13'" x 9" layer) pan.

Rose Kern (Lizzy's Mom)
Lillian Kern

LEMON BISQUE

1 large pkg. Lemon Jello
1¾ cups hot water
½ cup sugar
1¾ cups graham cracker crumbs
½ cup melted butter
1 large can evaporated milk
4 tblsp lemon juice
1 cup chopped nuts

Mix Lemon Jello, hot water and sugar. Chill until syrupy. Mix crumbs and butter, then press into bottom of 9" x 13" pan. Beat one large can, chilled evaporated milk with Jello mixture, until very thick. Add lemon juice gradually. Pour mixture over crumbs. Cover with 1 cup chopped nuts or sprinkle lightly with graham cracker crumbs. Chill ½ hour and serve.

Barbara Stefaniak

LEMON CHIFFON PIE

1 envelope unflavored Knox gelatin
½ cup cold water
⅛ tsp. salt
4 eggs separated
1 can (6-oz.) frozen lemonade, concentrate (kept frozen)
½ cup sugar
1-9 inch baked pastry shell

Sprinkle gelatin over cold water in medium saucepan. Add Salt and egg yolks and mix well. Place over low heat and cook, stirring constantly, until mixture thickens slightly and gelatin dissolves, about 3 to 5 min. Remove from heat, add lemonade concentrate and stir until melted. Mixture should mound when dropped from spoon (if not, chill for a few min.). Beat egg whites until stiff, but not dry. Gradually add sugar and beat until very stiff. Fold in gelatin mixture. Turn into baked pastry shell. Chill until firm.

Sr. Jacqueline, SSMI

LEMON POUND CAKE

1 pkg. Duncan Hines Moist Deluxe Lemon Supreme Cake Mix
1-3.4 oz. pkg. Lemon Instant Pudding & Pie Filling Mix
4 large eggs
1 cup water
⅓ cup vegetable oil

Preheat oven to 350 deg. Grease and flour 10 inch Bundt or Tube Pan. Combine cake mix, pudding mix, eggs, water and oil in large bowl. Beat at medium speed with electric mixer for 2 minutes. Pour into pan. Bake at 350 deg. 50 to 60 minutes. Cool in pan 25 minutes. Invert into serving plate. Cool completely and glaze.

Glaze:

1 cup powdered sugar
1 T. lemon juice to taste

LEMON RICOTTA CAKE

1 lemon cake mix
1 box lemon instant pudding
½ cup softened butter
1 cup water
4 eggs
½ tsp. lemon zest
2 tbs. lemon juice
¼ cup sweetened condensed milk

Mix all the ingredients together at low speed until moist - then at medium speed for 2 minutes. Place in greased and floured 9x13 pan. Mix together the following and pour on top of cake batter: 15 oz. ricotta cheese, ⅓ cup sugar, 1 tsp. vanilla, 2 eggs. Bake in preheated 350 oven for 45-55 minutes. Cool cake well and sprinkle with powdered sugar.

Rose Barton

LESS CAKE

1 box raisins
½ cup Crisco
1 cup cold water
2 cups sugar
1 tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. cloves
4 tsp. baking soda
4½ cups flour
½ cup candied cherries
½ cup chopped walnuts

Put 1 box raisins in 2 cups water. Cook for 5 minutes. Place raisins and liquid in large bowl. Add Crisco, cold water, sugar, salt, cinnamon, nutmeg, cloves and mix well. To this mixture add baking soda and flour. Mix well. Add fruit and nuts. Pour into well-greased tube pan or loaf pan. (Place wax paper on bottom of pan). Bake in slow oven 250 degrees F. for 2 hours - 2 hours 20 minutes.

Barbara Stefaniak

MEXICAN CHOCOLATE CAKE

1¼ cups flour
¾ cup sugar
¼ cup cornstarch
½ tsp. baking soda
½ tsp. salt
3 tblsp cocoa
1 tsp. cinnamon
⅓ cup oil
1 tsp. vanilla
1 tblsp vinegar
¾ cup cold water
¼ cup brandy

Sift flour, sugar, cornstarch, baking soda, salt, cocoa and cinnamon together in a large bowl. In a blender mix oil, vanilla, vinegar, water and brandy. Pour into bowl with dry ingredients. Mix thoroughly. Pour into 8" or 9" lightly greased pan. (Pam may be used.) Bake at 400 degrees F. until toothpick inserted in center comes out clean. Cool and cover with glaze.

Tessie Bury

MEXICAN CHOCOLATE CAKE GLAZE

2 tblsp cocoa
1 tblsp oil
1 tblsp corn syrup
2 tblsp Kahlua
1 tsp. water
½ tsp. cinnamon
1 cup powdered sugar

Combine cocoa, oil, corn syrup, Kahlua, water and cinnamon in a small saucepan. Stir over medium heat until smooth and shiny. Blend in powdered sugar. Glaze Mexican Chocolate Cake over a cooling rack to allow the edges to be smooth.

Tessie Bury

MEXICAN WEDDING CAKE

2 cups sugar (I sue 1½ cups)
2 eggs
2 cups sifted flour
2 tsp. baking soda
20 oz. can crushed pineapple with juice
1 cup chopped nuts

Sift flour, sugar and soda twice. Mix with eggs, pineapple and nuts with spoon until well blended. Bake in 9x13 pan for 40 minutes at 350. When cool spread on frosting. FROSTING: 1 8oz pkgs. cream cheese, 1 stick margarine, 1 tsp. vanilla and 2 cups powdered sugar.

JoAnne Prevost

MISSISSIPPI MUD CAKE

4 eggs
2 sticks melted margarine
1½ cups flour
1 tsp. vanilla
2 cups granulated sugar
⅓ cup cocoa
1 cup coconut
1½ cups pecans or English walnuts
miniature marshmallows

Beat eggs and sugar until thick. Combine melted margarine, flour, cocoa, vanilla, coconut and nuts. Mix well and add to egg and sugar mixture. Pour into greased, floured 13 x 9 inch pan and bake 30 to 40 minutes or more in 350 deg. oven. Remove from oven and spread miniature marshmallows over top and put in oven for 3 minutes. Then take out. When cake is still warm frost.

Frosting

1 stick melted margarine
⅓ cup cocoa
1 tsp. vanilla
6 T. milk
1 lb. box powdered sugar
1 cup nuts

Melt margarine. Remove from heat and add all ingredients except nuts. Beat until nice and smooth. Add nuts and spread over marshmallows carefully. Frosting is runny it will harden as it sets. This cake be served warm, but good when cool, too.

Sr. Theodora, SSMI

MOIST CHOCOLATE CAKE

2 cup all-purpose flour
1 tsp. salt
1 tsp. baking powder
2 tsp. baking soda
¾ cup unsweetened cocoa
2 cups sugar
1 cup vegetable oil (not olive oil)
1 cup hot coffee
1 cup milk
2 eggs
1 tsp. vanilla extract

Sift together dry ingredients in a large bowl. Add oil coffee and milk; mix at medium speed for 2 minutes, Add eggs and vanilla; beat 2 more minutes(batter will be thin) Pour into two greased and floured 9" x 1½" layer cake pan. Bake at 325 degrees for 25-30 minutes. Cool cakes 25 minutes before removing from pans. Cool on wire racks. Meanwhile make icing.

French Silk Frosting

1 cup margarine or butter Crisco
2 oz. melted unsweetened chocolate
1½ tsp. vanilla
1 lb. box powder sugar.

Beat butter Crisco until light, add cooled melted chocolate and beat very well. Add powder sugar, vanilla, milk and beat for 5 minutes until they are all mix

Olga Washaw
Sr. Theodora's Sister

MOIST CHOCOLATE CAKE WITH PEANUT BUTTER FROSTING

1 box Dark Chocolate Cake Mix (with Pudding in the mix)
½ cup Hershey's Cocoa
3 eggs
1⅓ cups water

Mix all ingredients until well blended. Bake in 2 - 9 inch greased and floured pans, 350 deg. for 30 to 35 minutes or in a 9 x 13 pan for 35-45 minutes. Cake is done when it is firm to the touch and pulls away from the sides of the pan.

Frosting:

1 stick margarine, softened
½ pkg. (8 oz.) cream cheese, softened
¾ cup peanut butter
1½ tsp. vanilla
2 cups confectioners (10 X) sugar
1 tsp. half and half (or milk)

Cream the softened margarine and cream cheese with a mixer in a medium bowl. Add and mix well the peanut butter and vanilla. Slowly add the confectioners sugar and half and half (or milk). Beat all ingredients with a mixer until light and fluffy. Spread on cake.

Dr. Barbara Yastishock Lutz

MOLASSES CRUMB CAKE

3 cups flour
1 cup sugar
½ cup shortening
1 cup molasses
1 tsp. baking soda
1 egg
1 cup buttermilk
½ cup raisins (optional)

Combine flour, sugar and shortening to form crumbs. Remove ½ cup of crumbs for topping. Mix molasses and soda together. Mix egg, buttermilk and raisins in with molasses mixture and crumb mixture. Pour into greased pie pans. Bake 30 minutes at 350 degrees F.

Helen Potak

MOM'S APPLE CAKE

1¼ c. oil
1 c. sugar
4 eggs
2 c. flour
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. baking soda
1 tsp. baking powder
pinch salt
2 c. diced apples (without peels)
1 tbs lemon juice
½ c. raisins or chopped nuts

Mix together oil, sugar, add eggs one at a time beating well. Blend in remaining ingredients. Mix in apples, lemon juice, raisins or chopped nuts. Bake in tube pan (greased) at 350 degrees for 5 minutes. Cool 10 minutes, Remove from pan.

Marie Glowa

MOM'S CARROT CAKE

1¼ c. oil
2 c. sugar
4 eggs
2 c. flour
1 tsp. cinnamon
1 tsp. baking soda
1 tsp. baking powder
¼ tsp. salt
2 c. grated carrots
½ c. chopped nuts

Mix together oil, sugar, add eggs one at a time. Blend with remaining ingredients. Bake in tube pan. (Spray pan with Pam Spray) 1 hour and 10 minutes at 350 degrees. Cool in pan 10 minutes.

Cream cheese Icing.

1 (8-oz.) packages cream cheese (room temperature)
1 c. confectioners sugar
1 tsp. vanilla

Mix everything together and spread on the cake.

Marie Glowa

MOM'S PINEAPPLE PIE

Dough.

4 c. flour
1 c. sugar
3 eggs
1 tsp. vanilla
2 tsp. baking powder
½ lb. butter

Blend above ingredients well. Cut dough in half (could be a larger piece for bottom). Place the larger piece of dough on the bottom and sides of a pan (11 x 13). Save other portion for top.

Filling.

3 can crushed pineapple (1 can = 2 cups)
3 tbsp. cornstarch
1 c. sugar
3 eggs
juice of one lemon

Cook above ingredients in a double boiler until a 'custard like' consistency. Cool. When filling is cool, pour filling over the dough in the pan. With remaining dough cover the filling. Poke holes in top of dough. Bake at 350 until golden brown.

Note: In place of pineapple, peaches could be substituted.

Marion C. Hrubec

MUTTI'S RUM CAKE

1 cup chopped pecans or walnuts
1 box French vanilla cake mix
1 3¾ pkg. French vanilla instant pudding
4 eggs
½ cup cold water
½ cup vegetable oil
½ cup dark rum 80 proof liquor

Note: If using cake mix with pudding already in the mix, omit instant pudding and use 3 eggs instead of 4, ⅓ cup oil instead of ½. Preheat oven to 325 deg. Grease and flour 12 cup bundt pan. Sprinkle nuts over bottom of pan. Mix all cake ingredients together. Pour batter over nuts. Bake 1 hour. Cool. Invert on serving plate. Prick top. Spoon and brush glaze evenly over top sides. Allow cake to absorb glaze. Repeat till glaze is used up.

Glaze

¼ lb. butter
¼ cup water
1 cup granulated sugar
½ cup dark rum 80 proof liquor

To prepare glaze: Melt butter in saucepan, add water and sugar. Boil 5 minutes, stirring constantly. Remove from heat. Stir in rum.

Maria T. Shushelnycky

NEVER FAIL VANILLA PIE CRUST

⅔ cup butter flavored Crisco
1 cup sifted flour
1 tsp. salt
2 tblsp cold water
3 tblsp vanilla

Mix Crisco and flour with fork to form crumbs. Add salt and mix. Add in vanilla and water. Mixture may be pasty at first. Knead while continuing to add flour at ⅛ to ¼ at a time until you get to desired consistency for rolling.

NOTE: Great for desserts. May substitute water for the vanilla, if you need a plain crust.

Rose Kern (Lizzy's Mom)

OATMEAL PIE

3 eggs, well beaten
⅔ c. white sugar
1 c. brown sugar
⅔ c. quick oats
⅔ c. coconut
2 tbsp. butter melted
1 tsp. vanilla
½ c. chopped nuts(optional)

Pour mixture into unbaked 8" pie sheet. Bake at 375 degrees for 30 minutes.

