



FAVOURITE RECIPES

Daughters of Ukraine

UKRAINIAN WOMEN'S ASSOCIATION OF CANADA
" DAUGHTERS OF UKRAINE " — MONTREAL, QUE.



UKRAINIAN TRADITIONAL AND FAVOURITE RECIPES



To mark the 50th Anniversary of the
Ukrainian Women's Association of Canada

"Daughters of Ukraine"

Montreal, Quebec

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ACKNOWLEDGMENT

The Executive of the Ukrainian Women's Association of Canada "Daughters of Ukraine", Montreal, Quebec Branch, take great pleasure in presenting to the lovers of Ukrainian modern and traditional culinary arts this Cook Book, which was printed to commemorate the 50th Anniversary of the "Daughters of Ukraine" Branch in Montreal, Quebec, 1926 - 1976.

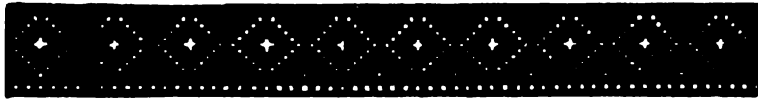
We wish to express our sincere thanks and appreciation to all those who contributed recipes, offered encouragement and made valuable suggestions, without which this Cook Book would not had been possible.

We also wish to thank the Committee Members for their untiring and devoted effort which such an undertaking demands. Our grateful thanks to Mrs. Mary Tekela, Chairman of the Cook Book Committee, who with much patience and perse verance carried through to its completion this 50th Anniversary project entrusted to her by members of our Association.

May this Cook Book enrich your kitchen and be a worthwhile addition to treasured collections by other Ukrainian Women's Organizations, giving pleasure not only to Ukrainians but other ethnic groups, all of which form the great mosaic called Canada.

Stephania Kulba
President.

MONTREAL, Quebec



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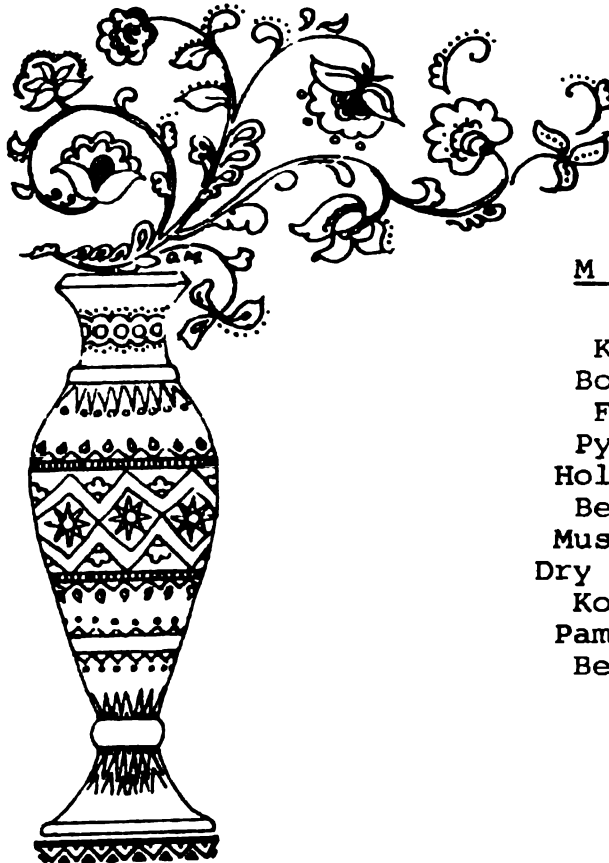
UKRAINIAN WOMEN'S ASSOCIATION OF CANADA
"Daughters of Ukraine"
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UKRAINIAN CHRISTMAS EVE

TRADITIONAL RECIPES



M E N U

Kutia
Borsch
Fish
Pyrohy
Holubtsi
Beans
Mushrooms
Dry Fruits
Kolach
Pampushky
Beverage

K U T I A

1 cup cleaned wheat 2 qts. water

Bring wheat to boiling point and simmer for one or two hours until kernels burst open and white disappears and water evaporates.

1 cup poppy seeds. Scald and simmer 3 to 5 minutes. Drain well in cheese cloth and grind twice using finest blade of food chopper. Set aside.

Dissolve 1 cup honey in 1 or 2 cups water, depending on how liquidy you like your Kutia.

Before the meal, combine cooled wheat, poppy seeds and sweet liquid.

GARDEN FRESH BORSCH

2 cups beets, cut in strips	1 cup V-8 juice
3 cups water	1 tin tomato soup
1 carrot	1 tbsp. butter
1 stalk celery, sliced fine	chopped parsley and dill
1 clove garlic	3/4 cup cream - sweet or sour

Wash beets, peel and cut up vegetables in fine strips, add 3 cups of water and boil vegetables until tender. Then add juice and tomato soup. Cook for 2 mins., salt and pepper to taste. Add cream just before serving. Sour cream can be added in bowls by tablespoons. Serves 4 to 6. Can be served either hot or cold.

BROAD BEANS

1 lb. broad beans - (lima) or 2 tins	2 medium onions
	1/4 cup oil

Soak broad beans overnight. Drain, add fresh water to cover and simmer slowly for 2 hrs. Drain, add 1 finely chopped raw onion and set aside. Fry remaining onion and add to beans.

MAKIVNYK

2 pkgs. dry yeast	2 whole eggs, plus
1/2 cup lukewarm water	2 egg yolks
2 tsp. sugar	1 tspn. vanilla
1 cup lukewarm scalded milk	1½ tspn. grated lemon rind
1 cup flour	1 tspn. salt
1/2 cup butter	4 - 4½ cups flour
8 tbsp. sugar	

Dissolve sugar in lukewarm water, add the yeast and let stand 10 minutes in warm place.

In a large bowl combine warm milk, 1 cup flour with yeast and let the sponge rise until bubbles appear, about 1/2 - 3/4 of an hour. In a separate bowl beat the sugar and butter until light. Set aside. Beat the eggs together until light and frothy, adding salt. Combine the eggs and the butter-sugar mixture and fold into the yeast. Add lemon rind and vanilla. Add flour and knead until dough feels smooth. Cover and let rise until double in bulk. Punch down and let rise again. Divide dough into 3 equal parts. Roll each into a rectangular shape about ½ an inch thick. Brush each strip with stiffly beaten egg white and then spread poppy seed filling over. Roll like jelly roll and seal edges. Place in a greased pan, cover and let rise in warm place until double in bulk.

Bake in 350° oven for 15 mins., then lower heat to 300° and bake another 40-50 mins. Brush immediately with a syrup made with 1 tablespoon brown sugar dissolved in 2 tablespoons hot water. Cool before cutting.

POPPY SEED FILLING

1 cup poppy seed	1 egg white
1/3 cup sugar	1 tsp. grated lemon rind
1/2 cup chopped nuts	

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

KOLACH

2 pkgs. yeast	1 Tbsp. salt
1/2 cup lukewarm water	4 eggs
1/2 tsp. sugar	1/2 cup oil
1 qt. warm water	11 - 12 cups flour
1/2 cup sugar	

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

Beat eggs, add sugar, oil, water and yeast mixture. Mix well and add flour, one cup at a time. Knead well and add more flour, if necessary. Knead until smooth and dough falls away from hand. (Knead about 1/2 hour). Cover and let rise in warm place until double (about 1 - 1½ hours). Punch down and let rise again. Turn dough out on a floured board and divide in 4 equal portions. Each portion will make one medium sized kolach which, generally, are baked in round tins.

Take one portion of dough and make kolach in the following way: -

Divide portion of dough into 6 equal pieces. Roll each piece to a length about 1½ times round the pan the kolach is to be baked in. Thus, there will be 6 equal lengths of dough.

Put 2 lengths side by side, and, working from 1 end alternately carry each length over the other, thus forming a rope-like twist. Similarly, make 2 more twists using the remaining 4 lengths of dough. Now, take two twists, and working as with the lengths before, make a double twist. Form into a ring tucking the ends in neatly. Place the ring into a well greased pan around a small empty space in the center. Lay the third twist around the double twist in the pan, tucking in the ends.

Let rise until double in bulk, (about 1 hour) and brush with beaten egg diluted with 1 teaspoon of warm water; bake at 300 ° for one hour.

CABBAGE ROLLS (HOLUBTSI)

2 small cabbages	1 lb. minced pork or beef
2 cups rice	salt and pepper to taste
4 medium onions, chopped	2 cups tomato juice

Remove core from cabbage, scald in large pot and leave immersed in hot water until leaves come apart easily - being careful not to overcook leaves, they must be just pliable. Cut larger leaves into 3 or 4 pieces. Take off thick vein in center of cabbage leaf. Partially cook rice and if any water remains, drain well, add fried onions which were fried in butter, add the minced pork, salt and pepper to taste. Mix well. Let cool slightly so that it will be easier to handle. Fill cabbage leaves with the rice mixture, roll securely and place in roaster. Heat the tomato juice and pour over cabbage rolls, cover and bake in 350° oven for 1-1/2 hours, or until cabbage is tender - not more than 2 hours.

NOTE - Cover the roaster with leaves on bottom before placing rolls, then put leaves on top of rolls, before covering pot.

FISH AND CARROTS

1/2 cup oil	1 tbsp. lemon juice
4-5 medium size onions	1 tsp. salt
6 large carrots	2 tbsp. sugar (optional)
1 small bottle ketchup	1 bay leaf

Fry onions in oil until lightly browned. Add grated carrots. Stir and cover, cooking until tender. Add ketchup, juice, salt, sugar and bay leaf, cooking until carrots are soft. Spread while hot over breaded fried sole fillets (2 lbs). Serve hot or cold.

CHILLED FILLETS IN SAVORY SAUCE

2 lbs. fillets of sole	1/2 tspn. sugar
seasoned flour	1 tspn. salt, pepper
4 tbsp. oil	3 tbspn. ketchup
1/2 cup diced celery	1 bay leaf
1 green pepper, chopped	1 clove garlic, crushed
2½ cups tomatoes	1 onion, chopped

Cut fillets in serving portions, dredge in seasoned flour, and fry in hot oil. Remove to 8"x8" baking glass dish. Simmer onion, celery and pepper in the oil used for frying the fish until vegetables are tender. Add remaining ingredients and cook slowly for about 15 mins. Press through sieve. Pour the sieved mixture over fish. Cover and cook in 350° oven for 15 - 20 minutes, just enough to blend flavours. Chill slightly before serving. Do not serve cold as the fish will lose its flavour. Serve at room temperature. Can be prepared and cooked ahead.

MINCED FISH BALLS

2 lbs. minced fish (1 Pike, 1 Dore, 1 Whitefish)

- 1) Boil the 3 fish head and bones in 11 cups water with;
1/2 tspn. salt 3 - 4 peppercorns
1 bay leaf 5 onions, sliced
1 carrot Boil slowly for about 2 hrs.
- 2) To minced fish add;
1 tbsp. salt 1 large minced onion
1/2 tspn. pepper 4 - 5 crackers
1/2 tspn. sugar 2 eggs

Directions - Add salt, pepper, sugar, onion, then slowly add 3/4 cup very cold water, then cracker crumbs, and lastly, eggs. Mix very well, form into balls, about 12 or 16.

- 3) Strain fish stock, then while it is simmering, drop fish balls slowly in stock and boil slowly for 3/4 or 1 hour or longer.

Minced Fish Balls - Continued

Remove fish and liquid to serving casserole and set in cool place to jell.

To be extra sure the fish stock jells, add 1 package Knox Gelatine to strained broth.

Optional - add 2 tablespoons fried onions to fish stock after fish balls are cooked but strain the broth again when pouring over the fish balls.

PAMPUSHKY OR DOUGHNUTS

6 whole eggs	1/2 tspn. salt
1 cup butter or margarine	1 cup sugar
1 cup milk	2 packages dry yeast
1 cup water	6 - 7 cups flour

Dissolve yeast in 1 cup lukewarm water. In a large bowl beat eggs and sugar together. Add butter to scalded milk and cool to lukewarm. Add yeast and salt to beaten eggs. Work in enough flour to make a soft dough. Let rise till double in bulk (about 2 hours).

When doubled, turn onto lightly floured board and roll to medium thickness, cut with cutter or break off pieces of dough and shape into small doughnuts. Let rise until light. Deep fry for 2 minutes on each side.

When cool, slit one side and insert 1/2 teaspoon jam in each and sprinkle with icing sugar.

COOKED DRIED FRUIT

Wash fruit and soak for 2 hours in 3 cups water - approx. 1 pkg. 12 oz. Drain water in cooking pot after 2 hours and bring to a boil. Add 3/4 cup sugar, mix till dissolved. Add fruit and cook slowly for 10 to 15 minutes. Take off stove and cool. If more juice is preferred use 4 cups water and 1 cup sugar.

MEATLESS BORSCH

1 medium onion, chopped	1 tbsp. chopped dill (optional)
1 stalk celery, chopped	
1 medium potato, chopped	1 tbsp. salt
2 small carrots, grated	1-20 oz. tin tomato or V-8 juice
6 or 7 medium beets, grated	1/4 cup dry lima beans or rice
1 tbsp. chopped parsley	

Wash beet leaves & cut in fine strips.

Add the lima beans to 12 cups of water and cook about 20 mins. While beans/rice are cooking, prepare vegetables.

Place prepared vegetables in bowl, making sure beets are on top. Sprinkle salt over beets, then pour juice over vegetables. Add to pot and cook another 20 - 30 minutes. Serve.

MUSHROOMS

4 cups sliced mushrooms	1 tspn. salt
1 large onion	1/2 cup water
3 tbsp. oil	freshly ground pepper (to taste)
1 clove garlic (crushed) dill or parsley	1 tbsp. flour/cornstarch

Fry onions in oil until golden, then add washed and chopped mushrooms, salt and water, pepper, garlic, dill and parsley. Cover and cook 10 to 15 mins. Add more water if necessary. Thicken with flour and/or cornstarch. Correct amount of seasoning to your taste.

CABBAGE ROLLS WITH BUCKWHEAT

2 cups buckwheat, dried in oven	2 medium onions, fried in oil
3 cups water	salt and pepper to taste

Boil buckwheat in water about 10 mins. Set aside when there is no more water, add fried onions, salt and pepper. Mix. Proceed as for cabbage rolls with rice.

PYROHY OR VARENYKY DOUGH

3 cups flour	1 egg
1/8 tspn. salt	1 cup warm water
1 tbsp. butter	

Proceed as with other Varenyky recipe.

VARENYKY

4 cups flour	1-3/4 cups warm water
1 egg	1/2 tsp. salt

Combine water, egg and salt and add 3 cups flour. Mix well, and knead the fourth cup in until smooth and elastic. Brush with oil and set aside for 15 minutes.

Divide dough in half and cover 1 part. Roll out rest of dough as for pie crust and cut out with a small cutter. Place the round on palm of hand. Place a spoonful of the filling on it, fold over to form a half circle. Press edges together with your fingers, making sure the edges are free from filling. Have edges sealed well to prevent the filling from running out. Place the varenyky side by side on tea towel without touching one another, cover with another tea towel to prevent from drying out.

Drop into boiling salted water, not too many at a time, stir gently with wooden spoon to prevent sticking to bottom. Boil about 5 minutes, when they stay on top of water, they are about done. Take out with strainer spoon, put in colander and pour 1 cup cold water over them. Drain, place in casserole and sprinkle with oil or butter with fried onions. Toss gently to coat evenly.

FILLINGS FOR VARENYKY

Potato:

2 cups mashed potatoes	1/2 cup fried onions
salt and pepper to taste	in oil

FILLINGS FOR VARENYKY

Potato and Cheese:

6 potatoes, cooked	1 tbsp. butter
1 tsp. salt	1/2 lb. Canadian cheese Mild or medium - grated

Mash potatoes. Add other ingredients and blend well. Cool before filling varenyky.

Cottage Cheese:

2 cups dry cottage cheese	1 tsp. soft butter 1 tsp. salt
4 tbsp. bread crumbs	
1 egg	

Mix all ingredients and fill varenyky. One cup of mashed potatoes could be added to above cheese filling, if desired.

Sauerkraut:

Cook 3 cups sauerkraut for 10 minutes. Squeeze out well with hands, then chop fine. Fry 3 onions in oil and mix with cabbage (could be fried for another 10 minutes). Cool and fill varenyky.

Prune Filling:

1/2 cup water	1/2 cup sugar
1 cup prunes	

Bring to a boil, remove pits and let drain on paper towels. Chop prunes fine. Fill.

Poppy Seed Filling:

1/2 cup prepared poppy seed, scalded and ground fine. Pinch of salt and pepper, 2 tablespoons sugar. Mix well.

ХРАНИТИ

UKRAINIAN EASTER

TRADITIONAL RECIPES

M E N U

Hard Boiled Eggs

Cottage Cheese

Ham

Ukrainian Sausage

Studenetz (Jellied Meat)

Beet & Horseradish Relish

Paska - Babka - Cheese Cake (Syrnyk)

Pysanky - Krashanky

Beverage

МОУКА



EASTER PASKA

2 pkgs dry yeast	1/2 cup sugar
1 tspn. sugar	1 1/2 cups milk
1/2 cup lukewarm water	1 1/2 tsp. salt
6 eggs	1/2 cup melted butter
	8 - 9 cups flour

Dissolve 1 teaspoon sugar in 1/2 cup lukewarm water, sprinkle yeast over and let stand 10 minutes. Scald 1 1/2 cups milk and cool. Combine cooled milk and 1 cup flour add yeast and beat well. Cover and let stand in warm place till light and bubbly. Beat eggs with sugar and add melted butter. When the sponge has risen to double combine with egg mixture. Slowly add remaining dry ingredients. Knead thoroughly, until dough is smooth and no longer clings to hands. Cover and let rise till doubled. Punch down and let rise again about 1 hour. Make two small or one larger round paska. Make round loaf and put in greased pan not quite half full (base). Decorate base in following way, -

Take enough dough to roll out 3 lengths 1/2 inch thick about 25 inches long, braid and place in a circle along edge of base. Join ends neatly. Make a similar braid a bit shorter and ease it in a circle inside first braid. Roll another piece of dough 3 times width of pan, cut in half, curl the 2 ends of each length in opposite directions, and place on top to form cross. Flatten a piece of dough into a 1-1/2 inch circle, and snip edges in a few places and place on center of cross. Let rise to double size. Brush with beaten eggs. Bake in 350° oven for 15 minutes. Lower heat to 300° and bake 45 minutes longer. Let your imagination be your guide to trimming and decorating paska.

HORSERADISH SAUCE

2 tsp. powdered horseradish	1/2 tsp. sugar
enough water to make paste	1 tsp. lemon juice
3/4 cup sour cream	

Mix together well and let stand in refrigerator a couple of hours before using.

EASTER MACARONI CASSEROLE

2-1/2 cup egg noodles	1/2 cup raisins
1/4 cup sugar	3 eggs
1/2 tsp. salt	1 cup scalded milk (cooled)
1/4 tsp. cinnamon	1/2 cup butter, melted

Cook noodles in salted water till almost done. Drain well. Add melted butter and mix well. Add raisins, sugar and spices and beaten egg and cooled milk to macaroni. Place in well buttered casserole and bake at 350° about 30 minutes or till golden brown on top.

