



# Golden Collection

American Ukrainian 50th Anniversary Cookbook  
Pavlushkov Branch





ОСЕРЕДОК  
ІМ. МИКОЛИ  
ПАВЛУШКОВА



ЧІКАГО  
1949-1999

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## *Dedication*

The American Ukrainian Youth Association, Mykola Pavlushkov branch of Chicago, was founded in 1949. Ukrainians formed the organization because of their love for their culture and heritage. Today, fifty years later, "CYM" is home for not only the founding members, but for their children, grandchildren and great grandchildren as well. The children attend weekly youth meetings, they dance, sing, play sports and go camping under the motto of "God and Ukraine", forming friendships that last a lifetime. This book is dedicated to our founders, members and supporters. Thank you for keeping our Ukrainian family and spirit alive. Happy 50th anniversary!



## *Appreciation*

The cookbook committee would like to thank each person who generously took the time to share their favorite recipes and help make this book possible. We would also like to thank all those who purchased this book in support of our organization. We hope that you will use these recipes often and treasure our cookbook as a keepsake of the golden anniversary of the American Ukrainian Youth Association, Pavlushkov branch of Chicago.

A special "thank you" is extended to Ms. Ulana Kostiw Cirincione for the beautiful cover design, and the artwork seen within the cookbook, and to Mr. Dmytro Nowoshytsky for generously editing our "Ukrainian Language Recipe" section of the book.

### **The Cookbook Committee**

Kateryna Kulas - Chairperson  
Ulana Kostiw Cirincione  
Odarka Czerniak  
Katya Drozd  
Mike Kuczer

This book is a compilation of our most treasured recipes however they may not all be our own original recipes.



З нагоди 50-ліття існування і діяльності нашого Осередку СУМ ім. Миколи Павлушкова в Чикаго, ми видаємо цю пропам'ятну куховарську книжку. Вшановуючи наших попередників-засновників Осередку, та наших батьків, які не жаліли ані труду, ані грошей для розбудови Осередку СУМ, ми, в міру можливостей, стараємось іти їхніми слідами та продовжувати їхню всесторонню діяльність для добра наших дітей а їхніх внуків, та для добра всієї української громади.

Сподіємось, що наші куховарські рецепти стануть у пригоді багатьом молодим господиням та кухарам.

Усім тим, які будуть користуватися нашою куховарською книжкою, бажаємо смачного!

### КОМІТЕТ

Катерина Куляс - Голова

Уляна Костів Чиринчоні

Одарка Черняк

Катя Дрозд

Михайло Кучер



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# APPETIZERS & BEVERAGES

## ARTICHOKE DIP

**14-oz. can artichokes**  
**1 c. mayonnaise**  
**½ c. Parmesan cheese**

**Garlic salt**  
**Tabasco sauce**  
**Worcestershire sauce**

Drain and chop artichokes. Mix artichokes, mayonnaise and Parmesan cheese. Add garlic salt, Tabasco sauce and Worcestershire sauce to taste. Bake in small casserole dish 15-20 minutes at 350°. Serve with crackers and bread.

*Kalyna Wasiunec*

## HOT ARTICHOKE DIP

**2 c. chopped frozen spinach**  
**½ c. shredded Parmesan cheese**  
**½ c. lowfat mayonnaise**  
**1 (14-oz.) can quartered artichoke hearts**  
**1 clove garlic, minced**

**¼ c. chopped green onions with whites**  
**¼ c. shredded Monterey Jack cheese**  
**Salt & pepper to taste**

Thaw spinach and allow water to drain (squeeze any excess water before combining with ingredients). Chop artichoke hearts into small pieces and combine with all ingredients, except the Monterey Jack cheese. Blend well. Spoon into ovenproof dish and top with the Monterey Jack cheese and some paprika for color. Bake in a 350° preheated oven for approximately 30 minutes or until top is browned and recipe is bubbly. Serve warm with slices of baguette bread.

*Natalia Chimiak-Kulas*



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## **ARTICHOKE APPETIZER**

- |  |                                     |
|--|-------------------------------------|
| <b>1 can water-packed artichoke hearts</b> | <b>½ c. mozzarella cheese</b>       |
| <b>1 c. mayonnaise</b>                     | <b>2 T. finely-diced onions</b>     |
| <b>1 c. Parmesan cheese</b>                | <b>Garlic &amp; pepper to taste</b> |

Chop the artichoke hearts; drain. Mix with remaining ingredients. Bake in a 350° oven for 30 minutes or longer. The top needs to be boiling. Serve with French bread, cocktail toast, or crackers.

*Olya Kinal*

## **CREAMY SPINACH DIP**

- |   |  |
|---|--|
| <b>1 (13.5-oz.) can Del Monte fresh cut whole leaf or chopped spinach</b> | <b>¼ c. mayonnaise</b>                     |
| <b>2 c. sour cream</b>  | <b>1 (1.4-oz.) pkg. dry onion soup mix</b> |
|   | <b>1 c. chopped red pepper</b>             |

Drain spinach well, reserving 2 tablespoons liquid. (Chop spinach if whole leaf.) Combine reserved liquid, sour cream, mayonnaise and soup mix. Stir in spinach and red pepper. Refrigerate for several hours or overnight to blend flavors. Serve with vegetables, bread, or crackers. Makes 4 cups.

*Elizabeth Roslewski*

## **CHIPPED BEEF DIP**

- |  |                                     |
|--|-------------------------------------|
| <b>1 pkg. cream cheese, softened</b>               | <b>1 sm. yellow onion, diced up</b> |
| <b>1 pkg. Carl Buddig chipped beef, chopped up</b> | <b>1 T. horseradish</b>             |
|  | <b>1 T. yellow mustard</b>          |

Mix all ingredients together and refrigerate. Serve with crackers.

*Nick Zaderej*





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## **CRAB DIP**

- |  |                                     |
|--|-------------------------------------|
| <b>1 (8-oz.) pkg. cream cheese, softened</b> | <b>1-2 T. pimento</b>               |
| <b>1 (8-oz.) ctn. sour cream</b>             | <b>5-6 T. chili sauce</b>           |
| <b>1 (6½-oz.) can crabmeat</b>               | <b>¼ T. Worcestershire sauce</b>    |
| <b>4 green onions with stems, chopped</b>    | <b>1-2 drops Tabasco sauce</b>      |
|  | <b>1-2 T. green pepper, chopped</b> |

Blend all ingredients well.

*Olya Kinal*

## **CRAB DIP**

**(Tripled Improved Recipe)**

- |   |   |
|---|---|
| <b>3 (8-oz.) pkgs. cream cheese, softened</b> | <b>6 T. chopped roasted red pepper (comes in jar)</b> |
| <b>2 (8-oz.) pkgs. lite sour cream</b>        | <b>3 T. Worcestershire sauce</b>                      |
| <b>1 whole pkg. imitation crabmeat</b>        | <b>Approx. 6 drops Tabasco sauce (personal taste)</b> |
| <b>9 green onions, incl. stems, chopped</b>   | <b>Approx. 12 T. ketchup (personal taste)</b>         |
| <b>¼ c. Spanish onion, chopped</b>            |   |

Mix all ingredients together (by hand).

*Olya Kinal*

## **TACO DIP**

- |  |   |
|--|---|
| <b>1 (16-oz.) can refried beans mixed with 1 tsp. chili powder</b> | <b>1 (1.25-oz.) pkg. taco mix</b>                 |
| <b>2 avocados, mashed with lemon or lime juice</b>                 | <b>1 bunch green onions, chopped</b>              |
| <b>2 tomatoes, chopped</b>   | <b>2 tomatoes, chopped</b>                        |
| <b>Sm. can olives, chopped</b>                                     | <b>Sm. can olives, chopped</b>                    |
| <b>1 c. sour cream</b>   | <b>1 (16-oz.) pkg. shredded Colby-Jack cheese</b> |
| <b>½ c. mayonnaise</b>   |   |

Spread refried beans and chili powder mixture on serving plate or bowl. On top of this spread avocados. Mix together sour cream, mayonnaise and taco mix; spread over avocados, then spread cheese. Top with tomatoes, olives and green onions. Serve with tortilla chips.

*Natalie Fafendyk*



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## **TACO DIP**

**1 (16-oz.) pkg. sour cream**                      **2 cream cheese**

Mix together.

**1 T. cumin**    **1-2 T. taco seasoning**

Mix above until blended. Spread into a 9 x 13-inch pan. Top with the following:

**Chopped green onions**  
**Chopped tomatoes**  
**Sliced black olives**

**Jalapeños to decorate**  
**Shredded cheddar cheese to cover top**

Serve with tortilla chips. Enjoy.

*Olya Kinal*

## **MEXICAN DIP**

**2 pkgs. cream cheese**                              **1 can olives, chopped**  
**2 cans chilli**    **1½ lbs. shredded jalapeño cheese**  
**Green onions, chopped**

Spread cream cheese on bottom of medium baking dish. Top with chili, green onions, olives and cheese. Bake in 350° oven for 25-30 minutes or until cheese is melted. Serve hot with tortilla chips.

*Anna Hirota*

## **FRUIT DIP**

**4 oz. Philadelphia cream cheese**              **¼ c. powdered sugar**  
**1 tsp. vanilla**    **1 c. heavy whipping cream**

Blend with mixer and add gradually any additional powdered sugar needed for taste. Refrigerate for 45 minutes. Serve with strawberries.

*Bohdanna Czerniak*



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## FRUIT DIP

- 1 pkg. Philadelphia cream cheese**    **1/2-1 c. cashew nuts, chopped**  
**1/2 c. sugar**    **1 tsp. vanilla**  
**1/2 c. brown sugar**

Blend all ingredients together. Chill. Serve with fruit.

*Olya Kinal*

## GRAPE CHILI MEATBALLS

- 2 lbs. ground beef**    **Salt**  
**2 eggs**    **Pepper**  
**1/2 c. cracker crumbs**    **Garlic salt**  
**1/2 c. water**

Combine these ingredients and make small meatballs. Fry till brown; drain.

- 1 bottle chili sauce**    **1 tsp. lemon juice**  
**1/2 c. grape jelly**

Combine these ingredients. When melted, add meatballs. Cover and simmer. Serve with toothpicks.

*Olga Doolin*

## LYN'S MEATBALLS

- 1 lb. ground beef**    **1 T. parsley**  
**1/2 c. bread crumbs**    **1 tsp. salt**  
**1/3 c. minced onion**    **1/8 tsp. pepper**  
**1/4 c. milk**    **1/2 tsp. Worcestershire sauce**  
**1 egg**

**Sauce:**

- 1 (12-oz.) bottle chili sauce**    **1 (10-oz.) jar grape jelly**

Mix all above ingredients together, except for chili sauce and grape jelly. Shape into 1-inch meatballs. Fry in 1/4 cup shortening or oil to brown. Take out and drain. Place chili sauce and grape jelly in a pan; heat until dissolved. Add meatballs to sauce and simmer, uncovered, 30 minutes. Makes 30 meatballs.

*Marcia Dahlke*



## **CHILI HORS D'OEUVRE**

**(PEREKUSKA)**

- |  |  |
|--|--|
| <b>3 onions, chopped</b>                         | <b>2 cloves garlic, chopped</b>        |
| <b>2 T. oil</b>                                  | <b>1 c. hot water</b>                  |
| <b>2 lbs. ground beef</b>                        | <b>2 tsp. sugar</b>                    |
| <b>3 (16-oz.) cans tomatoes (not stewed)</b>     | <b>1 tsp. salt</b>                     |
| <b>3 T. chili powder</b>                         | <b>French bread or oyster crackers</b> |
| <b>2 (15-oz.) cans red kidney beans, drained</b> |  |

Brown onions in oil; stir in ground beef. Brown; drain fat. Pour in tomatoes and cook to boil. Stir in chili powder, garlic, sugar and salt; mix well. Pour in hot water and stir well. Bring to boil; reduce heat and cover. Cook for 1-1½ hours.

*Mariyka Dzwinyk*

## **SPINACH BALLS**

- |  |  |
|--|--|
| <b>2 pkgs. frozen chopped spinach, thawed, drained</b> | <b>1 onion, chopped</b>                |
| <b>2 c. plain Pepperidge Farm stuffing</b>             | <b>4 eggs, beaten</b>                  |
|  | <b>1 stick unsalted butter, melted</b> |
|  | <b>½ c. grated Parmesan cheese</b>     |

Combine all ingredients. Form into bite-sized balls. Place on baking sheet. Bake at 375° for 20 minutes. Makes 36.

*Melissa Kulas*

## **ZUCCHINI TREATS**

- |   |                                |
|---|--------------------------------|
| <b>3 c. coarsely grated zucchini with peel on</b> | <b>4 eggs, slightly beaten</b> |
| <b>1¼ c. Bisquick</b>                             | <b>½ tsp. salt</b>             |
| <b>½ c. chopped onion</b>                         | <b>Dash garlic powder</b>      |
| <b>½ c. grated Parmesan or Romano cheese</b>      | <b>Dash parsley flakes</b>     |
|   | <b>Dash pepper</b>             |

Mix zucchini, Bisquick, onion, cheese, eggs, salt, garlic powder, parsley and pepper together in a bowl. Pour mixture into a 13 x 9 x 2-inch baking dish. Bake at 350° for 25-30 minutes or until golden brown. Serve warm or cold.

*Melissa Kulas*



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## **STUFFED CHERRY TOMATOES**

**Cherry tomatoes**  
**Spicy guacamole (frozen or fresh  
homemade)**

**Finely-shredded cheddar cheese**

Split top of tomatoes by slicing an "X". Spread out opening. Drop small amount of guacamole in opening and sprinkle with shredded cheese.

*Olya Kolody*

## **STUFFED MUSHROOMS**

**2-3 pkgs. med.-lg. mushrooms**  
**1 lb. bacon, fried, crumbled**  
**1 onion, finely chopped**

**2 (8-oz.) pkgs. cream cheese,  
softened**  
**Paprika**

Wash and core mushrooms. Mix bacon, onion and cream cheese together. Stuff the mushrooms. Broil 3-5 minutes; sprinkle with paprika and serve.

*Johanna Senyk*

## **SAVORY STUFFED MUSHROOMS**

**12-16 fresh med. mushrooms**  
**½ c. butter/margarine**  
**3 T. chopped green peppers**  
**3 T. finely-chopped onion**

**1½ c. fresh bread cubes (¼-in.)**  
**½ tsp. salt**  
**¼ tsp. pepper**

Preheat oven to 350°. Wipe mushrooms with damp cloth. Remove stems and chop stems; set aside. Heat 3 tablespoons butter in large skillet. Sauté mushroom caps only on bottom side 2-3 minutes. Remove; arrange round side down in shallow baking pan. Heat rest of butter in same skillet. Sauté chopped stems, green peppers and onion until tender, about 5 minutes. Remove from heat. Stir in bread cubes and seasoning. Use to fill mushroom caps, mounting mixture high in center. Bake for 15-20 minutes.

*Mary Zelisko*



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## **MUSHROOM CANAPES**

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- |  |   |
|--|---|
| <b>1 lb. fresh sm. mushrooms</b>             | <b>2 egg yolks</b>                            |
| <b>¼ c. butter</b>                           | <b>½ tsp. salt</b>                            |
| <b>6 slices whole-wheat sandwich bread</b>   | <b>2 sm. cloves garlic, pressed or minced</b> |
| <b>1 (8-oz.) pkg. cream cheese, softened</b> | <b>2 tsp. chopped chives</b>                  |
|  | <b>Paprika</b>                                |

Wash and stem mushrooms. Reserve stems for use in sauces and gravies. Drain caps thoroughly and sauté in butter. Remove crusts from bread and cut each slice into 4 squares. Toast in oven on both sides. Place toasted slices on cookie sheet. Place mushrooms, rounded side up, on each square; cool. Meanwhile, cream the cheese with mixer until light and fluffy. Add the egg yolks, salt, garlic and chives. Beat until smooth. Spoon cheese over mushroom caps, covering each completely. Sprinkle with paprika. Broil 8 inches from heat source until heated through and lightly browned. Serve hot.

**Note:** The canapes can be assembled early and refrigerated until serving time. If mushrooms are too small or too large, pile sautéed pieces of mushrooms onto toast and cover with cheese mixture. Makes 24.

*Hanusia Glubisz*

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## **PORTABELLA MUSHROOM SPREAD**

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- |  |  |
|--|--|
| <b>3-4 med.-sized Portabella mushrooms</b> | <b>1 pinch fresh ground pepper</b>     |
| <b>1 (8-oz.) pkg. cream cheese</b>         | <b>1-2 cloves garlic</b>               |
| <b>2 T. sour cream</b>                     | <b>1 pinch cayenne pepper (opt.)</b>   |
| <b>1 pinch rosemary (fresh or dried)</b>   | <b>1 dash Tabasco sauce (opt.)</b>     |
|  | <b>1 loaf French bread or baguette</b> |

Prepare grill or oven, roasting Portabellas until soft. Allow to cool. Let cream cheese soften to room temperature. Slice portabellas and place in food processor or blender. Process for 10-15 seconds. Add cream cheese; process for 10 seconds or until evenly mixed. Add seasonings, garlic and sour cream; process for 10 more seconds. Refrigerate for 1 hour, then serve with slices of bread. Your favorite crackers will also work. I left the cayenne and Tabasco as optional for those of you who like it hot! The same applies to the garlic, 1 clove is enough, but if you like 2, that's up to you. Can be made ahead of time. It keeps well in the refrigerator. For those of you who are creative, you probably could mold it into a desired shape.

*Dennis Bryan*





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## **CHEESE SPREAD**

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**8-oz. pkg. sharp cheddar cheese**  
**2 green onions, cut into chunks**  
**4 slices bacon, cooked**

**8-oz. pkg. cream cheese**  
**¼ c. milk**

Shred cheddar cheese. Empty onto waxed paper. Finely chop onion and bacon. Empty onto waxed paper. Add cream cheese and milk to container of food processor. Process until smooth. Add onion, bacon and cheddar cheese to cream cheese mixture; process until well combined. Serve with crackers.

*Steph Kawka*

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## **SUN-DRIED TOMATO-GOAT CHEESE SPREAD**

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**½ jar sun-dried tomatoes or ½  
pkg.**  
**Chopped green onions to taste**  
**Chopped parsley to taste**  
**2 cloves garlic**  
**Salt & pepper to taste**  
**Olive oil**

**Thinly-sliced French bread**  
**Garlic powder**  
**Paprika**  
**Onion salt**  
**Cayenne pepper**  
**Goat cheese**

Blend together the tomatoes, green onions, parsley, garlic, salt and pepper. Add enough olive oil to marinate. Marinate overnight. Brush both sides of French bread with olive oil. Sprinkle both sides with garlic powder and paprika. On one side, sprinkle onion salt and cayenne pepper. Bake on a flat sheet at 350° for approximately 5 minutes (until crisp). Put goat cheese on bread, sun-dried tomato mixture on top and place bread on plate and serve.

*Olya Kinal*



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## **STUFFED ITALIAN BREAD**

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**Prep. time: 25 minutes**

**Yield: Approx. 16 slices**

**Bake time: 35 minutes**

**1 T. olive oil**

**¼ lb. sliced Provolone cheese,  
cut slices into strips**

**5 cloves garlic, chopped into sm.  
pieces**

**1 (7-oz.) jar roasted red bell  
peppers, drained, chopped**

**1 (1-lb.) loaf frozen white bread  
dough, thawed according to pkg.**

**3 green onions, chopped**

**¼ lb. sliced Genoa salami, cut  
slices into strips**

**1 egg, beaten with tsp. water  
Poppy seed**

In small saucepan cook oil and garlic together over medium-low heat, stirring almost constantly, 2-3 minutes until garlic is golden and fragrant. Set garlic and oil aside. On lightly-floured surface, stretch and roll dough into 12-inch square. Place on lightly-greased baking sheet and brush with reserved garlic and oil. Sprinkle evenly with salami and cheese. Arrange roasted peppers and green onions down center of dough, leaving a 1-inch border at each end and a 3-inch border on each side. Use a knife or scissors (I found scissors work better) to make 8 (3-inch) cuts into dough along both sides of the filling. Bring dough strips up across filling at an angle, alternating sides to give a braided effect. Pinch dough at top and bottom ends to seal filling. Brush braid with egg mixture; sprinkle evenly with poppy seed. Set aside to rise in a warm, draft-free location 30-45 minutes until puffy. Heat oven to 350°. Bake 35 minutes or until golden. Immediately remove bread from baking sheet and cool 5 minutes on wire rack. Cut into 16 slices and serve at room temperature. With this recipe you can come up with different stuffing variations. I have stuffed the bread with ham and Swiss cheese and fresh tomatoes, or make up your own stuffing.

*Olga Kulinczenko*



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## **STUFFED VIENNA BREAD**

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- |   |                                      |
|---|--------------------------------------|
| <b>2 sticks butter, softened</b>                          | <b>Salt to taste</b>                 |
| <b>2 pkgs. Philadelphia cream cheese, softened</b>        | <b>2 Vienna breads</b>               |
| <b>1 med. yellow onion, grated</b>                        | <b>4-6 slices ham</b>                |
| <b>½ tsp. paprika</b>                                     | <b>4 Claussen pickles (quarters)</b> |
| <b>2 cans skinless, boneless sardines (Nice sardines)</b> | <b>2 hard-boiled eggs</b>            |

Cream together butter and Philadelphia cream cheese. Add grated onion, paprika, sardines with oil and salt; mix well. Cut bread lengthwise but not all the way through. Pull out bread and put aside. Spread mixture on both sides. Put a ½ slice of ham across bread, top with quartered egg and quartered pickle on the side of the egg. Close bread together. Close firmly with Reynolds wrap and tie string around to keep it closed together. Refrigerate 1 day. Next day, remove foil and string; slice.

*Iryna Petrasz*

## **STUFFED BREAD HORS D'OEUVRE**

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**(PEREKUSNYK-KANAPKA)**

- |                                    |                            |
|------------------------------------|----------------------------|
| <b>2 sm. Italian breads</b>        | <b>1 lg. cucumber</b>      |
| <b>1 stick butter, softened</b>    | <b>Chopped green onion</b> |
| <b>1 tsp. sour cream</b>           | <b>2 tsp. mustard</b>      |
| <b>3 (8-oz.) tubs cream cheese</b> | <b>Salt</b>                |
| <b>½ lb. ham (chunk)</b>           | <b>Pepper</b>              |
| <b>3 cooked eggs</b>               | <b>Parsley</b>             |

Cut both end pieces of each bread. Remove insides of bread and discard. Cube ham into small pieces and chop the eggs. In a large bowl mix butter, cream cheese, sour cream and mustard well; place remaining ingredients into the bowl and mix well. Divide ingredients in half and stuff each bread equally, pushing ingredients in from both ends. Wrap bread in aluminum foil tightly; refrigerate overnight. To serve, slice bread and sprinkle with chopped fresh parsley.

*Mariyka Dzwinyk*



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## **BAKED BRIE CHEESE**

- |   |   |
|---|---|
| <b>1 sm. yellow onion, cut into thin wedges</b> | <b>½ tsp. snipped fresh rosemary or</b> |
| <b>2 tsp. margarine or butter</b>               | <b>¼ tsp. dried rosemary, crushed</b>   |
| <b>⅓ c. tomato preserves</b>                    | <b>⅓ tsp. crushed red pepper</b>        |
|   | <b>1 (8-oz.) round of Brie cheese</b>   |

In a small saucepan cook onion in hot margarine or butter, covered, over low heat for about 15 minutes or until tender and golden, stirring occasionally. Meanwhile, in a small bowl, stir together the tomato preserves, rosemary and crushed red pepper. Preheat oven to 325°. Cut off and discard a very thin slice from the top of the Brie to remove the rind. Place the Brie in an ungreased 9-inch pie plate. Top with tomato mixture, then with onions. Bake, uncovered, about 10-12 minutes or until Brie is softened and warmed but not runny. Serve with crackers or French bread slices.

*Odarka Czerniak*

## **BAKED BRIE CUPS**

- |   |                              |
|---|------------------------------|
| <b>2 boxes frozen mini phyllo dough shells (there are 15 shells in ea. box)</b> | <b>¼ lb. Brie cheese</b>     |
|   | <b>½ c. orange marmalade</b> |

Preheat oven to 375°. Remove shells from outer carton and inner tray. Fill shells with small cuts of Brie cheese and place on baking sheet. Add about ½ teaspoon marmalade over the cheese. Bake until golden and filling is hot, about 8-10 minutes. Serve warm.

*Hanusia Glubisz*

## **BRUSCHETTA**

- |   |                                     |
|---|-------------------------------------|
| <b>½ c. chopped, julenned red onion</b> | <b>¼ tsp. freshly ground pepper</b> |
| <b>8-10 fresh basil leaves, chopped</b> | <b>Kosher salt</b>                  |
| <b>¼ c. extra virgin olive oil</b>      | <b>6-8 cloves garlic, chopped</b>   |
| <b>3-4 T. balsamic vinegar</b>          |                                     |

Mix all ingredients and refrigerate up to 24 hours before serving. Serve with/on toasted French bread or Italian pane bread.

*Odarka Czerniak*



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## **KRISTEN'S FAVORITE BRUSCHETTA WITH TOMATOES**

### **Tomato Salad:**

**5 vine-ripened beefsteak tomatoes, cored, seeded, chopped**

**1/2 c. red onion, julienned**

**8-9 fresh basil leaves**

**6-7 cloves garlic, roughly chopped**

**1/3 c. extra virgin olive oil**

**4 T. balsamic vinegar**

**Kosher salt to taste**

**1/4 tsp. fresh ground pepper**

### **Bruschetta:**

**Loaf Tuscan bread or other style bread**

**1/4 c. olive oil**

**Salad:** In a bowl combine tomatoes, onion, basil leaves, oil, vinegar, pepper and garlic. Stir gently and season to taste with salt. Set aside. Preheat broiler or oven to 450°. Cut bread into slices. Brush with olive oil, both sides. Broil or bake until golden brown. Top each slice with tomato salad. Serve immediately.

*Kristen Kulinczenko*

## **EVA'S APPETIZER FROM BARABOO**

**Ritz crackers**

**Liver sausage**

**Fresh garlic, sliced**

**Herring in sour cream**

Spread liver sausage on cracker; top with slice of garlic and 1 piece of herring. Enjoy!

*Eva Lishchynsky*



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## **HAM APPETILLAS**

- |  |                                  |
|--|----------------------------------|
| <b>1 pkg. super-sized flour tortillas</b>    | <b>2 T. chopped green onions</b> |
| <b>2 (8-oz.) pkgs. softened cream cheese</b> | <b>¼ c. chopped black olives</b> |
| <b>½ c. mayonnaise</b>                       | <b>6 oz. sliced cooked ham</b>   |

Combine cream cheese, mayonnaise, onions and olives. Spread thin layer of mixture on tortilla. Arrange 4 slices of ham over cheese. Tightly roll up tortilla. Wrap individually in plastic wrap. Place in refrigerator at least 3 hours or overnight. To serve, cut into ¾-inch slices. Makes about 64 appetillas.

*Darka Kuszniir-Harrison*

## **HAM CANAPES**

- |   |  |
|---|--|
| <b>1 long loaf French bread (or 2 short loaves)</b> | <b>Mayonnaise</b>                                  |
| <b>2 (8-oz.) pkgs. cream cheese, softened</b>       | <b>Mustard</b>                                     |
| <b>1 lb. Polish ham, thinly sliced, chopped</b>     | <b>Polish dill pickles, cut in quarter lengths</b> |

Cut loaf in half. Dig out bread from inside and mix it together with the filling. The filling consists of cream cheese, ham and mayonnaise (enough to make the spread a bit creamy) and mustard to taste. Spread filling on both sides and place pickle quarter on one side of the halved loaf. Place halves together; wrap in waxed paper and use 2 rubber bands to keep loaves together. Wrap again in foil. Best to make day before serving. Open carefully and cut in ½-inch wide slices. This recipe was passed down to me from Mary Sarachman-Horodyskyj. Thanks Mary!

*Victoria Kawka*





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## **CHICKEN WINGS**

- |  |                                 |
|--|---------------------------------|
| <b>1 lg. bag frozen cut-up chicken wings</b> | <b>¾ c. brown sugar, packed</b> |
| <b>1 c. sherry</b>                           | <b>½ tsp. ginger</b>            |
| <b>3 cloves garlic, chopped</b>              | <b>½ tsp. cinnamon</b>          |
| <b>⅓ c. soy sauce</b>                        | <b>½ tsp. pepper</b>            |

Whip together all ingredients, except chicken wings. Marinate meat for at least 2 hours; much better overnight. Bake at 350° for 1½-2 hours, turning meat every 20 minutes to baste.

*Mike Kuczer*

## **BUFFALO HOT WINGS**

- |  |   |
|--|---|
| <b>5-lb. bag wings</b>                     | <b>4 (6-oz.) pkgs. dry Italian salad dressing mix</b> |
| <b>1 c. margarine</b>                      | <b>¼ c. lemon juice</b>                               |
| <b>1-1½ c. Frank's Louisiana Hot Sauce</b> | <b>1 tsp. dry basil</b>                               |

Brown wings in oven or pan till cooked. Melt margarine and stir in all other ingredients. Coat wings and bake 10 minutes in 350° oven.

*Darka Kuznir-Harrison  
from Dolly Harrison*



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## **EMPANADAS**

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### **Pastry:**

2 (8-oz.) pkgs. cream cheese,  
softened  
¾ c. butter or margarine, softened

2½ c. all-purpose flour  
½ tsp. salt

### **Spinach Filling:**

¼ c. finely-chopped onion  
3 cloves garlic, minced  
4-5 slices bacon, cooked,  
crumbled (reserve 1 T. bacon  
drippings)  
1 (10-oz.) pkg. frozen chopped  
spinach, thawed, drained

1 (8-oz.) ctn. cottage cheese (1 c.)  
¼ tsp. pepper  
¼ tsp. ground nutmeg  
1 egg, beaten

### **Meat Filling:**

1 lb. fresh ground sirloin beef  
2 lg. onions, finely chopped  
12 green olives, finely chopped  
3 hard-boiled eggs, chopped

½ tsp. cumin powder  
½ tsp. oregano  
Salt & pepper to taste

**Pastry:** In a large mixing bowl beat together the cream cheese and the butter or margarine with an electric mixer until smooth. Gradually beat in the flour and salt. Knead the dough lightly by hand. Cover the dough with plastic wrap and refrigerate for 3 hours. **Filling:** In a medium skillet cook the onion and garlic in the reserved bacon drippings for 3-4 minutes or until the onion is tender, but not brown. Stir in the crumbled bacon, the spinach, cottage cheese, pepper and nutmeg. Let the mixture cool. Preheat oven to 450°. On a lightly-floured surface roll out the pastry until it is ⅛ inch thick. Using a 3-inch biscuit cutter, cut out as many pastry circles as possible. Place 1 teaspoon of the filling on ½ of each pastry circle. Moisten the edges of the circle with the egg and fold the other half of the circle over the filling. Place the pastries on ungreased baking sheets. Gently seal the edges of the empanadas with the tines of a fork. Brush the empanadas with the egg. Use the tines of a fork to prick a small vent in each. Bake in the 450° oven for 10-12 minutes or until the empanadas are golden. **Meat Filling:** In a large skillet cook the ground beef; drain and set aside. In same skillet sauté the onion until golden. Mix with meat; add the olives, eggs and seasonings. Mix well and cool before filling. Makes 60 empanadas.

*Hanusia Glubisz*



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## **EMPANADAS ARGENTINAS**

The filling must be cold when the turnovers are prepared, so it's best to make it a day ahead.

### **Filling:**

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| <b>1 lb. ground beef, crumbled</b> | <b>2 T. paprika</b>               |
| <b>1 c. beef broth</b>             | <b>1½ tsp. salt</b>               |
| <b>3 T. butter</b>                 | <b>1 tsp. ground cumin</b>        |
| <b>4 lg. onions, chopped</b>       | <b>Ground red pepper to taste</b> |

### **Dough:**

- |   |                                      |
|---|--------------------------------------|
| <b>1½ c. milk</b>                                   | <b>2 tsp. baking powder</b>          |
| <b>1 c. (2 sticks) butter</b>                       | <b>1 tsp. salt</b>                   |
| <b>5 c. all-purpose flour</b>                       | <b>2 egg yolks, lightly beaten</b>   |
| <b>3 hard-cooked eggs, sliced</b>                   | <b>1 egg, beaten with 1 T. water</b> |
| <b>1 (2.3-oz.) can sliced green olives, drained</b> |                                      |

**Filling:** Simmer meat in broth until it is no longer pink, 10-15 minutes. Meanwhile, melt 3 tablespoons butter in medium skillet, over medium heat. Add onion and sauté until golden. Stir in paprika, salt, cumin and red pepper. Add to beef and simmer about 5 minutes. Taste and adjust seasoning, if necessary. Let cool, then chill thoroughly. **Dough:** Scald milk; add butter and let melt over very low heat. Cool. Combine flour, baking powder and salt in large bowl. Make well in center and add egg yolks. Stir in cooled milk and blend well. Turn out onto lightly-floured surface and knead until smooth. Cover with towel and let rest in draft-free area about 20 minutes. Preheat oven to 400°. Lightly butter baking sheet. Divide dough into 4 pieces. Roll each into 10 x 15-inch rectangle. Using pastry wheel, cut each rectangle into 6 (5-inch) squares. Place heaping tablespoon of filling on each square. Top with a few slices of egg and some olives. Fold dough over filling (as for a letter). Moisten edges with a little water and press lightly to make them stick together. Fold over and seal ends in same way. Transfer to baking sheet. Repeat with remaining dough and filling. Brush with beaten egg and bake until golden, 35-40 minutes. Makes 24 empanadas. Empanadas can be made ahead and frozen.

*Hanusia Glubisz*



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## **QUICK REFRIGERATOR CUCUMBER CHIPS**

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- |   |                         |
|---|-------------------------|
| <b>3 lg. regular cucumbers or 6-8 pickling cucumbers</b>      | <b>1 T. salt</b>        |
| <b>1 lg. red bell pepper, seeded, cut into 1/2-in. strips</b> | <b>2 tsp. dill seed</b> |
| <b>1 med.-sized onion, thinly sliced</b>                      | <b>3/4 c. sugar</b>     |
|   | <b>1/2 c. vinegar</b>   |

Wash cucumbers; do not peel. Cut off and discard ends; cut cucumbers crosswise to 1/4-inch thick slices. You should have about 6 cups. In a large bowl combine cucumbers, bell pepper and onion. Sprinkle in salt and dill seeds; stir well. Let stand, uncovered, for about 1-2 hours, stirring occasionally. Stir together sugar and vinegar until sugar is dissolved. Pour over vegetables and mix gently. Spoon into glass or ceramic containers. Cover and refrigerate for at least 1 day or up to 3 weeks. Makes about 2 quarts.

*Darka Kuszniir-Harrison*

## **PICKLED MUSHROOMS**

- |   |  |
|---|--|
| <b>1/3 c. red wine vinegar</b>                          | <b>2 tsp. dried parsley flakes</b>             |
| <b>1/3 c. salad oil</b>                                 | <b>1 tsp. prepared mustard</b>                 |
| <b>1 sm. onion, thinly sliced, separated into rings</b> | <b>2 T. brown sugar</b>                        |
| <b>1 tsp. salt</b>                                      | <b>2 (6-oz.) cans mushroom crowns, drained</b> |

In small saucepan combine all ingredients, except mushrooms; bring to a boil. Add the mushrooms; simmer 5-6 minutes. Chill in a covered bowl several hours, stirring occasionally; drain.

**Note:** If using fresh mushrooms, use 1 pound but make sure to double all preceding ingredients and cook for 10-12 minutes.

*Darka Raczkiwycz*



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## **MUSHROOM PASTET**

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- |   |                              |
|---|------------------------------|
| <b>1 c. butter</b>                      | <b>½ tsp. thyme leaves</b>   |
| <b>2 lbs. mushrooms, finely chopped</b> | <b>3 egg yolks</b>           |
| <b>1 tsp. salt</b>                      | <b>2 tsp. whipping cream</b> |
| <b>½ tsp. lemon pepper</b>              |                              |

In a skillet melt butter over medium heat; add mushrooms. Cook, stirring occasionally until mushrooms are well-browned and liquid diminishes, about 30 minutes. Stir in salt, pepper and thyme; remove from heat. In a small bowl combine egg yolks with cream. Add ¼ cup mushroom mixture to the egg yolk and cream mixture, stirring well. Combine the mushroom-egg yolk mixture with mushroom mixture in skillet. Cook over low heat, stirring constantly 2-3 minutes. Remove from heat and pour into a small 3-cup container. Chill until firm. Allow to come to room temperature before serving with crackers or French bread.

*Katheryna Czerniak*

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## **MOUSSE OF CHICKEN LIVERS**

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- |                                   |  |
|-----------------------------------|--|
| <b>½ c. sweet butter</b>          | <b>½ tsp. salt</b>                     |
| <b>1 lg. onion, sliced (1 c.)</b> | <b>Dash pepper</b>                     |
| <b>1¼ lbs. chicken livers</b>     | <b>Chopped green onion (scallions)</b> |
| <b>1 hard-cooked egg</b>          | <b>Paprika</b>                         |
| <b>1½ T. cognac</b>               |  |

In 2 tablespoons hot butter in skillet, sauté sliced onion until tender, about 10 minutes. Remove from skillet. Heat remaining butter in same skillet. Add chicken livers and sauté over medium heat, 3-5 minutes, or until golden brown. (Liver should be pink inside.) Put ½ the sautéed onion, chicken livers, egg and cognac in blender; blend at low speed just until smooth. Turn into bowl. Repeat with remainder of onion, livers, egg and cognac. Stir in salt and pepper. Turn into crock or small bowl. Refrigerate, covered, until well chilled. Turn out of bowl onto serving plate. Garnish with green onion. Surround with toast or crackers. Makes 3 cups.

*Hanusia Glubisz*



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## **SALMON SPREAD**

- |                                     |                                       |
|-------------------------------------|---------------------------------------|
| <b>1 c. canned salmon (sm. can)</b> | <b>2 hard-cooked eggs, sieved</b>     |
| <b>2 T. olive oil</b>               | <b>3 green onions, finely chopped</b> |
| <b>¼ lb. soft butter</b>            | <b>Juice of ½ lemon</b>               |
| <b>½ lb. cream cheese</b>           | <b>Salt, pepper &amp; paprika</b>     |

Mash the salmon to a smooth paste. Add the remaining ingredients, creaming well after each addition. Season to taste. The mixture should be well blended and smooth. Refrigerate. Serve with rye bread and different crackers.

*Hanusia Glubisz*

## **SALMON DILL MOUSSE**

- |   |  |
|---|--|
| <b>2 pkgs. lemon-flavored gelatin</b>                         | <b>½ c. sour cream</b>                               |
| <b>2 c. boiling water</b>                                     | <b>¼ c. mayonnaise</b>                               |
| <b>1 c. cold water</b>  | <b>2 T. minced onion</b>                             |
| <b>3 T. lemon juice or vinegar</b>                            | <b>1½ tsp. fresh minced dill</b>                     |
| <b>1 (15-oz.) can red or pink salmon,<br/>drained, flaked</b> | <b>Fresh dill, cucumber slices, lemon<br/>wedges</b> |

Dissolve gelatin in boiling water. Add cold water and lemon juice. Chill until thick. Mix salmon with sour cream, mayonnaise, onion and dill; blend into gelatin. Pour into 6-cup ring mold or 8 x 4-inch loaf pan. Chill about 4 hours. Unmold; garnish and serve.

*Ulana Kostiw Cirincione*





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## **LAYERED HERRING SALAD FROM LVIV**

**(Skuba)**

<b>2-3 prepared herring fillets</b>	<b>1 c. shredded carrots</b>
<b>½ c. onion, chopped fine</b>	<b>1 c. cooked shredded beets</b>
<b>1 c. cooked shredded potato</b>	<b>Mayonnaise</b>
<b>4 hard-cooked eggs, chopped fine</b>	<b>Salt &amp; pepper</b>

Finely chop the herring and mix in the onion. Layer a casserole dish with the herring mixture. Spread a thin layer of mayonnaise over the herring and onion mixture. Next layer is the shredded potato. The cooked potato is shredded on a grater, coarsely. Season the potato layer with salt and pepper. Spread a thin layer of mayonnaise over the potato. The third layer is the chopped egg, seasoned with salt and pepper (reserve ½ cup of the chopped egg). Spread a thin layer of mayonnaise over the chopped egg. The fourth layer is the shredded carrot seasoned with salt and pepper (reserve ¼ cup of the shredded carrot). Spread a thin layer of mayonnaise over the shredded carrots. The final layer is the shredded beets, seasoned. The cooked beets are shredded on a grater, coarsely. Spread a thin layer of mayonnaise over the shredded beets. Garnish with the reserved egg and carrot. Chill before serving.

*Halya Jaworska*

## **GARLIC MUSSELS**

<b>1 lb. mussels</b>	<b>2 pinches oregano</b>
<b>4 T. salt</b>	<b>1-1½ c. white wine</b>
<b>6 cloves garlic, chopped</b>	<b>½ lemon rind</b>
<b>2 T. olive oil</b>	<b>½ c. parsley, chopped</b>

Place mussels in ice cold water to cover; add salt. Let sit for 5 minutes. When mussels open up, pull beard out. Place all ingredients in pot, which has been heated over a flame. When mussels are white, they are ready to go!

*Lilia Zaparaniuk*



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## VEGETABLE PIZZA

2 pkgs. crescent rolls  
1 (8-oz.) pkg. cream cheese,  
softened  
1 c. mayonnaise

$\frac{2}{3}$  pkg. Hidden Valley Ranch  
dressing mix  
Assorted sliced vegetables

Preheat oven to 350°. Unroll crescent rolls and press into pan (butter side up). Pinch perforations together. Bake 10-12 minutes till golden brown; cool. Mix cream cheese, mayonnaise and Ranch dressing mix. Spread on cooled crescent roll. Spread assorted sliced vegetables on top. Slice and serve.

*Johanna Senyk*

## DRIED FRUIT COMPOTE

1-2 lbs. dried fruit (your favorite  
combination of prunes, apricots,  
apples, raisins, peaches, pears,  
or figs)  
2-3 c. water

Sugar or honey to taste  
Lemon or orange rind (opt.)  
1 cinnamon stick and/or  $\frac{1}{2}$  tsp.  
whole cloves (opt.)

Place fruit in saucepan with enough water to cover, (approximately 2 cups water for each pound of fruit). Bring to a boil, then reduce heat to simmer. Cover and cook until fruit is tender. For added flavor, add lemon or orange rind and/or spices during this simmer stage. Sweeten to taste, if desired, with sugar or honey. Serve warm or chilled. May be prepared days ahead of time. Keeps well.

*Raisa Bratkiv*

## PINA COLADA PUNCH

46 oz. chilled pineapple juice  
1 can cream of coconut  
 $\frac{1}{2}$  gal. vanilla ice cream

2 liter cream soda  
Rum to taste

Mix pineapple juice and cream of coconut. Add softened vanilla ice cream and cream soda. Add rum to taste.

*Olga Doolin*



## **HOLIDAY EGGNOG**

**6 eggs, separated**  
**1 c. granulated sugar**  
**1/2 c. bourbon**  
**1/2 c. light rum**  
**1/2 c. powdered sugar**

**2 qt. light cream (any combination  
of milk + heavy cream)**  
**Nutmeg**  
**1-2 c. heavy cream**  
**3 tsp. powdered sugar**

Beat egg yolks with blender. Gradually add granulated sugar. Slowly add liquor and while beating, add 2 quarts of cream. In a separate bowl beat egg whites till foamy. Gradually add powdered sugar. Fold this into above mixture. Meanwhile, beat 1-2 cups of heavy cream till foamy. Add 3 teaspoonfuls of powdered sugar, beating continuously. Fold into main mixture; sprinkle with nutmeg. Chill 1-2 hours.

*Anna Hirota*

## **RECIPE FAVORITES**



## Recipe Favorites



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# SOUPS, SALADS & VEGETABLES

## AVGOLEMONO SOUP

Avgo (eggs) and lemono (lemon juice) are the basis of this light and delicious Greek soup.

<b>4 c. chicken stock or canned chicken broth</b>	<b>¼ c. lemon juice</b>
<b>4 eggs</b>	<b>Lemon slices</b>
	<b>1 c. Minute rice</b>

In a 3-quart saucepan bring your stock to a boil over medium heat. Meanwhile, in a large bowl beat eggs until they're light and foamy, then beat in lemon juice. Slowly pour about 1 cup of the hot stock into egg mixture, beating constantly. Add 1 cup of Minute rice. Cook the rice until tender. Reduce heat to low (so eggs don't curdle), otherwise you will have eggdrop soup. Cook, stirring until soup thickens. This recipe makes about 4 servings.

*Julie Bajalcaliev*

## CREAM OF ASPARAGUS SOUP

<b>1 lb. fresh asparagus</b>	<b>3 T. butter</b>
<b>1 onion, finely chopped</b>	<b>2 T. flour</b>
<b>3-4 sprigs parsley</b>	<b>½ tsp. flour</b>
<b>3-4 c. chicken stock</b>	<b>2 egg yolks</b>
<b>Salt &amp; pepper</b>	<b>½ c. heavy cream</b>

Wash and trim asparagus; remove tips for garnish. Chop stalks and put in pot with onion. Add parsley, stock, salt and pepper; cover and simmer for 10-15 minutes. Put into food processor or blender. Melt butter; add flour. Stir until smooth. Cook a minute and remove from heat. Stir into asparagus mix; bring to a boil. Stir constantly; simmer. Beat yolks and cream. Mix with soup. Garnish with cooked asparagus tips.

*Ulana Kostiw Cirincione*



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## **BEET SOUP**

**(BORSCHT)**

**2 qt. beef bouillon stock**  
**8 lg. beets, peeled, grated**

**5 T. lemon juice**  
**1 T. sugar**

Combine all ingredients in an open kettle. Cook slowly for 1½ hours. Strain through fine sieve. Reheat to serving temperature. Serve with sour cream, if desired.

*Apolina Wereszczak*

## **BORSCHT**

**1 lg. can V8 juice**  
**1 lg. can water (use can from V8  
juice)**  
**6-7 nice-sized beets, raw, peeled,  
shredded**

**¼ med. head cabbage, shredded**  
**2 onions, diced**  
**1 carrot, shredded**  
**2 potatoes, diced (opt.)**  
**Salt & pepper to taste**

Fry the onion, cabbage and carrot together for 15-20 minutes. Add beets, juice, water and potatoes; cook for 10-12 minutes. Turn off heat and let stand 30-40 minutes until cool. Squeeze ½ of a fresh lemon into borscht. Fresh dill may also be added to taste.

*Mike Kuczer*



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## **BORSCH**

**1 oz. dried mushrooms**  
**3 c. water**  
**1 onion, chopped**  
**2 T. vegetable oil**  
**2 med. beets, chopped**  
**1 carrot, chopped**  
**1 stalk celery, chopped**

**6 c. boiling water**  
**1 whole onion**  
**1 bay leaf**  
**10 peppercorns**  
**1 T. lemon juice or vinegar**  
**2 T. tomato paste**  
**1 c. cabbage, chopped**

Simmer dried mushrooms in 3 cups of water for 1 hour. Strain through cloth. Save stock. Wash mushrooms thoroughly and save. Sauté chopped onion in oil until golden; add beets, carrot and celery. Cook 5 minutes. Add the boiling water, whole onion, bay leaf, peppercorns, lemon juice and tomato paste. Simmer 15 minutes. Add chopped cabbage; simmer 20 minutes. Remove the onion, peppercorns and bay leaf. Add mushroom stock and salt to taste. Cool completely. Serve cold or reheat. Add mushrooms and dollop of sour cream to each serving. Serves 8-10.

*Chrystya Wereszczak  
Magda Mysyshyn Surmach*

## **BABA'S POTATO SOUP**

**4 T. flour**  
**¼ c. vegetable oil**  
**2 med. onions, chopped**  
**1 lg. carrot, chopped**  
**2 stalks celery, diced**

**6 c. water, milk, or cream**  
**4 lg. potatoes, cubed**  
**Salt & pepper to taste**  
**Dill weed**

Brown flour in pan until lightly tan or brown in color. Remove flour from heat so it will not burn. In large saucepan sauté onion, carrot and celery in oil. Cook until onion is clear. Add flour and mix well. Add water or milk, stirring constantly to prevent lumps. Add potatoes, salt and pepper. Continue cooking until potatoes are tender. Garnish with dill. Serves 4.

*Olga Doolin*



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## **CREAM OF LEEK SOUP**

**4-6 med. leeks**  
**6 T. margarine**  
**3 T. flour**  
**2 tsp. chopped chives**

**1/2 tsp. salt**  
**6 c. milk**  
**6 cubes chicken bouillon**

Thinly slice leeks, discarding top green portion. In medium saucepan cook leeks in margarine 8-10 minutes or until tender, stirring occasionally. Stir in flour, chives and salt. Add milk and bouillon. Cook over medium heat until boiling. Boil 1-2 minutes.

*Olga Doolin*

## **TOMATO SOUP**

**1 T. unsalted butter or margarine**  
**1 sm. onion, finely chopped**  
**1 med. red potato, sliced**  
**1 med. carrot, sliced**  
**2 c. chicken broth**

**1 bay leaf**  
**1/2 tsp. basil**  
**3 c. peeled, chopped tomato**  
**2 c. milk**

Melt butter in medium pan. Add onion, potato and carrot. Cook and stir until vegetables begin to soften (4-5 minutes). Add broth, bay leaf and basil; heat to boil. Simmer 15 minutes. Remove and discard bay leaf. Put in blender; add tomatoes and mix until smooth. Return to pot; add milk and heat gently.

*Ulana Kostiw Cirincione*





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## **CREAM OF TOMATO AND BASIL SOUP**

- |                            |   |
|----------------------------|---|
| <b>¼ c. olive oil</b>      | <b>1 (16-oz.) can crushed plum tomatoes</b> |
| <b>1 sm. onion, diced</b>  | <b>1 bay leaf</b>                           |
| <b>¼ c. white wine</b>     | <b>2 c. heavy cream</b>                     |
| <b>1 T. chopped garlic</b> | <b>1 c. fresh basil, finely chopped</b>     |
| <b>1 T. sugar</b>          | <b>Salt &amp; white pepper to taste</b>     |
| <b>2 T. flour</b>          |   |
| <b>2 qt. chicken stock</b> |   |

In a heavy stockpot heat the olive oil. Sauté the onion until caramelized. Stir in wine. Add the garlic and sugar. Add flour to the mixture and incorporate, using a wooden spoon, until the oil has been absorbed by the flour. Add ½ of the chicken stock slowly, mixing frequently with a whisk to prevent lumps. Add rest of stock, tomatoes and bay leaf. Simmer for 15 minutes. Remove from heat. Add cream to stock slowly, whisking constantly. Add chopped basil. Return to simmer for 5 more minutes. Season with salt and white pepper. Makes 2 quarts.

*Lilia Zaparaniuk*

## **FRENCH ONION SOUP**

- |   |                                       |
|---|---------------------------------------|
| <b>¼ c. unsalted butter</b>               | <b>Freshly ground pepper</b>          |
| <b>4 lg. yellow onions, thinly sliced</b> | <b>½ lb. Gruyere cheese, shredded</b> |
| <b>Salt</b>                               | <b>4-6 slices French bread, ½ in.</b> |
| <b>5 c. meat stock</b>                    | <b>thick, toasted golden brown</b>    |
| <b>2 bay leaves</b>                       |                                       |

In a large saucepan melt the butter over low heat. Add the onions and sprinkle to taste with salt. Stir to coat well with the butter. Cover and cook, stirring occasionally until very tender (20-30 minutes). Remove the cover, raise the heat slightly and sauté, stirring frequently until the onions turn a deep caramel color (about 1 hour). Take care not to let them burn. Add the stock and bay leaves; bring to a boil, reduce heat. Cover and simmer about 30 minutes more. Meanwhile, preheat the broiler. Discard the bay leaves. Taste the soup and adjust the seasoning with salt and pepper. Ladle the soup into heavy flameproof serving crocks or bowls placed on a baking sheet or broiler tray. Sprinkle a little of the cheese into each bowl, then place the toasted bread slices on top. Sprinkle evenly with the remaining cheese. Broil until the cheese is bubbly and golden (2-3 minutes). Serve immediately. Serves 4-6.

*Lilia Glubisz*



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## **FRENCH ONION SOUP GRATIN**

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- |   |                                |
|---|--------------------------------|
| <b>3 T. unsalted butter</b>                                     | <b>½ tsp. black pepper</b>     |
| <b>3 med. red onions, peeled, thinly sliced (about 3 c.)</b>    | <b>2 T. flour</b>              |
| <b>3 med. yellow onions, peeled, thinly sliced (about 3 c.)</b> | <b>8 c. beef stock</b>         |
| <b>½ tsp. salt</b>  | <b>2 sprigs fresh tarragon</b> |
|   | <b>¼ c. heavy cream</b>        |

In medium stockpot, over moderate heat, melt butter till foamy. Add onions to butter, stirring occasionally till onions are tender and well colored, about 25 minutes. Season with salt and pepper. Sprinkle flour over onion mixture and cook, stirring constantly and taking care not to burn the flour, until flour is lightly browned, about 3 minutes. Add stock and tarragon sprigs. Increase heat and bring mixture to a boil for 8-10 minutes. Reduce heat and simmer for about 30 minutes. Remove tarragon sprigs and whisk heavy cream into soup. Simmer soup for 10 minutes more. Serves 6-8.

- 6-8 slices French bread, ea. about ½ in. thick, toasted**
- 1 lb. Swiss-style cheese, such as Gruyere or Emmentaler, shredded**

Preheat broiler. Place slices of toasted bread in bottom of 6-8 heat-proof bowls or crocks. Be sure to use enough bread slices to completely cover bottom of bowls or crocks. Place bowls or crocks on a cookie sheet. Ladle soup into bowls and sprinkle shredded cheese evenly over top. Place cookie sheet under preheated broiler and broil till cheese is nicely browned, 3-5 minutes.

*Darka Kuszniir-Harrison*



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## **VEGETABLE AND CHEESE CHOWDER**

<b>2½ c. water</b>	<b>1½ tsp. Worcestershire sauce</b>
<b>2 c. diced, peeled potatoes</b>	<b>½ tsp. dry mustard</b>
<b>¾ c. minced leeks</b>	<b>¼ tsp. ground pepper</b>
<b>½ c. diced celery</b>	<b>1 (12-oz.) can cubed tomatoes, drained</b>
<b>2½ tsp. salt</b>	<b>4 oz. grated Parmesan cheese</b>
<b>¼ c. (½ stick) butter</b>	<b>1 T. minced fresh parsley</b>
<b>¼ c. all-purpose flour</b>	
<b>2 c. milk</b>	

Bring water to a boil. Add potatoes, leeks, celery and 1 teaspoon salt. Return to boil. Reduce heat to medium-low; cover and simmer until vegetables are tender, about 15 minutes. Melt butter in medium saucepan. Remove from heat and blend in flour. Add milk, 1½ teaspoons Worcestershire sauce, remaining 1½ teaspoons salt, mustard and pepper. Return to medium-low heat and simmer until thickened, about 10 minutes. Stir into potato mixture. Add tomatoes, Parmesan and parsley. Ladle into bowls and serve. Makes 4 servings.

*Maria Korkatsch-Groszko*



## **ROASTED VEGETABLE SOUP**

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**3-4 med.-sized carrots**  
**2 parsnips**  
**2 med.-sized turnips**  
**1 sm. rutabaga**  
**1 med.-sized leek**  
**1 med. head garlic**  
**3-4 med.-sized beets**

**8 c. beef stock**  
**1 pinch thyme**  
**1 pinch fresh ground pepper**  
**Salt to taste**  
**1 pinch fresh dill**  
**A little olive oil**  
**2 T. sour cream**

Prepare grill or preheat a 350° oven. Clean all vegetables and place individually on a cookie sheet. Peel everything, except the beets, that will be done once they are roasted. Take the garlic and trim about ¼ inch of the top. Trim leek, removing most of the green portion and wash well to remove dirt. Place a piece of aluminum foil on the cookie sheet large enough to fit the garlic head. Place garlic on the foil. Drizzle all vegetables and the garlic with the olive oil, making sure to lightly coat them. Roast in the oven for about 45-60 minutes until they are soft. Slow roast them as you want the sugar in them to caramelize, sealing in the flavors. You do not want to burn them. Once roasted, allow them to cool. Peel the beets, cut into small pieces and place in a blender or food processor. Process for 10-15 seconds. You may need to add some of the stock to make the processing and transfer easier. Once processed, mind you not puréed, transfer the vegetable mixture to a stockpot. Add the rest of the beef stock to the pot and thoroughly mix. Heat over a low heat until slightly warm. Add the seasoning; simmer for a few minutes. Remove from heat and allow to cool. Once cool, gradually whisk in the sour cream. Serve with a fresh loaf of your favorite bread. The beets will give the soup the appearance of borscht. However, the rest of the root vegetable will give it a distinct flavor. For those of you who do not like rutabaga, it can be omitted.

