

Ukrainian Traditional and Modern Cuisine

A
CANADIAN
BEST
SELLER





Ukrainian Traditional and Modern Cuisine

Published by Eparchial Executive
Ukrainian Catholic Women's League of Canada,
Eparchy of New Westminster

Printed in Canada
Copyright, 1984
Owned by Eparchial Executive
Ukrainian Catholic Women's League of Canada,
Eparchy of New Westminster

ISBN 0-9692361-0-7

First Edition, 1984
Second Edition, 1985
Third Edition, 1992
Fourth Edition 2008

For additional copies write to:

Yaroslava Tatarniuk
779 W 42nd Avenue
Vancouver, BC
V5Z 2N8
(604) 263-9630

Lil Saranchuk
646 Claremont Street
Coquitlam, BC
V3J 3T4
(604) 936-4972
email: l_rsaranchuk@hotmail.com

Susan Lazaruk
email: slazaruk@telus.net

DEDICATION

In honour of the
40th Anniversary of the
Ukrainian Catholic Women's League in Canada
and the
10th Anniversary of the
Eparchy of New Westminster

ACKNOWLEDGEMENTS

Sincere thanks are extended to Nadine Kotelko and Noris Burdeniuk for the photography, Michael Tatarniuk for writing the Introduction and articles about the Ukrainian Traditions and those who offered their recipes, advice and support.

Cook Book Committee

Yaroslava Tatarniuk, Eparchial U.C.W.L.C. President

Olga Kotelko, Eparchial U.C.W.L.C. Vice-President

Tiny Zarski, Chairman

Orysia Babec

Victoria Kuzik

Oksana Yeleniuk

TABLE OF CONTENTS

Introduction	6
Christmas	9
Easter	22
Appetizers	36
Soups	40
Meat, Fish, Poultry	44
Casseroles	57
Meatless Dishes, Sauces	60
Vegetables, Salads	66
Breads, Buns	73
Tortes, Cakes, Loaves, Muffins	81
Cookies, Squares	97
Pies, Tarts, Desserts	107
Beverages	116
Jams, Jellies	119
Pickles, Relishes	121
Feeding a Crowd	124
Nutritional Tidbits	129
Metric Measurement Guide	130
Contributors	131
Index	135

ВСТУПНЕ СЛОВО

Урожайна українська земля, багата у земні плоди й домашнє тваринництво, створила від непропам'ятних часів якнайкращі умовини для розвитку й удосконалювання вибагливого й смачного куховарства.

Українська жінка-мати й господиня дому старалася завжди використати всесторонньо та з якнайбільшою продуманістю ці багаті плоди української землі у прохарчуванні своєї сім'ї, приготівляючи високоякісні й добірні страви. Завдяки досвідові цілих поколінь, збагаченому в деяких випадках впливами інших країн, створилось своєрідне й унікальне українське куховарство, що в історії світового кулінарства займає одно з перших місць.

Українські страви відзначаються не тільки своєю дієтичною якістю і багатою селективністю, але рівночасно високою декоративністю, що з такою красою й вибагливістю унагляднюються в наших Різдвяних, Великодних, весільних чи інших ритуальних стравах. Українське печиво дійшло до висот своєї неперевершимости в Різдвяних колачах, Великодних пасках і весільних короваях.

Віковий куховарський досвід своїх матерей привезли українські жінки до місця свого нового поселення, між іншим і до своєї прибраної Батьківщини — Канади. І тут уже протягом майже одного століття плекають і зберігають вони ці гарні традиції, які ввійшли вже як цінна інтегральна частина в загально-канадське куховарство.

Пускаємо у світ цю скромну книжку, огріту любов'ю і пошаною до наших матерей, що творили, зберігали й нам передали свій досвід українського традиційного куховарства. Віримо, що й наше сучасне молоде покоління сприйме цю книжку з такими самими почуваннями і передаватиме українські куховарські традиції своїм дітям і внукам.

INTRODUCTION

The fertile Ukrainian earth, rich in its flora and fauna, created from time immemorial the most ideal conditions for the growth and perfection of an exquisite and tasty cuisine. The Ukrainian woman, mother and housewife, always used to the greatest advantage these rich fruits of the Ukrainian soil in providing for her family, preparing nourishing food of high quality.

Thanks to the experience of many generations, enriched in some instances by the influence of other countries, there was created that native and unique Ukrainian cuisine which, among all the culinary achievements of the world, holds a very high position.

Ukrainian dishes are distinguished not only by their nutritional value and great variety, but also by their decorativeness, their beauty and artistry gracing our Christmas and Easter Holydays, and our wedding and other ritual feasts as well. In breads and pastries, Ukrainian cuisine has reached a truly high degree of perfection in the Christmas "Kolachi", Easter "Paskas" and wedding breads "Korovai".

The time-honored cooking expertise of their mothers was brought by Ukrainian women to the place of their new settlement, among others, the adopted homeland of Canada. Here, for almost a century, these women have been carefully cultivating and preserving these beautiful traditions which have become a valuable and integral part of Canadian Cookery.

We offer to the public this modest collection of recipes brought together with love and respect to our mothers and grandmothers who created, preserved and passed on this traditional Ukrainian cuisine by their expertise and industry. It is our belief that the younger generation will readily accept this book with the same sentiments and pride and continue to pass on with the greatest enthusiasm our Ukrainian culinary traditions to their children and grandchildren.



За добру погоду, обильний
урожай плодів земних і мирні
часи, Господу помолімся.

*For seasonable weather, for an
abundance of the fruits of the earth, and
for peaceful times, let us pray to the Lord.*

ХРИСТОС РОЖДАЄТЬСЯ!



Нова радість стала

"Nova Radist Stala" - A New Joy Descended

UKRAINIAN CHRISTMAS TRADITIONS

For Ukrainians the most beloved and joyful festivity is Christmas. Some Ukrainian Christmas customs have historical roots reaching back to the Neolithic era and are connected with the agricultural way of life of our ancestors. After the official introduction of Christianity in Rus-Ukraine in 988 by Prince Volodymyr the Great, many of these folk customs and rites have been accepted by the Church, having been properly adapted to the spirit of the Christian religion.

The most important and colorful part of the Christmas traditions and festivities is Christmas Eve (Sviat Vechir), which revolves around the twelve course lenten supper, a family reunion commemorating the ancestors and the religious observance of Christmas. For the Christmas Eve supper the table is strewn with a small handful of hay in memory of the Christ Child born in the manger and over it is spread the very best tablecloth adorned with richly decorated embroidery. The central table decoration constitutes a "kolachi" (a fancy braided bread). In some parts of Ukraine one can find just one kolach with a candle inserted in the centre, while in others as many as three kolachi are placed on top of each other and the bottom loaf adorned with small twigs of evergreen. The word "kolach" derives from "kolo" meaning round or circular and it is a symbol of the sun. This centrepiece of three kolachi represents the Holy Trinity and the candle, Light of the World, or the star that shone over the stable in Bethlehem.

If a member of the family has died during the year, a place is set for him at the table in the belief that the spirit of the deceased unites with the family on that Holy Night.

In most localities of Ukraine a sheaf of wheat called "didukh" was set in the corner of the dining room and remained there until New Year. The word "didukh" means Grandfather's Spirit and for that reason the sheaf also symbolizes the ancestors of the family and the family reunion for Christmas Eve observances. At the present time the tradition of "didukh" mostly in the cities has been modified and a sheaf of wheat is replaced with a few stalks of wheat which are placed in a vase.

In modern times Ukrainian tradition has been enriched by the acceptance of the Western-European Christmas tree called in Ukraine "yalynka". Richly decorated with hand-made colourful artifacts "yalynka" is a symbol of peace and friendship.

When the first star appears, the "Hospodar", the head of the household, calls the family and together they begin the holy supper with the Lord's Prayer. The Hospodar takes a spoon of "kutya" and gives the traditional greeting "Khrystos Rodyvsya" (Christ is Born) and everyone replies "Slavim Yoho" (Let us Glorify Him). Following this ritual everyone must partake of "kutya" if only but a spoonful.

"Sviata Vechera" or Holy Supper itself consists of twelve meatless dishes representing the twelve apostles who shared the Last Supper with Jesus Christ. The dishes are prepared with vegetable oil omitting all animal fat because Christmas is preceded by a period of fasting which ends at midnight. The main and first-served dish is "kutya" which is whole wheat

cooked for many hours and prepared with honey and ground poppy seeds. The origin of the dish "kutya" dates back 5000 years when the ancestors of the Ukrainian people first cultivated wheat. It is a ritual dish which has an ancient symbolic, religious and agricultural meaning and at the same time reflects a continuance of family unity. Wheat, honey and poppy seeds symbolize the fertility of God's nature. Therefore, "kutya" is assumed to symbolize peace, prosperity and good health. Other dishes served on Christmas Eve are described in detail in the following pages.

After the solemn meal the family joins in singing carols (koliady). The most popular carol is "Boh Predvichney Narodysya" (God Eternal is Born). At midnight everyone attends the Holy Liturgy at the parish church.

A week after Christmas Eve comes "Malanka" or New Year's Eve. It is another feast rich in traditions. Malanka is a cheerful festival, a true carnival of young people and there is plenty of entertainment, merrymaking and fortune telling. New Year's Day is a religious day dedicated to the memory of St. Wasyl (Basil) who was the founder of the Order of the Basilian Fathers. At the same time this day is a continuation of entertainment and well-wishing. Usually on the morning of New Year's Day small children visit homes with greetings and wishes of good luck, good health and a prosperous harvest, scattering symbolically a few grains of wheat over the floor.

The Feast of Jordan "Wodokhreschia" or Epiphany, which comes two weeks after Christmas Eve, ends the Christmas and New Year winter cycle of festivities. The evening prior to Jordan is observed similarly as Christmas Eve but with less solemnity. The highly venerated custom of our church service during Jordan is the blessing of the water commemorating the baptism of Jesus Christ in the Jordan River by St. John the Baptist. In Ukraine this ceremony was held on a nearby river where a huge cross was cut and formed from the ice. Then the water was blessed and everyone took some home in his own container. Our Ukrainian tradition is to have the blessed holy water in the house at all times.

Ukrainian carols "koliady and shchedrivky" sung by the Ukrainian people during Christmas, New Year and Jordan festivities are generally known because of their unique musical harmony, beauty and joyful inspiration. Many of them are from prehistoric times expressing agricultural motifs with wishes of good health, happiness and abundance in the New Year. The main theme of our present day carols "koliadky" is strictly religious, glorifying the advent of Jesus Christ as the Saviour of the world. It may be noted that a very popular carol in North America, the Carol of the Bells, is actually a Ukrainian shchedrivka, a New Year carol.

KHRYSTOS RODYVSYA — Christ is Born
SLAVIM YOHO — Let us Glorify Him



UKRAINIAN CHRISTMAS EVE SUPPER — SVIATA VECHERA

Kutya — Ritual Wheat Dish

Borsch and Vushka — Beet Soup

Baked Stuffed Fish, Jellied Fish Balls, Pickled Herrings

Varenyky — Pyrohy

Holubtsi — Cabbage Rolls

Nalysnyky — Rolled Pancakes

Kolochena Fasolia — Mashed Beans

Sauerkraut and Peas

Pidpenky — Mushrooms

Compote — Stewed Dry Fruit

Kolach, Makivnyk — Poppy Seed Roll, Khrusty

Pampushky, Medivnyk — Honey Cake

Beverage



Глянь оком щирим, о Божий сину,
На нашу землю, на Україну.....

KUTYA — RITUAL WHEAT DISH

- | | |
|------------------------|--------------------|
| 1 lb. high grade wheat | 1 cup sugar |
| 12 cups water | ½ cup honey |
| ½ tsp. salt | ½ cup chopped nuts |
| 1 cup poppy seed | |

Pick over wheat, wash well and place in heavy pot. Add water and soak overnight. Do not drain. Bring to boil over medium heat. Add salt, skim the scum off the top. Reduce heat to low, cover and simmer, stirring occasionally. Cook 4 - 5 hours, or until kernels burst and white appears. Scald poppy seed and simmer 5 minutes. Drain well, grind using the finest blade. When wheat has cooked let cool. Discard starch skin and pour on 1 cup boiling water, stir gently to separate kernels. Add poppy seed, sugar and honey dissolved in hot water, to make medium thin mixture. Cool. Garnish with chopped nuts. Serve chilled.

BORSCH AND VUSHKA

- | | |
|-----------------------------------|---------------------------------|
| 3 cups beets, cut in thin strips | ½ cup fresh or canned mushrooms |
| 1 large onion, chopped | 2 cups tomato juice |
| ¼ cup cooking oil | ½ clove garlic, crushed |
| ¼ cup shredded fresh parsley | 2 bay leaves |
| 1 cup carrots, cut in thin strips | 5 tbsp. lemon juice |
| 1 cup celery, diced | 1 cup cooked white beans |
| 2 cups cabbage, shredded | salt and pepper to taste |

Place cut beets in large pot and cover with 9 cups of water. Saute the onion in the oil until slightly wilted and add to beets. Cook until beets are barely done. Add salt, bay leaves, carrot, celery and continue cooking for about 15 minutes. Add cabbage and cooked or canned mushrooms with stock. Simmer until tender but not overcooked. Add tomato juice, cooked white beans, garlic and lemon juice. Season to taste. Bring to a boil. Serve with Vushka.

Vushka for Borsch

Use the same dough as for varenyky. Roll the dough very thin. Cut into one inch squares. Place ½ tsp. of filling on it and fold over to form a triangle. Press the edges together to seal well. Join the two corners together in the shape of a circle. Drop into boiling salted water, boil for 5 minutes. Remove from water and add to borsch just before serving.

Filling

- | | |
|---------------------------------|--------------------------|
| 1 cup canned mushrooms, drained | ½ clove garlic, crushed |
| 1 onion | 1 tsp. flour |
| 1 tbsp. oil | salt and pepper to taste |

Chop onion and mushrooms very fine. Sprinkle with flour and mix well. Fry mixture in oil for a few minutes. Add salt, pepper and garlic. Cool before using.

BAKED STUFFED FISH

- | | |
|------------------------------|--------------------------|
| 5 lb. salmon or whitefish | 2 cups breadcrumbs |
| 1 medium onion, chopped fine | 2 tbsp. chopped parsley |
| 1 cup sliced mushrooms | ¼ tsp. savory |
| ½ cup celery, diced | ¼ cup water |
| ½ cup oil or butter | salt and pepper to taste |

Scale and clean fish. Salt lightly inside and out. In skillet saute onion, mushrooms and celery in oil. Combine with all the remaining ingredients. Stuff the fish. Brush outer surface with oil. Bake on large cookie sheet at 400°F, allowing 10 minutes cooking time for every inch of fish. Baste several times with mixture ½ cup water and ¼ cup oil. Serve garnished with parsley and lemon.

JELLIED FISH BALLS

- | | |
|-----------------------|--------------------------|
| 1 lb. cod | 2 tbsp. bread crumbs |
| 1 onion | 2 tbsp. flour |
| 1 tbsp. melted butter | 2 tbsp. parsley, chopped |
| 2 slices bread | 1 egg, slightly beaten |
| ¼ cup milk | salt and pepper to taste |

Grind the fish and onion, or chop very fine, add bread soaked in the milk and squeezed dry, add egg, butter, parsley, bread crumbs, flour, salt and pepper to taste. Mix thoroughly. Shape the mixture into small balls.

- | | |
|-----------------------|------------------------------|
| 4 cups water | 2 tbsp. parsley, chopped |
| 1 carrot, sliced | 1 tsp. salt |
| 1 stalk celery, diced | ½ clove garlic, crushed |
| 1 small onion | 1 tbsp. chicken base or cube |
| 4 peppercorns | 2 envelopes gelatine |
| 1 bay leaf | ½ cup water |

Put vegetables, peppercorns, bay leaf and salt into pan covered with water and cook for 10 minutes. Drop the fish balls and simmer under cover for 10-15 minutes. Carefully remove the fish balls to a deep dish. Strain the stock and keep it at simmering point, add to it garlic and chicken base. Soften the gelatine in the cold water and then dissolve in the simmering stock. Pour stock over the fish balls. Garnish with parsley and cooked carrot saved from the stock. Chill until firm. Prepare one day ahead.

PICKLED HERRINGS

- | | |
|-------------------------------|---------------------|
| 8 salt herrings with milt | 1 tsp. mixed spices |
| 3 large onions, sliced | 1 cup vinegar |
| 2 tbsp. cooking oil | 1 cup water |
| 2 tbsp. sour cream (optional) | 2 tbsp. sugar |

Wash the herrings and soak in cold water overnight, changing the water two or three times. Remove the head, tail and entrails. Save the milt. The skin and bones could be removed if desired. Wash thoroughly and cut into serving pieces. Put the milt through a sieve and combine with cream and oil. Bring the vinegar, water and spices to a boil and cool. Add milt mixture. Pack in sterile jars the herrings and sliced onion in alternate layers. Cover with the milt sauce and seal. Store in refrigerator at least one day before using.

Herrings are tastier if soaked in tea or milk for 2 hours before cutting.

VARENYKY — PYROHY

3 cups flour
1 tsp. salt
¼ tsp. baking powder
1 egg

2 tbsp. cooking oil
1¼ cup hot water or potato water
(if using potato water omit egg)

Mix flour with salt and baking powder in deep bowl. Beat egg add hot water and oil. Mix with flour. Knead well to make a soft dough. Divide the dough into 2 parts. Cover and let stand for about 10 minutes. Roll dough on floured board as for pie crust and cut into small squares 2" x 2" and place a little of the filling on each square. Fold over to form a half-circle or triangle, and press the edges together well. Be sure that the edges are sealed well to prevent the filling from running out. Place the varenyky on a tea towel side by side without touching one another. Cover with towel.

Fill pot half full with water. Add one tsp. of salt and bring to a boil. Drop several varenyky into the boiling water. Do not attempt to cook too many at a time. Stir carefully. Boil 5-6 minutes until varenyky come to top of pot. Remove them with a strainer or slotted spoon to a colander and drain thoroughly. Place in a deep dish, sprinkle generously with melted butter, chopped onion browned in butter or chopped crisp bacon could be used if desired. Serve hot. The traditional accompaniment to varenyky is sour cream.

FILLINGS FOR VARENYKY (PYROHY)

Potato Filling

2 cups mashed potatoes
4 tbsp. oil

1 small onion, chopped
salt & pepper to taste

Saute onion in oil. Season and add to potatoes. Mix well.

Potato and Cheddar Cheese

Slice ¼ lb. cheddar cheese (medium) and mix well into 2 cups of hot mashed potatoes. Season to taste.

Cottage Cheese Filling

2 cups dry cottage or farmer's cheese
1 whole egg

1 egg yolk
salt

Combine cottage cheese with slightly beaten eggs and season to taste. Add a little sour cream if mixture is too dry.

Sauerkraut Filling

3 cups sauerkraut
1 onion, chopped

5 tbsp. bacon fat or oil
salt and pepper

Wash the sauerkraut well and squeeze dry. Chop it very fine. Fry the onion in fat, add the sauerkraut, season to taste with salt and pepper. Cook it over a low heat for about 10 minutes. Cool before using.

Prunes Filling

1 lb. dried prunes

¼ cup sugar

Wash prunes, cover with water (could be soaked for 2 hours) add sugar. Boil until soft. Drain well. Let cool, remove stones and chop fine.

HOLUBTSI — CABBAGE ROLLS

Buckwheat Filling

- | | |
|---------------------------------|----------------------|
| 1 large head cabbage | 1 tbsp. salt |
| 1 large onion, chopped | 5 cups boiling water |
| ¼ cup oil | 4 tbsp. margarine |
| 2 cups buckwheat, dried in oven | |

Mix buckwheat with margarine add salt and boiling water. Bring to boil. Cover and simmer for 25 minutes. Saute onion in oil and mix with buckwheat. Set aside. Remove the core from cabbage. Place the cabbage into container and pour boiling water over it, add salt and let stem for a few minutes, until the leaves are soft and pliable. Separate the leaves, cut the large leaves into 2 or 3 pieces, line the bottom of a casserole dish with a few leaves. Place a spoonful of the filling on each leaf and fold sides over filling and roll bottom to top. Place in layers in a casserole dish. Combine 1 cup water, ½ tsp. salt and 2 tbsp. oil pour over the holubtsi. Cover and bake at 350°F for 1½ - 2 hours.

Rice Filling

- | | |
|--------------|---------------------------|
| 1 cup rice | 1 onion, chopped fine |
| 2 cups water | ½ cup butter or margarine |
| 1 tsp. salt | |

Bring the water, salt and rice to boil, cover and simmer for 15 minutes. Cook the onion in ½ cup butter, mix with the cooked rice and season to taste with salt and pepper.

FILLINGS USED FOR OTHER OCCASIONS

Rice and Meat Filling

Add ½ lb. of cooked ground pork or beef to the rice filling.

Rice and Bacon Filling

Add ½ cup or more of chopped crisp bacon to the rice filling.

When making holubtsi with rice fillings, pour over ready made holubtsi 1 can (10 oz.) tomato soup mixed with an equal amount of hot water and bake for 1½ to 2 hours in 325°F oven.

NALYSNYKY — ROLLED PANCAKES

- | | |
|---------------|----------------------|
| 3 eggs | ½ tsp. salt |
| 1½ cups milk | 1 tsp. sugar |
| ½ cup water | 1 tbsp. oil |
| 1½ cups flour | ¼ tsp. baking powder |

Combine flour, eggs in a small bowl of electric mixer. Beat just to mix. Add milk, water, sugar, oil, salt and baking powder, beat at low speed 2 minutes. Heat a small heavy skillet, brush bottom with oil. Pour about 3 tbsp. batter into the pan, just enough to give a thin coating. Tilt the pan back and forth to spread the batter evenly and bake until cake is browned. Turn out on plate and spread brown side with filling. Roll up and place in a shallow pan. When all are rolled, dot with butter or sprinkle with browned buttered crumbs. Heat in oven for several minutes. Serve hot.

FILLINGS

Cottage Cheese

- | | |
|----------------------|---------------|
| 1 cup cottage cheese | salt to taste |
| 2-3 egg yolks | 1 tsp. sugar |
| 1 tbsp. heavy cream | |

Mash cottage cheese or press it through a sieve. Add all remaining ingredients; mix thoroughly. Spread the filling on the nalysnyky and roll.

Mushroom Filling

- | | |
|-----------------------------|----------------|
| 1½ cups chopped mushrooms | ¼ tsp. salt |
| ½ cup chopped onion | 1 egg, beaten |
| 2 tbsp. butter or margarine | dash of pepper |

Use canned or fresh mushrooms. Stir-fry mushrooms and onion in butter until onion is soft. Remove from heat. Stir in remaining ingredients.

SAUERKRAUT AND PEAS

- | | |
|--------------------------|---------------------------------|
| 2 cups sauerkraut | 1 medium onion, chopped |
| ½ cup water | ¼ cup cooking oil |
| 1 cup dried peas | 2 tbsp. flour |
| Salt and pepper to taste | 1 small clove garlic (optional) |

Soak peas overnight. Cook peas until done. Rinse sauerkraut in cold water and drain. Add ½ cup water and cook for 15 minutes. Combine peas and sauerkraut. Turn off heat. Fry onions in oil until soft and yellow. Sprinkle flour over onion and brown lightly, add to sauerkraut and peas, add salt and pepper to taste. If using garlic, add at this time. This should be of thick consistency. Sometimes, instead of flour, grated raw potato can be used, stirring constantly over low heat before removing from the stove.

KOLOCHENA FASOLIA — MASHED BEANS

- | | |
|-------------------------|--------------------------|
| 2 cups white navy beans | 2 cloves garlic, crushed |
| 1 large onion, chopped | salt and pepper to taste |
| ¼ cup oil | |

Rinse beans and soak overnight. Drain and add fresh water to cover and simmer slowly for about 2½ hours. Drain and mash. Saute onion in oil; add to beans. Stir in garlic, salt and pepper. Serve hot.

PIDPENKY — MUSHROOMS

Full flavoured pidpenky, a local wild mushroom, is the traditional ingredient in this savory dish.

Cover fresh pidpenky with water, bring to a boil and cook 5 minutes. Drain and rinse. Repeat 2 or 3 times. Chop pidpenky. (At this time pidpenky may be frozen.)

- | | |
|---------------------|------------------------|
| 2 cups pidpenky | 2 tbsp. flour |
| 1 can consomme | 1 tsp. salt |
| 1 can water | ¼ tsp. pepper |
| 1 onion, chopped | 1 clove garlic, minced |
| ¼ cup butter or oil | |

Combine pidpenky, consomme and water; cook 45 minutes. Saute onion; add flour and brown lightly and add to pidpenky. Season to taste. Add garlic.

If pidpenky not available substitute with cultivated mushrooms.

- | | |
|--|---|
| ¼ cup butter | 3 cups sliced fresh or canned mushrooms |
| 1 onion, chopped | ½ cup water or mushroom stock |
| 1 small clove minced garlic | 2 tbsp. flour |
| 1 tsp. salt and pinch of ground pepper | 1 cup whipping cream |

In large skillet saute onion and garlic until tender. Add mushrooms and cook for 10-15 minutes. Sprinkle them with the flour and mix. Pour in the water or mushroom stock. Let simmer, stirring, for 10 minutes. Add the cream and cook the sauce for a few minutes. Season to taste. 8 servings.

TRADITIONAL KOLACH

- | | | | |
|---|-------------------|-----|-----------------------------|
| 2 | pkgs. yeast | 1 | tsp. salt |
| 1 | cup warm water | | Rind and juice of 1 lemon |
| 1 | tsp. sugar | 2 | cups scalded milk, lukewarm |
| 4 | eggs, well beaten | 3 | cups flour, sifted |
| ½ | cup sugar | 5 - | 5½ cups flour, sifted |
| ½ | cup oil | 2 | 9" round pans, well greased |

Dissolve sugar in warm water, sprinkle yeast over it and let stand 10 minutes.

In a large bowl mix milk, 3 cups flour, yeast and beat well. Cover and put in a warm place to rise until light and bubbly.

Beat eggs, add salt, sugar, ½ of the oil and lemon and add to yeast mixture. Mix in the remaining flour, cup by cup, kneading remaining oil until smooth and elastic. Cover and let rise in warm place until double in bulk, approximately 1½ to 2 hours and punching down every 20 minutes.

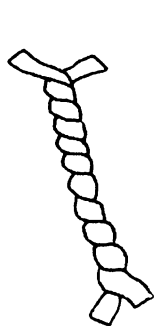
Divide dough in two equal portions. Divide each portion into 8 equal parts. Roll out 2 parts into ropes approximately 36" long. Entwine these two ropes starting in the centre and working from left over right, turn away this end and repeat other end. Place rope around edge in bottom of the pan.

Roll out remaining 6 parts into approximately 20" long ropes and entwine 3 pairs of the ropes same as before except right over left.

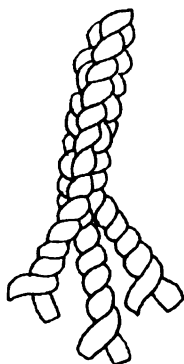
Braid the 3 entwined ropes evenly. Bring ends together and join by pressing gently to form a circle with an opening in the centre. Place in pan inside the first entwined rope.

Cover pans and set in a warm place to rise until double in size. Brush with beaten egg diluted with 1 tbsp. water. Bake 400°F. 15 minutes and then lower oven to 350°F. 45 minutes or until done. Makes 2 kolachi.

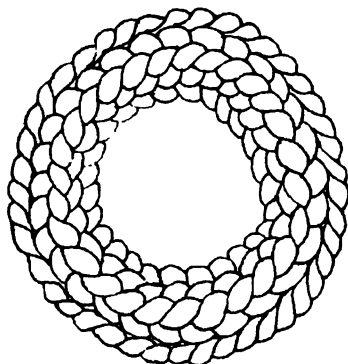
STEPS SHOWING HOW TO BRAID THE CHRISTMAS KOLACH.



1.



2.



3.

PAMPUSHKY — PUFFS

½ cup lukewarm water	5 egg yolks
2 tsp. sugar	1 tsp. vanilla
2 pkgs. yeast	grated rind & juice of 1 lemon
½ cup butter or margarine, soft	1 tsp. salt
½ cup sugar	1 cup milk
1 whole egg	5 — 5½ cups sifted flour

Dissolve sugar in water, sprinkle the yeast over it, and let stand 10 minutes.

In large bowl cream butter and sugar until fluffy. Beat in egg, then egg yolks, one at a time. Add vanilla, lemon, yeast and salt. Beat until well mixed. Add the flour gradually and knead in the bowl for about 10 minutes, this dough should be soft. Cover, let rise until doubled in bulk. Punch down, knead a few times and let it rise again. Roll out the dough to ½ inch thickness. Cut out with small glass. Place a tsp. of desired filling* on each round, bring the edges together and press to seal securely. Place pampushky on a lightly floured board and let rise until double in bulk.

* (poppy seed, thick jam or cooked prunes, pitted and sweetened)

Deep fry in oil or crisco (375°F) for about 2 - 3 minutes; turn to brown all sides. Drain pampushky on paper towels and when cool sprinkle with granulated or icing sugar.

Poppy Seed Filling for Pampushky or Makivnyk — Poppy Seed Roll

2 cups poppy seeds	Grated rind of 1 orange & 1 lemon
3 tbs. butter	½ cup chopped nuts
¾ cup sugar	½ cup raisins (optional)
2 tbs. honey	2 egg whites stiffly beaten
1 tsp. vanilla	

Poppy seed may be purchased already ground in delicatessen shops, or scald poppy seeds in boiling water, cover, let stand for one hour. Drain. Grind the poppy seed, using the finest blade. Melt butter in large saucepan. Add poppy seed. Stir-fry 3 minutes. Add sugar, honey, vanilla, grated orange and lemon rinds, nuts, and raisins. Fold into egg white.

MAKIVNYK — POPPY SEED ROLL

½ cup warm water	¾ cup butter or margarine
1 tbs. sugar	2 eggs
2 pkgs. yeast	2 egg yolks
4½ cups flour	½ cup sour cream
1¼ cup icing sugar	1 tsp. vanilla
½ tsp. salt	Grated rind & juice of 1 lemon

Dissolve sugar in water, sprinkle the yeast over it, and let stand 10 minutes. Mix flour with sugar and salt. Cut in butter with a pastry blender or two knives until mixture has a fine, even crumb. Beat eggs and egg yolks; mix with yeast then stir into flour mixture. Add sour cream, vanilla, lemon and mix well. Knead dough on floured board for 5 minutes.

Divide dough into 3 or 4 pieces. Roll out each piece into 12 inch square about ½ inch thick. Spread with poppy seed filling. Roll up like a jelly roll, and seal the edges. Place on greased baking sheets. Cover. Let rise in a warm place until doubled in bulk. Brush with a beaten egg diluted with 2 tbs. of water or milk. Bake at 350°F about 45 minutes or until golden brown.

MEDIVNYK — HONEY CAKE

- | | | | |
|---|---|---|------------------------|
| 8 | eggs, separated | ½ | tsp. salt |
| 1 | cup honey | 1 | tsp. baking powder |
| 1 | cup sugar | ½ | tsp. ginger |
| ½ | cup mazola oil | 1 | tsp. cloves |
| ½ | tsp. baking soda,
dissolved in 2 tbsp. hot water | 1 | tsp. all-spice |
| 2 | cups flour | 1 | tbsp. brandy or whisky |
| | | ¾ | cup chopped walnuts |

Sift dry ingredients together 3 times. Beat egg yolks until thick. Add sugar and beat. Melt honey. Cool and add to yolks and sugar mixture, add baking soda dissolved in hot water. While still beating add mazola oil. Beat egg whites and fold carefully into batter gradually with flour mixture. Add brandy and chopped walnuts. Pour into a tube pan, and bake at 325°F - 1 hour.

KHRUSTY — VERHUNY

- | | | | |
|---|-------------------|----|---------------------|
| 2 | whole eggs | 2 | tbsp. heavy cream |
| 2 | egg yolks | 1 | tsp. vanilla |
| 2 | tbsp. icing sugar | 1 | tbsp. brandy or rum |
| ½ | tsp. salt | 1¼ | cups sifted flour |

Beat the eggs until very light, beat in the sugar, salt, cream, vanilla and brandy or rum. Stir in the flour. Knead soft dough, cover and let stand for 10 minutes. On a floured board roll dough very thin about ⅛ inch. Cut in long strips about 1¼ inch wide. Then cut the strips into 3 to 3½ inches long. At the middle of each piece cut lengthwise a ½ inch slit; draw one end through the slit and fold back. Deep fry in oil or crisco shortening turning once until golden brown. Drain on absorbent paper. Dust with icing sugar.

COMPOTE — STEWED DRY FRUIT

- | | | | |
|---|--------------------------------------|---|-------------------|
| ½ | cup dried prunes | ½ | cup sugar |
| ½ | cup dried apples | 1 | tbsp. lemon juice |
| ½ | cup dried peaches, apricots or pears | 6 | cups cold water |

Combine fruits. Soak in water for a few hours. Cook until tender. Sweeten and season with lemon juice, a dash of nutmeg could be added.



UKRAINIAN EASTER TRADITIONS

During the course of its existence the Ukrainian nation has created immortal, spiritual and cultural treasures which manifested themselves in the unique beauty and richness of Easter customs and traditions. Their roots go back to the pre-Christian era and are connected with the Festival of Spring.

After the acceptance of Christianity in 988 many of the pre-Christian customs were retained but given new meaning and new interpretations according to the spirit of Christian teaching. In our days only vestiges of these old customs have been preserved and Easter became essentially a church holiday commemorating the Passion and Resurrection of Jesus Christ.

For Ukrainians, Easter has a great significance because of its specific religious rites, traditional baking, Easter songs called "hahilky and vesnyanky" and decorated Easter eggs with artistic designs of symbolic nature. The decorated Easter eggs are called "pysanky" from the word "pysaty" which means to write. After the introduction of Christianity the decorated eggs became a symbol of new spiritual life.

Easter, or Holy Week, begins with Palm Sunday, which, in Ukraine, is called "Willow Sunday" (Verbna Nedilya), and commemorates the triumphal entry of Christ into Jerusalem. On this day small twigs of pussy willow are blessed in church. On the evening of Holy Thursday, called "Great or Passion Thursday", twelve gospels are read in church in commemoration of the Passion of Christ.

On the morning of "Passion Friday", Good Friday, The Royal Hours are chanted and following that, the "Plaschanytsia", The Holy Shroud, representing the Body of Christ, is carried solemnly three times around the church and then laid in the tomb.

At dawn on Easter Sunday a special resurrection service is held at the beginning of which The Holy Shroud is placed on the altar. The most beautiful and inspiring moment of this service is when the priest, after the procession, stops before the closed door of the church and intones the traditional triumphant song "Khrystos Voskres" (Christ is Risen). The whole congregation repeats this chant several times with great joy. The closed doors of the church symbolize the closure of the Kingdom of Heaven up to the time of Christ's Resurrection.

One of the nicest and most colorful Easter customs is the blessing by the priest of food-laden baskets. Candles are placed in the basket and lit during the blessing. This is symbolic of Christ, "The Light of the World" who brought us the glorious good news of new life. These baskets, covered with an embroidered cloth, contain Easter bread called "paska", coloured Easter eggs, "pysanky" and a selection of various Easter foods described in the following pages and pictured on the cover of this cook book.

he Easter food blessed in church has deep symbolic meaning. For instance the egg, since time immemorial, is the symbol of new life. The egg shell represents Christ's grave from which He arose; Easter bread "paska" represents Christ as the Lifegiver; cheese and butter — God's grace; the horseradish — the bitterness of sin; beets — the blood of Christ.

The Easter breakfast begins with the Lord's prayer following which the head of the family divides the blessed egg into several portions and gives them to each member of the family with the customary Easter greeting "Khrystos Voskres" (Christ is Risen), extending at this time to everyone his best wishes. The traditionally accepted reply is "Voistyno voskres" (He is Indeed Risen).

Easter in Ukraine was a time for celebration and lively "hahilky and esnyanky", spring ritual songs which lend themselves to simple interpretive dancing, were enjoyed especially by the children and youth in the church grounds. We hope that our youth will continue to reserve this special part of our heritage.

On the following Sunday called The Sunday of St. Thomas or "Providna Nedilya" a memorial service was held at the cemetery for the deceased members of the community. However, in Canada on this Sunday a special Easter dinner called "Svyachene" sponsored by the church, is enjoyed in the parish hall. This represents the unity of the parish family in celebrating the joy of the Resurrection. This event concludes the Easter festivities.

KHRYSTOS VOSKRES — Christ is Risen

VOISTYNO VOSKRES — He is Indeed Risen





UKRAINIAN EASTER BREAKFAST

Blessed Hard Boiled Eggs

Blessed Paska, Babka

Shynka — Ham

Kovbasa — Ukrainian Sausage

Kashanka — Buckwheat Sausage

Studenetz — Jellied Meat

Pashtet — Liver Pate

Spareribs with Nachynka

Burachky — Beets with Horseradish

Potato Salad

Butter Cottage Cheese

Syrnyk — Cheese Cake

Poppy Seed Chiffon Cake, Orange Chiffon Cake

Beverages

Pysanky and Krashanky for decoration



VELYKODNA PASKA — EASTER PASKA

3 tbsp. yeast
5 cups water
½ cup sugar
4 eggs, beaten
1 tbsp. salt

¾ cup oil (use ¼ cup for kneading)
12 cups flour
1 tsp. vanilla (optional)
 Saffron (optional)

Soak yeast in ½ cup water and 1 tbsp. sugar for about 10 minutes.

Combine eggs, sugar, salt and oil and beat well.

Add the yeast mixture and stir well.

Add the water and flour and knead about 10-15 minutes using the remainder of oil to make a soft dough, a little stiffer than for bread.

Cover and let rise in a warm place until double in size. Punch down every 20 minutes, about 4 times.

Grease well 4 or 5 8" round pans (3" high).

Use ⅔ of the dough for the base and ⅓ for the top ornaments. Shape round loaves into the pans for base and flatten the tops. Allow to rise for ½ hour. (Do not make a braid for the bottom of base as in the Christmas Kolach, but may be placed on top of the Easter Paska.)

Shape and arrange the ornaments on top of round loaves as desired.

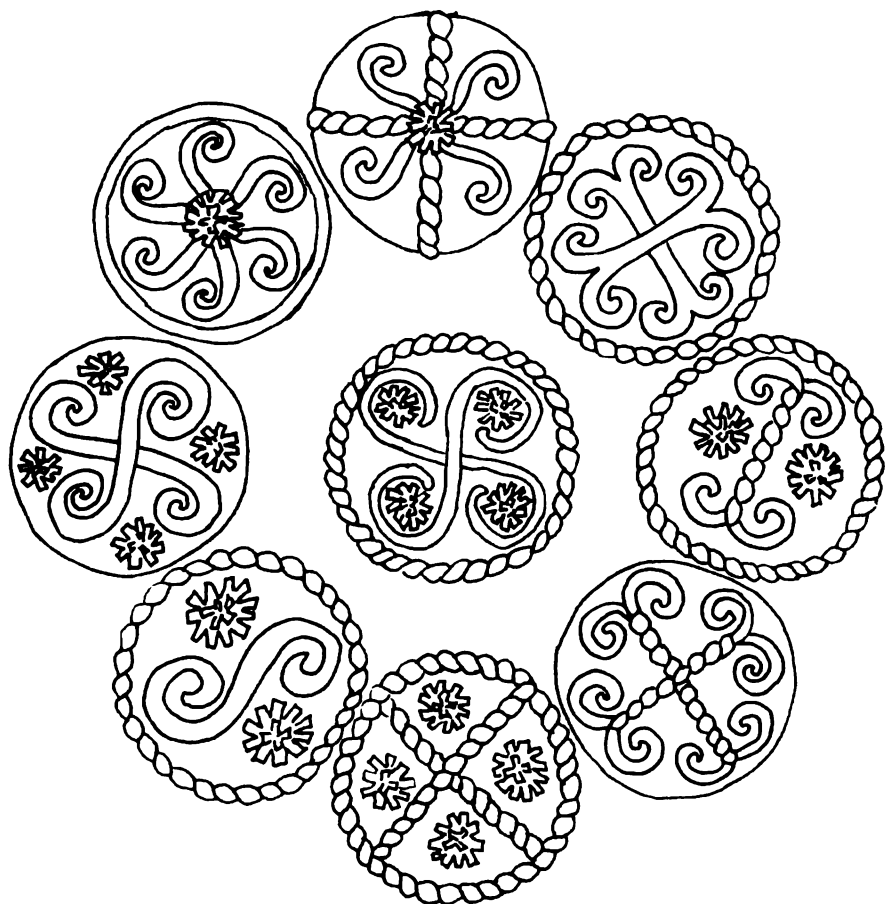
Cover loaves with cloth and set in warm place to rise until double in size approximately 1 hour.

Brush tops with beaten egg diluted with 1 tbsp. water. Bake 400°F. 20 minutes, then turn down to 350°F and continue baking 35-40 minutes.

Some designs showing how to decorate an Easter Paska



Some designs showing how to decorate an Easter Paska



To make rosettes, cut 1" slits about $\frac{3}{4}$ " apart in a $1\frac{1}{2}$ " wide strip of flattened dough and roll from one end.



Rosette



Chrysanthemum



Pine cone

To make a dove tie a knot in a $\frac{1}{2}$ " thin rope of dough.





Top - Paska (page 29). Middle - Babka (page 30). Bottom - Paska (page 29). Doves (pages 27, 73).