KYSHKA (BUCKWHEAT) SAUSAGE

2 lbs. buckwheat	2 tbsp. salt
1 lb. salt pork	1 pint fresh blood
2 large onions	1/2 lb. sausage casings
2 tsp. pepper	

Cook buckwheat. Fry onion in salt pork. Add to buckwheat with salt and pepper to taste. Add fresh blood. Rinse casings in warm water and fill loosely. Put in water and bring to a boil. Take out. Before serving, prick with fork and put in moderate oven to heat thoroughly.

POTATO SALAD

2 lbs. potatoes (unpeeled)	1/2 cup mayonnaize
1/2 cup finely chopped shallots	1/2 cup sour cream
1/2 cup finely chopped celery	6 boiled eggs
	salt and pepper

Wash unpeeled potatoes - boil. Remove and cool. Cube. Cut up 5 of the eggs - leaving one for decoration. Add remaining ingredients and mix well. Decorate with egg, tomatoes, green peppers or parsley. Refrigerate.

CHEESE PASKA

2½ lbs. cottage cheese (dry)	1/2 tsp. salt
1 cup sugar	1 cup unsalted butter
1/2 cup mixed fruit, chopped	1 cup heavy cream (35%)
1 tsp. vanilla	1 whole egg
1/2 cup finely chopped blanched almonds	4 egg yolks

Force cheese through cheese mill or sieve at least two times. Blend in sugar and vanilla and salt. Melt butter, add cream, egg and egg yolks. Stir over very low heat until thickened. Remove from heat and cool. Beat into cheese mixture thoroughly. Add fruit and almonds and mix well. Line a 5½ quart flower pot with damp cheese cloth, up the sides too, leave some cheese cloth to cover the top. Fill with cheese mixture, cover with cheese cloth, sand put a small weight on top, to remove excess liquid. Put in refrigerator for 12 hours or more. Lift from pot and decorate as desired.

EASTER BABKA

3 pkgs. yeast	1/2 lb. white raisins (optional)
1½ qts. lukewarm milk	
3/4 lb. butter	12 egg yolks - beaten with sugar until creamy
2 cups sugar	
Flour less than for bread	

Combine all ingredients, let rise, till double in bulk, punch down and let rise again. Fill 1/3 full, let rise, to full tins. Brush with beaten egg and bake at 375° for 10 minutes. Reduce heat to 325° and bake 35 minutes longer.

COTTAGE CHEESE FOR EASTER BASKET

1 cup dry cottage cheese	1 egg yolk
1 tbspn. butter	

Mix cheese with egg yolk, add soft butter and mix well with spoon. Form into ball and decorate with cloves.

P A S K A

3 pkgs. yeast	12 egg whites beaten stiff
1-1/2 qts. lukewarm milk	2 eggs, whole
1 cup oil	2 tsp. salt
	about 10 cups flour

- 1) Combine all ingredients, let rise once, push down and let rise again.
- 2) Fill Crisco greased pans - 1/4 full. Make decorations. Let rise.
- 3) Bake 350° oven for 1 hour (large size) - 3/4 hour (small size).

STUDENETZ (JELLIED PORK HOCKS)

Use Pressure Cooker.

2 Pork Hocks. Wash, scrape well and boil a few minutes, rinse well.

Place in Pressure Cooker with --

3 cups water	2 tsp. salt
1 bay leaf	1/2 tsp. pickling spice
1 large onion	pepper to taste
2 cloves garlic	

Place cover on cooker and bring to cook position with indicator on - COOK - for 45 minutes. Let indicator return to down position. Remove meat from bones and chop very finely with skin. Place in 2 quart mold, strain liquid and pour over meat. When set in refrigerator, remove all fat before serving.

DEVILLED EGGS

To diced boiled eggs add chopped parsley, green onions (shallots) and celery. Blend well together with Miracle Whip and sour cream. Salt and pepper to taste.

EASY BULKA OR PASKA

2 cups milk	2 pkgs. yeast - 2 tsp.
1/4 lb. butter	sugar
1 cup sugar	3 beaten eggs - (leave
1 tsp. salt	small amount for brush-
grated rind of 1 orange	ing)
pinch cloves	6 - 6-1/2 cups flour
1/2 cup lukewarm water	1/2 cup raisins (optional)

Simmer milk, add sugar, butter and salt, stir till dissolved and let cool. Dissolve 2 teaspoons sugar in lukewarm water and sprinkle yeast, let stand for 10 minutes.

Beat eggs well, add yeast mixture, and milk mixture and beat well, gradually adding flour and rind, cloves, balance of flour and knead until very smooth and glossy, then add raisins. Let stand till double in bulk, knead and put in greased baking pans, let rise again, brush with remainder of egg. Bake at 350° for 45 minutes. Makes 2 medium size round paska or bulka.

STUDENETZ (JELLIED MEAT)

2 pork feet	2 medium onions
2 pork hocks	3 bay leaves
1 veal shank & bone	4 cloves garlic
salt & pepper to taste	mixed spices

Singe feet and hocks. Wash well. Soak in cold water. Drain. Cover with fresh water and bring to a boil. Lift the meat out and rinse thoroughly. Cover with clean water and bring to a boil, skim the scum off, add spices. Simmer until the meat and bones fall apart - about 5 - 6 hours. Take the meat out, cut in small pieces - if desired leave in larger pieces - taking care to remove all the bones. Place meat in glass casserole and pour the strained stock over the meat. Stir lightly and let stand until cold. Place in refrigerator to set until firm. Remove all fat and serve individual pieces on leaf of lettuce with hot mixed pickles.

P A S K A

1/4 lb yeast or (3 pkgs. dry yeast)	1 tsp. lemon rind
3 cups lukewarm milk	1 tsp. orange rind
12 eggs	1 tsp. salt
6 minced cloves	1/2 lb. unsalted butter
	11 - 12 cups flour

Crumble yeast in 2 cups of milk and let stand 10 mins. then add 3 cups flour, stir well together with spoon. Sprinkle with flour, cover and let rise to double in warm place. (This takes 1 to 2 hours).

Half an hour before the above is ready, beat 12 eggs on mixmaster with 1 cup sugar until thick and cream coloured. To this add 6 minced cloves (I grind these cloves on my pepper mill), one teaspoon each lemon and orange rind, and one teaspoon salt.

Add egg mixture to yeast mixture, together with one cup milk and add remaining 5 cups flour, one at a time. Try and use your mixmaster up to this point, and then knead dough by hand adding 3 or 4 more cups flour. Knead about 10 minutes, then add 1/2 pound melted unsalted butter (quite warm but not hot). Knead about 1/2 hour all together. Then cover and let rise in warm place until more than doubled (about 2 hours). Punch down and let rise again.

Prepare pans - 2 deep pots about 10 inches in diameter and 2 smaller ones about 7 inches in diameter. Bake at 350° for 15 minutes, then reduce temperature to 325° and bake another hour. Braid and decorate if you wish.

SAUCE FOR HAM AND KOBASSA

3 boiled eggs
2 tbsp. white horseradish with vinegar
sweet cream

Chop eggs fine, add horseradish and sweet cream - should be thick, of sour cream consistency - but not too thick.

PLAIN CHEESE PASKA

2 lbs. dry cottage cheese	1 egg
3/4 cup soft butter	1 cup whipped cream
1-1/2 cups sugar	pinch of salt
4 egg yolks	1 tsp. vanilla

Press cheese through a sieve twice. Cream butter with sugar and then cream with the cheese. This can be done in mixmaster. Add the beaten egg and egg yolks, salt and vanilla. Beat and then add the whipped cream and blend thoroughly together. Line a plastic flower pot with a double thickness of dampened cheesecloth and pour cheese mixture into it. Cover with damp cheesecloth, place a small plate on top of the paska, and weigh it down with a clean brick or full 28-oz. tin of juice or fruit. The hole on bottom of pot allows excess moisture to drain off. Let stand in cold place for 24 hours. Unmold, and decorate. Keep refrigerated.

BEETS WITH HORSERADISH

12 large beets	2/3 cup sugar
2 horseradish or	2 cups vinegar
1 cup grated	1 tsp. nutmeg
2 tsp. salt	1 tsp. ginger

Scrub beets and boil in water to cover, cook until tender. Cool, remove skin. Grate, add grated horseradish and spices, mix thoroughly. Add vinegar and sugar and spices which were brought to a boil. Pour over beet mixture, stir well. Pack in jars, let stand at least a day in a cool place before using.

GLAZED HAM

Score ready to eat ham in criss-cross pattern and insert cloves in each shape. GLAZE -

1 cup brown sugar
1 tbsp. dry mustard
1 cup crushed pineapple (optional)

Mix well, spread over ham. Bake in 300° oven for 1 hour, basting during baking. Serve hot or cold.

EASTER BABKA

1 cup milk	1 tspn. salt
1/3 cup flour	1 - 1½ cups sugar
2 tsp. sugar	1/2 cup melted butter
1/2 cup lukewarm water	2 tsp. vanilla
3 pkgs. dry yeast	rind of 1 lemon
12 yolks	juice of 1 orange
2 whole eggs	4½ - 5 cups sifted flour
	1 cup raisins (optional)

Bring milk to a boil, and remove from range. Add hot milk gradually to the flour and beat thoroughly until smooth and free from lumps. If necessary, strain or press the mixture through a sieve. Cool it to lukewarm. Dissolve sugar in lukewarm water, sprinkle yeast over it and let stand until yeast granules are softened. Combine with the milk-flour paste, beat well, cover and let it rise till bubbly. Beat the yolks, and whole eggs with salt, add sugar gradually and continue beating until light. Beat in the butter, vanilla, juice and rind. Combine this mixture with sponge and beat well. Stir in enough flour to make a very soft dough, and knead it in the bowl working the dough over and up continually for about 10 minutes. Thorough kneading is essential to develop it's elasticity. When raisins are used, they should be added after the dough is kneaded. Cover and let rise in warm place till double in bulk. Punch down, knead a few times and let dough rise again. Prepare tall, round baking pans by buttering them generously with soft butter and sprinkling lightly with fine bread crumbs. Bottom of tins can be lined with greased brown paper cut to size of tin. Large tube pan can also be used. Fill the pans 1/3 full. (This is very important as dough should triple in bulk). Cover and let rise in warm place till tripled. Brush with beaten egg diluted in 2 tablespoons water. Bake in moderate oven 375° for about 10 minutes, then lower temperature to 325° and bake for 50 minutes longer. The baking period will depend on the size of the loaves. Remove baked loaves from oven and let stand in pans for about 10 mins. Tip each loaf gently from the pan on to a cloth covered pillow. Do not cool loaves on hard surface. Change position very gently a few times when cooling to prevent settling.

APPETIZERS

PATE MOULD

- 1 envelope gelatin
- ¼ cup tomato juice
- 1 4-oz. pkg. softened cream cheese
- 1 3-oz. tin Pate de Foie (Maple Leaf)
- 1 10-oz. tin consommé

Soften gelatin in tomato juice. Blend cream cheese & pate de foie. Heat consommé & add gelatin mixture. Stir until gelatin is dissolved, & pour about ½ gelatin mixture into a lightly greased 3-cup size mould or bowl. Chill until set. Meanwhile, stir remaining gelatin mixture into meat spread. (Strain if necessary) Pour over set layer. Chill till firm. To serve, unmould & serve either plain or frosted with cream cheese which has been softened with milk. Garnish with parsley. Accompany mould with wheat thins and Melba toast rounds.

SHRIMP WHEELS

- 1 4½-oz. can shrimp, drained and mashed
- ¼ cup mayonnaise or salad dressing
- 2 tbsps. chopped pimento stuffed green olives
- 2 tbsps. chili sauce
- 1 tbsp. finely chopped celery
- 1 pkg. refrigerated Crescent Rolls (8 rolls)

In bowl combine all ingredients except rolls. Unroll dough & separate crescents into 4 rectangles. (Do not separate dough from triangle) Spread about ¼ cup shrimp mixture on each rectangle; starting at short end, roll up jelly roll fashion. Cut each roll into 10 slices. Place cut side down on greased baking sheet. Bake in 375° oven for 10-12 minutes or until golden brown. Serve hot. Makes 40.

APPETIZERS

SHRIMP COCKTAIL AND TOMATO ASPIC

1 can cleaned shrimp (5 oz.)
1 tbsp. minced onion
 $\frac{1}{2}$ bottle chili sauce (10 oz. size)
1 teaspoon lemon juice
1-8 oz. jar mayonnaise

Place shrimp in bowl, add lemon juice, grated onion, chili sauce and mayonnaise. Blend well. Cover and refrigerate overnight.

TOMATO ASPIC

2 tbsps. gelatin)
1/3 cup cold water) Combine & let soak 5 mins.

1 can consomme
1 - 15 oz. can tomato juice
piece of celery
parsley or dill
2 tbsps. vinegar
4 whole cloves
3 tbsps. sugar
 $\frac{1}{2}$ tsp. salt

Put all ingredients in saucepan. Bring to a boil and simmer 15 mins. Strain juice into gelatin & stir well. Pour into small deep individual moulds. Cool and refrigerate. To serve: Unmould aspic in shrimp cocktail dish on shredded lettuce. Spoon over shrimp cocktail sauce and garnish with a slice of tomato, if desired. Delicious.

SEAFOOD SAUCE

6 tbsps. ketchup
2 tbsps. horseradish
4 tbsps. lemon juice
 $\frac{1}{4}$ tsp. celery salt
 $\frac{1}{4}$ tsp. Tabasco sauce
1 tin shrimp (4 oz.)

SHRIMP CANAPES

Toast white bread. Remove crusts and cut into triangles or squares. Spread each piece of toast with mayonnaise. Place 1 shrimp on top. Then top the shrimp with a piece of mozzarella cheese. Broil until cheese melts.

APPETIZERS

SWEET AND SOUR SAUCE FOR WIENERS

(For cocktail or small meatballs)

1 cup plum jam	Dash Tobasco sauce
½ cup ketchup	2 tbsps. cornstarch
¼ cup brown sugar	2 tbsps. cold water
¼ cup lemon juice	1 lb. wieners (cocktail-
2 tbsps. prepared mustard	or large ones sliced in 3) <u>OR</u>
2 tsp. soya sauce	1½ lbs. minced beef for
	small meatballs

Combine first 7 ingredients in saucepan and bring to a boil. Blend cornstarch with water together, & gradually add to sauce. Stir until mixture thickens. Add wieners or fried meat balls & simmer over low heat till heated through. Serve on toothpicks, or as a main dish with plain or wild rice.

EGGPLANT SPREAD

1 large eggplant	2 tbsps. oil
2 medium onions, diced	3 oz. tin tomato paste
½ green pepper, diced	salt, pepper & a little
	sugar to taste

Bake eggplant until soft. Peel and chop finely or mash. Saute onions and green pepper in oil until soft, and golden. Combine all ingredients and mix well. Can be eaten hot or cold or used as a spread or side dish.

MUSHROOM AND BACON ROUNDS

Cut into squares and fry until crisp - 3-4 slices of bacon. Add to frying pan 1 medium size onion, chopped. When well sauteed, add 10-12 chopped fresh mushrooms and 1 tbsp. butter if necessary. Set aside and cool.

Grate 1 cup strong cheese (cheddar), and
1 cup Swiss cheese

To this add the cooled bacon mixture together with 1 raw egg. Mix well. Spread on rounds of bread and bake until hot.

APPETIZERS

CHOPPED CHICKEN LIVERS SUPREME

1 lb. chicken livers	¼ tsp. marjoram
2 medium onions, sliced	1 tsp. paprika
¼ cup oil	1/8 tsp. garlic powder
salt & pepper to taste	2½ tsps. wine
3/4 tsp. ginger	2 hard boiled eggs

Brown livers and onions in oil. Add seasoning and wine and cook uncovered on medium heat. Put through grinder, liver and onions and eggs. Season with pan juices.

HERRING SPREAD

2 Schmaltz herring, boned and minced
1 spanish onion, minced
1 apple, peeled and minced
2 tbsps. breadcrumbs
1 tbsp. vinegar
1 tbsp. oil

Mix together, spread on squares of rye bread & garnish.

CHEESE BALLS

1 jar sharp cheese	½ tsp. salt
3 tsps. butter	¼ tsp. paprika
3/4 cup flour	

Mix first four ingredients together. Wrap around a stuffed olive and sprinkle with paprika. Bake at 400° for 10 minutes.

MINIATURE PIZZAS

1 roll salami (approx. 1 lb.)
½ lb. cheddar cheese
1 bottle chili sauce

Grate or mince cheese and meat. Mix in chili sauce. Place mixture on small baking powder biscuit halves. Sprinkle oregano & grated cheese on top. Broil for about 5 minutes.

APPITIZERS

EGGPLANT SPREAD

1 large eggplant	1 tsp. salt, speck of pepper,
2 big onions	garlic salt or powder
cooking oil	1 tbsp. lemon juice & a little
2 medium tomatoes	sugar if necessary

Bake eggplant for 45 minutes at 350°; remove skin & chop finely. Fry onions in oil until tender. Add peeled & chopped tomatoes & cook until fairly thick. Stir in the eggplant & continue cooking until thick, mash eggplant & tomatoes in frypan with fork while cooking. Mixture should be a thick puree; stir in lemon juice & seasonings. A little dash of ketchup makes a nice flavouring also. Cool. Use as a spread on canapes or as a relish for side dish.

DEVILLED HAM

My favourite way of using up pieces of boiled or baked ham. Very good on toast or in sandwiches.

1-2 cups minced cooked ham	½ tsp. paprika
¼ cup mayonnaise	1 small onion, minced
2 tbsps. Worcestershire sauce	or 2 green onions
2 tbsps. prepared mustard	finely chopped

The ham can be passed through a meat chopper or minced by hand. Mix all ingredients into a paste, then pack in a glass jar or bowl. Cover & refrigerate. This will keep up to 5 weeks & can also be kept frozen from 2-3 months. Yield: 1-2 cups.

STUFFED EGGS (with eggshell)

Using 6 hard boiled eggs; cut each in half lengthwise. Chop whole eggs, add fresh parsley, fresh dill, salt & pepper, add a bit of butter or margarine. Fill each shell & flatten; dip in dry breadcrumbs, fry lightly in butter.

APPETIZERS

SMOKED OYSTERS AND BACON ROLLS

Wrap each smoked oyster with a half slice bacon and broil.

CHICKEN LIVERS AND BACON

Wash and cut up chicken livers into bite size pieces, dip in mustard, and wrap with $\frac{1}{2}$ slice bacon. Broil.

PRUNES AND BACON

Pit prunes, wrap $\frac{1}{2}$ slice bacon around each one, and broil.

CHEESE PUFFS

Cut 4 dinner rolls in half. Cream $\frac{1}{2}$ cup butter or margarine, and mix in 1 cup shredded sharp cheddar cheese. Stir in 1 stiffly beaten egg white. Top rolls with a generous spoonful of the mixture. Bake in hot oven, 400° for about 15 mins. or until puffy.

CHICKEN ALMOND ROLL-UPS

8 slices buttered white bread	$\frac{1}{2}$ cup chopped toasted
1 can cream chicken soup -	almonds
undiluted	2 tbsps. parmesan cheese

Spread the buttered bread with soup (spread thickly). Sprinkle with almonds and cheese. Roll up each slice. Cut in half and hold with toothpicks. Toast under broiler about 5 mins. turning during browning. Serves 4.

PEAR COCKTAIL

Place half a canned pear on a lettuce leaf. Fill cavity with shrimp (as many as you like) which have been mixed with shrimp cocktail sauce.