I entrust myself to Your mercy and beg You to lead me to my goal, which is You. Amen.

Blessed Josaphata

PAMPUSHKY

Sponge

2 pkg. yeast
2 tsp. sugar
¾ cup water
⅓ cup warm water
¾ cup flour

Dissolve yeast according to directions on package. Add the rest of the ingredients and beat until smooth. Cover bowl, put in a warm place and allow to rise until light and bubbly.

Dough

½ cup shortening
2 whole eggs
4 egg yolks
1 tsp. vanilla
5 cups flour
½ cup sugar
1 tsp. salt
grated rind of 1 lemon

Cream shortening and sugar. Beat whole eggs, egg yolks, and salt until light and fluffy. Combine with first mixture and blend well. Stir in vanilla, lemon rind, and sponge. Add half the flour and beat to a smooth batter. Add balance of flour to make a soft dough. Knead thoroughly until smooth, then place in a clean, slightly greased mixing bowl and allow to rise until double in bulk. Punch down and let rise again. Roll out on floured board 1 to ½ inch in thickness. Cut with round cookie cutter. Place a teaspoonful of filling on each piece and seal edges. Allow to rise, then fry in Mazola oil.

Filling - Prune

1 lb. prunes
¼ cup crushed walnuts
1 tsp. lemon rind
sugar to taste
dash of cinnamon

Boil prunes until soft, drain. Pit and chop and add the rest of the ingredients and mash with a fork until smooth and well blended.

Filling - Poppy Seed

1 cup poppy seed
¼ cup sugar
2 T. honey
1 tsp. lemon rind
1 egg white
½ cup chopped walnuts

Scald poppy seed with boiling water and drain. Let stand for one hour, then put through the finest blade of food chopper. Add sugar, honey and beaten egg white, lemon rind, walnuts and mix well.

Sr. Olympiada, SSMI

PAMPUSHKY - EASY TYPE

1 c. flour
1 c. ricotta cheese
2 eggs
1 tsp. baking powder

Mix and drop by teaspoon into boiling oil. Remove and place on paper towels. Then dust confectionary sugar and eat

Marie Glowa

PARADISE BANANA CAKE

Cake

1 pkg. yellow cake mix
½ cup brown sugar
¼ cup oil
1 cup water
2 very ripe bananas, puréed
3 eggs- beaten

Combine all ingredients using electric mixer on high speed to blend thoroughly. For three layers, pour into three 9" round cake pans. Bake at 350 degrees for about 30 minutes. Cool in refrigerator. Meanwhile, make filling:

Banana filling.

¼ cup brandy or banana flavored rum
4 eggs yolks
¼ cup sugar
4 bananas, puréed
½ cup whipped cream for top layer

Mix all ingredients and cook over medium heat until thickened. Refrigerate. When cake layers are cooled spread between cake layers. Then on top layer of cake spread a thin layer of whipped cream.

Frosting

1 banana, sliced in thin rounds
1 can vanilla or butter cream frosting
1½ cup sliced almonds
chocolate drizzle

After assembling cake, slice banana and place on top of cake, whipped cream optional. Then frost entire cake, sides on top over the bananas. Place almonds all over top and sides. They will stick into the frosting and stay in place. Use a chocolate drizzle all over cake if desired. Then drizzle looks especially nice for entertaining.

Merridee's Breadbasket

PARTY CHEESE CAKE

Crust:

½ or 6 oz. pkg. Nabisco Zwieback Toast (finely rolled or ground in a chopper) or use graham cracker crumbs
2 T. sugar
⅓ cup softened margarine

Blend the Nabisco crumbs, sugar and margarine. Press firmly against bottom of a 9 inch Spring Form Pan.

Filling:

1 cup Half & Half
1 lb. cream cheese (softened)
4 eggs (separated) save till last, whites (stiffly beaten)
1 cup granulated sugar
1 tsp. vanilla
4 T. all-purpose flour
¼ tsp. salt

Mix cream cheese, egg yolks, granulated sugar, vanilla, and salt together till creamed. Add flour gradually. Have your egg whites beaten up stiff and gradually add to the above mixture by folding in at the end. Pour into crust and bake in a slow oven 325 deg. 1¼ hours to 1½ hours. Shut off oven and leave there till cool. After finished you can add a pre-made strawberry gel with fresh strawberries or frozen berries.

Pearl Morkiewicz

PASTRY WITH APPLES

10 oz. sugar
4 c. flour
baking powder (or a little vinegar with baking soda)
10 oz. margarine (cut it up a little with a knife)
cinnamon and vanilla to taste
3 whole eggs
2 yolks
5 tbsp. sour cream

Mix together the margarine, vanilla, cinnamon, eggs, yolks and sour cream. Grease a baking pan. Divide the dough in 2 parts and roll out. One part little thicker. The thicker part put on the bottom of the baking dish. Spread beaten egg whites over the dough, cover with bread crumbs. Then put a layer of cut up apples. Cover the apples with bread crumbs and a little cinnamon. Put a thin layer of strawberry jam, a little of cherry jam or plum jam. Cover with sugar. Cover with the second part of the rolled dough. Prick the dough with a fork. Beaten egg well and spread over top of pastry and cover top with sugar. Bake in oven 375 degrees for 45 minutes or until is done...

Sr. Tekla Ulyana Hnatiuk, SSMI
Ukraine

PASTRY WITH FILLING (ROGAIKE)

2¼ cup dry yeast (¼ oz. each)
1 cup sugar
8 eggs (whole)
2 cups milk
2 tsp. salt
17.6 oz. margarine (unsalted)
3 lbs. flour (you may need to add more flour)
Filling: Guava Paste (21 oz.)

Mix all ingredients together, except margarine. The dough shouldn't be too thick or too thin. Separate the dough into three equal parts. Roll out the dough thinly, spread margarine thinly over one part of dough, fold the dough in half, spread margarine over, fold and spread margarine on it and last will be the final fold. Repeat the process with remaining two parts of dough. Leave the three equal parts in the cooler for 20 minutes. After 20 minutes take the dough out and repeat all the steps you did the first time. All margarine must be used. Leave the dough in the cooler (refrigerator) over night. Next morning roll out the dough, cut into three inch squares and place the filling, cut in cubes, in the middle, pinch the opposite 4 corners. Let the pastry rise for 1 hour. Beat 2 eggs and spread with the brush on top of the pastry. Bake in a 350 deg. oven for 20 or 30 minutes.

Sr. Catarina, SSMI (Brazil)

PEACH AND BLUEBERRY COBBLER

¼ c. brown sugar
¼ c. sugar
1 tbsp. cornstarch
½ c. water
1 tbsp. lemon juice
2 c. sliced peaches
1 c. blueberries

Combine brown sugar, sugar, cornstarch and water in a saucepan. Blend well. Cook over medium heat, constantly until it thickens. Now add the lemon juice, sliced peaches and blueberries. Transfer the fruit from saucepan to 2 quart baking dish. Set aside.

Topping:

1 c. flour
½ c. sugar
1½ tsp. baking powder
½ tsp. salt
¼ c. soft butter
½ c. milk

In a separate bowl combine flour, sugar, baking powder and salt. Add the soft butter, with fork or pastry cutter, blend in butter to flour mixture. Put the milk beating with fork until smooth. Spoon topping over fruit, making sure topping covers all fruit. Sprinkle with 2 teaspoon sugar and ¼ teaspoon nutmeg mixed together. Bake at 375 degrees for 40 to 45 minutes. For a 13" x 9" x 2" pan, double the ingredients,

Christine M. Olszewski

PEACH BRANDY POUND CAKE

3 cups sugar
1 cup butter or margarine (softened)
3 cups all-purpose flour
6 eggs
¼ tsp. baking soda
⅛ tsp. salt
1 cup commercial sour cream
2 tsp. rum
1 tsp. orange extract
¼ tsp. almond extract
½ tsp. lemon extract
½ cup peach brandy

Combine sugar and butter, cream until light and fluffy. Add eggs, one at a time, mixing well after each. Combine dry ingredients, add to creamed mixture, alternately with sour cream, beating well after each addition. Stir in remaining ingredients. Pour batter into a well greased and floured 10 inch bundt pan or a tube pan. Bake 325 deg. for 1 hour or until cake tests done.

Monica Domzalski

PEACHY ORANGE RING

1 lb. can sliced peaches
1 (3-oz.) packages orange flavored gelatin
½ (6-oz.) can frozen orange juice concentrate, thawed
1 tbsp. lemon juice
½ (7-oz.) bottle lemon-lime carbonated beverage, chilled

Drain peaches, reserving syrup. If necessary, add enough water to syrup to make ¾ cup. Heat syrup. Put orange flavored gelatin in blender container and add hot syrup; cover and blend until gelatin is dissolved. Add peaches, salt, frozen orange juice and lemon juice; cover and blend until peaches are puréed. Pour into a 1 quart mold. Slowly pour carbonated beverage down sides of the mold. Chill until firm. Makes 6 servings.

Dorothy Bognar

PEANUT BUTTER TANDY CAKE

4 eggs
1 tsp. vanilla
3 tbs melted butter
1¾ cup sugar
¾ lb. chocolate (dark or light)
2 cups cake flour
1¼ tsp. baking powder
1 cup milk
1 cup peanut butter

Mix sugar, butter, eggs and vanilla until creamy. Add flour, baking powder and milk. Mix until blended. Bake in a well greased and floured 10 x 15 pan. Bake at 350 for 15 to 20 minutes or until done when tested. Immediately when done, spread 1 cup of peanut butter over hot cake and refrigerate until cool. (you can use more than 1 cup of peanut butter) Melt chocolate and spread over chilled cake. (Does not have to be refrigerated when done)

Eileen Smilko

PEARS IN CHOCOLATE FLUFF

1 (20-oz.) can pear halves
½ cup semi-sweet chocolate pieces
¼ cup light corn syrup
½ tsp. vanilla
1 cup Cool Whip
¼ cup sour cream
½ cup slivered almonds, toasted

Drain pears halves thoroughly; cut into large pieces set aside. I small saucepan, combine chocolate pieces and corn syrup. Heat stirring constantly, just till chocolate is melted; add vanilla. Cool. Stir together Cool Whip and sour cream. Fold into cooled chocolate mixture. Add pears pieces and ⅓ cup of slivered almonds. Chill. Top with remaining almonds before serving.

Dorothy Bognar

PINEAPPLE BAKE

1 20 oz. can of crushed pineapple
½ cup sugar
1 tbsp. cornstarch
½ cup water
2 eggs beaten

Mix together pineapple, sugar, cornstarch, water and beaten eggs. Bring to a boil until thick. Put into a quart size casserole. Sprinkle with cinnamon and dot with butter. Bake at 325 deg. for one hour.

Patricia McKenzie

PINEAPPLE BAVARIAN

1 tbsp. unflavored gelatin
2 tbsp. cold water
2½ cups crushed pineapple (n. 2 can)
3 eggs separated
½ cup sugar
¼ tsp. salt
2 tbsp. lemon juice
1 cup heavy cream

Soften gelatin in cold water. Combine pineapple, egg yolk, sugar, salt and lemon juice. Cook in the top of a double boiler over hot water, stirring constantly, until thickened. Remove from heat. Add softened gelatin, stir until dissolved. Chill. When almost set, fold in stiffly beaten egg whites and cream whipped until stiff. Turn into a mold, chill until firm. Unmold, garnish with whipped cream and chopped pistachio nuts.

Sr. Jacqueline, SSMI

PINEAPPLE SALAD

1 large can crushed pineapple
1 cup sugar
1 (8-oz.) cream cheese
1 pkg. Knox gelatin
¼ cup cold water
1 pint whipped cream or Cool Whip

Strain pineapple. Boil pineapple juice and sugar for 5 minutes. Dissolve gelatin in cold water. Mix cream cheese and pineapple. Mix well. Add Cool Whip or whipped cream. Put in glass dish and refrigerate. When jelled, it is ready to serve.

Mary Ann Abromitis

PISTACHIO CAKE

Filling

1 pkg. (1 lb. 2.25 oz.) Duncan Hines butter cake
½ cup vegetable oil
4 eggs
1 cup sour cream
1 pkg. (3.4 oz.) Pistachio Instant Pudding

Mix for 5 minutes on medium speed the butter cake mix, vegetable oil, eggs, sour cream and Pistachio Instant Pudding (it will be a thick batter).

½ cup sugar
1 tsp. cinnamon
½ cup chopped nuts

Combine separately the filling ingredients; sugar, cinnamon and nuts. In a greased and floured bundt pan put first half of the batter, then half of the filling, 3rd, rest of the batter and 4th, rest of the filling. Place cake in cold oven. Set oven at 350 deg. and bake one hour.