PASKA

- | | |
|-------------------------------|----------------------------|
| 1 cup lukewarm water | 6 eggs, beaten |
| 1 tsp. sugar | ½ cup sugar |
| 2 pkgs. dry yeast | ½ cup melted butter |
| 2 cups scalded milk, lukewarm | 1 tsp. salt |
| 1 cup water, lukewarm | 10 - 10½ cups sifted flour |
| 4 cups flour | |

Dissolve yeast in 1 cup water and 1 tsp. sugar. Let stand for 10 minutes. Combine milk, water, yeast and the 4 cups of flour. Beat well until smooth. Cover and let rise in a warm place until light and bubbly, about 1 hour. Add beaten eggs, sugar, salt and melted butter. Knead adding a bit of flour, until dough no longer sticks to the hand. Turn the dough on a floured board and knead until smooth and satiny. Brush dough with melted butter, place in bowl, cover, and let rise until double in bulk. Punch down and let rise again.

Shape into round loaves. Decorate the loaves with same dough. The central ornament on paska is usually the cross. Make some rosettes by shaping strips of dough into a roll, then with sharp scissors make the petals. Some homemakers decorate paska with braided rolls. Set the loaves in a warm place and let rise to double in bulk. Brush with melted butter or with beaten egg. Bake in moderate oven (375°-400°F) for about 15 minutes, reduce temperature to 350°F and continue baking for 40 minutes longer or until done. If necessary, cover with paper to avoid browning the top deeply.

CHEESE PASKA (unbaked)

- | | |
|--|---|
| 2 lb. dry cheese | 1 tsp. vanilla |
| 1 pkg. 8 oz. Philadelphia cream cheese | 1 cup whipping cream |
| 6 egg yolks, cooked | 1 can 14oz. crushed pineapple (drained) |
| ½ cup unsalted butter | Pinch salt |
| 1 cup sugar | |

Press the cheese and hard boiled egg yolks through a sieve and mix well. Cream butter and sugar until smooth and add vanilla. Combine the two mixtures. Whipped cream and pineapple. Mix thoroughly. Serve cold. May be filled in cheese cartons and frozen.

CHEESE PASKA — LVIV STYLE

- | | |
|---------------------|--------------------------------------|
| 1 whole egg | 2 lb. farmers or dry cottage cheese |
| 4 egg yolks | ½ lb. unsalted butter |
| 2 cups sugar | 1 tsp. vanilla |
| 1 cup whipped cream | 2 tbsp. grated rind of orange |
| 1 cup raisins | 1 cup blanched almonds, chopped fine |

Beat whole egg and egg yolks with sugar until thick and creamy. Add half cream. Turn into a saucepan, heat almost to the boiling point, stirring constantly; do not boil. Remove from heat, add raisins. Cover. Combine the rest of the cream, cheese, butter and vanilla in large electric blender. Blend until smooth. Turn cheese mixture into bowl. Fold in the egg mixture. Add almonds and orange rind. Refrigerate 4 hours. Place in double thickness of cheesecloth, hang over a bowl in cold place; let drain 24 hours. Chill. Garnish with nuts and candied fruits if desired. Serve cold. Cut small slices. Yields 20 servings.

VELYKODNA BABKA — EASTER BABKA I

- | | | | |
|----|------------------------|---|--|
| 1 | tsp. sugar | 2 | cups scalded milk, |
| ½ | cup lukewarm water | | cooled to lukewarm |
| 2 | pkgs. active dry yeast | 1 | tsp. vanilla |
| 2 | whole eggs | 7 | cups or more all-purpose flour, |
| 10 | egg yolks | | enough to make a soft dough |
| 1 | cup sugar | 1 | cup butter, melted |
| 1 | tbsp. salt | 1 | cup golden seedless raisins (optional) |
| 1 | orange, juice and rind | | |

Dissolve sugar in lukewarm water; sprinkle yeast on top. Let stand 10 minutes. Beat eggs and egg yolks for 10 minutes, adding sugar a little at a time. Add salt, orange juice and rind, milk, vanilla and yeast mixture. Mix well. Gradually mix in flour, adding melted butter a little at a time, until enough flour is added to make a soft dough. Knead in raisins if desired. Knead for 20 minutes or until dough no longer clings to hands. Let rise in warm place until double in bulk. Punch down; let rise again as before. Grease tall tins well; coat with bread crumbs. Coffee or shortening cans make good containers. Form dough into a ball small enough to fill ⅓ of container. Let rise in warm place until dough barely reaches the top. Bake in a moderate oven, 350°F. for 45-55 minutes.

VELYKODNA BABKA — EASTER BABKA II

In the following recipe the sponge is made with a base of hot milk and flour. This method gives a finer texture to Babka and helps to retain its freshness longer.

- | | | | |
|----|------------------------|----|-----------------------------------|
| 2 | cups milk | 1½ | cups sugar |
| 1 | cup flour | 1 | tsp. vanilla |
| ½ | cup lukewarm water | 1 | tsp. salt |
| 2 | tsp. sugar | | Grated rind of 1 lemon & orange |
| 3 | pkgs. active dry yeast | ½ | cup melted butter & ½ cup oil |
| 20 | egg yolks | 7 | cups sifted flour or more to make |
| 2 | whole eggs | | soft dough |
| 1 | cup raisins (optional) | | |

Bring the milk to a boil, remove from stove and add hot milk gradually to 1 cup flour and beat thoroughly until smooth and free of lumps. If necessary, strain or press the mixture through a sieve. Cool it to lukewarm.

Dissolve the sugar in the lukewarm water, sprinkle the yeast over it, and let stand 10 minutes. Combine with the lukewarm milk-flour paste, beat well, cover and let it rise in a warm place until light and bubbly.

Beat the whole eggs and egg yolks with the salt, add the sugar gradually and continue beating until light. Stir in vanilla, orange and lemon rind. Combine this mixture with the yeast sponge and mix well. Stir in flour, adding the melted butter and oil a little at a time until enough flour is added to make a soft dough. Knead for 20 minutes. When raisins are used, they should be added after the dough is kneaded. Cover and let it rise in a warm place until double in bulk. Punch down and let rise again as before.

Grease 9 - 2lb. tall coffee or shortening cans well with crisco shortening and sprinkle with fine bread crumbs or flour. Form dough into a ball small enough to fill ⅓ of container. Let rise in warm place until the dough barely reaches the top. Brush the loaves with a beaten egg diluted with 2 tbsp. of milk or water. Bake in oven 350°F for about 15 minutes, lower the temperature to 325°F, and bake for about 30 minutes; then again lower temperature to 300°F and continue baking for 10 minutes. The baking period will depend on the size of the loaves. If necessary, cover with aluminum foil to prevent scorching.

Babka dough is very delicate and should be handled very carefully. Remove baked loaves from the oven and let them stand in the pans for 5 minutes. Tip each loaf very gently from the pan on a soft covered cushion to cool. As the loaves are cooling, change their position very gently a few times to prevent settling. Babka is always sliced in rounds across the loaf.

SHYNKA — BAKED HAM

6 - 8 lb. Ham

Glaze

$\frac{1}{3}$ cup red wine	2 tbs. prepared mustard
1 can canned peaches	

Place ham in roasting pan. Bake $1\frac{1}{2}$ hours. Trim off skin and excess fat. Mix peach juice, mustard and wine in saucepan. Heat slowly, stirring often. Brush on ham. Score and decorate with whole cloves. For remaining hour continue glazing. Garnish with peaches. Bake 325°F for $3\frac{1}{2}$ hours.

KOVASA — UKRAINIAN SAUSAGE

5 lb. regular ground beef	2 tbs. coarse or curing salt
3 lb. ground pork	2 tsp. freshly ground pepper
2 lb. side bacon, finely chopped	1 cup water
8 large cloves garlic, minced	$\frac{1}{4}$ lb. casings

In large bowl combine beef, pork, side bacon, garlic, salt and pepper. With your hands, gradually work in water until it's incorporated into meat mixture. Tightly cover meat and refrigerate all day or overnight to allow flavors to blend. Fry up small sample to test for seasoning; add additional garlic, salt or pepper, if desired.

To cook, place sausage(s) in shallow skillet. Add water to halfway up sides of sausage(s). Cover and gently simmer for 30 minutes. Turn and cook for another 20 to 30 minutes or until meat is cooked all the way through. Drain, then lightly brown on all sides. Raw sausages can be frozen for 4 to 6 weeks. Makes 4 to 6 sausage rings, about 10 lb. (5 kg).

STUDENETZ — JELLIED MEAT

$1\frac{1}{2}$ lb. pork hocks	5 peppercorns
$1\frac{1}{2}$ lb. beef shank, cut in pieces	1 bay leaf
4 chicken feet	2 stalks celery and leaves
1 tbs. salt	2 cloves garlic
1 onion	

Wash well the meat and place in a large pot, add salt, cover with cold water, bring to a boil. Lift the meat out and rinse thoroughly; put in a clean pot, add fresh water to cover the meat. Bring to a boil and skim. Add salt, cover, boil slowly for $\frac{1}{2}$ hour. Add onion, bay leaf, peppercorns and celery and simmer very slowly for about $2\frac{1}{2}$ hours. Add garlic crushed with salt, continue simmering until the meat comes off the bones easily. When done, remove the bones. Arrange the meat in suitable dish, strain the broth over the meat, let stand until cool. Place in refrigerator to set until firm. Before serving, scrape off all the fat from the top.

KASHANKA — BUCKWHEAT SAUSAGE

3 cups whole buckwheat	1½ lb. fresh pork fat
1½ cups pork meat from neck	2 onions, minced
3 quarts water	4 tbsp. fat
1 whole onion	1½ cups fresh pig's or calf's blood
salt and pepper	4-5 sausage casings
1 bay leaf	

Boil pork neck in 3 quarts water, add whole onion, salt, pepper and bay leaf. When done remove meat and grind in grinder. Dry whole buckwheat in an oven 300° F, for about ½ an hour. Chop fresh pork fat and fry until golden brown, add to buckwheat. Mix well. Pour boiling strained stock from pork neck over the buckwheat. Bring to a boil, then simmer 10 minutes. Remove from range. Cook minced onion in fat. Add onion, ground pork meat and strained blood to the buckwheat. Stir well. Mixture should not be too thick. Rinse casing in warm water, tie one end and fill loosely with buckwheat mixture. Do no overfill. Place in boiling water in a pan or roaster. Put cake racks on the bottom of the pan, lay the kashanka on top of the racks, prick in several places with a needle to prevent cracking. Boil uncovered for ½ hour. Remove, serve hot. Kashanka keeps well when refrigerated. It may be re-heated whole, or cut in slices, and then browned in hot butter.

PASHTET — CHICKEN LIVER PATE

4-5 slices bacon	¼ tsp. pepper
2 eggs	1 tsp. salt
1 garlic clove	¼ tsp. ground allspice
1 medium onion	1 cup whipping cream
1 lb. chicken livers, cooked	crackers or crusty bread
3 tbsp. all-purpose flour	

Line an 8" x 4" loaf pan with slices of bacon, letting bacon ends extend over side; set aside. Preheat oven to 325° F. In blender, combine eggs, garlic and onion. Blend until almost smooth. Add chicken liver, flour, pepper, salt, allspice and cream. Blend until smooth. Pour into bacon-lined pan; bring bacon over top of meat mixture. Cover with foil. Set loaf pan in a 13" x 9" baking pan. Pour about 1 inch boiling water into outer pan. Bake 1½-2 hours in preheated oven until firm. Cool on rack 1 hour. Refrigerate 6 hours or overnight. Invert onto a platter; remove pan. Cut into 14 to 16 slices; cut each slice in half. Serve with crackers or bread. Makes one 8" x 4" loaf or 28 to 36 individual servings.

POTATO SALAD

6 cups diced cooked potatoes	½ cup radish, sliced
¼ cup chopped green onions	½ cup mayonnaise
1½ tsp. salt	1 tbsp. chopped parsley
1 cup celery, chopped	1 cup sour cream
4 hard-cooked eggs	½ tsp. pepper
½ cup carrots, grated	

Mix together potatoes, green onions, salt, celery, and pepper. Separate whites of hard-cooked eggs from yolks; chop whites and add to potato mixture and chill thoroughly. Save 1 hard-cooked yolk. Prepare dressing by mashing remaining yolks; blend in sour cream, mayonnaise, carrots and parsley. Pour dressing over potato mixture, toss lightly. Let stand 20 minutes. Garnish. Just before serving sieve reserved hard-cooked yolk over salad. Makes 10 to 12 servings.

SPARERIBS WITH NACHYNKA

6 - 7 lbs. spareribs in one piece.

PALANYTSIA

- | | |
|----------------------|-----------------------|
| 3 eggs, well beaten | 1½ tsp. baking powder |
| ½ cup water | ½ tsp. salt |
| 2 cups flour, sifted | |

Beat eggs well and add water. Add dry ingredients sifted to eggs and mix together well. Place on a greased cookie sheet pan and prick with a fork. Bake 350°F 4 minutes. Cool on a cake rack and slice into small cubes.

Nachynka

- | | |
|----------------------------|--------------------------|
| 1 medium onion, chopped | 2 tbsp. parsley, chopped |
| 1 celery stalk, chopped | 1 tsp. sage |
| ¼ cup butter or margarine | 1 tsp. salt |
| 2½ cups chicken broth, hot | ¼ tsp. pepper |
| 5 eggs, beaten | |

Saute onion and celery in butter. Combine with chicken broth and pour hot over the palanytsia cubes. Cover and steam. Combine all the other ingredients and add to palanytsia. Toss together gently.

Trim excess fat from spareribs and salt and pepper them. Place ribs in a roasting pan. Put nachynka on the ribs and roll like a jellyroll. Tie securely. Add ½ cup water and sliced onion. Cover and bake at 325°F 2½ hours or until ribs are done and browned. Serves 7 - 8.

HORSERADISH SAUCE

- | | |
|--------------------------------------|-----------------|
| 1 cup fresh horseradish, ground | ½ tsp. salt |
| 1 cup very heavy sour cream | 4 tbsp. sugar |
| 4-6 hard boiled egg yolks, grated or | 3 tbsp. vinegar |
| 3 whole eggs, boiled and grated | |

Mix together thoroughly. Sweet cream may be used, but add 1 tbsp. vinegar. Very nice with meat. Should be prepared several days in advance.

BURACHKY — BEETS WITH HORSERADISH

- | | |
|-------------------------------------|---------------------|
| 6 medium beets | ½ cup sugar |
| ½ cup freshly grated horseradish or | 1 cup vinegar |
| 6 oz. prepared cream-style | 1 tsp. mixed spices |
| 1 tsp. salt | |

Wash beets and boil in salted water until tender. Drain, cover with cold water. Cut off the stems and roots. Slip off the peel. Grate the beets on a coarse grater and mix with horseradish. Boil the vinegar, salt, sugar and spices. Add to the grated beets. Stir well. Pack into sterilized jars. Refrigerate 2 days before using. Serve with cold meats.

POPPY SEED CHIFFON CAKE

½ cup poppy seeds	1 tsp. salt
1 cup water	8 eggs, separated
2 cups sifted flour	½ cup salad oil
3 tsp. baking powder	2 tsp. vanilla
1½ cups sugar	½ tsp. cream of tartar

Soak poppy seeds in warm water for 2 hours or longer. Sift together flour, baking powder, sugar and salt. Separate eggs. To unbeaten yolks add the oil, vanilla and poppyseed-water mixture. Add cream of tartar to egg whites and beat well until stiff peaks form. Set aside. Place sifted dry ingredients into large mixing bowl, make a well in the centre and add the yolk, oil, water mixture and beat well. Gently fold in beaten egg whites, one-half at a time. Pour into ungreased tube-pan approximately 4 inches deep and bake for 70 minutes at 350°F. Invert pan to cool. When cold spread with your favourite chocolate or mocha butter icing.

ORANGE CHIFFON CAKE

1½ cups flour	1 tsp. vanilla
3 tsp. baking powder	½ cup water
1½ cups sugar	juice of 1 orange & rind of 2 oranges
1 tsp. salt	8 egg whites
8 egg yolks	½ tsp. cream of tartar
½ cup oil	

Follow the method for making this cake as given for the Poppy Seed Chiffon Cake omitting the poppy seeds. Lemon Chiffon Cake is made with lemons instead of oranges.

SYRNYK - CHEESECAKE

Pastry

1 lb. butter	Grated rind and juice of 1 lemon
1 whole egg	2 tbsp. sour cream
3 egg yolks	2 tsp. baking powder
1 tbsp. oil	3½- 4 cups sifted flour
¾ cup sugar	½ tsp. salt

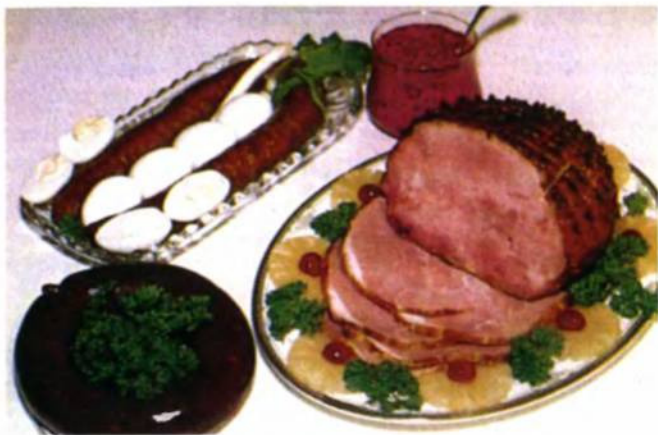
This pastry also could be used with apple, cherry or blueberry filling instead of cheese filling.

Place sifted flour with baking powder and salt in bowl. Cut in butter until mixture resembles coarse crumbs. Add egg yolks, whole egg, oil, sugar, cream and lemon, mix well. Knead until smooth. Refrigerate for 2 hours or overnight. Divide pastry into 3 parts. This recipe makes enough pastry for 3 cheesecakes. Use one part of pastry and freeze other two. Line bottom of 8" x 12" pan with pastry and prepare cheese filling.

Cheese Filling

2 lb. farmer's or baking cheese	1 tsp. vanilla
7 eggs, separated	Grated rind & juice of 1 lemon
1½ cups sugar	6 tbsp. cornmeal flour
¼ cup butter	

Mix cheese well with mixer, add egg yolks one at a time, add butter, sugar, vanilla and lemon and continue beating until smooth. Beat the whites until stiff and fold gently into mixture alternating with the cornmeal flour. Bake in moderate oven 350°F, for 1 hour. Open the oven door and let cake cool for ½ hour.



Top - Meat, Ham, & Sausage (page 31), Kashanka (page 32). Middle - Borsch and Vushka (page 14). Bottom - Fish (page 15).

CRAB APPETIZER

- | | |
|----------------------------------|---------------------------------|
| ¾ lb. cream cheese | 1 tbsp. chopped green onion |
| 1½ tbsp. milk | ½ tsp. Dijon mustard (powdered) |
| 6 oz. crabmeat (fresh or canned) | |

Cream cheese with milk. Add crabmeat, onion and mustard. Blend well. Place mixture in ovenproof dish (i.e. onion soup bowl) and refrigerate until ready to use. Bake 350°F for about 20-25 minutes. Serve hot with crackers. 4 - 6 servings.

CHEESE BALL

- | | |
|---|---|
| ¼ lb. Swiss cheese, grated | 1 tsp. Worcestershire sauce |
| ¾ lb. old Cheddar cheese, grated | 2 tbsp. Dijon mustard |
| 1 (125g) pkg. cream cheese,
room temperature | ⅓ tsp. garlic powder
finely crushed potato chips |

Combine all the ingredients until well blended. Form mixture into a ball and roll in finely crushed potato chips. Chill thoroughly. Serve with assorted crackers.

SCALLOPS WRAPS

- | | |
|-----------------|-------------|
| 10 slices bacon | 20 scallops |
|-----------------|-------------|

Cut each bacon slice in half. Wrap each scallop in a piece of bacon and secure with a wooden pick. Arrange on a broiling pan. Broil 4 inches from heat. Turn after 3 minutes to brown bacon on all sides. Variation: Substitute oysters for scallops. 4 - 5 servings.

CRAB-STUFFED MUSHROOMS

- | | |
|------------------------------|---------------------------|
| ½ lb. crabmeat | 3 tbsp. chili sauce |
| ¼ cup chopped celery | 24 large fresh mushrooms |
| 2 tbsp. chopped green pepper | 2 tbsp. fine bread crumbs |
| 4 tbsp. chopped green onions | ¼ cup grated Swiss cheese |
| ¼ cup mayonnaise | 1 tbsp. melted butter |
| 1 tsp. Worcestershire sauce | ½ tbsp. chopped parsley |
| 2-3 drops Tobasco | |

Flake the crabmeat. Mix in a medium bowl with the next 7 ingredients; blend well. Remove the stems from the washed mushrooms (use in soups or stews). Stuff the mushroom caps with the crab mixture. Combine the crumbs, cheese, butter and chopped parsley. Sprinkle over the stuffed mushrooms. Bake at 400°F about 15 minutes or until golden brown. Serves: 6 appetizer servings.

DIETER'S DELIGHT DIP

- | | |
|-------------------------------|------------------------|
| 2 cups low fat cottage cheese | ¼ tsp. dry mustard |
| 1 tsp. paprika | ½ tsp. salt |
| 1 garlic clove, crushed | 1 tsp. dried dill weed |
| 1 tbspc. prepared horseradish | |

In blender or food processor, combine all ingredients. Process until nearly smooth. Spoon into a serving bowl. Makes 1¼ cups.

FRESH HERB DIP

- | | |
|---|---------------------------------------|
| 8 flat anchovy fillets, finely chopped | ¼ tsp. pepper |
| 1 (3 oz.) pkg. cream cheese, room temperature | ½ tsp. dried tarragon leaves, crushed |
| 1 cup dairy sour cream | ¼ cup minced parsley |
| ¼ cup finely chopped green onion | 1 tbspc. vinegar |
| | 1 garlic clove, minced |

In a small bowl, stir anchovies into cream cheese. Stir in remaining ingredients. Makes 1½ cups. Serve with a vegetable tray.

SHRIMP-STUFFED EGGS

- | | |
|-----------------------|-----------------------------|
| ¾ cup shrimp | ½ tsp. Worcestershire sauce |
| 6 hard-cooked eggs | ½ tsp. salt |
| 3 tbspc. mayonnaise | Dash Tabasco |
| 1 tbspc. grated onion | |

Devein shrimp and set 12 aside for later use as garnish. Cut eggs in half lengthwise. Remove yolks. Mash yolks and combine with mayonnaise and shrimp (large shrimp should first be coarsely chopped). Add seasonings and mix well. Fill egg whites with mixture and top each with one whole shrimp. Serve well-chilled.

MEAT FILLED PASTRIES

Cream Cheese Pastry

- | | |
|---|----------------------|
| 1 cup butter, at room temperature | ¼ cup whipping cream |
| 1 (250g) pkg. cream cheese, at room temperature | 2½ cups flour |
| | 1 tsp. salt |

Filling

- | | |
|--|-----------------------------|
| 3 tbspc. butter | ½ tsp. salt |
| 2 onions, finely chopped | ¼ tsp. pepper |
| 1 lb. lean ground beef | 2 hard-cooked eggs, chopped |
| 2 tbspc. dairy sour cream | 1 egg |
| ¼ cup cooked rice | 1 tsp. water |
| 2 tbspc. minced fresh dill or 1 tsp. dried | |

For pastry, blend butter and cheese. Beat in cream. Blend in flour and salt. Chill in refrigerator for at least one hour, before using.

For filling, in skillet heat butter and saute onion until golden brown. Add ground beef and cook until lightly browned. Remove from heat and drain off any excess fat. Add sour cream, cooked rice, dill, salt, pepper and hard cooked eggs. Roll out dough very thinly. Cut into 3-inch rounds. Place 1 tsp. filling on each round. Beat egg lightly and stir in water. Paint mixture on edges of pastry. Fold dough over filling forming an oval or crescent. Seal and decorate edges with tines of fork. Place on greased baking sheet and brush with remaining egg-water mixture. Make a knife slash in middle of each to allow steam to escape. Bake 400°F 15 to 20 minutes, until golden. Serve with sour cream. Can be made ahead and frozen.

MARINATED CHICKEN WINGS

2½ lbs. chicken wings (no tips)	1	tblsp. sugar
1 cup soy sauce	1	tsp. ginger, fresh, minced
¼ cup oil	2	cloves garlic, minced
¼ cup white wine		

Mix ingredients. Marinate chicken wings 16 hours in refrigerator. Put in buttered pan lined with foil. Bake 350°F for 45 minutes. Turn every 15 minutes.

ANTIPASTO

2 cups cauliflower, flowerettes	½ cup celery, finely chopped
1 cup carrots, sliced	½ cup green peppers, chopped
½ lb. mushrooms, sliced	3 tins chunk tuna, flaked
1 tblsp. olive or vegetable oil	1½ cups chili sauce
1½ cups sweet pickled onions, chopped	2½ cups ketchup
2 cups sweet mixed pickles, chopped	1 tblsp. Worcestershire sauce
1½ cups stuffed olives, sliced	

Cook cauliflower and carrots in salt water until crisp. Drain. Saute mushrooms until tender. Drain. Combine all ingredients together, mix well. Pack in containers or sterilized jars and seal well. Freezes well. Serve with crackers.

INDIVIDUAL QUICHES

Pastry

1½ cups all-purpose flour	½ cup cold butter
½ cup Cheddar cheese	¼ cup cold lard or shortening
½ tsp. salt	4 tblsp. ice water

Filling

2 tblsp. butter	½ tsp. salt
1 onion, finely chopped	⅞ tsp. pepper
½ lb. mushrooms, finely chopped	⅞ tsp. nutmeg
2 eggs	1 tsp. tarragon
¾ cup sour cream	2 tblsp. chopped fresh parsley
1 cup grated Swiss cheese	

Stir salt and grated cheese into flour. Cut in butter and lard. Sprinkle on water and gather dough together into a ball. Refrigerate ½ hour. Roll out into a thin circle and cut out rounds with a 2½ inch cookie cutter. Re-roll extra dough and cut more circles. You should have 24. Fit into tart or muffin tins. Prick well with a fork and refrigerate at least ½ hour. Preheat oven to 425°F and bake shells 5 minutes. Cool.

Cook onions in butter until tender and add mushrooms. Cook until mixture is completely dry. Beat eggs with sour cream and stir in cheese. Add salt and pepper, tarragon and nutmeg. Place a little mushroom filling in the bottom of each tart and pour some of the sour cream-egg mixture on top. Sprinkle with parsley. Bake in a preheated 350°F oven 15 to 20 minutes until tarts are puffed and golden. Makes 24 tarts.

SALMON SPREAD

2 cups canned salmon	¼ cup minced onions
8 oz. creamed Philadelphia cheese	salt & pepper
2 tblsp. lemon juice	

Mix well. Top with parsley and chopped walnuts. Chill at least 4 hours. Makes about 3 cups. Serve with crackers.

MUSHROOM TUNA CAPS

- | | |
|-----------------------------|--------------------------------------|
| 8 oz. cream cheese | ¾ cup flaked tuna (approx. 7oz. tin) |
| 2 tbsp. lemon juice | 3 cloves garlic, minced |
| ¼ cup chopped fresh parsley | salt and pepper |
| 1 cup black olives, chopped | 36 mushroom caps |

Beat cream cheese with lemon juice, olives, parsley, garlic and tuna. Season with salt and pepper to taste. Spoon a little of the mixture into the mushroom caps. Arrange on a serving platter and decorate with lemon slices. Makes 36 pieces. Note: This filling can also be stuffed into hollowed-out cherry tomatoes, celery or snow peas.

CRAB DIP

- | | |
|---------------------------------|----------------------|
| 8 oz. cream cheese | ½ tsp. seasoned salt |
| ⅓ cup mayonnaise | 1 tbsp. parsley |
| 1 tsp. mustard with horseradish | Dash garlic powder |
| 1½ tbsp. minced onion | 6 oz. crabmeat |

Blend the first 5 ingredients well. Fold in the rest of the ingredients. Makes 1¾ cups.

SHRIMP MOLD

- | | |
|---------------------|--------------------------------------|
| 1 can tomato soup | 1 cup miracle whip |
| ½ cup water | ¾ cup celery, chopped |
| 12 oz. cream cheese | ¾ cup onion, chopped |
| 2 tbsp. gelatin | 2 4oz. cans shrimp, drained & mashed |

Bring soup and water to a boil. Add cut up cream cheese. Stir until blended. Let cool. Add remaining ingredients. Pour into mold(s) and let set. Keeps well several days.

STUFFED SNOW PEAS

- | | |
|---------------------------------|--|
| 3-4 tbsp. unsalted butter | 3 tbsp. finely chopped fresh mixed herbs |
| 3 tbsp. finely chopped onion | (chives, basil, parsley, chervil, etc.) |
| 10 oz. cream cheese | Pinch garlic powder |
| 12 snow peas, trimmed, blanched | Dash each of cayenne, salt, paprika |

Saute onion and cool. Add cheese and beat until smooth. Add herbs and seasoning. Split peas open on one side only and pipe cheese mixture by using a piping bag fitted with a star tube into the peas. Refrigerate at least 1 hour. Serves 4.

EASY PATE

- | | |
|--------------------------|-------------------------------|
| ½ lb. liver sausage | 1 tbsp. Worcestershire Sauce |
| 3 oz. cream cheese | 1-2 tbsp. finely grated onion |
| 1 tbsp. melted margarine | |

Blend the ingredients together until light and fluffy (may use mixer). Spoon into well greased mold or small bowl. Chill for several hours. Serve with crisp crackers.

BORSCH

- | | |
|--|--|
| 1 lb. soup meat (spare ribs, short ribs, beef shank) | 2 cups shredded cabbage |
| 8 cups water | 1 cup tomatoes |
| 1 onion, chopped | ½ clove garlic |
| 1 tsp. salt | 3 beets cut in thin strips |
| 3 carrots, diced | ½ cup cooked white beans or diced string beans |
| chopped dill | sour cream (if desired) |
| 2 tbsp. tomato catsup | |

Cover meat with cold water, add salt. Bring to boil. Skim. Cover and simmer for about an hour. Add onion and beets and cook for 20 minutes. Add carrots, string beans, cabbage, tomatoes, garlic and catsup. Cover and cook for 20 minutes. Flavor with chopped dill. Add sour cream just before serving or each person may add their own at the table.

VEGETABLE SOUP WITH MEAT

- | | |
|-------------------------------|-------------------------------|
| 1 lb. hamburger or diced meat | 3 sticks celery, chopped fine |
| 1 onion, chopped fine | 2 tbsp. parsley |
| 1 28oz. can tomatoes | ¼ tsp. pepper |
| 6-7 cups soup stock | 1 tsp. salt |
| 1 can tomato soup | 8 tbsp. rice or barley |
| 4 carrots, chopped fine | 1 bay leaf |
| 2 medium potatoes, diced | 1 tsp. thyme |

Brown meat and add onions to simmer. Drain well. Combine all ingredients in stock pot. Simmer covered until vegetables are tender. Taste; season. Serves 8 to 10. Serve in heated dishes.

Beaten Noodles for Soup

- | | |
|-----------------------------|-----------------|
| 1 tbsp. butter or margarine | 2-3 tbsp. flour |
| 1 egg | ¼ tsp. salt |
| ½ cup milk | |

Beat butter until fluffy. Beat in whole egg. Mix in flour, salt and milk. Beat well. Spoon batter into boiling soup or bouillon. Cover, cook 2 minutes. Stir. Cover and cook a few seconds longer. When serving, break noodles into separate portions with a spoon. May be used with chicken or tomato soup.

Grated Noodles

- | | |
|-------------|-------------|
| ¾ cup flour | ¼ tsp. salt |
| 1 egg | |

Make a stiff dough and shred on a coarse grater and drop noodles into boiling soup.

KAPUSNYAK — SAUERKRAUT SOUP

- | | |
|-----------------------------|------------------|
| 1 lb. pork ribs or 1 oxtail | 1 onion, chopped |
| 5 cups water | 1 bay leaf |
| 1 tsp. salt | |

Boil above ingredients for 1 hour. Wash 2 cups sauerkraut and add to soup. Cook ½ hour. Brown 2 tbsp. flour in 4 tbsp. bacon drippings or butter. Add to soup and cook together for a few minutes. Serves 5 - 6.

CREAM OF LEEK AND POTATO SOUP

- | | |
|---------------------------------|--------------------------------|
| 2 bunches of leeks | 3 small chicken bouillon cubes |
| 2 tbsp. butter | ½ pint whipping cream |
| 2 large potatoes, thinly sliced | ¼ tsp. pepper |
| 3 stalks celery, chopped | ¼ tsp. Worcestershire sauce |
| 1 small bunch parsley | Dash nutmeg |
| 1 carrot | Salt to taste |
| 3 cups water | Minced chives for garnish |

Chop the white part of the leeks and fry till limp in butter. Add next five ingredients and bring to a boil. Simmer for 30 minutes or until all vegetables are soft. Remove bunch of parsley and press the remainder through a sieve or in a blender. Return to saucepan. Add cream and seasonings and reheat through, but don't boil. Serve hot with a scatter of chopped chives.

SPRING BORSCH

- | | |
|-----------------------------|---------------------------|
| 8 young beets with tops | 1 onion, chopped |
| 8 cups water | 1 clove garlic, chopped |
| 1 carrot, cut thin | ½ cup butter or margarine |
| 1 potato, diced | 2 tbsp. chopped dill |
| 1 stalk celery, chopped | 1 cup cream |
| ½ cup string beans, chopped | salt and pepper to taste |
| 1 cup tomato juice | |

Wash beets and tops thoroughly. Cut beets into thin strips. Cut the tops into small pieces. Combine with other vegetables in a kettle with water and cook about ½ hour. Saute onions and garlic in butter and add to the soup. Add tomato juice and chopped dill. Simmer 2 minutes. Season with salt and pepper and add cream.

PEA SOUP

- | | |
|----------------------------------|--------------------|
| 1 lb. dried peas | 3 carrots, chopped |
| ½ lb. ham or pork, cubed | 1 bay leaf |
| 1 large onion, chopped | 1 tsp. savory |
| 1 cup chopped celery with leaves | 1 tsp. salt |
| ¼ cup chopped parsley | Croutons |

Wash peas and cover with cold water and soak overnight. Measure the water in which peas have soaked and add enough fresh water to make 12 cups. Combine all ingredients in large pot. Bring to boil, cover, and simmer over low heat until peas are tender, about 1½ hours. Season to taste. Serves 8. Serve with croutons.

PEARL BARLEY SOUP

- | | |
|------------------------------|----------------------------------|
| 2 lbs. beef short ribs | 1 tsp. dried basil, crushed |
| 2 tbsp. cooking oil | ½ tsp. Worcestershire sauce |
| 7 cups water | 1 cup sliced celery |
| 1 16oz. can tomatoes, cut up | 2 cups sliced carrots |
| 1 large onion, sliced | ¾ cup quick-cooking pearl barley |
| 2 tbsp. beef bouillon | ½ cup chopped green pepper |
| 1½ tsp. salt | ¼ cup snipped parsley |

Brown short ribs. Drain well. Place in stock pot with water and pearl barley. Cook covered for 1½ hours. Add the rest of ingredients and simmer for 45 minutes. Skim fat from soup. Season to taste. Makes 8 servings.

ONION SOUP

- | | |
|--|----------------------------------|
| 1½ lbs. onions, thinly sliced (6 cups) | 1 tsp. Worcestershire sauce |
| ¼ cup butter or margarine | 6-8 slices French bread, toasted |
| 3 10½oz. cans condensed beef broth | Shredded Swiss cheese |

In a large saucepan cook onions, covered, in butter about 20 minutes or till tender. Add condensed beef broth. Worcestershire sauce, ¼ tsp. salt, and dash pepper, bring to boiling. Sprinkle toasted bread with cheese; place under broiler till cheese is lightly browned. Ladle soup into bowls and float bread atop. Makes 6 - 8 servings.

TOMATO SOUP

- | | |
|--------------------------|----------------------|
| 1½ lb. pork spare ribs | 1 16oz. can tomatoes |
| 8 cups cold water | 2 tbsps. flour |
| 1 tsp. salt | 1 cup thick cream |
| 2 stalks celery, chopped | 1 tsp. salt |
| 3 carrots, chopped | ¼ tsp. pepper |
| 1 onion, chopped | |

Remove excess fat from the meat. Cover the meat with cold water and bring to a boil. Skim. Add salt and vegetables and simmer until the meat is done. Remove the meat. Add tomatoes to soup and cook just long enough to blend the flavours. Put the vegetables through the blender to puree. Mix the flour with the cream and add to the pureed soup. Bring to a boil. Season to taste. Serve with cooked rice or beaten noodles.

CABBAGE SOUP

- | | |
|----------------------------|--|
| 1 lb. short ribs, cut up | salt and pepper to taste |
| 8 cups water | 2 tbsps. sugar (approx.) |
| ½ cabbage, coarsely grated | 2 tbsps. vinegar or the juice of one lemon (approx.) |
| 2 medium onions, chopped | |
| 1 16oz. can tomatoes | |

Brown the ribs. Put ribs and water into the stock pot. Bring to boil and skim off foam. Reduce heat, cover, and simmer 1 hour. Add cabbage, onions, tomatoes, salt and pepper. Cover and simmer 1 more hour. Add sugar and vinegar and simmer ½ hour longer. Taste. The soup should have a pleasant "sweet and sour" flavor. Add a bit more sugar (or vinegar) if necessary. Serve with rye bread. Makes 4 - 6 servings.

FISH CHOWDER

- | | |
|-----------------------------------|-----------------------------|
| 1 lb. fish fillets | 4 slices bacon |
| 2 medium potatoes, peeled & cubed | 1 medium onion, chopped |
| 1 medium carrot, diced | 2 cups milk |
| 2 tsp. salt | 3 tbsps. flour |
| ½ tsp. pepper | ¼ tsp. dried thyme, crushed |

Cut fish into 2 inch squares. In a large saucepan bring 2 cups water to boiling; add potatoes and carrots. Reduce heat. Cover; simmer for 5 minutes. Stir in fish, salt, and pepper. Simmer, covered 10 minutes. Meanwhile, in a skillet cook bacon till crisp. Drain bacon, reserving 2 tbsps. of the drippings in skillet; crumble bacon. Cook onion in drippings till tender. Blend ½ cup of the milk into the flour; stir into fish mixture along with bacon, onion mixture, thyme, and remaining 1½ cups milk. Stir. Cook till bubbly; cook 1 minute more. Serves 6.

CLAM CHOWDER

- | | | | |
|-----|--|---|----------------------------|
| 1 | pint shucked clams, chopped or two 6½oz. cans minced clams | 1 | 16oz. can tomatoes, cut up |
| 2-3 | slices bacon, cut up | 2 | medium potatoes, diced |
| 1 | large onion, chopped | ½ | cup finely chopped carrots |
| 1 | cup chopped celery | ½ | tsp. dried thyme, crushed |

Drain clams, reserving liquid. Add enough water to liquid to measure 3 cups. In a large saucepan partially cook bacon; stir in celery and onion. Cook till tender. Stir in liquid mixture, undrained tomatoes, potatoes, carrots, thyme, 1 tsp. salt, and ½ tsp. pepper. Bring to boiling; reduce heat. Cover; simmer 30 to 35 minutes or till vegetables are tender. Mash slightly to thicken. Stir in clams; heat through. Serves 4.

CREAM OF CORN SOUP

- | | | | |
|-----|---------------------------|---|------------------------------|
| 1 | medium onion, chopped | 1 | 15 oz. can corn, cream style |
| 2 | tbsp. butter or margarine | | Salt and pepper |
| 2-3 | tbsp. flour | ½ | tsp. celery salt |
| 1½ | cups milk | | |

Saute onion in butter till tender. Stir in flour, add milk gradually blending and stirring constantly till smooth. Add corn and seasoning to taste. Heat thoroughly. Serves 4. Variation: precooked peas, carrots, potatoes, celery, tomatoes, or beans may be used.

SOUP HINTS

1. If you have over salted your stock or soup, tie a few spoons of flour or rice in a cloth and let it boil in the soup. Flour and rice absorb salt.
2. When making stock add a little onion skin to give it a nice colour.
3. Re-heated stock will not become cloudy if warmed in an open pot on slow heat. Remove from heat as soon as stock comes to a boil.
4. When making soups it is recommended to quickly bring the soup to a boil upon adding other ingredients.



ROAST CHICKEN

A young chicken 5 to 6 lbs. lends itself ideally to roasting. Clean and dry inside of chicken thoroughly, fill with stuffing. Place chicken breast side up on wire rack in uncovered roaster. Brush skin all over with oil or melted fat, or lay 2-3 slices of bacon over breast. Add ½ cup water to pan. Roast 300°F 30 to 35 minutes per lb. Use half recipe "Turkey Stuffing" page 51. Serves 6.

CHICKEN DELIGHT

Cut chicken into pieces and dust with seasoning salt. Coat in flour. Brown chicken pieces in oil. Place chicken in a skillet. Pour ¼ cup wine over it and flame. When flame burns out add 1 chopped onion. Cover and cook until done, about 20 minutes.

Sauce

In saucepan combine:

- | | |
|---|---------------------------|
| ¼ cup oil | 3-4 pieces pressed garlic |
| 1 10oz. can chopped mushrooms | salt and pepper |
| 1 cup chopped tomatoes
(seeds removed) | ¼ cup Italian dressing |

Cook on low heat covered so that liquid forms. Stir occasionally. Remove lid and let cook slowly until sauce is thickened, 10-15 minutes. Spoon sauce over the chicken, cover and bake in 350°F oven for 25 minutes. Serve with steamed rice. Serves 4.