*Dennis Bryan*



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## **GAZPACHO**

**28 oz. canned tomatoes, with  
juice**  
**1 green bell pepper, chopped**  
**2-3 garlic cloves**  
**1 onion, chopped**  
**1 cucumber, peeled, chopped**

**2 T. high polyunsaturated oil**  
**2 T. wine vinegar**  
**½ c. dry bread crumbs**  
**12 ice cubes**  
**¼ tsp. pepper**

In blender or food mill purée the onion, garlic, tomatoes, ½ of the cucumber and ½ of the green pepper. Stir in vinegar, oil and pepper. Add bread crumbs to mixture. Add ice cubes and refrigerate, covered, 1 day to blend flavors. Serve with remaining green pepper and cucumber on the side to be added as desired. Serves 4.

*Julie Bajalcaliev*

## **CHICKEN SOUP**

**(Rosil)**

**3 quartered chicken breasts with  
bone**  
**1 carrot**  
**2 celery stalks, cut in half**  
**1 sm. yellow onion**  
**3 bay leaves**

**5 peppercorns**  
**¼ tsp. salt**  
**3-4 chicken cubes**  
**1 tsp. chicken powder granules**  
**Parsley, for taste & coloring**  
**Noodles**

Soak chicken in cold water for ½ hour. Pour water out of pot and rinse chicken well. Refill pot with water to cover chicken breasts. Add all ingredients, except cubes, powder and parsley. Cook partly uncovered over medium-low heat for ½ hour, then remove boiled onion and discard. Cook for an additional ½ hour and add chicken cubes and cook 5-10 minutes more. When done, add 1 teaspoon of the chicken powder granules and mix. Top with fresh parsley. Cook noodles separately and rinse with cold water.

*Iryna Petrasz*



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## **CHICKEN LEEK SOUP**

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**2 lbs. chicken wings**                      **1 tsp. salt**  
**6 c. water**                                      **¼ tsp. pepper**  
**1 carrot, finely chopped**                **¼ tsp. red hot pepper flakes**  
**2 T. minced fresh parsley**               **3 leeks**

In a large saucepan combine chicken wings, water, carrot, celery, parsley, pepper and pepper flakes. Cook over medium heat 20-30 minutes until chicken is tender. Remove chicken; when cool enough to handle, remove and discard bones and skin. Return chicken to saucepan. Skim fat (preferably chill soup to remove all fat). Cut off and discard dark green leek tops. Cut each leek crosswise in ½-inch slices. Add to chicken mixture. Simmer 8-10 minutes until leeks are tender. Serve hot garnished with parsley sprig. Serves 7.

*Julie Bajalcaliev*

## **CHICKEN GUMBO**

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**2½ lbs. skinned chicken, cut up**        **10 oz. frozen okra**  
**8 c. water**                                      **2 diced celery stalks**  
**⅓ tsp. chill powder**                        **3 diced carrots**  
**⅓ tsp. pepper**                                **½ diced green bell pepper**  
**¼ c. diced onion**                            **10 oz. frozen corn**  
**½ c. brown rice**                              **1 lb. tomatoes, chopped**  
**¼ c. chopped dried parsley**

Cover chicken with water (about 8 cups) and simmer for 20 minutes. Turn off heat. Remove chicken pieces from stock. Remove meat from bones and dice meat. Skim fat from broth. Add meat and remaining ingredients to broth and simmer until rice is cooked and vegetables are tender (about 1 hour). If thicker broth is desired, blend 2-4 tablespoons water with 1-2 tablespoons cornstarch and mix into broth, heating until thickened. Serves 6.

*Julie Bajalcaliev*



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## **KRAUT AND RIB SOUP**

**3-3½ lbs. pork ribs**  
**3 T. white wine vinegar**  
**2 T. salad oil**  
**1 lg. onion, sliced thin**  
**1 tsp. caraway seeds**  
**2 bay leaves**

**1 (1-lb.) can sauerkraut, rinsed,  
drained**  
**2 c. shredded green cabbage**  
**1 (1-lb.) can tomatoes**  
**8 c. beef stock or beef broth**

In a 6 to 8-quart pan cook ribs over medium-high heat (turning them often) so that they are nice and brown. When finished browning, take off pan and set aside. Add vinegar to the pan drippings. Add your oil next with your onion, caraway seeds and bay leaves. Cook, stirring until the onion is soft. Add your sauerkraut, cabbage, tomatoes and their liquid, breaking it up with a spoon. Return your ribs to the pan and add your stock. Bring it to a boil over high heat. Reduce your heat, cover and simmer until the ribs fall apart (2-3 hours). Skim the fat off the soup and enjoy!!

*Julie Bajalcaliev*

## **SMOKED SAUSAGE AND BEAN SOUP**

**1 med. onion, finely chopped**  
**1 tsp. minced garlic**  
**2 T. margarine or butter**  
**2 med. potatoes, chopped (2 c.)**  
**16 oz. fully cooked smoked  
sausage (kobasa), sliced**  
**1 (15-oz.) can red kidney beans,  
rinsed, drained**

**1 tsp. instant beef bouillon  
granules**  
**2 c. chopped cabbage**  
**¼ c. tomato paste or catsup**  
**3 T. vinegar**

In 4-quart Dutch oven cook onion and garlic in margarine or butter till tender but not brown. Add water, potatoes, sausage, beans and bouillon granules. Heat to boiling. Reduce heat; simmer, covered, for 15 minutes. Add cabbage, tomato paste or catsup and vinegar; simmer, covered, 10 minutes more. Makes 6 servings.

*Genya Tchoryk*



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## **BURGER SOUP**

**1½ lbs. lean ground beef**  
**1 lg. onion, diced**  
**1 lg. (14½-oz.) can diced tomatoes**

**3 cans beef broth**  
**3 cloves garlic, minced**

Sauté ground beef, onion and garlic; drain excess fat. Add remaining ingredients. Simmer 15 minutes. May top with shredded cheddar, green onions (diced), bacon bits; whatever you desire on your burger.

*Eva Lishchynsky*

## **GOULASH SOUP**

**2 T. salad oil**  
**3 lbs. boneless beef chuck, cut into cubes**  
**2 T. butter**  
**2 lg. onions, chopped**  
**1 clove garlic, minced or pressed**  
**1 T. paprika**  
**5 c. water**

**1 lg. green bell pepper, cut into strips**  
**1 tsp. caraway seeds**  
**2 lg. tomatoes, peeled, chopped**  
**1 sm. dried hot red chile, crushed**  
**2 lg. thin-skinned potatoes, cut into chunks (about 1 lb.)**  
**Salt & pepper to taste**

Heat oil in about a 5 or 6-quart pan over medium-high heat. Add your beef, a little at a time, browning it on all sides. Take your meat from the pan and discard the pan drippings. Melt your butter to your pan and add garlic and onions (until soft). Blend in your paprika, then slowly stir in water until it blends well. Return your meat to pan along with your bell pepper, caraway seeds, tomatoes and chile. Bring all of that to a boil. Reduce heat, cover and simmer until meat is tender (about 2 hours). (At this point, let it cool, then cover and refrigerate until next day.) Skim off and discard fat from soup. Bring soup to a boil over high heat and add potatoes. Cook (20-30 minutes) or until potatoes are tender. Makes 8 servings.

*Julie Bajalcaliev*





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## **GOULASH SOUP WITH SAUERKRAUT**

This soup mellows and improves in flavor if prepared a day in advance.

- |  |   |
|--|---|
| <b>1 T. vegetable oil</b>                            | <b>1½ tsp. fresh savory or ½ tsp. dried, crumbled</b> |
| <b>1½-2 lbs. lean pork, cut into ½-in. cubes</b>     | <b>¼ tsp. whole caraway seed</b>                      |
| <b>3-4 T. butter</b>                                 | <b>2½-3 qt. beef stock (preferably homemade)</b>      |
| <b>4 lg. onions, finely chopped</b>                  | <b>2 c. canned tomatoes in purée</b>                  |
| <b>4 carrots, finely chopped</b>                     | <b>2 c. chopped cabbage</b>                           |
| <b>2 celery stalks, finely chopped</b>               | <b>1 lb. sauerkraut, rinsed, drained</b>              |
| <b>2 lg. garlic cloves, minced</b>                   | <b>2 lg. potatoes, peeled, cut into sm. cubes</b>     |
| <b>2-3 T. Imported Hungarian sweet paprika</b>       | <b>Salt, freshly ground pepper</b>                    |
| <b>1½ tsp. fresh thyme or ½ tsp. dried, crumbled</b> | <b>Sour cream (opt. garnish)</b>                      |

Preheat broiler. Lightly coat shallow baking pan with 1 tablespoon oil. Add pork in single layer. Broil quickly until well browned on all sides. Drain thoroughly on paper towels. Melt butter in 6 to 8-quart saucepan over medium-high heat. Add onion, carrot and celery; cook until onion begins to brown. Stir in pork, garlic, paprika, thyme, savory and caraway. Add stock, tomatoes and cabbage. Reduce heat; cover partially and simmer about 1½ hours. Stir in sauerkraut and simmer 30 minutes. Add potatoes and simmer another 30 minutes. Season with salt and pepper. Transfer soup to tureen or individual bowls. Serve immediately. Garnish with dollop of sour cream, if desired. Makes 6-8 servings.

*Hanusia Glubisz*



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## **CLAM CHOWDER**

- |   |                                     |
|---|-------------------------------------|
| <b>12 clams in shell</b>                  | <b>1 green bell pepper, chopped</b> |
| <b>2 lg. potatoes, cut in 1-in. cubes</b> | <b>3 c. water</b>                   |
| <b>3 bacon slices, diced</b>              | <b>2 c. clam juice with water</b>   |
| <b>2 onions, chopped</b>                  | <b>Salt to taste</b>                |
| <b>2 carrots, chopped</b>                 | <b>Pepper to taste</b>              |

Scrub clams well. Place in a pot with 1/2 inch water. Place over medium heat and steam just until clams open. Remove from heat. When clams are cool enough to handle, shuck, being careful to save liquid. Finely chop meats by hand or in a food processor. Strain liquid and set aside. Fry bacon in a large pot until almost crisp. Pour off most of the grease. Add potatoes, onions, carrots, green pepper and water to the pot; bring to a boil. Reduce heat, cover and simmer 30 minutes. Add clams and clam liquid; simmer 15 minutes more. If additional liquid is needed, add bottled clam juice or water. Add salt and pepper to taste. Serves 6.

*Julie Bajalcaliev*

## **ATHENA DRESSING**

- |                                |                               |
|--------------------------------|-------------------------------|
| <b>1/2 c. olive oil</b>        | <b>1/2 tsp. oregano</b>       |
| <b>1/4 c. red wine vinegar</b> | <b>1 clove garlic, minced</b> |
| <b>1 T. prepared mustard</b>   |                               |

Combine all ingredients; blend well. Delicious for Greek salads. Serves 6.

*Julie Bajalcaliev*

## **CAESAR SALAD DRESSING**

- |                                    |                                    |
|------------------------------------|------------------------------------|
| <b>1/3 c. olive oil</b>            | <b>1 tsp. anchovy paste (opt.)</b> |
| <b>2 T. lemon juice</b>            | <b>1 clove garlic, minced</b>      |
| <b>1 tsp. Worcestershire sauce</b> |                                    |

Combine all ingredients; blend well. Serves 6.

*Julie Bajalcaliev*



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## **CREAMY DILL DRESSING**

- |  |                                    |
|--|------------------------------------|
| <b>1¼ c. mayonnalse</b>                        | <b>3 T. fresh lemon juice</b>      |
| <b>½ c. sour cream</b>                         | <b>1-2 tsp. grated onion</b>       |
| <b>⅓ c. chopped fresh dill</b>                 | <b>2-3 garlic cloves, minced</b>   |
| <b>¼ c. freshly grated Parmesan<br/>cheese</b> | <b>2 tsp. Worcestershire sauce</b> |

Whisk all ingredients; season with salt and pepper. Chill at least 1 hour before serving.

*Natalie Fafendyk*

## **POPPY SEED HOUSE DRESSING**

- |                              |                           |
|------------------------------|---------------------------|
| <b>¾ c. sugar</b>            | <b>1 T. poppy seed</b>    |
| <b>½ c. red wine vinegar</b> | <b>½ sm. onion, diced</b> |
| <b>1½ tsp. salt</b>          | <b>1⅓ c. oil</b>          |
| <b>1 T. dry mustard</b>      |                           |

Blend everything, except oil, until well mixed. Add oil. Blend until thick. Add red food coloring, if wanted. (I blend this recipe in the blender.)

*Olga Doolin*

## **CUCUMBER SALAD**

- |  |   |
|--|---|
| <b>1 tsp. sugar</b>                              | <b>½ tsp. salt</b>                        |
| <b>¼ c. rice vinegar or tarragon<br/>vinegar</b> | <b>¼ c. or less dill (fresh or dried)</b> |
| <b>2 T. vegetable oil</b>                        | <b>4 sm. cucumbers (about 1 lb.)</b>      |

Mix sugar, vinegar, oil and salt in a serving bowl. Mince dill and add to dressing. Peel cucumbers; thinly slice and add to bowl. Stir to mix and coat. Makes 4 servings.

*Genya Tchoryk*



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## **MIXED VEGETABLE SALAD**

- |                            |                                    |
|----------------------------|------------------------------------|
| 2 bunches broccoli, cut up | 2 pkgs. Hidden Valley dressing mix |
| 1 head cauliflower, cut up | 2 c. mayonnalse                    |
| 1 (16-oz.) bag frozen peas | 1 (16-oz.) ctn. sour cream         |
| 4 chopped green onions     |                                    |

Mix all together. No need to defrost peas!

*Victoria Kawka*

## **SPINACH SALAD WITH HEARTS OF PALM**

- |   |                          |
|---|--------------------------|
| 2 lbs. fresh spinach                    | 2 tsp. Dijon mustard     |
| 14 oz. hearts of palm, drained, chopped | 1 tsp. sugar             |
| 3 T. red wine vinegar                   | 1/3 c. olive oil         |
|   | 2-3 T. grated lemon peel |

Tear spinach into bite-sized pieces and place in salad bowl. Add hearts of palm. Blend vinegar, mustard, sugar and olive oil. Add to spinach. Sprinkle with lemon peel. Toss. Serve. Makes 6 servings.

*Maria Korkatsch-Groszko*

## **GREEN BEAN SALAD WITH OLIVES**

- |                               |   |
|-------------------------------|---|
| 1 lb. green beans, cooked     | 3 T. olive oil                            |
| 2 tomatoes, chopped           | 3 T. red wine vinegar                     |
| 1/2 red onion, chopped        | Garlic, ground pepper, salt, ea. to taste |
| 4.25 oz. chopped black olives |   |

Combine all ingredients. Chill. Serve. Makes 8 servings.

*Maria Korkatsch-Groszko*



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## **FAMILY FAVORITE POTATO SALAD**

**8 med. potatoes (I prefer Idaho)**      **1½ c. mayonnaise**  
**8 lg. eggs**      **¾ c. sour cream**  
**3 med. dill pickles, finely chopped**      **2½ T. prepared mustard**  
**½ c. chopped green onions, or ⅓**      **1½ tsp. salt**  
**c. finely-chopped onions**      **¾ tsp. ground pepper**

Wash and boil potatoes until soft when pricked with fork or knife. Pour off hot water and let cool. Refrigerate, because it is easier to peel and cut. Hard boil eggs. When I do this I bring the eggs and water to a boil and boil for 3 minutes. Shut off the heat and then let the eggs sit in the hot water for 15 minutes; rinse with cold water and again refrigerate. Chop the potatoes and eggs. Mix with remaining ingredients. Refrigerate. Serves about 15. You may want to decrease the proportions since I normally prepare this salad for parties or picnics.

*Marijka Drozd*



## POTATO SALAD

- |   |                              |
|---|------------------------------|
| <b>1½ lbs. med. potatoes, scrubbed</b>  | <b>1 T. chopped onion</b>    |
| <b>½ c. bottled Italian-style dressing,<br/>or Italian Salad Dressing (below)</b> | <b>½ tsp. salt</b>           |
| <b>½ c. diced celery</b>  | <b>½ c. mayonnaise</b>       |
| <b>¼ c. finely-chopped green pepper</b>   | <b>1 T. prepared mustard</b> |
| <b>2 T. diced pimento</b>   | <b>Salad greens</b>          |

In boiling, salted water to cover, cook unpared potatoes, covered, 30-35 minutes just until tender. Drain; cool 10 minutes. Peel potatoes and slice into large bowl. Pour Italian-style dressing over potato slices; toss lightly. In medium bowl combine remaining ingredients (except salad greens); mix well. Add to potato slices. Toss lightly to combine. Refrigerate, covered, 3 hours or more, until well chilled. **To serve:** Spoon into serving bowl. Garnish with salad greens. Makes 6 servings.

### **Italian Salad Dressing:**

- |                                       |                                    |
|---------------------------------------|------------------------------------|
| <b>½ c. finely-chopped onion</b>      | <b>1 c. catsup</b>                 |
| <b>1 clove garlic, finely chopped</b> | <b>2 tsp. salt</b>                 |
| <b>¼ c. sugar</b>                     | <b>1 tsp. dry mustard</b>          |
| <b>1 c. red wine vinegar</b>          | <b>1 tsp. paprika</b>              |
| <b>1 c. olive oil</b>                 | <b>1 tsp. dried oregano leaves</b> |

Combine all ingredients in jar with tight-fitting lid. Shake to mix well. Refrigerate at least 2 hours to blend flavors. Strain to remove onion and garlic. Shake well just before using. Makes 2¾ cups.

*Hanusia Glubisz*

## SALAD OF POTATOES WITH DILL AND CUCUMBERS

- |   |   |
|---|---|
| <b>2 lbs. baby potatoes, unpeeled,<br/>sliced</b> | <b>½ c. chopped fresh dill</b>                        |
| <b>3½ T. rice wine vinegar</b>                    | <b>¾ lb. pickling cucumbers,<br/>unpeeled, sliced</b> |
| <b>1½ T. country-style Dijon mustard</b>          | <b>Fresh dill sprigs, for garnish</b>                 |
| <b>6 T. canola oil</b>                            | <b>Salt &amp; ground pepper to taste</b>              |

Cook potatoes; drain. Transfer to a large bowl. Add 2 tablespoons vinegar to hot potatoes and stir gently. Combine remaining 1½ tablespoons vinegar and mustard; mix in oil. Add chopped dill. Mix into potatoes. Season with salt and pepper. (Can be made 6 hours ahead. Cover; chill. Bring to room temperature before serving.) Mix in cucumbers. Garnish. Serve. Makes 4 servings.

*Maria Korkatsch-Groszko*



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## **GERMAN POTATO SALAD**

**6 potatoes, cooked, diced**                      **½ c. vinegar**  
**6 eggs, cooked, diced**                        **¼ c. water**  
**1 lb. bacon, cooked**                            **1 T. sugar**  
**3-4 onions, diced**

Sauté onions in margarine, only to yellow. Add vinegar, water and sugar. Salt and pepper to taste. Add potatoes, eggs and bacon.

*Mary Niznik (Kuczer)*

## **BROCCOLI AND CAULIFLOWER SALAD**

**Combine:**

**4 c. broccoll florets**                            **1 lg. diced white onion**  
**4 c. cauliflower florets**

**Mix following ingredients  
together:**

**¼ c. sugar**                                        **½ tsp. basil leaves**  
**⅓ c. grated Parmesan cheese**            **2 c. mayonnaise**  
**½ tsp. salt**

Add vegetables to dressing. Mix well. Refrigerate 4+ hours. Right before serving, add following to vegetables:

**1 lb. crisp crumbled bacon**                    **2 c. seasoned croutons**  
**1 sm. head lettuce, shredded into**        **8-oz. can sliced water chestnuts**  
**sm. pieces**

Toss. Takes time to make, but worth it!!

*Daria Kuszniir-Harrison*



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## **FRESH MUSHROOM SALAD**

- |  |                                |
|--|--------------------------------|
| <b>1 lb. lg. mushrooms</b>                 | <b>½ tsp. salt</b>             |
| <b>6 T. lemon juice</b>                    | <b>¼ tsp. pepper</b>           |
| <b>1 T. snipped chives</b>                 | <b>1½ tsp. sugar</b>           |
| <b>2 T. chopped parsley</b>                | <b>2 tsp. prepared mustard</b> |
| <b>1 tsp. dried tarragon leaves</b>        | <b>1 sm. bunch watercress</b>  |
| <b>½ c. bottled Italian-style dressing</b> | <b>2 garlic cloves, minced</b> |
| <b>¼ c. finely-chopped pimento</b>         |                                |

Wash and dry mushrooms. Thinly slice mushrooms into large bowl. Sprinkle with lemon juice, chives, parsley and tarragon; stir gently. Refrigerate, covered, 1 hour. Meanwhile, in bowl, combine salad dressing, pimento, garlic, salt, pepper, sugar and mustard; stir to mix well. Refrigerate, covered, about 1 hour. **To serve:** Toss mushrooms with dressing. Arrange on bed of watercress on large platter. Makes 6-8 servings.

*Hanusia Glubisz*

## **BEEF SALAD**

- |   |                                     |
|---|-------------------------------------|
| <b>2 cans sliced beets, chopped</b>     | <b>Pinch lemon peel</b>             |
| <b>3 strips bacon, fried, not crisp</b> | <b>2 T. lemon juice</b>             |
| <b>1 sm. onion, fried</b>               | <b>3 T. sour cream</b>              |
| <b>Vinegar to taste</b>                 | <b>Salt, pepper, sugar to taste</b> |

Mix all together; chill.

*Mike Kuczer*

## **BEEFS WITH HORSERADISH**

- |   |                           |
|---|---------------------------|
| <b>12 med. beets with skins</b>         | <b>½ c. white vinegar</b> |
| <b>1 horseradish root (about 1 lb.)</b> | <b>½ tsp. salt</b>        |
| <b>½ c. sugar</b>                       |                           |

Wash and cook the beets with skins in water for 1 hour until done. When cool, peel the beets and grate. Meanwhile, wash, peel and grate the horseradish root. Combine grated beets with horseradish and add the sugar, white vinegar and salt. Store in a jar in the refrigerator.

*Apolina Wereszczak*





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## **BEETS WITH MUSHROOMS**

- |   |                                 |
|---|---------------------------------|
| <b>½ c. cooking oil</b>                           | <b>3 cloves garlic, crushed</b> |
| <b>1 med. onion, finely chopped</b>               | <b>1 T. sugar</b>               |
| <b>4 c. cooked beets, finely sliced in strips</b> | <b>2-4 T. vinegar to taste</b>  |
| <b>1 c. sliced mushrooms</b>                      | <b>¼ tsp. salt</b>              |
|   | <b>¼ tsp. pepper</b>            |

Gently fry 1 medium onion and mushrooms in oil. Combine beets, garlic, sugar, vinegar, salt and pepper. Add to onions and mushrooms; stir gently. Chill overnight in refrigerator. Remove garlic before serving. Serve cold as vegetable or salad. Makes 8 servings.

*Slava Miskewitch*

## **CREAMED BEETS**

- |  |                         |
|--|-------------------------|
| <b>2 lbs. cooked beets (yielding 1 qt. grated)</b> | <b>¼ c. sugar</b>       |
| <b>½ c. distilled white vinegar</b>                | <b>8 oz. sour cream</b> |
|  | <b>¼ tsp. salt</b>      |

Beets are first cooked unpeeled. Allow beets to cool. Peel and grate beets coarsely. Return beets to cooking pot. Add vinegar, sugar and salt; bring to a boil. Gradually stir in sour cream. Continue stirring until beets come to a simmer and are heated through.

*Katharina Berko*



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## **SALAD IMPRESARIO**

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- |   |                                       |
|---|---------------------------------------|
| <b>1/2 med. head leaf lettuce,<br/>shredded</b>   | <b>1/4 c. hazelnut oil</b>            |
| <b>2 tomatillos, chopped</b>                      | <b>3 T. fresh lemon juice</b>         |
| <b>3/4 c. peeled, finely-chopped<br/>cucumber</b> | <b>2 T. olive oil</b>                 |
| <b>1/3 c. crumbled feta cheese</b>                | <b>2 T. raspberry vinegar</b>         |
| <b>3 T. fresh chives</b>                          | <b>1/2 tsp. fennel seeds</b>          |
| <b>2 T. chopped red bell pepper</b>               | <b>1/2 tsp. dry mustard</b>           |
| <b>1 T. butter</b>                                | <b>1/4 tsp. dried thyme, crumbled</b> |
| <b>1/3 c. chopped walnuts</b>                     | <b>1/4 tsp. salt</b>                  |
|   | <b>Ground pepper to taste</b>         |

Combine first 6 ingredients in bowl. Melt butter in heavy, small skillet. Add walnuts and stir 5 minutes. Add to salad. Combine remaining ingredients in jar and shake well. Pour enough dressing over salad to moisten. Toss thoroughly. Divide salad among plates and serve. Pass remaining dressing separately. Makes 4 servings.

*Maria Korkatsch-Groszko*



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## **TURKEY CHOPPED SALAD WITH MUSTARD VINAIGRETTE**

### **Herb-Mustard Vinaigrette:**

- |                                     |                                      |
|-------------------------------------|--------------------------------------|
| <b>1 tsp. minced fresh garlic</b>   | <b>½ tsp. black pepper</b>           |
| <b>2 tsp. minced fresh shallots</b> | <b>¼ tsp. salt</b>                   |
| <b>2 T. Dijon mustard</b>           | <b>¼ c. red wine vinegar</b>         |
| <b>1½ tsp. dried oregano</b>        | <b>1⅓ c. mild-flavored olive oil</b> |
| <b>2 tsp. dried parsley</b>         | <b>3 T. grated Parmesan cheese</b>   |

### **Salad:**

- |  |  |
|--|--|
| <b>½ head iceberg lettuce, chopped into strips</b>           | <b>3 c. shredded mozzarella cheese (⅔ lb.)</b> |
| <b>½ head romaine lettuce, chopped into strips</b>           | <b>1 c. chopped garbanzo beans</b>             |
| <b>12 lg. leaves fresh basil, chopped into thin strips</b>   | <b>4 c. (2 lbs.) ripe tomatoes, diced</b>      |
| <b>2 c. dry Italian salami (⅓ lb.), cut into thin strips</b> | <b>3 c. (1 lb.) turkey breast, diced</b>       |
|  | <b>2 T. chopped scallions</b>                  |

**Dressing:** Process all ingredients (except oil and Parmesan cheese), using a hand-held mixer or whisk. Slowly blend in oil. When all oil is blended, stir in Parmesan cheese and set aside in refrigerator. **Salad:** Toss first 6 ingredients and dressing together in a large mixing bowl. Transfer the salad to chilled plates. Surround each serving with diced tomatoes and top with turkey breast. Garnish with scallions.

*Lilia Zaparaniuk*

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## **CAESAR SALAD WITH CHICKEN BREAST**

- |   |   |
|---|---|
| <b>1 head romaine lettuce</b>                 | <b>2 T. Parmesan cheese</b>               |
| <b>1 red onion, sliced thin</b>               | <b>4 cloves garlic, crushed</b>           |
| <b>4 chicken breasts, cooked, sliced thin</b> | <b>Salad dressing (any type you wish)</b> |
| <b>Croutons, any type</b>                     | <b>Tomatoes, sliced (opt.)</b>            |

*Mike Kuczer*



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## **BAKED GOAT CHEESE WITH GARDEN SALAD**

**3-4 rounds (about 2½-in.  
diameter) fresh goat cheese**  
**¼ c. virgin olive oil, about**  
**3-4 sprigs fresh thyme**  
**1 tsp. dried thyme**  
**1 c. fine dry bread crumbs**  
**1 T. red wine vinegar**

**2 T. fresh lemon juice**  
**Salt, pepper to taste**  
**16 Garlic Croutons (recipe  
follows)**  
**4 handfuls, about, garden lettuce**  
**Tomato wedges**

Marinate goat cheese in ¼ cup of the olive oil with the sprigs of fresh thyme for a day. Mix the dried thyme with the bread crumbs. Prepare the vinaigrette by whisking the remaining ½ cup of olive oil into the vinegar until well mixed. Season with salt and pepper. Wash and dry lettuces. Make croutons. To bake the goat cheese, take the rounds out of the olive oil marinade and dip into bread crumbs. Put the cheese on a lightly-oiled baking dish and bake in preheated 400° oven for about 6 minutes until the cheese is lightly bubbling and golden brown. Meanwhile, toss the lettuces with enough vinaigrette to lightly coat them and arrange them on round salad plates. Place the cheese in the center of the plates with the browner side up and arrange the croutons around the cheese. Makes 4 servings.

### **Garlic Croutons:**

**Enough for 4 salads**  
**Prep. time: 10 minutes**

**Baking time: 5 minutes**

**24 slices day-old baguette of  
French bread, ¼ in. thick**

**½ c. melted butter, about**  
**2-3 cloves garlic**

Brush each slice of bread with melted butter. Bake in preheated 350° oven for 5-7 minutes until croutons are light golden brown. Rub each crouton with a cut clove of garlic while still warm.

*Slava Miskewitch*



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## **PASTA CRAB SALAD**

- |   |                                   |
|---|-----------------------------------|
| <b>2 lbs. tri-colored pasta, cooked<br/>(not over cooked)</b> | <b>2 stalks celery, diced</b>     |
| <b>1-1½ lbs. crabmeat (imitation or<br/>fresh)</b>            | <b>4-5 cloves garlic, crushed</b> |
| <b>1 red onion, diced</b>                                     | <b>Juice from fresh lemon</b>     |
| <b>1 green pepper, diced</b>                                  | <b>2 tsp. tarragon</b>            |
| <b>1 red pepper, diced</b>                                    | <b>2 T. mayonnaise</b>            |
|   | <b>1-1½ c. Italian dressing</b>   |

Mix all together and refrigerate.

*Mike Kuczer*

## **TACO SALAD**

- |   |  |
|---|--|
| <b>1 head iceberg lettuce</b>   | <b>1 (8-oz.) pkg. shredded cheddar<br/>cheese</b>  |
| <b>2 tomatoes, chopped</b>  | <b>1 lg. bag Doritos, crushed</b>                  |
| <b>1 onion, sliced</b>  | <b>Ranch or French salad dressing<br/>to taste</b> |
| <b>½ lb. ground beef, cooked and<br/>seasoned with taco seasoning<br/>mix</b> |  |

Toss all ingredients together; cover with desired salad dressing.

*Daria Bernacki*



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## **MANDARIN SALAD**

**¼ c. sliced almonds**

**½ T. sugar**

**Dressing:**

**¼ c. oil**

**1 T. snipped parsley**

**2 T. sugar**

**½ tsp. salt**

**2 T. vinegar**

**Dash pepper**

**Salad:**

**¼ head lettuce**

**1 (11-oz.) can mandarin orange segments, drained**

**¼ bunch romaine**

**2 green onions (with tops), thinly sliced (about 2 T.)**

Cook almonds and sugar over low heat, stirring constantly until sugar is melted and almonds are coated. It will take a little time before the sugar heats up but when it does and starts to melt, it can burn very easily at this point. Cool and break apart. Store at room temperature. **Dressing:** Shake all ingredients in a tightly-covered container. Refrigerate. Wash lettuce and romaine, dry and break into bite-sized pieces. Add onion, orange segments and almonds. Toss salad with dressing and serve immediately. If the salad sits dressed, it will become soggy.

*Marijka Drozd*

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## **PARMESAN POTATO ROUNDS**

**¼ c. melted butter or margarine**

**6 med. potatoes, sliced ¼ in. thick**

**¼ c. all-purpose flour**

**½ c. Italian-seasoned bread crumbs**

**¼ c. grated Parmesan cheese**

**Salt & pepper to taste**

Pour butter into a 15½ x 10½ x 1-inch baking pan. In a plastic bag, combine flour, cheese, salt and pepper. Shake a few potato slices at a time in the bag to coat with the flour mixture. Place potatoes in a single layer over the butter. Bake at 375° for 30 minutes. Turn slices and sprinkle bread crumbs. Bake 30 minutes more or until tender. Serves 6.

*Anna Trynoha*



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## **POTATO PATTY SIDE DISH**

**4-5 potatoes**  
**2 eggs**

**Salt & pepper to taste**

Boil some potatoes; drain and mash. When cooled, add 2 eggs, some flour, salt and pepper to taste. Mix and make patties. Brown patties in oil and place either all patties into 1 large bowl or a few each in multiple cereal bowls, allowing room for patties to be covered with sauce.

### **Sauce:**

**1 onion**  
**1 (8-oz.) can tomato sauce**  
**1 tsp. cornstarch**  
**1 can water or chicken broth**

**1 bay leaf**  
**Dill**  
**Salt & pepper**

Sauté onion in oil until golden brown. Add tomato sauce. Separately mix 1 full teaspoon cornstarch with 1 can water or chicken broth. Add this to tomato sauce and mix. Allow to boil 3-4 minutes, stirring often. Add 1 bay leaf, dill, salt and pepper to taste. Pour sauce over patties. Can be served hot or cold. Good with all meats.

*Raisa Bereza  
(Mother's Recipe)*

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## **CHEESY-POTATO CASSEROLE**

**2 c. 1% lowfat cottage cheese**  
**2 T. oil**  
**1 onion, chopped**  
**2 T. flour**  
**1 tsp. parsley flakes**  
**1/8 tsp. salt**  
**Pepper as desired**

**1 tsp. thyme**  
**6 potatoes, cooked, sliced**  
**1/3 c. skim milk**  
**1/2 c. bread crumbs**  
**2 T. finely-grated Parmesan cheese**  
**2 T. margarine**

Boil potatoes in skins until tender. Grease a 1½-quart casserole. Beat cottage cheese and 2 tablespoons oil with a rotary beater until fluffy. Mix in chopped onion. Mix flour and seasonings. Place a layer of sliced potatoes in casserole. Cover with a layer of cottage cheese. Sprinkle with seasoned flour. Repeat layers, ending with a layer of potatoes. Pour milk over potato-cheese layers. Mix bread crumbs with Parmesan cheese. Sprinkle over potatoes. Dot with margarine. Bake 30 minutes at 350°. Serves 6.

*Julie Bajalcaliev*



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## **POTATO CASSEROLE**

**6 med. baking potatoes (about 2 lbs.)**

**½ c. plain lowfat yogurt**

**2 T. margarine or butter**

**¼-½ tsp. salt**

**⅛ tsp. ground red pepper**

**2 beaten eggs**

**¾ c. herbed feta cheese or plain feta cheese**

**¼ c. water**

**1 (10-oz.) pkg. prewashed spinach**

**¼ tsp. paprika**

Preheat oven to 425°. Peel and quarter potatoes. In a large saucepan cook potatoes, covered, in a small amount of boiling water for 25 minutes or until tender. Drain potatoes. Mash drained potatoes with a potato masher or beat with an electric mixer on low speed. Add yogurt, margarine or butter, salt and red pepper; beat just until combined. Add eggs; beat with an electric mixer on low speed for 1 minute or until fluffy. Fold in ½ cup of the feta cheese. In a 12-inch skillet bring the ¼ cup water to boiling; add spinach to skillet. Toss spinach for about 1 minute or until spinach is slightly wilted; drain. Press out excess liquid. Coarsely chop spinach. Spread ½ the potato mixture into a lightly-greased 2-quart rectangular baking dish. Layer spinach on top; sprinkle with remaining feta cheese. Spread remaining potato mixture on top and sprinkle with paprika. Bake, uncovered, for 15 minutes or until top is lightly browned. Makes 8 side-dish servings.

*Maria Kulas*

## **TIYA'S POTATO BAKE**

**2-lb. bag frozen hash brown potatoes**

**1 tsp. salt**

**¼ tsp. pepper**

**Dash garlic powder**

**½ c. melted butter**

**1 can cream of chicken soup**

**1 pt. sour cream**

**10 oz. shredded cheddar cheese**

**2 c. cornflake crumbs**

Mix together all ingredients, except cornflake crumbs. Pour into a 3-quart casserole. Sprinkle with cornflake crumbs. Bake at 350° for 45 minutes.

*Tiya*





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## **QUICK AND EASY CHEESE POTATOES**

**2 lbs. frozen hash brown cubes**  
**1 can cream of chicken soup**  
**1 (8-oz.) ctn. sour cream**  
**1 (8-oz.) brick Velveeta cheese,**  
**cut into little cubes**

**1 sm. onion, chopped**  
**2 handfuls crushed potato chips**  
**Pats of butter**

Defrost potatoes in microwave oven. Mix remaining ingredients in a bowl (except potato chips and butter). Place in a 13 x 9 x 2-inch pan. Sprinkle with chips and pats of butter. Bake in a 350° oven for 45-60 minutes. Serves 12.

*Judy Waszczuk*

## **HASH BROWN CASSEROLE**

**1 (2-lb.) pkg. hash browns**  
**2 cans cream of potato soup**  
**1 pt. sour cream**

**1 (5-oz.) pkg. shredded cheese**  
**Salt, pepper & garlic powder to taste**

Let potatoes thaw until they break apart. Mix all together, then put in a greased 9 x 13-inch pan and bake for 1 hour at 350°. Do not cover. Allow ½ hour extra for baking.

*Elizabeth Anne Bratkiv*

## **CREAMY AUTUMN POTATOES**

**1 T. butter**  
**½ c. Ore-Ida frozen chopped onions**  
**½-1 clove garlic, minced**  
**1 (10½-oz.) can condensed cream of mushroom soup**

**1 (3-oz.) pkg. cream cheese, cut in cubes**  
**3-4 c. frozen Ore-Ida Southern-style hash browns**  
**⅓ c. shredded cheddar cheese**

Preheat oven to 400°. Butter a 1-quart casserole dish. In 1-quart saucepan sauté in butter over medium heat the frozen onions and garlic until tender. Stir in undiluted soup and cream cheese cubes. Cook, stirring constantly until smooth and hot. In casserole dish, alternately layer frozen potatoes and hot cream cheese, ending with a sauce layer. Cover and bake 45 minutes or until sauce is bubbly and potatoes are tender. Remove from oven and sprinkle with shredded cheese.

*Elizabeth Roslewski*



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## **ROSEMARY CHEESE CRUSTED POTATOES**

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|--|--|
| <b>1 med. onion, thinly sliced</b>         | <b>1/8 tsp. grated lemon rind</b>                |
| <b>1 T. olive oil</b>                      | <b>2 c. (8 oz.) shredded mild cheddar cheese</b> |
| <b>1 T. minced garlic (3 cloves)</b>       | <b>1/4 c. dry bread crumbs</b>                   |
| <b>4 c. sliced red potatoes (4 lg.)</b>    | <b>1 T. butter or margarine, melted</b>          |
| <b>1 tsp. seasoned salt</b>                | <b>1 tsp. chopped fresh rosemary or</b>          |
| <b>1/8 tsp. coarse ground black pepper</b> | <b>1/2 tsp. dried rosemary</b>                   |

In large skillet cook onions in oil until tender, about 5 minutes. Add garlic; cook 1 minute. Stir in potatoes, salt, pepper and lemon rind; remove from heat. Layer 1/2 of potato mixture in greased 1 1/2-quart casserole. Sprinkle with 1/2 the cheese. Repeat layers. Combine bread crumbs, butter and rosemary; sprinkle over cheese. Cover and bake at 400° for 40 minutes. Uncover and continue to bake 20 minutes more or until browned and bubbly. Makes 6 servings.

*Maria Kulas*

## **DRIVE 'EM WILD POTATOES**

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- |  |   |
|--|---|
| <b>6 lg. russet potatoes (about 4 lbs.)</b>        | <b>3 c. (12 oz.) shredded mozzarella cheese</b> |
| <b>1 c. sour cream</b>                             | <b>1/2 c. (2 oz.) shredded Swiss cheese</b>     |
| <b>1/4 c. butter or margarine</b>                  |   |
| <b>8 slices bacon, crisply cooked, crumbled</b>    |   |
| <b>2 T. + 1 tsp. chopped fresh chives, divided</b> |   |

Peel and quarter potatoes. Cook in boiling water until fork-tender, about 25 minutes. Drain well and return to same pan. Add sour cream and butter. Mash well with potato masher or electric mixer. Stir in bacon and 2 tablespoons chives. Add mozzarella cheese; mix well. Spoon into lightly-greased 3-quart casserole dish. Sprinkle Swiss cheese evenly over potatoes. Bake at 350° for 20-25 minutes or until cheese is lightly browned and potatoes are heated through. Sprinkle with remaining chives. Makes 12 servings.

*Maria Kulas*



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## **HERB-ROASTED POTATOES POUPON**

**5 T. Grey Poupon Dijon mustard**      **½ tsp. Italian seasoning**  
**2 T. olive oil**      **6 med. red-skin potatoes (about 2**  
**1 clove garlic, chopped**      **lbs.), cut into chunks**

Mix all ingredients, except potatoes, in small bowl. Place potatoes in lightly-greased 13 x 9 x 2-inch baking pan or on a shallow baking sheet. Toss with mustard mixture. Bake at 425° for 35-40 minutes or until potatoes are fork-tender, stirring occasionally. Makes 4 servings.

*Raisa Bratkiv*

## **POTATO FINGERS**

**9 c. mashed potatoes**      **4-5 c. flour, or more, as needed**  
**2½ sticks Philadelphia cream**      **5 whole eggs, pre-beaten**  
**cheese**      **1 tsp. salt**

Cook potatoes and mash them as you would when using for pyrohy filling. Then, add above ingredients and knead until the dough is soft to the touch. Pinch off a handful portion and roll it out into a thin long rope-like shape. Cut into short strips and drop into boiling water. When they rise, collect them with a sieve, pour melted margarine over them while swirling them in bowl and let them cool off. This is a delicious side dish. You can also add sautéed onions if you like. Enjoy!

*Stephanie Moroko*

## **DELICIOUS MASHED POTATOES**

**8 potatoes**      **Cheddar cheese, shredded**  
**8 oz. cream cheese**      **Chives, chopped**  
**8 oz. sour cream**      **Bacon, cooked, crumbled (opt.)**

Boil potatoes; drain, mash with cream cheese and sour cream. Refrigerate overnight. Take out 2 hours before serving, to room temperature. Bake at 350° for 1 hour. Last 5 minutes in oven, sprinkle with cheddar cheese, chives and bacon (optional).

*Liza Latuszkin-Boskovic*



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## OLGA'S POTATOES

- |                                     |                                |
|-------------------------------------|--------------------------------|
| <b>2 lbs. frozen hash browns</b>    | <b>8 oz. sour cream</b>        |
| <b>2 c. shredded cheddar cheese</b> | <b>Dash garlic powder</b>      |
| <b>1 can cream of chicken soup</b>  | <b>¼ tsp. pepper</b>           |
| <b>½ c. diced onions</b>            | <b>2 c. crushed cornflakes</b> |
| <b>½ c. butter or margarine</b>     |                                |

Thaw potatoes. Place in a 9 x 13-inch pan or 3-quart baking dish. Sauté onions in butter. Mix all other ingredients (except cornflakes). Combine onions with other ingredients and mix with potatoes. Top with crushed cornflakes. Bake at 350° for 1 hour.

*Olga Doolin*

## SWEET POTATO CASSEROLE

- |                                    |                            |
|------------------------------------|----------------------------|
| <b>3 c. sweet potatoes, mashed</b> | <b>½ c. butter, melted</b> |
| <b>2 eggs, beaten</b>              | <b>1 tsp. vanilla</b>      |
| <b>1 c. sugar</b>                  |                            |

**Topping: Mix together**

- |                            |                          |
|----------------------------|--------------------------|
| <b>⅓ c. butter, melted</b> | <b>1 c. chopped nuts</b> |
| <b>⅓ c. flour</b>          | <b>1 c. brown sugar</b>  |

Boil potatoes in jackets until done. Cool, peel and mash. Mix potatoes, eggs and sugar. Add ½ cup butter and vanilla, blending well. Pour into casserole dish. Crumble topping over potato mixture. Bake at 350° for 30 minutes. Serves 8-10.

*Daria Maksymczuk-Phillipi*

## CORN CASSEROLE

- |   |                                 |
|---|---------------------------------|
| <b>1 can cream corn</b>                 | <b>1 stick butter, softened</b> |
| <b>1 can kernel corn (do not drain)</b> | <b>A pinch salt to taste</b>    |
| <b>1 pkg. Jiffy corn mix</b>            | <b>A pinch pepper to taste</b>  |
| <b>1 (8-oz.) ctn. sour cream</b>        |                                 |

Mix all ingredients in a bowl by hand. Pour mixture into an 8 x 8-inch or 9 x 9-inch pre-greased baking pan or glass baking dish. Sprinkle salt and pepper on top to taste. Bake, uncovered, at 350° for 45-50 minutes. Makes about 4-5 servings. For 6-10 servings, double the recipe and pour into a 9 x 13 x 2-inch pan and bake at 350° for 45-50 minutes.

*Elizabeth Anne Bratkiv*



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## **BAKED TOMATOES**

**2 lg. tomatoes (about 1 lb.)**  
**4 T. butter or margarine**  
**¼ c. finely-chopped onion**  
**1 tsp. prepared mustard**

**½ tsp. Worcestershire sauce**  
**2 slices white bread, torn into  
coarse crumbs**  
**2 tsp. chopped parsley**

Preheat oven to 350°. Wash tomatoes; remove stems. Cut in half crosswise. Place, cut sides up, in shallow baking pan. In 2 tablespoons hot butter in skillet, sauté onion until tender. Stir in mustard and Worcestershire sauce. Spread on tomatoes. Melt remaining butter in skillet. Add bread crumbs and parsley; sprinkle over tomatoes. Bake, uncovered, 20 minutes or until heated through and crumbs are golden brown. Makes 4 servings.

*Hanusia Glubisz*

## **TOMATOES PROVENCE**

**4 lg. tomatoes (2 lbs.)**  
**3 T. olive oil**  
**½ tsp. salt**  
**Pepper**

**1 med. clove garlic, crushed**  
**1 T. chopped parsley**  
**2 T. coarse white bread crumbs**

Halve tomatoes crosswise and remove seeds. In hot oil in skillet, sauté tomatoes, cut side down, about 3 minutes. Turn, sprinkle with salt and dash of pepper. Sauté 3 minutes. Add garlic to skillet; sauté 2 minutes longer or just until tomatoes are tender. Transfer tomatoes to heated serving dish; sprinkle with parsley. Add bread crumbs to skillet; cook over high heat until golden. Drain on paper towels; sprinkle bread crumbs over tomatoes. Makes 8 servings.

*Hanusia Glubisz*



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## **BLUE TOMATOES**

**(FROM EGGPLANT)**

- |  |  |
|--|--|
| <b>1 eggplant</b>                      | <b>½ c. milk</b>                                 |
| <b>2 eggs</b>                          | <b>3 T. oil</b>                                  |
| <b>1 onion, diced</b>                  | <b>1 tsp. baking soda</b>                        |
| <b>2 cloves garlic, finely chopped</b> | <b>Salt, pepper &amp; diced parsley to taste</b> |
| <b>½ c. flour</b>                      |  |

Wash eggplant and cut into ½-inch square pieces. Put into cold water and add a little salt (to reduce iron content) and let stand for ½ hour. Cook until tender; drain and purée. When cooled, add remaining ingredients; mix well. Heat oil in skillet and drop spoon-sized amounts into skillet (do not use too much oil as eggplant will be too mushy). Turn over and remove to paper towel to allow oil to drain. When cooled, place into container that is oven and/or microwave-safe. May stand a few days in refrigerator or can be frozen. To serve, heat and serve with sour cream.

*Raisa Bereza*

## **GREEN BEAN PROVENCE**

- |                                    |                                |
|------------------------------------|--------------------------------|
| <b>2 lbs. fresh green beans</b>    | <b>2 tomatoes, chopped</b>     |
| <b>5 T. extra virgin olive oil</b> | <b>2 garlic cloves, minced</b> |

Boil green beans till tender; drain. Sauté tomatoes and garlic in olive oil. Add green beans; cook for 5 minutes. Serve warm or cold.

*Sue Kryzanowicz-Milanez*

## **GOLDEN CARROT CRUNCH**

- |                                       |  |
|---------------------------------------|--|
| <b>6 c. carrot julienne</b>           | <b>1½ T. brown sugar</b>                 |
| <b>1½ T. butter, melted</b>           | <b>1½ tsp. grated orange peel</b>        |
| <b>¼ c. blanched slivered almonds</b> | <b>Salt &amp; ground pepper to taste</b> |

Cook carrots in large saucepan until crisp-tender, about 8 minutes; drain. Melt butter in heavy skillet over medium-low heat. Stir in almonds, sugar, orange peel and salt and pepper. Add carrots and cook until tender, stirring occasionally, about 5 minutes. Serve immediately. Makes 4-6 servings.

*Maria Korkatsch-Groszko*



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## **CARROT PANCAKES**

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|---|--|
| <b>3 carrots, peeled, cut into 1-in. pieces</b> | <b>¼ tsp. sugar</b>  |
| <b>1½ c. water</b>                              | <b>Dash nutmeg</b>   |
| <b>1 T. cornstarch</b>                          | <b>¼ c. milk</b>   |
| <b>1 T. flour</b>                               | <b>2 eggs</b>  |
| <b>½ tsp. salt</b>                              | <b>2 T. finely-chopped green onion tops, only green part</b> |
| <b>¼ tsp. pepper, fresh ground</b>              | <b>3 T. cooking oil</b>                                      |

Boil carrots in a saucepan with water until soft, 18-20 minutes. (Bring to a boil, then reduce heat.) Cooking fluid should be reduced to about 2 tablespoonfuls. Cool and transfer to a food processor or blender. Process for 10-15 seconds, then add cornstarch, flour, seasoning, milk and sugar. Process for a few seconds. Add eggs and process until very smooth. Pour into a mixing bowl and add green onion tops. Mix thoroughly. Place 1 tablespoonful of oil into a hot pan. Cook about 2 tablespoonfuls carrot mixture for each pancake. You should be able to cook about 4 at a time, about 2 minutes per side. Repeat oil and mixture process for second batch. Serve immediately or set aside for 1 hour and reheat in oven. This goes very well with pork tenderloins.

*Dennis Bryan*

## **BAKED BEAN CASSEROLE**

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- |  |                                      |
|--|--------------------------------------|
| <b>1 can lima beans, drained</b>               | <b>8-12 slices bacon</b>             |
| <b>1 can kidney beans, drained</b>             | <b>1 bunch green onions, chopped</b> |
| <b>1 can French-style green beans, drained</b> | <b>1 green pepper, finely sliced</b> |
| <b>1 (32-oz.) can pork &amp; beans</b>         | <b>1 c. brown sugar</b>              |
|  | <b>1 bottle Heinz chili sauce</b>    |

Mix both cans of beans, green beans and pork & beans; pour into a casserole dish. Meanwhile, fry the bacon till crisp; remove from oil and crumble over beans in casserole. In the oil left from the bacon, fry the onions and green pepper till soft. Add the sugar, stirring until melts. Pour in the chili sauce and bring to a boil. Pour this mixture over the beans in casserole and mix. Bake at 350° for 1 hour. Serve hot.

*Anna Zapaniuk*



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## **WARM SWEET AND SOUR RED CABBAGE**

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- |   |   |
|---|---|
| <b>2 T. olive oil</b>   | <b>2 T. honey or brown sugar</b>                |
| <b>2 med. red onions, thinly sliced</b>                       | <b>1 tsp. coriander seeds, coarsely crushed</b> |
| <b>1½-2 lbs. red cabbage, quartered, cored, thinly sliced</b> | <b>¼ c. golden raisins</b>                      |
| <b>½ c. red wine vinegar</b>                                  | <b>Salt &amp; black pepper</b>                  |

Heat oil in a large skillet; add onions and sauté for 2 minutes over medium heat. Add cabbage, vinegar, honey, coriander and raisins; sauté for 8 minutes, stirring occasionally. Remove from heat when cabbage is tender but still a little crisp and liquid has evaporated, leaving a syrupy glaze. Season with salt and pepper.

*Lisa Kulas*

## **RED CABBAGE**

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- |   |   |
|---|---|
| <b>2-2½ lbs. red cabbage</b>              | <b>1 T. chopped parsley</b>               |
| <b>3-4 sour apples, chopped</b>           | <b>1 stick margarine</b>                  |
| <b>2 onions, sautéed</b>                  | <b>5-6 T. applesauce</b>                  |
| <b>1 T. celery, diced, sautéed (opt.)</b> | <b>3 T. red grape marmalade</b>           |
| <b>2 cloves garlic, finely chopped</b>    | <b>Lemon juice, salt, pepper to taste</b> |

Chop cabbage finely (discarding core, large pieces). Put into pot; add ½ the margarine. Cook on low heat. When partially tender, add all ingredients but lemon. Continue cooking covered. When almost completely tender, add lemon. When completely tender, uncover and continue cooking until juice evaporates. Can be eaten cold or hot.

*Raisa Bereza*





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## **CABBAGE CASSEROLE**

**6 c. shredded cabbage  
(uncooked)**  
**1 med. onion**  
**1 lb. ground beef**  
**¾ tsp. salt**  
**⅛ tsp. pepper**

**3 T. margarine (or more, if  
needed)**  
**2 c. UNCOOKED Minute rice**  
**2 c. sliced mushrooms**  
**1 (8-oz.) can tomato sauce**  
**1 (10½-oz.) can tomato soup**

Sauté onion and mushrooms in 3 tablespoons margarine. Lightly brown ground beef, add salt and pepper. Add **uncooked** rice to beef, onion and mushroom mixture. Butter deep baking dish. Spread ½ of the uncooked cabbage, add ½ of the meat, mushroom, rice mixture. Pour 6-ounce can of tomato sauce over first 2 layers. Repeat cabbage and meat layer. Pour 10½-ounce can tomato soup on top. Bake, covered, 1 hour at 350°.

*Genya Tchoryk*

## **ORIENTAL COLESLAW**

**1 lg. head savoy cabbage, thinly  
sliced, tough ribs discarded**  
**1 (16-oz.) bag carrots, shredded**

**4 green onions, finely chopped**  
**½ c. fresh cilantro, chopped**

**Dressing:**

**⅓ c. seasoned rice vinegar**  
**2 T. vegetable oil**

**2 tsp. Oriental sesame oil**  
**¾ tsp. salt**

(I like to double the dressing.)

*Kalyna Wasiunec*



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## **ORIENTAL COLESLAW**

**1 bag coleslaw mix**  
**1 green or red pepper, chopped**  
**4 green onions, chopped**

**2 pkgs. chicken-flavored Chinese ramen noodles**

**Dressing: Mix together**

**½ c. vegetable oil**  
**4 T. white or rice vinegar**  
**2 T. sugar**

**Seasoning pkt. from noodles**  
**Pepper to taste**

Combine ingredients in a large bowl. Be sure to break up the noodles. Toss with the dressing. Refrigerate at least 1 hour before serving. Can be served with toasted sesame seeds or toasted slivered almonds.

