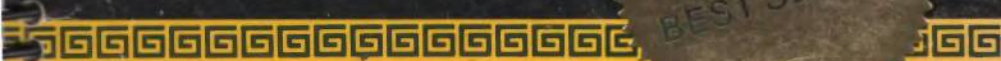


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Baba's Cook Book

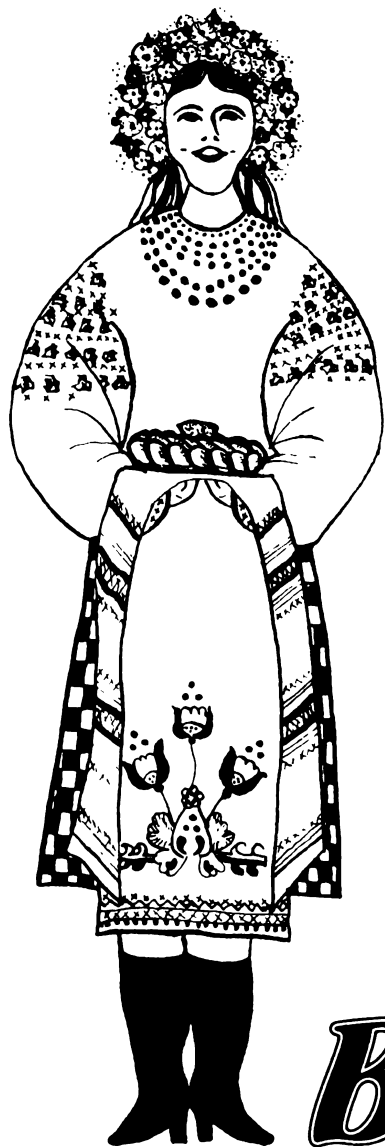


NATIONAL
BEST SELLER



Volume 2





***Baba's
Cook Book
Volume 2***

by Emily Linkewich

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FOREWORD

With the success of *Baba's Cook Book Volume 1*, I was prompted by so many readers to produce a sequel. The thousands of letters from around the world confirmed this!

It has been heart-warming to know that the first volume has been so appreciated. In this presentation, I share with you, exciting and tantalizing dishes that will leave a satisfied palate and a filled tummy with those you cook for.

With special dishes for entertaining, to meals with a budget in mind, to cooking for the sake of good food, these recipes have been specially selected and created for your enjoyment and good taste, I know you'll enjoy — "*Baba's Cook Book — Volume 2.*"

Happy Cooking,
Emily Linkiewich



DEDICATION

To my husband who has always loved home-cooking and to everyone who appreciated Baba's Cook Book — Volume I.

E.L.

▣ Main Dishes and More ▣

Salads, Soups and Sauces, Fish and Meat Dishes

AVOCADO SALAD WITH LIME DRESSING

A tangy salad for 4, easily prepared and distinctive!

1 head leaf lettuce, small
1 avocado, large
3 tablespoons fresh lime juice
1 cucumber, medium, peeled and sliced
½ red onion, medium, thinly sliced
½ cup black olives, pitted
1 tablespoon wine vinegar
1 teaspoon brown sugar or honey
¼ teaspoon dry mustard
⅓ cup corn oil
dash of salt
pinch of paprika
tabasco sauce

Arrange the lettuce on a chilled serving platter. Peel and slice the avocado into a small bowl. Toss and coat with 1½ tablespoons of the lime juice. Arrange the avocado, cucumber, onion slices and olives on the lettuce.

In a small bowl, combine the remaining lime juice, vinegar, brown sugar or honey, mustard, paprika, salt and tabasco sauce to taste. Whisk in the oil until blended. Spoon the dressing over the salad and serve.

▣▣▣ *Add a little cooking oil in the water when boiling macaroni or spaghetti. It will keep the pasta from boiling over and prevent it from sticking together.*

CARAWAY COLESLAW

A time honored classic!

2½ pounds cabbage, cored and finely shredded

1 medium carrot, grated

1 tablespoon plus 1 teaspoon caraway seed

½ cup plain yogurt

½ cup mayonnaise

½ teaspoon pepper

¾ teaspoon salt

In a large bowl, combine cabbage, carrot and caraway seed. Stir in balance of ingredients until thoroughly combined. Serve at once or place in fridge, covered. Stir before serving.

STRAWBERRY SALAD SQUARES

Perfect for those hot days when you need that special refreshing accent.

2 packages strawberry Jell-o powder

2 cups boiling water

2 packages whole strawberries, frozen, 11 ounces each

1½ cups crushed pineapple

2 large bananas, fully ripe and finely diced

1 cup dairy sour cream

Dissolve jelly powder in boiling water. Add berries, stirring often until thawed. Add pineapple and banana. Pour half the mixture into a 9" square pan. Chill until firm. Spoon sour cream over chilled Jell-o in an even layer; pour remaining Jell-o over sour cream. Chill in fridge till firm. Cut into squares and serve on lettuce sections. Garnish each with a spoon of sour cream and a strawberry.



Use instant rice or mashed potatoes to thicken soups.

DEVEILED BEAN SALAD

This salad has a savory quality that is quickly enjoyed by those who sample it.


Dressing:

- ½ cup vegetable oil
- 2 tablespoons red wine vinegar
- 1 tablespoon sugar
- 1 large clove garlic, crushed
- ¼ teaspoon Worcestershire sauce
- ½ teaspoon oregano
- ¼ teaspoon dry mustard
- ½ teaspoon salt
- ⅛ teaspoon black pepper

Salad:

- 1 can green beans (14 ounces)
- 1 can yellow beans (14 ounces)
- 1 can kidney beans (19 ounces)
- 1 can chick-peas (19 ounces)
- 1 onion, finely chopped

In a large bowl, combine dressing ingredients. Drain the beans and peas and add to dressing along with the onions. Toss together until coated. Cover and refrigerate for 6 - 8 hours or preferably overnight. Stir once or twice.

 *Try boiling peas with the pods on. The pods burst open when done, float to the top, and can be skimmed off, leaving the peas with a better flavour.*

SHRIMP MACARONI SALAD

Great as a luncheon dish!

1 package salad macaroni or elbow type, 8 ounces
1 cup chopped celery
1 can small shrimp, drained
1 green pepper, coarsely chopped
2 medium carrots, coarsely grated
2 tablespoons minced onion
1 tablespoon brown sugar
1 tablespoon vinegar
½ cup mayonnaise
½ cup red pepper, chopped coarse
1 teaspoon dill weed
¼ teaspoon dry mustard
⅛ teaspoon white pepper
1 teaspoon celery seed
2 tablespoons fresh parsley, finely chopped
2 tablespoons lemon juice
Paprika

Cook macaroni as per instructions on the package. Drain and cool. Add celery, green and red peppers, carrots, and parsley. Mix remaining ingredients; spoon over macaroni and toss to mix thoroughly. Add shrimp towards end so they do not get broken. Toss lightly. Chill. Serve on crisp lettuce arranged on salad plates. Garnish with paprika. Serves 6 - 8.

☞☞☞ *Juices from pies which have run over and onto the bottom of the oven can be prevented from filling the oven with smoke and a burnt odor, by sprinkling the juice at once with salt.*

SESAME STEAK

A marinade can make an inexpensive cut such as blade steak both tender and tasty. Try it and see!

1 ½ pounds round, cross rib or blade steak

⅓ cup oil

⅓ cup soya sauce

¼ cup brown sugar

¼ cup chopped green onion

2 ½ tablespoons sesame seeds, toasted

3 cloves garlic, minced

½ teaspoon salt

⅛ teaspoon Tabasco sauce

Pierce the steak several times with a fork. Mix together remaining ingredients; pour over steak to cover. Allow to marinate in the fridge for 12 - 18 hours. Remove steak from marinade. Broil or barbecue 6 to 7 minutes on each side for rare or to desired doneness. 4 servings.

POPPY SEED DRESSING

A sparkling new taste for fruit or fruit salads.

⅓ cup honey

½ cup sugar

¼ teaspoon salt

1 teaspoon dry mustard

1 tablespoon grated onion

3 tablespoons poppyseed

5 tablespoons vinegar

1 tablespoon lemon juice

1 cup salad oil

Mix all ingredients in blender or mixer. Store in covered jar in fridge. Makes one pint.

☞☞☞ *A dash of salt in cream or eggs makes them whip faster. It really works!*

DREAMY PINEAPPLE SALAD

An enjoyable addition to compliment any ham or chicken meal.

1 cup whipping cream

1 package lemon Jell-o, 3 ounces

1 tin crushed pineapple, 14 ounces, drained reserve syrup

$\frac{2}{3}$ cup shredded cheddar cheese

1 tablespoon lemon juice

Dissolve lemon Jell-o in 1 cup boiling water. Add $\frac{3}{4}$ cup pineapple juice and 1 tablespoon lemon juice. Chill until thick. Fold in drained pineapple, cheddar cheese and 1 cup cream, whipped. Pour in mold and chill. When firm, 4 - 5 hours, remove from mold and place on a bed of pineapple rings and lettuce.

PARSONS' POTATO SALAD

This recipe has come to us from Newfoundland and worth sharing.

8 medium potatoes, peeled

3 medium carrots, peeled


1 small onion

$\frac{1}{2}$ teaspoon salt

$\frac{1}{8}$ teaspoon white pepper

Salad dressing

Boil potatoes. Drain, mash and while still hot, grate the carrots and onion into it and season with salt and pepper. Add enough salad dressing to make a smooth texture after whipping by hand. Chill and serve.

 *Place onion, egg and spices in blender for a delicate, consistent flavour throughout your hamburger or meatloaf.*

CORN CHOWDER

A quick yummy soup.

2 cans cream style corn (14 fl. ounce cans)
4 cups water
2 medium potatoes, cubed
1 medium onion, diced
4 strips bacon, fried crisp
4 tablespoons mayonnaise
3 tablespoons chicken soup base
1/8 teaspoon pepper
1 tablespoon fat, from fried bacon
3 heaping tablespoons grated parmesan cheese
1 1/2 tablespoons dry parsley, crushed

Bring water to a boil and add chicken soup base, potatoes, onions and pepper. Boil for 10 minutes then add mayonnaise, fried bacon and bacon fat. Continue to cook for another 10 minutes then add parsley, cheese and cream style corn. Cook slowly for 10 more minutes stirring often. Serves 4 - 6.

BARBECUE SAUCE

Super on steaks, chops or chicken to barbecue or bake with. Marinate meat of your choice 3 - 4 hours in this sauce before cooking.

2 tablespoons butter
1 medium onion, chopped fine
1/2 cup celery, chopped fine
1 clove garlic, minced
3/4 cup water
1 cup ketchup
2 tablespoons vinegar
2 tablespoons lemon juice
2 tablespoons brown sugar
1 teaspoon dry mustard
1 teaspoon salt
1/4 teaspoon pepper

Saute onion and celery in butter. Add all ingredients and simmer to desired consistency, about 20 minutes. Makes about 2 cups sauce.

ROAST PORK WITH PRUNE STUFFING

What a wonderful way to serve a pork roast.

3 or 4 pound boneless, rolled pork loin roast

1 package prunes, pitted

Garlic salt

Salt

Pepper

5 tablespoons honey, melted

3 tablespoons red currant jelly

¾ cup water

Untie roast and open flat. Season with garlic salt, salt and pepper. Arrange prunes in a row down center (as many as the roast will be able to hold when you tie it together again). Season outer part of roast with garlic salt, salt and pepper. Place in roasting pan fat side up. Roast uncovered in 350°F oven, 30 to 35 minutes per pound or until nicely done. After the first hour of roasting, take out about ½ cup of the drippings and combine with currant jelly and honey. Baste roast every 10 - 15 minutes with this mixture or until used up. If necessary you may take more of the drippings towards the end of the roasting period and repeat as there will be enough of the currant-honey mixture in the bottom of the pan to use.



Know how to pick a ripe melon?

- 1. Honeydew: if you can hear the seeds and juice sloshing around inside; it's ripe.*
- 2. Watermelon: Thump sharply with your knuckle. The most hollow sound will indicate the ripest.*
- 3. Cantaloupe: The skin should be tan, not green. Ends soft with plenty of aroma.*

HEARTY CREAM SOUP

Even non-spinach eaters will ask for second helpings of this mild cream soup.

2 slices of bacon, fried crisp and crumbled
2 tablespoons bacon fat
1 medium onion, chopped fine
1 garlic clove, minced (optional)
2 cups potatoes, sliced (raw or cooked)
1½ cups chicken broth or bouillon, boiling
1 cup cooked or frozen spinach,
 or 2 big handfuls of fresh — washed
2 tablespoons butter
2 tablespoons flour
2 cups hot milk, or 1 cup each of milk and
 cream for a richer soup
Salt and pepper to taste

In a deep heavy skillet place the bacon fat, onion, and garlic, let sizzle gently, but not brown. Add the potatoes and the broth. Cover and let simmer till the potatoes are soft. Add the spinach and simmer 5 minutes longer. Purée in your blender. In another saucepan melt 2 tablespoons butter, blend in the flour, stirring till golden, and add the hot milk, stirring till it thickens then mix it with the potato purée. Serve hot with bacon bits on top, or garlic flavored croutons.

☞☞☞ *When making dressings for your chicken or turkey, try using whole grain or 7-grain bread, and try adding drained mandarin orange sections, raisins and/or shelled unsalted sunflower seeds. Wonderful!*

LYNN'S COCK-A-LEEKIE SOUP

Excellent as a cream soup or base to cook cauliflower in.

5 medium leeks, white sections minced
1 medium onion, chopped
2 teaspoons butter
5 medium potatoes, peeled and finely diced
4 cups clarified chicken stock
1 ¼ cups whipping cream
¼ teaspoon mace
½ teaspoon salt, or to taste
⅛ teaspoon white pepper
1 cup dry sherry
5 strips of bacon crisply cooked, crumbled
½ bunch chopped chives (about 5)

Saute the minced leeks and onions in the butter. Add the chicken stock, potatoes and simmer until tender. Place mixture in blender and blend. Return mixture to pot and add cream, mace, salt, pepper and sherry. Heat only to below simmering. Garnish with chives and bacon.

AUDREY'S TOMATO RELISH

Absolutely delicious with any meat dish.

4 large apples, peeled and diced
4 large red tomatoes
1 cup vinegar
1 cup brown sugar, packed
1 teaspoon salt
½ teaspoon celery salt
½ teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon allspice
2 cloves garlic, mashed


Combine all ingredients and boil on medium heat for about 1 hour or until mixture thickens. Cool and use or place into jars while hot and seal with wax.

HEARTY POTATO SOUP

Honest to goodness good soup.

½ pound stewing beef or round steak, cut into petite cubes
¼ cup butter
4 onions, diced
1 clove garlic, crushed
½ teaspoon brown sugar
4 potatoes, diced
4 cups beef bouillon or beef stock
2 cups water
1 tablespoon red wine vinegar
1 small bay leaf
½ teaspoon basil
3 carrots, chopped
¼ teaspoon black pepper
⅛ teaspoon thyme
½ teaspoon parsley, crushed
⅛ teaspoon dill weed, crushed

Heat butter in bottom of heavy saucepan and cook meat over medium-high heat just until lightly browned. Remove pieces when done and add onions and garlic; sprinkle with sugar. Cook, stirring often till onions are golden brown. Place 2 cups of potatoes in blender with 1 cup water and blend. Place the potato mixture and the balance of the ingredients into the saucepan with the meat and bring to a boil. Reduce heat; simmer, covered for 1 hour or until meat is tender. Makes 7 cups.

 *Frozen bacon? Roll the whole package as you would a magazine. After a few times bacon slices can be easily separated.*

LUNCH HOUR SOUP

A quick tasty soup that takes only minutes to make from scratch.

1½ cups potatoes, very finely diced

1 medium onion, finely chopped

1½ cups water

6 - 8 green onions, chopped

1 cup milk

1 tablespoon flour

Dill and parsley to taste, if desired

Salt and pepper to taste

1 tablespoon chicken soup base

Boil potatoes in 1½ cups water for 10 minutes. Add onions, milk, chicken soup base, salt and pepper. Boil for 5 minutes. Thicken with flour. Bring to a boil and serve.

TOMATO SAUCE BASE

Adds zest to chicken soup; excellent for spaghetti or chili con carne; put through the blender and use as a sauce for pizza . . . and on and on.

25 large tomatoes, ripe

½ cup parsley, chopped

6 large carrots, diced

6 large onions, diced

⅔ cup sugar

3 tablespoons salt

¼ teaspoon white pepper

⅔ cup red or green pepper diced

4 cloves garlic, minced

Boil all the ingredients for 30 minutes. Stir often. Fill sterilized jars and seal. Also excellent for freezing.



To prevent any boiling over mishaps, just grease the inside of the rim slightly.

TRACY'S BROILED RIBS

Quick and easy way to make ribs. Serve with fluffy cooked rice. Mmmm, good.

1 ½ pounds pork ribs, rinsed and cut
1 ½ teaspoons garlic powder
¾ teaspoon onion powder
1 teaspoon salt
¾ teaspoon pepper
1 ½ teaspoons dill weed, crushed
1 teaspoon parsley flakes, crushed
1 teaspoon seasoned salt

Cut ribs; wash well and drain; place on broiling pan and season both sides with above ingredients. Broil till nice and crisp.

HONEY GARLIC SPARERIBS

A delectable combination of garlic and honey which also goes great as a sauce over chicken when roasted.

3 pounds spareribs, washed and cut
½ cup honey
¼ cup lemon juice
½ cup water
4 tablespoons ketchup
3 garlic cloves, crushed
3 teaspoons salt
1 teaspoon ginger
1 bouillon cube, beef

Boil ribs in water to which 2 teaspoons salt and bouillon cube has been added (20 minutes). Remove spareribs and drain. Place in large deep bowl and cover with balance of ingredients, stirring well. Marinate for 4 - 6 hours. Return ribs and marinating sauce to roasting pan and cook in oven at 350°F for 1 hour turning ribs over twice.

CHICKEN FIESTA

Impress your guests with this outstanding dish. Serve with cooked or fried rice. Serves 4.

9 chicken pieces — deboned and cut into cubed pieces

2 tablespoons clarified butter

3 tablespoons sherry

1¼ teaspoons paprika

½ teaspoon white pepper

1½ tablespoons cornstarch

½ - 1 teaspoon ground ginger

2½ tablespoons brown sugar

1½ teaspoons salt

¾ teaspoon onion powder

1 can pineapple tid-bits, drained and syrup set aside (you may also substitute a tin of mandarin oranges)

1 cup water mixed with 1½ tablespoons chicken soup base

1 cup seedless green grapes, washed

Pinch of cinnamon

Season chicken with salt, pepper and paprika. Cook lightly in butter until tender. Add sherry. Combine cornstarch, onion powder, cinnamon, ginger, and brown sugar. Stir into this mixture the reserved syrup and water with chicken soup base. Stir this mixture and chicken well and cook until thickened, stirring often. Finally combine pineapple tid-bits and grapes; mix well. Heat thoroughly and serve.




Use bananas as a substitute for whipped cream. Add sliced bananas to the white of an egg and beat with an electric mixer until stiff. A tasty substitute for whipped cream and fewer calories, too!

ALMOND CHICKEN

Delicate veggies and toasted nuts complement the chicken breast. Delicious!

3 whole chicken breasts, deboned and sliced into thin strips
2 tablespoons oil
1 large onion, sliced
½ pound Chinese snow peas, trimmed
2 cups celery, chopped
½ teaspoon ground ginger
¼ cup soya sauce
2 tablespoons cornstarch
1 ¼ teaspoons salt
2 cups water with 2½ tablespoons of chicken soup base combined
¼ cup sliced almonds, toasted
3 green onions, chopped

Brown chicken quickly in oil in a large skillet; remove from pan and keep warm. Sauté onion in oil for 2 minutes; add in celery and sauté for 2 more minutes. Place chicken strips, chicken broth and salt in pan and cover. Cook on medium heat for 2 - 3 minutes. Blend cornstarch and ginger with soya sauce in a cup; stir in ¼ cup cold water until smooth. Pour into small saucepan and cook, stirring constantly, until sauce thickens and bubbles (3 minutes). Combine Chinese snow peas with chicken mixture and cook for 3 - 4 minutes. Do not over-cook as peas will lose their bright green color. Serve with green onions and almonds sprinkled over each portion.

 *Save the water that the potatoes have been cooked in. It makes a wonderful base for gravy or a start for homemade soups.*


PORK PIE (TOURTIÈRE)

A hearty and filling meal.