PAPRIKA CHICKEN

- | | |
|-----------------|-----------------|
| 1 fryer, cut up | 1 tbsp. paprika |
| ⅓ cup flour | ⅛ tsp. pepper |
| 1 tsp. salt | |

Combine the dry ingredients in a paper bag. Add chicken pieces a few at a time. Shake until coated well.

- | | |
|-------------|-----------------------------|
| 2 tbsp. oil | 2 tbsp. butter or margarine |
|-------------|-----------------------------|

Brown chicken in hot fat in a skillet on all sides.

- | | |
|----------------|----------------|
| 1 medium onion | 2 tsp. paprika |
| ½ cup water | |

Add coarsely chopped onion to chicken. Pour water and sprinkle paprika on top. Cover skillet and simmer 30 minutes or until tender.

- | | |
|-----------------------|------------------|
| ¼ tsp. salt | 1 tbsp. flour |
| 1 tsp. paprika | ½ cup milk |
| 1 tbsp. dill, chopped | ½ cup sour cream |

Remove chicken to casserole dish. In skillet blend above dry ingredients. Cook slowly until thickened. Stir in combined milk and cream. Heat until well blended. Do not boil. Pour sauce over chicken. Serve with rice or noodles. Serves 4.

CHICKEN CACCIATORE

- | | | | |
|---|-----------------------------|---|---------------------------------|
| 6 | chicken pieces | 1 | cup canned tomatoes |
| ½ | cup flour | 1 | 7½oz. can tomato sauce |
| 1 | tsp. salt | ¼ | cup chopped parsley |
| ¼ | tsp. pepper | 1 | tsp. salt |
| ¼ | cup butter | ¼ | tsp. pepper |
| ¼ | cup oil | ¼ | tsp. oregano |
| 1 | clove garlic, minced | ¼ | tsp. thyme |
| 2 | medium onions, sliced | 1 | cup sliced mushrooms (optional) |
| 1 | large green pepper, chopped | | |

Mix flour, salt and coat chicken. Heat butter and oil in skillet. Add garlic. Add chicken and brown on all sides. Add onions, green pepper, tomatoes, tomato sauce, parsley, salt, pepper, oregano and thyme. Cover tightly and simmer 30 minutes, turning 2 or 3 times. Add mushrooms, cover again and simmer another 30 minutes or until chicken is very tender. Serve with hot buttered noodles or rice. Serves 4 - 6.

CURRIED CHICKEN

- | | | | |
|---|---------------------------------------|-----|---------------------|
| 1 | 3 lb. chicken cut into serving pieces | 2 | tbsp. melted butter |
| ¼ | cup mustard | 2-3 | tsp. curry |
| ½ | cup honey | 1 | tsp. salt |

NO WATER. Arrange chicken pieces in a casserole dish. Heat all the ingredients and pour over the chicken. Do not cover. Bake 350°F for 1 hour approx. Serve with rice. Serves 4.

LEMON CHICKEN

1 whole chicken breast (approx. 1 lb.)

Marinade

- | | | | |
|---|---------------------|---|-----------------------|
| ½ | tsp. 5-spice powder | 1 | tbsp. cooking wine |
| ½ | tsp. sesame oil | 2 | tbsp. light soy sauce |

Batter Mix

- | | | | |
|---|--------------------|---|---------------------------|
| ⅓ | cup flour | ¾ | cup water, more if needed |
| ⅓ | cup corn starch | ½ | tsp. salt |
| 1 | egg | 1 | tbsp. oil |
| ½ | tsp. baking powder | | |

Sauce

- | | | | |
|---|--------------------|---|---|
| ½ | cup water | 1 | drop yellow food colour (optional) |
| ½ | cup vinegar | | slices of half a fresh lemon |
| ½ | cup sugar | 2 | tsp. corn starch diluted in ¼ cup water |
| 1 | tsp. lemon extract | | |

Skin, debone and slice breast into large thin slices; marinate chicken for 10 minutes or longer. Prepare batter mixture and chill in the refrigerator. Heat 4 cups oil. Coat chicken with batter mix. Deep fry chicken until golden brown. Cook lemon sauce. Pour sauce over chicken and serve. Garnish with fresh lemon slices.

CHICKEN KIEV STYLE

- | | | | |
|---|-----------------------------|-------------------------------|------------------------|
| 4 | chicken breasts | 2 | tblsp. chopped parsley |
| 4 | oz. butter | $\frac{1}{2}$ - $\frac{3}{4}$ | cup flour |
| | rind of $\frac{1}{2}$ lemon | 2 | eggs, beaten |
| 4 | tsp. lemon juice | | fine bread crumbs |
| | salt & pepper | | oil for frying |
| 1 | large clove of garlic | | |

Cut each chicken breast into 2 fillets and debone. Pound the fillets thin. Shape butter into 8 pieces $\frac{1}{4}$ x 2 inches and freeze. Dust fillets with salt and pepper. Place each piece of butter on the fillet folding the ends carefully and make a neat roll. Secure with a wooden pick. Dust each roll with flour. Dip each roll in the beaten egg and then in bread crumbs. Brown quickly in hot oil. Place in hot oven 400°F for 50 minutes. Serve with mushroom sauce. Serves 4.

Mushroom Sauce

To 1 10oz. can Cream of Mushroom Soup add $\frac{1}{2}$ can milk and 1 10oz. can mushrooms, chopped, and heat well.

CHICKEN WINGS

- | | | | |
|---------------|-----------------------------|---------------|----------------------|
| 3½ | lb. chicken wings (20), cut | 1 | clove garlic, minced |
| $\frac{1}{4}$ | cup brown sugar | $\frac{2}{3}$ | cup ketchup |
| $\frac{1}{4}$ | cup honey | $\frac{1}{2}$ | cup soya sauce |
| 1 | tsp. salt | $\frac{1}{4}$ | cup dry red wine |
| $\frac{1}{4}$ | tsp. ginger, minced | | |

Cut off tips to be used for soup. Combine all ingredients to make marinade. Combine wings and marinade and refrigerate overnight. Drain and arrange wings on foil in a shallow pan. Brush with marinade and bake at 375°F for 40-50 minutes. Baste every 15 minutes while baking. Serve hot. Makes 40 appetizers or 5-6 individual servings.

VEAL ROLL-UPS

- | | | | |
|----|-------------------------------------|---------------|---------------------------------|
| 4 | boneless veal cutlets (about 1 lb.) | $\frac{1}{2}$ | cup fine dry bread crumbs |
| 4½ | oz. can deviled ham | 2 | tblsp. oil or margarine |
| | (or fresh ham, chopped) | $\frac{3}{4}$ | cup water |
| 1 | tblsp. chopped onion | 1 | envelope dry mushroom gravy mix |
| 3 | oz. package cream cheese | $\frac{1}{4}$ | cup dry sherry |
| 1 | beaten egg | | |

Pound cutlets very thin. Mix deviled ham with onion. Spread on cutlets just to edge. Slice cream cheese into 12 narrow strips. Place 3 strips on each cutlet. Roll cutlets. Fasten with wooden picks. Dip rolls in beaten egg and then in crumbs. Melt oil or margarine in skillet and brown veal rolls on all sides. Arrange browned rolls in baking dish. Remove picks. Pour water into skillet adding gravy mix and sherry. Cook and stir till mixture is bubbly and pour over veal rolls. Bake covered at 350°F for 45 minutes or till tender. Serves 4.

LVIV STYLE VEAL CUTLETS

- | | | | |
|---------------|---|---------------|----------------------------|
| 8 | veal cutlets or round steak $\frac{1}{2}$ " thick | 4 | tbsp. water |
| | salt and pepper | $\frac{1}{3}$ | cup oil |
| $\frac{3}{4}$ | cup flour | $\frac{1}{2}$ | cup dairy sour cream |
| 1 | cup fine dry bread crumbs | 1 | can cream of mushroom soup |
| 2 | slightly beaten eggs | | |

Season cutlets with salt and pepper. Dip veal into egg and water mixture, then into flour, again into egg mixture and then into bread crumbs. In pan brown meat on both sides in hot oil. Add water in bottom of pan. Cover pan lightly with foil. Bake 350°F for 20 minutes. Uncover and bake 15 minutes longer. For gravy combine sour cream and mushroom soup. Cook and stir over low heat just till heated through. Spoon over meat. Serves 8.

BEEF STROGANOFF

- | | | | |
|---------------|---|----------------|-------------------------------|
| 1 | lb. beef sirloin or
tenderized round steak | 1 | tbsp. ketchup or tomato paste |
| 1 | tbsp. flour | 1 | 10oz. can consomme or |
| 2 | tbsp. butter | $1\frac{1}{4}$ | cups beef stock |
| 1 | cup thinly sliced mushrooms | $\frac{1}{2}$ | tsp. salt |
| $\frac{1}{2}$ | cup chopped onion | $\frac{1}{8}$ | tsp. pepper |
| 1 | clove garlic, crushed | $\frac{1}{2}$ | tsp. basil |
| 2 | tbsp. butter | 1 | cup sour cream |
| 3 | tbsp. flour | 2 | tbsp. sherry |

Dredge $\frac{1}{4}$ inch wide strips of beef in flour. Melt butter in chafing dish or frying pan and brown strips of meat on all sides, quickly. Add mushrooms, onion and garlic and cook until golden. Remove from pan. In the frying pan or chafing dish prepare sauce from the butter, flour, ketchup and consomme. Return the meat, mushrooms and onions to the pan and stir in seasonings, sour cream and sherry. Heat through. Serve on buttered noodles.

BEEF BOURGUIGNONNE

- | | | | |
|----|-----------------------------|---------------|--------------------------|
| 12 | small white onions or | 1 | cup red wine |
| 3 | medium onions, quartered | 1 | cup bouillon or beef oxa |
| 2 | lbs. round steak, cubed | 1 | potato, cubed |
| 2 | tbsp. flour | $\frac{1}{2}$ | lb. sliced mushrooms |
| | dash of salt, pepper, thyme | | |

In a frying pan saute onions until brown, remove onions and set aside. Before adding meat to frying pan more oil may be needed. Add meat, brown and sprinkle with flour, salt, pepper and thyme. Stir and add wine and beef bouillon. Cover and simmer over low heat for 2-2½ hours, or put in a casserole, cover and cook at 300°F 3 hours or till beef is tender. For the last hour, add potato, mushrooms and sauted onions. Serve with rice.

ROAST BEEF WITH YORKSHIRE PUDDING

Wipe roast with damp cloth but do not wash. Rub with salt in proportion of $\frac{1}{2}$ tsp. per pound of meat. Rub with pepper, onion or garlic if desired. Place meat, fat side up, on rack of pan. If meat has little or no fat, place strips of bacon. This will baste the roast and no other basting is needed. Do not add water and do not cover pan. Roast meat at 325°F about 30 minutes per lb.

Yorkshire Pudding

- | | |
|---------------------------|------------|
| 1 cup sifted flour | 1 cup milk |
| $\frac{1}{2}$ tsp. salt | 2 eggs |
| Drippings from roast beef | |

Mix flour and salt. Combine milk and eggs, add to flour and beat well with rotary egg beater until smooth. Pour hot drippings into hot shallow pan to depth of 1 inch. Pour in mixture quickly and bake in hot oven 400°F. $\frac{1}{2}$ hour. Serve with the meat.

ROAST LOIN OF PORK

- | | |
|---|------------------------------------|
| 4-5 lbs. boneless pork loin roast
(boned, rolled and tied) | $\frac{1}{2}$ cup dairy sour cream |
| $\frac{1}{2}$ cup soy sauce | 2 tbsp. flour |
| $\frac{1}{4}$ cup melted butter or margarine | $\frac{1}{2}$ tsp. dill weed |

Trim all fat from meat. Place on rack in baking pan; pour soy sauce over and let stand 15 minutes. Pour butter over meat; spoon butter and soy sauce mixture from pan over roast several times. Place in 375°F oven 30 minutes; baste with pan juices. Reduce heat to 325°F and continue roasting for 1 hour basting several times. Mix sour cream and dill weed and add flour and spoon over meat. Continue roasting 1 to 1½ hours or until done. Let stand 10 to 15 minutes before carving. Serves 8 to 10.

SWEET AND SOUR PORK

- | | |
|---|-----------------------------------|
| 1½ lbs. boneless lean pork cut
in 1 inch cubes | 1 cup diagonally-sliced celery |
| 2 eggs | 1 cup pineapple chunks |
| 3 tbsp. flour | 4 tbsp. cornstarch |
| $\frac{1}{2}$ tsp. salt | 6 tbsp. sugar |
| $\frac{1}{8}$ tsp. pepper | 4 tbsp. soy sauce |
| 4 tbsp. cooking oil | 6 tbsp. vinegar |
| 3 green peppers | $\frac{3}{4}$ cup pineapple juice |

Coat cubes of pork in a mixture of beaten egg, flour and seasonings. Brown meat on all sides in hot oil in frying pan; cover and cook slowly for about 30 minutes. Cut green peppers into 1 inch squares; and add vegetables and pineapple to meat. Cover and simmer 10 minutes. Combine cornstarch, sugar, soy sauce, vinegar and juice, cook and stir until clear, about 3 minutes. Pour over meat mixture and simmer 5 minutes. Serve hot over Chinese noodles or steamed rice and stir-fry vegetables. Serves 6.

BARBECUED SPARERIBS

- | | |
|--|--|
| 3½-4 lbs. pork spareribs, cut | $\frac{1}{2}$ cup Worcestershire sauce |
| 1 lemon thinly sliced or 3 tbsp. vinegar | 1 tsp. salt |
| 2 medium onions, thinly sliced | 1 tsp. dry mustard |
| 1½ cups water | 1 tsp. chili powder |
| 1 cup ketchup | |

Place ribs meaty side down in roasting pan. Season with salt. Roast in very hot oven 450°F 30 minutes. Drain off excess fat. Turn ribs meaty side up. Top ribs with slices of unpeeled lemon and onion. Reduce temperature to 350°F. Continue roasting ribs for 30 minutes. Combine water, ketchup, Worcestershire sauce, chili powder, mustard, and salt. Bring to boiling and pour over ribs. Continue roasting for 1 hour, basting ribs occasionally. If sauce gets too thick add more water. Serves 4 to 6.

To cook ribs on a barbecue outside, first precook ribs with water in a pot for ½ hour. Make the sauce with remaining ingredients. Place ribs on barbecue and then brush them generously with sauce turning and basting a few times.

HAM ASPARAGUS ROLLS

- | | |
|------------------------------------|---------------------------------|
| 1½ cups quick-cooking rice, cooked | 1 cup shredded Swiss cheese |
| 3 tbsp. butter or margarine | 8 ¼-inch slices cook ham |
| 3 tbsp. flour | 24 -36 asparagus spears, cooked |
| ¼ tsp. salt | ¼ cup Parmesan cheese |
| 2 cups milk | |

Melt butter and blend in flour and salt. Add milk and cook, stirring constantly until thick. Add cheese and stir until melted. Blend 1 cup sauce into rice. Spoon an equal amount of rice mixture onto each ham slice, top with 3 or 4 asparagus spears and roll ham round filling. Arrange rolls in shallow 2-quart baking dish. Pour remaining sauce over rolls. Sprinkle with Parmesan cheese and bake at 350°F for 25-30 minutes. Yields 4 servings of 2 rolls each. Fresh asparagus may be substituted. Very good for a light luncheon or supper.

ROAST PORK PROVENCALE

- | | |
|--|---------------------------------------|
| 3 cloves garlic, slivered | 2 bay leaves |
| 2-3 lbs. rolled boned pork roast | 2 sprigs fresh or 1 tbsp. dried thyme |
| ½ cup dry white wine | 1 tsp. salt |
| juice of 2 lemons | ½ tsp. pepper |
| 3 medium onions or 8 green onions, chopped | |

Insert garlic under fat of meat. Place meat in doubled plastic bags. Stir together wine, lemon juice, oil, onion, bay leaves, thyme, salt and pepper. Pour over meat. Tie bags securely, place in dish and refrigerate 24 hours, turning occasionally. Remove meat from marinade and place fat side up on rack in shallow pan. Let stand at room temperature 1 hour. Strain marinade and reserve. Insert meat thermometer and roast in preheated 350°F oven until thermometer registers 170°F, about 40min/lb., basting with marinade twice during roasting. Transfer meat to carving board and let stand while preparing sauce. Add reserved marinade to roasting pan, cook and stir to loosen pan drippings. Pour into gravy dish.

QUICHE LORRAINE

- | | |
|-------------------------------------|-------------------------|
| 1½ cups Swiss cheese, grated | ½ tsp. salt |
| 8 slices crisp bacon, crumbled | ¼ tsp. pepper |
| 3 eggs, beaten | Dash cayenne |
| 1 cup whipping cream or canned milk | ½ tsp. dry mustard |
| ½ cup milk | 1 9" pie crust, unbaked |

Spread cheese and bacon on pie crust in pan. Combine remaining ingredients and pour over cheese. Bake at 375°F for 45 minutes or until firm and browned. Cut wedges and serve hot. Serves 6.

ROAST DUCK WITH ORANGE SAUCE AND STUFFING

- | | |
|-----------------|---------------------------|
| 5-6 lbs. duck | 1 onion, minced |
| salt and pepper | 1 apple, peeled and cubed |
| 1 lemon | 1 stalk celery, chopped |
| 1 orange | 2 garlic cloves, minced |

Sauce

- | | |
|----------------------|----------------------|
| ½ cup brown sugar | 2 oz. sweet vermouth |
| 2 tbsp. wine vinegar | 2 tbsp. cornstarch |
| 2 oz. wine | |

Stuffing

- | | |
|-----------------------------|------------------------------|
| 3 cups bread crumbs | 2 eggs, slightly beaten |
| ½ cup warm water | 1 tbsp. grated orange peel |
| 1 onion, chopped | ½ orange juice |
| 4 tbsp. butter or margarine | ½ tbsp. chicken base diluted |
| 1 cup celery, diced | salt and pepper to taste |

Saute onions and celery in butter or margarine. Soften the bread crumbs with water. Combine the remaining ingredients and mix well.

Preheat the oven to 375°F. Wash and dry the duckling and place in a roasting pan. Season with salt and pepper. Fill with stuffing. Truss bird. Cut the lemon in half and squeeze the juice into a bowl. Place the lemon into the roasting pan. Grate the rind from the orange into the bowl, cut in half and squeeze the juice into the bowl. Place the orange in the roasting pan, along with the lemon, onion, apple, celery and garlic. Place the duck in the oven and roast for 2½ hours. Meanwhile, make the sauce.

Place the brown sugar in a pan and cook over medium heat until melted. Add the lemon juice, orange juice and rind, vinegar, wine, vermouth and stir until the sugar has dissolved. Mix the cornstarch with a little cold water and add to the pan. Stir over low heat until the sauce has thickened. Baste with sauce. Pour remaining sauce over the roast duck when it is being served. Serves 4 - 5.

STEW

- | | |
|--|----------------------------------|
| 2 lbs. fresh stewing meat (beef or veal) | Water |
| 3 tbsp. flour | 3 medium potatoes, quartered |
| 3 tbsp. oil | 3 carrots, cut in 1" slices |
| 2 onions, sliced | 2 turnips, chopped |
| ½ cup soy sauce | 1 stalk celery, cut in 1" slices |

Coat meat with flour and brown in oil in large heavy pan. Add onion and brown slightly. Pour soy sauce and enough water to cover meat. Cover pan tightly, bring to boil, lower heat and simmer 1 hour. Add vegetables and simmer 30 to 45 minutes longer or until vegetables are tender. Serve with sourdough bread and tossed green salad. Makes about 6 servings.

Stew Dumplings

- | | |
|----------------------|------------------------|
| 1 cup sifted flour | 1 tsp. bacon drippings |
| ½ tsp. salt | ½-¾ cup milk |
| 2 tsp. baking powder | |

Sift dry ingredients together, cut in fat and add enough milk to make a drop batter. Drop by spoonfuls over top of stew. Cover kettle and let dumplings steam 15 minutes without lifting cover. The stew should be kept boiling. Serves 6.

ROAST TURKEY

Wash and dry turkey inside and out. Be sure to remove neck and giblets, which are usually placed inside the bird. Prepare your favorite dressing. Stuff neck cavity and skewer skin to back. Rub large cavity with salt; spoon in dressing; do not pack. Place skewers across opening; lace shut with cord. Brush turkey with melted butter. Place bird, breast up, on wire rack in shallow open pan. Cover with loose "cap" of foil; roast according to chart. About 25 minutes before roasting time is up, test for doneness by pressing thick, fleshy part of drumstick between fingers (protect with paper towel). If meat feels soft, and drumstick moves up and down easily, turkey is done. Meat thermometer, if used, should read 190°F. Remove bird and let cool 20 minutes for easier carving.

Roast at 325°F. 8 to 12 lbs. approximately 3 to 4 hours.
 12 to 16 lbs. approximately 4 to 5 hours.
 16 to 20 lbs. approximately 5 to 6 hours.

Note:

Be sure frozen turkey is completely thawed before stuffing and roasting. Follow thawing instructions on package.

Turkey Stuffing

12 slices white bread, cubed	3 tbsp. dill, chopped
2 cups soda cracker, crushed	2 tbsp. chicken base or bullion,
1 cup water to soften crumbs	diluted in ¼ cup hot water
gibbles, heart and liver	3-4 eggs
¼ cup oil	3-4 tbsp. oil
1 cup onion, chopped	1 tsp. salt
1 cup celery, diced	pepper to taste
¼ cup parsley, chopped	

Fry gibbles, heart and liver. Add onion and celery and cook slowly to prevent browning. Cool. Combine with crumbs and the remaining ingredients. Mix well and stuff lightly into the 12 - 16 lb. turkey which has been brushed with melted butter and sprinkled with salt and pepper. Roast in a preset oven at 325°F. Baste a few times.

SHEPHERD'S PIE

1 tbsp. oil	⅓ cup beef broth, vegetable juice or
¾ cup chopped onion	water
2 large cloves garlic, minced	1 pkg. (10oz.) frozen peas and carrots
(optional)	1 tbsp. flour
1 lb. ground beef	2 tbsp. Worcestershire sauce
½ tsp. salt	2 cups hot seasoned mashed potatoes
¼ tsp. pepper	Minced parsley (optional)

In large heavy ovenproof skillet heat the oil. Add onion and garlic and saute over medium heat until tender. Add beef and cook, breaking up meat with spoon, until meat is browned. Drain off fat. Add salt, pepper, broth and peas and carrots. Cover and simmer 5 minutes, stirring once to break up vegetables. Mix flour with Worcestershire until smooth; stir into meat mixture. Spread mashed potatoes over top; with fork make crisscross markings on potatoes. Bake 450°F 15 to 20 minutes or until golden. Let stand 10 minutes to set before serving. Sprinkle with parsley. Makes 4 servings.

LAMB KEBABS

- | | |
|--------------------------------|---------------------------|
| 1 small leg of lamb | ½ tsp. Bar B.Q. seasoning |
| 1 cup of red wine | Mushroom caps |
| ¼ cup oil | Tomato wedges |
| ¼ tsp. garlic powder | Green pepper squares |
| Freshly ground pepper to taste | Onion squares |
| 1 tbsp. salt | Sliced bacon squares |

Preheat broiler or prepare Bar B.Q. Trim leg of lamb, remove bone, gristle and remnants of fat. Cut meat in 2" cubes and marinade overnight in mixture of wine, oil, salt, pepper and Bar B.Q. seasoning. String meat cubes on skewers, alternating with mushrooms, tomatoes, green peppers, onions and bacon. Brush with marinade and broil 5 minutes on each side, brushing again when turning the skewers over, or cook on Bar B.Q. in the same manner. Serve with hot fluffy rice to which sauteed mushroom pieces and sesame seeds can be added.

SWISS STEAK

- | | |
|---------------------------------|------------------------------|
| ½ cup flour | 1 medium onion, sliced |
| salt and pepper | ½ green pepper, chopped fine |
| 2 lbs. steak cut 2½" thick from | 1 cup boiling water |
| shoulder, rump or round | 1 cup strained tomatoes |
| 2 tbsp. fat | |

Season flour with salt and pepper and pound it into the meat with a wooden potato masher or the edge of a heavy meat mallet. Brown the meat in fat. Add the rest of the ingredients; cover; simmer 2 hours. This may be cooked in casserole 350°F about 1 to 1½ hours. Vegetables may be added as desired. Serves 6.

KAISER BUN SANDWICHES

- | | |
|---------------------------------------|-----------------------------------|
| 1 lb. hamburger meat, fried & drained | Garlic salt |
| 1 medium onion, fried | 1 tbsp. gelatin, dissolved |
| Seasoning salt | 6 shorty, 8" Kaiser buns, scooped |

Combine meat, onions and seasoning and mix well. Chop finely the inside bread from buns and mix together with meat. Add gelatin. Mix all the ingredients together well. Stuff and push the filling into the buns. Wrap in wax paper and store in fridge. Slice into rings ½ inch thick.

CHILI WARM-UP

- | | |
|---------------------------------------|----------------------------------|
| 3 tbsp. vegetable oil | 3 cups canned tomatoes and juice |
| 1 onion, chopped | 1 tin tomato paste |
| 1 clove garlic, minced | 1 tsp. oregano |
| 1 stalk celery, diced | 1 bay leaf |
| 1 green pepper, seeded, cored & diced | 1 tsp. seasoning salt |
| 1 lb. ground beef | shake of crushed chili |
| 1 can red kidney beans | 1 cup mushrooms, sliced |

Heat vegetable oil in a pot large enough to contain all the ingredients. Add onion, garlic, celery, green pepper and cook gently until onions are soft. Add meat and stir over medium heat until it loses its pinkness. Add kidney beans, tomatoes, tomato paste and seasonings and simmer until thick, about one hour. Add mushrooms during the last 10 minutes.

MEAT LOAF

- | | |
|---------------------------------------|------------------------------|
| 1 medium onion, chopped | 1 cup soft bread crumbs |
| 2 cloves garlic, minced | ¼ cup milk |
| 2 stalks celery with leaves, chopped | ¼ cup ketchup |
| 1 egg | 2 tsp. salt |
| 1½ lbs. ground beef | ¼ tsp. freshly ground pepper |
| (½ lb. ground each beef, pork & veal) | dash Worcestershire sauce |

Set the oven at 350° F and grease a 9 x 5 x 3 inch loaf pan. Beat egg slightly, combine with meat and all the ingredients. Mix well and pack into loaf pan. Bake 1 to 1¼ hours. Makes 6 servings.

This recipe is suitable for meat balls and hamburger patties.

SHAKE AND BAKE

- | | |
|-----------------------|--------------------|
| 1 cup flour | 1 tbsp. sage |
| 1 cup bread crumbs | 1 tbsp. savory |
| 2 tbsp. seasoned salt | 1 tbsp. paprika |
| ½ tsp. pepper | 1 tbsp. onion salt |
| 1 tbsp. oregano | 1 tbsp. thyme |
| 1 tbsp. basil | 1 tsp. salt |

Combine all ingredients and store in fridge.

SALMON QUICHE

- | | |
|-------------------------------------|-----------------------|
| 1 double pie crust pastry | 2 cups light cream |
| 1 8oz. package Swiss cheese, grated | ¾ tsp. salt |
| ½ cup green onion, chopped | ½ tsp. pepper |
| 1 15oz. can salmon, flaked | ½ tsp. cayenne pepper |
| 4 eggs, beaten | |

Line jelly roll pan 15 x 10 x 1" with pastry folding excess pastry over edge of pan. Prick with a fork. Bake on bottom rack 425° F for 5 minutes. Cool. Remove excess cooked pastry around pan. Raise temperature to 450° F. Layer cheese, green onions and then salmon on pastry. Combine the liquid ingredients and seasonings and pour over the salmon. Bake 20 to 25 minutes. Yields 12 servings as an appetizer, 8 servings as a main dish, and 4 dozen canapes.

MEAT HINTS

1. When cutting up a chicken, duck or turkey, begin at the breast bone and divide the poultry into two even halves. Then cut off the legs and wings including some adjoining meat. Cut the remains in quarters. If the legs of the poultry are large enough, cut in two at the joints.
2. Brush perfectly grilled steaks with a wine-laced imported mustard during the last few minutes of cooking time — your guests will think you laboured for hours.
3. Add tomato puree or lemon juice to speed up the process of braising meat.
4. Enhance the flavour of a mundane hamburger by adding a combination of fresh dried herbs, e.g. basil, oregano, summer savory.
5. Cutlets are tastier, juicier, smell appetizing and look better if they are quickly fried on both sides before reducing heat for further cooking.

SUPER PIZZA

2	tsp. sugar	2½- 3	cups flour, sifted
1	cup water, warm	1	tsp. salt
1	pkg. yeast	4	tbsp. vegetable oil

Let yeast mixture stand for 10 minutes in a warm place. Add ½ flour to yeast mixture and stir vigorously and add remaining flour and salt. Knead a few times using the oil. Turn out on floured board and knead until smooth. Place in greased bowl, cover with damp cloth, in a warm place until doubled.

½	cup onion, chopped	1	19oz. can tomatoes, or tomato soup
¼	cup oil	1	can tomato paste
1	clove garlic, optional		Seasonings: salt, pepper, oregano,
1	lb. Mozzarella cheese		basil or Italian season garlic salt

Cut dough in half. Roll out to fit greased pizza pan 12" or cookie sheet. Pinch up edges to form rim. Saute onions in oil and garlic. Add tomatoes and tomato paste and simmer till thick. Add seasonings. Spread topping on pastry, and any or all of the following: bacon slices, bite size pepperoni slices, Ukrainian sausage slices, mushrooms, green pepper rings, green or black olives and sprinkle Mozzarella over all. Bake 425°F 15 minutes approximately. Yields 2 pizzas.

TURKEY CASSEROLE

6	potatoes, raw, sliced		Salt and pepper
2	onions, sliced	1	can mushroom soup
2-3	cups turkey meat, cooked	½	cup milk

Arrange potatoes, onions, turkey, seasoning in layers in well greased casserole dish finishing with potatoes. Pour mushroom soup diluted with milk, over top. Bake 325°F for 40 minutes covered and 10 minutes uncovered to golden.

BAKED HALIBUT

(Cod or salmon may be substituted)

4	halibut steaks	½	cup butter or margarine, melted
1	cup dry bread crumbs	1½	tsp. prepared hot mustard
2	tbsp. minced fresh parsley	½	tsp. Worcestershire sauce
1	clove garlic, minced	1	tsp. salt
	Dash of pepper		

Combine crumbs, parsley, garlic, salt and pepper in a large plate. In a separate dish mix together remaining ingredients, except fish. Dip steaks in butter melted mixture, then in crumbs, coating well on both sides. Place steaks in single layer in shallow baking dish. Sprinkle remaining butter mixture over steaks and bake at 450°F for 20 minutes. Serves 4.

SCALLOPED WHITEFISH

Preheat oven to 350°F. Butter casserole. 1½ lb. of boned halibut cut in 1 inch pieces. Place on bottom ½" layer of coarsely crushed soda crackers. Put a layer of halibut pieces, season to taste and dot with butter then another ½" layer of coarse crackers, then another layer of fish, salt to taste and dot with butter, last ½" coarse crackers. Pour 2 cups of cream and bake 45 to 50 minutes.

GOURMET POACHED SALMON WITH WINE SAUCE

- | | | | |
|-----|---------------------------------|-------|---------------------|
| 4 | fresh or frozen salmon steaks | | Pepper to taste |
| 2 | tbsp. thinly sliced green onion | 1 1/4 | cups dry white wine |
| 2-3 | sprigs of parsley | 1/4 | cup whipping cream |
| 1 | bay leaf | 2 | beaten egg yolks |
| 1/4 | tsp. salt | 1/2 | tsp. lemon juice |

Thaw fish, if frozen. Place in greased 10" skillet. Combine onion, parsley, bay leaf, salt, wine and dash of pepper. Add to skillet. Cover and simmer 5 to 10 minutes or till fish flakes easily when tested with a fork. Remove fish and bay leaf. Keep fish warm. Boil wine mixture down to 1/4 cup. Combine cream, yolks and lemon juice and slowly stir in the wine mixture. Return to skillet. Cook over low heat and stir till thickened. Spoon over fish. Serve hot. Serve 4.

SALMON LOAF WITH CREOLE SAUCE

- | | | | |
|-----|-------------------------|-----|------------------------------------|
| 1 | 15 1/2 oz. can salmon | 1/2 | cup finely chopped celery |
| 1 | tbsp. lemon juice | 2 | tbsp. fine chopped onion |
| 1/4 | cup butter or margarine | 1 | tbsp. finely chopped fresh parsley |
| 1/4 | cup flour | 1/2 | tsp. salt |
| 1 | cup milk | | Pinch of pepper |
| 1/2 | cup fine bread crumbs | | |

Preheat oven to 350°F. Drain salmon, remove skin and bones and break up with a fork. Sprinkle with lemon juice. Melt butter in saucepan over medium heat; gradually stir in flour, blending well. Slowly add milk and cook until mixture is smooth and thick, stirring constantly. Add salmon and remaining ingredients. Mix well and pour into a greased loaf pan. Bake in a moderate oven until loaf is brown on the sides and firm in the middle. Unmold and garnish with lemon slices or wedges. Serve with creole sauce.

Creole Sauce

- | | | | |
|-----|--------------------------|-----|----------------------|
| 1/4 | cup butter or margarine | 2 | cups canned tomatoes |
| 1/2 | cup finely chopped onion | 1/2 | tsp. salt |
| 1/2 | cup chopped green pepper | | Pinch of pepper |
| 1 | garlic clove, minced | | |

Melt butter in saucepan. Saute onion, pepper and garlic. Add tomatoes, salt and pepper. Bring to boil and simmer 15 minutes at low heat. Serve on fish loaf, broiled or baked fish or sauteed liver. Yields 2 cups.

CRISP FISH WITH NUTS

- | | | | |
|---|-------------------|--|-------------|
| 1 | lb. fish fillets | | Corn starch |
| 2 | egg yolks, beaten | | Oil |
| | Dash of salt | | |

Dry the fish fillets. Dip in egg and salt mixture. Coat fish well with corn starch. Fry fillets in hot oil about 7 minutes on one side and 5 minutes on the other till golden brown.

Sauce

- | | | | |
|-------|--------------------|-------|-----------------|
| 1/4 | cup water | 2 1/2 | tbsp. ketchup |
| 3 1/2 | tsp. white vinegar | 2 | tsp. wine |
| 2-3 | tbsp. sugar | 1 | tsp. cornstarch |

Combine the above ingredients and cook over low heat till thickened. Spoon over crisp fried fish and sprinkle with nuts of your choice. Serve hot. Serves 2.

SHRIMP COCKTAIL

1½ lbs. fresh or frozen shelled shrimp	Dash bottled hot pepper sauce
¾ cup chili sauce	Lettuce
¼ cup lemon juice	Lemon wedges
2 tbsp. Worcestershire sauce	

In saucepan bring 4 cups water and 1 tbsp. salt to boiling. Add shrimp and return to boiling. Reduce heat and simmer for 1 to 3 minutes or till shrimp turn pink. Drain, cover shrimp and chill. Stir together the rest of ingredients to make the sauce. Chill. To serve, pour chilled sauce into a small lettuce-lined bowl. Arrange chilled shrimp around the sauce. Garnish with lemon wedges. Makes 6 luncheon servings or 8 to 10 appetizer servings.

OYSTER FRITTERS

1 pint oysters	2 eggs, beaten
2 cups sifted flour	1 cup milk
1 tbsp. baking powder	1 tbsp. fat, melted
1½ tsp. salt	

Drain oysters and chop. Sift dry ingredients together. Combine eggs, milk and fat. Pour into dry ingredients and stir until smooth. Add oysters. Drop batter by teaspoonsful into hot fat and fry about 3 minutes or until golden brown. Drain on absorbent paper. Serve with tartar sauce. Serves 6.

Tartar Sauce

½ cup mayonnaise	1 tbsp. parsley, minced
1 tbsp. onion, minced	1 tbsp. olives, minced
1 tbsp. pickles, minced or hamburger relish	

Mix thoroughly and chill.

FISH HINTS

1. When baking fish, wrap in foil or wax paper to stop it from getting too dry.
2. If you are serving rice with meat or fish cook the rice in the stock saved from the meat.
3. To test heat of a griddle place a few drops of water on griddle and if water scatters it is hot enough to brown food.
4. It is easier to clean slippery fish if you coat your fingers with salt.



TUNA CASSEROLE

- | | |
|---------------------|-----------------------|
| 1 can tuna | 2 tbsp. grated onion |
| 1 can mushroom soup | ½ cup chopped celery |
| ½ cup milk | 1 cup Chinese noodles |

Combine tuna, mushroom soup, milk and grated onion; mix well. Add the celery and Chinese noodles. Place in greased casserole; top with balance of Chinese noodles. Bake at 300°F for about 30 minutes. Serves 4.

CHICKEN RICE CASSEROLE

- | | |
|-----------------------------------|------------------------|
| 1 large fryer cut up | 1 pkg. onion soup mix |
| 2 cups water | ½ sliced green pepper |
| 1 cup rice | ¼ cup slivered almonds |
| 1 boullion cube (chicken or beef) | 1 tin mushroom soup |

In 9 x 13 cake pan mix water, rice, boullion cube, onion mix, green pepper and almonds. Place chicken on top of mixture skin side up. Spoon soup over chicken pieces. Bake 1½ hours at 350°F. Great with salad and buns.

CASSEROLE OF SEAFOOD

- | | |
|-----------------------|---------------------------------------|
| 2 cups chopped onions | ½ cup butter |
| 3 cups chopped celery | 1 lb. Velveta cheese or a little more |
| 3 tbsp. butter | 10 oz. lobster meat (optional) |
| 1 tsp. salt | ½ lb. crabmeat |
| ½ tsp. pepper | ¾ lb. cooked shrimp |
| 5 cups milk | 1 lb. cooked scallops quartered |
| ¾ cup flour | |

Saute onions and celery in 3 tbsp. butter. Salt and pepper. Bring milk to boil and mix in butter and flour. Add celery, cheese and onions. Cook till thickened. Add seafood and place in a casserole. Heat until bubbly and brown in the oven 350°F about 30 minutes. Serve with steamed rice. 6- 8 servings.

TURKEY PAPRIKA

- | | |
|---------------------------------------|----------------------------|
| ¼ cup butter | ½ tsp. salt |
| 1 medium onion, sliced | 2 tsp. paprika |
| 2 tbsp. flour | 3 cups sliced roast turkey |
| 1 cup turkey stock or 1 cup water & | 2 egg yolks, beaten |
| 1 tsp. chicken base | 1 cup sour cream |
| 1 small can sliced mushrooms, drained | Noodles |

Melt butter in skillet, saute onion. Blend in flour and stock. Cook and stir until mixture thickens, reduce heat to low. Stir in mushrooms, salt and paprika. Add turkey. Simmer 5 - 10 minutes, stir a small amount of sauce into egg yolks, add to skillet, cook 2 minutes. Stir in sour cream and heat gently through. Serve with noodles or rice.

STUFFED SAVOY CABBAGE CASSEROLE

- | | |
|--|-------------------|
| 1½ lb. ground meat (½ lb. each beef, pork, veal) | 1 tsp. salt |
| 2 slices bread soaked in ¼ cup milk | ½ cup diced onion |
| 2 eggs slightly beaten | Pepper to taste |

Mix above ingredients well. Scald cabbage in hot water till limp. Place 2 tbsp. meat mixture on each leaf and roll, tucking in ends. Place rolls in layers in sauce pan. Add enough water with ½ tsp. salt to cover halfway. Cook approximately ¾ hour over medium heat.

Sauce

Brown 2 tbsp. butter and 1 tbsp. flour. Add 2 cups water, ½ cup cream, ½ cup tomato juice and bring to boil. Pour sauce over and simmer 15 to 20 minutes at low heat. Serve with cooked potatoes. Potatoes could be cooked in the same pot with the stuffed cabbage.

CAULIFLOWER CASSEROLE

- | | |
|--------------------------------|-----------------|
| 1 cauliflower | 2 cups milk |
| ½ lb. fresh mushrooms or 1 can | 1 tsp. salt |
| ¼ cup diced green pepper | 6 slices cheese |
| ⅓ cup margarine | dash of paprika |
| ¼ cup flour | |

Cook cauliflower in salted water. Drain. Saute mushrooms and green pepper in margarine. Remove mushrooms and green pepper, add flour, milk and salt mixture to margarine in pan. Cook a few minutes until flour taste is gone. Add sauteed mushrooms and green pepper to white sauce. Layer half of cauliflower with 3 slices cheese and half of white sauce. Repeat ending with sauce. Sprinkle with paprika. Bake 15 or 20 minutes at 350°F.

