

UKRAINIAN MILLENNIUM COOKBOOK



"Millennium of Christianity in Ukraine"

988-1988

Traditional and Contemporary Ukrainian-American Culinary Classics
Cathered by the Sacred Heart Guild of St. Michael's Ukrainian
Catholic Parish of Hartford, CT.



Expression of Appreciation

We wish to express our sincere appreciation and thanks to all the ladies of St. Michael's Ukrainian Catholic Church who shared their favorite recipes so generously. We recommend this collection of recipes to our food adventurers with a hearty "SMACHNOHO" good appetite.

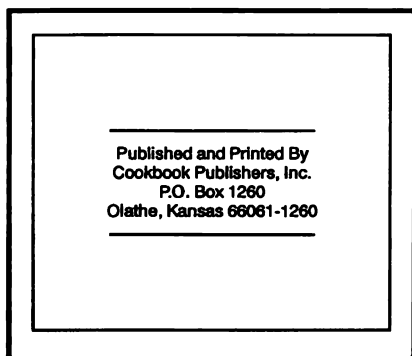
To Andrew Czorniak, we extend our heartfelt appreciation for all the time and effort he placed into the creation of this book. His unique designs express his gracious manner and superior artistic talent throughout our book.

The Sacred Heart Guild

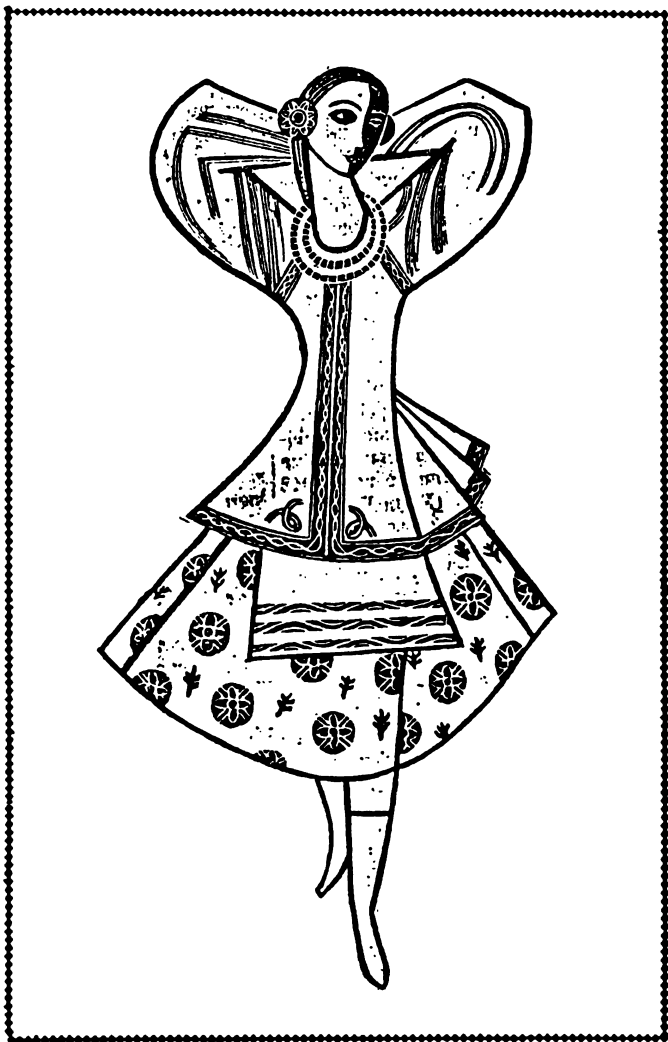
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Ukrainian Millennium Cookbook
A Commemoration of Ukrainian Spirit
Food for the Body and Soul

Dedication

It is with love and joy that the Sacred Heart Guild dedicates this book to all our mothers who have passed on to us the love of Ukrainian cookery and the Ukrainian culture and tradition of the Christmas and Easter holidays.

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FAVORITE RECIPES

FROM MY COOKBOOK

[illegible]



Свята Рздва Христового



Christmas Eve Supper

*

Свята Вечеря



CHRISTMAS (RIZDVO)

Among Ukrainians, Christmas is the most beloved of holidays which covers a cycle of important feast days ending with Jordan (Epiphany). Christmas Eve centers around family life and the evening meal, called "Holy Supper" (Sviata Vechera), consists of twelve meatless dishes (symbolic of the twelve Apostles). The dishes are prepared without any animal fat, milk or dairy products. This day of fast is in commemoration of the hardships endured by Mary enroute to Bethlehem.

The table is set according to tradition. Hay is first strewn on the table (a reminder of the humble place of Christ's birth) and then covered by an embroidered tablecloth. A Kolach (braided loaves of bread) which symbolizes prosperity and good luck is set in the center of the table with a candle in the middle of it. The Kolach is not eaten at this meal, but remains as the centerpiece throughout the evening as a symbol of Christ who is the "light of the world" and the "Living Bread" who nourishes our souls.

The meal begins with the appearance of the first star in the Eastern sky. Members of the family gather around the table to recite the Lord's Prayer. The head of the family raises the Kutya, a preparation of cooked wheat, honey and ground poppy seed, invokes God's Grace and greets the family with the traditional Christmas greeting "Khrystos Razdayetsia" (Christ is Born), to which is replied "Slavite Yoho" (Let us Glorify Him). The Kutya is followed by Borsch, Pyrohy with potatoes, Pyrohy with cabbage, Holubtsi with rice or Buckwheat groats (Kasha), Mushrooms in sauce, Fish and a variety of Cookies and Desserts.

The following day and up to Yordan (Jordan) carollers visit families and friends, starting with the home of the priest, bringing yuletide greetings and proclaiming the birth of Christ, our Saviour.

The feast of Jordan brings the Christmas cycle to a close. The evening prior to this holy day is observed in the same manner as Christmas Eve, but with less solemnity. The main feature of the feast is an impressive church service and the blessing of the water commemorates the Baptism of Christ in the river Jordan by St. John the Baptist.

CHRISTMAS EVE SUPPER

KOLACH

1½ c. milk
½ c. flour
2 tsp. sugar
½ c. lukewarm water
4 pkg. yeast
4 egg yolks
4 whole eggs

1 tsp. salt
1 c. sugar
1 c. melted butter
2 tsp. vanilla
Grated rind of 1 lemon
8 c. sifted flour

Scald milk and cool to lukewarm. Dissolve 2 teaspoons sugar in lukewarm water; sprinkle the yeast over it and let stand until yeast granule is softened. Make a sponge by combining the lukewarm milk with the softened yeast and add 1 cup flour, beating well. Beat the egg yolks and the whole eggs together along with the salt; add the sugar gradually and continue beating until light. Beat in the butter, vanilla and lemon rind. Combine this mixture with the sponge and mix well. Stir in enough flour to make a firm dough.

Knead dough until it easily comes off fingers and appears smooth and blistered. Place dough in a well greased bowl; cover with a clean towel and let rise double its size. Punch down and let rise double again. Just before shaping, knead a few more minutes.

Divide dough into 3 equal parts and roll each into a long roll. Braid the rolls and join the ends to form a ring, leaving the center open. Place in a well buttered pan. A large tube pan may be used for this loaf. Cover and let it rise in a warm place until double in bulk.

A braid is a long braided loaf with tapering ends. Divide the dough into 3 equal parts and roll each into a long roll, making it thick at the center and tapering at the ends. Braid the rolls, starting at the middle and then turn it around and braid the other half. Brush the loaves with a beaten egg diluted with 2 tablespoons water.

Bake in a moderate oven at 375° for about 10 minutes, then lower the temperature to 325° and bake for about 30 minutes. Again lower to 275° and continue baking for 15 to 20 minutes longer. The baking period will depend upon the size of the loaves. If necessary, cover with aluminum foil to prevent scorching. Remove from oven and let stand in pans 5 to 10 minutes. Tip gently from the pan onto a cloth to cool completely.

Mary Lemega

KUTYA

Christmas Eve Holy Supper always begins with Kutya. This dish originated back in the days of our early Ukrainian ancestors who first cultivated wheat 3,000 years before the birth of Christ. This dish is served only during Christmas.

2 c. whole grain wheat
½ c. chopped nuts (optional)

¾ c. poppy seeds
2 c. honey (or to taste)

Pick out foreign grains from wheat kernels. Wash well; put in a pan and dry in the oven for 45 minutes at 250°, stirring occasionally. When dry, put in a cloth bag; beat with rolling pin to loosen skin of wheat. Wash thoroughly. Put in saucepan; cover with cold water and cook until tender, about 2 hours, stirring occasionally. Pour enough boil-

ing water over poppy seeds to cover; let stand 15 minutes. Drain. Grind poppy seeds in food chopper using fine plate. Combine cooled wheat, poppy seeds and nuts. Add honey to taste.

Francesca Ormianczuk

BARLEY-MUSHROOM SOUP

1½ c. pearl barley	1 (10 oz.) pkg. frozen baby lima beans
6 oz. dry mushrooms, soaked overnight	1 medium onion, chopped
1 (12 oz.) pkg. fresh mushrooms	½ stick margarine

Wash barley thoroughly. Cover with 1 quart water; add 1 teaspoon salt. Cover and cook until barley is done; do not drain liquid. Set aside. Cook lima beans per package directions but do not drain liquid when tender; set aside. Wash dried mushrooms very well; cut in pieces and cover with fresh water. Cook until tender; drain and save liquid. Set aside. Saute onion in margarine until golden; add sliced, fresh mushrooms and cook about 5 minutes longer. Set aside.

Combine all ingredients which have been set aside in large kettle. Season with salt and pepper to taste. If too thick, add small amount of mushroom liquid, being careful not to make soup too dark in color. If more liquid is needed, add boiling water to desired consistency. Adjust seasoning and enjoy.

This is a favorite with my family for Christmas Eve.

Pearl Apanowitch

RICE AND MUSHROOM HOLUBTSI

2 c. rice	1 c. chopped mushrooms
2 c. (or less) boiling water	1 Tbsp. chopped parsley
2 tsp. salt	2 Tbsp. chopped celery
1 medium onion, chopped fine	Salt and pepper to taste
4 Tbsp. cooking oil	1 (10½ oz.) can condensed mushroom soup
3 cans water	

Wash rice well. Add to boiling water; add salt and bring to a brisk boil. Cook 1 minute; cover and turn off heat. Allow to stand until water is absorbed. Rice is only partially cooked. Cook onion in oil until tender. Add mushrooms and cook 8 to 10 minutes longer; add to rice. Add the parsley and celery; mix well. Season to taste.

Place a generous spoonful on each cabbage leaf and roll. Arrange rolls in casserole lined with cabbage leaves and slightly salt each layer. Mix mushroom soup with water and pour over holubtsi. Liquid should cover the top layer. To prevent scorching, place a few large leaves on top; cover tightly and bake in a 350° oven for 1½ to 2 hours or until cabbage is tender.

Mary Martin

HOLUBTSI WITH BUCKWHEAT GROATS

2 c. whole white buckwheat groats	1 medium onion, chopped
4 c. water	1 tsp. salt
1 tsp. salt	½ tsp. pepper
½ lb. fried bacon, crumbled	

Pick over buckwheat and wash well. Place in pot and add water; bring to boil and turn heat to low until all of the water is absorbed. Saute onion in bacon fat; add to buckwheat along with the crumbled bacon. Season with salt and pepper; stir well. Place in cabbage leaves prepared as for rice holubtsi. Cover rolls with more onions, sauteed in oil and margarine, and bake at 350° for 1 ½ to 2 hours. Delicious served with mushroom gravy.

Pearl Apanowitch

VARENYKY OR PYROHY

Dough:

2 c. sifted flour
1 egg
½ c. lukewarm water

1 tsp. salt
1 Tbsp. melted butter

Potato Filling:

6 lb. potatoes
½ lb. American or Cheddar cheese
or Farmers cheese or ½ of both

Salt and pepper to taste
4 medium onions to taste
¼ lb. butter

Cabbage and Sauerkraut Filling:

¾ part fresh cabbage
¼ part sauerkraut

Chopped onion, sauteed in butter
Salt and pepper to taste

Dough: Mix all ingredients together and let stand ½ hour, covered. Roll quite thin and cut into circles. Fill with filling and fold over; press edges together with fingers to seal. Cook in rapidly boiling water for 3 to 4 minutes or until they rise to the surface. Remove with slotted spoon and butter generously.

Potato Filling: Peel potatoes; cook in boiling water until soft. Put through ricer and add cheese. (If using Farmers cheese, cool potatoes first.) Saute onions in butter until lightly golden; add to potatoes and mix thoroughly. Salt and pepper to taste. Cool.

Cabbage and Sauerkraut Filling: Cut cabbage coarsely and cook tender. Drain; cool and squeeze juice out of it. Chop very fine. Cook sauerkraut; drain and cool. Squeeze out liquid. Chop very fine. Combine cabbages with sauteed onions, a little bit of Farmers cheese and 2 tablespoons of mashed potatoes. Salt and pepper to taste.

Stella Kutcher

BAKED FISH

1 c. grated carrots
1 c. finely chopped celery
1 c. chopped onion
1 clove minced garlic
1 bay leaf

3 Tbsp. oil
1½ c. canned tomatoes
½ c. tomato juice
Salt and pepper to taste
2 lb. lemon sole or flounder fillets

Saute carrots, celery, onion, garlic, and bay leaf in oil until tender. Add tomatoes; cover and simmer 5 minutes. Add tomato juice. Remove bay leaf and puree vegetables in a blender. Season with salt and pepper to taste.

Brush fish with oil; sprinkle with lemon juice, salt and pepper. Arrange fillets in oiled baking dish. Top with pureed vegetables and bake at 375° for 20 minutes. Garnish with parsley. Serves 8 to 10.

Ann Meinyk

PIDPENKY (MUSHROOMS) WITH GRAVY

2 c. dried mushrooms (pidpenky)	4 Tbsp. browned flour
1 large onion, diced	4 c. hot water
1 clove garlic, minced	½ tsp. salt
6 Tbsp. oil	¼ tsp. pepper

Soak pidpenky overnight; drain and wash well. Add water to cover pidpenky and boil for 15 minutes; drain and rinse well. Add water again and boil for 15 minutes; drain and rinse again. Set aside. Saute onion and garlic in oil; sprinkle browned flour over onion and add 4 cups of hot water. Stir well to make a smooth paste; add drained pidpenky. Add salt and pepper to taste. Simmer for 15 to 20 minutes.

Alice Mokrycki

BAKED BEETS

Wash, pare and grate the raw beets coarsely. Put them in layers in a buttered baking dish. Sprinkle each layer with some salt, pepper, sugar, and lemon juice or mild vinegar; dot with butter. Cover and bake in a moderate oven (375°) for about 45 minutes or until done. Serve in the baking dish as a vegetable.

Alice Mokrycki

COMPOTE

1 lb. dried apricots	5 whole cloves
1 lb. mixed dried fruits	10 c. water
½ lb. pitted prunes	1 c. sugar (or 1 c. honey may be used)
1 c. golden raisins	Brandy or orange liqueur (optional)
1 lemon, sliced or 1 orange, sliced	
2 cinnamon sticks	

Place all dried fruits, lemon, cinnamon, and cloves in a non-aluminum saucepan. Add water; cover and let stand for 4 hours or overnight. Add sugar; bring to a boil and simmer, covered, until fruit is tender, about 10 minutes. Taste, adding more sugar or honey if desired. Let cool slightly. Add brandy if desired. Makes 12 to 16 small servings.

Patricia Mokrycki

PAMPUSHKY (Doughnuts)

1 c. medium whipping cream	5 Tbsp. soft unsalted butter
2 cubes fresh yeast	4 c. flour
10 egg yolks	1 jigger rum
1 tsp. salt	6 Tbsp. sugar

Warm cream. Add salt to yolks and beat until thick. Cream butter and 5 tablespoons sugar until creamy; combine with beaten eggs in a large bowl. Break up yeast and add 1 tablespoon sugar; cream together to mix very well. Add to butter/egg mix-

ture. Add rum. Add flour and cream alternately; knead in mixer with dough hook until dough blisters.

Set in warm place and let rise until double. Punch down and let rise again. Place dough on floured board and roll out $\frac{1}{2}$ inch thick; cut out with a 2 inch biscuit cutter. Let rise double and fry in hot shortening until lightly browned. By adding rum to the frying shortening, the Pampushky will not absorb much grease. Place on paper towels when browned and dust with confectioners sugar.

Mary Martin

MAKIVNYK (Poppy seed roll)

2 tsp. sugar
 $\frac{1}{2}$ c. lukewarm water
2 Tbsp. dry yeast
1 c. milk
1 c. flour
8 Tbsp. sugar
 $\frac{1}{2}$ c. butter

2 egg yolks
2 whole eggs
1 tsp. salt
 $1\frac{1}{2}$ tsp. grated lemon rind
1 tsp. vanilla
4 to $4\frac{1}{2}$ c. flour
2 egg whites, stiffly beaten

Scald milk and cool to lukewarm. Dissolve sugar in lukewarm water; add yeast and let stand in warm place 10 minutes. In a large bowl, combine warm milk and 1 cup flour with yeast. Let sponge rise until bubbles appear, about $\frac{1}{2}$ to $\frac{3}{4}$ of an hour. In separate bowl, beat sugar and butter until light. Beat the eggs and salt until light and frothy. Combine eggs and butter mixture; fold into the yeast. Add lemon rind and vanilla. Add flour and knead until dough is smooth. Cover and let rise again.

Divide the dough into 3 equal parts. Roll each into a rectangular shape about $\frac{1}{2}$ inch thick. Brush each strip with stiffly beaten egg white and spread Poppy Seed Filling over. Roll like jelly roll and seal edges. Place in a greased pan; cover and let rise in warm place until double in bulk. Brush with glaze of 1 yolk and 1 tablespoon water. Bake in 350° oven for 15 minutes; lower heat to 300° and bake another 40 to 50 minutes.

Poppy Seed Filling:

1 c. poppy seed
 $\frac{1}{2}$ c. sugar
1 tsp. grated lemon rind

$\frac{1}{2}$ c. chopped walnuts
1 egg white, stiffly beaten

Scald poppy seed; drain. Cover with warm water and soak for 30 minutes; drain thoroughly. Grind fine. Mix with sugar, rind, nuts, and stiffly beaten egg white.

Mary Martin

Notes



*Христос
Воскрес!*



Easter

*

Великдень



UKRAINIAN EASTER (VELYKDEN)

The observance of Great Lent - six weeks before Easter - initiates the duration of time in which spiritual purification, personal retreat and fasting are observed. Confession and Holy Communion are then partaken by the faithful to cleanse and purify the soul.

Various observances mark the Holy Week beginning with Palm Sunday. In lieu of palms, which are difficult to obtain in the Ukraine, blessed pussy willows are given out. Passion services are held on Holy Thursday and the burial service and procession with the Holy Shroud are held on Good Friday. On Saturday, the Adoration at the Holy Grave prepares the people spiritually for the Resurrection.

Easter, the most glorious event in all history, commemorates the resurrection of Christ. The triumphant resurrection service begins with a procession around the church. The procession circles the church three times, symbolizing the journey of the myrrh-bearing women to the tomb of Christ to anoint His body. The most joyful aspect of the service is the recognition of the resurrected Saviour. The priest greets the worshippers with "Christ is Risen." The people respond with "Indeed, He is Risen." The church bells peal and the Easter service proceeds to its joyful completion. During Easter week the royal gates are kept open to symbolize that the gates of Heaven have been opened to all faithful believers.

Ukrainians have a most impressive service of the Blessing of Easter foods. Baskets are covered with beautifully embroidered napkins. The egg, a symbol of new life, provides the theme for traditional cookery. Paska (Easter bread), hams, kowbasy (sausages), cheese, butter, beet and horseradish relishes are a tradition at the Easter table.

Families return home to break the fast with a delicious meal. The meal begins with Easter grace, followed by the traditional serving of the blessed egg, which the head of the family divides into portions, one for each person, again with the greeting of Easter.

This observance not only expresses family unity but fills their religious aspirations and beliefs in the preservation of this glorious ritual and tradition.

EASTER

PASKA

5 lb. flour
1 qt. milk
1½ c. sugar
1 stick butter
2 pkg. dry yeast

7 eggs
1 tsp. salt
1 tsp. vanilla
Rind of 1 orange
½ c. cooking oil

Sift flour in large pan (I use King Arthur pail). Scald milk; cool to lukewarm. Dissolve 2 teaspoons sugar in ½ cup warm water. Sprinkle yeast over this and let yeast soften to proof. Add yeast mixture to lukewarm milk. Add oil and melted butter. Beat eggs, salt and sugar together, beating well. Make a well in the flour; add milk mixture, egg mixture, orange rind, and vanilla. Mix all together well and knead for 10 minutes. Stretch the dough while kneading. Cover and let rise in warm place until double in bulk. Punch down and knead until dough no longer sticks to hands. Let rise again until double.

Grease pans and sprinkle with fine bread crumbs, shaking out excess. Fill pans ⅓ full; cover and let dough rise in warm place almost to top. Carefully brush tops with beaten egg, diluted with 2 tablespoons milk. Bake in hot oven (375°) for 15 minutes, then lower to 325° and bake for 45 minutes longer. Remove from oven and let stand in pans 5 minutes before removing from pan.

Tillie Bosack

PARYNA BABKA

2 c. milk
1 c. flour
4 oz. fresh yeast
½ c. lukewarm water
2 tsp. sugar
18 egg yolks

1 c. sugar
1 tsp. salt
1 stick butter, melted
1 c. raisins
1 Tbsp. vanilla

Bring the milk to a boil and remove from stove. Add hot milk gradually to 1 cup flour; beat thoroughly until smooth and free of lumps. Cool to lukewarm. Dissolve the 2 teaspoons sugar in lukewarm water and crumble yeast over it; let stand until softened. Combine yeast with flour-milk mixture; beat well. Cover and let it rise in warm place until light and bubbly. Beat yolks together with salt; add sugar gradually, beating until light. Stir in butter and vanilla. Combine this mixture with yeast mixture and mix well. Stir in enough flour to make a very soft dough and knead by working the dough over and up continually for 10 minutes. Add raisins and knead in.

Cover and let rise in warm place until double in bulk. Punch down and let rise again. Prepare round pans by buttering and sprinkling them lightly with fine crumbs. Fill pans ⅔ full; cover and let rise in warm place until dough reaches the top of pan. Brush the loaves gently with a beaten egg diluted with 2 tablespoons of water. Bake in a moderate oven (350°) for 55 to 60 minutes.

I make 3 babka from this recipe. The baking period will depend on the size of the loaves. If babka turns dark, cover with aluminum foil. Remove baked loaves from oven and let stand in pans for about 10 minutes. Remove carefully from pans as it may cause it to fall or settle. Cool on its side on soft surface.

Anna Peczynski

BEET AND HORSERADISH RELISHES

Both these relishes are a must for the Easter Feast.

Beet:

**2 c. cooked and grated beets
½ c. grated, raw horseradish**

Vinegar, salt, pepper, and sugar to taste

Plain:

**2 c. grated, raw horseradish
4 hard-boiled yolks, forced through sieve**

Vinegar, salt, pepper, and sugar to taste

Beet: Mix preceding ingredients together. May be stored in refrigerator for a few weeks.

Plain: Mix preceding ingredients together and store in refrigerator.

CREAMED HORSERADISH

This is delicious served warm with beef or cold with ham and kowbasa.

**½ lb. horseradish root, grated fine
1 pt. sour cream
2 egg yolks**

**1 c. medium cream
2 Tbsp. flour**

Place horseradish in a heavy cooking pot and add sour cream. Bring to boil and set aside. Beat egg yolks, medium cream and flour together until smooth. Add to horseradish and add enough lemon juice to taste. Also, add a little salt and sugar to taste. Bring all this together to a boil. Remove from heat and refrigerate.

Lesya Romanyshyn

HORSERADISH CREAM

**1 c. sour cream
3 Tbsp. prepared horseradish
1 tsp. white vinegar**

**½ tsp. white pepper
½ tsp. sugar
Salt to taste**

Combine all ingredients and chill before serving for roast beef.

Bessie Danyliw

EASTER CHEESE PASKA

This is an elegant Easter dessert made in a clay pot to give it a pyramid shape which reminds us of a church dome.

1½ c. sugar
7 egg yolks
2¼ lb. Farmers cheese
1½ c. heavy cream
½ tsp. salt

½ c. blanched almonds, chopped
fine
½ c. chopped candied fruits
15 Tbsp. butter (soft)
2 tsp. vanilla

Scrub a 6 inch clay pot thoroughly with a brush, soap and water. Rinse well with hot water inside and out; wipe dry. Bake in a 300° oven for an hour to dry. (You can keep this pot from year to year.) Bring cheese, butter and egg yolks to room temperature, about 2 hours. Beat sugar and yolks until lemon color; set aside. Break up cheese and place ½ in blender or food processor. Add ½ the yolk mixture and blend at low speed until smooth. Scald heavy cream and add ½ to the blender; blend smooth. Remove to a saucepan. Repeat with remaining ½ of the ingredients. Add salt.

Heat both halves, stirring until it thickens slightly. *Do not allow to boil.* Remove from heat; add fruits and nuts. Place mixture in a cool spot until it cools. Place butter in a mixing bowl; beat with rotary beater until soft, fluffy and pale (takes several minutes). Using a spatula, stir and fold this into the cooled mixture. Add vanilla. The mixture should be very well blended.

The flower pot must be thoroughly cooled before using. Cut off a large length of cheesecloth; rinse in cold water and squeeze until almost dry. Line the flower pot with a double layer of the damp cheesecloth. Allow cheesecloth to extend way over the edges of the flower pot. Place the pot on a rack over a shallow pan. Pour the mixture into the pot. Fold edges of cheesecloth over the top. Cover with foil. Place small pan into top of flower pot and weight to press down on mixture. Place in refrigerator for at least 24 hours. Whey will drain into the shallow pan.

Run a knife around edge of pot to loosen Paska. Place serving plate over top of flower. Reverse plate to bottom and carefully remove pot and cheesecloth gently. Garnish with fresh or glazed fruit. Cut into small wedges to serve. Serves 16.

Anna Stefaniw

CHEESE CAKE

3 lb. Farmers cheese
1 c. sugar
5 eggs, separated
Grated rind of 1 or 2 oranges or
candied orange peel

½ c. golden raisins
3 Tbsp. Wondra flour
1 stick margarine

Cream sugar and margarine. Add cheese which has been pressed through a sieve. Add egg yolks and orange rind; beat until smooth and fluffy. Add flour and blend in well. Beat egg whites and add 2 tablespoons sugar gradually; beat stiff. Fold in with raisins. Grease one 10 inch springform pan and pour batter in. Sprinkle top of batter with chopped nuts. Bake in 350° oven for 1 hour.

Anna Peczynski

JELLIED MEAT - STUDENETZ

**4 pigs feet (fresh), washed
thoroughly**
2 lb. veal
1 parsnip root
1 carrot

1 medium onion
3 peppercorns
2 cloves garlic
Salt to taste

Cut pigs feet in halves lengthwise. Put in large kettle; add vegetables and peppercorns along with water to cover meat. Bring to boil; skim. Cover and simmer slowly about 2 hours. Add veal and salt; cook until veal is done and meat falls off bones. Turn off burner; take out meat. Add crushed garlic to broth; let steep 15 minutes.

Place cut pieces of meat and cut pigs feet into deep bowls. Cover with strained broth. Put into refrigerator to jell. Serve with white vinegar and rye or pumpernickel bread. Use as hors d'oeuvres or main meal.

Mary Seleman



Traditional Foods

*

Традиційні Страви



MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1½ to 2 minutes for ½ pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30 to 45 seconds; and one-half gallon 45 seconds to one minute.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2½ minutes. One 3-ounce package of cream cheese will soften in 1½ to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping...a 4½ ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften jello that has set up too hard—perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Dissolve gelatin in the microwave. Measure liquid in a measuring cup, add jello and heat. There will be less stirring to dissolve the gelatin.
9. Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
10. To scald milk, cook 1 cup milk for 2-2½ minutes, stirring once each minute.
11. To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
12. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
13. Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.
14. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nut meats will slip out whole after cracking the shell.
15. When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.
16. To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.
17. Cubed meat and chopped vegetables will cook more evenly if cut uniformly.
18. When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.
19. Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.
20. For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
21. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
22. When preparing chicken in a dish, place meaty pieces around the edges and the bony pieces in the center of the dish.
23. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
24. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.
25. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.
26. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
27. Heat left-over custard and use it as frosting for a cake.
28. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
29. Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.
30. Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

TRADITIONAL FOODS

UKRAINIAN NUT TORTE

8 eggs, separated
1 c. confectioners sugar
1½ c. walnuts, finely grated
4 Tbsp. all-purpose flour

1 tsp. grated lemon rind
1 Tbsp. lemon juice
Few grains salt
Filling and Frosting

Filling and Frosting:

7 oz. unsalted butter
7 oz. confectioners sugar
4 egg yolks
4 oz. German's sweet chocolate

1 tsp. instant coffee
4 Tbsp. light rum
Glazed orange peel, chopped fine
(to taste)

Line two 8 or 9 inch round layer cake pans with wax paper; butter the paper well. Beat the egg yolks until thickened and lemon color; gradually beat in the sugar until mixture is thick and ivory color. Stir in the nuts, flour, lemon rind, lemon juice, and salt. With the clean beater, beat egg whites until stiff and fold in. Turn into the prepared pans. Bake in a preheated 350° oven until a cake tester comes out clean (about 30 minutes). Let stand in pans on wire racks for a few minutes, then loosen edges and turn out on racks. Cool completely. Fill and frost with following.

Filling and Frosting: Beat ½ the sugar with egg yolks and place in top of double boiler. Continue to beat for 7 minutes, until thick. Cream butter with remaining sugar and add egg yolk mixture to this. Remove ⅓ of this frosting to a small bowl and add instant coffee dissolved in 2 tablespoons of rum. Melt chocolate over hot water and add to remaining frosting. Also, add 2 tablespoons rum and orange peel to chocolate mixture.

Place bottom layer on plate and cover with coffee frosting. Top with second layer and cover top and sides with chocolate frosting. Cover top and sides with chopped walnuts.

Alice Mokrycki

ILONA TORTE

5 oz. semi-sweet chocolate, cut into small pieces
1 c. sugar
6 Tbsp. unsalted butter
8 eggs, separated
1¼ c. plus ½ c. coarsely ground walnuts

2 Tbsp. fresh white bread crumbs
Pinch of salt
Butter
Flour
Mocha Buttercream
Walnuts halves (for garnish)

Preheat oven to 375°. In a medium size saucepan, combine chocolate and sugar with ¼ cup water; cook over moderate heat for about 5 minutes, stirring occasionally, until mixture is smooth. Let mixture cool for 15 minutes. In a mixing bowl, beat butter until light and fluffy. Add egg yolks, 1 at a time, beating until each is incorporated. Slowly beat in chocolate syrup until well blended. Add 1¼ cups ground walnuts and bread crumbs, mixing just enough to combine thoroughly. In a large mixing bowl, whip egg whites and salt until stiff peaks form; very gently fold into the chocolate mixture.

Lightly butter a 10x3 inch torte pan or 10x2 inch cheesecake pan. Sprinkle with flour and shake out any excess. Pour batter into pan and bake for 35 to 40 minutes. Let cake cool in pan for 15 minutes. Invert torte onto a cooling rack and cool completely.

Cut cooled torte into 2 layers. Place top half, top side down, on a round platter. Cover torte with $\frac{3}{4}$ cup of Mocha Buttercream, reserving 1 cup for decoration. Place second layer on top of filling, smooth side up. Cover top and sides with the remaining buttercream, using a flexible spatula. Press the remaining $\frac{1}{3}$ cup ground walnuts into the buttercream on the sides of the torte. Using a pastry bag with a star tip, decorate the top edges and base of the torte with the reserved 1 cup buttercream. Garnish top with walnut halves.

Mocha Buttercream: In a small saucepan, stir over low heat 6 ounces semi-sweet chocolate (cut into small pieces), $\frac{1}{3}$ cup water and 2 teaspoons instant espresso powder until chocolate is completely melted. Scrape into a bowl and let cool completely. Using an electric mixer, cream 1 cup plus 2 tablespoons unsalted butter (at room temperature) until light and fluffy. Add 3 egg yolks, 1 at a time, beating until each is incorporated. Gradually add $\frac{2}{3}$ cup confectioners sugar. Scrape in chocolate mixture and blend thoroughly.

Alice Mokrycki

UKRAINIAN HONEY CAKE

1 pt. honey
 $\frac{1}{4}$ lb. butter
1 pkg. yeast
4 eggs
1 tsp. baking soda
1 tsp. cloves

1 tsp. cinnamon
 $\frac{1}{2}$ tsp. rum or brandy
1 c. crushed walnuts
 $\frac{1}{2}$ tsp. almond flavoring
4 c. flour

Bring honey to a boil; add the butter and set aside to cool. Dissolve yeast in $\frac{1}{4}$ cup warm water; set aside for a few minutes. Beat eggs; add to honey mixture and yeast. Sift all the dry ingredients together and add slowly, mixing well after each addition. Add nuts and mix well again. Turn out into a well greased 13x9 inch pan and bake at 250° for $\frac{1}{2}$ hour. Increase heat to 300° and bake for another $\frac{1}{2}$ hour. Total baking time: 1 hour. This cake is best if allowed to ripen for a few days.

Alice Mokrycki

APPLE PLATSOK

1 stick butter
1 stick margarine

2 c. flour

Mix the preceding ingredients to coarse crumbs. Add 1 egg plus 2 egg yolks; mix well.

Add:

Grated rind of 1 lemon

1 jigger rum

Add 1 additional cup of flour mixed with 2 teaspoons baking powder. Mix well and refrigerate overnight. Reserve about 1 cup of the dough. Pat remaining dough into greased 15x10 inch jelly roll pan and fill with the following.

10 apples, peeled and cut in cubes
3 Tbsp. water

Sugar (to taste)

Cook apples in water and sugar, stirring constantly, until thickened. Cool and spoon over dough. Pinch small pieces of remaining dough over apples and bake in 350° oven for 50 minutes.

Anna Peczynski

KRUHKE CHEESE PLATSOK

Dough:

1 egg
1½ c. flour
1 tsp. baking powder
1 tsp. rum

½ c. sugar
1 stick butter or margarine
1 jar pineapple preserves*

Filling:

1 lb. Farmers cheese
3 egg yolks
8 egg whites
1 c. sour cream

1 c. plain yogurt
1 c. sugar
Grated rind of 1 lemon

Melt butter and mix all ingredients together. Work until the dough is nice and soft. Grease cookie sheet and sprinkle with flour. Spread dough into 15x10 inch jelly roll pan and spread with preserves. Top with cheese filling. Bake at 300° for 1 hour or until tests done. Cool before cutting.

Filling: Beat cheese and lemon rind with electric mixer. Add sugar, egg yolks, sour cream, and yogurt; mix well. Beat egg white with pinch of salt until stiff and fold into cheese mixture. Spread evenly over pineapple preserves and bake as preceding.

* I like to use the A&P brand preserves.

Anna Tabel

PRUNE PLATSOK

1 stick margarine plus 2 Tbsp. oil
1 c. sugar

5 egg yolks

Beat preceding ingredients together until creamy. Add ¾ cup sour cream.

Sift together:

3 c. flour

2 Tbsp. baking powder

Add to first mixture and blend well. Add 1 tablespoon vanilla. Divide dough in half. Grease 15x10x3 inch pan and pat half the dough on bottom of pan. Spread filling over dough and cover with remaining dough on top. Bake at 350° for 1 hour. You may brush top with egg white and sprinkle with sugar and nuts.

Filling: Place 1 jar Lekvar prune filling in bowl. Add 2 tablespoons sugar, juice of ½ lemon and ½ package of vanilla instant pudding to Lekvar. Mix well and spread over dough.

Anna Peczynski

GRAMMA'S (BABUSSY OLHY) BORSCH

4 large beets
½ small head cabbage
2 carrots
2 stalks celery
Onions
Garlic

Parsley
Dill
Juice of homemade pickles
Juice of lemon
Sugar
1½ lb. side of ribs

Scrub beets; cover with water and boil until cooked (about 1 hour). Wash the ribs and place in 6 quart kettle; cover with water and bring to a boil. Remove scum; lower heat and add onion, 2 cloves garlic and 1 stalk celery. Simmer until meat is cooked. Remove meat and strain stock. The meat can be used for another dish.

Shred cabbage coarsely; add carrots, remaining stalk of celery, onion, and parsley; cover with water. Bring to a boil and cook for about 15 minutes or until vegetables are tender. Drain cooked beets and let beets cool. Remove skins and chop into small pieces. Run the cooked vegetables and beets through a food processor until pureed. Combine the pureed vegetables and juice of pickles with stock and bring to a boil. Lower heat; add seasonings (salt, pepper, lemon juice, and sugar) to taste. Chop fresh dill and add to borsch. Serve in cups as a first course.

Note: 1. Substitute kosher dill pickles juice for homemade pickle juice.
2. Substitute 3 (10½ ounce) cans beets for fresh beets.

Stephanla Pryshlak

KAPUSNYAK

1 lb. spareribs or 2 to 3 pork chops
2 qt. water
1 large onion, sliced
1 large can sauerkraut
1 small onion, chopped

2 or 3 Tbsp. fat with fried salt pork
bits
2 Tbsp. flour
½ c. half & half or milk
Salt and pepper

Cook meat until tender; add sliced onion and sauerkraut (which has been rinsed if too sour). Cook until sauerkraut is tender. Fry chopped onion in salt pork fat; slowly add flour and brown lightly. Add hot soup liquid and mix until smooth; slowly add half & half and return to soup. Bring to a boil and season with salt and pepper to your taste.

Alice Mokrycki

KHRUSTYKY

4 egg yolks
2 Tbsp. sugar
2 Tbsp. sour cream

1 Tbsp. brandy
2 c. flour
½ tsp. salt

Beat egg yolks until light; gradually beat in the sugar. Mix in the other ingredients, blending well. (The brandy prevents the Khrustyky from absorbing too much oil.) Knead until smooth. Roll dough on a floured board until very thin. Cut into parallel strips about 1 inch wide, then cut on the diagonal into diamond shapes. Cut slits in the center of each diamond. Pull the 2 opposite points through the slit, forming into Khrustyky.

Fry in hot, fresh oil until a light golden color (just a few seconds; should not be brown). Fry only a small quantity at a time so that they will not burn. Drain on paper towels and cool. Sprinkle with powdered sugar sifted from a sieve. Handle Khrustyky carefully as they are very fragile. Store in a tin or box with waxed paper between the layers.

Alice Mokrycki

HOLUBTSI

2 medium heads cabbage
2 c. rice
2 medium onions

1 large onion
10½ oz. can tomato soup
2 cans water

Remove cores from cabbages and place, stem side down, in a large pot of boiling water. As the top leaves soften, remove them and place on a platter to cool. Remove ribs from cabbage leaves. Cook rice until water is absorbed; do not overcook. Saute onion in butter or margarine and combine with cooked rice. Season to taste with salt and pepper.

Place a generous tablespoon of rice into each cabbage leaf; fold ends in and roll. Place, seam side down, in layers in a casserole or roaster. Saute more chopped onions and spread over layers. Add a little water and cover top layer with a few large cabbage leaves to protect from scorching. Bake at 350° for 1 hour.

Mix tomato soup with water; pour over Holubtsi (the liquid should cover the top layer). Bake 1 hour longer at 350° or until cabbage is tender. Serve with mushroom gravy with pot roast or roast beef.

Olha Diduryk Pryshlak

HOMEMADE NOODLES

6 eggs
½ c. warm water

½ tsp. salt
5 to 6 c. flour

Beat eggs with electric beater. Add water; mix with flour and salt. Knead well. This makes a stiff dough. Put in bowl; cover tightly and let dough rest for 30 minutes as this makes dough easier to work with. Roll out almost paper thin and allow to dry partially. Turn dough over to dry other side slightly. It must be neither sticky or dry and brittle. Fold into long roll and cut the roll crosswise into fine shreds or as desired. Spread out to dry. The noodles may be used at once or dried thoroughly and stored.

When ready to use, drop in large quantity of boiling salted water. Stir and cook about 8 minutes. Drain in a colander and rinse with cold water to prevent sticking.

Alice Mokrycki

COLD BORSCH

- | | |
|---|--|
| ½ c. sour cream | 2 Tbsp. lemon juice |
| 1 (16 oz.) can sliced beets
(undrained) | ½ tsp. salt (optional) |
| 3 beef bouillon cubes, dissolved in
¼ c. boiling water | ½ tsp. white pepper |
| 1¾ c. cold water | 2 small or 1 medium scallion,
chopped |
| 2 Tbsp. firmly packed dark brown
sugar | ½ c. finely diced, pared cucumber |
| | Dill to taste (optional) |

Place sour cream into a tall container. Drain beets; reserve liquid and dice beets. Gradually add beet liquid into sour cream until smooth. Add beets and remaining ingredients; mix well. Refrigerate, tightly covered, for 6 hours or overnight to allow flavors to blend and chill. Also good heated.