1 ½ pounds lean ground pork
1 medium onion, minced
½ cup boiling water
2 cloves garlic, chopped
⅛ teaspoon mace
¼ teaspoon black pepper
¼ teaspoon sage
3 medium potatoes
½ cup frozen peas
3 medium carrots chopped
pinch of cloves
Pastry for a 2 crust — deep 9 inch pie

Combine pork together with onion, water and seasonings in a heavy skillet. Cook over low heat, stirring often, until meat loses its pink color and about half the liquid has evaporated. Cover and cook 45 minutes more. In another pot, boil and mash the potatoes. Mix mashed potatoes into the cooked meat mixture. Add the peas and carrots. Set aside. Preheat oven to 450°F.

Roll out pastry and line the pie plate. Fill with cooled meat mixture. Roll out remainder of dough and cover pie. Seal and pinch edges; slash top crust. Bake for 10 minutes at 450°F then reduce heat to 350°F and bake 30 - 40 minutes longer. Serves 6.

 *An old chicken can be made tender by rubbing with vinegar a few hours before cooking.*

FISH BURGERS

If you are a fisherman, make sure you save some of your catch to make this dish. These are economical and nourishing.

Fillet and wash 12 perch. Soak in salty water for 15 minutes, then rinse thoroughly and drain. Put the perch through a food chopper on a medium blade setting. This will make about 4 - 5 cups ground perch.

Add:

3 eggs slightly beaten

½ medium onion, finely diced

5 - 6 cloves of garlic, minced

3 tablespoons of flour or fine bread crumbs

1 teaspoon salt

½ teaspoon pepper

Mix all the ingredients together. Make into patties and fry in a heavy skillet until slightly brown on both sides. Lower heat and simmer for 15 - 20 minutes. A real delight to serve with vegetables as a meal or just on a bun.

SWEET & SOUR SAUCE FOR FISH

A wonderful complement for fish, but don't limit it just to fish . . . try it on pork sausages, chicken or pork chops.

Combine in a saucepan:

4 tablespoons cornstarch

½ cup vinegar

½ cup brown sugar

2 cups water

8 tablespoons ketchup

2 tablespoons soya sauce

Bring to a boil to thicken and serve over fried fish.

BARBECUED CHICKEN

Tasty chicken with a yummy sauce.

2 tablespoons butter
1 tablespoon oil
1 chicken cut up
Salt and pepper
½ cup chopped onions
1 cup ketchup
1 cup water
¼ cup lemon juice
2 tablespoons vinegar
3 tablespoons Worcestershire sauce
2 drops Tabasco sauce
2 tablespoons brown sugar
1 teaspoon salt
½ teaspoon dry mustard
½ cup chopped celery
2 tablespoons parsley, chopped
1 clove garlic, minced

Heat butter and oil in heavy skillet. Season chicken with salt and pepper and fry in oil - butter till golden brown then put pieces in a 2½ quart casserole as they brown. Place balance of ingredients into skillet and simmer for 5 - 8 minutes. Pour sauce over chicken and place casserole in oven for 60 - 80 minutes at 350°F.



What to do with celery leaves, cabbage cores and even potato peelings? Place them in a blender, add spices, an onion, and milk to make a low-calorie cream soup.

FAVORITE POULTRY DRESSING

You can substitute zucchini or yellow squash or white turnip for the carrot or celery in this recipe. Regardless, it's tasty and I always make a double recipe and place in foil alongside the bird so there is extra for seconds!

- 1 gizzard, finely chopped
- 1 medium onion, chopped
- ½ cup finely chopped celery
- ½ cup finely chopped carrots
- 3 tablespoons butter
- 3 cups soft bread crumbs, whole wheat or 7 grain, (6 - 7 slices)
- ½ teaspoon salt, or to taste
- ¼ teaspoon pepper, or to taste
- 1½ - 2 teaspoons poultry seasoning
- ½ cup fine chopped apple
- ¼ cup sunflower seeds, shelled unsalted (optional)
- ¼ cup raisins, washed and towelled dry (optional)
- 1 can mandarin orange sections, drained (optional)

Sauté gizzard in butter for 8 - 10 minutes. Then add onions and sauté for 3 - 4 minutes. Combine balance of ingredients except bread crumbs and continue to sauté for 5 minutes. Stir in bread crumbs and mix well. Cool before stuffing bird.



What do you do with leftover bits and pieces of cheese? Grate them together to make a cheese ball or serve over spaghetti or lasagna.

TARRAGON VEAL CHOPS

Wine gives this dish a rich and special flavour. I suggest using the same wine you cook with to accompany the meal.

- 4 veal chops, cut 1 inch thick
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 8 teaspoons crumbled dried tarragon
- 2½ tablespoons unsalted butter
- ½ cup dry red wine

1. Season the veal chops with the salt and pepper. Press 1 teaspoon of the tarragon onto both sides of each chop.

2. In a large heavy skillet, melt the butter over moderate heat. When it foams, add the chops. Sauté, turning several times, until browned on the outside, tender and slightly pink near the bone, 8 - 10 minutes. Remove to warmed dinner plates.

3. Pour the wine into the skillet and cook, stirring and scraping up any of the browned bits from the bottom of the pot, until the liquid is reduced to about ¼ cup, 3 - 4 minutes. Spoon over the chops. Serves 4.

COUNTRY POT ROAST

Add carrots and potatoes to the pot roast during the last hour of roasting to have a simple and delicious meal.

- 3½ pound pot roast
- ½ teaspoon salt
- ½ cup chopped onions
- 1 can tomato sauce
- 2 tablespoons vinegar
- 2 cloves garlic, minced
- ½ teaspoon thyme
- ¼ teaspoon pepper
- 1 teaspoon dry mustard

Trim all fat from roast and rub dry mustard and salt into the surface of the meat. Place in a lightly greased baking dish. Top with onions. Combine tomato sauce, vinegar, thyme, pepper and garlic. Pour over the roast and cover tightly. Bake in a 325°F oven for 3 hours until meat is tender.

POT CHOPS

A breeze to make and oh, so good!

6 - 8 pork chops not too thin

5 medium potatoes cut into quarters

8 large carrots cut into 4'' sections

2 medium onions chopped

1 can golden mushroom soup

1 cup red dry wine

½ teaspoon salt

⅛ teaspoon pepper

¼ teaspoon garlic powder or 2 cloves garlic, minced

¼ teaspoon seasoned salt

Oil

Water

Heat a little oil in a heavy deep pot and fry pork chops quickly so they become very browned on either side. Add onions and fry for two minutes longer, then add approximately 5 cups water, potatoes, carrots and salt and seasonings. Cook on medium heat for 30 minutes then add golden mushroom soup and ½ cup wine and cook for 15 minutes. Now add balance of wine and simmer for 15 more minutes. By now you should have a thick gravy-like mixture complete with meat and vegetables.

☞☞☞ *A cut lemon may be kept longer by smearing the cut surface with the white of an egg.*

STIR-FRY ZUCCHINI

Delightful, delicious and different.

2 cups zucchini, diced
1 teaspoon salt
3 tablespoons butter
1 medium onion, chopped
1 teaspoon parsley, chopped
¼ teaspoon sweet basil
¼ teaspoon oregano
4 - 5 large tomatoes
2 cloves garlic, minced
⅛ teaspoon pepper

Fry onion and garlic in butter till transparent. Combine balance of ingredients; bring to a boil and simmer uncovered 10 - 12 minutes. Stir often. Serve hot.

BAKED POTATO WITH AVOCADO PURÉE AND CHIVES

A wonderful use of the avocado which is available almost year round. Avocados are ready to eat when the fruit yields to gentle pressure. They will ripen more quickly if placed in a paper bag (2 - 5 days).

1 large baking potato
½ teaspoon vegetable oil
½ teaspoon salt
¼ teaspoon pepper, freshly ground
½ avocado, mashed to a purée
2 teaspoons finely chopped chives

Preheat oven to 350°F. Rub the potato with the oil and bake until soft, about 1 hour. Split potato lengthwise in half. Scoop out the pulp, leaving a thin shell of potato. Mash the pulp with a fork and season with the salt and pepper. Mix in the avocado purée until blended. You may use an electric mixer to really create a light fluffy texture. Divide between the potato shells and sprinkle with the chives. Serves 2.

BARBECUE BAKED POTATOES

Zesty potato addition to your dinner plate.

- 3 - 4 medium potatoes
- 1/3 cup butter, melted
- 1 teaspoon vegetable seasoning
- 1 1/2 tablespoons brown sugar
- 1/2 teaspoon salt
- 1/8 teaspoon paprika
- 4 tablespoons catsup
- 1/8 teaspoon garlic powder

Combine butter, vegetable seasoning, brown sugar, paprika, catsup, salt and garlic powder. Cut each potato lengthwise into wedges. Place on a greased pan. Brush with some of the sauce. Bake 30 minutes brushing occasionally with remaining sauce. Bake until potatoes are tender. Serve hot.

POTATO DUMPLINGS

More than a meal in itself. Very economical at 50¢ per serving.

- 2 pounds potatoes (4 - 4 1/2 cups)
- 2 eggs plus 2 egg yolks
- 1/2 cup chopped onions
- 1 tablespoon butter
- 1/3 cup butter
- 2 tablespoons flour
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon parsley flakes, dried and crushed
- 1/4 cup cheddar cheese, grated

Peel, cook and mash potatoes; cool. In saucepan, fry onions in 1/3 cup butter till golden brown. Pour 1/2 into baking pan and put the rest aside. To mashed potatoes, add the balance of the ingredients except the cheese. Mix well and form into stiff dough. Make dumplings the size of an egg and drop into boiling water for 15 - 20 minutes. Remove carefully from water and place into pan with onions and butter mixture. Sprinkle with grated cheese and pour balance of onion-butter mixture over top. Brown in moderate oven for 15 - 20 minutes.

MARINATED MIXED VEGETABLES

A good recipe for using fresh vegetables from the garden.

- 1 small head cauliflower, cut into flowerets
- 3 carrots, sliced
- 1 large green pepper, cut into strips
- 3 cloves garlic, crushed
- 1 cup vegetable oil
- 1 cup celery, chopped
- 1 large zucchini, cut into thin strips
- 1 ¾ cups wine vinegar
- 2 tablespoons honey, or to taste
- 2 teaspoons salt
- 1 teaspoon celery seed
- 2 teaspoons dry mustard
- ⅛ teaspoon black pepper
- 1 cup green beans, ends snapped off, cut into pieces

Note: You may use or substitute any other vegetables you have available. Combine washed vegetables in a covered plastic container. Mix all other ingredients and pour into container with vegetables. This marinade may not cover all the vegetables but it will as the vegetables settle. Marinate for 2 - 3 days stirring twice.

MARINATED CARROTS

Don't hesitate to mix in some cauliflower as it tastes terrific, too.

- 6 large carrots, cut in long slender pieces
- 1 large green pepper, sliced
- 1 large onion, sliced

Bring carrots to a boil in water and take out. (Cauliflower requires about 1 minute boiling time); place carrots, onions and peppers in jar.

Bring to a boil:

- 1 can undiluted tomato soup
- ½ cup salad oil
- 1 cup sugar
- ¾ cup vinegar
- 1 teaspoon salt
- ½ teaspoon pepper

Once mixture has come to a boil, remove from heat and pour over vegetables. Let stand 2 - 3 days before using. Turn the jar upside down to keep the oil mixed.

MINI CREAMED ONIONS

A nice change in a vegetable dish; what a beautiful flavor complement for fish or chicken.

4 dozen small white cooking onions

2 cups water

2½ tablespoons chicken soup base

1 bay leaf

¼ cup all-purpose flour

1 cup table cream

Salt and pepper

½ teaspoon parsley

Scald onions; peel but do not remove root end or they may fall apart. Place onions in large saucepan. Add water, chicken soup base and bay leaf, to onions. Bring to a boil. Cover, reduce heat and simmer 30 - 40 minutes until onions are fork-tender. Drain, reserve broth and discard bay leaf. Cut ends from onions and set aside. Make the cream sauce by melting butter in the saucepan. Blend in flour until bubbling. Stir in 1 cup of the cooking liquid, then the cream. Cook, stirring often over medium heat until the cream sauce is thickened. Add the onions, salt, pepper and parsley. This dish can be prepared ahead of time and refrigerated. Yields 4 cups.



Try serving leftover vegetables by sprinkling them with grated cheese and browning the resulting casserole in the oven.

STUFFED NOODLES

A German dish shared with us by Klara.

- 2 ½ cup flour
- ½ teaspoon salt
- 2 eggs
- 2 - 4 tablespoons water


Combine ingredients and make into a dough. Roll out and cut into squares 4" x 4".

Filling

- 1 ½ cup Quark cheese
- ¼ cup raisins
- 1 egg

Combine above ingredients and mix well.

Place 1 teaspoon of the above mixture into the middle of each square of dough. Beat 1 eggwhite slightly and brush around the edges of the squares. Fold over so you have a triangle and press edges together. Cook in lightly salted water for 20 minutes. Remove from water and serve with melted butter. Sprinkle with cinnamon and sugar over top.

 *Here's a wonderful way to give your home an aromatic scent that friends or company will always compliment you on. Fill a pot ¼ full of water. Add allspice, cinnamon, cloves, nutmeg, orange and lemon rinds (You can add about 1-2 teaspoons of each of the spices). Boil slowly and check occasionally to see if you require more water. Add more of the same spices to strengthen mixture as needed. This mixture can be kept in the fridge and used when a nice fragrance is required. Be sure to add more water and stir before heating.*

MIXED PICKLE DELIGHT

You can vary the mixture of vegetables in this recipe depending on what you have in your own garden. Any way you make it the results will be terrific!

2 cups small cucumbers, sliced
2 cups quartered green tomatoes
2 cups broccoli flowerets
2 cups cut-up beans
2 cups chopped red or green peppers
2 cups chopped onions
2 cups cauliflower flowerets

Place above vegetables in a large bowl and cover with a brine made with ½ cup salt to each quart of water, and let sit overnight. The next morning, drain and rinse vegetables, and place them in a large kettle with 1½ quarts cider vinegar. Bring slowly to a boil.

Combine the following ingredients to make a smooth paste:

4 tablespoons flour
1 cup sugar
1 teaspoon turmeric
2 tablespoons dry mustard
Enough cider vinegar to moisten

Stir the paste into the vegetables. Simmer for a few minutes, stirring constantly. Fill sterile pint jars full and seal at once.



Save any stale bread by placing it in a brown paper bag. Don't forget it's the basis for that yummy bread pudding or poultry dressing. For bread puddings, try varying the recipe with fresh fruits (apples, peaches, berries).

QUICK PICKLE

An easy recipe to make, and a yummy pickle to eat.

6 cups thinly sliced cucumbers
2 cups onions, sliced
1 ½ cups vinegar
1 ½ cups sugar
½ teaspoon salt
½ teaspoon mustard seed
½ teaspoon celery seed
½ teaspoon turmeric

Pack cucumbers and onions in jars. Heat the balance of the ingredients together and bring to a boil. Pour this mixture over the cucumbers and onions and seal at once. Chill before serving.

BREAD AND BUTTER PICKLES

As in this recipe and other pickle recipes, the success to making great pickles is to use cucumbers picked fresh out of the garden. If you are unable to do so, place them in cold water that contains ice cubes, then drain and wipe dry.

6 cups cucumbers, sliced
3 medium onions, sliced
1 sweet green pepper, chopped
½ cup salt
2 cups vinegar
2 cups boiling water
1 teaspoon celery seed
1 teaspoon mustard seed
½ teaspoon turmeric
1 ½ cups sugar

Combine vegetables and salt; let stand for 2 hours. Combine balance of ingredients and bring to a boil. Add the vegetable mixture and cook for 4 - 5 minutes. **DO NOT OVERCOOK!** Pack into jars and seal at once.

HAM AND CHEESE QUICHE

Perfect for that Sunday brunch or as a lunch idea.

1 ½ cups cooked ham, finely chopped
1 unbaked pie shell, 9''
2 cups Swiss cheese, shredded
3 eggs, beaten
2 ½ tablespoons onion, finely chopped
1 teaspoon Dijon-style mustard
¼ teaspoon salt
1 cup cream
1 tablespoon parmesan cheese, grated

Place ham on bottom of pie shell; pack down lightly. Top with Swiss cheese. Beat eggs, onion, mustard and salt together. Gradually stir in cream. Pour over ham and cheese. Sprinkle parmesan cheese over top. Bake at 375°F for 30 - 35 minutes or until set. Serve hot from the oven.

CABBAGE SALAD

Serve this easy to make salad with pork or chicken.

1 head of cabbage, approximately 2 ½ pounds, shredded
1 green pepper, large, finely diced
1 Spanish onion, large, finely diced
⅔ cup sugar
⅔ cup cooking oil
1 cup vinegar
2 teaspoons salt
1 ½ teaspoons celery seed

Boil sugar, oil, vinegar, salt and celery seed. Pour hot over the cabbage, green pepper and onion. Do not stir the salad till cold. Mix well and refrigerate for 3 - 4 hours before serving.

ONION SALAD

An excellent salad! Try adding a can of drained kidney beans to the onions for a slightly different variation.

- ½ cup water
- ½ cup sugar (less sugar may be used depending on sweetness desired)
- ½ cup vinegar
- 2 large Spanish onions, sliced very fine
- 1 tablespoon salad dressing
- ¾ teaspoon celery seed


Bring the water, sugar and vinegar to a boil in a saucepan, then cool. Pour over the onions and refrigerate overnight. Drain well and add the salad dressing and celery seed. Mix well and serve.

AUNTY MANIE'S SALAD

A delightfully tasty and colorful salad.

- 1 can kernel corn
- 1 cup celery, finely diced
- ⅓ cup onion, finely sliced
- ¼ cup English Egg Dressing
(may be purchased in your supermarket)
- 1 tomato, finely diced
- ⅓ cup green pepper, finely diced
- ½ cup black olives, finely sliced

Combine everything in medium bowl; mix well and place in fridge for 2 hours before serving.

 *Popcorn will pop better if slightly moistened with water just before placing into popper.*

ORANGE CHICKEN

Serve this elegant chicken dish with fried rice, buttered carrot sticks and a crisp green salad.

6 - 8 chicken breasts, wings or thighs

¼ cup dry Vermouth

¼ cup clarified butter

¼ cup finely chopped onion

¼ - ½ cup concentrated orange juice, room temperature **not diluted**

Flour, salt and pepper

Orange slices

Parsley and toasted almonds to garnish

Dust chicken with flour, salt and pepper. Fry chicken in butter until nicely crisp. Add onions and fry until they become transparent. Add orange concentrate and Vermouth. Continue cooking for 20 - 30 minutes. Place chicken, when done, on platters. Pour orange sauce-mixture over chicken and garnish with almonds and parsley.

CHICKEN À LA PHYLLIS

Serve this absolutely delicious dish with wild rice, buttered asparagus and Auntie Marnie's Salad. Serves 8.

8 chicken breasts, deboned

16 slices bacon

1 package chipped (Dried - Armour) Beef, 4 ounces
(rinsed to remove some of the salt)

1 can undiluted mushroom soup

½ pint sour cream

16 mushrooms, sliced

Wrap each chicken breast with 2 slices of bacon. Cover bottom of a flat greased baking dish (8'' x 12'' x 12'') with Chipped Beef. Place chicken breasts on top of beef. Mix mushroom soup and sour cream then pour over top of chicken. Refrigerate for 2 hours. Remove from fridge and place in preheated oven and bake for 3 hours at 275°F. During last 15 minutes of baking add fresh mushrooms on top.

CHICKEN EASY

This quick-as-wink chicken treat will delight your family or guests.

1 broiler-fryer chicken, cut up in serving size portions
1 can (14 ounces) pineapple chunks
1 envelope chicken gravy mix
¼ cup dry white wine
3 tablespoons orange marmalade
Salt and pepper
Cooked rice

Arrange chicken skin side up in a buttered baking dish. Season with salt and pepper to taste. Drain pineapple, reserving liquid. Sprinkle pineapple over chicken. Add enough water to pineapple juice to measure 1 cup. Combine measured pineapple liquid with contents of gravy mix envelope, wine and marmalade. Spoon over chicken. Bake at 400°F for 60 minutes, spooning sauce occasionally over chicken. Serve with sauce over cooked rice.

CHEESEY CHICKEN CASSEROLE

Delicious and easy to prepare.