LASAGNA

- | | |
|--------------------------------|--|
| 1 medium onion, minced | ¼ cup water |
| 1 clove garlic, minced | 1 egg, slightly beaten |
| 2 tbsp. oil | 10 oz. pkg. frozen chopped spinach (optional) |
| 1 lb. ground beef | 1 cup creamed cottage cheese |
| 10 oz. sliced mushrooms | ⅓ cup grated Parmesan cheese |
| 8 oz. can Catelli tomato sauce | 500 g. pkg. Catelli Lasagna (cooked & drained) |
| 5½ oz. can tomato paste | 6 oz. pkg. sliced mozzarella cheese |
| 2 tsp. salt | |
| 1 tsp. oregano | |

Saute onion and garlic in half the oil; add ground beef and brown breaking it apart with fork. Stir in mushrooms with liquid, tomato sauce, tomato paste, half the salt, oregano and water. Simmer 15 minutes. Combine egg, spinach which has been thawed and drained, cottage cheese, Parmesan cheese, remaining oil and salt. Spread ⅓ of meat sauce in a 9 x 13 baking dish. Cover with ⅓ of Lasagna. Alternate another ⅓ sauce and lasagna. Spread cottage cheese mixture over and cover with remaining lasagna and sauce. Arrange mozzarella cheese on top and bake at 350°F for 20 - 30 minutes.

CORNMEAL CASSEROLE — NACHYNKA BUKOVINIAN STYLE

- | | | | |
|---|---------------------------|----|-------------------|
| 3 | tbps. butter | 1 | cup cornmeal |
| 1 | small onion, chopped fine | 3½ | cups scalded milk |
| 1 | tsp. salt | ½ | cup light cream |
| 1 | tsp. sugar | 3 | eggs, beaten well |
| ¼ | tsp. pepper | | |

Saute onion in butter until tender. Add the cornmeal, salt, sugar and pepper to butter-onion mixture. Mix thoroughly so that the cornmeal would be well coated with butter. Pour in the scalded milk gradually, stirring briskly until mixture is smooth. Cook on medium heat stirring constantly until thickened. Remove from heat and blend in cream, then fold in well-beaten eggs. Spoon into a 2-quart buttered casserole dish. Bake the nachynka uncovered in a moderate oven 350°F for 1 hour. Well baked nachynka should have a crisp golden brown crust on top and sides. Serves 6 to 8.

EGG ROLLS

- | | | | |
|---|---------------------------|-----|------------------|
| 1 | pkg. spring roll wrappers | 1 | celery stalk |
| 4 | oz. cooked ham, shredded | ½ | cup carrot |
| ½ | head cabbage | 4-6 | soaked mushrooms |
| ½ | onion | | |

Seasoning

- | | | | |
|---|-----------------------------|---|---------------------------------|
| 3 | stalks green onion, chopped | 1 | tsp. minced dry prawn or shrimp |
| 3 | slices ginger root, minced | 1 | cube chicken broth |
| 2 | cloves garlic, minced | 2 | tbps. cooking wine |
| 1 | tsp. salt | 1 | tsp. sesame oil |
| 1 | tsp. sugar | | |

Shred all vegetables. Heat wok with 2 tbps. oil, put in green onion, ginger and garlic and toss to brown; add minced dried prawn, saute for a short moment, then add all vegetables and stir well. Add ½ cup water, cover with lid and cook until steam shoots out. Stir in remaining seasoning and the ham. Thicken sauce with starch solution made with 2 tbps. cornstarch and ¼ cup water. Drain out sauce with colander and chill in refrigerator. Wrap egg roll by placing a wrapper with 1 point of the square facing you; place 1 tbsp. filling in the centre, fold the bottom flap over the filling and fold again from the bottom part. Brush water or beaten egg on the edges of upper point then fold up once more from the bottom and press to seal the upper point to the roll. Deep fry rolls until golden brown. Serve with or without plum sauce or Worcestershire sauce.

CHICKEN BUFFET CASSEROLE

- | | | | |
|---|-------------------------------|---|-----------------------|
| 2 | cups chicken, cooked, diced | 3 | tbps. flour |
| 2 | cups noodles or rice, cooked | 1 | tsp. salt |
| 2 | cups broccoli, steamed, diced | ¼ | tsp. pepper |
| 2 | cups milk | ¼ | tsp. prepared mustard |
| 3 | tbps. butter or margarine | 1 | cup cheddar cheese |

Melt butter, stir in flour and add milk. Cook sauce stirring constantly till smooth and thick. Stir in cheese and mustard and season to taste. Remove from heat. Arrange in a greased shallow casserole noodles, chicken, broccoli, pour sauce over and bake uncovered 350°F for 15-20 minutes. Serves 6. Turkey may be substituted.

STUFFED EGGS

- | | | | |
|-----|------------------------------------|-----|------------------------------------|
| 6 | hard boiled eggs | 1 | tblsp. dill, minced |
| 1 | egg | 2 | tblsp. green onion, chopped |
| 2 | tblsp. butter or margarine, melted | | Salt and pepper to taste |
| 3 | tblsp. dry bread | 3 | tblsp. bread crumbs |
| 3-4 | tblsp. milk | 5-6 | tblsp. butter or margarine, melted |

Cut very carefully hard boiled eggs in half lengthwise. Scoop out all the insides of eggs and save the egg shells. Soak dry bread in milk for a few minutes. Squeeze dry and combine with eggs and mash well or put through a grinder or sieve. Add 1 whole egg, melted butter, dill, green onion and seasoning and mix thoroughly together. Fill egg shells carefully with egg mixture. Dip each in bread crumbs and brown lightly in butter in a hot skillet. For variety add minced cooked ham. May be served as a main dish or as hors d'oeuvres.

MUSHROOM CUTLETS

- | | | | |
|---|---|---|--|
| 1 | lb. fresh or 2 cups drained
canned mushrooms | 1 | egg white, slightly beaten for dipping |
| 1 | cup onions, chopped | 3 | eggs, beaten |
| 2 | tblsp. butter or margarine | 1 | egg yolk |
| 2 | cups bread cubes | 2 | tblsp. chopped parsley |
| ½ | cup milk or water | ½ | tsp. salt |
| | Fine bread crumbs | ¼ | tsp. pepper |

Chop mushrooms and saute with onion in butter. Soak bread cubes in milk for 10 minutes. Combine all the ingredients and shape into patties, using about 3 tblsp. for each. Dip in egg and coat with bread crumbs and fry in butter on both sides. Makes 12 cutlets.

PLUM DUMPLINGS

- | | | | |
|---|-----------------------------|----|--------------------------------|
| ½ | cup bread crumbs | ⅓ | cup oil |
| 1 | cup flour | ¼ | cup cream |
| 2 | cups cooked potatoes, riced | 18 | plums, pitted |
| 1 | tsp. baking powder | | sugar |
| 1 | tsp. salt | 1 | cup crumbs, buttered and fried |
| 2 | eggs | | |

Combine the first 8 ingredients one at a time working gently to make a smooth dough. Knead the dough well for 5 minutes. Set aside for 30 minutes covered. Roll out ¼ inch thick on a floured board. Cut into 3 inch squares. Place in each square a plum with sugar inside it. Pinch edges together securely around the plum. Place a few dumplings at a time in boiling water and boil until dumplings rise to the top. Drain and rinse with hot water. Drench with crumbs and serve hot. Sprinkle with sugar. Makes 1½ dozen dumplings.

KARTOPLYANYKY — POTATO PANCAKES

- | | |
|-------------------------|----------------------|
| 4 potatoes, raw, grated | 1 tsp. salt |
| 2 eggs, slightly beaten | 1 tsp. baking powder |
| 1 onion, grated | Pepper to taste |
| ½ cup flour | |

Mix all the ingredients thoroughly. Fry pancakes on hot well greased frying pan or griddle about 5 minutes on each side or until they are well browned. Serve hot with sour cream. Serves 4.

POTATO KNIDLEE

- | | |
|---------------------------------|-----------------|
| 4-5 potatoes, cooked and mashed | 4-5 tbsp. flour |
| 1 egg | Salt to taste |

Make a soft dough and roll into a thin long rope thickness of a finger. Cut into 2" strips. Cook in boiling water about 5 minutes. Strain and butter thoroughly. May be served with meat instead of potatoes or with fried onions, fried bacon, etc.

HALUSHKY — POTATO DUMPLINGS

- | | |
|------------------------|--------------------------|
| 2 cups mashed potatoes | ¼ cup bread crumbs |
| 1 egg, slightly beaten | Salt and pepper to taste |
| ¾ cup flour | |

Combine all the above ingredients and mix thoroughly. On a floured board shape into rolls of finger thickness and 2 inches in length. Cook in rapidly boiling water about 5 to 6 minutes. Remove dumplings with a slotted spoon and butter generously. Serve hot with meat instead of potatoes.

BREAD CRUMB KNIDLEE

- | | |
|---|----------------|
| 1½ cups dry bread, cubed size of croutons | 2 eggs, beaten |
| 5-6 tbsp. butter | ¾-1 cup flour |
| 2 cups milk | ½ tsp. salt |

Lightly brown ¾ cup bread cubes in butter. Combine eggs and milk and pour over browned bread cubes. Add remainder of bread cubes and mix well together. Cover and set aside for 1-2 hours. Mix flour and salt into the bread mixture and mix thoroughly. Shape into balls the size of crabapples. Cook in salted boiling water, covered, about 10-15 minutes. (First test boil 1 ball to see if dough is too thin, then add some more flour.) Strain and toss gently with melted butter. Delicious with stew. Serves 4.

COTTAGE CHEESE DUMPLINGS

- | | |
|-------------------------------------|----------------------|
| 1 500g. baking cottage cheese | 1 cup flour |
| 4 medium potatoes, boiled and riced | 1 tbsp. sugar |
| 2 tbsp. sour cream | 4 tbsp. butter |
| 2 eggs | 3 tbsp. bread crumbs |

Combine all ingredients except butter and crumbs and mix well together. Shape into balls 2 inches in diameter. Drop the balls into boiling water. Cook until the dumplings surface, about 10-12 minutes. Rinse with hot water and toss with butter. Brown the bread crumbs in butter and sprinkle them over the dumplings. Serve hot instead of potatoes with stew, meat, etc.

PANCAKES

- | | |
|-----------------------|---------------------------------|
| 1½ cups flour, sifted | 2 eggs, lightly beaten |
| 2 tsp. baking powder | 3 tbsp. melted margarine or oil |
| 3 tbsp. sugar | 1½ cups milk |
| 1 tsp. salt | |

Sift the dry ingredients. Add eggs to milk and oil and combine with flour mixture, folding lightly to blend batter. Grease well a hot skillet. Test the griddle or skillet with a few drops of cold water. If the water bounces and sputters, the griddle is ready to use. Drop batter from spoon and cook about 3 minutes before turning. Brown on both sides. Approximately yields 12 4-inch pancakes.

Blueberry Sauce for Pancakes

- | | |
|--------------------------|-----------------------|
| 2 cups fresh blueberries | 1 tbsp. cornstarch |
| 1 cup orange juice | ¼ cup water |
| 1 cup water | ½ tsp. almond extract |
| ¼-½ cup sugar | ¼ tsp. cinnamon |

Place blueberries in saucepan with orange juice, 1 cup water and sugar and bring to boil. Thicken with cornstarch diluted with ¼ cup water. Add flavourings.

Variations

Dip peeled sliced apples in pancake batter and fry in butter in a hot skillet. Sprinkle with icing sugar. To make nalyсныky or crepes use same batter as for Pancakes but add ½ cup milk to the recipe.

BASIC KASHA RECIPE — BUCKWHEAT

- | | |
|-----------------------------|----------------------|
| 1½ cups kasha | 3 cups boiling water |
| 1 egg, beaten | 1 tsp. salt |
| 2 tbsp. butter or margarine | |

In a bowl mix kasha and egg. Heat butter in a large skillet, add kasha and cook until kasha is lightly browned and crumbly. Pour hot water and salt over kasha. Simmer covered over low heat for 30 minutes, stirring occasionally until liquid is absorbed and kasha is fluffy.

BASIC BARLEY RECIPE

- | | |
|---------------------|----------------------|
| 2 cups pearl barley | ¼ tsp. pepper |
| 1 egg, beaten | ¼ cup butter |
| 1 tsp. salt | 4 cups boiling water |

Mix barley, egg, salt and pepper. Heat butter in skillet and saute barley mixture until brown. Add water, cover and simmer for 40-50 minutes until barley is tender but still firm.

DOUGH FOR VARENYKY

- | | |
|-------------------------------|------------------------|
| 4 cups flour | 3 cups mashed potatoes |
| 3 eggs, beaten | ½ cup oil |
| warm water to make soft dough | 1 tsp. salt |

BRAINS FILLING FOR NALYSNYKY

- | | |
|--------------------------------|-----------------------|
| 1 lb. fresh veal or pork brain | 1 tbsp. vinegar |
| water | 1/3 cup chopped onion |
| 1 tsp. salt | 3 tbsp. butter |
| 5 peppercorns | 1 egg yolk |
| 1 bay leaf | salt and pepper |

Rinse brains under running cold water. Put brains into a saucepan with water to cover, salt, peppercorns, bay leaf, and vinegar. Bring to boil and cook 3 minutes. Drain brains; remove and discard white tough membrane. Chop brain coarsely. Saute onion in butter until golden. Add the brains and stir to mix well. Cook 15 minutes. Add egg yolk to mixture and blend well. Season to taste with salt and pepper.

CHEESE STRATA

- | | |
|---|--|
| 8 slices bacon or ham, cooked & chopped | 1/2 lb. Cheddar cheese, grated |
| 1/2 lb. Monterey Jack cheese, grated | 16 slices bread, crusts trimmed & buttered |

Place 1 layer bread buttered side down in 9 x 13 greased pan. Mix cheese together. Spread 1/2 of the cheese and some chopped bacon. Repeat these layers. Beat 8 eggs, 3 cups milk and salt and pepper to taste. Pour egg mixture over bread. Chill overnight or 8 hours. Bake 45-55 minutes at 350°F. Serves 8 to 10. Excellent for a Grey Cup party.

TOMATO SAUCE

- | | |
|-----------------------------|---------------------|
| 6 fresh or 1 can tomatoes | 1/2 cup meat stock |
| 1 onion, diced | 1/2 cup thick cream |
| 2 tbsp. butter or margarine | 1/2 tsp. salt |
| 2 tbsp. flour | |

Stew the fresh tomatoes about 15 minutes. Saute onion in butter. Add flour and brown lightly. Add meat stock with tomatoes and bring to boil. Strain the sauce through a sieve. Add remaining ingredients and bring to boil. Serve on fish, veal cutlets, pasta or use as a binding ingredient in casserole mixture.

DILL CREAM SAUCE

- | | |
|-------------------------------|------------------|
| 2-3 tbsp. fresh dill, chopped | 2-3 tbsp. butter |
| 3/4 cup meat stock or milk | 3-4 tbsp. flour |
| 3/4 cup cream | Salt to taste |

Melt butter and blend in the flour. Brown lightly. Add meat stock and cream. Bring to a boil. Season to taste. Cook over low heat for 5 minutes. Add the dill. Delicious with new potatoes.

LAZY CABBAGE ROLLS

- | | |
|------------------------------------|--|
| 1 medium cabbage, chopped coarsely | 1 cup chopped bacon or ham or hamburger meat |
| 1/2 cup chopped onion | 1 can tomato soup mixed with 1 can of water |
| 1 tsp. salt | 1/2 cup margarine |
| 1/2 tsp. pepper | |
| 2 cups rice | |

Fry bacon and onion. Cook rice in 2 cups of water for 5 minutes. Combine all ingredients, pour into small roaster and mix well. Bake in slow oven 325°F for 1 hour.

MEAT SAUCE FOR SPAGHETTI

- | | |
|---------------------------------|-----------------------|
| 1 lb. lean ground beef | 1 tbsp. onion, minced |
| 2 tbsp. oil | 1 tsp. sugar |
| 1 can (1lb. 13oz.) tomato paste | ½ tsp. oregano |
| 3 tbsp. soya sauce | |

Brown beef in oil and mix in remaining ingredients. Cover and simmer 30 minutes, stirring occasionally. Add a little water if too thick. Serve over cooked spaghetti. Sprinkle Parmesan cheese, if desired. Makes 6 servings.

HOLLANDAISE SAUCE

- | | |
|---------------------|---------------------|
| 3 tbsp. butter | dash of cayenne |
| 2 egg yolks, beaten | ⅓ cup boiling water |
| ¼ tsp. salt | 1 tbsp. lemon juice |

Cream the butter, and add egg yolks. Add seasonings and water. Cook gently in double boiler until thick and smooth. Stir constantly. Remove from heat and add lemon juice. Serve at once with fish steaks, baked fish or cutlets, asparagus or broccoli.

BEARNAISE SAUCE

- | | |
|----------------------------|---------------------|
| 1 tsp. dried tarragon | 3 tsp. wine vinegar |
| 2 tsp. chopped parsley | 1 tbsp. water |
| 2 tsp. chopped green onion | salt and pepper |
- Hollandaise Sauce

Cook together all the ingredients except the Hollandaise Sauce until little liquid remains. Prepare Hollandaise Sauce and combine beating well together. Continue to stir over hot water until the sauce is thick. Serve on broiled meat or fish.

SAUERKRAUT WITH SAUSAGE

- | | |
|---------------------------|---------------------------------|
| 3 cups sauerkraut, rinsed | 1 lb. Ukrainian sausage, sliced |
| 1 large onion, chopped | 1 cup bouillon or water |
| 1 tsp. brown sugar | 2 tbsp. flour |
| 4-5 tbsp. bacon drippings | 1 tsp. caraway seed |

Saute onions in 3 tbsp. fat. Combine sauerkraut, onions, brown sugar and ½ cup bouillon and cook uncovered 15-20 minutes. Add sausage and cook another 15 minutes. Brown flour in 2 tbsp. fat add remaining bouillon to make a sauce. Combine, season to taste and heat thoroughly. Serve with potatoes and rye bread.



Picture of Appetizers, clockwise — Chicken Wings (page 46), Vegetable Tray Fresh Herb Dip (page 37), Easy Pate (page 39), Shrimp Stuffed Eggs (page 37), Salmon Spread (page 38).

SCALLOPED POTATOES

- | | |
|------------------------------------|---------------|
| 6 potatoes, thinly sliced (6 cups) | 2 tbsp. flour |
| ¼ cup chopped onions | 1 tsp. salt |
| ¼ cup parsley | 1¾ cup milk |
| 3 tbsp. butter or margarine | ¼ tsp. pepper |

Layer the vegetables in a baking pan, (2 quart casserole). Combine the remaining ingredients and pour over vegetables. Cover. Bake about 1 hour at 350°F, uncover and bake till potatoes are done. Makes 6 servings.

DELICIOUS POTATOES

- | | |
|-------------------------------------|------------------------------|
| 3 tbsp. butter | 2 tbsp. minced onion |
| 3 medium potatoes, boiled and diced | 2 tbsp. green onion, chopped |
| 1¼ cups grated Monterey Jack cheese | Salt |
| 1¼ cups grated cheddar cheese | ½ cup diced avocado |
| ⅔ cup diced tomato | ½ cup sour cream |

Brown potatoes in butter over medium-high heat. Add cheeses and remaining ingredients and stir until cheese melts. Gently mix in avocado. Top with sour cream. Makes 2 main-course or 6 side-dish servings.

STUFFED PEPPERS

- | | |
|------------------------|----------------------------|
| 6 green peppers | 1½ cups ground meat, fried |
| 1 cup cooked rice | ¼ tsp. grated onion |
| ½ tsp. salt | ½ cup tomato juice |
| 1 tbsp. butter, melted | ½ cup buttered crumbs |

Select peppers of suitable size and shape for stuffing. Cut slice from end and remove the seeds. Combine next 5 ingredients and enough tomato juice to moisten mixture. Fill peppers and cover with buttered crumbs. Place in baking pan with about ¼ inch of hot water. Bake at 375°F for ½ an hour. Serve as an entree or luncheon dish.

BRUSSELS SPROUTS IN SAUCE

- | | |
|--------------------------|--------------------|
| 2 pints Brussels sprouts | ½ tsp. dry mustard |
| ½ cup onion, chopped | ½ cup milk |
| 2 tbsp. butter | 1 cup sour cream |
| 1 tbsp. flour | 1 tsp. salt |

Cook sprouts in small amount of boiling salted water 10 to 15 minutes; drain. Saute onion in butter and stir in flour, sugar, mustard and salt. Stir in milk and cook until thick. Blend in sour cream. Add sprouts and stir. Heat through but do not boil. Serves 6.

Add a tsp. of cold water to egg whites that are not to be used immediately.

To keep commmeal from lumping, moisten with cold water before adding to boiling water or milk.

EGGPLANT OR ZUCCHINI IN TOMATO SAUCE

- | | | | |
|---|---------------------------------|---|--------------------------|
| 2 | onions, chopped | 1 | bay leaf |
| 1 | green pepper, chopped | | Salt and pepper to taste |
| 1 | celery stalk, chopped | 2 | eggplants or |
| 2 | cloves garlic, chopped | 4 | zucchini |
| ¼ | cup margarine or oil | ½ | cup oil |
| 4 | cups tomatoes, peeled & chopped | | |

Saute onions, pepper, celery and garlic in oil until soft. Add tomatoes. Canned tomatoes may be used. Add bay leaf and season to taste. Simmer uncovered all these vegetables together. Slice zucchini or eggplants ½ inch thick. Shake in flour and brown in ½ cup oil. Drain on paper towels. Add to tomato mixture. Cook gently 15 minutes. Pour into serving casserole and sprinkle 1 cup crumbs and Parmesan cheese and dot with butter. Broil till lightly browned.

STIR-FRY VEGETABLES

- | | | |
|----------------------------|---|-----------------------|
| Carrots, sliced diagonally | 4 | tbsp. oil |
| Onion, chopped coarsely | 4 | cloves garlic, sliced |
| Cauliflower, broken | 1 | tbsp. ginger, chopped |
| Broccoli, broken | | Pinch salt |
| Mushrooms, halved | 1 | tbsp. soy sauce |
| Bok Choy, chopped | 1 | tbsp. wine |
| Bean Sprouts | ½ | tbsp. cornstarch |

Wash and prepare vegetables. Heat oil, garlic, ginger and salt in hot wok or skillet and fry vegetables in order listed 2 minutes with each addition. Combine sauce with vegetables.

SPINACH

- | | | | |
|---|------------------------------|-----|-----------------------|
| 1 | pkg. frozen or fresh spinach | 1 | clove garlic, crushed |
| 1 | onion, chopped | | Salt to taste |
| 2 | tbsp. margarine | 1 | cup heavy cream |
| 1 | tbsp. flour | 1-2 | egg yolks (optional) |

Wash spinach and cook in boiling water 5 minutes. Saute onion and add flour and brown lightly. Add drained chopped spinach and ¼ cup juice from spinach and simmer for 10 minutes. Add garlic and cream. Season to taste. Serves 4.

ZUCCHINI IN DILL SAUCE

- | | | | |
|----|--------------------------------------|---|-------------------------------|
| 2½ | lb. unpared zucchini cut into strips | 1 | tsp. instant chicken bouillon |
| ¼ | cup chopped onions | ½ | tsp. dried dill seed |
| ½ | cup water | 2 | tbsp. sugar |
| 1 | tsp. salt | 2 | tbsp. flour |
| 2 | tbsp. butter or margarine melted | ½ | cup sour cream |
| 1 | tsp. lemon juice | | |

In saucepan combine zucchini, onion, water, salt and bouillon and dill seed. Bring to boil. Reduce heat, simmer covered 5 minutes or until zucchini is just tender. Do not drain. Add butter or margarine, sugar and lemon juice. Remove from heat. Blend flour into sour cream. Stir about half the hot cooking liquid into sour cream, return to saucepan. Stir and cook until thickened and bubbly.
Makes 6 servings.

FRIED RICE

- | | | | |
|-----|-------------------------------|----|-----------------------|
| 2-3 | tblsp. green onion, chopped | 2 | eggs, slightly beaten |
| ½ | cup sausage, chopped | ½ | tsp. salt |
| 1 | cup cook ham or pork, chopped | 2 | tblsp. soy sauce |
| 4 | cups cooked rice | 1½ | cups cooked peas |
| 2 | tblsp. oil | | |

Saute onion, meat and sausage in oil; add rice and cook for 5 minutes. Add beaten eggs, salt and soy sauce and mix well together; cook till egg is cooked. Add peas.

CREAMED CARROTS

- | | | | |
|-----|---------------------------------------|---|-----------------|
| 5-6 | carrots to make 2 cups cooked carrots | ½ | cup sweet cream |
| 5 | tblsp. butter | 2 | tblsp. flour |
| | Salt | | |

Cook whole carrots. Slice. Brown butter and flour. Add cream and season to taste. Pour sauce over carrots and simmer for a few minutes. Serve with a teaspoon chopped parsley sprinkled on top.

BEETS

- | | | | |
|---|------------------------------------|---|-------------------|
| 4 | cooked beets whole and then peeled | ½ | tsp. salt |
| 2 | tblsp. butter | 1 | tblsp. sugar |
| 1 | tblsp. flour | ¼ | tsp. caraway seed |
| 1 | tblsp. vinegar | ½ | cup thick cream |

Grate beets. Melt butter in a saucepan, add flour and brown. Add beets. Stir in vinegar, salt, sugar and caraway seed. Cook over high heat 3 to 5 minutes. Stir in cream. Serve at once. Makes 4 servings.

Makes 4 servings.

CAESAR SALAD

- | | | | |
|---|--|-----|-----------------------------------|
| 2 | heads of romaine lettuce, washed & dried | | Few drops of Worcestershire sauce |
| 1 | clove garlic, peeled and sliced | 5-6 | fillets of anchovy, mashed |
| ½ | cup olive oil | 2 | oz. blue cheese, crumbled |
| 1 | cup French bread cubed | 2-3 | tblsp. Parmesan cheese |
| ½ | tsp. salt | 1 | egg, coddled for about 1 minute |
| ¼ | tsp. dry mustard | | Juice of 1 lemon |
| | Freshly grated black pepper | 3 | tblsp. wine vinegar (optional) |

Set aside garlic and oil for 24 hours. Saute bread in 2 tblsp. garlic oil. Break lettuce into bite-size pieces and place in a salad bowl. Sprinkle over it salt, dry mustard, black pepper and anchovies. Add gently cooked vinegar and remaining garlic oil. Drop egg from the shell onto the ingredients in the bowl. Squeeze over the egg the juice of 1 lemon. Add croutons and cheese. Toss the salad well. Serve it at once. Makes 4 to 6 servings.

LENTEN SALAD

- | | | | |
|---|---|---|--------------------------------------|
| 1 | qt. sauerkraut - well rinsed & drained
but not dry | | Oil from sardines |
| 1 | large onion, sliced | 2 | tbsp. oil |
| 3 | cans sardines - chopped | 2 | tbsp. apple cider vinegar (to taste) |

Toss well. Serve hash brown or pan-fried potatoes with it and tomato juice for a beverage. This is excellent for Good Friday and the first Monday of Lent.

SOUR CREAM DRESSING

- | | | | |
|---|---------------------|---|------------------|
| ½ | cup sugar | 1 | cup milk |
| 3 | tbsp. flour | 1 | tsp. dry mustard |
| 1 | egg slightly beaten | | |

Combine and cook for 10 minutes until thick. Slowly stir ½ cup vinegar. Add 1 tbsp. butter. Continue to cook until thick. Season to taste. Salt and pepper. Fold in 1 cup sour cream. Serve over vegetables, salad or lettuce wedges.

OIL DRESSING

- | | | | |
|---|-----------------------------|---|------------------|
| ½ | cup olive oil | ½ | tsp. salt |
| 2 | tbsp. tarragon wine vinegar | ¼ | tsp. dry mustard |
| 1 | tbsp. lemon juice | ¼ | tsp. paprika |

Combine all ingredients in a jar with a tight lid and shake well. Shake before using. (Makes about ¾ cup.)

HORSERADISH SALAD

- | | | | |
|---|-------------------|----|----------------------------|
| 1 | pkg. lemon jello | ½ | tsp. salt |
| 1 | cup boiling water | 3½ | -4oz. horseradish, drained |
| 2 | tbsp. vinegar | 1 | cup whipped cream |

Mix all ingredients except whipped cream. Let jello partially set. Fold in whipped cream. Delicious with roast or barbecued meats.

GREEN SALAD WITH DRESSING

- | | | | |
|---|-----------------------------------|---|--------------------------------|
| 1 | large head romaine or red lettuce | 1 | large carrot, grated |
| 1 | cup alfalfa or bean sprouts | 1 | small red onion, thinly sliced |

Dressing

- | | | | |
|---|---------------------------|---|--|
| ½ | cup safflower or corn oil | 2 | garlic cloves, mashed or minced |
| ¼ | cup white wine vinegar | ¼ | tsp. each basil, leaf thyme
and oregano |
| ½ | tsp. brown sugar | | Salt and pepper |
| ½ | tsp. dry mustard | | |

For salad, separate lettuce leaves, wash well, drain and spin or pat dry. Combine with sprouts, carrot and onion; toss. For dressing, combine oil, vinegar, sugar, mustard, garlic and seasonings in a jar with a lid. Screw lid on tightly and shake well. Add salt and pepper to taste and set aside. Just before serving, shake dressing again and drizzle lightly over the salad. Toss and taste before adding more dressing. Serves 5 to 6.

ZUCCHINI SALAD

- 3 medium zucchini, thinly sliced
- 1 cup radishes, sliced
- 3 green onions, sliced

- 1 head romaine lettuce,
washed and dried

Dressing

- $\frac{1}{4}$ cup salad oil
- 3 tbsp. vinegar
- 1 tsp. salt

- 1 clove garlic, crushed
- Dash freshly ground black pepper

In a large bowl combine all the vegetables and refrigerate about 1 hour. In a jar combine all ingredients for dressing and shake well and chill. At serving time add dressing and vegetables and toss until well coated. Makes 4 to 6 servings. Serve as a first course salad or as a green salad in a menu.

SOUR CREAM DRESSING FOR A SPINACH SALAD

- 1 bag spinach, torn bite size pieces
- $\frac{1}{2}$ lb. mushrooms, sliced
- $\frac{1}{2}$ cup mayonnaise
- $\frac{1}{2}$ cup sour cream
- 2 tbsp. chopped green onion tops

- 2 tbsp. parsley
- $1\frac{1}{2}$ tbsp. vinegar
- $1\frac{1}{2}$ tbsp. lemon juice
- 1 garlic clove, minced

Put dressing ingredients in blender and pour over spinach and mushrooms.

MARINATED GARDEN SALAD

- 2 cans whole button mushrooms
(drained)
- 1 large head cauliflower (broken)
- 1 green pepper (strips)
- 2 cups celery (cut angled)

- 1 red pickling onion
- 2 cups baby carrots (blanched)
- 2 cups broccoli (cut angles)
- 1 can pitted olives (dark)

Marinade

- 1 cup sugar
- 1 cup vinegar
- 1 cup oil
- $\frac{1}{4}$ tsp. tarragon

- 2 tsp. salt
- 2 tsp. dry mustard
- 1 large clove garlic, crushed

Prepare vegetables and place in large bowl. Combine all ingredients for the marinade and pour over vegetables. Cover with lid to seal well. Marinade 3 hours then turn bowl upside down so all pieces absorb marinade. Keep turning bowl every few hours. Refrigerate over night. This salad can be varied by adding any vegetables. Serves 8-10.

PICKLED COLE SLAW

- 1 medium cabbage, shredded very fine
- 2 onions sliced very thin
- 1 cup white sugar
- 1-2 tsp. salt (pickling salt)

- 1 cup white vinegar
- 2 tsp. prepared mustard
- 1-2 tsp. celery seed
- $\frac{1}{4}$ cup salad oil

Toss onions, cabbage and salt, let stand for a few minutes. Combine remaining ingredients, bring to boil and pour over cabbage. Mix well, pack in jars. Chill overnight, this keeps in the fridge for days.

ONION SALAD

- | | | | |
|----|-----------------------------|----|-------------------|
| 6 | sweet onions, thinly sliced | 3 | tsp. salt |
| 1½ | cups water | 1½ | cups mayonnaise |
| 1½ | cups vinegar | 3 | tsp. celery seeds |
| 2¼ | cups sugar | | Salt and pepper |

Brine

Heat water, vinegar, sugar and salt to boiling. Pour over onions. After 3-5 hours drain off onions. Combine mayonnaise, celery seeds, salt and pepper and add to onions. Onions in brine will keep in the fridge for a month.

CARROT SALAD

- | | | | |
|---|-----------------------|---|---------------|
| 2 | lbs. carrots, sliced | 1 | tsp. salt |
| 2 | sweet onions, sliced | ¼ | tsp. pepper |
| 1 | green pepper, sliced | ½ | cup salad oil |
| 1 | 10oz. can tomato soup | ¾ | cup vinegar |
| 1 | cup sugar | | |

Cook carrots until tender but crisp. Drain. Combine onions and peppers. Combine remaining ingredients for the sauce and bring to a boil. Pour over carrots, onions and peppers. Chill and store in fridge.

3-BEAN SALAD

- | | | | |
|---|-------------------------------------|---|---------------------|
| 1 | can chick peas, drained | ½ | cup onions, chopped |
| 1 | 14oz. can green beans, drained | ½ | cup salad oil |
| 1 | 14oz. can yellow wax beans, drained | ½ | cup vinegar |
| 1 | 14oz. can kidney beans, rinsed | ½ | cup sugar |
| ½ | cup green pepper, chopped | | |

Mix well the last three ingredients until sugar is dissolved. Combine all ingredients and refrigerate at least a day for best flavour.

FRESH CRISP SALAD

- | | | | |
|---|---------------------------|---|---------------------------|
| ½ | head lettuce | ½ | lb. bacon bits |
| | small bunch fresh spinach | 3 | eggs, hard boiled, sliced |
| 1 | 10oz. pkg. frozen peas | ½ | cup mayonnaise |
| ½ | cup green onion, chopped | ½ | cup salad dressing |

Break lettuce and spinach into bite-sized pieces. Layer in a glass salad bowl, lettuce, spinach, peas, onions, eggs and some bacon bits. Cover with mayonnaise and remaining bacon sprinkled on top. Store in refrigerator for 24 hours. Makes 4 to 5 servings.

JELLIED EGG SALAD

- | | | | |
|---|-----------------------------|---|---------------------------|
| 1 | jello, lemon or lime, small | 1 | tsp. onion, grated |
| 1 | cup boiling water | ½ | cup mayonnaise |
| ½ | tsp. salt | 1 | cup celery, chopped |
| 2 | tbsp. vinegar | 2 | tbsp. green pepper, diced |
| 4 | hard boiled eggs, chopped | ½ | cup carrot, grated |

Let jello set slightly and stir in onion and mayonnaise. Fold in the rest of the ingredients. Refrigerate.

APPLE JELLO SALAD

- | | |
|--|-----------------------------------|
| 1 pkg. lemon jello (or lime for color) | ½ cup grated cheddar cheese |
| 1 cup hot water | ½ cup cold water |
| 2 tbsp. vinegar or lemon juice | ½ cup mayonnaise |
| ½ tsp. salt | 1 cup red apple, unpeeled, grated |
| ½ cup diced celery | |

Dissolve jelly powder in hot water. Add cold water, vinegar, mayonnaise and salt. Blend well with rotary beater. Quickly chill until it starts to set around edges. Beat with rotary beater until fluffy. Fold in apples, cheese and celery. Chill in individual molds or one large mold. Serves approximately 5 people.

Jello Salad Variations

- | | |
|------------------------|------------------------|
| ½ cup chopped celery | 1 small onion, chopped |
| ½ cup chopped cucumber | ½ cup chopped radish |

Jellied Fruit Salad: Replace vinegar with fruit juice and substitute grapefruit and orange sections, celery, small green grapes, canned pineapple, canned fruit cocktail combinations.

AMBROSIA SALAD

- | | |
|---------------------------------------|--|
| 1 8¼oz. can pineapple chunks, drained | 1 cup shredded coconut |
| 1 11oz. can orange sections, drained | 1 can fruit cocktail (optional) |
| 1 cup miniature marshmallows | 1 small carton sour cream or whipped cream |

Combine all ingredients in a bowl. Fold in cream. Cover and refrigerate for several hour or overnight. Serves 6 to 8.

May be served with poultry dishes.

PINEAPPLE CHEESE SALAD

- | | |
|---------------------------------|-------------------------------------|
| 1 can (20oz.) crushed pineapple | ¾ cup whipping cream or canned milk |
| 2 pkgs. lime jello | ½ cup salad dressing |
| 2 cups boiling water | ½ cup celery, chopped |
| ½ cup walnuts, chopped | 1 cup cottage cheese |

Dissolve jello in boiling water. Add and stir together drained pineapple syrup. Place in fridge until partly set. Place ½ portion of syrupy jello into a medium-size bowl and fold in drained pineapple & walnuts. Pour into lightly oiled jelly mold; chill until firm and sticky on top. Keep remaining portion of syrupy jello at room temperature. Blend in cottage cheese, cream, salad dressing and celery. Spoon over layer in mold and chill until firm. Serves 8.

BORSCHT FOR FREEZING

- | | |
|-----------------------------|--------------------------|
| 8 cups beets, cut in strips | 1 can stewed tomatoes |
| 2 cups carrots | ⅓ cup vinegar |
| 2 cups beans | ¼ cup sugar |
| 1 large onion, chopped | 1 tsp. salt |
| 2 cups potatoes, cubed | 2 tbsp. dill, chopped |
| 2 cups peas | 2 tbsp. parsley, chopped |

Cover beets with water; add salt and cook 30 to 35 minutes. Add vinegar and sugar. Cook all other vegetables together with water 25 minutes. Add dill and parsley. Combine all vegetables and beets and cook together 20 minutes. Cool. Fill milk cartons ¾ full; staple tops and freeze. Makes 5-6 quarts of borscht.

KOROVAI — DECORATED WEDDING BREAD

The Wedding Feast is an important part in the ceremony of marriage. Korovai is a ritual wedding bread, braided, ring-shaped and decorated with ornaments made of dough such as birds or doves symbolizing love and faithfulness, pinecones - fertility, flowers - beauty and rings - eternity and general welfare. Korovai is decorated with green myrtle, herbs and periwinkle. It makes a beautiful centerpiece for a wedding or anniversary headtable.

¼ cup lukewarm water	1 cup milk, scalded
1 tsp. sugar	¼ cup sugar
1 pkg. yeast	¼ cup margarine or crisco
2 eggs	5-6 cups flour
1 cup lukewarm water	1 tsp. salt

Dissolve sugar in water, sprinkle yeast on top and let stand 10 minutes. In a large bowl beat eggs until light in color. Add sugar, water, milk, crisco and yeast mixture and continue beating until smooth. Combine flour and salt and add to first mixture stirring until smooth dough is formed. Knead well. Dough should be thicker than ordinary bread. Cover and let rise 1 hour or until double in bulk. Punch down and let rise till doubled.

Place ⅓ of dough onto a greased 10" springform pan to about 1" thickness. (Or make like Easter Paska.) From remaining dough make: 1 large rosette and place in centre of the dough in the pan, 6 doves arranged around the rosette and an entwined rope around the edge of pan. Cover and let rise in warm place for about 1 hour. Beat egg yolk with ¼ tsp. sugar and brush Korovai with this mixture. Bake 350°F for 20 minutes then reduce to 300°F and continue baking for 1 hour or until crust is golden brown. Cool. Decorate with doves and greenery.

DOVES

Combine 3 cups flour, 1 tbsp. oil and enough warm water to make dough workable. Roll out a rope ¼-½" thick and 5" long. Tie a knot and shape the ends into a beak and tail of a dove. Insert a wooden toothpick into underside centre of dove. Place the toothpicks into holes of flat-bottom container to dry for 16-20 hours or until real hard. (May heat oven to 200°F, place doves on container in oven and turn oven off. Leave overnight.)

Glaze doves with beaten egg yolk and ¼ tsp. sugar. Place in oven 400°F for 3-5 minutes until tail begins to brown. Cool. Yields 60 1" doves.

Dilute ¼ tsp. instant coffee in a drop of water to make a thick paste. Dab with a broken toothpick to make eyes. Let dry and doves are ready to fly away.

Ой раю наш раю,
Славний наш короваю,
Тобі музики грають,

Хорошенько співають,
На тобі квіти,
Щоб любилися діти.



Korovai from Poltava and Bukovina Regions.

WHITE BREAD (Basic Recipe)

1	tsp. sugar	2	cups flour
½	cup lukewarm water	¼	cup sugar
2	tbsp. yeast	2	tbsp. salt
3½	cups liquid (milk, water or potato water)	¾	cup oil
		10	cups flour

Dissolve sugar in ½ cup lukewarm water and sprinkle yeast on top. Let stand 10 minutes. Place the liquid in a large saucepan and heat slowly until bubbles form around the edge of the pan and cool to lukewarm. Combine sugar, salt, ½ of the oil and stir in 2 cups flour and beat to form a smooth batter. Add yeast to the batter and mix well. Add remaining flour to make a soft dough. Knead the dough well until it is smooth and does not stick to your hands, about 5 minutes, using up all the oil. Place in greased bowl. Cover and let rise in a warm place until double in size (about 1-1½ hours). Punch down. Divide and shape into 4 loaves and place in greased baking loaf pans. Cover and let rise in a warm place until double in bulk. Brush lightly with butter or margarine. Bake 375°F for 15 minutes and 350°F for 45 minutes or longer.

WHOLE WHEAT BREAD

Substitute whole wheat flour for half the white flour. Molasses may replace the sugar for a darker loaf. If all whole-wheat flour is used, the loaf will be close or heavy in texture.