Helen Paluch

KAPUSTA (Cabbage soup)

- | | |
|--|---|
| 1 large head cabbage | 2 onions, minced |
| 1 large onion, chopped | 1 stick butter, margarine or salt pork |
| 1 tsp. fresh or frozen dill | 3 Tbsp. flour |
| 1 (8 oz.) can Hunt's tomato sauce | |

Shred cabbage; cover with water in pan and let boil for 10 minutes. Drain. Return cabbage to pan and add 3 to 4 quarts water, chopped onion, dill, tomato sauce, salt and pepper to taste, and 2 to 3 dashes hot sauce (optional). Cook about 1 hour. Sauté minced onions in butter or margarine. Add flour and let brown with onions. Add this to cabbage soup and cook 10 minutes longer.

Katherine Jastrzebski

HOLUBTSI - STUFFED CABBAGE

- | | |
|--|---------------------------------|
| 1 lb. rice | 2 large size onions |
| 2 lb. ground beef or combination of
pork, beef and veal | 2 heads cabbage |
| 3 sticks celery | Salt and pepper to taste |

Wash rice in sieve. Add to boiling water; stir in salt to taste (1 teaspoon). Bring to a brisk boil and cook 1 minute. Cover; turn off heat and allow to stand until water is absorbed. Rice is partially cooked. Brown beef and set aside. Sauté celery and onions in margarine until transparent. Combine with meat and rice. Add salt and pepper to taste. Core cabbage and place in a large pot. Boil for about 10 minutes or only until it softens so it is pliable. Take leaves apart and remove core from center of leaf. Place generous spoonful of filling on each leaf; roll, tucking in sides.

Arrange in layers in casserole or roaster and bake at 350° for 30 minutes. Turn oven to 300° and bake for 1 hour longer. Remove cover and add tomato soup over all; bake for 30 minutes more.

Note: Salt pork may be used in place of margarine. In this case you would render it first.

Katherine Jastrzebski

LINYVI PYROHY

Cook and mash about 5 Idaho potatoes. Grate or press through sieve Farmers pressed dry cottage cheese and add according to taste. Add 1 slightly beaten egg and enough flour to make a dough of medium consistency. Flour board well and make a roll of this dough about 1½ inches in diameter. Cut with knife in about ½ inch slices and flour slices on both sides.

Bring a pot of salted water to a boil and drop the pyrohy in; cook gently for about 5 minutes. Remove carefully from boiling water to colander. Pour cold water over pyrohy in gentle stream to firm them up. Brown crumbs in butter and sprinkle over pyrohy; serve with sour cream.

CHEESE CRESCENTS

Dough:

1½ cakes or 1½ pkg. dry yeast
½ c. milk
1 Tbsp. sugar
3 c. flour

½ lb. shortening
3 eggs
1 Tbsp. sour cream
Grated rind of orange or lemon

Filling:

4 oz. cream cheese
½ lb. Farmers cheese
½ c. sugar

1 egg yolk
1 tsp. lemon juice
Grated rind of lemon

Dough: Combine milk and sugar; heat until it is lukewarm. Dissolve yeast in milk mixture and let rise. In the meantime, mix flour and shortening thoroughly with your hands. Beat eggs with mixer and pour them into the flour mixture. Also add the yeast mixture, grated rind and sour cream; knead. Place dough in a warm place; cover with towel and let rise for approximately 1 hour.

Separate the dough into 6 to 7 balls and roll each ball separately into a thin sheet. Cut each sheet into 8 sections and spread cheese filling on each section; roll into crescent, beginning to roll from the wide side. Bake in a 375° to 400° oven for 20 minutes, until crescents are golden color. Roll crescents in sugar while they are still hot.

Filling: Combine all ingredients in bowl and beat well until smooth.

Yaroslava Kukil

WALNUT AND RAISIN ZAVYVANETS

1 cake or pkg. yeast
½ c. lukewarm milk
3 c. sifted flour
1 c. sugar

¼ tsp. salt
4 Tbsp. butter
2 eggs, beaten

Filling:

2 c. ground walnuts
½ c. seedless raisins, chopped
2 Tbsp. grated unsweetened
chocolate

¾ c. honey

Combine yeast and milk in a cup; set aside to soften for 5 minutes. Sift flour, sugar and salt together. Add the butter gradually, mixing well. Add the yeast mixture and mix well. Add eggs; mix until smooth and well blended. Cover with a cloth and allow to rise in a warm place for 2 hours.

Meanwhile, prepare filling. Mix walnuts, raisins, chocolate, and honey together. Preheat oven to 375°. Roll out dough to ½ inch thick on a lightly floured surface. Spread the filling over the dough and roll up like a jelly roll. Place on a buttered baking sheet. Bake in a 375° oven for 25 minutes or until lightly browned. Serve hot or cold.

Jean Kowalsky

MEDIVNYK (Honey cake)

8 eggs, separated
1 c. honey
½ c. sugar
1 tsp. cinnamon
1 tsp. cloves

1 tsp. baking soda
1¼ c. flour*
½ c. chopped nuts**
1 Tbsp. oil

Cream egg yolks and sugar for 10 minutes, until very light. Add honey slowly and mix well. Add cinnamon, cloves and baking soda. Slowly add flour and mix well. Beat egg whites until stiff. Add oil and nuts; mix. Slowly add whites, blending with a wooden spoon. Bake in a greased (Crisco) 9x13 inch pan or two 8x5x2 inch pans. Bake at 200° for 1 hour.

* Increase flour to 1½ if eggs are extra large.

** Nuts are optional.

Irene Melnyk

HONEY CAKE

1 c. butter
1 c. white or brown sugar
6 eggs, separated
1 c. honey
1 c. sour cream
3¼ c. sifted flour
2 tsp. baking powder

2 tsp. baking soda
1 tsp. nutmeg
1 tsp. cinnamon
¼ tsp. salt
1 tsp. vanilla
1 c. walnuts, chopped (optional)

Cream butter and sugar. Add egg yolks, one at a time, beating well after each addition. Stir in honey and sour cream. Sift flour with baking powder, baking soda, nutmeg, cinnamon, and salt. (Mix 1 tablespoon of flour mixture with nuts if using.) Add sifted dry ingredients to egg mixture; mix well. Add walnuts and mix. Add vanilla, blending well. Fold in stiffly beaten egg whites into batter. Spoon into a greased 10 inch tube pan. Bake at 350° for 1 hour or you may use a 13x9 inch pan and bake for 35 to 40 minutes or until tests done.

Pearl Apanowitch

ROHALYKY

4 c. sifted flour
½ tsp. salt
1 c. margarine
3 egg yolks

½ c. sour cream
1 tsp. vanilla
1 yeast cake

Filling:

3 egg whites
½ c. sugar

1 c. ground nutmeats
1 tsp. vanilla

Sift the flour and salt into a large bowl. Add margarine and cut in until particles are the size of peas (just as for pie crust). Blend together the egg yolks, sour cream, vanilla, and crumbled yeast. Add to the flour mixture and stir with hand to form a soft dough. Divide the dough into 4 parts. Roll out each part on a board which has been sprinkled with confectioners sugar. Roll into an 11 inch circle about ¼ inch thick and cut into wedges.

Spread each wedge with nut filling or filling of your choice. Roll each wedge, starting with the wide end and rolling to the point. Place, point side down, on a greased baking sheet, curving ends to form a crescent shape. Bake in a 350° oven for 25 to 30 minutes or until lightly browned.

Filling: Beat egg whites until stiff. Add sugar, nutmeats and vanilla. Mix until well blended.

FRESH FRUIT PLATSOK

5 eggs, separated
1½ c. sugar
Scant 3 c. flour
½ lb. unsalted butter or margarine

1 tsp. vanilla or grated rind of 1
lemon
2 heaping tsp. baking powder

Cream butter and sugar; add egg yolks, 1 at a time, beating well after each addition. Sift flour with baking powder and add to first mixture. Add vanilla. Beat egg whites stiff and fold into batter. Grease a 13x9 inch pan. Pour in batter and place any fresh fruit such as Italian plums, blueberries, cherries, or peaches on top of batter. Bake in 325° oven for about 1 hour.

Lesya Romanyshyn

DAINTY PYRYSHKY (Filled pastries)

These dainties have a rich, buttery crust and luscious filling.

1 c. butter
3 egg yolks
2 Tbsp. sour cream
1 tsp. vanilla
¼ tsp. salt
2 c. sifted flour

¾ c. thick strawberry jam
½ c. crushed walnuts
½ c. blanched almonds
½ c. coconut
3 egg whites

Cream butter with the egg yolks; add vanilla, cream and salt. Stir in the flour and mix thoroughly. Chill dough. Combine the jam with the crushed walnuts. Put the almond and coconut through a food chopper. Beat the egg whites until frothy. Break off small pieces of the chilled dough, about the size of a walnut, and roll out flat. Fill with jam-walnut filling; seal and pinch edges together so filling would not come out. Dip in egg white and roll in the almond coconut mixture. Place on a baking sheet and bake in a moderate oven (350°) until delicately brown. Makes 72 pyrizhky.

Tillie Bosack

SHORT DOUGH PASTRY

2 c. flour	1½ tsp. baking powder
1 c. sugar	3 Tbsp. sour cream
2 sticks margarine	1 tsp. vanilla
2 eggs, divided	

In bowl, combine flour, sugar and baking powder. Cut in margarine until like fine particles. In separate bowl, combine 1 egg and 1 yolk (save egg white), sour cream and vanilla; beat together with a fork. Add egg mixture to flour mixture and blend well. If more flour is needed, add at this time. Reserve some of the dough to make a lattice top on pastry. Pat dough evenly into a 12 inch round and 1 inch high pan, spreading on bottom and up sides of pan. Cover with marmalade or preserves of your choice and top with lattice pastry made from reserved dough. Brush lattice with reserved egg white and sprinkle with sugar. Bake in a 350° oven not quite 1 hour or until pastry is golden brown. Cool and cut into squares or diamond shapes.

Anna Ochrim



Appetizers

Preserves and Pickles

*

Канaпки
Конзерви



A HANDY SPICE AND HERB GUIDE

ALLSPICE—a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies. (Ground) Puddings, relishes, fruit preserves, baking

BASIL—the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES—the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY—the seed of a plant grown in the Netherlands. Flavor that combines the tastes of Anise and Dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

CURRY POWDER—a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL—the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE—the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM—an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG (MONOSODIUM GLUTAMATE)—is a vegetable protein derivative for raising the effectiveness of natural food flavors. USES: Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey and cooked vegetables.

OREGANO—a plant of the mint family and a species of marjoram of which the dried leaves are used to make an herb seasoning. USES: An excellent flavoring for any tomato dish, especially pizza, chili con carne, and Italian specialties.

PAPRIKA—a mild, sweet red pepper growing in Spain, Central Europe and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

POPPY—the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls and cookies. Also delicious in buttered noodles.

ROSEMARY—an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet, fresh taste. USES: In lamb dishes, in soups, stews and to sprinkle on beef before roasting.

SAGE—the leaf of a shrub grown in Greece, Yugoslavia and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews and salads.

THYME—the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, in croquettes, fricassees and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC—a root of the ginger family, grown in India, Haiti, Jamaica and Peru, having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

APPETIZERS

CRABMEAT APPETIZERS

- | | |
|---------------------------------|----------------------|
| 1 (7 oz.) can crabmeat | ¾ c. mayonnaisse |
| ½ c. shredded Mozzarella cheese | 1½ tsp. curry powder |
| ½ c. shredded Cheddar cheese | |

Squeeze crabmeat until dry. Blend all ingredients together. Split English muffin and cut in quarters. Place 1 tablespoon filling on each section. Bake at 350° for 10 to 15 minutes, until golden.

Gloria Rucci

SPINACH BALLS

- | | |
|---|--|
| 2 c. Pepperidge Farm bread crumbs, crushed | 1 small onion, chopped fine |
| 2 pkg. cooked frozen spinach, chopped and <i>drained</i> well | 1 garlic clove, crushed or chopped fine (optional) or ¼ tsp. powdered garlic |
| ¾ c. melted margarine | 4 eggs, well beaten |
| ½ c. Parmesan cheese | |

Mix bread crumbs, cheese, onion, and garlic together. Add eggs and spinach. Form into bite-size balls and bake for 10 to 15 minutes in 350° oven.

Mary Martin

CHEDDAR CHEESE SPREAD

- | | |
|--|----------------------|
| 2 c. (8 oz.) shredded Cheddar cheese (at room temperature) | 1 Tbsp. minced onion |
| ¼ c. light cream or half & half | 1 tsp. dry mustard |
| 2 Tbsp. dairy sour cream | ½ tsp. garlic salt |
| ½ tsp. Worcestershire sauce | ¼ tsp. celery salt |

In a small mixing bowl, beat together all ingredients until smooth. Cover and chill to blend flavors. Serve on bread, crackers or vegetables.

Helen Wasynczuk

VERMONT DIP

- | | |
|------------------------------------|------------------|
| 1 c. cream style cottage cheese | ½ c. half & half |
| 1 c. cubed Vermont Cheddar cheese | ½ tsp. paprika |
| 1 (3 oz.) pkg. cream cheese, cubed | ½ tsp. salt |

Have Cheddar and cream cheese at room temperature. Blend all ingredients 1 minute. Serve with apples or raw vegetables.

Helen Wasynczuk

MARINATED MUSHROOMS

- | | |
|---------------------------------|------------------------|
| 1 (12 oz.) can button mushrooms | Zesty Italian dressing |
| 2 or 3 small onions, sliced | |

Bring mushrooms to a boil approximately 5 minutes. Cool and strain. Alternate mushrooms and onions in a jar; pour dressing over to cover mushrooms. Refrigerate overnight before using.

Fresh mushrooms can be used. Clean and wash; cook about 15 minutes. Also thin slices of celery can be added.

Alice Mokrycki

MUSHROOM TURNOVERS

Pastry:

3 (3 oz.) pkg. cream cheese (room temperature)

**½ c. margarine (room temperature)
1½ c. flour**

Filling:

**3 Tbsp. margarine
1 large onion, finely chopped
Pepper to taste
¼ c. sour cream**

**½ lb. mushrooms, finely chopped
¼ tsp. thyme
2 Tbsp. flour**

Mix cheese and margarine thoroughly. Add flour gradually until smooth. Chill overnight. Heat margarine; add onion and mushrooms. Cook, stirring often, for 5 minutes. Add thyme, pepper and sprinkle with flour. Stir in sour cream and cook gently until thickened.

Next day, cut dough in quarters and roll each ¼ inch thick on floured board. Cut into 2½ inch rounds and fill each with ½ teaspoon filling. Fold over and crimp edge with floured fork. Place on sheet and freeze. When using, let stand at room temperature 15 minutes to bake at 400° on lightly greased baking sheet for 15 to 20 minutes. Makes 3 dozen.

Note: These must be frozen before using. Also, make filling day ahead when making these.

Jean Kowalsky

KING CRABMEAT DIP

2 (8 oz.) pkg. cream cheese

1 large can King crabmeat

Cocktail Sauce:

**½ c. ketchup
½ c. chili sauce**

**2 to 4 tsp. horseradish
1½ tsp. Worcestershire sauce**

Flake crabmeat and mix with cream cheese. Form into a ball or roll and pour Cocktail Sauce all over it; let stand in the refrigerator for a day to flavor. Serve with crackers.

Tillie Bosack

HIDDEN VALLEY RANCH OYSTER CRACKERS

16 oz. plain oyster crackers	1/2 to 1 tsp. dill weed
1 pkg. Hidden Valley buttermilk mix	1/4 tsp. garlic powder
1/4 tsp. lemon pepper	3/4 to 1 c. salad oil

Combine mix and oil; add dill, garlic powder and lemon pepper. Pour over crackers; stir to coat and place in warm oven for 15 to 20 minutes. Store tightly covered.

Mary Lemega

BLUE CHEESE BALL

8 oz. cream cheese	2 Tbsp. sherry wine
1 jar Old English cheese	1/2 tsp. fresh garlic juice
8 oz. Blue cheese	

Mix all ingredients together well and chill. Shape into a ball. This will improve with age so do make it well in advance of when you will need it.

Bessie Danyliw

SARDINE AND CREAM CHEESE SPREAD

4 oz. cream cheese	Few drops pepper sauce
2 cans boneless sardines	Few drops A.1. Sauce
2 tsp. chili sauce	1/2 lemon juice

Combine all ingredients together and mix well. Keep refrigerated until needed. Top with sliced olives and chopped, hard cooked egg.

Bessie Danyliw

SHRIMP BUTTER

1 small onion, chopped fine	1 Tbsp. lemon juice
8 oz. cream cheese	1 can small shrimp, drained
1 stick butter	Crackers, party rye, etc.

Mix all together and serve with crackers, Melba toast or party rye.

Mary McAdam

HOT TOPS

1/4 lb. raw bacon	1/2 medium onion
1/2 lb. Cheddar cheese	1/2 medium green pepper

Put all ingredients through food grinder. Spread on party rye or Triscuits. Broil for 1 minute.

Ann Melnyk

QUICHE APPETIZER

3 eggs, well beaten for 5 minutes	1/2 lb. Cheddar cheese
1 c. flour	1/2 lb. bacon, crisped and crumbled
1 tsp. baking powder	1 small onion, minced
1 c. milk	3 Tbsp. butter
1 tsp. salt	

Melt butter in 9x13 inch pan. Mix all ingredients and pour into pan. Stir to mix melted butter in with egg mixture. Bake at 350° about 30 to 35 minutes. Cool 30 minutes before cutting into small squares. Can be frozen after baking. Heat while still frozen.

Jean Kowalsky

GALA PECAN SPREAD

8 oz. cream cheese, softened	¼ tsp. garlic salt
2 Tbsp. milk	¼ tsp. pepper
1 (2½ oz.) jar sliced dried beef, chopped fine	½ c. dairy sour cream
¼ c. green pepper, chopped fine	½ c. coarsely chopped pecans
2 Tbsp. dried onion flakes	2 Tbsp. butter

Combine cream cheese and milk. Add all other ingredients. Fold in sour cream. Place into pie plate or baking dish. Saute pecans in butter and sprinkle on top. Place into oven at 350° for 20 minutes. Serve hot. Spread on crackers, Melba toast or fresh party rye bread.

Mary D. Roberti

BEAU MONDE DIP

1½ c. mayonnaisse	2 tsp. Beau Monde seasoning
2 tsp. parsley flakes	1½ c. sour cream
2 tsp. dried onion	2 tsp. dill weed

Combine all ingredients and blend well. Make one day before using. Serve with pumpernickel bread or vegetables. Cut out center of round pumpernickel bread and place dip in center of bread. Cube the cut out portions and serve to dip.

Patricia A. Mokrycki, Helen Chopus

VEGETABLE BASKET AND SPINACH DIP

Vegetables:

Radishes
Zucchini
Cucumber
Carrots
Lettuce

Cauliflower
Broccoli
Cherry tomatoes
Mushrooms

Spinach Dip:

1 pt. dairy sour cream	½ c. chopped parsley
1 c. mayonnaisse	½ c. chopped green onions
½ c. dry leek soup mix	1 tsp. dry dill
1 (10 oz.) pkg. frozen chopped spinach, well drained	1 tsp. dry Italian salad dressing mix

Clean and decorate vegetables. Line a large wicker basket with lettuce and fill it with uncooked vegetables. Serve with Spinach Dip. If the vegetables are kept in ice water until the basket is assembled, they may be made a day or two ahead. The dip is more flavorful if made a day or two ahead.

Spinach Dip: In a large bowl or food processor fitted with the metal blade, combine all ingredients, except raw vegetables, until blended. Refrigerate until ready to serve or up to two days. Makes 3½ cups.

Helen Paluch

HOT PACK KOSHER DILLS

Pick fresh, firm pickling cucumbers 2 to 5 inches long. Wash well and, if needed, cut into halves or quarters and place into quart jars.

To each jar, add the following:

1 level Tbsp. canning salt
¼ tsp. mustard seed
7 to 8 coriander seeds, crushed
between 2 spoons
1 bay leaf, broken into small pieces

1 heaping Tbsp. chopped fresh dill
1 Tbsp. finely chopped fresh garlic
½ tsp. crushed hot pepper
3 oz. white distilled vinegar

Fill jars to ½ inch of top with boiled water. Screw on caps tightly. Place into boiling water bath, caps down, for 3 minutes. Turn jars upright for 3 minutes. That is all.

For fresh dills, use 1 ounce vinegar and cold water. Leave on counter 3 to 4 days or until cloudy, then refrigerate.

Dick Kowalsky

HOT RED PEPPER JELLY

1 large fresh red pepper, finely
chopped
1¼ c. white vinegar, divided
1 Tbsp. crushed red pepper
(available whole in bags at
oriental shops)

4 c. sugar
6 oz. liquid pectin
Paraffin (for sealing)

Puree fresh pepper in blender or food processor. Add ½ cup vinegar and blend. Add crushed red pepper. Over low heat, bring sugar and remaining vinegar slowly to boil. Cook until sugar is dissolved, about 15 minutes, stirring constantly. Add pepper mixture and cook 7 minutes more, stirring. Remove from heat; stir in pectin and mix well. Return to heat and bring to rolling boil. Boil 1 minute, without stirring. Pour into sterilized jars; seal with paraffin. If desired, omit paraffin and store in refrigerator several months.

Note: Make this jelly as hot as you like with crushed red pepper. Serve with cream cheese on crackers or as a meat accompaniment.

Helen Paluch

OLD-FASHIONED PICCALILLI

6 lb. green tomatoes
6 c. chopped onions
¾ c. salt

1½ pt. vinegar
3 c. sugar (½ brown sugar)
4 Tbsp. pickling spice

Chop tomatoes and onions; layer in a bowl. Sprinkle with salt and let stand overnight. Next morning, drain and rinse. Return to pot with vinegar, sugars and spices (tied in a bag); cook, uncovered, for 20 minutes or until clear. Bottle and seal.

Jean Kowalsky

CHILI SAUCE

25 large tomatoes	1/4 c. salt
12 green peppers	2 Tbsp. cinnamon
6 red peppers	1 tsp. mace
2 c. sugar	1 tsp. allspice
4 small c. vinegar	1 small red hot pepper

Cook all ingredients in large kettle until of desired consistency. Pour into sterilized jars and seal.

Jean Kowalsky

SWEET PICKLE RELISH

3 pt. ripe tomatoes	4 c. vinegar
3 pt. green tomatoes	3 c. sugar
3 pt. onions	1/2 tsp. dry mustard
1 bunch celery	1 tsp. cloves
2 sweet red peppers	1 tsp. cinnamon
1/2 c. salt	

Grind preceding ingredients. Sprinkle with salt and let stand overnight. In morning, drain; add vinegar, sugar, mustard, cloves, and cinnamon. Boil for 20 minutes. Pour into sterilized jars. Makes 6 pints.

Jenny Derthick

NO COOK BREAD AND BUTTER PICKLES

3 c. sugar	3 Tbsp. salt
9 c. sliced cucumbers (8 to 9, unpeeled)	2 c. white vinegar
1 c. sliced onions	1 1/2 tsp. turmeric
1 c. thin sliced green pepper	1 1/2 tsp. mustard seeds
	1 1/2 tsp. celery seeds

Mix all ingredients in a large glass bowl. Refrigerate overnight, stirring often. Put in jars and keep refrigerated.

Note: These pickles will keep a long time in the refrigerator. I just use mayonnaise jars or any empty glass jars with a good cover.

Anna Peczynski

HEAVENLY JAM

4 large carrots	12 peaches
5 lemons (juice and rind)	12 apples
5 oranges (juice and rind)	10 c. water

Grate carrots; put lemon and oranges through fine chopper. Skin and stone the peaches and then mash. Core and finely grate apples. Boil all ingredients for 1 hour before measuring. To each cup of pulp, add 1 cup sugar and boil all together for 2 hours, stirring until it jells. Pour into hot sterilized jars and seal.

Jean Kowalsky

PUNCH

3 qt. orange juice
Cherry juice
Vodka (to taste)

2 half pt. orange sherbet
Maraschino cherries

Make ice cubes with cherry juice to color and put cherry in center of cubes. Combine remaining ingredients and top with orange sherbet.

Helen Chopus

PARTY PUNCH

1 (8 oz.) can frozen lemonade
concentrate, thawed
1 (8 oz.) can frozen orange juice
concentrate, thawed
2 c. white Catawba grape juice,
chilled

1 (32 oz.) bottle (4 c.) lemon-lime
flavor carbonated beverage,
chilled
Ice ring or ice mold (if desired)

In punch bowl, combine lemonade and orange juice concentrates. Just before serving, add grape juice and carbonated beverage, stirring gently to blend. Garnish punch bowl with ice ring. Makes 15 (½ cup) servings.

Jean Kowalsky

HEALTH DRINK

1 (8 oz.) container plain yogurt
1 egg
1 Tbsp. honey

1 Tbsp. wheat germ
½ banana
1 Tbsp. orange juice concentrate

Combine all ingredients in a blender; cover and blend until smooth. Makes 1 serving.

Helen Chopus

FRUIT GLOW PUNCH

6 oz. frozen orange juice
6 oz. frozen lemon juice
1 qt. apple juice

2 qt. ginger ale
1 pt. lemon sherbet

Combine all liquids over chunk of ice or ice ring. Add lemon sherbet.

Nell Federkiewicz

SPIRITED APRICOT SLUSH

**1 (12 oz.) can frozen lemonade
concentrate, thawed**

**1 (12 oz.) can frozen orange juice
concentrate, thawed**

1 c. gin

1 c. apricot brandy

**3 qt. lemon-lime flavor carbonated
beverage**

In large nonmetal container, combine all ingredients except 1 quart lemon-lime flavor beverage; blend well. Freeze 1 to 2 days or until firm. Remove from freezer 1½ to 2 hours before serving. To serve, place slush mixture in punch bowl. Pour remaining 1 quart lemon lime flavor beverage into punch bowl. Stir gently. Makes 34 (½ cup) servings.

Gloria Rucci

FROZEN DAIQUIRIS

½ c. pure lemon juice (fresh)

6 oz. frozen limeade

¾ c. white rum

¾ c. water

¼ c. sugar

1 (16 oz.) bottle Sprite

Combine all ingredients except Sprite. Mix together thoroughly. Stir in Sprite and pour into 2 refrigerator trays. When crystallized around edges, stir until whole tray is crystallized. To keep crystallized, pour into container; cover and keep frozen.

Jean Kowalsky

PEPPER RELISH

24 medium onions

24 ripe tomatoes

24 medium green peppers

24 medium red peppers

8 to 12 c. sugar (to taste)

8 Tbsp. salt

1 qt. cider vinegar

Grind all vegetables coarsely. Add sugar, salt and vinegar. Simmer, stirring frequently, until thick. Pour into sterilized jars and seal.

Helen Paluch



Breads, Crêpes, and Muffins

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Хліби-Печиво



EQUIVALENT CHART

3 tsp.	1 tbsp.	1/4 lb. crumbled Bleu cheese	1 c.
2 tbsp.	1/4 c.	1 lemon.	3 tbsp. juice
4 tbsp.	1/2 c.	1 orange.	1/2 c. juice
8 tbsp.	1 c.	1 lb. unshelled walnuts.	1 1/2 to 1 3/4 c. shelled
16 tbsp.	1 c.	2 c. fat.	1 lb.
5 tbsp. + 1 tsp.	1/2 c.	1 lb. butter.	2 c. or 4 sticks
12 tbsp.	3/4 c.	2 c. granulated sugar.	1 lb.
4 oz.	1/2 c.	3 1/2 - 4 c. unsifted powdered sugar.	1 lb.
8 oz.	1 c.	2 1/4 c. packed brown sugar.	1 lb.
16 oz.	1 lb.	4 c. sifted flour.	1 lb.
1 oz.	2 tbsp. fat or liquid	4 1/2 c. cake flour.	1 lb.
2 c.	1 pt.	3 1/2 c. unsifted whole wheat flour.	1 lb.
2 pt.	1 qt.	4 oz. (1 to 1 1/4 c.) uncooked	
1 qt.	4 c.	macaroni.	2 1/4 c. cooked
1/2 c.	1/2 c. + 2 tbsp.	7 oz. spaghetti.	4 c. cooked
1/4 c.	3/4 c. + 2 tbsp.	4 oz. (1 1/2 to 2 c.) uncooked	
1 jigger.	1 1/2 fl. oz. (3 tbsp.)	noodles.	2 c. cooked
8 to 10 egg whites.	1 c.	28 saltine crackers.	1 c. crumbs
12 to 14 egg yolks.	1 c.	4 slices bread.	1 c. crumbs
1 c. unwhipped cream.	2 c. whipped	14 square graham crackers.	1 c. crumbs
1 lb. shredded American cheese.	4 c.	22 vanilla wafers.	1 c. crumbs

SUBSTITUTIONS FOR A MISSING INGREDIENT

- 1 square **chocolate** (1 ounce) = 3 or 4 tablespoons cocoa plus 1/2 tablespoon fat.
- 1 tablespoon **cornstarch** (for thickening) = 2 tablespoons flour.
- 1 cup sifted **all-purpose flour** = 1 cup plus 2 tablespoons sifted cake flour.
- 1 cup sifted **cake flour** = 1 cup minus 2 tablespoons sifted all-purpose flour.
- 1 teaspoon **baking powder** = 1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar.
- 1 cup **sour milk** = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred; or 1 cup buttermilk (let stand for 5 minutes).
- 1 cup **sweet milk** = 1 cup sour milk or buttermilk plus 1/2 teaspoon baking soda.
- 3/4 cup **cracker crumbs** = 1 cup bread crumbs.
- 1 cup **cream, sour, heavy** = 1/2 cup butter and 2/3 cup milk in any sour milk recipe.
- 1 teaspoon **dried herbs** = 1 tablespoon fresh herbs.
- 1 cup **whole milk** = 1/2 cup evaporated milk and 1/2 cup water or 1 cup reconstituted nonfat dry milk and 1 tablespoon butter.
- 1 package **active dry yeast** = 1 cake compressed yeast.
- 1 tablespoon **instant minced onion, rehydrated** = 1 small fresh onion.
- 1 tablespoon **prepared mustard** = 1 teaspoon dry mustard.
- 1/4 teaspoon **garlic powder** = 1 small pressed clove of garlic.
- 1 lb. **whole dates** = 1 1/2 c. pitted and cut.
- 3 medium **bananas** = 1 c. mashed.
- 3 c. **dry corn flakes** = 1 c. crushed.
- 10 **miniature marshmallows** = 1 large marshmallow.

GENERAL OVEN CHART

Very slow oven.	250° to 300° F.
Slow oven.	300° to 325° F.
Moderate oven.	325° to 375° F.
Medium hot oven.	375° to 400° F.
Hot oven.	400° to 450° F.
Very hot oven.	450° to 500° F.

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size:	Average Contents
8-oz.	1 cup
picnic.	1 1/4 cups
No. 300.	1 3/4 cups
No. 1 tall.	2 cups
No. 303.	2 cups
No. 2.	2 1/2 cups
No. 2 1/2.	3 1/2 cups
No. 3.	4 cups
No. 10.	12 to 13 cups

BREADS, CREPES AND MUFFINS

CRANBERRY NUT BREAD

2 c. flour
1 c. sugar
1½ tsp. baking powder
½ tsp. baking soda
Dash of salt
¼ c. margarine

¾ c. orange juice
Rind from 1 orange
2 well beaten eggs
½ c. chopped walnuts
2 c. fresh cranberries, cut in halves

Sift all dry ingredients together. Cut in butter until mixture looks like coarse corn meal. Mix together orange juice and rind. Add orange mix to eggs. Pour into dry ingredients all at once; mix. Fold berries and nuts into mixture. Spoon into greased pan, spreading sides slightly higher than center. Bake at 350° for 1 hour.

Julie Nesteruk

CINNAMON SWIRL RAISIN BREAD

1½ c. milk
¼ c. sugar
2 tsp. salt (optional)
½ c. butter
1 c. plain mashed potato
½ c. warm water
2 pkg. dry yeast

7½ c. unsifted flour
1½ c. raisins
½ c. sugar
2 tsp. cinnamon
¼ c. butter or margarine, melted
Granulated sugar

In small saucepan, heat milk until bubbly around edges. Remove from heat and add ¼ cup sugar, salt and ½ cup butter. Stir to melt butter. Add mashed potato and cool to lukewarm. Sprinkle yeast over ½ cup warm water in large mixer bowl and stir to dissolve. Add milk mixture and 3½ cups flour. Beat in mixer until smooth (2 minutes). Stir in raisins. Gradually add remaining flour by hand until stiff and leaves sides of bowl.

Turn out onto lightly floured surface and knead until smooth and elastic (about 10 minutes). Place in large greased bowl; turn to grease dough and cover with towel. Let rise in warm place until double. Mix ½ cup sugar and cinnamon. Turn out dough on lightly floured board. Roll ½ of dough into 16x8 inch rectangle. Sprinkle with ½ of sugar/cinnamon and roll from narrow side. Pinch ends together. Place, seam side down, in greased 9x5 inch loaf pan. Brush with 1 tablespoon butter. Let rise to top of pan. Bake on middle rack at 375°. Brush with remaining 1 tablespoon butter and sprinkle with sugar. Bake 35 to 40 minutes. Repeat with remaining dough.

Katherine Jastrzebski

IRISH WHOLE WHEAT BREAD

3 c. all-purpose flour
1 c. whole wheat flour
2 tsp. baking powder
1½ tsp. baking soda
1 tsp. salt

½ c. butter or margarine
1½ c. raisins
1 Tbsp. caraway seed
2 well beaten eggs
1½ c. buttermilk

Stir together all flour, baking powder, soda, and salt. Cut in butter until mixture resembles coarse crumbs; stir in raisins and caraway seed. Reserve 1 tablespoon beaten egg. Combine buttermilk and remaining egg; add all at once to flour mixture. Stir just until dough clings together.

On lightly floured surface, knead 10 to 12 strokes. Shape into a ball; place in well greased 2 quart casserole. With sharp knife, cut 4 inch cross and ¼ inch deep across center of loaf. Brush with remaining egg. Bake in 350° oven for 70 to 80 minutes. Remove from casserole; cool on wire rack. Makes 1 loaf.

Julie Nesteruk

IRISH BREAD

3 c. flour	½ c. raisins
¾ c. sugar	2 c. sour cream
1 tsp. baking powder	2 beaten eggs (or Egg Beaters)
1 tsp. baking soda	4 Tbsp. melted shortening
1 tsp. salt	1 Tbsp. caraway seeds

Sift together flour, sugar, baking powder, baking soda, and salt. Stir in caraway seeds. Combine eggs, melted shortening and sour cream into flour mixture. Mix until moistened. Add raisins and turn batter into greased cast iron pan. Bake at 350° for 50 minutes or longer.

Helen Chopus

HONEY NUT BREAD

2 c. whole wheat flour	1½ tsp. salt
1 c. white flour	½ c. honey
¼ c. brown sugar	¾ c. cold water
1 c. nutmeats	¾ c. milk
½ tsp. soda	
3 tsp. baking powder (S.A.S.) or 4 tsp. baking powder (other kind)	

Combine dry ingredients. Combine liquid ingredients. Combine dry and liquid; stir until dry ingredients are dampened. Bake 1 hour and 10 minutes at 350°.

Courtesy of Joseph Hladun, CT Bee Association

WHOLE WHEAT-WHEAT GERM BREAD

5 c. very hot water	2 scant Tbsp. salt
4 pkg. dry yeast	About ½ jar (12 oz.) wheat germ
1 c. dry skim milk powder (1 pkg.)	3 or 4 c. whole wheat flour
¾ c. honey	Unbleached flour (enough to make the right consistency)
1 stick plus 3 Tbsp. margarine, melted	

Dissolve yeast in ½ cup very warm water with 2 teaspoons sugar. Add salt, honey, milk powder, and melted margarine to hot water; cool to lukewarm. Add yeast and wheat germ. Stir with wooden spoon very thoroughly. Start adding whole wheat flour, mixing well. Now work in enough all-purpose flour for consistency of bread dough.

Knead until smooth and elastic. Cover and allow to rise until double in bulk. Shape into loaves and place into greased loaf pans. Let rise until double. Bake in 350° oven for 40 to 45 minutes or sounds hollow when tapped.

Bessie Danyiliw

FINNISH SPRING BREAD

6 to 6½ c. all-purpose flour	¾ c. milk
¼ c. sugar	½ c. water
½ tsp. salt	½ c. butter or margarine
1 tsp. ground cardamom	2 eggs (at room temperature)
1 tsp. grated orange peel	½ c. chopped Sun Giant slivered almonds
1 tsp. grated lemon peel	1 c. Sun Giant raisins
2 pkg. Fleischmann's active dry yeast	

In large bowl, thoroughly mix 1½ cups flour, sugar, salt, cardamom, orange peel, lemon peel, and undissolved yeast. Heat milk, water and butter in saucepan over low heat until very warm (120° to 130°). Butter need not melt. Gradually add to dry ingredients and beat 2 minutes at medium speed, scraping bowl occasionally. Add eggs and ½ cup flour. Beat at high speed 2 minutes, scraping bowl. Stir in enough additional flour to make a soft dough.

Knead on lightly floured board until smooth and elastic (8 to 10 minutes). Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled (1 hour). Punch down; turn out on lightly floured surface. Knead in almonds and raisins. Divide in ½; shape into 2 balls. Place in 2 greased 8 inch round pans. Cover and let rise until doubled in bulk (1 hour). Bake at 350° for 35 to 40 minutes or until done. Remove from pans and place on wire racks to cool. Frost with confectioners frosting.

Tillie Bosack

QUICK METHOD (NO-KNEAD) OATMEAL BREAD

2 c. boiling water	4 tsp. salt
1 c. quick cooking oatmeal	2 pkg. dry yeast
½ c. shortening	2 beaten eggs
½ c. light molasses	5½ c. flour

Combine water, rolled oats, shortening, molasses, and salt. Cool to lukewarm. Add yeast; mix well. Blend in eggs. Add flour; mix until dough is well blended. (This dough will be softer than a kneaded dough.) Place dough in greased bowl and cover. Store in refrigerator or cold place at least 2 hours or until needed. On well floured board, shape dough in 2 loaves; place in greased 9x5x3 inch pans and cover. Let rise in warm place until doubled in bulk, about 2 hours. Bake in moderate oven (375°) for 1 hour.

This dough may be made the day before, refrigerated overnight and baked the following day.

Helen Paluch

VANILLA BANANA CRUNCH LOAF

2 c. flour	2 tsp. vanilla
2 tsp. baking powder	1 c. sugar
1 tsp. baking soda	2 eggs
¼ tsp. salt	1 c. mashed, ripe banana
½ c. margarine	½ c. sour cream
1 c. chopped nuts	½ c. chocolate bits

Cream margarine and sugar until fluffy. Add eggs and vanilla; beat smooth. Add banana and sour cream. Add dry ingredients and combine well. Pour into greased 9x5 inch loaf pan. Sprinkle with Crunch Mix.

Crunch Mix:

2 Tbsp. butter	2 Tbsp. flour
¼ c. brown sugar	

Mix preceding ingredients until crumbly.

Add:

½ c. chopped nuts	1 to 2 Tbsp. chocolate chips
1 tsp. vanilla	

Sprinkle over banana bread and bake at 350° for 1 hour.

Gloria Rucci

THREE C BREAD

3 eggs, beaten	1 tsp. cinnamon
½ c. cooking oil	½ tsp. salt
1 c. milk	2 c. shredded carrots
2½ c. flour	1½ c. flaked coconut
1 c. sugar	½ c. snipped cherries
1 tsp. baking powder	½ c. snipped raisins
1 tsp. baking soda	½ c. pecans, chopped

Sift together flour, sugar, baking powder, baking soda, cinnamon, and salt. Combine eggs, oil and milk; add to flour mixture, mixing well. Stir in carrots, coconut, cherries, raisins, and pecans. Turn into 4 well greased 16 ounce fruit or vegetable cans or a 9x5x3 inch loaf pan. Bake at 350° for 45 to 55 minutes for cans or for 55 to 60 minutes for loaf pan. Remove from cans and cool thoroughly. Wrap and refrigerate.

Bessie Danyliw

MORNING GLORY MUFFINS

½ c. raisins	1 large apple, grated
2 c. flour	½ c. chopped walnuts or sliced almonds
1 c. sugar	½ c. shredded coconut
2 tsp. baking soda	3 eggs
2 tsp. cinnamon	¾ c. oil
¼ to ½ tsp. salt	2 tsp. vanilla
2 c. grated carrots	

Soak raisins in hot water for 30 minutes and drain thoroughly. Mix flour, sugar, baking soda, cinnamon, and salt together in a bowl. Stir in raisins, carrots, apples, nuts, and coconut. In a separate bowl, mix eggs with oil and vanilla to blend. Stir into flour mixture until well blended. Pour into greased muffin tins and bake at 350° for 20 to 22 minutes or until golden. Makes 12 large or 16 small muffins.

Helen Paluch

HEALTH BREAD

- | | |
|----------------------------------|--------------------|
| 1 c. quick or old-fashioned oats | 1 tsp. salt |
| 1 c. graham or whole wheat flour | ¾ c. sugar |
| 1 c. All-Bran (not flakes) | 1 tsp. baking soda |
| 1 c. raisins | 1 c. buttermilk |
| 1 c. water | |

Stir all ingredients together in medium bowl, mixing well. Pour into greased 9x5 inch loaf pan. Bake at 350° for 50 to 60 minutes.