*Myroslawa Drozd-Berko*

## **SWEET & SOUR SLAW**

**2 c. sliced red cabbage**  
**2 c. sliced green cabbage**  
**⅓ c. shredded carrot**  
**¼ c. red onion, sliced thin**

**¼ c. red pepper, sliced thin**  
**¼ c. yellow pepper, sliced thin**  
**¼ c. green onions**  
**⅓ c. unsalted peanuts**

**Dressing:**

**¼ c. rice wine vinegar**  
**1 T. sesame oil**  
**1 tsp. sugar**  
**1 tsp. soy sauce**

**¼ tsp. salt**  
**¼ c. shredded Granny Smith apples**

**Dressing:** Whisk all ingredients together and combine with above vegetables.

*Anna Wereminski*



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## **CABBAGE/ZUCCHINI STIR-FRY**

**(MICROWAVE)**

- |  |   |
|--|---|
| <b>½ lg. cabbage head, shredded<br/>(about 6 c.)</b> | <b>¼ tsp. crushed red pepper flakes</b> |
| <b>1 med. onion, thinly sliced (about<br/>2 c.)</b>  | <b>1 T. soy sauce</b>                   |
| <b>3 T. butter or margarine</b>                      | <b>½ tsp. salt or to taste</b>          |
| <b>3 med. zucchini, sliced (about 3<br/>c.)</b>      | <b>¼ tsp. ground pepper</b>             |

Combine cabbage, onion and butter in 2-quart glass baking dish. Cover and cook on High, stirring once until cabbage is tender, about 6 minutes. Stir in zucchini and red pepper flakes. Cover and cook on High, stirring twice until zucchini is tender, about 7-8 minutes. Blend in soy sauce, salt and pepper. Serve. Makes 6 servings.

*Maria Korkatsch-Groszko*

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## **GREEN AND GOLD CASSEROLE**

- |  |   |
|--|---|
| <b>2 pkgs. (16) refrigerated crescent<br/>rolls</b>                                      | <b>1 (16-oz.) ctn. sour cream</b>                                     |
| <b>½ c. grated Parmesan cheese</b>   | <b>¼ c. all-purpose flour</b>   |
| <b>1¼ lbs. zucchini (3-4 med.),<br/>halved lengthwise, sliced ¼ in.<br/>thick (4 c.)</b> | <b>¼ tsp. salt</b>  |
| <b>3 c. sliced fresh mushrooms (8<br/>oz.)</b>   | <b>½ tsp. pepper</b>  |
| <b>1 lg. onion, halved lengthwise,<br/>sliced</b>  | <b>1 (6-oz.) jar marinated artichoke<br/>hearts, drained, chopped</b> |
|  | <b>1 c. shredded Monterey Jack<br/>cheese</b>                         |

Lightly grease a 13 x 9 x 2-inch baking pan. Unroll 1 package crescent rolls; press evenly in pan to cover bottom, sealing perforations. Sprinkle with ¼ cup Parmesan cheese. Bake in a 350° oven for 10-15 minutes or until golden. Meanwhile, place zucchini, mushrooms and onion in a large steamer basket over boiling water. Cover; steam 8-10 minutes or till crisp-tender. Remove; set aside. In a large bowl stir together sour cream, flour, salt and pepper. Stir in zucchini mixture and artichokes. Turn into pan; spread evenly over crust. Top with Monterey Jack cheese. Unroll remaining rolls, separate into triangles. Arrange on top of cheese. Sprinkle with remaining Parmesan cheese. Bake in a 350° oven for 30-40 minutes or until top is golden and filling is heated through. Makes 10-12 side-dish servings.

*Lisa Kulas*



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## **BAKED ZUCCHINI WITH CHEESE**

- |                                     |                                      |
|-------------------------------------|--------------------------------------|
| <b>1½ lbs. zucchini</b>             | <b>¼ c. olive oil</b>                |
| <b>¼ c. all-purpose flour</b>       | <b>2 med. tomatoes, sliced</b>       |
| <b>1½ tsp. salt</b>                 | <b>1 c. dairy sour cream</b>         |
| <b>1½ tsp. dried oregano leaves</b> | <b>½ c. grated mozzarella cheese</b> |
| <b>½ tsp. black pepper</b>          | <b>½ c. grated Parmesan cheese</b>   |

Preheat oven to 350°. Lightly grease an 8 x 8 x 2-inch baking dish. With stiff brush, scrub zucchini well. Cut crosswise into ¼-inch slices. In medium bowl combine flour with ½ teaspoon salt, ½ teaspoon oregano and ¼ teaspoon pepper. Toss zucchini slices in seasoned flour to coat them well. Slowly heat oil in large, heavy skillet. Sauté zucchini until golden brown, about 4 minutes on each side; drain. Cover bottom of baking dish with zucchini; top with tomato slices. Combine sour cream, rest of salt, oregano and pepper; spread evenly over tomato slices. Sprinkle with grated cheeses. Bake 30-35 minutes or until cheese is melted and zucchini is tender. Makes 6 servings.

*Hanusia Glubisz*

## **ZUCCHINI CHEESE CASSEROLE**

- |   |                       |
|---|-----------------------|
| <b>2 T. oil</b>                                   | <b>Oregano</b>        |
| <b>4 lg. zucchini, sliced thin</b>                | <b>Parsley flakes</b> |
| <b>1 lb. Mozzarella cheese, sliced</b>            | <b>Garlic salt</b>    |
| <b>¼ c. Parmesan or Romano<br/>cheese, grated</b> | <b>Bread crumbs</b>   |

Oil a 13 x 9-inch pan. Layer zucchini slices, Mozzarella slices and Parmesan; sprinkle lightly with parsley, oregano and garlic salt. Repeat. Sprinkle top with bread crumbs and dot with butter. Bake at 350° for 45 minutes to 1 hour.

*Mary Horodyskyj*



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## **CAULIFLOWER MOUSSE**

**1 head cauliflower**  
**4 eggs**  
**5/8 c. table cream**

**1/4 tsp. white pepper**  
**1/2-1 tsp. salt**  
**1/4-3/8 tsp. ground nutmeg**

Cook a head of cauliflower until barely tender. Using an electric mixer or a food processor, beat 4 eggs. Add the cream, pepper, salt and nutmeg. Add the cauliflower and beat a bit more. Pour into a 1-quart buttered soufflé dish. Rest dish in pan of hot water and bake at 350° for 45-50 minutes. If you like, serve with a cheese or a Hollandaise sauce. Serves 6-8.

*Slava Miskewitch*

## **RATATOUILLE**

**2 med. green peppers (1 lb.)**  
**3 med. zucchini (1 lb.)**  
**1/2 lb. med. mushrooms**  
**2 med. eggplant**  
**3/4 c. olive oil**  
**1 c. thinly-sliced onion**

**4 cloves garlic, crushed**  
**4 med. tomatoes (1 1/2 lbs.),  
peeled, cut in wedges**  
**2 tsp. salt**  
**1/4 tsp. pepper**  
**1/2 c. chopped parsley**

Wash peppers; halve. Remove ribs and seeds; cut lengthwise into 1/4-inch thick slices. Scrub zucchini, cut on diagonal into 1/4-inch thick slices. Wash mushrooms; slice lengthwise through stems, 1/4 inch thick. Wash eggplant; do not peel. Cut lengthwise into quarters, then cut crosswise into 1/4-inch slices. In 1/4 cup hot oil in large skillet, sauté green pepper, mushrooms, onion and garlic about 5 minutes or until onion is transparent. With slotted spoon, remove to medium bowl. Add 2 tablespoons oil to skillet. In hot oil sauté zucchini, turning frequently until tender, about 10 minutes. With slotted spoon, remove from skillet to same bowl. Add remaining oil to skillet. In hot oil sauté eggplant, turning occasionally until tender, about 5 minutes. Return vegetables to same skillet. Layer 1/2 the tomato wedges on top. Sprinkle with salt, pepper and 1 tablespoon parsley. Stir gently just to combine. Layer remaining tomato on top. Sprinkle with 1 tablespoon parsley. Simmer mixture over low heat, covered, 10 minutes. Remove cover, cook 5 minutes longer, basting occasionally with pan juices or until liquid has evaporated. Turn into large serving dish. Sprinkle with parsley. Makes 15-20 servings. Serve with lamb or beef for a large informal buffet. Very good!

*Hanusia Glubisz*



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## **SPINACH FRITTATA**

- |   |                                      |
|---|--------------------------------------|
| <b>3 T. olive oil</b>                                 | <b>1/3 c. grated Parmesan cheese</b> |
| <b>1/2 c. thinly-sliced onion</b>                     | <b>1 T. chopped parsley</b>          |
| <b>10 eggs</b>  | <b>1 sm. clove garlic, crushed</b>   |
| <b>1 c. finely-chopped raw spinach<br/>(1/2 lb.)</b>  | <b>1 tsp. salt</b>                   |
| <b>1 fresh yellow or red pepper,<br/>finely diced</b> | <b>1/4 tsp. pepper</b>               |

Preheat oven to 350°. Heat oil in 10-inch heavy skillet with heat-resistant handle. Add onion and red pepper. Sauté until onion is tender and golden brown, about 5 minutes. In large bowl combine remaining ingredients. With wire whisk or fork, beat until well blended. Turn into skillet with onion. Cook over low heat, 3 minutes, lifting from bottom with spatula as eggs set. Bake, uncovered, 10 minutes or until top is set. With spatula, loosen from bottom and around edges and slide onto serving platter. Cut into wedges. Makes 4-6 servings.

*Hanusia Glubisz*

## **CHEESY ROASTED VEGETABLES**

- |  |   |
|--|---|
| <b>2 med. russet potatoes, peeled,<br/>cut into 1-in. pieces</b> | <b>1 lg. zucchini, cut into 1/2-in.<br/>pieces</b>      |
| <b>2 med. carrots, pared, cut into<br/>1/2-in. slices</b>        | <b>1 lg. red bell pepper, cut into 1-in.<br/>pieces</b> |
| <b>1 T. olive oil</b>  | <b>2 cloves garlic, minced</b>                          |
| <b>1 tsp. ea. basil &amp; oregano,<br/>crushed</b>               | <b>2 c. (8 oz.) shredded Colby-Jack<br/>cheese</b>      |
| <b>1/4 tsp. ea. salt &amp; freshly ground<br/>black pepper</b>   | <b>Fresh basil sprigs for garnish<br/>(opt.)</b>        |

Place potatoes and carrots in greased 13 x 9-inch baking dish. Drizzle with oil; sprinkle with basil, oregano, salt and pepper. Toss lightly to coat. Bake at 425° for 20 minutes. Add zucchini, red pepper and garlic; stir vegetables. Return to oven and bake 20 minutes or until vegetables are tender. Sprinkle with cheese; return to oven about 2 minutes more or just until cheese melts. Garnish with basil sprigs, if desired. Makes 6 servings.

*Maria Kulas*



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## **PARMESAN VEGGY TOSS**

- |                                  |   |
|----------------------------------|---|
| <b>4 c. broccoli, cut up</b>     | <b>½ tsp. basil</b>                     |
| <b>4 c. cauliflower, cut up</b>  | <b>2 c. salad dressing (mayonnaise)</b> |
| <b>1 lg. sweet onion, sliced</b> | <b>1 lb. bacon, cooked, crumbled</b>    |
| <b>¼ c. sugar</b>                | <b>1 head lettuce (substitute peas)</b> |
| <b>⅓ c. Parmesan cheese</b>      | <b>8-oz. can water chestnuts</b>        |
| <b>½ tsp. salt</b>               | <b>2 c. seasoned croutons</b>           |

Mix broccoli, cauliflower and onion. Combine next 5 ingredients; toss with vegetables and refrigerate overnight. Mix with remaining ingredients the next day. Serve. You can substitute 1 small bag of peas for lettuce. Also, you can add 2 tablespoons vinegar, if desired.

*Mary Zelisko*

## **BASIL VEGETABLE MEDLEY**

- |   |                                     |
|---|-------------------------------------|
| <b>1 T. vegetable oil</b>                 | <b>1 c. sliced fresh mushrooms</b>  |
| <b>¾ lb. fresh asparagus spears</b>       | <b>1 (10¾-oz.) can Campbell's</b>   |
| <b>(about 12-15), trimmed, cut into</b>   | <b>condensed cream of asparagus</b> |
| <b>1-in. pieces</b>                       | <b>soup</b>                         |
| <b>2 med. carrots, thinly sliced</b>      | <b>2 T. milk</b>                    |
| <b>¼ tsp. dried basil leaves, crushed</b> |                                     |

In saucepan over medium heat add oil. In hot oil cook asparagus, carrots and basil until tender-crisp, stirring often. Add mushrooms; cook until tender, stirring often. Stir in soup and milk; heat through. Garnish with carrots and thyme. Makes 3 cups or 6 side servings.

*Olga Derkach*

## **VEGETABLE MOLD**

- |                               |                             |
|-------------------------------|-----------------------------|
| <b>3-oz. pkg. lemon Jello</b> | <b>½ c. chopped celery</b>  |
| <b>½ tsp. salt</b>            | <b>½ c. chopped cabbage</b> |
| <b>1 c. boiling water</b>     | <b>½ c. chopped carrots</b> |
| <b>1 c. milk</b>              | <b>2 T. chopped parsley</b> |
| <b>½ c. mayonnaise</b>        | <b>1 T. chopped onion</b>   |
| <b>2 T. vinegar</b>           |                             |

Dissolve lemon gelatin and salt in boiling water. Cool in refrigerator. Mix in mayonnaise, milk and vinegar; add the vegetables. Pour into salad mold and refrigerate until set.

*Parania Maksymczuk*



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## **BAKED SAUERKRAUT**

- |                                     |                           |
|-------------------------------------|---------------------------|
| <b>1 can or jar sauerkraut</b>      | <b>¼ tsp. pepper</b>      |
| <b>1 sm. head cabbage, shredded</b> | <b>2 T. sugar</b>         |
| <b>1 onion, chopped</b>             | <b>1 c. water</b>         |
| <b>1 apple, cored, chopped</b>      | <b>3 slices salt pork</b> |
| <b>½ tsp. salt</b>                  | <b>2 T. flour</b>         |

Wash the jar of sauerkraut in water; drain. Combine with remaining ingredients (except pork and flour); place in covered casserole dish. Bake at 325° for 1 hour. Meanwhile, fry 3 slices of salt pork, cut into small pieces. Add the flour and brown slowly. When sauerkraut is done, add the fried pork and serve.

*Apolina Wereszczak*

## **ROASTED GARLIC**

- |                                       |                                     |
|---------------------------------------|-------------------------------------|
| <b>3-4 good-sized heads garlic</b>    | <b>Season salt (McCormick)</b>      |
| <b>1 T. olive oil</b>                 | <b>Aluminum foil (silver paper)</b> |
| <b>1 pat butter for ea. head used</b> |                                     |

Take heads of garlic and with a sharp knife, trim about a ¼-inch off the tops of each head. Place them on piece of aluminum foil large enough to hold the garlic with the exposed tops up. Sprinkle each head with a little olive oil, cover with a pat of butter and sprinkle with the season salt. Cover with a second piece of aluminum foil, fold over the edges to cover. Place on a hot grill or in a 350° oven and roast until soft, about 45-60 minutes. Do not burn, as it will turn bitter. Let cool and spread over your favorite bread or cracker. It is also good to add to mashed potatoes.

*Dennis Bryan*





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# MAIN DISHES

## ROAST BEEF AU JUS

Follow these instructions for any size roast. Preheat oven to 375°. Rub meat well with salt; sprinkle with pepper. Place meat fat side up in shallow roasting pan. Do not cover. Do not add water. Put roast in oven. Bake 1 hour. Turn off heat but do not open oven door at any time. Thirty minutes before serving time, turn oven on to 375°. Bake 30 minutes. Now open oven door. The meat will be a nice pink all the way through and juicy inside. Can be made 5-6 hours ahead of time. Remember not to open oven door. I use choice beef, sirloin tip, or prime rib.

*Olha Fedak*

## GRILLED MARINATED FLANK STEAK

1½ c. beer	2 cloves garlic, minced
4 scallions, minced	1 tsp. salt
½ c. vegetable oil	1 tsp. red pepper flakes
3 T. soy sauce	Pinch ground ginger
2 T. light brown sugar	1½-1¾ lbs. flank steak

In large glass bowl combine all ingredients, except steak. Mix well. Add steak, coating it well with marinade. Cover bowl. Refrigerate steak in marinade overnight or up to 3 days, turning occasionally. Drain steak. Grill steak on barbecue or broil 2 inches from heat about 5 minutes on each side. Cool. Cut across grain into thin slices and serve.

*Kateryna Kulas*

## SLAVA'S FABULOUS MARINADE FOR FLANK STEAK

¼ c. dark rum	¼ tsp. ground black pepper
½ c. soy sauce (good quality)	1 flank steak, 1½ lbs.

Marinate steak at least 5 hours. Grill to medium-rare, basting with marinade. Let stand for several minutes, then slice thinly across the grain. Excellent cold.

*Slava Miskewitch*



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## **SHISH-KA-BOB**

**Sirloin tip, fillets, or steaks**

**Marinade:**

- |                                  |                                 |
|----------------------------------|---------------------------------|
| <b>1½ c. salad oil</b>           | <b>1 t. black pepper</b>        |
| <b>¾ c. soy sauce</b>            | <b>1½ c. wine vinegar</b>       |
| <b>¼ c. Worcestershire sauce</b> | <b>2 cloves garlic, crushed</b> |
| <b>2 T. dry mustard</b>          | <b>⅓ c. lemon juice</b>         |
| <b>1½ T. parsley flakes</b>      |                                 |

Place all ingredients in a blender and process for 30-40 seconds. Pour over meat, cover and store in refrigerator for 24 hours. Marinade can be stored in refrigerator for 2 weeks. Use any type of vegetables desired, onions, mushrooms, green and red peppers, zucchini, squash, etc. Skewer meat and vegetables. Bake in 350° oven approximately 30 minutes or can grill outside.

*Mary Niznik (Kuczer)*

## **STIR-FRIED BEEF AND VEGETABLES**

- |  |  |
|--|--|
| <b>2 T. dry red wine</b>                               | <b>2 celery stalks, bias cut into ¼-in. slices</b>               |
| <b>1 T. soy sauce</b>                                  | <b>2 sm. green bell peppers, cut into thin lengthwise strips</b> |
| <b>½ tsp. sugar</b>                                    | <b>1 c. canned sliced water chestnuts, drained</b>               |
| <b>1½ tsp. grated, peeled fresh ginger root</b>        | <b>1 T. corn oil</b>   |
| <b>1 lb. boneless round steak, raw, trimmed of fat</b> | <b>2 T. cornstarch</b>   |
| <b>1 T. corn oil</b>                                   | <b>¼ c. water</b>  |
| <b>2 onions, ea. cut into 8 wedges</b>                 |  |
| <b>½ lb. fresh mushrooms, rinsed, trimmed, sliced</b>  |  |

Prepare meat by cutting across the grain into 1½-inch strips. Prepare marinade mixing together wine, soy sauce, sugar and ginger. Marinate meat in mixture while preparing vegetables. Heat 1 tablespoon oil in large skillet or wok. Stir-fry onions and mushrooms 3 minutes over medium-high heat. Add celery and cook 1 more minute. Add remaining vegetables and cook 2 minutes or until green pepper is tender-crisp. Transfer vegetables to warm bowl. Add remaining 1 tablespoon oil into skillet. Stir-fry meat in oil about 2 minutes or until meat loses its pink color. Blend cornstarch and water; stir into meat. Cook and stir until thickened. Return vegetables to skillet. Stir gently and serve. Serves 6.

*Julie Bajalcaliev*



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## **STEAK AND SPINACH PINWHEELS**

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**8 slices bacon**

**1 (1-1½-lb.) beef flank steak or  
beef top round steak**

**1 (10-oz.) pkg. frozen chopped  
spinach, thawed, well drained**

**¼ c. grated Parmesan cheese**

**Mock Hollandaise Sauce (opt.)**

In a large skillet cook bacon till just done but not crisp. Drain on paper towels. Score steak by making shallow cuts at 1-inch intervals diagonally across steak in a diamond pattern. Repeat on second side. With a meat mallet pound steak into a 12 x 8-inch rectangle, working from center to edges. Sprinkle with salt and pepper. Arrange bacon lengthwise on steak. Spread spinach over bacon. Sprinkle with Parmesan cheese. Roll up from a short side. Secure with wooden picks at 1-inch intervals, starting ½ inch from one end. Cut between picks into 8 (1-inch) slices. Place, cut side down, on the unheated rack of a broiler pan. Broil 3 inches from the heat for 6 minutes. Turn, broil for 6-8 minutes more for medium doneness. Remove picks. If desired, serve with Mock Hollandaise Sauce. Serves 4. **Grill Directions:** Prepare meat as above. Thread 2 slices onto each of 4 long skewers. Grill slices on an uncovered grill directly over medium coals for 6 minutes. Turn and grill to desired doneness, allowing 6-8 minutes more for medium. Serve as above.

### **Mock Hollandaise Sauce:**

**¼ c. dairy sour cream**

**¼ c. mayonnaise or salad  
dressing**

**1 tsp. lemon juice**

**½ tsp. prepared mustard**

Combine in a small saucepan. Cook and stir over low heat till hot. Serve with vegetables, poultry, fish, or eggs. Makes ½ cup (8 1-tablespoon servings).

*Tiya*



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## **ODARKA'S BEEF-BROCCOLI WELLINGTON**

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- |  |  |
|--|--|
| <b>1 lb. ground beef</b>   | <b>½ c. dairy sour cream</b>   |
| <b>9-oz. pkg. Green Giant Harvest<br/>fresh cut broccoli, thawed,<br/>drained</b>                | <b>¼ tsp. salt</b>   |
| <b>4-oz. pkg. Kraft Select shredded<br/>natural low-moisture part-skim<br/>mozzarella cheese</b> | <b>¼ tsp. pepper</b>   |
| <b>½ c. chopped onion</b>  | <b>2 (8-oz.) cans Pillsbury<br/>refrigerated quick crescent<br/>dinner rolls</b> |
|  | <b>1 egg, beaten</b>   |
|  | <b>Poppy seed, if desired</b>  |

Heat oven to 375°. In medium skillet brown meat; drain well. Add broccoli, cheese, onion, sour cream, salt and pepper; mix well. Simmer 10 minutes. Separate dough into 4 long rectangles. On ungreased cookie sheet overlap long sides of 2 rectangles ½ inch. Firmly press edges and perforations to seal. Press or roll to form 13 x 7-inch rectangle. Spoon meat mixture in 3-inch lengthwise down center of dough. Bring long edges of dough rectangle over filling, overlapping edges slightly. Pinch edge and ends to seal. Repeat with remaining rectangles. Brush with beaten egg. Sprinkle with poppy seed. Bake for 18-22 minutes or until deep golden brown.

*Luba-Elena Gac*

## **MEAT LOAF**

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- |  |   |
|--|---|
| <b>1 lg. bun or 3 slices bread</b>                         | <b>1 egg</b>  |
| <b>Cold water</b>  | <b>1 lb. ground beef (¼ may be<br/>ground pork)</b> |
| <b>1 env. Mrs. Grass mushroom &amp;<br/>onion soup mix</b> |   |
| <b>1 tsp. garlic powder or 1 clove<br/>crushed garlic</b>  |   |

Preheat oven to 350°. Soak bread in water until it is thoroughly absorbed with water. Pour off excess water. Mix bread with soup mix, garlic and egg. Mix in meat. Shape into loaf on a lightly-greased pan. Bake for about 50 minutes.

*Marijka Drozd*



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## **LAYERED GROUND MEAT CASSEROLE**

**½ c. onion, chopped**  
**1 clove garlic, chopped**  
**¼ c. celery, chopped**  
**6 green peppers, cut up**  
**2 onions, cut up**  
**Oil**

**1 lb. ground meat**  
**2 c. pulled fresh bread (fresh croutons)**  
**1½ c. mozzarella cheese**  
**Wide boiled noodles**

**Sauce:**

**2 c. Italian-style tomato paste**  
**1 c. water**  
**2½ tsp. salt**  
**1 tsp. granulated sugar**  
**1 tsp. oregano**

**Pepper**  
**½ c. parsley, chopped**  
**¼ c. Parmesan cheese**  
**¼ tsp. baking soda**

Mix and sauté above vegetables in oil; set aside. Fry the ground meat; set aside. Make sauce consisting of above ingredients; set aside. Use a 12 x 8 x 2-inch pan. Place a layer of cooked wide noodles on bottom of pan. Spread a layer of sauce over noodles; spread a layer of vegetables over the sauce, then spread cooked ground beef over vegetables. Repeat layers one more time. Dot with butter. Top with fresh pulled bread (croutons) and mozzarella cheese. Bake at 350° for 30 minutes.

*Maria Kulas*



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## **STUFFED PEPPER CASSEROLE**

**6 lg. green peppers (about 2½ lbs.)**

**2 T. olive oil**

**½ c. chopped onion**

**½ c. chopped celery**

**1 (1-lb.) can tomatoes, undrained**

**1 (8-oz.) can tomato sauce**

**1 clove garlic, crushed**

**1 tsp. dried basil leaves**

**1 tsp. dried oregano leaves**

**2½ tsp. salt**

**½ tsp. pepper**

**1 egg**

**1½ lbs. ground chuck**

**1½ c. cooked white rice**

Cut off tops of peppers; remove ribs and seeds. Chop edible portion of tops; set aside. Wash peppers. Place peppers in large kettle with 2 quarts salted water. Bring to boiling; cover. Reduce heat and simmer 5 minutes. Drain peppers; set aside. In hot oil, in medium skillet, sauté chopped green pepper, onion and celery 3-5 minutes until tender. Add tomatoes, tomato sauce, garlic, basil, oregano, 1½ teaspoons salt and ¼ teaspoon pepper; simmer, uncovered, 10 minutes. Preheat oven to 350°. Meanwhile, in large mixing bowl, combine egg, remaining salt and pepper. Beat with spoon to blend. Add chuck, rice and 1 cup tomato mixture, mixing well. Stuff peppers with meat mixture. Place in 3-quart casserole. Pour remaining tomato mixture over peppers. Bake, uncovered, 1 hour. Makes 6 servings.

*Hanusia Glubisz*



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## **HOLUBTSI**

### **(Cabbage Rolls)**

#### **Basic Recipe:**

**1 lg. head cabbage (or other vegetable leaves)**

**1½ c. tomato juice, or bouillon, or broth**

**½ c. sour cream, if desired**

**2 T. bacon fat, or butter, or shortening, or meat drippings**  
**Seasoning**

Remove core from cabbage with sharp knife. To soften cabbage leaves you may use one of two methods: Cover entire cabbage with boiling water in deep pot and cook (covered) for 2-3 minutes or simply pour boiling water into hollow of core and add water until entire cabbage is covered. Let it stand until leaves are soft and pliable. **Do not overcook** because leaves will then tear and fall apart when rolling. Drain softened cabbage and carefully remove outer leaves, one by one, until all leaves have been removed. Cut off hard center rib from each leaf. Fill and roll. Line bottom of pot, Dutch oven, or roasting pan with a few leaves and/or smallest discarded leaves. Arrange this in layers in the pot; sprinkle each layer lightly with salt, if desired. Combine liquid (juice, or bouillon, or broth) with sour cream (optional) and melted fat plus seasoning and pour over rolls. Cover top layer of rolls with a few large cabbage leaves to protect from scorching. Cover container tightly and bake in moderate oven (350°) for 1½ hours. Holubtsi are done when a fork can be easily inserted into the rolls. Serve hot with chopped crisp bacon bits, sour cream, or favorite sauce, such as tomato or mushroom. Holubtsi are very tasty reheated in a skillet on your stove top. They may be served as a main dish, side dish, or (when made from very small cabbage or grape leaves) as a party dish.

(continued)



### **Rice Filling:**

**2 c. rice**  
**2 c. or less boiling water**  
**2 tsp. salt**

**Salt & pepper**  
**4-5 T. butter or oil**  
**1 med. onion, chopped fine**

Wash the rice well in a sieve until the water comes off clear. Add to the boiling water; stir in the salt. Bring to a brisk boil and let it cook for 1 minute. Cover, turn off the heat and allow it to stand until the water is absorbed. The rice will be only partially cooked. Cook the onion in the oil until it is a light golden color. Mix the rice and season to taste with salt and pepper. The filling for Holubtsi should be well seasoned because some of the seasoning will be absorbed by the leaves giving a flat taste to the finished product. Cool the filling.

### **Rice & Meat Filling: (To basic rice filling you may add the following:)**

**1 lb. ground beef or pork**  
**½ c. or more chopped crisp bacon**

**½ lb. cooked ham, ground or finely chopped**

Use personal taste to determine proportions of meat to rice.

### **Rice & Mushroom:**

**2 c. rice**  
**2 c. or less boiling water**  
**2 tsp. salt**  
**1 med. onion, chopped fine**  
**4 T. cooking oil**  
**3 cans water**  
**1 c. chopped mushrooms**

**1 T. chopped parsley**  
**2 T. chopped celery**  
**Salt & pepper**  
**1 (10½-oz.) can condensed mushroom soup (be sure it does not contain milk)**

Follow above recipe for cooking the rice. Sauté onion until tender and add mushrooms. Cook for 10 minutes. Add to rice. Add parsley; add celery and mix well. Season to taste. Fill leaves and bake at 350° for 1½ hours or until cabbage is done.

*Sonia Hrynewycz*





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## **CABBAGE HOLUBTSI ROLLS**

**(UKRAINIAN STYLE)**

### **Meat & Rice Filling:**

<b>1 c. rice</b>	<b>1 egg</b>
<b>1 c. boiling water</b>	<b>Salt &amp; pepper</b>
<b>1 tsp. salt</b>	<b>3 tsp. vinegar</b>
<b>1 med. onion, chopped</b>	<b>Head of cabbage</b>
<b>4 T. fat</b>	
<b>4 pork steaks with some fat, chopped in pieces</b>	

Wash the rice (long cooking). Add to the boiling water; stir in salt. Bring to a brisk boil and let cook 1 minute. Cover, turn off heat and allow it to stand until the water is absorbed. Meanwhile, cook onion in the fat until tender. Add the pork, stir and cook until lightly browned. Combine with the rice and cool slightly. Mix in the egg; season mixture with salt and pepper. Remove the core from the cabbage by cutting around it with a sharp pointed knife. Place the whole head of cabbage in a deep utensil of boiling water to cover head. As each leaf becomes soft and pliable, remove it from the water with fork until all leaves are off the head. Cut the hard center rib from each leaf. Line the bottom of a pot with a few leaves. Place a generous spoonful of the filling on each leaf and fold lightly. Start with the leaf in palm of your hand. Put filling in middle and fold bottom over, then each side over and roll until forms a roll. Arrange the rolls in layers in the pot. When all rolls are in place, boil water with 3 teaspoons vinegar. Should be enough liquid to barely show between the rolls. Protect the top from scorching by covering with a few large leaves. Cover tightly and bake at 350° for 1½-2 hours. Serve rolls hot with chopped crisp bacon, mushroom gravy, sour cream, tomato sauce, or any favorite sauce. They are also tasty fried in bacon drippings. These rolls will keep refrigerated for days.

*Myron J. Kulas*



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## **CHILI AND MEATBALL CASSEROLE**

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### **Meatballs:**

- |                                  |                             |
|----------------------------------|-----------------------------|
| 1 lb. ground chuck               | 1 tsp. dried oregano leaves |
| 1 lb. ground pork                | 1/2 tsp. dried basil leaves |
| 1/4 c. packaged dry bread crumbs | 1/4 c. chopped parsley      |
| 3 cloves garlic, crushed         | 2 T. grated Parmesan cheese |
| 1/4 tsp. pepper                  | 2 tsp. salt                 |
| 2 eggs, slightly beaten          | 2 T. olive oil              |
| 1/2 c. milk                      |                             |

### **Chili:**

- |                                   |  |
|-----------------------------------|--|
| 1 c. finely-chopped onion         | 2 tsp. dried oregano leaves                  |
| 2 cloves garlic, crushed          | 1 tsp. dried basil leaves                    |
| 1 (1-lb.) can tomatoes, undrained | 1 1/2 T. flour                               |
| 1 (8-oz.) can tomato sauce        | 1 c. red wine                                |
| 2 T. chili powder                 | 3 (15 1/2-oz.) cans kidney beans,<br>drained |
| 2 tsp. salt                       |  |

**Meatballs:** In bowl combine meat, bread crumbs, 1 clove garlic, pepper, eggs, milk, 1 teaspoon oregano, 1/2 teaspoon basil, parsley, Parmesan and salt; mix well. With moistened hands, shape into 24 (1 1/2-inch) meatballs. Preheat oven to 350°. In hot oil in large skillet, brown meatballs well. Remove as browned to 3-quart casserole. **Chili:** In a little olive oil, sauté onions and garlic, about 5 minutes. Add tomatoes, tomato sauce, chili powder, salt, oregano, basil and 1/4 cup water. Bring to boiling. Pour over meatballs. Bake, covered, 1 hour. Combine flour with wine and stir into casserole along with beans. Bake, covered, 20 minutes longer. Serves 6-8.

*Hanusia Glubisz*



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## **GREEK-STYLE LAMB AND BEAN SKILLET** **DINNER**

<b>1 lb. ground lamb</b>	<b>2 tomatoes, chopped</b>
<b>1 tsp. garlic salt, divided</b>	<b>½ c. dry white wine</b>
<b>1 tsp. dried Italian seasoning</b>	<b>1 T. parsley, chopped</b>
<b>15 oz. canned Great Northern beans, drained</b>	<b>1 tsp. grated lemon zest</b>

**Microwave:** Combine ground lamb, ½ teaspoon garlic salt and Italian seasoning, mixing lightly but thoroughly. Pinch off 1½-inch pieces of lamb mixture to make approximately 16 free-form meatballs. Place meatballs around the sides of an 11¾ x 7½-inch microwave-safe baking dish. Cover with waxed paper and microwave on High for 3 minutes. Rotate dish ¼ turn and continue cooking on High for 1-2 minutes. Remove meatballs; keep warm. Pour off drippings. Place beans, tomatoes, wine and remaining garlic salt in dish and microwave, uncovered, on High for 5 minutes, stirring once. Return reserved meatballs to dish and continue cooking on Medium for 2 minutes. Garnish with parsley and lemon peel. **Conventional Directions:** Prepare meatballs as above. Brown meatballs in large nonstick frying pan over medium heat. Pour off drippings. Add beans, tomatoes, 1 cup wine and remaining garlic salt; continue cooking over medium heat for 15 minutes, stirring occasionally. Garnish. Serves 4.

*Julie Bajalcaliev*



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## **QUICK LAMB AND PASTA DINNER SKILLET**

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**1 lb. boneless American lamb  
shoulders**

**3 c. tomato juice**

**1 garlic clove, minced**

**¼ tsp. salt**

**¼ tsp. black pepper**

**½ c. finely-chopped onion**

**½ tsp. dried basil**

**½ tsp. oregano**

**2 c. mostaccioli, uncooked**

**1 (10-oz.) pkg. Italian-style frozen  
vegetables**

Slice lamb into strips ¼ inch thick. Cook lamb strips in 1 tablespoon oil over medium heat until no longer pink. Add onion and garlic; sauté for 5 minutes. Do not brown. Add juice and seasonings; simmer, covered, for 10 minutes. Add mostaccioli and continue to cook approximately 10 minutes or until almost cooked. Stir in Italian vegetables and simmer 15 minutes more or until vegetables are crisp-tender.

**Notes:** 1 pound lean ground American lamb may be substituted for the boneless lamb shoulder. If using ground lamb, cook over medium heat in skillet sprayed with no-stick coating, adding no oil until no longer pink. Do not brown and drain well. Continue as above.

**Note:** ¼ teaspoon garlic powder may be substituted for the minced garlic. Serves 6.

*Julie Bajalcaliev*

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## **LAMB SHISH KABOB**

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**¼ c. high polyunsaturated oil**

**2 T. lemon juice**

**¼ tsp. dried basil**

**¼ tsp. marjoram**

**¼ tsp. rosemary**

**¼ tsp. dried mint**

**¼ tsp. pepper**

**1 garlic clove, minced**

**1 lb. lamb, cut into chunks & trim  
visible fat**

Prepare marinade by mixing the first 8 ingredients. Marinate lamb chunks for 3-4 hours. Skewer meat separately, or with green pepper, onions, potatoes, pineapple, mushrooms, tomatoes (vegetables, fruit and meat chunks should be about the same size; precook onions and potatoes). Cook about 4 inches from coals 15-20 minutes, turning occasionally or until meat is barely pink on the inside. Serves 4.

*Julie Bajalcaliev*



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## **ROAST LEG OF LAMB**

<b>Leg of lamb (8-10 lbs.)</b>	<b>1 tsp. dried coriander</b>
<b>2 cloves garlic, cut into slivers</b>	<b>1 bay leaf, crushed</b>
<b>¾ c. finely-chopped fresh parsley</b>	<b>½ tsp. coarsely ground pepper</b>
<b>or 2 T. dried parsley</b>	<b>¼ tsp. allspice</b>
<b>2-3 cloves garlic, minced</b>	<b>Olive oil</b>
<b>2 tsp. salt</b>	<b>Lemon juice</b>

Take lamb with fat side up and rub olive oil all over. Make 1-inch deep cuts in meat moving knife from side to side to enlarge pockets at 2-inch intervals and insert garlic cut into slivers into pockets. Combine remaining ingredients and put ½ teaspoon of ingredients into each pocket. Rub the rest over roast. Let stand for at least 8 hours or longer in refrigerator. Take lamb and put fat side up on rack in open roasting pan. Squeeze 1 lemon lightly over lamb. Rub additional salt and pepper, if desired. Roast at 325° (about 30 minutes per pound or until meat thermometer registers 140° for medium-rare). Let sit for 10 minutes before carving. Makes 8-12 servings.

*Sophie Moshos*

## **ROAST DUCK WITH WINE AND COGNAC**

<b>1 duckling (4-5 lbs.)</b>	<b>1 bunch green onions, chopped</b>
<b>2 c. burgundy wine</b>	<b>6 cloves garlic, chopped</b>
<b>2 shot glasses cognac</b>	<b>Salt &amp; pepper to taste</b>
<b>½ bunch parsley, finely chopped</b>	

Heat oven to 425°. Mix wine, cognac, parsley, green onions, garlic, salt and pepper. Wash duck and trim excess fat off duck. Discard giblets or roast along side of duck, if desired. Stuff duck with above mixture using any leftovers to pour over duck. Cover duck and roast approximately 15 minutes per pound. Uncover last 15 minutes to allow for browning. Serve with wild rice.

*Olga Kulinczenko*



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## **DUCK IN ORANGE SAUCE**

**4 ducks**  
**1 can chicken broth**  
**1 ½ glasses red wine**  
**6 oranges, extract juice**

**2 tsp. cornstarch**  
**⅓ c. sugar**  
**¼ c. cognac**

Cut duck into 4 pieces each and wash well. Lightly salt. Pierce with fork in several places to allow fat to flow out. Bake skin side up for 1½ hours at 350°. Add some water to the sugar and boil until it turns brown and caramelizes. Remove duck and pour over it the chicken broth, orange juice, diluted cornstarch (add a little water), wine, caramelized sugar, cognac, salt and pepper to taste. Bake, covered, for 1½ hours, basting often. Uncover and bake for an additional ½ hour.

*Raisa Bereza*

## **SKILLET LEMON CHICKEN**

**1 lb. boneless, skinless chicken**  
**breasts, cut into strips**  
**All Natural Pam lemon flavor**  
**seasoning spray**  
**4 c. broccoli florets, stems**  
**removed**

**1 T. cornstarch**  
**¾ c. chicken broth or water**  
**½ tsp. garlic powder**  
**2 c. cooked rice**

Coat both sides of chicken strips with Pam seasoning spray for about 10 seconds. Spray large skillet with Pam. Sauté chicken strips over medium heat for 8 minutes or until white. Meanwhile, spray broccoli with Pam for 5 seconds; steam in microwave 5-6 minutes or until soft. Stir broccoli into chicken. Dissolve cornstarch and garlic powder in broth. Pour liquid into skillet. Stirring frequently, cook until liquid thickens and chicken is cooked through, about 4 minutes. Serve over rice. Makes 4 servings.

*Maria Kulas*



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## **CHICKEN WITH WINE**

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- |                                     |                                 |
|-------------------------------------|---------------------------------|
| <b>1 lg. chicken (or turkey)</b>    | <b>1 pkg. onion soup mix</b>    |
| <b>½ c. flour</b>                   | <b>1 pkg. mushroom soup mix</b> |
| <b>½ tsp. poultry seasoning</b>     | <b>½ c. sweet wine</b>          |
| <b>½ tsp. salt</b>                  | <b>1 c. sour cream</b>          |
| <b>¼ tsp. pepper</b>                | <b>¼ c. tomato catsup</b>       |
| <b>1 c. sliced mushrooms (opt.)</b> |                                 |

Cut up chicken or turkey into serving pieces. Dredge in flour, poultry seasoning, salt and pepper combination. Lay in bottom of roaster. Top meat with mushrooms, if desired. Combine next 6 ingredients. Pour sauce over chicken pieces. Bake at 325° for about 1½ hours. Turn heat off and let stand covered for about 15 minutes. Use sauce for gravy (add water if sauce is too thick). To use with a turkey, this recipe can be doubled. Marvelous for Christmas. Serves 4-6.

*Raisa Bratkiv*

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## **TARRAGON CHICKEN WITH MUSHROOMS**

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|-------------------------------------|---|
| <b>2 T. butter or margarine</b>     | <b>2 T. olive oil</b>                   |
| <b>½ lb. mushrooms, sliced</b>      | <b>½ c. dry white wine</b>              |
| <b>1 chicken (3 lbs.), cut up</b>   | <b>1 T. chopped fresh tarragon or 1</b> |
| <b>½ tsp. salt</b>                  | <b>tsp. dried</b>                       |
| <b>¼ tsp. freshly ground pepper</b> |   |

In a large frying pan melt butter over medium heat. Add mushrooms and cook about 5 minutes until lightly brown. Remove from pan and set aside. Season chicken with salt and pepper. In same pan heat olive oil. Add chicken and cook over medium heat until brown, about 5 minutes a side. Drain off excess fat. Add wine and tarragon. Cover, reduce heat and simmer 25 minutes. Add reserved mushrooms and cook 5 minutes more.

*Elizabeth Roslewski*



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## **SAUCY CHICKEN**

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**2½ lbs. chicken pieces**  
**1 sm. yellow onion**  
**1 garlic clove**  
**1 T. butter**  
**¼ c. ketchup**

**¼ c. white vinegar**  
**2 T. lemon juice**  
**1 T. Worcestershire sauce**  
**2 T. brown sugar**  
**1 tsp. salt**

Preheat the oven to 375° (190°C). Wash the chicken pieces under cold running water and pat them dry with paper towel. Pull off any large lumps of fat. Arrange the chicken pieces in the baking dish and bake them for 40 minutes. Meanwhile, peel the onion and the garlic clove and chop them very finely on the cutting board. Melt the butter in the small saucepan. Add the onion and garlic and cook over low heat until the onion is transparent, about 5 minutes. Stir in all the remaining ingredients. Mix with the wooden spoon. Bring the sauce to a boil, then turn down the heat to low and simmer for 10 minutes. When the chicken has baked for 40 minutes, use the oven mitts to take the baking dish from the oven. Drain off any juice. Spoon ½ the sauce over the chicken and put it back in the oven for 10 minutes. Remove the chicken from the oven again. With the tongs turn the chicken pieces over. Spoon the rest of the sauce on top and bake for another 10 minutes. (It's great done on the barbecue, too!)

*Darka Raczkiewicz*

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## **FARMHOUSE GARLIC CHICKEN**

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**4 chicken breasts, boneless**  
**¼ tsp. salt**  
**¼ tsp. pepper**  
**1 T. oil**  
**40 cloves garlic, peeled**  
**½ c. dry white wine**  
**½ c. chicken broth**

**1 T. lemon juice**  
**1 tsp. dried basil**  
**½ tsp. dried oregano**  
**4 T. flour**  
**2 T. dry white wine or chicken  
broth**

Rinse chicken and pat dry. Season with salt and pepper. In a 10-inch skillet heat oil and add chicken and garlic. Cook 2-3 minutes on each side till brown, turning once. Slowly add ½ cup wine, broth, lemon juice, basil and oregano. Cover and simmer 6-8 minutes or until tender. Using a slotted spoon transfer chicken and garlic to a platter and keep warm. In a bowl stir together flour and the 2 tablespoons wine or broth. Stir into pan juices. Bring to a boil. If needed, add a little more water and oil. Cook and stir 1-2 minutes. Spoon over chicken. Serve with rice or mashed potatoes.

*Odarka Czerniak*





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## **CHICKEN KIEV**

- |  |  |
|--|--|
| <b>4 med. chicken breasts, split lengthwise, boned</b> | <b>1/8 of 1/4-lb. stick chilled butter</b> |
| <b>1 T. chopped green onions</b>                       | <b>Flour</b>                               |
| <b>1 T. chopped parsley</b>                            | <b>2 eggs, beaten</b>                      |
|  | <b>1 c. fine bread crumbs</b>              |

Take boned and skinned chicken breasts and place between Saran Wrap. Pound flat with wooden mallet about 1/4 inch thick. Sprinkle each chicken breast with salt, green onion and parsley. Place a stick (1/8 of 1/4-pound stick) of chilled butter on cutlet. Roll chicken breast up like jellyroll. Press ends to seal, dust each cutlet with flour, dip into beaten egg and roll in bread crumbs. Chill for 1-2 hours. Fry in deep, hot fat at 340° about 5 minutes or until golden brown. Serve with mushroom sauce. This recipe may be made for 2 or 20; adjust quantities accordingly.

*Raisa Bratkiv*

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## **CHICKEN ALA GREEK**

- |   |                                       |
|---|---------------------------------------|
| <b>4 pieces boneless, skinless chicken breast</b> | <b>2 pkgs. frozen chopped spinach</b> |
| <b>2 c. fat-free Italian dressing</b>             | <b>1 c. crumbled feta cheese</b>      |
|   | <b>Spices</b>                         |

Marinate chicken in Italian dressing for at least 1/2 hour (making sure each piece is covered with the dressing). Unthaw spinach and drain excess water. Pound chicken breast with kitchen mallet but not too thin. Divide spinach and feta cheese equally on each chicken breast and top with desired spices (be careful with salt because feta cheese is already naturally salty). Roll each breast tightly and place seam face down on a casserole dish greased with nonstick cooking spray. Preheat oven to 350° and bake, uncovered, for approximately 35 minutes or until chicken is no longer pink. Serve with steamed rice. You might also try topping the chicken with a lemon-dill sauce just before serving, or sauce of your choice.

*Natalia Chimiak-Kulas*



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## **CHICKEN TERIYAKI**

- |   |                                |
|---|--------------------------------|
| <b>2 whole chicken breasts, split in half</b> | <b>1 T. sugar</b>              |
| <b>½ c. soy sauce</b>                         | <b>1 garlic clove, chopped</b> |
| <b>¼ c. dry sherry</b>                        | <b>½ tsp. ground ginger</b>    |

Arrange chicken, skin side up, in a single layer in a shallow dish. Combine soy sauce, sherry, sugar, garlic and ginger; pour over chicken. Marinate in refrigerator, turning over once or twice for 2 hours. Preheat broiler or grill. Remove chicken from marinade. Spray rack in broiler pan with vegetable spray; place chicken on rack. Broil 5-6 inches from heat, turning over once and basting with marinade about 10 minutes.

*Elizabeth Roslewski*

## **SLAVA'S POULET AU MUSCADET**

- |   |   |
|---|---|
| <b>½ c. chopped onions</b>                          | <b>1 T. peanut oil</b>  |
| <b>2 cloves garlic, minced</b>                      | <b>¼ c. flour</b>   |
| <b>1 c. fresh tomatoes, seeded, peeled, chopped</b> | <b>Salt, pepper to taste</b>                                      |
| <b>1 c. fresh mushrooms, sliced</b>                 | <b>¼ tsp. thyme</b>   |
| <b>½ c. Muscadet wine</b>                           | <b>¼ tsp. rosemary</b>  |
| <b>2 T. butter</b>                                  | <b>3 whole chicken breasts, boneless, skinless, split in half</b> |

Heat the butter and oil together in a large skillet. Dip each chicken breast on both sides in flour. Brown lightly on both sides; this will take about 15 minutes. Remove breasts to a platter and keep warm. Add onion and garlic to the skillet, cook for 5 minutes at low heat, stirring occasionally. Add tomatoes, raise heat to medium and cook another 5 minutes. Add mushrooms and chicken then pour the wine over everything. Sprinkle with salt and pepper to taste plus rosemary and thyme. Cover and simmer on low heat for about 15 minutes. Serve with parsleyed rice, nice crisp salad (Bibb and Boston with vinaigrette, but use lemon juice instead of vinegar), with that, chilled Muscadet, French bread, some Brie and fresh fruit.

*Slava Miskewitch*



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## **TUSCAN STUFFED CHICKEN BREASTS**

**4 skinless, boneless chicken  
breasts (about 4 oz. ea.)**

**Pepper**

**4 oz. fontina cheese, crumbled or  
sliced**

**4 roasted red sweet pepper  
halves, or 1/2 c. canned roasted  
red sweet pepper halves,  
drained**

**12 fresh sage leaves or 1 tsp.  
dried sage, crushed**

**1/4 c. all-purpose flour**

**2 T. olive oil**

**1 c. dry white wine or chicken  
broth**

Rinse chicken and pat dry. Place each breast half, boned side up, between 2 pieces of clear plastic wrap. Working from the center to the edges, pound lightly with the flat side of a meat mallet to 1/4-inch thickness. Remove plastic wrap. Sprinkle chicken with pepper. Layer cheese, sweet pepper halves and sage in each center of each breast. Fold in sides, roll up jellyroll-style, pressing the edges to seal. Roll in flour. Heat oil. Cook chicken about 5 minutes, turning to brown all sides. Remove from skillet. Bring wine or broth to boiling in same skillet. Reduce heat and simmer, uncovered, about 2 minutes or till about 1/2 cup of liquid remains. Return chicken to skillet. Cover and simmer for 7-8 minutes or till chicken is no longer pink in the center. To serve, spoon juices over chicken. Makes 4 servings.

*Maria Korkatsch-Groszko*



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## **STUFFED CHICKEN BREASTS**

**6 boneless chicken breasts, with  
skins on**

**Stuffing:**

**1 med. onion, chopped (1/2 c.)  
4 T. butter  
1/2 c. chopped dried apricots  
1 chicken bouillon cube**

**1/2 c. water  
6 slices cubed white bread  
1/2 c. chopped walnuts**

**Glaze:**

**1/2 c. thawed concentrated frozen  
orange juice (6-oz. can)**

**1/4 c. orange marmalade  
2 T. meat sauce (bottled)**

Preheat oven to 350°. **Stuffing:** Sauté onion in butter until soft; stir in apricots, bouillon cube and water. Heat to boiling; remove from heat. Toss onion and apricot mixture with bread and walnuts until evenly moist. Rinse chicken breasts. Take a handful of stuffing and place it in the middle of the chicken breast (not on the side with the skin). Close up the chicken over the stuffing. Then place the stuffed chicken breast on a lightly-greased pan (skin side up). **Glaze:** Mix all ingredients in saucepan and heat slowly until marmalade is melted. Remove from heat. Place chicken breasts in oven and occasionally baste with orange glaze approximately 30 minutes or until chicken is done.

*Marijka Drozd*



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## **CHICKEN PAPRIKASH**

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**7 skinless, boneless chicken  
breasts**

**3 T. flour**

**¼ tsp. seasoned salt**

**½ lb. fresh mushrooms, washed**

**1 med. yellow onion**

**1 T. oil**

**2 T. butter**

**1¼ c. milk**

**1¼ c. chicken broth**

**Juice of ½ sm. lemon**

**3 T. ketchup**

**1 T. sweet paprika**

Dredge meat in flour and seasoned salt. Sauté in butter and oil in a nonstick frying pan until golden. Slice onion into thin rings. Slice mushrooms. Sauté in a little oil until soft. Pour milk, broth and remaining seasoned flour into a medium saucepan. Heat on medium and whisk until smooth and thick. Take off burners. Wait 10 minutes. Add lemon juice and ¼ teaspoon salt. Stir, then add ketchup and paprika. Place everything in large pot. Cover and simmer for 40 minutes. Do not boil. Serve on platter. Sprinkle with fresh chopped parsley. Serve with dumplings or spaetzle.

*Diane Derkach*



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## **CHICKEN VESUVIO**

- |  |                                      |
|--|--------------------------------------|
| <b>2 lg. potatoes</b>                          | <b>1 tsp. dried oregano, crushed</b> |
| <b>2 T. olive oil</b>                          | <b>½ tsp. garlic powder</b>          |
| <b>5 cloves garlic (whole cloves)</b>          | <b>1 c. dry white wine</b>           |
| <b>1 (3-lb.) broiler-fryer chicken, cut up</b> |                                      |

Peel and quarter the large potatoes. Cut the quarters lengthwise into wide strips. In a 12-inch ovenproof skillet, heat oil and whole garlic over medium-high heat for 4-5 minutes or till garlic turns golden. Remove garlic from skillet. Add the potato strips and cook for 15 minutes or till potatoes are golden, turning often. Remove and pat dry. Add chicken, skin side down, to hot oil. Brown slowly over medium heat for about 10 minutes. Turn chicken, skin side up, and season with oregano, garlic powder, ½ teaspoon salt and ¼ teaspoon pepper. Carefully add wine to skillet. Return potatoes and garlic to the skillet. Place the skillet in a 400° oven and bake, uncovered, for 25 minutes (or 350° for 1 hour) or until chicken is done, basting the last 10 minutes with pan juices. Serve the baked chicken with juices and potatoes. Makes 4 servings.

**Note:** If you don't have an ovenproof skillet, prepare the recipe on the rangetop in a regular skillet, then transfer to a 13 x 9 x 2-inch baking dish.

*Marijka Krutiak*

## **CHICKEN BREASTS WITH POTATOES**

- |                                     |  |
|-------------------------------------|--|
| <b>½ c. margarine or butter</b>     | <b>½ tsp. salt</b>                       |
| <b>1 tsp. dried basil</b>           | <b>½ tsp. pepper</b>                     |
| <b>½ tsp. paprika</b>               | <b>6 chicken breasts, with skin</b>      |
| <b>½ tsp. garlic powder</b>         | <b>4 med. russet potatoes, quartered</b> |
| <b>½ tsp. dried thyme, crumbled</b> |  |

Heat oven to 425°. In a pan melt margarine; stir in basil, paprika, garlic, thyme, salt and pepper. Place chicken breasts in a roasting pan with potatoes arranged around them. Brush chicken and potatoes with the margarine mixture. Pour the rest onto the pan. Bake approximately 35 minutes or until potatoes are tender.

*Olga Kulinczenko*



## **CHICKEN WELLINGTON**

- |  |  |
|--|--|
| <b>1 (17¼-oz.) pkg. frozen puff pastry</b>                       | <b>1 T. butter</b>                                   |
| <b>¾ c. dry white wine</b>                                       | <b>¼ c. puréed mushrooms</b>                         |
| <b>½ tsp. basil</b>  | <b>¼ c. celery</b>                                   |
| <b>½ tsp. rosemary</b>   | <b>¼ c. onion</b>                                    |
| <b>1 whole chicken breast, skinned, halved lengthwise, boned</b> | <b>1 egg white, lightly beaten with ¼ tsp. water</b> |

Follow directions for handling and thawing puff pastry (recipe requires just 1 sheet of puff pastry). Combine ½ cup wine with basil and rosemary. Marinate chicken breast halves for 1 hour. Sauté chicken breast halves in 1 tablespoon butter and the remaining ¼ cup wine until they turn white in color. Remove from pan and cool. Thoroughly combine the puréed mushrooms, celery and onions. Roll out 1 puff pastry sheet into 12 x 12-inch square. Trim uneven edges to make 11 x 11-inch square. Cut 11-inch pastry square in half to make 2 rectangles. Spread ½ the puréed mushroom mixture over each breast half and fold pastry over, forming a square. Moisten inside edges of pastry with water and pinch to seal securely. Place puff pastry squares on a cookie sheet and brush with egg white. Bake for 30 minutes at 375° or until golden brown. If chicken browns too fast, tent with aluminum foil. Serves 2.