BULOCHKY — DINNER ROLLS

½	cup lukewarm water	½	cup sugar
2	tbsp. yeast	2	tsp. salt
1	tsp. sugar	1	cup water
1½	cups scalded milk	2-3	eggs, beaten
½	cup butter, margarine or oil	8-9	cups flour, sifted

Follow the same method of handling this dough as for White Bread (Basic Recipe). Shape as desired and place in a greased baking pan, dipping each ball of dough into melted butter. Cover and let rise in a warm place until double in bulk. Bake in 350°F oven for 45 minutes or until done. Makes 3 dozen medium-sized rolls.

CRUSTY BREAD

2	pkgs. yeast	1	tbsp. sugar
2	cups lukewarm water	6	tbsp. vegetable shortening
1	tbsp. salt	5 - 5½	cups flour

In a large bowl soften yeast in lukewarm water. Stir in salt, sugar and shortening. Blend in enough flour to form a stiff, sticky dough. Knead on a heavily floured surface until smooth and elastic, about 5 minutes. Place dough in a greased bowl and turn to grease top. Let rise, covered, in a warm place until doubled in bulk, about 1½ hours.

Punch down, knead again and divide dough into 3 pieces. Roll each piece into a 16 x 6" strip. Roll up at the 16" side into long rolls. Slash top of each roll 4 or 5 times and place on a greased cookie sheet. Brush tops of loaves with water and let rise, covered, in a warm place until doubled in bulk, about 30 minutes. Place a shallow pan of water on bottom rack of a preheated hot oven (400°F). Place bread loaves in oven and bake for 40-45 minutes, or until loaves sound hollow when tapped. Brush loaves with water every 15 minutes during baking. Cool thoroughly on rack before slicing. Makes 3 loaves. This dough may be used for crusty buns.

CHEESE AND NUT BREAD

- | | | | |
|---|------------------------|-----|---|
| 2 | tsp. sugar | 3 | medium eggs, beaten |
| ½ | cup warm water | 5-6 | cups flour, divided |
| 2 | pkgs. yeast | 2 | cups grated old cheddar or gouda cheese |
| 1 | cup lukewarm milk | ¾ | cup chopped walnuts |
| ½ | cup sugar, divided | 1 | egg, lightly beaten |
| 1 | tsp. salt | | |
| 2 | tbsp. butter, softened | | |

Dissolve two teaspoons sugar in warm water in large bowl. Sprinkle yeast into water mixture. Allow to stand 10 minutes.

Combine milk, ¼ cup sugar and salt. Add milk mixture, butter, eggs and one cup flour to dissolved yeast mixture. Beat until smooth. Stir in grated cheese and walnuts. Add four cups flour gradually. Add as much of the remaining flour as necessary to make a soft dough which leaves the sides of the bowl. Turn out onto a lightly floured surface. Knead about 10 minutes or until dough feels smooth and elastic and no longer sticky.

Place dough in lightly greased bowl and in a warm place until doubled in size, about 1 to 1½ hours. Divide dough into six pieces. Stretch and roll each piece into a rope about 20 inches long.

Place three dough ropes on lightly greased baking sheet; braid together turning ends under. Repeat on another baking sheet with remaining three ropes. Brush a little oil on top of loaves and cover bread with plastic wrap. Leave to rise in a warm place for 45 minutes or until doubled in size. Bake in moderate oven, 375°F, 20 minutes. Brush tops with beaten egg and bake a further 15 to 20 minutes until loaves are golden brown. Makes two loaves.

TEA DONUTS

- | | | | |
|---|--------------------|----|--------------------|
| 1 | egg | ½ | cup milk |
| ¼ | cup sugar | 1½ | cups flour |
| 2 | tsp. melted butter | 2 | tsp. baking powder |
| 1 | tsp. vanilla | ¼ | tsp. salt |

Beat egg, sugar, butter, vanilla and milk together. Sift flour, baking powder and salt and add to the egg mixture and beat well. Heat cooking oil in deep fryer. Drop batter by spoonfuls into hot oil, and deep fry till golden brown.

DOUGHNUTS

- | | | | |
|---|-----------------------------|-----|----------------------|
| 1 | tsp. sugar | 1 | tsp. vanilla |
| ½ | cup warm water | 5-6 | egg yolks |
| 2 | pkgs. yeast | ½ | cup sugar |
| 1 | tsp. salt | 2 | cups cream, lukewarm |
| 2 | cups flour | 5-6 | cups flour |
| ½ | cup margarine or shortening | | |

Dissolve sugar in warm water and sprinkle the yeast. Let stand 10 minutes. Prepare 2 cups flour, shortening and salt as for a pie crust. Set aside. In another dish beat egg yolks and sugar. Add warm cream, continue beating. Add the yeast and mix in the flour-shortening mixture. Gradually mix and knead in the remaining flour. Knead well. Cover and let rise in a warm place for 1 hour. Punch down and leave for ½ hour more. Turn out on a floured board and roll out ⅓ inch thick. Cut with cookie cutter or 3 inch doughnut cutter. Let rise until light about 30 to 45 minutes. Drop into hot fat raised side down. Turn and brown. Drain. Shake in a bag with granulated or icing sugar.

BUBLYKY — BAGELS

- | | | | |
|---|----------------------|-----|---------------|
| 2 | tblsp. sugar | 1 | egg |
| ½ | cup warm water | 3 - | 3½ cups flour |
| 1 | pkg. yeast | ½ | tsp. salt |
| ¼ | cup oil or margarine | ½ | cup milk |

Prepare yeast as on the package. Stir in salt and 1½ cups flour. Beat until smooth. Stir in remaining ingredients. Turn dough onto lightly floured board and knead until smooth and elastic, about 10 minutes. Place in greased bowl and grease the top. Cover and let rise in warm place until double in size, about 45 minutes. Dough is ready if an indentation remains when touched.

Punch down dough and divide into 12 equal parts. Roll each part into a rope 6 inches long. Moisten ends with water and pinch to form a circle or shape each part into a smooth ball and punch a hole in centre and pull gently to enlarge hole to make a uniform shape. Let rise 20 minutes. Set oven to 375°F. Heat 2 quarts water to boiling in large kettle. Add bagels, and simmer for 5 minutes, turning once. Drain on kitchen towel. Repeat with remaining bagels. Place bagels on oiled baking sheet until bagels are golden about 30 to 35 minutes. Serve with cream cheese and lox, or marmalade. Yields 12 bagels.

ROGALYKY — CROISSANTS

- | | | | |
|---|--------------|---|--------------------|
| 3 | cups flour | 1 | pkg. yeast |
| 3 | tblsp. sugar | ½ | cup lukewarm water |
| ½ | tsp. salt | 2 | eggs |
| 1 | cup butter | | |

Mix dry ingredients and cut in butter as for pastry. Dissolve the yeast in lukewarm water. Add beaten eggs, mix in dry ingredients to make dough. Place dough in bowl, cover with waxed paper and leave overnight in refrigerator. Next day divide dough into 5 parts. Roll out each part as for round pie crust. Spread it with soft butter. Cut into 8 pie shapes, place jam, prunes, dates or poppy seed filling on the dough and roll up from the wide side. Arrange on cookie sheet and set to rise for about ¼ hour. Brush with butter and bake 350°F 30 to 40 minutes.

RICH PAMPUSHKY

- | | | | |
|----|-------------------------|----|-------------------------------|
| ¼ | cup warm water | ½ | cup sugar |
| 1 | tsp. sugar | 4½ | cups flour |
| 2 | pkgs. yeast | 3 | tblsp. rum or brandy |
| 12 | egg yolks | 1 | cup cream, scalded and cooled |
| 1 | tsp. salt | | Preserves or thick jam |
| ½ | cup butter or margarine | | |

Prepare yeast in warm water in a large bowl. Beat egg yolks with salt at high speed about 6 minutes. Cream butter and add sugar gradually, creaming until fluffy. Add to the yeast. Stir 1 cup of flour into yeast mixture. Add rum and half the cream. Stir well. Add cream and flour alternating. Add egg yolks and beat for 2 minutes or until dough blisters. Cover bowl with a plastic and set in a warm place to rise double in bulk. Roll dough on a floured board ¾ inch thick. Cut out 3 inch rounds. Place 1 tsp. of jam in centre, moisten edges with water and seal edges. Cover and let rise until doubled in bulk, about ½ hour. Fry in hot fat. Sprinkle with cinnamon and sugar, if desired.

FRUIT AND POPPY SEED ROLL

4 cups flour	½ cup sugar
1 pkg. yeast	1 tsp. salt
1 cup milk	3 eggs
½ cup butter or margarine	2 tsp. lemon rind, grated

Filling

1 cup poppy seed, ground	1 cup sugar
½ cup raisins	1 tbsp. flour
¼ cup almonds, finely chopped	1 cup butter or margarine
¾ cup dates, chopped	3-4 tbsp. cream
2 tsp. orange rind, grated	1 egg

Combine ¾ cup flour and yeast in a large mixing bowl. Heat milk, butter, sugar and salt in a saucepan over low heat. Take off the stove and gradually add to the flour mixture, beating at a low speed until well blended. Beat in the eggs and continue beating for 2 minutes at high speed. Add the remaining flour to make a soft dough.

Knead 10 minutes until the dough is smooth and elastic. Place the dough in a greased bowl and grease surface. Cover and let rise in warm place until doubled in bulk about 1 to 1½ hours. Combine the first 7 ingredients of the filling in a bowl and toss until well coated. Melt the butter over a low heat. Beat the cream and egg together with a fork, stir in butter and blend well. Add the poppy seed mixture and stir until well combined. Cook over a low heat for 3 minutes, stirring constantly. Cool.

Grease a large baking sheet. Punch down the dough. Roll out on a lightly floured board a 14 x 16" rectangle. Spread poppy seed mixture evenly over the dough. Starting at the short end roll up the dough to the centre of rectangle. Roll up the other short side so the rolls meet in the middle. Lightly pinch the rolls together to seal. Pinch each end to seal. Carefully lift the roll and place seam side down on the prepared baking sheet. Cover and let rise in a warm place for about 1 hour or doubled in bulk. Set oven 350° F. Brush glaze made with 1 egg beaten with 1 tbsp. milk and bake 35 to 40 minutes or until golden brown. Cool on rack.

CINNAMON RING OR FRUIT COFFEE RING

½ cup warm water	1 egg, beaten
1 tsp. sugar	3 cups flour
1 tbsp. yeast	¾ cup firmly packed brown sugar
½ cup milk, warm	½ cup raisins
¼ cup margarine, melted	1 tsp. cinnamon
¼ cup sugar	Melted margarine
1½ tsp. salt	

Prepare yeast in water and sugar. Let stand 10 minutes. Add milk, sugar, salt and margarine to yeast. Add 1 cup flour, and slightly beaten egg to mixture. Stir well. Add remaining flour gradually and knead until smooth and elastic, about 8 to 10 minutes. Cover and let rise 20 minutes. Combine brown sugar, raisins and cinnamon. On a lightly floured board, roll the dough into a 16 x 8" rectangle. Brush with melted margarine, and sprinkle the brown sugar mixture over dough. Roll up from long side to form a 16 inch roll. Pinch seam to seal. Place sealed edge down in a circle on a greased baking sheet. Seal ends together firmly. Cut ¾ way into ring with scissors at 1 inch intervals. Turn each section on its side. Very lightly brush ring with oil. Grease a piece of wax paper to fit on top of ring. Wrap with saran. Put pan in fridge for 2 to 24 hours. Next day uncover the dough carefully. Let stand, uncovered, 10 minutes at room temperature. Bake in moderate oven 350° F for about 40 to 45 minutes or until done. Remove from baking sheet and cool on wire rack. When cool glaze.

Glaze and Decoration

Combine 1 cup sifted icing sugar, ½ tsp. vanilla and 2-3 tbsp. milk. Stir until the glaze is smooth and a good pouring consistency. Spoon glaze while the ring is still warm. Decorate with cherries and walnut halves. Let stand until the glaze is set.

Variations

Currant or Raisin Ring: Combine 1½ cups currants or raisins, ¾ cup soft brown sugar, 1 tbsp. grated orange rind, and 2 tsp. cinnamon.

Sugar and Spice: Combine 1½ cups brown sugar, grated rind of 2 lemons, 1 tbsp. cinnamon, 1 tsp. nutmeg and ½ tsp. cloves.

Almond-Fruit: Combine ¼ cup slivered almonds, ½ cup raisins, ½ cup chopped mixed peel, ½ cup sugar, 1 tsp. cinnamon and ½ tsp. nutmeg.

PYRIZHKY

- | | |
|----------------------|--|
| 1 pkg. yeast | 2 cups milk (scalded and cooled to lukewarm) |
| ½ cup lukewarm water | 2 tsp. salt |
| 4 tbsp. sugar | 3 eggs, well beaten |
| 5-6 cups flour | |
| ½ cup butter, melted | |

Dissolve the sugar in the lukewarm water and sprinkle the yeast over it. Let it stand for 15 minutes. Combine the softened yeast with the lukewarm milk. Add the beaten eggs, butter and salt; mix thoroughly. Stir in enough flour to make a dough that is neither too soft nor too stiff. Knead until the dough no longer sticks to the hand. Turn the dough on a floured board and knead until smooth and satiny. Put into a bowl, cover, and let rise in a warm place until double in bulk. Punch down and let rise again.

To Make Pyrizhky — Cut off small egg-sized pieces of dough, roll each ¼ inch thick. Place a teaspoonful of the filling in the centre of each round, fold over and press the edges together to seal securely. All edges must be free of filling. Pyrizhky should be oblong shaped. Place pyrizhky on a greased baking sheet; spacing them 1 to 1½ inch apart. Cover and let them rise in a warm place 15-20 minutes. Brush with melted butter and bake in 350-375°F oven until golden brown, for about 30 minutes.

Fillings

Potato and Cottage Cheese Filling:

- | | |
|---------------------------------|-----------------------------|
| 5 medium-sized potatoes | 2 tbsp. butter |
| 1 cup fresh, dry cottage cheese | 1 small onion, chopped fine |

Boil the potatoes. Drain and mash well. Saute onion in butter until tender and add to mashed potatoes. Season with salt and pepper; cool slightly and add the cottage cheese. Mix well and cool before using. **VARIATION:** Substitute cooked rice for cooked potatoes. Add the cottage cheese, butter and mix until blended.

Cottage Cheese Filling:

- | | |
|-------------------------------------|--------------------------|
| 2 cups cottage cheese, drained well | Salt and pepper to taste |
| 1 egg | |

Mix well together until it holds its shape.

Sauerkraut Filling:

Cook sauerkraut. Drain well and squeeze dry. Saute finely chopped onion in butter and add to the sauerkraut. Season with salt and pepper. Cool.

This dough is suitable for cinnamon buns. For filling use: 1½ cups brown sugar, 3 tsp. cinnamon and 1 cup raisins.

ONION ROLLS

- | | |
|----------------------|------------------------------|
| 1 pkg. yeast | 3 eggs |
| 1 cup lukewarm water | 1/3 cup oil |
| 2 tbsp. sugar | 4-5 cups flour |
| 1 1/2 tsp. salt | 1 egg, well beaten, for wash |

Filling

- | | |
|----------------------------|--------------------------|
| 1 cup finely chopped onion | 1 1/2 tsp. caraway seeds |
| 1 tsp. salt | 1 cup dry bread crumbs |
| 1 tbsp. poppy seeds | 1/4 cup oil |

In a bowl soften yeast in lukewarm water. Stir in sugar, salt, eggs, oil and enough flour to form a stiff dough. Knead on a floured surface until smooth and elastic, about 5 minutes. Place dough in a greased bowl and turn to grease top. Let rise, covered, in a warm dry place until doubled in bulk, about 1 hour. Punch down and knead on a floured surface and roll dough into an 18 x 24" rectangle. Cut dough into 12 6 x 3" pieces.

To prepare filling, mix all ingredients in a bowl. Spoon three-fourths of the mixture over dough. Fold one-third of the dough over onions and fold one-third over again from the other side. Place rolls, seam side down, on a greased cookie sheet. Flatten rolls until they are five inches long. Cut rolls in half. Brush rolls with egg wash and sprinkle with remaining onion mixture.* Let rise, covered, in a warm place until doubled in bulk, about 30 minutes. Bake rolls in a preheated hot oven (400°F) for 15-20 minutes. Makes 24 rolls.

* The onion rolls can be frozen at this point. When ready to bake, place frozen rolls on a greased cookie sheet and let rise, uncovered, in warm place until doubled in bulk, about 1 hour. Then bake as directed.

PUMPKIN BREAD

- | | |
|--------------------------|--|
| 1/2 cup lukewarm water | 1 cup canned pumpkin |
| 2 tsp. sugar | 2 eggs, beaten |
| 2 pkgs. active dry yeast | 1 cup milk, scalded & cooled to lukewarm |
| 1/4 cup sugar | 1/2 cup cooking (salad) oil |
| 1/4 cup molasses | 8 cups all-purpose flour (approx.) |
| 2 tsp. salt | 1 cup seedless raisins |
| 1 tsp. cinnamon | Melted butter |
| 1 tsp. nutmeg | 1 tsp. ginger |
| 1/2 tsp. ground cardamom | |

Measure water into large mixing bowl. Add 2 tsp sugar and stir to dissolve. Sprinkle yeast over water and let stand 10 minutes. Stir well.

Add 1/4 cup sugar, molasses, salt, spices, pumpkin and eggs. Beat very well with a wooden spoon to blend. Stir in milk, oil and half of flour. Stir in raisins.

Add enough of remaining flour to make a rather firm dough that is easy to handle. Blend well. Turn out on floured board and knead firmly until smooth and elastic and small bubbles appear under the surface.

Put in a greased bowl, cover with a damp cloth and let rise in a warm place until double, about 1 1/2 hours. Punch down and let rise again until nearly double, about 30 minutes. Divide dough in 2 and shape each piece into a loaf. Put in 9 x 5 x 3 inch loaf pans and let rise again until double, about 1 hour.

Heat oven to 375°F. Brush tops of loaves with melted butter and bake 45 to 50 minutes or until loaves sound hollow when tapped on top. Cover loaves loosely with aluminum foil if they start to brown too much.

WALNUT TORTE WITH COFFEE CREAM FILLING

Walnut Torte

8	eggs, separated	½	cup fine bread crumbs
8	oz. sugar	1	tsp. baking powder
8	oz. finely ground walnuts		

A tart jam or jelly to spread on inside of baked layers. Beat the egg yolks with sugar until mixture turns a white, creamy colour. Add walnuts to the sugar mixture and mix. Beat the egg whites in a separate bowl until stiff. In another bowl combine the fine bread crumbs and the baking powder. (To get fine bread crumbs put them through a sifter). Alternately fold the egg whites and the bread crumbs into the egg yolk mixture. Do this three times. Pour the batter into 2 greased round cake layer pans. Bake 350°F 25 - 30 minutes. Invert on a cake rack, cool, carefully remove from pans. Spread one side of each layer with tart jam or jelly. Between the two layers place the Coffee Cream filling. Ice the torte with Chocolate Icing and decorate with walnuts, almonds or cherries.

Coffee Cream Filling

6	egg yolks	1½	cups water
1	cup icing sugar	2-3	tbsp. cornstarch
3-4	tbsp. ground coffee	½	lb. unsalted butter

Beat the egg yolks with the icing sugar; set aside. Boil the ground coffee with 1½ cups of water for a few minutes. Let it sit and then strain out 1 cup of liquid coffee. Dissolve the cornstarch in the cup of coffee. Pour the coffee into the egg yolk and sugar mixture. Stir constantly and cook on low heat until thick. Remove from heat and stir until cool. When cool add gradually to unsalted butter and ½ cup icing sugar. Mix well. (If a stronger coffee flavour is desired add to the mixture some instant coffee dissolved in a little bit of water). Spread filling between the 2 walnut torte layers. Reserve 4 tbsp. of filling for the Chocolate Icing.

Chocolate Icing

4	tbsp. cooked coffee cream filling	2	sq. melted semi-sweet chocolate
¼	cup unsalted butter	2	tbsp. rum extract
½	cup icing sugar		

Mix the ingredients together to form icing for the torte. Decorate the torte as desired.

* A 3 layer torte may also be made in which the middle layer is an Almond Torte layer (use half the Almond Torte Recipe for 1 layer). Coffee cream filling is then spread between the 3 layers.

BAKING HINTS

Flour can be all-purpose flour, but pastry and cake flours give the most tender product.

All ingredients should be of high quality and be at room temperature to ensure emulsification of ingredients.

When filling cake pans, push batter toward the edges and corners of the pans so that it is higher there than in the centre. During baking, the centre rises highest, reaching the level of the corners, and thus the cake will have an even surface.

ORANGE - ALMOND TORTE

- | | |
|-------------------|-----------------------------|
| ¾ cup sugar | 1 cup finely ground almonds |
| 8 eggs, separated | |

Beat the egg yolks and sugar together. Add the ground almonds. Set aside.

- | | |
|--|----------------------|
| ½ cup sugar | 1 tsp. baking powder |
| Juice and rind of 2 oranges | 8 egg whites |
| ½ cup fine bread crumbs (put through sifter) | |

Cook sugar, juice and rind of oranges for 5 minutes. Set aside and let it cool. Combine bread crumbs and baking powder. In large bowl beat the egg whites until stiff. Combine the egg yolks with the cooled orange mixture. Alternately fold egg whites and bread crumbs into egg yolk mixture. Pour the batter into 2 greased round cake layer pans. Bake 350°F 30 - 35 minutes. When completely cool, carefully remove from pans. Use Coffee Cream filling between layers and sides of torte. Ice top of torte with lemon glaze, ½ cup icing sugar and juice from ½ lemon.

BLACK FOREST TORTE

- | | |
|------------------------------------|--|
| 1 15oz. pkg. devil's food cake mix | 1 14oz can drained sweet pitted cherries |
| 1 pint whipping cream | ¼ cup grated unsweetened chocolate |
| ½ cup icing sugar | 12 Maraschino cherries |
| 2 tbsp. Kirsch | |

Prepare cake mix according to package directions. Pour batter into 2 greased and floured 8" round layer pans. Bake in moderate oven, 350°F, 20 to 25 minutes. Cool completely. Split one layer in half leaving other layer whole. Whip cream, add icing sugar and Kirsch. Spread whole layer with ¼ of whipped cream and with half the cherries. Place one split layer on top and repeat. Top with third layer. Frost cake completely with remaining whipped cream. Sprinkle top and sides with grated chocolate. Garnish with maraschino cherries. Yield: 8 servings.

POPPY SEED TORTE

- | | |
|------------------------------|---|
| 1 cup dry poppy seed, ground | 5-6 tbsp. fine bread crumbs |
| 8 eggs, separated | 1 tsp. almond extract |
| 1 cup sugar | ½ cup walnuts, finely chopped or ground |

Grind the poppy seed using the finest blade. Do not soak poppy seed before grinding. Beat the egg yolks until light and beat in ½ cup sugar. Beat the egg whites until foamy and add remaining sugar gradually and beat until stiff. Fold the yolk mixture into the whites. Lightly fold in the flour, add almond extract, nuts and poppy seed. Spoon into an ungreased tube pan. Bake in moderate oven 350°F for about 45-50 minutes. Invert on a cake rack and cool. Cut the torte into 2 layers and fill with a Mocha filling. Spread remaining filling on top and sides of torte. Decorate torte with maraschino cherries.

Mocha Filling

- | | |
|---|---------------------------|
| 1 cup soft unsalted butter | 2 cups sifted icing sugar |
| 5 tbsp. or more strong hot coffee or | 2 tbsp. cocoa |
| 2 tbsp. instant coffee dissolved in a little bit of water | ½ tsp. vanilla |

Beat all ingredients together until well blended.

EUROPEAN TORTE

- | | | | |
|---|------------------|---|--------------------|
| 7 | eggs, separated | ¼ | cup cake flour |
| 1 | whole egg | 1 | tsp. baking powder |
| 1 | cup sugar | | Rind of 2 lemons |
| ½ | tsp. vanilla | 2 | tbps. lemon juice |
| ¾ | cup potato flour | | |

Sift dry ingredients together. Beat egg yolks and whole egg until thick. Beat in sugar gradually. Add juice, lemon rind and vanilla. Fold beaten egg whites with flour mixture in 3 portions. Bake in greased tube pan 350°F 45 - 50 minutes. Cool cake for 10 minutes. Turn upside down. When cool split in two layers and spread enough cherry pie filling or sour cherry pie filling (19oz. can) and 1 cup whipped cream with ½ tsp. vanilla on one layer. Spread remaining cherry filling on top of cake and then the whipped cream. Freeze. Take out from freezer one hour before serving. Garnish with cherries. Fresh strawberries, blueberries, crushed pineapple may be used for fillings.

Lemon Filling for Torte

- | | | |
|---|------------------------|-----------------|
| 1 | pkg. lemon pie filling | Rind of 1 lemon |
| 1 | cup unsalted butter | |

Follow directions as on package. Add 1 tsp. pudding at a time to butter and continue beating. Add lemon rind. Mix well. Spread filling between layers of cake.

KIEV TORTE

- | | | | |
|-----|-----------------------|----|--------------------------------------|
| 7-8 | eggs, separated | ¾ | cup all-purpose flour |
| 1¼ | cups sugar | 2 | squares semi-sweet chocolate, grated |
| ¼ | cup fine bread crumbs | 1½ | tsp. vanilla |
| ¼ | tsp. salt | | |

Filling

Whip ½ cup whipping cream. Fold ¼ cup ground almonds or walnuts and 3 tbps. sugar.

Frosting

Melt 4 squares unsweetened chocolate and 3 tbps. unsalted butter in a saucepan. Stir in 1 tbps. rum. Add 3 cups icing sugar and 2 to 3 tbps. milk or cream until frosting is of smooth spreading consistency.

Beat egg yolks until lemon-coloured. Gradually beat in sugar. Combine flour, bread crumbs and salt. Add chocolate and mix thoroughly. Add flour mixture to egg yolks and sugar in 4 portions, folding until well mixed after each addition. Beat egg whites into stiff peaks, add vanilla, fold into the flour mixture. Spoon into a well-greased 10" springform pan or deep round cake pan. Bake 325°F for 1 hour. Remove from pan. Cut the cake into 2 or 3 layers. Spread filling in between the cake layers. Spread frosting over top and sides. Refrigerate overnight.

BISHKOTOVEY TORTE — SPONGE CAKE

- | | | | |
|---|------------------|---|--------------------|
| 6 | eggs | ½ | tsp. lemon juice |
| 4 | tbps. cold water | 2 | tsp. baking powder |
| 1 | cup sugar | 1 | cup flour |
| ½ | tsp. vanilla | ¼ | tsp. salt |

Beat eggs. Add sugar gradually. Add water, vanilla and lemon juice, and beat well. Add sifted flour, salt and baking powder and beat well. Bake 45 - 50 minutes at 350°F in a greased tube pan. Serve plain or with fruit and whipping cream.

ALMOND TORTE

- | | |
|--------------------|-----------------------------|
| 7 eggs, separated | 7 oz. finely ground almonds |
| 1 cup white sugar | ½ cup fine bread crumbs |
| 1 tsp. lemon rind | 1 tsp. baking powder |
| 1 tsp. lemon juice | Tart jam or jelly |

Beat the egg yolks with the sugar. Add the lemon rind, lemon juice and almonds to the egg yolk mixture. In another bowl beat the egg whites until stiff. Combine the bread crumbs with the baking powder, alternate folding the egg whites and the bread crumbs into the egg yolk mixture. Pour the batter into 2 greased round cake layer pans. Bake 350°F 25 - 30 minutes. Invert on a cake rack, cool, carefully remove from pans. Spread layers on one side with jam or jelly. In between layers fill with Coffee Cream filling and ice torte with Chocolate Icing, page 81. Decorate as desired.

HONEY NUT TORTE

- | | |
|---------------|----------------------|
| 1½ cups honey | 1 cup ground nuts |
| 1½ cups sugar | 4 cups flour |
| 3 eggs | ½ tsp. baking powder |

Beat honey, sugar and add eggs, then nuts and flour and baking powder. Divide into six round layer cake pans and bake at 350°F until cake springs back when touched by finger. Cool on racks. Sprinkle each layer with a few drops of liqueur. Make filling with 1 cup melted butter (or less), 6 tbsp. sugar, vanilla, 2 cups ground nuts and 3 tbsp. sour cream. Blend well. Spread between layers of cake. Garnish top as desired.

COFFEE TORTE

- | | |
|--------------------------|----------------------|
| 5 eggs, separated | Dash salt |
| 1 cup sugar | 1 tsp. baking powder |
| 1 cup cake flour, sifted | ½ cup strong coffee |

Beat egg whites till stiff, add sugar gradually. Beat yolks till light. Combine both mixtures and fold in dry ingredients alternately with coffee. Bake in ungreased round pan at 350°F for 45 minutes. When cool cut into 2 layers and spread filling between layers, top and sides and decorate with toasted slivered almonds.

Filling

- | | |
|------------------------|---------------------|
| ¾ cup butter, unsalted | ½ cup strong coffee |
| 1 cup brown sugar | 2 egg yolks. |

NOUGAT DIAMONDS

Nougat

- | | |
|-------------------|-------------------------|
| 4 tbsp. honey | ½ tsp. cream of tartar |
| 5 egg whites | 2 cups walnuts, chopped |
| 1 lb. icing sugar | |

Beat egg whites till frothy and beat in icing sugar in small amounts with cream of tartar. Add honey to egg whites and fry mixture 20 minutes, stirring constantly. Fold in walnuts. Keep aside.

Filling

- | | |
|---------------------------|-------------------------------------|
| ½ lb. unsalted butter | ½ lb. walnuts, chopped |
| 1 cup icing sugar | Wafers for fancy cakes, 9" diameter |
| Juice and rind of 1 lemon | |

Combine all filling ingredients together and blend well. Alternate nougat and filling between wafers. Chill overnight. Slice diamond shape.

NOUGAT

- | | |
|--------------------|--------------------------|
| 2 cups sugar | 1 tsp. vanilla |
| 1/3 cup corn syrup | 1 1/2 cups nut-meats |
| 1 cup water | 1/2 cup candied cherries |
| 4 egg whites | |

Boil together half of the sugar, half of the water and half of the corn syrup to the stiff-ball stage (246° - 250°F). Remove the syrup from the fire and pour it slowly over the well-beaten whites and continue beating until it is cool. While beating, cook the remaining half of the ingredients to the stiff-ball stage. Remove and add at once to the first mixture, beating while adding. When cool, add the vanilla, nut-meats and candied cherries and pour into buttered pans. Smooth over the surface and let it stand over night before cutting. In the morning cut and wrap in waxed paper.

MARZIPAN

- | | |
|---------------------------|-----------------------------|
| 2 egg whites | 1 cup confectioners' sugar, |
| 1 cup almond paste | more or less |
| 1/2 tsp. lemon or vanilla | |

Beat the egg whites and mix with the almond paste. Add the flavoring and enough sugar to make the mixture stiff enough to handle. After it has stood overnight, it may be molded into small shapes of fruits or vegetables such as pears, apples or carrots and colored with vegetable colors, or it may be cut into small pieces and dipped in chocolate or other coating, or used as the center for candied cherries, dates, prunes, etc. The almond paste may be bought at a confectioner's, or the almonds may be blanched and pounded. Two and two-thirds cups shelled almonds make one cup of paste.

LADY BALTIMORE CAKE

- | | |
|------------------------------------|----------------|
| 3/4 cup butter or other shortening | 1/2 cup milk |
| 2 cups sugar | 1/2 cup water |
| 3 cups sifted cake flour | 1 tsp. vanilla |
| 3 tsp. baking powder | 6 egg whites |
| 1/2 tsp. salt | |

Cream shortening and sugar together until fluffy. Sift flour, baking powder and salt together 3 times. Combine milk, water and vanilla. Add small amounts of flour to creamed mixture, alternately with milk mixture, beating until smooth after each addition. Beat egg whites until stiff but not dry and fold into mixture. Pour into cake pans lined with waxed paper. Bake in moderate oven 350°F 25 minutes. Makes 3 9" layers.

Frosting and Filling

- | | |
|------------------------------|-------------------------|
| 3 cups sugar | 1 tsp. vanilla |
| 1 cup water | 1/2 cup chopped figs |
| 1/4 tsp. cream of tartar | 1 cup chopped raisins |
| 3 egg whites, stiffly beaten | 1 cup chopped nut-meats |

Boil sugar, water and cream of tartar together to 238°F or until a small amount of syrup will form a soft ball when tested in cold water. Pour hot syrup gradually over beaten whites, beating constantly and continuing to beat until mixture is of spreading consistency. Add vanilla. Divide mixture in half. Add fruit and nuts to 1 portion and spread between layers of cake. Frost top and sides with remaining frosting.

ANGEL CAKE

¾ cup egg whites (5 large)	½ cup cake flour, sifted
½ tsp. cream of tartar	½ tsp. vanilla
¼ tsp. salt	¼ tsp. almond extract
¾ cup fine white sugar	

Sift flour with 2 tbsp. sugar. Beat egg whites, cream of tartar and salt in a large bowl and beat until stiff but not dry. Slowly sprinkle remaining sugar, a spoonful at a time, on egg whites, and continue beating at low speed until mixture is stiff and glossy. Sprinkle flour over mixture, a tablespoon at a time and fold in with a spatula or spoon. The main thing is to avoid over mixing but be sure ingredients are well blended. Turn into ungreased tube pan and bake at 375°F for about 25 minutes. Invert pan, with edges resting on two other pans, until cool. Ice with whipped cream, butter or boiled frosting or serve plain. Yields 6 to 8 servings. For large cake double ingredients and bake 35 - 45 minutes. Invert cake over a funnel. When cool run a knife around the edge, ease out the cake.

COCONUT BALLS

2 cups sugar	3 egg whites
¾ cup water	2 cups coconut
½ tsp. vanilla	

Boil the sugar and water together to the soft-ball stage (238°F). Add the vanilla and pour it slowly over the stiffly beaten whites of the eggs beating constantly until light and foamy. Stir in the coconut and drop on buttered pans by teaspoonfuls. Shape each confection like a ball. Bake in a slow oven (300°F) for about 20 minutes.

PAVLOVA

4 egg whites	¾ tsp. white vinegar
½ tsp. vanilla	1 cup sugar

Beat egg whites till peaks form. Gradually add sugar till dissolved (beat a good 10 minutes). Add vinegar and vanilla and beat very quickly (no longer than 1 minute). Spoon onto greased pan in a circle. Bake in slow oven for 1½ hours at 250°F. Turn oven off and leave in oven with door closed for about 2 hours. Decorate with whipped cream and fruit of your choice.

The above 7 recipes are suggested for using excess egg whites.

The flavour of strudel is best when it is served warm. Re-heat in low oven for 10-15 minutes just before serving.

To get that lovely honey brown crust, brush the top with egg yolk 5 or 10 minutes before the baking is done.

Instead of beating the cottage cheese with electric mixer, place in blender or food processor and process about 10 seconds. You will get smoother cottage cheese this way and the cake will be less grainy.

To keep cut fruits from discolouring sprinkle with lemon or pineapple juice.

FAVOURITE CHRISTMAS CAKE

3 cups Brazil nuts, peeled whole	$\frac{3}{4}$ cup sugar
1 cup glazed fruit (pineapple, citron)	$\frac{1}{2}$ tsp. baking powder
1 cup cherries, red	3 eggs
1 cup sultana golden raisins	1 tsp. vanilla
$\frac{1}{2}$ cup flour	$\frac{1}{2}$ cup brandy

Bake 275°F for 1 hour or till cake is done. Makes 2 loaves. Light coloured but colourful fruitcake.

CHRISTMAS CAKE

1 lb. butter or margarine	1 tsp. nutmeg
2 cups white sugar	$\frac{1}{2}$ tsp. ginger
12 eggs	$\frac{1}{2}$ tsp. cloves
$\frac{1}{2}$ cup jelly	2½ lbs. seedless raisins
1 cup canned/drained crushed pineapple	1 lb. sultana raisins
1 tsp. almond	1 lb. currants
$\frac{1}{4}$ cup apricot brandy	1 lb. dates
4½ cups pastry flour	$\frac{1}{2}$ lb. red cherries
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ lb. green cherries
2 tsp. cinnamon	1 lb. chopped walnuts

Wash raisins and currants and dry on towel. Chop dates and walnuts. Cut cherries in halves. Cream butter and sugar well together. Add eggs 2 at a time beating well each time. Add jelly, extract, brandy and pineapple and beat with wooden spoon. Add 3 cups flour mixed with spices and sifted 3 times a little at a time and beat. Add fruit and nuts (coated with $\frac{1}{2}$ cups flour) a little at a time and mix. Line pans with brown paper and grease well.

Decorate the cake with blanched almonds. Bake slowly 300°F for 3 hours or until done. Cool in pans. Wrap cake in wax paper and then in foil. Best if made about 3 to 4 weeks before Christmas.

TRADITIONAL CHRISTMAS CAKE

4 cups candied fruit (pineapple, cherries, peel)	1½ cups all-purpose flour
2 cups sultana raisins	$\frac{1}{2}$ cup butter
2 cups currants	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup brandy	1 cup brown sugar
1 cup blanched almonds	5 eggs
1 cup chopped pecans or walnuts	1 tsp. vanilla
$\frac{1}{2}$ cup flour	$\frac{1}{2}$ cup strawberry jam
$\frac{1}{2}$ tsp. baking soda	$\frac{1}{2}$ tsp. each cinnamon, allspice, mace
$\frac{1}{2}$ cup honey	$\frac{1}{2}$ tsp. almond flavouring

Combine candied fruit, raisins and brandy and let stand overnight, stirring once. Grease pans, line with brown paper and grease the paper. Add almonds and pecans to the fruit and toss with $\frac{1}{2}$ cup flour. Cream butter and sugar. Add brown sugar and cream thoroughly. Beat in eggs one at a time. Add flavourings and continue beating. Combine remaining flour, soda and spices and blend well. Add strawberry jam. Mix in floured fruit and blend thoroughly. Spoon into prepared pans, $\frac{3}{4}$ full. Bake 275°F until cake is firm to touch and skewer inserted in centre comes out clean, about 2 hours. Cool 30 minutes before removing from pan. When cooled completely wrap in foil and store at least a week before slicing. Unwrap periodically and brush with brandy. Medium-dark fruitcake that has rich flavour and doesn't require much aging to mellow.

QUICK PINEAPPLE CAKE

- | | |
|---|---|
| 1 egg | 2 tsp. baking powder |
| 1 19oz. can crushed sweetened pineapple | ½ tsp. salt |
| 2 tbsp. oil | ½ cup sugar |
| 1¾ cups unsifted pastry flour | ½ cup coconut or broken nuts (if desired) |

Mix in the usual way. Bake about 40 minutes at 350°F. Frost with butter icing.

Butter Icing

- | | |
|----------------------------------|----------------|
| 6 tbsp. soft butter or margarine | 2 tbsp. milk |
| 1½ cups icing sugar | ¼ tsp. vanilla |

Place all ingredients in mixing bowl and beat together until smooth.

Variations

Coffee: Omit vanilla. Replace one tbsp. milk with one tsp. instant granulated coffee dissolved in one tbsp. hot water. Cool before adding to icing.

Orange or Lemon: Omit vanilla. Replace two tbsp. milk with two tbsp. fresh orange or lemon juice and add ½ tsp. finely grated rind.

COFFEE WALNUT CHIFFON CAKE

- | | |
|----------------------------|--|
| 2 cups sifted cake flour | 8 egg yolks |
| 2 tbsp. baking powder | 1 tsp. vanilla |
| 1½ cups sugar | ¾ cup walnuts, finely crushed |
| 1 tsp. salt | 1 block semi-sweet chocolate, shredded |
| ⅔ cup mazola or any oil | 8 egg whites |
| ¼ cup cooled strong coffee | ½ tsp. cream of tartar |

Sift the dry ingredients 2 or 3 times. Make a well and add the next 6 ingredients one at a time and beat well until smooth. In another bowl beat egg whites with a clean egg beater until whites are stiff but not dry (still slightly creamy). Fold into the other ingredients, and pour batter into an ungreased tube or angel food pan. Bake at 325°F for 55 minutes and then increase to 350°F for 15 minutes.

JELLY ROLL

- | | |
|---------------------------|-------------------------|
| 5 eggs, separated | 1 cup sifted cake flour |
| 1 cup sugar | ¼ tsp. salt |
| 1 tbsp. grated lemon rind | Confectioners' sugar |
| 2 tbsp. lemon juice | Jelly or jam |

Beat egg whites until stiff but not dry. Add ½ the sugar slowly, beating constantly. Beat egg yolks until thick. Add remaining sugar gradually, continuing to beat until stiff, add grated lemon rind and juice. Fold gently into egg whites. Combine flour and salt and fold quickly into egg mixture. Line large shallow (11 x 16 inch) pan with paper, pour in batter and bake (350°F) 15 minutes being careful not to overbake it. Turn onto a clean towel well sprinkled with confectioners' sugar. Remove paper and trim off crusts. Roll, lifting end of towel nearest you. Wrap in towel and cool. Unroll, spread with whipped jelly and roll again. Serve 8.

Lemon Roll

Spread roll with Lemon Filling instead of jelly (page 83).

CARROT CAKE

- | | |
|--------------------------------|---|
| 3 cups flour | 1 cup white sugar |
| 2 tsp. baking powder | 4 eggs |
| 1 tsp. baking soda | 2 tbsp. grated lemon peel |
| 1 tsp. cinnamon | 2 tbsp. grated orange peel |
| ½ tsp. salt | 2 tbsp. lemon juice |
| 4 cups grated carrots | 1 cup coarsely chopped walnuts (optional) |
| 1 cup butter, margarine or oil | 1 cup raisins (optional) |
| 1 cup brown sugar | |

Lightly grease and flour a 10 x 4" tube pan or 9 x 12" cake pan. Sift dry ingredients. Cream butter and sugar until light and fluffy. Add eggs, one at a time and beat well after each addition until smooth and light. Add peels and juice. Add carrots, dry ingredients, nuts and raisins. Mix well. Turn into the cake pan; spread evenly. Bake 350°F 55-60 minutes or until cake is done. Cool in pan on wire rack 20 minutes. Meanwhile make Cream-Cheese Glaze.