APPETIZERS

QUICHE TARTS

Use flaky pastry or	1 cup heavy cream
pkg. of pie crust mix	1/2 tsp. salt
6 bacon slices	pinch of nutmeg and
2 oz. natural Swiss Cheese	cayenne
2 eggs	1 tsp. sugar
	pepper, butter

Step #1 - Get 2 muffin pans (12 tiny ones on each). Roll pastry 3 inch round - put in pans - prick with fork. Heat oven to 400°.

Step #2 - Fry bacon until crisp and crumble. Shred Swiss Cheese fine (3/4 cup).

Step #3 - Combine eggs, cream, salt, nutmeg, sugar, cayenne and pepper. Beat to blend well.

Step #4 - Spread a little butter over pastry in bottom - sprinkle bacon then cheese, then fill each cup with egg mixture. Bake at 400° for 15 minutes, then reduce heat to 300° and bake 15 minutes or until golden brown.

BROILED MUSHROOM ROLLS

2 tbsps. butter	1/2 tsp. salt
1 cup fresh or canned mushrooms - finely chopped	dash of pepper and paprika
1 tbsp. cornstarch	1/2 cup sweet cream

Heat butter, add mushrooms, cook until tender, about 8 minutes. Blend in cornstarch, salt and pepper and let bubble 1 minute. Add cream, cook and stir until smooth. Remove from fire and cool. Enough for 12 slices of butter sandwich bread. Spread butter on bread then filling and roll as for jelly roll. Broil.

C O O K I E S

CHOCOLATE PEAKS

1 cup peanut butter 1 cup icing sugar
1 cup chopped walnuts ½ lb. sweetened chocolate

Cream peanut butter and icing sugar. Add walnuts, mix together. Form little balls, dip in melted chocolate. Let cool on waxed paper. Garnish each peak with ½ or ¼ maraschino cherry.

CALLA LILLIES

3 eggs, well beaten 2 tsps. baking powder
1 cup sugar 1 tbsp. water
1 cup flour 1 tsp. vanilla

Combine all ingredients & drop by spoonfuls onto greased baking sheet, only 4 at a time. Bake 5 mins. in a slow oven, 325°. Remove from pan & shape like lillies, working quickly. When cool, put a spoonful of whipping cream in center, and sprinkle with grated orange rind. Add green sliced gum drops for stems.

CHEESE COOKIES

4 oz. pkg. cream cheese dash of salt
2½ cups icing sugar ¼ cup cocoanut
¼ tsp. vanilla green & red dessicated
 cocoanut

Cream cheese and icing sugar well. All rest of ingredients, mixing well. Shape into small balls. Roll each ball in coloured cocoanut. Chill until set.

C O O K I E S

BUTTER HORNS

2 cups flour
1/2 lb. softened butter

3/4 cup sour cream
1 egg yolk

Mix together & put in refrigerator for 3 hours. Divide into 3 balls. Roll out each ball, sprinkle with mixture of:

3/4 cup sugar
1 tsp. cinnamon
3/4 cup crushed walnuts

Cut in small wedges (like pie) and roll up from the wide side. Top with beaten egg white. Place each horn on cookie sheet. Bake 30 mins. at 350°.

APRICOT CRESCENTS

1/2 cup soft butter
6 ozs. cream cheese, softened
3/4 cups flour
1/8 tsp. salt
1 tbsp. water (cold)

apricot preserves
minced nuts
icing sugar

Cut butter and cheese into flour and salt. Add water & mix lightly with fork until blended. Chill until firm. Cut in 24 pieces & roll each piece very thin on floured board to form 2-3 inch squares. Spread each with apricot preserves & sprinkle with nuts. Roll up from one corner, bend ends in slightly to form crescents. Put folded side down on cookie sheets, bake in very hot oven over 450° for about 10 mins. Sift icing sugar over cooled crescents.

ALMOND CRESCENTS

1 cup butter
1/4 cup icing sugar
2 cups flour

1 cup ground almonds
1 tsp. vanilla

Cream butter, add remaining ingredients & mix thoroughly. Shape into small crescents. Bake at 325° for 35 minutes. Roll in icing sugar.

COOKIES

UKRAINIAN FRIED COOKIES (CHRUSTIKI)

2 whole eggs	2 tbsp. icing sugar
3 egg yolks	1 tsp. baking powder
pinch of salt	1 cup flour, or more
3 tbsp. rum (white)	

Beat eggs thoroughly. Add rum, icing sugar, mixing well. Add flour & baking powder. Knead well. Let stand for at least 15 minutes. Knead again. Roll out thin, 1/8" or less.

Cut dough into strips about 1" x 3" long. In center cut a 1/2" slit, draw 1 end through slit & fold back. Cover with a towel to prevent from drying.

Deep fry in crisco or oil, turning once, they brown very quickly. When cold, dust with icing sugar.

UKRAINIAN FRIED COOKIES

1 cup flour	1 tbsp. rum
4 egg yolks	1/4 tsp. vinegar (opt.)
1 tbsp. sour cream	

Beat yolks, add cream & rum & fold in flour. Knead as above & proceed to roll & fry as above.

DELICIOUS SHORTBREAD

1/2 lb. unsalted butter	
1/2 cup powdered fruit sugar	
1/2 cup rice flour)	combine together
1 1/2 cups flour)	

Cream butter until soft & fluffy, add sugar by tbsps. stirring well after each addition. Gradually add flour to butter mixture & blend well, (use hands.) Pat dough into ball, wrap in wax paper & refrigerate overnight. Roll dough about 1/4" thick, cut in desired shape, place on ungreased cookie sheet & chill in freezer for 10 minutes. Then bake at 375° for 15-20 minutes. Makes about 3 1/2 dozen cookies. Prick with fork before freezing.

C O O K I E S

CREAM CHEESE COOKIES

½ lb. sweet butter
½ lb. cream cheese (Philadelphia)
1 egg yolk
2 cups flour
2 tsps. baking powder

Cream butter together with cream cheese; add beaten yolk, gradually adding flour & baking powder. Knead & shape into ball. Cover with wax paper & leave in frig for a couple of hours and/or overnight.

Time of Baking: Divide dough into three parts for easier handling, leaving dough that is not being used in frig. Dough tends to soften with handling. Roll out on floured board; cut with cookie cutter any form or shape desired.

Topping: Beat egg whites stiff; proceed by dipping with egg white & sprinkle with sugar; immediately place on ungreased cookie sheet and bake at 350° for 8-10 minutes. For best results roll dough about 1/8" thick. Handle with care when baked as the cookies are very delicate and break easily. Cool.

BRANDY COOKIES

2½ cups flour
1 cup butter
1 cup sour cream
1½ oz. Brandy
½ tsp. salt

Mix thoroughly and let freeze for a few hours. Roll and cut with wineglass. Beat 3 egg whites. Prepare a mixture of 1 cup sugar and 1 cup ground almonds. Place a little of the beaten whites, sugar & almonds on each round of dough. Cover with another round and put a little more of mixture on top. Bake in hot oven, 400°, for 25-30 minutes.

CAKES AND FILLINGS

APPLE CAKE

3 eggs	1½ cups flour
1 cup sugar	2 tsps. baking powder
½ cup oil	1 tsp. vanilla
½ cup cold water	cinnamon & sugar

Beat eggs in large mixing bowl. Add 1 cup sugar slowly & beat well. Add oil slowly, then add water gradually, continuing beating with mixer. Beat in flour, baking powder & vanilla. Pour half batter in buttered 12" x 9" pan. Sprinkle over with 4 or 5 sliced apples, sprinkled with cinnamon & sugar. Add remaining batter. Bake at 325° for 50 minutes or until done. Test with tooth pick.

HONEY CHIFFON CAKE

1 cup sugar	1 tsp. baking soda, added to
1 cup honey	½ cup hot coffee
½ cup oil	1 tsp. baking powder
4 eggs, separated	3 cups cake flour
chopped nuts if	1 tsp. cinnamon
desired	½ tsp. nutmeg

Beat egg yolks with sugar, honey & oil; dissolve soda in coffee & cool then add to mixture. Add dry ingredients, finally folding in beaten egg whites. Bake in 10" tube pan which has been buttered and floured, for 1 hour at 350°.



CAKES AND FILLINGS

POPPY SEED TORTE

1 cup dry poppy seed 1 tsp. almond extract
6 eggs, separated ½ cup ground walnuts
1 cup sugar 4 tbsps. flour

Grind poppy seed on finest blade. Do not soak the poppy seeds before grinding or torte will be heavy. Beat egg yolks till light. Add sugar gradually & beat till light & fluffy. Stir in remaining ingredients gradually. Beat egg whites till stiff & fold them into batter. Spoon into an ungreased tube pan. Bake at 350° for 45 minutes, or until tests done. Invert on cake rack and cool. Ice with mocha icing. For a filled torte cut in 2 layers & fill with Walnut Filling.

Walnut Filling: 1 cup ground walnuts ¾ cup sugar
 ½ cup cream or milk 1 tsp. vanilla
 ¼ cup butter

Combine ground nuts with cream or milk & cook over boiling water till thick. Cool. Cream butter with sugar & vanilla. Stir in nut mixture. Beat until smooth. Spread between layers.

PUFF SIX LAYER CAKE

½ lb. sweet butter ½ pint whipping cream
3 cups flour 3 egg yolks

Work butter & flour as for pie crust. Add cream gradually cutting in with fork; then add yolks gradually & cut in with fork. Shape into ball & store in refrigerator overnight. Next day divide dough into 6 equal balls. Cut 6 pieces of wax paper to fit 9" pans. Roll out 6 pieces of dough on wax paper & place in 9" pans, prick each dough layer with fork. Keep dough refrigerated while baking layers. Makes 6 layers. When layers are cool, spread layers alternately, 1 side with apricot jam & the next one with caramel spread. Do not spread on top layer. Refrigerate at least 24 hours before serving. Sift icing sugar over top.

CAKES AND FILLINGS

TORTE (MADE FROM FILBERTS)

15 oz. sweet butter 15 oz. flour
15 oz. sugar 3 whole eggs
15 oz. nuts (place in oven to brown, crush fine)

Mix everything together. Place in frigidaire for a few hours. Divide dough evenly into 8 pans, lined with white paper. Bake till cake is brown.

Filling: Cook 9 eggs, 12 oz. sugar, 1 tsp. vanilla in double boiler till thick. In another pan put 9 oz. semi-sweet chocolate to melt with 6 tbsps. water. Cool both mixtures. In a mixing bowl put 10 oz. sweet butter & cream well; then add both cooled mixtures to the butter & mix. Put filling inbetween layers & ice cake.

ALMOND TORTE

Beat 6 egg yolks & 2 tbsps. water with 1 cup sugar. Beat until light & fluffy. Add $\frac{1}{2}$ lb. almonds (ground), 2 tbsps. flour, 2 tsps. baking powder & $\frac{1}{4}$ cup bread crumbs. Then add 3 tbsps. melted butter. Fold in 6 beaten egg whites. Bake in 2 round 8" pans. Bake in 350° oven for 40-45 minutes.

FILLING FOR TORTE

6 bars milk chocolate (melted) 6 oz.
 $\frac{1}{4}$ lb. melted butter
4 egg yolks, 1 at a time
1 or 2 cups icing sugar
1 tsp. vanilla
Blend altogether.

NOUGAT (EUROPEAN NOUGAT SQUARES)

$\frac{3}{4}$ cup honey $\frac{3}{4}$ lb. chopped walnuts
7 egg whites juice of 1 lemon
1 lb. sugar

In double boiler cook honey until boiling. Beat egg whites & sugar until stiff. Add whites of eggs to honey, cooking until mixture does not adhere to spoon. Add walnuts & juice. Spread between wafers. Makes 2. The wafers come in 8" diameter size & can be bought in European Delicatessens.

CAKES AND FILLINGS

APPLE COFFEE CAKE

First Part:

1 dry yeast
1 tsp. sugar
 $\frac{1}{4}$ cup lukewarm water
Mix and let stand for 10 minutes.

Second Part:

$\frac{1}{3}$ cup milk, & $\frac{1}{3}$ cup sugar
 $\frac{1}{4}$ cup butter or margarine
 $\frac{1}{2}$ tsp. salt
2 eggs, well beaten
2 tbsps. orange or lemon juice
2 cups unsifted flour
3-4 medium size apples, cored & peeled. Cut in quarters
then cut in 3 pieces each

Scald milk & butter & sugar, salt. Cool to lukewarm. Beat eggs well & add milk & yeast mixtures. Stir in flour & beat till smooth. Spread batter in greased 13" x 9" pan. Sprinkle apple wedges with orange or lemon juice, press apple wedges thin side down lightly into batter. Sprinkle with Streusal Topping, let rise until double in bulk. Cover with foil loosely. Bake at 325° for 25 minutes. Remove cover & bake 12 minutes longer, or until golden brown.

STREUSAL TOPPING:

$\frac{1}{2}$ cup brown sugar
3 tsps. cinnamon
1 tsp. nutmeg

Rub in 3 tbsps. hard butter, sprinkle over batter.

SEA FOAM FLUFFY FROSTING

Mix in top of double boiler: 2 unbeaten egg whites
 $1\frac{1}{2}$ cups packed brown sugar
dash of salt
 $\frac{1}{3}$ cup of water

Beat over boiling water (with eggbeater or at high speed on an electric beater) for 7 mins. or until frosting will stand in stiff peaks. Remove from water, add 1 tsp. vanilla. Beat for 1 minute.

CAKES AND FILLINGS

BROWN SUGAR CAKE

Sift together & set aside:

2¼ cups sifter flour
1½ tsps. baking powder
1 tsp. salt
½ tsp. baking soda

Combine:

2/3 cup shortening
1½ cups firmly packed brown sugar
1 tsp. vanilla

Beat until light. Add 1 at a time - 3 eggs. Beat until light & fluffy. Add dry ingredients alternately with 1¼ cups butter-milk. Mix lightly but thoroughly after each addition. Pour into well greased 13" x 9" x 2" cake pan. Top with Streusel Topping. Bake at 350° for approximately 45 minutes to 1 hour.

Streusel Topping:

Combine in a bowl: ½ cup brown sugar
2 tbsps. flour
2 tsps. cinnamon
½ cup chopped walnuts

Mix together lightly. Add 2 tbsps. butter or margarine. Mix until dry ingredients are moistened.

HARVEY WALLBANGER CAKE

1 pkg. Instant Vanilla Pudding	¼ cup oil
1 box Duncan Heinz Orange Cake Mix	4 eggs
¼ cup Galliano	¾ cup orange juice
¼ cup Vodka	

Beat all of above at medium speed for 3 minutes. Bake for 45 minutes at 350°. Remove from oven and wait for 5 minutes - then punch holes on top of cake. (Use 10" tube pan.)

Frosting: 1 cup icing sugar 2 tbsps. Galliano
 2 tbsps. Vodka 1 tsp. Rum

Stir until smooth. Drizzle frosting into holes.

CAKES AND FILLINGS

POPPY CAKE

6 eggs	2 cups flour
2 cups sugar	2 tsps. baking powder
1-1/3 cups vegetable oil	1/2 tsp. salt
3/4 cup poppy seed	1/2 cup chopped walnuts
1/2 cup milk	sour cherries (7-10) halved
1 tsp. vanilla	

Beat eggs till slightly fluffy. Add sugar gradually & beat until light & large in volume. Add oil. Add poppy seed (which has been broken up in a blender on highest speed with the milk). Add vanilla. Sift together flour, baking powder & salt. Add to the mixture. Mix in the nuts. Pour into well greased & lightly floured baking pan. Poke the cherry halves with finger into batter. Bake 1 hour at 325° or until cake tester comes out clean. Remove & let stand for 15 mins. Remove from pan & when cool sprinkle with sifted icing sugar, if desired.

APPLE CAKE

Base:

1 cup flour	1 egg
1/4 cup butter	1/8 tsp. salt
1/4 cup sugar	1/2 tsp. baking powder

Mix flour, butter, sugar, egg, salt & baking powder. Knead 2 or 3 times. Press evenly over bottom & partly up the side of a 10" spring form pan. Chill 25-30 mins.

Filling:

6 cups fresh sliced apples	2 tsps. lemon juice
1/2 cup sugar	1/2 cup chopped almonds
1 tbsp. flour	1/2 cup raisins
1/2 tsp. cinnamon	2 tbsp. butter

Blend apples, sugar, flour & cinnamon. Add lemon juice, almonds & raisins. Put over crust; dot with butter. Cover with foil. Bake at 375° for 40 minutes. Remove foil & bake 20 minutes longer.

Topping:

1/4 cup butter	1/4 cup brown sugar
2 tsps. flour	1/4 tsp. cinnamon
3/4 cup rolled oats	

Mix all ingredients together, sprinkle over cake and brown another 20 minutes in oven.

CAKES AND FILLINGS

CHRISTMAS CAKE (DARK)

4½ cups flour	1 lb. glazed cherries
1 tsp. baking powder	1 lb. candied pineapple
½ tsp. baking soda	1 lb. dates
½ tsp. cloves	1 lb. currants
¼ tsp. cinnamon	3 lbs. sultanas
½ tsp. mace	½ lb. sliced citron
1 lb. butter	½ lb. mixed fruit
1 lb. light brown sugar	½ lb. walnut pieces
10 eggs, well beaten	½ lb. almonds, blanched
1 cup honey	½ cup wine or rum
1 cup strawberry jam	1 cup strong tea

Use 1 cup flour & sprinkle over fruit. Sift flour & spices 3 times. Cream butter & sugar thoroughly till light & fluffy. Add eggs & beat well. Then add flour gradually with liquids. Then add all fruits & nuts; mix well. Spread aluminum foil into 3 pans size 9" x 5" & fill ¾ full. Bake at 275° for about 2½ hours, or till tested with knife or toothpick. To have moist cakes, place pan of water under cake pans while baking.

WHITE FRUIT CAKE

1 cup butter	1 can (20 oz.) crushed pineapple
1 cup white sugar	½ lb. mixed peel
½ tsp. lemon extract	1 lb. glazed red cherries
1 tsp. vanilla	1½ lbs. light sultana raisins (washed)
3½ cups flour	½ lb. pecans
1 tsp. baking powder	¾ cup sherry or light rum
4 egg yolks, unbeaten	speck of salt
4 egg whites, beaten stiff	

Place cherries & fruit in separate containers & pour ¼ cup sherry or rum over each. Let stand overnight. Cream butter & sugar thoroughly, add extracts & yolks; beat until light & fluffy. Add sifted dry ingredients alternately with pineapple; beat well; add fruit dusted with ½ cup flour & nuts, fold in beaten egg whites.

Prepare 2 pans 9" x 5" with 2 layers greased brown paper. Fill pans ¾ full. Bake in slow oven at 275° for 2½ to 3 hours or until a cake tester comes out clean. While still hot pour sherry or rum over cakes (¼ cup).

CAKES AND FILLINGS

OLGA'S CHEESE CAKE

Base:

2 cups crushed Graham Wafers
½ cup melted butter
3 tbsps. brown sugar

Combine all ingredients, mix well. Pat down firmly in 9" or 10" spring form pan. Bake at 375° for 8 mins.

Filling:

1 lb. cream cheese	3/4 cup milk
2 tbsps. milk	2 tbsps. lemon juice
1 cup icing sugar	2 pkgs. Dream Whip

Topping:

1 - 20 oz. can cherry pie filling or fresh strawberries.

In large bowl blend cheese with milk on electric mixer. Gradually add icing sugar and beat at high speed until fluffy (5 minutes).

Combine Dream Whip with milk and prepare according to package instructions. Add Dream Whip and lemon juice to cheese mixture and beat at high speed 3 to 4 minutes longer.