*Maria Kulas*

## **CHICKEN IN PHYLLO LEAVES**

- |   |  |
|---|--|
| <b>12 phyllo leaves</b>                       | <b>¾ tsp. tarragon</b>                           |
| <b>¾ c. onion, chopped fine</b>               | <b>¾ c. butter, melted</b>                       |
| <b>¾ c. mayonnaise</b>                        | <b>6 chicken breasts, boned, lightly browned</b> |
| <b>3 T. lemon juice</b>                       | <b>Salt &amp; pepper to taste</b>                |
| <b>3 cloves garlic, chopped fine, divided</b> | <b>Parmesan cheese</b>                           |

Mix mayonnaise, onion, lemon juice, tarragon and ½ of the butter with 2 cloves of garlic. Spread on 2 phyllo leaves. Place chicken on top of spread (season with salt and pepper, if desired) and roll. Place in buttered pan; top with remaining butter that has been mixed with 1 chopped garlic clove and Parmesan cheese. Bake at 375° for 20 minutes.

*Slava Miskewitch*



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## **CHEESY CHICKEN BROCCOLI & RICE**

- |   |   |
|---|---|
| <b>1½ lbs. chicken strips</b>                           | <b>1 c. EA. chopped broccoli &amp; red pepper</b> |
| <b>4.4-oz. pkg. chicken flavor rice &amp; sauce mix</b> | <b>1 c. cubed process cheese</b>                  |
| <b>1⅓ c. French's French-fried onions</b>               |   |

In skillet stir-fry chicken 5 minutes in 1 tablespoon hot oil until browned. Add rice mix and 2 cups water; heat to boiling. Stir in ⅔ cup French's French-fried onions, vegetables and cheese. Simmer 10 minutes until rice is tender, stirring. Top with remaining onions just before serving. Makes 6 servings.

*Melissa Kulas*

## **ONE-DISH CHICKEN AND RICE BAKE**

- |   |   |
|---|---|
| <b>1 (10¾-oz.) can cream of mushroom soup</b> | <b>¼ tsp. paprika</b>                             |
| <b>1 c. water</b>                             | <b>¼ tsp. pepper</b>                              |
| <b>¾ c. uncooked white rice</b>               | <b>4 skinless, boneless chicken breast halves</b> |

In 2-quart shallow baking dish mix soup, water, rice, paprika and pepper. Place chicken on rice mixture. Sprinkle with additional paprika and pepper. Cover. Bake at 375° for 45 minutes or until chicken and rice are fully cooked.

*Elizabeth Roslewski*

## **CHICKEN AND BROCCOLI ALFREDO**

- |  |   |
|--|---|
| <b>6 oz. uncooked fettuccine noodles</b>               | <b>1 can condensed cream of mushroom soup</b> |
| <b>1 c. fresh or frozen broccoli florets</b>           | <b>½ c. milk</b>                              |
| <b>2 T. butter or margarine</b>                        | <b>½ c. grated Parmesan cheese</b>            |
| <b>1 lb. boneless, skinless chicken breasts, cubed</b> | <b>¼ tsp. freshly ground pepper</b>           |

Prepare fettuccine according to package directions. Add broccoli florets for last 4 minutes of cooking time; drain. In skillet over medium-high heat, heat butter. Add chicken and cook until browned, stirring often. Add soup, milk, cheese, pepper and fettuccine mixture; cook through, stirring often. Serves 4.

*Melissa Kulas*





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## **CHICKEN SUPREME CASSEROLE**

**1 1/3 c. uncooked rice**                      **4 whole chicken breasts**  
**1 pkg. Lipton onion soup mix**           **1 stick butter/margarine, melted**  
**1 can cream of chicken soup**           **Paprika**  
**2-2 1/4 cans water**

Grease a 13 x 9 x 2-inch pan. Sprinkle rice; spread onion soup mix in pan. Mix cream of chicken soup with the water; pour over rice. Place chicken breasts over rice. Sprinkle with paprika. Drizzle with melted butter. Bake 1 hour 15 minutes at 350°.

*Daria Kusznir-Harrison*

## **CHEESY CHICKEN TORTELLINI**

**1/4 lb. mushrooms, sliced**                      **1 1/2 c. shredded mozzarella**  
**1/2 c. chopped onion**                              **cheese**  
**1 garlic clove, minced**                         **1/4 c. Parmesan cheese**  
**1/4 c. flour**    **1-lb. bag cooked chicken meat**  
**1/4 tsp. pepper**                                       **1 lb. cheese tortellini**  
**1/4 tsp. nutmeg**                                      **1 c. green peas, cooked**  
**2 1/4 c. milk**     **1/2 c. slivered almonds**

Preheat oven to 350°. Melt margarine in a large skillet. Add onion and garlic; cook 2 minutes. Add mushrooms; cook until tender. Stir in flour and seasonings. Gradually add milk; cook, stirring constantly until mixture boils and thickens. Add cheeses; continue cooking until cheese is melted. Stir in chicken, tortellini and peas. Spoon mixture into a 12 x 8-inch baking dish. Top with almonds. Bake for 30 minutes or until thoroughly heated. Makes 8 servings.

*Olga Derkach*



## **CHICKEN ROLL-UPS**

<b>Nonstick coating spray</b>	<b>1 tsp. Italian seasoning, crushed</b>
<b>3/4 c. thinly-sliced celery</b>	<b>3/4 tsp. sugar</b>
<b>1/2 c. sliced fresh mushrooms</b>	<b>3 med. chicken breasts</b>
<b>1/2 c. thinly-sliced carrot</b>	<b>1/2 c. lowfat ricotta cheese</b>
<b>1 sm. onion, sliced</b>	<b>3 T. grated Parmesan cheese</b>
<b>1 clove garlic, minced</b>	<b>1 T. snipped fresh parsley</b>
<b>1 (7 1/2-oz.) can tomatoes</b>	<b>1/2 c. shredded mozzarella cheese</b>
<b>1 (8-oz.) can tomato sauce</b>	<b>(opt.)</b>

**Sauce:** Spray a cold large saucepan with nonstick coating spray. Add celery, mushrooms, carrot, onion and garlic. Cook till onion is tender. Cut up tomatoes. Stir undrained tomatoes, tomato sauce, Italian seasoning and sugar into vegetables. Bring to boiling; reduce heat. Simmer, uncovered, 20 minutes or till mixture is reduced to 2 cups. Meanwhile, skin, bone and cut chicken breasts lengthwise in half. Place each chicken piece between 2 pieces of plastic wrap. Pound with a meat mallet to about 1/4-inch thickness. In a bowl stir together ricotta cheese, Parmesan cheese and parsley. Spoon about 1 1/2 tablespoons of the cheese mixture on each chicken piece. Fold in long sides of chicken piece, then roll up from short end. Place chicken rolls, seam side down, in an 8 x 8 x 2-inch baking dish. Pour sauce over chicken. Cover with foil and refrigerate for 2-24 hours. Before serving, bake, covered, in a 375° oven for 35-40 minutes or till chicken is no longer pink. If desired, sprinkle with cheese. Bake 4 minutes. Transfer to a platter. Serves 6.

*Marijka Krutiak*



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## **STIR-FRY CHICKEN PITA**

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|---|---|
| <b>3 skinless chicken breasts</b>                     | <b>1 T. oil</b>                               |
| <b>4 T. soy sauce</b>                                 | <b>¾ lb. fresh mushrooms, sliced</b>          |
| <b>1 tsp. sugar</b>                                   | <b>2 med. green peppers, cut into strips*</b> |
| <b>1 tsp. garlic powder or 1 clove crushed garlic</b> | <b>Pita bread with pockets</b>                |

Cut chicken breasts in half lengthwise, then into thin strips widthwise. Mix with soy sauce, sugar and garlic. Marinate in refrigerator for at least 1 hour. Heat oil in skillet or wok until drop of water skids around; add chicken and fry until chicken meat is white. Add mushrooms and green peppers; continue frying until green peppers are crispy cooked. Warm pita bread in microwave for 15 seconds apiece, then cut in half and fill with chicken mixture. \*You may add (substitute) any other vegetables such as broccoli, sugar snap peas, etc.

*Marijka Drozd*

## **CHICKEN RISOTTO**

- |  |  |
|--|--|
| <b>6 T. butter or margarine</b>                                | <b>3 green onions, chopped</b>                             |
| <b>1 lb. boneless chicken breast, skinned, cut into pieces</b> | <b>3 c. chicken broth</b>                                  |
| <b>1 clove garlic, minced</b>                                  | <b>1 tsp. basil</b>  |
| <b>1½ c. uncooked rice</b>                                     | <b>1 c. (4 oz.) Sargento fancy shredded cheddar cheese</b> |
| <b>¼ lb. mushrooms, sliced</b>                                 |  |

In large skillet melt 2 tablespoons butter. Add chicken and cook over medium heat, stirring constantly until pieces are browned, about 10 minutes. Add remaining butter, rice and garlic to skillet, stirring constantly until rice is lightly browned, about 5 minutes. Add mushrooms and green onions until mushrooms are tender. Stir in chicken broth and basil. Bring to a boil, cover and simmer 15 minutes. Gently stir in chicken until heated through. Top with cheese and serve. Makes about 6 servings.

*Olga Doolin*



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## **CHEESY CHICKEN ENCHILADAS**

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|---|-----------------------------------|
| <b>1 (8-oz.) softened cream cheese</b>                            | <b>2 c. cooked chicken strips</b> |
| <b>1½ c. (6 oz.) shredded Monterey Jack/Colby cheese, divided</b> | <b>1 pkg. flour tortillas</b>     |
| <b>½ c. lite sour cream</b>                                       | <b>2 c. lettuce</b>               |
| <b>1⅓ c. salsa, divided</b>                                       | <b>1 c. tomatoes</b>              |

Preheat oven to 350°. Lightly grease a 13 x 9-inch oven dish. Combine cream cheese, 1 cup shredded cheese, sour cream, ½ cup salsa and chicken; mix. Place approximately ¼ cup chicken mixture down center of tortilla; roll up. Place seam down in dish. Top with remaining salsa and cheese. Cover; bake 25 minutes. Remove cover and continue baking 5-10 minutes until bubbly. Top with lettuce and tomatoes. Serve with sour cream and salsa.

*Daria Kuznir-Harrison*

## **RABBIT I (OR HARE)**

**(FRENCH-STYLE)**

- |                                       |                              |
|---------------------------------------|------------------------------|
| <b>3 rabbits, about 1½-2 lbs. ea.</b> | <b>½ lb. mushrooms</b>       |
| <b>1 onion</b>                        | <b>Salt, pepper to taste</b> |
| <b>2 cloves garlic</b>                | <b>Gravy*</b>                |

Cut rabbit into pieces; wash well and drain. Pat with lightweight cotton cloth to remove excess moisture. Prepare skillet with pat of margarine. When hot, add rabbit pieces and cook all sides until ruddy. In another skillet, sauté onion, then garlic cloves; add mushrooms that have been washed and sliced thickly. When tender, place the mixture together with rabbit pieces into large pot or casserole. Pour gravy into casserole over rabbit until completely covered. Mix well and cook 1½-2 hours until tender. Add salt and pepper to taste. Mix often so as not to burn. Serve with pasta or potatoes. \* **Gravy:** To skillet used for rabbit, add some margarine, 4 tablespoons flour until flour is browned. To this add a combination of water and white chardonnay wine (1 part water to 1 part wine).

*Raisa Bereza*



## RABBIT II

- |                                  |                    |
|----------------------------------|--------------------|
| 1 rabbit, up to 2 lbs. (or hare) | 2 T. mustard (any) |
| 1 lg. onion, sautéed             | 1 T. sour cream    |
| 2 cloves garlic, sautéed         | Salt, pepper       |

Cut rabbit into pieces; wash well and drain. Pat with cotton towel to remove excess moisture. Brown on all sides in butter or margarine. Place rabbit pieces into pot together with sautéed onion and garlic, mustard, sour cream, salt and pepper to taste and some water. Cook under low heat until tender. **Optional:** Add bay leaf while cooking.

## HOMEMADE SAUSAGE

- |                             |  |
|-----------------------------|--|
| 13 lbs. pork butt           | 3 scant T. pepper                                    |
| 1½ boxes mustard seed       | 1½ tsp. mixed pickling spices<br>(mashed in a cloth) |
| ½ box caraway seed          | 1 onion, minced                                      |
| 1 whole head garlic, minced | 2 glasses water                                      |
| ½ c. salt                   |  |

Mix all ingredients together well. Put mixture through meat grinder, then stuff into casings. Bake fresh sausage for 1 hour in oven or smoke, if desired.

*Apolina Wereszczak*

## BIGUS

### (HUNTER'S STEW)

- |   |                                   |
|---|-----------------------------------|
| 2 long Polish sausage, sliced               | 4-5 lg. mushrooms, sliced         |
| 1 round sausage (krayana<br>kobasa), sliced | 1 lg. carrot, sliced              |
| 4 lg. cans Big Frank sauerkraut             | 1 vegetable or beef bouillon cube |
| 3-4 onions, diced                           | 4 T. Maggi seasoning              |

Place the sauerkraut into a pot and bring to a boil; let simmer for 20 minutes and drain. Meanwhile, sauté the onions. Add mushrooms, carrot and sliced sausage. Boil 1½ cups of water and add the bouillon cube and Maggi seasoning. Mix all ingredients together and bake for 1½ hours at 325°, mixing every ½ hour. **Optional:** 1 small can tomato paste or sauce. You can also add beef, pork and veal chunks.

*Mike Kuczer*



## **STUDENETZ**

**(MEAT IN ASPIC)**

**2 pig knees**

**2 lbs. veal, pork, chicken**

**3 T. salt**

**6 cloves garlic**

**2 gal. water**

**2 pig's feet**

**3 onions**

**7 black peppercorns**

**3-4 bay leaves**

**6 cloves garlic, pressed with salt**

Bring all meat to boil in water and skim. Add the rest of ingredients (except pressed garlic). Bring to a boil for 10 minutes. Reduce heat and let simmer for 4 hours until meat is totally overcooked. Remove all meat and strain through cheesecloth. Add pressed garlic. Cut all meat into small pieces and place into 4-5 pie pans. Cover with broth and refrigerate until broth gels. Serve with vinegar or lemon quarters and rye bread.

*Mike Kuczer*



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## **LAYERED PORK AND CABBAGE CASSEROLE**

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- |   |   |
|---|---|
| <b>1½ lbs. sauerkraut, squeezed of most but not all its juice</b> | <b>4 garlic cloves, peeled, crushed</b>                                 |
| <b>1 c. beef broth</b>  | <b>4 slices smoked bacon, cut into fine dice</b>                        |
| <b>1½ c. long-grain rice</b>                                      | <b>1 lb. Ukrainian smoked sausage, cut crosswise into ½-in. slices*</b> |
| <b>2 T. vegetable oil</b>   | <b>¼ c. milk</b>  |
| <b>1 lg. onion, chopped fine</b>                                  | <b>1 c. sour cream</b>  |
| <b>1 lb. lean ground pork</b>                                     |   |
| <b>1 T. paprika, Hungarian preferred</b>                          |   |

\*If unavailable, substitute smoked kielbasa. Heat oven to 375°. Wash squeezed sauerkraut in at least 2 changes of cold water; drain and place in a saucepan with 1 cup water. Bring water to a boil and simmer sauerkraut, covered, 15 minutes, stirring occasionally. In a separate pan bring broth to a boil; add rice. Stir and simmer for 10 minutes. In a frying pan heat oil with onion and cook until soft and golden, about 5 minutes. Add pork; stir well and cook for 15 minutes. Remove pan from heat; add paprika and garlic. Stir to mix well. In another frying pan cook bacon until crisp. Add sausage slices and cook briefly until lightly brown. Remove bacon and sausage with a slotted spoon. Into a casserole suitable for serving, pour bacon and sausage drippings. Spread to coat the bottom. Line the bottom with ⅓ of the sauerkraut, top with ½ the pork mixture, ½ the rice and all the bacon and sausage. Mix milk with sour cream and pour ½ over the ingredients in the casserole. Cover with ½ the remaining sauerkraut, the remaining pork and rice. Top all with remaining sauerkraut and pour remaining milk-cream over it. Bake for 1 hour. Remove from the oven; let cool somewhat and serve from the casserole. Makes 6-8 servings.

*Hanusia Glubisz*

## **EASY PORK CHOPS**

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <b>4 center cut pork chops</b>     | <b>1 can cream of mushroom soup</b> |
| <b>¼ c. ketchup</b>                | <b>2 T. oil</b>                     |
| <b>3 tsp. Worcestershire sauce</b> |                                     |

Brown chops with 2 tablespoons oil. Mix ketchup, Worcestershire sauce and cream of mushroom soup. Pour over chops; cover and simmer about 30 minutes.

*Genya Tchoryk*



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## **PORK CHOPS WITH MUSTARD AND SOUR CREAM SAUCE**

- |                                      |                                    |
|--------------------------------------|------------------------------------|
| <b>1/4 c. chicken broth</b>          | <b>1/2 tsp. cornstarch</b>         |
| <b>1/4 c. sour cream</b>             | <b>1 T. finely-chopped parsley</b> |
| <b>2 tsp. Dijon mustard (smooth)</b> | <b>4-5 oz. pork loin chops</b>     |
| <b>2 tsp. stone ground mustard</b>   | <b>Salt &amp; pepper</b>           |

In a blender process chicken broth, sour cream, both mustards and cornstarch. Transfer sauce to a small saucepan and simmer over moderate heat until thickened, about 3 minutes. Stir in parsley and keep warm. Heat a large skillet, season chops with salt and pepper; cook over moderately high heat until well browned, about 5 minutes. Turn chops and cook until browned and just cooked through, about 3 minutes longer. Transfer to a plate, spoon mustard sauce on top.

*Liza Latuszkin-Boskovic*

## **PORK TENDERLOIN DIANE**

- |   |                                      |
|---|--------------------------------------|
| <b>1 lb. pork tenderloin, cut into 8 crosswise pieces</b> | <b>1 T. lemon juice</b>              |
| <b>2 tsp. lemon pepper</b>                                | <b>1 T. Worcestershire sauce</b>     |
| <b>1 T. butter</b>  | <b>1 tsp. Dijon mustard</b>          |
|   | <b>1 T. minced parsley or chives</b> |

Place tenderloin piece between 2 pieces of plastic wrap and flatten thin with hand. Sprinkle with lemon pepper. In butter fry tenderloin 3-4 minutes on each side. Remove and keep warm. To pan add lemon juice, Worcestershire sauce and Dijon mustard. Cook, stirring with pan juices until heated through. Spoon sauce over tenderloin pieces. Sprinkle with parsley.

*Daria Kuszniir-Harrison*





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## **PORK TENDERLOIN WITH PORTABELLA STUFFING**

- |   |   |
|---|---|
| <b>2 med.-sized pork tenderloins (1-2 lbs. ea.)</b> | <b>1-2 stalks celery, chopped into pieces</b>     |
| <b>2-3 slices bacon or pancetta</b>                 | <b>¼ tsp. fresh ground pepper</b>                 |
| <b>2 lg. Portabella mushrooms</b>                   | <b>¼ tsp. salt</b>                                |
| <b>3-4 cloves garlic</b>                            | <b>1 med. onion, chopped in lengthwise pieces</b> |
| <b>4 sprigs fresh rosemary</b>                      | <b>1 T. Dijon-style mustard</b>                   |
| <b>1 c. veal or beef stock</b>                      | <b>1 T. Cajun-style seasoning</b>                 |
| <b>3-4 green onions</b>                             | <b>1-2 T. red wine or dry Marsala</b>             |
| <b>1-2 carrots, cleaned, chopped</b>                |   |

Prepare grill or preheat oven to 350°. Slice pork tenderloins lengthwise about halfway through. Spread apart and place between 2 pieces of waxed paper. Lightly pound into a flat piece of meat. Wash and thinly slice the mushrooms. Clean and thinly slice garlic. Sauté together until garlic is soft. Add a splash of your favorite red wine (dry Marsala is ok) for flavoring. Reserve 1/3 of mixture, the rest is your stuffing for the tenderloin. Place one pork tenderloin on a clean surface. Spread 1/2 of mushroom mixture down center of meat in an even line, from one end to the other. Fold meat over to close, or meat can be rolled up tightly instead. Hold together with toothpicks or string. Repeat process with second tenderloin. Once completed, place green onion along with a sprig of rosemary on top of each piece of meat. Hold this in place by wrapping around with slice of bacon and by using toothpicks. (An alternative method is to place green onions, sliced lengthwise, inside of tenderloin along with mushroom stuffing.) Place tenderloins in an ovenproof dish or aluminum foil pan large enough to avoid spillage. Add chopped celery, carrots and onions to pan. This will add flavor to your sauce. Mix together Dijon mustard and seasonings and coat top of each tenderloin. Bake for about 45 minutes to 1 hour, using a meat thermometer to gauge completion of cooking. Do not overcook! Meat thermometer should read 160-170°. Strain broth left in cooking pan into a saucepan. May deglaze pan with another splash of your favorite red wine, dry Marsala or a little calavos, if you have it. Purée the reserved mushroom mixture. Add to strained sauce from pan; add beef stock and reduce until desired consistency has been reached. You may thicken with a little cornstarch and water (1-1 ratio). Cut the meat on the diagonal (bias) and serve with a drizzle of the sauce.

*Dennis Bryan*



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## **HOLIDAY STUFFED PORK ROAST**

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- |   |  |
|---|--|
| <b>3/4 c. silvered almonds</b>                            | <b>1/2 tsp. salt</b>   |
| <b>2 T. butter or margarine</b>                           | <b>3 1/2 lbs. boneless pork loin roast,</b><br><b>rolled, tied</b> |
| <b>3/4 c. sliced green onions</b>                         | <b>1 tsp. dried rosemary, crushed</b>                              |
| <b>3/4 c. chopped celery</b>                              | <b>1/4 tsp. black pepper, cracked</b>                              |
| <b>4 c. cooked brown rice</b>                             | <b>16 oz. canned whole-berry</b><br><b>cranberry sauce</b>         |
| <b>3/4 c. orange juice, divided</b>                       | <b>1 orange, peeled, sectioned</b>                                 |
| <b>2 T. grated orange peel</b>                            |  |
| <b>1 T. crystallized ginger, diced,</b><br><b>divided</b> |  |

Cook almonds in butter in large skillet over medium-high heat until brown. Add onions and celery; cook until vegetables are tender-crisp. Stir in rice, 1/2 cup orange juice, orange peel, 1 teaspoon ginger and salt; set aside. Untie roast and spoon rice mixture lengthwise between loins. Retie roast securely with string at 2 to 3-inch intervals; place, fat side down, on rack in shallow roasting pan. Combine rosemary and pepper; sprinkle over roast. Insert meat thermometer into thickest part of roast, making sure thermometer does not touch stuffing or fat. Bake at 325° for 1 1/2 hours. Combine cranberry sauce, remaining orange juice, remaining ginger and orange in small saucepan; stir well. Simmer over medium heat 25 minutes, stirring occasionally. Brush about 1/2 cup cranberry mixture over pork. Bake an additional 15 minutes or until meat thermometer registers 170°. Let roast stand 10 minutes. Remove string and slice roast. Serve with remaining cranberry sauce. Serves 6.

*Julie Bajalcaliev*



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## **MEDITERRANEAN-STYLE FISH**

**Prep. time: 8 min.**

**Cooking time: 7 min.**

**2 (4 to 5-oz.) fresh or frozen  
halibut or other fish steaks, cut  
¾ in. thick**

**1 T. fine dry bread crumbs  
1 T. grated Parmesan cheese  
1 sm. tomato, sliced**

**Nonstick coating spray  
2 T. reduced-calorie Italian salad  
dressing**

Thaw fish, if frozen. Spray the unheated rack of a broiler pan with nonstick coating spray. Arrange fish on rack. Brush the tops of each fish steak with about ¼ of the Italian salad dressing. Broil fish 4 inches from the heat for 6-8 minutes or till fish flakes easily when tested with a fork. Meanwhile, stir together bread crumbs and Parmesan cheese. Arrange tomato slices over fish and brush with remaining salad dressing. Sprinkle with bread crumbs mixture. Broil about 1 minute more or till tomato is heated through. Makes 2 servings.

*Marijka Krutiak*

## **STUFFED BAKED TROUT**

**4 green onions, sliced  
1 green pepper, chopped  
¼ c. butter  
1 c. soft bread crumbs  
¼ c. snipped parsley**

**1 tsp. lemon juice  
1 tsp. salt  
¼ tsp. dried basil leaves  
4 whole trout (8-oz. ea.)**

Cook and stir onions and pepper in butter until tender; remove from heat. Stir in bread crumbs, parsley, lemon juice, salt and basil. Rub cavities of fish with salt, stuff each with ¼ cup stuffing. Place fish in greased baking dish (13 x 9 x 2-inch). Cook, uncovered, at 350° for 30-35 minutes. Garnish with cherry tomatoes and parsley, if desired.

*Ulana Kostiw Cirincione*



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## **SALT COD IN TOMATO SAUCE**

**1½ lbs. salt cod fillets**  
**2 med. onions, sliced**  
**1 T. olive oil**  
**2 tomatoes, chopped**

**1 clove garlic, chopped**  
**¼ tsp. pepper**  
**¼ c. pitted ripe olives, sliced**  
**Parsley**

Place fish in glass bowl. Cover with cold water. Refrigerate 12-24 hours, changing water 3-4 times. Cook and stir onions in oil until tender. Add tomatoes, garlic and pepper; cook and simmer 5 minutes. Pour in ungreased baking dish (12 x 7½ x 2-inch). Drain fish. Remove bones and skin; rinse in cold water. Arrange fish on tomato mixture. Cover and cook at 350° about 20-30 minutes. Garnish with olives and parsley.

*Ulana Kostiw Cirincione*

## **FISH IN TOMATO SAUCE**

**2 lbs. fish fillets (pike, perch, whitefish), cut in serving portions**  
**Seasoned flour**  
**Cooking oil**  
**1 c. onions, chopped**  
**2 c. cooked, grated carrots (do not overcook)**

**1 can tomato soup**  
**2 c. tomato juice**  
**¼ c. lemon juice or vinegar**  
**2 T. sugar**  
**¼ tsp. salt**  
**¼ tsp. pepper**  
**¼ tsp. garlic salt**

Dust fillets lightly with seasoned flour. Sauté fillets until browned on both sides in cooking oil. Set aside and cool. Meanwhile, fry onions in ½ cup cooking oil. Add cooked carrots, tomato soup, tomato juice, lemon juice, sugar, salt, pepper and garlic salt; stir. Bring to boil and simmer for 10 minutes. Cool. In casserole place a layer of fish fillets alternately with tomato sauce, topping with sauce. Cover and set in refrigerator for 24 hours. Serve cold. Garnish with lemon slices and parsley. Makes 8 servings.

*Slava Miskewitch*



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## **BASIL BAKED COD FILLETS**

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|---|---|
| <b>1/2 lb. firm white fish</b>            | <b>1 dash salt</b>  |
| <b>1 tsp. olive oil</b>                   | <b>2 plum tomatoes, cored, cut<br/>crosswise into thin slices</b> |
| <b>1 tsp. lemon juice</b>                 | <b>2 tsp. grated Parmesan cheese</b>                              |
| <b>1/4 tsp. dried basil, crushed</b>      |   |
| <b>1/8 tsp. fresh ground black pepper</b> |   |

Use firm white fish such as cod, haddock, lingcod or orange roughy fillet. Pat fish dry and cut into 2 serving pieces. Combine oil and lemon juice in a baking dish. Add fish and turn to coat both sides. Sprinkle with basil, pepper and salt. Overlap tomato slices in even layer on fish and sprinkle with Parmesan cheese. Cover with foil and bake at 400° for about 10-15 minutes or until fish begins to flake when tested with a fork. Serves 2.

*Julie Bajalcaliev*

## **SHRIMP STIR-FRY**

- |   |  |
|---|--|
| <b>1 T. sesame oil</b>                  | <b>3/4 c. red bell pepper, cut in strips</b> |
| <b>3/4 lb. shrimp, peeled, deveined</b> | <b>2 tsp. cornstarch</b>                     |
| <b>1 c. snow peas</b>                   | <b>2 T. low-sodium soy sauce</b>             |
| <b>1 c. fresh mushrooms, sliced</b>     | <b>1 1/2 c. hot cooked rice</b>              |
| <b>3/4 c. yellow squash, sliced</b>     |  |

Heat oil in large skillet or wok over high heat. Add shrimp and vegetables; stir-fry several minutes until shrimp turns pink and vegetables are tender-crisp. Combine cornstarch and soy sauce with 1/3 cup water. Gradually add cornstarch mixture to skillet, stirring constantly until thickened. Serve over hot rice. Serves 4.

*Julie Bajalcaliev*



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## **GREEK-STYLE SHRIMP**

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- |                                      |  |
|--------------------------------------|--|
| <b>2 T. salad oil</b>                | <b>1½ lbs. raw shrimp, shelled,</b>      |
| <b>2 cloves garlic, mashed</b>       | <b>deveined, or 1 lb. frozen shelled</b> |
| <b>1 sm. onion, chopped</b>          | <b>shrimp, thawed, drained</b>           |
| <b>1 green pepper, seeded, diced</b> | <b>Salt &amp; pepper</b>                 |
| <b>4 soft ripe tomatoes, diced</b>   | <b>1 c. crumbled feta cheese</b>         |
| <b>½ c. dry white wine</b>           |  |

In a saucepan heat oil and add garlic, onion and green pepper, sautéing for 5 minutes. Add tomatoes and wine; simmer until thick and pulpy. Stir in shrimp. Cook for 5-10 minutes, stirring occasionally until shrimp are pink and firm. Season with salt and pepper; pour into serving dish and sprinkle with feta cheese. Serve with rice mixed with melted butter, cloves and pine nuts.

*Slava Miskewitch*

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## **BELL PEPPERS STUFFED WITH SHRIMP**

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- |                                   |  |
|-----------------------------------|--|
| <b>6 sm. green bell peppers</b>   | <b>3 T. butter</b>                     |
| <b>2 c. cooked shrimp, peeled</b> | <b>3 T. celery, chopped</b>            |
| <b>1 c. bread crumbs</b>          | <b>1 T. green bell pepper, chopped</b> |
| <b>2 whole eggs, beaten</b>       | <b>¼ tsp. black pepper</b>             |
| <b>½ c. milk</b>                  | <b>1 T. Worcestershire sauce</b>       |
| <b>1 tsp. salt</b>                |  |

Cut off tops of bell peppers and reserve. Remove seeds. Sauté chopped celery and bell pepper in butter for 3 minutes. Meanwhile, coarsely chop shrimp and combine with eggs, bread crumbs, milk, salt, pepper and Worcestershire sauce. Add sautéed ingredients. Stuff into bell peppers, replacing tops. Place in a deep casserole dish. Cover the dish and bake in a 350° oven for 50 minutes or until peppers are tender. Serves 6.

*Julie Bajalcaliev*



## **SHRIMP ENCHILADAS**

- |   |  |
|---|--|
| <b>1/2 c. sweet red pepper, chopped</b> | <b>3 c. Monterey Jack cheese, divided</b>            |
| <b>1/2 c. onion, minced</b>             | <b>1/2 c. sour cream</b>                             |
| <b>1/2 c. green pepper, chopped</b>     | <b>1/4 c. butter, melted</b>                         |
| <b>1/4 c. butter</b>                    | <b>1 lb. med. shrimp, uncooked, peeled, deveined</b> |
| <b>1/2 tsp. oregano</b>                 | <b>1 c. onion, chopped, divided</b>                  |
| <b>1/2 tsp. salt</b>                    | <b>2 c. tomatoes, peeled, chopped, divided</b>       |
| <b>1/4 tsp. garlic powder</b>           | <b>8-10 (9-in.) flour tortillas</b>                  |
| <b>1/8 tsp. pepper</b>                  |  |
| <b>1/8 tsp. cayenne pepper</b>          |  |
| <b>3/4 c. whipping cream</b>            |  |
| <b>1 T. all-purpose flour</b>           |  |

Sauté red pepper, onion and green pepper in 1/4 cup butter until crisp-tender. Add oregano, salt, garlic powder, pepper, cayenne pepper, cream and flour; blend well. Continue cooking 3 minutes or until slightly thickened. Add 1 1/2 cups of cheese; stir until melted. Add sour cream; stir to blend. Set aside. In a medium bowl place 1/4 cup butter, shrimp and 1/2 cup onion. Microwave on High 4-5 minutes; stir after 2 minutes. Chop shrimp and return to butter and onion. Add 1 cup tomatoes and 1/2 cheese sauce made earlier. Spoon 1/3 cup shrimp mixture into each tortilla. Roll up tightly. Arrange, seam side down, in 3-quart oblong glass baking dish. Spoon remaining cheese sauce over tortillas. Bake at 350° for 30-35 minutes. Sprinkle enchiladas with remaining 1 1/2 cups cheese, 1/2 cup onion and 1 cup tomatoes.

*Kateryna Kulas*



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## **RISOTTO WITH SHRIMP, FETA CHEESE, TOMATO AND BASIL**

**4 c. chicken broth**

**1 c. water**

**2 T. olive oil**

**1 lg. red onion, diced**

**1½ c. arborio rice**

**12 med. raw shrimp, cleaned, cut  
in half crosswise**

**1 lg. tomato, diced**

**7 oz. feta cheese, mild, non-salty**

**Crushed red pepper flakes to  
taste**

**3 T. fresh basil, chopped**

Combine broth and water; bring to a boil. Keep hot. Meanwhile, heat olive oil in 2-quart saucepan over medium-high heat. When hot, add red onion. Cook, stirring often, until onion becomes soft, about 3 minutes. Add rice, stirring to coat. Cook 1 minute. Add ½ cup hot liquid. Stir constantly and slowly with wooden spoon over medium-high heat to avoid sticking. Add hot liquid, ½ cup at a time, as soon as it is absorbed by rice. Never stop stirring. After rice has cooked, about 22 minutes, add shrimp. Cook until shrimp turn opaque, about 1 minute. Add tomato and all but ¼ cup of cheese. Stir to combine, adding remaining liquid as needed. Rice is done when tender but firm to the bite, about 24 minutes total cooking time. It's okay if you do not use all liquid or if you run out (use water as needed). Add liquid carefully toward end of cooking so rice is not runny. Risotto should be a creamy consistency. Stir in seasonings and basil. Serve immediately with remaining cheese.

*Lilia Zapaniuk*





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## **BARBECUED SHRIMP**

- |   |  |
|---|--|
| <b>3 slices bacon, chopped</b>                            | <b>2 cloves garlic, crushed, minced</b>  |
| <b>½ lb. margarine (needed to produce desired flavor)</b> | <b>2 T. Rex crab boil or similar brand (found at seafood counters)</b>   |
| <b>2 T. Dijon-style mustard</b>                           | <b>½ tsp. Tabasco (opt.)</b>   |
| <b>1½ tsp. chili powder (more to taste)</b>               | <b>1½ lbs. lg. shrimp with shells on, shells off is okay, too (if you can find shrimp with the head still on, it adds to the flavor)</b> |
| <b>¼ tsp. basil</b>                                       | <b>1-2 loaves French bread or a baguette will do</b>   |
| <b>¼ tsp. thyme</b>                                       |  |
| <b>1 tsp. fresh ground pepper</b>                         |  |
| <b>½ tsp. oregano</b>                                     |  |

Prepare grill or preheat oven to 375°. In a small frying pan cook the bacon until clear, browning is not needed. Add the margarine. Once melted, add all the other ingredients, except the shrimp. Simmer for 5 minutes. Place shrimp in an ovenproof baking dish or aluminum foil pan large enough to hold shrimp and high enough to prevent spillage. Cover shrimp with the margarine mixture and place on grill or in oven. Cook for 20 minutes, turn the shrimp once after 10 minutes. Remove from cooking surface; the shrimp should be a pink color when done. Let cool and eat with fingers. Peel shrimp as you eat and enjoy the broth by soaking it up with thin slice of French bread or baguette, whichever you prefer. Have plenty of napkins handy, as this is the ultimate finger food.

*Dennis Bryan*

## **TUNA CASSEROLE**

- |                                   |  |
|-----------------------------------|--|
| <b>¾ c. seasoned bread crumbs</b> | <b>1 can cream of mushroom soup</b>            |
| <b>1 box elbow macaroni</b>       | <b>1 (6-oz.) can solid white tuna in water</b> |
| <b>1 (8-oz.) tub cream cheese</b> |  |

In a frying pan brown seasoned bread crumbs in butter; set aside. Meanwhile, cook macaroni according to package directions; drain. Mix together the cooked macaroni and remaining ingredients. Place in a casserole dish. Sprinkle with browned bread crumbs. Bake at 350° for 20 minutes.

*Areta Bernacki*



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## **SCALLOPS & CHERRY TOMATOES**

**3/4 lb. fresh scallops**  
**2 T. butter or margarine**  
**1 T. olive oil**  
**1 clove garlic, minced**

**8 cherry tomatoes**  
**1/4 c. dry vermouth**  
**3 T. chopped basil**  
**1/4 tsp. salt**

Pat scallops dry. Melt butter or margarine in skillet. Add oil until hot. Add scallops, sauté until browned. Remove scallops and keep warm. Add tomatoes and remaining ingredients. Increase heat to high and cook quickly to thicken.

*Ulana Kostiw Cirincione*

## **CRUSTLESS QUICHE**

**10 eggs, well-beaten**  
**1 stick unsalted butter, melted**  
**1/2 c. flour**  
**1/4 tsp. baking powder**  
**1 pt. cottage cheese, sm. curd**

**1 lb. sharp cheddar cheese, shredded**  
**1 (8-oz.) can chopped green chilles or jalapeños, don't drain**  
**Dash salt & pepper**

Beat eggs well and mix all other ingredients in. Pour into 9 x 13-inch pan and cover. Bake at 400° for 15 minutes. (Don't open cover!) Reduce heat to 350° and bake an additional 35-45 minutes. Cool before slicing.

*Anna Zaderej*

## **BAKED PYRISZKY**

**3 pkgs. dry yeast**  
**1/2 c. sugar**  
**1 egg**  
**3 c. flour**

**1 c. milk**  
**1/4 lb. sweet butter**  
**3 egg yolks**

Dissolve yeast and sugar in warm milk 10-15 minutes or until bubbling. Mix the rest of the ingredients and let rise until double in bulk. Roll out a portion of the dough to a 1/4-inch thickness and cut into 2-inch squares. Top each square with filling and seal by bringing 2 ends together and pinching closed. Place on a cookie sheet and let rise in bulk. Beat 1 egg yolk and brush on each piece. Bake till light golden in a 350° oven. Suggested filling: Sweet cabbage, meat, or any jam.

*Mike Kuczer*



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## **DOUGH FOR PYROSHKY**

**(BUNS)**

**4 pkgs. dry yeast**  
**2 sticks butter**  
**1½ c. milk**  
**½ c. half & half**  
**1 T. sour cream**  
**1½ c. sugar**

**1 tsp. salt**  
**8 whole eggs**  
**4 yolks**  
**9-10 c. flour & more if needed**  
**4 c. cooking oil**

Cooking oil should be heated constantly at 375°. Start the yeast by dissolving all packages in ½ cup lukewarm water and let rise until bubbles appear. In another bowl beat all eggs with sugar. Add the risen yeast to it and mix gently. Add the rest of ingredients into the bowl and mix well after each ingredient is added. Then add flour, a few cups at a time, but mix well before adding more flour until mixture is dough-like. Knead the dough until it is soft and falls away from your hand. Snip off teaspoon-sized or larger dough portions; roll into balls, place balls on trays. Cover and let rise until doubled in size. Flatten dough; put filling in center and pinch it shut. Place Pyroshky on tray, cover and let rise for a while. Carefully drop several of them, seam down, into hot oil and deep-fry until deep brown, then turn over and do the other side. Remove with large serrated spoon; place on paper towels to drain and let cool. Then enjoy. Will make about 120 or more servings. May be frozen also for later use.

### **Meat Filling for Pyroshky:**

**4 lbs. lean round sirloin or other  
lean beef**  
**2-3 onions, sautéed until pale  
white**  
**4 med. potatoes**  
**1 tsp. oregano or more to your  
taste**

**1 tsp. salt**  
**1 tsp. pepper**  
**1 tsp. Tone's garlic & herb  
seasoning or more to your taste**

Cook meat until tender. (Broth can be used for borscht.) Sauté the onions until pale white. Cook potatoes and mash them. Put the pre-cooked meat through a processor. In a bowl combine the meat, sautéed onions, mashed potatoes, oregano, salt, pepper and seasonings. Mix well and have it ready for filling the Pyroshky.

*Nina Glavtcheff*



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## **OVERNIGHT QUICHE**

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**1½ lbs. bacon or sausage**  
**9 eggs**  
**3 c. milk**

**1 tsp. salt**  
**3 slices bread (white), cubed**  
**1½ c. grated cheddar cheese**

Whisk or mix eggs, milk and salt. Stir in all other ingredients. Pour mixture into a greased 9 x 13-inch pan. Bake at 325° for 1 hour. This can be made the night before.

*Anna Wereminski*

## **EGGS BENEDICT ALA BARABOO**

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**4-6 eggs, preferably at room temp.**    **1 pinch parsley**  
**4-6 thin slices Canadian bacon**    **1 pinch dill**  
**2 English muffins, preferably Bays**    **1 pinch fresh ground pepper**  
**1 pkg. Knorr Hollandaise Sauce**    **Salt to taste**

An egg poacher is not needed for this dish. Take a medium-sized saucepan with cover. Fill with about 2 inches of salted water. Bring to a boil. Once boiling, crack eggs and drop directly in the water, 1 at a time. Do this slowly as to not break the yolk. If you need support, use a coffee cup to aid in the process. Once all the eggs have been added, remove from heat, cover and let stand for 2 minutes. The longer you let it stand, the firmer the eggs become. Prepare the hollandaise sauce per package. For those of you who are purists, you could make it from scratch. For me the package works fine. Once complete, put sauce aside. Now, lightly sauté the Canadian bacon in a little butter or oil, browning and warming at the same time. Now you are ready to prepare the dish. Toast the English muffins in a toaster or directly on the grill. Place 1 muffin per plate, face up. Place a slice of bacon on each half, then cover with an egg. Finally, you smother it with the hollandaise and garnish with a sprinkle of the parsley, dill and pepper. For those of you who wish to be decadent, you can replace the Canadian bacon with some smoked salmon and add some caviar to the garnish!

*Dennis Bryan*



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## **BACON & EGG CASSEROLE**

**1/2-lb. pkg. bacon, sliced into 1-in. chunks**  
**8-12 eggs**

**2 c. milk**  
**5-6 scallions, sliced**  
**1-2 c. shredded cheese**

### **Seasonings:**

**Tabasco sauce to taste**  
**1 tsp. dry mustard**

**Salt & pepper (mixed together)**

Fry bacon; set on paper towel to drain. Reserve a tablespoon of bacon fat from pan. Sauté scallions until soft in reserved bacon fat. Cool scallions with bacon. Beat eggs with mixer for 1 minute, then mix 2 cups of milk, Tabasco sauce, dry mustard, salt and pepper all together. Add bacon and scallions. Mix again. Pour into a greased 9 x 13-inch pan. Cover top of casserole with shredded cheese. Bake at 350° for 45 minutes to 1 hour.

*Elizabeth Anne Bratkiv*

## **HOMEMADE PANCAKES AND BLUEBERRY SYRUP**

**1 egg**  
**2 T. sour cream**  
**3/4-1 c. milk**  
**1/2 tsp. salt**  
**1 T. sugar**

**1 tsp. baking soda**  
**1 c. flour (if batter seems too thin, gradually add more flour)**  
**1 1/2 T. oil**

Beat egg well and add in sour cream. Beat together and gradually start adding the following ingredients. Heat oil on pan. Pour a ladle of batter for 1 pancake. When batter starts to bubble, flip over. Serve with Blueberry Syrup:

**2 c. fresh or frozen thawed blueberries**  
**1/4 c. sugar**

**1/4 c. water**  
**1/2 tsp. ground nutmeg**

Combine all ingredients in a small saucepan. Bring to a boil over medium heat. Reduce heat to low and simmer for about 7 minutes or until syrup is thickened.

*Katheryna Czerniak*



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## **NICK'S PANCAKES**

**1½ c. all-purpose flour**  
**3 tsp. baking powder**  
**½ tsp. salt**  
**2 T. sugar**

**1-1¼ c. milk (depending on how  
thick you like your pancakes)**  
**1 egg**  
**3 T. butter, melted**

Preheat a griddle; grease lightly, just enough to prevent pancakes from sticking. In a medium-sized bowl stir together flour, baking powder, salt and sugar. Pour milk into a 2-cup glass measure and stir in egg and butter; blend well. Pour liquid all at once into dry ingredients; stir together just until all flour is moistened. Pour batter onto hot griddle; spread batter out to make a 5-inch circle. Cook until bubbles form and just start to pop on top surface and edges appear dry. Turn pancakes over (once only) to brown other side. You may need Mom's help with the clean up.

*Nicholas Kulas*

## **UKRAINIAN APPLE PANCAKES**

**2 eggs**  
**1 c. milk**  
**1 tsp. baking powder**

**1 T. sugar**  
**1 c. flour**  
**4 Golden Delicious apples, grated**

Mix the ingredients in a large bowl. Heat a griddle pan. Make pancakes.

*Luba Elena Gac*



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## **WALNUT FILLED PANCAKES**

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### **Pancakes:**

**3 eggs**  
**1 1/4 c. all-purpose flour**  
**1 c. milk**  
**1 tsp. sugar**

**Pinch salt**  
**1 c. carbonated water**  
**Clarified butter for cooking**

### **Walnut Filling:**

**1/3 c. light cream**  
**1/2 c. sugar**  
**2 T. rum**

**8 oz. walnuts, ground**  
**1/4 c. chopped raisins**  
**1 tsp. grated orange rind**

### **For Cooking:**

**4 T. butter**

### **Sauce:**

**4 oz. semi-sweet chocolate**  
**1 scant c. milk**  
**3 egg yolks**  
**2 T. sugar**

**2 T. powdered cocoa**  
**1 T. melted butter**  
**2 T. light rum**

**Pancakes:** Mix eggs, flour, milk, sugar and salt to make a smooth batter. Let rest 1-2 hours. Stir in the carbonated water just before cooking. Heat an 8-inch frying pan. When the pan is hot, add 1/4 teaspoon butter. Let it melt and cover the bottom of the pan. Pour a ladle of batter into the pan, tilting it so batter covers the entire bottom. When the top of the batter begins to bubble, turn and cook 4-5 seconds longer. Remove and repeat with remaining butter and batter. You need at least 12 pancakes. **Filling:** Bring the cream to a simmer; add sugar, rum, walnuts, raisins and orange rind. Simmer over very low heat for 1 minute. Put a heaping teaspoon of filling in the center of each pancake. Fold, in 4 folds, instead of rolling. **Sauce:** Melt the chocolate in the milk over low heat. Whip in the egg yolks and remove from heat. Mix in sugar, cocoa, butter and rum; stir until smooth. Add a little more milk if sauce is too thick to pour. (Recipe may be done ahead to this point. Reheat sauce in top of a double boiler while cooking pancakes.) Sauté the folded pancakes in butter in a large shallow pan for a few minutes on each side. Arrange the pancakes, overlapping on a warm serving dish. Pour warm sauce over the pancakes and serve at once. Makes 6 servings. Very good!

*Hanusia Glubisz*



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## **CHEESE BLINTZES**

### **Filling:**

- |  |                               |
|--|-------------------------------|
| <b>1 (3-oz.) pkg. cream cheese,<br/>softened</b> | <b>.1 egg yolk</b>            |
| <b>2 c. (1 lb.) dry cottage cheese</b>           | <b>2 T. granulated sugar</b>  |
|  | <b>½ tsp. vanilla extract</b> |

### **Blintzes:**

- |                                       |  |
|---------------------------------------|--|
| <b>2 eggs</b>                         | <b>¼ c. butter or margarine</b>  |
| <b>1 c. milk</b>                      | <b>Confectioners' sugar</b>  |
| <b>¾ c. sifted all-purpose flour*</b> | <b>1 (10-oz.) pkg. thawed frozen<br/>strawberries or fresh berries</b> |
| <b>¼ tsp. salt</b>                    |  |

**Filling:** In medium bowl combine cheeses, egg yolk, granulated sugar and vanilla; beat with portable electric mixer until smooth. Refrigerate, covered, while making blintzes. **Blintzes:** In medium bowl beat eggs and milk until well mixed. Add flour and salt; beat until smooth. Refrigerate, covered, 30 minutes. (Batter should be consistency of heavy cream.) For each blintz, melt ¼ teaspoon of butter in 7-inch skillet. Pour in 1½ tablespoons batter; cook over moderate heat until lightly browned on underside, then remove from pan. Stack blintzes, browned sides up, as you remove them from skillet. Place rounded tablespoon of filling on browned surface of each blintz, then roll up. Melt rest of butter in large skillet. Add blintzes, seam sides down; sauté until golden brown. Turn; sauté other sides. Serve hot, sprinkled with confectioners' sugar and strawberries. Makes 5-6 servings. \*Sift before measuring.

*Hanusia Glubisz*





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## **NALYSNYKY**

**2 eggs**  
**1½ c. milk**  
**8 T. flour**

**1 tsp. sugar**  
**Pinch salt**  
**¼ c. melted butter**

Beat 2 eggs; add milk, flour, sugar and salt. Beat well. Batter should be very thin. Pour about 2 tablespoonfuls of batter into a small frying pan. Tilt pan to spread batter evenly. Fry until brown, about 1 minute on each side. Put a tablespoon of filling on each nalysnyk and roll up. Arrange in a glass pan in 2 layers. Sprinkle with melted butter and heat in oven at 300° for 30 minutes. Serve with sour cream, if desired.

### **Cheese Filling:**

**½ lb. dry cottage cheese**  
**2 T. sugar**  
**½ tsp. vanilla**

**Dash ea. nutmeg & cloves**  
**¼ c. crushed nuts**

Mix all ingredients together and spread small amount on each nalysnyk as soon as they are fried.

*Apolina Wereszczak*



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## **NALYSNYKY**

### **(UKRAINIAN CREPES)**

#### **Crepes:**

<b>2 eggs</b>	<b>½ c. flour, sifted</b>
<b>½ c. milk</b>	<b>¼ tsp. salt</b>
<b>3 T. water</b>	

#### **Cottage Cheese Filling:**

<b>2 c. cottage cheese</b>	<b>¼ tsp. salt</b>
<b>2 egg yolks</b>	<b>1 tsp. chopped dill, if desired</b>
<b>2 T. cream (or milk)</b>	

#### **Mushroom Filling:**

<b>½ lb. fresh mushrooms, chopped</b>	<b>1 egg, well-beaten</b>
<b>1 onion, finely chopped</b>	<b>Salt &amp; pepper to taste</b>
<b>2 T. butter</b>	<b>Sour cream</b>
<b>2 T. flour</b>	<b>Grated cheese</b>
<b>¾ c. milk</b>	

Beat eggs until light; add remaining crepe ingredients. Use small frying pan (6-inch diameter). Butter lightly and heat well. Pour a few tablespoons batter into pan, just enough to give it a thin coating. Tilt pan back and forth to spread batter evenly. Cook cakes over moderate heat. When lightly browned on bottom, remove cakes and stack on plate. They should not be turned over. This is the secret to tender cakes. In other words, they should just be cooked on one side. Continue baking in this manner until all batter is used. Butter pan lightly each time. Spread cakes with sweet or savory filling. When rolling cakes with filling, place browned side on the outside. Arrange rolled cakes in buttered baking dish. Dot each layer with butter. Bake in 350° oven for 20 minutes. Serve savory cakes with sour cream. (Double recipe for 13 x 9-inch glass pan; double recipe yields about 26 cakes.) **Cottage Cheese Filling:** Mash cottage cheese or press through sieve. Add all remaining ingredients; mix thoroughly. Spread 1 tablespoon filling on cake and roll. Proceed as directed in recipe. Serve savory crepes with sour cream, if desired.

(continued)



**Mushroom Filling:** Sauté mushrooms and onion in butter until onion is transparent and tender. Sprinkle with flour; cook for a few minutes, stirring to prevent burning. Gradually add milk and continue cooking, stirring until thickened. Remove from heat; quickly blend in well-beaten egg. Season to taste with salt and pepper. Spread on crepe and roll into flat tube. Place in greased baking dish. Spread sour cream over top and sprinkle with grated cheese. Bake at 350° just until brown, 5-10 minutes. .

*Raisa Bratkiv*



## VARENYKY

### **Perfect Every Time Dough:**

<b>1 egg</b>	<b>3 c. flour</b>
<b>1 c. lukewarm water</b>	<b>1 T. vegetable oil</b>

Beat egg with a fork in a large mixing bowl. Add water and oil. Add the flour, 1 cup at a time, mixing with fork until very thick. Then turn out on cutting board and knead dough until all the flour is mixed. Makes approximately 45 Varenyky.

### **Potato Filling:**

<b>12 med. potatoes, peeled, quartered</b>	<b>8 oz. sharp cheddar or American cheese, shredded</b>
<b>Dash pepper</b>	

Boil potatoes in water seasoned with salt. Strain water. Add cheese and allow to melt. Season with pepper. Mix well with a mixer.

### **Sauerkraut Filling:**

<b>64-oz. can sauerkraut</b>	<b>1 lg. diced onion</b>
<b>6 T. butter</b>	<b>Dash salt &amp; pepper</b>

Wash and drain sauerkraut 3 times. Squeeze out excess water. Cook sauerkraut, covered, with water, approximately 1 hour; strain and cool. Meanwhile, sauté butter and onions till golden brown. Add sauerkraut and fry until all excess water has evaporated.

### **Plum Filling (Prune):**

<b>½ c. water</b>	<b>1 c. prunes</b>
<b>Sugar to taste</b>	

Bring to a boil. Let cool. Remove stones and let drain on absorbent paper. Chop fine.

*Sonia Hryniewicz*



## **BASIC VARENYKY DOUGH**

**4 c. flour, unsifted**

**1 lg. egg**

**1½ c. water**

**¼ tsp. salt**

**2 T. melted butter or margarine**

Mix water, melted butter or margarine and salt. Beat egg and add to mixture. Pour mixture into large bowl containing flour. Mix slowly by hand to form dough. If necessary, add more water. Turn dough out onto lightly-floured surface. Roll with rolling pin to about 1/8-inch thickness. This dough may be frozen. Roll into ball. Dust with flour. Put in freezer bag. Remove excess air. Makes about 80 Varenyky.

*Genya Tchoryk*



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## **VARENYKY OR PYROHY WITH POTATO FILLING**

### **Dough for Pyrohy/Varenyky:**

<b>5 c. flour</b>	<b>1 tsp. salt</b>
<b>1 c. milk</b>	<b>2 whole eggs</b>
<b>3/4 c. oil</b>	<b>1 c. boiling water</b>

### **Also Needed:**

**Several sticks margarine or butter    Electric mixer**

Put 1 cup flour in a bowl; slowly add 1 cup boiling water as you mix it with an electric mixer. It will look like paste when mixed well. Add milk; mix well. Add oil; mix. Add salt; mix well. Pre-beat eggs by hand; add to mixture and mix well with the electric mixer. In a larger bowl pour in 4 cups flour. Add mixture to the flour in the larger bowl and mix well until it is dough-like. Add small amounts of flour to make this mixture dough-like but add it a little at a time so dough remains soft to the touch. Knead this dough until it falls from your hand. Rest the dough for about 1 hour so it is easier to work with when you roll it out. Then roll out the dough to medium thickness and using a circular form, make cuts in the dough. Place the filling in the center of each circular cut-out and pinch it shut tightly. Pre-boil the water in the pot and drop in a few of the pyrohies. When they have risen to the top, collect them in a small sieve or a serrated spatula and put them in a bowl. Pour a little melted butter or margarine over pyrohies, swirl the bowl so all are covered to prevent them from sticking together, then allow them to cool. Use shallow bowls if you are preparing a lot of pyrohies to prevent sticking. When cooled, add onions or sour cream, or both for a great meal. They may be frozen for future use in a tightly-closed container. Recipe makes approximately 12 dozen pyrohies, depending on the thickness of your circles. For more pyrohies, double everything and so on.

### **Potato Filling:**

**2-4 onions, or more, to your taste**  
**2 or more sticks butter or**  
**margarine**

**(continued)**



Dice onions and sauté them until pale white in color.