Cream-Cheese Glaze

- | | |
|---|--------------------------|
| 1 pkg. (8oz.) cream cheese (softened) | 1 tsp. grated lemon peel |
| 1 tbsp. lemon juice | 1½ cups icing sugar |
| ½ cup coarsely chopped walnuts (optional) | |

Combine cream cheese, lemon juice, lemon peel and icing sugar. With mixer beat at medium speed, until smooth. Spread glaze over warm cake, letting it run down side of cake. May sprinkle top with chopped walnuts.

GLAZED LEMON LOAF

- | | |
|------------------------|--------------------------------|
| 1½ cups flour, sifted | ½ cup soft butter or margarine |
| 1½ tsp. baking powder | 2 eggs |
| ½ tsp. salt | 2 tsp. lemon rind |
| 1 cup sugar | ½ tsp. vanilla |
| ⅔ cup walnuts, chopped | ⅔ cup milk |

Glaze

- | | |
|---------------------|-------------------|
| 2 tbsp. lemon juice | ½ cup icing sugar |
|---------------------|-------------------|

Sift flour, baking powder, and salt. Mix in nuts. Cream butter and beat in sugar. Beat in eggs one at a time. Mix in lemon rind and vanilla. Add dry ingredients alternately with milk. Turn batter in a buttered 9 x 5 loaf pan and bake 350°F for 1 hour. When loaf is removed from oven, drizzle glaze over cake. Cool in pan on cake rack 10 minutes. Remove from pan.

CHOCOLATE ZUCCHINI CAKE

- | | |
|----------------------|------------------------------|
| ½ cup soft margarine | 4 tbsp. cocoa |
| ½ cup vegetable oil | ½ tsp. baking powder |
| 1¾ cup white sugar | ½ tsp. cinnamon |
| 3 eggs | 2 cups shredded raw zucchini |
| ½ cup sour cream | ¼ - ½ cup chocolate chips |
| 2½ cups flour | 1 tsp. vanilla |
| 1 tsp. baking soda | |

Cream margarine, oil and sugar. Add eggs, vanilla and sour cream. Beat well with mixer. Add dry ingredients and stir zucchini and chocolate chips into batter. Spoon into 9 x 12 inch pan. Bake 350°F for 45 - 60 minutes.

LUSCIOUS BUTTERMILK CAKE

- | | |
|--------------------------|----------------------|
| 1 cup margarine | 3 cups sifted flour |
| 2¼ cups sugar | 1 tsp. baking powder |
| 2 tsp. vanilla | ½ tsp. baking soda |
| 1 tbs. lemon juice | 1 tsp. salt |
| 1 tsp. grated lemon rind | ¾ cup buttermilk |
| 6 large eggs, separated | |

Beat together margarine and 1½ cups sugar. Blend in vanilla, lemon juice and peel. Add egg yolks, one at a time, blending just until smooth after each addition. Sift together flour, baking powder, soda and salt. Add alternately with buttermilk to first mixture. Blend well. Beat egg whites until frothy, then gradually beat in remaining ¾ cup sugar until egg whites stand in stiff peaks. Fold into batter. Spoon batter in 10" tube pan that has been greased and dusted with fine bread crumbs. Bake at 350°F about 1 hour and 15 minutes. Cool on rack. Instead of frosting, cut cake and serve with lemon-butter-egg sauce.

Lemon-Butter-Egg Sauce

In a small saucepan combine ½ cup butter or margarine, 1 cup sugar, ¼ cup water, 1 well beaten egg and 3 tbs. lemon juice. Cook over medium heat stirring constantly just until mixture comes to a boil. Cool.

APPLESAUCE BREAD

- | | |
|-----------------------------------|-----------------------|
| 2 cups whole wheat or white flour | 2 eggs, beaten |
| ½ tsp. baking powder | ½ cup oil |
| 1 tsp. baking soda | 1 cup applesauce |
| ½ tsp. salt | ½ tsp. vanilla |
| 1 tsp. cinnamon | 1 cup raisins |
| ¾ cup brown sugar | ½ cup chopped walnuts |

Sift dry ingredients into a bowl. Combine liquid ingredients in another bowl. Add to the dry ingredients, mixing thoroughly. Fold in raisins and walnuts. Turn into a greased 9¼ x 5 x 2½" loaf pan. Bake in a preheated 350°F oven for one hour. Cool on a wire rack.

MAZOLA OIL CAKE

- | | |
|---------------|-------------|
| 1 cup raisins | 1 cup water |
|---------------|-------------|

Cook together for 5 minutes, save juice.

- | | |
|-----------------------|----------------------|
| 3 eggs, beaten | 2 tsp. baking powder |
| 1 cup mazola oil | ½ tsp. salt |
| 1½ cups sugar | 1 tsp. vanilla |
| 1 cup chopped walnuts | 3 cups flour |
| ½ tsp. baking soda | |

Add baking soda to warm raisin juice and add with raisins to other ingredients and mix well until smooth. Bake 350°F for 50 minutes.

Topping

- | | |
|-------------------|------------------------------------|
| 1 cup coconut | 2 tbs. creamo |
| ½ cup brown sugar | 3 tbs. butter or margarine, melted |

Mix the above ingredients together well and spread on a baked cake. Put in 350°F oven for 10-12 minutes.

FROZEN CHEESE CAKE

- | | |
|---------------------------------------|------------------------------------|
| 2 cups vanilla or graham wafer crumbs | 2 8oz. cream cheese |
| ¼ cup butter, melted | 1 cup icing sugar |
| ¼ cup brown sugar | 1 14oz. fruit cocktail, drained |
| 1 tsp. vanilla | 1 14oz. crushed pineapple, drained |

Mix the first 4 ingredients well and press with spoon on bottom of 10" springform pan, reserving ¼ cup crumbs for top of cake. Refrigerate ½ hour. Cream cheese and sugar well and combine the fruit gently together. Spoon this mixture over the crumb layer. Sprinkle the reserved crumbs on top. Freeze. When ready to serve trim the top of cake with cherries.

MOIST CHOCOLATE CAKE

- | | |
|--------------------|-------------------|
| 3 cups flour | 3 tbsp. vinegar |
| 2 tsp. baking soda | ¾ cup corn oil |
| 1 tsp. salt | 2 cups cold water |
| 6 tbsp. cocoa | 2 tsp. vanilla |
| 2 cups sugar | |

Sift the dry ingredients into a large bowl. Combine the rest of the ingredients and add to flour mixture and mix well. Pour batter into a greased 9 x 13 inch cake pan and bake 350°F for 45 minutes.

CHEESE CAKE WITH FRUIT

- | | |
|---|--------------------------|
| ¾ pkg. vanilla or graham wafers crushed | 1 tsp. vanilla |
| ½ cup melted butter | 1 can cherry pie filling |
| 3 (8oz.) pkgs. cream cheese | 1 tsp. vanilla |
| 3 eggs | 1 cup sour cream |
| ½ cup sugar | 3 tbsp. sugar |

Mix wafer crumbs with butter thoroughly and line bottom and sides of a springform cake pan. Beat cheese until light and fluffy. Add eggs one at a time and continue beating. Add sugar and vanilla and beat well. Pour into pan. Bake in moderate oven 375°F for 30 minutes. Cool. Pour over the cake cherry pie filling. Mix 3 tbsp. sugar, vanilla and sour cream and pour over the pie. Bake 400°F for 5 to 8 minutes. Instead of cherry, crushed pineapple thickened with cornstarch may be used.

CHEESE CAKE — UNBAKED

- | | |
|--------------------------------|------------------------------|
| 1 500g creamed cottage cheese | 1 tsp. vanilla |
| 1 250g cream cheese | Juice of ½ lemon |
| 1 egg | 3-4 pkgs. gelatin |
| 2 cups icing sugar | 1 cup rice krispies, crushed |
| 1 250g whipping cream, whipped | |

Butter a 9" springform pan. Sprinkle ¼" thick rice krispies. Beat cottage cheese and cream cheese together adding icing sugar, egg, vanilla and lemon juice. Fold whipped cream and stir until smooth. Dissolve gelatin in 2 tbsp. cold water and add boiling water to make 1 cup. Pour gelatin into cheese mixture and mix gently. Pour into pan and sprinkle with left over rice krispies. Refrigerate.

CHEESE CAKE

Crust

- | | |
|-----------------------------|--------------------------------------|
| 1½ cups graham wafer crumbs | 3-4 tbsp margarine or butter, melted |
| 3 tbsp. sugar | |

Combine these ingredients and press into bottom of springform pan (9"). Refrigerate at least ½ hour.

Cake

- | | |
|-------------------------------------|------------------------------|
| 2 8oz. pkgs. cream cheese, softened | 1 cup sugar |
| 1 4oz. pkg. cream cheese, softened | 1 tsp. vanilla |
| 5 eggs | 1 container 500ml sour cream |

Mix cheese together and cream well until smooth and soft. Add eggs one at a time and beat well. Add the other ingredients in order beating well after each addition. Pour into refrigerated crust and bake 325° - 350°F for 1 hour. Turn off oven and leave cake in for 10 minutes. Cool cake in pan.

Gelatin

- | | |
|-------------------------------------|-------------------|
| 1 cup water & | 2 tbsp. sugar |
| 1 envelope Knox unflavoured gelatin | Red food coloring |

Let gelatin dissolve in water, add sugar and cook over low heat. Cool and add food coloring. Pour over cooled cake.

POPPY SEED CAKE

Soak ¼ cup poppy seed in cup of milk overnight.

- | | |
|---------------------------|----------------------------|
| ¾ cup butter | 1½ cup sugar |
| Add poppy seed with milk, | 1 tsp. vanilla |
| ¼ tsp. salt | 2 cups flour |
| 2 tsp. baking powder | 4 egg whites, beaten stiff |

Bake in layers 325°F for 30 - 35 minutes.

Filling

- | | |
|--------------------|----------------|
| ½ cup milk | 4 egg yolks |
| ¼ cup brown sugar | ¼ tsp. vanilla |
| 1 tbsp. cornstarch | 1 tsp. butter |

Boil till thick. Add ½ cup walnuts. Cool and spread between the layers.

Frosting

- | | |
|-------------------|---------------|
| 1 cup brown sugar | 2 tbsp. water |
|-------------------|---------------|

Follow usual cake method. Boil till thick. Add ½ cup walnuts. Cool and spread between the layers.

BANANA LOAF

- | | |
|------------------------|--------------------------|
| 3 medium bananas, ripe | ½ tsp. salt |
| ½ cup butter or oil | ¾ cup sugar |
| 2 cups sifted flour | ½ cup buttermilk |
| 2 tsp. baking powder | 2 eggs |
| ½ tsp. baking soda | ½ cup walnuts (optional) |

Sift flour, baking powder, soda and salt. Cream butter and sugar; add eggs, one at a time and mashed bananas. Then add alternately with flour mixture. Blend well. Pour into a greased 9" loaf pan and bake 350°F, 50 minutes or until brown.

MEDIVNYK - HONEY CAKE

- | | | | |
|---|-------------------|---|----------------------|
| 4 | eggs, separated | 1 | tsp. baking powder |
| 1 | cup sugar | ½ | tsp. salt |
| 4 | tbsp. oil | 1 | tsp. cinnamon |
| 1 | cup honey, melted | 1 | tsp. allspice |
| 1 | cup tea or coffee | ½ | tsp. nutmeg |
| 1 | tsp. soda | 1 | cup walnuts, chopped |
| 3 | cups flour | | |

Beat the egg yolks until light. Beat in sugar, oil, melted and cooled honey. Combine tea and baking soda. Sift the flour with dry ingredients twice. Add the flour alternating with tea to the egg mixture. Stir in the nuts. Beat the egg whites until stiff and fold into batter. Spoon into greased cake pan 9 x 13 and bake at 325°F 50 - 55 minutes.

CARROT CAKE WITH PINEAPPLE

Sift together in large bowl:

- | | | | |
|------|------------------------------------|---|----------------------------|
| 2 | cups flour | 1 | tsp. soda |
| 2 | tsp. baking powder | 1 | tsp. salt |
| Add: | | | |
| 1½ | cups sugar | 4 | eggs, beaten |
| 1 | 14oz. crushed pineapple with juice | 2 | cups finely grated carrots |
| ¼ | cup salad oil | | |

Blend all ingredients well together. Bake 325°F in 13 x 9 pan for 55 minutes. Ice with blended well 4oz. Philadelphia Cream Cheese, 2 cups icing sugar, ¼ lb. butter and ½ tsp. vanilla. Sprinkle ¼ cup chopped walnuts on top.

CREAM PUFFS

- | | | | |
|---|------------|---|-----------|
| 1 | cup water | 1 | cup flour |
| ½ | cup butter | 4 | eggs |

Preheat oven to 400°F. In a saucepan bring water and butter to a boil. Add flour, all at once, and stir until dough forms a ball. Cool for 5 minutes, then beat in eggs, one at a time, beating well after each addition. Texture should be smooth and shiny. For cream puffs, spoon into mounds, 2 inches apart, on a greased cookie sheet. For eclairs, spoon into mounds 6 inches long and 1 inch wide. Bake for 45-50 minutes. Prick with a fork and return to oven for 5 minutes longer. Cool thoroughly on a rack. Slice off top and fill with custard. Replace top and sprinkle with confectioners' sugar or Chocolate Butter Cream Frosting. Makes 12 large puffs or 12 eclairs.

Custard Filling

- | | | | |
|---|----------------|---|-----------------------|
| ½ | cup sugar | 2 | cups milk |
| ½ | cup cornstarch | 1 | tbsp. vanilla extract |
| 2 | eggs | | |

In a saucepan mix sugar and cornstarch. Stir in eggs and milk. Cook over low heat, stirring, until custard thickens. Remove from heat. Cover (this prevents a skin from forming) and then chill. Stir in vanilla extract and use to fill cream puffs or eclairs.

Chocolate Butter Cream Frosting

- | | | | |
|---|--------------------------|---|-----------------------------------|
| 2 | cups icing sugar, sifted | 3 | sq. unsweetened chocolate, melted |
| ¼ | cup unsalted butter | 1 | egg yolk (optional) |
| 1 | tsp. vanilla | | |

Cream butter and icing sugar. Add vanilla and cooled chocolate. Beat all ingredients well together. Frost the cream puffs.

STRUDEL

DOUGH

- | | |
|-------------------------------|-----------------------------------|
| 1 cup lukewarm water | 4½ -5 cups flour |
| 2 egg whites, beaten slightly | ¾ cups melted butter or margarine |
| ½ cup oil | 1 cup corn flake crumbs |
| ¼ cup sugar | ¼ cup nuts, ground |
| 1 tsp. salt | |

Fruit and Nut Filling

Combine all ingredients and blend thoroughly. Filling for 2 strudels.

- | | |
|--|-----------------------------|
| 1 20oz. can pie-sliced apples, drained | ½ cup almonds, slivered |
| 1 cup figs, chopped | ½ cup candied fruit, minced |
| 1 cup orange marmalade | 1 lb. raisins |

Put all dough ingredients in a bowl and beat with an electric mixer until rubbery. Knead on a floured surface for 10 minutes, or until smooth and elastic. Place in a greased bowl and turn to grease top. Let stand for 2 hours (this allows the dough to become stretchable). Prepare filling. Preheat oven to 375°F.

Place cloth or sheet on a table and dust with flour. Divide dough in half. Place 1 piece on cloth and roll out to a 12 inch square. Stretch carefully to a 26 inch square. (Pull dough gently from the outer edge, stretching the dough a little at a time, while working your way entirely around the dough. In this way a great deal of tearing is eliminated.) With a scissors, trim off thick edges. Repeat with remaining dough. Brush with ¼ cup melted butter and sprinkle each with half the corn flake crumbs. Lay filling out in a thin row along the side edge of the dough. Using the cloth, lift dough and roll to cover filling. Turn in sides and continue rolling using cloth as an aid.

Roll strudel onto a greased cookie sheet. Brush with ¼ cup melted butter and sprinkle each with half the ground nuts. Bake at 375°F for 40 minutes or until richly browned. Brush with remaining ¼ cup melted butter several times during baking. Slice when lukewarm. Makes 2 strudels.

DELICIOUS MUFFINS

- | | |
|-------------------------------------|-------------------------------|
| ½ cup margarine | 2½ tsp. baking powder |
| 1½ cups sugar | 1 cup milk |
| 3 eggs | 2 tbsp. orange juice and rind |
| 2½ cups cake & pastry flour, sifted | |

Cream margarine and sugar until fluffy. Add one egg at a time and beat well. Add milk and flour alternating and beat well. Stir in juice and rind of an orange. Bake in 350°F for 25 minutes in muffin tins. Makes 24 muffins.

Topping

- | | |
|-------------------|-------------------------------|
| 3 tbsp. butter | 1 cup coconut, fine |
| ½ cup brown sugar | 1 tbsp. orange juice and rind |

Mix all ingredients together. Spread topping on hot muffins and place in oven to broil for 5 minutes.

CHEESE MUFFINS

- | | |
|----------------------|-----------------------------|
| 1 egg, beaten | ¼ cup sugar |
| ¼ cup oil | 3½ tsp. baking powder |
| 1 cup milk | ½ tsp. salt |
| 1 tsp. vanilla | 1 cup grated cheddar cheese |
| 2 cups flour, sifted | |

Combine first four ingredients and beat very well. Combine the rest of the ingredients and mix well. Combine the two mixtures and beat well. Grease tins. Fill muffin tins ¾ full. Bake 375°F for 18-20 minutes. Makes 18 muffins.

BRAN MUFFINS

- | | | | |
|---|--------------------|---|-----------------------|
| 1 | cup margarine | 5 | cups flour |
| 3 | cups sugar | 1 | tbsp. salt |
| 4 | eggs | ½ | cup wheat germ |
| 2 | cups boiling water | 2 | cups All Bran |
| 4 | cups buttermilk | 4 | cups bran flakes |
| 3 | tbsp. baking soda | 2 | cups raisins or dates |

Cream margarine and sugar till fluffy. Add well beaten eggs. Pour water over All Bran and bran flakes. Sift flour and salt. Dissolve baking soda in buttermilk. Combine all mixture together with buttermilk. Add raisins. Let stand 24 hours. Bake 375°F for 25 minutes as many muffins as you need at a time. The batter will keep in the fridge for up to 2 months.

APPLE MUFFINS

- | | | | |
|--------------|-----------------------|---|---------------------|
| ¼ | cup butter | 1 | egg slightly beaten |
| ½ | cup sugar | | |
| Mix and add: | | | |
| 1½ | cups grated apples | ½ | cup raisins |
| 1 | tbsp. cream | | |
| Sift: | | | |
| 1 | cup whole wheat flour | ¾ | tsp. salt |
| ¾ | tsp. baking soda | ¼ | tsp. cinnamon |
| 1 | tsp. baking powder | ¼ | tsp. nutmeg |

Sift dry ingredients into apple mixture. Stir until moistened. Bake at 375°F for 20 minutes. Makes 12 muffins.

MALAJ — CORNMEAL LOAF

- | | | | |
|----|--------------------|---|--------------------------|
| 1 | cup flour | 1 | cup cornmeal |
| 1½ | tsp. baking powder | ½ | cup oil or melted butter |
| ½ | tsp. baking soda | 2 | eggs |
| ½ | tsp. salt | 1 | cup buttermilk or milk |
| ⅓ | cup sugar or honey | | |

Sift all dry ingredients together. Mix in the cornmeal. Beat eggs well, add oil and then beat in buttermilk. Combine liquid with dry ingredients slowly beating well together. Bake in a greased loaf pan 400°F for 30-35 minutes or in greased muffin tins for 20-25 minutes.

CHERRY NUT DATE LOAF

- | | | | |
|---|--------------------|---|--------------------|
| 1 | cup brown sugar | 1 | tsp. baking soda |
| ½ | cup oil or butter | ½ | tsp. salt |
| | Juice of ½ lemon | ½ | cup nuts, chopped |
| | Rind of 1 orange | ½ | cup cherries |
| 2 | cups flour | 1 | cup dates, chopped |
| 1 | tsp. baking powder | 1 | cup milk |
| 2 | eggs, beaten | | |

Sift all dry ingredients together. Cream butter and sugar and add eggs, lemon juice and orange rind. Add dry ingredients alternately with milk. Stir in the fruit. Bake in a greased loaf pan at 350°F for 45 minutes or until done.

BRAN MUFFINS

- | | |
|---|--------------------|
| 1 cup sugar | 1 cup buttermilk |
| 2½ cups flour, whole wheat no additives | 2 tsp. baking soda |
| 1½ cups Bran | 1 tsp. vanilla |
| 2 tsp. baking powder | 2 eggs |
| Pinch salt | 1 cup oil |
| ½ tsp. cinnamon | ½ cup mincemeat |
| 1 cup milk | or applesauce |

Sift and combine all dry ingredients. Combine and add the remaining ingredients to the flour mixture. Add mincemeat. Bake 375°F for about 20 minutes until the muffins come away from the sides of the pan and are golden brown colour. Makes 12 medium, or 1½ dozen small muffins.

BLUEBERRY CHEESE MUFFINS

- | | |
|-----------------------|--------------------------------------|
| 1½ cups flour | 2 cups shredded sharp Cheddar cheese |
| ¼ cup sugar | 2 cups fresh blueberries, rinsed |
| 3 tsp. baking powder | 1 cup milk |
| 1 tsp. salt | 1 egg, beaten well |
| 1 cup yellow cornmeal | ½ cup melted butter |

Bake 400°F for 20 - 25 minutes. Yields 18 muffins.

PUMPKIN LOAF OR MUFFINS

- | | |
|----------------------|---------------------------------|
| 1½ cups flour | ¾ cup cooking oil |
| 1 tsp. baking powder | 1 cup white sugar |
| 1 tsp. baking soda | 2 eggs |
| ¼ tsp. salt | 1 cup canned pumpkin |
| ¼ tsp. cinnamon | ½ cup raisins & nuts (optional) |

Sift dry ingredients in medium bowl. Combine sugar and oil in large bowl. Mix well. Add eggs and mix well. Add pumpkin. Blend well. Add the dry ingredients and mix well. Add the raisins and nuts. Blend well. Grease a loaf pan 9 x 5 x 3. Bake at 350°F for 1 hour or until done.

SPICY ORANGE DIAMONDS

- | | |
|----------------------|-----------------------|
| ⅓ cup shortening | 1 tsp. soda |
| 1½ cups brown sugar | 1 tsp. cinnamon |
| 2 eggs | ½ tsp. nutmeg |
| 2 tbsp. orange rind | ¼ tsp. cloves |
| 3 tbsp. orange juice | 1 cup raisins |
| 2 cups sifted flour | 1 cup chopped walnuts |

Mix in order given. Spread on large cookie sheet. Bake 30 minutes at 350°F. Spread when cool with thin icing made with 1 cup icing sugar and juice from 1 lemon.



CARROT COOKIES

- | | |
|---------------------------|--------------------------|
| ¾ cup flour | 1½ cups rolled oats |
| 2 tsp. baking powder | 1 cup raisins |
| ¼ tsp. soda | ½ cup shortening |
| 1 tsp. salt | 1 cup brown sugar |
| 1 tsp. cinnamon | 2 eggs |
| 1 tsp. nutmeg | 1 cup grated raw carrots |
| ¾ cup flour (whole wheat) | |

Sift flour with baking powder, soda, salt, spices. Combine with flour, rolled oats, raisins. Cream shortening with brown sugar. Add eggs & beat well. Stir in carrots. Gradually add dry ingredients, mixing well. Drop by teaspoon onto greased sheet. Bake at 350°F for 12 - 15 minutes.

BUTTERSCOTCH COOKIES

- | | |
|-----------------------------|-------------------------|
| 2 cups shortening | 1 tsp. salt |
| 3 cups brown sugar | 3 tsp. baking soda |
| 3 cups butterscotch pudding | 3 tsp. baking powder |
| 7 eggs, unbeaten | 3 tsp. vanilla |
| ½ cup milk | 1 cup coconut, shredded |
| 5½ cups flour | 1½ cups oatmeal |

Cream sugar, shortening, eggs, and milk and dry ingredients. Try a sample in oven when baked, if they crack up there is enough flour, if not add more, if they don't crack — too much flour. Roll in small balls or use a small size ice-cream scoop (size 30) leave them in balls on greased cookie sheet. Bake at 375°F for 10 to 15 minutes.

ORANGE OR LEMON SLICES

- | | |
|----------------------|----------------|
| 1 cup flour | 1 tsp. vanilla |
| 1 tsp. baking powder | 1 egg |
| ½ cup sugar | ½ cup butter |

Filling

- ½ cup almonds, ground
 ⅔ cup sugar

Juice of 1-2 oranges or lemons
 Grated rind of 1 orange or lemon

Icing

5 tbsp. icing sugar and enough orange or lemon juice to make a good icing consistency.



Top - Medivnyk, Compote (page 21), Pampushky, Makivnyk (page 20). Middle - Orange-Almond Torte (page 82). Bottom - Kiev Torte (page 83), Walnut Torte (page 81), Khrusty (page 21). The 10 recipes on the tray from left to right are described on the following pages.

BUTTER TARTS

Shells

- | | |
|---------------------|-------------------------|
| 4 cups flour | 1 lb. lard |
| 1 tbsp. brown sugar | 1 egg, beaten with fork |
| 1 tsp. salt | 1 tbsp. vinegar |

Combine vinegar, egg and add cold water to fill $\frac{3}{4}$ cup. Crumb flour and lard with a pastry cutter. Combine with water mixture and mix enough to make a smooth dough.

Filling

- | | |
|--------------------------|----------------------------|
| $\frac{1}{3}$ cup butter | 2 tbsp. milk |
| 1 cup brown sugar | $\frac{1}{2}$ cup raisins |
| 1 egg | $\frac{1}{2}$ tsp. vanilla |

Cream sugar and butter. Add beaten egg, milk and vanilla. Last add raisins. Fill unbaked pastry shells $\frac{3}{4}$ full. Bake 450°F for 8 minutes. Reduce heat to 350°F and bake another 15 to 20 minutes.

RUM BALLS

- | | |
|---|---------------------------------|
| 1 cup sugar | $\frac{1}{2}$ cup walnuts |
| 2 squares unsweetened chocolate | $1\frac{1}{2}$ tsp. rum extract |
| 1 cup boiling water | Pinch of salt |
| $2\frac{1}{2}$ cups graham wafer crumbs | Chocolate trim-ettes |
| $\frac{1}{2}$ cup raisins, chopped (optional) | |

Combine sugar, chocolate and water in a saucepan and boil for 10 minutes. Cool. Combine the other ingredients and add to chocolate mixture, mixing well together. Shape into balls about 1" in diameter and roll in more wafer crumbs or/and chocolate trim-ettes. Refrigerate. Yields approximately 4 dozen rum balls.

WALNUT COOKIES

- | | |
|--|-------------------------|
| $1\frac{1}{2}$ cups walnuts, finely ground | 1 egg, beaten |
| 1 cup sifted flour | $\frac{1}{4}$ tsp. salt |
| 2 tbsp. sugar | 1 tsp. vanilla |
| $\frac{1}{2}$ cup soft butter | Icing sugar |

Combine all ingredients in a mixing bowl except icing sugar. Mix thoroughly. Refrigerate dough at least $\frac{1}{2}$ hour. Form dough into 1" balls, place 1 inch apart on ungreased cookie sheets and bake 350°F for 15 to 20 minutes. Cool partially on cooling rack and roll in icing sugar while warm. Re-roll in sugar just before serving.

WHIPPED SHORTBREAD

- | | |
|-------------------------------|-------------------|
| 3 cups flour | 1 cup icing sugar |
| $\frac{1}{2}$ cup corn starch | 1 lb. butter |

Whip butter until light in color and fluffy. (You may add 3 or 4 tbsp. boiling water). Mix flour, corn starch and icing sugar together and while whipping butter add dry ingredients slowly and whip until completely blended. Drop by teaspoonfuls onto an ungreased cookie sheet. Bake at 350°F for 15 minutes or until very delicately browned.

SHORTBREAD COOKIES

- | | |
|--------------------|---------------------------------------|
| 1 lb. butter | 1½ cups icing sugar |
| 3 cups flour | Pinch salt |
| ½ cup potato flour | ½ cup red and green cherries, chopped |

Cream butter and sugar. Add sifted dry ingredients and mix well. Add cherries and shape dough into 4 rolls 2" in diameter and roll in wax paper. Chill overnight. Cut with a sharp knife thin slices ¼" thick. Bake on greased cookie sheets 375°F for 10 minutes.

BIRD'S NEST

- | | |
|---------------------------|----------------------------|
| 2 cups flour | 1 tsp. vanilla |
| ½ tsp. baking powder | 1 egg, separated |
| 1 cup butter or margarine | 1 egg yolk |
| ½ cup sugar | 1 cup nuts, finely chopped |

Sift flour and baking powder twice. Cream butter and sugar until light and fluffy. Add vanilla, two egg yolks and mix well. Add flour mixture gradually. Form dough into balls the size of a walnut and roll in slightly beaten egg white and then in nuts. Place on lightly greased baking sheets. Make a dent in centre of ball and place a half maraschino cherry. Bake in 350°F for 10-12 minutes.

CREAM CHEESE COOKIES

- | | |
|---------------------------------------|----------------------|
| 1 lb. butter (½ margarine & ½ butter) | 1 8oz. cream cheese |
| 1 egg | 2 tbsp. sugar |
| 1 egg yolk (save the white) | 3 cups flour or more |

Sift flour and sugar. Cut butter and cream cheese into the flour. Add eggs to make a soft pastry. Chill in fridge for 4 hours or overnight. Roll ¼ inch thick and cut with cookie cutter. Dip in egg white and then into sugar. Bake on greased cookie sheet 375°F for 10-15 minutes. Makes 6-7 dozen.

BRANDY SNAPS

- | | |
|----------------------|-----------------------------------|
| ½ cup molasses | ½ tsp. vanilla |
| ½ cup sugar | 1 tsp. lemon juice |
| ½ cup butter, melted | ¼-½ cup brandy |
| ½ cup flour, sifted | 1 cup whipping cream or ice cream |
| ⅛ tsp. salt | Nuts, finely ground |
| 1 tsp. ginger | Broom handle |

In a bowl cream the first 3 ingredients. Add sifted dry ingredients. Add vanilla and lemon juice. Refrigerate 20 minutes. Drop half a teaspoon of batter at a time on a well greased cookie sheet spacing far apart as the batter spreads during baking. Bake in 350°F oven for 7 to 8 minutes. Remove from cookie sheet and work very quickly rolling and shaping wafers around the broom handle to cool. If hardened before rolled, return to the oven for a very short time. These shells may be frozen. Combine brandy with whipped cream. Fill snaps with brandied whipped cream or ice cream and return to freezer. To serve garnish with whipped brandied cream and nuts. Flame by pouring brandy all over and ignite.

ALMOND THINS

½ cup soft butter	2 cups flour, sifted
1 cup sugar	1 tsp. baking powder
1 egg	¼ tsp. salt
2 tbsp. orange juice	1 cup almonds, finely chopped
1 tbsp. orange rind, grated	

Combine all the ingredients in the order given, and mix thoroughly. Shape into 2 rolls with hands and wrap in foil and freeze until needed. When ready to bake slice ¼" thin and place on greased sheet. Bake 375°F for 8 to 10 minutes or until delicately browned.

NANAIMO BARS

Base

½ cup butter, melted	1 egg, beaten
2 cups Graham Wafer crumbs (26 wafers)	5 tbsp. sugar
5 tbsp. cocoa	1 cup coconut
1 tsp. vanilla	½ cup chopped walnuts

Place softened butter, sugar, cocoa, vanilla and egg in a bowl. Set bowl in pan of boiling water. Stir mixture until the mixture is the consistency of custard. Mix wafer crumbs, coconut and nuts together and add to the cocoa mixture. Pack into ungreased 9 inch square pan.

Filling

4 tbsp. butter or margarine	2 cups icing sugar, sifted
3 tbsp. vanilla custard pudding powder	3 tbsp. milk

Cream butter and add rest of the ingredients one at a time, blending well. Spread over wafer base and allow to harden. Cover with 1 cup melted semi-sweet chocolate chips mixed with 3 tbsp. milk. Refrigerate.

RASPBERRY WALNUT SQUARES

1¼ cups flour	1 cup sugar
⅓ cup sugar	½ tsp. salt
½ cup butter	½ tsp. baking powder
10 oz. pkg. raspberries thawed	1 tsp. vanilla
¾ cups chopped walnuts	Whipped cream or ice cream
2 eggs	

Combine 1 cup flour, sugar and butter, blend well. Press mixture into bottom of 13 x 9 inch pan. Bake at 350°F for 15 minutes. Cool. Drain raspberries, reserve liquid for sauce. Spoon berries over crust, sprinkle with walnuts. Beat eggs with sugar in a small mixing bowl until light and fluffy. Add salt, ¼ cup flour, baking powder and vanilla. Blend well. Pour over walnuts. Bake 350°F for 30 to 35 minutes until golden brown. Cool. Cut into squares. Serve with whipped cream or ice cream. Pour sauce over top.

Raspberry Sauce

½ cup water	2 tbsp. cornstarch
½ cup sugar	1 tbsp. lemon juice

Combine water, reserved raspberry liquid, sugar and corn starch in saucepan. Cook stirring constantly until thickened and clear. Stir in lemon juice. Cool.

KHRUSTYKY

- | | | | |
|----|-----------------------------------|---|------------------------|
| 3 | eggs | 1 | tblsp. brandy |
| 2 | tblsp. heavy cream | ½ | tsp. salt |
| ¼ | cup sugar | 3 | cups all-purpose flour |
| 1½ | tblsp. melted butter or margarine | | |

Beat thoroughly eggs, sugar, and cream. Add shortening, brandy, salt and 2 cups flour, mixing well. Stir in enough additional flour to make a stiff dough. Wrap dough in wax paper and chill in refrigerator for one hour. Divide dough, roll paper thin, cut into 3 inch diamond-shaped pieces, make slit in centre and pull one corner through slit for a "twist" effect. Deep fry until delicately browned. Cool and dust with icing sugar.

MEDIVNYCHKY — HONEY COOKIES

- | | | | |
|---|---------------|---|---------------------------------|
| 1 | cup honey | 4 | cups flour, sifted |
| ¾ | cup sugar | 2 | tsp. baking soda |
| ½ | cup oil | ½ | tsp. baking powder |
| 1 | tsp. cinnamon | ¼ | tsp. salt |
| 4 | eggs, beaten | ¾ | cup walnuts, chopped (optional) |

Boil honey and sugar together. When still hot immediately stir ½ amount of the flour and blend well. When mixture is cooled add oil, eggs and remaining flour sifted with dry ingredients, add walnuts and beat well. Shape the dough into balls the size of a walnut and arrange them apart on a greased cookie sheet. Flatten balls slightly. Bake 325°F for 15-20 minutes. Makes about 8 dozen.

PYRIZHKY

- | | | | |
|---|--------------|---|-------------------|
| 3 | egg yolks | 2 | tsp. lemon juice |
| 1 | cup butter | 2 | tblsp. sour cream |
| 2 | tsp. vanilla | 2 | cups flour |

Mix flour and butter together. Add egg yolks, cream, vanilla, lemon juice. Add this mixture to the butter and flour mixture. Turn onto a floured board and shape into balls the size of a big marble. Chill overnight. Next day roll each marble into a square the thickness of a pie crust. In the centre of each square put a little jam and a walnut. Moisten the edges and fold into a turnover. Bake in a moderate oven. When baked put a spoonful of meringue on top of each turnover and decorate with a walnut. Bake again until meringue is brown.

PLATSOK — SQUARES

- | | | | |
|---|-----------------------------|---|----------------------------------|
| 2 | cups sifted flour | ¾ | cup margarine |
| 2 | tsp. baking powder | ⅔ | cup sugar |
| ½ | tsp. baking soda | 2 | eggs |
| ½ | tsp. salt in 1 tblsp. water | 1 | tsp. vanilla or juice of 1 lemon |

Topping

- | | | | |
|---|-----------------|---|---------------|
| 2 | tblsp. butter | 3 | tblsp. flour |
| ½ | cup brown sugar | 1 | tsp. cinnamon |

Mix all ingredients well and divide into two portions. Pat one portion into 9 x 12 pan. Spread a filling of your choice, dates, figs, prunes, plums, apples, blueberries, etc. and lay the other portion of pastry on top covering the filling. Crumb the topping ingredients together well and place on top of the square. Bake 350°F for 45 minutes until golden brown.

BLUEBERRY DELIGHT

- | | | | |
|----|--------------------|---------------------------------------|-----------------------------------|
| 4 | eggs | Juice of ½ lemon & water to make | |
| 1 | cup sugar | ¾ cup liquid | |
| ¾ | cup Crisco oil | 2 | tsp. rum or apricot brandy |
| 2½ | cups flour, sifted | 2 | cups blueberries, fresh or frozen |
| 2 | tsp. baking powder | Minute tapioca sprinkled over berries | |
| ½ | tsp. salt | | |

Mix ingredients in order listed and beat well after each, except the berries. Pour ½ of the batter in a greased 9 x 13 cake pan. Spread the blueberries sprinkled with tapioca. Add the rest of the batter. Bake 350°F for 55 minutes.

JAM JAMS

- | | | | |
|---|-------------------------|-----|------------------|
| 1 | cup brown sugar | 2 | tsp. baking soda |
| 1 | cup butter or margarine | 1 | tsp. vanilla |
| 2 | eggs, well beaten | ¼ | tsp. salt |
| 6 | tbsp. corn syrup | 3-4 | cups flour |

Cream butter and sugar. Add eggs well beaten and then syrup and vanilla and continue to beat. Sift dry ingredients and add to first mixture, blending well until batter is stiff enough to roll. Chill and then roll. Cut with cookie cutter. Bake 350°F for 20 to 25 minutes. Fill with jam between two cookies.

FRENCH PASTRY

- | | | | |
|---|-------------------------------------|---|---------------|
| 5 | cups flour | 1 | egg |
| 1 | lb. butter (½ butter & ½ margarine) | 1 | tbsp. vinegar |
| 1 | cup very cold water | 1 | tbsp. sugar |

Cut butter into flour with knife. Beat egg, vinegar and sugar. Mix together with water to make soft dough. Chill dough in fridge. Bake like a pie crust in a cookie sheet.

Cream

- | | | | |
|----|-------------|---|------------|
| 2 | cups milk | 2 | cups sugar |
| 2½ | tbsp. flour | 2 | egg yolks |

Beat yolks and sugar. Dissolve flour with little milk. Combine all ingredients and cook in a double boiler until thick. Add vanilla for flavour. Spread the cream filling between 2 layers of cooked pastry.

MINCEMEAT SQUARES

- | | | | |
|---|-------------------------|----|-------------------------|
| 1 | cup rolled oats | ½ | cup butter or margarine |
| 1 | cup flour | 1¼ | cups mincemeat |
| ¼ | tsp. baking soda | 1 | tsp. rum or brandy |
| ½ | cup brown sugar, packed | ¼ | tsp. salt |

Combine rolled oats, flour, baking soda, salt and sugar. Cut in butter until mixture is crumbly. Firmly press ½ of this mixture into 8 inch square pan. Spread evenly with mincemeat flavoured with rum or brandy. Top with remaining crumb mixture and pack firmly. Bake 350°F for 25-30 minutes or until lightly browned. When cool cut into squares. Makes 36 squares. Dates or cranberries may be used for filling.

MATRIMONY CAKE

- | | |
|----------------------|-------------------|
| 1½ cups flour | 1 cup butter |
| ½ tsp. baking soda | 1 cup brown sugar |
| 1 tsp. baking powder | 1½ cups oatmeal |
| ¼ tsp. salt | |

Sift flour, baking powder, soda and salt. Rub in butter with tips of fingers. Add sugar and oatmeal. Spread one-half the crumbs in a greased shallow pan (about 8" x 14"). Pat to make smooth. Cover with cooled date filling spreading it evenly, then cover with remaining crumbs. Pat to make smooth. Bake at 325°F for 30-35 minutes. Increase heat slightly for a few minutes to lightly brown cake.

Date Filling

- | | |
|---------------------|-------------------------|
| 1 lb. chopped dates | Grated rind of 1 orange |
| ½ cup cold water | 3 tbsp. orange juice |
| 2 tbsp. brown sugar | 2 tsp. lemon juice |

Cook dates, water, orange rind and sugar in a small saucepan over a moderate heat until thick and smooth; remove from fire, add fruit juices; mix well. Cool before spreading.

BRAMBLE FILLING

- | | |
|--------------------------|-----------------------------|
| 1 lb. box seeded raisins | 2 lemons (rind and juice) |
| 2 cups white sugar | 2 tbsp. butter or margarine |

Put raisins through food chopper, add melted butter, sugar, lemon rind and juice. Mix well, let stand a few hours, mix again until sugar is dissolved, store in jar in cupboard. Do not refrigerate.