2 cups cooked, cubed chicken
1 medium onion, chopped
⅓ cup chopped green pepper
⅓ cup toasted slivered almonds
1 cup chopped celery
2 cups coarsely shredded cheese, Gouda, Farmer's
Cheese or your own favorite
1 cup mayonnaise
2 tablespoons lemon juice
2 teaspoons grated lemon rind
½ teaspoon salt or to taste
¼ teaspoon dry mustard
½ cup bread crumbs
2 tablespoons butter, melted
3 tablespoons fresh parsley, chopped

Combine mayonnaise, lemon juice, lemon rind, salt and dry mustard. Pour over all ingredients except butter and bread crumbs. Mix well. Pour chicken mixture into casserole. Combine crumbs with melted butter. Sprinkle over top of chicken mixture. Bake in 350°F oven for 30 minutes. Serve hot.

CLAM CHOWDER

A thick chowder chock full of clams.

4 large potatoes, cooked with skins on, diced
2 cans whole buttered clams, drained, reserve juice of 1 can
2 cans baby clams, drained
3 cans Snow's clam chowder
1 pint farm cream or 1 quart cereal cream
1 tablespoon butter
3 tablespoons potato flour
Salt and pepper to taste

Place Snow's clam chowder in a 4 quart Dutch oven. Add baby clams, cream, juice from 1 can of buttered clams, diced potatoes and buttered clams. Bring to a boil. Combine in a cup, potato flour and 4 - 5 tablespoons water to make a thin paste. Stir into soup to thicken. Add butter and salt and pepper to taste. Serve hot.

HOMEMADE SPAGHETTI SAUCE

Mama Mia! It sa good. Serve over Sea shell macaroni or egg noodles. A red wine such as Dubonnet is excellent.

1 pound hamburger, fried and fat drained
½ cup zucchini, finely diced
½ cup green pepper, finely diced
½ cup celery, finely diced
½ cup onions, finely diced
⅓ cup mushrooms, finely sliced
1 large can Hunt's Italian Style Tomato Sauce
1 tablespoon honey
¼ cup water
Garlic powder, oregano, basil, chili powder, salt, pepper, Italian Seasoning

In large saucepan, add ¼ cup water and honey. Place vegetables in saucepan and steam till soft. Add hamburger and tomato sauce to vegetables and heat thoroughly. Seasoning is according to taste, so add a little and taste, keep adding and tasting till desired flavor is achieved. The longer the hamburger - sauce mixture simmers the better it gets. Garnish with shredded cheddar cheese.

PAN-FRIED STEAK WITH ONIONS AND MUSHROOMS

An impressive meal for 6 people or 4 very hungry ones.

¼ cup vegetable oil
6 boneless rib steaks, about 1 inch thick, excess fat trimmed off
6 tablespoons unsalted butter
18 mushroom caps
8 tablespoons chopped onions
¼ cup beef broth
¾ cup dry white wine
¼ teaspoon salt
½ teaspoon freshly ground pepper
chopped fresh parsley, for garnish

Divide the oil between two large heavy skillets and place over high heat. When the oil is smoking, add 3 steaks to each skillet and saute, turning once, for 2 minutes on each side. Reduce the heat to moderate and cook for 2 minutes longer on each side for rare, 3 for medium-rare or longer if desired. Remove to a heated platter or plates and keep warm in a low oven.

Pour off the fat from the skillets and add 2 tablespoons of the butter to each; melt over moderately high heat. When the butter is sizzling, divide the mushroom caps between the pans and sauté, tossing, until tender and nicely browned, about 4 minutes. Spoon the mushrooms over the steaks.

Add another tablespoon of butter to each skillet and divide the onions between the pans. Sauté until softened, about 30 seconds. Add half the broth, wine, salt and pepper to each skillet. Boil for about 3 minutes, scraping up the browned bits from the bottom of the pans, until the liquid is reduced by half.

Pour the sauce over the steaks and mushrooms and sprinkle with parsley.

☞☞☞ *Ever run out of brown sugar? Try mixing a half cup of white sugar with ½ teaspoon imitation maple flavoring and ½ teaspoon molasses. It's the closest substitute you'll ever find.*

☐☐☐☐☐ Bread Basket ☐☐☐☐☐

Breads, Buns and Muffins

BEER BREAD

A hearty new bread combining the rich full flavor of beer with the taste of rye.

4½ - 5½ cups unsifted all-purpose flour
1½ cups unsifted rye flour
1½ cups beer
5 tablespoons honey
4 tablespoons dry yeast
2 tablespoons butter
1 cup warm water
2 teaspoons caraway seed
3½ teaspoons salt
1 teaspoon garlic powder
1 tablespoon sugar

Mix 3 cups white flour and rye flour. Heat beer, honey and butter until warm. Dissolve yeast and sugar in warm water in a large warm bowl. Add warm beer mixture, caraway seed, salt, garlic powder and 3 cups flour mixture. Beat until smooth. Stir in the remaining flour mixture and enough additional white flour to make a soft dough. On floured board, knead until smooth, about 4 minutes. Divide into 2 balls. Place each in a greased 8" round pan, turning around to grease tops.

Flatten to fit pans. Cover and let rise in warm place (45 minutes). Bake at 375°F for 25 - 30 minutes or until done. Remove from pans and cool.

☐☐☐ *Here's a great sandwich suggestion: place cucumber and tomato slices over Philadelphia creamed cheese on brown bread. Season lightly with pepper and salt. Nutritious and yummy!*

COTTAGE CHEESE BREAD

A nourishing, old fashioned tasting bread.

1 cup creamed cottage cheese, heated to lukewarm
2 tablespoons sugar
1 tablespoon dry minced onion
1 tablespoon butter, softened
2 teaspoons dill seed
½ teaspoon baking soda
1 teaspoon salt
1 egg
1 package dry yeast
¼ cup water, warm
1 teaspoon sugar
2¼ - 2½ cups all-purpose flour

Place yeast and sugar into warm water and set for 10 minutes. Combine yeast mixture with 1 cup cottage cheese, sugar, onion, butter, dill seed, soda, egg and salt. Add enough flour to form a fairly stiff dough, mix well after each addition. Let rise in warm place until doubled in bulk (55 - 60 minutes). Knead dough and turn into well greased casserole (2 quart). Let rise in warm place for 45 minutes. Bake at 350°F or until golden brown. Brush with soft butter and sprinkle with salt.

CORNMEAL PANCAKES

These hotcakes have a delightful crunch to them. Serve hot with lots of butter and syrup.

1 cup all-purpose flour
2 tablespoons sugar
3 teaspoons baking powder
½ teaspoon salt
½ cup cornmeal
2 egg yolks, beaten
2 cups milk
2 tablespoons salad oil
2 egg whites, stiffly beaten

Sift together flour, sugar, baking powder and salt. Blend in cornmeal. Combine with egg yolks, milk and oil. Mix only till combined. Fold in egg whites gently. Cook on hot, lightly oiled griddle.

EMILY'S HEALTH BREAD

Light and wholesome. Try it warm with butter.

Cook 1 medium potato in 4 cups water till soft. Mash potato in its water and let cool until lukewarm.

Soak 1½ tablespoons yeast in ½ cup lukewarm water. To this add 1 teaspoon sugar. Let stand 10 minutes.

In a large bowl combine:

1 cup all bran cereal

½ cup soya protein or rolled oats

½ cup wheat germ

¼ cup molasses

¼ cup sour cream

½ cup shortening or lard (melted)

⅓ cup honey

¼ cup brown sugar

1 teaspoon salt

1 egg beaten

To this add the potato water and yeast. Add enough white flour to make a stiff dough. Knead for 10 minutes. Cover and let rise in a warm place till double in bulk. Knead well again, let rise till double. Knead and let rise for the third time. You can make dough into buns or loaves. Keep dough warm and let it rise till double in size. Bake at 350°F; buns at 12 - 15 minutes and bread for 45 minutes or until done.

Note: Emily prefers to let her dough rise in a preheated oven. The oven is set at 150° - 200°F for 1 - 2 minutes. Turn oven off and place dough in the oven. Repeat as necessary. Be careful not to let oven overheat.



Allow even cooling of pies, to keep the crust from getting soggy, by placing pies on a wire rack, so as to allow free circulation of air underneath the pie plate.

POPPY SEED ROLL

A traditional favorite of our family at special occasions.

1 cup flour
½ cup butter
2 teaspoons sugar
½ cup lukewarm water
1 cup milk, scalded, lukewarm
8 tablespoons sugar
1 cube yeast, frozen — 1" x 1" or
2 tablespoons dry yeast
2 eggs
2 egg yolks
2 teaspoons orange juice
3 teaspoons grated orange rind
1 teaspoon salt
4 - 4½ cups flour, all-purpose

Dissolve 2 teaspoons sugar in lukewarm water; add yeast and let stand 10 minutes in warm place.

In a large bowl combine warm milk, 1 cup flour with the yeast mixture and let the sponge rise until bubbles appear (30 - 35 minutes). In a separate bowl beat butter and sugar until light and fluffy. In another bowl beat eggs together, gradually adding salt until light and fluffy. Combine the eggs and the butter-sugar mixture and fold into the yeast sponge mixture. Add orange rind and orange juice. Add the flour and knead in the bowl for 10 minutes until dough feels smooth. Cover and let rise in warm place until double in bulk. Punch down and let rise again. Divide the dough into three equal parts. Form each into a ball and roll into a rectangular shape about ½ inch thick. Brush a stiffly beaten egg white on this; be careful **not** to brush edges. This is done so that filling does not separate from dough. Spread on poppy seed filling (recipe for filling follows) and roll just like a jelly roll, sealing the edges. Place in greased loaf pan, cover and let rise in warm place until double in bulk. Bake in preheated oven for 15 minutes at 350°F, then lower heat to 300°F and bake for approximately 40 minutes more. Upon removing from oven, brush with 1 tablespoon brown sugar dissolved in 2 tablespoons hot orange juice. Let cool before slicing.

Poppy Seed Filling

1 cup poppy seed

1/3 cup honey

1/2 cup pecans, finely chopped

2 egg yolks

4 crackers

1 teaspoon butter

Cover poppy seed with boiling water for 5 minutes. Drain excess water and place pot on stove element which has been turned off so remaining moisture may evaporate from poppy seed. Grind poppy seed adding crackers through a food chopper using a fine blade. Repeat twice more.

Mix honey, nuts, beaten egg yolk. Fold into ground poppy seed.

HEALTHY ROLLED OAT MUFFINS

Great for breakfast or packed lunches.

3/4 cup milk

3/4 cup all bran cereal

1 egg

1/4 cup oil

3 - 4 tablespoons honey

1 cup rolled oats

1/3 cup whole wheat flour

1/3 cup all purpose flour

Soak all bran cereal in milk for 10 minutes. Combine the remaining ingredients. Add milk with all bran just until moistened. Do not beat. Spoon into muffin pan with liners. Bake 15 minutes at 400°F.



Before serving cream soups, beat with your egg beater for a few seconds and a wonderful smooth soup will result.

FUNNEL CAKES

When you are at Knottsberry Farm, make sure you try one of these treats. Better yet, make them yourself.

- 1 package dry yeast
- 2 tablespoons sugar
- ½ cup warm water
- 2 cups all-purpose flour
- ½ teaspoon salt
- 1 cup milk, scalded and cooled
- 2 eggs

Soften yeast in ½ cup warm water and 1 teaspoon sugar. Set aside for 10 minutes. In another bowl, beat eggs and sugar until blended. Add milk, yeast mixture and salt. Add flour and beat till smooth. Cover bowl and set in warm place to rise until bubbly (45 - 60 minutes). Heat oil for deep frying. Pour 1 cup batter into a pastry bag with a ¼" tip or a squeezable plastic bottle with a narrow tip. Squeeze batter through opening into hot oil, swirling in a circular design similar to a birds nest 3" - 4" across. Brown on both sides; drain on paper towels and dust with icing sugar. Serve hot.

MINCEMEAT MUFFINS

- 1 cup wholewheat flour
- ¾ cup flour
- 3½ teaspoons baking powder
- ¼ teaspoon salt
- 3½ tablespoons brown sugar
- 1 egg, beaten
- ¾ cup milk
- ¼ cup oil
- ¾ cup mincemeat

Stir dry ingredients together. Combine liquid ingredients and add to dry mixture. Stir in mincemeat. Fill greased muffin tins ¾ full and bake at 375°F for 20 minutes. Yield 24.

APRICOT WHOLE WHEAT MUFFINS

I love these muffins!

1 can apricot halves (14 ounces), drained

18 apricot halves, dried

1 cup all-purpose flour

$\frac{3}{4}$ cup whole wheat flour

2½ teaspoons baking powder

$\frac{1}{2}$ teaspoon baking soda

$\frac{3}{4}$ teaspoon salt

1 egg, lightly beaten

$\frac{1}{4}$ cup vegetable oil

$\frac{1}{2}$ cup milk

4 tablespoons brown sugar

3 tablespoons honey

pinch of ginger

Purée drained apricot halves in blender. Cut up 6 dried apricots into tiny pieces. Measure flours, baking powder, soda, ginger and sugar into a large mixing bowl. Stir with a fork until well blended. Whisk or beat together — egg, oil, honey and milk. Stir in apricot purée and apricot pieces. Pour into dry ingredients and stir just until all ingredients are moist. Do not overmix. Fill greased muffin tins $\frac{3}{4}$ full. Press a whole dried apricot onto each muffin. Bake in preheated oven at 350°F for 15 - 18 minutes.



When measuring molasses, dip the measuring cup into flour, first, then every bit of molasses will run out, so the correct measurement will be obtained.

SPICY BRAN MUFFINS

Time it right and have a batch of these just out of the oven for friends or family when they arrive. The aroma and flavor will hit the spot.

1 cup bran buds or all bran cereal
1 cup milk
1 egg, beaten
¼ cup melted butter
½ cup raisins
1 cup sifted flour
2½ teaspoons baking powder
½ teaspoon salt
½ cup brown sugar
1½ teaspoons cinnamon
¼ teaspoon nutmeg
½ teaspoon pumpkin pie spice

Combine bran buds and milk and let stand until milk has been soaked up. Add egg and butter; beat well. Stir in raisins. Sift flour, baking powder, salt, sugar and spices. Add to milk-bran mixture stirring only till combined. Fill greased muffin tins $\frac{2}{3}$ full and bake at 375°F for 20 - 25 minutes. Yield 12.

OATMEAL BLUEBERRY MUFFINS

An enjoyable muffin, both nutritious and tasteful.

1 cup rolled oats
1 cup buttermilk
1 egg, beaten
½ cup honey
⅓ cup oil
1 cup whole wheat flour
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
1 cup blueberries, fresh

Combine rolled oats with buttermilk and let stand at room temperature for 1 hour. Add egg and honey to oats mixture and beat well. Beat in oil. Sift flour, baking powder, baking soda and salt. Combine with oats mixture and fold in blueberries. Do not over stir. Spoon into muffin tins and bake at 400°F for 20 minutes. Yield 12 muffins.

BUTTERSCOTCH BUNS

2 cups sifted all-purpose flour
2½ teaspoons baking powder
¾ teaspoon salt
7 tablespoons butter
¾ cup milk
1 tablespoon water
⅓ cup brown sugar, firmly packed
2 tablespoons brown sugar
½ cup chopped pecans

Sift flour, baking powder and salt together. Cut in 4 tablespoons butter; add milk and stir until soft dough is formed. Turn out on lightly floured board and knead for 30 seconds. Roll into 12" x 10" rectangle, ¼" thick. Cream together 2 tablespoons butter and ⅓ cup brown sugar and spread on dough. Roll as for jelly roll and cut into 1" slices. Melt 1 tablespoon butter in 8" square pan; add water and 2 tablespoons brown sugar. Cook over low heat until mixture bubbles, stirring often. Remove from heat and sprinkle pecans over. Place rolls in pan and bake in preheated oven 400°F for 40 minutes or until done. Remove at once from pan. Makes 10 - 12 rolls.

SOUR CREAM MUFFINS

Truly a delicious muffin. Try sprinkling brown sugar and cinnamon on top before baking.

2 eggs, beaten
½ cup brown sugar
3 tablespoons butter
1 large cup sour cream
1 cup bran
1 cup flour
1½ teaspoons baking powder
½ teaspoon baking soda
½ cup raisins

Sift flour, baking powder and soda. Cream butter, add sugar, beat well. Add eggs, beat, then add sour cream, bran and sifted flour mixture. Blend well and add raisins. Bake in moderate oven for 20 - 25 minutes.

MIXED FRUIT MUFFINS

Yummy muffins loaded with fruit.

- 1 ¼ cups flour
- 1 ½ cups whole wheat flour
- ½ teaspoon salt
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ cup buttermilk
- ⅓ cup wheat germ
- ½ cup honey
- ¾ cup raisins, washed, patted dry
- ½ cup walnuts, chopped
- 3 eggs, well beaten
- ½ cup salad oil
- ¼ cup molasses
- ¾ cup orange juice
- ¾ cup crushed pineapple with juice
- ½ cup dried apricots, chopped

Combine dry ingredients, nuts and raisins. Stir together, eggs, oil, molasses, orange juice, pineapple and apricots. Add liquid ingredients to dry mixture and stir just until moist. Fill greased muffin tins ¾ full and bake at 350°F for 20 - 25 minutes.



Wet the shells of eggs with cold water before placing into boiling water. They will not crack!

When cracked eggs are to be boiled, add a little salt or vinegar to the water, to prevent the white from boiling out.

To peel hard boiled eggs easier, drop them into cold water immediately after taking them out of the boiling water. This also tends to prevent the yolks from turning dark.

PINEAPPLE RAISIN BRAN MUFFINS

Aloha! Pineapple treats from the Islands.

2 tablespoons butter
4 tablespoons honey
1 ¼ cups whole wheat flour
1 ½ teaspoons baking powder
½ teaspoon salt
¾ cup crushed pineapple, well-drained
¼ cup pineapple juice
⅛ cup chopped walnuts
⅛ cup coconut flakes
¼ cup raisins
½ cup bran

Preheat oven to 350°F. Combine first 2 ingredients, mix well. Sift in next 4, and mix well. Add remaining ingredients, mix until thoroughly blended. Fill buttered muffin tins ¾ full and bake 30 - 35 minutes. Let cool a few minutes; loosen sides with knife and lift from muffin tins. Yield 10 - 12 muffins.

BANANA MUFFINS

Moist and delicate muffins.

4 very ripe bananas
6 tablespoons butter, melted
½ cup brown sugar
1 teaspoon salt
1 egg, well beaten
1 ½ cups all-purpose flour
1 teaspoon vanilla
1 ¼ teaspoons baking soda
1 teaspoon baking powder
½ cup chopped walnuts

Mash bananas; add butter, brown sugar and salt and beat well. Add egg and vanilla, beating again. Sift flour, baking powder, and baking soda over banana mixture. Stir, then add nuts and mix lightly. Drop by spoonfuls into buttered muffin tins and bake 15 - 20 minutes at 350°F. Yield 18 muffins.

STRAWBERRY RHUBARB MUFFINS

You've never tasted muffins till you have tasted these. Ken's own recipe that won First Prize in the Edmonton Journal Baking Contest.

1 ¼ cups brown sugar, packed firmly

1 egg, beaten

½ cup oil

1 cup frozen, sweetened strawberries, room temperature, drained

½ cup buttermilk

1 cup frozen or fresh rhubarb, room temperature, finely diced

½ cup pecans, chopped

2½ cups flour

1 teaspoon baking soda

2 teaspoons baking powder

½ teaspoon salt

¾ teaspoon cinnamon

Combine sugar, oil, egg and buttermilk. Beat well. Stir in rhubarb, strawberries and pecans. In a separate bowl, combine remaining dry ingredients. Stir dry ingredients into strawberry mixture until just combined. Spoon batter into buttered muffin tins. Fill ⅔' s full. Bake in a 375°F oven for 20-25 minutes. Yield 15 - 18.

☞☞☞ *Chilled cream whips easier. Try chilling the bowl and beaters, too. The colder they are, the quicker the cream whips. Once whipped it may be frozen in small portions.*

SOUR CREAM CORN BREAD

Good substitute for a potato dish or as a luncheon idea with soup.

$\frac{2}{3}$ cup vegetable oil
2 eggs, lightly beaten
8 ounces sour cream
1 can cream corn (16 ounces)
1 medium onion, grated
 $1\frac{1}{2}$ cups cornmeal
2 teaspoons baking powder
1 teaspoon salt
1 cup grated cheddar cheese

Mix oil, eggs, sour cream and onions. Combine dry ingredients in separate bowl, then add liquid mixture. Mix quickly (batter should be a bit lumpy). Pour half the batter into an oiled heavy pan and sprinkle with $\frac{3}{4}$ cup of the cheese. Carefully pour the balance of the cornmeal mixture over the cheese and top with remaining cheddar. Bake for 45 minutes at 350°F. Let stand for 10 minutes before slicing. Cut into wedges and serve. Do not refrigerate leftovers.