<b>10 lbs. russet potatoes</b>	<b>6 tsp. sautéed onions or more if you prefer</b>
<b>1 (8-oz.) Philadelphia cream cheese</b>	<b>½ tsp. pepper</b>
<b>4 oz. cheddar cheese, cut in cubes</b>	<b>1 tsp. salt, add more to taste, if needed</b>
<b>½ stick butter or margarine</b>	

Cook the potatoes; add both cheeses and butter/margarine; mash well. Add the remaining ingredients and mash well. At this time, you can add more sautéed onions or salt and pepper so it is the way you like it.

*Stephanie Moroko*

## **UKRAINIAN YUSHKA**

**(Mushroom Dumplings)**

Prepare recipe for pyrohy dough (may prepare only ½ of recipe for dough). Prepare mushroom filling (below). On a floured surface, roll out dough to 13½ x 12-inch rectangle. Cut dough into 72 (1½-inch) squares. Place ¼ teaspoon filling onto each square. Fold each square in half diagonally to form a pocket triangle, pinch edges of triangle closed. Squeeze 2 points from folded edge together to form tortellini-shaped dumpling. Fill a pot ⅔ full with water. Heat water to boiling over high heat. Add about 15 dumplings to pot and return water to boiling. Reduce heat to medium so water is simmering lightly. Cook for several minutes until dough is tender. Remove dumplings to serving platter with slotted spoon; toss with a little oil to prevent sticking. Repeat with remaining dumplings.

### **Mushroom Filling:**

<b>1 oz. dried wild mushrooms</b>	<b>¼ tsp. salt</b>
<b>1 T. vegetable oil</b>	<b>¼ tsp. ground black pepper</b>
<b>¾ c. finely-chopped onion</b>	

In a 2-quart saucepan heat the dried mushrooms and 2 cups of water to boiling over high heat; reduce heat to low and cook mushrooms 45 minutes or until softened. Drain mushrooms well. In a large skillet heat the oil. Add chopped onion and cook until lightly browned and softened. In food processor with chopping blade or blender, finely chop mushrooms and browned onion. Stir in salt and pepper.

*Hanusia Glubisz*



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## **COTTAGE CHEESE PATTIES**

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**1 lg. ctn. cottage cheese (sm. or  
lg. curd)  
1 egg**

**Bread crumbs  
Spices-salt, pepper, lemon  
pepper, dill, parsley**

Mix together cottage cheese, egg and about 1/2 cup bread crumbs and spices. If the cottage cheese feels too sticky, mix more bread crumbs in. You have to form them into patties so if it is too difficult to work with, add more bread crumbs. Start forming into patties, put into bread crumbs, then put into egg and again into bread crumbs. Re-form into patties after the last time you put them into the bread crumbs. After you form them into patties you can either freeze them or put them into the refrigerator for a few hours (or a whole day). When ready, fry them in margarine (or butter). Fry them until nice and brown on both sides. Serve with Tomato Sauce:

**2 green peppers  
2 med. onions**

**1 lg. ctn. mushrooms  
2 cans Campbell's tomato soup**

Fry peppers, onions and mushrooms (peppers and onions should be cut up into small pieces) in margarine (or butter). When the peppers and onions are nice and brown, stir in 2 cans of soup with 1 cup of water. Cook for about 10-15 minutes. You may use this sauce for just about anything you'd like. Very good over pasta, which I do cook with this meal.

*Maria Kulas*





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## **PENNE PASTA WITH VODKA & TOMATO CREAM SAUCE**

- |   |   |
|---|---|
| <b>¼ c. extra virgin olive oil</b>      | <b>2 T. vodka</b>                               |
| <b>4 cloves garlic, minced</b>          | <b>½ c. heavy cream</b>                         |
| <b>½ tsp. crushed red pepper flakes</b> | <b>¼ c. chopped fresh flat-leaf<br/>parsley</b> |
| <b>1 (28-oz.) can crushed tomatoes</b>  | <b>2 Italian sausages (opt.)</b>                |
| <b>¼ tsp. fine sea salt</b>             |   |
| <b>1 lb. penne pasta</b>                |   |

In a large skillet heat oil over moderate heat. If using sausage, remove casing and add meat to pan. Cook, breaking up the meat until brown. Add garlic and red pepper flakes; cook, stirring until garlic is golden. Add tomatoes and salt; bring to a boil. Reduce heat and simmer 15 minutes. Meanwhile, in a large pot of boiling salted water, cook penne until just done; drain. Return pasta to the hot pot. Add vodka and cream to sauce and bring to a boil. Stir sauce into pasta and cook over low heat for 1 minute. Stir in parsley and serve.

*Daria Bernacki*

## **PESTO SAUCE WITH NOODLES**

- |  |                                     |
|--|-------------------------------------|
| <b>1½ c. fresh basil leaves</b>                | <b>¼ tsp. parsley flakes</b>        |
| <b>2-5 garlic cloves, peeled</b>               | <b>¼ tsp. salt</b>                  |
| <b>¼ c. pine nuts</b>                          | <b>¼ tsp. pepper</b>                |
| <b>⅓ c. extra virgin olive oil</b>             | <b>2-3 T. water</b>                 |
| <b>½ c. freshly grated Parmesan<br/>cheese</b> | <b>1 lb. noodles of your choice</b> |

Wash basil leaves and dry with paper towels. In a handy chopper mix all ingredients but the cheese and water. Add Parmesan cheese and mix again. Lastly, add water gradually and mix. If sauce appears to be too thick, add water and/or olive oil. Mix sauce with noodles of your choice. Garnish with fresh tomatoes. Excellent served warm or cold.

*Odarka Czerniak*



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## **LASAGNA**

**Lg. jar pasta sauce**

**2 lbs. ground beef**

**1 lg. ctn. ricotta cheese (mixed  
with 2 eggs)**

**Mozzarella cheese, grated (about  
2 lbs.)**

**2 boxes lasagna noodles**

Fry ground beef; pour off fat and rinse with water. Put back into skillet and add pasta sauce. You can add mushrooms if you wish. At this point I like to add some honey to my sauce to kill the acid (about 2 table-spoons). Cook the lasagna noodles until done (I don't like to overcook my noodles). In a large baking dish spread a little of the sauce on the bottom of pan and put a layer of noodles. Pat some sauce over the noodles, put another layer of noodles. Spread ricotta cheese over the noodles with sauce over that. Pat some mozzarella cheese over that layer. Then put the last layer of noodles, spreading with sauce and more mozzarella cheese, so it covers very well. Bake in 350° oven for about 45 minutes until the cheese melts.

*Maria Kulas*

## **LASAGNE**

**1½ c. water**

**2 (15½-oz.) jars spaghetti sauce**

**1 (16-oz.) box lasagne noodles**

**1 (15-oz.) ctn. ricotta cheese**

**8 oz. mozzarella cheese, sliced  
thinly**

**½ c. Parmesan cheese, grated**

Combine 1½ cups water with spaghetti sauce in bowl. Cover bottom of 13 x 9 x 2-inch baking dish with 1½ cups sauce. Arrange layer of uncooked noodles, slightly overlapping, on top of sauce. Spread ½ the ricotta and ½ the mozzarella over noodles. Sprinkle with 2 tablespoons Parmesan. Add another layer of sauce. Repeat with another layer of noodles, the remaining ricotta and mozzarella and 2 tablespoons Parmesan cheese. Top with layer of noodles. Sprinkle with ¼ cup Parmesan. Cover tightly with foil. Set on jellyroll pan to catch any drip. Bake in a preheated 350° oven for 1 hour or until knife goes easily through pasta. Let stand, covered, on rack for 10 minutes.

*Victoria Kawka*



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## **EGGPLANT LASAGNA**

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- |  |  |
|--|--|
| <b>2 med. eggplants</b>                      | <b>18 oz. frozen spinach, chopped</b>    |
| <b>Salt</b>                                  | <b>2 garlic cloves, minced</b>           |
| <b>3 beaten eggs</b>                         | <b>1 tsp. Italian seasoning</b>          |
| <b>Seasoned bread crumbs (Italian-style)</b> | <b>12 oz. shredded mozzarella cheese</b> |
| <b>1 (26-oz.) jar spaghetti sauce</b>        |  |

Peel eggplants and cut into slices. Salt on both sides and let it rest for 20 minutes. Squeeze water out of spinach. Mix with Italian seasoning and sauté with a little olive oil and garlic in frying pan. Dip each piece of eggplant into beaten egg, then bread crumbs. Fry on both sides in oil in nonstick frying pan. Grease a 15 x 9 x 2-inch pan. Place 1 layer of eggplant in the bottom. Put spoonfuls of spinach mixture over top of eggplant creating the next layer. Next, follow with a thin layer of spaghetti sauce. Place a third layer of cheese over sauce. Continue layering in order until all is used. Cover and bake at 350° for 40 minutes.

*Diane Derkach*

## **SPAGHETTI WITH RUBIES**

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- |  |   |
|--|---|
| <b>2 bunches beets</b>                       | <b>Coarse salt to taste</b>             |
| <b>1/8 c. olive oil</b>                      | <b>1 lb. thin spaghetti or linguine</b> |
| <b>2 garlic cloves, finely chopped</b>       |   |
| <b>Pinch crushed red pepper, or to taste</b> |   |

Preheat oven to 400°. Trim tops and stems off beets. Wash under cool running water and scrub with brush. Wrap beets in aluminum foil and bake 45 minutes until tender. Let cool, then peel and coarsely chop. In skillet large enough to hold the pasta, combine oil, garlic and red pepper. Cook over medium heat until garlic is fragrant and oil is sizzling. Add beets and turn in oil mixture until just heated through. Bring a large pot of cold water to a boil. Add salt and spaghetti. Cook until spaghetti is almost al dente, tender yet firm to the bite. Drain spaghetti, reserving 1/2 cup of cooking water. Pour spaghetti into skillet with beets. Add some water. Simmer over medium heat, constantly turning spaghetti with beets until pasta is evenly colored, about 2 minutes. Serve immediately.

*Maria Kulas*



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## **MAKE-AHEAD MOSTACCIOLI**

- |  |                                    |
|--|------------------------------------|
| <b>2¼ lbs. Italian sausage</b>                 | <b>6 c. mozzarella cheese</b>      |
| <b>1 c. chopped onion</b>                      | <b>3 c. cottage cheese (1 lb.)</b> |
| <b>15-oz. can whole peeled tomatoes</b>        | <b>2 tsp. marjoram leaves</b>      |
| <b>3 (15-oz.) cans tomato sauce</b>            | <b>½ c. Parmesan cheese</b>        |
| <b>½ c. water</b>                              | <b>½ tsp. pepper</b>               |
| <b>2 tsp. oregano</b>                          |                                    |
| <b>2 (8-oz.) boxes mostaccioli,<br/>cooked</b> |                                    |

Remove meat from casing. Brown meat; add onion. Stir in tomatoes; add tomato sauce, water, oregano and pepper. Cover; simmer 30 minutes. Combine marjoram leaves and cottage cheese. Layer ½ noodles, meat sauce, mozzarella cheese and cottage cheese; repeat layers. Top with Parmesan cheese. Bake 50 minutes at 350°. Serves 12. Great for parties or large crowds.

*Olga Doolin*

## **MANICOTTI**

- |  |   |
|--|---|
| <b>2 pkgs. manicotti shells<br/>(uncooked)</b> | <b>2 eggs</b>   |
| <b>2 lbs. ricotta cheese</b>                   | <b>1 T. parsley</b>   |
| <b>½ lb. mozzarella cheese,<br/>shredded</b>   | <b>¼ tsp. basil</b>   |
| <b>¼ c. grated Romano cheese</b>               | <b>1 qt. spaghetti sauce (I use two<br/>26-oz. jars of my favorite sauce)</b> |

Thoroughly mix all ingredients. Fill the shells with mixture. In a shallow baking dish pour a small amount of the sauce. Place filled shells in a single layer, then cover with the remaining sauce. Bake at 350° for 45-60 minutes until shells become soft. (I cover the dish with foil while baking.) Very easy!!!

*Victoria Kawka*



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## **FETTUCCINE ALFREDO**

**1 lb. fettuccine noodles**  
**¼ lb. sweet butter**  
**½ c. light cream**

**1 egg yolk**  
**½ c. Romano or Parmesan  
cheese, grated**

Cook fettuccine; drain hot noodles. Beat egg yolk and add to cream. Melt butter. Add all ingredients together and toss with fork or spoon until noodles are coated. Serve hot.

*Ulana Kostiw Cirincione*

## **LINGUINE WITH CLAM SAUCE**

**8 lg. clams**  
**1½ c. clam juice with water**  
**¼ c. olive oil**  
**3 garlic cloves, minced**  
**½ tsp. crushed red hot pepper**

**2 T. fresh parsley, chopped**  
**¼ tsp. dried oregano**  
**8 oz. linguine**  
**Parmesan cheese, freshly grated**

Arrange cooking of linguine and sauce so that both are done at the same time. Scrub clams well. Place in a pot with ½ inch water and cover. Steam just until clams open. Remove clams from pot and reserve broth. When they are cool, shuck the clams, saving any juice. Finely chop clams by hand or in food processor. Strain juice through cheese-cloth to remove sand and shell particles; set aside. Heat oil in a medium saucepan and sauté garlic and red pepper for 1 minute. Add clams, liquid (juice and water to equal 1½ cups) and oregano. Bring to a boil and simmer about 5 minutes until clams are tender and sauce is reduced. Stir in parsley. Pour some of the sauce over the linguine and toss. Serve remaining sauce over pasta. Sprinkle with grated Parmesan cheese.

**Note:** 18 cherrystone clams may be used in place of the large. Serves 4.

*Julie Bajalcaliev*



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## **RICE PILAF**

**4 T. butter (¼ stick)**  
**1 sm. onion, chopped**  
**2 cloves garlic, chopped**  
**3 c. long-grain white rice**

**5½ c. low-salt chicken broth**  
**2 c. frozen green peas, or peas & carrots**  
**1 tsp. fresh dill, chopped (opt.)**

Melt butter in a large Dutch oven. Add onions, sauté until golden brown, about 10 minutes. Mix in garlic and sauté 1 minute. Add rice and stir until beginning to brown; slowly add broth and cook on low heat until rice is almost tender. Mix in peas. Cook 5-10 minutes longer until rice is tender and peas are hot. Season with salt and pepper. Add dill if using.

*Natalie Fafendyk*

## **BROCCOLI RICE CASSEROLE**

**1 c. hot water**  
**1 lg. bag frozen chopped broccoll,**  
**or 2 (20-oz.) bags**  
**½ c. chopped onion**  
**½ c. chopped celery**  
**4 T. butter**

**1 sm. pkg. Velveeta cheese (but not the smallest size)**  
**1 can cream of mushroom soup**  
**1 (8-oz.) can sliced mushrooms**  
**1½ c. white instant rice**

Pour boiling water over the frozen broccoli. Let stand for 20 minutes, then separate pieces with a fork. Grate the cheese and set aside. Sauté the onion, celery and 4 tablespoons butter just until the onion is transparent and softens (do not brown). Add the sautéed mixture to the broccoli and rice (uncooked). Now, add the mushroom soup, cheese and mushrooms (drain the can); mix well. Spoon mixture into an 8 x 10 x 2-inch casserole dish and bake in a preheated 350° oven for 60 minutes, covered. (This recipe can be prepared the night before, however, when reheating, do not put in microwave as it may turn dry. Also, keep it covered in the oven for approximately 15 minutes or until warmed through.)

*Natalia Chimiak-Kulas*



## **ASERIAN RICE**

Rinse 2 cups long-grain rice (measure first) until water is clear. Then soak overnight. Cook in a pot full of water; cook until boiling, then cook for about 3-4 minutes. Taste to see that the rice is not overcooked. Drain the rice and let rest for a while. Take a baking dish with a cover, put butter on bottom and lay a layer of rice with more butter and salt and go on until all rice is gone. Bake in a 275° oven for about 40-45 minutes, shaking every 10 minutes or so. Do not uncover until done. Let rest in oven, covered, until ready to serve or so.

*Maria Kulas*

## **RECIPE FAVORITES**



## Recipe Favorites





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# BREADS, CAKES, COOKIES, PIES & DESSERTS

## SOUP BISCUITS

**2 c. all-purpose flour**  
**3 tsp. baking powder**  
**1 tsp. salt**

**1/3 c. vegetable oil**  
**2/3 c. milk**

Sift flour, baking powder and salt together in a bowl. Make a well in the center; pour in oil and milk; stir until the mixture no longer sticks to the sides of the bowl. Knead until smooth. Roll out dough to 1/2 inch thick and cut into rounds. Bake at 450° on an ungreased cookie sheet for 10-12 minutes. (Delicious biscuits dipped in soup.)

*Olga Doolin*

## RED LOBSTER CHEESE GARLIC BISCUITS

**2 c. buttermilk biscuit mix**  
**2/3 c. milk**  
**1/2 c. shredded cheddar cheese**

**1/2 c. butter or margarine, melted**  
**1/2 tsp. garlic powder**

Preheat oven to 450°. Combine first 3 ingredients; mix with wooden spoon until soft dough forms. Beat vigorously 30 seconds. Drop dough by heaping tablespoon onto ungreased cookie sheet. Bake 8-10 minutes until golden brown. Combine melted butter with garlic powder, brush over warm biscuits before removing from cookie sheet. Serve warm. Makes 10-12 biscuits.

*Olga Doolin*



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## **FABULOUS HERBED BREAD CLUSTERS**

Having all ingredients at room temperature will hasten rising time.

- |  |                               |
|--|-------------------------------|
| <b>½ c. warm milk (105-115°)</b>                                   | <b>2 T. dried thyme</b>       |
| <b>3 T. dry yeast</b>  | <b>1 T. dried rosemary</b>    |
| <b>4 tsp. brown sugar</b>  | <b>2 eggs</b>                 |
| <b>2 c. lg. curd creamed cottage cheese</b>                        | <b>1 T. salt</b>              |
| <b>¼ c. (4 T.) butter or solid shortening</b>                      | <b>½ tsp. baking soda</b>     |
| <b>¼ c. minced fresh dill or 2 T. dried dill weed or dill seed</b> | <b>5 c. all-purpose flour</b> |
|  | <b>2 eggs</b>                 |
|  | <b>2 T. milk</b>              |

Combine milk, yeast and sugar in large bowl; whisk until blended. Let stand until foamy, about 10 minutes. Generously grease another large bowl. Mix cottage cheese, butter, dill, 2 eggs, salt and baking soda in processor until smooth. Add to yeast mixture, blending well. Stir in 1 cup flour and mix thoroughly. Gradually add remaining flour, mixing until dough comes away from sides of bowl. Turn dough out onto lightly-floured board and knead until smooth and elastic. Transfer to greased bowl, turning to coat all surfaces. Cover and let stand in warm area until doubled, about 1 hour. Generously grease baking sheets. Punch dough down, then turn out onto lightly-floured surface. If dough feels sticky, knead again with a little flour. Divide into 3 equal portions. Working quickly (dough is very active), break off small walnut-sized pieces of dough from 1 portion and shape into balls. Arrange side by side on baking sheet into shape resembling cluster of grapes, reserving some dough to form stems and leaves for decorations. Repeat with remaining portions. Beat eggs with milk and use to brush lightly over top of clusters. Let rise for 15-20 minutes. Preheat oven to 350°. Bake clusters 5 minutes. Brush with some of egg mixture. Bake another 5 minutes; brush again with egg mixture. Continue baking 15 minutes, watching carefully and covering loosely with foil if clusters begin to brown too quickly. Transfer to wire racks and let cool. Makes 3 clusters (about 120 small biscuits).

*Hanusia Glubisz*



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## **PEPPERY CHEESE BREAD**

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- |                                       |   |
|---------------------------------------|---|
| <b>2½ c. all-purpose flour</b>        | <b>1 (8-oz.) ctn. plain lowfat yogurt</b>   |
| <b>1 T. sugar</b>                     | <b>½ c. cooking oil</b>                     |
| <b>1½-2 tsp. cracked black pepper</b> | <b>¼ c. milk</b>                            |
| <b>1 tsp. baking powder</b>           | <b>1 T. spicy brown mustard</b>             |
| <b>¾ tsp. salt</b>                    | <b>1 c. shredded cheddar cheese (4 oz.)</b> |
| <b>½ tsp. baking soda</b>             | <b>¼ c. thinly-sliced green onions</b>      |
| <b>2 beaten eggs</b>                  |   |

Preheat oven to 350°. Grease the bottom and ½ inch up the sides of an 8 x 4 x 2-inch loaf pan; set aside. In a large bowl stir together flour, sugar, pepper, baking powder, salt and soda. Make a well in center of dry mixture; set aside. In a medium bowl combine eggs, yogurt, oil, milk and mustard. Add to dry mixture along with cheese and green onion. Stir just until moistened. Pour batter into prepared pan and spread evenly. Bake for 45-50 minutes or until a wooden toothpick inserted near center comes out clean. Cool on a wire rack for 10 minutes. Remove bread from pan; cool for 1 hour on wire rack. Serve warm. Makes 1 loaf (16 servings).

*Maria Kulas*

## **BANANA BREAD**

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- |   |                                  |
|---|----------------------------------|
| <b>⅓ c. vegetable oil</b>                         | <b>3 eggs</b>                    |
| <b>1½ c. mashed ripe bananas,<br/>about 3 lg.</b> | <b>2⅓ c. Bisquick baking mix</b> |
| <b>½ tsp. vanilla</b>                             | <b>1 c. sugar</b>                |
|   | <b>½ c. chopped walnuts</b>      |

Heat oven to 350°. Grease the bottom of a loaf pan generously (can use Pam spray). Beat all ingredients vigorously with a spoon for 30 seconds. Pour batter into pan. Bake for 55-65 minutes, depending on your oven. Cool for 5 minutes. Loosen sides of loaf from pan and remove.

*Elyssa Kulas*



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## **BANANA BREAD**

- |   |  |
|---|--|
| <b>1 c. sugar</b>                                   | <b>1<math>\frac{2}{3}</math> c. flour</b>          |
| <b><math>\frac{1}{3}</math> c. butter/margarine</b> | <b>1 tsp. baking soda</b>                          |
| <b>2 eggs</b>                                       | <b><math>\frac{1}{2}</math> tsp. salt</b>          |
| <b><math>\frac{1}{3}</math> c. milk or water</b>    | <b><math>\frac{1}{4}</math> tsp. baking powder</b> |
| <b>3-4 very ripe bananas, mashed</b>                |  |

Cream butter and sugar; add eggs and mix until creamy. Add water/milk and bananas; mix well until blended. Add dry ingredients. Bake at 350° for 60-65 minutes until golden and toothpick comes out clean.

*Elizabeth Roslewski*

## **NUT BREAD**

- |   |  |
|---|--|
| <b>2<math>\frac{1}{2}</math> c. flour</b>           | <b>2 T. salad oil</b>  |
| <b>2<math>\frac{1}{4}</math> tsp. baking powder</b> | <b>1 egg, beaten</b>   |
| <b><math>\frac{1}{4}</math> tsp. baking soda</b>    | <b><math>\frac{3}{4}</math> c. orange juice</b>              |
| <b><math>\frac{3}{4}</math> c. sugar</b>            | <b><math>\frac{3}{4}</math> c. chopped walnuts or pecans</b> |
| <b><math>\frac{3}{4}</math> tsp. salt</b>           |  |

In large bowl mix flour, baking powder, baking soda and sugar. Add oil, egg, orange juice and chopped nuts, blending thoroughly. Pour into greased 5 x 9-inch loaf pan. Bake at 350° for 60-70 minutes. Batter can be divided into 3 mini loaf pans for a shorter baking time.

*Parania Maksymczuk*



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## **CRANBERRY FRUIT NUT BREAD**

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- |   |                              |
|---|------------------------------|
| <b>1 c. Ocean Spray fresh or frozen cranberries, coarsely chopped</b> | <b>1½ tsp. baking powder</b> |
| <b>½ c. chopped nuts</b>  | <b>1 tsp. salt</b>           |
| <b>1 T. grated orange peel</b>  | <b>½ tsp. baking soda</b>    |
| <b>2 c. all-purpose flour</b>   | <b>2 T. shortening</b>       |
| <b>1 c. sugar</b>   | <b>¾ c. orange juice</b>     |
|   | <b>1 egg, well-beaten</b>    |

Preheat oven to 350°. Generously grease and lightly flour a 9 x 5 x 3-inch loaf pan. Prepare cranberries, nuts and orange peel; set aside. In a bowl mix together flour, sugar, baking powder, salt and soda. Cut in shortening. Stir in orange juice, egg and orange peel, mixing just to moisten. Fold in cranberries and nuts. Spoon into prepared pan. Bake 60 minutes or until wooden pick inserted in center comes out clean. Cool on rack 15 minutes. Remove from pan; cool completely. Wrap and store overnight. Makes 1 loaf.

*Maria Kulas*

## **CRANBERRY APPLE BREAD**

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- |  |   |
|--|---|
| <b>1½ c. all-purpose flour</b>                                       | <b>2 T. vegetable oil</b>                           |
| <b>1½ tsp. baking powder</b>   | <b>¼ c. EGG BEATERS Healthy Real Egg Substitute</b> |
| <b>1 tsp. ground cinnamon</b>  | <b>1 c. Ocean Spray fresh cranberries</b>           |
| <b>½ tsp. baking soda</b>  | <b>½ c. chopped walnuts</b>                         |
| <b>2 c. peeled, chopped Washington State Golden Delicious apples</b> |   |
| <b>¾ c. sugar</b>  |   |

Mix flour, baking powder, cinnamon and baking soda; set aside. Mix apples, sugar and oil in a medium bowl. Stir in **Egg Beaters**. Add flour mixture, stirring just until moistened. Batter will be thick. Stir in cranberries and walnuts. Spread batter into greased 8½ x 4½ x 2½-inch loaf pan. Bake at 350° for 1 hour or until toothpick inserted in center comes out clean. Makes 12 servings.

*Maria Kulas*



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## **PUMPKIN BREAD**

- |                               |  |
|-------------------------------|--|
| <b>2½ c. sugar</b>            | <b>2 tsp. salt</b>                               |
| <b>¾ c. vegetable oil</b>     | <b>1 tsp. baking powder</b>                      |
| <b>4 eggs, beaten</b>         | <b>1 tsp. ea. nutmeg, allspice,<br/>cinnamon</b> |
| <b>1 (15-oz.) can pumpkin</b> | <b>½ tsp. ground cloves</b>                      |
| <b>3½ c. sifted flour</b>     | <b>⅔ c. water</b>                                |
| <b>2 tsp. baking soda</b>     |  |

Cream sugar and oil; add eggs and pumpkin. Mix well. Sift together flour, baking soda, salt, baking powder, nutmeg, allspice, cinnamon and cloves. Add to pumpkin mixture alternately with water; mix well after each addition. Pour into 2 well-greased and floured 9 x 5-inch loaf pans. Bake at 350° for 1½ hours until loaves test done. Let stand 10 minutes. Remove from pans to cool. Enjoy!

*Natalie Fafendyk*

## **ZUCCHINI BREAD**

- |                           |                                      |
|---------------------------|--------------------------------------|
| <b>2 c. sugar</b>         | <b>¼ tsp. baking powder</b>          |
| <b>3 eggs</b>             | <b>2 tsp. cinnamon</b>               |
| <b>1 c. oil</b>           | <b>2 c. zucchini, grated</b>         |
| <b>3 c. flour</b>         | <b>1 T. vanilla</b>                  |
| <b>1 tsp. baking soda</b> | <b>½ c. walnuts or pecans (opt.)</b> |

Combine and beat well eggs, oil, sugar and vanilla. Stir in rest of ingredients together. Pour into 2 bread loaf pans. Bake at 325° for 1 hour or until toothpick comes out clean.

*Anna Wereminski*

## **ZUCCHINI BREAD**

- |                             |   |
|-----------------------------|---|
| <b>3 c. flour</b>           | <b>3 tsp. vanilla</b>                                     |
| <b>1 tsp. soda</b>          | <b>1 c. oil</b>   |
| <b>1 T. cinnamon</b>        | <b>2 c. shredded zucchini, or<br/>bananas, or pumpkin</b> |
| <b>½ tsp. baking powder</b> | <b>1 c. nuts (opt.)</b>                                   |
| <b>3 eggs, beaten</b>       |   |
| <b>2 c. sugar</b>           |   |

Stir together first 5 ingredients; set aside. Beat eggs with next 3 things. Add flour mixture, then stir in zucchini. Pour into greased 9 x 5-inch loaf pan. Bake at 325° for 50-60 minutes. Makes 2 loaves. Spread cream cheese frosting on top, if desired.

*Mary Zelisko*



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## **GINGERBREAD**

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**1/2 c. shortening**

**1/2 c. sugar**

**1 egg**

**1/2 c. light molasses**

**1 1/2 c. sifted all-purpose flour**

**3/4 tsp. salt**

**3/4 tsp. soda**

**1/2 tsp. ground ginger**

**1/2 tsp. ground cinnamon**

**1/2 c. boiling water**

Cream shortening and sugar until light. Add egg and molasses; beat thoroughly. Sift together dry ingredients. Add to creamed mixture alternately with water, beating after each addition. Bake in greased and lightly-floured 8 x 8 x 2-inch pan. Bake at 350° for 35-40 minutes or until done. Serve warm.

*Raisa Bratkiv*



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## **A GOOD BASIC PASKA**

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**2 cakes yeast**

**1 T. sugar**

**1 c. milk, scalded, cooled to lukewarm**

**1 c. lukewarm water**

**3 c. sifted flour**

**10 egg yolks**

**¼ lb. butter, softened**

**½ c. sugar**

**½ tsp. salt**

**Grated rind of 1 lemon**

**5 c. sifted flour**

Dissolve yeast cakes and 1 tablespoon sugar in milk and water in medium bowl. Mix in 3 cups flour, stirring until well blended. Cover bowl with plastic wrap and bath towel; let rise for 2 hours. In large 5-quart bowl beat together until creamy egg yolks, butter, sugar, salt and grated lemon rind. Add yeast mixture; mix until well blended, then add 5 cups flour. Knead well, letting dough rest a couple of times between kneading to let glutens work. Continue kneading until dough no longer sticks to hands. Put in greased bowl, cover with plastic wrap and a towel and let rise for 2 hours until doubled in bulk. Punch dough down to let air out. Grease hands with butter or oil and shape into loaves. Place in greased containers, filling only  $\frac{1}{3}$  full. Cover with towel and let rise in warm place until doubled in bulk, about 45 minutes. Bake at 325° for 45 minutes. Remove from oven and brush with egg yolk, beaten with a little milk; return to oven to bake 5 minutes more or until golden and shiny. Invert out of baking containers; test for doneness by knocking on bottom (hollow sound indicates it is done). Handle gently until cooled. Fancy decorating using this recipe. This dough is easy to use for decorating the top of the paska. For best results, decorate after the shaped paska has risen to prevent decorations from rising unevenly. To form braid, use a little flour on bread board and make 3 long ropes. Starting from the center, braid towards both ends. Before adding decorations to risen loaves, brush surface with beaten egg white only where ornaments will be laid. Lay braid around the paska top and make a cross in the middle by using 2 smaller braids. If rosettes are desired, roll some dough into a rectangle; cut into strips  $1\frac{1}{2}$  inches wide and clip one edge about 1 inch deep and  $\frac{3}{4}$ -inch intervals. Roll up strips and place between arms of the cross. Bake as indicated above. A basic dough that is good for fancy decorating.

*Raisa Bratkiv*





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## **A VERY GOOD PASKA**

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<b>2½ c. milk</b>	<b>1 c. butter</b>
<b>2½ c. water</b>	<b>½ c. lard</b>
<b>5 pkgs. dry yeast</b>	<b>1 c. golden raisins, cleaned,</b>
<b>½ c. sugar</b>	<b>lightly floured</b>
<b>5-lb. bag flour, sifted</b>	<b>Grated rind from 4 lemons</b>
<b>20 egg yolks</b>	<b>2 T. vanilla</b>
<b>4 whole eggs (both yolks &amp;</b>	<b>1 oz. rum flavoring</b>
<b>whites)</b>	<b>1 tsp. salt</b>
<b>1 c. sugar</b>	

Heat milk and water until just lukewarm. Dissolve yeast, ½ cup sugar and 5 cups sifted flour in liquid mixture. Mix well; cover with plastic wrap and bath towel. Set in warm place to rise. Sift remaining flour. Separate eggs (reserve egg whites for good dessert recipe); add 4 whole eggs to 20 yolks. Add 1 cup sugar to large bowl containing eggs and yolks. Beat with mixer until egg-sugar mixture is thick and falls in ribbons when beaters are lifted out of the mixture. Melt butter and lard together to clarify. A white "foam" will form on top of mixture when heating. Continue to stir over medium flame until milk solids (white foam) brown a burnished gold. Set aside to cool. Prepare raisins and flour them. Grate lemon rinds. When yeast mixture has risen until doubled, add to egg mixture; mix well. Add vanilla, rum flavoring, grated lemon rind and salt; mix well. Start adding remaining sifted flour gradually, mixing or kneading well as flour is added. When done adding flour, knead until smooth and well mixed. Add cooled butter-lard mixture, knead well into doubled mixture. Continue kneading until dough comes clean off your hand, then knead in raisins. Grease large, deep bowl (8 or 10-quart); place dough in bowl, smooth top and grease with cooled, melted butter. Cover with clean cloth; set in warm place to rise until doubled in bulk. When dough has risen, punch down to get air out. Grease hands with oil or melted butter and shape dough to fill well-greased baking containers ¼ full. Cover with clean cloth; set in warm place to rise until doubled in bulk. Bake in 350° preheated oven for 35-45 minutes. Five minutes before end of baking time, brush with mixture of well-beaten egg and a little water. Return to oven to finish baking time and cook glaze. Gently remove loaves from baking containers.

(continued)



or doneness by tapping bottom. If it sounds hollow, it is done. Oven rack removed from oven and covered with clean dish (Remove bottom oven rack, which is not being used before turning oven on to use as cooling rack.) Handle loaves from this recipe very gently so that they retain their shape. When well cooled, they may be stored in plastic bags in the freezer. On day of serving, remove from freezer at least 2 hours early to thaw. This recipe makes a large quantity of loaves for family use and for giving to friends or relatives.

*Raisa Bratkiv*



## **A BEAUTIFUL PASKA**

**¾ c. lukewarm water**

**1 T. sugar**

**2 yeast cakes (fresh, not dry yeast)**

**1 c. flour**

**12 egg yolks (do not substitute whole eggs)**

**¼ c. sugar**

**1 tsp. salt**

**½ c. melted butter, cooled**

**3 c. flour, unsifted**

Mix lukewarm water, 1 tablespoon sugar and yeast cakes until dissolved in small bowl. Add 1 cup flour; stir until smooth. Cover and let rise in warm place until bubbly, about 1 hour. In large bowl mix together egg yolks, sugar, salt and cooled, melted butter. Add yeast mixture; beat well. Gradually add 3 cups unsifted flour. This dough will be very soft. Knead or mix well, scraping sides of bowl. Brush dough with melted butter. Place in buttered bowl, cover with towel and set in warm place to rise until double in bulk, approximately 2 hours. To shape, knead lightly on floured board; shape to fit bottom of bread pans. Fill well-greased (with shortening only) pans only ⅓ full. Place loaves in warm place to rise until double. Bake in 350° oven for about 20-25 minutes. For a golden gloss, brush top with egg yolk wash (egg yolk well beaten with a little water) about 10 minutes before the end of baking time. (Brushing with egg glaze too soon will risk overbrowning.) If tops brown too fast, top with heavy brown paper (cut from a grocery sack) to slow browning (paper will not burn). When done, remove from oven, handling very gently. Remove from baking pans to oven rack covered with dish towels. When cooled, may be stored in plastic bags in freezer. The day of serving, remove to thaw; loaves will be as fresh as just baked. This recipe may be doubled. Either mixing and kneading by hand or use of heavy-duty mixer with dough hooks may be used with good results. If 2-pound coffee cans are used for bread pans, this recipe will make 4 loaves.

**Note:** Use egg whites for a chiffon or angel food cake or other dessert. This recipe is very rich and always gives perfect results. For a very fine textured and tasty paska, do not attempt to substitute or skimp on any of the ingredients.

*Raisa Bratkiv*



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## **BABKA/PASKA**

**3 pkgs. dry yeast**

**1 c. water**

**2 T. sugar**

**1 c. milk**

**1 c. sour cream**

**2 T. buttermilk**

**½ c. oil**

**2 sticks melted butter, cooled**

**1 stick melted margarine, cooled**

**2 c. sugar**

**Orange peel (opt.)**

**1 tsp. salt**

**8 egg yolks**

**2 whole eggs**

**5 lbs. flour**

In a small bowl mix 1 cup lukewarm water, 2 tablespoons sugar and yeast until dissolved. Add 1 cup flour; stir until smooth. Cover and let rise in a warm place until bubbly (about 1 hour). In a large bowl mix the milk, sour cream, buttermilk and oil. Then mix cooled melted butter and margarine, 2 cups of sugar, salt and orange peel; stir well. Add all pre-beaten eggs and mix well. Add yeast mixture; mix, then add flour, a cup at a time as you mix. Dough will thicken and you will knead it until it falls away from your hands. Brush dough with melted margarine; place in a bowl, cover with a towel and set aside in a warm place to rise until doubled in bulk. Punch it down and let it rise again until doubled in bulk. Grease your hands in melted margarine and shape the dough to fill well-greased baking containers ¼ full. Cover and set in a warm place to rise until doubled in size. Bake in a preheated 350° oven for 35-40 minutes. Makes approximately 8 babkas/paskas.

*Stephanie Moroko*

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## **BREAD MACHINE PASKA-FOR THE 90'S**

**¼ c. lukewarm water**

**½ c. scalded milk, lukewarm**

**3¼ c. sifted flour**

**½ tsp. salt**

**½ c. sugar**

**2 eggs**

**⅓ c. butter**

**2 tsp. yeast, granulated**

This makes 1 large loaf. Follow your bread machine directions for making a "Regular Loaf."

*Victoria Kawka*



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## **ORANGE BABKA**

**2 c. flour**

**1½ tsp. baking powder**

**2 tsp. vanilla**

**1 tsp. salt**

Mix above ingredients; set aside.

**7 egg yolks (save whites)**

**1½ c. sugar**

**¾ c. orange juice**

**½ c. oil**

Beat above ingredients well (except oil). Slowly add the oil to mixture. Add dry ingredients to above mixture. Meanwhile, beat 7 egg whites well. By hand, gently incorporate egg whites into above mixture. Pour mixture into a greased and lightly-floured bundt cake pan. Bake at 350° for 45 minutes or until done.

*Anna Wereminski*

## **BASIC NUT TORTE**

**6 eggs, separated**

**1 c. sifted flour**

**½ tsp. salt**

**1 tsp. baking powder**

**1½ c. sugar**

**3 c. finely-ground nuts (walnuts,**

**2 tsp. vanilla or other flavoring**

**Brazil nuts, hazelnuts, almonds)**

Add salt to egg whites; beat until soft peaks form. Gradually add ½ sugar, continuing beating until stiff peaks form. Beat yolks with remaining sugar until thick; add flavoring. Mix flour, baking powder and nuts in bowl; add yolk mixture and mix well. Gently fold in beaten egg whites. Bake in 2 (9-inch) greased layer pans at 325° for 50 minutes or until tests done. Remove from pans to cool. Sprinkle with confectioners' sugar for plain torte, or fill with favorite filling and frost with favorite icing. Serve with stiffly beaten whipped cream, if desired. Suggested combinations: apricot or cherry filling with chocolate glaze; apple, prune or date filling with creamy vanilla frosting; whipped cream between and on top and served with fresh fruit (berries) or drained canned fruit (peach slices).

*Raisa Bratkiv*



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## **ORICHOVY TORTE**

**Cake Flour Torte:** Bake 1 cake and cut it in half horizontally. Baking pans should be 12 inches in diameter.

<b>1 c. cake flour (Swan brand)</b>	<b>1 tsp. cream of tartar</b>
<b>1½ c. sifted granulated sugar</b>	<b>1 tsp. vanilla</b>
<b>8 med. eggs</b>	<b>Pinch of salt</b>

Preheat oven to 350°. Grease pan with oil and sprinkle with flour and put aside. Sift flour with sugar 2-3 times. Separate eggs; beat yolks several minutes with mixer until very light. In separate bowl beat egg whites with pinch of salt until foamy. Add cream of tartar. Continue to beat until egg whites are stiff. With a wooden spoon, fold beaten egg whites into beaten egg yolks, gently but quickly. Fold sifted flour with sugar into egg mixture and pour into greased pan. Cut through batter in the pan with knife or spatula several times. Bake at 300° for 45 minutes, then raise to 350° and bake 15 minutes more.

**Walnut Torte:** Bake 2 cakes individually. (Use same recipe twice.) Baking pans should be 12 inches in diameter.

<b>5 lg. eggs</b>	<b>1¾ c. fine ground walnuts</b>
<b>¾ c. powdered sugar</b>	<b>2 T. plain bread crumbs</b>

Grease pan with oil and sprinkle with flour and put aside. Beat eggs (whites and yolks) about 1 minute at high speed. Add sugar and beat until thick. Mix bread crumbs with walnuts and fold into egg mixture by hand. Bake at 350° for 30-35 minutes. **Do not slice these cakes.**

**Inside Filling:** Make this recipe twice; once with chocolate and the second time with Nescafe or Taster's Choice instant coffee.

<b>¼ c. cold milk</b>	<b>2 T. powdered sugar</b>
<b>½ c. boiled milk</b>	<b>4 T. Nescafe (or Taster's Choice)</b>
<b>2 jumbo egg yolks</b>	<b>2 oz. chocolate</b>
<b>1 pkg. Oetker vanilla</b>	<b>1 stick butter</b>

Mix cold milk, egg yolks, vanilla and powdered sugar and put aside. Bring ½ cup milk to boil; remove from heat. Put egg mixture into milk; mix until smooth. Add chocolate and mix until all is melted and has smooth consistency. Put back on flame and cook 1-2 minutes longer. Let cool. Cream 1 stick of butter. Add to cooled chocolate mixture until smooth. Make this filling a second time but substitute instant coffee for the chocolate this time. Thus you will have 2 different mixtures to spread alternately on the cakes.

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### **Layering Cake:**

**2 vials Oetker rum**  
**2 vials Oetker arreck**

**1 (12-oz.) jar currant jam or jelly**

Sprinkle all 4 cakes with flavoring (1 vial for each cake). Spread jam on first layer, which was sprinkled with rum. Then spread chocolate mixture. Place second cake on top, which was sprinkled with arreck. Spread with jam. Then spread the Nescafe mixture. Place third cake on top, which was sprinkled with rum. Spread with remaining jam. Then spread the remaining chocolate mixture. Place the fourth cake on top, which was sprinkled with arreck. **Do not spread** anything on top layer.

### **Top Frosting: (For fourth cake layer)**

**1 (16-oz.) ctn. sour cream**  
**1 pkg. Oetker vanilla**  
**2 c. fine ground walnuts**

**2 or more T. powdered sugar to taste**

Mix 1½ cups nuts, sugar, vanilla and sour cream. Spread entire frosting mixture on the entire cake, top and sides. Sprinkle the remaining ½ cup nuts on top and sides of cake. Refrigerate 2-3 days. It tastes better after a few days of rest so all the flavors are set.

*Raisa Bratkiv*



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## **WALNUT TORTE**

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**18 eggs**

**3½ c. sugar, divided**

**2 T. plain bread crumbs**

**1 pkt. baking powder**

**1 c. ground walnuts**

**Vanilla**

**Crisco**

**Flour**

**2 tsp. instant coffee**

**1 lb. butter**

**1 lemon**

**1 med. orange peel**

**Rum**

**Walnut Torte Layers:** Beat 12 egg yolks and 1 cup sugar in a medium-sized mixer bowl until stiff peaks form. Add 2 tablespoons bread crumbs and 1 packet of baking powder; mix well. Add vanilla, orange peel and 1 cup ground walnuts to batter; mix well. In a separate bowl beat 12 egg whites until peaks form; fold slowly into batter. Preheat oven to 350°. Grease with Crisco and lightly flour 2 (9-inch) round layer cake pans. Pour batter into prepared pans, dividing the batter evenly into both pans. Bake 45 minutes or until surface springs back when gently pressed with finger. Cool 30 minutes; loosen sides with spatula. Remove and cool on racks. **Torte Frosting:** In a large mixing bowl mix with a wooden spoon 1 pound of butter and 2 cups sugar; combine well. Set aside. In a separate bowl mix 6 egg yolks and 6 tablespoons sugar until stiff. Slowly combine with butter mixture in the large bowl; mix well. Squeeze juice of ½ lemon; heat in sauté pan. Add 2 tablespoons of instant coffee; dissolve. Pour into mixture and mix well. Sprinkle torte layers with rum and cover top, bottom and sides with frosting. Decorate with walnuts.

*Kateryna Dzwinyk*





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## **MRS. BASARAB'S FABULOUS WALNUT TORTE**

### **"Basis" for Filling/Frosting:**

**1 sm. ctn. half & half  
2 c. powdered sugar  
2 tsp. vanilla extract (or vanilla  
powder by Oetker)**

**2 tsp. vanilla pudding by Oetker,  
dissolved in little bit of half &  
half or milk**

In a heavy cooking pot or double boiler stovetop pot, combine 1 small container of half & half (begin cooking slowly over small flame). Gradually stir in 2 cups powdered sugar; continue on low simmer for approximately 45 minutes or until thickened. Stir in 2 teaspoons vanilla extract (or vanilla powder by Oetker). Stir in 2 teaspoons Oetker pudding (dissolved in a little half & half or milk). Continue with gentle simmer until mixture begins to bubble a little; stop, remove from heat immediately. Set aside.

**Tip:** This burns easily. Must keep stirring this over low flame throughout cooking time. Prepare 2 springform pans. Butter up bottom and sides. Dust with flour; set aside. Divide each of the following ingredients in half (one for each pan):

**1 lb. (4 c.) grated walnuts  
6 T. plain bread crumbs  
14 eggs**

**2 tsp. cream of tartar  
14 T. regular sugar**

Take 7 eggs and separate; whites in one bowl, yolks in another bowl. Beat egg whites until somewhat stiff. Add 1 teaspoon cream of tartar and continue beating for a good 3 minutes until stiff peaks form; set aside. Now, beat the egg yolks with 7 tablespoons regular sugar. **Egg Mixture:** Combine or "fold" together yolk mixture with egg white mixture. Gently stir; set aside. **Walnut Mixture:** Combine 2 cups grated walnuts with 3 tablespoons plain bread crumbs. Mix well; set aside. Combine Walnut Mixture with Egg Mixture. Stir them together well. Pour and smooth out into pan. Bake in 350° (or 325°) oven for approximately 45 minutes. (Careful first 15 minutes not to disturb.) Let cool before taking out of pan. (You know it's done when cake appears to have shrunk away from sides of pan and toothpick comes out clean. Repeat above process for second pan. This will create 2 walnut cakes (or 2 loaves).

**(continued)**



**Filling/Frosting, Combine:**

**3 tsp. instant coffee**  
**2 tsp. already made coffee (or water), just enough to dissolve instant coffee & create syrupy consistency (set aside)**

Blend 2 sticks butter (room temperature) in electric mixer. Let blend several minutes until smooth. Slowly, 1 spoonful at a time, add "Basis" for filling; blend well. Divide this mixture in half. Take 1/2 the mixture and set aside. Take remaining mixture and divide that in half. Now you will have mixture divided in 3 parts:

- |   |   |
|---|---|
| <b>1. One Half (coffee-flavored frosting)</b> | <b>2. One Quarter (currant filling)</b> |
|   | <b>3. One Quarter (apricot filling)</b> |

**1st Part:** With the one half mixture, add **coffee** mixture and blend well in mixer with 2 teaspoons or more of freshly squeezed lemon juice. **2nd Part:** With the one quarter part, return to mixer; blend well with 1 tablespoon or more of **currant jelly**. Consistency must be stiff, not runny. **3rd Part:** With second quarter part, return to mixer. Blend well with 2 tablespoons **apricot preserves**, keeping it stiff. Careful that it doesn't become runny. **Assembly:** Make aluminum foil bottoms to hold torte (round cardboard cut-outs lined and bordered with aluminum foil). Slice each walnut loaf in half horizontally. With both sides open, sprinkle rum (Myers rum-original dark). Place first layer, cut end up, on aluminum-lined cardboard. Spread currant jelly and filling. Place top half of loaf on top, like a sandwich. Now, spread the coffee frosting on top of loaf. Slice another loaf in half horizontally. Again, separate and sprinkle a little rum. Place second "half" on top of first loaf. Spread apricot preserves and filling on top and like a sandwich, return top half. Spread coffee frosting all over torte, tops and sides. Sprinkle heavily with grated walnuts. Enjoy!

*Olga Basarab*



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## KONA COFFEE TORTE

1½ T. instant coffee powder  
1 c. cold water  
6 egg yolks  
2 c. sugar  
2 c. sifted all-purpose flour

3 tsp. baking powder  
¼ tsp. salt  
1 tsp. vanilla  
1 c. ground walnuts  
6 stiffly beaten egg whites

### Orange Filling:

1 c. butter or margarine  
2 c. sifted confectioners' sugar  
2 tsp. cocoa (dry)

½ tsp. instant coffee powder  
2 T. cold water  
2 T. orange juice

### Mocha Frosting:

2 c. sifted confectioners' sugar  
2 tsp. cocoa (dry)  
½ tsp. instant coffee powder

2 T. cold water  
3 T. butter, melted  
½ tsp. vanilla

Dissolve coffee powder in cold water. Beat yolks until light and fluffy. Gradually add sugar, beating until thick. Sift together dry ingredients; add to yolks alternately with coffee, beating after each addition. Add vanilla and nuts. Fold in stiffly beaten egg whites. Bake in 3 paper-lined 9 x 1½-inch round pans in slow oven (325°) for 30 minutes or until done. Cool 10 minutes. Remove from pans; cool. Fill cake with Orange Filling; frost top with Mocha Frosting. **Filling:** Cream butter; add confectioners' sugar, creaming well. Beat in cocoa, coffee powder, cold water and orange juice. **Frosting:** Mix confectioners' sugar, cocoa and coffee powder; add cold water, melted butter and vanilla. Beat until frosting is of spreading consistency.

*Raisa Bratkiv*



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## **POPPY SEED TORTE**

**1/2 c. butter**

**1 T. grated lemon peel**

**1 tsp. vanilla**

**1/2 c. sugar**

**4 egg yolks, well-beaten**

**2 1/4 c. sifted flour**

**2 1/4 tsp. baking powder**

**1/2 c. freshly ground poppy seeds**

**3/4 c. milk**

**4 egg whites**

**1/2 c. sugar**

### **Filling:**

**1 pt. heavy cream**

**1/2 tsp. vanilla**

**Sugar**

Grease bottom of 8-inch tube pan. Cream butter with lemon peel, vanilla and 1/2 cup sugar until light and fluffy. Add egg yolks, 1 at a time, beating well after each addition. Sift together flour and baking powder. Add flour and poppy seeds alternately with milk to butter mixture. Beat only until smooth after each addition. Beat egg whites until frothy, then gradually add sugar until soft peaks form. Gently fold egg whites into batter. Pour batter into tube pan. Bake at 350° for 45 minutes. Invert cake when baked and cool 1 hour. Remove cake from pan and slice into 3 layers. **Filling:** Whip heavy cream with vanilla; sweeten to taste. Place 1/3 topping between each layer and on top. Makes 8-10 servings.

*Raisa Bratkiv*



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## **MRS. BASARAB'S "HEAVENLY" UKRAINIAN/ FRENCH TORTE**

**Dough: (prepare in advance)**

**3½ c. flour**

**2 sticks butter (½ lb.)**

**1 heaping T. Crisco**

**3 egg yolks**

**1 sm. ctn. whipping cream (1 pt.)**

Combine/chop well first 3 ingredients with half-moon pie tool or butter knife. Slowly mix in 3 egg yolks. Slowly add 1 whole small container of whipping cream. Knead until doughy, to a smooth consistency. Divide dough into 8 equal parts. Cover and refrigerate overnight or for at least 4 hours. Cut out 8 circles of waxed paper (outlined from bottom of springform pan). Remove dough from refrigerator. Flatten out each dough part with thumbs and fingers like a pancake. Center on top of first sheet of round waxed paper. Roll out with rolling pin (center out, just short of edge) evenly until dough covers all of waxed paper. Smooth out edges with fingers and again with rolling pin. Place on cookie sheet. Prick dough throughout with fork, creating holes so as dough will not bubble up while baking. Bake in oven (350/325°) for approximately 10 minutes, just until slightly browned. Repeat with remaining 7 dough parts. Let cool and set aside.

**"Basis" for Filling/Frosting:**

**1 sm. ctn. half & half**

**2 c. powdered sugar**

**2 tsp. vanilla extract (or vanilla powder by Oetker)**

**2 tsp. vanilla pudding by Oetker  
(dissolved in little bit of half & half or milk)**

In a heavy cooking pot or double boiler stovetop pot, combine 1 small container of half & half with 2 cups powdered sugar. Cook slowly over stovetop for approximately 45 minutes or until thickened. Add 2 teaspoons vanilla extract (or vanilla powder by Oetker). Add 2 teaspoons Oetker pudding (dissolved in a little half & half or milk). Continue cooking until it begins to bubble. Stop; remove from heat immediately. Set aside. **Filling/Frosting:** In mixer blend 2 sticks butter. Slowly add "Basis" only 1 spoonful at a time. Continue blending for at least 5 minutes. Divide this mixture into 3 parts. First part is slightly more. This will become the "Frosting." **1st Part "Frosting:** Return to mixer. Blend in real freshly squeezed lemon juice; blend well. Set aside.

(continued)



**2nd Part Currant "Filling"**: Return to mixer. Blend in a few spoonfuls of currant jelly. Careful to keep thick consistency. Can't be runny. **3rd Part Apricot "Filling"**: Return to mixer. Blend in a few spoonfuls of apricot preserves. Mix thoroughly, keeping thick consistency. **Assembly**: Make aluminum foil bottoms to hold torte. (Round cardboard cut-outs lined and bordered with aluminum foil.) Place first of the 8 wafers on aluminum platter, top side up, waxed paper removed from bottom. Carefully spread currant jelly mixture thinly and evenly on top of wafer. Place second wafer on top. This time top side down, removing waxed paper from top. Carefully spread apricot preserve mixture thinly and evenly on top of wafer. Repeat, spreading alternate layers of filling (make sure there is enough filling for all layers) until you place last wafer on top. (If you are a little short, you may take some from first part, reserved for frosting.) With cookie sheet, gently press down firmly to press together all layers, ever so slightly. Now you are ready to frost entire torte! Top and sides. Decorate as desired!

*Olga Basarab*

## MERINGUE TORTE

**6 egg whites**

**1½ c. sugar**

**¼ tsp. cream of tartar**

Beat egg whites and cream of tartar until foamy; gradually add sugar, beating on high speed. Continue beating until very stiff peaks form. (Inadequate beating will give a weepy shell.) Form 2 (9-inch) circles on heavy brown paper on baking sheet (use 2 if your baking sheet cannot hold 2 circles); make edges higher than middle to hold filling. Bake at 275° for 1½ hours; turn off heat and leave in oven until oven cools. (Overnight is easiest.) Keep baked meringues in plastic bags or plasticware container until ready to assemble. Ideas for meringue tortes: There are infinite numbers of variations for this recipe. Prepared packaged pudding and pie filling (lemon, lime, chocolate, butterscotch), prepared according to directions and cooled, is one easy filling for inside and top of torte. Sliced, sweetened fresh fruit (strawberries, peaches, etc.) is another good filling. Decorate top with whipped cream for all variations.