Jean Kowalsky

FAVORITE BUTTER ROLLS

- | | |
|-------------------------|---------------------|
| 2 c. unsifted flour | ½ c. sugar |
| 1 pkg. active dry yeast | 3 eggs, beaten |
| 1 c. milk | 2 c. unsifted flour |
| ½ c. butter | |

First rising: Until doubled; second rising: Until doubled; third rising: Until doubled. Oven temperature: 375°. Bake for 12 minutes.

In a bowl, stir together 2 cups unsifted flour and active dry yeast. In saucepan, heat milk with butter and sugar until blended and dissolved. Stir into the flour and yeast; add beaten eggs. Gradually blend in remaining flour, mixing well. Transfer dough to clean, greased bowl. Cover with a clean cloth and set in a warm spot to allow dough to rise to double bulk. Punch dough down.

Note: If you prefer to bake rolls a day later, refrigerate at this point. The second rising will take place in the refrigerator. After second rising, divide dough into 4 parts with a knife. Roll out each portion on a floured board into a circle (9 inches). Cut circle into 8 wedges. Roll wedges up from wide to narrow end and place on greased baking sheets to rise again before baking. Bake in moderately hot oven until browned. Remove from oven and brush with 2 tablespoons melted butter. Yield: 32 rolls.

Jean Kowalsky

RICH DINNER ROLLS

- | | |
|--------------------------|--------------------------------------|
| 1 c. milk | ½ c. warm water |
| ¼ c. sugar | 2 pkg. dry yeast |
| 1 tsp. salt | 2 eggs, beaten |
| ¼ c. butter or margarine | 5¼ c. unsifted flour (approximately) |

Scald milk; stir in sugar, salt and butter or margarine. Cool to lukewarm. Measure warm water into a large, warm bowl and sprinkle yeast over water. Stir to dissolve. Add lukewarm milk mixture, eggs and 2 cups of flour; beat until smooth. Stir in enough

remaining flour to make a soft dough. Turn out onto lightly floured board and knead until smooth and elastic (about 8 to 10 minutes).

Place in greased bowl, turning to grease top. Cover and let rise in warm place until doubled (about 30 minutes). Punch down; turn out on lightly floured board. Shape rolls into desired forms and place in greased muffin tins. Let rise double. Brush with beaten egg and bake at 375° about 20 minutes or until golden. Makes 24 rolls.

Katherine Jastrzebski

MARVELOUS MUFFINS

1 c. plus 1 Tbsp. unsifted flour
1 tsp. salt
1 c. plus 1 Tbsp. shortening
2 c. plus 2 Tbsp. sugar
5 extra large eggs
2 c. plus 1 Tbsp. unsifted flour
1 tsp. baking soda

1 Tbsp. double acting baking powder
1 c. buttermilk or sour milk
2 tsp. vanilla
2½ c. cake flour (unsifted)
Fruit of your choice

Cream first flour with salt, shortening and sugar. Add eggs all at once; beat 3 minutes. Add remaining all-purpose flour, soda and baking powder; beat. Blend in buttermilk and vanilla. Add cake flour and beat. Batter is very stiff. Fold in fruits (blueberries, apples and nut, cranberries). This recipe keeps refrigerated 2 to 3 days and you may do only part of batter at a time with a fruit. Bake 20 to 25 minutes at 400° in greased tins. Makes 3 dozen or more.

For shiny glaze, brush with water or egg white and sprinkle with sugar.

Jean Kowalsky

BANANA OATMEAL MUFFINS

½ c. margarine
½ c. sugar
2 eggs
3 medium bananas, mashed
½ c. honey

1½ c. flour
1 tsp. baking powder
1 tsp. baking soda
¾ tsp. salt
1 c. raw oats

In mixer, cream butter and sugar. Beat in eggs, bananas and honey. Stir together flour, baking powder, baking soda, and salt. Add to creamed mixture, blending well. Stir in oats. Fill greased tins ¾ full. Bake at 375° for 18 to 20 minutes. Makes 24.

Kathy Kowalsky

GINGER PEAR MUFFINS

2 c. flour
½ c. dark brown sugar
1 tsp. baking soda
½ tsp. salt
2 tsp. ginger
1 tsp. cinnamon
½ tsp. nutmeg
½ tsp. cloves

1 c. plain yogurt
½ c. oil
3 Tbsp. molasses
1 egg, slightly beaten
1½ c. diced pears
½ c. raisins
½ c. chopped walnuts

In a large bowl, sift flour, sugar, baking soda, and spices. In a separate bowl, stir yogurt, oil, molasses, and egg until blended. Make a well in the center of the dry ingredients. Add yogurt mixture and stir to combine only. Stir in remaining ingredients. Spoon into greased muffin tins and bake in a 400° oven 20 to 25 minutes. Makes 15 muffins.

Jean Kowalsky

MOIST CORN MUFFINS

1 stick margarine
½ c. sugar
1¾ c. flour
½ c. corn meal
1½ tsp. baking powder

1 tsp. baking soda
½ tsp. salt
2 eggs
½ c. milk
½ c. sour cream

Cream margarine and sugar well. Beat in eggs; beat until light and fluffy. Add dry ingredients alternately with milk and cream. Pour into greased muffin tins ¾ full. Bake in 375° oven 25 minutes.

Pearl Apanowitch

ORANGE SCONES

2 c. flour
2 tsp. baking powder
2 Tbsp. sugar
½ tsp. salt

½ stick margarine
2 eggs
½ c. raisins
¾ c. orange juice

Sift flour, baking powder and salt; set aside. Cream butter, sugar and eggs until creamy. Add dry ingredients; stir in orange juice and turn out on a floured board. Pat ¾ inch thick. Cut into desired shapes; brush with butter and sprinkle with sugar. Bake on greased sheet in 400° oven for 25 minutes. Makes 12.

Gloria Rucci

RAISED BAKED DOUGHNUTS

4½ to 5 c. flour
2 pkg. dry yeast
1 c. milk
¾ c. water
½ c. oil

¼ c. sugar
2 tsp. salt
1½ tsp. nutmeg
¼ tsp. cinnamon
2 eggs

Stir together 2 cups flour and yeast. Heat milk, water, oil, sugar, salt and spices until warm (120°F. to 130°F.). Add liquid ingredients to flour and yeast mixture; beat until smooth (2 minutes) on medium speed. Blend in eggs; add 1 cup flour and beat 1 minute at medium speed. Stir in more flour to make very thick batter. Cover and let rise in a very warm place until doubled, about 1 hour. Stir down.

Turn on floured surface and turn dough over 2 to 3 times to shape into a soft ball. Roll out to ½ inch thickness. Cut with floured doughnut cutter. Gather remaining dough and reroll. Brush with melted butter and let rise in a warm place until doubled, about 20 minutes. Bake at 425°F. for 8 to 10 minutes. Glaze, if desired, with 2 cups confectioners sugar and ¼ cup orange juice. Stir until smooth.

Bessie Danyliw

NALYSNYKY (Crepes)

**2 eggs
2 Tbsp. cooking oil
1 c. milk**

**¾ c. sifted flour
½ tsp. salt
6 Tbsp. butter**

Beat eggs, oil and milk together. Add flour and salt; beat until smooth. Batter is very thin. Chill at least 30 minutes. Melt 1 teaspoon butter in 7 inch skillet; pour in just enough batter to cover bottom (about 2 tablespoons). Cook over medium heat until lightly browned on underside. Remove from pan. Continue until all batter is used, adding more butter to pan as needed. Stack pancakes browned side up. Place a ribbon of filling in center of each pancake and roll up. Brown in remaining butter until lightly browned on both sides. Serve with dairy sour cream. Makes 12.

Cheese Filling:

**¼ lb. cottage cheese
¼ lb. cream cheese
2 egg yolks, beaten**

**1 Tbsp. sugar
½ tsp. vanilla
Dash of cinnamon**

Combine preceding ingredients until well blended.

NALYSNYKY (Crepes)

**4 eggs
1 c. milk
6 Tbsp. water
1 c. sifted flour**

**½ tsp. salt
½ tsp. baking powder
Margarine (for frying Nalysnyky)**

Beat eggs until light in color. Slowly add milk, water and remaining ingredients; beat until smooth. Heat 6 to 7 inch frying pan. Grease pan with margarine and pour a utensil spoonful; tilt pan until batter is spread. Cook over medium high heat. When lightly browned, turn over for a few seconds and remove to a platter. Repeat this procedure until all batter is used. These can be stuffed with cottage cheese filling or mashed potatoes or fresh fruit. Roll up and bake. Serve with sour cream. Bake for 30 minutes at 350°.

Alice Mokrycki

CZECH PALACINKY (Crepes)

**2 eggs
1 c. milk
1 c. flour**

**3 Tbsp. sugar
Pinch of salt
2 tsp. grated lemon rind**

Beat eggs; add milk, soft flour, sugar, and salt. Add to egg mixture and beat thoroughly. Fold in lemon rind. Batter should be of very thin consistency. Add additional milk if necessary. Cover 6 inch frying pan with small amount of butter. Drop enough batter (about 2 tablespoons) into pan to thinly cover surface and fry over medium low heat, turning once, until light brown on both sides. Traditionally served with apricot jam or fresh fruit, raisins, cottage cheese, with sprinkling of confectioners sugar on top.

Jenny Darlycia

BANANA NUT BREAD

¼ lb. soft butter	1½ c. flour
1½ c. sugar	1 tsp. salt
2 eggs, lightly beaten	1 tsp. soda
4 Tbsp. buttermilk	½ tsp. baking powder
1 tsp. vanilla	1 c. chopped nuts
1 c. mashed, ripe bananas	

Cream butter and sugar until light and fluffy. Add eggs, vanilla and buttermilk; beat well. Stir in bananas. Stir in sifted dry ingredients and nuts. Bake in greased 9x5x4 inch loaf pan at 375° for 50 to 60 minutes.

Jean Kowalsky

GADSBY'S TAVERN SALLY LUNN

1 c. milk	2 tsp. salt
½ c. shortening	2 pkg. active dry yeast
4 c. flour, sifted	3 eggs
½ c. sugar	

Grease bread pan. Heat milk, shortening and ¼ cup water to 120° F. (shortening need not melt). Blend 1½ cups flour, sugar, salt, and dry yeast in mixer bowl. Blend warm liquids into flour mix; beat at medium speed for 2 minutes, scraping sides of bowl. Gradually add ⅔ cup of the remaining flour and the eggs; beat at high speed for 2 minutes. Add remaining flour and mix.

Cover; let rise in warm, draft free place (85°) until double in bulk, about 1 hour and 15 minutes. Beat dough down with spatula or at lowest speed on an electric mixer and turn into a prepared pan. Cover and let rise in a warm, draft free place until increased in bulk ⅓ to ½, about 30 minutes. Bake for 40 to 50 minutes at 350° F. Turn out to cool. *Enjoy!*

Bessie Danyliw

STRAWBERRY TEACAKE

1¾ c. all-purpose flour	½ c. corn oil
1 tsp. baking soda	1 (9 or 10 oz.) pkg. frozen sliced or
¼ tsp. salt	halved strawberries, thawed
1 c. sugar	(but undrained) or 10 to 12 oz.
½ c. coarsely broken pecan halves	fresh strawberries
2 large eggs	

Grease and flour 9x5x3 inch loaf pan or regular size tube pan. Thoroughly stir together flour, baking soda and salt; stir in sugar, then pecans. In large bowl with manual rotary beater, beat eggs and oil until blended. Add undrained strawberries and at lowest speed, beat until berries are partly broken up. Add flour mixture and beat at lowest speed until batter is smooth and strawberries are in small, irregular pieces. Turn into prepared pan.

Bake in preheated 350° oven about 1 hour. Cake tester should come out clean. Cool on wire rack 10 minutes; loosen edges and turn out on rack. Turn right side up; cool completely.

Mary Seleman

Notes



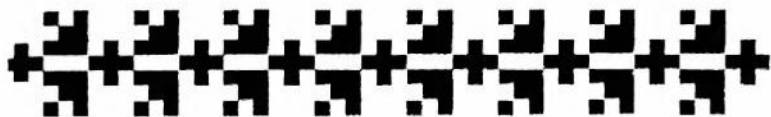
"Millennium of Christianity
in Ukraine" (988 - 1988)



Salads, Soups and Vegetables

*

Салати, Супи і Ярина



FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Rolls	4 doz.	8 doz.	16 doz.
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ pound	¾ to 1 pound	1½ pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling for Sandwiches (meat, eggs, fish)	1½ quarts	2½ to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1¾ to 2 quarts	2½ to 4 quarts
Jams & Preserves	1½ lb.	3 lb.	6 lb.
Crackers	1½ lb.	3 lb.	6 lb.
Cheese (2 oz. per serving)	3 lb.	6 lb.	12 lb.
Soup	1½ gal.	3 gal.	6 gal.
Salad Dressings	1 pt.	2½ pt.	½ gal.
Meat, Poultry or Fish:			
Wieners (beef)	6½ pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish, fillets or steaks	7½ pounds	15 pounds	30 pounds
Salads, Casseroles, Vegetables:			
Potato Salad	4¼ quarts	2¼ gallons	4½ gallons
Scalloped Potatoes	4½ quarts or 1 12x20" pan	8½ quarts	17 quarts
Mashed Potatoes	9 lb.	18-20 lb.	25-35 lb.
Spaghetti	1¼ gallons	2½ gallons	5 gallons
Baked Beans	¾ gallon	1¼ gallons	2½ gallons
Jello Salad	¾ gallon	1¼ gallons	2½ gallons
Canned Vegetables	1 #10 can	2½ #10 cans	4 #10 cans
Fresh Vegetables:			
Lettuce (for salads)	4 heads	8 heads	15 heads
Carrots (3 oz. or ½ c.)	6¼ lb.	12½ lb.	25 lb.
Tomatoes	3-5 lb.	7-10 lb.	14-20 lb.
Desserts:			
Watermelon	37½ pounds	75 pounds	150 pounds
Fruit Cup (½ c. per serving)	3 qt.	6 qt.	12 qt.
Cake	1 10x12" sheet cake 1½ 10" layer cakes	1 12x20" sheet cake 3 10" layer cakes	2 12x20" sheet cakes 6 10" layer cakes
Whipping Cream	¾ pint	1½ to 2 pints	3 pints
Ice Cream:			
Brick	3¼ quarts	6½ quarts	12½ quarts
Bulk	2¼ quarts	4½ quarts or 1¼ gallons	9 quarts or 2½ gallons
Beverages:			
Coffee	½ pound and 1½ gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	½ pound and 1½ gal. water	½ pound and 3 gal. water	½ pound and 6 gal. water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water

SALADS, SOUPS AND VEGETABLES

LITE LUNCHEON SALAD

- | | |
|--|--|
| 1 (7 oz.) pkg. elbow macaroni | 2 Tbsp. lemon juice |
| 1 (7 oz.) can tuna (water packed),
drained and flaked | 1 to 2 Tbsp. prepared horseradish |
| 4 sliced Borden's Lite-line process
cheese, cut in small pieces | ½ tsp. garlic salt |
| ½ c. chopped green pepper | 2 Tbsp. chopped parsley |
| 2 Tbsp. chopped pimiento | 8 medium tomatoes, cut into
wedges, cutting to but not
through bases |
| 6 Tbsp. low-calorie Italian dressing | |

Prepare macaroni per package directions; drain. In large mixing bowl, combine all ingredients except tomatoes; mix well. Chill thoroughly. Serve in tomatoes. Makes 8 servings.

Prepared as directed, provides approximately 180 calories per serving.

Tillie Bosack

SEASHELL CRAB SALAD

- | | |
|---|--|
| 1 (7 oz.) pkg. Creamettes shell
macaroni (2 c. uncooked) | ½ c. mayonnaise |
| 2 c. cooked crabmeat, chopped | ½ c. bottled Thousand Island
dressing |
| 2 c. sliced cauliflowerets | 1 Tbsp. lemon juice |
| 1 medium zucchini, chopped | ¼ tsp. pepper |
| ½ c. sliced green onions | |

Prepare Creamettes shells according to package directions; drain. Combine with crab, cauliflowerets, zucchini, and onions. Blend mayonnaise, Thousand Island, lemon juice, and pepper. Toss dressing with salad mixture. Cover and chill. Makes 6 to 8 servings.

Tillie Bosack

CARROT SALAD

- | | |
|----------------------------------|---------------------|
| 8 carrots | ½ c. mayonnaise |
| ¼ c. raisins | 2 Tbsp. lemon juice |
| 8 oz. crushed pineapple, drained | |

Grate carrots. Mix mayonnaise and lemon juice; add to carrots. Add pineapple and raisins. Let stand 2 hours before serving.

Anna O. Kudriavetz

TWENTY-FOUR HOUR FRUIT SALAD

- | | |
|--|---|
| 1 pkg. lemon pudding and pie filling | 1 pkg. miniature marshmallows |
| 1 (11 oz.) can mandarin oranges,
well drained | 2 c. heavy cream, whipped thick or
Cool Whip |
| 2 (16 oz.) cans fruit cocktail,
drained | |

Cook filling according to package directions and let cool. Combine marshmallows and fruits; gently blend. Fold in cooled lemon filling and then fold in whipped cream or Cool Whip. Pour into serving dish and refrigerate for 24 hours. Garnish with maraschino cherries and toasted almonds.

Ann Melnyk

PINK SNOW MOLD

- | | |
|--|---------------------------------------|
| 2 (3 oz.) pkg. strawberry gelatin | 1 c. small curd cottage cheese |
| 1 (3 oz.) pkg. lemon gelatin | 4½ c. water |
| 1 (8 oz.) can crushed pineapple | 1 c. heavy cream, whipped |

Bring water to boil and add gelatins; stir to dissolve. While gelatin is warm, add crushed pineapple with juice. Add cottage cheese and blend well. Place in refrigerator; let set until it is syrupy and mounds. Remove from refrigerator and fold in whipped cream. Return to refrigerator and let set until ready to serve. You may use mold of your choice.

Helen Kobey

FROZEN FRUIT SALAD

- | | |
|--|--------------------------------------|
| 1 (3 oz.) pkg. strawberry gelatin | 3 c. thawed Cool Whip |
| 1 c. boiling water | 1 (16 oz.) can sliced peaches |
| 6 oz. frozen lemonade | 1 (8½ oz.) can pear halves |

Drain and chop fruits to bite-size. Dissolve gelatin in boiling water. Add lemonade and stir until melted. Chill until slightly thickened. Remove and blend in Cool Whip; fold in fruit. Pour into a 9x5 inch loaf pan. Freeze until firm (about 4 hours). Unmold and slice; garnish as desired. Makes 12 servings.

Mary Martin

PINEAPPLE NUT SALAD

- | | |
|---|--------------------------------------|
| 1 (3 oz.) pkg. lemon jello | 3 Tbsp. cream |
| 1 large can pineapple slices or cubes, cut into small pieces | ¼ c. sliced almonds |
| 4 egg yolks | 2 c. marshmallows (bite-size) |
| 2 tsp. sugar | 1 pt. whipping cream |

Drain pineapple and add enough water to juice to make 2 cups. Boil and pour liquid over jello; cool. Cook yolks, sugar and 3 tablespoons cream in double boiler until thick, stirring constantly; *do not overcook* and cool. Add fruit, nuts and marshmallows to jello, then add the custard. Fold in whipped cream last. Pour into 7½ x 11½ inch dish and chill.

Bessie Danyliw

CABBAGE SLAW

- | | |
|--------------------------------|----------------------------|
| 1 head cabbage, chopped | ½ c. oil |
| 1 bell pepper | ½ tsp. salt |
| 1 onion | ½ tsp. pepper |
| ½ c. sugar | 1 Tbsp. celery seed |
| ½ c. vinegar | 1 Tbsp. mustard |

Bring to boil the sugar, vinegar, oil, salt, pepper, celery seed, and mustard. Pour over first 3 ingredients and chill overnight. Garnish with olives, onion and green pepper (optional). If cabbage is extra large, double dressing.

Tillie Bosack

LOWFAT COLESLAW

**½ medium head green cabbage,
shredded**
½ green bell pepper, chopped

1 large carrot, grated
¼ c. crushed pineapple
2 scallions, chopped

Dressing:

½ c. apple cider vinegar
½ tsp. dill
¼ tsp. celery seed
1 tsp. low sodium tamari sauce

1 Tbsp. honey
1 tsp. Dijon mustard
1 Tbsp. chopped, fresh parsley

In small bowl, whisk together dressing ingredients. In salad bowl, toss together cabbage, pepper, carrot, and pineapple. Mix in dressing. Serves 4.

Paula Ormianczuk Light

BEET SALAD

**3 large, raw beets, grated or
chopped into bite-size pieces**
**2 small pickling cucumbers, sliced
and quartered**
½ c. minced sweet onion

2 scallions, minced
¼ c. apple cider vinegar
1 Tbsp. honey
½ c. lowfat yogurt
1 tsp. dill

In small mixing bowl, mix together vinegar, honey, dill, and yogurt. In large salad bowl, combine all remaining ingredients and dressing; mix well. Chill 30 minutes and serve. Serves 4.

Paula Ormianczuk Light

SUMMER RAINBOW RICE SALAD

1½ c. uncooked brown rice
2 c. chopped Chinese cabbage
1 c. chopped red cabbage
½ c. snow peas
½ c. chopped green pepper

½ c. shredded carrot
½ c. minced red onion
¼ c. chopped, fresh parsley
¼ c. chopped, fresh basil

Combine rice with 3 cups water; bring to boil. Cover and reduce to simmer. Cook approximately 30 minutes or until all water has been absorbed. While rice is cooking, prepare Salad Dressing (following). Wash and prepare veggies. When rice is done, place in large bowl with veggies and toss tenderly. Add Salad Dressing and toss again.

Salad Dressing:

¼ c. Hain's food grade linseed oil
¼ c. apple cider vinegar
1 large clove garlic
1 Tbsp. honey

Juice of ½ lemon
½ tsp. oregano
½ tsp. dry mustard
1 stalk chopped celery

Combine ingredients in blender. Serves 6 to 8.

Paula Ormlanczuk Light

LEMON-LIME GELATIN MOLD

Lime Jello Layer:

1 (3 oz.) pkg. lime jello
1½ c. water
½ c. cottage cheese

¼ c. chopped cucumbers
¼ c. chopped onions
1 tsp. horseradish

Dissolve lime jello in 1 cup hot water, then add ½ cup cold water. Let set until it mounds. Fold in remaining ingredients and pour into mold. Chill until set. Make 1 (3 ounce) package lemon jello according to package directions and pour over lime layer. Let set and unmold.

SPINACH SALAD

¾ c. vegetable oil
1 Tbsp. olive oil
2 Tbsp. wine vinegar
1 Tbsp. sugar
¼ c. chopped parsley
1 Tbsp. chopped chives
2 shallots
1 small onion, chopped

½ c. mayonnaise
1½ lb. spinach, washed, dried and chopped
6 slices crisp cooked bacon, crumbled
½ lb. fresh mushrooms, sliced
½ c. grated Parmesan cheese
2 hard-boiled egg yolks, chopped

To prepare dressing, combine oils, vinegar, sugar, parsley, chives, shallots, onion, and mayonnaise in a blender or food processor. Blend until smooth (may be refrigerated up to 24 hours). Toss spinach, egg yolks, bacon, mushrooms, and cheese. Pour dressing over all and toss again. If desired, garnish with additional chopped chives. Serve as a first course, salad or main dish. Serves 6 to 8.

This is a favorite with the Dunphys and Ochirms.

Jeannine Dunphy

BEAN SALAD

1 can green beans
1 can yellow beans

1 can kidney beans
1 can chickpeas (if desired)

Rinse preceding and drain well.

½ onion, chopped
1 green pepper, chopped
½ c. vinegar
½ c. vegetable oil

½ c. sugar
¼ tsp. pepper
1 tsp. salt

Mix and pour preceding over beans. Marinate overnight, turning every 4 hours with wooden spoon. Refrigerate.

Mary Czorniak

PAT'S SEVEN LAYER SALAD

In large glass salad bowl, layer:

4 c. shredded lettuce (bottom layer)
4 c. carrots, cut in 2 inch strips
1 c. small macaroni, cooked
1 small pkg. frozen peas, thawed

1 small red onion, cut in rings
½ lb. ham, cut in ½ inch cubes (2 c.)
½ c. shredded Swiss cheese

In separate bowl, mix together:

1½ c. mayonnaisse
1 Tbsp. fresh dill or 1½ tsp. dried dill

Spread dressing on top of salad. Put wedges of hard cooked eggs on top. Let stand overnight. When it is time to serve, mix all ingredients well.

Nancy Watt Lemega

TOMATO SALAD

¼ c. chopped parsley
1 clove garlic, crushed (optional)
1 tsp. salt
1 tsp. sugar
¼ tsp. pepper

¼ c. oil
2 Tbsp. cider vinegar
2 tsp. Dijon mustard
8 ripe tomatoes

Peel tomatoes, if desired, and slice into thick slices. Combine all other ingredients. Pour over tomatoes at least 6 hours before serving (overnight is better), basting occasionally.

Nancy Watt Lemega

FRENCH SALAD DRESSING

1 can Campbell's tomato soup
¼ c. sugar
¼ c. vinegar
1 c. Wesson oil
2 tsp. grated onion

2 tsp. salt
1 tsp. pepper
1 tsp. dry mustard
2 tsp. Worcestershire sauce

Place all ingredients together and beat with rotary beater until thoroughly blended. Put in a quart jar and keep refrigerated. Stir or shake well before using.

Mary Czorniak

THREE BEAN SALAD

- | | |
|--|---|
| ½ c. sugar | 1 (16 oz.) can cut wax beans,
drained |
| ½ c. salad oil | |
| ½ c. cider vinegar | 1 (16 oz.) can red kidney beans,
drained |
| 1 tsp. salt | |
| 1 (16 oz.) can cut green beans,
drained | ½ c. fresh or frozen chopped onion |

In a large bowl, stir sugar with salad oil, vinegar and salt until blended. Add beans and onion; toss to mix well. Cover and refrigerate at least 8 hours to blend flavors.

Alice Yarysh

JELLO CHEESE MOLD

- | | |
|--|--|
| 1 large or 2 (3 oz.) pkg. jello (your
favorite) | 1 (12 oz.) container cottage cheese
(lowfat if desired) |
| 1 (8 oz.) can crushed pineapple,
drained | 1 (8 or 9 oz.) container Cool Whip |

In large bowl, dissolve jello in 1¾ cups hot water. Add 1¾ cups cold water (may use drained juice from pineapple as part of cold water). Chill mixture until it mounds (about 45 minutes). Add cottage cheese and drained pineapple; mix well. Fold in the Cool Whip and return to refrigerator to firm.

Tillie Bosack

CUCUMBER SOUR CREAM SALAD

- | | |
|------------------------------|-----------------------------|
| 4 medium cucumbers | 2 tsp. sugar |
| 1½ c. sour cream | 1 tsp. salt |
| 1 small clove garlic, minced | 1 tsp. white wine vinegar |
| 1 Tbsp. salad oil | ½ tsp. dill weed (optional) |

Pare cucumbers and slice thinly into a large bowl. Stir together remaining ingredients, except dill weed, and pour over cucumbers. Toss lightly. Sprinkle with dill weed. Cover and chill. Just before serving, toss carefully. Makes 8 to 10 servings.

Kathy Kowalsky

NINE LAYER SALAD

- | | |
|---|--|
| Small head lettuce | 1½ c. sour cream/salad dressing,
combined |
| 1½ c. chopped celery | |
| 1 c. chopped red onion | 3 Tbsp. sugar |
| 1 (10 oz.) pkg. frozen peas, cooked
1 minute and drained | 1 c. shredded Cheddar cheese |
| ¾ c. chopped green pepper | Bac-Os bits or crumbled bacon |

Layer lettuce, celery, onion, peas, and green pepper in large bowl in order given. Combine sour cream and salad dressing until blended; spread over salad. Sprinkle sugar over dressing. Top with cheese and bacon. Cover tightly with plastic wrap and refrigerate for 24 hours.

Mary D. Roberti

CHERRY SALAD SUPREME

3 oz. raspberry jello
1 c. boiling water
21 oz. cherry pie filling
3 oz. lemon jello
1 c. boiling water
3 oz. cream cheese (room temperature)

1/4 c. mayonnaise
8 oz. crushed pineapple with juice
1/2 c. cream, whipped
1 c. mini marshmallows
2 Tbsp. chopped nuts

Dissolve raspberry jello in 1 cup boiling water. Stir in cherry pie filling and chill in a 9 inch square pan until partially set. Dissolve lemon jello in 1 cup boiling water. Beat together cream cheese and mayonnaise; gradually add lemon jello. Stir in pineapple with juice. Fold in whipped cream and marshmallows. Spread over cherry layer and top with 2 tablespoons chopped nuts. Chill until set. Serves 12.

Anastasia Rudy

POPULAR FRUIT SALAD DRESSING

2 eggs
3 Tbsp. honey
2 Tbsp. lemon juice

1/4 tsp. salt
Pinch of paprika
1 1/2 c. whipped cream

Beat whites and yolks separately; whip in honey, lemon juice, salt, and paprika. Place in double boiler and cook until thick, whipping continuously. Cool and fold in whipping cream. Keep in refrigerator until ready to use.

Courtesy of Joseph Hladun, CT Bee Association

JELLO MOLD

1 lb. cottage cheese
1 small container whipped topping
1 pkg. lime jello

1 can crushed pineapple, well drained

Mix the jello with whipped topping to dissolve. Add all other ingredients and set in refrigerator to chill several hours. Can be made with other jello flavors.

Patricia Mokrycki

WINTER BORSCHT (Beet soup)

Choose young, firm beets with unwilted tops for best flavor.

Chop finely:

2 cloves garlic
2 medium onions
2 medium potatoes
1 medium carrot

1 bunch beets (including green tops)
2 Tbsp. vegetable bouillon

Barely cover these ingredients with water in a large pot. Bring to a boil; reduce heat and simmer gently, covered, about 20 minutes.

Add:

1 c. shredded red cabbage
2 Tbsp. chopped, fresh dill (or 2 tsp. dried dill)
2 Tbsp. apple cider vinegar

Dash of cayenne pepper
Water (enough to cover top if needed)

Simmer 15 minutes more.

Optional toppings:

1 tsp. grated cucumber

1 tsp. plain lowfat yogurt

Serve hot or cold with heavy whole grain bread and a great big green salad.
Serves 6.

Paula Ormianczuk Light

MINESTRONE (Microwave)

This soup is easily converted to top of stove cooking.

2 Tbsp. butter or margarine

1 tsp. basil

½ c. thinly sliced carrots

1 tsp. parsley flakes

½ c. chopped onion

1 tsp. salt

2 c. chicken broth

1 (16 oz.) can kidney beans, drained

**1 (16 oz.) can stewed tomatoes,
chopped**

**¼ c. broken spaghetti (about 2 inch
pieces)**

1 c. shredded cabbage or zucchini

1. In 3 quart casserole dish, heat butter, carrots, and onion, covered, for 5 to 6 minutes on HIGH.

2. Add broth, tomatoes, zucchini, basil, parsley, and salt. Heat, covered, for 7 to 8 minutes on HIGH, stirring once.

3. Add kidney beans and spaghetti; heat, covered, for 9 to 11 minutes on power level 5 until vegetables are tender, stirring once. Let stand, covered, 10 minutes, until spaghetti is tender, before serving.

John Kowalsky

BROCCOLI BISQUE

1 head broccoli

4 c. chicken stock

**4 medium potatoes, peeled and
sliced**

¼ lb. butter or margarine

4 ribs celery, diced

½ tsp. nutmeg

1 medium onion, sliced

Salt and pepper

Remove flowerets from broccoli and rinse. Melt butter in large skillet or Dutch oven. Add broccoli stems and other vegetables; cook until translucent. Add chicken stock and cook 30 minutes. Remove from heat and puree in blender. Return to heat; add flowerets and cook 10 minutes longer. Add seasonings.

Jean Kowalsky

VICTORIOUS VICHYSOISE

1 medium onion, sliced
2 leeks (white part only), sliced
2 medium potatoes, sliced
1 c. vegetable broth
1 ¼ c. nonfat milk
1 c. tomatoes, chopped

2 cloves garlic, chopped
1 bay leaf
Dash of thyme and pepper
Juice of ½ lemon
1 pat butter

Saute onion, garlic, leeks, and potatoes in butter until the onion is translucent. Add herbs, seasonings, tomatoes, lemon juice, and vegetable broth. Cook an additional 10 minutes, stirring occasionally to prevent sticking. Remove bay leaf. Puree the cooked mixture and milk in blender until smooth. Reheat and serve warm or refrigerate until chilled. Garnish with croutons and parsley or chopped green onion tops. Serves 4.

Paula Ormianczuk Light

TOMATO RICE SOUP

1 can tomato soup
1 can water
1 Tbsp. butter
Salt (optional)

2 Tbsp. washed raw rice
1 Tbsp. sour or sweet cream
½ c. milk
1 heaping tsp. flour

Combine tomato soup, water, butter, and salt; bring to boil. When boiling, add 2 tablespoons raw rice and cook until done. In a bowl, place sour cream or sweet cream, flour and milk; mix smooth. Remove soup from heat and add the flour mixture. Return to heat and cook a few minutes more.

Helen Paluch

ZUCCHINI SOUP

2 medium size onions, sauteed in 2
Tbsp. butter

5 c. grated zucchini

Add zucchini to sauteed onions. Cover and cook 1 minute. Add salt, pepper, a dash of garlic powder, parsley and celery flakes, sweet basil, and dill (any combination wanted). Add 1 cup chicken broth; cook 2 to 3 minutes. Cool a bit. Put through blender in small quantities.

Anna O. Kudriavetz

MINESTRONE

10 oz. salt pork, cut in ¼ inch cubes
2 Tbsp. tomato puree
4 cloves garlic, crushed
Fresh ground pepper
3 to 4 potatoes, peeled and
chopped (3 to 4 c.)
2 leeks, chopped (2 c.)
2 large onions, chopped

2 carrots, chopped (1 c.)
1 c. chopped celery
3 qt. chicken stock
1 Tbsp. dried parsley flakes
2 (10 oz.) pkg. frozen peas
4 oz. thin spaghetti, broken
1 Tbsp. dried basil, crushed
Grated Parmesan cheese

Rinse salt pork in warm water; drain and pat dry with paper towel. In a 5 quart kettle or Dutch oven, brown salt pork. Stir in tomato puree, garlic and pepper. Add potatoes, leeks, onions, carrots, celery, chicken stock, and parsley flakes; bring to boiling.

Simmer vigorously, uncovered, for 15 minutes. Add peas, spaghetti and basil; season to taste with salt if needed. Simmer 10 minutes or until flavors are combined and vegetables are done. Serve with Parmesan cheese. Makes 4 quarts.

Jenny Dertycla

LENTIL SOUP

1 lb. washed lentils	1 large can tomatoes
3 qt. water	2 large carrots, chopped
1 lb. Italian sausage (casing removed)	4 stalks celery, chopped
1 onion, chopped	2 potatoes, chopped
1 clove garlic, minced	Salt and pepper to taste
1 green pepper, chopped	½ tsp. oregano
1 Tbsp. olive oil (optional)	1 c. small elbow macaroni, parboiled 5 minutes

Boil lentils in water 30 minutes. Meanwhile, stir and saute sausage until light brown. Add onion and garlic; cook until light brown. Add tomatoes and simmer 15 minutes. Add vegetables and cook 15 minutes more. Combine with lentils while they are cooking and add macaroni; heat through thoroughly. Serve after soup stands a while.

Jean Kowalsky

CREAM OF SUMMER SQUASH SOUP

½ c. leeks, diced	3 Tbsp. flour
½ c. onion, diced	3 c. chicken stock
½ c. celery, diced	1 c. light cream
1 c. summer squash, diced, or broccoll or eggplant	Salt, pepper and thyme to taste
3 Tbsp. butter	⅓ to ½ c. white wine

Melt butter. Saute vegetables about 5 minutes over low heat so butter won't brown. Blend in flour, then add to chicken stock. Let cook to a boil. Season and simmer until vegetables are tender (about 20 minutes). Add light cream.

Helen Paluch

SEAFOOD CHOWDER

1½ lb. halibut (fresh or frozen)	1½ c. water
1 (6 to 8 oz.) pkg. frozen crabmeat, thawed, or 1 (7½ oz.) can crabmeat	1 (8 oz.) can cream style corn
5 slices bacon, diced	2 c. half & half
¾ c. chopped sweet red onion	2 c. milk
½ c. chopped green pepper	1½ Tbsp. butter, softened
2 c. diced potatoes	1½ tsp. flour
	Salt and white pepper
	Chopped parsley

Defrost frozen halibut. Cut into chunks, discarding skin and bones. Drain and slice crab. In a large heavy saucepan, saute bacon, onion and green pepper. Add potatoes and water; cover and simmer 10 minutes or until potatoes are nearly tender. Add halibut; cover and simmer 6 to 8 minutes. Add crab, corn, half & half, and milk; heat gently. Combine butter and flour; add to chowder. Cook, stirring constantly, until chow-

der has thickened slightly. Add salt and white pepper to taste. To serve, sprinkle with parsley. Makes 6 servings.

Note: I have substituted frozen cod for halibut with excellent results. This is a delicious chowder!

John Kowalsky

PARSNIP SOUP

6 or 7 parsnips
5 carrots
4 celery stalks
1 large onion

1 (10¾ oz.) consomme
1 (10¾ oz.) can chicken broth
4 qt. water
Salt to taste

Chop vegetables. Bring consomme, chicken broth and 2 quarts water to a boil. Add vegetables and 2 more quarts water. Simmer until vegetables are tender.

Note: Some seasonings may be used to vary the taste of the soup, either individually or combined: Parsley, pepper, rosemary, or bay leaf. Serve hot.

Julie Nesteruk

COOL CUCUMBER SOUP

2 medium cucumbers
1 onion, coarsely chopped
½ c. chicken broth
2 Tbsp. fresh dill sprigs

1 Tbsp. lemon juice
½ tsp. salt
Dash of hot red pepper sauce
½ c. plain yogurt

Slice peeled cucumbers in halves lengthwise and scoop out the seeds. Cut the cucumbers crosswise into 1 inch slices. Place cucumbers, chopped onion, chicken broth, dill sprigs, lemon juice, salt, and hot red pepper sauce in a blender. Blend, using an on-off motion, until mixture is smooth. Transfer to mixing bowl and stir in ¼ cup yogurt. Chill, covered, 20 to 30 minutes.

To serve, ladle soup into chilled bowls and garnish with small dollop of the remaining yogurt.

Julie Nesteruk

ZUCCHINI-TOMATO SOUP

3 (9 inch) zucchini
1 (10¾ oz.) can beef consomme
(undiluted)

1 (1 lb. 4 oz.) can tomatoes
½ tsp. allspice
1 Tbsp. sugar

Cook zucchini in consomme until tender. Blend with all other ingredients in blender. Serve hot. May be served with Herbed Sour Cream on top.

Herbed Sour Cream:

½ c. sour cream
½ tsp. dill

1 pinch tarragon
1 pinch minced onion

Mix ingredients and let stand at room temperature for about 1 hour so mixture will absorb flavor of herbs.

Julie Nesteruk

SOUP ORIENTALE

4 c. cold water
3 Tbsp. dry sherry
1 pkg. Knorr French onion soup and
recipe mix
8 oz. boneless, skinless chicken
breast, cut in very thin strips

1 carrot, cut in matchsticks
2 oz. snow peas, cut in matchsticks
¼ c. sliced water chestnuts
1½ tsp. sesame or chili oil
(optional)

In 2 quart saucepan, stir together water, sherry and soup mix with wire whisk. Add chicken and carrot. Stir frequently; bring to a boil. Reduce heat; partially cover and simmer 5 minutes. Stir in sesame or chili oil. Makes 4 to 6 servings.

Helen Wasynczuk

EGG LEMON SOUP

4½ c. water
1 pkg. Knorr vegetable soup and
recipe mix

½ c. uncooked rice
2 eggs
2 to 3 Tbsp. lemon juice

In 2 quart saucepan, bring water to boil over medium high heat. With wire whisk, stir in soup mix and rice. Reduce heat. Partially cover and simmer 15 minutes. In small bowl, beat eggs and lemon juice until blended. Gradually stir 1 cup of the hot soup into eggs until well blended. Stirring constantly, gradually pour egg mixture into remaining soup; cook over low heat 3 minutes or until mixture coats spoon. (Do not boil.) Makes 4 to 6 servings.

Helen Wasynczuk

APPLE SOUP - KYSHYL

2 medium apples
1 (15 oz.) can purple plums*
3 c. water
1 egg

2 Tbsp. flour
¾ c. milk or half & half
Cinnamon and sugar (to your taste)

Peel and slice apples; start cooking in 3 cups of water. Add plums with its juice and cook until apples are tender. Mix egg and flour; add milk or half & half. Stir until no lumps remain. Slowly add some hot apple plum liquid to egg-milk mixture; stir well. Add this back to cooking apples slowly through a sieve and mix well; let simmer about 5 minutes, until it has thickened. Add sugar and cinnamon to taste. Serves 4 to 6.

* In season, use fresh plums and increase water.

Patricia Mokrycki

GREEN PEA SOUP

1 bone from soaked picnic shoulder
(with leftover meat from
shoulder)
3 carrots
3 stalks celery

2 medium onions
4 medium potatoes
1 can green pea soup
Salt and pepper

Simmer bone in 2 quarts of water for 30 minutes. Grind about 1½ to 2 cups of meat from picnic shoulder. Also grind all vegetables. Let simmer about 15 minutes; add diluted pea soup (using liquid from soup) and let simmer 10 to 15 minutes more. Add salt and pepper to your taste. Any mild leftover vegetables can be added to soup.