Patricia McKenzie

PISTACHIO DESSERT OR SALAD

1 large can crushed pineapple
1 box instant pistachio pudding
1 cup chopped nuts
1 cup miniature marshmallows
1 qt. size container Cool Whip

In 9-inch square or 9"x13" pan or glass dish, mix the can of pineapple, including all juice, and the box of pudding. Let stand 10 minutes. Add nuts and marshmallows. Mix and fold in Cool Whip. Chill and serve.

Gloria Waslo

POOR MAN'S RAISIN CAKE

(For Fast Days)

1 lb. raisins
1¾ cups sugar
1 cup shortening or Crisco
3 cups flour
1½ cups cold water
2 tsp. baking soda

Cook raisins in 2 cups water for 15 minutes - cool - set aside. Blend in large mixing bowl sugar and shortening. Add flour, water and baking soda. Last add raisins. Pour into greased and floured pans. Bake 45 minutes in a 350 degree oven. Candied fruits, nuts, chopped dates, figs or prunes can be added.

Marion C. Hrubec

POPPY SEED CAKE

1 c. flour
1 c. dried poppy seed
1 c. sugar
1 c. egg whites
4½ oz. margarine
1 tsp. baking powder
raisin, nuts or walnuts, as much you want.

Slowly melt the margarine, put aside to cool. Beat egg whites well, add sugar and beat until creamy. Add 4 yolks and mix gently. Pour remaining ingredients mixing and adding margarine. Line the pan with wax paper and bake for 25 minutes in oven 375 degrees.

Sr. Tekla Ulyana Hnatuyk, SSMI

POTATO POPPY SEED CAKE

¾ cup butter
½ cup milk
2 cups sugar
4 eggs
1 cup ground poppy seeds
1 cup boiled riced potatoes
1 cup ground almonds
1 cup cake flour
1 tsp. salt
1 tsp. vanilla
1 tsp. baking powder
½ tsp. cinnamon
1 tsp. maple flavoring

Cream butter. Add sugar. Add eggs - one at a time, beating constantly. Add milk, potatoes, poppy seeds. Sift together flour, baking powder, salt and spices. Add sifted dry ingredients to the mixture. Also add maple flavoring and nuts. Mix. Pour quickly into 3 greased 9" pans. Bake in moderate 350 degrees F. oven for 1 hour.

Tillie Hrynewich

POUND CAKE

¼ lb. butter
½ cup Crisco
1½ cups sugar
4 eggs
½ cup milk
¼ tsp. salt
2 tsp. baking powder
2 cups all-purpose flour (not sifted)

In an electric mixer or by hand, mix butter, Crisco and sugar. Add slightly beaten eggs, milk, flour, baking powder and salt and beat for 20 minutes. Pour into a tube pan that has been greased and floured. Place in a cold oven and bake at 350 deg. for 1 hour.

Anna Slifka

POUND CAKE

3 sticks butter at room temperature (no substitute)
1-8 oz. pkg. cream cheese
3 cups sugar
6 eggs (room temperature)
2 cups cake flour
1 T. vanilla

Cream together butter and cream cheese. Add sugar. Put eggs in one at a time. Add the flour in after you have put in 3 eggs. Beat until just blended. (Add the flour a little at a time with the last three eggs.) Grease pan. Bake at 325 deg. for 1½ hours or a little longer. Cool in pan 15 minutes before removing from pan. Cool completely and sprinkle with powdered sugar.

Marion C. Hrubec

POUND CAKE

¾ lb. (3 sticks margarine)
3 c. sugar
¼ tsp. salt
3 c. flour
1 sm. canned milk (add water to make 1 c)
2 T. buttered flavoring
8 oz. whole, drained, broken or chopped cherries. Drain cherries on a paper towel; roll cherries in flour.
1 c. nuts

Start in cold oven. Bake in greased and floured tube pan at 325 deg in gas oven or 300 deg in electric oven for 1½ or 1¾ hours until done. Do not open the oven until done. Remove from pan immediately.

Cathy Kostyk

PRUNE CAKE

2 cups sugar
1 cup oil
1 cup cooked and mashed prunes
1 cup buttermilk
2 cups flour
3 whole eggs
1 tsp. soda
¼ tsp. salt
1 tsp. cinnamon
1 tsp. ginger
1 tsp. allspice
1 tsp. nutmeg
1 tsp. cloves
1 cup nuts (optional)

Mix sugar and oil, add eggs. Sift flour, spices and salt together. Add soda to buttermilk (if you don't have buttermilk, use regular milk and add a tsp. of vinegar or lemon juice to make it unto buttermilk). Then add flour and milk to sugar and oil. Add prunes and nuts. Put in greased tube pan and bake at 350 deg. oven about 1 to 1½ hours. When you test that it is done.

Pearl Morkiewicz

PUMPKIN CAKE

2 cups sugar
1¼ cups salad oil
1½ cups cooked (canned) pumpkin
4 eggs
3 cups flour
2 tsp. baking soda
2 tsp. baking powder
1 tsp. salt
2 tsp. cinnamon
½ cup dark raisins
½ cup golden raisins
1 cup chopped walnuts

Cream together, sugar, salad oil and pumpkin. Add eggs one at a time. Sift dry ingredients together, flour, baking soda, baking powder, salt and cinnamon and add to creamed mixture at a low speed. Fold into batter, raisins and walnuts. Bake at 350 deg. in a 10 inch tube pan for 1¼ hours or until toothpick comes out clean.

Marion C. Hrubec

PUMPKIN CHIFFON PIE

1 envelope unflavored gelatin
½ cup sugar
½ tsp. salt
½ tsp. ground cinnamon
½ tsp. ground allspice
¼ tsp. ground ginger
¼ tsp. ground nutmeg
¾ cup milk
2 slightly beaten egg yolks
1 cup canned pumpkin
2 egg whites
¼ cup sugar
½ cup whipping cream, whipped
1 9-inch graham cracker crust

Combine gelatin, sugar, salt, cinnamon, allspice, ginger and nutmeg in saucepan. Stir in milk, egg yolks and pumpkin. Cook over medium heat, stirring until mixture boils and gelatin dissolves. Remove from heat and chill until partially set. Beat egg whites till soft peaks form. Gradually add sugar and beat to stiff peaks. Fold in pumpkin mixture and whipped cream. Pile mixture into crust. Chill until firm.

Sr. Natalya Stoczanyn, SSMI

PUMPKIN CHIFFON PIE

1 T. gelatin
¼ cup water
1½ cup pumpkin
1 cup brown sugar
3 eggs
2 tsp. cinnamon
½ tsp. ginger
¼ tsp. allspice
½ tsp. salt
2 T. granulated sugar
½ cup heavy cream

Soften gelatin in cold water. Combine pumpkin, brown sugar, egg yolks, spices and salt in top of double boiler. Cook over hot not boiling water until thickened, stirring constantly. Add softened gelatin to hot pumpkin mixture. Stir until dissolved. Remove from hot water. Chill until mixture begins to thicken. Beat egg whites until stiff but not dry. Beat in granulated sugar. Fold into cooled pumpkin mixture. Whip cream and fold into pumpkin. Pour into baked 9 inch shell. Chill - top with additional cream.

Rose Marie Watts
Sr. Anne Roman's sister

PUMPKIN MOUSE

2 sugar-fat free vanilla puddings
2 c. skim milk
1 c. canned pumpkin
½ tsp. pumpkin pie spice
1 c. fat free Cool Whip

Whisk pudding, milk, pumpkin pie spice together. Add pumpkin mix. Fold in cool whip.

Marilyn Mchugh

PUMPKIN PIE

⅛ tsp. salt
⅔ cup sugar
1⅔ cups milk
⅔ tsp. cinnamon
⅔ tsp. nutmeg
⅔ tsp. ginger
2 eggs, beaten
1½ cups cooked pumpkin

Mix sugar, salt, cinnamon, nutmeg and ginger with milk. Mix in eggs and pumpkin. Pour into pie crust. Bake at 450 degrees F. for 10 minutes. Reduce heat to 345 degrees F. Bake another 35 minutes or until knife can be inserted and is clean when removed.

Sr. Ann Sopp, SSMI

QUICK CHOCOLATE CHERRY CAKE

1 chocolate cake mix
1 can cherry pie filling
2 eggs

Beat eggs into cake mix. (It will be thick). Stir in pie filling. Pour into a greased and floured tube pan or 2 loaf pans. Bake at 325 for 40 to 60 minutes. Cool and sprinkle with confectioners sugar.

Lucille Molochnick

QUICK LEMON CAKE

1 Yellow cake mix
1 can Lemon pie filling
2 eggs

Beat eggs into cake mix. (It will be thick) Stir in pie filling. Pour into a greased and floured tube pan or 2 loaf pans. Bake at 350 for 40 to 60 minutes. Cool and sprinkle with confectioners sugar.

Lucille Molochnick

QUICK POUND CAKE

2 cups butter, softened
6 eggs
1 lb. powdered sugar
3 cups cake flour

Cream butter and sugar until light. Add eggs, one at a time, beating after each egg is added. Add flour and mix until smooth. Pour into 10" tube pan. Bake at 325 degrees F. for 1 hour and 15 minutes. Cool in pan, about 30 minutes, before turning onto wire rack.

Sr. Natalya, SSMI

RHUBARB CAKE

1½ cups sugar
½ cup margarine
1 egg beaten
1 tsp. baking soda
2 cups flour
1 scant tsp. salt
1 cup sour milk or buttermilk
2 cups floured rhubarb
1 tsp. vanilla

Cream sugar and margarine. Add eggs and beat. Sift dry ingredients together. Add alternately with milk to the creamed mixture. Add rhubarb and vanilla. Mix well. Pour into a 12: greased pan. Add topping. Bake at 350 for about 40 minutes or till done to touch. TOPPING: ½ cup sugar, ¼ cup margarine, ½ cup flour, 1 tsp. cinnamon mix together and sprinkle on top of cake mixture. Put in oven at 350

Marion c. Hrubec

RHUBARB SQUARES

Crunch crust for top and bottom:

¾ cup shortening
1 cup brown sugar
1 tsp. baking soda
1 tsp. vanilla
1 cup flour
2 cups oatmeal (quick oats)
1 tsp. cinnamon

Mix all of the above ingredients well in a bowl. Spread half of the mixture onto the bottom of a 9 x 9 baking dish. Reserve the rest.

Filling:

4 cups cut-up rhubarb
2 cups water
1 cup sugar
3 T. cornstarch
½ tsp. almond flavoring (optional)

Cook the cut-up rhubarb in 2 cups of water and 1 cup sugar. Thicken with corn starch. Add the almond flavoring (optional). Spread filling over crust mixture, and then top filling with the reserved crust. Bake at 350 deg. until golden brown.

Janina Everett

RIBBON JELLO

2 cups cold milk
1 cup sugar
½ cup cold water
2 pkg. Knox gelatin
1 pt. sour cream
2 tsp. vanilla

Heat together to boil, milk and sugar. Mix in a small bowl, water and gelatin. Add the gelatin mixture to the hot milk mixture, stir and let stand till cool. Beat in sour cream and vanilla. DO NOT REFRIGERATE!. Let stand at room temperature to cool, stirring constantly.

To Prepare Jello:

1-3 oz. pkg. Cherry Jello
1-3 oz. pkg. Lime Jello

Prepare Cherry and Lime Jello separately, using 1 cup of boiling water and ½ cup of cold water. Pour ¾ cup Cherry Jello in a 9" or 10" square pan**, refrigerate to let set for bottom layer. When set firmly, add 1½ cups white mixture (above) for second layer, refrigerate until firm. Pour ¾ cup Lime Jello for third layer, refrigerate until firm. Continue alternating Jello and white mixture for "Ribbon" effect.

**NOTE: This could be made in a Tupperware round mold, but adjust the measurement of the liquids to insure even layers. You may use any flavor/color Jello to fit the occasion.

Marion C. Hrubec

RICE PUDDING

½ cup long-cooking (regular) rice
3 cups milk
1 cup water
⅓ cup sugar
⅛ tsp. salt
1 egg
½ tsp. vanilla
¼ cup cream (milk or half and half)

Mix ingredients together in a pot. Cook until the rice is tender, approximately 30 minutes, or less. In a separate bowl, mix the egg, vanilla and cream. Add this to the cooked mixture. Chill.

Anna Drozd

RICOTTA CAKE

1 packages yellow cake mix
2 lbs. ricotta
4 eggs
1 tsp. vanilla
1 cup sugar

Make the yellow cake mix according to directions. Spray a 9 x 13 METAL, pan with PAM(don't use a glass dish). Pour cake batter into pan. Mix ricotta, eggs, vanilla, and sugar. Carefully ladle or pour ricotta mixture into cake mix batter in pan. Bake at 350 degrees for 1 hour or until firm.