*Raisa Bratkiv*



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## **MOCHA FLAVORED SOUR CREAM CAKE**

### **Cake:**

<b>3 c. flour</b>	<b>1 c. margarine</b>
<b>3 tsp. baking powder</b>	<b>1 c. sugar</b>
<b>1 tsp. baking soda</b>	<b>3 eggs</b>
<b>1 tsp. salt</b>	<b>1 c. sour cream</b>

### **Filling:**

<b>6-oz. pkg. (1 c.) semi-sweet chocolate morsels</b>	<b>½ c. firmly-packed brown sugar</b>
	<b>2 T. freeze-dried coffee</b>

### **Coffee Glaze:**

<b>2 tsp. Taster's Choice freeze-dried coffee</b>	<b>3 T. boiling water</b>
	<b>1¼ c. sifted confectioners' sugar</b>

Preheat oven to 350°. **Cake:** Combine flour, baking powder, baking soda and salt in bowl; set aside. In another bowl combine margarine and sugar; beat until creamy. Add eggs, 1 at a time, beating thoroughly after each addition. Add flour mixture alternately with sour cream. Beat thoroughly after each addition. **Filling:** Combine all 3 ingredients in one bowl. Spoon ⅓ cake batter into greased 10-inch bundt pan. Sprinkle with ½ filling mixture. Cover with another ⅓ batter, then sprinkle with remaining filling and cover with remaining batter. Bake at 350° for 1 hour 10 minutes. Cool 15 minutes in pan. Turn out onto cake rack. Cool completely at room temperature. Drizzle this cake with Coffee Glaze. **Glaze:** Dissolve coffee in boiling water and add to confectioners' sugar. Stir until smooth. If you prefer a thicker glaze, then slowly add more confectioners' sugar. This is a delicious cake.

*Raisa Bratkiv*



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## **COFFEECAKE**

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**1 c. milk**

**¾ c. sugar**

**2 pkgs. dry yeast**

**½ c. margarine, softened**

**2 eggs, pre-beaten**

**1 tsp. salt**

**3-4 c. flour**

**2-3 SOLO fillings, any flavor  
desired**

**1 c. or more oil for dipping hands  
in as you knead dough**

**1 stick margarine, melted**

Start the yeast in ½ cup of lukewarm milk and ¼ cup sugar and 1 cup flour. Mix well, cover and let rise in a warm place until it bubbles. Add remaining milk, sugar, then margarine; mix well. Add pre-beaten eggs and salt; mix well. Add flour, 1 cup at a time; mix well after each addition until it thickens. Knead the dough until it falls away from your hands and is soft to your touch. Dip your hands in a dish of oil as you are kneading. This method prevents your from adding too much flour into the dough above what the recipe calls for and the dough is softer as a result. Cover, let rise in a warm place until doubled in size. Punch it down and let rise again. Divide dough into 3 sections and roll it out into 3 rectangular-shaped sheets. Put ⅔ of can of SOLO filling onto the center ⅓ part of the sheet, cut strips from the end of the filling towards the outside of each side. Interlace these strips over the filling (like a braid). Place onto a pre-greased baking sheet. Gently shape and stretch it into a nice coffeecake shape. Cover and let rise in a warm place until doubled in size. Bake at 375° for 12-15 minutes, until golden brown. Remove from oven and baste top with brush dipped in melted margarine. Allow to cool, then sprinkle confectioners' sugar over it. May be frozen if wrapped in cellophane and then in aluminum foil. Makes 3 regular-sized coffeecakes or 4 smaller ones.

*Raisa Bratkiv*





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## **CHEESECAKE**

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### **Crumb Mixture:**

**1/3 c. melted butter**

**1 1/2 c. graham wafer crumbs**

**3 T. sugar**

**3/4 tsp. cinnamon**

### **Cake Mixture:**

**2 c. dry cottage cheese**

**1/2 c. sugar**

**2 tsp. lemon juice**

**Rind of 1 lemon, grated**

**1/4 tsp. salt**

**4 eggs, separated**

**3 T. flour**

**2/3 c. light cream**

**1/4 tsp. cream of tartar**

**Crumb Mixture:** Combine all ingredients. Press  $\frac{2}{3}$  mixture into greased 9-inch springform pan (or other round pan with deep sides). Chill until set. **Cake Mixture:** Mix cottage cheese,  $\frac{1}{4}$  cup sugar, lemon juice, lemon rind and salt by hand or with mixer at medium speed for 10 minutes. Blend in egg yolks. Mix in flour and cream; beat at medium speed for 3 minutes. In separate bowl beat egg whites until frothy. Add cream of tartar and remaining  $\frac{1}{4}$  cup sugar. Beat until peaks form. Fold cheese mixture into egg white. Pour into crumb-lined pan. Sprinkle remaining crumbs on top. Bake at 300° for 1 hour. Turn off heat and let cake stand in oven for 1 hour. Remove cake from oven; let stand 5 minutes. Remove from pan. Serves 12.

*Raisa Bratkiv*



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## **NO-BAKE CHEESECAKE**

**2 env. Knox unflavored gelatin**  
**1 c. sugar**  
**1/4 tsp. salt**  
**2 egg yolks**  
**1 c. milk**  
**1 tsp. grated lemon rind**

**3 c. creamed cottage cheese (24 oz.), sieved**  
**1 T. lemon juice**  
**1 tsp. vanilla**  
**2 egg whites, stiffly beaten**  
**1 c. heavy cream, whipped**

### **Crumb Topping:**

**2 T. melted butter**  
**1 T. sugar**  
**1/2 c. graham cracker crumbs**

**1/4 tsp. cinnamon**  
**1/4 tsp. nutmeg**

Mix together unflavored gelatin, sugar and salt in top of double boiler. Beat together egg yolks and milk; add to gelatin mixture. Cook over boiling water, stirring constantly until gelatin is dissolved and mixture thickens, about 10 minutes. Remove from heat; add grated lemon rind and cool. Stir in creamed cottage cheese, lemon juice and vanilla. Chill, stirring occasionally until mixture mounds slightly when dropped from a spoon. While mixture is chilling, make crumb topping. Mix melted butter, sugar, graham cracker crumbs, cinnamon and nutmeg; set aside. Fold stiffly beaten egg whites and whipped heavy cream into chilled gelatin mixture. Turn into 8-inch springform pan; sprinkle top with crumb mixture. (If desired, 8 or 9-inch square or 9 x 5-inch loaf pan may be used; line with waxed paper and press crumb mixture in bottom of pan. Turn in gelatin mixture.) Chill until firm. Unmold.

**Variation:** Fold in 1/2 cup well-drained, quartered maraschino cherries and 10-ounce can well-drained, crushed pineapple. For 5-6 servings, use 1/2 above gelatin recipe, but full amount of crumb mixture in 8-inch layer pan or pie plate. Use 1/4 cup maraschino cherries and 5 ounces crushed pineapple. Makes 10-12 servings.

*Raisa Bratkiv*



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## **CHEESECAKE WITH CHERRY OR BLUEBERRY TOPPING**

### **Crust:**

**1¼ c. flour**  
**1 stick butter**

**½ c. ground nuts**

Mix all ingredients. Place in a 9 x 13-inch baking pan. Bake at 400° for 20 minutes; let cool.

### **Cream:**

**11 oz. Philadelphia cream cheese**    **2 T. milk**  
**1 c. powdered sugar**                    **1 c. ground nuts**

Mix cream cheese, sugar and milk with mixer and spread on cake.

**Tip:** Make small droppings of mixture throughout crust and then spread to avoid mixing the crust with the cream. Sprinkle 1 cup nuts over the cheese.

### **Topping:**

**8 oz. Cool Whip**  
**1 can pie filling, cherry or  
blueberry**

**Tip: Can use fresh fruits when in  
season**

Spread Cool Whip over nuts (again first in small clumps, then spread).  
Spread fruits over Cool Whip.

*Lisa Kulas*



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## **CHEESECAKE**

- |  |   |
|--|---|
| <b>1 c. graham cracker crumbs</b>                          | <b>1¼ T. vanilla</b>  |
| <b>1 c. + 3 T. sugar, divided</b>                          | <b>3 eggs</b>   |
| <b>3 T. butter, melted</b>                                 | <b>1 c. Breakstone sour cream</b>                                     |
| <b>5 (8-oz.) pkgs. Philadelphia cream cheese, softened</b> | <b>1 (21-oz.) can cherry pie filling, or any other desired flavor</b> |
| <b>3 T. flour</b>  |   |

Mix graham crumbs and 3 tablespoons sugar with melted butter; press onto bottom of a 9-inch springform pan. Bake at 350° for 6-10 minutes, depending on your oven. Meanwhile, beat cream cheese, 1 cup sugar, flour and vanilla on medium speed of electric mixer until well blended. Add eggs, 1 at a time; mix on low speed just until blended. Blend in sour cream. Pour over baked crust and bake at 350° for 1 hour or until center is set. Run a knife along rim of pan to loosen cake. Cool cake completely before removing rim. Refrigerate 4 hours or overnight. Top with cherry (or desired) topping.

**Hint:** Place another pan of boiling water under rack below cheesecake when baking to prevent cake from cracking.

*Wally Chimiak*



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## CHEESECAKE

### Filling:

1 (16-oz.) pkg. Philadelphia cream cheese  
1/2 c. sugar  
1/2 c. sour cream  
2 eggs  
1 tsp. vanilla

### Dough:

1 stick butter or margarine  
1/2 c. sugar  
2 eggs  
1 T. milk  
1 tsp. baking powder  
1 c. flour

### Glaze: (mandatory)

1/2 c. sour cream  
2 T. sugar  
1 tsp. vanilla

Beat cream cheese, sugar, sour cream, eggs and vanilla very well; set aside. Mix together (knead) by hand all the dough ingredients. Grease a 10-inch Pyrex glass pie dish. Sprinkle lightly with flour. Place dough on glass dish. Pour cream cheese filling over dough. Bake at 350° for about 30 minutes. Mix together all ingredients for glaze. Immediately spoon over cheesecake and bake an additional 5 minutes.

*Anna Wereminski*

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## CRESCENT CHEESECAKE

2 cans crescent rolls  
2 lg. pkgs. cream cheese  
3/4 c. sugar  
1 egg yolk  
1/2 tsp. vanilla  
1 tsp. lemon juice

Spread 1 can of rolls evenly on cookie sheet. Mix remaining ingredients until creamy. Spread over top of rolls. Top with other can of rolls. Beat egg white and brush on top of rolls. Bake 20-30 minutes at 350°. After cooled, sprinkle with confectioners' sugar. Cut in squares.

*Sophie Moshos*



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## **CHOCOLATE MARBLE CHEESECAKE**

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### **Crust:**

**1 pkg. Duncan Hines Moist Deluxe devil's food cake mix**      **½ c. Crisco oil, or Crisco Puritan oil**

### **Filling:**

**3 (8-oz.) pkgs. cream cheese, softened**      **3 eggs**  
**¾ c. sugar**      **1 (1-oz.) sq. unsweetened chocolate, melted**  
**½ tsp. almond extract**

Preheat oven to 350°. Grease a 9-inch springform pan. **Crust:** Combine cake mix and oil in large bowl. Stir until well blended. Press mixture into bottom of pan. Bake at 350° for 22 minutes. Remove from oven. Increase oven temperature to 450°. **Filling:** Combine cream cheese, sugar and almond extract in large bowl. Beat at medium speed with electric mixer until blended. Add eggs, 1 at a time, beating well after each addition. Remove 1 cup batter to small bowl; add melted chocolate. Spoon plain batter into warm crust. Drop spoonfuls of chocolate batter over plain batter. Run knife through batters to marble. Bake at 450° for 7 minutes. Reduce oven temperature to 250°. Bake for 30 minutes longer or until cheesecake is set. Loosen cake from sides of pan with knife or spatula. Cool completely on rack. Remove sides of pan. Refrigerate until ready to serve. Makes 12-16 servings.

*Tiya*



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## **CRANBERRY CHEESECAKE IN GINGERSNAP CRUST**

### **Crust:**

**2¾ c. ground gingersnaps**  
**2 T. sugar**  
**1 tsp. ground cinnamon**

**½ c. melted butter**  
**Nonstick vegetable spray**

Spray a 10-inch round diameter springform pan with spray. Wrap the outside of the pan with 2 layers of aluminum foil. Blend the cookie crumbs, sugar and cinnamon in food processor. Add butter and process until incorporated. Press crust into bottom of pan. Makes 1 (10-inch) crust.

### **Cranberry Sauce:**

**1 c. fresh or frozen cranberries**  
**6 T. sugar**  
**⅓ c. orange juice**

**1 tsp. minced orange zest**  
**¼ tsp. ground cinnamon**  
**⅓ tsp. ground nutmeg**

Combine all ingredients in a saucepan set over medium heat. Cook, stirring occasionally until mixture thickens and cranberries pop, about 5 minutes.

### **Filling:**

**2 lbs. cream cheese**  
**1½ c. sugar**  
**5 lg. eggs**  
**1 c. sour cream**

**½ c. heavy cream**  
**1 T. vanilla**  
**1 c. cranberry compote**

Preheat oven to 350°. Put cream cheese in bowl of mixer and mix with paddle until creamy. Beat in sugar. Add eggs, 1 at a time. Add sour cream, heavy cream and vanilla. Add 1 cup Cranberry Sauce. Pour filling into prepared crust. Place springform pan in a large deep pan (like a roaster) and add 2 inches of hot water to pan. Bake until cheesecake puffs around edges and is set, about 1½ hours. Cool 1 hour. Decorate with pecans on the sides and frost with plain sour cream. Serve with dollop of Cranberry Sauce and some orange zest.

*Maria Kulas*



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## **CHERRY CHEESE COFFEECAKE**

1 (8-oz.) pkg. cream cheese,  
softened  
1/3 c. powdered sugar  
1 egg, separated  
1/3 tsp. vanilla or almond extract

2 (8-oz.) pkgs. refrigerated  
crescent rolls  
1 c. canned cherry pie filling, or  
any flavor desired

### **Glaze:**

1/2 c. powdered sugar

1-2 tsp. milk

Preheat oven to 350°. In a bowl combine cream cheese, 1/3 cup sugar, egg yolk and vanilla; mix until smooth. Unroll crescent rolls and reserve 4 triangles for decoration. Separate remaining dough into 12 triangles and arrange on 15-inch baking stone with points toward center. Roll dough into a 14-inch circle with dough and pizza roller to seal seams. Cut out center of dough using 3-inch Cut-N-Seal and discard. Spread cream cheese mixture over dough to within 1/2 inch of edges; top with pie filling. Roll remaining dough into a rectangle, 6 inches wide and 7 inches long. Cut lengthwise into 12 strips. Twist strips and place in spoke-like fashion over filling. Press ends to seal at center and outer edges. Brush strips with lightly-beaten egg white. Bake 25-30 minutes or until golden brown; cool slightly. **Glaze:** Mix remaining sugar and milk until smooth; drizzle over coffeecake. **Light Version:** Use refrigerated French bread loaf for bottom and refrigerated breadsticks on top. You may use light cream cheese but **not** fat-free.

*Olya Kinal*

## **BABA'S CARROT CAKE**

3 c. flour  
2 c. sugar  
2 tsp. baking powder  
2 tsp. baking soda  
2 tsp. ground cinnamon

2 c. grated (puréed-like) carrots  
1 c. oil  
4 whole eggs  
1 1/2 c. crushed walnuts

Mix dry ingredients; add all of the remaining ingredients. Pour into bundt pan and bake at 350° for 1 hour.

*Anna Kolaczko Trynoha*





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## **CARROT CAKE WITH FROSTING**

- |                           |   |
|---------------------------|---|
| <b>4 whole eggs</b>       | <b>2 c. carrots, puréed, or 2 jars</b>      |
| <b>2 c. sugar</b>         | <b>    baby junior size carrots, puréed</b> |
| <b>2 tsp. baking soda</b> | <b>2 c. flour</b>                           |
| <b>1 tsp. salt</b>        | <b>1½ c. oil</b>                            |
| <b>2 tsp. cinnamon</b>    |   |

Beat eggs in large mixing bowl, 1 at a time. Add sugar, soda, salt and cinnamon, then mix well after adding each ingredient. Add carrots; mix. Add flour, a little at a time, while stirring the mixture. Slowly pour in the oil as you hand-stir the mixture until the oil is mixed in. Pour into a 9 x 13 x 2-inch pre-greased baking pan. Bake at 350° for 40-45 minutes.

### **Frosting:**

- |  |   |
|--|---|
| <b>1 (8-oz.) pkg. Philadelphia cream</b> | <b>1 tsp. vanilla</b>                     |
| <b>    cheese</b>                        | <b>1 c. confectioners' sugar, or more</b> |
| <b>½ c. margarine</b>                    |   |

Mix all ingredients with electric mixer and add confectioners' sugar, a little at a time, until it reaches the frosting consistency that you want. Frost cooled cake.

*Raisa Bratkiv*

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## **SUPER CARROT CAKE**

- |  |  |
|--|--|
| <b>1 c. sugar</b>                      | <b>½ tsp. salt</b>                     |
| <b>1 c. vegetable oil</b>              | <b>2 c. carrots, grated</b>            |
| <b>3 eggs</b>                          | <b>½ c. crushed walnuts or raisins</b> |
| <b>1½ c. flour</b>                     |  |
| <b>1½ tsp. EA. baking soda, baking</b> |  |
| <b>    powder, cinnamon</b>            |  |

Combine sugar, oil and eggs; beat well. Add the next 5 ingredients and beat well. Lastly, add grated carrots and crushed walnuts or raisins. Bake at 300° in a greased angel food cake pan or a 9 x 9-inch pan for 60 minutes.

### **Icing:**

- |                                     |                                |
|-------------------------------------|--------------------------------|
| <b>4 oz. cream cheese, softened</b> | <b>1 c. sifted icing sugar</b> |
| <b>2 T. butter, softened</b>        | <b>1 tsp. vanilla</b>          |

Beat until creamy and ice the cake.

*Stephanie Moroko*



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## PUMPKIN CAKE

<b>2 c. flour</b>	<b>1 tsp. baking powder</b>
<b>2 c. sugar</b>	<b>1 tsp. salt</b>
<b>2 tsp. baking soda</b>	<b>Dash nutmeg</b>
<b>1 heaping tsp. cinnamon</b>	

Combine the above 7 ingredients in a mixing bowl. Add:

<b>4 beaten eggs</b>	<b>2 c. pumpkin</b>
<b>1 c. oil</b>	

Mix well and pour into 2 greased and floured cake pans (round 8 or 9-inch). Bake at 350° for 35 minutes or until done. (Cupcakes 20-35 minutes.)

### **Icing:**

<b>2<math>\frac{1}{4}</math> c. powdered sugar</b>	<b><math>\frac{1}{4}</math> c. butter, softened</b>
<b>4 oz. cream cheese, softened</b>	<b>1 tsp. vanilla</b>

Beat the cream cheese with the butter. Add the powdered sugar and vanilla.

**Note:** This cake is very good refrigerated.

*Hanusia Glubisz*



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## **CHOCOLATE DELUXE ZUCCHINI CAKE**

- |   |                                      |
|---|--------------------------------------|
| <b>3 c. sifted flour</b>                          | <b>3 c. sugar</b>                    |
| <b>1¼ tsp. baking powder</b>                      | <b>1½ c. oil</b>                     |
| <b>1¼ tsp. baking soda</b>                        | <b>1½ tsp. vanilla</b>               |
| <b>1 tsp. salt</b>                                | <b>½ tsp. almond extract</b>         |
| <b>¼ tsp. cinnamon</b>                            | <b>3 c. coarsely grated zucchini</b> |
| <b>4 eggs</b>                                     | <b>1 c. chopped nuts</b>             |
| <b>3 (3-oz.) sq. unsweetened melted chocolate</b> |                                      |

**Note:** When using young zucchini, grate with clean, washed skin. If the zucchini is very large with hard skin, peel the skin first. Sift together the flour, baking powder, baking soda and salt. Beat eggs with sugar until creamy. Add cinnamon, vanilla and almond extracts; mix well. Add melted chocolate; mix well. Add oil; mix well. Add the dry ingredients to the batter mixture in several portions at a time. Squeeze excess moisture from the zucchini. Fold in zucchini and nuts. Pour the batter into a greased and floured tube or bundt pan. Bake in a preheated 350° oven for 1 hour and 40 minutes or 1 hour and 15 minutes for 3 medium loaves.

*Darka Raczkiwycz*

## **LIGHT APPLE CAKE**

- |   |                           |
|---|---------------------------|
| <b>4 peeled, sliced lg. apples</b>                    | <b>1 T. baking powder</b> |
| <b>1 T. sugar</b>                                     | <b>½ tsp. salt</b>        |
| <b>1 T. frozen apple juice concentrate, undiluted</b> | <b>½ c. canola oil</b>    |
| <b>2 tsp. ground cinnamon</b>                         | <b>1 c. apple juice</b>   |
| <b>1½ c. unbleached flour</b>                         | <b>4 tsp. vanilla</b>     |
| <b>1½ c. whole-wheat flour</b>                        | <b>1 egg</b>              |
| <b>¾ c. sugar</b>                                     | <b>5 egg whites</b>       |
|   | <b>½ c. orange juice</b>  |

Spray ring mold or fluted tube pan with nonstick vegetable coating. Place apples in large bowl. In separate bowl combine 1 tablespoon sugar, 1 tablespoon apple juice concentrate and cinnamon. Pour over sliced apples and stir until apples are evenly covered. Set aside. In separate bowl mix together flours, ¾ cup sugar, baking powder and salt; stir in oil, 1 cup apple juice concentrate, vanilla, egg, egg whites and orange juice. Pour ½ the batter into prepared mold. Layer ½ the apple mixture over batter, then repeat with remaining batter and apples. Bake at 350° for 1½ hours. Remove from oven. Allow to cool before removing from pan.

*Julie Bajalcaliev*



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## **APPLE CAKE**

**(Pliatsok)**

**1 stick butter, salted or unsalted**      **1½ tsp. baking powder**  
**1 c. sugar**      **1 tsp. vanilla**  
**2 whole eggs**      **3½ c. flour**  
**2 T. sour cream**      **8 med. apples (McIntosh are best)**

Beat together butter, sugar, eggs, vanilla and sour cream. Mix flour and baking powder together; add to above mixture. Peel and core apples. Cut apples in about 8-12 pieces each. Bring apples in 2 table-spoons sugar just to a boil; drain well. Divide dough into 2 portions. Roll out dough to fit a 9½ x 12-inch pan. Grease a 9½ x 12-inch pan and lay first dough portion. Arrange all of the apples on dough. Cover apples with second portion of dough. Bake at 350° for about 40 minutes or until done.

**Glaze: (opt.)**

**5 full tsp. powdered sugar**      **6-7 drops hot water**  
**6-7 drops rum extract (opt.)**

Mix above ingredients well and brush onto cake after baking.

*Anna Wereminski*

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## **APPLE CAKE**

**5-6 med. tart apples**      **1 tsp. salt**  
**4 T. sugar**      **1 c. vegetable oil**  
**2 T. cinnamon**      **¼ c. orange juice**  
**3 c. flour**      **1 tsp. vanilla**  
**1 c. sugar**      **4 lg. eggs**  
**3 tsp. baking powder**      **Confectioners' sugar**

Heat oven to 325°. Grease a 10-inch tube pan. Peel and cut apples in ¾-inch pieces. Mix sugar and cinnamon with apple pieces. Let stand. Beat the remaining ingredients by hand in large bowl until smooth, about 5 minutes. Pour ½ of batter into pan. Arrange ½ the apple mixture over batter. Pour balance of batter in and cover with rest of apple mixture. Bake for 1½ hours; cool on wire rack. Invert and dust with confectioners' sugar.

*Genya Tchoryk*



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## **APPLE KUCHEN**

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<b>½ c. butter</b>	<b>¼ c. milk</b>
<b>3 T. sugar</b>	<b>3 lbs. tart apples</b>
<b>¼ tsp. salt</b>	<b>½ c. raisins</b>
<b>2 eggs</b>	<b>1 tsp. cinnamon</b>
<b>1 pkg. dry yeast</b>	<b>3 T. sugar</b>
<b>2 c. sifted flour (add 1 c.)</b>	<b>Melted butter</b>
<b>½ c. warm water</b>	

Cream butter, sugar and salt. Add eggs and beat vigorously. Dissolve yeast in water and blend in 3 tablespoons flour. Add to first mixture. Beat in remaining flour with milk. Let dough rise until double in bulk. Prepare apples, sliced lengthwise into wedges. Roll dough to size of jellyroll pan. Grease pan and place dough in it. Arrange apple wedges in rows on dough; sprinkle with raisins, cinnamon and sugar; spread with melted butter. Bake at 350° for about 30 minutes. Makes about 12 servings. Very good with plums, sliced peaches, or drained pineapple rings.

*Slava Miskewitch*

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## **APPLE NUT CAKE**

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**(ORIGINAL)**

<b>3 eggs</b>	<b>1 tsp. cinnamon</b>
<b>1 c. oil</b>	<b>3 c. chopped fresh apples</b>
<b>2 c. sugar</b>	<b>1 c. nuts (opt.)</b>
<b>2½ c. flour</b>	<b>1 tsp. maple flavoring</b>
<b>1 tsp. salt</b>	<b>¼ c. Toll House butterscotch morsels</b>
<b>1 tsp. baking soda</b>	
<b>1 tsp. baking powder</b>	

With a heavy-duty electric mixer, mix eggs, oil and sugar for 3 minutes. Meanwhile, sift together the flour, salt, baking soda, baking powder and cinnamon. Add to the liquid mixture and mix for 2 minutes. Gently fold in the apples and nuts until moist. Add the maple flavoring and mix gently. Pour into 2 bread pans or 1 long cake pan. Sprinkle with butterscotch morsels. Bake at 350° for 1 hour and 10 minutes or until brown.

*Aphanasia Raczkiewicz*



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## **HONEY CAKE**

- |                              |  |
|------------------------------|--|
| <b>3 eggs</b>                | <b>1 tsp. cinnamon</b>                     |
| <b>1 c. sugar</b>            | <b>1 tsp. nutmeg</b>                       |
| <b>1 c. honey</b>            | <b>Grated peel &amp; juice of 1 orange</b> |
| <b>1 c. coffee, cooled</b>   | <b>3 T. oil</b>                            |
| <b>1¼ tsp. baking powder</b> | <b>3 c. sifted flour</b>                   |
| <b>1¼ tsp. baking soda</b>   | <b>½ c. ground walnuts (opt.)</b>          |
| <b>1 tsp. vanilla</b>        | <b>Walnut halves (opt.)</b>                |
| <b>1 tsp. ginger</b>         |  |

Cream eggs and sugar. Add the remaining ingredients in order, except walnut halves, if using. Pour mixture into a greased and floured oblong pan lined with brown paper. Arrange walnut halves on top, if using. Bake in a 350° oven about 1 hour or until inserted toothpick comes out dry. Cool completely before removing from pan.

*Apolina Wereszczak*

## **HONEY CAKE**

**(Medivnyk)**

- |                        |                             |
|------------------------|-----------------------------|
| <b>5 eggs</b>          | <b>3 c. flour</b>           |
| <b>¾ c. oil</b>        | <b>2 tsp. baking soda</b>   |
| <b>¾ c. honey</b>      | <b>3 tsp. baking powder</b> |
| <b>1 c. sour cream</b> | <b>1 tsp. salt</b>          |
| <b>1 c. sugar</b>      | <b>1 c. walnuts</b>         |
| <b>2 tsp. vanilla</b>  |                             |

Mix flour, baking soda, baking powder and salt in a bowl; set aside. Meanwhile, mix eggs, oil, honey, sour cream, sugar and vanilla together in a large bowl. Slowly add the flour mixture while beating with mixer, 1-2 tablespoonfuls at a time. Add nuts. Line a 9 x 12-inch pan with waxed paper. Pour batter in pan and bake at 325° for 1 hour.

*Mary Niznik (Kuczer)*



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## **MEDIVNYK**

**(HONEY CAKE)**

<b>8 eggs, separated</b>	<b>½ tsp. salt</b>
<b>1 c. honey</b>	<b>1 tsp. baking powder</b>
<b>1 c. sugar</b>	<b>½ tsp. ginger</b>
<b>½ c. corn oil</b>	<b>1 tsp. cloves</b>
<b>½ tsp. baking soda, dissolved in</b>	<b>1 tsp. allspice</b>
<b>2 T. hot water</b>	<b>1 T. brandy or whiskey</b>
<b>2 c. flour</b>	<b>¾ c. chopped walnuts (opt.)</b>

Sift dry ingredients together 3 times. Beat egg yolks until thick. Add sugar and beat. Melt honey; cool and add to yolks and sugar mixture. Add baking soda dissolved in hot water. While still beating, add oil. Beat egg whites and fold carefully into batter with flour mixture gradually. Add brandy and chopped walnuts. Pour into a tube pan and bake at 325° for 1 hour.

*Victoria Kawka*

## **SOPHIE'S HONEY BREAD**

<b>4 whole eggs</b>	<b>1 c. vegetable oil</b>
<b>1 pkg. vanilla sugar</b>	<b>1 c. milk</b>
<b>1 c. sugar</b>	<b>1 c. honey</b>

Mix well. Add:

<b>3 c. sifted flour</b>	<b>½ tsp. baking soda</b>
<b>½ tsp. baking powder</b>	

Mix well; pour in an oiled cake pan. Bake 45-50 minutes at 350°.

*Luba-Elena Gac*



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## DIRT CAKE

- |                                       |                         |
|---------------------------------------|-------------------------|
| <b>20-oz. pkg. Oreo cookies</b>       | <b>3½ c. milk</b>       |
| <b>1 c. powdered sugar</b>            | <b>½ stick butter</b>   |
| <b>8 oz. cream cheese</b>             | <b>12 oz. Cool Whip</b> |
| <b>1 pkg. instant vanilla pudding</b> |                         |

Cream together powdered sugar, butter and cream cheese. In another bowl combine pudding, milk and Cool Whip. Add the 2 bowls together into one. Crush Oreo cookies. Layer in flower pot, Oreo cookies (2-3 big spoonfuls), creamed mix (2-3 big spoonfuls). Chill in refrigerator overnight. Decorate with gummi worms and flowers.

*Olga Doolin*

## CHOCOLATE ECLAIR CAKE

- |  |                                |
|--|--------------------------------|
| <b>1 box graham crackers</b>                   | <b>8 oz. Cool Whip</b>         |
| <b>2 (4-oz.) pkgs. instant vanilla pudding</b> | <b>4 c. milk (for pudding)</b> |

Mix pudding as directed on package. Blend in Cool Whip. Layer whole crackers in bottom of 2 x 9 x 13-inch pan. Pour ½ the mixture on crackers. Place second layer of crackers; pour on rest of mixture. Place third layer of crackers and frost.

### **Frosting:**

- |                              |                             |
|------------------------------|-----------------------------|
| <b>6 T. cocoa</b>            | <b>3 T. soft butter</b>     |
| <b>2 T. light Karo syrup</b> | <b>1½ c. powdered sugar</b> |
| <b>1 tsp. vanilla</b>        | <b>3 T. milk</b>            |

Mix all ingredients well using mixer. Pour and spread over third layer of crackers.

*Olga Doolin*





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## **UPSIDE-DOWN CAKE**

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- |  |                                   |
|--|-----------------------------------|
| <b>3 T. butter</b>   | <b>1 1/3 c. all-purpose flour</b> |
| <b>2 T. mango chutney</b>                                  | <b>2/3 c. granulated sugar</b>    |
| <b>1/3 c. packed brown sugar</b>                           | <b>2 tsp. baking powder</b>       |
| <b>1 T. rum or 1 T. water plus few drops rum flavoring</b> | <b>1/4 tsp. ground ginger</b>     |
| <b>1 lg. mango</b>   | <b>2/3 c. milk</b>                |
| <b>1 (8-oz.) can pineapple slices, drained</b>             | <b>1/4 c. butter, softened</b>    |
| <b>1/4 c. coarsely chopped macadamia nuts</b>              | <b>1 egg</b>                      |
| <b>1/4 c. shredded coconut, toasted</b>                    | <b>1 tsp. vanilla</b>             |
|  | <b>1/2 c. whipping cream</b>      |
|  | <b>1 T. granulated sugar</b>      |

Preheat oven to 350°. Place the 3 tablespoons butter in a 9 x 1 1/2-inch round cake pan. Heat in the oven for 3-5 minutes or until melted. Snip any large pieces of fruit in the chutney. Stir brown sugar, chutney and rum or water and rum flavoring into melted butter in pan; spread evenly. Peel, seed and slice mango into 1/4-inch slices. Cut 3 of the pineapple slices into quarters. (Chill remaining pineapple slices for another use.) Arrange pineapple pieces in pan. Arrange 9 of the mango slices around pineapple pieces in pan. Chop remaining mango slices; set 1/2 cup aside. (Chill any remaining slices for another use.) Sprinkle nuts and 2 tablespoons of the coconut on top of fruit slices. Set pan aside. In a large mixing bowl stir together flour, 2/3 cup granulated sugar, baking powder and ginger. Add milk, 1/4 cup softened butter, egg and vanilla. Beat with a wooden spoon for 1 minute. Spoon into pan, gently spreading evenly over fruit. Bake for 30-35 minutes or until a toothpick inserted near center comes out clean. Cool cake in pan on a wire rack for 5 minutes. Loosen sides, invert cake onto a plate. Meanwhile, in a chilled medium bowl, combine whipping cream and 1 tablespoon sugar. Beat with chilled beaters of an electric mixer on medium speed until soft peaks form. Just before serving, fold in remaining coconut and the 1/2 cup reserved chopped mango. To serve, cut warm cake into wedges.

*Maria Kulas*



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## **SOCK-IT-TO-ME CAKE**

### **Streusel Filling:**

1 pkg. Duncan Hines Moist Deluxe Butter Recipe Golden cake mix, divided      2 T. brown sugar  
2 tsp. ground cinnamon  
1 c. finely-chopped pecans

### **Cake:**

4 eggs      ¼ c. water  
1 c. dairy sour cream      ¼ c. granulated sugar  
⅓ c. Crisco oil or Crisco Puritan oil

### **Glaze:**

1 c. confectioners' sugar      1 T. milk

Preheat oven to 375°. Grease and flour 10-inch tube pan. **Streusel Filling:** Combine 2 tablespoons cake mix, brown sugar and cinnamon in medium bowl. Stir in pecans; set aside. **Cake:** Combine remaining cake mix, eggs, sour cream, oil, water and granulated sugar in large bowl. Beat at medium speed with electric mixer for 2 minutes. Pour  $\frac{2}{3}$  of batter into pan. Sprinkle with Streusel Filling. Spoon remaining batter evenly over filling. Bake at 375° for 45-55 minutes or until toothpick inserted in center comes out clean. Cool in pan 25 minutes. Invert onto serving plate. Cool completely. **Glaze:** Combine confectioners' sugar and milk in small bowl. Stir until smooth. Add more milk to thin glaze as needed. Drizzle over cake. Makes 12-16 servings.

*Tiya*



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## DOOLIN CAKE

- |                                 |  |
|---------------------------------|--|
| <b>1 can crushed pineapple</b>  | <b>1 stick butter</b>                  |
| <b>1 can cherry pie filling</b> | <b>1 bag crushed walnuts or pecans</b> |
| <b>1 box yellow cake mix</b>    | <b>2 pkgs. soft cream cheese</b>       |

One baking pan sprayed with butter-flavored cooking spray. Dump 1 can of crushed pineapple in bottom of baking pan; spread evenly. Do the same with the cherry pie filling. Dump 1 box yellow cake mix on top of crushed pineapple and cherry (cake mix must be dry). Cover top of dry cake mix with butter (cut small pats of butter and be sure to cover completely). Sprinkle on crushed walnuts or pecans and bake 45-60 minutes at 350°. Let set 1 hour. Add sugar to cream cheese (per liking); spread evenly over cake. Chill for 2 hours and serve.

*Olga Doolin*

## BLUEBERRY SWEET CAKE

- |   |                               |
|---|-------------------------------|
| <b>2½ c. sifted flour</b>                               | <b>1 tsp. vanilla</b>         |
| <b>1 tsp. ea. salt, baking soda &amp; baking powder</b> | <b>1 c. buttermilk</b>        |
| <b>1 c. butter, softened</b>                            | <b>1 c. sour cream</b>        |
| <b>1 c. granulated sugar</b>                            | <b>1 c. fresh blueberries</b> |
| <b>2 eggs</b>   | <b>1 c. chopped nuts</b>      |

Combine the flour, salt, baking powder and baking soda in a medium bowl; set aside. Cream the butter and sugar in large mixing bowl. Beat in the eggs and vanilla. Add dry ingredients alternately with buttermilk and sour cream, beating well after each addition. Stir in blueberries and nuts. Pour batter into a greased 10-cup bundt pan. Bake at 350° for about 1 hour; cool thoroughly in pan before removing. **Drizzle:** Combine 1 cup confectioners' sugar and 1 tablespoon milk. Drizzle the mixture over the cooled cake.

*Tiya*



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## **MARIA'S YOGURT BLUEBERRY CAKE**

- |                             |   |
|-----------------------------|---|
| <b>2 c. flour</b>           | <b>1 c. vegetable oil</b>                 |
| <b>1 c. sugar</b>           | <b>3 eggs</b>                             |
| <b>1 pkg. baking powder</b> | <b>1 (8-oz.) pkg. Dannon plain yogurt</b> |
| <b>1 pkg. vanilla sugar</b> | <b>1 pt. fresh blueberries</b>            |

Mix all the ingredients, except the blueberries. Mix well. Divide the batter in two. Flour or spray pan. Pour  $\frac{1}{2}$  batter in prepared pan and bake for 12 minutes at 350°. Let stand for 10-15 minutes. Top with berries; sprinkle with sugar. Pour rest of mixture on berries. Bake at 350° for 30-35 minutes.

*Maria Panczyszyn*

## **CHERRY FUDGE CAKE**

- |                                  |                                    |
|----------------------------------|------------------------------------|
| <b>1 box dark fudge cake mix</b> | <b>1-2 cans cherry pie filling</b> |
| <b>2 beaten eggs</b>             | <b>1 tsp. almond extract</b>       |

Mix all above ingredients and spread into a 9 x 13-inch greased and floured pan. Bake at 350° for 25-30 minutes.

### **Icing:**

- |   |                             |
|---|-----------------------------|
| <b>5 T. margarine</b>                   | <b>1 c. sugar</b>           |
| <b><math>\frac{1}{3}</math> c. milk</b> | <b>1 c. chocolate chips</b> |

Boil all ingredients, except for the chocolate chips, for 2 minutes. After boiling, remove from heat and add the chocolate chips.

*Tiya*



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## **POPPY SEED CAKE**

**(Makovyanyk)**

- |                                    |                                |
|------------------------------------|--------------------------------|
| <b>4 c. flour</b>                  | <b>1 whole egg</b>             |
| <b>2 sticks unsalted margarine</b> | <b>½ lg. piece fresh yeast</b> |
| <b>1½ c. sugar</b>                 | <b>1 c. milk</b>               |
| <b>3 egg yolks</b>                 | <b>1 lemon rind, grated</b>    |

Combine flour with margarine. Beat in mixer 1½ cups sugar, 3 egg yolks (retain egg whites) and 1 whole egg. Heat milk. Put yeast into bowl. Sprinkle with a little sugar. Pour milk over yeast until covered. Let stand 10-15 minutes until yeast is dissolved. Mix by hand all ingredients to make dough until it does not stick to hand. Divide in half. Cover each half with Saran Wrap and place in refrigerator overnight. Following day, make filling. Combine 1 can Solo poppy seed and ½ lemon peel, grated. Beat retained egg whites until thickened. Add ⅔ egg white to poppy seed; mix well. Take out dough. Take each piece and roll out to about ½-finger thickness. Take remaining egg white and brush onto rolled dough. Spread poppy seed mixture onto dough. Roll into loaf; pinch ends together. Put into a 13 x 9 x 2¼-inch baking pan, each loaf at an end of the pan. Cover and put into warm place for yeast to rise. When risen, take 1 egg yolk, add a few drops of water and mix. Brush loaf tops and bake at 350° for 1 hour.

*Olha Fedak*

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## **POPPY FORM CAKE**

- |                                 |                           |
|---------------------------------|---------------------------|
| <b>1 can Solo poppy filling</b> | <b>1 c. sour cream</b>    |
| <b>1 c. butter</b>              | <b>2½ c. sifted flour</b> |
| <b>1½ c. sugar</b>              | <b>1 tsp. baking soda</b> |
| <b>4 eggs, separated</b>        | <b>1 tsp. salt</b>        |
| <b>1 tsp. vanilla</b>           |                           |

Cream butter and sugar until light and fluffy. Add Solo poppy filling. Add egg yolks, 1 at a time, beating well. Blend vanilla and sour cream. Sift together flour, soda and salt. Add gradually to Solo poppy mixture, beating well. Fold in stiffly beaten egg whites. Pour into a greased 9 or 10-inch tube pan, which has bottom lined with waxed paper. Bake at 350° about 1 hour and 15-20 minutes or until done. Cool 5 minutes. Remove from pan and peel off paper. Sift confectioners' sugar to decorate on top.

*Olga Derkach*



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## **CHOCOLATE CHIP BANANA MUFFINS**

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- |                            |                                     |
|----------------------------|-------------------------------------|
| <b>3/4 c. sugar</b>        | <b>2 tsp. vanilla</b>               |
| <b>2 c. mashed bananas</b> | <b>1/2 tsp. baking powder</b>       |
| <b>2/3 c. oil</b>          | <b>1/2 tsp. salt</b>                |
| <b>2 eggs</b>              | <b>1 c. chopped pecans</b>          |
| <b>2 c. flour</b>          | <b>1 c. chopped chocolate chips</b> |
| <b>1 tsp. baking soda</b>  |                                     |

Heat oven to 350°. Prepare cupcake pan with paper liners. Mix sugar, bananas, oil and eggs in large bowl. Stir in remaining ingredients, except nuts and chocolate chips. Mix well. Add the chopped nuts and chopped chocolate chips. Mix and pour into 12 muffin cups. Bake for 30 minutes.

*Hanusia Glubisz*

## **BLUEBERRY-ORANGE MUFFINS**

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- |                               |                                |
|-------------------------------|--------------------------------|
| <b>2 c. all-purpose flour</b> | <b>3/4 c. milk</b>             |
| <b>1/2 c. sugar</b>           | <b>1 c. blueberries</b>        |
| <b>3 tsp. baking powder</b>   | <b>1/3 c. oil</b>              |
| <b>1/2 tsp. salt</b>          | <b>1 T. grated orange peel</b> |
| <b>1 egg, beaten</b>          | <b>2 T. orange marmalade</b>   |

Heat oven to 400°. Prepare muffin tins. In medium bowl combine flour, sugar, baking powder, salt and orange peel. Mix well and add blueberries. In small bowl combine milk, oil, egg and orange marmalade; blend well. Add to dry ingredients all at once. Stir just until dry ingredients are moistened. Fill prepared muffin cups 2/3 full. Sprinkle some regular sugar over the tops. Bake at 400° for 20-22 minutes or until golden brown. Cool 1 minute before removing from pan. Serve warm.

*Hanusia Glubisz*



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## PECAN NUT CUPS

**1 stick butter or margarine,  
softened**

**3 oz. cream cheese  
1 c. flour, sifted**

Mix and refrigerate overnight.

**1 egg**

**1 tsp. vanilla**

**3/4-1 c. light brown sugar**

**1/2 c. chopped pecans**

**Dash salt**

Take dough from refrigerator. Form dough into small balls (larger than marble size). Spread dough in the mini-cupcake pan with your thumb. Sprinkle nuts into the cups, then put in 1 heaping teaspoon of the egg mixture. Sprinkle the rest of the nuts over the egg mixture. Bake in 325° oven for 15-20 minutes until golden or very lightly browned.

*Olya Kinal*

## SOLO APRICOT CUPS

**2 (3-oz.) pkgs. cream cheese**

**1 c. brown sugar**

**1 c. butter or margarine**

**1 c. Solo apricot filling**

**2 c. flour**

**1 c. chopped nuts (walnuts or**

**2 eggs**

**pecans)**

Blend cream cheese and butter or margarine into flour with a pastry blender. Form into 48 (1-inch) balls. Line miniature muffin pans with balls of dough and shape into crusts. **Filling:** Combine eggs, brown sugar, Solo apricot filling and nuts. Spoon into individual crusts and bake at 350° for 30-40 minutes; cool in pan.

*Mary Zelisko*



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## **QUICK WALNUT RAISIN CRESCENTS**

**1 refrigerated folded pie crust**  
**1 egg yolk**  
**3 T. packed brown sugar**  
**1½ tsp. cinnamon**

**¼ c. chopped raisins**  
**2 T. finely-chopped walnuts**  
**Confectioners' sugar**

Unfold crust. Cut in quarters, then cut each quarter in 3 wedges. Brush all 12 wedges with ½ the egg yolk. Sprinkle evenly with brown sugar, cinnamon, raisins and nuts. Roll up each wedge, starting from wide end. Place 2 inches apart on lightly-greased cookie sheet. Curve ends to form crescents. Brush with remaining egg yolk. Bake in preheated 400° oven for 12 minutes or until golden brown. Dust with confectioners' sugar when cool.

*Genya Tchoryk*

## **BUTTER-NUT CRESCENTS**

**1 c. butter**  
**¼ c. powdered sugar**  
**1 T. water**

**2 tsp. vanilla**  
**2 c. sifted all-purpose flour**  
**1 c. finely-chopped pecans**

Melt butter; stir in sugar, water and vanilla. Blend in flour gradually. Blend in pecans gradually. Measure 1-1½-teaspoon portions and shape dough into crescents. Bake on lightly-greased cookie sheet for 20 minutes at 300°.

*Olga Kosar*

## **SUGAR COOKIES**

**½ c. shortening**  
**½ c. sugar**  
**1 egg**  
**1 tsp. vanilla**

**1¾ c. unbleached flour**  
**1 tsp. baking powder**  
**1 egg white**  
**Colored sugar**

Cream shortening (should be at room temperature); add sugar slowly. Add egg and vanilla. Sift flour with baking powder and add to creamed mixture. Dough should be easy to handle (if not, chill). Roll out ¼ inch thick. Cut out with cookie cutters. Brush with egg white and sprinkle with colored sugar. Bake 10-15 minutes in preheated 375° oven. Makes 3 dozen.

*Nina Derkach*





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## WALNUT COOKIES

**1 c. powdered sugar**  
**1 c. regular sugar**

**1 c. vegetable oil**  
**1 c. margarine**

Mix well.

**2 eggs**  
**1 tsp. cream of tartar**

**1 tsp. soda**

Add to sugar mixture. Mix in  $4\frac{1}{3}$  cups flour. Add 1 cup ground walnuts (pecans could also be used). Refrigerate dough at least 4 hours or overnight. Roll out small balls of dough, flatten down. Dip in sugar. Place on cookie sheet 2 inches apart. Bake at  $350^\circ$  for 15 minutes.

*Daria Kuszniir-Harrison*

## SONIA'S FAVORITE CHOCOLATE PECAN COOKIES

**1 c. lightly-salted butter, melted**  
 **$\frac{3}{4}$  c. firmly packed light brown  
sugar**  
 **$\frac{3}{4}$  c. finely-chopped pecans**  
**1 tsp. vanilla extract**

**$2\frac{2}{3}$  c. all-purpose flour**  
 **$\frac{1}{2}$  tsp. baking powder**  
 **$\frac{2}{3}$  c. semi-sweet chocolate pieces**  
 **$\frac{3}{4}$  c. chopped (not finely) pecans**

Preheat oven to  $375^\circ$ . Beat together butter and sugar. Stir in  $\frac{3}{4}$  cup pecans and the vanilla extract. Mix flour and baking powder; beat into the butter mixture. Shape dough into small balls. Place 1 inch apart on ungreased cookie sheets. Flatten bottoms of cookies by gently pressing. Bake about 12-15 minutes or until golden; cool. Melt chocolate in a pan over a pot of simmering water. Dip flat bottoms of cookies into chocolate, then into chopped pecans. Cool on waxed paper. Could drizzle melted chocolate over tops of cookies with a fork, then sprinkle chopped pecans. Enjoy!

*Sonia Glubisz*



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## BUTTER PECAN TURTLE COOKIES

### **Crust:**

2 c. flour  
1 c. firmly packed brown sugar

1/2 c. butter, softened  
1 c. whole pecan pieces

### **Caramel Layer:**

2/3 c. butter  
1/2 c. packed brown sugar

1 c. chocolate chips

Preheat oven to 350°. In large bowl combine all crust ingredients, except pecans. Beat at medium speed until well mixed and particles are fine. Press on bottom of 13 x 9-inch baking pan. Sprinkle pecans evenly over unbaked crust. In 1-quart saucepan combine butter and brown sugar. Cook over medium heat, stirring constantly until entire top of mixture begins to boil. Boil 1 minute, stirring constantly. Pour evenly over pecans and crust. Bake 18-22 minutes or until entire caramel layer is bubbly. Remove from oven. Immediately sprinkle with chips. Allow to melt slightly (2-3 minutes). Swirl chips leaving some whole for a marbled effect. Cool completely; cut into bars. Makes 3 dozen.

*Nina Derkach*

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## NO-BAKE PEANUT BUTTER BARS

### **Crust:**

2 c. Salerno graham cracker  
crumbs

2 c. confectioners' sugar

1 c. peanut butter, creamy  
1 stick butter or margarine

### **Topping:**

1 (12-oz.) bag chocolate chips

2/3 c. peanut butter, creamy

**Crust:** Combine first 4 ingredients; knead into a ball. Spread this into a jellyroll pan. If crumbly, add more peanut butter. Take the chocolate chips and 2/3 cup of peanut butter and melt together in Pyrex cup in microwave 1-2 minutes until smooth. Pour over crust in pan and smooth with a spatula. Refrigerate. To serve, cut into squares.

*Dolores Szynal*



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## **C'S PEANUT BUTTER COOKIES**

### **Cream:**

1 c. sugar  
1 c. packed brown sugar

1 c. softened sweet butter  
1 c. creamy peanut butter

### **Add & beat well:**

2 eggs  
2 tsp. vanilla

### **Add:**

2 tsp. baking soda  
3½ c. flour (put in 2 c.; mix, then  
add 1½ c. more)

Shape dough into 1-inch balls. Roll into granulated sugar. Bake at 350° for 10-12 minutes on a lightly-greased baking sheet. Immediately press ½ chocolate Hershey kiss into center of each cookie.

*Anna Zaderej*

## **KATRUSIA'S FAVORITE ALMOND SNOWBALL COOKIES**

2 c. unsifted flour  
1 c. sweet butter  
1 c. finely-ground almonds

½ c. powdered sugar  
¼ tsp. salt  
1 tsp. vanilla extract

In a large bowl mix all the ingredients well. Shape into a ball; wrap in plastic wrap and refrigerate for 1 hour. Preheat oven to 350°. With a teaspoon shape dough into small balls. Place on ungreased cookie sheet, 1 inch apart. Bake for 12-14 minutes. Remove from baking sheet. Roll in powdered sugar mixed with vanilla sugar while warm and again when cool.

*Katrusia Glubisz*



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## **EGG SNOWFLAKES**

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**4 egg whites**

**Salt**

**3 c. milk**

**1 pkg. vanilla sugar**

**2 (3 to 4-oz.) pkgs. Instant vanilla  
pudding (opt. 1), OR**

**Flam (opt. 2)**

Beat egg whites until hard. Heat milk in pot with vanilla sugar. When milk starts to boil, drop not quite full spoonfuls of the egg white into milk. Do not crowd in pot, allowing room to turn over. Turn over with slotted spoon. When done, remove with slotted spoon onto plate. Continue until all egg white mixture is used. Egg whites can be left refrigerated until following day. If doing so, drain any excess milk on plate. This milk can then be used for the pudding. **Option 1:** Make pudding per instructions on package. Put into refrigerator to chill. When thickened, place egg whites on top. Pour caramel over (caramelize 4 tablespoons sugar with a little water in pan).

### **Option 2-Flam:**

**4 egg yolks**

**1 $\frac{3}{4}$  c. water**

**1 (14-oz.) can sweetened  
condensed milk**

**$\frac{1}{2}$  tsp. vanilla extract**

**$\frac{1}{2}$  tsp. salt**

Beat all ingredients together. Pour into round 1 $\frac{1}{2}$ -inch form or 9-inch square baking pan. Place pan into larger pan filled with hot water; cook 55-60 minutes until center is well done. Transfer to platter when cooled and place egg whites on top. Pour caramel over egg whites.

*Raisa Bereza*

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## **THE FAMOUS CHOCOLATE CHIP COOKIE**

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**$\frac{3}{4}$  lb. butter**

**$\frac{1}{2}$  c. granulated sugar**

**1 c. brown sugar**

**$\frac{1}{4}$  tsp. vanilla**

**$\frac{1}{4}$  tsp. salt**

**4 eggs**

**3 $\frac{1}{2}$  c. flour**

**$\frac{1}{4}$  tsp. baking soda**

**1 (6-oz.) pkg. semi-sweet  
chocolate chips**

Preheat oven to 350°. Mix butter, white and brown sugar at low speed for 2 minutes; add vanilla, salt and eggs. Mix ingredients for 1 minute at low speed, then for 2 minutes at high speed. Add flour and baking soda; mix until flour is blended into a smooth dough. Add chocolate chips and mix for 1 minute at low speed. Spoon off cookies onto cookie pan and bake for approximately 8 minutes.

*Tiya*



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## **CHOCOLATE CHIP COOKIES**

- |                             |  |
|-----------------------------|--|
| <b>2¼ c. flour</b>          | <b>¾ c. packed brown sugar</b>           |
| <b>1 tsp. baking soda</b>   | <b>1 tsp. vanilla extract</b>            |
| <b>1 tsp. salt</b>          | <b>2 eggs</b>                            |
| <b>1 c. softened butter</b> | <b>2 c. semi-sweet chocolate morsels</b> |
| <b>¾ c. sugar</b>           | <b>1 c. chopped nuts</b>                 |

Preheat oven to 375°. Combine first 3 ingredients in a small bowl. Beat butter, sugar, brown sugar and vanilla in large mixer bowl. Add eggs, 1 at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and nuts. Drop by rounded tablespoon onto ungreased baking sheets. Bake in preheated 375° oven for 9-11 minutes or until golden brown. Let stand for 2 minutes, remove to wire racks to cool completely. Makes 5 dozen.

*Nina Derkach*

## **OATMEAL CHIPPERS**

- |                            |                        |
|----------------------------|------------------------|
| <b>¼ c. butter</b>         | <b>¼ c. shortening</b> |
| <b>Beat until creamed.</b> |                        |
| <b>½ c. sugar</b>          | <b>1 egg</b>           |
| <b>½ c. brown sugar</b>    | <b>½ tsp. vanilla</b>  |

Beat in sugar until fluffy. Beat in egg and vanilla.

- |                           |                                    |
|---------------------------|------------------------------------|
| <b>1 c. flour</b>         | <b>1 c. oatmeal</b>                |
| <b>½ tsp. baking soda</b> | <b>½ c. chopped walnuts (opt.)</b> |
| <b>½ tsp. salt</b>        | <b>½ (3-oz.) pkg. semi-sweet</b>   |
| <b>½ tsp. cinnamon</b>    | <b>chocolate pieces (opt.)</b>     |
| <b>½ tsp. nutmeg</b>      |                                    |

Sift dry ingredients and thoroughly combine into mixture. Stir in oats, chocolate and nuts. Drop rounded teaspoonfuls about 2 inches apart on greased baking sheet. Bake at 375° for 9-12 minutes.

*Sophie Moshos*



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## **MILK CHOCOLATE FLORENTINE COOKIES**

**2/3 c. butter or margarine**  
**2 c. quick oats, uncooked**  
**1 c. granulated sugar**  
**2/3 c. all-purpose flour**  
**1/4 c. corn syrup**

**1/4 c. milk**  
**1 tsp. vanilla extract**  
**1/4 tsp. salt**  
**2 c. (11 1/2-oz. pkg.) Nestle Toll**  
**House milk chocolate morsels**

In medium saucepan melt butter; remove from heat. Stir in oats, sugar, flour corn syrup, milk, vanilla and salt; mix well. Drop by level teaspoon about 3 inches apart onto foil-lined baking sheets. With rubber spatula, spread thinly. Bake in preheated 375° oven for 6-8 minutes until golden brown; cool. Peel foil from cookies. Over hot (not boiling) water, melt morsels, stirring until smooth. Spread thin layer of melted chocolate on flat side of 1/2 the cookies. Top with remaining cookies. Makes 3 1/2 dozen sandwich cookies.