HOMEMADE TASTY BREAD

This recipe makes 7 loaves of crusty mouth-watering bread. Serve warm with lots of butter.

Dissolve 3 tablespoons fast rising dry yeast in 1 cup of water with 1 tablespoon sugar. Let sit for 10 minutes. Melt $\frac{3}{4}$ cup lard or shortening in saucepan, add $\frac{3}{4}$ cup white sugar or honey, 1 tablespoon salt, 3 cups milk, 3 cups water.

When warm, remove from heat and add yeast mixture and stir. Put this in a large dish and start adding flour. When no more flour can be mixed in with a spoon start kneading. Mix in enough flour so that the dough is not sticky or too stiff.


Let rise in a warm place until double in bulk. Knead down and let rise again. Knead down and let rise a third time. Make into loaves and put into pans. Brush loaves with melted butter. Let rise in a warm place until double in bulk. Bake in preheated oven at 350°F for 45 minutes or until done. When done remove from oven and let stand in pans for 10 minutes then remove and lay on rack to cool.

SWEET CREAM BUNS

There is nothing like home-baked buns, especially these!

1 teaspoon sugar
¼ cup lukewarm water
1 envelope dry yeast
4 eggs
1 cup cream
½ cup honey
1 teaspoon salt
2 cups hot water
10 cups all-purpose flour
4 tablespoons melted butter
⅓ cup cereal cream
2 tablespoons sugar

Dissolve sugar in lukewarm water; add yeast and let stand 10 minutes. Beat eggs until foamy and add cream, honey and salt. Stir in hot water. When mixture is lukewarm add yeast mixture and ⅓ of the flour. Mix well. Add remaining flour and knead until smooth. Place in a buttered bowl and grease the top with butter. Cover and let rise 60 minutes in a warm place. Knead and let rise again until double in bulk. Knead and cut dough into pieces. shape into buns and place well apart on a greased cookie sheet. Brush tops with melted butter. Let rise 1 hour. Bake for 12 - 15 minutes or until light golden brown at 350°F. When done remove from oven and brush tops of buns with a mixture of cereal cream and sugar. Return to oven for 3 - 4 minutes. Remove and cool. Buns freeze nicely. Reheat to serve.

 *Whipped cream will be stiff and firm if three or four drops of lemon juice are added, while whipping.*

BUTTERMILK BREAD

The buttermilk used here, improves the texture and flavor of the bread. In this recipe I have braided the bread which gives the loaves an attractive finished appearance.

2 packages dry yeast
½ cup warm water
6 tablespoons shortening
2 tablespoons sugar
2 tablespoons salt
1½ cups buttermilk, room temperature
3 eggs (reserving one yolk)
7 cups all-purpose flour

In a small bowl, dissolve the yeast in the warm water with one teaspoon of sugar. Do not stir. Let stand for 10 minutes. In a large bowl combine shortening, sugar, salt, buttermilk, eggs (less 1 yolk) and 3½ cups flour. Stir in the softened yeast and mix well. Add enough remaining flour to make a dough that is soft and easy to handle. Knead on a floured surface for 10 minutes until dough is smooth and elastic. Cover and let rise in a warm place until doubled. Punch down, and divide into 3 parts, rolling each piece into a long strand. Braid into 3 loaves, pinch ends together and tuck under, and place braided loaf in a greased bread pan. Mix the remaining yolk with 1 tablespoon cold water and brush over the loaves. Cover and let rise until doubled. Bake at 375°F for 45 to 50 minutes until golden brown. Yields 3 loaves.


☞☞☞ *Wonderful results can be achieved by substituting dark brown corn syrup for molasses when making gingerbread. Not only will your gingerbread have a finer texture, but it will be more moist and the ginger flavour will become more predominant as well as that of the other spices.*

ORANGE RAISIN BREAD

Wonderful for breakfast or afternoon tea. A delightful flavour!

1 ¾ cups all-purpose flour
¼ cup sugar
1 teaspoon baking powder
¾ teaspoon baking soda
½ teaspoon salt
3 tablespoons freshly grated orange rind
½ cup orange juice
2 tablespoons lemon juice
1 cup seedless raisins
½ cup molasses
¼ cup melted shortening
1 egg, beaten

Measure flour and pour into mixing bowl. Add sugar, baking powder, baking soda and salt. Stir until well blended. Stir in the orange rind. In small saucepan, combine orange juice and lemon juice. Bring just to boiling point. Remove from heat and stir in the raisins. Let cool. Add molasses, cooled melted shortening and beaten egg to cooled juice mixture. Mix well. Add liquid ingredients all at once to dry ingredients. Stir just until all ingredients are moistened. Turn into a greased loaf pan. Bake at 350°F for 60 - 65 minutes. Loosen sides and remove from pan immediately. Cool on rack.

 *Try placing freshly baked bread on a cooling rack. The wires will leave slight impressions on the bread which will be just right for slicing evenly.*

LIGHT RYE BREAD

A wholesome and delicious rye bread.

2 packages dry yeast

1 cup rye flour

4½ to 5½ cups all-purpose flour

1 tablespoon salt

¼ cup brown sugar

¼ cup shortening, softened

1½ cups warm buttermilk

½ cup warm water

In a large bowl, combine yeast, rye flour, 1 cup all-purpose flour, salt, sugar and shortening. Add warm buttermilk and warm water. Blend at low speed with mixer until moistened; then beat for 3 minutes at medium speed. By hand, gradually stir in enough of remaining flour to make a soft dough. Turn out on a floured surface and knead until smooth and elastic. Place in a greased bowl, turning to grease all sides. Cover, and let rise in a warm place until doubled. Punch down. Divide dough into two parts; form into balls and let rest, covered with a bowl, for 10 minutes. Shape into loaves and place into greased bread pans and let rise until doubled in size. Bake at 400°F for 25 to 30 minutes, until loaves are brown and sound hollow when tapped. Remove from pans and cool on racks. Yields 2 loaves.



Here are a few pointers to improve your cooked rice:

Don't wash or rinse rice.

If rice is soggy, you are using too much water.

Peeking while the rice is cooking will let out steam and lowers the temperature. Don't uncover while cooking is in process.

Don't stir the rice during cooking as it will cause the rice to become gummy.

BLUEBERRY OATMEAL MUFFINS

A "loaded with blueberries" muffin that will become an all-time favourite in your home.

1 cup rolled oats
1 cup buttermilk
1 cup all-purpose flour
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
¾ cup lightly packed brown sugar
1 egg, lightly beaten
¼ cup butter, melted
1½ cups fresh blueberries or frozen, thawed and well drained

Combine oats and buttermilk in a small bowl. Let stand. Combine flour, baking powder, soda, salt and brown sugar. Stir well to blend. Add egg and melted butter to oat mixture. Mix well. Add oat mixture all at once to dry ingredients. Stir just until all ingredients are moistened. Gently fold in blueberries. Fill well-greased muffin cups ¾ full. Bake at 400°F for 15 - 22 minutes. Yields 12 muffins.

POPPY SEED MUFFINS

A sensational muffin that will win your palate!

1 cup all-purpose flour
1 cup whole wheat flour
3 teaspoons baking powder
4 teaspoons honey
1 teaspoon salt
2 teaspoons almond extract
¼ cup butter
1 cup milk
¼ cup poppy seed, washed and dried
1 egg, lightly beaten

Cream together, butter, egg, almond extract, honey and milk. Add sifted flour, baking powder and poppy seed. Mix well. The batter will be stiff. Fill muffin cups and bake at 400°F for 15 - 20 minutes. Makes 12 muffins.

RASPBERRY—CORNMEAL MUFFINS

For muffin lovers, here is a lovely new treat.

2 eggs

1 cup milk

1 teaspoon vanilla

1 ½ cups all-purpose flour

¾ cup sugar

¾ cup cornmeal

1 tablespoon plus 1 teaspoon baking powder

½ teaspoon salt

¾ cup fresh or frozen, drained raspberries

4 tablespoons unsalted butter, melted

Combine eggs, milk and vanilla in a medium bowl. Beat till frothy. In a large bowl, stir together the flour, sugar, cornmeal, baking powder and salt. In a small bowl, toss the raspberries with 2 tablespoons of the flour mixture until lightly coated. Pour the egg-milk mixture and the melted butter into the remaining flour mixture. Stir quickly until just blended; the batter will be slightly lumpy. Combine the raspberries until just blended, being careful not to over stir. Spoon batter into lightly greased muffin tins and bake in preheated oven at 400°F for about 15 minutes or until muffins are golden and the tops spring back when touched.

☞☞☞ *A novel way of testing what a new spice flavor's like is to mix a little of the spice with a couple tablespoons of cream cheese or cottage cheese. Let the mixture sit for an hour to give the flavor a chance to develop, then spread it on crackers and enjoy the new taste.*

CRANBERRY MUFFINS

These tasty muffins can also be made with blueberries, although the cranberries tend to give them slightly more flavour.

2½ cups flour
1½ cups sugar
½ cup butter
1½ teaspoons baking powder
½ teaspoon baking soda
3 teaspoons grated orange peel
1½ teaspoons cinnamon
1 teaspoon nutmeg
½ teaspoon ginger

Combine ingredients and mix together with fingers until crumb texture is achieved. Set aside.

Mix:

¾ cup orange juice
1½ teaspoons vanilla
2 eggs

Beat with beaters until frothy.

Using a wooden spoon, pour orange juice mixture into the flour mixture and blend together until just moistened.

Add:

1¼ cups cranberries or blueberries

Blend until berries are just barely folded in. Fill greased muffin tins or muffin cups ¾ full and bake at 375°F for 15 - 18 minutes.

 *Meatballs won't fall apart when frying if they have been refrigerated for 30 minutes beforehand.*

Sweet Endings

Cakes, Cookies & Desserts

FUDGE CRISPY SQUARES

A new rendition of an old favorite.

- 1 package of chocolate chips (11 ½ ounces or 2 cups)
- ½ cup butter
- ½ cup light corn syrup
- 2 teaspoons vanilla extract
- 1 cup sugar
- 4 cups rice crispies cereal

Combine chocolate chips, butter and corn syrup in medium saucepan. Stir over low heat until melted and smooth. Remove from heat and stir in vanilla and sugar. Add rice crispies, mixing lightly until well coated. Spread evenly in a 13" x 9" pan, pressing down lightly. Set aside. Cut into squares and serve.

SPECIAL PIE CRUST

A good reliable pie crust.

- 1 egg
- 1 tablespoon vinegar
- 5½ cups flour
- 1 teaspoon baking powder
- 1 pound lard
- 2 tablespoons brown sugar
- ½ teaspoon salt

Beat egg in measuring cup; fill with cold water to ¼ full. Add vinegar and set aside. Rub flour, lard, brown sugar, salt and baking powder together with hands. Add liquid all at once and work until smooth. Cover dough with waxed paper and store in fridge until ready to use. Bake at 375°F for 12 minutes or according to filling recipe.

PINA-LIME PIE

The subtle blending of both tropics gives you a refreshing "Special Occasion" dessert.

- 1 can crushed pineapple, 9 ounces
- ¼ cup lime juice
- ¾ cup water
- 1 package lime gelatin
- 1 package cream cheese, softened (8 ounces)
- ¾ cup sugar
- 1 teaspoon lime rind, grated
- 2 - 3 drops green food coloring
- 1 cup evaporated milk
- 2 tablespoons lemon juice
- 1 pie shell 9", baked or graham cracker pie crust shell

Drain pineapple and reserve syrup. Add lime juice and enough water to make 1 cup. Heat till boiling. Remove from heat and stir in gelatin until dissolved. In a large bowl, beat cream cheese, sugar, pineapple, rind and food coloring with mixer at medium speed until creamy. Add gelatin mixture slowly at low speed. Beat until well mixed then chill until thick. Chill evaporated milk in freezer until almost frozen. Whip milk until fluffy; add lemon juice and whip until stiff. Add to chilled mixture and mix at low speed. Chill for 20 minutes and heap into pie shell. Chill until firm, 2 - 3 hours.

☞☞☞ *Pre-chill canned shrimp. This firms the meat so that they hold their shape and texture better in salads or main dishes.*

AFTER DINNER BARS

An after dinner cookie delightfully made with dark rum and currants.

1 cup currants, washed and towelled dry
1½ tablespoons dark rum
¾ cup unsalted butter, at room temperature
1 cup sugar
2 eggs, at room temperature
2½ cups all-purpose flour
1 teaspoon baking powder
⅛ teaspoon salt

1. In a small bowl toss the currants with the rum; set aside.
2. In a medium mixer bowl, beat the butter and ⅔ cup of the sugar until light and fluffy, about 4 minutes. Beat in the eggs one at a time until well mixed. Stir in the currants and rum.
3. In a separate bowl, sift together the flour, baking powder and salt.
4. Stir the dry ingredients into the butter mixture one-third at a time. The dough will be rather dry, the consistency of pie crust. Form into a ball and refrigerate for at least 30 minutes.
5. Preheat the oven to 350°F. On a floured surface, roll out the dough ¼ inch thick and cut into 1½ inch squares.
6. Place on a lightly oiled cookie sheet and bake for 15 minutes, until very lightly browned.
7. Sprinkle lightly with the remaining ⅓ cup sugar. Remove to a rack to cool. Store in a tightly covered tin.



Substitute onion soup mix for onions when making hamburgers or salmon patties. They are extremely delicious.

FRUIT BARS

These lemon glazed bars are moist and keep well.

½ cup butter

2 eggs

1 ½ teaspoons vanilla

3 tablespoons lemon juice

1 teaspoon baking powder

¼ teaspoon salt

1 ¼ cups all-purpose flour

½ cup raisins, washed and patted dry

2 tablespoons lemon rind, grated

½ cup mixed candied fruit, chopped

½ cup sugar

¼ cup icing sugar

2½ teaspoons lemon juice

Cream butter and sugar. Beat in eggs, vanilla, lemon juice and rind. Combine flour, salt and baking powder; blend into creamed mixture. Stir in raisins and mixed chopped fruit. Spread into greased and floured 9" square pan. Bake for 20 minutes at 350°F or until toothpick comes out clean.

Combine lemon juice and icing sugar and brush over baked cake. Cool before cutting.

☞☞☞ *Do you enjoy breaded pork chops that are nice and crisp and practically greaseless? Press chops into the breading mixture until no more will adhere. After doing both sides, place on a wire cake rack in a baking pan and bake. Grease stays in the pan and chops will be brown and crisp.*

FROZEN PEANUT BUTTER PIE

A simple pie, so deceptively good, it's sure to become a favorite.

½ cup peanuts, unsalted, crushed

⅔ cup melted butter

30 vanilla wafers

Combine above ingredients and press into deep 9" pie plate. Chill.

1 package cream cheese (16 ounces), softened

1 cup peanut butter, crunchy style

¼ cup light cream


½ cup brown sugar

1 teaspoon vanilla

1 pint rich cream, thick

Combine cream cheese, peanut butter, light cream, sugar and vanilla, beating until smooth and creamy. whip cream and gently fold with peanut butter mixture. Heap into pie shell and freeze about 5 hours.

Allow to sit at room temperature 10 minutes before serving. Spoon additional whipped cream on pie, and sprinkle with chopped unsalted peanuts.

 *Be careful not to let the dough stand too long before "punching down" as it is apt to develop a sour flavour and you will get disappointing results.*

POPPYNUT BARS

An exceptional square with a subtle nutty flavor. Freezes well.

1 ¾ cups flour
1 ¼ cups sugar
¼ teaspoon baking soda
¼ teaspoon salt
1 ½ teaspoons baking powder
1 ¼ cups coconut, finely chopped
½ cup poppy seed, rinsed and drained
½ cup butter, melted
2 tablespoons milk
2 eggs, beaten
⅓ cup honey, melted
1 ½ teaspoons lemon juice
1 teaspoon almond extract

Mix first 7 ingredients together in a large bowl. In a medium bowl mix the balance of the ingredients. Stir the liquids into flour mixture. Mix well. Pour into a large slightly greased cake pan (9'' x 13''). Bake in moderate oven until done (20 - 25 minutes). Cool and frost with Peanut Butter Icing (recipe found under Poppy Seed Chiffon Cake — First Prize).

☞☞☞ *Since you always have trouble scooping out and serving the turkey stuffing, try placing the stuffing in buttered muffin tins. If baked in a hot oven, they come out crunchy on the outside and moist and tender on the inside. They are neat to serve and ensures everybody a good helping. Make sure you make enough. They are easy to warm up, too!*

PINA COLADA SQUARES

A tropical treat in three layers.

Bottom Layer

1 cup flour
1 teaspoon baking powder
¼ teaspoon salt
¼ cup butter
1 egg yolk, slightly beaten
¼ cup milk

Press evenly on bottom of 8" square pan.

Middle Layer

1 can crushed pineapple
2 tablespoons cornstarch
1 teaspoon rum extract
1 teaspoon almond extract

Combine crushed pineapple and its juice, cornstarch in a saucepan. Mix well. Cook over medium heat until mixture boils and thickens. Add rum and almond extract. Pour over first layer.

Top Layer

Beat 2 egg whites and ¼ teaspoon cream of tartar until soft peaks form. Fold 1 cup shredded coconut into the egg white mixture. Spread evenly over pineapple layer. Bake in a preheated 350°F oven for 30 minutes or until top is golden brown. Cool and cut into squares.

PECAN PIE

An easy recipe with equally satisfying results.

1 package Jell-o Butterscotch Pudding
1 cup corn syrup
¾ cup evaporated milk
1 egg slightly beaten
1 cup chopped pecans
1 pie shell, 9", unbaked

Blend pudding and corn syrup. Gradually stir in evaporated milk and egg. Add pecans. Pour into pie shell and bake 40 minutes at 350°F. Cool and serve. Top with whipped cream if desired.

FROZEN LEMON CHIFFON PIE

A lovely fluffy dessert that must be served when frozen.

3 egg yolks, well beaten
¼ cup fresh lemon juice
2 teaspoons lemon rind, grated
Pinch of salt
½ cup sugar
3 egg whites, stiffly beaten
1 cup whipping cream
1 tablespoon sugar
¾ cup crushed vanilla wafers or graham wafers

Combine egg yolks, lemon juice, rind, salt and sugar in top of double boiler, mixing well. Cook over hot water, stirring often until thick enough to coat a spoon. Remove from hot water, cool, then fold in beaten egg whites. Whip cream and 1 tablespoon sugar and fold into lemon mixture. Sprinkle the bottom of a lightly buttered 8" pie plate with ½ cup crushed wafers. Pour mixture into crust and sprinkle with remaining crumbs. Freeze. When serving you may garnish with kiwi slices.

BEV'S COCONUT CRUNCH PIE

You will appreciate this easy to make dessert.

1 package vanilla pudding and pie filling (6 serving size)
2¾ cups milk
1 pie shell, baked
1 cup flaked coconut, shredded
3 tablespoons brown sugar
1½ tablespoons butter

Combine pudding with milk and cook as per directions on package. Fill pie shell. Combine coconut, brown sugar and butter in saucepan and cook over medium heat until golden brown. Cool slightly, stirring a few times. Sprinkle over pie and chill about 4 hours.

SASKATOON PIE FILLING

A richer flavor and taste developed by Baba with the addition of rhubarb.

Clean and wash 3 quarts of Saskatoon berries. Pour boiling water over them and let stand for 5 minutes. Rinse and drain well. Place berries in a large heavy skillet.

Add:

½ cup water

2 - 3 cups rhubarb, diced

2 cups sugar, or to taste

Cook till soft; stirring constantly to prevent from burning.

Add:

1 box lemon pie filling

1 box of strawberry Jell-o

Mix well. Bring to a boil. Cool. Put into pie shells and bake or place into containers and freeze.

RASPBERRY PIE

Great for get-togethers on a hot day with friends or family. You may substitute strawberries for the raspberries and change the Jell-o to match the berry for an equally nice taste change.

1 package raspberry Jell-o, 3 ounces

½ cup sugar, or to taste

2½ tablespoons cornstarch

1¾ cups boiling water

1 quart raspberries, washed and drained

2 tablespoons butter

1 pie shell, 9" baked or use a graham wafer crumb base.