Pour over base. Refrigerate overnight. Place strawberries evenly over cheese and glaze with melted currant jelly.

CAKES AND FILLINGS

POPPY SEED CAKE

Step 1: Mix together 1 cup buttermilk or $\frac{1}{2}$ cup milk & $\frac{1}{2}$ cup sour cream. Add $\frac{1}{4}$ cup poppy seeds & soak together for $\frac{1}{2}$ hour.

Step 2: Mix together in a bowl 5 tsps. sugar & 4 tsps. cinnamon. Then sprinkle between layers of cake.

Step 3: 1 cup butter or margarine 1 tsp. vanilla
1 $\frac{1}{2}$ cups white sugar 4 eggs, separated
2 $\frac{1}{2}$ cups flour 2 tsps. baking powder
1 tsp. baking soda

Directions: Cream butter & slowly add sugar & cream well. Add egg yolks & beat well. Add poppy seed mixture & mix together. Slowly add flour which has been sifted together with baking powder, baking soda, add vanilla & mix well. Fold in stiffly beaten egg whites. Pour some cake batter into a well greased, floured angel cake pan & sprinkle batter with some of the cinnamon & sugar mixture. Repeat until all batter & cinnamon/sugar mixture has been used up. Bake 1 hour at 350°. Let cool in pan for 15 mins. When cooling, turn pan upside down. Sprinkle cake with icing sugar when cool.

HONEY ORANGE CAKE

4 eggs	2 $\frac{1}{2}$ cups flour
1 cup sugar	3 tsps. baking powder
$\frac{1}{2}$ cup oil	$\frac{1}{2}$ tsp. baking soda
1 tsp. orange rind	$\frac{1}{2}$ tsp. salt
1 cup orange juice	1 tsp. cinnamon
1 cup honey	1 cup walnuts, chopped

In large bowl, beat eggs, sugar, oil & honey at high speed on electric mixer until light, about 5 minutes. Add rind, alternately add orange juice with sifted dry ingredients & mix till batter is smooth. Fold in nuts. Line a large loaf pan with wax paper & grease well. Pan size 14" x 4 $\frac{1}{2}$ " x 3 $\frac{1}{4}$ ". Pour in batter. Bake at 350° for 1 hour, reduce heat to 325° and bake 15 minutes longer, or until cake tests done.

CAKES AND FILLINGS

CHOCOLATE CHERRY NUT CAKE

1 cup sugar	½ cup chopped walnuts
½ cup butter	1-½ cups flour
1 cup sour milk	1 tsp. baking soda
1 egg, well beaten	5 oz. bottle cherries & juice
1 square chocolate	

Cream butter, sugar; add egg & melted chocolate. Sift flour, baking soda & add alternately to mixture with sour milk. Mix well. Add nuts, cherries & juice. Bake at 375° for approximately ½ hour in a 9" x 13" x 2" greased pan.

Frosting:

Melt 2 squares chocolate with 3 tbsps. butter. Add 1 cup icing sugar, 1 egg, 1 tsp. vanilla, ¼ cup milk. Mix slightly. Let icing stand 10 mins. (not more) in refrigerator before beating. Beat well.

EASY 1,2,3, FRUIT CAKE

6 eggs.	1 cup strong tea/coffee, cooled
2 cups sugar	4 cups flour
1 cup oil	salt
2 tps. baking powder	1 lb. raisins
1 tsp. baking soda	1 lb. mixed fruit (glazed)
½ lb. dates	½ lbs. walnuts
2 small jars maraschino cherries (or ½ lb. glacee)	

Beat eggs & sugar thoroughly. Add oil slowly with sifted dry ingredients and tea or coffee. Fold in fruits mixed with a bit of flour. Makes 2 loaves about 9" x 5" each. Bake for 2 hours (approx.) at 275°.

POPPY SEED OR WALNUT ROLL

300 grams flour	2 tbsps. milk
100 grams sugar	2 tbsps. baking powder
130 grams sweet butter	1 tsp. vanilla
1 egg	

Mix above ingredients. Roll out very thin forming a square.

Filling:

250 grams ground walnut or poppy seeds	
100 grams sugar	1 egg white
4 tbsps. milk	juice & rind of 1 lemon

Spread onto above. Roll. Cut into 3 pcs. Brush with beaten egg. Bake 325° for 30-35 minutes (approximately).

CAKES AND FILLINGS

SWISS CHOCOLATE CHEESE TORTE

1 cup flour	$\frac{1}{4}$ tsp. salt
$\frac{1}{4}$ cup sugar	$\frac{1}{3}$ cup butter
	$\frac{1}{2}$ cup flaked cocoanut

Sift flour, sugar & salt together. Cut in butter until fine. Add cocoanut. Press into an 8" square pan.

Topping:

$\frac{1}{2}$ lb. cream cheese	$\frac{1}{4}$ tsp. salt
2 oz. unsweetened chocolate, melted	$\frac{3}{4}$ cup light cream
2 eggs	1 tsp. vanilla
$\frac{2}{3}$ cup sugar	1 tsp. cinnamon
2 tbsps. flour	

Beat cheese, chocolate & eggs together till fluffy. Stir in sugar, flour & salt. Beat well. Add cream, vanilla & cinnamon. Pour batter over base. Bake at 350° for 45 mins. or until it's done. Chill & serve.

MARY'S CHEESE CAKE

<u>Base:</u> $1\frac{1}{2}$ cups flour	$\frac{1}{2}$ lb. butter
$\frac{1}{2}$ tsp. baking soda	1- $\frac{3}{4}$ cups corn flakes -
1 cup brown sugar	(measure then crush fine)

Cream butter until soft, then add corn flakes crumbs & mix well, add rest of ingredients. Easier to blend well by hand. Spread $\frac{3}{4}$ of mixture on bottom of pyrex dish 12" x 7 $\frac{1}{2}$ " & reserve remainder for top.

<u>Filling:</u> 1 lb. cream cheese (Crescent)	4 tbsps. flour
$\frac{1}{2}$ cup white sugar	$\frac{1}{2}$ cup milk
2 eggs, separately beaten	1 tsp. vanilla

In large bowl of mixmaster, place cream cheese and beat until soft & fluffy. Add sugar slowly beating all the time; add 2 beaten yolks, beat well, add flour and beat. Add milk & vanilla slowly while beating. Then fold in beaten egg whites with a rubber spatula. You will notice that beating well is important. Pour over base, sprinkle remaining crumbs over cheese & bake at 350° about 45 minutes. Cake will rise quite high, but do not fret, it will fall as it cools.

CAKES AND FILLINGS

HONEY CAKE

4 eggs	1 tsp. baking soda
1 cup sugar	1 tsp. cinnamon
1 cup honey	$\frac{1}{4}$ tsp. cloves
1 cup strong tea	$\frac{3}{4}$ cup vegetable oil
2 tsps. baking powder	$2\frac{1}{2}$ cups flour

Beat eggs, then add sugar, honey & mix well. Add strong tea not hot, baking powder, baking soda, cinnamon & cloves. Mix all ingredients well. Add oil, mix again & lastly add flour, a little at a time. Beat well, then bake in 350° oven for 45-60 minutes. Bake in square or round large pan.

SOUR CREAM CAKE

$\frac{3}{4}$ cup butter	$2\frac{1}{4}$ cups flour
$1\frac{1}{2}$ cups sugar	$\frac{1}{2}$ tsp. baking soda
3 eggs	2 tsps. baking powder
$1\frac{1}{2}$ cups sour cream	

Filling:

$\frac{1}{2}$ cup brown sugar
2 tsps. cinnamon
$\frac{1}{2}$ cup chopped nuts

Blend first 4 ingredients, then add dry ingredients. Grease angel food pan. Pour $\frac{1}{2}$ batter into pan. Pour $\frac{1}{2}$ filling into pan over batter. Pour in rest of batter & remaining filling on top. Bake 45 mins. 350° oven.

CAKES AND FILLINGS

GRAHAM CRACKER TORTE

6 eggs, separated	2 tsps. baking powder
1 cup sugar	1 tsp. vanilla
1 cup margarine	1 cup walnuts, chopped
1 cup milk	lemon juice
48 Graham cracker crumbs (fine)	

Beat egg yolks, add sugar, margarine, dry ingredients with milk & flavouring. Add beaten egg whites. Pour into two buttered round cake pans, lined with wax paper. Bake for 35-40 minutes at 350°. Ice with lemon or orange icing. Serve with ice cream.

PECAN OR WALNUT CHIFFON CAKE (LARGE)

1-1/3 cups instant flour	½ cup Crisco oil
3 tsps. baking powder	9 egg yolks, 9 egg whites
½ teaspoon salt	½ tsp. cream of tartar
1½ cups sugar	¾ cup water
4 oz. pecans or walnuts (minced)	1 tsp. vanilla or almond extract

Make a well in sifted dry ingredients in bowl, add oil, beaten egg yolks, water and flavouring. Mix well with wooden spoon, then add minced nuts & mix well in mixmaster. Beat egg whites till stiff, add cream of tartar & beat until stiff. Then gently fold egg whites into batter, adding a little at a time, gently mixing it in. Pour into ungreased tube pan & bake at 350° for 1 hour. Tip over immediately on a cake rack & let cool completely.

CAKES AND FILLINGS

DONNA'S CHEESE CAKE

1-2/3 cups evaporated milk
1 3-oz. package lemon jello)
1 cup boiling water)

2½ cups Graham cracker crumbs)
2 tbsps. sugar)
½ tsp. ground cinnamon)
½ cup (1 stick) butter or margarine, melted)

1 8-oz. package cream cheese)
1/3 cup sugar)
2 tps. vanilla)

½ cup drained, crushed pineapple

Pour evaporated milk into small, deep bowl, put in freezer along with beaters of your electric mixer. Freeze until crystals form around edge (about 30 mins.) Now dissolve jello in boiling water, cool to room temperature.

Combine crumbs, 2 tbsps. sugar, cinnamon, melted butter or margarine in medium sized bowl. Press ½ of mixture firmly over bottom of 13x9x2 inch pyrex pan. Reserve rest.

Beat icy evaporated milk at high speed with chilled beaters until fluffy. Beat cheese with ½ cup sugar in large bowl until light & fluffy. Blend in cooled jello and vanilla. Add whipped, evaporated milk to cream cheese mixture. Beat at high speed for 2 minutes. Add drained pineapple, folding into milk & cream cheese mixture with spatula. Pour into pan & spread evenly with back of spoon, if necessary. Sprinkle top with remaining crumbs. Chill until firm, at least 3 hours. Divide into squares to serve.

CAKES AND FILLINGS

CREAM CHEESE AND PINEAPPLE CAKE

½ box Graham wafer crumbs	3 eggs
¼ lb. melted butter	juice of ½ lemon
1 lb. cream cheese	1 tin (19 oz.) crushed pineapple
½ pint sour cream	1 tsp. vanilla
¾ cup sugar	

Mix crushed Graham wafers & melted butter. Set aside ¼ of this mixture. Pat rest into bottom of an 8" x 12" pyrex dish. Blend together cream cheese, sugar, eggs & lemon juice. Pour over wafers & bake in 350° oven for approximately 30-40 mins. Remove from oven & cover with mixture of drained pineapple, sour cream & vanilla. Sprinkle remaining wafer crumbs over this & bake about 5-10 minutes more.

APPLE CAKE WITH CREAM CHEESE FROSTING

2 eggs	1 tsp. baking soda
2 cups sugar	2 tsps. cinnamon
½ cup vegetable oil	¼ tsp. nutmeg
1 tsp. vanilla	4 cups diced, peeled apples
2 cups all purpose flour	1 cup chopped walnuts
½ tsp. salt	cream cheese frosting
1 tsp. baking powder	

Beat eggs until light & fluffy. Gradually add sugar, oil & vanilla. Sift together next 5 ingredients & add to first mixture. Stir in apples and walnuts. Put in greased 13" x 9" x 2" pan. Bake at 350° for about 45 minutes. Let cool in pan on rack 10 - 15 minutes, then spread with frosting.

CREAM CHEESE FROSTING

1 3-oz. package cream cheese (at room temperature)
3 tbsps. softened butter or margarine
pinch of salt
½ tsp. vanilla
1½ cups icing sugar

Mix all ingredients until smooth. (Cake also delicious without frosting, or can be served with other kind of frosting.)

CAKES AND FILLINGS

COTTAGE CHEESE CAKE

Topping: Mix in a bowl.

1-3/4 cups Graham crumbs 1/2 tsp. baking soda
3/4 cup flour 1/2 lb. melted sweet butter
3/4 cup brown sugar

Spread 3/4 of crumbs in pan, bottom & sides, leave 1/4 crumbs for topping. Use 9" x 12" pyrex pan(buttered).

Filling:

4 eggs, separated 1-15 oz.can evaporated milk
1 lb. dry cottage cheese 1/2 cup milk
1 cup sugar, scant 1 tsp. vanilla
2 tbsps. flour

Beat egg whites till stiff, set aside. Beat all remaining ingredients well. Fold in egg whites. Pour over base. Sprinkle balance of topping on top. Bake at 350° for 45 mins. Leave in oven for 15 mins. with door ajar.

NOTE: Instead of crumb topping on top, spread with desired pie filling after baking.

VIENNESE TORTE

1/2 cup butter 3 tbsps. butter
1 cup flour 1-1/2 cups sugar
1/2 tsp. salt 6 eggs - separated
1/4 cup apricot or prune jam 1/2 cup grated nuts (any kind)

Cut butter into flour & salt & mix until very crumbly. Pat into an 8" cake pan covering bottom & 1/4" on sides. Bake at 350° for 15 mins. or until light brown. Remove from oven, spread jam. Cream 3 tbsps. butter & sugar well. Beat egg yolks until light. Add to butter mixture & stir until well blended & foamy. Add grated nuts gradually to the mixture, stirring well after each addition. Beat whites of eggs until stiff. Fold into nut mixture carefully - do not handle more than necessary. Bake in 325° oven for 30-40 minutes.

S Q U A R E S

ORANGE DREAM SQUARES

Beat the following ingredients together:

1 cup butter 1 egg yolk (save white)
1 cup sugar 1 tsp. rum or vanilla flavoring

Add: 2 cups flour, 1 tsp. baking powder & pinch of salt.

Beat together & pat into bottom of 9" x 13" pan.

Bake for 10 minutes at 350° oven.

Topping: Beat until foamy - 1 egg white & 3 whole eggs.

Add $\frac{1}{2}$ cup sugar. Beat together until quite thick. Add $\frac{1}{4}$ cup flour, 1 tsp. baking powder.

Mix well and add: 1 cup orange marmalade
1 cup coconuts
1 cup chopped nuts (walnuts/pecans)

Spread mixture on top of first layer & reduce heat to 325°. Bake for 30 minutes. Ice with coffee or chocolate icing. Cut into squares when cool.

DATE BARS

1 egg 1 cup chopped pitted dates
 $\frac{1}{2}$ cup sugar $\frac{1}{2}$ cup flour
 $\frac{1}{2}$ cup oil $\frac{1}{2}$ tsp. baking powder
 $\frac{1}{4}$ cup chopped walnuts $\frac{1}{4}$ tsp. salt

Beat egg, add sugar, mix well. Add oil, dates & nuts. Mix in flour, baking powder & salt. Bake at 325° for 30 mins. Cool. Cut in bars & roll in powdered sugar.

BROWNIES

Melt in 2 quart saucepan: $\frac{1}{2}$ cup butter
2 squares bitter chocolate,
or - 5 tbsps. cocoa

Add: 1 cup sugar $\frac{1}{2}$ cup flour
2 eggs $\frac{1}{2}$ tsp. baking powder

Mix together, add 1 cup chopped nuts. Pour into 8" x 8" pan & bake for 18 minutes at 350°. Cool. Ice with chocolate fudge frosting.

S Q U A R E S

ALMOND SQUARES

2 cups flour	2 eggs
1 tsp. baking powder	1 tsp. vanilla
3/4 cup icing sugar	2 tbsps. sour cream
1/4 lb. butter	

Mix all ingredients together. Divide dough in two. Roll out 1 part & place into a pyrex baking dish 8"x12".

Filling: Mix together the following:

1 -8 oz. pkg. ground almonds
1 1/4 cups icing sugar
juice & rind of 2 oranges
rind only, of 1 lemon

Spread over dough in dish. Roll out 2nd part of dough & place over filling. Bake at 350° oven for half hour or longer if needed.

Icing: 1 tsp. butter
1/2 lb. icing sugar

Mix these ingredients together, add lemon juice until it becomes of spreading consistency.

CHERRY SQUARES

1 cup flour	1/2 cup butter
1/4 cup brown sugar	1 pkg. glazed cherries

Mix as for shortbread, and bake 10 minutes at 350°. Cut glazed cherries in quarters & spread over shortbread.

2 egg whites	1/4 tsp. baking powder
1 cup brown sugar	1 tsp. vanilla

Beat well and spread over cherries. Return to oven for approximately one hour, at 300°.

S Q U A R E S

LEMON SPICE DIAMONDS

3/4 cup shortening	1 tsp. baking powder
1-1/3 cups brown sugar	1/4 tsp. cinnamon
1/2 tsp. vanilla	1/4 tsp. nutmeg
2 eggs	1 cup quick-cooking rolled oats
1/2 tsp. shredded lemon peel	1/2 cup chopped walnuts
2 tbsps. lemon juice	
1 cup flour	

In mixing bowl, cream shortening, brown sugar, & vanilla till light & fluffy. Add eggs, lemon peel & juice; beat well. Sift together flour, baking powder & spices; add to creamed mixture. Stir in rolled oats & nuts. Spread in greased 13x9x2 inch baking pan. Bake in 350° oven 20-25 minutes. While warm, top with Lemon Glaze: combine 1 1/2 cups sifter confectioners' sugar, 1 tbsp. lemon juice & enough milk to make of glaze consistency. Cool; cut in diamonds.

RASPBERRY BARS

1/2 cup butter	1 cup flour
1 tbsp. sugar	1 tsp. baking powder
1 egg, beaten	a pinch of salt

Mix and pat into square 8x8 inch pan. Spread with raspberry jam. Top with following mixture:

3/4 cup sugar	1 1/2 cups coconut
1 egg	1 tsp. vanilla
butter size of a walnut	

Spread over top of jam & bake for 20-30 minutes or until top is nicely browned at 350°.

APPLE SQUARES

1 1/2 cups flour	2 whole eggs
1/2 lb. butter	1 cup sugar
2 tsps. baking powder	lemon rind
3 egg yolks	

Mix all together & divide dough in 2 pieces. Put 1 layer in pan. Spread thinly sliced apples (cooking) about 1/2 inch thick. Put second layer on top and bake at 400° for 30 minutes. Cut in squares when cool.

S Q U A R E S

PINEAPPLE SLICE

2 cups flour 2 tbsps. sugar
1 cup butter pinch of salt

Mix the above & bake in 13" x 9" pan at 350° until brown.

Filling: 1 20-oz. tin crushed pineapple
 ½ cup white sugar
 2 tbsps. cornstarch
 ¼ cup cold water

Cook the above ingredients in saucepan until thick. Cool & spread over crumb bottom in pan. Sprinkle with ¼ cup finely chopped cherries.

Topping: 2 egg whites 2 tbsps. sugar

Beat until stiff & sprinkle with shredded coconut. Bake at 350° until golden brown.