Sue Butler

ROSALIE'S CARROT CAKE

1 cup flour
1 tsp. baking soda
1 tsp. cinnamon
¼ tsp. cloves
¾ cup oil
⅔ cup sugar
1 egg
1½ cups grated carrots
½ cup grated walnuts

Oil and flour 8" square pan. Mix all ingredients by hand. Blend well. Pour into pan and bake at 350 degrees F. for 35 minutes. Leave in pan for 15 minutes before taking out. Frost with cream cheese frosting.

Vera Sawchyn

ROSALIE'S CARROT CAKE FROSTING

½ cup cream cheese
¼ cup shortening
¼ cup butter or margarine
1 tsp. vanilla
3 cups sifted 10 X powdered sugar
2 tblsp milk (or more)

Cream shortening and butter. Add cream cheese, then vanilla, sugar and milk. Mix well. Once frosted, if desired, top with coconut.

Vera Sawchyn

SANDERS FROSTING: (SINGLE RECIPE)

1 egg white
1½ cups sugar
1 tsp. vanilla
½ cup Crisco
1 cup scalded milk

Beat the egg whites until stiff. Add sugar very slowly, 1 tablespoon at a time while beating all the time. Add milk, 1 tablespoon at a time. Chill 15 minutes. Beat shortening together, add other mixture 1 tablespoon at a time. Add vanilla very slowly.

Pearl Morkiewicz

SISTER JOHN'S PIE

1½ cups icing sugar
½ cup soft butter
2 eggs
1 cup Fruit Cocktail, drained
½ pt. (1 cup) whipped cream (with dash icing sugar)
Graham Cracker Crust

Mix icing sugar with soft butter and cream well. Add eggs and beat well with beat. Spread this on top of graham cracker crust.* Drain fruit cocktail and mix with whipped cream. Put on top of first mixture. Chill in refrigerator. *Give no-bake recipes a golden crust by brushing with beaten egg whites and baking at 375 deg. for 5 minutes before filling.

Sr. John, SSMI

SKILLET COOKIES (DATE BALLS)

½ cup butter (¼ lb)
1 (8-oz.) pkg. chopped dates
¾ cup sugar
1 egg
1 tsp. vanilla
2 cups Rice Krispies
shredded sweetened coconut

In a saucepan heat the butter, dates, sugar and egg, until boiling. Cook at a slow boil until dates are melted, approximately 7 minutes, or less. Overcooking the mixture will make a more dense cookie in the end. Remove the mixture from the heat. Add vanilla. Stir well. Stir in the Rice Krispies. While the mixture is still warm, drop mixture by rounded teaspoons into shredded coconut. Roll into a ball. Place in a plastic container, lined with wax paper. Layer wax paper between each layer, so they don't stick together. May be refrigerated for longer storage.

Anna Drozd

SNOWBALL

1 tbsp. unflavored Knox gelatin
4 tbsp. cold water
1 cup boiling water
1 cup orange juice and juice of 1 orange and juice of 1 lemon
dash salt
1 pt. heavy cream, whipped
1 angel food cake, cut in cubes
2 cups angel flake coconut
½ pt. heavy cream whipped
maraschino cherries for decorating

Soften gelatin in cold water. Add boiling water to dissolve. Add fruit juices, sugar and salt, mix well. Chill until mixture begins to thicken. Add 1 pt. heavy cream, whipped. Line mixing bowl (about 2 qt. size) with wax paper. Put handful of cubed cake - small pieces - into bowl, alternate with gelatin mixture, until bowl is filled. Chill until firm. Turn onto a large plate, remove wax paper, coat with ½ pt. whipped cream and coconut. Decorate with halves of maraschino cherries.

Sr. Jacqueline, SSMI

SOUR CREAM COFFEE CAKE

1 cup butter
1¼ cups sugar
2 eggs
1 cup sour cream
1 tsp. vanilla
1 tsp. baking powder
1 tsp. baking soda
3 cups flour
½ tsp. salt

Mix with electric mixer in the order as listed above. Pour half of the cake mixture into a greased 10 inch tube pan. Sprinkle with half of topping mixture. Fill with remainder of cake mixture and top with remaining topping. Bake at 350 deg. for 1 hour. Powder sugar top while cake is still hot.

Topping For Cake:

1 cup nuts
5 T. granular sugar
1 tsp. cinnamon

Mix above ingredients well.

Marion C. Hrubec

SOUR CREAM FRUIT SALAD

1 c. pineapple
1 c. miniature marshmallows
1 c. coconut
1 c. mandarin oranges
1 c. maraschino cherries cut in half
1 c. sour cream

Drain the fruit, mix with coconut and oranges lightly in a bowl. Add sour cream and mix well. Refrigerate at least 4 hours or overnight.

NOTE: If more fruit or marshmallows are used, more sour cream is needed.

SPECIAL FUDGE CAKE

2 stick butter
2 c. sugar
1 c. flour
1 tsp. baking powder
4 eggs
4 oz. Baker's unsweetened chocolate square
1 tsp. vanilla
2 c. chopped nuts

Melt chocolate with butter and sugar in double boiler; mix well. Allow to cool. Beat eggs and with flour, vanilla, nuts and baking powder. Pour into greased pan, 12½" x 8¾" x 2" inches or sheet cake pan. Bake 25 minutes at 375 degrees. Cool before icing.

Icing

2 squares baker's chocolate
1 stick butter
12 marshmallows
3 c. sift powdered sugar
¼ c. milk

Melt chocolate, butter and marshmallows in double boiler. Add sugar and milk and beat until ready for spreading. You can add a little more sugar is icing is not thick enough. Spread on cake and refrigerate overnight cutting into small squares

SPICED ORANGES

10 oranges cut into bite size pieces
3 cups sugar
2 cups dry white wine
4 whole cloves
1 cinnamon stick
1 tsp. vanilla

Cook all above ingredients except vanilla and oranges stirring until sugar dissolves. Simmer 15 minutes. Remove from heat. Stir in vanilla. Pour over oranges and chill overnight.

Melania Pelak

SPLIT BANANA CAKE

2 cups cracker crumbs
½ cup oil or butter
2 cups sifted powdered sugar
1 cup (½ lb) butter
2 eggs
1 tsp. vanilla
1 can crushed pineapple
5 bananas
large tub Cool Whip
½ cup chopped nuts
½ (8 oz.) jar maraschino cherries sliced or drained frozen strawberries

Mix cracker crumbs and oil or butter and spread in 9 x 13 inch pan. Press down well. Bake at 350 deg. for 8 minutes. Beat powdered sugar and butter until light. Add eggs one at a time and vanilla. Beat until fluffy. Spread over baked crumbs. Drain crushed pineapple and save the juice. Slice bananas into pineapple juice and let set for a few minutes. Drain bananas and arrange over sugar mixture. Top with pineapple. Cover with Cool Whip and sprinkle on chopped nuts and maraschino cherries or drained frozen strawberries. Chill several hours before serving.

Sr. Bonaventure, SSMI

SUGAR FREE APPLESAUCE BROWNIES

⅓ cup vegetable oil
1 tsp. baking powder
½ cup unsweetened apple sauce
½ tsp. baking soda
½ cup cocoa powder
2 large eggs
½ cup Splenda
1 tsp. vanilla
1 cup flour
¼ cup chopped nuts (optional)

Heat oven to 375 deg. Combine vegetable oil, apple sauce and cocoa powder. Add Splenda and stir. Add eggs and vanilla and stir. Mix dry ingredients: baking powder, baking soda, flour and stir into mixture and mix well. Pour batter into a greased and floured 9 inch square pan. Bake for 20 to 30 minutes or until toothpick comes out clean.

Helen Symionow

SUGAR FREE BANANA PUDDING

2 small boxes (0.9 oz.) Jello sugar free - fat free instant pudding - Banana Cream
4 cups skim milk
½ cup heaping fat free sour cream (Kroger brand)
16 oz. Cool Whip Lite
3-4 med. bananas
1 box Murray sugar free Vanilla wafer cookies

Make pudding according to directions on the box using skim milk. Blend in sour cream after pudding starts to set. Then add ½ container of Cool Whip (about 8 oz.) to pudding mixture and blend. Slice bananas and stir into pudding mixture. Add ¾ of box of cookies into pudding mixture and blend in. Pour into serving bowl then spread as much Cool Whip as you would like over the pudding. Decorate with remaining cookies.

...Like a dove, tired by a long journey, craves fresh water, so my soul craves for You, my God!

Blessed Josaphata

SUGAR FREE PUMPKIN PIE

1 can canned pumpkin
½ cup Bisquick mix
½ cup Splenda
1 cup evaporated milk
1 T. butter
1½ tsp. pumpkin pie spice
1 tsp. vanilla
2 eggs

Heat oven to 350 deg. In a bowl mix pumpkin, Bisquick mix, Splenda, milk, butter, pumpkin pie spice, vanilla and eggs. Mix well until well blended. Pour into a sprayed glass pie pan (use cooking spray). Bake 35 to 40 minutes or until knife inserted comes out clean. Cool and serve with whipped topping (sugar free).

Helen Symionow

SUNBURST CHIFFON CAKE

2 cups sifted flour
1½ cups sugar
3 tsp. baking powder
1 tsp. salt
½ cup cooking oil
7 unbeaten egg yolks
¾ cup cold water
2 oranges (grated rind) about 3 tbsp.
1 cup egg whites
1 tsp. cream of tartar

Sift together into mixing bowl flour, sugar, baking powder, salt. Make a well and add in order: cooking oil, unbeaten egg yolk, water, grated rind. Beat with spoon until smooth. In large mixing bowl whip egg whites and cream of tartar until whites form very stiff peaks. Pour egg yolk mixture gradually over whipped egg whites, gently folding with rubber scraper. Just until blended. Do not stir. Pour into ungreased pan immediately. Bake in 10--inch tube, 4-inch deep, at 325 deg., 55 minutes, then 350 deg., 10-15 minutes.

Sr. Andronika, SSMI

TEXAS CAKE

2 cups flour
2 cups sugar
2 eggs
1 tsp. salt
1 tsp. baking soda
½ cup sour cream

Mix thoroughly as batter should be thick. Bring to a boil: 2 sticks margarine, 1 cup water, 4 tbs. cocoa. Add to above mixture mixing well. Bake at 350 for 23 minutes in loaf pan. FROSTING; bring to boil: 1 stick margarine, 6 tbs. milk, 4 tbs. cocoa. Add to boiled mixture - 1 box powdered sugar, 1 tsp. vanilla, 1 cup pecans. Spread on cake while frosting is hot. Make sure cake is cool first. Never put hot frosting on hot cake.

Sr. Theodora, SSMII

TOASTED COCONUT POUND CAKE

¾ cup shredded coconut, toasted (see note)
1 lb. butter or margarine, at room temperature
1 lb. confectioners' sugar plus extra sugar for dusting
4 whole eggs
¼ cup melted margarine
4 egg whites
2 tsp. imitation coconut flavoring
¼ tsp. vanilla extract
2¾ cups sifted all-purpose flour
1 tsp. baking powder

Crush the coconut in a blender to a coarse consistency. Set aside. In a large bowl, beat the butter and confectioners' sugar with an electric mixer, until light and fluffy. Add eggs, one at a time, beating well after each addition. Add the egg whites and beat well. Blend in coconut flavoring and vanilla. Stir together the flour, baking powder and coconut. Gradually add the flour mixture to the butter mixture, mixing just until thoroughly blended. Pour the batter into a greased and floured 10-inch Bundt pan. Bake in a preheated 325 degrees F. oven, for 1 hour and 10 minutes. Remove cake from oven. Cool in pan for 10 minutes. Remove cake from pan. Cool completely on a wire rack. Before serving, sprinkle with more confectioners' sugar.

NOTE: To toast coconut, bake it on a cookie sheet in a preheated 375 degrees F. oven, for 8 minutes, stirring occasionally to toast evenly.

Tryphena Thelmon

TORTE

12 eggs separated
12 tbsp. sugar
10 tbsp. ground walnuts
10 tbsp. bread crumbs

In electric mixer beat well 12 egg yolks until white, add 12 tbsps. sugar and continue beating until sugar is well mixed. Add 10 tbsps. ground walnuts and continue beating. Mixture should look fluffy and lemon color. Beat 12 egg whites until dry, then add alternately the egg whites and 10 tbsps. bread crumbs, (these are to be folded in). Pour batter into well greased cake pans, bake in low oven 300 deg. for ¾ hour. Important - the batter with the egg yolks is not to be stopped being mixed, while the egg whites are being beaten.

Torte Filling

½ lb. unsalted butter
6 heaping tbsp. icing sugar
1 whole egg and 1 egg yolk
½ lemon juice
3 tbsp. instant coffee

Beat ½ lb. unsalted butter. Add icing sugar (1 tbsp. at a time) and beat. Then add 1 whole egg and 1 egg yolk (one at a time) and beat. Add lemon juice and 3 tbsp. instant coffee - mix well - or beat until smooth. Cut each layer in half and spread with filling. Some may be used for icing. Keep refrigerated till serving.