*Tiya*

## **CARAMEL OATMEAL CHEWIES**

**1 3/4 c. Quaker oats, uncooked**  
**1 1/2 c. all-purpose flour**  
**3/4 c. firmly packed brown sugar**  
**1/2 tsp. baking soda**  
**1/4 tsp. salt**  
**3/4 c. (1 1/2 sticks) margarine,**  
**melted**

**1 c. chopped peanuts**  
**1 c. (6 oz.) semi-sweet chocolate**  
**pieces**  
**1 (12.5-oz.) jar (1 c.) caramel ice**  
**cream topping**  
**1/4 c. all-purpose flour**

Heat oven to 350°. Grease 13 x 9-inch baking pan. Combine oats, flour, brown sugar, soda and salt; mix well. Stir in margarine, mixing until well blended. Reserve 1 cup; press remaining onto bottom of prepared pan. Bake 10-12 minutes or until light brown; cool 10 minutes. Top with nuts and chocolate pieces. Mix caramel topping and 1/4 cup flour until smooth; drizzle over chocolate pieces to within 1/4 inch of pan edges. Sprinkle with reserved oat mixture. Bake 18-22 minutes or until golden brown; cool. Makes 32 bars.

*Olga Derkach*



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## **CRAISINS, OATMEAL, WHITE CHOCOLATE CHUNK COOKIES**

<b>2/3 c. butter, softened</b>	<b>1 tsp. baking soda</b>
<b>2/3 c. brown sugar</b>	<b>1/2 tsp. salt</b>
<b>2 eggs</b>	<b>1 (6-oz.) pkg. raisins</b>
<b>1 1/2 c. old-fashioned oats</b>	<b>2/3 c. white chocolate chunks</b>
<b>1 1/2 c. flour</b>	

Preheat oven to 375°. Using an electric mixer, beat butter and sugar until light and fluffy. Add eggs, mixing well. Combine oats, flour, baking soda and salt in a separate bowl. Add to butter mixture in small amounts. Stir in dried raisins and white chocolate chunks. Drop by rounded teaspoonfuls onto ungreased cookie sheet. Bake 10-12 minutes or until golden. Makes 2 1/2 dozen.

*Lilia Zaparaniuk*

## **DIPPED GINGERSNAPS**

<b>2 c. sugar</b>	<b>2 tsp. cinnamon</b>
<b>1 1/2 c. vegetable oil</b>	<b>1 tsp. salt</b>
<b>2 eggs</b>	<b>Additional sugar</b>
<b>1/2 c. molasses</b>	<b>2 (12-oz.) pkgs. vanilla baking chips</b>
<b>4 c. all-purpose flour</b>	<b>1/4 c. shortening</b>
<b>4 tsp. baking soda</b>	
<b>1 T. ground ginger</b>	

In a mixing bowl combine sugar and oil; mix well. Add eggs, 1 at a time, beating well after each. Stir in molasses. Combine dry ingredients and add gradually to the creamed mixture; blend well. (The dough can be refrigerated at this point.) Shape the dough into 3/4-inch balls and roll in sugar. Place 2 inches apart on ungreased baking sheets. Bake in a preheated 350° oven for 10-12 minutes until the tops are cracked and the cookies look done. Cool on a wire rack. Melt the chips with the shortening in a small saucepan (or in the microwave), stirring until smooth. Dip the cookies halfway; shake off the excess. Place on waxed paper-lined baking sheets to harden. Makes about 6 dozen.

*Tiya*



## GINGERBREAD COOKIES

<b>1 c. packed brown sugar</b>	<b>2 tsp. ground ginger</b>
<b>1/3 c. shortening</b>	<b>1 tsp. salt</b>
<b>1 1/2 c. dark molasses</b>	<b>1 tsp. ground allspice</b>
<b>7 c. flour</b>	<b>1 tsp. ground cloves</b>
<b>2 tsp. baking soda</b>	<b>1 tsp. ground cinnamon</b>
<b>2/3 c. cold water</b>	<b>Creamy Frosting (below)</b>

Mix brown sugar, shortening, molasses and water in large bowl. Stir in remaining ingredients, except Creamy Frosting. Cover and refrigerate about 2 hours or until firm. Heat oven to 350°. Lightly grease cookie sheet. Roll 1/4 of dough at a time 1/4 inch thick on floured surface. Cut with floured gingerbread cookie cutter. Place about 2 inches apart on cookie sheet. Bake 10-12 minutes or until almost no indentation remains when touched in the center. Remove from cookie sheet. Cool completely. Decorate with frosting, sprinkles, raisins and candy.

### **Creamy Frosting:**

<b>4 c. powdered sugar</b>	<b>1 tsp. vanilla</b>
<b>5 T. half &amp; half</b>	<b>Food coloring, if desired</b>

Mix all ingredients until smooth with a mixer and spread on gingerbread cookies.

*Olga Derkach*

## NEAPOLITAN COOKIES

<b>2 1/2 c. flour</b>	<b>1/2 tsp. almond extract</b>
<b>1 1/2 tsp. baking powder</b>	<b>5 drops red food coloring</b>
<b>1/2 tsp. salt</b>	<b>1/2 c. finely-chopped walnuts</b>
<b>1 c. margarine or butter</b>	<b>1 (1-oz.) sq. unsweetened chocolate, melted, cooled to room temp.</b>
<b>1 1/2 c. sugar</b>	
<b>1 egg</b>	
<b>1 tsp. vanilla</b>	

Mix flour, baking powder and salt. Beat margarine at medium speed for 30 seconds. Add sugar and beat until fluffy. Add eggs, vanilla and flour mixture for 3 minutes. Line loaf pan, 9 x 5 x 3-inch, with waxed paper (hang over side). Divide dough into 3 parts. **Part 1:** Add almond extract and food color, put into pan. **Part 2:** Add nuts, put into pan. **Part 3:** Add chocolate, put into pan. Cover and chill for 4 hours. Lift dough out and cut lengthwise, then crosswise, 1/8 to 1/4 inch. Arrange 1 inch apart on cookie sheet. Bake at 350° for 10-12 minutes. Cool on rack.

*Ulana Kostiw Cirincione*





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## **PINWHEELS**

**2 c. sifted flour**  
**1½ tsp. baking powder**  
**½ tsp. salt**  
**⅔ c. softened margarine**  
**1 c. sugar**

**1 egg**  
**1 tsp. vanilla extract**  
**2 sq. unsweetened chocolate,**  
**melted**

On a sheet of waxed paper, sift flour with baking powder and salt; set aside. In large bowl, with electric mixer at medium speed, beat margarine until light. Gradually beat in sugar. Add egg and vanilla; continue beating until very light and fluffy. At low speed, beat in ½ of the flour mixture. Mix in the rest of the flour mixture with the mixer to form a stiff dough. Divide dough evenly into half. Add the chocolate to ½; mix well. Refrigerate both vanilla and chocolate doughs in separate bowls until the next day. On the following day, roll each dough between 2 sheets of waxed paper to 8 x 12-inch size. Peel off top sheets of waxed paper. Invert chocolate layer onto vanilla layer. Peel off the top sheet of waxed paper. With rolling pin or hands, gently press layers together. Roll up, jellyroll fashion. Roll will be about 1½ inches in diameter. Wrap in waxed paper and refrigerate overnight. On the third day, preheat oven to 375°. With a sharp knife, cut ⅛-inch slices from the roll. Place slices, 2 inches apart, on ungreased cookie sheets. Bake 8-10 minutes or until lightly browned. Remove from cookie sheets and cool on wire racks. Makes about 4 dozen cookies.

*Steph Kawka*

## **POTATO CHIP COOKIES**

**1½ c. sugar**  
**3 sticks butter, softened**  
**2 egg yolks**  
**2 tsp. vanilla**  
**1½ c. crushed potato chips**  
**(regular)**

**1 tsp. baking soda**  
**3 c. flour**  
**1 c. chopped walnuts (opt.)**

Cream first 2 ingredients with a mixer. Add following ingredients and mix with a fork. Roll cookies into balls. Bake in ungreased pan at 350° for 15-20 minutes or until golden brown.

*Petro Czerniak*



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## **ARIANA'S KOLACKY**

**1 lb. Philadelphia cream cheese**  
**½ lb. butter or margarine**  
**2 c. sifted flour**

**Pastry filling (apricot, raspberry,  
or strawberry)**

Soften butter or margarine; add 2 cups sifted flour. Roll out ½ inch thick. Cut with round cutter and fill center with pastry filling about ½ teaspoon each. Bake at 425° for about 10 minutes or until brown around edges. Once cool, sprinkle with powdered sugar.

*Ariana Kulinczenko*

## **KOLACKY COOKIES**

**1 c. margarine**  
**8-oz. pkg. cream cheese**  
**1 egg yolk, beaten**  
**1 T. milk**  
**1 T. sugar**

**1½ c. all-purpose flour**  
**½ tsp. baking powder**  
**1 can Solo cherry, or raspberry,  
or others**

Cream together margarine, cream cheese, milk and sugar. Add beaten egg yolk. Sift together flour and baking powder. Add to creamed mixture; blend well. Refrigerate until dough is thoroughly chilled, 4 hours or overnight. Roll or pat out on well-floured board to ¼-inch thickness and cut with a cookie cutter into 2-inch rounds. Place on ungreased cookie sheet and make a depression with your thumb or spoon in center of each round. Fill centers with scant teaspoon of your chosen filling. Bake at 400° for 10-15 minutes or until lightly browned. Sprinkle with confectioners' sugar before serving. Makes 3 dozen.

*Raisa Bratkiv*



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## **KOLACKY**

**2 c. flour**

**1 c. vanilla ice cream**

**1 c. margarine (2 sticks)**

**Solo pastry filling (cherry, apricot)**

Cream margarine and ice cream with electric mixer until smooth and creamy. Blend in flour until dough is smooth. (If dough is sticky, add a bit more flour. However, dough should not be dry.) Roll dough on lightly-floured board or countertop to a 1/4-inch thickness. Cut with 2-inch round cookie cutter into circles. Place circles of dough on ungreased cookie sheet. Spoon a small amount of pastry filling (about 1 teaspoon) in center of each circle. Fold opposite sides in to the center and pinch shut. Bake 15 minutes at 350° until bottoms are golden brown. When cool, sprinkle with powdered sugar. Makes about 3 dozen (36) cookies.

*Steph Kawka*

## **KOLACHYKY**

**1 lb. unsalted butter, room temp.**

**1 T. sour cream**

**4 c. sifted flour**

**2 egg yolks**

**2 pkt. dry yeast**

**Apricot marmalade**

Put flour into a food processor, scatter butter and sour cream over flour and process, turning the machine quickly on and off 6-8 times. Add beaten egg yolks and the dry yeast to processor. Let the machine run until the dough resembles dry curds. Do not let the dough form a ball on the blade. Turn the dough out onto a work surface and gather into a ball. Wrap the dough tightly in plastic wrap. Refrigerate overnight. On a lightly-floured surface, roll out 1/2 the dough into a square. Mark the dough into 3-inch squares, then cut the dough in half crosswise to make equal triangles. Place 1/2 teaspoon of marmalade at the wide base of each triangle, roll up the dough. Place the triangles on a nonstick baking sheet. Preheat the oven to 350°; bake 15-20 minutes or until golden. Repeat process with remaining dough.

*Stefania Sendun*



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## **CREAM CHEESE COOKIES**

**2½ sticks butter, softened**  
**4 oz. cream cheese, softened**

**3 egg yolks (reserve egg whites)**  
**2½ c. sifted flour**

Mix butter, cream cheese and egg yolks. Add flour, knead well, cover and refrigerate overnight. Roll out cookie dough. Cut dough with various cookie cutter shapes. Brush each cookie with egg white and sprinkle with sugar crystals. Place cookies on a nonstick cookie sheet. Preheat oven to 350°. Bake 20 minutes or until golden.

*Kateryna Dzwinyk*

## **SOUR CREAM POCKETS**

**3 c. flour**  
**¾ lb. margarine or butter, room temp.**

**½ c. sour cream**  
**1 ctn. Bohemian pastry filling**

Mix flour, butter and sour cream together thoroughly. Set in refrigerator at least 2 hours. Cut dough in half and roll out on a floured board to ⅛ inch thick. Keep remaining dough in refrigerator. Cut rolled dough into 2-inch squares and fill centers with pastry filling. Take corner ends and pinch together in center of square. Place on ungreased cookie sheet in 350° oven for approximately 15 minutes or until bottom is light brown. Sprinkle with confectioners' sugar when cooled. Makes approximately 8 dozen.

*Maria Kulas*

## **CAITLIN'S RASPBERRY COOKIES**

**½ lb. butter, softened**  
**1 c. sugar**  
**2 egg yolks**  
**2 c. flour**

**1 c. chopped walnuts**  
**¾ c. raspberry jam**  
**8-in. rectangular pan**

Preheat oven to 350°. Cream butter and sugar; add egg yolks. Gradually add flour and mix thoroughly. Fold in nuts. Spoon ½ of batter into pan and spread evenly. Top with jam. Spread remaining batter over jam. Use wet fingers to spread if too difficult. Bake approximately 1 hour until slightly brown. Cool and cut into bars.

*Caitlin Hirota*



## **HOMEMADE DONUTS**

<b>10 c. flour (Gold Medal, all-purpose)</b>	<b>2 tsp. yeast</b>
<b>5 c. milk</b>	<b>½ tsp. salt</b>
<b>2 sticks unsalted butter</b>	<b>3 tsp. vanilla</b>
<b>8 egg yolks</b>	<b>1⅓ c. sugar</b>

Place milk in saucepan and warm up with  $\frac{1}{3}$  cup sugar. Add yeast, mix and let stand until mixture is bubbly. Now, add remaining sugar. In another bowl place flour, butter, eggs, vanilla and salt; pour milk mixture over this. Knead dough until it is not sticky or comes away from your hands easily. Let rise  $4\frac{1}{2}$ -5 hours. Punch down dough and roll out approximately  $\frac{1}{2}$  inch thick and cut out circles and center holes and place on a floured cookie sheet. Cover with a tea towel and let rise a little more. Fry in Crisco oil (or Right Blend) just until golden brown. Drain, standing straight up on paper towels. When cool, freeze or powder with sugar. Serves 80.

*Lydia Pyskir*



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## **PAMPUSHKY**

**4 eggs**  
**1 c. sugar**  
**2 c. milk**  
**1 stick unsalted butter**  
**1 stick fresh yeast (or ½ lg. stick)**

**3 c. sifted flour**  
**Cinnamon**  
**Vanilla extract**  
**4 T. sour cream**

Crumble yeast into bowl. Sprinkle with about 1 tablespoon sugar. Heat milk and pour enough over yeast until covered. Let stand until dissolved. Melt butter; beat eggs with sugar until thick. To flour, add dissolved yeast and remaining milk. Mix and cover for about 2 hours, mixing every so often (do not allow to thicken too much). To dough add beaten sugar. Add a dash of cinnamon, vanilla extract and 4 tablespoons sour cream. Mix well, adding a little flour at a time, continuing to mix (but not until too thick). Slowly add melted butter while continuously mixing. Cover and place in warm spot and allow to rise. If not stuffing, dip finger into oil and pinch off pieces of dough. If not pinching, dough may be lightly rolled on board dusted with flour and using a medium-sized glass, cut out pieces. If stuffing, stretch pinched piece and fill with prune filling "povidla" and close together. In all cases set pieces on cotton towel dusted with flour and let rise to about double the size (about 2-3 hours). Heat in large pot 1½ large cans of Crisco. Add a shot glass of cognac or vodka. Have a few slices of raw potato on hand to test readiness of Crisco. When slices turn golden, Crisco is ready. Drop dough cut-outs into Crisco; cover for 1 minute. Uncover, turn over. When golden brown, test with toothpick, to come out clean. Remove with slotted spoon and place on paper towel. Do not place too close together. When cooled, can be stored. When storing, align on sides in storage container. Cover with waxed paper. When serving, dust with powdered sugar through small sieve. Can also be frozen aligned on sides in freezer bags for up to 1 month.

*Olha Fedak*



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## **PAMPUSHKY**

**(BISMARCKS OR DOUGHNUTS)**

<b>3 env. dry yeast</b>	<b>5-7 c. flour (depending on eggs</b>
<b>2 tsp. sugar</b>	<b>beaten)</b>
<b>½ c. warm water</b>	<b>1 tsp. vanilla</b>
<b>10 egg yolks</b>	<b>1 c. clarified butter</b>
<b>2 eggs</b>	<b>3 T. vegetable oil</b>
<b>1 c. sugar (may reduce to ⅓ c. for</b>	<b>2 T. rum or whiskey</b>
<b>bread taste)</b>	<b>2-3 lbs. fat for deep-frying</b>
<b>2¼ c. scalded milk</b>	<b>Preserves of choice</b>

Sprinkle yeast on warm water (not over 110°); add the sugar (2 teaspoons) and let rise until spongy. In a large bowl, beat the egg yolks, whole eggs and the sugar until very light and fluffy. Mix in the scalded milk and about 2 cups of flour. When the mixture becomes lukewarm, add the yeast and combine well. Put the soft batter into a larger bowl, cover it and let it rest for about 15 minutes. Then add the remaining flour, clarified butter, flavorings and knead for about 20-30 minutes. The dough should be soft and satiny. Squeeze a little bit of dough between the thumb and index finger. When the little ball of dough keeps its shape while moving the hand, the dough is of the right consistency. Put the bowl into a large plastic bag and let it rest for 10-15 minutes. For the shaping of pampushky, work with oiled hands. With an oiled tablespoon, scoop up the dough, flatten it on the palm of one hand, put some preserves in the center, enclose it and shape into a round. (Make very small shapes.) Place, seam side down, on floured cloth. Try to make them uniform. Cover the pampushky and let rise until they look puffed. Add to the melting shortening the whiskey or rum and heat to 325-350°. Fry one for trial. Lift the pampushky carefully, dust off the flour and place with the puffed top down into the fat. Cover the pot and fry for 2-3 minutes, then turn them and fry, uncovered, for 1½ minutes. This method will produce the desirable light ring around the middle of the pampushka. Fry only 3-4 at the most, at a time. Lift out with a slotted spoon and drain on paper towels. When cooled, dust with confectioner's sugar. Stack them only when completely cold. Yields about 72.

**Note:** These pampushky freeze successfully. Do not dust with sugar before freezing. They may be reheated in a 375° oven for 10 minutes.

*Sonia Hryniewicz*



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## **DELICIOUS CINNAMON DONUTS**

**1 can refrigerated biscuits**  
**Oil for frying**

**1/2 c. sugar**  
**1 tsp. cinnamon**

Separate dough into 10 round biscuits. Using quarter-sized hole cutter, make a hole in the center of the dough. Reserve the portion that has been cut out.\* Heat oil in pan and fry biscuits in hot oil for 1 1/2 minutes on each side. Let cool and drip on paper towels. Combine sugar with cinnamon and sprinkle on cooled donuts. \*For small donut holes, you can also fry the portion that was removed.

*Marc Zaparaniuk*

## **FRENCH MADELEINES**

**1 stick butter**  
**2 eggs**  
**100 grams sugar (approx. 12**  
**almost full tsp.)**  
**50 grams flour (approx. 5 almost**  
**full T.)**

**1 lemon peel, grated**  
**1 pkg. vanilla sugar**  
**1 T. rum**  
**Powdered sugar**

In mixer beat butter and sugar; add eggs, 1 at a time. Beat some more. Add flour, lemon peel, vanilla sugar and rum; mix well (no longer beating). If using a Madeleine form, grease and lightly flour. Bake at 350° so center is done. Should yield 24 Madeleines. If form not available, can be baked in muffin tins. Serve dusted with powdered sugar.

*Raisa Bereza*





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## **POPPY SEED ROLL**

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<b>2 tsp. sugar</b>	<b>2 whole eggs</b>
<b>1/3 c. warm water (make sure it is not hot)</b>	<b>4 egg yolks</b>
<b>2 env. Quick Rise active dry yeast</b>	<b>1 tsp. salt</b>
<b>3/4 c. warm milk</b>	<b>1 tsp. vanilla</b>
<b>1/2 c. unsalted butter (1 stick)</b>	<b>4 1/2 c. flour</b>
<b>1/2 c. sugar</b>	<b>Bread crumbs</b>
	<b>3 cans Solo poppy seed filling</b>

Mix 2 teaspoonfuls of sugar, 1/3 cup warm water and the dry yeast; let stand. Meanwhile, melt 1 stick unsalted butter with 3/4 cup warm milk. In a separate bowl mix 1/2 cup sugar, eggs, egg yolks, salt and vanilla; combine with the melted butter and milk. To this add the yeast mixture. Stir in the flour, fold, then knead for 10 minutes. Cover; let double in size (1 hour). Knead 10 minutes more, let rise again for 1 hour. Divide dough into 2, then roll out thinly. Sprinkle with bread crumbs and spread 1 1/2 cans of poppy seed filling on each roll. Roll up and bake at 310° for 10 minutes, then increase to 350° for 30-40 minutes. Makes 2 rolls.

*Sofia Latuszkin*



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## **MAKIVNYK**

### **(Poppy Seed Roll)**

<b>1 pkg. dry yeast</b>	<b>2 eggs</b>
<b>1 tsp. sugar</b>	<b>¼ tsp. salt</b>
<b>¼ c. lukewarm water</b>	<b>½ tsp. vanilla</b>
<b>½ c. lukewarm, scalded milk</b>	<b>1 tsp. lemon rind</b>
<b>½ c. sifted flour</b>	<b>3 c. sifted flour</b>
<b>¼ c. butter</b>	<b>Egg white</b>
<b>⅓ c. sugar</b>	

#### **Filling:**

<b>½ lb. ground poppy seed or nuts</b>	<b>1 T. orange juice</b>
<b>1 T. lemon rind</b>	<b>½ c. sugar or honey</b>
<b>1 T. lemon juice</b>	<b>1 beaten egg white</b>

Combine all ingredients.

Dissolve 1 package dry yeast and 1 teaspoon sugar in the lukewarm water. Let stand 10 minutes. Add milk and ½ cup flour. Blend butter, ⅓ cup sugar, eggs and salt; add to yeast mixture. Stir in vanilla, lemon rind and 3 cups of sifted flour. Knead 10 minutes. Dough will be soft. Put in greased bowl, cover with cloth and place in warm spot until double in bulk. Punch down and let rise again. Roll out to ¼-inch thickness. Brush with beaten egg white. Spread filling, roll up. Place on greased baking sheet. Let rise. Bake 10 minutes at 350°, reduce to 300° for 50 minutes. For sheen, brush top with beaten egg yolk just before Makivnyk is done.

*Chrystyia Wereszczak  
Magda Mysyshyn Surmach*



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## **APRICOT PRESERVES KUCHEN**

**6 egg yolks**  
**1 stick margarine**  
**1 stick butter**  
**1 c. sugar**

**1 T. sour cream**  
**2 c. sifted flour**  
**2 tsp. baking powder**  
**Crisco**

Mix all ingredients in a food processor (omit flour) until stiff and white peaks form. Slowly add flour; mix well. Grease a 13 x 9 x 2-inch baking pan with Crisco; spread dough evenly over bottom of prepared pan.

### **Filling:**

**1½ lbs. apricot preserves**  
**1 egg white**

**Juice of 1 lemon**

Mix above ingredients in a mixer until well blended. Spread filling on top of dough. Mix 6 egg whites and 2 tablespoons sugar powder until stiff peaks form. Fold 1 cup of ground walnuts into mixture. Spread mixture evenly on top of apricot preserves. Preheat oven to 350°. Bake 40 minutes.

*Stefania Sendun*

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## **KPYXE TICTO**

**2½ c. flour**  
**2 sticks butter, room temp.**  
**2 T. Crisco**  
**1½ tsp. baking powder**

**1 (8-oz.) pkg. cream cheese, room temp.**  
**1 sm. jar apricot jam**  
**Powdered sugar**

Mix butter, cream cheese and Crisco. Combine flour and baking powder. Gradually add flour and baking powder to butter and cream cheese mixture. Divide dough in half. Sprinkle flour on surface to roll out dough to 9 x 13-inch to fit pan size. Place ½ in pan; spread jam over dough. Roll out other half of dough and cover jam. Bake at 350° for 1 hour. Let cool; cut into small squares. Sprinkle with powdered sugar before serving.

*Genya Tchoryk*



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## **ANGEL'S WINGS**

**(Chrustyky)**

**4 c. sifted flour**  
**2 T. sugar**  
**1/4 tsp. salt**  
**6 egg yolks**  
**1 c. sour cream**

**2 T. soft butter or margarine**  
**1 tsp. vanilla extract**  
**1/2 tsp. almond extract**  
**Confectioners' sugar**

In a large bowl combine the flour, sugar and salt. In another bowl beat the egg yolks until pale yellow. Add the beaten eggs, sour cream, butter, vanilla and almond extract to the flour mixture and stir until well blended. Knead the dough until mixture forms 1 large ball. Roll out the ball onto a well-floured board to 1/8-inch thickness. Cut into 2-inch wide strips. Cut these strips again diagonally about every 3-4 inches. You will have diamond-shaped strips. Make a slit down the center of each diamond-shaped strip of dough. Take 1 point and insert into the slit and pull dough through. Fry strips in deep hot fat, 375°, about 3 minutes or until lightly browned on all sides. Drain on heavy paper. When cool, sprinkle with confectioners' sugar. Yield: around 9 dozen.

*Apolina Wereszczak*

## **ROGALYKY**

**2 tsp. sugar**  
**1/4 c. water, lukewarm**  
**1 pkg. fresh or dry yeast**  
**3 1/2 c. sifted flour**  
**1/2 lb. sweet butter, room temp.**

**2 eggs**  
**1 egg yolk**  
**1/2 c. sour cream**  
**Apricot or prune filling**

Dissolve sugar in the lukewarm water; sprinkle the yeast over it and let it stand until softened. Cut the butter into the sifted flour. Beat the eggs and egg yolk together, then mix in the sour cream. Combine the egg mixture with the softened yeast. Add this to the flour-butter mixture. Mix lightly until the dough holds together. Do not manipulate the dough too much at this point. Refrigerate the dough overnight in a covered bowl. Overnight refrigeration yields a flaky dough. Following day, preheat oven to 350°. Roll out the dough fairly thin. Cut the dough into 3-3 1/2-inch squares. Place a teaspoon of filling in one corner of the square and roll to the opposite corner. Seal the ends and the overlapping corner very lightly. Shape into a crescent. Place the rolls on a lightly-greased baking sheet and allow to rise in a warm place, 30-40 minutes. Bake in oven for about 30 minutes or until delicately browned and done.

*Anna Drozd*



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## **FRENCH PASTRY WITH APRICOT, RASPBERRY FILLING**

**1 lb. unsalted butter**                      **3½ c. flour**  
**1 lg. (8-oz.) Philadelphia cheese**      **Apricot or raspberry filling**  
**2 egg yolks**

Combine flour with butter; add yolks and Philadelphia cream cheese. Mix well. Divide in half and refrigerate overnight. Next day, prepare filling. Add to 1 pound apricot marmalade some lemon juice to taste; mix well. Take out dough and let stand for 1 hour. Roll dough to about ¼-inch (finger) thickness. Cut 2-inch strips. Place apricot filling in center. Fold over. Press open ends together firmly with finger. Then take fork and press at these same ends to make fringes. Cut strips into about 2½-inch pieces. Brush pieces with egg whites on top and dip top in sugar. Place on greased sheets (sugar side on top) and bake at 325° for 40 minutes. Check toward end so as not to burn. These can also be made round. From dough cut out full circles and same amount of circles with holes in center. Bake until golden. While warm, drop some raspberry filling onto a full circle. Place a circle with hole on top and press lightly until a bit of marmalade pops up through the hole. **Raspberry Filling:** Push raspberry preserves through sieve. Add lemon juice to taste. Mix well.

*Olha Fedak*

## **SCONES**

**2½ c. all-purpose flour**                      **8 T. cold unsalted butter, cut up**  
**1 T. baking powder**                        **⅓ c. sugar**  
**½ tsp. salt**                                      **1 c. milk**

Heat oven to 350°. Put flour, baking powder and salt in a large bowl. Stir well. Add butter to dry ingredients. Mix to look like fine granules. Add sugar; toss to mix. Add milk; stir with fork until wet dough forms. Drop ¼ cupfuls of dough about 2 inches apart on cookie sheet. Bake 20-25 minutes until browned. Makes 12 scones. (Can also add ½ cup raisins or currants to mixture.)

*Ulana Kostiw Cirincione*



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## **ORANGE BISCOTTI**

- |                                  |  |
|----------------------------------|--|
| <b>6 T. oil</b>                  | <b>1 tsp. minced dried orange rind</b> |
| <b>4 eggs</b>                    | <b>3 c. flour</b>                      |
| <b>2/3 c. sugar</b>              | <b>2 tsp. baking powder</b>            |
| <b>1 tsp. grated orange rind</b> | <b>1/2 tsp. salt</b>                   |

Heat oven to 375°. Grease cookie sheet. Beat oil, eggs, sugar and rinds. Stir dry ingredients, then add to mixture. Divide batter into 2 parts and form logs, 2 inches in diameter and 14 inches long. Bake logs until puffy, lightly browned (about 20 minutes). Remove from oven and cool. Reduce temperature to 350°. Cut each log into 23 pieces. (You'll need 2 cookie sheets.) Bake another 10 minutes, turn cookies over and bake 10 minutes more. Let cool.

*Ulana Kostiw Cirincione*

## **CHOCOLATE WALNUT STRUDEL**

- |   |                                 |
|---|---------------------------------|
| <b>1/2 pkg. Pepperidge Farm frozen<br/>puff pastry sheets (1 sheet)</b> | <b>2 T. milk</b>                |
| <b>1 egg, beaten</b>  | <b>1 T. butter or margarine</b> |
| <b>1 T. water</b>   | <b>1/2 c. chopped walnuts</b>   |
| <b>4 sq. Baker's semi-sweet<br/>chocolate</b>                           |                                 |

Thaw pastry sheet at room temperature 30 minutes. Heat oven to 375°. Mix egg and water in small bowl. Microwave chocolate, milk and butter in large bowl on High 1 1/2-2 minutes or until chocolate is almost melted, stirring halfway through heating time. Stir until chocolate is completely melted. Unfold pastry sheet on lightly-floured surface. Roll into 16 x 12-inch rectangle. Spread chocolate mixture evenly on pastry to within 1 1/2 inches of edges. Sprinkle walnuts over chocolate. Starting at short side, roll up jellyroll style. Place seam side down on ungreased cookie sheet. Tuck ends under to seal. Brush with egg mixture. Bake 35 minutes or until golden. Cool 30 minutes on cookie sheet on wire rack. Sprinkle with powdered sugar, if desired. Slice and serve warm. Serves 8. **Decorative Cut-Outs:** Thaw, unfold and roll out remaining pastry sheet. Cut into decorative shapes using cookie cutter. Press shapes onto top of strudel. Brush tops with egg mixture. Bake as directed above.

*Tiya*



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## **TRUFFLES**

**8 tsp. cocoa powder**

**8 oz. confectioners' sugar**

**8 oz. chopped walnuts**

**8 oz. cream cheese, softened**

**3 sm. bottles chocolate sprinkles**

Mix cheese, nuts, powdered sugar and cocoa. Chill in refrigerator for 10-15 minutes, for better handling. Roll into marble-sized balls and roll in chocolate sprinkles. Makes approximately 30 truffles. **For variety:** Roll in coconut, pistachios, or nuts of other flavors.

*Genya Tchoryk*

## **BROWNIES**

**Cream:**

**½ c. margarine**

**1 c. sugar**

**Add:**

**4 slightly beaten eggs**

**Add:**

**1 (16-oz.) can Hershey's syrup**

**Combine:**

**1 c. + 1 T. flour**

**½ tsp. salt**

**½ tsp. baking powder**

Add to mixture; add 1 teaspoon vanilla. Pour into greased 12 x 15-inch pan. Bake at 350° for 20-25 minutes.

**Frosting:**

**6 T. margarine**

**1½ c. sugar**

**6 T. milk**

Bring to boil for 1 minute. Add:

**½ c. chocolate chips**

**1 tsp. vanilla**

Beat with mixer until of spreading consistency. Top with chopped nuts.

*Sophie Moshos*



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## **BON-BONS**

- |                                |   |
|--------------------------------|---|
| <b>2 c. peanut butter</b>      | <b>1/2 bar paraffin wax</b>                     |
| <b>2 c. powdered sugar</b>     | <b>1 (8-oz.) bar Hershey's (milk chocolate)</b> |
| <b>2 c. Rice Krispies</b>      |   |
| <b>4 T. butter, room temp.</b> | <b>1 (12-oz.) bag semi-sweet morsels</b>        |

Mix peanut butter, powdered sugar, Rice Krispies and butter in large bowl. Roll into 1-inch balls and place on waxed paper. In double boiler melt wax, Hershey's bar and semi-sweet morsels. Roll balls of peanut butter mixture in melted chocolate until completely covered. Place back on waxed paper and place in a cool area or refrigerate to cool.

*Olga Doolin*

## **FLUFFY LEMON FRUIT PIE**

- |  |   |
|--|---|
| <b>1 (21-oz.) can Thank You OR Wilderness more fruit cherry pie filling, divided</b> | <b>1 c. cold milk</b>   |
| <b>1 (6-oz.) Keebler Ready Crust graham cracker pie crust</b>                        | <b>1 (4-serving size) pkg. Jello lemon flavor instant pudding &amp; pie filling</b> |
| <b>1 (8-oz.) pkg. Philadelphia brand cream cheese, softened</b>                      | <b>1 (8-oz.) tub Cool Whip whipped topping, thawed</b>                              |

Spread 1/2 of the cherry pie filling on bottom of crust. In a large bowl beat cream cheese with wire whisk until smooth. Gradually beat in milk until well blended. Add pudding mix. Beat until smooth. Gently stir in 1/2 tub whipped topping. Spread over cherry pie filling on bottom of crust. Spread remaining whipped topping over pudding mixture. Spoon remaining cherry pie filling over whipped topping layer. Refrigerate 3 hours. Makes 8 servings.

*Maria Kulas*





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## **CRANBERRY PIE**

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**1 lb. fresh cranberries (4 c.), or  
frozen (let thaw for 1/2 hour)**  
**1 1/2 c. sugar**  
**2 T. all-purpose flour**  
**1/2 tsp. cinnamon**

**1/4 tsp. salt**  
**3/4 c. walnuts**  
**1 sm. orange (1/2 chopped,  
sectioned)**  
**1/2 c. raisins**

Mix berries, sugar, flour, cinnamon, salt, nuts, orange. Fill pie crust.\* Dot with 2 tablespoons butter. Flute edges, brush with water. Cover edges of crust with foil. Bake at 375° for 25 minutes. Remove foil, bake for 30-35 minutes. \*Can use purchased frozen crust or Pie Pastry:

**1 1/2 c. cake flour**  
**1/4 tsp. salt**

**1/2 c. lard**  
**1/4 c. cold water**

Mix ingredients until crumbly. Knead into dough. Makes 9 or 10-inch pie crust.

*Ulana Kostiw Cirincione*

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## **RUSTIC APPLE PIE**

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**Pastry for 1-crust (9-in.) pie**  
**1/2 c. light brown sugar**  
**1 1/2 T. flour**  
**1/2 tsp. cinnamon**

**4 c. sliced, peeled Golden  
Delicious apples (about 5  
apples)**  
**Confectioner's sugar**

Heat oven to 425°. Roll pastry to 11-inch circle. Transfer to a foil-lined cookie sheet. In a large bowl mix brown sugar, flour and cinnamon. Add apples and toss to coat well. Spoon apples into center of crust, leaving 2-inch edge. Fold pastry up onto apples, pinching edge at 2-inch intervals. Bake in 425° oven for 15 minutes. Reduce temperature to 375° and bake 30 minutes longer or until apples are tender. Before serving, dust with confectioners' sugar. Makes 6 servings.

*Maria Kulas*



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## **OLD-FASHIONED FRESH PEAR PIE**

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- |  |                                 |
|--|---------------------------------|
| <b>½ c. flour</b>  | <b>2 (9-in.) pie crusts</b>     |
| <b>½ c. sugar</b>  | <b>1 T. butter or margarine</b> |
| <b>¼ tsp. ground mace</b>  | <b>1 egg white</b>              |
| <b>½ tsp. cinnamon, ground</b>   | <b>1 T. sugar</b>               |
| <b>11 fresh California Bartlett pears,<br/>peeled (if desired), sliced</b> |                                 |

Stir sugar with flour, mace and cinnamon; mix with pears so that all slices are coated. Divide pastry dough in half. Roll half on floured board and place in 9-inch pie pan. Moisten edge with water. Turn pears into pie pan. Dot with butter and cover with top crust. Crimp edges. Brush pastry with egg white and sprinkle with sugar. Cut 4 slits in top to allow steam to escape. Bake on low shelf in 450° oven 25 minutes. (It may be necessary to wrap edge of pie with foil if it starts to get too dark.) Reduce oven temperature to 375° and bake an additional 20 minutes. For best results, allow pie to cool at least to lukewarm before cutting into 8 slices. Serves 8. This is a special treat in the late summer and early fall when pears are at their peak.

*Julie Bajalcaliev*

## **POSSIBLE PUMPKIN PIE**

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- |  |                                    |
|--|------------------------------------|
| <b>1 (12-oz.) can evaporated skim<br/>milk</b> | <b>¼ tsp. baking powder</b>        |
| <b>2 c. cooked fresh pumpkin</b>               | <b>¼ tsp. light salt</b>           |
| <b>2 eggs</b>                                  | <b>2 T. butter, melted, or oil</b> |
| <b>¾ c. sugar</b>                              | <b>1 tsp. cinnamon</b>             |
| <b>2 tsp. vanilla</b>                          | <b>½ tsp. ground ginger</b>        |
| <b>½ c. whole-wheat pastry flour</b>           | <b>¼ tsp. ground cloves</b>        |

Heat oven to 350°. Spray a 9-inch deep-dish pie plate with nonstick cooking spray. Combine all ingredients in a mixing bowl or food processor. Blend until smooth. Pour into a prepared pie plate. Bake for 50-55 minutes until a knife inserted in the center comes out clean.

**Note:** You may substitute 1 pound canned pumpkin for the 2 cups cooked pumpkin. Serves 8. An easy-to-make crustless pie.

*Julie Bajalcaliev*



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## **SUPER EASY AND DELICIOUS CHEESE PIE**

- |   |                           |
|---|---------------------------|
| <b>2 pkgs. Pillsbury crescent rolls</b> | <b>1 tsp. vanilla</b>     |
| <b>2 (8-oz.) pkgs. cream cheese</b>     | <b>1 tsp. lemon juice</b> |
| <b>¾ c. sugar</b>                       | <b>1 egg yolk</b>         |

Spread out 1 package rolls on a 13 x 9-inch pan. Blend everything and spread on first layer of rolls. Spread out second package on top. Brush with egg yolk. Bake 25-30 minutes at 350°.

*Mary Zelisko*

## **MOCHA FUDGE PIE**

- |   |  |
|---|--|
| <b>½ (8-oz.) pkg. Nabisco famous chocolate wafers</b> | <b>1½ c. fudge topping, softened, or slightly heated</b> |
| <b>¼ c. butter, melted</b>                            | <b>Whipped cream (garnish)</b>                           |
| <b>1 qt. Breyer's Grand Coffee Ice cream</b>          | <b>Chopped walnuts (garnish)</b>                         |
|   | <b>Chocolate shavings (garnish)</b>                      |

Crush or grind wafers into medium-fine crumbs. In bowl combine wafer crumbs and butter; mix well. Press crumbs and butter mixture into a 9-inch pie dish to form crust. Fill pie crust with softened coffee ice cream. Put pie in freezer until hard. When pie is frozen hard, spread with fudge topping. Return to freezer for 8 hours. To serve, cut into 8 pieces. Place each piece on chilled plate and top with sweetened whipped cream, walnuts and chocolate shavings. A great party dessert you can prepare ahead. May also use Breyer's Espresso Chip ice cream.

*Olya Kinal*



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## **FRUIT TART**

### **Crust:**

**2 c. graham cracker crumbs**  
**1/3 c. sugar**  
**1/2 c. (1 stick) butter, melted**

**1/2 tsp. lemon zest (colored part of rind)**

### **Filling:**

**1/2 c. sugar**  
**3 oz. cream cheese, softened**  
**1 tsp. nutmeg**  
**1 tsp. lemon extract**

**1 c. whipping cream**  
**1 c. ea. blueberries, raspberries & strawberries**  
**3 T. red currant jelly**

**Crust:** Place crust ingredients in a food processor. Process just until blended. Pat crumbs into a 9-inch springform pan or deep-dish pie pan, going 1/3 of the way up. **Filling:** Beat sugar, cream cheese, nutmeg and lemon extract with an electric mixer; set aside. Whip cream until stiff. Gently fold whipped cream into cream cheese mixture by using a spatula and "folding" the ingredients on the bottom over the top. Pour filling on top of crust. Top with fruit. In a small saucepan or in the microwave oven, heat jelly until it turns into liquid. Brush it over the fruit (if needed, add 1-2 teaspoons water to the jelly for easier spreading). Makes 10 servings.

*Lisa Kulas*

## **GUAVA TART**

**1 stick butter**  
**2 1/2 c. flour**  
**1 1/2 c. sugar**  
**3 eggs**

**1 1/4 tsp. vanilla**  
**1/4 tsp. baking powder**  
**Guava paste (found in tins such as Goya brand)**

Preheat oven to 350°. Mix butter, sugar, eggs and vanilla. Add and mix flour and baking powder. Place layer of mixture (1/4 inch thick) into oiled brownie pan. Cut paste 1/4 inch thick and place over mixture. Place layer of mix on top of paste. Bake 45-55 minutes. After tart cools, sprinkle with powdered sugar.

*Ulana Kostiw Cirincione*



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## **PEACH COBLER**

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### **Fruit:**

- |   |                          |
|---|--------------------------|
| <b>4 c. sliced, peeled peaches or 1 (20-oz.) bag frozen dry-pack peach slices, thawed</b> | <b>1/3 c. water</b>      |
| <b>1/2 c. sugar</b>   | <b>1 T. cornstarch</b>   |
|   | <b>1/4 tsp. cinnamon</b> |
|   | <b>Dash salt</b>         |

### **Cobbler Crust:**

- |                                 |                                    |
|---------------------------------|------------------------------------|
| <b>1 c. all-purpose flour</b>   | <b>1/4 c. vegetable shortening</b> |
| <b>2 T. sugar</b>               | <b>1 egg, slightly beaten</b>      |
| <b>1 1/2 tsp. baking powder</b> | <b>1/4 c. milk</b>                 |
| <b>1/4 tsp. salt</b>            | <b>1/2 tsp. vanilla</b>            |

Preheat oven to 400°. Set out an 8-inch square glass baking dish or a 2-quart casserole. Combine the fruit ingredients in a large saucepan. Cook and stir over medium heat until the mixture comes to a boil and thickens. Simmer, stirring, for 1 minute. Pour into the selected baking dish and place in the oven. **Crust:** Combine the flour, sugar, baking powder and salt. Cut in the shortening until the mixture resembles coarse crumbs. Combine the egg, milk and vanilla. Add all at once to the flour mixture. Stir just until moistened. Remove the baking dish from the oven and drop the dough in 8 mounds on top of the hot fruit. Return the dish to the oven and bake for 15-20 minutes until golden brown. Serve warm.

*Tiya*

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## **SLAVKA'S LIME CHARLOTTE**

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- |                                   |                                     |
|-----------------------------------|-------------------------------------|
| <b>18-20 ladyfingers</b>          | <b>1 (8-oz.) pkg. cream cheese</b>  |
| <b>1 (20-oz.) can pear halves</b> | <b>1 c. whipping cream, whipped</b> |
| <b>1 (3-oz.) pkg. lime Jello</b>  |                                     |

Drain pears and reserve juice. Add enough water to the juice to make 1 cup. Heat to boiling and dissolve Jello in it. Put cream cheese and pears in blender; add the Jello and mix well. Set aside. Fold the whipped cream into the Jello mixture. Pour into a mold lined with the ladyfingers. Refrigerate.

*Hanusia Glubisz*



## CHARLOTTE ROUSE

- |  |                            |
|--|----------------------------|
| <b>2 env. plain gelatin</b>                  | <b>1 c. sour cream</b>     |
| <b>¾ c. sugar</b>                            | <b>2 tsp. vanilla</b>      |
| <b>2 c. whole milk</b>                       | <b>1 c. whipping cream</b> |
| <b>4 eggs, separated, reserve egg whites</b> |                            |

### **Raspberry Sauce:**

- |                                   |                             |
|-----------------------------------|-----------------------------|
| <b>2 pkgs. frozen raspberries</b> | <b>1-1½ tsp. cornstarch</b> |
| <b>1 jar currant jelly</b>        |                             |

Combine gelatin and sugar in milk and egg yolks. Cook over low heat until thick; do not boil. Stir continuously. Remove from heat and cool. Stir in sour cream and vanilla. Put waxed paper on top and chill 1 hour. Beat egg whites until stiff. Beat whipping cream. Fold egg whites and whipping cream into gelatin mixture. Pour into oiled mold. **Sauce:** Thaw raspberries. Combine cornstarch and jelly in pan; heat until bubbly. Add raspberries and let boil 1-2 minutes. Strain through sieve. Chill.

*Sonia Hrynewycz*

## BERRIES IN A CLOUD

### **Meringue:**

- |                                |                      |
|--------------------------------|----------------------|
| <b>6 egg whites</b>            | <b>¼ tsp. salt</b>   |
| <b>1½ tsp. cream of tartar</b> | <b>1-1¼ c. sugar</b> |

Heat oven to 275°. Lightly grease a 13 x 9 x 2-inch pan. Beat egg whites; add cream of tartar, salt and gradually sugar. Beat till stiff and glossy. Spread in pan. Bake 1 hour. Turn off oven. Leave meringue in oven 12 hours. (Do not open oven door.)

### **Filling:**

- |                           |  |
|---------------------------|--|
| <b>8 oz. cream cheese</b> | <b>2 c. chilled whipping cream<br/>(heavy cream)</b> |
| <b>¾ c. sugar</b>         | <b>2 c. mini marshmallows (opt.)</b>                 |
| <b>1 tsp. vanilla</b>     |  |

Mix cream cheese, sugar and vanilla. Beat whipping cream till stiff. Fold stiff whipping cream to cream cheese mixture and add marshmallows. Beat till well mixed. Spread over meringue. Refrigerate 12 hours. Before serving, top with fresh fruits or pie filling. Any fresh berries are really good. A great dessert to make for Easter when you have all those egg whites leftover from making paska.

*Daria Kuszniir-Harrison*



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## **FLAN**

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### **Caramelized Sugar:**

**1 c. sugar**

### **Custard:**

**1 qt. milk**

**1/8 tsp. salt**

**6 eggs**

**1 tsp. vanilla extract**

**1/2 c. sugar**

Preheat oven to 325°. **Caramelized Sugar:** Place 1 cup sugar in heavy skillet; cook over low to medium heat, without stirring, until sugar has melted and begins to form light brown syrup. Stir to blend. Use at once to coat 1 1/2-quart mold. Hold mold with pot holder and slowly pour in hot syrup. Turn and rotate mold until bottom and side are thoroughly coated. **Custard:** In medium saucepan, over medium heat, heat milk just until bubbles form around edge of pan. In large bowl, with rotary beater, beat eggs slightly. Add 1/2 cup sugar, salt and vanilla. Gradually add hot milk, stirring constantly. Pour into prepared mold. Place mold in shallow pan. Pour hot water to 1/2-inch depth around mold. Bake 1 hour and 15 minutes or until silver knife inserted deep into center of custard comes out clean. Cool. Refrigerate overnight. **To serve:** Run small spatula around edge of mold to loosen. Invert onto shallow serving dish; shake gently to release. The caramel will serve as a sauce. Makes 8 servings.

*Hanusia Glubisz*



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## **TIRAMISU**

- |   |   |
|---|---|
| <b>2 c. Espresso or 2 c. coffee &amp; add</b> | <b>2 oz. cream cheese</b>               |
| <b>8 tsp. instant coffee</b>                  | <b>6 oz. mascarpone</b>                 |
| <b>5 T. sugar</b>                             | <b>7 oz. heavy cream, whipped</b>       |
| <b>2 egg yolks</b>                            | <b>24 French-style hard ladyfingers</b> |
| <b>3 oz. Marsala wine</b>                     | <b>3 T. powdered sweetened cocoa</b>    |

Mix coffee, 2 tablespoons sugar and 2 ounces wine. Let stand to room temperature. Beat egg yolks and 3 tablespoons sugar. Add cream cheese, mascarpone and remaining wine. Fold whipping cream into egg mixture and refrigerate. Dip ladyfingers in Espresso or coffee. Soak only 3-5 seconds. Place one layer of dipped ladyfingers on bottom of serving platter. Top with  $\frac{1}{2}$  the cream mixture. Add another layer of dipped ladyfingers in the opposite direction. Top with the remaining cream mixture. Sift cocoa over top. Refrigerate at least 4 hours. Serves 10-12.

*Daria Maksymczuk-Phillipi*

## **TIRAMISU**

- |                                       |   |
|---------------------------------------|---|
| <b>5 oz. chocolate liqueur</b>        | <b>1 c. strong black coffee</b>                   |
| <b>16-20 ladyfingers</b>              | <b>2 eggs, separated</b>                          |
| <b>1 lb. mascarpone cheese</b>        | <b><math>\frac{1}{3}</math> c. powdered sugar</b> |
| <b>3-4 oz. dark chocolate, grated</b> |   |

Mix 3 ounces of chocolate liqueur with coffee. Dip ladyfingers into coffee and place in single layer in shallow baking dish. Cover with any remaining liquid. Beat together mascarpone cheese, egg yolks, sugar and remaining 2 ounces of liqueur until smooth. Whip egg whites until stiff. Fold into cheese mixture. Pour cheese over ladyfingers; sprinkle with chocolate and refrigerate overnight.

*Hanusia Glubisz*





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## **VERY GOOD RICE PUDDING**

**1 c. Riceland rice**

**1 T. cinnamon**

**¾ c. sugar**

**1 can condensed milk\***

**6 c. milk**

**6 egg yolks**

**½ c. milk**

**1 tsp. vanilla extract**

In a large nonstick pot boil 1 cup of rice with 5 cups water, cinnamon and sugar. Reduce heat and simmer, uncovered, until liquid is almost absorbed. Add the 6 cups milk and let it simmer slowly for about 20 minutes, mixing with a wooden spoon from time to time to prevent the rice from sticking to the bottom of the pan. Beat the egg yolks with ½ cup milk. Add to the rice mixture through a strainer and mix well. Add the condensed milk and vanilla extract. Mix and simmer 10 more minutes. Serve cold. \*May omit condensed milk, may be too sweet, or can use condensed milk to taste.

*Hanusia Glubisz*

## **LUBA'S RICE WITH APPLES**

**1 c. rice**

**1 T. butter**

**½ tsp. salt**

**2 eggs**

**5-6 McIntosh apples, grated**

**1 c. sugar**

**1 tsp. cinnamon**

Cook rice according to package directions. To cooked rice add butter, salt and eggs; mix well. Spread ½ of the rice mixture in a buttered soufflé baking dish. Add the grated apples, top with sugar and cinnamon. Top with remaining rice mixture. Cover with foil and bake at 350° for 1 hour.

*Luba Elena Gac*



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## **BREAD PUDDING AND RUM SAUCE**

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- |  |  |
|--|--|
| <b>10 slices day-old bread, broken in pieces</b> | <b>½ tsp. nutmeg</b>   |
| <b>1 qt. milk, heated</b>                        | <b>1 tsp. cinnamon</b>   |
| <b>1 c. light cream</b>                          | <b>¼ c. butter or margarine, melted</b>                          |
| <b>4 eggs</b>                                    | <b>½ c. seedless raisins</b>                                     |
| <b>1 c. sugar</b>                                | <b>1 can fruit cocktail, or 1 can crushed pineapple, drained</b> |
| <b>1 tsp. vanilla extract</b>                    | <b>Rum Sauce (below)</b>   |

Preheat oven to 350°. In large bowl combine bread, milk and cream. In medium bowl beat eggs slightly. Stir in sugar. Add to bread mixture. Stir in vanilla, nutmeg, cinnamon, butter and raisins. Pour into buttered shallow 2-quart baking dish. Set in larger shallow pan. Pour hot water into larger pan to depth of 1 inch. Bake 1 hour or until knife inserted in center comes out clean. Serve warm with Rum Sauce. Makes 8 servings.

### **Rum Sauce:**

- |                               |                        |
|-------------------------------|------------------------|
| <b>3 egg yolks</b>            | <b>1 T. cornstarch</b> |
| <b>1 c. sugar</b>             | <b>¼ c. water</b>      |
| <b>1 tsp. vanilla extract</b> | <b>3 T. dark rum</b>   |
| <b>1½ c. milk</b>             |                        |

In small saucepan beat egg yolks slightly. Add sugar, vanilla and milk; blend well. Cook over low heat, stirring until mixture boils. In small bowl blend cornstarch and water until smooth. Stir into hot mixture. Cook, stirring until thickened. Remove from heat; stir in rum. Serve lightly warm or chilled. Makes about 2 cups.

*Hanusia Glubisz*



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## **CARAMEL CUSTARD PUDDING**

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**1½ c. sugar**  
**1 qt. milk**  
**6 eggs**  
**¼ tsp. salt**

**2 tsp. vanilla**  
**½ c. blanched almonds, silvered**  
**(opt.)**

Caramelize 1 cup sugar in a heavy skillet over low heat, stirring constantly until golden. Don't let it get too dark or it will become bitter. Pour into a mold, plain or fancy, coating all sides. Mold should be warm to prevent syrup from cracking. Scald milk and cool slightly. Beat eggs; add remaining ½ cup sugar, salt and vanilla; beat well. Slowly stir in milk. Strain mixture into coated mold. Place mold in a pan containing 1 inch hot water; bake in a 325° oven for about 1-1½ hours or until a knife inserted in center comes out clean. Remove from oven; cool and refrigerate at least a few hours before serving. Invert on a chilled platter and unmold, spooning syrup over the custard. If desired, sprinkle almonds on top. Makes 8-10 servings.

*Sophie Moshos*

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## **ALMOND BRICK AMBROSIA**

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**2 c. pretzels, broken up**  
**2 c. dry-roasted peanuts**  
**2 c. Rice Krispies**

**1 pkg. white almond bark**  
**½ pkg. butterscotch chips**  
**2 T. peanut butter, creamy**

In a large mixing bowl mix pretzels, peanuts and Rice Krispies cereal; set aside. In another bowl mix and melt in a microwave the almond bark, butterscotch chips and peanut butter. Stir until mixed and melted. Pour over cereal mixture and blend until well coated. Drop by tablespoons onto waxed paper and they will harden in about 20 minutes. Store in airtight container.

*Olya Kinal*



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## **STRAWBERRY FREEZE**

**8 oz. cream cheese**

**20 oz. crushed pineapple, drained**

**3/4 c. sugar**

**2 sliced bananas**

**8 oz. Cool Whip**

**10 oz. frozen sliced strawberries  
(do not drain)**

Soften cream cheese and blend with sugar. Mix together fruits and Cool Whip; add to cream cheese mixture. Pour into a 9 x 13-inch pan. Cover with foil and freeze. Take from freezer to serve. Bananas will not darken and freeze will last indefinitely.

*Olga Doolin*

## **TAFFY APPLE SALAD**

**20-oz. can crushed pineapple**

**2-2 1/2 c. mini marshmallows**

**1 egg**

**1/2 c. sugar**

**1 T. flour**

**12-16 oz. Cool Whip**

**1/2-2 c. chopped nut topping**

**2 c. peeled, sliced (chunked)  
apples-Granny Smith**

**1-3 T. vinegar**

Drain juice from pineapple and serve. Mix pineapple with marshmallows; cover and refrigerate overnight (or at least 4-6 hours). Mix egg, sugar, pineapple juice and flour. Cook over medium to small flame until thickened. Refrigerate overnight (or 4-6 hours). Combine both sets of ingredients. Prepare apples and mix with vinegar to prevent browning. Mix all ingredients; add desired amount of Cool Whip and nuts. Chill and serve. Apples: need 7-9 large size or 10-12 medium size.