Mix dry ingredients. Add to boiling water and cook until thick (about 10 minutes). Add butter, cool and then add berries and pour into pie shell and cool in fridge. Serve with whipped cream. Garnish with fresh raspberries. Be prepared to have an extra pie on hand for seconds!

KEY LIME PIE

Bring a taste of Florida into your home. Sample, close your eyes, and think of the beaches . . .

1 envelope unflavored gelatin
4 egg yolks
¼ cup water
1 cup sugar
¼ teaspoon salt
½ cup lime juice, fresh
1 teaspoon lime rind, grated
4 egg whites
1 cup heavy cream, whipped
1 baked 9" pie shell
Green food coloring, 2 - 3 drops

Thoroughly mix gelatin, ½ cup sugar and salt in saucepan. Beat egg yolks, lime juice and water together; stir into gelatin mixture. Cook over medium heat, stirring constantly, just till mixture comes to a boil. Remove from heat and stir in grated lime. Add food coloring. Chill, stirring often, until the mixture mounds slightly when dropped from a spoon. Beat egg whites till soft peaks form; gradually add ½ cup sugar, beating to stiff peaks. Fold gelatin mixture into egg whites. Fold in whipped cream. Pile into cooled pie shell and chill till firm. Serve with whipped cream and garnish with small lime wedges.

 *Keep a jar of an equal mixture of flour and cornstarch. Place 3 or 4 tablespoons of this mixture in another jar and add some water. Shake well and in a few minutes you will have a smooth paste to add to your gravy.*

FROZEN STRAWBERRY DESSERT

Refreshing! Delicious!

Base:

½ cup flour

¼ cup melted butter

2 tablespoons brown sugar

¼ cup chopped almonds (you may substitute walnuts or pecans)

Mix flour, sugar, butter and nuts together. Place mixture in a 1 quart casserole and bake 20 - 30 minutes at 325°F, stirring occasionally while baking. Reserve $\frac{2}{3}$ of this crumb mixture for the top of the dessert and with the balance cover the bottom of a 9" square pan. Cool.

Filling:

1 egg white, well beaten

⅓ cup sugar

1 tablespoon lemon juice

1 package frozen strawberries (6 ounces), room temperature

½ cup whipped cream

Mix egg white, sugar, strawberries, lemon juice and beat at high speed for 10 minutes. Fold in whipped cream. Pour over crumb base and sprinkle the remaining crumb mixture over the filling. Freeze 4 - 5 hours. Serve frozen.



*Did you know that it is perfectly safe to freeze milk. It will retain all its nutritional value. Remember never defrost frozen milk at room temperature, **always** in the fridge.*

MOCHA MOUSSE CHEESECAKE

Don't count the calories; it tastes too good to worry about that.

1 cup graham cracker crumbs

¼ cup butter

2 tablespoons sugar

½ teaspoon cinnamon

Combine and press into 8" springform pan.

3 packages cream cheese (8 ounces each), room temperature

¾ cup sugar

3 large eggs

1 package semi-sweet chocolate (8 ounces)

2 tablespoons cream


1 cup sour cream

¼ cup strong coffee

¼ cup coffee liqueur

2 teaspoons vanilla

Beat cream cheese, add sugar, then eggs. Beat at low speed until smooth. Melt chocolate with cream in double boiler and cool slightly. Add chocolate to cheese mixture, mixing well. Mix in sour cream, then coffee, liqueur and vanilla. Blend well, turn onto graham cracker base and bake for 45 minutes in moderate oven. Cool, then refrigerate 12 hours before serving. 12 - 15 servings.

 *When pan-frying or sautéing, always heat your pan before adding the butter or oil. Even eggs won't stick with this method.*

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 *When pan-frying or sautéing, always heat your pan before adding the butter or oil. Even eggs won't stick with this method.*

DREAM DELIGHT DESSERT

A splendid dessert idea! Garnish with a grated Jersey Milk Chocolate bar.

1 ½ cups chopped pecans (2 packages)

1 ½ cups flour

¾ cup butter or margarine

Mix well together and press into a 9" x 13" pan. Bake for 25 minutes at 350°F. Cool.

8 ounces cream cheese

1 cup icing sugar

Cream together and spread on cooled pecan mixture base.

½ large container of Cool Whip

Spread over cream cheese mixture.

1 small package chocolate instant pudding

1 small package vanilla instant pudding

3 cups milk

Combine vanilla and chocolate puddings with milk; beat well and let thicken. Spread over cream cheese mixture.

½ large container of Cool Whip.

Spread balance of Cool Whip over pudding mixture. Refrigerate for 8 - 10 hours then serve.

☞☞☞ *Here is a quick idea for adding a little zest to everyday vegetables. Thicken chicken broth with a little cornstarch; add a little brown sugar, a couple teaspoons of soya sauce, a teaspoon of butter, chopped green onions and a little pepper. Don't over-cook vegetables!*

BREAD PUDDING

This old favorite is spectacular served with the Sour Lemon Sauce.

1/3 cup raisins
1/4 cup dark rum
1 loaf of bread, cut into cubes
2 cups heavy cream
2 cups milk
3 eggs
1 cup sugar
1 teaspoon vanilla
1/2 teaspoon cinnamon
2 tablespoons unsalted butter, room temperature
1/4 teaspoon nutmeg
Sour Lemon Sauce (recipe follows)

Soak raisins in rum for 10 minutes. Place bread cubes in large bowl with cream and milk to cover. Stir in the raisin-rum mixture and let stand, tossing occasionally, for 15 minutes. In a medium bowl, beat together the eggs, sugar, vanilla and cinnamon until blended. Pour over the soaked bread and mix well. Pour mixture into a well greased casserole dish. Sprinkle nutmeg over the top. Place casserole dish on a baking sheet in the upper half of a preheated oven. Bake at 350°F until firm and well browned (about 1 hour). Serve warm or at room temperature, accompanied with Sour Lemon Sauce.

SOUR LEMON SAUCE

6 tablespoons fresh lemon juice
1 1/2 teaspoons lemon peel, grated
1 cup sugar
1/2 cup unsalted butter, cut into small pieces
2 eggs

In the top of a double boiler, combine everything except the eggs. Cook over barely simmering water, stirring occasionally, until the butter is melted and the sugar is dissolved, about 10 minutes.

In a small bowl, whisk the eggs together until blended. Stir in about 2 tablespoons of the warm lemon mixture. Strain the eggs into the remaining lemon mixture and stir over the simmering water until smooth and slightly thickened, about 10 minutes. Serve warm.

ZUCCHINI CHOCOLATE CAKE

A good keeping, moist cake.

½ cup butter
½ cup oil
1¾ cups brown sugar
2 eggs, beaten
2 cups zucchini, grated
1 teaspoon vanilla
½ cup sour milk or buttermilk
4 tablespoons cocoa
2½ cups all-purpose flour
1 teaspoon baking soda
½ teaspoon baking powder
½ cup chocolate chips

Combine all the ingredients except chocolate chips. Put the batter in a 9" x 13" pan and sprinkle the chocolate chips on top. Bake for 45 minutes at 325°F or until done.

DELUXE CHOCOLATE ANGEL FOOD

An old family recipe which will get you rave compliments every time.

13 extra large egg whites, room temperature
½ teaspoon cream of tartar
½ teaspoon salt
2 cups berry sugar or fine granulated white sugar
½ cup cocoa
1 teaspoon vanilla
1 cup cake flour

Beat egg whites till frothy, then add cream of tartar and salt. Keep beating until stiff but not dry. Sift the sugar and cocoa together 7 times. Gently fold in the egg whites. Add vanilla. Sift flour 7 times and fold in last. Bake in ungreased tube pan at 325°F for 60 minutes. Turn upside down and cool.

Deluxe Chocolate Icing

Melt: 4 squares semi-sweet chocolate and 4 tablespoons butter.

Sift: 4 cups icing sugar.

Add: 7 tablespoons cream and 1 teaspoon vanilla and pinch of salt to chocolate mixture and beat to a nice spreading texture.

COFFEE CHOCOLATE FUDGE CAKE

The wonderful coffee flavour comes from the liqueur, and by the way . . . if anyone asks, the recipe says its O.K. to sample a little liqueur while preparing the cake.

¼ cup pecans, chopped finely
¾ cup unsweetened cocoa powder
¾ cup boiling water
¾ cup Kahlúa liqueur
1⅔ cups all-purpose flour
1 teaspoon baking soda
½ teaspoon baking powder
½ teaspoon salt
¾ cup plus 1 tablespoon butter
1½ cups plus 1 teaspoon sugar
3 large eggs, beaten
3 tablespoons cherry jam

Butter sides of a 9" springform pan. Spread 1 tablespoon butter in bottom and sprinkle with ¼ cup finely chopped pecans and 1 teaspoon sugar. Mix cocoa with water; cool. Add ½ cup Kahlúa. Sift flour, baking soda, baking powder and salt. Cream butter with sugar until light and fluffy. Beat in eggs. Blend dry ingredients into creamed mixture alternately with cocoa mixture. Turn into prepared pan. Bake at 325°F for 60 - 70 minutes until cake is done. Let cake remain in pan for 10 minutes then remove sides and cool. Slice cake in half horizontally. Drizzle remaining liqueur equally over each half. Spread jam over bottom cut layer and cover with ¼ - ⅓ cup Coffee Chocolate Frosting (recipe follows). Put layers together and spread top and side with remaining frosting. Decorate with grated chocolate.

Coffee Chocolate Frosting

Melt 6 ounces of semi-sweet chocolate pieces over warm water; cool slightly. Gradually beat in ½ cup butter and 1 teaspoon instant coffee granules dissolved in ¼ cup Kahlua. Beat till smooth. Chill for 30 - 45 minutes, then frost cake.

CHOCOLATE CAKE EASY

A super moist cake that keeps well.

2 cups sugar
2 cups all-purpose flour
2 cups coffee, cooled
1 cup cocoa
1 cup mayonnaise
2 teaspoons baking soda
2 eggs

In a large bowl, combine all ingredients, blending until well mixed. Pour batter into a 13'' x 9'' pan and bake 40 - 45 minutes at 350°F.

TROPICAL COFFEE CAKE

A good cake to make in the middle of winter. The weather may not get warmer but when the cake is this delicious who thinks about the weather.

1 ½ cups all-purpose flour
2 teaspoons baking powder
1 cup sugar
½ teaspoon salt
8 ounces pineapple yogurt
¼ cup canned, crushed, pineapple
½ cup salad oil
¼ cup coconut
¼ cup brown sugar
½ teaspoon cinnamon

Sift the flour, baking powder, sugar and salt together. Add the yogurt, pineapple and oil and beat for 5 minutes. Add the dry ingredients to the pineapple mixture and mix well. Mix the coconut, brown sugar and cinnamon together and set aside. Pour batter into 8'' square pan. Sprinkle the coconut mixture on top. Bake at 350°F for 35 minutes or until done.

CARROT APPLE CAKE

Basic ingredients create an outstanding cake.

¼ cup butter or margarine, softened

1 cup sugar

1 teaspoon cinnamon

¼ teaspoon nutmeg

1 teaspoon vanilla

1 cup flour

1 teaspoon baking soda

1 cup raw apple, grated

1 cup raw carrot, grated

1 cup raisins

lemon glaze (recipe follows)

In large mixing bowl, beat butter, sugar, spices and vanilla. Add sifted dry ingredients, mixing to blend. (Mixture will be crumbly). Stir in apple, carrot and raisins. Pour into well greased 8" square pan spreading evenly. Bake at 350°F for about 45 minutes. Drizzle glaze over warm cake and cool before cutting.


Glaze

Blend ½ cup icing sugar, 1 teaspoon lemon juice and 1 teaspoon water.

NEVER FAIL FROSTING

They will always ask you for the recipe. It's good enough to eat by itself.

Cook 1 package of lemon pie filling but use ¼ - ½ less water than called for in instructions. Cool. Whip 1 cup whipping cream and blend with the lemon filling. Spread and frost your favorite cake.


 *Dissolve frozen orange juice concentrate by using a potato masher instead of a spoon.*

ORANGE CARROT CAKE

A luscious tasting carrot cake.

3 cups flour
2 cups brown sugar
1 cup coconut
2½ teaspoons baking soda
1½ teaspoons cinnamon
1 teaspoon pumpkin pie spice
½ teaspoon salt
2 cups grated carrot
1¼ cups salad oil
2 teaspoons vanilla
3 teaspoons orange rind, grated
1 can mandarin oranges with syrup, 11 ounces
3 eggs
1 cup raisins, rinsed and patted dry

Sift dry ingredients together. Beat oil, brown sugar, orange rind and eggs in a bowl. Add oranges and syrup to egg mixture. Blend in dry ingredients; stir in coconut and raisins. Pour into a lightly greased 9" x 13" pan and bake for about 55 - 60 minutes or until done, at 350°F. When cool, frost with Cream Cheese Frosting.

 *Lemons or oranges will yield far more juice if heated in boiling water for three or four minutes, before squeezing.*

FLUFFY COCONUT CAKE

An absolutely popular cake. May be made into a layer cake or in a big pan.

$\frac{3}{4}$ cup butter
 $\frac{3}{4}$ teaspoon salt
 $1\frac{1}{2}$ cups sugar
2 cups milk
3 eggs, separated (keep one white aside)
1 teaspoon vanilla
3 cups all-purpose flour
 $4\frac{1}{2}$ teaspoons baking powder
 $1\frac{1}{2}$ teaspoons almond extract
1 cup dessicated coconut

Cream the butter, add sugar and beaten egg yolks and 1 egg white; continue beating. Sift flour with baking powder, salt and mix with coconut.

Add alternately with milk and vanilla and almond extract to butter mixture. When smooth pour into a 9" x 13" pan or into greased layer-cake pans and bake in a 350°F oven for 45 minutes for the larger pan or 30 minutes for the layer-cake pans. Do not overbake. When done, cool, then remove layers from pans to a rack and ice with Angel Wings Icing. (Icing recipe follows.) You may use some of the icing between the layers.

Angel Wings Icing

2 egg whites
 $\frac{3}{4}$ cup sugar
 $\frac{1}{3}$ cup corn syrup
2 tablespoons water
 $\frac{1}{4}$ teaspoon cream of tartar
 $\frac{1}{4}$ teaspoon salt
1 teaspoon almond extract

Put everything but the almond extract into the top of a double boiler with fast boiling water below. Start beating immediately with a rotary beater or electric mixer until the mixture stands in stiff peaks. Heap onto cake and cover. Sprinkle with shredded coconut generously on top and sides. Sit back and admire your work. Now taste!

LUNCH HOUR SOUP

A quick tasty soup that takes only minutes to make from scratch.

1½ cups potatoes, very finely diced

1 medium onion, finely chopped

1½ cups water

6 - 8 green onions, chopped

1 cup milk

1 tablespoon flour

Dill and parsley to taste, if desired

Salt and pepper to taste

1 tablespoon chicken soup base

Boil potatoes in 1½ cups water for 10 minutes. Add onions, milk, chicken soup base, salt and pepper. Boil for 5 minutes. Thicken with flour. Bring to a boil and serve.

TOMATO SAUCE BASE

Adds zest to chicken soup; excellent for spaghetti or chili con carne; put through the blender and use as a sauce for pizza . . . and on and on.

25 large tomatoes, ripe

½ cup parsley, chopped

6 large carrots, diced

6 large onions, diced

⅔ cup sugar

3 tablespoons salt

¼ teaspoon white pepper

⅔ cup red or green pepper diced

4 cloves garlic, minced

Boil all the ingredients for 30 minutes. Stir often. Fill sterilized jars and seal. Also excellent for freezing.



To prevent any boiling over mishaps, just grease the inside of the rim slightly.

WHOLE NUT FRUIT CAKE

This cake is nice for those who don't care for too many candied fruits.

2 cups walnuts
2 cups pecans
1 ¼ cups Brazil nuts
1 pound pitted dates, coarsely chopped
1 ¼ cups dried apricots
14 pitted prunes, halved
¾ cup candied mixed fruit
¾ cup raisins
1 ¼ cups maraschino cherries, drained
1 ¼ cups all-purpose flour
1 teaspoon baking powder
¾ teaspoon salt
6 eggs
1 cup sugar
2 teaspoons almond extract
¾ cup Grand Marnier or Amaretto

Line 2 loaf pans with brown paper, then repeat with waxed paper. Combine nuts and fruit in a large bowl. Combine flour, baking powder and salt; add to the fruit and nut mixture. Toss lightly until well coated. Beat eggs, sugar and vanilla in a medium sized bowl with electric mixer until light and fluffy. Pour over nut mixture. Stir gently to combine. Spoon batter into prepared pans, dividing evenly, pressing cake mixture firmly so it will hold its shape after baking. Bake at 275°F for 1 ¼ hours or until toothpick comes out clean. Cool in pans for 30 minutes, then remove paper. Cool. Cover in cheesecloth soaked in liqueur used in baking. Wrap in plastic and store in cool place.

Note: Before you place pans with batter in oven you may add additional fruit and nuts on top of each pan for decoration.

CARROT PINEAPPLE CAKE

The cream cheese icing makes this a, "I'll be back for more" cake.

1 ¼ cups salad oil
2 cups sugar
4 eggs
2 ⅞ cups all-purpose flour, sifted
2 teaspoons baking powder
1 ½ teaspoons soda
2 teaspoons cinnamon
1 teaspoon salt
2 cups grated raw carrots
1 can crushed pineapple, 14 ounces
½ cup chopped pecans

Mix oil, sugar and eggs; beat well. Sift dry ingredients together, and add to sugar mixture and mix well. Add carrots, pineapple with juice and nuts; combine thoroughly. Pour into a greased 9" x 13" pan. Bake at 350°F for 45 - 55 minutes or until done. Frost with following icing.

Cream Cheese Frosting

1 package cream cheese
1 ½ cups icing sugar, sifted
½ teaspoon lemon juice
1 tablespoon butter

Beat cream cheese with electric mixer until smooth. Add icing sugar and continue beating until well blended. Add butter and lemon juice. Blend and spread on cake.

SOUR CREAM HONEY CAKE

A favorite of Baba's!

½ cup butter
¾ cup brown sugar, firmly packed
4 egg yolks
1 cup liquid honey
3 cups sifted all-purpose flour
1½ teaspoons baking soda
1 teaspoon baking powder
½ teaspoon salt
1½ teaspoons cinnamon
1 cup thick sour cream
1 cup finely chopped pecans, optional
4 egg whites, stiffly beaten

Cream butter and sugar together until fluffy. Add egg yolks and beat until light. Continue beating and add honey in a thin stream. Sift together: flour, soda, baking powder, salt and cinnamon. Add to creamed mixture alternately with sour cream. Stir in pecans. Fold stiffly beaten egg whites gently into batter. Place into lightly greased tube pan and bake in preheated oven for 40 minutes at 325°F. Lower heat to 300°F and continue baking for 20 minutes longer or until done.

SHEILA'S PEACH TORTE

An exceptionally delicious torte and may also be made with apricots instead of peaches.

1 cup vanilla wafers, crushed, or graham wafers
½ cup butter
1 cup icing sugar, sifted
2 eggs
1 can sliced peaches, drained and cut fine
¾ cup whole pecans
1 cup heavy whipped cream

Line bottom of lightly greased 8" square pan with wafer crumbs. Cream butter; add sugar gradually; cream until fluffy. Add unbeaten eggs one at a time. Beat well after each addition. Spread carefully over crumbs in pan. Cover with peaches and sprinkle with pecans. Chill for 5 hours. About 1 hour before serving, cover with whipped cream and return to the fridge.

POPPY SEED CHIFFON CAKE — FIRST PRIZE

The best poppy seed cake I have tasted!

Wash $\frac{2}{3}$ cup poppy seed and rinse several times to clean. Drain all excess water and soak in 1 cup boiling water. Let stand till room temperature.

Combine:

2 cups flour

3 $\frac{1}{4}$ teaspoons baking powder

1 $\frac{1}{2}$ cups sugar

1 teaspoon salt

Make a well in above dry ingredients and add:

$\frac{1}{2}$ cup salad oil

8 unbeaten egg yolks (if large eggs use 7 yolks)

Poppy seed with water

1 teaspoon vanilla

2 teaspoons almond extract

Beat until smooth.

In a large chilled mixing bowl add:

8 chilled egg whites

$\frac{1}{2}$ - $\frac{3}{4}$ teaspoon cream of tartar

Beat with chilled beaters until egg whites form very stiff peaks. (**Note:** this is the secret and success to many a good chiffon cake).