BROWNIES

- | | |
|-------------------------------|---------------------------|
| 2 cups sugar | Pinch salt |
| ½ cup flour, sifted | ½ tsp. vanilla |
| 1 cup margarine or shortening | 4-5 eggs, beaten |
| 1 cup cocoa | 2 cups cake flour, sifted |
| ¼ cup water | ½ cup milk |
| ½ tsp. baking soda | 1 cup walnuts, chopped |

In a bowl cream sugar, flour and shortening until smooth and fluffy. Combine cocoa with water and add to batter. Beat in baking soda, salt, vanilla, eggs, cake flour and milk. Beat until smooth and fluffy. Fold in nuts. Spread batter evenly in ungreased jelly roll pan and bake 350°F for 30 minutes. Cool in pan on a rack. Cut into squares or bars. Spread with Chocolate Frosting. Recipe page 83.

NUT SLICE - UNBAKED

- | | |
|---------------------------|---------------------------|
| ½ cup butter or margarine | 25 graham wafers, crumbed |
| 1 egg, beaten | ¾ cup walnuts, crushed |
| 2 tsp. cocoa | ½ tsp. vanilla |
| ½ cup sugar | |

Melt butter and add egg, cocoa, sugar and vanilla. Keep stirring steadily. Bring to boil for 1 minute only. Mix thoroughly with dry ingredients. Spoon into 10 inch square pan and press down with spoon. Ice with chocolate icing while still warm. (cocoa, icing sugar and butter). Refrigerate for 2 hours.

NAPOLEONS

3 cups flour
½ lb. butter
1 tbs. crisco shortening

3 egg yolks
½ cup whipping cream, unwhipped
1 pkg. vanilla pudding, prepared

Cut butter and crisco into flour, add egg yolks and cream and mix well. Refrigerate overnight. Bake in 3 greased round cake layer pans 350°F for 20 minutes. Cool. Spread vanilla pudding between two layers, then spread jam or currant jelly on top of 2nd layer. Place 3rd layer and sprinkle with icing sugar. Slice.

SCHOOLBOYS' DELIGHT OATMEAL COOKIES

2 cups margarine
2 cups sugar
4 cups oatmeal
2 cups flour, sifted

2 tsp. baking soda
Pinch salt
¾-1 cup buttermilk
1 cup raisins, optional

Cream margarine and sugar. Add the rest of the ingredients one at a time and mix well. Roll into balls, flatten and bake on ungreased cookie sheet 350°F for 15-20 minutes. Makes about 10 dozen.

RICE KRISPIES COOKIES

½ cup butter or margarine
¾ cup sugar
1 egg, beaten
¾ cup flour, sifted

½ tsp. baking powder
1 tsp. cinnamon
½ tsp. vanilla
2 cups Rice Krispies

Cream butter and sugar. Beat in the egg. Add flour with dry ingredients and flavouring. Mix well. Add Rice Krispies, and drop with teaspoon on buttered cookie sheet. Bake 15-20 minutes at 350°F. Good for lunch box.

CHOCOLATE CHIP COOKIES

1 cup butter or margarine
¾ cup brown sugar
¼ tsp. vanilla
1½ cups flour
½ tsp. salt

1 tsp. baking soda
⅓ cup boiling water
2 cups rolled oats
¾ cups chocolate chips

Cream butter until soft, add sugar and beat until fluffy. Add vanilla, flour and salt and mix well. Dissolve baking soda in water and blend into mixture. Stir in the rolled oats and chocolate chips. Roll into balls and flatten with fork dipped in cold water. Bake 350°F for 10-12 minutes. Makes 4-5 dozen.

BEST PEANUT BUTTER COOKIES

1 cup margarine
1 cup sugar
1 cup brown sugar
2 eggs, beaten
1 cup peanut butter

2 cups flour, sifted
½ tsp. salt
2 tsp. baking soda
1 cup rolled oats

Beat margarine and sugar in a bowl until light and fluffy. Add eggs and beat well. Blend in peanut butter. Sift together flour, salt, soda and stir into peanut butter mixture. Stir in oats. Roll dough to form small balls; place on ungreased cookie sheets and press with fork to make crisscross on each. Bake 350°F for 12 minutes. Makes 6 dozen.

LEMON LOVE NOTES

- | | |
|------------------------------------|--------------------------|
| ½ cup softened butter or margarine | ½ tsp. baking powder |
| 1 cup sifted flour | 2 eggs, beaten |
| ¼ cup icing sugar | 2 tbsp. lemon juice |
| 1 cup sugar | 2 tsp. grated lemon peel |
| 2 tbsp. flour | |

Combine butter, the 1 cup flour, icing sugar. Press into 8 x 8" pan. Bake at 350°F for 25 minutes. Cool. Combine the 1 cup sugar, 2 tbsp. flour, baking powder. Add eggs, lemon juice, grated peel, mix well. Pour over cooled base in pan. Bake at 350°F for 25 minutes. (Top puffs up in baking, but falls on cooling). Cool, cut into squares.

PINEAPPLE SQUARES

- | | |
|----------------|----------------------|
| 2 tbsp. sugar | 1 cup flour |
| 1 tbsp. butter | 1 tsp. baking powder |
| 2 eggs | ¼ tsp. salt |

Mix the above all together and line cake tin. Bake 350°F for 10-15 minutes. Drain 1 small can of crushed pineapple and spread over the baked mixture. Cover with the following mix.

- | | |
|-------------------------|---------------------|
| 2 cups shredded coconut | 2 eggs, well beaten |
| 1 cup sugar | 1 tbsp. butter |

Bake in oven 350°F for ½ hour.

MARSHMALLOW SQUARES

- | | |
|--------------------|-------------------------------|
| ¼ cup butter | 1 pkg. (5½ oz.) Rice Krispies |
| ½ lb. marshmallows | ½ tsp. vanilla |

Melt marshmallows and butter until thick and syrupy. Add vanilla and beat well. Pour mixture over cereal in a large greased bowl and stir briskly. Press into a greased shallow pan, cool, and cut into squares.

PEANUT BUTTER SQUARES

- | | |
|---------------------|---------------------|
| ½ cup corn syrup | 2 cups corn flakes |
| ½ cup brown sugar | 1 cup Rice Krispies |
| 1 cup peanut butter | |

Heat syrup and brown sugar and combine all ingredients. Press into a greased 8 x 8" pan and pour topping over it. Cool and cut into squares.

Topping

- | | |
|-------------------|----------------|
| ½ cup brown sugar | 1 tbsp. butter |
| 3 tbsp. cream | |

Bring to boil for 1 minutes. Pour over mixture while runny.

Pastry dough is easier to roll between two sheets of wax paper.

To prepare crumbs from dry bread force through food chopper or place dry bread in a small cloth sack and crush with rolling pin.

PLAIN PIE CRUST

- | | |
|-----------------------------------|----------------------|
| 5 cups flour | 1 tsp. salt |
| 1 lb. lard or domestic shortening | 1 tsp. baking powder |
| 2 tbsps. brown sugar | 1 egg |
| 2 tbsps. vinegar | |

Put vinegar, egg and water to fill to $\frac{3}{4}$ cup. Crumb flour and lard lightly with fingers. Combine with water mixture and mix enough to make smooth dough. May be frozen or stored in fridge. Yields 6 - 9" shells.

HOT WATER PASTRY

- | | |
|----------------------------------|---------------------------------|
| 2 cups sifted flour | $\frac{1}{3}$ cup boiling water |
| $\frac{1}{2}$ tsp. baking powder | $\frac{2}{3}$ cup shortening |
| 1 tsp. salt | |

Sift flour, baking powder and salt together. Pour water over shortening and mix with fork until creamy, add flour mixture and mix into a dough. Chill thoroughly and proceed as for Plain Pastry. Makes 1 - 9" double crust pie or 2 - 9" shells.

CHEESE PASTRY

- | | |
|--------------------------|---|
| $\frac{1}{2}$ cup butter | $\frac{1}{4}$ lb. cottage or cream cheese |
| 1 cup sifted flour | |

Cut butter into flour; add cheese and mix to a smooth dough. Chill thoroughly. Roll and proceed as for Plain Pastry. Makes 1 - 9" pastry shell.

PUFF PASTE

- | | |
|--------------------------|-----------------------------|
| 1 cup butter | $\frac{1}{2}$ cup ice water |
| 2 cups sifted cake flour | |

Cut $\frac{1}{2}$ cup butter into flour with 2 knives or a pastry blender; add ice water using only enough to hold ingredients together. Roll out to $\frac{1}{4}$ inch thickness on a lightly floured board, making a square sheet. Spread $\frac{2}{3}$ of dough with $\frac{1}{4}$ of softened butter; fold unbuttered $\frac{1}{3}$ over centre $\frac{1}{3}$ and fold remaining $\frac{1}{3}$ over to cover first $\frac{1}{3}$, buttered side down, making 3 layers of dough with butter between each layer. Turn dough $\frac{1}{4}$ of way around on board and roll to about $\frac{1}{4}$ inch thickness. Spread with butter. Fold as before and chill thoroughly. Roll, spread with butter, fold and chill 2 more times. Roll, shape and bake as directed in various recipes using Puff Paste. May be baked at once or wrapped in waxed paper and chilled 12 to 24 hours. Makes 15 to 24 fancy pastries.

CRUMB PIE SHELL

1½ cups fine crumbs
¼ cup sugar

½ cup butter, melted

Mix crumbs and sugar together; stir in butter. Line pie pan with mixture by pressing it firmly into place. Chill for 20 minutes or bake in moderate oven (350°F) 10 minutes. Cool. Makes 1 (9 inch) shell. Use crumbs of the following: Chocolate Cookies, Cereal Flakes, Gingersnaps, Graham Crackers, Toasted Bread, Vanilla Wafers or Zwieback.

FRESH STRAWBERRY PIE

1 cup sugar
2 tbs. cornstarch
⅛ tsp. salt

3 cups fresh strawberries
Plain pastry
1 tbs. butter

Mix sugar, cornstarch and salt together and add to berries. Line pie pan with pastry, add filling, dot with butter and cover with top crust. Bake at 450°F for 10 minutes; reduce temperature to 350°F and bake 30 minutes longer. Makes 1 8 inch pie. Raspberry - Use same quantity raspberries as strawberries.

RED CHERRY PIE

1 can tart red cherries
2½ tbs. minute tapioca
⅛ tsp. salt
1 tbs. melted butter

½ cup sugar
2 drops red food coloring
Plain Pastry
1 tsp. flour

Mix cherries and juice with next ingredients and let stand for 15 minutes. Stir well. Line pie pan with pastry, pour in filling and cover with top crust. Bake at 450°F for 10 minutes; reduce to 350°F and bake about 25 minutes longer. Makes 1 9 inch pie.

BLUEBERRY OR BLACKBERRY PIE

3 cups fresh berries
1 cup sugar
3 tbs. minute tapioca
2 tbs. lemon juice

⅛ tsp. salt
Plain pastry
1 tbs. butter

Combine berries, sugar, tapioca, lemon juice and salt. Line pie pan with pastry, add filling, dot with butter and cover with top crust. Bake 450°F for 10 minutes; reduce to 350°F and bake 25 to 30 minutes longer. Makes 1 - 9 inch pie.

COTTAGE CHEESE APPLE PIE

Plain pastry
1½ cups thinly sliced apples
2 eggs
½ cup cottage cheese
¾ cup sugar

½ cup cream
⅛ tsp. salt
1 tsp. grated lemon rind
½ tsp. cinnamon
¼ tsp. nutmeg

Line a pie pan with pastry and cover with apples. Beat eggs slightly, add cottage cheese, ½ cup sugar, cream, salt and lemon rind. Mix remaining sugar with cinnamon and nutmeg and sprinkle over apples, then cover with egg and cheese mixture. Bake 425°F for 10 minutes; reduce to 350°F and bake 30 minutes longer. Makes 1 deep 9 inch pie.

CUSTARD PIE

- | | | | |
|---|-----------------------|---|--------------|
| 4 | eggs, slightly beaten | ½ | tsp. vanilla |
| ¼ | tsp. salt | | Plain pastry |
| ½ | cup sugar | | Nutmeg |
| 3 | cups milk, scalded | | |

Combine eggs, salt and sugar; add milk and vanilla slowly. Line pie pan with pastry, pour in filling and sprinkle with nutmeg. Bake in very hot oven 450°F for 10 minutes; reduce to 325°F and bake 30 to 40 minutes longer, or until a knife inserted in center comes out clean. Makes 1 - 9 inch pie. Coconut - Add 1 cup shredded coconut to custard before baking.

PECAN PIE

- | | | | |
|---|-------------------------------|----|---------------------|
| 1 | unbaked 9" pie shell, chilled | ¼ | tsp. salt |
| ½ | cup butter or margarine | 1 | tsp. vanilla |
| 1 | cup sugar | 1½ | cups chopped pecans |
| 3 | eggs, slightly beaten | | Whole pecans |
| ¾ | cup dark corn syrup | | |

Cream butter and add sugar gradually and continue beating until light and fluffy. Add eggs, syrup, salt, vanilla and chopped nuts. Pour into pie shell. Bake in 375°F for 45 minutes. Garnish with whole nuts. Serve with whipped cream if desired.

ORANGE CHIFFON PIE

- | | | | |
|---|-------------------------------|---|-----------------------------------|
| 1 | pkg. orange-flavoured gelatin | 2 | tbsp. grated orange peel |
| ¾ | cup boiling water | 1 | tall can evaporated milk, whipped |
| ½ | cup sugar | 1 | 9 inch crumb crust |
| ⅓ | cup orange juice | | |

Dissolve gelatin in boiling water. Add sugar, orange juice and peel. Fold in whipped milk. Spoon into crumb crust. Chill until set.

BANANA CHOCOLATE CREAM PIE

- | | | | |
|---|-------------------------------|---|----------------------------|
| 2 | squares unsweetened chocolate | 3 | egg yolks, slightly beaten |
| 2 | cups milk | 1 | tbsp. butter or margarine |
| ⅔ | cup sugar | ½ | tsp. vanilla |
| ½ | tsp. salt | 3 | ripe bananas |
| ⅓ | cup flour | 1 | baked 9 inch shell |

Melt and blend chocolate in milk in top of double boiler over boiling water. Combine sugar, salt, and flour. Stir slowly into chocolate mixture. Cook, stirring constantly until thick. Cool 10 minutes longer, stir occasionally. Stir small amount of hot mixture into egg yolks; then pour back into remaining hot mixture while beating vigorously. Cook 1 minute. Add butter and vanilla. Cool thoroughly. Cover bottom of pie shell with small amount of cooled filling. Layer sliced bananas, filling, bananas and cover with remaining filling. Top with whipped cream and additional ripe banana slices or with a meringue using 3 egg whites and 6 tbsp. sugar. If meringue is used bake 10-15 minutes.

To keep a bowl from slipping on a work surface, place it on a folded wet towel.

A cake is done when a knife inserted in the centre comes out clean, or the surface of the cake springs back when lightly pressed.

LEMON MERINGUE PIE

- | | |
|--------------------------|---------------------------|
| 1 cup sugar | 1/3 cup lemon juice |
| 1/4 cup cornstarch | 1 tbsp. grated lemon rind |
| 1/4 tsp. salt | 1 tbsp. butter |
| 1 1/2 cups boiling water | 1 baked Pastry shell |
| 2 egg yolks | 1 recipe Meringue |

Combine sugar, cornstarch and salt; add water gradually and cook over boiling water until smooth and thickened, stirring constantly. Cover and cook 15 minutes. Beat egg yolks and pour hot mixture over them gradually, stirring constantly. Cook 5 minutes longer. Just before removing from heat add lemon juice, rind and butter. Mix well and cool. Pour into pastry shell, top with meringue and proceed as directed. Makes 1 (9 inch) pie. Filling may be used for tarts.

Meringue

- | | |
|---------------|-------------------------------------|
| 2 egg whites | 1/2 tsp. vanilla or other flavoring |
| 4 tbsp. sugar | |

Beat egg whites until frothy. Add sugar gradually and continue beating until stiff. Add flavoring. Pile on pie and bake at 350°F for 10 to 15 minutes. Topping for 1 (8 inch) pie.

STRAWBERRY AND RHUBARB PIE

- | | |
|--------------------------|---------------------------|
| 1 1/4 cups sugar | 2 cups diced rhubarb |
| 1/4 cup flour | 1 recipe Hot Water pastry |
| 1 cup fresh strawberries | 2 tbsp. butter |

Sift sugar and flour together and combine 1/4 of it with fruit. Line pie pan with pastry, sprinkle remaining dry mixture over bottom and add filling. Dot with butter and arrange pastry strips over top in lattice design. Bake 425°F for 10 minutes; reduce to moderate 350°F and bake 30 minutes longer or until fruit is tender. Makes 1 9 inch pie.

PUMPKIN PIE

- | | |
|--------------------------|------------------------------------|
| 1 cup brown sugar | 1 1/2 cups pumpkin |
| 2 tsp. flour | 1 1/2 cups milk |
| 1/2 tsp. salt | 2 eggs |
| 1 tsp. pumpkin pie spice | 2 tsp. butter or margarine, melted |

In large bowl combine all the above ingredients and beat with rotary beater. Pour mixture into an unbaked plain pastry pie shell. Bake 450°F for 15 minutes. Reduce heat to 375°F and bake for 30 minutes.

CHERRY TARTS

- | | |
|--------------------|------------------------------|
| 2 tbsp. cornstarch | 1 tbsp. butter |
| 3 tbsp. sugar | 2 cups canned sweet cherries |
| 1 cup cherry juice | 8 baked Tart Shells |

Mix cornstarch and sugar together, add juice gradually and cook slowly until smooth and thickened; add butter and cook for a few minutes longer. Cool. Add cherries and pour into tart shells. Makes 8 tarts.

TART PASTRY

- | | |
|-------------------|--------------|
| 5 cups flour | ½-¾ cup lard |
| 1 lb. margarine | 1-2 eggs |
| ½ cup icing sugar | No water |
| Dash salt | |

Mix as for pie crust. Beat eggs and stir into the pastry.

DATE TARTS

- | | |
|----------------------|-----------------------|
| 2 cups pitted dates | 8 baked Tart Shells |
| 1 cup cold water | Whipped cream topping |
| 2 tbsp. orange juice | |

Combine dates and water and cook to a thick paste. Remove from heat, add orange juice, cool. Fill tart shells with date mixture and cover with whipped cream topping. Makes 8 tarts.

APRICOT TARTS

- | | |
|--------------------------|-----------------------|
| ½ cup sugar | 6 oz. cream cheese |
| 2 tbsp. cornstarch | 1 tsp. rum flavoring |
| 1½ cups apricot juice | 12 baked Tart Shells |
| 2 tbsp. butter | Whipped cream topping |
| 12 canned apricot halves | |

Sift sugar and cornstarch together, stir in apricot juice and butter and cook slowly until thickened stirring constantly. Add apricots and chill. Beat cheese with a fork and add flavoring. Place 2 tbsp. of cheese in each tart shell, fill with fruit mixture and cover with whipped cream topping. Makes 12 tarts.

FRUIT TARTS

- | | |
|-----------------------|---------------------------|
| ¼ cup chopped raisins | 1 tbsp. flour |
| ¼ cup chopped dates | 1 egg, slightly beaten |
| ¼ cup chopped figs | 3 tbsp. lemon juice |
| ¼ cup chopped nuts | 1 tbsp. grated lemon rind |
| 1 cup brown sugar | Plain pastry |

Combine first 7 ingredients and cook slowly for 10 minutes, stirring constantly. Remove from heat and stir in lemon juice and rind. Cool. Roll pastry to ¼ inch thickness and cut into 3 inch squares. Place 2 tsp. of filling on each square, moisten edges and fold over, making 3 cornered tart. Pinch edges together, make 3 short slits in top. Bake 425°F for about 20 minutes. Makes 12 tarts.

CHOCOLATE-DIPPED FRUIT

- | | |
|--|---|
| 4 squares (1 oz. each) semisweet chocolate | ¼ cup margarine |
| 4 squares (1 oz. each) unsweetened chocolate | ¼ cup light corn syrup |
| | Assorted dried and fresh fruit, such as strawberries, orange sections, etc. |

In 1 quart saucepan heat chocolate, margarine and corn syrup over very low heat until melted; stir until smooth. Remove from heat; beat with wooden spoon until cool but still pourable. Using two forks dip fruit halfway into chocolate. Place on waxed paper. Refrigerate until chocolate is firm. Store in one layer in tightly covered container in refrigerator. Makes 1½ cups. Note: Recipe may be halved.

CREPE SUZETTES

- | | |
|-------------------------|--------------------|
| 3 eggs | 1 cup milk |
| $\frac{3}{4}$ cup flour | 2 tbsp. sugar |
| $\frac{1}{2}$ tsp. salt | 1 tsp. orange rind |

Sauce

- | | |
|-------------------------|---------------------------------------|
| 3 tbsp. butter | $\frac{1}{3}$ cup orange juice |
| $\frac{1}{2}$ cup sugar | $\frac{1}{2}$ tsp. grated orange rind |

Combine all batter ingredients and beat well. Bake thin pancakes in a greased skillet browning both sides. Make sauce by creaming butter and sugar together; add flavourings gradually. Spread sauce on cakes as they are baked and roll up quickly. Pour brandy over crepes and ignite. Serve as soon as flame goes out. Serve with additional sauce. Serves 2 to 3.

STRAWBERRY DESSERT CREPES

Filling

- | | |
|------------------------------------|--------------------|
| 4 cups fresh strawberries, sliced | Icing sugar |
| $\frac{1}{2}$ cup brown sugar | Whole strawberries |
| 2 cups sour cream or whipped cream | |

Mix strawberries and brown sugar. Fill each crepe with $\frac{1}{2}$ cup strawberries. Top with 3 tbsp. whipped cream. Fold over crepe. Sprinkle with icing sugar and garnish with sour cream and whole strawberries. Makes 8 servings.

ALL PRIDE SPONGE CAKE

- | | |
|------------------------------|----------------------|
| 3 eggs, separated | 1 cup flour, sifted |
| 1 cup sugar | Pinch salt |
| $\frac{1}{2}$ cup cold water | 1 tsp. baking powder |
| 1 tsp. lemon juice | |

Beat egg yolks with sugar, add water and beat. Add dry ingredients sifted 4 times. Beat egg whites stiff with lemon juice and fold gently to the egg yolk mixture. Bake in well greased round cake pan 350°F for 50 minutes. Let stand in pan 5 minutes and then cool on cake rack. Very good with ice cream and strawberries or raspberries as a dinner dessert.

BAKED ALASKA

- | | |
|--------------------------------------|-----------------------------|
| 1 Sponge cake (see above for recipe) | 4 egg whites |
| 2 pints ice cream | $\frac{1}{4}$ tsp. salt |
| 1 cup miniature marshmallows | $\frac{1}{2}$ cup sugar |
| 2 tbsp. orange or pineapple juice | Slivered almonds or coconut |

Place marshmallows and juice in top of a double boiler; heat over gently boiling water until soft. Beat egg whites and salt until stiff. Add the sugar slowly, beating constantly to form a very stiff meringue. Beat in the marshmallows; continue to beat until cool. Place the sponge cake in an ovenproof dish. Unmold the ice cream onto the cake. Immediately spread the meringue over the ice cream and the cake. It is important to have no thin spots or places where the ice cream or cake is showing. Freeze overnight if desired. Sprinkle with slivered almonds or coconut and place in 425°F oven to brown. Serve at once. Serves 8 to 10.

The cake or ice cream may be spread with a thin layer of red jam, or any fruit.

TRIFLE

- | | | | |
|---|------------------------------------|-----|-------------------------------|
| 1 | Sponge cake (see above for recipe) | ½ | cup raspberry jam or jelly or |
| 2 | cups cake, cut in uniform pieces | 1-2 | cups fresh or canned fruit |
| 2 | tbsp. rum or sherry | ¼ | cup almonds, slivered |

Custard

- | | | | |
|-----|--------------------|---|--------------|
| 2 | cups milk, scalded | 1 | tsp. vanilla |
| 3-4 | eggs | ⅛ | tsp. salt |
| ¼ | cup sugar | | |

Cook custard and beat constantly. Cool. Arrange cake in an attractive dish. Sprinkle with rum. Spoon fruit on cake. Pour custard over fruit. Garnish with slivered almonds.

BRANDIED PEACHES

- | | | | |
|---|---------------------------|---|-----------------|
| 1 | 28oz. tin of peach halves | ½ | cup brown sugar |
| 2 | tbsp. syrup from peaches | ¼ | tsp. cinnamon |
| 4 | tbsp. butter | ¼ | cup brandy |

Drain peaches, reserving 2 tbsp. of syrup. Place peaches in shallow baking dish. Combine all ingredients and spoon over peaches. Bake at 350°F for 25 to 30 minutes, basting occasionally. Serve over vanilla ice cream, or with a heaping teaspoon of sour cream in each centre, garnished with nutmeg.

RHUBARB DESSERT

- | | | | |
|---|--------------------|---|--------------------|
| 2 | cups flour | 1 | tsp. baking powder |
| ½ | cup butter, melted | 1 | egg |
| ¼ | tsp. salt | | |

Beat the egg until light. Add the butter, salt, flour and baking powder. Mix with a fork or with a pastry mixer. Reserve one cupful for the top. Pack the remaining crumbs into the bottom of an 8 x 8 baking dish.

Filling

- | | | | |
|----|-------------------|---|----------------------|
| 1½ | cups sugar | 2 | eggs, beaten |
| ½ | cup melted butter | 4 | cups chopped rhubarb |
| ½ | cup flour | | |

Combine sugar and butter. Add eggs, flour and rhubarb. Mix. Pour into the crumb-lined pan. Sprinkle with the remaining crumbs, then sprinkle with sugar and cinnamon. Bake about 40 minutes at 375°F or until the top is browned. Serve hot with whipped cream.

PINEAPPLE UPSIDE-DOWN CAKE

- | | | | |
|---|--------------------------|---|-----------------------|
| ½ | cup butter | 1 | tsp. baking powder |
| 1 | cup brown sugar | ⅛ | tsp. salt |
| 1 | can sliced pineapple | 3 | eggs, separated |
| 2 | tbsp. large whole pecans | 1 | cup sugar |
| 1 | cup sifted flour | 5 | tbsp. pineapple juice |

Melt butter in large baking pan. Spread brown sugar evenly in pan and arrange pineapple slices on sugar, filling in spaces with pecans. Sift flour, baking powder and salt together. Beat egg yolks until light, adding sugar gradually; add pineapple juice and sifted flour; fold in stiffly beaten egg whites. Pour batter over pineapple. Bake at 375°F for 30 to 35 minutes. Turn upside down on cake plate. Serve with whipped cream if desired. Makes 1 (9 x 9 inch) cake. Serves 8.

RICH CHOCOLATE MOUSSE

8 oz. sweet cooking chocolate	1 tsp. vanilla or
¼ cup strong coffee or water	1 tbsp. rum, brandy or kirsch
5 eggs, separated	Dairy sour cream or whipped cream

Melt chocolate in coffee (or water) in top part of double boiler over hot water, stirring constantly. Cool. Beat in egg yolks, one at a time, beating well after each addition. Stir in flavoring. Beat egg whites until stiff but not dry. Fold carefully into chocolate mixture until just blended. Pile lightly in small individual souffle dishes, sherbet glasses or in a serving bowl (not plastic). Chill for at least 8 hours or overnight. Serve with a dollop of sour cream or whipped cream. Makes 6 to 8 servings.

APPLE CRISP

4 medium apples, sliced/peeled	½ cup rolled oats
¼ cup white sugar	½ cup flour
½ tsp. cinnamon	2 tsp. baking powder
½ cup margarine	1 egg
½ cup brown sugar	1 tsp. vanilla
½ cup milk	¼ tsp. salt

Arrange apples in a baking dish and sprinkle with white sugar and cinnamon. Cream margarine and brown sugar; add beaten egg and vanilla. Combine dry ingredients and add alternately with milk. Pour over apple and bake at 350°F for 40-45 minutes. Serve warm or cold.

CUSTARD BREAD PUDDING

4 cups milk, scalded	3 eggs
2 cups day-old bread cubes	3 tbsp. melted butter or margarine
¼ tsp. salt	½ tsp. vanilla
½ cup sugar	1 cup raisins (optional)

Pour milk over bread cubes. Add sugar and salt. Beat eggs; add to bread mixture with butter and vanilla; mix well. Pour into a 1½ quart greased casserole. Bake 325°F for 50 to 60 minutes, or until knife inserted near rim comes out clean. Serve warm or cold with or without whipped cream. Makes 8 servings.

RAISIN RICE PUDDING

¾ cup rice	½ cup sugar
4 cups milk	1 tsp. vanilla
½ cup raisins	½ tsp. cinnamon or lemon rind
½ cup butter or margarine	Pinch of salt
3 eggs, beaten	

Cook rice with 2 cups of the milk until tender, about 15 minutes. Add remaining ingredients in order listed and remaining milk to the rice. Pour into a greased 1½ quart baking dish. Sprinkle with cinnamon. Bake in a slow oven, 325°F for 30 minutes or until done. Makes 6 servings.

To keep brown sugar from becoming hard, place in a glass jar and cover tightly.

To prevent the crust from burning, cover with aluminum foil or brown paper.

APRICOT TAPIOCA PUDDING

- | | | | |
|---|------------------------------|----|---------------|
| 3 | tblsp. quick-cooking tapioca | 6 | tblsp. sugar |
| ¼ | cup sugar | 2 | egg whites |
| | Dash of salt | 2 | egg yolks |
| ¼ | tsp. cinnamon | 2½ | cups apricots |
| ¼ | tsp. nutmeg | | |

Combine tapioca, ¼ cup sugar, salt and spices. Drain apricots, reserving syrup. Add sufficient water to syrup to make 2 cups; add to tapioca mixture. Beat yolks and add. Cook over boiling water, stirring constantly, until slightly thickened, about 10 minutes. Reserving 8 apricot halves, chop the remainder and add to tapioca mixture. Pour into an oblong baking dish. Beat egg whites until stiff gradually adding 6 tblsp. sugar. Swirl meringue around edge of the pudding; place apricot halves down centre. Bake at 325°F for 20 minutes.

BAKED NOODLES

- | | | | |
|---|------------------|---|---------------|
| 1 | pkg. macaroni | 1 | cup sugar |
| 1 | quart buttermilk | 1 | cup raisins |
| 8 | eggs | 1 | tsp. cinnamon |

Cook macaroni. Beat eggs, sugar and add buttermilk and raisins. Mix well and add to cooked macaroni. Place in greased pan. Bake 50 minutes at 350°F.

RICE SALAD

- | | | | |
|---|-------------------------------|---|----------------------------|
| 2 | cups cooked rice | 1 | large size Whipped Topping |
| 1 | can fruit, drained (any kind) | | (non-dairy) |

Mix all ingredients together. Chill. Serve.

BROKEN GLASS CAKE

Filling

- | | | | |
|---|-------------------------|---|-----------------------------|
| 1 | 3oz. red jelly powder | 1 | envelope unflavored gelatin |
| 1 | 3oz. lime jelly powder | ½ | cup cold water |
| 1 | 3oz. lemon jelly powder | ½ | cup hot water |
| 1 | pint whipping cream | ¼ | cup pineapple juice |
| ½ | cup sugar | | |

Crust

- | | | | |
|----|----------------------------|---|---------------|
| 18 | graham wafers, rolled fine | ½ | cup butter |
| ½ | cup sugar | 1 | tsp. cinnamon |

Combine crust ingredients and press into 13 x 9" pan. Chill. Dissolve each jelly powder in 1½ cups hot water. Pour into separate pans and chill. Whip cream with sugar. Soften gelatin in ½ cup cold water and dissolve in hot water; add pineapple juice; add to whipped cream. Cut jelly into cubes. Add combined gelatin whipped cream mixture to cubes. Pour into chilled crust. Chill.

SLUSH

Boil 6 cups water and 2 cups sugar. Chill.

Add:

- | | | | |
|---|---------------------------|---|--|
| 1 | 48oz. can pineapple juice | 2 | cups lemon gin |
| 1 | 12oz. frozen lemon juice | 2 | cups vodka (for milder drink use less) |
| 2 | 12oz. frozen orange juice | | |

Freeze. Stir a few times during freezing. To serve use 2 full tbsp. of slush to each glass and top with 7-Up, Sprite or Fresca.

TIA MARIA

- | | | | |
|---|---------------------|---|--------------|
| ½ | cup Instant coffee | 2 | cups water |
| 1 | cup water | 1 | vanilla bean |
| 4 | cups Demarara Sugar | 1 | bottle rye |

Boil sugar and one cup of water; Cool. Add instant coffee, 2 cups of water and rye. Cut vanilla bean in three. Put a piece in each of 3 - 26oz. bottles, fill with mixture. Let stand 3 weeks. (Shake occasionally).

RASPBERRY GIN

- | | | | |
|---|---|---|------------|
| 1 | 26oz. bottle of gin (divide into 2 bottles) | 2 | cups sugar |
|---|---|---|------------|

Put one cup sugar in each bottle. Put ½ gin in each bottle, then fill with fresh raspberries. Keep for 3 months. Shake occasionally. Strain through cheese cloth before use. Raspberries may be used as topping on ice cream or custard. Very good with tea.

DRAMBUIE

- | | | | |
|---|-----------------------|----|-------------------------|
| 1 | bottle Scotch | 10 | drops Angostura bitters |
| 1 | cup mild liquid honey | | |

Mix well and bottle. Use right away. Makes 40 oz.

TEQUILA SUNRISE

- | | | |
|-----|------------------|--------------|
| 2-3 | dashes grenadine | Orange juice |
| 1½ | oz. tequila | |

Put grenadine into 8oz. glass; fill with ice cubes. Add tequila. Fill with orange juice. Do not stir.

PINA COLADA

- | | | | |
|---|---------------------------------|---|-----------|
| 1 | oz. coconut rum | 2 | ice cubes |
| 2 | oz. unsweetened pineapple juice | | |

Put in blender until frothy. Instead of pineapple may try other fruit as strawberries, peaches, etc. Makes one serving.

FROSTY ORANGE

- | | |
|------------------------------------|-------------|
| 1 can frozen orange juice (12 oz.) | 2 cups milk |
| Ice cubes | |

Process in a blender until smooth. Makes 6 - 8 glasses.

PINK LADY PUNCH

- | | |
|----------------------------|-------------------------------|
| ½ cup lemon juice | ¼ cup maraschino cherry juice |
| 1 cup pineapple juice | 8 cups ginger ale |
| 2 cans frozen orange juice | Maraschino cherries |

Combine fruit juices and pour over ice in punch bowl. Add ginger ale and garnish with cherries. Makes 25 punch-cup servings.

ICE CREAM COCKTAIL FOR CHILDREN

- | | |
|-----------------------|----------------------------|
| 1 cup pineapple juice | 2 scoops vanilla ice cream |
| 1 cup orange juice | 4 ice cubes |

In blender or food processor, combine all ingredients and process until smooth. Serve in a tall glass with a straw. Serves 2.

TROPICAL FRUIT PUNCH

- | | |
|---|-----------------------------|
| 2 cups cranberry cranapple apple drink, chilled | 1 cup orange juice, chilled |
| 1 cup pineapple juice, chilled | ⅓ tsp. ground ginger |

Add ice.



STRAWBERRY FREEZER JAM

- | | |
|-----------------------|----------------------|
| 2 cups prepared fruit | ¾ cup water |
| 4 cups sugar | 1 box Certo crystals |

Thoroughly crush about 1 quart strawberries. Add sugar to fruit. Mix well. Let stand 10 minutes. Combine water and certo in a small saucepan. Bring to a boil and boil 1 minute, stirring constantly. Stir into fruit. Continue stirring about 3 minutes. Ladle quickly into glasses. Cover at once with tight lids. Let stand at room temperature 24 hours then store in freezer. If jam will be used within 2 or 3 weeks, it may be stored in the refrigerator. Yield: about 6 medium glasses.

APRICOT CONSERVE

- | | |
|------------------------------------|----------------------------------|
| 1 qt. chopped fresh apricots | Grated rind and juice of 1 lemon |
| 1 cup crushed pineapple | Dash of salt |
| Grated rind and juice of 2 oranges | Sugar to measure |

Combine apricots, pineapple with juice, rinds and juice of oranges and lemon, and salt in heavy pot. Cook 20 minutes, stirring occasionally. Measure fruit pulp and add ¾ cup sugar for each cup. Stir until sugar is dissolved. Cook rapidly until consistency is right for jam, about 20 minutes. Ladle into sterilized jars, seal. Yield: 3 pints.

CARROT - ORANGE MARMALADE

- | | |
|-----------|---------------------|
| 6 carrots | 1 lemon |
| 3 oranges | Sugar, about 4 cups |

Scrape carrots, dice and cook until tender in as little water as possible. Slice oranges very thin and add juice and grated rind of lemon. Combine carrots and fruit, measure and add ½ as much sugar. Heat, stirring until sugar is dissolved. Cook rapidly until thick and clear. Pour into clean hot glasses and seal with paraffin. Makes 6 (6 oz.) glasses.

ORANGE MARMALADE

- | | |
|-----------|--------------------|
| 8 oranges | Water |
| 2 lemons | About 7 cups sugar |

Wash and dry fruit. Remove peel and slice very thin. Cover peel with water, cook 5 minutes and drain. Repeat twice. Remove seeds and core from pulp and slice thin. Add drained peel. Measure and add 3 times as much water. Let stand overnight. Cook 40 minutes, weigh and add an equal weight of sugar. Cook rapidly until syrup gives jelly test. Pour into clean hot glasses and seal with paraffin. Makes 12 (6 oz.) glasses.

BLACKBERRY PANCAKE SYRUP

- | | |
|---|------------------------|
| 3½ cups blackberry juice (16 cups ripe berries crushed, strained) | 3½ cups sugar |
| | 1 cup white Karo syrup |

Boil juice and sugar vigorously for 1 minute. Add syrup and boil 1 minute. Skim and seal in sterilized jars.

SPICED CRABAPPLE JELLY

- | | |
|--------------------------|-----------------------------|
| 6 qts. crabapple to make | 1 4" stick cinnamon, broken |
| 5½ cups crabapple juice | 1 tbsp. whole cloves |
| ½ cup white vinegar | 5 cups sugar |

Remove blossom end and stems. Combine crabapples in a large saucepan with enough water to cover. Simmer uncovered 20 minutes. Strain through jelly bag overnight. Measure. Combine crabapple juice and white vinegar. Tie spices in cheesecloth and add and boil uncovered for 3 minutes. Remove spices. Slowly stir in 5 cups sugar and boil uncovered approximately 30 minutes or until a teaspoonful when chilled quickly has desired consistency. Stir frequently. Ladle into sterilized jars, seal while hot. Yields about 8 6oz. glasses.

DELICIOUS RHUBARB JAM

- | | |
|--------------------------|-------------------------|
| 10 cups rhubarb, chopped | 1 pkg. strawberry jello |
| 6 cups sugar | |

Combine rhubarb and sugar and leave overnight. Next morning bring to a boil. Remove from heat and stir in jello powder. Pour into sterilized jars and seal while hot.

RASPBERRY OR BLACKBERRY JELLY

- | | |
|--|-------------------|
| 4 cups juice (about 2½ qts.
fully ripe berries) | 1 bottle pectin |
| 7½ cups sugar | ¼ cup lemon juice |

Prepare juice by crushing thoroughly the berries. Place in a jelly bag and squeeze out juice or hang overnight. Measure juice and sugar in a large saucepan. Mix well. Place over high heat and bring to a boil. At once stir in pectin and lemon juice; and bring to a rolling boil and boil hard for 1 minutes stirring constantly. Remove from heat. Skim and pour into sterilized jars and seal. Store.

FREEZER PEACH JAM

- | | |
|-------------------------|------------------------------------|
| 3 cups prepared peaches | 1 tsp. lemon juice |
| 5 cups sugar | 1 pkg. Certo fruit pectin crystals |
| 1 tbsp. ascorbic acid | ¾ cup water |

Peel and pit peaches; mash and measure out 3 cups. Combine sugar and ascorbic acid; add to peaches with lemon juice and let stand 20 minutes. Cook pectin and water together to the boiling point; boil hard 1 minute; add to peach mixture and stir 2 minutes (correct timing is important). Ladle jam into sterilized jars; cover and let stand 24 hours at room temperature. Put on lids or tie on aluminum-foil covers (paraffin will shrink during freezing leaving jam unprotected). Yield, nine 6oz. glasses.

FAVORITE RASPBERRY JAM

- | | |
|--|----------------------|
| 6 cups raspberries (fairly close packed) | 6 cups sugar, warmed |
|--|----------------------|

Measure berries into flat-bottomed pan that just fits the heat source. Mash with potato masher as they heat and bring to a full tumble boil. Boil 2 minutes. Add warmed sugar and bring back to a full rolling boil for 1 minute. Remove from heat; beat with rotary hand beater for 4 minutes (stick beater through a piece of heavy brown paper to protect hands from spatters and steam). Ladle quickly into hot, sterilized jars, seal. Note: for best results have some berries under ripe. Do not double the recipe.

🥒🥒🥒🥒🥒🥒 Pickles 🥒🥒🥒🥒🥒🥒 Relishes 🥒🥒🥒🥒🥒🥒

DILL PICKLES

Wash and sterilize the quart sealers and place in each sealer:

Fresh horseradish leaves	2	cloves garlic
Fresh dill with seeds	2	tbsp. coarse salt

Wash freshly picked small or medium sized cucumbers in cold water. Prick each cucumber with a fork and pack into the sealers. Fill with hot water and seal. Store in a cool place.