Sr. Jacqueline, SSMI

ZUCCHINI CAKE

2 cups sugar
3 eggs
1 cup oil
2 tsp. vanilla
1½ tsp. cinnamon
2 cups shredded zucchini
1 (l lb. 4-oz.) can crushed pineapple, drained
3 cups flour
2 tsp. baking soda
½ tsp. baking powder
1 cup chopped nuts
¾ tsp. nutmeg
1 cup raisins

Mix eggs, oil, vanilla and sugar; beat until thick and foamy. Add zucchini and drained pineapple. Mix with a spoon. Then add flour, baking soda, baking powder, salt and nutmeg, cinnamon, nuts and raisins. Continue to blend by spoon until thoroughly blended. Grease 2 loaf pans well, pour batter in. Bake at 350 degrees for 1 hour. Let cool in pans for 10 minutes, then remove to cake rack. Sprinkle confectioners sugar when serving.

Cindy Nittoso

ZUCCHINI FUDGE CAKE

½ c. oleo
½ c. oil
1-¾ c. sugar
2 eggs
1 tsp. vanilla
2-½ c. flour
¼ c. cocoa
1 tsp. baking soda
½ tsp. baking powder
½ tsp. salt
½ c. sour milk
2 c. coarsely grated zucchini
peel zucchini

Cream oleo, oil and sugar. Beat in eggs and vanilla. Combine dry ingredients and add alternately with sour milk. Stir in coarsely grated zucchini and pour batter into a well greased 9 x 13 pan. Sprinkle with topping. Bake in a 350 degrees oven for 40-45 minutes. TOPPING: Combine 1 T. sugar, ½ c. chopped nuts and 1 c. semi sweet Nestles chocolate morsels.

NOTE: to sour milk, put 1 T. white vinegar into a measuring c. and sweet milk to half c. line, let set 1 minute, stir.

Kay Duda Lesagonicz
Sr.Bernitta's sister

Cookies & Candy

"How fortunate I am to serve Him, for to serve Him is to reign with Him, not only in this life but for eternity."
Bl. Josaphata.

Helpful Hints

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

COOKIES & CANDY

ALMONDS BARS

Crust

2 c. flour
1½ stick butter
2 tbsp. water

Mix all together. Press in 9" x 13" pan. Refrigerate for 15 minutes, then bake at 400 degrees for 15 minutes. Spread with jam or your choice(with apricot is very delicious).

Topping

1 c. oleo
1 c. sugar
4 eggs
½ c. flour
2 c. almonds
2 tbs vanilla

Make topping by creaming oleo, sugar. Add eggs one at a time beating well. Stir in flour, almonds and vanilla. When mixed well, pour over jam. Bake about 30 minutes at 350 degrees. Cool and glaze(sugar and water). Cut into bars.

90949B-08

BANANA SPLIT SQUARES

1½ c. graham crackers crumbs
1¼ c. sugar, divided
½ c. butter, melted
2 (8-oz.) packages cream cheese, softened
1 (20-oz.) can pineapple tidbit, drained
8 med. sized bananas, divided
2 c. milk
2 (3.5-oz.) packages vanilla instant pudding and pie filling
1 (16-oz.) container sour cream
1 c. toasted pecans, chopped
1 c. sweet whipped cream
1 (6-oz.) bottle stemmed maraschino cherries, drained

Combine crumbs, ¼ sugar, butter; mix completely and press into the bottom of a foil lined 9 x 13" baking pan. In a bowl combine cream and cheese and remaining sugar and beat until smooth; spread over graham cracker crust. Top with pineapple. Slice 6 bananas and place on top of pineapple. Pour milk into bowl; add pudding mix and beat until smooth. Beat in sour cream. Spread over banana layer. Refrigerate overnight or at least 6 hours. Sprinkle with pecans before serving. Cut into squares and top each serving with remaining banana slices, a dollop of whipped cream and a stemmed cherry. Yield: 12 squares.

BUTTER COOKIES

1 large Philadelphia Cream Cheese
1 lb. butter
4 cups flour

Mix together like dough, roll out and fill. Cut in squares, wrap up. Brush with butter and sprinkle with nuts. Bake at 375 deg. for 20 to 25 minutes. (Use with either date or jam filling)

Lilly

BUTTER NUT DROPS

1 cup shortening
½ cup sugar
1 egg separated
½ tsp. vanilla
2 tbsp. evaporated milk
¾ cup finely chopped nuts
1 tsp. lemon rind
1 tsp. orange rind
2 cups sifted flour
14 candied cherries

Cream shortening and sugar. Combine egg yolk, vanilla, milk and rinds. Add flour, mix thoroughly and chill. Shape into patties with a tablespoon, and dip into slightly beaten egg white. Dip one side into nuts and place nut side up on greased baking sheet. Place cherry (half) on each and bake at 325 deg. for 20 minutes.

Sr. Jacqueline, SSMI

CATHEDRAL WINDOWS

4 T. margarine
12 oz. chocolate chips
2 eggs, well beaten
pinch of salt
10½ oz. miniature colored marshmallows
1 tsp. vanilla
2 eggs
1 cup chopped nuts
powdered sugar

In a double boiler, melt margarine and chocolate chips. Add eggs, salt and vanilla. Cook for 2 minutes but do not boil, stirring constantly. Cool. Add marshmallows and nuts. Form mixture into 3 rolls and roll in powdered sugar. Refrigerate or freeze. Slice and eat. These will freeze or keep in refrigerator for a short time.

CHOCOLATE CHIP PUDDING COOKIES

3⅓ cups unsifted all-purpose flour
1½ tsp. baking soda
1½ cups butter or margarine, softened
1 cup light brown sugar, firmly packed
½ cup granulated sugar
1 pkg. (6 serving size) Chocolate Instant Pudding
1½ tsp. vanilla
3 eggs
3 cups chocolate chips

Mix flour with baking soda. Combine butter, the sugars, pudding mix and vanilla in a large mixer bowl. Beat until smooth and creamy. Beat in eggs. Gradually add flour mixture, then stir in chips. (Batter will be stiff) Drop by rounded measuring teaspoonfuls onto ungreased baking sheets, about 2 inches apart. Bake at 375 deg. for 8 to 10 minutes. Makes about 8 to 10 dozen.

CHOCOLATE MEATBALL COOKIES

1 Pillsbury Plus Dark Chocolate Cake Mix
½ cup water
½ cup vegetable oil
2 eggs
1¾ cups flour
2 tsp. allspice
1 cup walnuts
½ tsp. vanilla

Mix together above ingredients by hand. If too soft, add a little flour. Roll by hand like meatballs. Bake at 350 deg. for 12 to 15 minutes. Frosting: When cookies are cool, mix together powdered sugar, vanilla and water until thin, but not too runny. Dip tops of cookies into frosting mix or spread frosting (use less water for frosting) onto cookies with pastry brush. Put colored sprinkles on top and let frosting dry. Chocolate chips made be added but it is optional. Eat and enjoy.

Kathy Sweryda
Sr. Juliette's niece

CHRISTMAS ROCKS

1 cup butter
2 cups flour
1 egg
1 cup ground walnuts
1 tsp. vanilla

Mix ingredients in form of balls (size of walnuts). Bake at 375 deg. for 25 minutes. Roll in powdered sugar while hot.

CHRUSKI (KRUSTI)

12 egg yolks
¼ c. sugar
½ lb. melted butter
1 c. cream
1 tsp. vanilla
⅛ tsp. salt
4-5 c. flour

Beat egg yolks, add sugar, butter, cream and vanilla, beating well. Add enough flour to make a soft dough and knead smooth. Roll out very thin. Cut into 4" long x 2" wide strips. Put 1 slash in each piece near center, and fold the bottom end through hole. Deep fry in hot fat (350-375 F.) until light brown.

Kathryn D. Stone

COCONUT-CHERRY DROPS-COOKIES

1 cup sugar
½ cup margarine, softened
½ cup sour cream
3 eggs
3¼ cup all-purpose flour
1½ tsp. salt
1 tsp. baking powder
½ tsp. baking soda
1½ tsp. almond extract
1 tsp. grated orange peel
1 cup shredded coconut
½ cup cut up candied cherries
¼ cup cut up citron

Heat oven to 400 degrees. Mix sugar, margarine, shortening, sour cream and eggs. Stir in remaining ingredients. Drop by full rounded teaspoon about 2" apart onto ungreased cookie sheet. Bake until light brown, 8 to 9 minutes. Makes about 6 dozen cookies.

Sr.Mary Ann Botsko, SSMI

COCONUTS - CHERRY BARS

1 cup all-purpose flour
½ cup margarine
3 tbsp. powdered sugar
2 eggs
1 cup granulated sugar
¼ cup all-purpose flour
1 tsp. vanilla
½ tsp. baking powder
¼ tsp. salt
¾ cup chopped nuts
½ cup flaked coconut
½ cup chopped maraschino cherries drained

heat oven to 350 degrees. Mix 1 cup flour, the margarine and powdered sugar. Press in greased baking pan 8 x 8 x 2 or 9 x 9 x 2". Bake for 10 minutes. Bent eggs; stir in remaining ingredients and spread over baked layer. Bake until golden brown, 25-30 minutes. Cool. Cut into bars, 2" x 1". Makes 2 dozen.

Sr.Mary Ann Botsko, SSMI

COSSACK'S KISSES

4 eggs white
1½ c. sugar
1 tbsp. lemon juice
2 c. chopped nuts
candied cherries

Put the egg whites, sugar, lemon juice into the top part of a double boiler, and heat over boiling water from for 8 to 10 minutes. Remove form stove and add nuts. Drop from spoon onto a greased baking sheet in round mounds. Press a candied cherry into the center of each macaroon. Bake in 300 degrees oven until set and delicately browned (around 30 minutes). Makes approximately 65 cookies.

Mary Tymoch

CREAMY FUDGE

3 c. semi sweet chocolate chips
1 (14-oz.) can condensed milk
dash of salt
½ to 1 c. chopped walnuts or pecans
1½ tsp. vanilla extract.

Melt chips over low heat in a sauce pan, add dash of salt. Remove from heat, stir in nut and vanilla. Spread evenly in a waxed lined pan 8" x 9"' square. Chill for 2 hrs. Cut in small squares. Store covered left over in the refrigerator.

Lela Lovelace

FIVE MINUTES FUDGE

1 tbsp. butter
⅔ c. carnation milk
1⅔ c. white sugar
½ tsp. salt
2 c. miniature marshmallows
1½ c. semi-sweet chocolate chip
1 tsp. vanilla
nuts

Combine milk, butter, sugar and salt in pan. Bring to a boil and cook for 5 minutes, stirring constantly. Take from heat and add marshmallows, chocolate chips and nuts. Makes 2 pound.

Bonny Harapiak

FORTUNE COOKIES

3 eggs
½ c. packed brown sugar
½ tsp. lemon extract
½ c. all-purpose flour

Make 30-35 fortunes on small strips of paper. Beat eggs with an electric mixer until frothy. Add sugar, lemon extract, flour and beat until thick. Heat flat griddle thoroughly. Spoon 3 bulbs of batter onto griddle; spread into 3" rounds with tip of spoon. Cook only until dry enough to flip with spatula. Turn, cook about ½ minute and remove to platter. Lift pancake onto tips of thumb and first two fingers. Poke fortune gently into formed cup. Press edges together firmly enough to seal. It may take a few tries before you get the knack. Cook should look like folded pancake.

Gloria Waslo

FUDGE

1 3 oz. pkg. softened cream cheese (regular not light)
1 lb. confectioner sugar
3 tbsp. water
1 tsp. vanilla
3 1 oz. squares unsweetened chocolate

Mix softened cream cheese, sugar, water and vanilla. Melt unsweetened chocolate and stir into cream cheese mixture and pour into a buttered pan. Keep refrigerated.

Barbara Stefaniak
Sr. Barbara's sister

FUDGE

1 pkg. milk chocolate chips
1 can condensed milk
1¼ c. icing sugar
pinch of salt
1 tsp. vanilla

In a glass bowl, combine chocolate chips with condensed milk. Microwave on high for 2 minutes. Stir until chips melt and mixture is smooth. Stir in remaining ingredients (note: it will be smoother if you sift the icing sugar). Spread evenly in wax paper lined 8 inch square pan. Chill until firm (2-3 hours). Turn fudge upside down on to cutting board and remove wax paper. Cut into squares.

Karen Zarsky

GINGER SNAPS

Cream

¾ c. shortening or oil
1 beaten egg
1 c. white sugar
¼ c. dark molasses

Sift

2 c. all-purpose flour
2 tsp. baking soda
¼ tsp. salt
2 heaping tsp. cinnamon
2 heaping tsp. ground cloves
2 heaping tsp. ginger

Mix ingredients together. Form into balls and dip entire ball in white sugar. Place ball on greased cookie sheet and bake for 10 to 15 minutes at 375 degrees. Cookies will flatten out and crack on top surface as they bake. Eat! Enjoy! And thank God for everything!