Pour egg yolk mixture gradually over egg whites, gently folding in with a rubber spatula until blended. Do Not Stir. Pour into ungreased tube pan and bake for 60 minutes at 350°F. Invert cake upside down to cool. When cake has become cool, ice with following frosting.

Peanut Butter Icing

$\frac{1}{4}$ cup butter

3 tablespoons lemon or orange juice

$\frac{1}{2}$ cup smooth peanut butter

2 cups icing sugar

Combine butter, icing sugar and peanut butter. Gradually spoon in juice until you have the right consistency for icing the cake. If necessary, you can add more icing sugar to thicken.

MOM'S WHITE FRUIT CAKE

One of the nicest and whitest fruit cakes you will ever eat. It keeps well and ages beautifully. Wrap it in a Ricardo (coconut rum liqueur) soaked cheesecloth.

Preheat oven to 275°F. Makes 1 — 10" tube or 2 — 9" x 4" loaf pans.

1½ pounds blanched almonds (about 5 cups), chopped
¾ pound candied pineapple, chopped (2 cups)
¾ pound candied cherries, chopped (2 cups)
¾ pound white raisins (2 cups)
4 cups all-purpose flour, sifted
½ teaspoon baking soda
1 teaspoon baking powder
1½ cups butter
2 cups granulated sugar
6 eggs, separated
1 teaspoon cream of tartar
⅓ cup sour cream
⅓ cup Ricardo liqueur
2 teaspoons almond extract

Line pans with brown paper, then again with waxed paper which should be lightly greased and face the inside of the pan.

Combine almonds, raisins, pineapple, cherries with ¾ cup flour so that all fruit and nuts are coated. Set aside.

Sift remaining flour with soda and baking powder. Set aside. Cream butter well. Add sugar gradually, continuing to cream until thoroughly mixed. In a separate bowl, beat egg yolks and add to butter-sugar mixture, beating well. Stir sour cream, liqueur, and almond extract together with a wire whisk. Add to batter alternately with sifted flour, mixing well. Fold in flour-coated fruit and nuts and mix thoroughly. In a separate bowl, beat egg whites till they are foamy. Add cream of tartar and continue beating until they stand in stiff peaks. Fold egg whites into batter and pour into prepared pans.

Bake tube pan 2 hours, 30 minutes and bake loaf pan for 2 hours, or until toothpick comes out clean. Cool on rack for 30 minutes. Take cakes out of pans. Remove paper and cool thoroughly. Wrap in cheesecloth soaked in liqueur. Wrap well in plastic. Store in cool place. Add more liqueur to the cheesecloth every week or so to insure a moist cake.

STRAWBERRY RHUBARB CRISP

A tangy dessert served warm or cold. Top with whipped cream or ice cream.

Top:

1 ½ cups oatmeal

2 cups flour

¾ cup butter

½ cup brown sugar

Mix like pie crust. Set aside.

Bottom:

4 cups rhubarb, diced

1 ½ cups brown sugar

1 cup strawberries, fresh or frozen

⅓ cup flour

½ cup thick sweet cream

2 eggs, slightly beaten

Mix together and pour into 9" square pan. Cover with topping and bake for 1 hour at 350°F.



After using cheese, wrap up the balance in its original wrapper and drop it in a quart jar, then seal tightly. It stays fresh and keeps longer.

QUARK CHEESECAKE

A creamy treat that has less calories than cream cheese recipes.

Crumb crust:

1 cup graham wafer crumbs

¼ cup sugar

¾ teaspoon cinnamon

1 teaspoon nutmeg

¼ cup butter, melted

Mix until crumbly. Reserve ¼ cup for garnish; press remainder on bottom and sides of buttered 9" spring form pan. Chill.

Filling:

¾ cup sugar

2 envelopes unflavored gelatin

¼ teaspoon salt

⅔ cup evaporated milk

2 egg yolks, beaten

1½ teaspoons grated lemon peel

1 pound quark cheese

2 tablespoons lemon juice

1¼ teaspoons vanilla

2 egg whites

¼ cup sugar

1 cup whipping cream, whipped

In large saucepan, combine ¾ cup sugar, gelatin and salt. Stir in evaporated milk, then egg yolks. Cook over low heat, stirring constantly until gelatin dissolves. Add lemon peel; cool at room temperature for 30 minutes. Stir in quark cheese, lemon juice and vanilla. chill, stirring occasionally, until mixture mounds.

Beat egg whites to soft peaks; gradually add ¼ cup sugar, beating to stiff peaks. Fold into gelatin mixture. Fold in whipped cream.

Pour into chilled crust; sprinkle with reserved crumbs. Chill overnight. Top with cherry pie filling or blueberry pie filling and serve.

LEMON LOAF

Everyone fell in love with Elaine's moist lemon loaf. It's tangy and scrumptious!

6 large eggs or 8 small eggs, lightly beaten

1½ cups cooking oil

2 lemon cake mixes

2 packages lemon Jell-o (mix with boiling water as called for on package and cool)

Combine ingredients and beat for 10 minutes.

Pour into 3 loaf pans. Bake at 350°F for 60 minutes. Glaze when cool with ½ cup lemon juice and 2 cups icing sugar.

☞☞☞ *Ever make Norwegian meatballs? Make small meatballs seasoned with ginger and nutmeg. Brown well in butter, then make a flour gravy from the drippings. Return the meatballs to the gravy and simmer until done. They're also delicious with a bit of sour cream added to the gravy at the end of cooking.*

☞☞☞ *Vanilla is a natural sweetener. Add a drop of vanilla to coffee and you'll never miss the sugar.*

RASPBERRY TOP CAKE

Listen for the 'Oohs' and 'Aahs' when you serve this warm. Fruit may be changed depending on your favorite variety.

$\frac{3}{4}$ cup brown sugar
3 tablespoons butter
 $\frac{1}{3}$ cup shortening
2 cups fresh raspberries, washed and drained
 $\frac{3}{4}$ cup sugar
1 egg
1 $\frac{1}{2}$ teaspoons vanilla
1 $\frac{3}{4}$ cups all-purpose flour
3 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{3}{4}$ cup milk

Melt butter in an 8" square baking pan and sprinkle with the brown sugar. Cover with the raspberries. Set aside.

Cream the shortening and $\frac{3}{4}$ cup sugar thoroughly. Add the egg and vanilla, beating until light and fluffy. Sift together: flour, baking powder and salt. Add this to the creamed mixture alternately with the milk. Beat well after each addition. Pour batter over raspberry mixture and bake in preheated oven for 40 - 50 minutes at 350°F. Invert at once on a serving plate and serve warm with cream if desired.

☞☞☞ *Flour or cornstarch, dusted on a cake before icing, will prevent the icing from running off. Icing will remain thicker and softer if two tablespoons of cornstarch are added when mixing. This saves sugar, and is especially good for fruit cakes. A boiled icing will not break when cut, if a teaspoon of vinegar is added. A small piece of butter, added to icing, will prevent it from hardening too soon.*

TANGY ORANGE CHIFFON

Lip smacking good. Seconds, please?

1 ½ cups all-purpose flour
1 ½ cups sugar
3 teaspoons baking powder
1 teaspoon salt
½ cup salad oil
8 egg yolks, unbeaten
1 ½ teaspoons almond extract
½ cup water
¼ cup frozen orange concentrate, room temperature
3 tablespoons orange rind, grated
8 egg whites
½ teaspoon cream of tartar

Sift dry ingredients in a large bowl 3 times. Make a well in the center and add: orange rind, almond extract, water, orange concentrate, egg yolks, oil, then mix well. Beat egg whites and cream of tartar until very stiff. Gently fold in the yolk batter to the egg whites a little at a time, being careful not to stir or beat. Pour into ungreased tube pan. Bake at 350°F for 60 minutes. Invert until cool. Ice with following frosting.

Orange Blossom Icing

¼ cup butter
2 cups icing sugar
Orange juice concentrate, room temperature

Combine butter and icing sugar. Gradually spoon in juice stirring each time until desired consistency is achieved for spreading. If necessary, you may add more icing sugar to thicken.

BANANA YOGURT CAKE

Here's a "good almost anytime" cake. Great for breakfast or for tea in the afternoon or for that "just before bedtime" snack.

1 cup butter
1 ½ cups sugar
4 eggs
1 ½ teaspoons vanilla
3 cups all-purpose flour
1 teaspoon baking soda
½ cup plain yogurt
1 cup mashed ripe bananas

In a large bowl cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in vanilla. Sift flour and baking soda together. In small bowl, mix yogurt with mashed bananas. Beat in flour alternately with yogurt-banana mixture. Pour into well-greased 10 inch tube pan. Bake at 350°F for 45 - 60 minutes until done. Cool 10 - 20 minutes in pan then remove cake and cool completely.

CHOCOLATE FUDGE CAKE

A rich chocolate flavour!

1 ⅔ cups all-purpose flour
1 ½ cups sugar
⅔ cup cocoa
1 ½ teaspoons soda
1 teaspoon salt
1 ½ cups buttermilk
½ cup shortening
2 eggs
1 ½ teaspoons vanilla

Sift dry ingredients together. Add remaining ingredients and blend on low speed, scraping bowl constantly. Beat 3 minutes on high speed, continuing to scrape bowl. Pour into pans that have been greased and floured. Bake at 350°F for 35 - 40 minutes. You may also use this recipe to make cupcakes. Frost as desired.

WALNUT CHIFFON

A hard to resist for die-hard walnut addicts.

2¼ cups all-purpose flour
3 teaspoons baking powder
½ teaspoon salt
¾ cup white sugar
¾ cup brown sugar
½ cup vegetable oil
5 egg yolks
¾ cup cold coffee
2 teaspoons maple flavoring
1 cup egg whites
½ teaspoon cream of tartar
1 cup finely chopped walnuts

Sift dry ingredients together three times. make a well in the sifted dry ingredients, add oil, egg yolks, brown sugar, coffee, and maple flavoring. Mix well. Beat egg whites and cream of tartar until very stiff. Carefully and gently, a little at a time, add the yolk batter to the egg whites and fold until all batter is folded in.

Do not beat, just fold gently with a rubber spatula. Lastly, add the chopped walnuts, again folding gently. Pour into ungreased tube pan. Bake at 350°F for 60 minutes. Invert until cool. Frost with following icing.

Maple Icing

1 cup brown sugar
1 tablespoon corn syrup
3 tablespoons cream
1 teaspoon maple flavoring
1½ teaspoons butter

Bring to a boil until sugar is dissolved and cool. Add icing sugar to thicken. Ice cake.

PINEAPPLE CHIFFON

A refreshing flavor to add to your chiffon collection.

2 cups all-purpose flour

1½ cups sugar

3 teaspoons baking powder

½ teaspoon salt

½ cup salad oil

½ teaspoon cream of tarter (for egg whites)

8 egg yolks

8 egg whites

¾ cup pineapple juice

½ cup crushed pineapple, put through blender

Sift dry ingredients together 3 times. Put in a bowl and make a well. Add oil, pineapple juice, blended pineapple, egg yolks, mixing well. Beat egg whites and cream of tarter until very stiff. Fold in yolk mixture gently. and pour into ungreased tube pan. Bake for 60 minutes in a preheated oven at 325°F. Invert pan to cool. Ice with following frosting.

Hawaiian Icing

¼ cup butter

2 cups icing sugar

¼ cup crushed pineapple, put through blender

Pineapple juice

Combine butter and icing sugar. Gradually spoon in crushed pineapple, mixing well. Add enough pineapple juice to achieve desired consistency for spreading. If necessary, you may add more icing sugar to thicken. Sprinkle with coconut.

PUMPKIN CHIFFON CAKE

A wonderful new flavour.

2¼ cups all-purpose flour, sifted
3 teaspoons baking powder
¼ teaspoon baking soda
½ teaspoon cinnamon
½ teaspoon pumpkin pie spice
¾ cup sugar
1 cup brown sugar, lightly packed
½ cup salad oil
6 egg yolks
1 ¼ teaspoons vanilla
2 tablespoons molasses
1 cup pumpkin, tinned
½ teaspoon salt
7 egg whites
½ teaspoon cream of tarter
⅓ cup orange juice
⅓ cup water

Sift flour, baking powder, baking soda, cinnamon, pumpkin pie spice, salt and ¾ cup sugar three times. Make a well and add brown sugar, oil, egg yolks, vanilla, molasses, pumpkin, water and orange juice. Blend slowly until flour mixture is absorbed, then beat with wooden spoon until smooth (about 20 strokes). Add cream of tarter to egg whites and beat until very stiff. Fold pumpkin mixture into egg whites very carefully (do not beat). Pour into ungreased tube pan and bake for 60 minutes at 325°F in a preheated oven.

☞☞☞ *Here's a quick spread for crackers or a spread for sandwiches. Mix finely chopped green onions, salt and pepper with Quark cheese. Thin slightly with a little cream if you want to use it as a dip.*

BEET AND CARROT CAKE

Create a sensation with this moist cake. Top with a butter or cream cheese icing.

Combine the following ingredients and beat together:

¾ cup vegetable oil

1 ½ cups brown sugar

3 egg yolks

1 teaspoon vanilla

3 tablespoons orange juice

Add to the above mixture:

2 cups all-purpose flour

3 teaspoons baking powder

¼ teaspoon salt

1 teaspoon pumpkin pie spice

¼ teaspoon cinnamon

1 ½ cups raw carrots, grated

½ cup beets, grated

½ cup walnuts, chopped

Fold in:

3 egg whites, stiffly beaten

Put into greased 13'' x 9'' pan. Bake in 350°F oven for 50 - 60 minutes.



Wrap green tomatoes in newspaper and store in a cool, dark place and they will ripen nicely.

OATMEAL AND RAISIN COOKIES

A nutritious treat that requires little time to make.

- 1 cup whole wheat flour
- 1 teaspoon soda
- ½ teaspoon salt
- 2 cups rolled oats
- ¼ cup Kretschmer Regular or Brown Sugar and Honey Wheat Germ
- ¾ cup butter
- 1 ½ cups lightly packed brown sugar
- 2 eggs
- 1 teaspoon vanilla
- ¾ cup coconut
- ¾ cup raisins
- ½ cup chopped nuts

Combine flour, soda, salt, oats and wheat germ. Stir well to blend. Cream butter, brown sugar, eggs and vanilla together thoroughly. Add oats mixture. Mix well. Stir in coconut, raisins and nuts. Drop by teaspoonfuls onto lightly greased baking sheets. Flatten slightly with floured fork. Bake at 350°F for 12 - 15 minutes or until golden. Yields approximately 48 cookies.

YUMMY CHOCOLATE MINT CHIP COOKIES

A delightful minty favorite.

- 1 cup butter
- ⅞ cup sugar
- 1 egg
- ⅛ teaspoon salt
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 cup chocolate mint chips

Cream butter and sugar until light and fluffy. Beat in egg. Blend in flour, baking soda and salt. Stir in chocolate mint chips. Drop from spoon onto baking sheets. Bake at 350°F for 12 - 14 minutes.

ZUCCHINI CHOCOLATE CHIP COOKIES

These are a moist, slightly chewy cookies, which are a hit with kids young and old.

1 cup zucchini, shredded
¾ cup finely chopped walnuts
½ cup coconut
1 cup all-purpose flour
¼ teaspoon baking powder
¼ teaspoon baking soda
½ cup butter
1 cup brown sugar
½ teaspoon vanilla
1 egg, beaten
1 cup quick cooking oats
½ cup raisins, rinsed and patted dry
1 cup chocolate chips

Cream butter and sugar together. Add vanilla and egg. Beat well. Add flour, baking soda, baking powder and zucchini and mix. Add coconut, nuts, raisins and chocolate chips. Mix well. Drop by small spoonfuls on a greased cookie sheet. Bake 350°F for 12 - 15 minutes.

RAISIN, CHEESE & APPLE COOKIES

A new taste sensation, with a subtle hint of apple pie flavour.

⅔ cup butter
½ cup sugar
1 egg, beaten
½ cup flour
¼ cup whole wheat flour
½ teaspoon baking powder
1 teaspoon cinnamon
1 ½ cups rolled oats (quick cooking)
3 ounces shredded processed cheese
¾ cup washed raisins
1 medium apple grated

Cream butter and sugar. Add beaten egg, then combine the dry ingredients. Drop by heaping teaspoons onto very lightly greased cookie sheet. Bake at 350°F for 12 - 15 minutes.

CASSIE'S OATMEAL COOKIES

There's a pleasant surprise for peanut-butter lovers in these moist cookies.

1 ¾ cups flour
1 teaspoon baking soda
½ teaspoon salt
½ cup butter
1 banana, ripe, mashed
½ cup peanut butter, chunky style
1 cup brown sugar, packed
2 eggs
¼ cup buttermilk
1 ½ teaspoons vanilla
2½ cups uncooked oats
½ cup raisins, rinsed and patted dry

Stir flour, soda and salt together. In another large bowl, beat butter, peanut butter and sugars until creamy. Beat in eggs, buttermilk and vanilla. Stir in flour mixture, then oats, mashed banana and raisins; mix and drop by rounded spoonfuls, 3 inches apart, on ungreased cookie sheets. Bake in preheated oven at 350°F for 15 minutes or until lightly browned. Remove to rack; cool. Makes 40 - 48.

FOLD OVER DAINITIES

An attractive addition to your plate of tea dainties. They will always be the first choice again and again.

2 cups all-purpose flour
2 tablespoons sugar, heaping
1 cup butter
¼ teaspoon salt
1 teaspoon baking powder, heaping
1 egg, beaten
½ cup - ¾ cup milk
1 teaspoon vanilla

Mix ingredients together well. Roll out as for cookies; cut into squares and place on cookie sheets. Put a small spoon of jam or jelly on each square and fold corners over to center and pinch well together. Bake in moderate oven for about 10 - 12 minutes.

CONTESSA CUPS

Similar in texture and flavour to a French custard tart.

1½ cups all-purpose flour

⅛ teaspoon salt

¾ cup cold unsalted butter, cut into small pieces

⅓ cup ice water

1 egg

½ teaspoon almond extract

¼ cup plus 2 tablespoons sugar

¼ cup plus 1 tablespoon heavy cream

¼ cup ground almonds

Pinch of nutmeg

Sift the flour and salt into a large bowl. Cut in the butter until the mixture resembles coarse meal. Stir in the ice water to form a dough. On a floured surface, knead once or twice. Form into a ball, wrap and refrigerate for 10 minutes.

In a small bowl, beat together the egg, sugar, almond extract, almonds, cream and nutmeg until blended to make a custard filling.

Preheat the oven to 350°F. On a floured surface, roll the pastry out ⅛ inch thick. Cut 2½ inch circles with a crimped biscuit cutter. Press each round into a lightly oiled 1½ inch tartlet mold or miniature muffin tin. Fill each shell two-thirds full with the custard mixture and bake on a cookie sheet for 25 minutes, until lightly browned.

Remove from the molds and cool on a rack. Makes about 2½ dozen.

☞☞☞ *Try cutting liver into strips, as for French fries, then coat them with a mixture of seasonings, cornmeal and fine cracker crumbs. Deep fry for a few minutes and serve. Tender and tasty.*

PECAN BUTTER BALLS

It looks like you fussed, but didn't. They are heavenly.

1 cup butter, softened
½ cup icing sugar
1 teaspoon vanilla
2¼ cups all-purpose flour
1 cup pecans, finely chopped
Icing sugar

Cream butter, icing sugar and vanilla. Add flour and mix well. Stir in nuts. Shape into 1" balls and place on ungreased cookie sheet. Bake at 400°F for 8 - 12 minutes or until very light gold in color. Cool on racks. Roll in sifted icing sugar. Yield 36 - 40.

BUTTER-PECAN MELTIES

Melt in your mouth cookies.

¼ cup berry sugar
1 cup unsalted butter
2 teaspoons vanilla
1 tablespoon milk
2 cups all-purpose flour
¼ teaspoon salt
¾ cup pecans, finely chopped
Icing sugar

Cream butter well; slowly add sugar, creaming thoroughly. Beat in vanilla and milk. Combine flour and salt; gradually add to creamed mixture. Stir in nuts.

Shape dough into small balls. Place on ungreased cookie sheets. Bake in preheated oven at 350°F for 15 minutes or until lightly browned. Let cool and roll in icing sugar.

OATMEAL-CARROT COOKIES

Great for freezing and eating warm from the oven.