Alice Mokrycki

CHICKEN-CAULIFLOWER SOUP

1 cut up chicken	1 celery, sliced
1 head cauliflower	½ pkg. fine noodles
2 carrots, sliced	Sprigs of parsley
1 onion, diced	Salt and pepper

In 2 to 3 quarts of water, cook chicken until tender; remove from broth and cook cauliflower, carrots, celery, and onion. Let simmer about 20 to 25 minutes, until cauliflower is fork tender. Remove cauliflower head and break off outer flowerets. Add flowerets to soup (keeping center of head for creamed cauliflower or a vegetable). Cook noodles separately, then add to soup. Flavor with parsley and salt and pepper to your taste.

Alice Mokrycki

CORN CHOWDER (Williamsburg)

3 oz. salt pork, cubed	2 cans cream style corn
1 large onion, chopped	1 c. milk
1 rib celery, chopped	¼ c. butter
1½ c. potatoes, diced	Salt and pepper to taste
2 c. chicken stock or broth	

Fry pork until brown and remove. Add onion and saute 5 minutes, until translucent. Add enough water (just to cover) to potatoes and celery; cook tender. Add onion and chicken stock. Add corn and heat 5 minutes, stirring. Add milk, butter, salt and pepper. Heat until hot. Serves 6.

Francesca Ormianczuk

OLD-FASHIONED TOMATO SOUP

4 Tbsp. vegetable oil	3 c. chicken stock
1 medium onion, finely chopped	Pepper and herb salt
2 lb. ripe tomatoes (unpeeled), sliced	1 medium ripe tomato, peeled, seeded and julienned
1 Tbsp. tomato paste	1 Tbsp. fresh parsley, chopped
1 bay leaf	1 Tbsp. fresh chives, finely chopped
½ tsp. garlic, minced	1 tsp. light honey
2 Tbsp. cornstarch or potato flour	

Heat 3 tablespoons oil in saucepan over medium heat. Add onion and cook until translucent (5 minutes). Add sliced tomatoes and continue cooking for 3 minutes. Stir in tomato paste, bay leaf and garlic. Cover and cook for 10 minutes, stirring often. Transfer mixture to blender in batches and puree or press through fine strainer. Return puree to saucepan.

Combine cornstarch and remaining oil in small bowl; stir into puree. Add stock and bring to boil over medium heat, stirring constantly. Reduce heat to low and simmer for 10 minutes. Season with pepper and herb salt to taste. Stir in tomato julienne, parsley, chives, and honey. Serve immediately or let cool; cover and refrigerate.

Jenny Dertycla

GREEN-YELLOW BEAN CASSEROLE

1/3 c. sour cream
1 can mushroom soup
1 (15 1/2 oz.) can green beans
1 (15 1/2 oz.) can wax beans
1/2 pkg. onion rings

1/2 stick margarine
Garlic salt*
Dill (2 or 3 sprigs), stripped from stems

Melt margarine; add pinch of garlic salt and dill. Add to combined beans and mix well. Layer some bean mix on the bottom of buttered casserole. Top with onion rings and continue layering, ending with onion rings on top. Combine sour cream and mushroom soup; pour over top of casserole. Cover and bake at 325° for 30 to 35 minutes.

* Use 1/2 teaspoon garlic salt or according to taste.

Alice Mokrycki

ZUCCHINI AND YELLOW SQUASH CASSEROLE

3 c. yellow squash
3 c. zucchini squash
1/4 c. chopped onion
1 can cream of celery or mushroom soup

1 c. sour cream
2 carrots, shredded
1 (8 oz.) pkg. stuffing mix
1/2 c. melted margarine

Cook and drain well the first 3 ingredients. Combine soup of your choice, sour cream and carrots. Grease casserole dish and place half of the stuffing mix on the bottom. Place the squash and onion over stuffing; pour the soup mixture over squash. Top with remaining stuffing mix and pour melted margarine over the top. Bake at 350° for 20 to 30 minutes. This is a delicious dish.

Mary Czorniak, Anna Kudriavetz

TOMATOES STUFFED WITH VEGETABLES

3 large, waxy potatoes
3 large carrots
4 oz. green beans
2 stalks celery
Salt and pepper

4 oz. frozen peas
6 Tbsp. mayonnaisse
Lemon juice
4 large tomatoes
Basil leaves

Peel the potatoes. Scrape the carrots. Top and tail the beans. Wash and trim the celery. Dice all the vegetables; cook in boiling salted water for 5 minutes. Add the peas and cook for a further 5 minutes or until tender; drain well and cool. Add the mayonnaisse to the vegetables with a few drops of lemon juice and seasoning; mix well. Halve the tomatoes and scoop out the seeds and centers. Fill with the vegetable mixture and arrange on a serving plate. Serve garnished with basil leaves.

Patricia Mokrycki

SUMMER SQUASH

2 onions	½ tsp. sugar
2 green peppers	¼ tsp. garlic
3 crookneck squash or zucchini, sliced	2 tomatoes, peeled and diced
¼ c. margarine	¼ tsp. oregano
	Salt

Saute onion and pepper but do not brown. Add squash and cook until tender. Add tomatoes, oregano, sugar, and garlic; cook for a few minutes longer.

Anna Stefaniw

POTATO CASSEROLE WITH STEAMED ASPARAGUS

6 medium, red skin potatoes, cut into bite-size pieces	¼ c. water
1 large, diced tomato	¼ tsp. oregano
2 large carrots, grated	1 tsp. basil
1 small onion, chopped fine	1 Tbsp. fresh parsley, chopped
	1 Tbsp. instant vegetable broth

Combine all ingredients in a large casserole dish. Cover and bake at 325° for 1 hour. Remove cover and bake an additional ¼ hour. Serve with steamed asparagus.

To prepare asparagus, rinse and cut off lower 2 to 3 inches of each stalk. In a large pot, place 1 inch of water in stainless steel steamer. Add asparagus; bring water to a boil. Cover; lower heat and steam 3 to 4 minutes so asparagus is still crunchy and not limp. Serves 6.

Paula Ormianczuk Light

CHEESE VEGETABLE BAKE

1 (1 lb.) bag frozen vegetables (carrots, broccoli and cauliflower combination)	1 c. (4 oz.) shredded cheese*
1 (10¼ oz.) can creamed mushroom soup	½ c. sour cream
	¼ tsp. black pepper
	1 can French fried onions**

Combine vegetables, ½ cup cheese, sour cream, pepper, and ½ of fried onions. Pour into a 1 quart casserole pan. Bake, covered, at 350°F. for 30 minutes. Top with remaining cheese and onions; bake 5 minutes longer.

* Use any cheese to your taste: Swiss, Cheddar, Gruyere, or Cal-Jack.

** Onion flavored ring can be substituted. Also other combination of vegetables can be used.

Patricia Mokrycki

PENNY CARROTS

2 lb. carrots, peeled and sliced	1 green pepper, thinly sliced
1 medium onion, thinly sliced	
Mix together:	
1 can tomato sauce	¾ c. sugar
½ c. salad oil	¼ c. vinegar

Boil carrots in water until just tender; drain and cool. Alternate carrots, onion and pepper in large dish. Pour mixture of last 4 ingredients over carrots. Mix gently and refrigerate overnight.

Anna O. Kudrjavetz

GLAZED CARROTS

2 bunches sliced and cooked carrots	½ c. vinegar
1 can tomato soup	1 c. sugar
½ c. salad oil	1 tsp. dry mustard
	1 onion, thinly sliced

Mix all ingredients together and refrigerate for 2 days. Keeps well for about 2 weeks or more.

Bessie Danyliw

POTATO AND CARROT MEDLEY

½ c. butter or margarine	1 tsp. instant chicken flavor bouillon
3 c. (4 medium) peeled and cubed (1 inch), raw potatoes	1 tsp. dill weed
1 c. carrot sticks	½ tsp. salt
½ c. chopped onion	
½ c. green pepper strips or frozen cut green beans, thawed and drained	

In heavy, 3 quart saucepan, melt butter. Add remaining ingredients; stir to combine. Cook, covered, over medium low heat for 20 to 25 minutes or until potatoes are tender. Makes 4 servings.

Pearl Apanowitch

BAKED STUFFED POTATOES

8 potatoes	½ c. sour cream
2 Tbsp. butter	1 c. grated sharp Cheddar cheese
½ c. Hunt's tomato sauce	Salt and pepper to taste

Bake potatoes for 45 minutes at 400°. Split lengthwise and scoop out, leaving shell. Mash potatoes and add remaining ingredients, blending well. Mound back into shells. Refrigerate until needed. Arrange in 13x9 inch pan and reheat last ½ hour when roasting meat, etc. Delicious!

Gloria Rucci

BAKED LIMA BEANS

1 lb. dried lima beans	½ tsp. paprika
½ c. olive oil	½ c. chopped green pepper
½ c. finely chopped onion	Salt and pepper to taste

Wash beans thoroughly, then soak beans overnight. Next morning, drain and cook in boiling salted water until tender; drain. Pour into greased casserole. Cook onion in olive oil until golden brown and pour over beans. Add green pepper and a small quantity of boiling water. Bake in hot oven (400°) for about 1 hour. If beans become dry, add more water.

Helen Chopus

CORN-ZUCCHINI CASSEROLE

1 lb. (3 or 4 medium) zucchini	1 c. shredded process Swiss cheese
¼ c. chopped onion	¼ tsp. salt
1 Tbsp. butter	1 can French fried onions
2 beaten eggs	2 Tbsp. Parmesan cheese
1 (10 oz.) pkg. frozen whole kernel corn, cooked and drained	1 Tbsp. melted butter

Wash zucchini but do not pare it. Slice into 1 inch slices. Cook, covered in a small amount of boiling salted water, until tender (about 15 to 20 minutes). Drain and mash with a fork. Cook onion until tender in 1 tablespoon butter. Combine beaten eggs, mashed zucchini, onion, corn, Swiss cheese, and salt. Turn into a 1 quart casserole. Combine French fried onions, Parmesan cheese and 1 tablespoon melted butter; sprinkle on top of corn.

Place dish on baking sheet and bake in a 350°F. oven for 40 minutes. When casserole is done, a knife inserted in center will come out clean. Let stand 5 to 10 minutes before serving.

Note: Canned corn may be used.

Alice Yarysh

BROCCOLI CASSEROLE

1½ lb. fresh broccoli, washed and cut	¼ c. shredded sharp Cheddar cheese
1 can condensed cream of mushroom soup	1½ tsp. lemon juice
¼ c. mayonnaise	1 can French fried onions

In covered saucepan, cook broccoli in a small amount of boiling salted water for 10 to 15 minutes. Drain and place in 1½ or 2 quart casserole. Combine soup, mayonnaise, shredded cheese, and lemon juice; pour mixture over broccoli. Top with French fried onions. Bake at 350°F. for 35 minutes.

Alice Yarysh

BUTTERNUT SQUASH CASSEROLE

3 lb. squash	½ tsp. salt
¼ c. butter	¼ tsp. pepper
2 c. diced onion	1 c. corn bread crumbs, divided
1 c. heavy cream	¼ tsp. thyme

Peel squash and cook until tender; drain. Saute onion in butter. Combine onion and cream; add salt, pepper and thyme. Mix in corn bread crumbs. Be sure to leave a layer of bread crumbs on top. Melt butter and pour over top of crumbs; broil for 2 or 3 minutes. Can bake to reheat.

Julie Nesteruk

CORN PUDDING (Souffle)

3 eggs, separated
1 Tbsp. sugar
½ c. melted butter
½ tsp. salt

½ tsp. black pepper
½ tsp. paprika
½ c. cream
1 (No. 2) can corn

Beat egg yolks; add salt, sugar, butter, pepper, paprika, and cream. Add corn and blend well. Beat egg whites stiff and fold into corn mixture. Pour into a buttered baking dish. Sprinkle with corn flake crumbs. Bake in a 350° oven for 25 minutes.

Mary Czorniak

BAKED ACORN SQUASH

2 medium to large acorn squash
1 tsp. olive oil
2 apples, chopped small
½ c. raisins

4 tsp. maple syrup
2 tsp. cinnamon
¼ c. raw sunflower seeds
½ c. water

Wash squash and cut in halves lengthwise down the middle. Clean out the seeds and break off stems so they will stand with cavity upright. Rub a few drops of olive oil all over the squash to keep it from drying out and splitting. Place squash with cavity upright in baking dish. Add ½ cup water to bottom of baking dish.

Divide chopped apples into 4 piles. Place ½ of each apple pile inside of each squash cavity. Sprinkle raisins over apples and cover with the remaining apples. (The raisins will remain moist if kept covered by the apples.) Now drizzle maple syrup and sprinkle cinnamon over the apple stuffing. Top with sunflower seeds and bake at 375° for 1 hour or until tender. Serves 4.

Paula Ormianczuk Light

PARMESAN POTATOES

8 medium potatoes (3 lb.)
¼ c. sifted flour
¼ c. grated Parmesan cheese

½ tsp. pepper
½ c. butter or margarine
Chopped, fresh parsley

Peel potatoes; cut in quarters and keep in cold water. Combine flour, cheese, salt, and pepper in a plastic bag. Drain potatoes and shake a few at a time in flour mixture, coating well. Melt butter in a 13x9 inch pan and make a single layer of the potatoes. Bake at 375° for 1 hour, turning once during baking. When potatoes are golden, sprinkle with fresh parsley. Serves 6 to 8.

This recipe can be halved.

Helen Paluch

REFRIGERATOR MASHED POTATOES

- | | |
|---|--|
| 5 lb. potatoes (9 large) | 1 tsp. garlic salt (optional; or to taste) |
| 2 (3 oz.) pkg. cream cheese | 1/4 tsp. pepper |
| 1 c. dairy sour cream | 2 Tbsp. butter |
| 1 tsp. onion salt (optional; or to taste) | Grated cheese or paprika |

Cook peeled potatoes in boiling salted water until tender; drain. Mash until smooth (no lumps). Use a ricer for best results. Add remaining ingredients (except cheese and paprika); beat until light and fluffy. Cool. Cover and refrigerate. May be used any time within 2 weeks.

To use, place desired amount in a greased casserole. Dot with butter or top with grated Cheddar cheese. Bake in 350°F. oven until heated through, 30 to 35 minutes, depending on amount used. Makes 8 to 12 servings.

Helen Paluch

SUMMER VEGETABLE PUDDING

- | | |
|--|------------------------------------|
| 1/4 c. butter or margarine | 1 1/2 c. shredded Cheddar, divided |
| 1 large onion, chopped | 1 c. whole wheat bread cubes |
| 2 medium cloves garlic, chopped | 2 large eggs, lightly beaten |
| 4 medium tomatoes, divided | 1/2 tsp. Tabasco sauce (optional) |
| 3 medium zucchini, divided | |
| 1 Tbsp. fresh basil, chopped or 1 tsp. dried, crumbled | |

In large skillet, melt butter or margarine. Saute onion and garlic about 2 minutes. Chop 3 tomatoes and slice remaining ones; set aside. Cut 8 thin slices zucchini and set aside. Coarsely chop remaining zucchini; add chopped tomatoes, chopped zucchini and basil to onion and garlic in skillet. Cover and simmer 8 to 10 minutes, stirring occasionally, until zucchini is crisp tender. Stir in 1 cup Cheddar and bread cubes. Cool slightly. Stir in eggs and Tabasco sauce (optional).

Turn into a 1 1/2 quart shallow casserole. Arrange reserved tomato and zucchini slices on top. Bake at 375° for 25 minutes. Sprinkle with remaining 1/2 cup Cheddar. Bake 5 minutes more, until cheese melts.

Helen Paluch

SPINACH AND GARLIC SAUTE

- | | |
|-----------------------------|--------------------------|
| 1 lb. fresh spinach, washed | 6 cloves garlic, chopped |
| 1 Tbsp. olive oil | |

In large saucepot, saute garlic in olive oil until tender. Add spinach; cover and simmer 2 to 3 minutes, stirring occasionally. Spinach is done when wilted. Serves 4.

Paula Ormianczuk Light

VEGGIE BURGERS

1½ c. cooked brown rice	½ c. bran flakes
1½ c. cooked lentils or pinto beans	¼ c. sunflower seeds
2 cloves garlic	¼ c. sesame seeds
1 small onion	½ c. tomato sauce
2 carrots	

Chop garlic, onion and carrots very fine. Combine all ingredients in food processor for 1 to 2 minutes. (If a food processor is not a part of your kitchen, simply mix vigorously by hand.) Form mixture into burgers. Grill outdoors or heat on top of stove 3 to 5 minutes on medium high, until each side is browned. Serve on whole grain buns with tomato slices and alfalfa sprouts. Serves 6.

Paula Ormianczuk Light

BAKED GLAZED CARROTS AND BRUSSELS SPROUTS

6 medium carrots, sliced diagonally	2 pats butter
12 oz. Brussels sprouts, quartered lengthwise	1 Tbsp. grated Parmesan cheese

Butter baking dish with 1 pat butter. Toss carrots and Brussels sprouts in baking dish and set aside.

¼ c. plus 2 Tbsp. water	½ tsp. dry mustard
¼ c. honey	½ tsp. vegetable bouillon
Juice of ½ lemon	1 Tbsp. finely chopped onion

Whisk together preceding ingredients in small mixing bowl. Add to veggies in baking dish; toss. Sprinkle cheese over top. Dot with butter. Cover and bake at 350° for 20 to 30 minutes. Serves 6 to 8.

Paula Ormianczuk Light

BAKED BUTTERNUT SQUASH WITH TURNIPS

3 c. squash, diced	1 c. crushed pineapple
3 c. purple top turnips, diced	2 pats butter
¼ c. raisins	

Butter baking dish with 1 pat butter. Toss squash, turnips, raisins, and pineapple in baking dish. Set aside.

1 Tbsp. finely chopped onion	1 c. nonfat milk
2 Tbsp. ground almonds	1 Tbsp. honey
½ tsp. turmeric	½ tsp. vegetable bouillon

Combine preceding ingredients and toss with veggies in baking dish. Dot with 1 pat butter. Cover and bake 30 to 40 minutes. Serves 6 to 8.

Paula Ormianczuk Light

SPINACH AND CHEESE

3 boxes frozen chopped spinach	Salt
¾ lb. Muenster cheese, grated on the large side	4 eggs

Thaw spinach at room temperature; add a little salt. Blend grated cheese, eggs and salt. Mix $\frac{1}{4}$ of the cheese and egg mixture into the thawed spinach. Spread into casserole dish or baking dish. Add remaining cheese and egg mixture on top, forming a thick layer. Dot with butter or margarine before putting into oven. Bake at 325° for 30 minutes or until the top forms a crust.

Anna O. Kudriavetz

FRIED BEETS

4 medium beets
2 small onions
2 Tbsp. butter
 $\frac{1}{2}$ tsp. lemon juice
2 Tbsp. sugar

1 Tbsp. flour
2 Tbsp. sour cream
Dill (optional)
Salt and pepper (optional)

Cook beets with skins; peel and grate on coarse grater. Saute onions in butter until glossy. Add grated beets, lemon juice and sugar to taste. Add flour to sour cream, mixing well; add slowly to beet mixture, mixing well for 2 or 3 minutes. Sprinkle with a little bit of dill. Season to your taste.

Olha Medynsky

CABBAGE-NOODLE BAKE

1 medium cabbage, shredded
1 onion, chopped
3 Tbsp. margarine

2 c. cooked, buttered noodle squares
Salt and pepper

Salt shredded cabbage and let stand for 30 minutes. Saute onion in margarine until translucent (glossy). Squeeze cabbage dry and add to onion. Fry about 10 minutes. Add noodles to cabbage mix. Place in casserole and bake about 35 minutes.

Maria Salecky

Notes

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Fish

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APPROXIMATE 100 CALORIE PORTIONS

Almonds (shelled)—12 to 15 nuts	Macaroni—¾ cup cooked
Angel cake—1¾ inch cube	Malted milk—3 tablespoons
Apple—1 large	Marmalade and jelly—1 tablespoon
Apple pie—⅓ normal piece	Marshmallows—5 marshmallows
Apricots—5 large	Mayonnaise—1 tablespoon
Asparagus—20 large stalks	Meat—cold sliced—⅛ inch slice
Bananas—1 medium	Meat—fat—size ½ chop
Beans—⅓ cup canned baked	Meat—lean—size 1 chop
Beans—green string—2½ cups	Milk—⅝ cup (regular)
Beets—1⅓ cups sliced	Molasses—1½ tablespoons
Bread—all kinds—slice ½ inch thick	Onions—3 to 4 Medium
Butter—1 tablespoon	Oranges—1 large
Buttermilk—1⅞ cups	Orange juice—1 cup
Cabbage—4 to 5 cups shredded	Peaches—3 medium fresh
Cake—1¾ inch cube	Peanut butter—1 tablespoon
Candy—1 inch cube	Pears—2 medium fresh
Cantaloupe—1 medium	Peas—¾ cup canned
Carrots—1⅓ cups	Pecans—12 meats
Cauliflower—1 small head	Pie—¼ ordinary serving
Celery—4 cups	Pineapple—2 slices 1 inch thick
Cereal—uncooked—¾ cup	Plums—3 to 4 large
Cheese—1⅞ inch cube	Popcorn—1½ cups
Cottage cheese—5 tablespoons	Potatoes—sweet—½ medium
Cherries—sweet fresh—20 cherries	Potatoes—white—1 medium
Cookies—1 to 3 inches in diameter	Potato salad—1 cup
Corn—½ cup	Prunes—dried 4 medium
Crackers—4 soda crackers	Radishes—3 dozen red button
Crackers—graham—2½ crackers	Raisins—¼ cup seeded or 2 tablespoons seeded
Cream—thick—1 tablespoon	Rhubarb—stewed and sweetened —½ cup
Cream—thin—4 tablespoons	Rice—cooked ¾ cup
Cream sauce—4 tablespoons	Rolls—1 medium
Dates—3 to 4	Rutabagas—1⅓ cups
Doughnuts—½ doughnut	Sauerkraut—2½ cups
Eggs—1⅓ eggs	Sherbet—4 tablespoons
Fish—fat—size of 1 chop	Spinach—2½ cups
Fish—lean—size of 2 chops	Squash—1 cup
Flour—4 tablespoons	Strawberries—1⅓ cups
Frankfurter—1 small	Sugar—brown—3 tablespoons
French dressing—1½ tablespoons	Sugar—white—2 tablespoons
Grapefruit—½ large	Tomatoes—canned—2 cups
Grape juice—½ cup	Tomatoes—fresh—2 to 3 medium
Grapes—20 grapes	Turnips—2 cups
Gravy—2 tablespoons	Walnuts—8 to 16 meats
Ice cream—½ cup	Watermelon—¾ slice 6 inches diameter
Lard—1 tablespoon	
Lemons—3 large	
Lettuce—2 large heads	

FISH

STUFFED SHRIMP

1 doz. large shrimp	Dash of oregano
1 c. bread crumbs	Dash of black pepper
½ to ¾ stick butter or margarine	1 large onion

Clean shrimp; split in halves, rinse well and put in strainer. Mix remaining ingredients together by grating onion and mixing with bread crumbs. Add melted butter and mix well. Stuff shrimp; lay on greased cookie sheet and bake 35 to 40 minutes at 350°. Serve with butter and lemon juice.

Anna Tabel

BROILED SALMON

2 lb. salmon steaks	2 Tbsp. lemon juice
2 Tbsp. butter	Dash of parsley
½ tsp. fish seasoning (Beau Monde)	Quick Dill Sauce

Preheat broiler; grease broiler pan and arrange salmon in single layer. Melt butter; add seasoning and lemon juice. Pour ½ over salmon. Broil 3 inches from broiler for 4 minutes. Turn; pour remaining butter on salmon and broil 4 minutes more, until salmon flakes. Garnish with parsley and serve with Dill Sauce.

Dill Sauce:

1 Tbsp. dill weed	¼ c. mayonnaisse
Salt and pepper to taste	1 tsp. lemon juice
¼ c. sour cream	1 tsp. white vinegar

Whisk all ingredients together and chill for ½ an hour.

Anna Tabel

SALMON CHEESE SQUARES

1 (15 oz.) can salmon, drained and flaked	4 oz. (1 c.) shredded Cheddar cheese
1 (10 oz.) can cream of onion soup	3 eggs, separated
1 egg	¾ c. sour cream
½ c. cracker crumbs	½ c. flour
½ c. milk	½ tsp. salt
½ tsp. pepper	½ tsp. pepper

Combine first 6 ingredients and press into greased 8 inch square pan. Sprinkle with cheese. Beat whites to stiff peaks and set aside. Combine yolks, sour cream, flour, salt, and pepper; beat until creamy. Fold in whites. Spread over salmon cheese mix. Bake at 350° for 30 to 35 minutes, until golden. Serves 6.

Mary Lemega

CLASSIC CRAB CASSEROLE

Cook 8 ounces small shell macaroni; drain and set aside.

Saute tender and set aside:

½ c. butter

½ c. chopped green pepper

½ c. chopped green onion

Mix and add to vegetables:

½ c. flour

1 tsp. salt (optional)

1 tsp. dry mustard

¼ tsp. white pepper

Gradually stir in 1 quart milk and bring to boil, stirring; simmer 3 minutes and remove.

Add:

3 (7½ oz.) cans King crab or any brand

1 (3 oz.) can whole mushrooms, drained

3 oz. chopped mushrooms, drained

4 oz. chopped pimento, drained

1 tsp. Worcestershire sauce

¼ tsp. Tabasco

Mix gently to blend with all ingredients. Pour into 9x13 inch baking dish. Sprinkle with 2 cups grated Cheddar cheese. Bake, uncovered, at 350° for 30 minutes, until bubbly and cheese is melted.

Jean Kowalsky

FOIL FISH BAKE

4 fresh, whole white fish (2 lb.) or use fillets of fish with stuffing in between

2 Tbsp. margarine

½ c. chopped parsley

½ c. chopped dill sprigs

¼ c. chopped chives

¼ c. chopped onions

2 Tbsp. lemon juice

Clean and rinse fish; drain well. Mix margarine, parsley, dill, chives, lemon juice, and onion. Stuff and wrap each fish separately in foil; seal well. Bake 20 minutes. Unwrap to hot platter. Garnish with parsley and lemon slices. Makes 4 servings of 220 calories per serving.

Jean Kowalsky

BACON BUTTER-CRUMB COD

1¼ c. coarsely crushed bacon flavor crackers or saltines

½ c. finely chopped celery

½ c. finely chopped green pepper

¼ c. finely chopped green onions

¼ c. finely chopped, fresh parsley

½ c. butter or margarine, melted

1 tsp. dry mustard

½ tsp. salt

3 Tbsp. sliced stuffed olives

3 drops hot pepper sauce

¼ c. milk

1 (1 lb.) pkg. frozen cod fillets, thawed, cut in 1 inch cubes and patted dry

Preheat oven to 350°. In 3 quart mixing bowl, combine all ingredients; mix well. Turn into 1 or 1½ quart round baking dish. Bake near center of oven for 30 to 40 minutes or until fish flakes with fork and crumbs are golden brown. Makes 4 (¾ cup) servings.

John Kowalsky

FILLET OF SOLE WITH GARLIC SAUCE

1 lb. fillet, sprinkled with salt and pepper	½ c. fresh dill, chopped
¼ c. margarine, softened	1 tsp. parsley, chopped
¼ c. sour cream or plain yogurt	1 clove garlic, minced
¼ c. chopped green onion	3 Tbsp. lemon juice

Arrange fish in a 9x12 inch baking pan. Combine all remaining ingredients and spread over fish. Sprinkle with cracker crumbs and bake at 350°F. for 12 minutes. *Do not overbake.* Serves 3.

GARLIC SHRIMP

1 lb. medium shrimp	3 large cloves garlic, chopped
1½ sticks butter or margarine	Vermicelli
2 large stalks celery, diced (1 c.)	Parsley
1 c. scallions, diced	

Clean and devein shrimp; set aside. Saute butter, celery, scallions and garlic on medium low heat until tender. Add shrimp and cook until they curl, about 10 minutes. Serve on hot vermicelli. Sprinkle with cheese and parsley.

Variations: Fresh broccoli flowerets and fresh, sliced mushrooms may also be added to preceding which I personally add and it's delicious. Add these when sauteing butter, etc.

Mary Orzech

DEVILED CRAB CASSEROLE

2 stalks celery, diced (no leaves)	1 Tbsp. Worcestershire sauce
1 medium onion, diced	Dash of Tabasco
1 green pepper, diced	¼ c. sherry wine
¼ lb. butter (1 stick)	1¼ lb. crabmeat (fresh or frozen)
1 c. flour	6 Tbsp. Parmesan cheese
3 c. scalded milk	6 Tbsp. butter
2 tsp. dry mustard	

In a large saucepan, cook celery, onion and pepper in butter over low heat until soft. *Slowly* sprinkle in flour, a little at a time, stirring constantly, until fully incorporated into a smooth roux. *Slowly* add scalded milk (take your time), blending well. Cook for 10 minutes over low heat, stirring occasionally, until thick and smooth. Add dry mustard, Worcestershire, Tabasco, sherry, and crabmeat. Bring to a boil; remove from heat immediately.

Pour into a 3 quart casserole dish. Top with Parmesan cheese and dot with butter. Bake, uncovered, at 400° for 30 minutes or until golden brown and bubbly. Serve with rice or toast points or plain hard crusted French bread. *Enjoy! Serves 6 to 8.*

Mary Orzech

COMPANY SALMON (Microwave)

½ c. finely chopped celery
¼ c. finely chopped onion
¼ c. butter or margarine
½ c. sliced, fresh mushrooms

½ c. dry bread crumbs
2 Tbsp. lemon juice
4 salmon steaks (1 inch thick)
Paprika

In medium bowl, combine celery, onion and butter. Cover and microwave at HIGH for 2 minutes. Stir in mushrooms, bread crumbs and lemon juice; set aside. Arrange steaks in 12x8 inch baking dish with narrow ends toward center. Cover with waxed paper. Microwave at 5 for 10 minutes; turn steaks over. Spread ¼ of crumb mixture over each steak. Microwave, uncovered, at 5 for 10 to 12 minutes or until fish flakes easily with fork. Let stand 3 minutes.

Mary D. Roberti

FISH IN MUSTARD SAUCE

1 lb. fish fillets
¼ tsp. salt
¼ tsp. paprika
Pinch of black pepper
1 Tbsp. lemon juice

1 Tbsp. margarine, melted
2 Tbsp. flour
Salt and pepper to taste
¼ Tbsp. Dijon mustard
1 c. milk

Topping:

½ c. crumbs

1 Tbsp. butter

Place fish in greased glass baking dish. Season with salt, pepper and lemon juice. Make sauce with melted margarine; stir in flour until smooth. Add mustard and milk. Cook until thickened; pour over fish. Bake at 350°F. for 30 minutes. Use crumbs plus butter for topping.

Jean Kowalsky

SWEET AND SOUR CARP

1 (3½ lb.) carp, pike, trout or haddock
Salt
4 c. water (enough to cover fish)
½ c. wine vinegar
1 lemon, sliced and seeded
1 medium onion, sliced in rings

1 bay leaf
1 tsp. peppercorns
½ c. raisins (optional)
1 Tbsp. salt
5 whole cloves
½ c. brown sugar

Clean, slice and salt fish; let stand overnight or several hours. (Winter carp is preferred to summer carp if available and head is included as it adds taste to sauce.) Boil together water, vinegar, lemon, onion, bay leaf, raisins, salt, and cloves. Add fish and let simmer, uncovered, for 30 minutes. Add brown sugar and gingersnaps (ginger-

snaps add color to liquid). Simmer 10 to 15 minutes more, until fish is done. Flesh should be firm to touch and leave the bones.

Remove fish from liquid and take meat from bones. Arrange on dish with sides. Boil liquid 15 minutes more. Strain; take out onion and raisins. Pour liquid over fish and garnish with raisins and onion rings. Refrigerate until sauce jells. Serve the next day. Makes 6 servings.

Mary Seleman

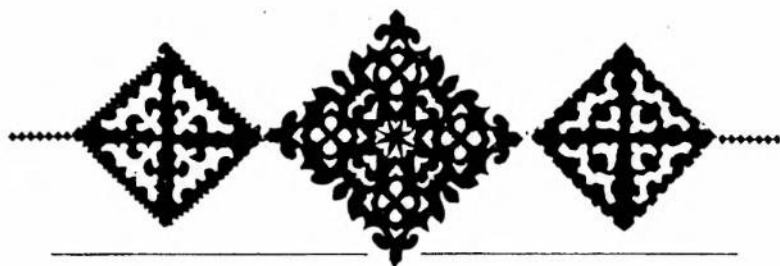
Notes



Meat and Casseroles

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М'ясо



MEAT ROASTING GUIDE

Cut	Weight Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
BEEF			
Standing Rib Roast ¹ (10 inch) ribs	4	1¾	140° (rare)
¹ If using shorter cut (8-inch) ribs, allow 30 min. longer		2	160° (medium)
		2½	170° (well done)
	8	2½	140° (rare)
		3	160° (medium)
		4½	170° (well done)
Rolled Ribs	4	2	140° (rare)
		2½	160° (medium)
		3	170° (well done)
	6	3	140° (rare)
		3¾	160° (medium)
		4	170° (well done)
Rolled rump ²	5	2¼	140° (rare)
		3	160° (medium)
		3¾	170° (well done)
Sirloin tip ²	3	1½	140° (rare)
² Roast only if high quality. Otherwise, braise.		2	160° (medium)
		2¼	170° (well done)
LAMB			
Leg	6	3	175° (medium)
		3½	180° (well done)
	8	4	175° (medium)
		4½	180° (well done)
VEAL			
Leg (piece)	5	2½ to 3	170° (well done)
Shoulder	6	3½	170° (well done)
Rolled Shoulder	3 to 5	3 to 3½	170° (well done)

POULTRY ROASTING GUIDE

Type of Poultry	Ready-To-Cook Weight	Oven Temperature	Approx. Total Roasting Time
TURKEY	6 to 8 lbs.	325°	2½ to 3 hrs.
	8 to 12 lbs.	325°	3 to 3½ hrs.
	12 to 16 lbs.	325°	3½ to 4 hrs.
	16 to 20 lbs.	325°	4 to 4½ hrs.
	20 to 24 lbs.	300°	5 to 6 hrs.
CHICKEN (Unstuffed)	2 to 2½ lbs.	400°	1 to 1½ hrs.
	2½ to 4 lbs.	400°	1½ to 2½ hrs.
	4 to 8 lbs.	325°	3 to 5 hrs.
DUCK (Unstuffed)	3 to 5 lbs.	325°	2½ to 3 hrs.

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

MEAT AND CASSEROLES

SHERRIED CHICKEN WITH RICE

3 whole chicken breasts, split	½ c. chopped onions
Salt and pepper to taste	¼ c. cooking sherry
Paprika	¼ tsp. dried whole basil
½ c. butter or margarine (I use less)	¼ tsp. dried rosemary
1 can cream of mushroom soup	Hot cooked rice
(undiluted) or fresh mushrooms	

Rinse chicken breasts and pat dry. (I remove all fat and skin.) Place chicken in 13x9 inch baking pan. Sprinkle with salt, pepper and paprika. Melt butter in saucepan; stir in remaining ingredients (except rice) and pour over chicken. Bake at 350° for 1 hour or until done. Serve chicken and gravy over rice.

Bessie Danyliw

ELEGANT CHICKEN

4 whole chicken breasts, split,	1 can cream of mushroom soup
skinned and boned	1 c. sour cream
8 slices uncooked bacon	Paprika
4 oz. dried beef	

Grease an 8x12 inch pan. Spread torn dried beef over the bottom of pan. Roll each ½ chicken breast and wrap with 1 slice of bacon. Place on top of dried beef. Combine mushroom soup and sour cream; pour over chicken. Sprinkle with paprika. Bake at 275° for 3 hours.

Bessie Danyliw

CHICKEN CASSEROLE

2 c. cubed, cooked chicken	1 c. mayonnaise
1 pkg. frozen peas, cooked	½ c. slivered almonds
½ c. finely chopped celery	2 hard-boiled eggs, chopped
1 can cream of chicken soup	

Topping:

Crushed Town House crackers	Melted butter
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Blend soup and mayonnaise; add all other ingredients. Place in casserole. Top with crushed Town House crackers and drizzle with melted butter. Bake for approximately 20 to 30 minutes in a 350° oven.

Mary McAdam

PEACHY CHICKEN

2 eggs	1 tsp. salt
¾ c. milk	½ tsp. pepper
1 c. flour	Boneless chicken, cut into quarters

Mix all to make a batter. Dip chicken pieces into batter. Coat pieces with Italian bread crumbs. Cover and refrigerate at least 2 hours. Next, brown the pieces in hot oil and place in baking dish. Dot with margarine (optional). Sprinkle with cinnamon and nutmeg. You may cover and refrigerate at this point or drizzle peach juice and sliced peaches over chicken. Bake at 350° for 35 to 40 minutes. (Bake 30 minutes for small pieces; bake 45 minutes for big halves.) You may also keep chicken pieces large (½ breast) and cover each 1 with 1 peach half.

Note: Optional - Drizzle lightly with Peachtree Peach Schnappes.

Claudia Bosack

LEMON SOY CHICKEN

Marinade:

¼ c. soy sauce (Kikkoman best)
¼ c. lemon juice
1 clove garlic, minced

½ tsp. ground ginger or minced,
fresh ginger root

Wash cut up chicken parts; dry and place skin side up in rectangular Pyrex dish; glass is best with marinade. Combine marinade ingredients and pour over chicken. Cover tightly with foil. Bake at 400° for 40 to 60 minutes or until done. I skin the chicken but it would be even juicier if not skinned.

Bessie Danyliw

BREAST OF CHICKEN EN CROUTE

2 chicken breasts, boned, skinned
and cut in halves
Salt, pepper and oregano
1 (10 oz.) pkg. frozen chopped
spinach, thawed
1 tsp. minced garlic

½ pt. sour cream
3 Tbsp. process cheese spread
1 pkg. frozen puff pastry
4 slices Virginia baked or honey
cured ham
1 egg, beaten with 1 tsp. water

Sprinkle chicken with salt, pepper and oregano. Combine spinach, garlic and cheese spread. Season with salt and pepper. Thaw pastry sheets for 20 minutes, then unfold. Cut each sheet into 4 squares. On floured surface, roll first square until slightly larger than chicken breast. In center of pastry, place slice of ham folded in ½, ¼ of spinach mixture and chicken breast ½. Roll second pastry square to size of first; place over chicken breast and press edges together. Trim with pastry wheel. Repeat with rest of chicken and pastry. Place on baking sheet. Brush top with egg and bake at 375° for 30 minutes or until golden brown. Serve with sour cream. Serves 4.

Gloria Rucci

LEMON BAKED CHICKEN

2½ lb. chicken, cut up
Flour
Salt and pepper

Paprika
1 stick butter

Sauce:

1 garlic clove, pressed
½ tsp. salt
2 Tbsp. finely chopped onion
½ tsp. pepper

¼ c. salad oil
¼ c. lemon juice
½ tsp. thyme

Melt butter in baking dish in 375° oven. Season chicken with salt and pepper; dredge with flour. Place in baking dish skin side down (turn chicken over once so both sides are coated with butter). Sprinkle with paprika. Bake, uncovered, 30 minutes. Turn chicken and pour sauce over each piece. Be sure to have a little onion on each piece of chicken. Bake, uncovered, 30 minutes longer or until tender. Serve hot or cold and serves 6.

Bessie Danyliw

CHICKEN KIEV

4 boneless chicken breasts (without skin)
1 tsp. garlic powder
1 Tbsp. dried parsley
Dash of salt

1 Tbsp. flour
1 c. bread crumbs
1 beaten egg
Oil or butter

Pound chicken breasts on underside. Mix together garlic powder, salt, parsley, flour, and bread crumbs. Coat chicken with beaten egg on outside only, then coat outside with bread crumb mixture. Roll so that bread crumb side remains on the outside. Place rolled chicken breasts in fry pan with butter or oil. When turns golden brown, turn over and cook on other side.

Donna Kapij

CHICKEN AND BROCCOLI

1 lb. chicken breasts
2 Tbsp. soy sauce
2 Tbsp. cornstarch
1 Tbsp. sherry
1 head broccoli

Peanut oil
1 slice ginger root
2 cloves garlic
1 Tbsp. oyster sauce
½ c. chicken broth

Slice uncooked chicken (or flank steak) into thin strips. Combine soy sauce, cornstarch, sherry, and sugar; mix with chicken. Cut broccoli into 2 inch long flowerets. Cover with boiling water. Heat 2 tablespoons oil in skillet. Add broccoli and stir-fry for 1 minute or until tender. Salt lightly if needed. Remove from pan and set aside. Heat 3 tablespoons oil in same skillet; add ginger and garlic, then stir a few seconds before adding chicken. Stir-fry poultry until fully cooked. Add oyster sauce, broth and broccoli; continue to stir-fry until sauce has thickened slightly. Serve at once.