Sr. Mary Magdalene, OSA

HOMEMADE GRANOLA

5-6 c. rolled oats
1 c. bran
1 c. peanuts
1 c. raisins
1 c. sunflower seeds
⅛ lb. butter
½-¾ c. honey
½ c. walnuts(optional)
½ c. almonds

Melt butter in a large frying pan. Add rolled oats and bran and toast gently under a low heat for 10-15 minutes, stirring often. Add peanuts, raisins, sunflower seeds, almonds and walnuts. Melt honey in a small pot and stir into the mixture.

D. Dram

HONEY CINNAMON COOKIES

½ cup butter
⅔ cup sugar
2 tbsp. honey
1 egg yolk
1 tsp. cinnamon
1 cup self rising flour

Beat butter and sugar until creamy. Beat in honey and egg yolk, add cinnamon, flour and mix well. Shape 1 teaspoon of dough into ball. Roll in sugar & cinnamon and put in ungreased cookie sheet. Press with fork. Bake at 350 degrees for 12-15 minutes. Cool 1 minute and remove from pan...

Sue Butler

ITALIAN BISCOTTI

6 eggs
1½ c. sugar
1½ c. oil
3 c. flour
4 tsp. baking powder
½ tsp. salt
2 tsp. anise or 3 tbsp anise seed

Beat eggs well. Add sugar and oil. Mix well. Add flour a little at a time, until all is mixed well. Add remaining ingredients. Mix well. Fill 4 metal ice cube trays - use Crisco or lard. Sprinkle a little flour and shake or trays. Bake at 325 degrees for 20 minutes. Test with toothpick. If not done, keep in oven for 5 more minutes. When baked, take out of trays. Put on a cutting board and cut ½"slices on angle while warm. Take cookie sheet and lay slices flat on sheet. Return to oven for about 8 minutes until light brown like toast. Turn slices over until light brown on opposite side. Lay on rack until cool. Store in tight can. Makes about 50 cookies. You van sprinkle them with powdered sugar if desired.

Agnes Kleschick

JOSEPHINE COOKIES

¾ c. Butter
¾ c. lard
1 c. sugar
3 eggs
4½ c. flour
1 tsp. salt
1 tsp. cinnamon
1 c. chopped walnuts

Cream eggs, butter, lard and sugar. Sift together flour, salt and cinnamon. Slowly add to the egg mixture, mixing well. Then add in walnuts and mix well. Divide dough into 3 parts. Form each section of dough into a long roll that is about 1" in diameter. Wrap each roll in waxed paper and freeze overnight. Preheat oven to 400. Slice each dough roll into cookies and bake until brown.

Stefania Stoczanyn
Sr. Natalya's Mom

LEMON SQUARES

1 cup all-purpose flour
½ cup butter or margarine
¼ cup confectioners sugar
2 eggs
1 cup granulated sugar
½ tsp. baking powder
½ tsp. salt
2-3 tbsp. lemon juice
Confectioners sugar

Heat oven to 350 degrees. Mix thoroughly, flour, butter and confectioners sugar. Press into square pan 8 x 8 x 2" building up ½" edge. Bake 20 minutes. Beat remaining ingredients until light and fluffy. Pour over hot crust. Bake about 25 minutes longer or just until no imprint remains when lightly touched in center. Cool, sprinkle with confectioners sugar, cut into squares. Makes 2 dozen.

Note: For dessert, try squares longer and put a scoop of lemon custard ice cream on top

Mary Milewski

LIL'S SPECIAL MARSHMALLOW TREATS

4 boxes McIntosh toffee
½ cup margarine
½ can Eagle brand milk
Kellogg's special K

Melt butter and toffee in double boiler. Then add milk and stir mixture is smooth. Then dip marshmallows in mixture and then roll in Kellogg's special K.

Sister Florentine

MAGIC CHOCOLATE TOFFEE BARS

1½ c. flour
⅓ c. sugar
¾ c. butter
1 can condensed milk
1½ c. milk chocolate chips (1 pkg)
¾ c. white chocolate chips (½ pkg)
¾ c. flaked coconut
¾ c. Skor toffee bits
½ c. sliced almonds

Preheat oven to 350 deg. F. Combine flour and sugar. Cut in butter until mixture is crumbly. Press firmly into 13 x 9 greased pan. Bake at 350 deg. F. for 12 minutes or until lightly golden. Pour condensed milk evenly over crust. In a separate bowl, mix chocolate chips, coconut, toffee bits and almonds. Spread evenly over condensed milk. Press down lightly. Bake 25 minutes or until lightly browned. Cool and cut into squares.

Karen Zarsky

MOTHER'S APRICOT FILLED PASTRY

1 lb. butter (softened)
1 pkg. dry yeast (moistened)
4 eggs yolks
6 c. flour

Mix all ingredients. Form on small balls: refrigerate overnight. Roll out balls (leave most in refrigerator, work in small amount at a time.) Board should be sprinkle with sugar. Place small amount of apricot preserves(or the preserve of your choice) on the dough. Fold over like an envelope. Bake in 350 degrees oven on cookie sheet covered with aluminum foil for 30 minutes. Makes about 6 dozen. (Do not put a lot of preserve on dough because it runs out when it is baking. Experiment; too little is better than too much.)

Mary Tymoch

OATMEAL RAISIN BARS

1 c. unsalted butter (2 sticks)
½ c. white sugar
½ c. brown sugar
2 eggs
2 tsp. vanilla
1 c. flour
½ tsp. salt
¼ tsp. baking soda
1 c. oats
1 c. raisin

Preheat oven to 350 degrees. Cream butter with white and brown sugar. Beat in eggs and vanilla. Add flour, salt and baking soda. Stir in oats and raisin. Spread in greased 9"x 13" pan. Bake for 30 minutes. Cool slightly and cut into 32 bars.

Agnes Kleschick

OLD FASHION SOUR CREAM COOKIES

3 cups sifted all-purpose flour
1 tsp. baking powder
½ tsp. baking soda
½ tsp. salt
1 cup soft butter or margarine
1½ cups sugar
2 eggs
1 cup dairy sour cream
1 tsp. vanilla or
2 tsp. grated lemon peel

Sift flour with baking powder, baking soda and salt. Set aside. In large bowl of electric mixer, at medium speed, beat butter, sugar and eggs until light and fluffy. At low speed, beat in sour cream and vanilla until smooth. Gradually beat in flour mix until well combined. Refrigerate 1 hour. Meanwhile, preheat oven to 375 deg. Lightly grease cookie sheets. Drop batter by slightly rounded tablespoonfuls, 2 inches apart, onto prepared cookie sheet. Sprinkle unbaked cookies with the topping mix. Bake 10 to 12 minutes or until golden brown, check to touch. Remove onto wire rack, cool. Makes 4 dozen. Do not over bake. Check bottoms for golden brown.

Topping:

½ cup sugar
1 tsp. cinnamon

Mix sugar and cinnamon together.

Janina Everett

PEANUT BUTTER COOKIES

1 stick melted butter or margarine
½ cup peanut butter
½ cup sugar
½ cup brown sugar
1 egg
1¼ cup flour
½ tsp. baking powder
¾ tsp. baking soda
¼ tsp. salt

bake at 350 for 8-10 minutes

Al Shultz

PEANUT COOKIES

1¾ cup roasted peanuts
1½ cup flour
½ tsp. baking soda
½ cup butter
¾ cup light brown sugar
¾ cup sugar
1 egg
1 tbsp. water
½ tsp. vanilla

Cream butter, sugar, egg, vanilla and water. Mix in dry ingredients and peanuts. Roll into balls. Place on greased cookie sheet. Flatten balls with a glass dipped in flour. Bake at 350 deg., 9 to 11 minutes.

Anna Drozd

PECAN FINGER COOKIES

¾ cup butter or margarine
¼ cup confectioners sugar
1 cup sifted confectioners sugar
2 cups sifted all-purpose flour
2 T. vanilla
1 cup pecans, finely chopped

Cream butter or margarine. Add ¼ cup confectioners sugar. Stir in flour and vanilla with mixer. Add pecans with spoon. Place rounded teaspoon of dough on ungreased cookie sheet. Bake at 375 deg. for 12 to 15 minutes or until light brown. Cool slightly before rolling in confectioners sugar

Minnie Pearl
Music City Cookbook

POTATO CHIP COOKIES

1 cup butter
1 cup sugar
1 cup crushed potato chips
1 tsp. vanilla
4 cups sifted flour
1 cup chopped pecans or walnuts

Cream the butter and sugar. Spoon into mixture crushed potato chips and vanilla slowly adding the flour and nuts. Drop by teaspoons on ungreased sheets. Bake for 15-18 minutes at 350

Sr. Michele, SSMI

ROBERTA'S HERMITS

¾ cup margarine
1 cup white sugar
¼ cup molasses
1 egg

Beat well

2¼ cup flour
¼ tsp. salt
1 tsp. cinnamon
¾ tsp. ginger
¾ tsp. cloves
1½ tsp. soda

Mix and add to above, then add ¾ cup of raisins. Form into 1" rolls and flatten with wet fingers or plastic spatula. Sprinkle with sugar. Bake at 375 degrees for 10 - 15 minutes. Leave in cookie sheet until almost cool, cut into 2" sections with plastic spatula. Then move to cooling rack to finish cooling completely.

Sue Butler

ROUND TEA COOKIES

1 cup butter
2¼ cups flour
½ cup powdered sugar
¾ cup walnuts
¼ tsp. salt
1 tsp. vanilla

Mix all ingredients well and refrigerate. When cold and hardened, make round balls. The balls should be smaller than walnuts. Place balls on cookie sheet, at least 1" apart. Bake for 10 minutes at 400 deg. Reduce heat to 350 deg. and bake for 7 minutes more. Dredge cookies with confectioners' sugar.

Vera Sawchyn

SHADOW COOKIES

1 cup butter
½ cup white sugar
½ cup brown sugar
1 tbsp. cold water
2 egg yolks
1 tsp. vanilla
2 cups flour
1 tsp. baking powder
½ tsp. baking soda
6 oz. pkg. chocolate chips
2 egg whites
1 cup brown sugar

Cream well until light, the butter, white sugar and ½ cup brown sugar. Add cold water, egg yolks and vanilla. To this mixture add the flour, baking powder and soda. Spread in greased 10 x 14" pan and sprinkle chocolate chips over top, then spread the following over top. Beat egg whites and add 1 cup brown sugar a little at a time. Bake at 375 deg. for 30-35 minutes. Cut into squares while warm.

Barbara Stefaniak
Sr. Barbara's sister

SNOWFLAKE COOKIES

½ cup sugar
½ cup butter or margarine
1 egg
½ tsp. vanilla
1¼ cups flour
½ tsp. baking powder
½ tsp. salt
sweet chocolate melted
pistachio nuts, chopped

Mix sugar, butter, egg and flavoring well. Stir dry ingredients together and blend into shortening mixture. Chill 1 hour. Heat oven at 400 deg. Roll dough ⅛ inch thick on floured board. Cut into small stars. Bake on an ungreased baking sheet 6 to 8 minutes until lightly browned. Cool and put 2 cookies together with melted sweet chocolate. Put a dab of chocolate on top and sprinkle with chopped pistachio nuts.

SQUARES, CORNFLAKE SMACKS

3 pkg. McIntosh toffee
1 T. butter
1 T. milk
2 c. Cornflakes

Break up toffee in small pieces and melt in double boiler with butter. Stir in milk. Fold in cornflakes. Form into clusters and let cool on wax paper. (Hint: if you keep your hands slightly wet with water it will prevent them from sticking to your hands).

Note: I don't really measure with this recipe. I just throw the caramel, butter and milk on the cornflakes until they look well covered. You can use Kraft Caramels too.

Karen Zarsky

SUGAR COOKIES

1 cup powdered sugar
1 cup sugar
1 cup butter
1 cup vegetable oil (liquid)
2 eggs
1 tsp. vanilla
4 cups and 4 heaping T. flour
1 tsp. salt
1 tsp. baking soda
1 tsp. cream of tartar

Beat sugar, butter and vegetable oil until light and fluffy. Beat in eggs, sift in dry ingredients (flour may be sifted or unsifted). Roll into small balls on ungreased cookie sheet. Smash with glass that is dipped in sugar. Bake at 375 deg. until brown on edges for about 8 to 10 minutes.

Connie Pacholski

Lord, You are my Creator, with fatherly love You have taken care of me, so it is just and right that I should give everything to You, because everything is Yours.