DILL PICKLES

Brine

4	qts. water	6	tbsp. brown sugar
¾	cup coarse pickling salt	1	tbsp. pickling spices
1	cup vinegar		

Wash cucumbers well. Place dill and garlic in bottom of sterilized quart jars. Pack cucumbers. Add some more dill and garlic. To 1 quart jar use 2 sprigs of fresh dill with seeds and 3-4 cloves garlic sliced. Bring brine ingredients to boil and boil 3-4 minutes. Fill jars with hot brine and seal tightly. Place filled sealed jars in a pan of water and in the oven at 300°F for 10-15 minutes. Take jars out and cool and store.

PAPRIKA PICKLES

8	red pimento peppers, cut	1	cup vinegar
4	medium onions, sliced	¾	cup brown sugar
½	cup salt		Pickling spices
3	cups water		

Salt vegetables overnight. Drain and rinse. Cook brine for 5 minutes. Add vegetables and cook 5 minutes together. Stir. Seal in sterilized jars and store.

MOM'S MUSTARD PICKLES

5	lbs. slim cucumbers, cut	1	cup + 3 tbsp. flour
4	small cauliflower, cut	1	tbsp. turmeric
2	lbs. silverskin onions	1½	tsp. celery seed
1½	large sweet red peppers, cut	6	tbsp. dry mustard
1¾	cups sugar		

Mix vegetables in a large enameled roaster. Add 1 cup pickling salt and 8 cups cold water. Let stand overnight in brine. Drain and soak vegetables in clear cold water 3 hours. Drain. Combine 5 cups water and 4 cups vinegar and pour over vegetables and heat to boiling. Remove from heat. Combine in large pot, sugar, flour, turmeric, celery seed and mustard. Pour gradually hot vinegar and water from vegetables into dry mixture stirring constantly to make a smooth paste. Cook the mixture until thickened at moderate heat. Pour this mustard dressing over drained vegetables and simmer 5 minutes. Pack into clean hot jars and seal. Makes 12 pints.

FRUIT CHUTNEY

12	firm medium tomatoes, ripe	¼	cup pickling spice
8	peaches	1	qt. vinegar
8	pears	4	cups sugar
4	medium onions	1	tbsp. salt
2	sweet red peppers	1	whole clove
2	green peppers	¼	tsp. ground ginger

Peel and chop the tomatoes, peaches, pears and onions. Remove seeds and stems from the red and green peppers and cut peppers into strips. Tie the pickling spices loosely in a double thickness of cheesecloth or small cloth bag. Put vinegar in a preserving kettle. Add sugar and salt. Place over medium heat and stir until sugar dissolves. Add the chopped fruits, vegetables and spice bag. Bring to a boil, reduce to low, and cook over low heat, stirring frequently, 1 hr. or until mixture thickens. Remove spice bag. Pour the mixture into sterilized jars and seal at once. Makes 4 pints.

MUSTARD BEANS

4	qts. wax beans	1	qt. wine vinegar
½	cup flour	2	cups brown sugar
¼	cup mustard	1	tbsp. mustard seed
½	tbsp. turmeric	1	tbsp. celery seed
1¼	cups water		

Wash young, tender beans, remove tips, cut into 2 inch pieces. Cook in boiling, salted water for 15 minutes. Drain. Combine flour, mustard and turmeric; add water and mix to a smooth paste. Combine vinegar, sugar and spices and bring to a boil. Add flour mixture slowly, stirring constantly until dressing boils again. Combine beans and dressing together and bring to a boil. Cook 5 minutes, mixing well. Bottle in sterilized jars; seal. Makes 4 pints.

GREEN TOMATO MINCEMEAT

4	cups green tomatoes	3	tsp. cinnamon
6	cups chopped apples	2	tsp. each salt, allspice & cloves
1	lb. currants	½	cup vinegar
3	cups white sugar	3	cups brown sugar

Put tomatoes through food chopper. Drain well. Add apples and rest of ingredients and bring to a boil. Simmer until thick; about 1 hour. Be careful not to scorch. Pour into sterilized jars and seal.

PICKLED CRABAPPLES

5	lbs. crabapples	½	tsp. allspice
3	cups sugar	½	tsp. mace or
3	cups vinegar	1	tbsp. crushed stick cinnamon
1	tsp. whole cloves	1	lemon

Wash crabapples, prick skins with a fork, steam 8-10 minutes. Pack in sterilized jars. Boil remaining ingredients and pour over the fruit in jars, seal and store.

SAUERKRAUT

50 lbs. cabbage, shredded	1/3 cup caraway seed
2 1/2 cups coarse pickling salt	4-5 bay leaves, crushed
5 large onions, minced	1 tbsp. cloves
7 cups carrots, finely shredded	1 tbsp. peppercorns

Mix all the ingredients thoroughly. Pack tightly a portion of the cabbage mixture into a 10 gallon crock until juice is formed. Continue packing the rest of the cabbage in the same manner. Put a wooden lid on top of the cabbage and a stone or other heavy object on top (a gallon jug filled with water). Cover with a clean cloth and set aside in a warm place for 5 to 6 days. Clean off the scum and wash the lid and stone every second day. Pack lightly into sterilized jars and seal tightly. Put jars into a canner filled with water and bring to a boil. Remove from stove and allow to stay 5 minutes so the jars seal well. Remove from canner and seal tightly. Store. May be frozen in milk cartons.

CABBAGE SALAD

3 gallons cabbage, shredded	1 green pepper, chopped
5 onions, sliced	1 red pepper, chopped
5 carrots, grated	1/3 cup pickling salt

Brine

1 1/2 cups vinegar	2 1/2 tbsp. sugar
1/2 cup water	1 1/2 cups Mazola oil

Cover cabbage with boiling water and let stand 6 hours. Drain and add onions, carrots, peppers and salt and mix well. Bring brine ingredients to a boil and pour over cabbage. Mix well and fill sterilized jars with cabbage and juice, not too tight nor too full. Seal and place jars in canner covered with water and boil 15 minutes to seal well. Yields 8 quarts.

BREAD AND BUTTER PICKLES

15 cucumbers, sliced	1/2 cup pickling salt
8 onions, sliced	Ice cubes

Brine

4 cups brown sugar	1 tsp. celery seed
4 cups vinegar	2 tsp. mustard seed
1/2 tsp. turmeric	

Combine cucumbers and onions with salt and ice cubes and let stand 3 to 5 hours. Drain. Boil brine ingredients for 5 minutes. Add cucumber mixture into brine and bring back to a boil. Put in sterilized jars and seal. Yields 2 quarts.

PICKLED BEETS

20 beets, medium	1 cup sugar
2 cups cider vinegar	1 1/2 tsp. salt
2 cups beet juice	2 tbsp. pickling spices, in cloth

Cook beets in water and a little salt. Drain, but reserve 2 cups beet juice. Peel and slice beets. Do not slice small beets. Combine the rest of the ingredients in a saucepan and boil for 15 minutes. Add beets to syrup and cook 5 minutes. Fill sterilized jars and seal. Makes 4-5 pints.

BORSCH FOR 100

- | | |
|------------------------------------|----------------------------|
| 15 -20 lbs. beets, cut into strips | 2 lbs. white beans, cooked |
| 1½ lbs. carrots, chopped | 4 large potatoes, cubed |
| 1 large cabbage, shredded | 1 cup parsley, chopped |
| 2 large onions, chopped | 6 tbsp. salt or to taste |
| ¾ lb. margarine | 1 can 48oz. tomato juice |
| 1 whole celery, cut fine | ½ cup dill weed, chopped |
| 5 cloves garlic, optional | 1 qt. whipping cream |
| juice of 2 lemons | |

Soak beans overnight and boil 1½ hours. Cook beets in water about 40 minutes. Saute onions in margarine. Add all other vegetables to beets and cook 30 minutes. Add tomato juice, cooked beans and dill and bring to boil. Set aside. Add lemon juice. Add cream to heated borscht just before serving.

CHICKEN A LA KING SERVES 50

- | | |
|----------------------------------|-----------------------|
| 25 lbs. boiling fowl, disjointed | 1 tsp. pepper |
| 2 bunches celery, chopped | Butter |
| 4 lbs. onions, chopped | 3 cups flour |
| ¼ cup salt | 3 lbs. mushrooms |
| 1 4oz. can pimento, diced | 1 gallon cereal cream |

Cover the fowl with water; add celery leaves, 1 lb. onions and simmer until chicken is tender about 2 hours. Drain stock into a bowl. Cool and refrigerate. Cool the meat; dice; skim fat from stock and use it to saute the mushrooms. Discard skin and bones; refrigerate in bags. Boil celery and onions until tender; save stock. Use chicken fat to make up to 3 cups with butter; combine with flour to make a smooth paste. Combine chicken and vegetable stock and make up to 2 gallons with water and add cream and add butter and flour mixture; cook to thicken; taste and season. Add pimento and mushrooms and chicken. Serve on toast, over biscuits, in tart shells, toast cups or puffed pastry shells, over rice or potatoes.

CHILI CON CARNE SERVES 100

- | | |
|--|---------------------------|
| 2 cups oil | ¼ cup sugar |
| 2 lbs. onion, chopped | ½ tsp. cayenne |
| 2 cups green pepper, chopped | 10 cloves garlic |
| 10 -20 lbs. ground beef | 6 lbs. bacon ends |
| 10 20oz. cans tomatoes or tomato sauce | ¼ cup chili powder |
| 1 qt. tomato paste | 3 48oz. cans kidney beans |
| ¼ cup salt | |

Saute onions and pepper in oil; set aside. Brown meat in small amounts and add to vegetables. Combine all the ingredients and simmer, uncovered, over slow heat about 2 hours, stirring frequently, or bake in moderate oven; taste and season. Fry bacon until crisp; drain; crumble the bacon. Combine bacon, chili powder, beans and meat sauce.

QUANTITIES TO SERVE 50

Food	Quantity	Food	Quantity
Punch	2 gallons	Ham	15-lb. hams
Coffee	1 lb.	Potatoes	15 lbs. to mash
Milk	6 quarts	Carrots	12 lbs.
Ice cream	2	Peas	10 lbs. frozen
Butter to serve	1 lb.	Cabbage	10 lbs.
Macaroni	3 lbs.	Lettuce	6 for tossed greens
Cold sliced meat	8 lbs.	Tomatoes	10-12 lbs.
Turkey	40 lbs.	Cheddar cheese	3 lbs.
Chicken	40 lbs.	Cottage cheese	12 lbs.
Roast	20-25	Rice	4 lbs. (raw)

SANDWICHES FOR 100

Bread and Butter

10 24oz. loaves bread

2½ lbs. butter

If the filling is to be used generously and is well seasoned, a good quality margarine may replace the butter; 1 pint sour cream beaten into the butter will make spreading easy, and adds flavour.

Egg Filling

8 doz. hard cooked eggs

1 tsp. pepper

1 qt. mayonnaise

¼ cup grated onion

2 tbsp. salt

⅓ cup Worcestershire sauce

Meat Filling, Chopped

10 lbs. chopped meat

1 qt. mayonnaise

2 qts. finely sliced celery
(2 large bunches)

2 tbsp. salt

1 tsp. pepper

Salmon or Tuna Filling

20 cans tuna (7oz.) or salmon

½ cup lemon juice

2 qts. sliced celery

½ tsp. pepper

1 qt. sour cream dressing

½ cup minced parsley

Chicken Filling

2 6 lbs. boiling fowl, sliced or

2 qts. sliced celery

1 12 lbs. turkey, sliced or

1 qt. mayonnaise

5 qts. diced cooked fowl

2 tbsp. salt

1 tsp. pepper

Lettuce

4 large heads

Fruit Punch to Serve 100 - Makes 200 4 oz. servings

6 qts. tea

6 qts. carbonated beverage

6 48oz. can fruit juice

6 trays ice cubes

6 6oz. cans frozen concentrates

Makes up the punch combining 1/6 of the ingredients at a time to fill the punch bowl or large pitcher.

CABBAGE ROLLS

- | | |
|-------------------------------|-----------------|
| 1 large roaster serves 50 | 14 cups water |
| 5-6 cabbages, medium, scalded | 5 medium onions |
| 7 cups rice | ½ lb. margarine |

STUFFED GREEN PEPPERS FOR 30

- | | |
|------------------------|-----------------------------|
| 3½ lbs. hamburger meat | 1 cup onion, chopped |
| 2 eggs | 1 cup green pepper, chopped |
| 1 cup bread crumbs | ½ cup celery, chopped |
| 1 cup rice, raw | ½ cup bacon, chopped |

Saute bacon, onion, green pepper, celery and meat until tender. Steam rice in 2 cups water about 20 minutes. Mix all ingredients together. Remove tops and seeds from 30 green peppers and fill with meat mixture and bake in a large roasting pan with ½" ham or beef stock at 350°F for 2 hours. Before serving cover with tomato soup and simmer for 10 minutes.

MASHED POTATOES SERVES 50

- | | |
|---------------------------|---------------|
| 12 lbs. potatoes, mashed | 3 tbsp. salt |
| 5 cups milk | ½ tsp. pepper |
| ½ lb. butter or margarine | |

Heat milk, butter and seasoning; add to mashed potatoes and beat until fluffy.

GREEN SALAD SERVES 50

- | | |
|-----------------------------------|---------------------------|
| 2 lbs. cabbage, shredded | 3 green peppers, sliced |
| 1 lb. spinach leaves, cut | 2 cups carrots, grated |
| 1 lb. endive, cut | 1 bunch radishes, sliced |
| 2 heads lettuce, broken in chunks | 1 cucumber, sliced |
| 2 cups celery, chopped | 1-2 pints French dressing |
| 1 bunch green onions, chopped | 3 lbs. tomatoes |

POTATO SALAD FOR 50

- | | |
|------------------------------------|------------------------------|
| 12 lbs. potatoes, cooked and diced | 5 carrots, shredded |
| ¼ tbsp. salt | 1 bunch radishes, sliced |
| 2-3 cups celery, chopped | ½ tbsp. salt |
| Sprigs of mint | 1 tsp. pepper |
| 3 bunches green onions | ½ cup parsley, chopped |
| 1 cup sour cream | 12 hard boiled eggs, chopped |
| 3 cups mayonnaise | |

Combine all ingredients and mix gently; refrigerate at least 2 hours to absorb dressing. A potato scoop makes serving easier.

SCALLOPED POTATOES SERVES 50

- | | |
|--------------------------|----------------|
| 12 lbs. potatoes, sliced | ½ cup flour |
| 1 tsp. pepper | 1½ cups butter |
| 2 tbsp. salt | 2 qts. milk |
| Onion, sliced (optional) | |

Arrange potatoes and onions in layers, sprinkling each with pepper, salt, flour and butter; top with layer of potatoes. Pour in the milk to come just to the top. Bake covered at 300°F for 1 hour and 350°F for 1 hour more or until soft and thick.

DEEP APPLE PIE FOR 50

Pastry

5 lbs. flour	3 lbs. shortening
¼ cup salt	3 cups ice water

Filling

18 lbs. apples, peeled, sliced	1½ tsp. nutmeg
1½ cups water	6 cups granulated sugar
1 tsp. salt	½ cup butter or margarine
2½ tsp. cinnamon	

Prepare pastry and chill. In 2 17 x 11 x 2-inch pans, arrange apples; pour water over apples; mix next 4 ingredients; sprinkle over apples; dot with butter. On floured surface, roll half of pastry ⅛ inch thick and 1 inch larger than top of pan; cut slits in pastry; place over apples, pressing to pan edges; trim off excess. Do same for second pan. Bake 425°F 40-50 minutes. Serve topped with whipped cream or soft ice cream.

BEETS WITH HORSERADISH

12 large beets, cooked and grated	2 cups vinegar
3 cups horseradish, grated	2 cups sugar
2 cups water	1 tsp. salt

Bring water, vinegar, sugar and salt to a boil and pour over beets and horseradish mixed together. Yields 1 gallon.

BUCKWHEAT BREAD

5-7 heaping tbsp. yeast	5-6 cups oil
20 -25 cups water	1 cup buckwheat flour
3 tbsp. salt	20 lb. white flour
½ cup sugar	

Dough should be quite stiff. Make into loaves. Egg glaze may be used. Yields 24 loaves.

BRAN MUFFINS

1 lb. bran	8 cups milk
10 cups white flour	5 oz. cooking oil
½ cup baking soda	1½ cups apple sauce
1 doz. eggs	½ oz. maple flavouring
1-2 lbs. brown sugar	2 lb. raisins

Mix all dry ingredients together. Add liquids and mix well together. Put in the fridge for 6-8 hours. You may double the recipe, but do not triple it. Scoop into large muffin cups using a potato scooper. Yields 8 dozen.

DOUGHNUTS

5-7 tbsp. yeast, heaping	8 cups sugar
14 cups water	2 tbsp. salt
2-3 lb. margarine, melted	Mapleine
1½ doz. eggs	20 lb. scant flour

Punch down about 5 times. Dough must be soft and like for bread.

EASTER PASKA

20 -25 cups water
4 tbsp. salt
6-7 heaping tbsp. yeast
20 + lb. flour
3 cups sugar

1 doz. eggs, beaten well
5-6 cups oil
1 tbsp. saffron
1 lb. margarine

Follow steps as outlined previously for making Easter Paska. Knead well. Punch about 5 times 15 minutes apart. Dough should be stiffer than for Easter Babka. Have fun making out braids, crosses, birds, rosettes, etc. Glaze with beaten egg and water. Yields about 36 Paskas.

EASTER BABKA

21 cups water
7 cups sugar
3 tbsp. salt
2 doz. eggs, beaten well
24 yolks, beaten well
1 lb. butter

3½- 4 cups oil (save some for kneading)
2 lb. raisins
1 tbsp. saffron
7 heaping tbsp. yeast
20 + lb. flour
1 lb. margarine

The dough should be spongy and will be nicer to work with if punched down 4-5 times as it rises in the large pan for about 1½ hours before making out into loaves. Grease tins thoroughly with crisco or shortening and dust generously with dry bread crumbs. Make loaves ½ the size of the containers. Bake 325°F for 1 hour or a little longer until well baked. Yields about 36 Babkas.



NUTRITIONAL TIDBITS

When choosing food, shop for nutrition and avoid those “extras” such as junk foods that add more dollars to your grocery budget and more kilograms to your weight. Canada’s Food Guide divides foods into four groups according to the nutrients they provide. Following the recommended number of daily servings from each group guarantees that nutritional needs are being met. A good balanced diet is important to stay healthy. The four food groups provide the following nutrients:

1. **Milk and Milk Products**

This food group is the main source of calcium, vitamin D and riboflavin. It also provides vitamin A and protein.

2. **Breads and Cereals**

Inexpensive sources of energy are supplied by protein and carbohydrates in this food group. It is also a source of iron and several B vitamins.

3. **Fruits and Vegetables**

This food group is the main source of vitamin C and A. It also provides iron, thiamin, folic acid, carbohydrate, trace minerals and fibre.

4. **Meats and Alternates**

Protein, iron and B vitamins are important sources in this food group.

To obtain a copy of the food guide, call your local health unit.

Some tips for looking and feeling great include:

1. High-fibre diets rich in whole grains, fruits and vegetables counter constipation and associated health problems.
2. Lowering fat intake helps reduce weight and maintain a healthy heart. Vegetable oils are preferable in preparing meals since animal fats increase cholesterol levels which in turn increases the risk of heart disease.
3. Cut sugar consumption. According to Canadian Living Magazine, the average Canadian consumes 60 kilograms of sugar per year.
4. Also according to Canadian Living Magazine, it takes only 96 extra calories a day to gain approximately 4.5 kilograms per year.
5. Get involved in a regular exercise program to burn some of those extra calories and increase energy level.
6. Some foods provide much more nutritional value than other similar foods.
 - a) Thirty millilitres or two tablespoons of wheat germ supplies more iron than a slice of whole wheat bread. To serve, use a coating for meat, fish or poultry, sprinkle on top of a fruit salad or vegetables or simply stir into yogurt.
 - b) **Tofu** which is also known as bean curd has zero cholesterol and fat levels, yet is a complete protein. Stir-fry it with vegetables or dice it into clear soups.
 - c) For the calorie conscious, **oysters** are low in calories but good source of minerals such as copper, iron and zinc.
 - d) **Brown rice** has a higher nutritional value than white rice since only the hull of the grain is removed in processing.

Metric Measurement Guide

Dry Measures

Metric	Imperial
250 ml	1 cup
125 ml	½ cup
50 ml	¼ cup

Liquid Measures

Metric	Imperial
250 ml	1 cup
500 ml	2 cups
1,000 ml (1 litre)	4 cups

Measuring Spoons

Metric	Imperial
25 ml	Coffee measure
15 ml	1 tablespoon
5 ml	1 teaspoon
2 ml	½ teaspoon
1 ml	¼ teaspoon

Common Oven Temperatures

	Celsius	Fahrenheit
Low oven	140°C-150°C	275°F-300°F
Medium oven	160°C	325°F
	180°F	350°F
	190°C	375°F
Hot oven	200°C-230°C	400°F-450°F

Weight

1 pound	454 grams
1 ounce	28.3 grams

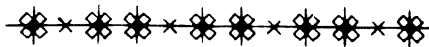
Length

12 inches	30.5 centimetres
1 inch	2.54 centimetres

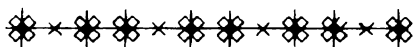
A sincere thank you is extended to the members and friends who provided the favourite recipes.

Adams, Vera
Anderson, Katarina
Antoniak, T.
Babec, Orysia
Bayrock, Helen
Bazan, Kay
Beley, Mary
Bogdanski, Pearl
Bubna, Sonia
Burdeniuk, Jean
Chadyk, Olga
Chanas, Helen
Cherwak, Tina
Coburn, Nell
Danyluk, Katherine
Funke, Kathrynne
Glutyk, Mary
Gural, M.
Hachkewich, Margaret
Haydymowska, Olha
Hetman, Anna
Hnylycia, Elizabeth
Horbachewsky, Pauline
Howika, Zena
Hubec, Mrs.
Huculak, Kay
Huculak, Maria
Iwasyk, Kathy
Karakochuk, Stella
Kasprzyk, Valentyna
Kirk, Catherine
Kitura, Tillie
Klymko, Olha
Koblanski, J.
Kokoska, Volodymira
Kopeck, Irene
Koper, Mary
Kotelko, Nadine
Kotelko, Olga
Kotylak, Adeline
Koverchuk, Steffie
Kowalchuk, Irena
Kruzel, Luba
Kuzik, Victoria
Kuzyk, Kay
Luciuk, Stella
Maiko, Anne
Melnik, Stella
Myckatyn, Olesia
Nikiforuk, Sandy
Oleksiuk, Catherine
Pacholko, Rose
Paley, Kay

Paltzat, Helen
Pavlyshyn, Maria
Pesklewis, Helen
Prokopchuk, Rose Marie
Prue, Gloria
Rebeyka, Lilly
Saranchuk, Myrtle
Senkow, Mary
Semchuk, Sophie
Sharenowski, Irene
Shawchuk, Rose
Shemanski, Helen
Shistowski, Kay
Shoemay, Kay
Shumka, Sandy
Siermy, Annie
Sister Jerome Chimy, SSMI
Sliziak, Irene
Smith, Dorothy
Soltys, Ann
Stanko, Stefania
Stashuk, Julia
Stefura, Lena
Stephaniuk, Zenia
Slivinski, Marilyn
Tatarniuk, Beverly
Tatarniuk, Elaine
Tatarniuk, Yaroslava
Thompson, Lynda
Uniat, Leona
Wagnor, Tania
Werchola, Pauline
Woytowich, Elsie
Yeleniuk, Oksana
Zarski, Tiny
Zdebiak, Anne

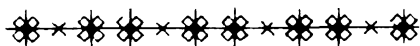


CONGRATULATIONS and BEST WISHES
on the publication of this
UKRAINIAN TRADITIONAL AND MODERN CUISINE COOK BOOK
by the Ukrainian Catholic Women's League of Canada
on the occasion of the
10TH ANNIVERSARY OF THE EPARCHY OF NEW WESTMINSTER
Your Pastoral Council
Eparch — Bishop Jerome Chimy, OSBM, DD, JCD
Spiritual Director — Rev. Michael Sabara
President — Peter Muc
Secretary — Olga Kotelko

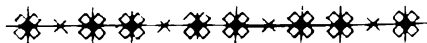


Ukrainian Catholic Brotherhood of Canada Eparchial Executive
extends congratulations to the
Eparchial U.C.W.L.C. Executive
on the publication of their Cook Book
Your ardent efforts for a good cause will be rewarded and recognized

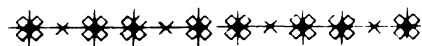
Rev. S. Chmilar, OSBM, Spiritual Adviser
Lawrence Kotylak, President Michael Saranchuk, Secretary

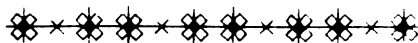


BEST WISHES from the
Eparchial Executive Ukrainian Catholic Youth of Canada
to the Eparchial U.C.W.L.C. Executive
for publishing a Cook Book
Sr. Maria Moravski, SSML, Spiritual Adviser
Janet Kozak, President



On the occasion of the publishing of the Cook Book
UKRAINIAN TRADITIONAL AND MODERN CUISINE
Prayerful Greetings are extended from the
Holy Eucharist Ukrainian Catholic Cathedral Parish, New Westminster, B.C.,
and Pastor, Rt. Rev. Mitrat B.M. Hanushevsky, V.G. & Family
Matt Burdeniuk, President Parish Council





CONGRATULATIONS AND SINCERE BEST WISHES

**are extended from the Basilian Fathers and the
Protection of the Blessed Virgin Mary Parishioners
550 West 14th Avenue, Vancouver, B.C.**



COMPLIMENTS

**are extended to the Eparchial Executive of the
Ukrainian Catholic Women's League of Canada in compiling
the Cook Book — UKRAINIAN TRADITIONAL AND MODERN CUISINE
from the U.C.W.L.C. Branches New Westminster Eparchy**

**Chilliwack
Kamloops
Kelowna
Nanaimo**

**New Westminster
Port Alberni
Prince George
Richmond**

**Surrey
Vancouver
Vernon
Victoria**



A sincere thank you is extended to the friends who provided their support and best wishes.

Adams, Vera
Arychuk, Len
Arychuk, Myrna
Babec, Eva
Babec, Orysia
Babiy, Pearl
Bayrock, Helen
Bazan, Kay
Beach, Grace
Bealey, Marian
Beley, Mary
Beley, Peter
Berg, Nettie
Bogdanski, Pearl
Brodie, Jean
Buchko, Anna
Burdeniuk, Jean
Carrow, Ann
Chaikovsky, Leona
Chanas, Helen
Cherwoniak, Jean
Chomnycky, Jessie
Chreptyk, Grace
Citulsky, Anna
Czujko, Maria
Dacy, Helen
Danyliu, Meredith
Danyliuk, Katherine
Dawydiak, Maria
Dawydiak, Mary
Desmond, J.
Dobko, Pearl
Dorosiewich, Stephanie
Doroszczak, Sadie
Duda, Elizabeth
Duda, Jerry
Funke, Kathryne
Gonek, Mary
Glutyk, Maria
Gulka, Nellie
Gully, Annie
Harris, Grace
Harris, Mike
Hawrylechko, Eva
Haydymowska, Olha
Hetman, Anne
Holowaty, Donalda
Hoski, Helen
Hrabar, Pearl
Huculak, Kay
Huculak, Maria
Huculak, Maureen
Huculak, Mir
Ivanhoe, H.

Julmi, Sonia
Karakochuk, Stella
Kasprzyk, Valentyna
Kerniakevich, Dolores
Kirk, Catherine
Kitura, Tillie
Klymko, Olha
Kochan, Clara
Kochan, Eva
Kokoska, Volodymira
Kopystynska, Luba
Korpan, Ann
Korpan, Anna H.
Kotelko, Olga
Kotylak, Adeline
Koverchuk, Stephe
Kowalchuk, Irena
Kozak, Ann K.
Kozak, Millie
Kozak, Tillie
Kutash, Michelena
Kutney, James, PhD
Kuzik, Victoria
Kuzik, Joe
Kuzyk, Kay
Lackmanec, Judy
Lashin, Bessie
Lee, Ken
Luciuk, Stella
Lupynis, Annie
Lyseyko, Stephanie
Makuch, Stefania
Marchenko, Bonnie
Melnik, Stella
Melnik, Peter
Melnik, Zenia
Muzychka, Mary
Myckatyn, Michael, M.D.
Mychatyn, Olesia
Mytko, Katherine
Mytko, Rose
Nadelko, Joe
Nikiforuk, Sandy
Nycholat, Teena
Pacholko, David
Pacholko, Ed
Pacholko, Rose
Paltzat, Helen
Pasichnyk, Eva
Pavlyshyn, Maria
Pesklewis, Helen
Petelycky, Steven
Petelycky, Sophie
Pollard, Steffie

Prokopchuk, Rose
 Prue, Gloria
 Prychidko, Katherine
 Rodsgard, Mary
 Romaniuk, Catherine
 Rossa, Ewhenia
 Saik, Anna
 Saik, Myroslava
 Saranchuk, Myrtle
 Saranchuk, Tillie
 Sawka, Robert
 Semkiw, Lillian
 Senkiw, Mary
 Shistowski, Kay
 Shoemay, Kay
 Shostak, Mary
 Siermy, Anne

Sliziak, Irene
 Smigel, Nadia
 Soltys, Ann
 Stanko, Stefania
 Stashuk, Julia
 Strilchuk, Rose
 Tatarniuk, Michael
 Tatarniuk, Yaroslava
 Tokar, Cecilia
 Tomicka, Anna
 Wasylchuk, Katherine
 Woytowich, Elsie
 Yaceyko, Sophie
 Yarmish, Thelma
 Yeleniuk, Oksana
 Zarski, Tiny



ЕПАРХІАЛЬНА УПРАВА ЛІґИ УКРАЇНСЬКИХ КАТОЛИЦЬКИХ ЖІНОК КАНАДИ
 Нью Вестмінстерської Єпархії

EPARCHIAL EXECUTIVE OF UKRAINIAN CATHOLIC WOMEN'S LEAGUE OF CANADA
Eparchy of New Westminster

1982 - 1984

Sister Jerome Chimy, SSML, Spiritual Adviser

Vivian Ostrowercha, Past President	Marta Kuzma, 3rd Vice-President
Yaroslava Tatarniuk, President	Irena Kowalchuk, Recording Secretary
Olga Kotelko, Vice-President	Sonia Julmi, Corresponding Secretary
Mary Beley, 2nd Vice-President	Orysia Babec, Treasurer

Standing Committees:

Victoria Kuzik, Spiritual & Social Development
 Marion Bealey, Cultural & Educational
 Tiny Zarski, Organizational
 Mary Beley, Charitable, Membership
 Olga Kotelko, Public Relations
 Olha Haydymowska, Nasha Doroha — Ukrainian
 Orysia Babec, Nasha Doroha — English
 Zenia Melnyk, Museum
 Yaroslava Tatarniuk, Ann Kozak, Archives
 Ann Korpan, Olha Klymko, Valentyna Kaspryk,
 Auditing Review Commission

CHRISTMAS Page 10

Kutya - Ritual Wheat Dish
Borsch and Vushka
Baked Stuffed Fish
Jellied Fish Balls
Pickled Herrings
Varenyky - Pyrohy
Holubtsi - Cabbage Rolls
Nalysnyky - Rolled Pancakes
Sauerkraut and Peas
Kolochena Fasolia - Mashed Beans
Pidpenky - Mushrooms
Traditional Kolach
Pampushky - Puffs
Makivnyk - Poppy Seed Roll
Medivnyk - Honey Cake
Khrusty - Verhuny
Compote - Stewed Dry Fruit

EASTER Page 22

Velykodna Paska - Easter Paska
Paska
Cheese Paska (Unbaked)
Cheese Paska - Lviv Style
Velykodna Babka - Easter Babka I
Velykodna Babka - Easter Babka II
Shynka - Baked Ham
Kovbasa - Ukrainian Sausage
Studenetz - Jellied Meat
Kashanka - Buckwheat Sausage
Pashtet - Chicken Liver Pate
Potato Salad
Spareribs with Nachynka
Horseradish Sauce
Burachky - Beets with Horseradish
Poppy Seed Chiffon Cake
Orange Chiffon Cake
Syrnyk - Cheesecake

APPETIZERS Page 36

Crab Appetizer
Cheese Ball
Scallops Wraps
Crab-Stuffed Mushrooms
Dieter's Delight Dip
Fresh Herb Dip
Shrimp Stuffed Eggs
Meat Filled Pastries
Marinated Chicken Wings
Antipasto
Individual Quiches

Salmon Spread
Mushroom Tuna Caps
Crab Dip
Shrimp Mold
Stuffed Snow Peas
Easy Pate

SOUPS Page 40

Borsch
Vegetable Soup With Meat
Kapusnyak - Sauerkraut Soup
Cream of Leek and Potato Soup
Spring Borsch
Pea Soup
Pearl Barley Soup
Onion Soup
Tomato Soup
Cabbage Soup
Fish Chowder
Clam Chowder
Cream of Corn Soup

MEAT, FISH, POULTRY Page 44

Roast Chicken
Chicken Delight
Paprika Chicken
Chicken Cacciatore
Curried Chicken
Lemon Chicken
Chicken Kiev Style
Chicken Wings
Veal Roll-Ups
Lviv Style Veal Cutlets
Beef Stroganoff
Beef Bourguignonne
Roast Beef with Yorkshire Pudding
Roast Loin of Pork
Sweet and Sour Pork
Barbecued Spareribs
Roast Pork Provencale
Ham Asparagus Rolls
Quiche Lorraine
Roast Duck with Orange Sauce
& Stuffing
Stew
Roast Turkey
Shepherd's Pie
Lamb Kebabs
Swiss Steak
Kaiser Bun Sandwiches
Chili Warm-Up

Meat Loaf
Shake and Bake
Salmon Quiche
Super Pizza
Turkey Casserole
Baked Halibut
Scalloped Whitefish
Gourmet Poached Salmon with
Wine Sauce
Salmon Loaf with Creole Sauce
Crisp Fish with Nuts
Shrimp Cocktail
Oyster Fritters

CASSEROLES Page 57

Tuna Casserole
Chicken Rice Casserole
Casserole of Seafood
Turkey Paprika
Stuffed Savoy Cabbage Casserole
Cauliflower Casserole
Lasagna
Cornmeal Casserole Bukovinian Style
Egg Rolls
Chicken Buffet Casserole

MEATLESS DISHES, SAUCES Page 60

Stuffed Eggs
Mushroom Cutlets
Plum Dumplings
Kartoplyanyky - Potato Pancakes
Potato Knidlee
Halushky - Potato Dumplings
Bread Crumb Knidlee
Cottage Cheese Dumplings
Pancakes
Basic Kasha Recipe - Buckwheat
Basic Barley Recipe
Dough for Varenyky
Lazy Cabbage Rolls
Brains Filling for Nalysnyky
Cheese Strata
Tomato Sauce
Dill Cream Sauce
Meat Sauce for Spaghetti
Hollandaise Sauce
Bearnaise Sauce
Sauerkraut with Sausage

VEGETABLES, SALADS Page 66

Scalloped Potatoes
Delicious Potatoes
Stuffed Peppers
Brussel Sprouts in Sauce
Eggplant or Zucchini in Tomato Sauce
Stir-Fry Vegetables
Spinach
Zucchini in Dill Sauce
Fried Rice
Creamed Carrots
Beets
Caesar Salad
Lenten Salad
Sour Cream Dressing
Oil Dressing
Horseradish Salad
Green Salad with Dressing
Zucchini Salad
Sour Cream Dressing for Spinach
Salad
Marinated Garden Salad
Pickled Cole Slaw
Onion Salad
Carrot Salad
3-Bean Salad
Fresh Crisp Salad
Jellied Egg Salad
Apple Jello Salad
Ambrosia Salad
Pineapple Cheese Salad
Borsch for Freezing

BREAD, BUNS Page 73

Korovai - Wedding Bread
White Bread (Basic Recipe)
Whole Wheat Bread
Bulochky - Dinner Rolls
Crusty Bread
Cheese and Nut Bread
Tea Donuts
Doughnuts
Bublyky - Bagels
Rogalyky - Croissants
Rich Pampushky
Fruit and Poppy Seed Roll
Cinnamon Ring or Fruit Coffee Ring
Pyrizhky
Onion Rolls
Pumpkin Bread

TORTES, CAKES, LOAVES, MUFFINS Page 81

Walnut Torte with Coffee Cream Filling
Orange-Almond Torte
Black Forest Torte
Poppy Seed Torte
European Torte
Kiev Torte
Bishkotovey Torte - Sponge Cake
Almond Torte
Honey Nut Torte
Coffee Torte
Nougat Diamonds
Nougat
Marzipan
Lady Baltimore Cake
Angel Cake
Coconut Balls
Pavlova
Favourite Christmas Cake
Christmas Cake
Traditional Christmas Cake
Quick Pineapple Cake
Coffee Walnut Chiffon Cake
Jelly Roll
Carrot Cake
Glazed Lemon Loaf
Chocolate Zucchini Cake
Luscious Buttermilk Cake
Applesauce Bread
Mazola Oil Cake
Frozen Cheese Cake
Moist Chocolate Cake
Cheese Cake with Fruit
Cheese Cake - Unbaked
Cheese Cake
Poppy Seed Cake
Banana Loaf
Medivnyk - Honey Cake
Carrot Cake with Pineapple
Cream Puffs
Strudel
Delicious Muffins
Cheese Muffins
Bran Muffins
Apple Muffins
Malaj - Cornmeal Loaf
Cherry Nut Date Loaf
Bran Muffins
Blueberry Cheese Muffins

Pumpkin Loaf or Muffins
Spicy Orange Diamonds

COOKIES, SQUARES Page 97

Carrot Cookies
Butterscotch Cookies
Orange or Lemon Slices
Butter Tarts
Rum Balls
Walnut Cookies
Whipped Shortbread
Shortbread Cookies
Bird's Nest
Cream Cheese Cookies
Brandy Snaps
Almond Thins
Nanaimo Bars
Raspberry Walnut Squares
Khrustyky
Medivnychky - Honey Cookies
Pyrizhky
Platsok - Squares
Blueberry Delight
Jam Jams
French Pastry
Mincemeat Squares
Matrimony Cake
Bramble Filling
Brownies
Nut Slice - Unbaked
Napoleons
Schoolboys' Delight Oatmeal Cookies
Rice Krispies Cookies
Chocolate Chip Cookies
Best Peanut Butter Cookies
Lemon Love Notes
Pineapple Squares
Marshmallow Squares
Peanut Butter Squares

PIES, TARTS, DESSERTS Page 107

Plan Pie Crust
Hot Water Pastry
Cheese Pastry
Puff Paste
Crumb Pie Shell
Fresh Strawberry Pie
Red Cherry Pie

Blueberry or Blackberry Pie
 Cottage Cheese Apple Pie
 Custard Pie
 Pecan Pie
 Orange Chiffon Pie
 Banana Chocolate Cream Pie
 Lemon Meringue Pie
 Strawberry and Rhubarb Pie
 Pumpkin Pie
 Cherry Tarts
 Tart Pastry
 Date Tarts
 Apricot Tarts
 Fruit Tarts
 Chocolate-Dipped Fruit
 Crepe Suzettes
 Strawberry Dessert Crepes
 All Pride Sponge Cake
 Baked Alaska
 Trifle
 Brandied Peaches
 Rhubarb Dessert
 Pineapple Upside-Down Cake
 Rich Chocolate Mousse
 Apple Crisp
 Custard Bread Pudding
 Raisin Rice Pudding
 Apricot Tapioca Pudding
 Baked Noodles
 Rice Salad
 Broken Glass Cake

BEVERAGES Page 116

Cranberry Sparkle
 Grand Marnier Liqueur
 Kahlua
 Bailey's Irish Cream
 Caesar
 Slush
 Tia Maria
 Raspberry Gin
 Drambuie
 Tequila Sunrise
 Pina Colada
 Frosty Orange
 Pink Lady Punch
 Ice Cream Cocktail for Children
 Tropical Fruit Punch

JAMS, JELLIES Page 119

Strawberry Freezer Jam
 Apricot Conserve
 Carrot-Orange Marmalade
 Orange Marmalade
 Blackberry Pancake Sauce
 Spiced Crabapple Jelly
 Delicious Rhubarb Jam
 Raspberry or Blackberry Jelly
 Freezer Peach Jam
 Favorite Raspberry Jam

PICKLES, RELISHES Page 121

Dill Pickles
 Dill Pickles
 Paprika Pickles
 Mom's Mustard Pickles
 Fruit Chutney
 Mustard Beans
 Green Tomato Mincemeat
 Pickled Crabapples
 Sauerkraut
 Cabbage Salad
 Bread and Butter Pickles
 Pickled Beets

FEEDING A CROWD Page 124

Borsch
 Chicken a la King
 Chili Con Carne
 Quantities to Serve 50
 Sandwiches for 100
 Cabbage Rolls
 Stuffed Green Peppers
 Mashed Potatoes
 Green Salad
 Potato Salad
 Scalloped Potatoes
 Deep Apple Pie
 Beets with Horseradish
 Buckwheat Bread
 Bran Muffins
 Doughnuts
 Easter Paska
 Easter Babka

NUTRITIONAL TIDBITS Page 129

INDEX

**METRIC MEASUREMENT
GUIDE Page 130**

CONTRIBUTORS ... Page 131

NOTES

NOTES

NOTES

NOTES