Alice Mokrycki

BEEF ROLL-UPS

2½ lb. eye of round, sliced thin
1 onion, chopped
½ lb. mushrooms
½ to ½ c. bread crumbs

1 clove garlic
Salt and pepper
Margarine

Have eye of round sliced thin. Saute chopped onion and chopped mushrooms in margarine; add mashed garlic and cook onion until tender. Salt and pepper to your taste. Let filling cool slightly and add bread crumbs to hold filling together. Spread a teaspoonful on a slice of meat and roll; secure with a toothpick. Brown the rolls on all sides. Place in casserole and pour a light gravy over rolls; cook, covered, in oven for 1 hour at 350°.

Eva Juzyn

HUNGARIAN GOULASH

3 Tbsp. bacon fat	¼ tsp. butter or margarine
1 c. chopped onion	2 c. beef broth
2½ lb. lean beef, cut into 1½ inch cubes	1 c. dry white wine
2 Tbsp. paprika	¼ c. chopped green or red pepper
1½ tsp. salt	¼ c. flour
¼ tsp. pepper	½ c. sour cream
	Noodles, cooked and drained

Heat 2 tablespoons bacon fat in a large, heavy skillet or Dutch oven. Add onion and saute 5 minutes. Remove and set aside. Add remaining fat to skillet. Add meat and brown well on all sides. Sprinkle with paprika, salt, pepper, and butter. Add broth and 1 cup water. Add wine, chopped pepper and reserved onion. Heat to a boil. Cover and simmer 1½ to 2 hours or until meat is fork tender. Remove from heat to serving platter.

Strain drippings; mix flour with ⅓ cup water and gradually stir into drippings. Cook until thickened, stirring. Blend in sour cream; heat until hot. Spoon over the beef cubes. Serve with noodles. Makes 6 servings.

Jenny Derlycia

SAUERBRATEN

5 to 7 lb. bottom round of beef (flat)	½ lb. dark raisins
1 qt. cider vinegar	3 to 4 bay leaves
1 qt. water	2 medium onions, sliced
1¼ c. sugar	

1. In large saucepan, combine water and vinegar. Bring to boil and add sugar. Simmer until sugar has dissolved and let cool to room temperature.

2. Put meat in roasting pan; salt and pepper to taste. Add raisins and sliced onions; arrange on meat. Add bay leaves and pour marinade over meat. Cover and refrigerate for 5 or 6 days. After third day, turn meat over.

3. To cook, remove meat and reserve the marinade. To pan, add enough oil to cover bottom of pan; brown meat on all sides on top of the stove until meat is almost black. Pour marinade over meat; cover pan and cook for 2½ hours. Five minutes before serving, remove meat and add 3 to 4 tablespoons of cornstarch to thicken.

Serve with wide noodles and use gravy on the noodles and meat.

Anna Tabel

BELGIAN BEEF STEW WITH BEER

½ c. flour	1¼ c. sliced, peeled onions
1 tsp. salt	1 clove garlic, minced
1 tsp. freshly ground pepper	1 bay leaf
2 lb. beef chunks (1½ inch cubes; chuck or round)	¼ tsp. thyme
3 Tbsp. vegetable oil (or more as needed)	12 oz. beer
	Boiled potatoes

Combine flour, salt and pepper. Turn meat cubes in flour, shaking off excess; set aside. Heat ½ the oil in skillet; add onions and garlic. Stir over medium heat until onions are translucent. Remove to a bowl. Add remaining oil to skillet and brown meat in small batches. When all the meat is browned, return onions and garlic to skillet with bay leaf, thyme and beer. Bring to simmer, scraping brown bits from skillet. Cover tightly and reduce heat to low. Continue to simmer until meat is tender, approximately 1 to 1¼ hours. Serve the gravy over boiled potatoes. Makes 5 servings.

Jenny Derlycia

BAKED SHORT RIBS

4 Tbsp. flour	1 Tbsp. vinegar
1 tsp. salt	½ tsp. dry mustard
¼ tsp. pepper	½ to 1 c. ketchup
4 lb. beef short ribs	½ to 1 c. ale or beer
2 Tbsp. margarine	1 c. beef bouillon
2 medium onions, chopped	6 whole carrots, peeled and halved
2 Tbsp. brown sugar	6 potatoes, peeled and halved

Combine flour, salt and pepper. Roll short ribs in mixture. Brown on all sides in margarine in skillet. Reduce heat. Remove ribs and add onions; cook until tender but not brown. Combine brown sugar, vinegar, dry mustard, ketchup, beer, and bouillon in large bowl; mix well. In the bottom of a large casserole, place ribs; add liquid mix and then onions. Bake 1½ hours. Remove from oven and add carrots; bake 1½ hours longer, until tender. During last hour, add potatoes. Baste often during baking.

Jean Kowalsky

PEKING ROAST

This recipe is for cheap cuts of roast beef and when cooked in coffee is terrific. Use boiling beef, chuck, brisket, etc. Two different cuts of meats can be cooked together for even better results (like boiling beef and a brisket).

Cut slits completely through any 3 to 5 pound roast. They will look like little tunnels. Insert slivers of garlic and onion into slits. Put beef into a bowl and pour 1 cup vinegar over it; make sure vinegar runs into the slits. Place into refrigerator for 24 to 48 hours.

When ready to cook, discard vinegar solution. Put meat into heavy pot and brown in oil until nearly burned on both sides. Pour 2 cups strong coffee over the roast. Add 2 cups water and cover. Simmer for 6 hours on top of stove. Do not season with anything else until 20 minutes before serving, then add salt and pepper to taste. Your roast will fall apart with touch of a fork, regardless how tough meat was at start.

In Peking, they add ½ cup gin or whiskey to the boiling mixture but this is a matter of choice. The gravy is a black, yummy gravy which may be thickened if desired. More water may be added to make more gravy. Serve with baked potatoes, peas and cranberry sauce.

Mary Seleman

GREEN PEPPER STEAK

- | | |
|---|--|
| 1 lb. beef chuck or round, fat trimmed | 1 c. green onions, thinly sliced |
| ¼ c. soy sauce | 1 c. red or green pepper, cut into 1 inch squares |
| 1 clove garlic | 2 stalks celery, thinly sliced |
| 1½ tsp. grated fresh ginger or ½ tsp. ground | 1 Tbsp. cornstarch |
| ¼ c. salad oil | 1 c. water |
| | 2 tomatoes, cut into wedges |

1. With a very sharp knife, cut beef across grain into thin strips ⅛ inch thick.
2. Combine soy sauce, garlic and ginger. Add beef; toss and set aside while preparing vegetables.
3. Heat oil in large frying pan or wok. Add beef and toss over high heat until browned. Taste meat. If it is not tender, cover and simmer for 30 to 40 minutes over low heat.
4. Turn heat up and add vegetables. Toss until vegetables are tender crisp, about 10 minutes.
5. Mix cornstarch with water. Add to pan; stir and cook until thickened.
6. Add tomatoes and heat through. Makes 4 servings.

Tillie Bosack

ROUND STEAK ROSE

- | | |
|--|--|
| 3 to 3½ lb. round steak, cut ½ to ¾ inch thick* | 3 Tbsp. (½ pkg.) onion soup mix |
| ½ c. flour | 1 (6 oz.) can tomato paste |
| 1½ tsp. salt | ½ c. water |
| ¼ tsp. pepper | 2 Tbsp. brown sugar |
| ¼ c. cooking fat | 1 c. (4 oz.) sharp Cheddar cheese, shredded |
| 2 c. rose wine | 8 oz. mushrooms, halved |
| 1 c. water | 2 Tbsp. parsley, snipped |

Combine flour, salt and pepper; sprinkle over meat strips to dredge slightly. Brown strips in fat in large fry pan. Combine wine, 1 cup water and onion soup mix; add to meat. Cover tightly and cook slowly for 45 minutes. Combine and add tomato paste, ½ cup water and brown sugar. Continue cooking 20 minutes or until meat is tender, stirring occasionally. Add cheese and mushrooms; continue cooking slowly for 10 minutes. Sprinkle with parsley and serve with rice or noodles. Makes 8 to 10 servings.

* Place round steak on flat surface and partially freeze; cut into strips ½ to ¾ inch thick and 3 to 4 inches long.

Mary Seleman

1/2 lb. pork, diced
1/2 lb. veal, diced
1/2 lb. beef, diced
1 Tbsp. fat
1/2 c. soy sauce
1 c. water
1 large bunch celery, cut in 1/2 inch slices

1 small onion, chopped
2 Tbsp. cornstarch
1/4 c. water
2 cans water chestnuts, drained and sliced
1 (No. 2) can bean sprouts, drained
1 (5 or 6 oz.) can sliced mushrooms
Salt and pepper to taste

Brown meats in hot fat and add soy sauce and 1 cup water. Simmer 2 minutes. Add celery and onion; simmer 1 1/2 hours. Blend cornstarch and 1/4 cup water; stir into meat mixture. Add remaining ingredients and heat through. Season and serve over cooked rice or chow mein noodles. Serves 8.

Josephine Sagan

MARINATED PORK CHOPS

3 Tbsp. packed brown sugar
3 Tbsp. bourbon
3 Tbsp. soy sauce

1/4 tsp. ground ginger
4 pork loin or rib chops (3/4 inch thick)

Mix ingredients and pour over pork. Cover and refrigerate at least 4 hours and turn 2 to 3 times. Set aside marinade; cover and grill chops 5 to 6 inches from coals. Turn pork 3 to 4 times and brush 2 or 3 times with marinade until pork is no longer pink at center (20 to 30 minutes). Serve with hot buttered noodles and sprinkle with grated Parmesan cheese. Serves 4.

This is easy and tastes great. You can grill this on a gas grill also.

Jeannine Dunphy

PORK CHOPS IN SOUR CREAM

3/4 to 1 tsp. sage
1/2 tsp. salt
Dash of pepper
6 (3/4 inch thick) pork chops
2 Tbsp. fat

2 medium onions, sliced
1 can onion soup (condensed)
1 c. sour cream
3 Tbsp. flour
2 Tbsp. parsley

Combine sage, salt and pepper; rub pork chops with this mixture. Brown chops in fat. Drain off excess fat; add onions and soup. Cover and simmer about 30 minutes, until meat is almost done. Combine sour cream and flour. Pour over chops and simmer, uncovered, 8 to 10 minutes. Sprinkle with parsley.

Josephine Sagan

PORK TERIYAKI

1 1/2 lb. boneless pork
1/4 c. soy sauce
2 Tbsp. cooking oil
2 Tbsp. molasses

2 tsp. dry mustard
1 tsp. ground ginger
4 small cloves garlic, halved

Cut pork into bite-size cubes. For marinade, combine soy sauce, oil, molasses, mustard, ginger, garlic, and ½ cup water; mix well. Cover pork with marinade for 15 minutes. Cook in lightly oiled skillet on high heat for 3 to 5 minutes. Serve with rice. Serves 4.

Gloria Ruccl

VEAL FRANCAIS

1 lb. veal cutlet, flattened
¼ lb. proscuitto ham, well chopped
3 Tbsp. olive oil
1 egg, well beaten
Bread crumbs, flavored with fresh
parsley

Lemon juice
Flour
12 oz. College Inn chicken broth
2 oz. dry vermouth

Lightly flour cutlets on both sides; dip in beaten egg diluted with a few drops of lemon juice. Coat with bread crumbs. Heat oil hot in skillet. Quickly brown both sides of meat and remove from pan; drain off excess oil. Arrange cutlets in pan. Cover ¼ inch deep with chicken broth, vermouth and ¼ teaspoon lemon juice. Simmer, uncovered, until liquid evaporates. Before serving, sprinkle with proscuitto. May serve with noodles in cheese sauce. Serves 6.

Note: Chicken breasts may be used in place of veal.

Jean Kowalsky

VEAL SCALLOPINI

2 lb. veal steak, sliced thin
Flour
Olive oil

1½ c. white wine
Salt and pepper
1 c. mushrooms

Flour meat lightly; brown in hot olive oil (enough oil to cover entire bottom of skillet generously). Cover with wine; add seasonings and simmer on low heat. Saute mushrooms in olive oil; add to meat. Cover and simmer slowly 20 to 30 minutes, until meat is tender.

Nell Federkiewicz

CORNERD BEEF CASSEROLE

8 oz. green noodles
½ c. onion, finely chopped
2 Tbsp. butter
1 (12 oz.) can corned beef, diced
1 (10½ oz.) can cream of chicken
soup
½ lb. Cheddar or Swiss cheese,
diced

1 medium size can evaporated milk
1 (2 oz.) jar pimentos, chopped
½ tsp. salt
¼ tsp. pepper
¼ c. slivered almonds

Preheat oven to 350°. Cook noodles in boiling salted water until tender; drain. Saute onion in butter. Grease 2½ quart casserole. Arrange in layers the noodles, onion, corned beef, and cheese, ending with noodles. Blend soup, milk, pimentos and seasonings; pour over all. Sprinkle with almonds. Bake at 350° for 50 minutes, uncovered.

Mary D. Roberti

CORNEB BEEF DINNER

3 to 4 lb. corned beef brisket
2 onions, sliced
2 cloves garlic, minced
6 whole cloves

2 bay leaves
6 medium potatoes, pared
6 small carrots, pared
6 cabbage wedges (1 medium head)

Place corned beef in Dutch oven; barely cover with hot water and simmer about 1 hour per pound of meat or until fork tender. Remove meat from liquid; add potatoes and carrots. Cover; bring to boil and cook 10 minutes. Add cabbage and cook 20 minutes more. To carve corned beef, cut across the grain, making thin slices. Makes 6 servings.

If you like, you can glaze meat while vegetables cook. Spread fat side lightly with prepared mustard. Sprinkle with mixture of ¼ cup brown sugar and ¼ teaspoon cloves. Bake in shallow pan at 350° for 15 to 20 minutes or until nicely glazed.

Bessie Danyliw

GREEK MEATBALLS

1 lb. hamburger
2 cloves garlic, minced
¼ c. wine
Salt and pepper to taste

2 slices bread
1 egg
¼ tsp. cumin seed

Soak bread in wine and mix all ingredients together. Let stand about ½ hour. Take about a tablespoon of mixture and roll in hand to look like a sausage. Saute in oil about ½ hour and add to spaghetti sauce. Cook until soft if you like.

Maria Wichkowsky

LAYERED BEEF AND VEGETABLE CASSEROLE

1½ lb. ground lean beef
1 c. sliced onion
1 c. chopped green pepper
2 tsp. salt
1 large potato, peeled and sliced

1 c. thin sliced carrots
½ c. raw long grain rice
1 (28 oz.) can tomatoes, mashed or
Pastene Kitchen Ready
tomatoes

Saute beef, onion and green pepper until beef is browned; drain off fat. Add salt and mix well. Place potatoes in bottom of 2½ quart casserole; alternate layers of carrots, rice and meat. Pour tomatoes over all and cover. Bake at 350° for 2 hours. Serves 6.

Pearl Apanowitch

MARINATED FLANK STEAK

2 to 3 lb. flank steak (may use
London Broil successfully also)
¼ c. soy sauce
3 Tbsp. honey
1 tsp. ginger

2 tsp. sesame seeds
½ tsp. pepper
1 to 2 cloves garlic, minced
½ c. sesame oil (a must)
2 Tbsp. chopped green onions

Combine preceding ingredients and marinate meat in this mixture overnight or for 12 to 24 hours. Cook meat over coals about 8 minutes on each side (more for London Broil). Slice diagonally when serving. Serves 4.

Jean Kowalsky

LASAGNA

1 pkg. sweet Italian sausage
1 large onion
½ lb. mushrooms, sliced
Spaghetti sauce
1 lb. lasagna noodles
1 Tbsp. olive or vegetable oil

1 large container Ricotta cheese
2 (8 oz.) pkg. shredded Mozzarella cheese
½ c. grated Parmesan cheese
1 egg, beaten lightly

Remove casing from sausage and saute with onion until lightly browned; drain off grease. Add sliced mushrooms and cook slowly until mushrooms are soft. Add this mixture to spaghetti sauce. While sauce is simmering, add egg to Ricotta cheese and set aside. Boil lasagna noodles by sliding, one at a time so as not to break, into a large kettle of boiling salted water. Add olive oil (to keep noodles from sticking). Cook al dente, stirring often, for 15 minutes; drain and cover with cold water.

Line baking dish (9x13x2 inches) with some of the sauce and place 3 lasagna noodles over sauce. Spread ½ the cheese mixture over noodles; cover with sauce and sprinkle with Mozzarella and Parmesan cheeses. Repeat procedure again and spread top layer of lasagna with sauce. Bake 35 minutes, until hot and bubbly. Let stand about 15 minutes before cutting into squares.

Tillie Bosack

ZITI BAKE

1 (16 oz.) pkg. ziti macaroni
1 lb. ground beef
1 (15 oz.) container Ricotta cheese
½ c. Parmesan cheese, grated
¼ c. parsley

1 egg, slightly beaten
¼ tsp. pepper
1 (15 oz.) jar spaghetti sauce
8 oz. shredded Mozzarella

About 1 hour before serving, prepare ziti in an 8 quart Dutch oven per directions and set aside. In the same pan over medium heat, cook ground beef until well done (about 10 minutes). Remove pan from heat; stir in Ricotta and the next 5 ingredients, using only ½ of the spaghetti sauce. Blend until well mixed. Add ziti and toss together. Spoon mixture into 13x9 inch baking pan. Pour remaining sauce over all and sprinkle with Mozzarella. Bake in a 350° oven for 20 minutes or until bubbly.

Maria Wichkowsky

SKILLET LASAGNA

1 lb. Ricotta cheese
1 lb. lean ground beef
2 Tbsp. oil
1 (2½ oz.) env. spaghetti sauce mix
3 medium egg noodles (uncooked)
1 c. water
1 Tbsp. basil

1 Tbsp. parsley flakes
1 tsp. salt
3½ c. tomatoes or 1 (No. 2½) can tomato sauce
1 (8 oz.) pkg. shredded Mozzarella cheese

Lightly brown meat in electric frying pan at 350°. Sprinkle ½ of the spaghetti sauce mix over meat. Spread Ricotta cheese in a layer over meat. Next, arrange uncooked noodles in a layer. Sprinkle with remaining spaghetti sauce mix, basil, parsley flakes, and salt. Add tomatoes with liquid and water. Be sure all is moistened. Cover lightly. Set heat at 225° to 250° and cook 30 to 35 minutes or until noodles are done. Check occasionally and add water to prevent sticking. Sprinkle Mozzarella cheese on top; cover and let stand 10 to 15 minutes before serving.

Kathy Kowalsky

HOLUPCHI CASSEROLE

1½ lb. cabbage
2 lb. lean ground beef
1 small onion
½ c. uncooked rice

1 can tomato soup
1½ cans water
Salt, pepper and garlic powder (if desired)

Chop cabbage; place in bottom of baking dish. Brown meat and onion; stir in rice and pour over cabbage. Mix tomato soup and water; pour over entire casserole. Bake at 350° for about 1½ hours. Make sure cabbage is on the bottom or it will not cook. Makes small roaster full.

Ann Kulakowski

QUICHE - HAM/SWISS OR BACON CHEDDAR

1 pt. heavy cream
4 eggs
½ lb. bacon or ham, cooked and crumbled

½ c. onions, diced
¼ tsp. salt and pepper

In saucepan, heat cream. Beat eggs and stir into cream; add salt and pepper. Add meat, cheese and onions. Cook slowly until mixture thickens. Pour into unbaked pie crusts. Place in preheated 375° oven. Bake for 50 minutes. Fork should come out clean. If cheese is browning quickly, lower temperature. Use frozen unbaked pie shells. You can also add: Mushrooms and olives for variations.

Patricia Mokrycki

SPAGHETTI SAUCE

1½ lb. ground beef
4 cloves garlic, minced
2 (4 oz.) cans mushroom stems and pieces or dried mushrooms
1 qt. water
2 tsp. basil

1 tsp. sugar
1 c. chopped onions
4 (6 oz.) cans tomato paste
3 tsp. salt
1 tsp. oregano

Place about ¼ cup fat in heavy skillet. Add onions, garlic and dried mushrooms (first soaked and then chopped if using dried). Cook just until onions begin to get soft. Add beef and break into tiny pieces with fork. Cook just until meat loses its red color. Add tomato paste, water, seasonings, and canned mushrooms if using canned versus dried. Cover tightly and simmer about 2 hours, stirring occasionally. Makes 8 servings.

Serve over spaghetti topped with Parmesan or Romano cheese.

Bessie Danyliw

BARBECUE SAUCE FOR HOT DOG AND SLOPPY JOES

1 lb. ground chuck
1 very large onion, chopped
¼ c. oil
1 (8 oz.) can tomato sauce

2 Tbsp. white vinegar
2 Tbsp. chili powder
Salt to taste

Brown ground chuck; remove meat from pan and drain off fat. Sauté onion in oil. Simmer about 15 minutes in small pot over low flame, stirring occasionally. Add meat and remaining ingredients; cook together until evenly heated through.

Mary Seleman

PYROHY LASAGNA

¼ lb. butter
1 large onion, sliced
6 large potatoes, diced
8 oz. Velveeta cheese, sliced

9 lasagna noodles
Salt
13x9x2 inch pan

Melt butter and sauté onion until tender; set aside. In boiling salted water, cook lasagna noodles for 4 minutes. Add cold water to make warm; set aside. Boil potatoes in salted water until tender; drain. Add cheese, 2 tablespoons of melted butter and onion; beat with beater until smooth. Keep potatoes hot; they will spread easier. Spread half of the melted butter and onion in pan. Place lasagna on paper towel and blot. Place 3 large lasagna noodles in pan side by side. Spread half of the potato mixture. Repeat layers, ending with lasagna noodles. Spread remaining butter and onion on top. Cover with foil. Bake 1 hour at 350°F.

Tillie Bosack

LASAGNA ROLL-UPS

12 to 16 strips Creamettes lasagna
2 Tbsp. olive oil
1 large onion, chopped
1 clove garlic, minced
2 (1 lb.) cans Italian tomatoes,
broken up
1 (6 oz.) can tomato paste
1 (6 oz.) can water
1 Tbsp. salt
1 Tbsp. sugar

1 tsp. oregano leaves
1 tsp. basil leaves
¼ tsp. pepper
2 lb. Ricotta cheese
1 c. grated Mozzarella cheese
½ c. grated Parmesan cheese
2 eggs, beaten
1 Tbsp. chopped, fresh parsley
1 tsp. salt
1 c. grated Mozzarella cheese

Prepare lasagna according to package directions; drain. In a large skillet, heat oil; cook onion and garlic until tender. Add next 9 ingredients; simmer 20 minutes. Blend Ricotta, 1 cup of Mozzarella, Parmesan, eggs, parsley, and salt. Spread cheese equally on lasagna strips. Roll up each strip. Pour ½ the sauce in bottom of lasagna pan; arrange lasagna rolls, seam side down, in pan. Top with remaining sauce and Mozzarella cheese. Cover and bake at 350° for 40 minutes. Makes 6 to 8 servings.

Tillie Bosack

LAZY MEATLESS LASAGNA (Great for Lent!)

¼ (16 oz.) pkg. broad egg noodles
1 c. (8 oz.) creamed cottage cheese
¾ c. shredded Mozzarella cheese
(about 3 oz.)

½ c. grated Parmesan cheese
2½ c. spaghetti sauce (any brand
you prefer)

Preheat oven to 375°F. Cook noodles according to package directions. In large bowl, combine cooked noodles with cheeses. In a 2 quart oblong (13x9x2 inches is good) baking dish, spoon enough sauce to cover bottom. Layer ½ of noodle mixture; top with enough sauce to cover. Repeat this 1 more time, ending with sauce. Sprinkle a little extra Parmesan over top. Bake 30 minutes or until bubbling!

Anastasia Rudy

MACARONI AND CHEESE

1 (8 oz.) box elbow macaroni
½ c. shredded Cheddar cheese
½ c. shredded Swiss cheese
½ c. Mozzarella cheese
12 oz. cream cheese, sliced
¼ c. butter or margarine
¼ c. all-purpose flour
2 c. milk

½ tsp. salt
½ tsp. white pepper
1 or 2 medium onions, chopped
2 Tbsp. chopped parsley
2 Tbsp. butter, melted
1 cube chicken bouillon
Parmesan cheese

Cook macaroni according to package directions and drain. Grease an 8 inch square baking dish. Alternate layers of the macaroni and cheeses in the dish, beginning with macaroni layer and ending with a cheese layer. Melt the ¼ cup butter and stir in the flour until mixture is smooth. Gradually blend in the milk. Heat mixture to a boil, stirring constantly, and cook until sauce thickens. Add the salt, pepper, onion, and parsley. Pour the sauce over the macaroni and cheese. Melt the 2 tablespoons butter. Dissolve the bouillon cube in the butter and sprinkle over the macaroni and cheese. Add a sprinkling of Parmesan cheese. Bake 30 to 35 minutes in a 375° oven. Serves 8.

Mary Orzech

BAKED MACARONI AND CHEESE

½ lb. elbow macaroni, cooked
2 c. creamed cottage cheese
1 c. sour cream

1 beaten egg
Salt and pepper to taste
8 oz. sharp Cheddar cheese

Mix ingredients thoroughly and bake in a 350° oven for 45 minutes.

Mary McAdam

VEGETABLE LASAGNA

Lasagna noodles
1 jar Ragu meatless sauce
1 medium eggplant, peeled and cut
in large cubes
2 medium onions, sliced
3 zucchini, sliced
1 green and 1 red pepper, sliced
3 tomatoes, peeled, seeded and
sliced or 1 can whole tomatoes

¼ c. olive oil
2 tsp. chopped, fresh basil or 1 tsp.
dried basil
2 to 3 cloves garlic, chopped
Ricotta, grated Cheddar and
Parmesan cheeses
Salt and pepper

Cook lasagna noodles al dente. Day before make ratatouille. Cut up eggplant; salt and let drain. Rinse with cold water and pat dry. Saute onion in oil; add all vegetables, salt and pepper, garlic, and basil. Cover pot and cook gently until vegetables are tender; drain. Place a layer of sauce in pan. Add a layer of lasagna noodles. Spread with layer of Ricotta, then a layer of vegetables. Repeat, ending with lasagna noodles. Sprinkle with grated Cheddar and Parmesan cheeses. Bake at 350° for 45 minutes.

Helen Paluch

RIGATONI WITH PESTO SAUCE

1 (16 oz.) pkg. rigatoni
2 c. firmly packed, fresh basil
leaves
¾ c. grated Parmesan cheese

¾ c. olives
2 Tbsp. pine nuts
4 cloves garlic

Cook rigatoni per directions. Place remaining ingredients in blender and blend on medium speed, stopping blender occasionally to scrape sides until smooth, about 3 minutes. Pour over rigatoni and toss until well coated. Serve with cheese.

Note: Pesto sauce may be frozen but no longer than 6 months. Let stand at room temperature until thawed, at least 4 hours. Toss with cooked macaroni.

Maria Wichkowsky

RICE CASSEROLE

½ c. butter (1 stick)
1 c. coarsely chopped celery
½ c. chopped onion
½ c. chopped green pepper
1 (4 oz.) can sliced mushrooms,
drained
1 (10½ oz.) can cream of celery or
mushroom soup

1 c. milk
½ c. uncooked regular rice
¼ c. chopped pimiento
½ tsp. salt
½ tsp. pepper
2 slices Cheddar cheese, cut in
triangles

In a large skillet, melt butter; saute celery, onion, green pepper, and mushrooms 5 minutes. Mix together soup, milk, rice, pimiento, salt, and pepper. Add sauteed vegetables. * Turn into a 1½ quart casserole; cover and bake in a preheated 350° oven for 45 minutes. Uncover; stir thoroughly and bake for 10 additional minutes. Remove from

oven and allow to stand 5 minutes. Top with cheese triangles for a garnish. Serve immediately. Makes 6 servings.

* Also add cooked, fresh shrimp only or leftover chicken, turkey or ham. You may use your own variations also.

Mary Martin

APPLE NOODLE KUGEL

½ lb. wide noodles	1 tsp. salt
3 eggs	½ c. raisins (golden)
¼ c. sugar	3 c. grated apples
½ c. cottage cheese	3 Tbsp. butter or margarine
½ c. sour cream	1 c. crushed corn flakes (optional)

Cook noodles according to directions on package. Beat eggs lightly. Combine eggs, cheese, sour cream, sugar, salt, raisins, and apples. Add the cooked noodles. Pour into greased 9x13 inch oblong baking dish. Sprinkle with crushed corn flakes. Dot with butter or margarine. Bake at 350° for about 1 hour or until lightly browned. Serves 6 to 8.

Note: May be served with sour cream on the side.

Mary Martin

NOODLE PUDDING

½ pkg. medium wide noodles (either 12 or 16 oz. pkg.)	1 tsp. vanilla
¼ c. (½ stick) softened margarine	½ tsp. cinnamon
¼ c. sugar	½ tsp. salt
2 c. (1 pt.) sour cream	5 eggs (use only 4 if you don't want it too rich)
1 c. cottage cheese	

Cook noodles as directed. Beat softened margarine (or butter) in large bowl. Gradually beat in sugar. Add sour cream, cottage cheese, vanilla, cinnamon, and salt. Stir in noodles. Pour into greased 13x9 inch baking dish. Sprinkle top with additional cinnamon. Bake at 350°F. for 50 to 55 minutes or until golden brown. Let stand 5 minutes before cutting into squares.

Anastasia Rudy

LOW CALORIE CHINESE CHICKEN WITH SPAGHETTI

6 or 7 oz. spaghetti	2 c. water
1 whole chicken breast (about 1½ lb.), skinned, boned and cut into strips	1 Tbsp. chicken instant bouillon
6 oz. fresh mushrooms, sliced (about 1½ c.)	2 tsp. cornstarch
½ c. chopped green onions	6 oz. frozen pea pods, thawed or 10 oz. frozen green peas, thawed
3 Tbsp. low calorie margarine	2 Tbsp. chopped pimiento
	2 Tbsp. soy sauce
	¼ to ½ tsp. ground ginger

Prepare spaghetti according to package directions; drain. In a large skillet or Dutch oven, cook chicken, mushrooms and onions in margarine until chicken is tender and liquid is absorbed. Meanwhile, stir together water, bouillon and cornstarch. Add to

chicken mixture along with cooked spaghetti and remaining ingredients; mix well. Heat through. Serve with additional soy sauce if desired. Makes 6 servings of 310 calories per serving.

Francesca Ormianczuk

VEAL LASAGNA

- | | |
|--|--|
| ½ lb. lasagna noodles, cooked and drained | 1½ tsp. salt |
| 1 lb. cubed veal | 1 tsp. oregano |
| 1 (28 oz.) can tomatoes, cut up | ¼ tsp. pepper |
| 1 (6 oz.) can tomato paste | 1 lb. Mozzarella cheese, grated |
| 1 (4 oz.) can mushrooms, drained | ¼ c. Parmesan cheese |

Cook veal in 2 tablespoons cooking oil. Add tomatoes, tomato paste, mushrooms, and spices. Simmer 20 minutes. Put thin layer of sauce in bottom of large baking pan. Top with layer of lasagna noodles, sauce, Mozzarella, and Parmesan. Repeat layers, ending with Parmesan. Bake in 375° oven for 30 minutes. Let stand 10 minutes before cutting. Makes 6 to 8 servings.

Tillie Bosack

PIZZA MAC

- | | |
|---|---|
| 2 c. uncooked elbow macaroni, cooked and drained | 4 oz. sliced mushrooms, drained |
| ½ c. milk | 1 (2 oz.) can chopped green chilies, drained |
| 1 egg | 1 small green pepper, diced |
| 1 tsp. salt | 1 small tomato, diced |
| 1½ c. prepared spaghetti sauce | 1 small onion, sliced |
| 1 (16 oz.) can kidney beans, drained | 1 tsp. Italian seasoning |
| 8 oz. smoked sausage, sliced | 2 c. grated Mozzarella cheese |

In a medium bowl, beat milk, egg and salt; add macaroni and mix well. Spread evenly in greased 15x10 inch jelly roll pan. Spoon spaghetti sauce over macaroni. Top with beans, sausage, mushrooms, chilies, green pepper, tomato, onion, seasoning, and cheese. Bake in 350° oven for 30 minutes. Let stand 5 minutes before cutting. Makes 8 to 10 servings.

Tillie Bosack

GARDEN LITE SPAGHETTI

- | | |
|--|---|
| 10 oz. frozen chopped broccoli, thawed and well drained | 3 Tbsp. low calorie margarine |
| ½ lb. carrots or zucchini, sliced, cooked and drained | 3 Tbsp. flour |
| 1 (4 oz.) can mushroom stems and pieces, drained | 1 tsp. salt |
| ¼ c. chopped onion | ½ tsp. thyme or oregano leaves |
| 1 clove garlic, finely chopped | 2 c. skim milk |
| | 6 slices Lite-line process cheese, cut into small pieces |
| | 1 (7 oz.) pkg. Creamettes spaghetti |

Prepare spaghetti according to package directions; drain. In large saucepan, cook onion and garlic in margarine until tender. Stir in flour, salt and thyme. Gradually stir in milk; cook and stir over medium heat until mixture thickens. Stir in cheese product. Cook and stir until melted. Add broccoli, carrots and mushrooms; heat through. Serve sauce over hot spaghetti. Makes 6 servings of 260 calories per serving.

Tillie Bosack

Notes



Desserts and Pastries

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Десерт, Солодощі














MILLENNIUM OF
CHRISTIANITY IN UKRAINE!

HANDY CHART OF KITCHEN MATH

(Size of Pans and Baking Dishes)

Cooking need never become a crisis, when you use our handy charts. Need a 4 or 6-cup baking dish? Will your fancy mold be the right size for the recipe? See below for the answers

<div>A</div>  <div>B</div>  <div>C</div>  <div>D</div>  <div>E</div>  <div>F</div>  <div>G</div>  <div>H</div>  <div>I</div>  <div>J</div>  <div>K</div> 	<div>COMMON KITCHEN PANS TO USE AS CASSEROLES WHEN THE RECIPE CALLS FOR:</div> <div>4-cup baking dish:</div> <div>9-inch pie plate</div> <div>8x1 1/4-inch layer cake pan - C</div> <div>7 1/2 x 3 3/4 x 2 1/4-inch loaf pan - A</div> <div>6-cup baking dish:</div> <div>8 or 9x1 1/2-inch layer cake pan - C</div> <div>10-inch pie plate</div> <div>8 1/2 x 3 3/4 x 2 3/4-inch loaf pan - A</div> <div>8-cup baking dish:</div> <div>8x8x2-inch square pan - D</div> <div>11x7x1 1/2-inch baking pan</div> <div>9x5x3-inch loaf pan - A</div> <div>10-cup baking dish:</div> <div>9x9x2-inch square pan - D</div> <div>11 3/4 x 7 1/2 x 1 3/4-inch baking pan</div> <div>15x10x1-inch jelly-roll pan</div> <div>12-cup baking dish and over:</div> <div>13 1/2 x 8 1/2 x 2-inch glass baking pan 12 cups</div> <div>13x9x2-inch metal baking pan 15 cups</div> <div>14x10 1/2 x 2 1/2-inch roasting pan 19 cups</div> <div>TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS</div> <div>Tube Pans:</div> <div>7 1/2 x 3-inch "Bundt" tube pan - K 6 cups</div> <div>9x3 1/2-inch fancy tube or "Bundt" pan - J or K 9 cups</div> <div>9x3 1/2-inch angel cake pan - I 12 cups</div> <div>10x3 3/4-inch "Bundt" or "Crownburst" pan - K 12 cups</div> <div>9x3 1/2-inch fancy tube mold - J 12 cups</div> <div>10x4-inch fancy tube mold (Kugelhupf) - J 16 cups</div> <div>10x4-inch angel cake pan - I 18 cups</div> <div>Melon Mold:</div> <div>7x5 1/2 x 4-inch mold - H 6 cups</div> <div>Spring-Form Pans:</div> <div>8x3-inch pan - B 12 cups</div> <div>9x3-inch pan - B 16 cups</div> <div>Ring Molds:</div> <div>8 1/2 x 2 1/4-inch mold - E 4 1/2 cups</div> <div>9 1/4 x 2 3/4-inch mold - E 8 cups</div> <div>Charlotte Mold:</div> <div>6x4 1/4-inch mold - G 7 1/2 cups</div> <div>Brioche Pan:</div> <div>9 1/2 x 3 1/4-inch pan - F 8 cups</div>
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DESSERTS AND PASTRIES

BLUEBERRY CAKE

Into a large bowl, place:

4 c. flour	1½ tsp. salt
1 Tbsp. baking powder	1½ c. sugar

Stir preceding together and cut in 2 sticks margarine to crumbly.

Into separate bowl, beat:

3 eggs	1 tsp. lemon extract
1 c. milk	1 tsp. almond extract

Combine both mixtures with wooden spoon. Fold in 2 to 3 cups blueberries. Grease and flour 9 or 10 inch tube pan. Bake at 350° for 1 hour. Be sure to cool 10 minutes before removing from pan. While warm, drizzle with the following glaze.

Mix together:

1 c. confectioners sugar	1 tsp. orange or lemon rind
1 to 2 Tbsp. orange juice	

Francesca Ormlanczuk

DATE AND NUT CAKE

1 c. dates, cut up	1 egg
1 tsp. baking soda	¼ tsp. salt
1 c. hot water	1 tsp. vanilla
½ c. shortening	1½ c. unsifted flour
1 c. sugar	½ c. chopped nuts

Pour water over dates and soda; let cool. Cream together shortening and sugar. Add egg and vanilla; mix well. Add date mixture and nuts. Add flour and salt; blend well. Pour into greased and floured tube pan; bake at 350° for 30 to 35 minutes.

Frost with butter frosting or dust with confectioners sugar.

Mary Czorniak

CHOCOLATE CHERRY CAKE OR BARS

1 pkg. Pillsbury Plus devil's food cake mix	1 tsp. almond or vanilla extract
1 (21 oz.) can Comstock cherry pie filling	2 eggs, beaten

Beat preceding ingredients together and pour into greased and floured 9x13 inch pan. Bake in a 350° oven for 20 to 25 minutes.

Frosting:

½ c. semi-sweet chocolate bits
1 Tbsp. margarine

2 Tbsp. milk

Heat all ingredients together until chocolate bits melt. Add ½ cup sifted confectioners sugar and beat smooth.

Mary Czorniak

SPUMONI CAKE

1 pkg. Duncan Hines Deluxe yellow cake mix

4 eggs

¾ c. Crisco oil

1 small pkg. instant vanilla pudding

1 c. sour cream

1 c. walnuts, chopped

4 to 5 drops red food color

4 to 5 drops green food color

1 c. semi-sweet chocolate bits, melted

1 tsp. rum extract

½ c. maraschino cherries, cut fine

1 tsp. almond extract

1 tsp. vanilla extract

Combine cake mix, eggs, oil, pudding, and sour cream; beat 2 minutes at medium speed. Divide batter into 3 separate bowls.

First bowl: Add 1 cup walnuts, vanilla extract and green color.

Second bowl: Add ½ cup maraschino cherries, almond extract and red food color.

Third bowl: Add 1 cup melted chocolate bits and rum extract.

Grease and lightly flour large Bundt pan. Pour green batter on the bottom. Next, top with the red batter, being careful not to mix into the bottom layer. Top with the chocolate batter last. Bake approximately 1 hour or until tests done in 350° oven. Glaze with the following when cool.

Combine 1 cup confectioners sugar, 2 squares melted unsweetened chocolate and 1 to 2 tablespoons warm water. Mix well and glaze cake.

Gloria Rucci

APPLE CAKE

¼ lb. margarine

1 c. sugar

1 tsp. vanilla

2 eggs

2 c. sifted flour

½ tsp. salt

1 tsp. baking powder

1 tsp. baking soda

1 c. sour cream

2 apples, chopped fine

1 pear, chopped fine

Cream sugar and margarine. Add vanilla and eggs; beat well. Sift flour, salt, baking powder, and baking soda together. Add to egg mixture and alternate when adding sour cream. Fold in the pear and apples. Grease 13x9x2 inch pan and pour in the mixture, spreading out evenly.

Topping:

1 tsp. cinnamon
1 c. brown sugar

2 Tbsp. margarine
½ c. chopped nuts

Combine mixture and spread on top of batter. Bake at 350°F. for 45 minutes.

Alice Yarysh

NO CHOLESTEROL ORANGE CAKE

1½ c. flour
1 c. sugar
2 tsp. baking powder
¼ tsp. salt

½ c. corn oil
½ c. orange juice
2 tsp. grated orange rind
4 egg whites

Grease and flour the bottom of a loaf pan. In a large bowl, stir together flour, sugar, baking powder, and salt. Add corn oil and juice. Beat with mixer at medium speed until smooth. Add orange rind. In a small bowl, beat egg whites at high speed until stiff peaks form. Fold into flour mixture. Turn into prepared pan. Bake at 350°F. for 50 minutes or until cake springs back when lightly touched. Cool completely on a wire rack before removing from pan.

Alice Yarysh

VERY EASY CHEESECAKE

1 graham cracker pie crust
1 (8 oz.) pkg. cream cheese,
softened
½ c. sugar
1 c. (½ pt.) sour cream

2 tsp. vanilla
1 (8 oz.) container frozen whipped
topping, defrosted slightly to
workable stage

Beat cheese until smooth; gradually beat in sugar. Blend in sour cream and vanilla; fold in whipped topping, blending well. Spoon mixture into crust. Chill until set, at least 4 hours. Garnish with fresh strawberries around top of edge or serve with cherry filling over each slice as served.