Blessed Josaphata

SUGAR FREE APPLE SAUCE COCOA COOKIES

- ½ cup soften shortening
- ½ cup Splenda
- 1 egg beaten
- 2 cups cake flour
- ⅓ cup cocoa
- ½ tsp. cinnamon
- ½ tsp. salt
- ½ tsp. baking soda
- 1 tsp. baking powder
- 1 can unsweetened apple sauce
- ¼ cup water

Cream shortening and Splenda. Add egg and blend well. Sift all dry ingredients: flour, cocoa, cinnamon, salt, baking soda and baking powder together. Mix apple sauce and water. Add dry ingredients with the apple sauce mixture to the creamed ingredients. Be sure to add flour first and last. Drop by teaspoon onto greased cookie sheet. Bake at 375 deg. for about 12 minutes. Yield about 40 cookies.

Helen Symionow

WHEATENA

(Peanut Butter Cookies)

- 2¼ cups sifted Ceresota or heckers Unbleached flour
- ½ tsp. soda
- 1 tsp. baking powder
- ½ cup butter or margarine
- ½ cup shortening
- 1 cup sugar
- 1 cup brown sugar, firmly packed
- ¼ cup Wheatena, uncooked
- 2 eggs, lightly beaten
- 1 cup crunchy peanut butter
- 2 tsp. vanilla

Sift together flour, soda and baking powder. Cream shortening with sugar and Wheatena. Add eggs, peanut butter and vanilla; mix well. Stir in sifted dry ingredients and mix thoroughly. Roll dough into balls about size of a walnut and place on ungreased cooky sheet, about ½" apart. Press with tines of fork to make criss-cross. Bake in pre-heated 375 degree oven for 10-12 minutes, or until test done. Makes about 6½ dozen cookies.

Sue Butler

WHITE CHOCOLATE-DIPPED OATMEAL-CRANBERRY COOKIES

- 1 cup butter or margarine, softened
- 1 cup firmly packed light brown sugar
- ½ cup granulated sugar
- 1 large egg
- 2 tbsp. vanilla extract
- 2 cup all-purpose flour
- 1 tsp. baking soda
- ½ tsp. baking powder
- ½ tsp. salt
- 2 cups sweetened dried cranberries
- 1½ cup pecan pieces, toasted
- 1¼ cup uncooked quick-cooking oats
- 3 (4 oz.) white chocolate bars
- 3 tbsp. shortening

Beat butter at medium speed with an electric mixer until creamy, gradually add sugars, beating well. Add eggs, vanilla, beating until blended. Combine flour with baking soda, baking powder and salt and gradually add to butter mixture, beating until blended. Stir cranberries, pecans and oats. Drop dough by heaping tablespoonfuls 2" apart on greased baking sheets. Bake at 375 deg. for 9-11 minutes or until lightly brown. Cool on baking sheets 2 minutes. Transfer to wire cooling racks and cool completely. Microwave white chocolate bars, coarsely chopped, and shortening in a medium microwave-safe bowl on HIGH for 1 minute or until chocolate melts, stirring once. Dip half of each cookie into melted chocolate, letting excess drip back into bowl. Place dipped cookie on wax paper and let stand until firm. Yield: about 4 dozen.

Claire Fitzpatrick

This & That


"Everything that I see on this earth, all its beauty is not even a shadow of Your beauty."
Bl. Josaphata.

Helpful Hints

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

THIS & THAT

ARTICHOKE DIP

1 can artichoke hearts, chopped
½ c. plain yogurt
½ c. fat free mayonnaise
¼ c. Parmesan cheese
2 T. canned diced green chilies
1 tsp. dried Italian seasoning

Mix all ingredients together. Put into casserole dish. Bake at 350 degrees for 20 minutes. Serve with crackers or tortilla chips.

Karen Zarsky

BEETS - HORSERADISH

2 cans beets
1 tsp. salt
4 tbsp. horseradish
¼ cup white vinegar
2 tbsp. sugar

Drain beets, grate, drain excess liquid. Add remaining ingredients. Mix well. Refrigerate.

BEETS AND HORSERADISH

6-15 oz. cans beets
2 tsp. salt
⅔ cup sugar
¾ cup vinegar
2-5 oz. jars horseradish
1 bay leaf
4 pepper corns

Boil together salt, sugar, vinegar, bay leaf and 4 pepper corns. Remove bay leaf and pepper corns. Add this liquid mixture to grated beets and mix well. Then add the horseradish and mix well.

Sr. Longina, SSMI

90949B-08

CHILI SAUCE

24 ripe tomatoes
4 onions
3 green peppers
1½ c. sugar
1½ salt
2 tsp. allspice
2 tsp. cloves
2 tsp. ginger
3 celery stalks

Bring to boil all ingredients. Boil all vegetables until tender.

Mrs. Helen Sema

FREEZER PICKLES

7 cups sliced cucumbers
2 large red onions sliced
1 tsp. salt
1 tsp. clergy seed or dill
1 cup vinegar
1 cup sugar

Mix all the ingredients together and let stand on your counter for 24 hours. Pack in containers. Leave at least 1 inch from the top of your container. Defrost when ready to use

Lucille Molochnick

PICKLES AND PRESERVES

15/20 medium cucumbers
6/8 large onions
½ cup salt
4½ cups white vinegar
1 tbs. mustard seed
2 tsp. turmeric
½ tsp. cloves
4½ cups sugar

Wash cucumbers, slice onions thin ⅛" thick. Add salt and let stand 2 to 3 hours in colander and drain well. Combine sugar, vinegar and spices i pot bringing to boil. Add cucumbers and onions. Heat slowly until slices glisten. Do not boil. Pack while hot into jars and seal. Color dark green inside of pickle should be yellow and dark green.

Gladys Moore

PIZZA DIP

1 pkg. cream cheese
½ c. pizza sauce
½ tsp. dried oregano
¼ tsp. garlic powder
¼ tsp. dried basil
¼ tsp. onion powder
½ tsp. chili powder
½ c. finely chopped green pepper
½ c. finely chopped red pepper
¼ c. chopped green onion
½ c. grated cheddar cheese
½ c. grated mozzarella cheese

Blend cream cheese and pizza sauce. Mix in remaining ingredients. Put in a pie plate. Bake at 350 degrees for 20 minutes. Serve with tortilla chips.

Karen Zarsky

PROSPHORA

4 c. flour
1 c. water, lukewarm
¼ tsp. dry yeast

Dissolve the yeast in the cup of lukewarm water. Then pour it in a mixing bowl. Add small amounts of flour, mixing well with a spoon each time. When the dough gets thick you could mix it in an electric mixer the kind you can use for dough or take it out of the bowl on a clean bread board or clean surface and knead it by hand. Add more flour as needed so that when you test it with your finger the dough will not stick. Knead the dough by hand or mixer for about 15-20 minutes. Form it into a loaf and put it into a floured bread pan. Prick a few holes with a toothpick to prevent air bubbles. Cover with a clean dish towel and let it rise for an hour in a warm place. Wet the top and bake in a preheated oven at 350 F. for 1 hour. To check if it is done take it out of the pan, turn it over and when you knock on it - it should be hard. Wrap it in a wet towel and put it in a covered pot. Later you could put it in a Freezer plastic bag until you are ready to cut it. The best time is the next day, not the same day it is baked.

Sr. Albina Gregory

QUICK RHUBARB JELLY

8 c. cut Rhubarb
4 c. sugar
1 6 oz. box Strawberry jell-o

Cook rhubarb and sugar until soft, add the strawberry Jell-O and cook for an additional 2 to 3 minutes. Pour into sterilized jars. Keep refrigerated. Will last several months in refrigerator.

Anna Drozd

SWIRLED POPCORN MIX

9 cups oven-toasted corn cereal squares
4 cups popped popcorn
1½ cups slivered almonds
1 cup light brown sugar
½ cup butter or margarine
½ cup light corn syrup
1 tsp. vanilla extract
½ tsp. baking soda
1⅔ cups (10 oz. pkg) Nestle Toll House Swirled Milk Chocolate and Caramel Morsels
1-6 oz. pkg. sweetened dried cranberries

Preheat oven to 250 deg. Grease large roasting pan. Mix cereal, popcorn and nuts in roasting pan. Combine brown sugar, butter and corn syrup in medium sauce pan. Bring to a boil over medium heat, stirring constantly. Boil for 5 minutes. Remove from heat. Stir in vanilla and baking soda. Pour evenly over cereal mixture. Stir to coat evenly. Bake for 45 minutes stirring every 15 minutes. Cool completely in pan, stirring often to break apart mixture. Stir in morsels and cranberries. Store in airtight container. Recipe yields 5 quarts.

Patricia McKenzie

TACO DIP

1 pkg. cream cheese
½ c. sour cream
¼ c. mayo
1 can shrimp
Seafood sauce
Grated cheddar cheese
2 tomatoes (cut into small chunks)
1 green pepper (cut into small chunks)

Blend cream cheese, sour cream and mayo. Spread in a pie plate. Layer seafood sauce, shrimp, cheese, tomatoes, and green pepper. Chill in fridge until ready to serve. Serve with tortilla chips.

Karen Zarsky

TURKEY GIBLET GRAVY

drippings from turkey
½ c. flour
raw turkey liver, neck and giblets
1 T. meat sauce
2 hard-boiled eggs
salt & pepper

Place drippings and flour into a frying pan and blend well. Cook the turkey's raw giblets, neck and liver in water into a broth until thick. Add this broths to the pan of roast drippings and flour and cook until thick, stirring constantly. Add the meat sauce and puréed hard-boiled eggs. Season to taste.

Sr. Olympiada

VEGETABLE DIP

softened cream cheese
½ c. mayonnaise
1 white of hard-boiled egg chopped
2 tsp. chopped onion
1-2 T. fresh parsley
salt & pepper to taste

Blend cheese, mayonnaise and chopped egg white. Add other ingredients and mix. Chill. (Suggested vegetables for dip: carrots, celery, green peppers, cauliflower, etc).

Cathy Kostyk

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PANTRY BASICS

A WELL-STOCKED PANTRY provides all the makings for a good meal. With the right ingredients, you can quickly create a variety of satisfying, delicious meals for family or guests. Keeping these items in stock also means avoiding extra trips to the grocery store, saving you time and money. Although everyone's pantry is different, there are basic items you should always have. Add other items according to your family's needs. For example, while some families consider chips, cereals and snacks as must-haves, others can't be without feta cheese and imported olives. Use these basic pantry suggestions as a handy reference list when creating your grocery list. Don't forget refrigerated items like milk, eggs, cheese and butter.

STAPLES

- Baker's chocolate
- Baking powder
- Baking soda
- Barbeque sauce
- Bread crumbs (plain or seasoned)
- Chocolate chips
- Cocoa powder
- Cornmeal
- Cornstarch
- Crackers
- Flour
- Honey
- Ketchup
- Lemon juice
- Mayonnaise or salad dressing
- Non-stick cooking spray
- Nuts (almonds, pecans, walnuts)
- Oatmeal
- Oil (olive, vegetable)
- Pancake baking mix
- Pancake syrup
- Peanut butter
- Shortening
- Sugar (granulated, brown, powdered)
- Vinegar

PACKAGED/CANNED FOODS

- Beans (canned, dry)
- Broth (beef, chicken)
- Cake mixes with frosting
- Canned diced tomatoes
- Canned fruit
- Canned mushrooms
- Canned soup
- Canned tomato paste & sauce
- Canned tuna & chicken
- Cereal
- Dried soup mix
- Gelatin (flavored or plain)
- Gravies
- Jarred Salsa
- Milk (evaporated, sweetened condensed)
- Non-fat dry milk
- Pastas
- Rice (brown, white)
- Spaghetti sauce

SPICES/SEASONINGS

- Basil
- Bay leaves
- Black pepper
- Bouillon cubes (beef, chicken)
- Chives
- Chili powder
- Cinnamon
- Mustard (dried, prepared)
- Garlic powder or salt
- Ginger
- Nutmeg
- Onion powder or salt
- Oregano
- Paprika
- Parsley
- Rosemary
- Sage
- Salt
- Soy sauce
- Tarragon
- Thyme
- Vanilla
- Worcestershire sauce
- Yeast

HERBS & SPICES

DRIED VS. FRESH. While dried herbs are convenient, they don't generally have the same purity of flavor as fresh herbs. Ensure dried herbs are still fresh by checking if they are green and not faded. Crush a few leaves to see if the aroma is still strong. Always store them in an air-tight container away from light and heat.

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

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

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

CELERY SEED Strong taste which resembles the vegetable. Can be used sparingly in pickles and chutney, meat and fish dishes, salads, bread, marinades, dressings and dips.

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

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

CINNAMON Sweet, pungent flavor. Widely used in many sweet baked goods, chocolate dishes, cheesecakes, pickles, chutneys and hot drinks.

CORIANDER Mild, sweet, orangy flavor and available whole or ground. Common in curry powders and pickling spice and also used in chutney, meat dishes, casseroles, Greek-style dishes, apple pies and baked goods.

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

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

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

HERBS & SPICES

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

MARJORAM May be used both dried or green. Use to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.

MINT Aromatic with a cool flavor. Excellent in beverages, fish, lamb, cheese, soup, peas, carrots and fruit desserts.