*Tiya*



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## **TAFFY APPLE PIZZA**

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- |  |   |
|--|---|
| <b>1 (20-oz.) pkg. refrigerated sugar cookie dough</b> | <b>1 tsp. vanilla extract</b>                     |
| <b>2 T. creamy peanut butter</b>                       | <b>3 med. Granny Smith apples</b>                 |
| <b>1 (8-oz.) pkg. fat-free cream cheese, softened</b>  | <b>½ c. water mixed with 2-3 tsp. lemon juice</b> |
| <b>½ c. packed brown sugar</b>                         | <b>Ground cinnamon (opt.)</b>                     |
|  | <b>¼ c. caramel ice cream topping</b>             |

Preheat oven to 350°. Remove  $\frac{2}{3}$  cup (6 ounces) of cookie dough and reserve for another use. Flour dough and pizza roller, roll dough into a 14-inch circle on 15-inch baking stone. Bake 11-14 minutes or until cookie is lightly browned. Let cool 10 minutes, then loosen cookie from baking stone with serrated bread knife. Cool completely. Blend peanut butter, cream cheese, brown sugar and vanilla together until smooth. Spread on cooled cookie. Peel, core and slice apples with apple corer. Dip apple slices in water mixture to prevent browning. Arrange apple slices on cream cheese mixture. Sprinkle lightly with cinnamon. Drizzle caramel topping over apples. Cut into pieces and serve. Makes 16 servings.

*Elizabeth Roslewski*

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## **CRANBERRY SALAD**

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- |   |  |
|---|--|
| <b>20 oz. canned crushed pineapple<br/>In own juice</b> | <b>1 c. celery, chopped</b>                    |
| <b>6-oz. box raspberry Jello</b>                        | <b>1 c. seedless grapes</b>                    |
| <b>¾ c. port wine</b>                                   | <b>1½ c. pecans, chopped</b>                   |
| <b>1 med. Granny Smith apple,<br/>chopped</b>           | <b>16 oz. canned whole cranberry<br/>sauce</b> |

Drain pineapple; reserve juice. Add enough water to juice to equal  $1\frac{3}{4}$  cups. Bring juice to a boil and pour over Jello. Stir to dissolve. Mix in remaining ingredients. Pour into 8-cup mold. Refrigerate. Serves 12-14.

*Daria Maksymczuk-Phillipi*



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## FRUIT SALAD

- |   |  |
|---|--|
| <b>3-oz. box vanilla cook &amp; serve pudding (not instant)</b>       | <b>1 c. fresh strawberries, sliced</b> |
| <b>20 oz. canned pineapple chunks, drained, reserve juice</b>         | <b>2 kiwi, peeled, sliced</b>          |
| <b>15 oz. canned mandarin orange segments, drained, reserve juice</b> | <b>3 bananas, sliced</b>               |

Prepare glaze by mixing pudding and only 1 cup reserved juices in saucepan. Cook over medium heat, stirring continuously until boiling. Remove from heat and cool to room temperature. Do not refrigerate. In bowl, fold glaze into fruit. Cover and chill at least 4 hours.

*Katya Drozd*

## WATERGATE SALAD

- |                                      |                                |
|--------------------------------------|--------------------------------|
| <b>1 ctn. whip cream (Cool Whip)</b> | <b>1 can crushed pineapple</b> |
| <b>1 pkg. pistachio pudding, dry</b> | <b>Marshmallows</b>            |
| <b>Nuts (opt.)</b>                   |                                |

Mix above ingredients and enjoy.

*Elizabeth Roslewski*

## BLUEBERRY JELLO MOLD

- |  |   |
|--|---|
| <b>2 (3-oz.) pkgs. raspberry Jello</b>           | <b>2 (15-oz.) cans blueberries, drained</b> |
| <b>2 c. boiling water</b>                        |   |
| <b>1 (15-oz.) can crushed pineapple, drained</b> |   |

Mix above ingredients together. Place into glass Pyrex pan and let set until firm.

- |   |                       |
|---|-----------------------|
| <b>1 (8-oz.) ctn. sour cream</b>        | <b>½ c. sugar</b>     |
| <b>1 (8-oz.) cream cheese, softened</b> | <b>1 tsp. vanilla</b> |

Mix above ingredients together. Spoon on top of Jello after it has set. Sprinkle top with crushed nuts (optional).

*Mary Niznik (Kuczer)*



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## **RED RASPBERRY JELLO MOLD**

- |  |                                       |
|--|---------------------------------------|
| <b>3 (3-oz.) pkgs. raspberry Jello</b>         | <b>3 c. apple sauce (unsweetened)</b> |
| <b>3 (10-oz.) pkgs. frozen red raspberries</b> | <b>3 c. boiling water</b>             |

Make Jello by adding boiling water. Let set until thickened a bit. Add applesauce and mix. Fold in raspberries carefully so they won't mash. Place in refrigerator until firm. Add Topping:

- |                            |                               |
|----------------------------|-------------------------------|
| <b>3 c. sour cream</b>     | <b>1 tsp. vanilla</b>         |
| <b>2 T. powdered sugar</b> | <b>3 c. mini-marshmallows</b> |

Mix together and spread on Jello. Return to refrigerator. Looks best if using crystal bowl.

*Sophie Moshos*

## **PINEAPPLE GELATIN MOLD**

- |                                    |                             |
|------------------------------------|-----------------------------|
| <b>1 lg. can crushed pineapple</b> | <b>1 T. cream</b>           |
| <b>1 pkg. lemon Jello</b>          | <b>½ pt. whipping cream</b> |
| <b>6 oz. cream cheese</b>          |                             |

Drain juice from pineapple. Add additional water if necessary to make 1 cup liquid. Boil and dissolve Jello. Set aside to thicken slightly. Whip cheese with cream until light and fluffy. Whip cream separately. After Jello has thickened, combine cheese, then whipped cream. Fold pineapple in last. Put in 1-quart mold and put in refrigerator. Can be used in about 3 hours.

*Olha Fedak*



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## **LAYERED JELLO MOLD**

**5 (3-oz.) pkgs. Jello-any flavors;      6¼ c. boiling water**  
**fruit flavors like orange, cherry,      1 c. sour cream**  
**lime, lemon, strawberry work**  
**best**

Dissolve 1 package of gelatin in 1¼ cups boiling water. Pour ¾ cup into 6-cup ring mold or 9-inch square pan. Lightly rub vegetable oil in mold prior to pouring in Jello for easier release from mold later. Chill until set but not firm, about 20 minutes. Cool remaining gelatin in bowl, then gradually blend in 3 tablespoons sour cream. (I use a hand mixer.) Carefully spoon over gelatin in mold that's being chilled. (Make sure you are not pouring very warm Jello over cooled layer.) Repeat with remaining gelatin. Chill at least 2 hours after final layer. This recipe makes 10 layers. For Christmas, just use green and red Jello.

**Note:** With this recipe, you create several layers of Jello where the portion mixed with sour cream becomes a pastel shade of the flavor.

*Victoria Kawka*

## **KIWI FRUIT POPSICLES**

**4 New Zealand kiwi fruit                      2 c. water**  
**1 (6-oz.) can thawed lemonade**  
**concentrate**

Peel kiwi fruit. Process in blender or food processor just until smooth. Do not crush seeds. Stir in lemonade concentrate and water. **To make Popsicles:** Pour mixture into 10 small Popsicle molds or paper cups. Place cups in freezer until partially frozen. Place Popsicle sticks in center of cups and freeze firm. **To make sorbet:** Pour mixture into a metal pan. Cover with foil; freeze until firm (or freeze in ice cream freezer, following manufacturer's instructions). Remove from freezer; let stand 10 minutes. Break into small pieces and put into food processor with metal blade in place. Process until smooth. Pack into plastic or cardboard container and cover. Return to freezer. Serve by scooping. Serves 10.

*Julie Bajalcaliev*





## **STRAWBERRY SORBET**

**1 c. water**  
**1/3 c. sugar**

**1 (10-oz.) pkg. frozen strawberries**  
**in sugar, thawed**

Combine water and sugar in small saucepan and bring to a boil until sugar dissolves. Pour strawberries and their juice into a food mill and force mixture through into a bowl. Combine strawberry purée and sugar and water mixture in a bowl; cover and chill. Freeze mixture in an ice cream freezer following manufacturer's directions. If you don't have an ice cream freezer, pour the mixture into an ice cube tray or other shallow pan and place on a level surface in the freezer. When crystals begin to form around the edge of the mixture, beat it vigorously with a small whip. Return to the freezer. Repeat 1-2 more times until the mixture is smooth. Cover and place in freezer until firm. Serves 6.

*Julie Bajalcaliev*

### **Recipe Favorites**



## Recipe Favorites



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# THIS & THAT

## KUTIA

(CHRISTMAS WHEAT)

1 lb. shelled wheat  
3 qt. water  
1 c. boiling water

1 c. honey  
1 c. ground poppy seed  
Chopped nuts

Bring to a boil the wheat in 3 quarts water. Simmer 3 hours; cool. Before serving, discard starch skin and pour on 1 cup boiling water. Stir gently to separate kernels. Sweeten to taste with 1 cup honey. Add the poppy seed; cool. Garnish with chopped nuts. Makes 12 generous servings.

*Chrystyia Wereszczak  
Magda Mysyshyn Surmach*

## KUTIA

(WHEAT DELICACY)

1 c. or more high-grade wheat  
(bran removed)  
Water  
Salt

1 can Solo poppy seed filling  
½ c. honey  
½ c. chopped walnuts, or more,  
to taste

Wash wheat in a sieve under running water. Soak overnight. Next day, simmer wheat, covered with the same water for 4 hours. Stir occasionally. Add ½ teaspoon salt before cooking is completed. Cool and refrigerate. Boil honey with 1 cup water; cool. Combine syrup with wheat to make medium-thin mixture. Stir in poppy seed and nuts. Serve chilled. May add raisins soaked in rum.

*Hanusia Glubisz*



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## **BROWN GRAY**

**4 T. shortening**

**4 T. flour**

**2 c. water, or broth, or bouillon  
soup**

**Sautéed onions or mushrooms (if  
desired)**

**Salt & pepper to taste**

Melt the shortening; add flour and continue stirring over heat until evenly browned and there are no lumps. Add 2 cups water or broth to the browned flour mixture. Bring to a boil and boil until thickened. Season with salt and pepper or any other seasonings you desire. Sautéed onions and mushrooms may also be added.

*Apolina Wereszczak*

## **CLASSIC UKRAINIAN OPEN-FACED SANDWICHES**

**(KANAPKY)**

**2 loaves rye bread (2-lb. ea.)**

**48 slices ham**

**24 slices American cheese**

**2 sticks butter, softened**

**1 (8-oz.) pkg. cream cheese,  
softened**

**1 tsp. paprika to taste**

**4 lg. tomatoes, sliced**

**12 dill pickles, sliced**

**3 hard-boiled eggs, chopped**

**1 bunch green onions, chopped**

**1 bunch radishes, sliced**

Mix butter, cream cheese and paprika. Spread on rye bread slices. Place 1 slice of ham on each bread slice. Put 1/2 slice of cheese on ham. Add slice of tomato, pickles and radishes. Garnish with onions and eggs. Serves 48.

*WADDFU*



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## **BÉARNAISE SAUCE**

- |  |   |
|--|---|
| <b>½ c. margarine or butter</b>          | <b>¼ tsp. snipped fresh chervil, or</b> |
| <b>3 T. white wine vinegar</b>           | <b>pinch dried chervil, crushed</b>     |
| <b>1 tsp. finely-chopped green onion</b> | <b>⅓ tsp. white pepper</b>              |
| <b>1 tsp. snipped fresh tarragon, or</b> | <b>4 beaten egg yolks</b>               |
| <b>¼ tsp. dried tarragon, crushed</b>    |   |

Cut margarine into thirds and bring it to room temperature. In a small saucepan combine vinegar, onion, tarragon, chervil and pepper. Bring to boiling; boil 2 minutes on high or till reduced by about half. In the top of a double boiler combine yolks, 1 tablespoon water and vinegar mixture. Add 1 piece of the margarine. Place over boiling water (upper pan should not touch water). Cook, stirring rapidly till margarine melts and sauce begins to thicken. Add remaining margarine, a piece at a time, stirring constantly. Cook and stir till thickened (1-2 minutes). Immediately remove from heat. If sauce is too thick or curdles, immediately beat in 1-2 tablespoons hot tap water. Serve with beef, pork, or poultry. Makes  $\frac{3}{4}$  cup (12 1-tablespoon servings).

*Tiya*

## **CREAMY MUSHROOM SAUCE**

- |                                    |   |
|------------------------------------|---|
| <b>1 c. sliced fresh mushrooms</b> | <b>⅓ tsp. pepper</b>                    |
| <b>¼ c. chopped onion</b>          | <b><math>\frac{2}{3}</math> c. milk</b> |
| <b>1 T. margarine or butter</b>    | <b>½ c. dairy sour cream or plain</b>   |
| <b>1 T. all-purpose flour</b>      | <b>yogurt</b>                           |
| <b>¼ tsp. salt</b>                 |   |

In a medium saucepan cook mushrooms and onion in margarine till tender. Stir in flour, salt and pepper. Stir in milk all at once. Cook and stir till thickened and bubbly. Cook and stir 1 minute more. Stir in sour cream; heat through, but do not boil. Serve with beef or poultry. Makes about 1½ cups (24 1-tablespoon servings). **Microwave:** In a 2-cup measure micro-cook mushrooms, onion and margarine, uncovered, on 100% power (High) for 2-3 minutes or till tender. Stir in flour, salt and pepper. Stir in milk all at once. Cook, uncovered, on High for 2-4 minutes or till thickened and bubbly, stirring every 30 seconds. Stir in sour cream; cook about 30 seconds more or till heated through, stirring once. Do not boil.

*Tiya*



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## **FRESH TOMATO SAUCE**

- |                             |   |
|-----------------------------|---|
| <b>3 lbs. tomatoes</b>      | <b>½ tsp. crushed Italian seasoning</b> |
| <b>1 T. vegetable oil</b>   | <b>¼ tsp. ground black pepper</b>       |
| <b>½ c. chopped onion</b>   | <b>1 sm. bay leaf</b>                   |
| <b>½ tsp. minced garlic</b> | <b>2 T. dry white wine (opt.)</b>       |
| <b>1½ tsp. salt</b>         |   |

Use fully ripened tomatoes at room temperature. Cut out stem ends and dice (about 7½ cups); set aside. In a large skillet heat oil until hot. Add onion and garlic; sauté until tender, about 3 minutes. Add salt, Italian seasoning, black pepper, bay leaf and tomatoes; bring to a boil. Reduce heat and simmer, uncovered, until tomatoes turn to a broth, about 15 minutes, stirring often. Add wine, if desired; simmer, uncovered, for 5 minutes. Remove bay leaf and serve over pasta or vegetables. Makes 4 cups. This recipe is great when you have all those tomatoes that turned red at the same time in your garden!

*Victoria Kawka*

## **ALEC'S TOMATO SAUCE FOR PASTA**

- |   |   |
|---|---|
| <b>¼ c. olive oil</b>   | <b>3 T. chopped fresh basil</b>         |
| <b>6-7 cloves garlic, chopped</b>                                 | <b>1 T. chopped fresh flat parsley</b>  |
| <b>1 (28-oz.) can tomato purée</b>                                | <b>½ tsp. crushed red pepper flakes</b> |
| <b>1 (14½-oz.) can chopped tomatoes or can use fresh tomatoes</b> | <b>Kosher salt to taste</b>             |

**Sauce:** Heat olive oil over medium-high heat; add garlic and sauté until light golden color. Add the tomato purée, chopped tomatoes, basil, parsley, red pepper flakes and cook until simmering. Salt to taste. The longer you cook sauce the better it tastes. Also, can add meatballs to the sauce and continue to cook for 30 minutes, either way it's easy and tasty.

*Alec Kulinczenko*



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## HORSERADISH SAUCE

12 hard-boiled egg yolks  
8-oz. jar horseradish  
1 c. sour cream

1 c. mayonnaise  
 $\frac{3}{4}$  c. chopped chives

Put all ingredients in blender and blend well. Store in refrigerator. May serve with Easter breakfast.

*Parania Maksymczuk*

## SWEET-SOUR SAUCE

$\frac{1}{2}$  c. packed brown sugar  
1 T. cornstarch  
 $\frac{1}{3}$  c. red wine vinegar  
 $\frac{1}{3}$  c. unsweetened pineapple juice  
 $\frac{1}{4}$  c. finely-chopped green pepper

2 T. chopped pimento  
1 T. soy sauce  
 $\frac{1}{4}$  tsp. garlic powder  
 $\frac{1}{4}$  tsp. ground ginger

In a small saucepan combine brown sugar and cornstarch. Stir in vinegar, pineapple juice, green pepper, pimento, soy sauce, garlic powder and ginger. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Serve warm with spareribs, egg rolls, or fried wontons. Makes about 1 $\frac{1}{4}$  cups (20 1-tablespoon servings). **Microwave:** In a 2-cup measure combine all ingredients. Micro-cook, uncovered, on 100% power (High) for 3-5 minutes or till thickened and bubbly, stirring every minute till mixture starts to thicken, then every 30 seconds. Cook 30 seconds more. Serve warm.

*Tiya*

## CRANBERRY-ORANGE SAUCE

1 lb. whole fresh cranberries  
2 c. sugar

$\frac{1}{2}$  c. fresh orange juice  
 $\frac{1}{8}$  tsp. salt

Wash cranberries and place in saucepan with all ingredients. Cover and bring to a boiling point. Cook 6-8 minutes; chill. Serve with turkey, pork, or ham.

*Katheryna Czerniak*



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## **CHIMI-CHURRI**

**(MARINATING SAUCE FROM ARGENTINA)**

- |   |   |
|---|---|
| <b>2 c. finely-chopped fresh parsley</b>  | <b>1 c. olive oil</b>                               |
| <b>1 whole head garlic, finely minced</b> | <b>1 tsp. salt</b>                                  |
| <b>1 green pepper, chopped fine</b>       | <b>2 tsp. seasoned pepper blend or black pepper</b> |
| <b>½ c. fresh lemon juice</b>             | <b>1 T. crushed red pepper flakes</b>               |
| <b>½ c. balsamic vinegar</b>              |   |

Combine all ingredients in a glass bowl; mix well. Store in a glass jar in the refrigerator. Use as marinating sauce for grilled meats and vegetables.

*Hanusia Glubisz*

## **BEER BATTER FOR FISH**

- |   |  |
|---|--|
| <b>1 c. flour</b>                           | <b>1-2 lbs. fish (cod, white fish, etc.)</b> |
| <b>1 (12-oz.) can beer</b>                  | <b>Vegetable oil for frying</b>              |
| <b>½ tsp. garlic powder or onion powder</b> |  |

Place flour in bowl. Gradually whisk in enough beer (1-1¼ cups) to make medium-thick batter. Whisk in garlic or onion powder. Can be made up to 1 hour ahead. Wash, pat dry fish. Sprinkle with salt and pepper; dust with additional flour. Dip fish in batter; fry fish in hot oil until done.

*Natalie Fafendyk*

## **BUG JUICE**

- |  |  |
|--|--|
| <b>2 (12-oz.) boxes frozen strawberries, defrosted</b> | <b>1 qt. ginger ale</b>                  |
| <b>1 (6-oz.) can lemonade concentrate, thawed</b>      | <b>1 c. raisins</b>                      |
|  | <b>1 c. blueberries, fresh or frozen</b> |

Mash the strawberries with a fork. In a large pitcher mix the strawberries, lemonade and ginger ale. Place some raisins and blueberries in the glasses (these are your bugs) and pour the "juice" in the glasses. Watch the bugs begin to float to the top and do the backstroke.

**Variation:** Double the ingredients and serve from a punch bowl. Drape gummy worms over the sides of the bowl.

*Tania Jarmola*





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## **RAINBOW TOAST**

**2 slices white bread**  
**1 c. milk**

**Food coloring (green, red, yellow)**  
**2 Q-Tips**

Divide the milk into thirds and add the 3 colors of food coloring to each third. Brush the colored milk onto the white bread in the form of a rainbow. Lightly toast the white bread and watch your rainbow appear. Add a pot of gold, if you feel lucky.

*Tania Zaparaniuk*

## **CHILDREN'S DOUGH**

**(For Play)**

**2 c. flour**  
**1 c. salt**  
**4 tsp. cream of tartar**

**2 c. water**  
**2 T. vegetable oil**  
**Food coloring**

Mix all ingredients together. Cook over medium heat about 3-5 minutes. Stir. Take out and knead for a short time. Place in an airtight container.

*Philip Kulas*

## **FINGER PAINTS**

**1 env. unflavored gelatin**  
**2½ c. cold water**  
**1 c. cornstarch**  
**½ c. soap flakes**

**2 drops ea. of 4 shades of icing color paste, available at craft & baking supply stores**

In small bowl sprinkle the gelatin over ½ cup water; mix until dissolved. Combine cornstarch, soap flakes and remaining 2 cup water in saucepan over medium heat. Add the gelatin mixture to the saucepan, stirring until it becomes thick. Remove pan from heat and strain mixture equally into 4 containers. Cool for 1 hour, then add a different shade of icing color paste to each container. Fold in color until thoroughly mixed.

**Note:** Undiluted color paste will stain hands and clothing. Store in refrigerator when not in use.

*Michael Doolin*



## **BUBBLES**

**1 c. green dish washing detergent    ½ c. water**  
**½ c. glycerine (available at**  
**drugstores)**

In a metal can or plastic container combine the detergent, glycerine and water. Mix thoroughly. Dip a wand into the container, making sure a film of bubble liquid is stretched across it. Blow gently for super long-lasting bubbles.

*Michael Doolin*

## **RECIPE FAVORITES**



## СТЕЙК У СМЕТАНКОВОМУ СОСІ

- 3 ф. стейка
- 1 ложечка соли
- 1/8 ложечки перцю
- 1 велика цибуля покраяна
- 1 зубець часнику потовчений
- 1 ложка "Worcestershire sauce"
- 1 1/2 горнятка бульйону
- 1 ложка кетчуп (**ketchup**)
- 2 ложки білого вина
- 1/4 ф. свіжих печериць
- 1/3 горнятка муки
- 1 горнятко квасної сметани

Стейк покроїти на пасочки. Посолити і поперчити. Дати цибулю, часник, сос, бульйон і кетчуп. Усе змішати та дати на легкий вогонь і варити около 4 години або й більше (залежно від м'яса). Як м'ясо уже доварюється, додати покраяні печериці і вино. Нехай ще вариться 1/2 години. Вибити воду, муку і сметану і додати до м'яса. Нехай кипить ще 15 хвилин. Подавати з рижом або макаронном. Можна також з кнудлями.

Ольга Бубнів



## ШТРУДЕЛЬ З М'ЯСА (МАТАМБРЕ)

В'зяти кусок м'яса (flank steak). Розділити на половину горизонтально і зробити з него один великий плячок. Потяти на дрібно одну в'язанку петрушки і одну невелику головку часнику. Потерти на грубо одну моркву і на твердо зварити 6 яєць. Розтягнути м'ясо на столі, посолити, поперчити і посипати троха пекучою паприкою. Посипати петрушку, часник і моркву. Знову троха посолити. Поскладати рядочком цілі, твердо зварені яйця. Завинути м'ясо в трубку так щоби яйця були в середині. Кінці м'яса зашити, завинути в алюмінієвий папір і покласти до бляхи. Пекти в печі на 350 ст. дві і пів години. Їсти холодне, покраяне на пластерки.

Марія Лилик



## СМАЖЕНІ ПИРОГИ З М'ЯСОМ (ЕМПАНАДАС)

- 3 горнятка муки
- 1 горнятко води
- 2 жовтки
- 1 ложечка порошку до печива
- 1 фунт доброго меленого м'яса
- 1 фунт цибулі
- 3 яйця твердо зварені
- 12 оливок, порізаних

Замісити тісто. Має бути твердше як на вареники. Розкачати на 1/2 цаля грубости, висмарувати м'яким маслом, зложити вдвоє. Зверха знову посмарувати маслом і знов зложити. Знову розкачати на 1/2 цаля грубо і знову смарувати маслом і складати як попередньо. Тоді розкачати тоненько, витинати кружельця 5 інчів діаметер. Всмажити дрібно потяту цибулю на ясний жовтий колір. Вкинути мелене м'ясо і мішати аж м'ясо побіліє. Забрати з вогню. Додати твердо зварені і покраяні яйця і оливки. Посолити, поперчити і можна дати трішки пекучої паприки. Добре все вимішати. Накладати до кружельців тіста; добре заліплювати краї пальцями, або притискати їх вилками. Смажити в гарячій оливі як пампушки, або складати на бляху, посмарувати яйцем і пекти в печі.

Марія Лилик



## ГОЛУБЦІ

- 1 фунт доброго меленого мяса
- 1 фунт цибулі
- 1 горнятко рижу
- 2 горнятка води
- 1 пушка V-8 соку
- 1 головка капусти

Дрібненько посікти цибулю і засмажити на оліві на легкожовтий колір. Додати меленого мяса і мішати яких 5 хвилин, аж мясо збіліє (щоби мясо не пустило соку). Зварити риж з двома горнятками води. Як буде готовий, добре вимішати з мясом, посолити і поперчити до смаку. Запарити капусту, повідділювати листки, брати по одному листку і вкладати мішанину з мяса і рижу. Добре завивати, вкладати досить тісненько в посудину до печі. Можна накладати дві або три верстви голубців до посудини і залляти V-8 соком. Пекти около дві години в печі на 350 ст. або можна варити на кухні на маленькім вогні 3 години, аж капуста змякне.

Марія Лилик



## КАЧКА В ПОМАРАНЧОВОМУ СОСІ

- 4 качки
- 1 пушка "chicken broth"
- 1 1/2 склянки червоного вина
- 6 помарнчі - видушений сік
- 2 ложечки крохмалю ("corn starch")
- 1/3 горнятка цукру
- 1/4 горнятка коняку

Кожну качку порізати на 4 куски і добре вимити. Посолити і пробити вилкою дірки в кількох місцях, щоб тлуш стік. Пекти одну і пів години (1 1/2 год.) скіркою вгору. Витягнути і поляти "chicken broth", помаранчевим соком, коняком, крохмалем який розпушений з водою, вином, цукром якого треба підпалити на кармель.

(Кармель робиться ось так: цукор розпустити з водою і щоб кипів аж не стане бронзовий). Посолити і поперчити до смаку. Пекти накрито одну і пів години, (1 1/2 год.) і часто поливати підливою (чим частіше тим більш стає качка крухкою). Відкрити і пекти ще пів години (1/2 год.).

Рая Береза



## ОСЕЛЕДЦІ

2 оселедці вимочити, вимити і вичистити

Здерти шкірку, вибрати ості і порізати на кусочки. Покраяти три великі цибулі і добре всмажити на оливі, щоби була м'ягка. Дати оселедці до цибулі і підсмажити. Додати помідорової пасти до смаку, добре підігріти, охолодити, дати до слоїка, і вложити до холодильника хоча на один день. Смачного!

Афанасія Рачкевич





## ПЛЯЦОК З МАКАРОНУ

Якщо вам останеться варений макарон, треба його пократити якщо за грубий, добре розбити кілька жовтків з яєць, (залежно від скількості макарону), розмішати жовтки з макароном і посолити. Розбити білки на тверду піну і легко вимішати з макароном. Вкинути в бляху посмаровану маслом і пекти в печі. Можна їсти також з куском якогось м'яса.

Марія Лилик



## ЧЕСЬКІ КНИДЛІ

1 фунт муки

1/2 ложечки соли

1 яйце

1 пачка сухих дріжджів розпущених у теплій воді

1 горнятко теплої води

Замісити тісто. Не сміє бути ані густе, ані рідке. Нехай росте. Тимчасом покряти три черстві булки на квадратики і вмішати в тісто. Лишити на 30 хвилин. Зробити кипяток. Мачати руки в літній воді, набирати тіста, робити форму не грубого подовгастого мячика і кидати в кипячу воду. Час до часу обертати. Варити 15-20 хвилин. Покряти, додати якогось сосу, або кислої смаженої капусти. Можна подавати з мясом.

Ольга Бубнів



## БАРАБОЛЯ ЗІ СИРОМ

- 4 горнятка бараболі покраяної на пластерки
- 1 горнятко посіченого твердого сира (**Cheddar cheese**)
- 1 горнятко квасної сметани
- 1 горнятко грибової зупи (**mushroom soup**)
- 1 цибуля, дрібно посічена
- 1/2 ложечки часнику (порошок)
- сіль, перець і паприка (порошок) до смаку

Все це вимішати разом і дати до пательні. Зверха посипати паприкою і пекти 45 хвилин на 400 ст.

Марія Дрогомерецька



## ЗУКІНІ (ZUCCHINI)

2 ложки оливи  
2 цибулі (смажити на біло)  
3 зукіні  
2 великі моркви  
2 помідори  
сіль до смаку

На оліві підсмажити цибулю і додати моркву потерту на грубо і посмажити аж змякне. До того додати зукіні, також потерту на грубо. Все треба мішати дерев'яною ложкою. Додати помідори і посолити. Вимішати все разом і смажити на малому вогні, аж згусне. Смачного!

Афанасія Рачкевич



## ЧЕРВОНА КАПУСТА

- 2 - 2 1/2 фнт. червоної капусти
- 3 - 4 кислі яблука порізані на малі кусочки
- 1 цибуля смажена
- 1 ложка селери (як бажано) смажена
- 2 зубки часнику
- 1 столова ложка посіченої петрушки
- 1 кістка маргарини (1/4 ф.)
- 5 - 6 ложок яблучного компоту
- 3 ложечки мармеляди з червоного винограду
- цитриновий сік, сіль і перець до смаку

Капусту посікти на дрібненько та грубу кору відкинути. Дати до баняка з половиною маргарини на малий вогонь, щоб тушилася. Коли капуста стане на пів мякенька додати усі складники крім цитринового соку. Накрити баняк і варити аж поки капуста стане зовсім мяка. (Додати цитриновий сік коли капуста майже цілком мяка.) При кінці відкрити баняк і варити аж викіпить усей сік. Можна їсти зимну або гарячу з яким мясом бажаєте. Смачного!

Рая Береза



## ПОЛТАВСЬКИЙ ВІНЕГРЕТ

- 1 фунт червоних буряків
- 1 фунт квасолі
- 1 фунт квашеної капусти
- 3 порізані солоні огірки
- 4 бараболі, середнього розміру
- 1 цибуля, середнього розміру, дрібно порізана
- 2-3 ложки олії

Зварити буряки, квасолю та бараболю. Все порізати невеликими шматочками. Крім квасолі треба додати солоні огірки, квашену капусту та цибулю. Тоді треба все полити олією і добре перемішати. Можна додати соли до смаку. Вінегрет треба тоді поставити в холодильник щоб охолодити.

**Женя Фесенко-Ковальська**

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## ВЕЛИКОДНИЙ ЦВІБАК

7 яєць  
3/4 горнятка цукру  
2 ложки оливи  
сік з одної цитрини  
1 горнятко муки  
1/2 ложечки порошку до печива  
1/2 горнятка цукру  
шкірка з цитрини  
1 і 1/4 горнятка сухих априкосів  
1 і 1/2 горнятка волоських горіхів  
1/2 горнятка родзинок

Яйця розділити і добре розбити жовтки з цукром (3/4 горнятка) та з оливою. Додати цитриновий сік і далі добре збивати. Поступово додавати муку, просіяну разом з порошком до печива. Добре все разом вимішати. Окремо збити білки на штивну піну. Додати 1/2 горнятка цукру та втерту шкірку з цитрини. Це все влити до жовтків і легко замішати. Приготовити овочі. Априкоси порізати на малі пасочки, покряти горіхи або залишити цілі, та додати родзинки. Тепер ці овочі додати до приготованої маси і легко все получити лопаткою. Намастити 2 малі, вузькі, глибокі форми і влити туди масу (не забагато). Пекти 25-30 хвилин в печі на 375 ст. Цвібак дуже смачний, навіть якщо вже і не дуже свіжий. Спробуйте!

Ольга Бубнів



## ПАСКА

- 1 горнятко молока
- 12 жовтків
- 1 горнятко солодкої сметанки (**half and half**)
- 1 горнятко цукру
- 1 маленька пляшечка руму
- 1 велика пачка свіжих дріжджів
- 1 торбина сухих дріжджів
- 1 1/2 кістки масла
- 2 1/2 - 3 фунтів муки

Вибити жовтки з цукром. Добре вимісити і почекати, щоб добре підросло. Не накладати забагато до форми. Пекти 25 хвилин на 350 ст. а пізніше на 300 ст. Малі форми 45, а більші 60 хвилин. Почекати хоч 5 хвилин заки витягнути з форми.

Ольга Бубнів





## СИРНИК

- 6 жовтків і 6 білків
- 2 горнятка цукру
- 2 кістки солодкого масла
- 2 фунти сира
- 1/4 горнятка пшеничного грисіку (**Farina**)
- 1/2 або 1 ложечка порошку до печива
- 2 цитрини
- 1 пригорща (3 унції) родзинок (не обов'язково)

У великій мисці збити до білої краски, 6 жовтків з 2-ма горнятками цукру. Додати 2 кістки масла. Найкраще трохи вже зм'яклого, а не з холодильника, і далі добре збивати. Тепер дати 2 ф. сира (як на вареники) і все разом добре збити. Додати грисік (фаріна) а потім порошок до печива (найкраще Оеткера). Втерти на терці шкірку з 2-ох цитрин а сок давати з обох або лише з півтора цитрини. Залежно від смаку сира. (Якщо вся маса заквасна, бо сир був квасний, тоді дуже мало треба давати цитринового соку). Тепер ще раз добре вимішати всю цю масу, додати родзинки, (якщо хочете), а також додати ще збиту піну із білків. Все разом легко перемішати. Малу бляху (9x11) добре вимастити маслом або маргариною (несоленою) і посипати щедро тертою булочкою. Вилляти сирну масу на бляху і пекти в печі на 350 ст. цілу годину, або 65 хвилин, залежно від печі. Як вистигне, посипати зверху мучкою-цукром. Можна пекти і в округлій формі. Беріжків не відкраювати, бо вони дуже смачні. Краяти треба на досить малі куски, бо сирник дуже смакує. Тому що він дуже кальорійний, має ту злу прикмету, що осідає на тілі людини не там де треба. Краще вже їсти його поменше, щоб не поповнити 5-го головного гріха... СМАЧНОГО!

Ольга Бубнів



## МАКІВНИК

- 5 горняток муки
- 1/3 горнятка цукру
- 1/2 ложечки соли
- 3/4 горнятка молока
- 1/2 горнятка води
- 1 горнятко масла або маргарини
- 3 жовтки
- 2 торбини сухих дріжджів

Розвести дріжджі і цукор в теплій воді. Масло можна розтопити в теплім молоці, як і дріжджі. Додати муку, жовтки, та усі складники. Можна додати запах, який хто любить. Замісити тісто, щоб було досить густе. Добре накрити миску, дати в холодильник на 4 або 5 годин. Розкачати і розділити на 2 або 3 частини; досить тоненько.

**МАК:**

- 2-3 баньки маку (Solo Poppyseed Filling)
- 1 горнятко білих родзинок
- 1/2 горнятка покраяних горіхів
- 1 білок добре вибитий

Усе вимішати. Смарувати тісто маком, добре завинути і поставити до бляхи. Лишити в теплім місці на 1 годину, щоб піросло. Посмарувати зверху білком і пекти на 350 ст. около 40 хвилин.

Ольга Бубнів



## ТОРТ ГОРІХОВИЙ

Вживати на торт круглi пательнi 9 або 10 инчiв.

### **ЛІСКОВІ ГОРІХИ**

- 6 жовтків і білків
- 6 ложок цукру
- 1 ложка муки
- 1 ложка сухарів
- 1/2 фунта ліскових, мелених горіхів

Змішати і пекти 30 хвилин на 350 ст.

### **МИГДАЛЕВІ ГОРІХИ**

- 6 жовтків і білків
- 6 ложок цукру
- 1 ложка муки
- 1 ложка сухарів
- 1/2 фунта мелених мигдалів без шкірки
- 2 ложечки мигдалів екстракт

Змішати і пекти 30 хвилин на 350 ст.

### **КРЕМ ТОРТА**

**(перший)**

- 2 1/2 горнятка молока
- 1 1/2 горнятка цукру
- 2 кісточки масла

Варити молоко з цукром на легкiм вогнi аж згусне. Трохи охолодити і додавати по одній ложці масла.

**(другий)**

- 1 слоїк німецької мармеляди

### **МАСЛЕНА МАСА КРЕМ**

- 1 фунт солодкого масла
- 1 1/4 горнятка порошкованого цукру

Вибити разом і додати 4 жовтки і 4 ложки цитринового соку і це все знов вибити.



## ТОРТ БОЛГАРСЬКИЙ

Потрібно 4 круглих пательні, 9 інчів.

9 жовтків і 9 білків

1 1/2 ложечки цитринового екстракту

1 1/2 горнятка цукру, (поділити на 3 частини)

1/4 ложечки соли

1 горнятко і 2 ложки муки

Збити жовтки із цитриновим екстрактом аж згуснуть і додати 1/2 горнятка цукру. Збити білки і сіль, легко додаючи 1/2 горнятка цукру, по дві ложки нараз, і збивати аж згусне. Пересіяти муку з 1/2 горнятком цукру, три рази. Жовтки і білки разом змішати і додати муку. Пекти 20 хвилин на 375 ст.

## **ШОКОЛЯДОВИЙ КРЕМ**

6 яєць, збитих

1 1/2 горнятка цукру

1 1/2 горнятка солодкої шоколяди

1 1/2 горнятка масла

Змішати яйця з цукром і варити легко 10 хвилин. Додати шоколяди і мішати аж розтопиться. Потім дати масло.

Евгенія Сабадашка



## НАЛИСНИКИ

- 1 горнятко муки
- 1 1/2 горнятка молока
- 1 яйце
- дрібку солі
- 1 кістка філадельфійського сира (**Philadelphia cheese**)
- 1 ложка мармоляди з апікосів або пічесів

Добре розмішати муку, молоко і яйце. Загріти пательню 10 інчів діаметер, легенько посмарувати маслом і вляти невелику кохлю розчиненого тіста. Обертати пательнею так щоби покрило дно. Смажити на обидва боки. Має вийти 8 пляцків. Розтерти добре сир з мармолядою і смарувати пляцки. Звивати пляцки в трубку і складати до бляхи (ругех). Залляти помаранчевим соком і пекти 20 хвилин на 350 ст. Можна їсти самі, або з кислою сметаною.

Марія Лилик



## ВІВСЯНКА З ВАФЛЯМИ (WAFFLES)

2 склянки вівсянки смажити на малому вогні. Цілий час мішати, щоби стала трошки кремова. Нехай вистигне. Втерти 2 кістки маргарини з одною склянкою цукру і додати цілі 2 яйця, ванілю, какао до смаку, сік з цитрини і трошки запаху румового. Все це вимішати з вівсянкою. Куплені вафлі насмарувати вівсянкою, зробити так як канапку і приложити чимось тяжким через ніч. Кряти острим ножем. Можна додати мелених горіхів. Смачного!

Афанасія Рачкевич



## БОРИСЛАВСЬКІ МЛИНЦІ

Взяти 5 яблук середнього розміру, обчистити шкірку і обережно вибрати качан з яблука. Потім порізати на кружальці приблизно 1/4 інча товщини. Зробити суміш з борошна, молока та яйця:

1 горнятко молока

1 горнятко борошна

1 яйце

Все це треба добре розмішати а потім вмочити туди кружальця з яблук і класти їх на гарячу, підігріту з оливою сковороду, щоб їх підсмажити. Підсмажувати треба один бік, а тоді другий, поки не стане кружальце з яблука ясно бронзового коліру. Можна подати до столу посипані цукром або медом.

Анна Ковальська



## ФРАНЦУЗЬКІ ТІСТКА

1 фунт несоленого масла  
1 кусок сиру 8 унц. (**Philadelphia cream cheese**)  
3 жовтки  
3 1/2 горняток муки  
мармоляда з априкосів або малинів до надівання

Перетерти муку з маслом. Додати жовтки і сир і добре вимішати. Розділити тісто на половину і дати до холодильні через ніч. На другий день, додати до смаку сік з цитрини до 1 ф. мармоляди з априкосів і добре вимішати. Витягнути тісто і залишити, щоб стояло одну годину. Викачати тісто на 1/4 ц. (1/4"). Порізати на паски позміру 2 ц. (2"). Накласти априкос в середину. Накриваючи мармоляду, зложити боки разом притискаючи пальцем. Опісля притиснути ще кінчиками вилки. Порізати на 2 1/2 ц. (2 1/2") тістка. Посмарувати тістка з верху білком і намачати цю сторону в цукрі. Скласти на посмарованій бляшці і пекти 40 хвилин на 325 ст. Можна також робити круглі тістка. Витиснути з тіста половину цілих кулочок і половину кулочок з маленькою діркою в середині. Пекти аж тісто готове (пильнувати, щоб тісто не було за румяне). Накласти на цілі кулочка трохи мармоляди з малинів\*\*. Накрити кулочками з діркою, легко притискаючи.

\*\*Перетерти малинову мармоляду "raspberry preserves" через дрібне ситко і додати до смаку сік з цитрини. Добре вимішати.

Оля Федак





## ШОКОЛЯДОВІ ТІСТОЧКА

- 1 кістка масла або маргарини
- 3/4 горнятка цукру
- 1 ложечка ванілі
- 1 яйце
- 2 горнятка муки
- 1/2 горнятка какао
- 1 горнятко січених волоських горіхів
- 4 унції солодкої шоколяди

Збити "міксером" масло, цукор і ванілю, щоб стало легким. Дати яйце, муку і какао. Добре вимішати, накрити і поставити до холодильника хоч на 2 години. Розкачати на 2 рольки і качати їх в січених горіхах. Тоді добре завинути, поставити на ніч або й довше до холодильника. Потягти на 1/4 кружальця і пекти 8 - 10 хвилин у печі нагрітій до 400 ст. Розтопити шоколяду і як тісточка пристигнуть, дати 1/2 ложечки на середину або можна посмарувати зверху.

Ольга Бубнів



## КОЛАЧИКИ

- 2 горнятка муки
- 2 жовтки
- 1 ложка руму або ваніля
- 2 кісточки масла
- 2 ложки цукру
- 1/2 фунта сиру (**Philadelphia cream cheese**)
- 1/2 ложки порошку до печива

Вимішати разом і замісити тісто. Порізати тісто на маленькі квадратики. Дати трохи мармоляди (повидло) до середини квадратики і зліпити два кутики тіста разом. Пекти в печі 20 хвилин на 350 ст.

Наталя Запаранюк



## ПЕРЕКЛАДАНЕ ДЖЕЛО

До одної пачки джелo (6 унцій) дати 2 горнятка води, одно гарячої перевареної, одно зимної. Вживаючи скляну посудину 9x12 інчів, вляти на спід розпушену пачку джелo і одну велику пачку заморожених трускавок які є в сиропі, покраяні і розморожені. Трускавки вимішати разом з джелo і поставити до холодильника, щоби пристигло. Тоді положити на верх 2 горнятка квасної сметани і поставити знову до холодильника. Зробити другу пачку джелo також 2 горнятка води; одно гарячої а друге зимної. Треба щоби охолодилось, але не застигло. Тоді помаленько ложкою ляти джелo зверху по сметані і поставити до холодильника щоби застигло.

Наталя Запаранюк



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# Cooking Tips

1. After stewing a chicken, cool in broth before cutting into chunks; it will have twice the flavor.
2. To slice meat into thin strips, as for stir-fry dishes, partially freeze it so it will slice more easily.
3. A roast with the bone in will cook faster than a boneless roast. The bone carries the heat to the inside more quickly.
4. Never cook a cold roast. Let it stand for at least an hour at room temperature. Brush with oil before and during roasting; the oil will seal in the juices.
5. For a juicier hamburger, add cold water to the beef before grilling (1/2 cup to 1 pound of meat).
6. To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags. They will stay separated so that you may remove as many as you want.
7. To keep cauliflower white while cooking, add a little milk to the water.
8. When boiling corn, add sugar to the water instead of salt. Salt will toughen the corn.
9. To ripen tomatoes, put them in a brown paper bag in a dark pantry, and they will ripen overnight.
10. To keep celery crisp, stand it upright in a pitcher of cold, salted water and refrigerate.
11. When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage. It will absorb the odor.
12. Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.
13. Let raw potatoes stand in cold water for at least a half-hour before frying in order to improve the crispness of French-fried potatoes. Dry potatoes thoroughly before adding to oil.
14. Use greased muffin tins as molds when baking stuffed green peppers.
15. A few drops of lemon juice in the water will whiten boiled potatoes.
16. Buy mushrooms before they "open." When stems and caps are attached firmly, mushrooms are truly fresh.
17. Do not use metal bowls when mixing salads. Use wood, glass or china.
18. Lettuce keeps better if you store it in the refrigerator without washing it. Keep the leaves dry. Wash lettuce the day you are going to use it.
19. Do not use soda to keep vegetables green. It destroys Vitamin C.
20. Do not despair if you oversalt gravy. Stir in some instant mashed potatoes to repair the damage. Just add a little more liquid in order to offset the thickening.



# Herbs & Spices

Acquaint yourself with herbs and spices. Add in small amounts,  $\frac{1}{4}$  teaspoon for every 4 servings. Crush dried herbs or snip fresh ones before using. Use 3 times more fresh herbs if substituting fresh for dried.

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

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

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

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

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

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

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

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

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





# Herbs & Spices

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



# Baking Breads

## Hints for Baking Breads

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

## Rules for Use of Leavening Agents

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

## Proportions of Baking Powder to Flour

biscuits	.....to 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder
cake with oil	.....to 1 cup flour use 1 tsp. baking powder
muffins	.....to 1 cup flour use 1 $\frac{1}{2}$ tsp. baking powder
popovers	.....to 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder
waffles	.....to 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder

## Proportions of Liquid to Flour

drop batter	.....to 1 cup liquid use 2 to 2 $\frac{1}{2}$ cups flour
pour batter	.....to 1 cup liquid use 1 cup flour
soft dough	.....to 1 cup liquid use 3 to 3 $\frac{1}{2}$ cups flour
stiff dough	.....to 1 cup liquid use 4 cups flour

## Time and Temperature Chart

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



# Baking Desserts

## Perfect Cookies

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

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

## Perfect Pies

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

## Perfect Cakes

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

## Time and Temperature Chart

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





# Vegetables & Fruits

Vegetable	Cooking Method	Time
artichokes	boiled	40 min.
	steamed	45-60 min.
asparagus tips	boiled	10-15 min.
beans, lima	boiled	20-40 min.
	steamed	60 min.
beans, string	boiled	15-35 min.
	steamed	60 min.
beets, old	boiled or steamed	1-2 hours
beets, young with skin	boiled	30 min.
	steamed	60 min.
	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.
tumips	boiled	25-40 min.

## Drying Time Table

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

# Vegetables & Fruits

## Buying Fresh Vegetables

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

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

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

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

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

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

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

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

## Buying Fresh Fruits

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

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

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

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

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

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





# Napkin Folding

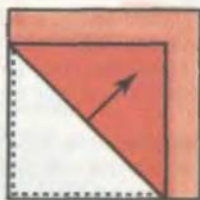
## General Tips:

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

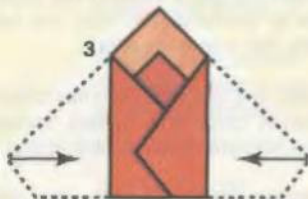
## Shield

Easy fold. Elegant with monogram in corner.

1, 2



3



4



### Instructions:

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

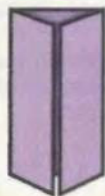
## Rosette

Elegant on plate.

### Instructions:

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

1



2



3



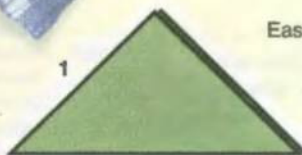
4



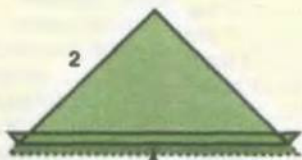
# Napkin Folding

## Candle

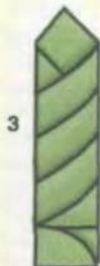
Easy to do; can be decorated.



1



2



3

### Instructions:

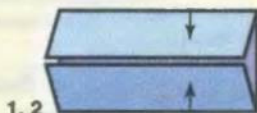
1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

## Fan

Pretty in napkin ring or on plate.

### Instructions:

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



1, 2



3



4

## Lily

Effective and pretty on table.



1



2



3, 4



5

### Instructions:

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

# Measurements & Substitutions

## Measurements

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

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

## Substitutions

Ingredient	Quantity	Substitute
baking powder .....	1 teaspoon	$\frac{1}{4}$ tsp. baking soda plus $\frac{1}{2}$ tsp. cream of tartar
catsup or chili sauce .....	1 cup	1 c. tomato sauce plus $\frac{1}{2}$ c. sugar and 2 T. vinegar (for use in cooking)
chocolate .....	1 square (1 oz.)	3 or 4 T. cocoa plus 1 T. butter
cornstarch .....	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
cracker crumbs .....	$\frac{3}{4}$ cup	1 c. bread crumbs
dates .....	1 lb.	$\frac{1}{2}$ c. dates, pitted and cut
dry mustard .....	1 teaspoon	1 T. prepared mustard
flour, self-rising .....	1 cup	1 c. all-purpose flour, $\frac{1}{2}$ tsp. salt, and 1 tsp. baking powder
herbs, fresh .....	1 tablespoon	1 tsp. dried herbs
milk, sour .....	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes)
whole .....	1 cup	$\frac{1}{2}$ c. evaporated milk plus $\frac{1}{2}$ c. water
min. marshmallows .....	10	1 lg. marshmallow
onion, fresh .....	1 small	1 T. instant minced onion, rehydrated
sugar, brown .....	$\frac{1}{2}$ cup	2 T. molasses in $\frac{1}{2}$ c. granulated sugar
powdered .....	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
tomato juice .....	1 cup	$\frac{1}{2}$ c. tomato sauce plus $\frac{1}{2}$ 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	$\frac{1}{3}$ cup
bread	1 $\frac{1}{2}$ slices	1 cup soft crumbs
bread	1 slice	$\frac{1}{4}$ cup fine, dry crumbs
butter	1 stick or $\frac{1}{4}$ pound	$\frac{1}{2}$ cup
cheese, American, cubed	1 pound	2 $\frac{2}{3}$ cups
American, grated	1 pound	.5 cups
cream cheese	3-ounce package	6 $\frac{2}{3}$ tablespoons
chocolate, bitter	1 square	1 ounce
cocoa	1 pound	.4 cups
coconut	1 $\frac{1}{2}$ pound package	2 $\frac{2}{3}$ 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 $\frac{1}{2}$ cups
rye	1 pound	.5 cups
white, sifted	1 pound	.4 cups
white, unsifted	1 pound	.3 $\frac{3}{4}$ cups
gelatin, flavored	.3 $\frac{1}{4}$ ounces	$\frac{1}{2}$ cup
unflavored	$\frac{1}{4}$ ounce	1 tablespoon
lemon	1 medium	3 tablespoon juice
marshmallows	16	$\frac{1}{4}$ pound
noodles, cooked	8-ounce package	.7 cups
uncooked	4 ounces (1 $\frac{1}{2}$ cups)	2-3 cups cooked
macaroni, cooked	8-ounce package	.6 cups
macaroni, uncooked	4 ounces (1 $\frac{1}{4}$ cups)	.2 $\frac{1}{4}$ cups cooked
spaghetti, uncooked	.7 ounces	.4 cups cooked
nuts, chopped	$\frac{1}{4}$ pound	1 cup
almonds	1 pound	.3 $\frac{1}{2}$ cups
walnuts, broken	1 pound	.3 cups
walnuts, unshelled	1 pound	1 $\frac{1}{2}$ to 1 $\frac{3}{4}$ cups
onion	1 medium	$\frac{1}{2}$ cup
orange	3-4 medium	1 cup juice
raisins	1 pound	.3 $\frac{1}{2}$ cups
rice, brown	1 cup	.4 cups cooked
converted	1 cup	.3 $\frac{1}{2}$ cups cooked
regular	1 cup	.3 cups cooked
wild	1 cup	.4 cups cooked
sugar, brown	1 pound	.2 $\frac{1}{2}$ cups
powdered	1 pound	.3 $\frac{1}{2}$ 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
<b>Beverages:</b>			
coffee .....	1/2 pound and .....	1 pound and .....	2 pounds and .....
	1 1/2 gallons water	3 gallons water	6 gallons water
lemonade .....	10-15 lemons and .....	20-30 lemons and .....	40-60 lemons and .....
	1 1/2 gallons water	3 gallons water	6 gallons water
tea .....	1/12 pound and .....	1/8 pound and .....	1/3 pound and .....
	1 1/2 gallons water	3 gallons water	6 gallons water
<b>Desserts:</b>			
layered cake .....	1 12" cake .....	3 10" cakes .....	6 10" cakes .....
sheet cake .....	1 10" x 12" cake .....	1 12" x 20" cake .....	2 12" x 20" cakes .....
watermelon .....	37 1/2 pounds .....	75 pounds .....	150 pounds .....
whipping cream .....	3/4 pint .....	1 1/2 to 2 pints .....	3-4 pints .....
<b>Ice cream:</b>			
brick .....	3 1/4 quarts .....	6 1/2 quarts .....	13 quarts .....
bulk .....	2 1/4 quarts .....	4 1/2 quarts or .....	9 quarts or .....
		1 1/4 gallons	2 1/2 gallons
<b>Meat, poultry or fish:</b>			
fish .....	13 pounds .....	25 pounds .....	50 pounds .....
fish, fillets or steak .....	7 1/2 pounds .....	15 pounds .....	30 pounds .....
hamburger .....	9 pounds .....	18 pounds .....	35 pounds .....
turkey or chicken .....	13 pounds .....	25 to 35 pounds .....	50 to 75 pounds .....
wieners (beef) .....	6 1/2 pounds .....	13 pounds .....	25 pounds .....
<b>Salads, casseroles:</b>			
baked beans .....	3/4 gallon .....	1 1/4 gallons .....	2 1/2 gallons .....
jello salad .....	3/4 gallon .....	1 1/4 gallons .....	2 1/2 gallons .....
potato salad .....	4 1/4 quarts .....	2 1/4 gallons .....	4 1/2 gallons .....
scalloped potatoes .....	4 1/2 quarts or .....	9 quarts or .....	18 quarts .....
	1 12" x 20" pan	2 1/4 gallons	4 1/2 gallons
spaghetti .....	1 1/4 gallons .....	2 1/2 gallons .....	5 gallons .....
<b>Sandwiches:</b>			
bread .....	50 slices or .....	100 slices or .....	200 slices or .....
	3 1-pound loaves	6 1-pound loaves	12 1-pound loaves
butter .....	1/2 pound .....	1 pound .....	2 pounds .....
lettuce .....	1 1/2 heads .....	3 heads .....	6 heads .....
mayonnaise .....	1 cup .....	2 cups .....	4 cups .....
mixed filling			
meat, eggs, fish .....	1 1/2 quarts .....	3 quarts .....	6 quarts .....
jam, jelly .....	1 quart .....	2 quarts .....	4 quarts .....





# Microwave Hints

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



# Calorie Counter

## Beverages

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

## Breads

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

## Cereals

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

## Crackers

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

## Dairy Products

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

## Eggs

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

## Fish and Seafood

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



# Calorie Counter

## Fruits

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

## Meat and Poultry

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

## Nuts

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

## Pasta

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

blue cheese, 1 T. ....	70
French, 1 T. ....	85
Italian, 1 T. ....	80
mayonnaise, 1 T. ....	100
olive oil, 1 T. ....	124
Russian, 1 T. ....	70
salad oil, 1 T. ....	120

## Soups


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

## Vegetables


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







# Cooking Terms



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

**Au jus:** Served in its own juices.

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

**Bisque:** A thick cream soup.

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

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

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

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

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

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

**Entree:** The main course.

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

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

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

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

**Meunière:** Dredged with flour and sautéed in butter.

**Mince:** To chop food into very small pieces.

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

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

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

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

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

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

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

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

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

**Toss:** To combine ingredients with a repeated lifting motion.

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