Anastasia Rudy

CRUMB-TOPPED STRAWBERRY COFFEE CAKE

½ c. sugar
1 c. flour
2 tsp. baking powder
½ tsp. salt

½ c. milk
1 egg
1½ c. fresh strawberries, sliced

Topping:

½ c. flour
½ c. sugar

¼ c. butter or margarine
¼ c. chopped walnuts

Stir together sugar, flour, baking powder, and salt. Add milk and egg; beat 2 minutes. Spread in a greased 8 inch square pan. Sprinkle with strawberries. Make crumb topping (preceding) and sprinkle over berries. Bake 35 to 40 minutes at 375°.

Mary Czorniak

RICOTTA CHEESE FILLED CAKE

1 box yellow cake mix
2 lb. Ricotta cheese
¾ c. sugar

4 eggs, beaten
¼ tsp. vanilla

Mix cake according to directions on box. Grease and flour 13x9 inch pan. Pour cake mix into pan. Mix Ricotta, sugar, beaten eggs, and vanilla. Pour filling mixture over cake batter and *spread evenly. Do not mix with batter!* Bake at 350° F. for 1 hour or until toothpick comes out clean. Cool completely. Cut into squares to serve.

Mrs. Maria Salecky, Anastasia Rudy

DOUBLE CHERRY CHOCOLATE CAKE

Blend in large mixer bowl for 1 minute at low speed:

**1 pkg. Pillsbury chocolate fudge
cake mix**
1 pkg. cherry flavor gelatin

2 Tbsp. salad oil
½ c. water

Beat at medium speed for 2 minutes. Add 2 eggs, 1 at a time, beating 1 minute after each.

Add:

A third egg
**¼ c. drained, finely chopped
maraschino cherries**

½ c. water

Beat at medium speed 1 minute. Pour into two 9 inch round greased and floured pans on bottom only. Bake at 350° for 40 to 45 minutes. Cool, fill and frost with Cherry Fudge Frosting.

Frosting: Prepare Pillsbury creamy fudge frosting mix as directed on package, substituting maraschino cherry juice for the water. Stir in 3 tablespoons chopped, drained cherries and, if desired, ¼ cup chopped nuts.

Tillie Bosack

AMERICAN RAISIN CAKE

3 c. unsifted flour
2 c. sugar
1 c. Hellmann's mayonnaisse
½ c. milk
2 eggs
2 tsp. baking soda
1½ tsp. ground cinnamon

½ tsp. ground nutmeg
¼ tsp. ground cloves
½ tsp. salt
3 c. chopped, peeled apples
1 c. seedless raisins
½ c. coarsely chopped nuts

Grease and flour two 9 inch round baking pans. In large bowl with mixer at low speed, beat first 10 ingredients 2 minutes, scraping bowl frequently or beat vigorously by hand 300 strokes. Batter will be very thick. With spoon, stir in apples, raisins and nuts. Spoon batter into pans and bake 45 minutes at 350° or until tester inserted in center comes out clean. Cool in pans 10 minutes. Remove and cool completely. Fill and frost with 2 cups whipped cream.

Tillie Bosack

NO BAKE BANANA SPLIT CAKE

First layer: Mix 2 cups graham cracker crumbs with ½ stick margarine (room temperature); press into baking dish.

Second layer: Beat together until light and fluffy ½ pound margarine (room temperature), 2 cups powdered sugar, 2 eggs, and 1 teaspoon vanilla; spread over crumbs.

Third layer: Slice 6 bananas and place over layer. Cover with Cool Whip.

Fourth layer: Spread 1 (1 pound) can crushed pineapple (drained) over banana layer.

Fifth layer: Spread Cool Whip (or whipped cream) over pineapple. Refrigerate 1 to 2 days.

Mary Orzech

APPLE PIE CAKE

½ c. margarine
¾ c. sugar
1 egg, slightly beaten
1 c. flour
1 tsp. baking powder
1 tsp. cinnamon

½ tsp. salt
½ tsp. cloves
½ tsp. nutmeg
1 tsp. vanilla
2 c. chopped apples
½ c. nuts

Preheat oven to 350°. Melt margarine over low heat. Remove from heat; blend with sugar and egg. Add all remaining ingredients and mix well. Pour into thoroughly greased 9 inch pie plate. Bake at 350° for 40 to 45 minutes. Serve warm with ice cream.

Josephine Sagan

EASY CHOCOLATE CAKE

2 oz. unsweetened chocolate
½ c. milk
1 egg
Butter (size of egg)

1 tsp. baking soda
1 tsp. vanilla
2 c. all-purpose flour

Melt chocolate in heavy pan; add milk and stir well. Place over heat; stir in butter and egg. When thickened, remove from heat. Add baking soda, flour and vanilla; beat well. Pour into 9 inch baking pan and bake at 350° for 30 minutes.

Mary Zien

GOLDEN GATE FRUIT CAKE

2 c. uncooked prunes
1 c. seeded raisins
1 c. seedless raisins
1½ c. candied cherries, cut in halves
1 c. orange peel
1 c. lemon peel
2 c. citron
2 tsp. allspice
2 tsp. cinnamon

½ tsp. cloves
¾ c. brandy
1 lb. butter
2 c. granulated sugar
8 eggs, beaten slightly
6 c. all-purpose flour
2 c. broken walnuts
½ tsp. soda
½ tsp. salt
2 tsp. baking powder

Pour boiling water over prunes; cover and let stand 10 minutes. Drain; dry on towel and cut from pits in small pieces. Wash raisins; drain and dry on towel. Combine fruits, peels, spices, and brandy; stir until well blended. Cover and let stand 1 hour. Cream butter; add sugar and cream thoroughly. Add eggs and mix; add $\frac{1}{2}$ of flour and mix well. Add fruit mixture and nuts; stir until fruit is well distributed. Add rest of flour sifted with soda, salt and baking powder; mix thoroughly.

Pour into 1 large tube pan or 2 small pans lined with 3 thicknesses of paper. If glazed top is desired, brush with equal parts of honey and egg white (mixed together). Bake in oven at 300°F. for 1½ hours. Reduce temperature to slow (275°F.) and continue baking 1 to 1½ hours longer. Makes about 7 pounds of fruit cake.

Jenny Dertycia

WHITE FRUIT CAKE

$\frac{1}{2}$ c. butter
1 c. sugar
 $\frac{1}{2}$ c. sour cream
2 c. sifted flour
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{4}$ tsp. soda
2 tsp. baking powder

1 c. chopped, blanched almonds
1 c. raisins
 $\frac{1}{4}$ lb. citron, cut in small pieces
1 slice candied pineapple, cut in small pieces
5 egg whites
1 tsp. vanilla

Cream butter and sugar together; add sour cream. Mix 1 cup flour with nuts and fruit. Sift remaining cup of flour with salt, soda and baking powder. Combine these ingredients and mix well. Fold in well beaten egg whites and add vanilla. Pour into a well greased tube pan lined with greased paper. Bake in very moderate oven (300°F.) for 2 to 2¼ hours (*do not overbake*). When cold, wrap in waxed paper. Store in a tin box and keep a few weeks before serving.

Jenny Dertycia

DELUXE APPLESAUCE CAKE

$\frac{1}{2}$ c. butter
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ tsp. cinnamon
 $\frac{1}{2}$ tsp. cloves
 $\frac{1}{2}$ tsp. nutmeg
 $\frac{1}{2}$ tsp. allspice
2 Tbsp. cocoa
1½ c. sugar

2 eggs (unbeaten)
1½ tsp. soda
2 c. flour
 $\frac{3}{4}$ c. dates, chopped
 $\frac{3}{4}$ c. raisins, chopped
1½ c. unsweetened applesauce
 $\frac{3}{4}$ c. nuts, chopped

Blend butter, salt, spices, and cocoa. Add sugar slowly and cream well. Add eggs, singly, beating well after each. Add soda to flour. Sprinkle 2 tablespoons flour over fruits. Add remaining flour to creamed mixture alternately with applesauce, mixing after each addition until smooth. Add nuts and fruit; blend well. Bake in greased pan at 350°F. for 55 to 60 minutes.

Jenny Dertycia

CHERRY CAKE

1 c. butter	2 c. sugar
4 eggs, separated	5 tsp. baking powder
10 oz. maraschino cherries	3¼ c. flour
¼ lb. nuts	

Grind cherries. Pour cherry juice into cup and fill with milk to make 1 cup. Sift ¼ cup flour over cherries and nuts. Cream butter and sugar well, adding yolks 1 at a time, beating well after each. Add cherries and nuts. Sift flour and baking powder together; add alternately with milk to butter mixture. Beat egg whites and fold into batter. Bake in greased tube pan at 350° F. for 1 hour. Cool slightly and turn out on rack to cool.

Jenny Derlycia

KAHLUA CHOCOLATE FUDGE CAKE

¾ c. unsweetened cocoa powder	¾ c. butter
1 c. boiling water	1½ c. sugar
½ c. Kahlua	3 large eggs, beaten
1½ c. sifted all-purpose flour	3 Tbsp. raspberry jam
1 tsp. baking soda	Kahlua Frosting
½ tsp. baking powder	Pecan Pancoat
½ tsp. salt	Candied cherries (for decoration)

Pecan Pancoat: Butter sides of 9 inch springform pan. Spread 1 tablespoon butter in bottom; sprinkle with ¼ cup finely chopped pecans and 1 teaspoon sugar.

Mix cocoa with water; cool. Add ¼ cup Kahlua. Resift flour with 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 in 325° oven for 60 to 70 minutes, until tests done. Let cake stand in pan 10 minutes, then remove sides and cool.

Using Pecan Pancoat surface as bottom, cut cake in ½ horizontally. Drizzle remaining Kahlua equally over each cut surface. Spread jam over bottom cut layer and cover with ¼ cup Kahlua Frosting. Put cut layers together; spread top and sides with remaining frosting.

Frosting: Melt 6 ounces semi-sweet chocolate bits over warm water; cool slightly. Beat in ½ cup butter and 1 teaspoon instant coffee, dissolved in ¼ cup Kahlua. Beat smooth. Chill until spreadable.

Mary Martin

BROWNIE CHEESECAKE

1 pkg. German chocolate cake mix	2 eggs
½ c. shredded coconut	¾ c. sugar
½ c. butter or margarine	2 c. dairy sour cream
1 egg	¼ c. sugar
2 (8 oz.) pkg. cream cheese, softened	2 tsp. plus 1 Tbsp. vanilla

Preheat oven to 350°. In large mixing bowl, blend cake mix, coconut, butter and 1 egg on low speed until mixture is crumbly. Press very lightly in ungreased baking pan (13x8x3 inches). Beat cream cheese, 2 eggs, ¼ cup sugar, and 2 teaspoons vanilla until smooth and fluffy. Spread over cake mixture. Bake 20 to 25 minutes. Cool.

Mix sour cream, ¼ cup sugar and 1 tablespoon vanilla until smooth. Spread over cheesecake; cool. Refrigerate at least 8 hours.

Mary D. Roberti

CARROT SPICE CAKE

1 pkg. yellow cake mix	½ c. water
1 pkg. vanilla instant pudding	4 eggs
1 tsp. cinnamon	½ c. chopped raisins (optional)
½ tsp. nutmeg	½ c. chopped nuts (optional)
1 jar junior carrots	

Combine all ingredients and mix well. Beat on medium speed for 4 minutes. Pour into 2 greased loaf pans. Bake at 350° for 50 to 55 minutes. Cool in pans for 15 minutes. Remove and finish cooling on rack. A thin icing may be used, although none is necessary.

Mary Zien

APPLE CAKE

4 eggs	4 tsp. baking powder
1½ c. flour	3 tsp. cinnamon
1 c. cooking oil	2 tsp. vanilla
½ tsp. salt	½ tsp. cloves
½ tsp. nutmeg	6 medium apples, peeled and sliced

Topping:

¼ c. sugar	1 tsp. cinnamon
½ c. chopped nuts	

Blend together eggs and sugar. Mix all ingredients (except apples and topping) together until well blended. Add apples and pour mixture into 13x9 inch greased pan. Sprinkle evenly with topping mixture. Bake in 350° oven for 45 minutes or until tests done.

Mary Zien

WHISKEY CAKE

1 (18.5 oz.) box cake mix	½ c. oil
1 (3 oz.) pkg. instant vanilla pudding	1 c. milk
1 oz. whiskey	1 c. walnuts, finely chopped
4 eggs	

Glaze:

1 stick butter	½ c. whiskey
¾ c. sugar	

Combine cake mix, pudding, whiskey, and eggs; beat well. Beat in milk and oil. Toss walnuts with flour and fold into cake mixture. Pour into a greased and floured 10 inch tube pan and bake at 325° for 55 or 60 minutes or until tests done. Leave cake in pan while preparing glaze.

Glaze: In medium saucepan, combine butter, sugar and whiskey; heat until mixture bubbles and butter is melted. Pour hot glaze over hot cake and let cool in pan for 2 hours. Wrap in foil and refrigerate for at least 24 hours so whiskey can soak in.

Maria Wichkowsky

PISTACHIO CAKE

1 pkg. yellow cake mix	½ c. oil
4 eggs	¾ c. orange juice
1 pkg. instant pistachio pudding	½ c. chocolate syrup

Mix cake mix, pudding, eggs, oil, and orange juice together until creamy. Remove ½ cup batter and set aside. Pour remaining batter in greased and floured tube pan. Add ½ cup chocolate syrup to the ½ cup batter; blend well. Add to batter in pan and marble with knife. Bake in 350° oven for 1 hour or until tests done.

Maria Wichkowsky

BEST ANGELFOOD CAKE

1¾ c. egg whites (12 to 14)	1½ tsp. cream of tartar
1¼ c. sifted cake flour	1 tsp. vanilla extract
1¾ c. sugar, divided	½ tsp. almond extract
½ tsp. salt	

In large bowl of electric mixer, let egg whites warm to room temperature, about 1 hour. Preheat oven to 375°. Sift flour with ¼ cup sugar; resift 3 times and set aside. At high speed, beat egg white with salt and cream of tartar until soft peaks form when beaters are slowly raised. Gradually beat in remaining sugar, ¼ at a time, beating well after each addition. Continue beating egg whites until stiff peaks form when beaters are slowly raised.

With wire whisk or rubber spatula, gently fold vanilla and almond extracts into egg whites until combined. Sift ¼ of flour mixture over egg whites. With wire whisk or rubber spatula, using an under and over motion, gently fold flour mixture into egg whites, using 15 strokes and rotating bowl a quarter turn. Continue sifting and folding rest of flour mixture (¾ at a time) into egg whites. Fold an additional 10 strokes to that flour mixture is completely blended into egg whites.

With scraper, gently push batter into ungreased 10 inch tube pan. With knife, cut through batter twice. Spread batter evenly in pan so it touches side of pan all around. Bake on lowest oven rack for 35 to 40 minutes or until it tests done. Invert pan over neck of bottle; let cake cool completely, about 2 hours. Carefully loosen with spatula and turn out.

Helen Paluch

STRAWBERRY SHORTCUT CAKE

2 c. mini marshmallows
2 (10 oz.) pkg. frozen strawberries
in syrup, thawed

1 (3 oz.) pkg. strawberry gelatin

Spread marshmallows evenly on bottom of greased 13x9 inch pan; set aside. Combine gelatin and strawberries; mix thoroughly and set aside.

Cake:

2¼ c. flour
1½ c. sugar
½ c. Crisco
3 tsp. baking powder

½ tsp. salt
1 c. milk
1 tsp. vanilla
3 eggs

In large mixer bowl, combine cake ingredients and blend at low speed until moistened. Beat 3 minutes at medium speed, scraping occasionally. Pour batter over marshmallows. Spoon strawberries evenly over batter. Bake at 350° for 45 to 50 minutes, until golden. Invert and serve.

Helen Paluch

ALMOND CAKE

1 c. butter or margarine
2½ c. sugar
6 eggs (room temperature)
1 c. sour cream
1 tsp. vanilla extract
1 tsp. lemon extract

1 tsp. orange extract
1 tsp. almond extract
¼ tsp. baking soda
½ tsp. salt
3 c. sifted cake flour
½ c. almond flavor liqueur

Glaze:

1 (10 oz.) jar orange marmalade
5 oz. apricot preserves

¼ c. almond flavor liqueur
1 c. ground almonds

Preheat oven to 325°F. Grease and flour 10 cup Bundt pan. In a large bowl, beat together butter and sugar until creamy. Add eggs, one at a time, beating well after each addition. Add sour cream; beat well. Add vanilla, lemon, orange, and almond extracts, baking soda, and salt; beat well. Gradually add flour and beat until mixture is smooth. Add liqueur and beat until well blended. Pour batter into Bundt pan. Bake for 75 minutes, checking for doneness at 70 minutes. Cool for 20 minutes and remove from Bundt pan. Cool completely and top with glaze.

Glaze: In a medium saucepan, heat marmalade, preserves and liqueur over medium heat until melted. Drizzle on cooled cake and top with ground almonds. Makes 10 to 12 servings.

Jean Kowalsky

MISSISSIPPI MUD CAKE

1 c. sweet butter
2 c. sugar
4 eggs (room temperature)
1 tsp. vanilla
1½ c. flour

3 Tbsp. cocoa
1½ c. flaked coconut
1½ c. finely chopped nuts
1 (7 oz.) jar marshmallow creme

Frosting:

1 stick sweet butter (room temperature)
1 tsp. vanilla

4 c. confectioners sugar
½ c. cocoa
½ c. evaporated milk

Cream butter with sugar in large bowl in mixer and beat until light and fluffy. Beat in eggs 1 at a time. Blend in vanilla. Combine flour and cocoa; beat into butter mixture. Fold in coconut and nuts. Spoon batter into a greased 13x9 inch pan and bake at 350° for 30 to 40 minutes or until tests done. Immediately spread with marshmallow creme and as creme begins to melt, spread gently over entire cake. Cool completely.

Frosting: Cream butter and vanilla. Combine sugar and cocoa; gradually beat into butter mixture alternately with milk. Continue beating 3 to 5 minutes, until light and fluffy. Spread on cake and cut into squares.

Tillie Bosack

CARAMEL-ORANGE-APPLE CAKE

Grease with solid Crisco and flour well a 10 inch tube pan.

1½ c. Crisco oil
2 c. sugar
3 eggs
3 c. all-purpose flour
1 tsp. baking soda
1 tsp. salt

3 tsp. vanilla
1 c. chopped nuts
1 c. coconut
1 c. raisins
3 c. chopped, peeled, raw apples, chopped very fine

Orange Syrup:

2 tsp. grated orange rind
½ c. orange juice

¼ c. granulated sugar
¼ c. water

Caramel Topping:

1 stick butter
1 c. brown sugar

¼ c. evaporated milk

Combine oil and sugar; add eggs one at a time. Combine and add dry ingredients at low speed of mixer. Add vanilla, nuts, coconut, raisins, and chopped raw apples. Bake at 325° for 1¼ hours or until cake tests done. Remove from oven and punch holes in it with a fork. Pour Orange Syrup over it. Remove cake from pan when cool. Frost with Caramel Icing.

Orange Syrup: Combine ingredients and bring to boil. Cook for 10 minutes. Pour over cake and let cool before removing from pan.

Caramel Topping: Combine ingredients and bring to boil. Boil 2½ minutes and pour over cake.

Helen Paluch

CARROT CAKE

1½ c. sugar	1 tsp. baking soda
1¼ c. oil	1 tsp. baking powder
4 eggs	2 tsp. cinnamon
2¼ c. sifted flour	3 c. coarsely grated, raw carrots
1 tsp. salt	1 c. chopped nuts (or less)

Combine sugar, oil and eggs. Beat at medium speed for 2 minutes. Sift dry ingredients together. Add to oil mixture and beat at low speed for 1 minute. Add grated carrots and nuts. Spread batter in a greased and floured 13x9x2 inch pan or tube pan. Bake at 300° for about 1 hour, until cake tests done. When cool, spread with cream cheese frosting.

Frosting:

1 (3 oz.) pkg. cream cheese	1 tsp. vanilla
2 Tbsp. butter or margarine	About ½ box confectioners sugar

Bring cheese and butter to room temperature. Beat together and add vanilla. Gradually beat in sugar until of good spreading consistency or milk to thin if needed.

Bessie Danyliw

MELT IN YOUR MOUTH BLUEBERRY CAKE

1½ c. sifted flour	1 c. sugar
1 tsp. baking powder	½ c. milk
½ tsp. salt	1 tsp. lemon juice
2 eggs, separated	1½ to 2 c. blueberries
½ c. shortening (part butter)	

Sift flour, baking powder and salt together 3 times. Beat egg whites stiff and set aside. Cream shortening with sugar; add egg yolks, beating well. Add dry ingredients alternately with the milk. Fold in egg whites, lemon juice and lastly the blueberries. Pour into a greased 9 inch pan or tube pan and bake at 350° for 30 to 35 minutes. Sprinkle batter lightly with sugar before baking for a topping if desired.

Bessie Danyliw

DR. BIRDS CAKE

3 c. flour	2 tsp. baking soda
3 eggs	1 c. crushed pineapple (undrained)
2 c. sugar	2 c. diced bananas
¾ c. nuts	1 tsp. cinnamon
1 tsp. salt	1 c. oil (if bananas are ripe,
1½ tsp. vanilla	otherwise use 1½ c. oil)

Cream Cheese Frosting:

2 Tbsp. butter	1 c. confectioners sugar
3 oz. cream cheese	1 tsp. vanilla

Combine dry ingredients; add pineapple, bananas, eggs, vanilla, and oil. Blend together; add nuts. Bake in 8 inch tube pan (greased and floured) at 350° for 1 hour and 20 minutes.

Frosting: Blend all ingredients together until smooth and creamy. This cake is delicious even without the frosting.

Jeannine Dunphy

LEMON TORTE

5 eggs, separated
½ c. water
1 c. sugar
1 c. cake flour

2 tsp. lemon juice
1 tsp. lemon rind
½ tsp. salt

Boil water and sugar to soft ball stage. Beat egg whites stiff but not dry. Cool syrup slightly and add slowly to beaten egg whites; continue to beat. Add salt to egg yolks and beat until thick. Add lemon juice and rind. Carefully fold in egg white mixture into yolk mixture. Fold in flour. Pour into ungreased tube pan. (Do not preheat oven.) Set into cold oven and bake 35 minutes at 350°.

This is a delicious, moist cake and is good eating served plain. For that extra party touch, serve with whipped cream to which you add sugar, vanilla and ¼ teaspoon grated lemon rind.

Patricia Mokrycki

MARBLE CHEESECAKE

1½ c. graham cracker crumbs
¼ c. sugar
6 Tbsp. melted butter or margarine
4 (8 oz.) pkg. cream cheese,
softened
2 tsp. vanilla

1¾ c. sugar
6 eggs
2 c. light cream
2 sq. unsweetened chocolate,
melted

Combine crumbs, ¼ cup sugar and butter. Press into bottom and 2 inches up sides of 10 inch greased springform pan; set aside. Beat cream cheese and vanilla until fluffy. Gradually beat in sugar. Add eggs, one at a time, beating just to blend. Stir in cream. Combine 3 cups batter with cooled chocolate. Pour plain batter into crust. Gradually add chocolate mixture, using a zigzag motion. Bake in a 450° oven for 15 minutes. Reduce heat to 300° and continue baking for 1 hour and 10 minutes or until a knife inserted halfway between center and edge comes out clean. Cool 1 hour and remove sides of pan.

Note: By placing a pan of water on lower shelf of oven while baking cheesecake, it has been said this will reduce any cracking on top of cheesecake.

Gloria Rucci

CHEESE CAKE

Heavily butter 9 inch springform pan. Pat 1 to 1¼ cups graham crumbs on bottom.

In processor, blend:

3 (8 oz.) pkg. cream cheese
3 c. sour cream
3 eggs

1 c. sugar plus 2 Tbsp.
1 tsp. vanilla
½ stick butter, melted

Gently pour into pan. Bake at 500° for 10 minutes. Reduce heat to 250° for 1 hour. Turn off heat; open oven door and leave about 15 minutes.

Note: This can be mixed in a mixer if no processor is available.

Helen Paluch

CREAM CHEESE RAISIN POUND CAKE

½ c. margarine
½ c. butter
8 oz. cream cheese
1½ c. sugar
2 tsp. vanilla
4 eggs

2¼ c. sifted flour
¼ tsp. salt
1½ c. halved or chopped golden raisins
½ c. chopped walnuts

Cream butter and margarine with cream cheese until very light. Gradually beat in sugar. Beat in vanilla and add eggs, one at a time, beating well after each addition. Sift flour, baking powder and salt; blend into creamed mixture. When batter is thoroughly mixed and silky in appearance, fold in raisins. Transfer to a very well greased Bundt or tube pan. Bake at 300° for 1 hour. Allow cake to stand in pan for 10 minutes. Shake loose and invert on rack to cool.

Mary Martin

NO BAKE LIME CHEESECAKE

2 (8 oz.) cream cheese, softened
2 (14 oz.) cans sweetened condensed milk
2 Tbsp. grated lemon rind
1½ c. lime juice (fresh or bottled)

½ c. water
2 pkg. plain gelatin
1 pt. all-purpose cream, whipped
Few drops green color

Butter a 10 inch springform pan and coat lightly with graham cracker crumbs. Beat cheese with milk until smooth. Stir in grated lemon rind and lime juice; blend well. Soften gelatin in ½ cup water over low heat to dissolve. Gradually add gelatin into cheese mixture. Fold in whipped cream. Pour into crust. Chill 3 to 4 hours. Garnish with maraschino cherries and lime slices. The flavor of this cake improves if made a day or two ahead or even after it is frozen.

Helen Paluch

BEST OF THE BEST CHEESE CAKES

Crust:

1 c. graham crumbs
1 Tbsp. sugar

½ tsp. ground cinnamon

Coat a 9 inch springform pan with unsweetened butter. Mix preceding ingredients and dust pan well with crumb mixture. Place remaining crumbs on the bottom of the pan. Chill pan while making the filling.

Filling:

8 (8 oz.) pkg. cream cheese (at room temperature)
1 1/4 c. sugar
6 eggs, separated

1 pt. dairy sour cream
1/2 c. all-purpose flour
2 tsp. vanilla
Grated rind and juice of lemon

In electric mixer on low speed, beat cream cheese in large bowl until soft. Gradually beat in sugar until light and fluffy. Beat in yolks 1 at a time until well blended. Stir in sour cream, flour, vanilla, lemon rind, and juice until well blended and smooth. Beat egg whites to stiff peaks. Fold into cheese mixture until very well blended. Pour into prepared pan. Place pan in the center of a 12 inch square of aluminum foil and press foil up around sides of pan. Bake on center rack of a 350° oven for 1 hour or until top is golden. Turn off heat and let cool in oven for 1 hour. Remove from oven and cool on wire rack. Chill overnight before serving. I dust my cake with confectioners sugar on top.

Note: By placing a cake pan of cold water directly under the cheesecake while it is baking will prevent cake from cracking on top.

Mary Martin

CREAM CHEESE POUND CAKE

3 c. Bisquick baking mix
1 1/2 c. sugar
1/2 c. Gold Medal flour
6 eggs

8 oz. cream cheese, softened
3/4 c. butter or margarine, softened
1/2 tsp. salt
1 tsp. vanilla

Heat oven to 350°. Blend all ingredients in large mixer bowl and beat on low speed 1/2 minute, scraping bowl frequently. Beat 4 minutes at medium speed. Pour batter into greased 10 inch tube pan. Bake 55 to 60 minutes or until cake tests done in center. Cool slightly before removing from pan.

Katherine Jastrzebski

RHUBARB CAKE

1/2 c. shortening
1 1/2 c. sugar
2 eggs
2 c. flour
1 tsp. cinnamon
1/4 tsp. allspice

1/4 tsp. cloves
1 tsp. baking soda
Dash of salt
1/2 c. milk
2 c. diced, raw rhubarb

Topping:

1/2 c. brown sugar
3 Tbsp. butter
Dash of cinnamon

3 Tbsp. flour
1/2 c. chopped nuts

Cream shortening. Add sugar and cream again. Add eggs, one at a time, blending well after each addition. Sift dry ingredients together. Add dry ingredients to batter alternately with milk. Mix in rhubarb. Spread in greased 9x13 inch pan. Mix topping with a fork and sprinkle over top. Bake in a 350° oven for 35 to 40 minutes.

Anastasia Rudy

FRUIT SQUARES

3 c. flour
¾ c. sugar
2 Tbsp. baking powder

2 eggs
1 tsp. vanilla
2 sticks margarine

Mix first 3 ingredients. Cut in last 3 ingredients into flour mixture with a pastry blender until crumbly. Put ½ mixture into 9x13 inch pan. Pat down. Add can of fruit or fresh fruit filling (any flavor). Sprinkle remaining mixture on top. Bake at 375° for 30 to 35 minutes or until brown.

Patricia Mokrycki

CREAM CHEESE COFFEE CAKE

1 c. sugar
1 stick butter or margarine
2 eggs
1 (8 oz.) pkg. cream cheese*

2 c. sifted cake flour
1 tsp. baking powder
1 tsp. baking soda
1 tsp. vanilla

Filling:

¼ c. brown sugar
1 tsp. cinnamon
½ c. chopped nuts or crushed cereal

½ c. shaved chocolate

Cream butter and sugar; add eggs and cream cheese, then beat until smooth. Sift dry ingredients and add to batter. Add vanilla or other flavorings. Beat thoroughly. Pour ½ batter into greased tube or Bundt pan. Combine ingredients for filling and sprinkle ½ over batter; add remaining batter and sprinkle remaining filling on top. Bake at 350° approximately 35 minutes.

* Cream cheese at room temperature.

Alice Mokrycki

KRISPY COFFEE CAKE

Cake:

1 c. sugar
1 stick butter
2 eggs
8 oz. cream cheese

2 c. sifted cake flour
1 tsp. baking powder
1 tsp. baking soda
1 tsp. vanilla

Filling:

1 tsp. cinnamon
½ c. chopped nuts

¼ c. brown sugar
¾ c. Rice Krispies cereal

Cream together butter and sugar. Add eggs and cream cheese; beat until smooth. Sift dry ingredients and add to egg mixture. Add vanilla; blend thoroughly. Pour ½ of batter into a greased tube or Bundt pan. Combine brown sugar, Rice Krispies, cinnamon, and nuts to make filling. Sprinkle ½ of the filling mixture over the batter. Add remaining batter and sprinkle with remaining filling. Bake at 350° for 35 minutes.

Gloria Boyko

CREAMY CHOCOLATE LACE CHEESECAKE

Crust:

1 ½ c. chocolate wafer crumbs
½ c. finely chopped almonds

¼ c. margarine or butter, melted

Filling:

2 (8 oz.) pkg. cream cheese,
softened
¾ c. sugar
3 eggs
12 oz. semi-sweet chocolate chips,
melted and cooled

1 c. whipping cream
2 Tbsp. butter or margarine, melted
1 tsp. vanilla

Topping:

1 c. dairy sour cream
1 ½ tsp. vanilla
1 tsp. sugar

½ sq. unsweetened chocolate,
melted

Heat oven to 325°. Butter a 9 inch springform pan. In a large bowl, blend crust ingredients. Press into bottom and up sides of prepared pan; refrigerate. In large bowl, beat cream cheese and ¾ cup sugar until smooth. Add eggs, one at a time, beating well after each addition. Add melted chocolate chips; beat well. Add whipping cream, 2 tablespoons margarine and 1 teaspoon vanilla; beat until smooth. Pour into prepared crust. Bake at 325° for 55 to 65 minutes or until edges are set. Center of cheesecake will be soft. (To minimize cracking, place shallow pan ½ full of water on lower oven rack during baking.) Cool in pan 5 minutes; carefully remove sides of pan. Cool completely.

In small bowl, combine sour cream, 1 ½ teaspoons vanilla and 1 teaspoon sugar; stir until smooth. Spread over cooled cheesecake. Drizzle with ½ ounce melted chocolate in a lace pattern. Refrigerate several hours or overnight before serving. Garnish as desired. Makes 16 servings.

Gloria Rucci

FESTIVE CAKE

3 c. flour
1 ¾ c. sugar
1 tsp. baking soda
1 tsp. salt
1 tsp. cinnamon
1 c. chopped walnuts
3 eggs

1 ½ c. oil
1 tsp. almond or vanilla extract
2 c. chopped, firm, ripe bananas
1 (8 oz.) can crushed pineapple with
juice
Cream Cheese Frosting

Sift first 5 ingredients; stir in nuts. Beat eggs slightly; combine with oil, flavoring, banana, and pineapple. Add to dry ingredients; mix but *do not beat*. Spoon into well oiled 10 inch tube pan. Bake at 325° for 1 hour and 20 minutes or until tests done. Remove and let stand 10 to 15 minutes in pan. Invert onto rack and cool. Frost with Cream Cheese Frosting.

Cream Cheese Frosting - Soften:

8 oz. cream cheese

½ c. butter or margarine

Cream butter and cream cheese together with 1 pound confectioners sugar until creamy.

Francesca Ormianczuk

EXTRA CREAMY CHEESE CAKE

1 lb. cream cheese

¾ c. sugar

½ tsp. salt

3 eggs

½ tsp. almond extract

1 c. dairy sour cream

1 tsp. vanilla

Beat cream cheese until fluffy. Gradually beat in ¾ cup sugar and a dash of salt. Add eggs, one at a time, beating well after each addition. Beat until smooth. Add almond flavoring and pour into buttered 9 inch pie pan. Bake at 350° for 25 minutes. Remove from oven and let cool, away from drafts, for 20 minutes.

While cake is cooling, beat sour cream, 3 tablespoons sugar, a dash of salt, and the vanilla together. Pour over top of cake. Return to oven and bake 10 minutes longer.

Anna O. Kudriavetz

CHOCOLATE CHIP DATE CAKE

1 c. chopped dates

1½ c. hot water

1½ tsp. baking soda

¾ c. shortening

1 c. sugar

2 eggs

1¼ c. flour

½ tsp. salt (optional)

Combine first 3 ingredients in bowl and set aside. In second bowl, cream shortening, sugar and eggs. Add flour and date mixture. Pour into greased and floured 13x9 inch pan. Sprinkle chocolate bits and 1 cup cut up nuts over top; bake at 350° for 45 minutes.

Yaroslava Kukil

CRUMB CAKE

3 Tbsp. sugar

¼ c. flour

Dash of ground cinnamon

2 Tbsp. butter

1¼ c. Bisquick mix

¾ c. sugar

3 Tbsp. melted butter

1 egg

¾ c. milk

1 tsp. vanilla

To make crumb topping, mix 3 tablespoons sugar, flour and cinnamon in bowl; add butter. Cut in with pastry blender until crumbly; set aside.

Combine Bisquick mix and ¾ cup sugar. Add melted butter, egg and ½ of the milk. Beat vigorously for 1 minute. Stir in remaining milk and vanilla. Beat ½ minute. Pour into buttered and floured 9 inch round layer cake pan. Sprinkle crumb topping over the top of batter. Bake in a moderate oven (350°) for 35 to 40 minutes. Makes approximately 9 servings.

Anna Stefaniw

RHUBARB CHERRY CRISP

Crust:

1 c. quick oats
1 c. brown sugar
1 c. flour

Pinch of salt
½ c. butter

Mix together and spread ½ in greased 13x9 inch pan.

Filling:

4 c. diced rhubarb
1 c. sugar
1 c. water

1 can cherry pie filling
2 Tbsp. cornstarch
1 tsp. almond extract

Spread rhubarb over crust in pan. In separate saucepan, boil sugar, water and cornstarch until thick, stirring constantly. Cool slightly. Add almond extract and cherry pie filling. Spoon over rhubarb; top with remaining crust and ¼ cup chopped nuts. Bake in a 350° oven for 45 minutes.

Pearl Apanowitch

LUSCIOUS LEMON CREAM

2 eggs
1 c. sugar
½ c. ReaLemon (lemon juice from concentrate)
1 Tbsp. cornstarch

½ c. water
1 tsp. vanilla extract
1 c. (½ pt.) whipping cream, whipped

In bowl, beat together eggs, ½ cup sugar and ReaLemon. In saucepan, combine remaining sugar and cornstarch; stir in water. Cook and stir until thickened; remove from heat. Gradually beat in egg mixture. Over low heat, cook and stir until slightly thickened. Add vanilla; cool. Fold in whipped cream. Serve with fresh fruit. Refrigerate leftovers.

Alice Mokrycki

RHUBARB-STRAWBERRY PUDDING

1 c. frozen strawberries, thawed
¼ c. quick cooking tapioca

1 c. sugar (approximately)
2½ c. rhubarb

Thaw frozen strawberries. Combine tapioca, sugar and rhubarb; cook mixture over medium heat until it comes to a full boil. Stir constantly. Cool. Add thawed strawberries and chill. Serves 6 to 8.

Variation: Substitute 1 cup shredded pineapple in place of strawberries.

Prepare ahead and keep in refrigerator. Serve plain or ala mode.

Bessie Danyliw

BAKED APPLE SUPREME

- | | |
|--|--------------------------------|
| 6 medium apples | ½ tsp. dill weed |
| ¾ c. fruit juice (your favorite; I like raspberry) | ¼ c. raisins |
| ¾ c. sugarless granola | ¼ c. unsalted, chopped walnuts |
| ½ tsp. cinnamon | 2 Tbsp. honey |

Preheat oven to 300°F. Pare, core and slice apples into a 9 inch pie pan or dish. Pour fruit juice over apples. This will prevent them from browning and add sweetness to your dessert. Sprinkle over apples the cinnamon, dill weed, raisins, and nuts. Sweeten to your taste by drizzling honey over apples. Spread granola over apples. Bake 30 minutes and serve warm. Serves 4 to 6 medium appetites.

Paula Ormianczuk Light

RHUBARB ROSIE

- | | |
|------------------------------------|---------------------|
| 8 slices bread, cubed | ½ tsp. cinnamon |
| 6 c. rhubarb, cut in 1 inch pieces | 1 stick margarine |
| 1½ c. sugar | ½ c. grated coconut |

Mix all ingredients well and place in a 13x9 inch greased pan. Sprinkle top with ½ cup grated coconut. Bake in a 375° oven for 40 minutes. May serve with whipped cream.

Tillie Bosack

PINEAPPLE APRICOT MOUSSE

- | | |
|---|---|
| 2 env. plain gelatin | Grated rind of 2 lemons |
| 3 oz. apricot and orange jello | 1 egg white (unbeaten) |
| ½ c. cold, fresh orange juice | 3 Tbsp. apricot brandy or orange liqueur (optional) |
| ½ c. cold, fresh lemon juice | 2 (20 oz.) cans apricot halves |
| 1 (6 oz.) can frozen apple juice | 1 c. well chilled evaporated milk or 1 c. heavy cream |
| 1 (6 oz.) can frozen orange pineapple juice | |
| 1 (20 oz.) can crushed pineapple, drained (reserve syrup) | |

Soften gelatin in cold orange and lemon juices. Stir over low heat until dissolved. Add juice concentrates, reserved pineapple syrup, grated lemon peel, egg white and liqueur; mix well. Refrigerate until mix is thickened and mounds when dropped from spoon; whip until double. In blender, puree 1 can apricot halves and add to beaten mixture with drained, crushed pineapple. Beat chilled milk until stiff; fold into fruit mixture.

Spoon into 3 quart bowl. Cover with Saran Wrap and refrigerate 2 hours or overnight. When ready to serve, top with remaining apricot halves. Makes 12 (1 cup) servings of 140 calories per cup.

Jean Kowalsky

OREO ICE CREAM PIE

Mix together:

- | | |
|---------------------|-------------------------|
| ½ c. butter, melted | 18 crushed Oreo cookies |
|---------------------|-------------------------|

Press into 9 inch Pyrex pie plate only on bottom and freeze.

Meanwhile, in small pan, melt:

8 sq. unsweetened chocolate

1 Tbsp. butter

Add ½ cup evaporated milk (small can). Gradually add ½ cup sugar; stir constantly. Set aside to chill (will thicken). Spread 1 quart of any flavor softened ice cream (I use coffee). Pour chocolate syrup over ice cream. Whip 1 cup heavy cream with 2 tablespoons sugar and 1 teaspoon vanilla. Spread cream over syrup and top with ½ cup chopped nuts. Freeze overnight. Remove from freezer 30 minutes before serving.

Anastasia Rudy

ICE CREAM CAKE

Crust:

6 oz. semi-sweet chocolate bits

2 c. Rice Krispies

Place chocolate bits in saucepan and melt over low heat. Add Rice Krispies and mix to coat well. Place in bottom of a 9 or 10 inch spring form pan.

Filling:

½ gal. vanilla ice cream, softened

1 c. chopped walnuts

½ c. creamy or chunky peanut butter

1 (16 oz.) jar Hershey's fudge topping

12 oz. Cool Whip (reserve 1 c.)

Stir ice cream until soft. Add peanut butter and mix well. Fold in Cool Whip and pour into prepared pan. Cover with foil. Freeze overnight or several hours. Next day, remove from freezer and spread with fudge topping. Top with reserved Cool Whip and sprinkle with nuts. Cover with foil and return to freezer. Remove 15 minutes before serving and return unused portion to freezer. Serves 16 to 20.

LEMON LUSH

First mixture:

1½ c. flour

2 tsp. sugar

1½ sticks margarine

½ c. chopped walnuts

Mix together and pat into a 9x13x2 inch pan. Bake at 350° for 20 minutes.