NUTMEG Whole or ground. Used in chicken and cream soups, cheese dishes, fish cakes, and with chicken and veal. Excellent in custards, milk puddings, pies and cakes.

OREGANO Strong, aromatic odor. Use whole or ground in tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.

PAPRIKA A bright red pepper, this spice is used in meat, vegetables and soups or as a garnish for potatoes, salads or eggs.

PARSLEY Best when used fresh, but can be used dried as a garnish or as a seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.

ROSEMARY Very aromatic. Can be used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread and potatoes. Great in dressings.

SAFFRON Aromatic, slightly bitter taste. Only a pinch needed to flavor and color dishes such as bouillabaisse, chicken soup, rice, paella, fish sauces, buns and cakes. Very expensive, so where a touch of color is needed, use turmeric instead, but the flavor will not be the same.

SAGE Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, omelets, beef, poultry, stuffing, cheese spreads and breads.

TARRAGON Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots and dressings.

THYME Sprinkle leaves on fish or poultry before broiling or baking. Throw a few sprigs directly on coals shortly before meat is finished grilling.

TURMERIC Aromatic, slightly bitter flavor. Should be used sparingly in curry powder and relishes and to color cakes and rice dishes.

Use 3 times more fresh herbs if substituting fresh for dried.

BAKING BREADS

HINTS FOR BAKING BREADS

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

3 RULES FOR USE OF LEAVENING AGENTS

1. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount ½ teaspoon for each egg used.
2. To 1 teaspoon soda, use 2 ¼ teaspoons cream of tartar, 2 cups freshly soured milk or 1 cup molasses.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure and add acid according to rule 2.

PROPORTIONS OF BAKING POWDER TO FLOUR

biscuits	to 1 cup flour use 1 ¼ tsp. baking powder
cake with oil	to 1 cup flour use 1 tsp. baking powder
muffins	to 1 cup flour use 1 ½ tsp. baking powder
popovers	to 1 cup flour use 1 ¼ tsp. baking powder
waffles	to 1 cup flour use 1 ¼ tsp. baking powder

PROPORTIONS OF LIQUID TO FLOUR

pour batter	to 1 cup liquid use 1 cup flour
drop batter	to 1 cup liquid use 2 to 2 ½ cups flour
soft dough	to 1 cup liquid use 3 to 3 ½ cups flour
stiff dough	to 1 cup liquid use 4 cups flour

TIME & TEMPERATURE CHART

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

BAKING DESSERTS

PERFECT COOKIES

Cookie dough that must be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. Place on a floured board only as much dough as can be easily managed. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and add trimmings to dough that needs to be rolled. Place pans or sheets in upper third of oven. Watch cookies carefully while baking in order to avoid burned edges. When sprinkling sugar on cookies, try putting it into a salt shaker in order to save time.

PERFECT PIES

- Pie crust will be better and easier to make if all the ingredients are cool.
- The lower crust should be placed in the pan so that it covers the surface smoothly. Air pockets beneath the surface will push the crust out of shape while baking.
- Folding the top crust over the lower crust before crimping will keep juices in the pie.
- When making custard pie, bake at a high temperature for about 10 minutes to prevent a soggy crust. Then finish baking at a low temperature.
- When making cream pie, sprinkle crust with powdered sugar in order to prevent it from becoming soggy.

PERFECT CAKES

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

TIME & TEMPERATURE CHART

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

COOKING TIME TABLE

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

DRYING TIME TABLE

Fruit	Sugar or Honey	Cooking Time
apricots	¼ c. for each cup of fruit	about 40 min.
figs	1 T. for each cup of fruit	about 30 min.
peaches	¼ c. for each cup of fruit	about 45 min.
prunes	2 T. for each cup of fruit	about 45 min.

VEGETABLES & FRUITS

BUYING FRESH VEGETABLES

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

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

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

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

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

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

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

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

BUYING FRESH FRUITS

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

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

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

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

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

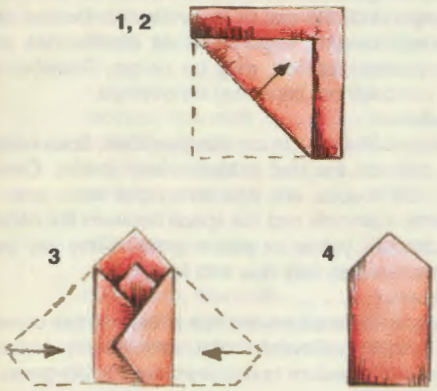
Oranges, Grapefruit and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow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

NAPKIN FOLDING

FOR BEST RESULTS, use well-starched linen napkins if possible. For more complicated folds, 24-inch napkins work best. Practice the folds with newspapers. Children will have fun decorating the table once they learn these attractive folds!

SHIELD

Easy fold. Elegant with monogram in corner.



Instructions:

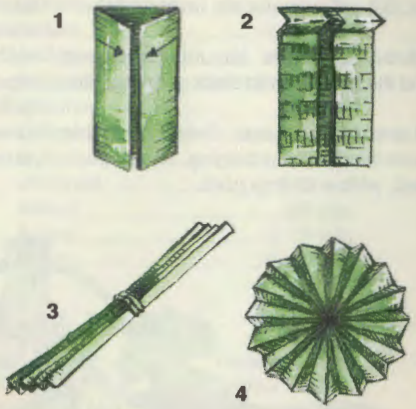
1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right side and left side points.
4. Turn over; adjust sides so they are even, single point in center.
5. Place point up or down on plate, or left of plate.

ROSETTE

Elegant on plate.

Instructions:

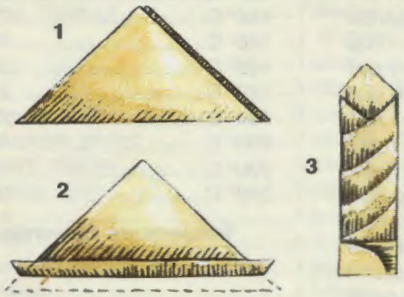
1. Fold left and right edges to center, leaving ½" opening along center.
2. Pleat firmly from top edge to bottom edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.



NAPKIN FOLDING

CANDLE

Easy to do; can be decorated.



Instructions:

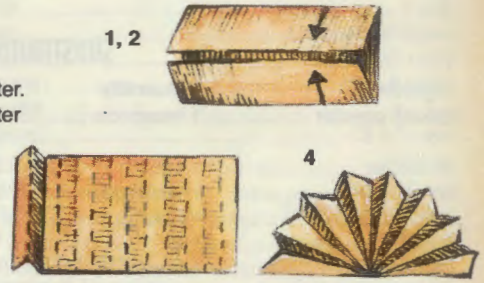
1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

FAN

Pretty in napkin ring or on plate.

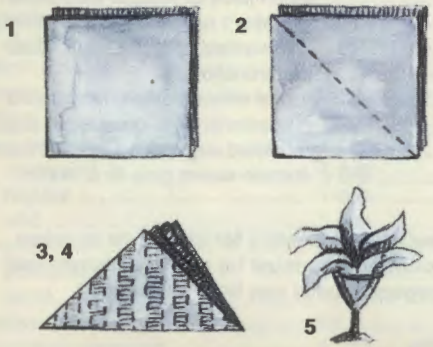
Instructions:

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



LILY

Effective and pretty on table.



Instructions:

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

MEASUREMENTS & SUBSTITUTIONS

MEASUREMENTS

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.

C° TO F° CONVERSION

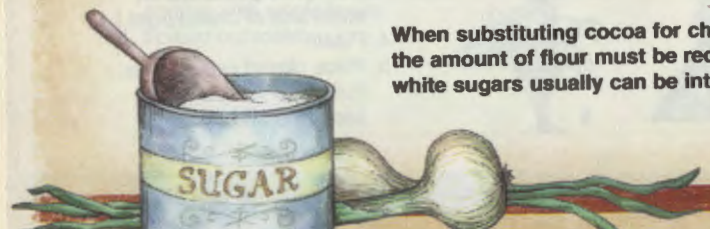
120° C	250° F
140° C	275° F
150° C	300° F
160° C	325° F
180° C	350° F
190° C	375° F
200° C	400° F
220° C	425° F
230° C	450° F

Temperature conversions are estimates.

SUBSTITUTIONS

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

QUICK FIXES

PRACTICALLY EVERYONE has experienced that dreadful moment in the kitchen when a recipe failed and dinner guests have arrived. Perhaps a failed timer, distraction or a missing or mismeasured ingredient is to blame. These handy tips can save the day!

Acidic foods – Sometimes a tomato-based sauce will become too acidic. Add baking soda, one teaspoon at a time, to the sauce. Use sugar as a sweeter alternative.

Burnt food on pots and pans – Allow the pan to cool on its own. Remove as much of the food as possible. Fill with hot water and add a capful of liquid fabric softener to the pot; let it stand for a few hours. You'll have an easier time removing the burnt food.

Chocolate seizes – Chocolate can seize (turn coarse and grainy) when it comes into contact with water. Place seized chocolate in a metal bowl over a large saucepan with an inch of simmering water in it. Over medium heat, slowly whisk in warm heavy cream. Use 1/4 cup cream to 4 ounces of chocolate. The chocolate will melt and become smooth.

Forgot to thaw whipped topping – Thaw in microwave for 1 minute on the defrost setting. Stir to blend well. Do not over thaw!

Hands smell like garlic or onion – Rinse hands under cold water while rubbing them with a large stainless steel spoon.

Hard brown sugar – Place in a paper bag and microwave for a few seconds, or place hard chunks in a food processor.

Jello too hard – Heat on a low microwave power setting for a very short time.

Lumpy gravy or sauce – Use a blender, food processor or simply strain.

No tomato juice – Mix 1/2 cup ketchup with 1/2 cup water.

Out of honey – Substitute 1 1/4 cups sugar dissolved in 1 cup water.

Overcooked sweet potatoes or carrots – Softened sweet potatoes and carrots make a wonderful soufflé with the addition of eggs and sugar. Consult your favorite cookbook for a good soufflé recipe. Overcooked sweet potatoes can also be used as pie filling.

Sandwich bread is stale – Toast or microwave bread briefly. Otherwise, turn it into breadcrumbs. Bread exposed to light and heat will hasten its demise, so consider using a bread box.

Soup, sauce, gravy too thin – Add 1 tablespoon of flour to hot soup, sauce or gravy. Whisk well (to avoid lumps) while the mixture is boiling. Repeat if necessary.

Sticky rice – Rinse rice with warm water.

Stew or soup is greasy – Refrigerate and remove grease once it congeals. Another trick is to lay cold lettuce leaves over the hot stew for about 10 seconds and then remove. Repeat as necessary.

Too salty – Add a little sugar and vinegar. For soups or sauces, add a raw peeled potato.

Too sweet – Add a little vinegar or lemon juice.

Undercooked cakes and cookies – Serve over vanilla ice cream. You can also layer pieces of cake or cookies with whipped cream and fresh fruit to form a dessert parfait. Crumbled cookies also make an excellent ice cream or cream pie topping.

COUNTING CALORIES

BEVERAGES

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

BREADS

cornbread, 1 sm. square 130
dumplings, 1 med. 70
French toast, 1 slice 135
melba toast, 1 slice 25
muffins, blueberry, 1 muffin 110
bran, 1 muffin 106
corn, 1 muffin 125
English, 1 muffin 280
pancakes, 1 (4-in.) 60
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, ¾ 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 ½ oz. 220
tuna, in oil, 3 oz. 170
in water, 3 oz. 110



COUNTING CALORIES

FRUITS

apple, 1 med. 80-100
applesauce, sweetened, ½ c. 90-115
unsweetened, ½ c. 50
banana, 1 med. 85
blueberries, ½ c. 45
cantaloupe, ½ c. 24
cherries (pitted), raw, ½ c. 40
grapefruit, ½ med. 55
grapes, ½ c. 35-55
honeydew, ½ c. 55
mango, 1 med. 90
orange, 1 med. 65-75
peach, 1 med. 35
pear, 1 med. 60-100
pineapple, fresh, ½ c. 40
canned in syrup, ½ c. 95
plum, 1 med. 30
strawberries, fresh, ½ c. 30
frozen and sweetened, ½ c. 120-140
tangerine, 1 lg. 39
watermelon, ½ 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, ¾ c. 115

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, ½ c. 25
cabbage, cooked, ½ c. 15-20
carrots, cooked, ½ c. 25-30
cauliflower, ½ c. 10-15
corn (kernels), ½ c. 70
green beans, 1 c. 30
lettuce, shredded, ½ c. 5
mushrooms, canned, ½ c. 20
onions, cooked, ½ c. 30
peas, cooked, ½ 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, ½ 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, cornmeal, etc.

Entree: The main course.

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

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

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

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

Meuniére: Dredged with flour and sautéed in butter.

Mince: To chop food into very small pieces.

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

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

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

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

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

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

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

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

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

Toss: To combine ingredients with a repeated lifting motion.

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

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