¾ cup butter
¾ cup sugar
1 cup grated raw carrot
1 egg
1 - 2 teaspoons lemon rind, grated
1 ¼ cups sifted all-purpose flour
½ teaspoon salt
2 teaspoons baking powder
1 cup rolled oats

Cream butter and sugar. Beat in carrot and egg and blend well. Mix in lemon rind, flour, salt and baking powder. Stir in the rolled oats. Place dough by teaspoons on a buttered cookie sheet. Continue with all the dough. Bake in a preheated 375°F oven for 10 - 12 minutes or until the cookies are a delicate brown around the edges. Loosen from the pan while still warm, cool on a rack and store in airtight containers.

WHIPPED SHORTBREAD COOKIES

They melt in your mouth!

1 pound butter, room temperature
1 cup icing sugar
½ cup cornstarch
3 cups flour
1 teaspoon lemon juice

Combine ingredients and whip with electric mixer. Spoon on cookie sheet. Bake at 350°F for about 20 minutes or until lightly golden.

SOUR CREAM TWISTS

Melt in your mouth pastry. Just right for that afternoon tea with friends.

1 cup sour cream, bring to a boil and cool
2 tablespoons shortening
3 tablespoons sugar
 $\frac{1}{8}$ teaspoon baking soda
 $\frac{1}{4}$ teaspoon salt
1 package dry yeast
 $\frac{1}{2}$ cup water, warm
1 teaspoon sugar
1 egg plus 1 egg yolk
3 cups flour
Rind of 1 lemon, grated

Add yeast and 1 teaspoon sugar to warm water. Set aside for 10 minutes. In a bowl combine: shortening, sugar, soda, salt, rind from lemon, cream and egg plus 1 egg yolk. Mix and add yeast mixture. Gradually add the flour, mixing well. Knead lightly and roll to $\frac{1}{2}$ " thick. Cover and let rise for 15 minutes. Cut in pencil-like strips and roll or twist. Put in pan and let rise for $1\frac{1}{4}$ hours. Bake in moderate oven 10 - 15 minutes. Let cool and ice with your favorite icing. Sprinkle with chopped nuts or coconut.

☞☞☞ *Here's a quick way to make coconut macaroons. Combine the contents of 1 package angel food cake mix with 1 egg, 2 tablespoons butter, $\frac{1}{4}$ cup water and two cups coconut. Drop by spoonfuls on a cookie sheet and bake at 375°F for 8 - 10 minutes. Yield 48.*

YUMMY FRUIT COOKIES

A popular fruit cookie, lightly spiced, will keep well for weeks in tins.

½ cup butter
½ cup shortening
1½ cups brown sugar, packed
2 eggs
¼ cup orange juice
2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon cinnamon
½ teaspoon each of: allspice, nutmeg and cloves
1½ cups raisins
¾ cup dates, fine chopped
1½ cups candied mixed fruit, chopped
2 cups chopped nuts, almonds, walnuts or pecans
½ cup all-purpose flour

Cream butter and shortening together; gradually add sugar, creaming well. Beat in eggs and orange juice. Combine 2 cups flour with soda, salt and spices; then add to creamed mixture; stirring well. Combine raisins, dates, fruit and nuts; toss with remaining ½ cup flour. Stir into batter. Drop by spoonfuls onto lightly greased baking sheets. Bake for 12 minutes or lightly browned in oven preheated at 350°F. Makes 75 - 90.

☞☞☞ *Try placing your cake pan, when hot out of the oven, on a damp towel for a few minutes. This helps cool the cake and keeps it from sticking to the pan.*

ALMOND MACAROONS


Crisp almond cookies. Impressive and tasty!

2 egg whites, at room temperature
Pinch of salt
1 cup confectioner's sugar, sifted
1 teaspoon almond extract
2 cups finely ground blanched almonds
20 - 25 candied cherries or almonds
1 egg yolk
3 tablespoons milk

Preheat oven to 275°F. In a medium bowl, beat the egg whites with the salt until foamy. Gradually beat in the confectioner's sugar, ¼ cup at a time, continuing to beat until stiff peaks form. Beat in the almond extract. Fold in the ground almonds.

Using a teaspoon, form quarter sized mounds on an oiled cookie sheet, spaced 1 inch apart. Place a cherry or almond on top of each and bake for 20 minutes.

In a small bowl, beat the egg yolk with the milk until blended to make a glaze. Remove cookie sheet from the oven and brush each cookie lightly with the glaze. Return to the oven and bake until the cookies are shiny on top and very lightly browned on the bottom, 5 to 10 minutes longer. Remove to a rack to cool.

 *The flavour of tea can be enhanced by placing thoroughly dried orange peel in the can or package of tea leaves.*

RUM TRUFFLES

This exquisite recipe is definitely not for weight watchers. It's sooooo good. Indulge!

17 tablespoons sugar

16 squares Palmin

6 tablespoons rum


4 eggs

8 tablespoons cocoa

6 - 8 tablespoons almonds, finely crushed

Melt the Palmin over low heat. Beat the eggs and sugar until foamy. Add the remaining ingredients to the egg mixture. **Mix well.** **NOTE:** (Make sure the Palmin is well heated before mixing thoroughly. Also be sure that the eggs and sugar are well mixed and heated thoroughly as well, otherwise Palmin will not blend with the other ingredients. Resulting problems could be a streaky texture or unmelted sugar granules.).

Make into small balls. These may be rolled in finely chopped coconut or finely chopped nuts. Place on waxed paper and refrigerate for at least 2 - 3 hours until firm.

 *Here's a great idea for all those left over pie crust trimmings. Combine all the trimmings into a ball and knead it to make a smooth dough. Roll it out and spread butter lightly over the dough; sprinkle it with sugar and cinnamon. Roll into a 'jelly roll' and slice. Place the slices on a cookie sheet and bake along with the pie until golden brown. Delicious for children or for a grownup idea, in place of sugar and cinnamon, try sprinkling with grated cheese for hot hors d'oeuvres.*

JUSTINE'S SOUR CREAM TWISTS

There are always a plate of these most wonderful pastries waiting for Ken every time he visits his Aunt Justine. They are his absolute "favorite".

Soak:

1 package of dry yeast
¼ cup warm water

Add:

1 cup lard
4 cups flour
Cream together.

Add:

3 eggs, lightly beaten
1 teaspoon vanilla
1 cup sour cream

Mix well and divide into 3 balls; place into fridge for 2 hours.

Sprinkle sugar on the table surface and place one of the balls of dough on this and roll the dough flat. Sprinkle sugar each time so dough does not stick. **DO NOT USE FLOUR!** Bring each of the four corners of the dough to the center and roll flat again. Sprinkling sugar each time, repeat procedure 3 times. Cut dough into 3" x 3" x 3" triangles.

The following are ingredients that you may **dip** the triangles into and then starting from the base of the triangle roll to the tip to finish. Use a low wide bowl to hold each of the ingredients: Poppy seed; finely chopped walnuts; cinnamon; or apple pie filling that has been mashed with a fork to make a pulp (this last ingredient must be applied carefully in a small amount by teaspoon and then rolled). Once you have finished rolling the triangles and now have four varieties of fillings, place them on a cookie sheet and bake in a 325°F oven until lightly golden brown on top.

ORANGE CREAM CHEESE COOKIES

These cookies may also be made with lemon rind and lemon concentrate. Either way they are just great.

½ cup butter
½ cup sugar
1 ½ ounces cream cheese
1 egg yolk, slightly beaten
1 teaspoon lemon juice
1 tablespoon frozen orange juice
1 ½ cups flour
¼ teaspoon salt
½ teaspoon baking powder
Grated rind of 1 orange

Beat the butter and sugar until light and fluffy. Beat in cream cheese and egg yolk. Add the lemon juice, orange juice and grated rind. Fold in the flour sifted with salt and baking powder. Chill the dough (1 hour). Drop from a teaspoon onto a cookie sheet and bake in a preheated oven for 10 minutes at 350°F.

HEALTH-NUT PEANUT BUTTER BALLS

Tuck into a lunch box for school or great snacks for a camping trip. Freezes great.

½ cup sesame seeds
1 cup chopped peanuts
1 cup rolled oats
½ cup honey
1 cup peanut butter
½ cup sunflower seeds
1 cup coconut
½ cup wheat germ
½ teaspoon vanilla
1 teaspoon almond extract

Mix all ingredients well and roll into balls. Refrigerate. You may also pack into an 8" x 8" square pan. Refrigerate and cut into squares.

☞☞☞ Creative Cooking ☞☞☞

Hors d'oeuvres to Pizza to Dips to more!

SHRIMP AND AVOCADO DIP

Try it with raw veggies or Pasta Chips or as a spread on crackers.

1 can broken shrimp, drained and finely chopped

2 avocados, ripe

¼ cup fine chopped green onions

¾ cup sour cream

¾ cup mayonnaise

Salt and pepper

1 tablespoon lemon juice

⅛ teaspoon dill weed, finely crushed

Remove pulp from avocados and mix with lemon juice. Combine all ingredients, adding salt and pepper to taste. Cover and refrigerate for at least 4 hours. Stir before serving. Makes about 3 cups.

☞☞☞ *Here's an elegant but simple dessert for after a large meal. Serve lime sherbet topped with a generous portion of creme de menthe. Add a twist of lime or lemon to finish. It's a superb way to end a great dinner!*

CRAB DIP

This dip is great with crisp vegetables or used as a spread on crackers.

- 1 cup sour cream
- 1 ½ cups crabmeat, drained and cartilage removed
- ½ teaspoon garlic salt
- ½ teaspoon lemon peel, grated

Place above ingredients in blender on medium high speed until smooth. Scrape sides of blender so that everything is blended well. Chill and serve.

CURRY DIP

Great with any raw vegetable such as broccoli, zucchini, cauliflower or carrot sticks.

- 1 ¾ cups mayonnaise
- 2 teaspoons curry powder
- 2 tablespoons finely chopped green onions
- ½ teaspoon dry mustard
- ½ teaspoon salt
- ¼ teaspoon seasoned pepper
- 2 - 3 drops tabasco sauce

Mix well and allow at least an hour to stand in fridge. Stir before serving.

CHEESEY BACON DIP

- ½ cup salad dressing
- ½ cup cheese whiz
- 4 strips of bacon, crisply cooked, crumbled

Combine salad dressing and cheese in a saucepan. Cook, stirring often over low heat until cheese is melted and dip is smooth. Stir in bacon pieces. Serve warm.

COUNTRY ONION DIP

- ½ cup sour cream
- ½ cup salad dressing
- 1 pouch onion soup mix

Combine ingredients; mix well. Refrigerate for 1 hour, then serve.

PASTA CHIPS

It's a great snack and better than potato chips. Prepare in advance and store in airtight containers. Serve with chip-dips.

- 1 package large pasta sea shells
- Salt
- Oil for deep frying

Cook shells in boiling salted water (about 12 minutes). Make sure you do not overcook. Drain and dry on paper towels. Deep fry in hot oil preheated to 375°F. Don't cook too many at once as they may stick together. Drain on paper towels and salt while warm. Enjoy!

POTATO SKIN WEDGES

A popular new treat!

- 6 large baking potatoes
- ¼ cup flour
- Cooking oil

Cut potatoes in half lengthwise; scoop out centers leaving about ½ inch shell. Cut shells into wedges. Coat with flour. Fry in deep hot oil at 375°F for about 3 minutes or until golden brown. Serve with dips.

☞☞☞ *If you add a little salt to the water when boiling eggs, the shells won't crack.*

BEEF JERKY

A tasty treat at a fraction of the cost. You may alter the spices to suit your own taste. This recipe is mouth-watering.

- 1½ pounds flank steak or round steak
- 2 teaspoons liquid smoke (can be found in the spice section of a grocery store)
- ¼ cup soya sauce
- 2 drops tabasco sauce
- 1 teaspoon garlic powder
- ½ teaspoon black pepper
- 2 teaspoons MSG (monosodium glutamate)
- 2 teaspoons onion powder
- ⅓ cup Worcestershire sauce
- ⅛ cup water

Use semi-frozen meat as it is far easier to cut ⅛ inch or thicker strips than with thawed meat.

Use a sharp knife; cut meat along the grain. Combine all other ingredients in a large pan. Marinate the strips of meat 12 - 14 hours, stirring occasionally. Cover oven racks with PAM or oil lightly. Lay strips on racks so they are not overlapping. Cook at 150°F for 6 - 8 hours. Check after 6 hours as when strips lose their soft feel and start to stiffen slightly, they are done. Cooking at this low temperature may vary readiness, depending on the thickness of the meat. The meat will also stiffen slightly after cooling.

☞☞☞ *Do you enjoy really crisp chicken? Mix flour and seasonings in a large plastic bag. Add the chicken and coat. Leave the chicken in the bag for 2-3 hours. A perfect golden crust is the result.*

CHEESE DELIGHTS

These tasty hors d'oeuvres are simple to make, using a cream cheese base and three delicious variations. Freeze on cookie sheets then pack in airtight containers for pre-entertaining preparation.

1 pound plain cream cheese
½ teaspoon garlic salt
2 teaspoons cream
¼ teaspoon onion salt
¼ teaspoon Worcestershire sauce
2 boxes party crackers or Melba toast

Combine ingredients together, mixing well. Divide into three equal parts and place in separate bowls.

1. To the first bowl add:

1 tin broken shrimp, drained, **very** finely chopped
½ teaspoon lemon juice, fresh
⅛ teaspoon dried dill weed, crushed

Mix well.

2. To the next bowl add:

½ cup **very** finely chopped mushrooms
⅛ teaspoon dried marjoram

Mix well.

3. Finally add:

1 tin **very** finely chopped smoked oysters
½ teaspoon fresh lime juice

Mix well.

Place mixture into a piping bag with star tip and pipe in mounds or swirls onto crackers or Melba toast. If not to be used immediately, freeze. Bake frozen in preheated oven 8 - 12 minutes. Serve. Yields about 60.

HOMEMADE ROASTED NUTS — SALTED

Very easy to make and so much better than store bought varieties.

4 cups pecans
4 cups blanched almonds
3- 4 tablespoons melted butter (for roasting)
2 cups vegetable oil (for frying)
Salt


To roast: Preheat oven to 275°F. Place nuts in a buttered roasting pan and drizzle melted butter over. Bake, shaking the pan from time to time, until almonds are golden, about 20 minutes. Remove from oven, salt well, then shake in a paper bag to absorb the excess butter. Store in airtight containers.

To fry: Heat oil to 360°F in a heavy skillet. Add nuts and cook till golden, about 2 minutes. Drain on absorbent paper and add salt to taste. Store in airtight containers. Makes 8 cups.

HOMEMADE ROASTED NUTS — CURRIED

4 cups unsalted mixed nuts (blanched almonds, filberts,
pecans, walnuts)
½ cup olive oil
2 tablespoons curry powder
2 tablespoons Worcestershire sauce

Heat the oil, curry powder and Worcestershire sauce in a heavy skillet. When hot, add nuts and stir to cover. Place in a roasting pan lined with brown paper and bake at 300°F for 10 to 15 minutes. Store in airtight containers. Makes 4 cups.

 *Substitute club soda for milk when making waffles. They will become lighter and crispier.*

HOMEMADE ROASTED NUTS — SUGARED AND SPICED

8 cups unsalted mixed nuts (walnuts, pecans, filberts,
cashews, almonds)
4 cups sugar
2 cups water
Grated rind of 2 oranges
1 teaspoon cinnamon
 $\frac{3}{4}$ teaspoon nutmeg
 $\frac{1}{4}$ teaspoon cloves

Place ingredients in a heavy skillet or saucepan. Cook over medium heat, stirring constantly, until mixture dries out and nuts start to look sugary. Quickly pour the nuts onto a buttered baking sheet and separate them, using 2 forks. Cool, then store in the refrigerator or freezer in an airtight container. Makes 8 cups.

CARAMEL CORN

Yum! Try using $\frac{1}{2}$ cup roasted almonds for extra crunch and flavor.

6 quarts popped corn
2 cups brown sugar
1 cup butter
 $\frac{1}{2}$ cup corn syrup
1 teaspoon salt
1 teaspoon baking soda
2 teaspoons vanilla

Combine all ingredients except popped corn and boil for 5 minutes. Pour over popped corn and spread on cookie sheet and put in oven at 250°F for 20 minutes. Cool and break apart into pieces. Enjoy!

SHERRIED MUSHROOMS

What a perfect complement to go with steak.

2 tablespoons unsalted butter
15 medium mushrooms
2 tablespoons sherry
½ teaspoon salt
⅛ teaspoon pepper
3 tablespoons heavy cream


Sauté mushrooms in butter over moderate heat for 15 minutes. Add sherry and cook until slightly caramelized. Add salt, pepper and cream, stirring often. Cook for 10 - 12 minutes and serve.

PAN FRIED MUSHROOMS

Perfect with any steak or beef dish.

20 - 30 mushrooms
3 tablespoons butter
⅛ cup lemon juice, or less
¼ cup soya sauce

Melt butter in medium skillet and sauté mushrooms over medium heat until tender and golden brown. Add soya sauce and lemon juice and stir to mix. Continue cooking for 6 - 8 minutes over high heat stirring so mushrooms will not burn. Serve hot.

 *Cheese grates better if placed in the freezer for 15 - 20 minutes before grating.*

CHICKEN LIVER PATÉ

An inexpensive delicacy.

- ½ cup butter, room temperature
- ½ pound chicken livers
- 1 small onion, quartered
- 2 small cloves garlic
- 6 tablespoons chicken broth
- 2 tablespoons sherry
- ½ teaspoon salt
- ⅛ teaspoon cayenne pepper
- ½ teaspoon paprika
- ⅛ teaspoon pepper, freshly ground
- ¼ teaspoon dill weed
- 1 package cream cheese (4 ounces)

Clean livers and remove any connecting tissue. Put in a saucepan with onion, chicken broth, garlic and sherry; bring to a boil and cook 5 minutes. Empty mixture into blender with liquid. Add dill, paprika, pepper, salt, cayenne pepper; cover and blend on high speed. With mixture blending, put in butter and cream cheese. Scrape sides to mix well. Pour into small ceramic casserole. Chill well. Yield about 2½ cups. Scrape fat off before serving and replace fat on uncovered paté so it does not dry out in fridge.

☞☞☞ *For velvety, creamy scrambled eggs, cook them very slowly, starting with a cool buttered pan. Add 1 tablespoon of cream at the very end. Stir in, and serve.*

Scrambled eggs are always at their most tender if you cook them over hot water in the buttered top of a double boiler. This assures a constant low temperature.

STIR-FRY SHRIMP WITH PEAS

A Western favorite with an Oriental origin.

1 pound medium shrimp, shelled and deveined
1 teaspoon baking soda
2 egg whites
4 teaspoons cornstarch
1 teaspoon Oriental sesame oil
2 teaspoons dry sherry
1 teaspoon sugar
1 teaspoon salt
½ teaspoon pepper
¼ cup chicken stock
2 cups peanut oil
8 ounces peas (thawed frozen or fresh)
4 scallions, cut into 2 inch lengths
2 teaspoons minced peeled fresh ginger root
2 teaspoons minced garlic

1. In a medium bowl, toss the shrimp with the baking soda until well coated; set aside for 15 minutes. Rinse the shrimp well under cold running water, drain and pat dry with paper towels. Place the shrimp in a bowl and stir in the egg whites and 2 teaspoons of the cornstarch. Mix well, cover and refrigerate for at least 30 minutes or up to 2 hours.

2. Meanwhile, in a small bowl, combine the sesame oil, sherry, sugar, salt, pepper, stock and the remaining 2 teaspoons cornstarch.

3. In a wok or large heavy skillet, bring the peanut oil to 275°F over moderately high heat. Add the shrimp, stirring constantly to separate them, and cook for 30 seconds. (This quick pass in the oil at low temperature “velvetizes” the shrimp.) Remove the shrimp to a strainer.

4. Pour off all but 2 tablespoons of the oil. Add the peas and stir-fry over moderately high heat until just tender, about 1 minute for frozen, 2 - 3 minutes for fresh. Add the scallions, ginger and garlic; stir-fry for 30 seconds. Return the shrimp to the pot and stir-fry 30 seconds more, until heated through and just opaque.

5. Stir the reserved sesame oil mixture and pour over the shrimp in the pot. Cook, stirring often, until thickened, about 30 seconds.

STIR-FRY SCALLOPS WITH GARLIC

Seafood lovers demand second helpings!

1½ pounds scallops

1½ tablespoons peanut oil

1 scallion, cut into 1 inch lengths (or use a green onion)

2 garlic cloves, crushed

1 tablespoon minced fresh ginger root

1 tablespoon cornstarch, dissolved in ½ cup water

Rinse and drain the scallops; pat dry on paper towels. Remove the small tough muscle on the side of each scallop. If the scallops are large, slice crosswise in half.