Second mixture:

2 (8 oz.) pkg. cream cheese

½ (8 oz.) container Cool Whip

1 c. powdered sugar

Beat cream cheese and sugar; fold in Cool Whip and spread on cooled crust.

Third mixture:

2 small pkg. instant lemon pudding

2¾ c. cold milk

Beat until thick and spread over cream cheese mixture. Layer top with remaining Cool Whip and sprinkle with chopped nuts. Cut in squares to serve.

Tillie Bosack

BREAD PUDDING

- | | |
|--|---------------------------------|
| ¼ c. butter | 3 eggs |
| 3 Tbsp. light brown sugar | 1½ c. milk |
| 2 c. sliced peaches | 1 tsp. vanilla |
| 6 to 8 slices firm, crustless bread | ½ tsp. nutmeg (optional) |
| ¾ c. sugar | |

In a 9 inch square pan, melt butter in a 350° oven and spread. Remove from oven and immediately add brown sugar. Top with sliced peaches in a single layer. Cool. In large bowl, beat eggs with sugar until light. Beat in milk, vanilla and nutmeg. Stir in cubed bread (will look slightly thick; do not thin). Pour over peaches and bake at 350° for 30 to 35 minutes, until center tests done (it will be firm). Do not place in water bath when baking.

Helen Paluch

CREAMY MOCHA FROZEN DESSERT

Crust:

- | | |
|--|---|
| 1 c. (about 18) chocolate wafer
cookie crumbs | ½ c. finely chopped pecans |
| | ¼ c. margarine or butter, melted |

Filling:

- | | |
|---|---|
| 1 (8 oz.) pkg. cream cheese,
softened | 2 tsp. instant coffee |
| 1 (14 oz.) can sweetened
condensed milk (not
evaporated) | 1 Tbsp. hot water |
| ½ c. chocolate flavor syrup | 1 (8 oz.) container frozen whipped
topping, thawed |
| | ¼ c. chopped pecans |

In medium bowl, combine all crust ingredients; blend well. Press firmly into bottom of 13x9 inch pan or 10 inch springform pan. In large bowl, beat cream cheese until fluffy. Beat in sweetened condensed milk and chocolate syrup until smooth. In small bowl, combine instant coffee and water; add to cream cheese mixture. Fold in whipped topping; spoon into prepared crust. Sprinkle evenly with ¼ cup pecans. Freeze overnight or until firm. Makes 15 to 16 servings.

Gloria Rucci

PINA COLADA WEDGES

- | | |
|---|--|
| 8 oz. softened cream cheese | 2½ c. (7 oz.) Baker's Angel Flake
coconut |
| ¼ c. sugar | ½ c. sugar |
| 2 Tbsp. rum or rum extract | 3½ c. Cool Whip |
| 1 (8 oz.) can crushed pineapple with
syrup | |

Beat cream cheese with sugar and rum until smooth. Fold in 2 cups Cool Whip and pineapple with syrup plus 2 cups coconut. Spread in an 8 inch layer cake tin lined with plastic wrap. Refrigerate until firm. Invert pan onto serving plate; remove pan and plastic wrap. Spread with remaining Cool Whip and sprinkle with remaining coconut. Freeze until firm (about 2 hours). Cut into wedges and garnish with pineapple and cherries (optional).

Kathy Kowalsky

APPLE CRISP

8 c. sliced apples, pared and cored	¼ tsp. salt
½ c. sugar	¼ c. butter
¼ tsp. cinnamon	½ c. grated Cheddar cheese
¼ c. sifted flour	

Mix cinnamon, flour, salt, and sugar together. Cut in butter until crumbly. Stir in cheese and spread over apples. Bake in a 350° oven for 40 minutes. Serves 6 to 8.

Mary Lemega

CRANBERRY MOUSSE

1 (20 oz.) can Dole crushed pineapple in juice	3 Tbsp. lemon juice
1 (6 oz.) pkg. strawberry gelatin	1 tsp. fresh grated lemon peel
1 c. water	¼ tsp. ground nutmeg
1 (1 lb.) can whole berry cranberry sauce	2 c. sour cream
	½ c. chopped pecans

Drain pineapple well, reserving all juice. Add juice to gelatin in a 2 quart saucepan; stir in water. Heat to boiling, stirring to dissolve gelatin. Remove from heat. Blend in cranberry sauce. Add lemon juice, peel and nutmeg. Chill until mixture thickens slightly. Blend sour cream into gelatin mixture. Fold in pineapple and pecans. Pour into a 2 quart mold. Chill until firm. Unmold onto serving plate. Serves 8.

Julie Nesteruk

STRAWBERRY BAKED ALASKA

1 bought 7 inch sponge base	½ to ¾ lb. strawberries
2 egg whites	Small block strawberry ice cream
4 oz. icing (scant 1 c. confectioners sugar)	

Heat oven to 450°F. Whisk together the egg whites and sugar until they form stiff peaks. Remove the hulls from the strawberries and slice the berries neatly. Place the sponge cake onto a baking tray and cover it with the strawberry slices. Now place the block of ice cream on top and, working quickly, cut and spread it to fit the sponge base. Cover the whole with the meringue mixture, making sure that no gaps have been left. Bake for just a few minutes, until the peaks of meringue turn golden. Serve immediately. Serves 6 to 8.

CHOCOLATE MOUSSE CAKE

7 oz. semi-sweet chocolate	1 c. sugar, divided
¼ lb. butter	1 tsp. vanilla
7 eggs, separated	½ tsp. cream of tartar

Whipped Cream Frosting:

½ pt. whipping cream (1 c.)	1 tsp. vanilla
½ c. powdered sugar	

Preheat oven to 325°. In small saucepan, melt chocolate and butter over low heat. In large bowl, beat egg yolks and $\frac{3}{4}$ cup sugar until very light and fluffy (5 minutes). Gradually beat in warm chocolate mixture and vanilla. In another large bowl, beat egg whites with cream of tartar until soft peaks form. Add remaining $\frac{1}{4}$ cup sugar, 1 tablespoon at a time. Continue beating until stiff. Fold egg whites carefully into chocolate mixture. *Pour $\frac{3}{4}$ of the batter* into ungreased 9x3 inch springform pan. Cover remaining batter and refrigerate. Bake cake 35 minutes.

Prepare cream frosting; set aside. Remove cake from oven and cool. Cake will drop as it cools. Remove outside ring of pan. Stir refrigerated batter to soften slightly. Spread on top of cake. Refrigerate until firm. Spread whipped cream frosting over top and sides.

Cream frosting: In small bowl, beat cream until soft peaks form. Add powdered sugar and vanilla; beat until stiff.

Helen Paluch

BLUEBERRY BUCKLE

1½ c. sugar
½ c. shortening
4 eggs
1 c. milk
3 c. all-purpose flour
4 tsp. baking powder
1 tsp. salt
1 tsp. nutmeg

½ tsp. ground cloves
4 c. fresh or frozen blueberries or 2
(15 oz.) cans, drained
1 c. sugar
¾ c. all-purpose flour
1 tsp. cinnamon
½ c. soft butter

Blend 1½ cups sugar, shortening, eggs, and milk well. Sift together the flour, baking powder, salt, nutmeg, and cloves; stir into first mixture. Fold in blueberries. Spread batter in 2 greased 9 inch square pans. Mix remaining ingredients until crumbly. Sprinkle crumbs over batter. Bake 45 to 50 minutes or until top springs back when touched lightly. Serve warm; cut into squares. Serve plain or with a lemon sauce or ice cream. Recipe may be halved.

Jenny Dertycia

EASY CHOCOLATE DESSERT

1 (9 oz.) pkg. chocolate cake mix (I use ½ pkg. Duncan Hines Swiss chocolate cake mix)
8 oz. cream cheese, softened
2 c. milk, divided
1 (4 oz.) pkg. instant chocolate pudding mix

8 oz. whipping cream
2 Tbsp. sugar
½ tsp. vanilla
2 to 4 Tbsp. slivered almonds

Prepare cake mix according to package directions. Pour into greased and floured 13x9x2 inch pan. Bake at 350° for 15 minutes or until tests done. Let cool in pan. Place cream cheese in mixing bowl. Gradually add 1 cup milk, beating constantly.

Add pudding mix and remaining 1 cup milk. Beat until smooth and thickened. Spread evenly on cake and set aside in refrigerator while whipping cream.

Whip cream, sugar and vanilla until stiff peaks form. Spread over pudding layer. Sprinkle almonds on top. Refrigerate until serving time.

Bessie Danyliw

KAHLUA CHOCOLATE TRIFLE

1 pkg. Duncan Hines chocolate
cake mix
2 pkg. instant chocolate pudding

1 (12 or 14 oz.) container Cool Whip
3 Skor or Heath bars
¼ c. Kahlua

Prepare moist recipe on package. When cake is cool, crumble well and soak with Kahlua. Prepare pudding to package directions. Crumble Skor or Heath bars with meat mallet in a freezer bag. Use trifle dish. Place ⅓ layer cake mix, ⅓ pudding and ⅓ candy. Repeat layers and top with candy. Chill at least 1 hour.

Gloria Rucci

APPLE CRISP

6 medium, tart apples, sliced thin
¼ c. water
2 Tbsp. lemon juice
½ tsp. cinnamon
¼ tsp. nutmeg

1 c. (or less) sugar
¾ c. flour
¼ tsp. salt
5 Tbsp. butter
1 tsp. lemon rind

Place sliced apples in a shallow, buttered baking dish. Mix water and lemon juice; pour over apples. Combine ½ cup sugar (or less), nutmeg and cinnamon; sprinkle over apples. Blend remaining ½ cup sugar, flour, salt, and lemon rind or peel with butter; sprinkle over apples (you may not need to use all of this). Bake at 350° for 25 minutes or longer.

Bessie Danyliw

ECLAIR DESSERT

1 box graham crackers
2 pkg. instant vanilla pudding

3 c. milk
9 oz. Cool Whip

Icing:

2 pkg. Nestle Choco-bake
2 tsp. light corn syrup
3 Tbsp. soft margarine or butter

2 tsp. vanilla
1½ c. confectioners sugar
3 to 4 tsp. milk

Mix pudding and milk together. Let stand until slightly thickened. Fold in Cool Whip. Line bottom of 13x9 inch pan with graham crackers. Pour ½ of pudding mix over crackers, then layer crackers over pudding and top with pudding. End with a layer of crackers.

Icing: Beat all ingredients together until smooth. If icing is thick, thin with milk. Frost top of crackers and let set for 24 hours.

Tillie Bosack

CREAM PUFFS

1 c. water
1 stick margarine
Pinch of salt

1 c. flour
4 eggs

Filling:

1 (8 oz.) can crushed pineapple,
well drained
8 oz. cream cheese

1 small container Cool Whip
1/3 c. sugar

Boil together water, margarine and pinch of salt. Mix in briskly flour while removing from heat; keep mixing until it forms like 1 ball. Mix in eggs very well. Drop on cookie sheet with teaspoon (small portions). Bake in preheated oven at 425° for 1 hour or until golden brown. Do not open oven for first 45 minutes.

Filling: Blend all 4 ingredients together. When Cream Puffs have cooled, cut them with a sharp knife and stuff them with the filling.

Patricia Mokryck

ALMOND PUMPKIN CHARLOTTE

Gingersnap Ladyfinger Crust
(recipe follows)

2 env. plain gelatin
1/2 c. milk
1/3 c. dark rum
4 eggs, separated
1/2 c. packed brown sugar
1 (1 lb.) can pumpkin

1/2 tsp. pumpkin pie spice
2 tsp. grated orange peel
1 c. whipping cream, whipped
1/2 c. chopped almonds, toasted
Powdered sugar
Rum cream
Sugar almonds

Prepare Gingersnap Ladyfinger Crust; set aside. In a 2 quart saucepan, combine gelatin, milk, rum, egg yolks, and 1/2 cup brown sugar. Stir over low heat to make a soft custard, about 5 to 10 minutes. Remove from heat. Stir in pumpkin, orange peel and spice. In a large bowl, beat egg whites to form stiff peaks. Gradually beat in remaining 1/2 cup brown sugar to form stiff peaks. Gently fold in pumpkin mixture and whipped cream into egg white mixture. Fold in chopped almonds. Pour mixture into prepared crust; cover and chill at least 6 hours or up to 3 days.

Prior to serving, prepare rum cream and sugar almonds. To make rum cream, whip 1/2 cup whipping cream to form soft peaks; beat in 1 tablespoon powdered sugar and 1 1/2 tablespoons dark rum to form stiff peaks. To make sugar almonds, arrange 1/2 cup whole natural almonds in a single layer on a buttered dish; set aside. Caramelize 3/4 cup sugar in a heavy skillet over low heat; pour over almonds. Separate almond pieces when cooled.

To serve, unmold Charlotte onto a serving plate. Dust sides with powdered sugar. Spoon rum cream over top and garnish with sugar almonds.

Gingersnap Ladyfinger Crust:

3 Tbsp. light corn syrup
2 Tbsp. dark rum
1 1/2 pkg. ladyfingers, split

1/2 c. finely crushed gingersnap
crumbs

In a small bowl, combine corn syrup and rum. Brush ladyfingers on both sides with rum mixture. Dip in crumbs to coat both sides. Line sides of a 2 quart charlotte mold or a 9 inch springform pan with ladyfingers, rounded sides out. (If using charlotte mold, line bottom of mold with plastic wrap before lining with ladyfingers.)

Julie Nesteruk

DOUBLE CRUSTED APPLE SQUARES

Crust:

**3 c. flour
1 c. Crisco**

**1 tsp. salt
½ to ¾ c. orange juice**

Filling:

**1 Tbsp. flour
½ to ¾ c. sugar**

**1½ tsp. cinnamon
10 to 12 apples, sliced thin**

Crust: Combine crust ingredients. Roll ½ of the dough and place into a 10x15 inch jelly roll pan. Place 2 to 3 layers of the sliced apples over dough and sprinkle with the flour, cinnamon and sugar mixture. Dot with butter. Roll out remaining ½ of the dough and top apples. Make slits and seal edges. Brush with milk and bake in a 400° oven for 30 minutes. Cool and cut into squares. Bake these squares on the first rack of the oven. Dust cool squares with confectioners sugar.

Jean Kowalsky

PECAN TASSIES

Crust:

**½ c. margarine (not soft)
1 c. flour**

1 (3 oz.) pkg. cream cheese

Filling:

**1 egg, slightly beaten
½ to ¾ c. chopped pecans
¾ c. plus 1 Tbsp. brown sugar,
packed**

**1 Tbsp. melted butter
½ tsp. vanilla**

Mix crust ingredients and divide into 24 (2 inch) balls, depending on size of tart pans or tins. Press and shape into the tins. Mix filling ingredients together and fill shells. Place pans on cookie sheets and bake at 350° for 15 minutes; reduce to 250° and bake 10 minutes more. Cool before removing from pans.

Anna O. Kudriavetz

CHOCOLATE MINT LAYER COOKIES

Cookies:

**2 oz. unsweetened chocolate
½ c. butter
2 eggs**

**1 c. sugar
½ c. sliced almonds
½ c. unsifted flour**

Mint Cream Filling:

1½ c. powdered sugar
2 Tbsp. butter, softened

2 Tbsp. heavy cream
¾ tsp. peppermint flavoring

Chocolate Glaze:

2 oz. sweet chocolate
2 Tbsp. butter

1 tsp. vanilla

Cookies: Preheat oven to 350°. Thoroughly grease a 9 inch square pan. Melt chocolate and butter together over hot water. In a bowl, beat together the eggs and sugar until thick. Add nuts, flour and chocolate mixture; stir until smooth. Pour batter into pan and bake for 25 minutes. Let cool.

Mint Cream Filling: Beat together all ingredients until smooth. If you like, sprinkle a drop of green coloring into this cream. Spread filling evenly over cookie layer; cover and chill until firm, about 1 hour.

Chocolate Glaze: Melt together all ingredients over hot water. Drizzle the glaze over the mint topping. Cover and chill again until firm. Cut the layer into bite-size squares and place in paper candy cups. May be frozen 3 to 6 months.

Helen Paluch

RICOTTA SQUARES

Crust:

½ c. margarine
½ c. brown sugar

½ c. chopped nuts
½ c. flour

Filling:

1 lb. Ricotta cheese
½ c. sugar

2 eggs
1 tsp. vanilla

To make crust: Cream margarine and brown sugar; add flour and nuts. Mixture will be crumbly. Reserve 1 cup of mixture for topping. Spread and press remaining mixture in 8x8 inch square pan. Bake crust at 350° for 10 to 12 minutes.

To make filling: Combine all ingredients and mix well. Mixture will be loose. Pour filling over baked crust. Sprinkle reserved 1 cup of crumbs over top. (Garnish with cherries or pineapple chunks if desired.) Bake at 350° for 25 minutes. Cool 1 hour. Refrigerate at least 1 hour before cutting into squares.

Gloria Boyko

APRICOT BARS

Crust:

1 c. softened butter
1 c. sugar
6 large egg yolks

1 tsp. almond extract
2½ c. sifted all-purpose flour

Topping:

24 oz. apricot preserves
6 large egg whites
Pinch of salt

1 c. sugar
8 oz. finely chopped walnuts

To make the crust: In a large bowl, cream butter and sugar. Add egg yolks and extract. Mix thoroughly. Add flour gradually and mix again. Pat dough firmly and evenly in an 11x16 inch ungreased cookie pan. Spread dough with apricot preserves.

To make the topping: Beat egg whites slightly. Add salt and gradually add sugar. Beat until stiff. Gently fold in nuts. Spread this mixture over the preserves. Bake in a 350° F. oven for 45 minutes or until topping is lightly browned. When cooled, cut into finger-size slices and remove from pan.

Note: Makes about 35 bars.

Alice Yarysh

CARAMEL BROWNIES

1 pkg. of 50 caramels
½ c. evaporated milk
1 pkg. German chocolate cake mix

¾ c. melted butter
1 c. chopped nuts
6 oz. chocolate bits

Melt together in double boiler the caramels and ½ cup evaporated milk. Mix by hand the cake mix, ¾ cup melted butter, remaining ¼ cup evaporated milk, and 1 cup nuts. Spread ½ the batter in 13x9 inch greased pan and bake at 350° for 6 minutes. Sprinkle chocolate bits on top and pour caramel mix over chips. Drop remaining batter by spoon over caramel mix and bake 18 minutes more. It looks uncooked. Refrigerate for 30 minutes and cut in squares.

Helen Paluch

NUTMEG LOGS

1 c. soft butter
2 tsp. vanilla
2 tsp. rum flavoring
¾ c. sugar

3 c. sifted flour
¼ tsp. salt
1 tsp. nutmeg

Frosting - Cream:

½ c. butter
1 tsp. vanilla

2 tsp. rum flavoring

Blend in:

2 c. powdered sugar

2 Tbsp. light cream

Beat smooth and creamy.

Cream butter with flavorings; beat in sugar. Blend in egg. Sift flour, nutmeg and salt; add to butter mixture, then mix well. Shape pieces of dough into ½ inch ropes on sugared board. Cut into 3 inch lengths. Place on buttered cookie sheet and bake at 350° for 12 to 15 minutes. Cool on rack. Spread tops and sides with frosting; score with fork to resemble logs. Sprinkle lightly with nutmeg. Makes 72 cookies.

Kathy Kowalsky

LUSCIOUS LAYER BARS

1 pkg. Pillsbury Plus German cake mix
½ c. margarine or butter, softened
½ c. dairy sour cream
3 eggs
1 c. chopped nuts
2 c. coconut

1 (14 oz.) can sweetened condensed milk (not evaporated)
1 can Pillsbury ready to spread chocolate fudge or milk chocolate frosting supreme

Heat oven to 350°. Grease and flour 15x10x1 inch jelly roll pan. In large bowl, combine cake mix, ½ cup margarine, sour cream, and eggs at low speed until moistened. Beat 2 minutes at high speed. Stir in nuts. Spread in prepared pan. Bake at 350° for 18 to 20 minutes. (Center will not be firm to touch.)

In medium bowl, combine coconut and condensed milk; gently spoon and spread over partially baked base. Return to oven and bake 15 to 20 minutes or until light golden brown. Cool completely; spread frosting over bars. Cut into 48 bars.

Tillie Bosack

YVETTE'S PRALINES

Honey graham crackers
½ lb. butter
½ c. sugar

½ tsp. vanilla
Chopped nuts

Line jelly roll pan with honey grahams. Melt butter and sugar together; boil gently for exactly 3 minutes. Add vanilla. Pour over crackers. Sprinkle with chopped nuts. Bake 10 minutes in a 350° oven. Cool slightly and cut through the crackers. Cool thoroughly and cut through again.

Mary McAdam

LEMON BARS

1 c. butter or margarine
½ c. powdered sugar
2 c. flour
½ tsp. salt
4 eggs

6 Tbsp. flour
2 c. sugar
6 Tbsp. lemon juice
Grated rind of 1 lemon
Powdered sugar (for top)

Blend first 4 ingredients and press into 2 greased 8 inch square pans (or equivalent). Bake at 350° for 20 minutes or until golden. Combine eggs, flour, sugar, lemon juice, and rind. Beat thoroughly. Spread over warm pastry. Bake at 350° for 25 minutes. Cool. Sprinkle with powdered sugar and cut into squares or bars.

Bessie Danyliw

TRIPLE CHOCOLATE COOKIES

1 c. flour
½ tsp. baking soda
¼ tsp. salt
½ c. dark brown sugar
¼ c. granulated sugar
1 egg

1 tsp. vanilla
½ c. coarsely chopped nuts
¾ c. semi-sweet chocolate bits
¾ c. milk chocolate bits or mint chips
¾ c. white chocolate, cut in cubes

Bake on center rack of oven at 350°. Sift flour, baking soda and salt in medium bowl. Cream butter in large bowl. Add sugars; beat until smooth and fluffy. Add egg and vanilla; blend well. Stir in flour mixture with wooden spoon until well blended. Stir in nuts and all chocolate. Drop by tablespoon 2 inches apart on buttered cookie sheet and bake 10 minutes, until lightly browned around edges and soft in center. Carefully transfer cookies to rack to cool. Cool cookie sheets to reuse. Freezes well. Makes 48 cookies.

Jean Kowalsky

VIENNESE SHORTBREAD

1 c. butter or margarine
 ½ c. sifted confectioners sugar
 ½ tsp. vanilla

2 c. flour
 ¼ tsp. baking powder
 Mocha Filling (following)

Cream butter, sugar and vanilla until fluffy. Blend in sifted flour and baking powder. Using medium star design in cookie press, press out strips 3 inches long onto ungreased baking sheet. Bake at 375° for 7 minutes or until lightly browned around the edges. Cool. Put 2 cooled cookies together with Mocha Filling. For fancier cookies, dip ends of cookies in melted sweet chocolate and roll in chopped nuts.

Mocha Filling:

½ c. sifted confectioners sugar
 2 Tbsp. butter or margarine

1 tsp. powdered instant coffee,
 dissolved in 1 tsp. boiling water

Mix ingredients until fluffy.

Jean Kowalsky

CHOCOLATE ZUCCHINI SQUARES

½ c. margarine
 ½ c. oil
 1¼ c. sugar (less also)
 2 eggs
 1 tsp. vanilla
 ½ c. sour cream or buttermilk

2½ c. flour
 4 Tbsp. cocoa
 1½ tsp. baking soda
 ½ tsp. cinnamon
 ½ tsp. salt
 2 c. grated zucchini

Cream margarine, oil and sugar well. Add 2 eggs, vanilla and sour cream; beat well. Mix in dry ingredients and blend well. Stir in zucchini to blend in well. Pour into greased and lightly floured 13x9 inch pan. Top with ½ cup chocolate chips and ½ cup chopped nuts. Bake at 350° for 40 to 45 minutes.

Gloria Rucci

TEA CAKES

1 c. butter
 1½ c. sugar
 3 eggs
 3 c. flour
 1 Tbsp. baking powder

¾ tsp. salt
 1 Tbsp. vanilla
 2 c. pecans or walnuts (optional)
 Chocolate chips (optional)

Cream butter and sugar; add eggs. Beat until well blended. Sift flour, baking powder and salt together; blend into butter mixture. Add vanilla. Add nuts and/or chocolate chips if desired. Drop by teaspoon onto lightly greased cookie sheet. Bake at 350° for 10 to 12 minutes or until lightly browned.

Jenny Derlycia

BILLY GOATS

1 c. butter or margarine
1½ c. sugar (scant)
3 eggs
1 tsp. vanilla
2½ c. flour
1 tsp. cinnamon
¼ tsp. cloves

½ tsp. allspice
Pinch of salt
3 tsp. baking powder
3 Tbsp. milk
1 lb. dates, cut up
1 lb. walnuts, coarsely chopped

Cream butter or margarine and sugar. Add eggs and vanilla. Combine dry ingredients. Add to the first mixture. Add milk. Add dates and walnuts. Bake at 325° for 12 to 15 minutes.

Jenny Derlycia

PFEFFERNUESSE

¾ c. honey
¾ c. molasses or sugar
¼ c. shortening
2 eggs
4 c. flour
Pinch of salt

3 tsp. baking powder
1 tsp. allspice
1 tsp. cardamom, ground
1 tsp. anise seed, ground
½ tsp. anise oil
¼ tsp. mace

Heat but do not boil the honey, molasses or sugar and shortening; cool. Beat in eggs. Sift together flour, salt, baking powder, allspice, cardamom, anise seed, and mace. Add to honey mixture. Add anise oil and let stand for 1 hour or longer. Shape into ¾ inch balls. Bake on greased sheet in a 350° oven for 15 minutes. When cool, frost with following frosting.

Frosting - Combine:

2 egg whites
3 tsp. light corn syrup

1 tsp. ground cardamom
½ tsp. anise oil

Beat in 1½ cups confectioners sugar. Pour frosting over cookies in pot and carefully mix to coat cookies well. Spread on cookie sheet to dry. Store tightly covered.

Jenny Derlycia

CHOCOLATE CHIP CREAM CHEESE BARS

2 (20 oz.) pkg. Pillsbury chocolate
chip cookie dough
2 (8 oz.) pkg. cream cheese

2 eggs
½ c. sugar
1 tsp. vanilla

Slice 1 package of cookie dough 1/4 inch thick and line a 13x9 inch pan. In bowl, soften cream cheese to room temperature; add sugar, eggs and vanilla. Beat smooth. Slice second package of cookie dough and make a layer over cheese filling. Bake at 350° for 35 to 40 minutes.

Anastasia Rudy

SWEDISH BUTTER COOKIES

Dough:

1 1/4 c. butter, chilled
3 1/4 c. flour

6 Tbsp. heavy cream

Filling:

1/2 c. butter
2 c. powdered sugar

1 egg yolk

Dough: In a medium bowl or food processor fitted with the metal blade, mix flour and butter until crumbly. Add cream and mix until blended. Wrap in wax paper and refrigerate for easier handling. Roll out on confectioners sugar and cut with a round 2 inch cookie cutter about 1/4 inch thick. Bake in a 400° oven for 8 minutes. Watch carefully! Use an ungreased cookie sheet and remove very carefully on sheets of aluminum foil as soon as cookies are taken from the oven. These cookies are very fragile so must be handled with great care.

Filling: Mix ingredients until fluffy and chill for a short time. Spread the bottom side of 1/2 of the rounds with butter icing and cover with the remaining rounds. Sprinkle confectioners sugar over the tops. Yield: 50 cookies; may be frozen 3 to 6 months.

Helen Paluch

RASPBERRY-FILLED COOKIES

Short Crust Pastry:

1/2 lb. butter
1/2 c. sugar
2 egg yolks
Grated rind of 1 lemon

1 tsp. vanilla
1/4 tsp. salt
2 3/4 c. all-purpose flour

Filling and Icing:

Strained raspberry preserves or
seedless raspberry preserves

1/2 c. powdered sugar
Juice of 1 lemon

In a bowl of electric mixer, cream together butter and sugar until mixture is light and fluffy. Add yolks, one at a time, beating well after each addition. Add lemon rind, vanilla and salt. Blend in 2 cups flour, 1/2 cup at a time. Transfer the mixture to a lightly floured board and knead in the remaining flour. Wrap the dough in waxed paper and chill.

Filling and Icing: Preheat oven to 375°. Roll the chilled dough 1/4 inch thick and cut with a round 2 inch cookie cutter. Bake until lightly browned, about 12 minutes. Spread the bottom side of 1/2 the rounds with raspberry preserves and cover with the

remaining rounds. Mix sugar and lemon juice together until smooth; ice the cookies. Top with a pecan half if desired. Yields about 36 cookies.

These may be frozen 3 to 6 months.

Heien Paiuch

PINEAPPLE-COCONUT BARS

Base:

**¼ c. unsalted butter or margarine,
softened
1 c. firmly packed brown sugar**

**1 c. sifted flour
1½ c. shredded coconut**

Cream butter and sugar. Add flour and coconut. Mix well with fingers until crumblike. Press ½ of crumb mixture firmly into greased and floured 9 inch square pan. Spread pineapple filling evenly over surface. Cover with remaining crumbs. Press top layer down firmly. Bake in 350° oven for 35 minutes or until golden. Cool and cut into 24 bars.

Filling:

**¾ c. sugar
3 Tbsp. cornstarch
1 Tbsp. lemon juice**

**1 Tbsp. butter or margarine
1 (9 oz.) can crushed pineapple
(undrained)**

Mix sugar, cornstarch and pineapple in a small saucepan. Bring to a boil; cook and stir constantly until thick and clear, about 5 minutes. Remove from heat and stir in lemon juice and butter.

Yaroslava Kukil

MOM'S SUGAR COOKIES

This dough need not be refrigerated.

**2¼ c. flour
¼ tsp. salt
2 tsp. baking powder
½ c. shortening**

**1 c. sugar
2 eggs, beaten
1 tsp. vanilla
1 Tbsp. milk**

Cream shortening and sugar. Stir in eggs and vanilla. Sift flour, salt and baking powder. Add dry ingredients alternately with milk. Roll out dough and cut with cookie cutters. Bake at 375° for 12 minutes on greased cookie sheet.

Nancy Watt Lemega

PRIZE SUGAR COOKIES

**½ c. butter
½ c. Crisco
1 c. sugar
1 egg, beaten
1 Tbsp. white vinegar**

**1 tsp. vanilla
2½ c. flour
Scant tsp. salt
½ tsp. baking soda**

At medium speed, cream butter and Crisco well together. Add egg and beat well. At low speed, add all remaining ingredients and mix well. Refrigerate for 1 hour. Make into small balls and place on ungreased cookie sheet. Dip bottom of buttered glass in sugar and flatten cookies. Bake at 375° until edges are light brown (8 to 10 minutes). Makes 72 cookies.

Anna Peczynski

HONEY REFRIGERATOR COOKIES

½ c. honey
½ c. brown sugar
1 egg
½ c. shortening
2½ c. flour

½ c. nutmeats
1 tsp. baking powder
¼ tsp. baking soda
½ tsp. salt

Cream honey, sugar, shortening, and egg together. Add dry ingredients which have been sifted together, then nuts. Shape in loaf and wrap in waxed paper. Chill 1 or 2 days to allow sufficient ripening of dough. Slice off and bake in hot oven (400°) for 10 to 12 minutes.

Courtesy of Joseph Hladun, CT Bee Association

MACADAMIA NUT COOKIES

¼ c. softened butter
½ c. firmly packed brown sugar
2 Tbsp. milk
1½ tsp. cinnamon
2 c. all-purpose flour
1 Tbsp. baking powder

¼ tsp. salt
¾ c. coarsely chopped macadamia nuts
½ c. finely chopped candied pineapple
Sugar

Set oven at 375°. In large mixing bowl, combine all ingredients except nuts and pineapple; blend well with mixer to form a stiff dough. Stir in nuts and pineapple. Drop by teaspoon onto greased cookie sheet; flatten with bottom of glass which has been dipped in sugar. Bake at 375° for 7 to 10 minutes. Makes 48 to 54 cookies.

Natalie Dydyn

CHOCODILES

2½ c. all-purpose flour
1½ c. firmly packed brown sugar
½ c. softened butter
½ c. Crisco

½ tsp. salt
½ c. crunchy peanut butter
1 egg
1 tsp. vanilla extract

Set oven at 350°. In large mixing bowl, combine all ingredients and blend with mixer to form a dough. Press in a greased 15x10x1 inch jelly roll pan. Bake at 350° for 20 to 25 minutes. Cool slightly and spread with Chocolate Crunch. While warm, cut into bars.

Chocolate Crunch:

6 oz. semi-sweet chocolate
½ c. crunchy peanut butter

1½ c. slightly crushed corn flakes

Melt semi-sweet chocolate pieces in medium saucepan. Stir in ½ cup crunchy peanut butter and 1½ cups slightly crushed corn flakes.

Natalie Dydyn

CRISPY COOKIES

1 lb. sweet butter
4 large egg yolks
1 c. orange juice
1 tsp. vanilla
1½ c. sugar

¼ tsp. salt
6 to 7 c. sifted flour
2 pkg. Baker's salt or 4 tsp. baking powder*

Cream butter and sugar well; add yolks and beat until fluffy. Add vanilla and orange juice; slowly add ½ of the flour. Mix well. Add Baker's salt and remaining flour; mix well. Chill dough in refrigerator for several hours. Roll dough about ⅓ inch thick and cut out with a cutter or glass. Dip cookies in beaten egg whites and then in sugar. Bake in a 350° oven for about 15 minutes.

* Baker's salt is ammoniated and can be bought in any German market or Ukrainian Cooperative at the Ukrainian National Home, 961 Wethersfield Avenue, Hartford.

Julia Kollinsky

FUDGY CARAMEL WEDGES

2 oz. semi-sweet chocolate,
chopped
1 oz. unsweetened chocolate,
chopped
½ c. margarine or butter

¾ c. all-purpose flour
¾ c. sugar
1 Tbsp. vanilla
2 eggs
½ c. coarsely chopped pecans

Topping:

10 vanilla caramels (unwrapped)
2 Tbsp. milk
½ sq. unsweetened chocolate,
chopped

2 tsp. margarine or butter
1 tsp. light corn syrup

Heat oven to 325°. Line 9 inch cake pan with foil; grease. In medium saucepan over low heat, melt 2 ounces semi-sweet chocolate, 1 ounce unsweetened chocolate and ½ cup margarine, stirring constantly; cool slightly. Lightly spoon flour into measuring cup; level off. Add flour, sugar, vanilla, and eggs; blend well. Pour into prepared pan. Sprinkle nuts over batter. Bake at 325° for 20 to 30 minutes or until set.

In small saucepan over low heat, melt caramels and milk, stirring frequently, until smooth. Drizzle over bars. In same saucepan over low heat, melt ½ ounce unsweetened chocolate, 2 teaspoons margarine and corn syrup. Drizzle over bars. Cool completely; cut into wedges. Makes 12 to 16 servings.

Gloria Ruccl

ALMOND FUDGE BARS

2 c. packed brown sugar
¼ c. margarine
2 eggs
2 tsp. vanilla
2 ¼ c. Bisquick baking mix
3 c. quick cooking oats
1 can sweetened condensed milk

2 Tbsp. margarine
12 oz. semi-sweet chocolate chips
½ tsp. salt
½ c. chopped almonds
2 tsp. vanilla
1 c. chopped almonds

Preheat oven to 350°. Grease 15½ x 10½ x 1 inch Jelly roll pan. Mix brown sugar, ¼ cup margarine, eggs, and 2 teaspoons vanilla. Stir in baking mix and oats until of uniform consistency. Heat chocolate chips, milk, 2 tablespoons margarine, and the salt in a 2 quart saucepan over low heat, stirring constantly, until smooth. Remove from heat and stir in ½ cup almonds and 2 teaspoons vanilla.

Press about ¾ of the oatmeal mixture with greased hands into pan. Spread chocolate mixture over oatmeal layer. Drop remaining oatmeal mixture by tablespoon over top. Sprinkle 1 cup almonds over all. Press in lightly. Bake until light brown, about 30 minutes. Cool completely. Cut into bars.

Anna Stefaniw

SOUR CREAM APPLE PIE

2 Tbsp. flour
¼ c. sugar
Dash of salt
1 egg, beaten lightly
1 c. sour cream
1 tsp. vanilla
½ tsp. nutmeg

6 apples, pared, cored and sliced
1 unbaked pie shell (9 inch)
¼ c. sugar
¼ c. flour
½ c. butter
1 tsp. cinnamon

Into a bowl, sift the flour, salt and sugar. Add the egg, cream, vanilla, and nutmeg. Beat to a smooth, thin batter. Fold in the apples. Line a pie plate with pastry. Pour in the apple mixture. Bake in a 400° oven for 15 minutes; reduce the heat to 350° and bake 30 minutes. Remove from oven; sprinkle the top with the crumbly sugar, flour, butter, and cinnamon mixture. Return to oven and bake for another 10 minutes. Serve cold.

Mary Martin

DAIQUIRI PIE

1 pkg. lemon pudding pie filling (not instant)
3 oz. lime gelatin
½ c. sugar

2½ c. water
2 eggs, slightly beaten
½ c. light rum
1¾ c. Cool Whip

Combine pudding mix, gelatin and sugar in saucepan. Stir in ½ cup water and eggs; blend well. Add remaining water and cook over medium heat, stirring constantly, until it comes to a boil. Remove from heat; stir in rum and chill. Thoroughly blend whipped topping into chilled mixture. Pour into a baked shell; garnish with lime slices and whipped cream.

Jean Kowalsky

RED RASPBERRY VELVET PIE

1 baked 9 inch shell
3 oz. raspberry jello
¼ c. sugar
1¼ c. boiling water
10 oz. frozen raspberries

1 Tbsp. lemon juice
3 oz. cream cheese, softened
½ c. confectioners sugar
1 tsp. vanilla
1 c. cream, whipped

Dissolve jello and sugar in boiling water. Add frozen berries and separate by stirring. Add lemon juice. Chill until partly set. Blend cheese and confectioners sugar; fold in whipped cream and add vanilla, then blend well. Layer in shell, starting with cream cheese mix, then ½ of raspberry mix and repeat. Chill thoroughly.

Kathy Kowalsky

SWEDISH APPLE PIE 1

1 egg
½ tsp. cinnamon
¾ c. sugar
¼ tsp. vanilla
½ c. flour

1 c. chopped apples
1 tsp. baking powder
1 c. chopped nuts
¼ tsp. salt
Whipped cream

Beat egg until lemon color and forms a ribbon. Blend in remaining ingredients. Spoon into greased 9 inch pie plate and bake at 350° for 30 minutes. Serve with whipped cream or ice cream.

Anna Tabel

RHUBARB PIE

2 eggs
1½ c. sugar
1½ lb. rhubarb, cut in 1 inch pieces
4 Tbsp. flour

¼ tsp. nutmeg
Pinch of salt
¼ c. orange juice
2 Tbsp. melted butter

Beat eggs and sugar together. Mix all remaining ingredients with egg and sugar mix. Pour into pastry lined 9 inch deep pie plate. Cover with top crust and bake at 425° for 10 minutes. Turn oven to 375° and bake 30 minutes longer.

Crust:

1 c. shortening
1 tsp. salt
1 tsp. sugar
2 c. flour

1 egg
1 Tbsp. vinegar
5 Tbsp. ice water

Add shortening to salt, flour and sugar. In separate bowl, mix egg, vinegar and water; add to flour mixture and blend. Add more flour if needed. Roll out ½ for bottom and ½ for top.

Pearl Apanowitch

PINEAPPLE SOUR CREAM PIE

1 (5½ oz.) pkg. Jell-O Instant vanilla
pudding pie filling
1 (8 oz.) can crushed pineapple

2 c. sour cream
1 Tbsp. sugar
1 baked pie shell, cooled

Combine pie filling mix, pineapple with juice, sour cream, and sugar in deep, narrow bottom bowl. Beat slowly with beater or lowest speed of electric mixer for 1 minute. Pour into pie shell and chill about 3 hours. Garnish with prepared whipped topping, additional pineapple or maraschino cherries if desired.

Bessie Danyliw

CRYSTAL LIME PIE

Crust:

2 c. finely rolled graham cracker
crumbs
¼ c. granulated sugar

¼ tsp. cinnamon
¼ tsp. salt
½ c. soft butter

Filling:

2 (14 oz.) cans sweetened
condensed milk
1 scoop vanilla ice cream
7 to 8 oz. lime juice (key lime is
best)

Unsweetened whipped cream
Graham cracker crumbs

Crust: Combine all ingredients until well blended and will hold together. Line a 9 or 10 inch pie plate, pressing crumb mixture firmly to sides of plate. Bake 5 minutes at 350°.

Filling: Combine milk and ice cream. Blend until ice cream melts. *Slowly* stir in the lime juice. Fill cooled pie shell and chill. Top with unsweetened whipped cream. Sprinkle graham cracker crumbs lightly over the top.

Mary Orzech

FRENCH STRAWBERRY PIE

9 inch baked pie shell
3 oz. cream cheese
1 qt. strawberries
1 c. sugar

2 Tbsp. cornstarch
Few drops lemon juice
1 c. whipping cream

Blend cream cheese until smooth. Spread in bottom of cooled pie shell. Wash and hull strawberries; select best berries for center of pie. Add sugar to remaining strawberries and let stand until juicy, then mash and rub through sieve. Mix this puree with cornstarch and lemon juice. Cook until mixture is thick and transparent. Cool and pour ¼ of this mixture over cream cheese. Place best berries, point side up, in pie shell and pour rest of glaze mixture over berries; chill. To serve, top with whipped cream.