TWEEDIE BARS

Base: ½ cup sweet butter 2 tsps. baking powder
 1-1/3 cups flour 2/3 cup sugar
 ½ tsp. salt ½ cup milk
 2 egg whites beaten still (save yolks for icing)
 2 squares semi-sweet grated chocolate

Mix first 6 ingredients together, fold in stiffly beaten egg whites, then mix in grated chocolate gently to give it a tweedy effect. Place in 13" x 9" pan & bake at 350° for 30 minutes. Cool.

Middle Layer: 2 egg yolks
 1/3 cup sweet butter
 2 cups icing sugar

Mix well and cover base.

Icing: Melt 2 squares semi-sweet chocolate & 1 square bitter chocolate, and 1 tbsp. butter.

Spread over middle layer.

S Q U A R E S

WALNUT SQUARES

1 lb. icing sugar
½ lb. minced walnuts

Mix well & leave in refrigerator overnight. Next day, add 5 beaten eggs gradually, 1 tbsp. honey, and ½ lb. chopped walnuts. Mix together.

Spread on wafer square and bake at 375° till light brown, about 10-15 minutes. Watch carefully.

NOTE: Plain wafer squares can be bought in some groceries or European Delicatessen Stores.

VANILLA CHOCOLATE SQUARES

Line an oblong pyrex pan size about 6" x 10" with Graham wafers, takes about 9. Prepare a package of vanilla pudding according to directions on package, using 2 cups milk. Pour over graham wafers, place more wafers to cover pudding & ice with the following:

Icing: In a bowl sift 1 cup icing sugar, add slightly beaten egg & 1 square unsweetened chocolate which has been melted, together with 1 tbsp. butter, over hot water in double boiler. Beat well. Place in refrigerator for several hours. Makes 8 servings.

COCONUT SQUARES

1½ cups graham wafers 1 tbsp. sugar
½ cup melted butter

Mix above together & press into 9x9 inch pan.

1 tin sweetened condensed milk ½ lb. coconut
1 tsp. vanilla pinch of salt

Mix together and spread on top of graham wafer mixture. Bake for 25 minutes at 350° or until light brown.

S Q U A R E S

MARSHMALLOW DELIGHT

½ cup butter	1 tsp. vanilla
2 eggs, beaten	2¼ cups Graham wafer crumbs
1 cup sugar	½ cup chopped nuts
¼ cup coconut	3 cups miniature marshmallows

Melt butter in top of double boiler. Add eggs, sugar & coconut. Cook stirring often until thick, about 10 mins. Stir in vanilla. Cool to lukewarm. Blend in crumbs, nuts & marshmallows. Pack in buttered 13x9x2 inch pan. Ice with Butter Icing.

Butter Icing: 2 tbsps. soft butter
1½ cups sifted icing sugar
1½ tbsps. light cream
¾ tsp. vanilla

FRUIT SQUARES

<u>Base:</u> ½ cup butter	1 tsp. baking powder
2 egg yolks	¾ cup flour
½ cup sugar	

Mix above ingredients together. Spread on bottom of 9" x 13" pan and press well.

<u>Topping:</u> 1 lb. dates	4 oz. candied red
¾ cup chopped walnuts	cherries
4 oz. candied green cherries	1 cup coconut

Chop dates, walnuts and cherries. Mix all fruit together well. Spread on top of base. Now beat 2 egg whites until stiff. Slowly add 1 cup yellow sugar. Spread on top of fruit. Bake at 325° for 30 minutes.

MACAROONS

1 lb. fine coconuts
1 large can condensed milk
2 tsps. vanilla

Mix together. Form small balls. Place on well greased cookie sheet. Top with half cherry. Bake at 350° for 15 minutes. Remove from sheet immediately.

S Q U A R E S

NANAIMO BARS

Melt over hot water:

½ cup butter 1 egg, beaten
¼ cup white sugar 1 tsp. vanilla
4 tbsps. cocoa

Remove from heat & add:

2 cups graham wafer crumbs
1 cup fine coconut
½ cup chopped nuts

Mix above with hands then pat firmly into 9 x 9 inch ungreased pan. Refrigerate while preparing filling.

Filling: Cover with following:

½ cup butter 3 cups icing sugar
3 tbsps. vanilla custard powder mixed with
4 tbsps. milk

Cream together until smooth. This is thicker than a butter frosting. Add a few drops of green food colouring. Refrigerate 10 minutes.

Melt:

2 squares semi-sweet chocolate
2 squares bitter chocolate
1 tbsps. butter

Pour chocolate over Green Filling, tilting pan to spread evenly. Keeps in fridge for several weeks. Remove from fridge 30 mins. before cutting into squares so that chocolate does not crack.

CHIPIT PARTY SQUARES

1 cup flour 2 eggs, well beaten
1 tsp. baking soda 1 cup chocolate chipits
1 cup brown sugar, Packed ½ cup brown sugar, packed
¼ cup soft butter ½ cup walnuts
½ cup coconut ¼ cup melted butter
½ cup uncooked Rolled Oats 1 tbsp. flour

Mix 1 cup brown sugar & ¼ cup butter in a bowl until crumbly. Stir in flour, baking soda, coconut & oats. Press into 9" square greased pan.

Mix eggs, chipits, ½ cup br. sugar, nuts, butter, flour. Pour over bottom layer & bake 350° for 35 mins.

S Q U A R E S

WALNUT BARS

1/3 cup butter
1/2 cup brown sugar
1-1/3 cups flour

1/2 tsp. baking powder
1/4 cup finely ground walnuts

Topping: 2 eggs
1/4 cup light br. sugar
3/4 cup corn syrup
3 tbsps. flour

1/2 tsp. salt
1 tsp. vanilla
3/4 cup finely chopped walnuts

Blend butter & brown sugar to a creamy consistency. Sift flour & baking powder together & add to butter mixture using a pastry blender, fork or 2 knives until mixture resembles coarse crumbs. Thoroughly stir in ground nuts then pat into a greased 12x8x2 inch pan. Bake at 350° for 10 minutes. In the meantime beat eggs until light yellow, add sugar, syrup & mix well. Stir in flour, salt & vanilla. Pour over baked crust & sprinkle with chopped walnuts. Bake at 350° for another 25-30 minutes. Let cool in pan. These freeze well.

JAM SQUARES

Base: 1/2 cup butter
1 1/2 cups flour
1 tsp. baking powder

2 eggs
1 tsp. vanilla
2 tbsps. sour cream

Cream butter until soft, add eggs, sour cream & dry ingredients. Mix well & roll out or press into pyrex dish 13x9x2 inch. Spread dough with 1 cup strawberry jam.

Topping:
1/2 cup sugar
2 eggs
2 tbsps. melted butter
1 cup coconut
1 cup finely chopped walnuts

Beat eggs well, add sugar and beat then add remaining ingredients. Spread evenly over jam. Bake for 40-50 minutes at 350° oven. When cool, sprinkle with icing sugar and cut into squares.

S Q U A R E S

BUTTER MALLOW BROWNIES

Melt $\frac{1}{3}$ cup butter in saucepan and blend in:

1 cup lightly packed brown sugar
1 egg
1 tsp. vanilla

Blend together:

$\frac{3}{4}$ cup flour
1 tsp. baking powder
 $\frac{1}{2}$ tsp. salt

Add dry ingredients into butter mixture, plus $\frac{1}{2}$ cup chopped nuts. Spread batter in 8" square pan and bake at 350° for 25 minutes.

Cut 20 marshmallows in $\frac{1}{2}$ and place cut side down on top of hot cake. Press gently to flatten.

In sauce-pan combine: $1\frac{1}{2}$ cups brown sugar
 $\frac{1}{4}$ cup butter
 $\frac{1}{3}$ cup table cream
pinch of salt

Cover and bring to a boil. Remove cover & continue cooking until a drop of cold water forms a soft ball (238° on candy thermometer). Cool 5 minutes, without stirring. Beat in 1 tsp. vanilla. Continue beating until good spreading consistency. Spread over marshmallows, cool and cut into bars.

PINEAPPLE SLICE

$1\frac{1}{2}$ cups flour
 $\frac{3}{4}$ cup butter
1 tbsp. milk
1 egg
1 tsp. baking powder

Rub flour & butter together then add egg & milk. Roll out size of your pan & spread with pineapple marmalade.

Topping: 1 cup fruit sugar
2 cups coconut
butter size of an egg
2 well beaten eggs
1 tsp. vanilla

Bake in slow oven approximately 1 hour at 300° until a nice golden brown in an 9 x 9 inch pan.

S Q U A R E S

RIBBON JEWEL SQUARES

4 eggs
1 cup butter
1 cup sugar
2 cups flour
5 oz. toasted slivered almonds
1 cup sour cream
 $\frac{1}{2}$ cup apricot jam
 $\frac{1}{2}$ cup raspberry jam

Cream butter with sugar until light. Add egg yolks all at once; beat well; stir in flour; fold in beaten egg whites.

Butter then lightly flour bottom of an inverted metal baking pan 13x9x2 inch. Measure about $\frac{2}{3}$ cups batter; spread with spatula on pan almost to edge.

Bake at 350° for 10 minutes or just until golden brown around edges; carefully remove entire layer and cool on wire rack. Cool pan; wash, butter and flour for each of four succeeding bakings.

Grind or chop almonds very finely; stir into sour cream in small bowl.

Place 1 cake layer, top side up, on a cutting board or cookie sheet; spread with $\frac{1}{4}$ cup apricot jam, then with $\frac{1}{3}$ cup sour cream mixture; add second cake layer and spread with $\frac{1}{4}$ cup raspberry jam and $\frac{1}{3}$ cup sour cream mixture. Repeat alternating apricot-cream and raspberry-cream between remaining layers, leaving top plain. Weigh down layers with a second board or flat pan; chill overnight.

Spread top with Butter Cream Frosting the following day. To be kept in fridge.

PIES AND PUDDINGS

NEVER FAIL PIE CRUST

Blend together: 1 lb. lard
5 cups flour
2 tsps. salt

Whip 1 egg, 3 tbsps. brown sugar, 3 tbsps. vinegar,
2/3 cup water: add to first mixture.

This pie dough can be stored in refrigerator.

RICH PASTRY

1/4 cup butter	1 tsp. grated lemon rind
1/4 cup shortening	2 cups flour
3 tbsps. sugar	

Cream butter, shortening & sugar; add rind. Blend in flour. Shape into a ball. Divide into 2 equal parts. Press into bottom & up the sides of an ungreased 9" pie plate. Bake at 475° for 8-10 mins. & fill as desired; or use in recipes calling for 9" unbaked pie shell. Yields: Two 1 crust pies.

SOUR CREAM RAISIN PIE

Pastry crust for 1 - 9" pie.

1 cup raisins	1 cup sour cream
1 cup sugar	pinch of salt
1 egg, beaten	1/2 tsp. vanilla

Beat egg, add sugar & beat until sugar is partially dissolved; add cream, raisins, salt & vanilla. Blend and pour mixture into an unbaked pie shell. Bake at 400° for 10 minutes, then lower heat to 350° or slightly less, for about 30 minutes. Test as for custard pie - when a silver knife blade comes out clean, from center of pie, it is done.

If you want to make it even more luscious, you may sprinkle chopped walnuts or pecans over the top, or cover the baked cooled pie with whipped cream.

PIES AND PUDDINGS

APPLE CRUNCH PIE

5 cups sliced apples	1 cup brown sugar, packed
$\frac{1}{2}$ cup sugar	1 cup flour
$\frac{1}{2}$ cup sour cream	$\frac{1}{4}$ cup butter
1 unbaked 9" pie shell	1 tsp. cinnamon

Combine apples, sugar & sour cream. Place in pie shell. Combine brown sugar, flour, butter & cinnamon; first with fork & then with fingers, until crumbly. Sprinkle over apples. Put a strip of tin foil around fluted edge of shell to prevent over browning. Bake at 425° for 20 mins. then reduce heat to 375° and bake another 30 mins. Serve slightly warm or cold with ice cream. NOTE: To avoid soggy bottom crust, either sprinkle with 2 tbsps. fine bread crumbs before adding filling or brush lightly with beaten egg white & allow to dry for $\frac{1}{2}$ hour before filling.

CHERRY CRUMB PIE

$\frac{1}{2}$ lb. butter	1 tsp. vanilla
$\frac{1}{2}$ cup sugar	1 egg
2 cups flour	20 oz. tin cherry pie filling
1 tsp. baking powder	2 tbsps. lemon juice

Combine all ingredients except pie filling & lemon juice. Mix well. Set aside $\frac{1}{2}$ cup for topping. Press remainder into bottom of 8" pie plate. Combine filling & lemon juice & spread over base. Sprinkle reserved dough over filling. Bake at 375° for 45 minutes.

PEACH CREAM PIE

$\frac{1}{2}$ pint whipping cream	15 oz. tin peaches
2 pkg. instant vanilla pudding	1 tbsp. cornstarch
2 cups milk	$\frac{1}{2}$ tsp. lemon juice
1 tsp. vanilla	$\frac{1}{2}$ tsp. almond extract
1 baked 9" pie shell	

Whip cream. Combine pudding mix with milk & vanilla & beat 1 minute. Fold into whipped cream. Spoon into pie shell. Chill. Drain syrup from peaches, dissolve cornstarch in syrup until smooth. Cook stirring constantly until mixture thickens. Boil 3 mins. Stir in lemon juice & almond extract. Pour over peaches. Cool. Arrange over filling. Refrigerate for 2-3 hrs. Nice with apricots also.

PIES AND PUDDINGS

MAPLE SYRUP PIE OR TARTS

2 tbsps. butter	1 cup maple syrup
2 tbsps. flour	1/3 cup water
2 egg yolks	½ cup chopped walnuts

Melt butter & stir in flour, mixing well. Beat egg yolks with syrup & water. Add to butter-flour mixture & cook over boiling water until thick & creamy, stirring most of the time. Add walnuts & let cool. Pour into 8" pie shell or individual tiny shells. Bake at 350° for 40 minutes.

PEACHY PUDDING

2 tbsps. butter	2 cups milk
6 slices bread	½ cup shredded coconut
2 tbsps. sugar	1 cup sugar
1 tsp. cinnamon	1 tsp. vanilla
4 eggs, separated	3 cups sliced peaches

Spread butter over bread & sprinkle with sugar & cinnamon. Cut into cubes. Combine egg yolks, milk, ½ cup sugar, coconut & vanilla. Place bread cubes in bottom of well greased 1½ quart baking dish. Pour milk mixture over bread. Bake in pan of hot water at 350° for 40 mins. Remove from oven & arrange peach slices on custard. Beat egg whites until foamy, gradually beat in remaining ½ cup sugar. Continue beating until mixture holds stiff peaks. Spread over top of peach slices. Return to oven & bake 15 minutes longer or until meringue is golden brown. Serve warm.

BREAD PUDDING

Butter the bottom & sides of a shallow baking dish. Cover the bottom with a 3/4 or 1 inch layer of dry bread cubes. Sprinkle 3/4 cup brown sugar evenly over bread, 1 tsp. cinnamon, 1 cup raisins, 1 or 2 chopped apples (peeled), 1 small sliced banana & 3 tsps. jam. Beat 3 whole eggs. Scald 3 cups milk and pour into beaten eggs, stirring constantly. Add 1 tsp. vanilla. Pour mixture over bread & let stand 20-30 mins. Bake approximately 40 mins. at 350°. Serve warm. Eat it plain or with cream or maple syrup.

PIES AND PUDDINGS

APPLE PUDDING

Mix altogether:

12-15 apples -peeled, cored & sliced
1 tsp. cinnamon
 $\frac{1}{2}$ tsp. mace
 $\frac{1}{2}$ cup sugar
juice of $\frac{1}{2}$ lemon
rind of 1 lemon

Take a 2 quart deep dish & butter it. Now take 2 cups fresh bread crumbs & $\frac{1}{4}$ lb. butter; melt butter & add to crumbs.

In a deep dish put a layer of crumbs then a layer of apple mixture & so on until apples & crumbs are all used up. Bake for 1 hour, covered, at 425°. Serve with whipped cream.

GRAPE NUT PUDDING

1 tsp. grated lemon rind	1 cup milk
2 tbsps. flour	2 egg yolks well beaten
$\frac{1}{4}$ cup butter	2 egg whites stiffly beaten
2 tbsps. grape nuts	3 tbsps. lemon juice
1 cup sugar	

Add lemon rind to butter & cream well. Add sugar gradually, blending after each addition. Add egg yolks & beat then add lemon juice. Add flour, grape nuts & milk mixing well. Fold in egg whites & turn into greased baking dish & place in pan of hot water. Bake in slow oven 350° for 1 hour 15 mins. Serve cold with cream.

PECAN TARTS

Dough:	3 oz. cream cheese	1 cup flour
	$\frac{1}{2}$ cup butter	
Filling:	1 egg	1 tsp. vanilla
	$\frac{3}{4}$ cup br. sugar packed	$\frac{2}{3}$ cup coarsely
	1 tbsp. soft butter	broken pecans

Cream cheese & butter, stir in flour. Mix. Shape into 2 dozen 1" balls. Place in tiny ungreased muffin tins & press down. Beat egg, sugar, butter & vanilla until smooth. Divide $\frac{1}{2}$ the pecans among pastry cups. Add batter & top with pecans. Bake in 325° for 25 mins.

PIES AND PUDDINGS

SOUR CREAM APPLE PIE

Use 1 unbaked 9-inch pastry shell.

Cream together - 1-1/4 cups sour cream 1/4 tsp. salt
1 cup sugar 1 1/2 tsp. vanilla
3 tbsps. flour 2 eggs

Now add - 3 cups peeled, sliced apples
1/2 cup brown sugar
1/4 cup butter
1/3 cup flour

Pour mixture into pastry lined 9-inch pan. Bake at 400° for 25 mins. Combine brown sugar and flour, cut in butter, sprinkle mixture on top of pie. Bake 20 mins. longer. Chill and serve with whipped cream.

RICE PUDDING

2/3 cup Minute Rice	6 diced maraschino cherries
2/3 cup water	3/4 cup drained crushed pineapple
1/2 cup pineapple juice	1/3 cup chopped nuts
1/2 tsp. salt	2 cups sweetened whipped cream
1 cup diced marshmallows	

Combine Minute Rice, water, pineapple juice and salt in saucepan. Mix just to moisten all rice. Bring quickly to a boil over high heat. Cover and simmer 5 minutes.

Remove from heat, let stand 5 minutes. Add marshmallows, cherries, pineapple and nuts. Cool to room temperature. Fold in whipped cream and chill 1 hour.

Makes 8 - 10 servings.

FANCY DESSERTS

BRAZIL TORTE

6 egg yolks	½ tsp. cream of tartar
½ cup sugar	½ cup sugar
¾ cup flour	1 cup finely chopped Brazil nuts
1 tsp. baking powder	1 tsp. vanilla
½ tsp. salt	1 cup thinly sliced Brazil nuts
6 egg whites	Coffee Cream (recipe follows)

Heat oven to 350°, line 2-9" layer cake pans with well greased brown paper. Beat egg yolks in small mixer bowl till thick & lemon coloured. Gradually beat in ½ cup sugar, beating well after each addition. Sift flour, baking powder & salt together & stir in. Beat egg whites & cream of tartar until frothy. Add ½ cup sugar gradually, beating well after each addition. Beat until stiff & glossy. Carefully fold in finely chopped nuts and vanilla. Fold in egg yolk mixture, and pour into pans. Sprinkle with sliced nuts. Bake until no imprint remains when layers are touched lightly in the center 25-30 minutes. Turn out of pans, peel off paper. Cool. Put together with Coffee Cream at serving time. Serves 12 to 16.