Heat the oil in a wok or large heavy skillet. Add the scallops and stir-fry over high heat for 1 minute. Add the scallion, garlic and ginger root; stir-fry for 2 minutes. Stir the cornstarch mixture and add to the wok. Stir-fry until the sauce is thick and translucent, about 3 minutes. Serves 4 - 6.

☞☞☞ *Soup stock will keep a long time if left undisturbed in the fridge. If some of the stock is used, bring the leftover stock to a full boil and replace in fridge, leaving the fat to seal the surface again.*

☞☞☞ *Before peeling garlic, hit the bottom or root end sharply on your counter top. Peels like a charm!*

SALMON PATÉ

A sensational spread for crackers and entertaining.

2 eggs

½ cup milk

2 cups soft bread crumbs

1 small onion, quartered

⅔ cup parsley leaves, fresh

½ teaspoon salt

½ teaspoon dry mustard

¼ teaspoon dill weed

⅛ teaspoon pepper

4 teaspoons lemon juice

2 cans salmon in vegetable oil (6½ or 7 ounces each)

Combine milk, eggs and bread crumbs. Let stand 15 minutes. Add onion, lemon juice, dill weed, salt, parsley and dry mustard. Pour into blender and blend at high speed till smooth. Gradually add salmon and blend till smooth. Pour into loaf pan, lightly greased and bake for 45 - 55 minutes at 375°F. Chill and serve in thin slices.

WINE SAUCE FOR FISH

What a way to perk up your fried fish. It turns plain fish into a gourmet meal.

1 can tomato sauce, 15 ounces

½ cup dry sherry or red wine

½ cup butter

2 tablespoons lemon juice

1 clove garlic, minced

2 tablespoons chopped green onions

1 teaspoon brown sugar

1 teaspoon salad herbs

½ teaspoon salt

2 - 3 drops tabasco sauce

In a small saucepan combine all ingredients and simmer for 15 minutes. Fry fish, browning both sides and basting with some of the sauce. Serve fish and pour remaining sauce over fish.

CRAB SQUARES

For special occasions this dish is easy to make and always impressive.

1 can crabmeat, 7½ ounces, drained and chopped
1½ cups flour
¾ teaspoon salt
⅔ cup butter
3 tablespoons green onion, finely chopped
2 tablespoons red sweet pepper, finely chopped
1 egg yolk
1 tablespoon milk
1 teaspoon Worcestershire sauce
⅛ teaspoon white pepper
1 teaspoon garlic powder (optional)

Sift flour and salt. Mix in butter until crumbly. Add crab, green onions, red pepper, Worcestershire sauce, white pepper. Mix well. Turn onto lightly floured surface. Roll to ½" thickness and brush with egg yolk beaten with milk. Cut into 2" squares and place on greased baking sheet. Bake at 375°F for 20 - 25 minutes or until done. Serve with Sour Cream and Garlic Sauce.

Sour Cream and Garlic Sauce

1½ cups sour cream
¾ cup mayonnaise
¼ teaspoon tabasco sauce, or less to taste
1 teaspoon garlic salt
2 teaspoons lemon juice
⅓ cup prepared horseradish

Blend well and refrigerate for 1 hour. Mix well before serving. Goes great with any fish dish.

CRAB GOURMET

Delicate seasonings and sherry bring out the savoury flavor of crab.

1 pound crabmeat, cooked
1 red sweet pepper, finely diced
½ teaspoon salt
⅛ teaspoon white pepper
¼ teaspoon tarragon
1½ teaspoons fresh minced parsley
¼ cup dry sherry
½ cup butter
5 green onions, finely chopped


Clean crabmeat by removing any shell or cartilage. Sauté green onions and red pepper in butter till soft. Add crabmeat and stir gently. Add sherry, salt, pepper and tarragon. When the crabmeat is well heated, add parsley. Serve over rice.

CRABMEAT TOPPING

Excellent to go on buns, bread or crackers. Try it with chopped shrimp, too!

1 package cream cheese (4 ounces)
2 tablespoons butter
1 can crabmeat (6¼ ounces)

Melt cheese in butter in saucepan. Add crabmeat and blend. Spoon mixture on buns, split in half. Place under broiler; brown and serve (3 - 4 minutes).

 *Try substituting tender, chopped celery leaves when you run out of lettuce for your sandwiches. It's fabulous!*

ESCARGOT — LLOYD'S STYLE

Better than in the best restaurant. Created for special entertaining!


1 can snails
1 small can tomato sauce
¾ cup melted butter
1 small onion, diced fine
¼ teaspoon salt
2 cloves garlic, minced
1½ teaspoons parsley flakes, crushed
½ teaspoon onion powder
⅛ teaspoon dill weed, crushed
Dash of pepper

Preheat oven to 325°F. Rinse snails well. Combine ingredients and place with snails in a small casserole dish. Bake for ½ hour, stirring once during last 15 minutes. Serve with fresh French bread.

PICKLED LEMONS

Anyone who loves pickles will love this variety.

Fill a jar with sliced, washed lemons. Add ½ - 1 complete head of garlic, mashed, depending on size of jar. Fill with ⅔ vinegar and ⅓ very salty water. Add a pinch of saffron (optional). Use Saran wrap under the lid and seal tightly. Leave on counter for 1 week before using, then return to fridge.

 *Remove excess fat from soups by placing a few ice cubes on top of the soup. Fat will collect around the cubes and harden up. Remove with a spoon.*

RASPBERRY-GARLIC CHICKEN

A spectacular and unlikely combination with a delicate sweet and sour flavour.

- 10 garlic cloves, medium, peeled
- 1½ tablespoons honey, or to taste
- ¼ cup plus 1 teaspoon of Raspberry Vinegar (recipe follows)
- 2 chicken breast halves, with bone and skin attached
- 2 tablespoons plus 1 teaspoon cold unsalted butter
- 1 teaspoon vegetable oil
- ¼ teaspoon salt
- ¼ teaspoon pepper, freshly ground
- ⅓ cup fresh raspberries, or frozen, drained

Raspberry Vinegar

- 1 cup white wine vinegar
- 1 cup fresh raspberries

Place raspberries in container and pour vinegar over them. Cover the container and let it sit undisturbed at room temperature for 5 days. The color and flavor are now right. Strain through a fine sieve and discard the berries. Pour vinegar into glass bottle, cover tightly and store in cool, dry place.

1. In a small pan combine: garlic, honey, 1 teaspoon of vinegar, and ½ cup of water. Boil, then reduce heat and simmer uncovered for 3 minutes. Increase heat, cover and cook for 10 minutes.
2. Uncover pan, increase heat so that syrup thickens and garlic is caramelized, about 10 minutes.
3. Add balance of vinegar and cook for 30 seconds. Set aside.
4. Cut each chicken breast in half crosswise into 5 slices; leave skin on. Pat dry.
5. In a heavy large skillet melt 1 teaspoon butter in the oil over high heat until sizzling. Add chicken pieces. Reduce heat and sauté until well browned, about 3 minutes. Remove to a plate and cover to keep warm. Pour off any fat from the skillet.
6. Add the reserved sauce with garlic to the skillet. Bring to a boil over high heat, scraping up any browned bits from the bottom of the pan. Continue to boil for 1 to 2 minutes, until the sauce is thick and syrupy. Remove from heat and season with salt and pepper. Whisk in the remaining 2 tablespoons cold butter, 1 tablespoon at a time.
7. Return the chicken with any accumulated juices to the skillet. Toss gently to coat with sauce. Add raspberries and toss gently again. Serve hot.

FRUIT LEATHER

A health snack; nutritious, economical and yummy.

You may combine 2 or 3 fruits to achieve desired flavors. Popular combinations are: apricot and apple; raspberry and apple; peach, apple and strawberry; pear, plum and blueberry. You create your own and may use cinnamon or other spices to enhance the flavor.

Use very ripe fruit (washed and seeded if necessary). Place in blender on high speed. Add a little lemon juice and honey to taste, just before turning off. Pour fruit purée in a thin layer on a cookie sheet lightly sprayed with Pam. Turn oven to 200°F. Place cookie sheet in oven and leave door slightly ajar. Drying process takes many hours depending on how thick the layer of purée is. Fruit leather is ready when it can be pulled off pan and still hold its shape. When done, roll into scrolls and wrap in plastic.

RUSSIAN TEA

Put into small jars and decorate with a bright ribbon. Makes a nice gift.

½ cup instant tea
2 large packages tang
1 package lemonade
1 teaspoon cinnamon
¼ teaspoon cloves

Mix together and store in airtight container. Makes wonderful hot tea or if cooled off, perfect for that hot summer day served cold.

☞☞☞ *Don't throw out moldy cheese. Take a knife and dip it in vinegar and slice off the mold. Dip the knife in vinegar after each slice. The vinegar kills the mold and prevents it from coming back.*

HOMEMADE PIZZA

You can be as creative as you wish when you add the different toppings to your own pizza.

Dough:

1 package dry yeast
¼ cup warm water
1 tablespoon sugar
1 teaspoon salt
1 tablespoon oil
1 cup warm water
2¾ cups flour
2 teaspoons cornmeal

Sauce:

1 pound ground beef, fried, drained and cooled
3 teaspoons butter
1 can tomato sauce
1 can tomato paste
2 cloves garlic, minced
⅓ cup onions, finely chopped
½ teaspoon parsley, finely chopped
¼ teaspoon oregano

Dough: Soften yeast in lukewarm water with sugar for 10 minutes. Place salt, oil, and water in large bowl. Add yeast mixture, flour and cornmeal and mix until smooth dough, kneading slightly. Flatten dough and roll out to fit 2 regular pizza pans or 3 pie plates. Press up around edges to form a slight rim. Let rise for 15 minutes; then add sauce (cooled) and cover with toppings.

Sauce: Fry onions and garlic in butter till lightly transparent. Add balance of ingredients and simmer for 10 minutes.

Toppings: Pineapple tid-bits, mushrooms (fresh or canned), green pepper rings, sausage, ham, black olives, shrimp, onion slices, bacon and top with grated Mozzarella cheese.

MINI-PIZZAS

This sauce can be stored in the fridge for several weeks.

- 1 medium onion, diced fine**
- 4 stalks celery, diced fine**
- ¼ cup oil**
- ¼ teaspoon garlic salt**
- 1 teaspoon oregano**
- 1 can tomato sauce (14 ounces)**

Brown onion and celery in oil. Add garlic salt, oregano and tomato sauce and simmer for 3 - 5 minutes. Serve hot or cold as a spread over buns or bread. Try it on buns topped with cheese; pop under broiler and brown. Serve hot.

CRANBERRY GLAZE FOR HAM

A wonderful way to perk up your ham and give it a little zest.

- 1½ cups whole cranberry sauce**
- 1 tablespoon orange rind, grated**
- ½ cup brown sugar, lightly packed**
- ⅓ cup red wine**
- 1 teaspoon prepared mustard**
- ¼ teaspoon cinnamon**
- 2 tablespoons honey**

In a saucepan combine all ingredients and simmer uncovered for 5 minutes. During last 30 minutes of cooking time for ham, spoon half of the cranberry mixture over the ham. Use the rest as a sauce with the meal for the ham.


☞☞☞ *A pinch of salt added to the flour used to make a gravy will prevent the gravy from becoming lumpy.*

TERIYAKI MEATBALLS

Entertaining? These are great as an hors d'oeuvre or part of a main course.

2 slices fresh bread, cut into small pieces
2 tablespoons water
1 pound ground beef
1 egg
½ small onion
½ teaspoon salt
1 tablespoon oil
3 tablespoons soya sauce
½ cup beef stock or bouillon
2 tablespoons sherry
1 teaspoon brown sugar
2 cloves garlic, crushed
1 slice fresh ginger, crushed through garlic press,
or ¼ teaspoon dry ginger powder
1 tablespoon cornstarch
2 tablespoons cold water

Combine bread pieces with ground beef. Place onion, egg and salt into blender and blend for 30 seconds. Combine with ground beef and bread, mixing thoroughly, and form into small meatballs. Brown quickly in oil and drain off fat. Add soya sauce, beef stock, sherry, sugar, ginger, and garlic. Cover and simmer for about 12 - 15 minutes. Mix cornstarch and cold water, and add to pan. Stir constantly until sauce boils up and thickens. Serve hot.

 *Freshen buns that have become slightly hard by moistening lightly under the water tap, then shaking excess water off and placing into a preheated oven set at 350°F for a few minutes.*

MUSHROOM BURGERS

A gourmet style burger just for you!

1 cup soft bread crumbs
1 tablespoon minced onion
¼ teaspoon pepper
½ cup milk
1 pound ground beef
1 can mushrooms, pieces
1 cup liquid drained from mushrooms plus hot water
¼ teaspoon ground ginger
2 beef bouillon cubes
1 tablespoon cornstarch
1 tablespoon cold water
6 buns, sliced, toasted

Combine first 5 ingredients; make into 6 patties. Brown patties in frying pan. Combine liquid from mushrooms and water with the ginger and bouillon cubes; stir until dissolved, pour over patties. Cover and simmer for 15 minutes. Remove patties and keep warm. Blend cornstarch and cold water, stir into liquid in frying pan and cook, stirring until mixture thickens. Add mushroom pieces and heat. To serve: place a hot pattie of each bottom bun half (toasted). Top with 2 tablespoons mushrooms and sauce. Place top half of bun at side. Serves 6.

☞☞☞ *Dumplings will drop easier from the spoon if the spoon is dipped in the hot gravy each time. For extra delicious dumplings, add about ¼ cup of crisply crumbled bacon to the batter.*

BEEF APPLE BURGER

I couldn't believe it till I tried them. The grandchildren love them!

1 cup soft bread crumbs
1 tablespoon minced onion
½ teaspoon salt
⅛ teaspoon pepper
½ cup milk
1 pound ground beef
1 cup apple, finely chopped
¼ teaspoon cinnamon
1 teaspoon honey, heated
2 tablespoons lemon juice
Pinch of nutmeg
½ cup grated cheddar cheese

Combine first 6 ingredients, make into 6 patties; broil on grill. Combine next 5 ingredients; place patties in shallow baking dish and spoon the cinnamon-honey mixture over them. Sprinkle cheese over top and bake in preheated oven at 375°F for 10 minutes or until cheese melts. Serve open-faced on buns.

ORANGE AND RED ONION SALAD

A colorful, decorative salad to accent and start any dinner.

1 bunch of watercress
4 navel oranges, peeled and sliced
6 thin slices of red onion, separated into rings
2 tablespoons olive oil
1 teaspoon red wine vinegar
¼ teaspoon salt


Make a bed of watercress on a serving platter. Arrange the orange slices on top. Scatter the onion rings over the oranges. Blend the oil, vinegar and salt and spoon over the salad before serving. Serves 4 - 6.

SPICED PORK PATÉ

A lovely paté with a delicate spiced flavor.

1 pound pork liver
1 pound lean pork
1 tablespoon flour
1 egg
1 medium onion, minced
2 tablespoons parsley, minced
1 teaspoon salt
¼ teaspoon pepper, freshly ground
¼ teaspoon thyme
¼ teaspoon dried sage
2 small cloves garlic, minced
1 bay leaf
¼ cup brandy
½ pound bacon strips, chopped
Pinch each of nutmeg, cloves and pumpkin pie spice

Put liver, pork and bacon through food chopper with fine blade setting. Mix in flour; add egg, garlic, parsley, herbs, seasonings and spices; mix well. Place bay leaf on bottom of casserole dish and pour paté mixture over top. Gently pat mixture down. Pour brandy on top and cover casserole with lid; bake in oven preheated to 300°F for 3 - 4 hours. Remove from oven and let cool with lid on. Serve chilled. Remove fat before serving and cover exposed paté with fat to prevent from drying out.

 *Retain vegetable cooking water, meat ends or bones from a roast. Freeze them and you have the great beginnings of a soup stock.*

FRUIT COCKTAIL FRITTERS

Easy to make treats. A treat to eat. Serve hot with icing sugar sprinkled on them or with butter or syrup.

1 ½ cups all-purpose flour
1 ½ teaspoons baking powder
½ teaspoon salt
1 tablespoon sugar
½ cup milk
2 eggs
1 can fruit cocktail, well drained
Oil for frying

Sift dry ingredients. Place milk and eggs into blender and blend until well mixed. Add sifted dry ingredients into blender and blend until dry ingredients are moistened. Stir in the well-drained fruit. Drop batter by spoonfuls into hot oil and fry until golden brown on all sides.

CRISPY CHICKEN WINGS

Delicious as an appetizer or late evening snack.

12 chicken wings
¾ cup Creamy Italian Dressing
½ cup grated Parmesan cheese
½ cup fine dry bread crumbs

Cut chicken at joints and remove tips. Pour dressing into a deep bowl. Combine cheese and crumbs in medium paper bag. Dip chicken wings into dressing and coat with crumb mixture. Place individually on a greased cookie sheet. Bake at 200°C (400°F) for approximately 25 minutes. Remove wings from pan and serve.

☐☐☐ *To keep cornmeal fresh and free of pesty insects, store in sealed containers and place in the freezer.*

FRENCH TOASTED SALMON SANDWICHES

A scrumptious lunch-time idea!

1 can salmon, 7¼ ounces, drained and juice reserved

3 tablespoons plain yogurt

2 tablespoons green onion, finely chopped

1 tablespoon parsley, chopped fine

1 teaspoon lemon juice

½ teaspoon oregano


Salt and pepper


8 slices whole wheat bread, buttered

2 eggs, lightly beaten

2 tablespoons butter

Flake salmon. Add yogurt, onion, parsley, lemon juice, oregano and seasonings; mix thoroughly. Spread on buttered side of each of 4 slices of bread. Top with remaining slices of bread. Combine eggs and reserved salmon juice. Heat butter in electric frying pan. Dip sandwiches in egg mixture. Brown sandwiches on both sides, adding more butter if necessary. Sandwiches are delicious hot or cold.

 *Want nice and fluffy scrambled eggs? Try adding a little water and a pinch of baking powder.*

 *Dampen your fingertips when lifting eggs from a carton. It's easier to pick up the eggs this way.*

CORNISH GAME HENS

Delightful for dining for two. Increase proportions for more servings.

2 Cornish Game Hens

1 box Chinese style rice

¾ cup frozen mixed vegetables

1 teaspoon poultry seasoning

1 teaspoon paprika

1 teaspoon salt

1 teaspoon pepper

¼ teaspoon garlic powder

½ teaspoon parsley, crushed

Wash hens out well. Prepare rice as per instructions on package. Pre-cook vegetables for 5 minutes. Mix cooked rice and vegetables together and stuff hens. Season outside of hens with above herbs and spices. Place both hens in roaster and bake at 325°F for 1½ hours or until done.

☞☞☞ *Fish will not break up when frying if placed into hot fat, skin side up, and browning well before turning over.*

☞☞☞ *When frying eggs or anything else, sprinkle a little salt in the pan. It keeps the grease from splashing.*

METRIC CONVERSION

SPOONS

¼ teaspoon	1 millilitre
½ teaspoon	2 millilitres
1 teaspoon	5 millilitres
2 teaspoons	10 millilitres
1 tablespoon	15 millilitres

CUPS

¼ cup (4T)	50 millilitres
⅓ cup (5⅓ T)	75 millilitres
½ cup (8T)	125 millilitres
⅔ cup (10⅔ T)	150 millilitres
¾ cup (12T)	175 millilitres
1 cup (16T)	250 millilitres
4⅓ cups	1000 millilitres, 1 litre

PANS

8 x 8 in.	20 x 20 cm
9 x 9 in.	22 x 22 cm
9 x 13 in.	22 x 33 cm

OVEN TEMPERATURES

FAHRENHEIT		CELSIUS	
275°F	140°	375°F	190°
300°F	150°	400°F	200°
325°F	160°	425°F	220°
350°F	180°	450°F	230°

OUNCES — WEIGHT

1 oz.	30 grams	6 oz.	170 grams
2 oz.	55 grams	7 oz.	200 grams
3 oz.	85 grams	8 oz.	250 grams
4 oz.	115 grams	16 oz.	500 grams
5 oz.	140 grams	32 oz.	1000 grams, 1 kg

Simplified Measures

Dash	Less than ¼ teaspoon
2 teaspoons.....	1 dessert spoon
3 teaspoons.....	1 tablespoon
16 tablespoons	1 cup
1 cup	½ pint
2 cups	1 pint
2 pints (4 cups).....	1 quart
4 quarts (liquid)	1 gallon

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NOTES

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