Josephine Sagan

PINEAPPLE GLAZED APPLE PIE

1½ c. unsweetened pineapple juice
¾ c. sugar
7 tart apples, peeled and cut in
wedges (7 c.)

3 Tbsp. cornstarch
1 Tbsp. vanilla
¼ tsp. salt
1 baked 9 inch single crust pie shell

In large saucepan, combine 1 ¼ cups pineapple juice and the sugar. Bring to boiling; add apple wedges. Simmer, covered, for 3 to 4 minutes or until apples are tender but not soft. With slotted spoon, lift apples from pineapple liquid; set apples aside to drain. Blend the remaining ¼ cup pineapple juice slowly into cornstarch and add to hot pineapple liquid in saucepan. Cook and stir until mixture thickens and bubbles. Cook 2 minutes more. Remove from heat; stir in butter, vanilla and salt. Cover and cool 30 minutes without stirring.

Pour ½ the pineapple mixture into baked pie shell, spreading to cover bottom. Arrange cooked apples on top. Spoon remaining mixture over apples. Cover and refrigerate until chilled. Before serving, garnish center of pie with whipped cream and chopped nuts.

Maria Wichkowsky

STRAWBERRY GLAZE PIE

Crust:

1 c. flour

½ c. butter

2 Tbsp. confectioners sugar

Sift flour and sugar together in mixing bowl. With pastry blender, cut in butter until resembles corn meal. Chill 30 minutes, then turn into 9 inch pie plate and press firmly onto bottom and sides. Bake at 425° for 10 to 12 minutes, until golden. Cool on rack.

Filling: Line baked shell with 3 cups fresh, whole strawberries, standing points up.

Simmer:

1 c. strawberries

¾ c. water

Simmer for 3 to 4 minutes. Dissolve 3 tablespoons cornstarch with cool water (2 to 3 tablespoons) and combine with 1 cup sugar; add to cooked fruit. Cook until thick and clear, stirring often. Add 1 teaspoon lemon juice. Cool slightly and pour carefully over berries in shell. Chill and serve with whipped cream.

Jean Kowalsky

SWEDISH APPLE PIE 2

6 to 8 apples, peeled

1 Tbsp. sugar

¼ tsp. cinnamon

Butter a 9 or 10 inch pie plate. Slice apples and put in pie plate. Mix sugar with cinnamon and sprinkle over apples.

Cream:

1 stick margarine

Pinch of salt

1 c. sugar

1 egg

Add 1 cup flour and mix all ingredients well. Spread over apples. Sprinkle ½ cup nuts over top. Bake in 350° oven for 45 minutes or until done.

Maria Wichkowsky

WHIPPED CREAM FILLING

1 env. unflavored gelatin
2 Tbsp. water

2 c. heavy cream
½ c. confectioners sugar

Dissolve gelatin and ½ cup confectioners sugar in pan of hot water until dissolved; stir in rum and mix. Beat cream until soft peaks form. Beat in sugar gradually until soft peaks form. Add dissolved gelatin to whipped cream. Excellent as filling for cream puffs or frosting for cake.

Gloria Boyko

HOT BLUEBERRY SAUCE

2 c. fresh or frozen blueberries
½ c. sugar
1 Tbsp. lemon juice

½ c. water
1 tsp. cornstarch

Combine and heat; let boil. Remove from heat; let cool. This sauce is especially good with ice cream.

Alice Mokrycki

SOUR CREAM SAUCE

1 pt. sour cream
1 tsp. vanilla

2 Tbsp. sugar

Mix preceding ingredients thoroughly. Excellent on blueberry flan or over fresh strawberries.

Alice Mokrycki

FUDGE SAUCE

5 Tbsp. unsalted butter or
margarine
¼ c. unsweetened cocoa powder
2 (1 oz.) sq. unsweetened
chocolate, chopped

¾ c. granulated sugar
½ c. evaporated (not condensed)
milk
Pinch of salt
1 tsp. vanilla

Melt butter in a small saucepan over medium heat. Remove from heat; whisk in cocoa until smooth. Stir in chocolate, sugar and milk. Bring to a boil over medium heat, stirring constantly. Remove from heat; stir in salt. Cool slightly, then stir in vanilla. Makes 1½ cups.

Note: This is a very rich, fudgy sauce that stores well in the refrigerator and needs only to be brought to room temperature for just right pouring consistency.

Nell Federkiewicz

CAPPUCCINO FUDGE

2 c. sugar
½ c. margarine
1 c. evaporated milk
12 oz. semi-sweet chocolate bits
1 c. chopped nuts

1 Tbsp. grated orange rind
1 Tbsp. instant coffee
2 tsp. orange juice
1 tsp. brandy flavoring
1 (7 oz.) jar marshmallow creme

Combine sugar, margarine and milk in saucepan. Bring to full, rolling boil, stirring constantly. Boil 10 minutes. Remove from heat; stir in chocolate chips until melted. Add 7 ounce jar of marshmallow creme, nuts, orange rind, coffee, and rum flavoring. Beat until well blended. Pour into buttered 13x9 inch pan. Makes 3 pounds.

Jean Kowalsky

REESE'S PEANUT BUTTER CUPS

Place 1 cup peanut butter in heatproof cup and set in a pan of hot water over low heat until smooth. In top of double boiler over hot water, melt 12 ounces Hershey's milk chocolate chips with an additional 1 cup peanut butter and 4 tablespoons butter or margarine, stirring until smooth.

In the bottom of mini cupcake tins lined with paper cups, place 1 tablespoon of the warm chocolate mix. Over that, place 1 tablespoon of the melted peanut butter and over the peanut butter, place another 1 tablespoon of the chocolate mix. Let set. Makes 2 dozen candies.

Jean Kowalsky

PEANUT BRITTLE

1½ tsp. baking soda
1 tsp. water

1 tsp. vanilla

Mix preceding ingredients and set aside.

1½ c. sugar
1 c. water
1 c. light corn syrup

3 Tbsp. butter
1 c. peanuts

Combine sugar, 1 cup water and light corn syrup in 3 quart saucepan. Cook to 240° on candy thermometer. Add 3 tablespoons butter and 1 cup peanuts; cook to 300°. Remove from heat and add baking soda mixture. Mix thoroughly and immediately pour into greased jelly roll pan. When cool, break into pieces.

Kathy Kowalsky

SPICED WALNUTS

1 lb. walnuts
1 c. sugar
½ c. cold water
½ tsp. cinnamon

½ tsp. ginger
½ tsp. cloves
½ tsp. nutmeg
1 tsp. fresh grated orange rind

In electric skillet, mix all ingredients together and bring to boil on medium heat, stirring. Cook until liquid evaporates and nuts are well coated. Spread in a single layer on wax paper to dry.

Anastasia Rudy

CHOCOLATE FUDGE

4½ c. sugar	3 (4 oz.) bars German's chocolate
Pinch of salt	1 sq. baking chocolate
2 Tbsp. butter	7 oz. marshmallow fluff
1 large can evaporated milk	2 c. chopped nuts
12 oz. semi-sweet chocolate bits	

Mix sugar, salt, butter, and milk in large saucepan. Bring to boil and boil for 6 minutes, stirring constantly. Remove from heat and add all chocolate; mix and stir until melted and well blended. Add marshmallow fluff and nuts. Pour into 13x9 inch buttered pan or 3 buttered 8 inch square pans. When cool, cut into squares.

Notes

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KITCHEN HINTS

If you've over-salted soup or vegetables, add cut raw potatoes and discard once they have cooked and absorbed the salt.

A teaspoon each of cider vinegar and sugar added to salty soup or vegetables will also remedy the situation.

If you've over-sweetened a dish, add salt.

A teaspoon of cider vinegar will take care of too-sweet vegetable or main dishes.

Pale gravy may be browned by adding a bit of instant coffee straight from the jar . . . no bitter taste, either.

If you will brown the flour well before adding to the liquid when making gravy, you will avoid pale or lumpy gravy.

A different way of browning flour is to put it in a custard cup placed beside meat in the oven. Once the meat is done, the flour will be nice and brown.

Thin gravy can be thickened by adding a mixture of flour or cornstarch and water, which has been mixed to a smooth paste, added gradually, stirring constantly, while bringing to a boil.

Lumpless gravy can be your triumph if you add a pinch of salt to the flour before mixing it with water.

A small amount of baking soda added to gravy will eliminate excess grease.

Drop a lettuce leaf into a pot of homemade soup to absorb excess grease from the top.

If time allows, the best method of removing fat is refrigeration until the fat hardens. If you put a piece of waxed paper over the top of the soup, etc. it can be peeled right off, along with the hardened fat.

Ice cubes will also eliminate the fat from soup and stew. Just drop a few into the pot and stir; the fat will cling to the cubes; discard the cubes before they melt. Or, wrap ice cubes in paper towel or cheesecloth and skim over the top.

If fresh vegetables are wilted or blemished, pick off the brown edges, sprinkle with cool water, wrap in paper towel and refrigerate for an hour or so.

Perk up soggy lettuce by adding lemon juice to a bowl of cold water and soak for an hour in the refrigerator.

Lettuce and celery keep longer if you store them in paper bags instead of cellophane.

To remove the core from a head of lettuce, hit the core end once against the counter sharply. The core will loosen and pull out easily.

Cream will whip faster and better if you'll first chill the cream, bowl, and beaters well.

Soupy whipped cream can be saved by adding an egg white, then chilling thoroughly. Re-beat for a fluffy surprise!

A few drops of lemon juice added to whipping cream helps it whip faster and better.

Cream whipped ahead of time will not separate if you add $\frac{1}{4}$ teaspoon unflavored gelatin per cup of cream.

A dampened and folded dish towel placed under the bowl in which you are whipping cream will keep the bowl from dancing all over the counter top.

Brown sugar won't harden if an apple slice is placed in the container.

But if your brown sugar is already brick-hard, put your cheese-grater to work and grate the amount you need.

KITCHEN HINTS

A slice of soft bread placed in the package of hardened brown sugar will soften it again in a couple of hours.

Potatoes will bake in a hurry if they are boiled in salted water for 10 minutes before popping into a very hot oven.

A leftover baked potato can be rebaked if you dip it in water and bake in a 350° oven for about 20 minutes.

A thin slice cut from each end of the potato will speed up baking time as well.

You'll shed less tears if you'll cut the root end off of the onion last.

No more tears when peeling onions if you place them in the deep freeze for four or five minutes first.

Scalding tomatoes, peaches, or pears in boiling water before peeling makes it easier on you and the fruit — skins slip right off.

Ripen green fruits by placing in a perforated plastic bag. The holes allow air movement, yet retain the odorless gas which fruits produce to promote ripening.

To hasten the ripening of garden tomatoes or avocados, put them in a brown paper bag, close the bag and leave at room temperature for a few days.

When pan frying always heat the pan before adding the butter or oil.

A little salt sprinkled into the frying pan will prevent spattering.

Meat loaf will not stick if you place a slice of bacon on the bottom of the pan.

Vinegar brought to a boil in a new frying pan will prevent foods from sticking.

Muffins will slide right out of tin pans if the hot pan is first placed on a wet towel.

No sticking to the pan when you're scalding milk if you'll first rinse the pan in cold water.

Add a cup of water to the bottom portion of the broiling pan before sliding into the oven, to absorb smoke and grease.

A few teaspoons of sugar and cinnamon slowly burned on top of the stove will hide unpleasant cooking odors and make your family think you've been baking all day!

A lump of butter or a few teaspoons of cooking oil added to water when boiling rice, noodles, or spaghetti will prevent boiling over.

Rubbing the inside of the cooking vessel with vegetable oil will also prevent noodles, spaghetti, and similar starches from boiling over.

A few drops of lemon juice added to simmering rice will keep the grains separate.

Grating a stick of butter softens it quickly.

Soften butter for spreading by inverting a small heated pan over the butter dish for a while.

A dip of the spoon or cup into hot water before measuring shortening or butter will cause the fat to slip out easily without sticking to the spoon.

Before measuring honey or other syrup, oil the cup with cooking oil and rinse in hot water.

Catsup will flow out of the bottle evenly if you will first insert a drinking straw, push it to the bottom of the bottle, and remove.

If you wet the dish on which the gelatin is to be unmolded, it can be moved around until centered.

KITCHEN HINTS

A dampened paper towel or terry cloth brushed downward on a cob of corn will remove every strand of corn silk.

An easy way to remove the kernels of sweet corn from the cob is to use a shoe horn. It's built just right for shearing off those kernels in a jiffy.

To determine whether an egg is fresh, immerse it in a pan of cool, salted water. If it sinks, it is fresh; if it rises to the surface, throw it away.

Fresh eggs' shells are rough and chalky; old eggs are smooth and shiny.

To determine whether an egg is hard-boiled, spin it. If it spins, it is hard-boiled; if it wobbles and will not spin it is raw.

Egg whites won't run while boiling or poaching if you'll add a little vinegar to the water.

Eggs will beat up fluffier if they are allowed to come to cool room temperature before beating.

For baking, it's best to use medium to large eggs; extra large eggs may cause cakes to fall when cooled.

Egg shells can be easily removed from hard-boiled eggs if they are quickly rinsed in cold water first.

For fluffier omelets, add a pinch of cornstarch before beating.

For a never fail, never weep meringue, add a teaspoon of cornstarch to the sugar before beating it into the egg whites.

Once your meringue is baked, cut it cleanly, using a knife coated with butter.

A meringue pie may be covered with waxed paper or plastic wrap with no fear of sticking, if you'll first grease the paper with oleo.

No "curly" bacon for breakfast when you dip it into cold water before frying.

Keep bacon slices from sticking together; roll the package into a tube shape and secure with rubber bands.

A quick way to separate frozen bacon: heat a spatula over a burner, slide it under each slice to separate it from the others.

Cheese won't harden if you'll butter the exposed edges before storing.

A cloth dampened with vinegar and wrapped around cheese will also prevent drying out.

Thaw fish in milk. The milk draws out the frozen taste and provides a fresh-caught flavor.

When browning any piece of meat, the job will be done more quickly and effectively if the meat is very dry and the fat is very hot.

You'll get more juice from a lemon if you'll first warm it slightly in the oven.

Popcorn will stay fresh and you will eliminate "old maids" if you store it in the freezer.

Running ice cold water over the kernels before popping will also eliminate "old maids".

After flouring chicken, chill for one hour. The coating adheres better during frying.

Empty salt cartons with spouts make dandy containers for bread crumbs. A funnel is used for getting the crumbs into the carton.

A sack of lumpy sugar won't be if you place it in the refrigerator for 24 hours.

CLEANUPS

Fill blender part way with hot water; add a drop of detergent; cover and turn it on for a few seconds. Rinse and drain dry.

Loosen grime from can openers by brushing with an old toothbrush. To clean blades, run a paper towel through the cutting process.

Don't panic if you accidentally scorch the inside of your favorite saucepan. Just fill the pan halfway with water and add $\frac{1}{4}$ cup baking soda. Boil awhile until the burned portions loosen and float to the top.

A jar lid or a couple of marbles in the bottom half of a double-boiler will rattle when the water gets low and warn you to add more before the pan scorches or burns.

To remove lime deposits from teakettles, fill with equal parts vinegar and water. Bring to a boil and allow to stand overnight.

Before washing fine china and crystal, place a towel in the bottom of the sink to act as a cushion.

To remove coffee or tea stains and cigarette burns from fine china, rub with a damp cloth dipped in baking soda.

To quickly remove food that is stuck to a casserole dish, fill with boiling water and 2 tablespoons of baking soda or salt.

To clear a sink or basin drain, pour $\frac{1}{2}$ cup of baking soda followed by a cup of vinegar down the drain . . . let the mixture foam, then run hot water.

When a drain is clogged with grease, pour a cup of salt and a cup of baking soda followed by a kettle of boiling water.

Silver will gleam after a rubbing with damp baking soda on a soft cloth.

For a fast and simple clean-up of your hand grater, rub salad oil on the grater before using.

A toothbrush works great to clean lemon rind, cheese, onion, etc. out of the grater before washing it.

While baking fruit pies, does the juice runneth over? Shake salt into the spills. They'll burn to a crisp and can be easily scraped up with a spatula.

Grease splatters or other foods that have dried on the stove, burner rings, counter appliances, etc., may be removed by applying dry baking soda to the spots, then rubbing with a damp cloth. Rinse with clear water, dry and enjoy the like-new look.



CALORIE COUNTER

Almonds:				pumpkinseed, 1 slice	79
roasted in oil, salted, 9-10 nuts	62			raisin, 1 slice, 20 per loaf	60
Apple butter, 1 tbsp.	33			rye, light, 1 slice, 20 per loaf	56
Apple juice, canned or bottled, 1 cup	117			white, firm-crumble type, 1 slice, 20 per loaf	63
Apples:				whole wheat, firm-crumble type, 1 slice, 20 per loaf	56
fresh, with skin, 1 average (2½" diameter)	61			Bread stuffing, mix, mixed with butter, water, ½ cup	250
dried, cooked, sweetened, ½ cup	157			Broccoli:	
dried, cooked, unsweetened, ½ cup	100			raw, 1 large spear	32
Applesauce, canned, sweetened, ½ cup	116			boiled, drained, cut spears, ½ cup	20
Applesauce, canned, unsweetened, ½ cup	50			Brussels sprouts boiled, drained ½ cup	28
Apricot nectar, canned or bottled, 1 cup	143			Butter, 1 Tbsp.	100
Apricots:				Butter, whipped, 1 tbsp.	67
fresh, 3 average (12 per lb.)	55			Cabbage:	
canned, 4 halves with 2 tbsp. heavy syrup	105			red, raw, chopped or shredded, ½ cup	14
canned, water pack, ½ cup with liquid	38			white, raw, chopped or shredded, ½ cup	11
Asparagus:				Cake, mix, prepared as directed on package:	
canned, drained, cut spears, ½ cup	25			angel food, without icing, 3½-oz. serving	269
frozen, 6 spears	23			coffee cake, 3½-oz. serving	322
Avocados, 3½" diameter	185			devil's food, with chocolate icing, 3½-oz. serving	369
Bacon, fried, drained, 2 medium slices	86			white, with chocolate icing, 3½-oz. serving	351
Bacon, Canadian, fried, drained, 1 slice	58			yellow, with chocolate icing, 3½-oz. serving	365
Bagel, egg or water, 1 medium (3" diameter)	165			Candies, 1-oz. serving:	
Bamboo shoots, raw, cuts, ½ cup	21			almonds, chocolate-covered	161
Bananas, 1 average	118			butter mints, after dinner (Kraft)	106
Bean sprouts, soy, raw, ½ cup	24			butterscotch	112
Beans, baked, canned:				cherries, dark chocolate-covered (Welch's)	115
with pork and tomato sauce, ½ cup	156			chocolate, milk	147
Beans, green or snap:				chocolate, semi-sweet	144
fresh, boiled, drained, cuts or French style, ½ cup	16			coconut, chocolate-covered	124
canned, with liquid, ½ cup	22			fudge, chocolate, with nuts	121
Beans, lima, immature seeds:				gum drops	98
boiled, drained, ½ cup	95			jelly beans	104
canned, with liquid, ½ cup	88			licorice (Switzer)	101
Beans, pea, navy, or white, dry, cooked, ½ cup	112			Life Savers, all flavors except mint	111
Beans, red kidney, canned, with liquid, ½ cup	115			Life Savers, mint	108
Beef, choice grade cuts (without bone):				mints, chocolate-covered	116
brisket, lean only, braised, 4 oz.	253			marshmallows (Campfire)	100
chuck, arm, lean only, pot-roasted, 4 oz.	219			peanut brittle	119
club steak, lean only, broiled, 4 oz.	277			peanut cluster, chocolate-covered (Kraft)	151
flank steak, lean only, pot-roasted, 4 oz.	222			raisins, chocolate-covered	120
ground, lean (10% fat), broiled, 4 oz.	248			toffee, chocolate (Kraft)	111
porterhouse steak, lean only, broiled, 4 oz.	254			Cantaloupe, fresh, ½ melon, 5" diameter	58
rib, lean only, roasted, 4 oz.	273			Carrots:	
round steak, lean only, broiled, 4 oz.	214			raw, 1 average	21
rump, lean only, roasted, 4 oz.	236			boiled, drained, diced, ½ cup	23
short plate, lean only, simmered, 4 oz.	253			Catsup, tomato, bottled, 1 tbsp.	16
sirloin steak, double-bone, lean only, broiled, 4 oz.	245			Cauliflower:	
sirloin steak, round-bone, lean only, broiled, 4 oz.	235			raw, flowerbuds, sliced, ½ cup	12
T-bone steak, lean only, broiled, 4 oz.	253			boiled, drained, flowerbuds, ½ cup	14
Beef, corned:				Celery, raw, 1 outer stalk (8" long)	7
boiled, medium-fat, 4 oz.	422			Cereals:	
canned, lean, 4 oz.	211			All-bran, 1 cup	192
Beef and vegetable stew, canned, 4 oz.	90			bran, 100% (Nabisco), 1 cup	150
Blackberries:				bran flakes, 40%, 1 cup	106
boiled, drained, sliced, ½ cup	33			bran flakes with raisins, 1 cup	144
Blackberries:				corn flakes, 1 cup	97
fresh, ½ cup	42			corn flakes, sugar coated, 1 cup	154
canned, juice pack, ½ cup with liquid	68			Cream of Wheat, cooked, 1 cup	133
Blueberries:				farina, quick-cooking, cooked, 1 cup	105
fresh, ½ cup	45			oat flakes, (Post), 1 cup	165
canned, water pack, ½ cup with liquid	47			oatmeal or rolled oats, cooked, 1 cup	132
Bologna, all meat, 4 oz.	315			rice, puffed, 1 cup	60
Cherryberries:				wheat flakes, 1 cup	106
canned, water pack, ½ cup with liquid	45			wheat, puffed, 1 cup	54
frozen, unsweetened, ½ cup	30			wheat, puffed, presweetened, 1 cup	132
Braunschweiler (smoked liverwurst), 4 oz.	362			wheat, shredded, 1 biscuit (2½" x 2" x 1¼")	89
Brazil nuts (3 large nuts)	90			Cheese:	
Head, commercial:				American, processed, 1 oz.	105
brinton brown, 1 slice	101			blue or Roquefort type, 1 oz.	104
cracked wheat, 1 slice, 20 per loaf	60			brick, 1 oz.	105
crunch, 1 slice	44			cheddar, domestic, 1 oz.	113
Italian, 1 slice	26			cottage, creamed, small curd, ½ cup	112

CALORIE COUNTER

cream, 1 tbsp.	52	Eclair, custard filled, with chocolate icing, 1 average	239
cream, whipped, 1 tbsp.	37	Eggnog, 8% fat (Borden's), ½ cup	171
Gouda, 1 oz.	108	Eggplant, boiled, drained, diced, ½ cup	19
Monterey Jack, 1 oz.	103	Eggs, chicken:	
Mozzarella, part-skim, 1 oz.	85	boiled or poached, 1 large egg	82
Muenster, 1 oz.	100	fried, with 1 tsp. butter, 1 large egg	99
Neufchatel (Borden's), 1 oz.	73	scrambled, with 1 tsp. butter, 1 large egg	111
Old English, processed, 1 oz.	105	Endive, raw, 10 small leaves	5
Parmesan, grated, 1 Tbsp.	23	Escarole, raw, 1 large leaf	4
pimiento, American, processed, 1 oz.	105		
Provolone, 1 oz.	99	Fat, vegetable shortening, 1 tbsp.	111
ricotta, moist, 1 oz.	45	Figs:	
Romano, 1 oz.	110	dried, 1 large fig (2" x 1")	57
Roquefort, 1 oz.	105	Fish cakes, fried, frozen, reheated, 4 oz.	306
Swiss, domestic, 1 oz.	104	Flour:	
Cheese food, American, processed, 1 oz.	92	all-purpose, sifted, 1 cup	419
Cherries:		buckwheat, dark, sifted, 1 cup	326
sweet, fresh, whole, ½ cup	41	cake or pastry, sifted, 1 cup	349
Cherries, maraschino, bottled, 1 oz. with liquid	33	rye, dark, unsifted, 1 cup	419
Chestnuts, fresh, 10 average	141	wheat, self-rising, sifted, 1 cup	405
Chicken:		Frankfurters, all-meat, 1 average (10 per lb.)	133
broiled, meat only, 4 oz.	154	Fruit cocktail, canned, water pack, ½ cup with liquid	46
roasted, dark meat, 4 oz., no skin	204	Fruit, mixed, frozen, sweetened, 4 oz.	125
roasted, light meat, 4 oz., no skin	207		
Chili, with beans, canned ½ cup	170	Gelatin dessert, flavored, prepared with water, ½ cup	71
Chili, without beans, canned, ½ cup	255	Gooseberries, fresh, ½ cup	30
Coconut:		Grape drink, canned, 1 cup	135
dried, sweetened, shredded, ½ cup	258	Grape juice, canned or bottled, 1 cup	167
Cod (meat only):		Grapes:	
broiled, with butter, fillets, 4 oz.	192	fresh (Concord, Delaware, etc.), 10	18
frozen, fish sticks, breaded, 5 sticks, 4 oz.	276	fresh (Thompson seedless, etc.), 10	34
Coffee, prepared, plain, 1 cup	2	Grapefruit juice:	
Coleslaw, commercial, with mayonnaise, ½ cup	87	canned, sweetened, 1 cup	133
Cookies, commercial:		canned, unsweetened, 1 cup	101
brownies, from mix, with nuts and water, 1 oz.	114		
butter thins, 1 piece (2" diameter)	23	Haddock, fried, breaded fillets, 4 oz.	187
chocolate chip, 1 piece (2½" diameter)	50	Halibut, fillets, broiled with butter, 4 oz.	194
coconut bar, 1 oz.	140	Halibut, frozen, steak, 4 oz.	254
fig bar, 1 average piece	50	Halibut, smoked, 4 oz.	254
gingersnaps, 1 piece (2" diameter)	29	Ham:	
graham cracker, plain, 1 piece (5" x 2½")	55	boiled, packaged, 4 oz. (about 4 slices)	266
ladyfinger, 1 piece	40	fresh, medium-fat, roasted, 4 oz.	426
macaroon, 1 piece (2½" diameter)	91	picnic, cured, medium-fat, roasted, 4 oz.	368
oatmeal with raisins, 1 piece (2½" diameter)	59	canned, cured, lean only, roasted, 4 oz.	241
peanut sandwich, 1 piece (1¾" diameter)	58	canned, deviled, 4 oz.	398
shortbread, 1 average piece	37	Herring:	
vanilla wafer, 1 piece (1¾" diameter)	19	canned, plain, 4 oz. with liquid	236
Corn:		pickled, Bismark-type, 4 oz.	253
boiled, drained on cob, 1 ear (5" x 1¾")	70	smoked, hard, 4 oz.	340
boiled, drained, kernels, ½ cup	69	Hickory nuts, shelled, 4 oz.	763
canned, cream style, ½ cup	105	Honey, strained or extracted, 1 tbsp.	64
Corn chips (Fritos), 1 oz.	166	Honeydew melon:	
Crackers:		fresh, 1 wedge (2" x 7")	49
bacon-flavor, 1 oz.	127		
butter, round, 1 piece (1½" diameter)	15	Ice cream:	
cheese, round, 1 piece (1½" diameter)	17	hardened, rich, 16% fat, ½ cup	165
Melba toast, white, regular, 1 piece	15	soft-serve (frozen custard), ½ cup	167
Rye-Krisp, 1 piece (1½" x 3½")	21	Ice cream bar, chocolate coated, 3-oz. bar	162
saltines, 1 piece	12	Ice cream cone, sugar 1 cone	37
whole wheat, 1 oz.	114	Ice cream cone, waffle, 1 cone	19
Cranberry juice cocktail, canned or bottled, 1 cup	164	Ice milk, hardened, 5.1% fat, ½ cup	100
Cranberry sauce, canned, strained, ½ cup	202	Ice milk, soft-serve, 5.1% fat, ½ cup	133
Cream:		Ice milk bar, chocolate coated, 3-oz. bar	144
half and half, ½ cup	162		
sour, 1 tbsp.	26	Jams and preserves, all flavors, 1 tbsp.	54
whipping, light, ½ cup unwhipped	358	Jellies, all flavors, 1 tbsp.	49
whipping, heavy, ½ cup, unwhipped	419		
Cream substitute, non-dairy, dry, 1 tbsp.	33	Kale:	
Cucumber, with skin, 1 large (8¼" long)	45	fresh, leaves only, 4 oz.	80
		fresh, with stems, boiled, drained, ½ cup	16
Dates, domestic, 10 average	219	Knockwurst, 1 link (4" x 1½" diameter)	189
Duck, domestic, roasted, meat only, 4 oz.	352	Kumquats, fresh, 1 average	12

CALORIE COUNTER

Lamb, retail cuts:		
chop, loin, lean only, broiled, 2.3 oz. with bone	122	
leg, lean and fat, roasted, boneless, 4 oz.	317	
shoulder, lean only, roasted, boneless, 4 oz.	233	
Leeks, raw, 3 average	52	
Lemon juice:		
fresh, 1 tbsp.	4	
Lemonade, frozen, diluted, 1 cup	107	
Lemons, fresh, 1 average (2½" diameter)	20	
Lentils, whole, cooked, 1 cup	212	
Lettuce:		
iceberg, 1 leaf (5" x 4½")	3	
romaine, 3 leaves (8" long)	5	
Limes, fresh, 1 average (2" diameter)	19	
Liverwurst, fresh, 4 oz.	348	
Lobster, cooked in shell, whole, 1 lb.	112	
Lobster, cooked or canned, meat only, cubed, ½ cup	69	
Macadamia nuts, 6 average nuts		104
Macaroni, boiled, drained, ½ cup	96	
Macaroni and cheese, canned, ½ cup	114	
Mackerel, fresh or frozen, broiled with butter, 4 oz.	288	
Mangos, whole, 1 average (1½ per lb.)	152	
Margarine, salted or unsalted, 1 tbsp.	102	
Marmalade, citrus flavors, 1 tbsp.	51	
Milk, chocolate, canned, with skim milk, 1 cup	190	
Milk, chocolate, canned, with whole milk, 1 cup	213	
Milk, cow's:		
whole, 3.5% fat, 1 cup	159	
buttermilk, cultured, 1 cup	88	
skim, 1 cup	88	
skim, partially, 1 cup	145	
canned, condensed, sweetened, 1 cup	982	
canned, evaporated, unsweetened, 1 cup	345	
dry, whole, 1 tbsp. dry form	35	
dry, nonfat, instant, 1 envelope (3.2 oz.)	327	
Milk, malted, beverage, 1 cup	244	
Muffin, corn, mix, made with egg, milk, 1.4 oz. muffin	130	
Mushrooms, raw, sliced, chopped or diced, ½ cup	10	
Mushrooms, canned, with liquid, ½ cup	21	
Mustard greens, boiled, drained, ½ cup	16	
Nectarines, fresh, 1 average (2½" diameter)		88
Noodles, chow-mein, canned, ½ cup	110	
Noodles, egg, cooked, ½ cup	100	
Oil, cooking or salad:		
corn, safflower, sesame or soy, 1 tbsp.	120	
olive or peanut, 1 tbsp.	119	
Olives, pickled, canned or bottled:		
green, 10 large (¼" diameter)	45	
ripe, salt-cured, Greek style, 10 extra large	89	
Onions, mature:		
raw, 1 average (2½" diameter)	40	
raw, chopped, 1 tbsp.	4	
Orange juice:		
fresh, California, Valencia, 1 cup	117	
fresh, Florida, Valencia, 1 cup	112	
canned, sweetened, 1 cup	130	
canned, unsweetened, 1 cup	120	
frozen, concentrate, unsweetened, diluted, 1 cup	112	
Oranges, fresh, 1 average	71	
Pancakes, prepared from mix as directed on package:		
plain and buttermilk, 4" diameter cake	61	
buckwheat and other flours, 4" diameter cake	54	
Papaya juice, canned, 1 cup	120	
Papayas, fresh, whole, 1 papaya (3½" x 5½")	119	
Peach nectar, canned, 1 cup	120	
Peaches:		
fresh, 1 average	38	
canned, in juice, 2 peach halves with 2 tbsp. juice	45	
dried, ½ cup	20	

Peanut butter, commercial, 1 tbsp.	94
Peanuts:	
roasted, in shell, 10 nuts	105
roasted, chopped, 1 tbsp.	132
Pear nectar, canned, 1 cup	50
Pears:	
fresh, Bartlett, 1 pear (2½" diameter)	100
canned, in heavy syrup, 1 pear half and 2 tbsp. syrup	71
dried, ½ cup	241
Peas, green:	
boiled, drained, ½ cup	57
Peas, split, cooked, ½ cup	115
Pecans:	
shelled, 10 large nuts	62
chopped, 1 tbsp.	52
Peppers, hot, chili:	
green, raw, seeded, 4 oz.	42
green, chili sauce, canned, ½ cup	25
red, chili sauce, canned, ½ cup	26
Peppers, sweet, green:	
raw, fancy grade, 1 pepper (3" diameter)	36
Peppers, sweet, red:	
raw, fancy grade, 1 pepper (3" diameter)	51
Perch, ocean, Atlantic, frozen, breaded, 4 oz.	382
Perch, white, raw, meat only, 4 oz.	134
Pickle relish:	
hamburger (Heinz), 1 tbsp.	17
sweet, 1 tbsp.	21
Pickles, cucumber:	
dill, 1 large (4" long)	15
sweet gherkins, 1 small (2½" long)	22
Pies, frozen:	
apple, baked, 3¼" arc (⅓ of 8" pie)	173
cherry, baked, 3¼" arc (⅓ of 8" pie)	211
coconut custard, baked, 3¼" arc (⅓ of 8" pie)	187
Pimientos, canned, drained, 1 average	10
Pineapple:	
fresh, sliced, 1 slice (3½" diameter x ¾")	44
canned, heavy syrup, chunks or crushed, ½ cup	95
canned, water pack, tidbits, ½ cup with liquid	48
Pineapple juice, canned, unsweetened, 1 cup	138
Pistachio nuts, chopped, 1 tbsp.	53
Plums:	
damson, fresh, whole, 10 plums (1" diameter)	66
canned, purple, 3 plums and 2¼ tbsp. liquid	110
Popcorn:	
popped, plain, 1 cup	23
popped, with oil and salt added, 1 cup	41
Pork:	
Boston butt, lean only, roasted, 4 oz.	279
chop, lean only, broiled, 4 oz. with bone	308
loin, lean only, roasted, 4 oz.	288
Potato chips, 10 chips (2" diameter)	115
Potato sticks, ½ cup	94
Potatoes, white:	
baked, in skin, 1 long	145
boiled, in skin, 1 round	104
fried, ½ cup	228
frozen, hash brown, cooked, ½ cup	174
mashed, with milk and butter, ½ cup	99
Potatoes, sweet:	
baked, in skin, 1 average	161
boiled, in skin, 1 average	172
boiled, in skin, mashed, ½ cup	146
candied, 1 piece (2½" long x 2")	176
Pretzels, commercial varieties:	
rods, 1 pretzel (7½" long)	55
twisted, 3-ring, 10 pretzels	117
Prune juice, canned or bottled, 1 cup	197
Prunes, dried, medium-size, 1 average	16
Pumpkin, canned, ½ cup	41
Radishes, raw, whole, 10 medium	8
Raisins, seedless (½ cup)	21

CALORIE COUNTER

Raspberries:	
black, fresh, ½ cup	49
red, fresh, ½ cup	35
canned, black, water pack, 4 oz. with liquid	58
canned, red, water pack, ½ cup with liquid	43
frozen, red, sweetened, ½ cup	123
Rhubarb, cooked, sweetened, ½ cup	191
Rice, cooked (hot):	
brown, long grain, ½ cup	116
white, long grain, ½ cup	112
white, parboiled, long grain, ½ cup	93
Rolls and buns, commercial (ready to serve):	
frankfurter or hamburger, 1.4 oz. roll	119
hard, rectangular, ¾-oz. roll	78
raisin, 1-oz. roll	78
sweet, 1-oz. roll	89
whole wheat, 1-oz. roll	73
Salad dressings, commercial:	
blue cheese, 1 tbsp.	76
French, 1 tbsp.	66
Italian, 1 tbsp.	83
mayonnaise, 1 tbsp.	101
Roquefort cheese, 1 tbsp.	76
Russian, 1 tbsp.	74
Thousand Island, 1 tbsp.	80
Salami:	
cooked, 1 slice (4" diameter)	68
dry, 1 slice (3½" diameter)	45
Salmon, smoked, 4 oz.	200
Sauces:	
barbecue, 1 tbsp.	17
soy, 1 tbsp.	12
tartar, 1 tbsp.	74
tomato, canned (Hunt's), ½ cup	35
Sauerkraut, canned, ½ cup with liquid	21
Sausages:	
polish, 2.7 oz. sausage (5½" long x 1" diameter)	231
pork, cooked, 1 link (4" long x ¾" diameter)	62
pork, cooked, 1 patty (3½" diameter x ¼")	129
pork and beef, chopped, 4 oz.	383
Vienna, canned, 1 sausage (2" long)	38
Sherbet, orange, ½ cup	130
Shrimp:	
fresh, breaded, fried, 4 oz.	255
canned, drained, 10 medium shrimp	37
Soft drinks:	
cola, 1 cup	96
cream soda, 1 cup	105
fruit flavored (citrus, cherry, grape, etc.), 1 cup	113
root beer, 1 cup	100
Seven-Up, 1 cup	97
Soup, canned, condensed, diluted with equal part water:	
asparagus, cream of, 1 cup	65
beans with pork, 1 cup	168
beef broth, bouillon or consomme, 1 cup	31
beef noodle, 1 cup	67
celery, cream of, 1 cup	86
chicken consomme, 1 cup	22
chicken, cream of, 1 cup	94
chicken gumbo, 1 cup	55
chicken noodle, 1 cup	62
chicken vegetable, 1 cup	76
chicken with rice, 1 cup	48
clam chowder, Manhattan type, 1 cup	81
minestrone, 1 cup	105
mushroom, cream of, 1 cup	134
onion, 1 cup	65
pea, split, 1 cup	145
tomato, 1 cup	88
vegetable beef, 1 cup	78
vegetarian vegetable, 1 cup	78
Spaghetti:	
plain, boiled 8-10 minutes, drained, ½ cup	96
canned, in tomato sauce with cheese, ½ cup	95
canned, with meatballs in tomato sauce, ½ cup	129
Spinach:	
boiled, drained, leaves, ½ cup	21
Squash, summer:	
scallop variety, boiled, drained, sliced, ½ cup	15
yellow, boiled, drained, sliced, ½ cup	14
zucchini, boiled, drained, sliced, ½	11
Squash, winter:	
acorn, baked, ½ squash (4" diameter)	86
acorn, boiled, mashed, ½ cup	42
butternut, baked, mashed, ½ cup	70
butternut, boiled, mashed, ½ cup	50
Strawberries:	
fresh, whole, ½ cup	28
canned, water pack, ½ cup with liquid	27
Sugar, beet or cane:	
brown, ½ cup firm packed	411
brown, 1 tbsp. firm packed	52
granulated, ½ cup	385
granulated, 1 tsp.	15
powdered, unsifted, ½ cup	231
powdered, sifted, 1 tsp.	31
Sunflower seed kernels, in hull, ½ cup	129
Sunflower seed kernels, hulled, ½ cup	406
Syrups:	
chocolate, thin-type, 1 tbsp.	46
corn, light or dark, 1 tbsp.	58
maple, 1 tbsp.	50
molasses, blackstrap, 1 tbsp.	43
molasses, light, 1 tbsp.	50
molasses, medium, 1 tbsp.	46
sorghum, 1 tbsp.	53
Tangerines, fresh, 1 average (2½" diameter)	39
Tomato juice, canned or bottle, 1 cup	46
Tomato juice cocktail, canned or bottled, 1 cup	51
Tomato paste, canned, ½ cup	108
Tomato puree, canned ½ cup	49
Tomatoes, ripe:	
raw, whole, 1 average (about 2½" diameter)	20
canned, ½ cup with liquid	26
Toppings: dessert:	
butterscotch, 1 tbsp.	52
caramel, 1 tbsp.	72
chocolate fudge, 1 tbsp.	62
pineapple, 1 tbsp.	56
Tuna, canned:	
in oil, solid pack or chunk style, drained, ½ cup	158
in water, all styles, with liquid, 4 oz.	144
Turkey:	
dark meat, roasted, 4 oz.	230
light meat, roasted, 4 oz.	200
canned, boned, ½ cup	207
Turnip greens:	
fresh, boiled in small amount water, drained, ½ cup	15
Turnips, boiled, drained, cubed, ½ cup	18
Vegetable juice cocktail, canned, 1 cup	41
Vegetables, mixed, frozen, boiled, drained, ½ cup	58
Waffles, baked from mix:	
made with egg and milk, 1 round (7" diameter)	206
Walnuts, 10 large nuts	322
Watermelon, with rind, 1 wedge (4" x 8")	111
Wheat bran, commercially milled, 4 oz.	242
Wheat germ, toasted, 1 tbsp.	23
Yogurt, plain:	
partially skim milk, 8-oz. container	113
whole milk, 8-oz. container	140

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