Coffee Cream: 1 small whipping cream
¼ cup sifted icing sugar
1 tbsp. instant coffee

Chill bowl & beaters well. Put chilled cream, sugar & coffee in bowl and beat until stiff.

PINEAPPLE ICE BOX CAKE

Slice each half of a sponge layer cake in half cross-wise to make 4 layers (or use angel cake & cut in 4 layers). Now prepare 1 box vanilla instant pudding, let set as directed. Drain well 1 can crushed pineapple (approx. 15 oz.). Whip ½ pint whipping cream. Now fold pudding, pineapple & whipped cream all together. Spread mixture over each layer of cake, then top & sides. Now entire cake is covered. Refrigerate for several hours before serving.

FANCY DESSERTS

WALNUT OR FILBERT TORTE

1/4 lb. butter	1 cup flour
1 cup sugar	1 tsp. baking powder
2 eggs	3 cups minced nuts

Cream butter, add sugar & beat well. Add 2 eggs and beat till fluffy. Then add flour & baking powder and minced nuts.

Grease 4 - 9 inch layer pans & divide batter equally. Wet hand in water & flatten batter evenly. Bake for 15 mins. at 350°.

Spread each layer with apricot jam & spread sweetened whipped cream over each layer. (2 packages Dream Whip) can be used instead of whipped cream.) Place in refrigerator for at least 24 hours before serving.

FILLING FOR TORTE OR ANY CAKE

Split 2 layers of cake and make 4 layers.

6 oz. milk, scalded	4 tbsp. sugar
2 tbsp. instant flour	2 egg yolks

Bring milk to a boil. Beat egg yolks with sugar & instant flour. Add a little scalded milk gradually to egg mixture, then return to saucepan and bring to a boil. Cool.

Cream until fluffy: 1/2 lb. butter
 1 1/2 cups icing sugar

Add cooled custard to butter mixture and beat well together. To 1/4 of the filling add 2 tbsp. lemon juice and 1 tsp. grated lemond rind. Spread this lemon filling between 2 layers of cake.

To rest of filling add 6 oz. of melted semi-sweet chocolate. Spread a portion of this filling between other layers. Frost Torte with remainder of icing. Delicious.

FANCY DESSERTS

MOCHA ROLL

Preheat oven to 450°. Grease a shallow pan, 10" x 15", and line with wax paper. Grease paper.

IT'S TRUE-NO FLOUR IN THIS CAKE!

Combine: $\frac{1}{4}$ cup fine sugar & 5 tbsps. cocoa

Beat until stiff but not dry: 5 egg whites (room temp.)
 $\frac{1}{2}$ tsp. salt

Gradually beat in $\frac{1}{4}$ cup fine sugar, beating after each addition until meringue stands in peaks.

Beat until very thick and light: 5 egg yolks & $\frac{1}{2}$ tsp. vanilla and gradually add the cocoa mixture, beating well after each addition. Add yolk mixture to meringue and fold lightly until just combined.

Turn batter into prepared pan and spread evenly. Bake in preheated oven about 13 minutes. Cake should feel delicately set when touched lightly with fingertips. Remove from oven and sprinkle with sugar. Cover with tea towel and turn out immediately onto a flat surface. Quickly peel off paper, trim crusts and roll up in towel beginning at short edge; leave ends open. Let stand on rack until cool. Unwrap and spread with most of the Coffee Whipped Cream Filling. Re-roll and lightly spread remaining filling on top.

COFFEE WHIPPED CREAM FILLING:

1 tbsp. powdered Instant Coffee
2 tbsps. sugar
pinch of salt

Combine together in a bowl and gradually stir in:

$\frac{1}{2}$ pint whipping cream
 $\frac{1}{4}$ tsp. vanilla

Cover and chill $\frac{1}{2}$ hour then using an electric beater, beat until stiff.

FANCY DESSERTS

BLACK FOREST CAKE

Cake:

1 tbsp. butter, softened	1 tsp. vanilla
6 tbsp. flour	1 cup sugar
10 tbsp. sweet butter	1/2 cup sifted flour
6 eggs, at room temp.	1/2 cup cocoa

Preheat oven to 350°. Lightly coat bottom & sides of 2-9" round spring form cake pans with soft butter using about 1/2 tsp. for each pan. Sprinkle 3 tbsp. of flour into each pan, tipping from side to side to spread flour evenly: then invert the pans & tap them sharply to remove any excess flour. Set pans aside.

Clarify 10 tbsp. of butter in a small saucepan by melting it slowly over low heat without letting it brown. Let it rest for a minute off the heat, then skim off the foam. Spoon the clear butter into a bowl & set aside. Discard the milky solids at the bottom of the pan.

In an electric mixer beat the eggs, vanilla & 1 cup sugar together for at least 10 minutes, or until the mixture is thick and fluffy.

Combine 1/2 cup of sifter flour and cocoa in a sifter. A little at a time, sift the mixture over the egg mixture, folding in gently with a rubber spatula. Finally, add the clarified butter 2 tbsp. at a time. Do Not Over Mix. Gently pour batter into the prepared cake pans, dividing it evenly between the two.

Bake in middle of oven for 10-15 mins. or until a cake tester inserted into the center of each cake comes out clean. Remove cakes from oven & let cool for about 5 minutes. Run a sharp knife around the edge of each cake & turn them out on racks to cool completely.

Syrup: 3/4 cup sugar
 1 cup cold water
 1/3 cup kirsch

Meanwhile, prepare kirsch syrup. Combine 3/4 cup sugar & 1 cup of cold water in a small saucepan, bring to a boil over moderate heat, stirring only until sugar dissolves, Boil briskly, uncovered for 5 minutes.

FANCY DESSERTS

Black Forest Cake - continued

Then remove pan from heat & when syrup has cooled to lukewarm, stir in kirsch. Transfer 1 cake layer to a serving plate, placing strips of wax paper under cake's edges.

Place second layer of cake on a square of waxed paper. Prick each cake layer lightly in several places with the tines of a fork. Sprinkle half syrup onto each layer as evenly as possible. Allow the cake to rest for at least 5 minutes.

Filling & Topping:

2 cups chilled 35% cream
¼ cup kirsch (may be omitted)
¼ cup confectioner's sugar
1 cup drained, pitted cherries patted completely dry
with paper towels

In a large, chilled bowl, beat cream until thickens lightly. Sift ¼ cup confectioner's sugar over cream, & continue beating until cream forms firm peaks on the beaters when they are lifted out of the bowl. Pour in ¼ cup kirsch in a thin stream & beat only till kirsch is absorbed.

To Assemble Cake:

Remove wax paper strips from under cake layer on serving dish. With a spatula spread top of this cake layer with 1/3 whipped cream. Distribute drained cherries over the whipped cream, leaving ½ inch of cream free of cherries around the edge. Gently set second layer on top of cherries & spread it with the second 1/3 of whipped cream. Use remaining 1/3 of whipped cream on the sides of the cake.

Traditionally, Black Forest Cake is decorated with curls of chocolate around the sides & top. In order to make curls, hold semi-sweet chocolate bar (which has been kept at room temperature, but is not soft) over waxed paper or foil & shave the bar into thin curls with a sharp, narrow bladed vegetable peeler. Handle the chocolate as little as possible. Refrigerate cake as soon as assembled.

FANCY DESSERTS

RUM TORTE

10 egg yolks
2 cups sugar
1 8-oz. pkg. chopped or ground mixed candied peel
1 cup finely chopped pecans
1 tsp. baking powder
4 cups fine Graham wafer crumbs (about 48 single)
1 tsp. vanilla
1 tbsp. lemon juice
 $\frac{1}{2}$ cup white rum
10 egg whites
4 tbsps. or a little more of rum
2 cups whipping cream
 $\frac{1}{4}$ cup sugar

Butter a 10" tube pan (with removable bottom) generously. Beat egg yolks in small mixer bowl at high speed until thick & lemon-coloured. Add 2 cups sugar, a little at a time, beating well after each addition. Continue beating until fluffy.

Put mixed candied peel through the fine blade of the food chopper, then stir into egg yolk-sugar mixture. Combine pecans, baking powder & crumbs in large bowl, blend well. Add egg yolk-sugar mixture & vanilla, lemon juice and $\frac{1}{2}$ cup rum. Blend well.

Beat egg whites until stiff peaks form, fold into first mixture. Pour into prepared pan & bake about 1 hour & 15 minutes in 300° oven or until top springs back when touched lightly in the center. Cool in pan.

Remove carefully from pan at serving time. Split into 3 layers. Sprinkle each of bottom 2 layers with 2 tbsps. rum.

Beat whipping cream until it begins to thicken. Add $\frac{1}{4}$ cup sugar & continue beating until stiff. Put the torte back together with whipped cream between & more cream on top.

Note: Instead of whipping cream one could use butter icing - about 4 tbsps. butter, $2\frac{1}{2}$ -3 cups sifted icing sugar & enough vanilla and rum to soften to spreading consistency. Add about $\frac{1}{2}$ cup pecans or walnuts & fill between layers & cover sides.

FANCY DESSERTS

RICE IMPERIAL

1 cup chopped candied fruit	1 envelope unflavored gelatine
$\frac{1}{4}$ cup brandy	
1 cup uncooked rice	4 egg yolks
boiling water	1 cup sugar
milk	1 tsp. vanilla
$\frac{1}{4}$ tsp. salt	1 cup heavy cream, whipped

Soak fruit overnight in brandy. Cook rice in boiling water, about 10 minutes. Pour off water & finish cooking rice in 1-1/3 cups milk to which salt has been added. Put aside to cool. Meanwhile, sprinkle gelatine on 2/3 cup cold milk in top part of double boiler. Cook over boiling water, adding egg yolks, sugar and vanilla. Stir constantly & cook until thickened. Mix with rice. Cool, and stir in undrained fruit & then the whipped cream. Chill.

RASPBERRY RICE PARFAIT

15 oz. pkg. frozen raspberries	1 $\frac{1}{2}$ cups cooked rice
2 tbsps. cornstarch	$\frac{1}{2}$ pint whipping cream
$\frac{1}{4}$ cup sugar	2 tbsps. icing sugar
2 tsps. lemon juice	$\frac{1}{2}$ tsp. vanilla

Drain raspberries well, reserve 1 cup juice. Combine juice with sugar & cornstarch. Place over direct heat & cook until thick. Remove from heat, stir in raspberries & lemon juice. Chill.

Whip cream & fold in icing sugar & vanilla. Fold rice into whipped cream. Alternate rice mixture and chilled raspberry sauce in parfait glasses. Serves 4-6.

PINEAPPLE SLICE

15 oz. crushed pineapple, drained 1/2 pint whipped cream
2 1/2 cups crushed Graham Wafers well whipped
1/4 cup butter 1/2 cup milk
36 large marshmallows

Melt butter & mix with 2 cups Graham wafer crumbs (save the other half of crumbs). Spread this on bottom of 9" square dish as base. Melt marshmallows in double boiler & add 1/2 cup of milk - let cool. Then add to the whipped cream and crushed pineapple. Spread over base and sprinkle remaining 1/2 cup of crumbs over top. Place in refrigerator at least 4 hours before serving for best results..

CHRISTMAS POPPY SEED CAKE

6 eggs
2 cups sugar
1-1/4 cup oil
1 cup poppy seeds (do not grind)
1/2 cup milk
2 cups flour
2 teaspoons baking powder
3/4 - 1 cup coarsely chopped walnuts
Few maraschino cherries, halved (optional)
Pinch salt.

Pre-heat oven to 325°. Use 10" tube pan, mix eggs with sugar, add oil. Mix well. Add poppy seeds, milk. Sift flour together with baking powder & salt. Add slowly to poppy seed mixture. Mix well.

Grease pan lightly and sprinkle with flour. Pour mixture into pan. Sprinkle top with cherries, lightly pushing them into batter.

Bake approximately 1 hour. Sprinkle top of cooled cake with icing sugar.

FANCY DESSERTS

JIFFY CHERRY CHIFFON SQUARES

1 cup Graham cracker (crumbs)
¼ cup sugar
4 tbsps. butter or margarine, melted

1 3-oz. pkg. cherry flavoured gelatine
½ cup water
1 (1 lb. 5-oz.) can cherry pie filling
1 (2-oz.) pkg. dessert topping mix
2 egg whites
¼ tsp. cream of tartar
½ cup sugar

Combine crumbs, the first ¼ cup sugar, and the butter or margarine; set aside ¼ cup; press remainder in bottom 10 x 6 x 1½ inch baking dish.

In saucepan, combine gelatine and water; heat till gelatine dissolves; stir in pie filling. Chill till partially set.

Prepare dessert topping mix according to package directions.

Beat egg whites with cream of tartar to soft peaks; gradually add the second ¼ cup sugar, beating to stiff peaks.

Fold egg whites and dessert topping into gelatine mixture.

Spoon over crumb crust; top with reserved crumbs.
Chill till firm, 4 to 6 hours.

Makes 8 servings.

FANCY DESSERTS

VELVET BANANA MOULD

- ½ raspberry or lemon-filled jelly roll
- 1 3-oz. pkg. jelly powder, any flavour
- 1 cup boiling water
- 1½ cups softened vanilla ice cream
- 2 - 3 bananas sliced

Line a 1-quart greased mould with thinly sliced jelly roll, cut to fit. Whiz boiling water & jelly powder in top of blender until dissolved. Add ice cream ½ cup at a time & blend after each addition. Fold in sliced bananas & scrape into prepared mould. If jelly roll extends above jelly mixture, cut off excess & press into the jelly. Chill. When set, unmould & cut into wedges. Serves 7-8.

GLORIFIED RICE PUDDING

- 15 oz. tin pineapple tid bits
- 6 maraschino cherries, diced
- 1 cup instant rice
- ½ tsp. salt
- ½ pint whipping cream
- 1 cup diced marshmallows
- 1 tbsp. sugar

Drain pineapple, reserve syrup. Add water to syrup to make 1¼ cups liquid. Bring to a boil. Stir in rice & salt. Remove from heat, let stand 5 mins. Add pineapple & cherries. Chill thoroughly. Whip cream with sugar. Fold whipped cream & marshmallows into rice. Serves 8.

CHERRIES JUBILEE

- 14 oz. tin pitted red cherries
- Vanilla ice cream
- 2 tsps. lemon juice
- 3 tbsps. brandy or cognac
- 2 tsp. cornstarch

Drain cherries, reserving ¾ cup juice. Measure ½ cup juice into a small saucepan. Add lemon juice & bring to a boil. Combine cornstarch & remaining ¼ cup juice. Slowly stir into hot juice & continue cooking until sauce is thick and clear. Stir in drained cherries and keep warm till ready to serve.

To Serve: Warm brandy & pour over cherries. Ignite & serve flaming over vanilla ice cream. Serves 5.

FANCY DESSERTS

MYSTERY TORTE

16 Ritz Crackers	3 egg whites
2/3 cup broken pecans/walnuts	1 tsp. vanilla
½ tsp. baking powder	½ pint whipping cream
2/3 cup fine sugar	sugar to taste
Bitter or semi-sweet chocolate	

Crush crackers & nuts in blender until fine. Sift baking powder & sugar together. Beat egg whites until moist peaks form then gradually beat in sugar mixture. Beat until very stiff. Fold in vanilla & cracker mixture all at once. Spread in a lightly greased deep 9" pie pan & bake at 350° for 30 mins. When cold, spread with lightly sweetened whipped cream & garnish with grated or shaved chocolate made with a vegetable parer. Chill for at least 3 hours. To serve - cut small wedges. Serves 8.

COFFEE CHARLOTTE RUSSE

½ cup sugar	1½ cups milk
1 envelope unflavored gelatine	2 eggs, separated
1/8 tsp. salt	½ tsp. vanilla
2 tbsps. instant coffee	1 cup whipping cream
8 to 12 Lady Fingers	

Mix together ½ cup sugar, gelatine, salt & coffee in the top of a double boiler. Beat milk with egg yolks & add to gelatine mixture. Stir over boiling water 5 mins. or until gelatine is dissolved. Remove from heat, add vanilla & refrigerate until half set, 1-3 hours.

Beat egg whites, add remaining sugar and beat until peaks form. Fold in half-set coffee mixture. Whip cream & fold in.

Set ladyfingers in individual moulds or in a crystal bowl, pour in mixture and refrigerate 4 to 12 hours. This dessert can be unmoulded and topped with whipped cream before serving.

Serves 8.

FANCY DESSERTS

CHEESE AND FRUIT DESSERT MOULD

1 2-lb. container cottage cheese
1 large pkg. lemon Jello/lemon instant pudding
3 envelopes plain Knox Gelatine
2 large cans fruit cocktail
1 or 2 grated apples, or 1 cup green seedles grapes
1 tsp. vanilla
1 tsp. lemon juice
sugar to taste

Cover Knox Gelatine with cold water. Drain fruit cocktail. Heat drained juice & dissolve gelatine & Jello in it. Blend juice & cheese alternately. Add sugar & vanilla & lemon. Blend well. Pour into a fancy mould or tube pan. Add drained fruit, apples, and/or grapes; spread evenly into mixture. Let gell in refrigerator a few hours or overnite.

To serve, emerse pan in hot water for a second. Unmould upside down on plate, cut into slices to serve. Serve plain or garnish with a tart strawberry or raspberry sauce.

DELUXE PARTY DESSERT

4 sq. unsweetened chocolate	1/8 tsp. salt
3/4 cup sugar	1½ tsps. vanilla
1/3 cup milk	3 doz. Lady Fingers
6 eggs, separated	3/4 cup whipping cream
1½ cups unsalted butter	Pistachios
1½ cups icing sugar	Shaved chocolate

Melt chocolate squares in top part of double boiler over hot water. Combine sugar, milk & egg yolks. Add to chocolate & cook until smooth and thickened, stirring constantly. Cool.

Cream butter well. Add 3/4 cup icing sugar & cream well. Add chocolate mixture and mix well. Beat egg whites with salt until stiff. Gradually beat in remaining 3/4 cup of icing sugar. Fold into chocolate mixture. Add vanilla.

Line a deep 9" springform pan with split Lady Fingers. Put in alternate layers of 1/3 mixture, a layer of biscuits, etc. Chill overnight. Garnish with whipping cream, pistachio nuts & shaved chocolate.

FANCY DESSERTS

HAZELNUT TORTE

1 cup hazelnuts (filberts)	2 tbsps. water
½ cup pastry flour	1 cup fine sugar
2 tsps. baking powder	½ pint heavy cream
½ tsp. salt	red currant jelly
4 eggs, separated	Apricot jam

(Preparation - 30 minutes)

Heat oven to 350°. Line 2 8-inch round layer cake pans with wax paper. Grease only the paper on bottom of pans.

Grate nuts finely. Sift flour, baking powder & salt. Mix with grated nuts.

Beat egg yolks & water together until mixture is very light & thick. Add gradually ¾ cup of the sugar. Continue to beat until mixture is very light.

Beat egg whites until stiff but not dry. Gradually add remaining cup of sugar. Continue to beat until meringue will stand in peaks.

Fold flour mixture into yolk mixture, a small amount at a time. Add meringue & fold together thoroughly. Turn batter into greased pans.

Bake for 25-30 minutes. Let stand in pans 5 minutes. Remove from pans. Peel off paper. Allow cakes to cool completely, then split each layer into 2, so that there are 4 layers.

Whip cream & spread between 3 of the cake layers. Place 4th layer on top.

Take a can of real whipped cream & pipe a border of cream around edge of top layer, & also with the cream, divide top of cake into 8 imaginery sections.

Spread each section alternately with red jelly and yellow jam, 10 to 12 servings. Or, just spread top layer with whipped cream & decorate as you desire.

BREAD - ROLLS - COFFEE CAKES

CARROT BREAD

2½ cups flour	1½ cups finely shredded carrots
1½ cups sugar	½ cup finely chopped walnuts
¾ tsp. salt	3 eggs
1½ tsp. baking powder	¼ cup milk
1 tsp. cinnamon	1 cup oil
	1 tsp. vanilla

Sift dry ingredients together, then stir in walnuts. Break eggs into bowl & beat lightly. Thoroughly mix in remaining ingredients. Add to flour mixture all at once, stirring just enough to combine.

Spread in greased 5 x 9 inch loaf pan & bake 325° oven about 1½ hrs. or until bread is browned & a knife inserted in the center comes out clean. Unmold, let cool on cake rack & leave overnight.

Cream cheese whipped with butter & honey & spread on thin slices of this bread makes an excellent open sandwich. Bread should be made the night before using. It freezes well for 3-4 months.

REFRIGERATOR ROLLS

2 cups boiling water	2 pkgs. dry yeast
½ cup sugar	1 tsp. sugar
1 tbsp. salt	2 eggs, beaten
¼ cup shortening	8 cups sifter flour

1. Mix boiling water, sugar, salt & shortening together, cool until lukewarm (put this in large bowl).
2. Dissolve yeast in lukewarm water, add 1 tsp. sugar, stir & add to first mixture. Add beaten eggs, stir in 4 cups flour, beat well.
3. Add remaining flour, 1 cup at a time, beating well after each addition. Mix thoroughly to smooth dough, knead slightly.
4. Place in large greased bowl, grease top of dough, cover and store in refrigerator until ready for use. Will keep one week.
5. When ready to use, remove as much as is needed, shape into balls & put three in each muffin tin. Let rise 2 hours.
6. Bake in a 375° oven for 15-20 minutes.

BREAD - ROLLS - COFFEE CAKES

COFFEE CAKE

¼ lb. butter	1 egg
2 cups flour	¼ cup sugar
2 tsps. baking powder	½ cup milk

Combine first 3 ingredients using pastry blender. Combine remaining ingredients, then add to flour mixture. Form into a ball & place in fridge for about one hour. Roll out on floured board - sprinkle with ¼ lb. chopped walnuts, rind of 1 lemon, jam, & 3 tsps. brown sugar. Roll up & bake at 350° till cake is done, approximately 40 minutes.

CRANBERRY-BANANA-NUT BREAD

2 cups flour	½ cup milk
3 tsps. baking powder	4 tsps. butter
½ tsp. salt	1 cup sugar
½ tsp. cinnamon	1 egg
1 cup fresh cranberries	1 cup chopped nuts
1 tsp. grated orange rind	1 cup mashed ripe bananas (about 3 large)

Measure flour, baking powder, salt & cinnamon into bowl. Put cranberries through mincer, stir in orange rind. Combine bananas & milk. Cream butter with sugar until light & fluffy, beat in egg, sift in dry ingredients alternately with banana-milk mixture, stirring just until blended. Stir in cranberry mixture & nuts. Pour into greased loaf pan 9"x5"x3". Bake at 350° for 1 hour & 15 mins. This bread slices & tastes best if stored for at least a day before serving.

MAZURKA

¼ lb. Crisco	1 cup milk
1 cup sugar	2 cups flour
4 eggs	3 tsps. baking powder
1 tsp. vanilla	1 cup mixed candied fruit
1 tsp. lemon/orange rind	

In large bowl beat together Crisco & sugar. Add eggs & beat well. Add vanilla & rind. Add dry ingredients alternately with milk. Fold in mixed fruit. Pour batter in buttered loaf pan 14x4½x3½ inch, place in cold oven. Set temperature 350°. Bake 50 minutes.

BREAD - ROLLS - COFFEE CAKES

SWEET BREAD

2 pkgs. dry yeast	1½ cups sugar
1 pint scalded milk	1 tsp. salt
½ cup lukewarm water	6 eggs, well beaten
1 cup white raisins	10 cups flour
½ cup butter	

Soften yeast in water. Scald and cool milk. Cream butter, sugar, salt and add to beaten eggs.

To lukewarm milk add softened yeast and 3 cups flour, beating until smooth. Add creamed mixture, then more flour. Mix until smooth. This can be done in the mixmaster to this point. Add more flour if necessary & knead. Cover & set in warm place and let rise till double. Turn out onto floured board; divide into 3 parts, shape into loaves. Place into greased loaf pans. Let rise till double. Bake at 300° about 30-40 minutes.

PERFECT WHITE BREAD

1 pkg. dry yeast	2 tbsps. sugar
½ cup lukewarm water	2 tsps. salt
2 cups milk, scalded	1 tbsp. shortening
1 tsp. sugar	6 - 6½ cups flour

Soften yeast in lukewarm water with 1 tsp. sugar. Let rise.

Combine hot milk, sugar, salt & shortening. Cool to lukewarm. Stir in 2 cups flour; beat well. Add softened yeast; mix. Add enough of remaining flour to make a moderately stiff dough. Turn out on lightly floured surface; knead till smooth & satiny (8-10 mins.). Shape in a ball; place in lightly greased bowl, turning once to grease surface. Cover; let rise in warm place till double (about 1½ hrs.). Punch down. Let rise again till double (45 mins.).

Cut dough in 2 portions. Shape each in smooth ball; cover and let rest 10 minutes. Shape in loaves. Place in 2 greased 8½ x 4½ x 2½ inch loaf pans. Let rise till double (about 1 hour). Bake in hot oven 400° 35 mins. or till done. If tops brown too fast cover with aluminum foil last 15 minutes. Makes 2 loaves.

BREAD - ROLLS - COFFEE CAKES

ORANGE BREAD

1 egg	1 tbsp. grated orange rind
1 cup orange juice	2 cups flour
2 tbsps. cooking oil	1 tsp. baking powder
1 tsp. vanilla	$\frac{1}{2}$ tsp. baking soda
1 cup raisins, chopped	$\frac{1}{2}$ tsp. salt
1 cup chopped nuts	1 cup sugar

Heat oven to 350°, grease a loaf pan 9" x 3" x 5". Beat egg, orange juice, oil & vanilla together. Stir in raisins & orange rind. Sift flour, baking powder, soda & salt & sugar together into first mixture & blend well. Stir in nuts. Spoon into pan and bake 50 mins. or until done.

AMERICAN NUT ROLL

Note: Make dough 1 day before baking.

Dough Mix:

3 eggs	$\frac{1}{2}$ lb. melted butter
2 tbsps. sugar	3 cups flour
1 pkg. yeast	$\frac{3}{4}$ cup milk
$\frac{1}{4}$ cup warm water	

Put warm water in large mixing bowl, add sugar & pinch of salt. Sprinkle yeast over warm water & let yeast rise for 10 mins. Add butter & milk & eggs. Work dough adding flour, 1 cup at a time, until dough leaves sides of bowl clean. Cover & put in fridge till next day.

Filling: 2 cups chopped walnuts 1 cup sugar
3 egg whites, beaten stiff

Beat egg whites & add sugar a little at a time, then the nuts. Make dough into 3 parts. Roll out dough, spread filling & roll like for jelly roll. You will have 3 rolls. Bake on cookie sheet in moderate oven till light brown at about 350° for about 30-45 mins.

SOUR-CREAM TWISTS

3½ cups flour	1 cup sour cream
1 tsp. salt	1 whole egg
1 cup soft butter	2 egg yolks
1 envelope active dry yeast	1 tsp. vanilla
2 tbsps. lukewarm water	1 cup sugar

Sift flour & salt into large bowl. Cut in butter. Soften yeast in water in small bowl. Add sour cream, egg, yolks & vanilla; mix well. Add to flour mixture, stir until blended. Cover & put in refrigerator for 1 hour. Divide dough in thirds; return 2/3 to fridge. Roll other third on board, sprinkled with 1/3 cup sugar, to form a rectangle 18" x 6". Fold over in thirds from end. Repeat rolling & folding twice more. Then roll into 16x4 inch rectangle. Cut in 4" x 1" strips and twist on sugar to form spirals. Put on greased cookie sheets & bake in hot oven 400° for 15-20 minutes. Repeat with remaining dough.

DATE NUT LOAF

1 cup dates	1 cup boiling water
½ cup walnuts, chopped	1 cup sugar
1-¾ cups flour	1 egg
1 tsp. vanilla	2 tbsps. butter
1 tsp. baking soda	pinch of salt

Cut dates in small pieces, add walnuts, put in mixing bowl, sprinkle with baking soda & pour boiling water over this mixture. Let stand till cool. Beat egg slightly & add all ingredients into date mixture - sugar, flour, egg, vanilla & salt. Butter may be added right into mixture while still warm so it will melt evenly. Pour into loaf pan 9x3x5 inch & bake slowly at 300-350° for approximately 1 hour 10 minutes.

BREAD - ROLLS - COFFEE CAKES

TSVIBAK

6 eggs	1 tsp. baking powder
1/2 lb. icing sugar	grated lemon rind
1/2 lb. flour	3 ozs. almonds

Mix icing sugar & lemon rind and egg yolks. Blend well on electric mixer. Beat egg whites until stiff & fold into sugar yold mixture. Fold in flour & baking powder & almonds. Bake in load pan 13 x 4 x 3 for 45 - 55 mins. in 350° oven.

BANANA FRUIT BREAD

1-3/4 cups flour	2 eggs
2-3/4 tsps. baking powder	3-4 ripe bananas
1/2 tsp. salt	1/2 cup nuts, coarsely chopped
1/3 cup shortening	1/4 cup seedless raisins
2/3 cup sugar	1 cup candied fruit

Sift flour, baking powder & salt together. Beat shortening until creamy. Add sugar & eggs to shortening & continue beating. Mash bananas & add to egg mixture & mix till blended. Add nuts & fruit. Add flour mixture & beat till blended. Do not overbeat. Bake at 350° in greased loaf pan 8 1/2 x 4 1/2 x 2 1/2 inch for 1 hr. 10 mins. or till done. This bread keeps beatifully & is ideal for lunch.

PINEAPPLE PECAN LOAF

2 cups sifted flour	2 eggs
3 tsps. baking powder	1/2 cup pineapple juice
1 tsp. salt	1 tsp. vanilla
1/4 tsp. nutmeg	1/2 cup chopped pecans
1/2 cup shortening/butter	1/2 cup crushed pineapple
3/4 cup sugar	(drained)

Grease loaf pan well. Sift together flour, baking powder, salt & nutmeg. Cream shortening, blend in sugar, add egg one at a time, beating well after each addition. Add dry ingredients alternately with pineapple juice and vanilla. Fold in pecans & crushed pineapple. Bak. at 350° for about 1 hour and 15 minutes. Cool & slice thick.

BREAD - ROLLS - COFFEE CAKES

BISCUITS SUPREME

2 cups sifted flour	2 tsps. sugar
4 tsps. baking powder	½ cup shortening
½ tsp. salt	2/3 cup milk
½ tsp. cream of tartar	

Sift together flour, baking powder, salt, cream of tartar & sugar; cut in shortening till mixture resembles coarse crumbs. Add milk all at once; stir only till dough follows fork around bowl.

Turn out on lightly floured surface; knead gently ½ minute. Pat or roll ½" thick, cut with biscuit cutter.

Bake on ungreased cookie sheet in very hot oven at 450° for 10-12 minutes. Makes 16 medium biscuits. For crusty biscuits, place ¾" apart. For soft sides, bake close together.

SMALL ROUND KOLACH

1 tsp. sugar	2 tsps. salt
½ cup warm water	2 eggs, beaten
1 pkg. yeast	3-4 cups flour
½ cup oil	sesame seeds
½ cup water (warm)	1 egg yolk beaten with
½ cup sugar	1 tsp. water

Dissolve yeast in warm water with sugar in large mixing bowl which was first rinsed in hot water. Let stand 10 mins. Stir to dissolve oil, water, sugar, salt, eggs. Beat in half the flour. Stir in remaining flour, knead a few seconds. Dough should be sticky. Cover dough and let rest for 10 minutes.

Now turn out dough on floured board and knead for 10 minutes. Do not use too much flour for kneading. Round up dough and let rise in a warm place not less than 2 hours. Punch down and let rise again about 1 hour.

Divide dough in 3 equal parts; make 3 long rolls about 15" each, braid and join together in a circle. Place in a greased 9" spring form pan. Let rise till full pan. Brush with egg & sprinkle with sesame seeds. Bake in 400° oven for 30 minutes.

BREAD - ROLLS - COFFEE CAKES

ROLLS (PYRIZHKY)

To make dough:

1 tsp. sugar	2 eggs, beaten
¼ cup lukewarm water	1½ tsps. salt
1 pkg. yeast	1 tbsp. sugar
1 cup scalded milk	4½-5 cups sifted flour
¼ cup shortening/butter	

Dissolve sugar in lukewarm water, sprinkle yeast over it; let stand 10 minutes. To the hot scalded milk, add butter or shortening, & cool to lukewarm. Add eggs, salt, sugar & yeast. Mix in enough flour to make a medium soft dough. Knead till smooth & satiny. Let rise till double in bulk. Punch down, knead a few times & let rise again. To make pyrizhky, cut off small sized pieces of dough, flatten each or roll ¼ inch thick. Place a generous portion of the filling in the center, bring edges together & press and seal securely. All edges must be free of filling. Shape into an oblong with a plump center, & taper ends. Place on greased baking sheet, 1 to 1½ inches apart, sealed side down. Cover & let rise for 1 hour. Brush with beaten egg diluted in 2 tsps. water. Bake at 350° for about 30 minutes.

For Pyrih:

To make 1 large pyrih, roll dough ¼" thick in two rectangles. Place 1 rectangle on greased baking sheet, spread with filling, cover with other rectangle of dough and seal edges. Prick top in several places. Cover & let rise till dough is light. Brush with melted butter or beaten egg. Bake 35 mins. at 350°. Cut in squares and serve warm.

Cooked Meat Filling:

1 medium onion, chopped fine	1 tbsp. flour
4 tsps. butter	½ cup soup stock/water
salt & pepper to taste	1 tsp. chopped parsley
1 lb. ground beef (or ½ pork & ½ beef cooked)	2 hard boiled eggs, chopped

Combine meat, with grated or chopped onion cooked in butter. Add soup stock to moisten; season to taste. Add chopped hard boiled eggs.

BREAD - ROLLS - COFFEE CAKES

ROLLS (PYRIZHKY) - continued

Cabbage Filling:

1 large head cabbage	1 tbsp. lemon juice
1 tbsp. salt	salt & pepper
1 large onion, chopped	2 hard boiled eggs, chopped
1/3 cup butter	

Shred cabbage finely, sprinkle with salt, let stand 15 minutes. Squeeze cabbage dry. Cook onion in butter till tender. Add cabbage & cook till tender, but not overcooked. Mix in the lemon juice. Stir in chopped eggs.

Cottage Cheese Filling:

1 lb. dry cottage cheese	1 tbsp. sour cream
2 eggs, beaten	salt

Press cheese through sieve and mix with other ingredients

POPOVERS

(Light as balloons and crusty.)

Place 2 eggs in a bowl; add 1 cup milk, 1 cup sifted flour, and $\frac{1}{2}$ tsp. salt. Beat $1\frac{1}{2}$ minutes with electric beater. Add 1 tbsp. salad oil; beat $\frac{1}{2}$ a minute. (Do not overbeat.)

Fill 6 to 8 well greased custard cups $\frac{1}{2}$ full.

Bake in very hot oven 475° for 15 minutes. Reduce heat to 350° and bake 25 to 30 minutes or till brown and firm.

A few minutes before removing from oven, prick each popover with fork to let steam out. If you like popovers dry inside, turn off oven and leave them in 25 minutes with door ajar.

Serve hot.

M E A T

PORK CHOPS AND POTATOES

6 pork chops, about 1/2 inch thick	2 chicken bouillon cubes
3 tbsp. flour	1-1/2 cups boiling water
1-1/2 tsp. seasoned salt	1 cup milk
1/4 tsp. pepper	1 cup grated Old Cheddar cheese
1 tin canned mushrooms, drained (10 oz.)	2 tbsp. flour
1/3 cup flour	1-1/2 tsp. salt
1/2 tsp. salt	1/4 tsp. pepper
1/8 tsp. pepper	6 medium potatoes, peeled sliced thin
1/4 tsp. dry mustard	4 medium onions, pelled sliced thin
1/4 tsp. paprika	
1/3 cup butter	

Trim excess fat from chops, put fat into large heavy skillet, heat until fat is melted and pan is well greased, discard fat. Combine 3 tablespoons flour, 1-1/2 teaspoon seasoned salt, 1/4 teaspoon pepper in a flat dish. Coat both sides of chops with mixture, add chops to hot skillet, brown on both sides slowly. Heat oven to 350°, butter a shallow baking dish size 13x9-1/2x2. Melt butter in saucepan, add mushroom pieces, cook gently, stirring till lightly brown. Sprinkle in 1/3 cup flour, 1/2 teaspoon salt, 1/8 teaspoon pepper, mustard and paprika, stir to blend. Remove from heat.

Dissolve bouillon cubes in boiling water, add this mixture to mixture in saucepan. Stir to blend. Return to heat and cook, stirring constantly, till boiling, thickened and smooth. Add cheese, stir till cheese is melted. Remove from heat.

Combine 2 tablespoons flour, 1-1/2 teaspoon salt, 1/4 teaspoon pepper in a small dish. Now put 1/2 potato slices in prepared dish for baking, add 1/2 onion slices and sprinkle with 1/2 flour mixture. Repeat layers. Pour cheese sauce over all, top with browned pork chops. Cover dish with aluminum foil. Bake 30 minutes, uncover, continue baking 1 hour more, or until potatoes are tender and chops are cooked through. Makes 6 servings.

M E A T

GOULASH

(Done in Pressure Cooker)

2-1/2 lbs. steak or chuck cut in cubes	2 tbsp. Worcestershire sauce
1 large onion, cut fine	1/4 cup white vinegar
1/2 tsp. dry mustard	1/2 cup ketchup
2-1/2 tsp. paprika	2 cups hot water
4 tbsp. brown sugar	6 tbsp. fat
salt to taste	1/2 cup flour (keep for thickening goulash)

Heat cooker and add fat. Brown meat in hot fat, season with salt, mustard, paprika, add rest of ingredients. Place cover on cooker, and allow steam to flow from vent pipe to release all air from cooker. Place indicator weight on vent pipe. Cook 20 mins. with steam at COOK position. Let steam return to DOWN position. Make a thin paste by adding water to flour. Add to goulash, stirring well.

BAKED HAM SLICE

1 centre ham slice, 1-1/2 inches thick (from ready to serve ham)
1 tsp. dry mustard
1/4 tsp. nutmeg
1/4 cup maple syrup
pinch of cloves
1/2 cup pineapple juice

Heat oven to 350°. Prepare baking dish, shallow, just large enough to hold slice of ham. Slash ham fat so that slice does not curl up during baking. Combine mustard, nutmeg, and cloves and rub into ham on both sides. Put slice of ham in baking dish, pour pineapple juice and maple syrup over. Bake 50-60 mins. or until ham is very tender, baste often.

Put in broiler for a few minutes to lightly brown ham if desired.

Makes 4 servings.

M E A T

BEER & MEATBALL STEW

4 strips bacon	4 cups thinly sliced onion
2 lbs. ground beef	2 tbsps. all purpose flour
2 eggs	1 - 12 oz. can or bottle beer
1 cup dry bread crumbs	1 cup beef stock or bouillon
1-1/4 tsp. salt	1 tsp. brown sugar
1/4 tsp. black pepper	1/2 tsp. thyme leaves
bouquet garni	2 tbsps. minced fresh parsley
	2 tsp. vinegar

Cook bacon crisp, drain on paper towel, crumble, set aside. Pour off most of excess fat into a small bowl, leaving thin film in bottom of skillet. Combine ground beef, eggs, bread crumbs, salt, pepper - mix well. Shape into walnut size balls, brown balls in skillet, a few at a time, shaking skillet to keep them round. Remove meatballs to 3 quart casserole, bury the bouquet garni in the meat. Saute onion in remaining fat in skillet 10-15 minutes until golden, spoon over meatballs. Stir flour into remaining fat in skillet, if mixture seems dry, add a little reserved bacon fat. Cook over low fire, stirring constantly, till the roux is amber coloured, being careful not to burn. Pour in beef and beef stock, bring to a boil, stirring constantly. Boil 1 minute, then add sugar, vinegar and thyme - simmer 2 - 3 mins. pour sauce over meat and onion. Bring mixture to a boil on top of stove. Cover tightly and bake at 350° for 45 mins. Discard bouquet garni, stir sauce. Garnish with reserved crumbled bacon and minced parsley. Makes 8 servings.

BAKED BUCKWHEAT SAUSAGE

1 lb. Buckwheat
1 lb. blood pudding
1 lb. pork fat - fried
1 med. onion (grated-raw)
Salt & pepper to taste

Pour boiling water just to cover over buckwheat. Bring to a boil and boil for 10 min.

Fry pork fat. Add only the fat. Add blood pudding, grated onion, salt and pepper. Mix well. Bake 1 to 1-1/2 hrs. 375°.

M E A T

BEEF AND VEGETABLES

1 lb. round steak or more	1/2 green pepper
2 tbsp. oil	1/2 lb. mushrooms
1 medium onion chopped	2 tbsp. soya sauce
1 cup thinly sliced celery	1-1/2 tbsp. cornstarch
1 - 10 oz. pkg. French style frozen green beans	1-1/4 cups broth (beef or chicken cubes or powder)
	1/2 tsp. pepper

Hot cooked rice.

Cut steak into strips 1/2 inch thick across grain, heat oil in skillet, brown meat lightly, add onion, celery, beans (not thawed) cover and cook over moderate heat 5 mins. Uncover during 5 mins. to break beans apart with fork, as they thaw. Add mushrooms, combine soya sauce and cornstarch blending until smooth. Stir in broth, add to meat and vegetables. Add peppers, bring to a boil stirring constantly. Turn heat to low, cover tightly and simmer until meat and vegetables are tender. Salt if desired. Serve with rice. Makes 4-5 servings.

LEFTOVER DELIGHT

1-1/2 cups diced potatoes cooked	1-1/2 cups ground cooked meat
1 cup diced cooked carrots	2 tbsp. butter
1 cup diced raw celery	2 cups canned tomatoes
1/2 cup chopped raw onion	1 tsp. salt

Saute onions in butter. Mix all ingredients and turn into a greased casserole. Bake for 30 minutes at 375°.

Serves 6.

M E A T

MEAT LOAF AND SAUCE WITH DILL PICKLES

Meat Loaf - 1 cup ground beef) or any
1 cup ground pork) mixture you
1 cup ground veal) may prefer
1/2 cup rolled oats (not instant) soaked in milk and
drained
1 large cooking apple, peeled and chopped fine
1/4 cup chopped green olives or green pepper, chopped
1/4 cup sliced mushrooms

Mix the above ingredients together well. Stir in 2 beaten eggs into the mixture. Season with salt, pepper, 1 teaspoon thyme, 1 teaspoon tarregan and a pinch of oregano. Bake in a well greased deep pan for 1-1/2 hours at 350°.

Sauce -

Cook 1/4 cup chopped onion in 2 tablespoons butter till golden. Stir in 2 tablespoons flour and cook till light brown, stir in 1-1/2 cups hot beef stock, 1 tablespoon sugar, 1 tablespoon wine vinegar. Cook and stir 15 minutes till sauce thickens. Strain sauce, add 1/2 cup diced dill pickles. Before serving, stir in 5 or 6 tablespoons heavy cream, and reheat without letting sauce come to a boil.

PORK CHOPS AND MACARONI BOWS

Fry pork chops and onions till brown. Add 1 tin tomato juice and 1/2 can tomato paste (paste may be omitted). Simmer for 1 hour.

Serve over boiled macaroni bows.

M E A T

GOULASH

1 lb. round steak (cut into 1 inch cubes)
1-1/2 tbsp. butter, oil or margarine
salt - pepper - paprika
dash angostura or Tabasco
dash Worcestershire sauce
1/4 tsp. curry
1 - 20 oz. tin tomatoes
1/2 green pepper, chopped
1 small tin mushrooms, chopped
celery, carrots and 2 other vegetables - but not
potatoes

- 1) Brown cubed meat in butter, oil or margarine, then add the rest of the ingredients.
- 2) Simmer all the above together for about 1-1/2 hours. Thicken if you desire. Serve with frozen green peas (cooked) as the colour of peas is attractive. To be served on cooked hot rice.
- 3) This goulash may also be thickened with sour cream for a change in flavour.

BEEF POT PIE

1-1/2 lbs. ground beef	1 cup beef bouillon
1-1/2 tbsp. flour	2 potatoes, cubed
1 tsp. salt	1 onion, chopped
pepper	2 stalks celery, chopped

Brown meat then add rest of ingredients. Cook 15 mins. then add 1/2 bag frozen peas and carrot. Mix altogether, then top with Baking Powder Biscuit Mix and bake in oven for 30 minutes.

M E A T

HOLUBTSI OR CAGGAGE ROLLS

(Done in Pressure Cooker)

1 medium cabbage, not too hard	1 tbsp. chopped parsley or dill, or both
1 cup rice	freshly ground pepper
1 lb. minced beef, raw	1 tsp. salt
1 medium onion chopped	1 tin 19 oz. Tomato or V-8 juice

Core cabbage and place in boiling water about 5 mins. Remove outer leaves as they fall apart. When cool, with a sharp knife remove hard core from cabbage leaf.

Fry onion in chicken fat, or any other you may have. Wash rice and par boil about 2 minutes.

In a bowl, place rice, onions, chopped parsley or dill and minced beef, salt and pepper. Mix well. Proceed to fill and roll cabbage leaves with above mixture. Now place rack in pressure cooker - fill with cabbage rolls. Pour over the tin of juice. Cover cooker, let steam flow out. Place indicator weight on vent pipe and cook 6 mins. with steam at - COOK - position. Let steam return to DOWN position.

EASY BEEF STEW

3 lbs. lean stewing beef	1/3 cup sherry or water
1 tin Cream of Mushroom Soup (10 oz.)	1 pkg. dry onion soup mix
	1/4 tsp. pepper & thyme

Mix together soup, sherry, dry onion mix and thyme. Pour over the beef. Stir well all together. Bake in covered casserole for 3 hours at 325°.

Can be frozen after it has cooled.

M E A T

PORK CHOPS AND RICE CASSEROLE

4 - 5 pork chops
1 - 2 onions
1-1/2 cups consomme
1/2 cup rice
6 large firm tomatoes
or 1 cup stewed tomatoes in can
1 pkg. frozen lima beans
salt and pepper

Season chops and brown in 1 tablespoon butter. Turn meat several times. Remove meat from pan and keep warm.

Add onions to drippings in pan and fry until golden, then add rice and brown a little. Add consomme and stir. In casserole, pat chops over rice mixture. Then add tomatoes and lima beans. Cook for 30 minutes at 350°.

VEAL CUTLETS SAUTEE

1 lb. veal steak thinly sliced	1 clove garlic, minced
salt and pepper to taste	1/2 cup cream
1 tbsp. olive oil	pinch of marjorma
1/2 cup consomme	1/4 tsp. basil
1 cup fresh mushrooms, sliced	Mozarella cheese, finely
1 green onion, finely chopped	sliced
	Fresh parsley

Season veal with salt and pepper and saute in oil until brown. Remove meat from pan. Saute mushrooms, green onions and garlic in same pan until tender - add consomme and simmer a few minutes. Add marjoram, basil and cream. Mix well. Pour this over the sauteed veal. Place cheese slice over meat. Bake at 350° for 20 minutes. Makes 4 servings.

Menu: Broiled tomatoes, Veal Cutlets Sauteed, Spinach with raisins, Hot Noodles, Italian Salad, Fresh Fruit Cup.

M E A T

BEEF WELLINGTON

5-6 lbs. Spencer Roll	1 tbsp. ketchup
1/2 lb. chicken livers	1/2 cup sherry
2 tbsp. butter	1 egg yolk, beaten
1/2 lb. mushrooms, finely chopped	1 lb. pkg. puff dough 1 egg white

Day before serving -

Place meat on rack in roasting pan, roast uncovered at 325° until medium. Let cool, then refrigerate. Saute livers in butter. Remove from skillet and chop very fine. They should be almost mashed. Add mushrooms, sherry and ketchup to skillet, and cook 5 mins. then add livers and cook another 5 mins. Cool. Stir in egg yolk and refrigerate.

Before serving -

Roll out puff dough to about 18x20 square. Place roast along edge of dough, pat pate over roast, then lift other side of dough over roast and tuck underneath. Place roast seam side down on cookie sheet. Brush with egg white. Bake at 425° for 35-40 mins. until golden brown. Serve with fried rice and Green Bean Bake. Serves 8-10.

SWEET SOUR PORK CHOPS

6 pork chops (3/4 in. thick)	2 tbsp. prepared mustard
2 tbsp. soya sauce	1/3 cup brown sugar
1/2 tsp. garlic powder	1 orange, thinly sliced

Arrange chops in lightly oiled bake dish. Mix soya sauce, garlic powder, mustard and brown sugar and spread over chops. Top each chop with 1 slice of orange. Pour in enough water to cover bottom of dish and cover. Bake.

M E A T

BEEF STEW

1 tsp. garlic salt	1/2 cup water
1/2 tsp. onion salt	2 tbsp. ketchup
1/4 tsp. paprika	1 tbsp. Worcestershire
1/2 cup flour	sauce
2 lbs. stewing beef cubed	4 carrots, cut in rounds
1/4 cup oil	4-5 potatoes, halved
1 cup chicken stock	2 onions
	2 stalks celery, diced

Combine seasonings and flour, rub on meat, brown meat on all sides in hot oil. Add soup, water, ketchup, Worcestershire sauce. Cover and cook for 2 hours. Add vegetables, cook 3/4 hour longer. Can be made in pressure cooker but omit flour and thickening sauce after stew is cooked - meat required 15 mins. cooking and then add vegetables for 5 minutes. Makes 6 servings.

PORK CHOPS

4 loin chops, about 1-1/2 inches thick	10 or more - mushrooms sliced
1 small onion, chopped	3 tbsp. chili sauce mixed into 1 cup hot chicken stock
1/4 cup celery chopped	
2 tbsp. chopped green pepper	1/4 tsp. thyme

Trim fat. Heat 1 tablespoon oil in heavy skillet, sear chops on both sides. Saute vegetables in butter in separate pan for 2 - 3 minutes, add to chops along with remaining ingredients. Cover pan and simmer gently - about 30 mins. Serve with rice, buttered noodles or mashed potatoes.

SPICES FOR POT ROAST

Combine the following spices -

1 tbsp. black pepper	1 tbsp. celery salt
1 tbsp. dry mustard	1/2 tbsp. ground thyme
1/2 tbsp. garlic powder	1/2 tbsp. ground cloves

These may be put in a jar, shaken, and sprinkled liberally over your roast before cooking.

M E A T

PORK SPRING SUNSHINE

Use 3 pounds of Boston Butt or Pork shoulder, cut in small pieces, salt and pepper, coat in flour, fry in butter in a large pot. Remove meat when browned. Add more butter and fry 1-1/2 onions, sliced, then add 1 clove garlic, mashed. When golden add meat again, and the following herbs,-

1 bay leaf
1/4 tsp. thyme
1 tbsp. chopped parsley

Then add 2-1/2 cups beef consomme and cook 1-3/4 hrs. Cut 1 green pepper into slivers, add to meat and continue to cook 30 minutes longer. Then thicken gravy. Serve with noodles and mashed turnip.

POOR MAN'S LASAGNA

1 lb. lean ground beef	1/4 tsp. cinnamon
1/2 cup chopped onion	8 oz. noodles, cooked and drained
2 - 8 oz. tins Hunt's tomato sauce with mushrooms	1 cup cottage cheese
1 tsp. salt	1/2 cup chopped, green onions
1/4 tsp. pepper	1/2 cup shredded Cheddar cheese

Brown beef and onion in skillet and add 1 tin tomato sauce, salt, pepper and cinnamon. Pour into shallow baking dish. Make a border of noodles - top with cottage cheese, sprinkle with green onions and shredded cheese. Pour remaining can of tomato sauce. Bake for 30 minutes at 350°. Makes 4-6 servings.

BEEFERONI

2 cups elbow macaroni, cooked and drained. Brown a large onion and 2 celery stalks, chopped fine. Add 1 lb. hamburger and brown. In large casserole, mix macaroni, hamburger mixture with 1 can of Campbell's Cream of Mushroom, celery or cheese soup. Sprinkle paprika on top and press few tomato wedges into macaroni. Sprinkle with Parmesan cheese. Bake at 350° for 30-40 mins. Serves 4-6.

F I S H

BOILED FISH AND VEGETABLES

2 cups mixed ficed fresh vegetables	1/4 tsp. pepper
4 cups water	1 tsp. salt
1 bay leaft	1-1/2 lbs. fresh fish *
	2 tbsp. butter

Cook vegetables in water until done with bay leaft. Salt and pepper. Remove vegetables to warm place and reserve bouillon.

Clean fish, and boil in bouillon, either whole or cut in individual portions, for 10 minutes. Remove fish to platter and garnish with the cooked vegetables. Brown butter and pour over fish. Boiled new potatoes are a nice accompaniment to this dish.

* Do not use too oily a fish, rather one with dryer flesh such as, pike, halibut, bass, cod, flounder, or perch.

TUNA PATTIES

1 can (9-1/4 oz.) tuna, drained and flaked	1 tbsp. milk
1 egg, slightly beaten	1 tbsp. instant minced onion
3/4 cup fine bread crumbs	1/4 tsp. salt
1/2 cup sweet pickle relish	Dash of cayenne or Tbaasco
1/4 cup mayonnaise or salad dressing	Fat for frying

Combine all ingredients except fat and shape into 4 flat patties. Saute in hot fat until brown, turn and brown second side. Serve with cheese sauce, if desire.

Quick Cheese Sauce

Combine 1/3 cup milk and 8 oz. sliced or diced process American cheese (or pasteurized process cheese spread) in top of double boiler. Add dash of cayenne or Tabasco and heat goether over boiling water until smooth and blended.

F I S H

SHRIMP AND MUSHROOM CREPES

2 - 5 oz. tins of shrimp	2 egg yolks
1/4 cup butter	1 tsp. salt
2 cups sliced fresh mushrooms	1/4 tsp. pepper
3 tbsp. flour	1 tbsp. butter
2 cups chicken stock	1/4 cup finely chopped shallots or onions
1 cup heavy cream	2 tbsp. grated Swiss cheese
3 tbsp. dry sherry	

Thin crepes - prepare in advance.

Drain shrimp, break into bowl. Heat 1/4 cup butter in heavy saucepan and add mushrooms and cook for 3 mins. Lift out with slotted spoon and add to shrimp. Sprinkle flour into butter remaining in pan, brown, stirring constantly. Remove from heat and add chicken stock all at once. Return to moderate heat and bring to a boil, stirring constantly.

Beat cream, sherry, yolks, salt and pepper with a fork and stir into hot mixture gradually. Cook stirring constantly, until boiling. Measure out 1 cup of mixture and combine with shrimp and mushrooms.

Heat 1 tablespoon butter in small pan, add onion and saute 3 minutes. Then add to remaining sauce. Heat oven to 375° and butter a pan, size about 12x8x2. Place about 2 tablespoons of mixture on crepe. Roll up. Put in baking dish. Pour sauce over crepes and sprinkle with cheese and bake for 20 minutes or until sauce is bubbly. Serve immediately - 2 per person.

C R E P E S

1 cup cold water	2 cups all purpose flour
1 cup cold milk	4 tbsp. melted butter
4 eggs	1/2 tsp. salt

Whirl all ingredients in electric blender at High Speed for 1 minute or gradually blend eggs into flour with an electric mixer or wooden spoon. Beat in liquid

F I S H

Crepes - Continued

gradually and strain through a fine sieve. Refrigerate for at least 2 hours.

Method for making Crepes -

Use a heavy 6-7 inch skillet. Brush bottom with butter. Set pan over medium heat, when smoking remove from heat, pour a scant 1/4 cup of batter in middle of pan. Quickly tilt in all directions to run batter all over bottom of pan in a thin film. Pour back excess. Put pan on heat, cook for about 1 minute - turn and cook 1/2 minute on other side - continue until done. Crepes can be made in advance. Stack between wax paper and freeze.

TUNA STUFFED ZUCCHINI

4 plump medium sized zucchini	1 tbsp. mayonnaise
2 slices of bread, crusts removed, soaked in water and squeezed dry	1 tbsp. oil
1 tbsp. oil	1 clove garlic, minced
1 tbsp. chopped parsley	1 - 8 oz. can tomatoes
freshly ground pepper	1 tsp. salt
1 - 7 oz. can tuna fish, finely minced	1/2 cup soup stock or consomme

Wash unpeeled zucchini well. Cut off end slices and scoop out center of zucchini with apple corer being careful not to break outer skin. In a small bowl combine tuna fish (or chicken), bread, oil, parsley, pepper, mayonnaise and dry mustard. Mix to a smooth paste and pack zucchini with this mixture. In a shallow, ovenproof dish, heat 1 tablespoon of oil over a medium flame and brown minced garlic. Add tomato sauce, salt, pepper and stock or consomme and heat through. Place stuffed zucchini in sauce and cook at 375° for 45 - 50 minutes or until the zucchini are tender. Serves 4.

F I S H

BAKED SALMON STEAKS

2 tbsp. butter	1/2 cup dry white
4 salmon steaks - 1 inch thick	table wine
4 thin slices lemon	2 tsp. butter
1 tsp. salt	1 1/2 tsp. flour
1/4 tsp. pepper	1/8 tsp. dry mustard
1 bay leaf, crumbled	2 tbsp. heavy cream
2 green onions, chopped	1 egg yolk
finely	chopped parsley

Heat oven to 400° - spread 2 tablespoons butter in dish large enough to hold steaks in single layer, about 12x7x2. Lay salmon steaks on top of butter, top each with slice of lemon. Combine salt, pepper and crumbled bay leaf and sprinkle some of the mixture over each steak and sprinkle green onions over all. Add wine to baking dish, cover and bake 15 minutes. Remove pan from oven and remove cover. Baste steaks very well with liquid in pan, cover again and return to oven for about 10 minutes more, or until fish flakes easily, with a fork (be sure to check around bones). Lift salmon steaks out of liquid carefully. Strain cooking liquid into small bowl or cup, return fish to baking dish and keep warm. Turn on broiler.

Melt 2 tablespoons butter in saucepan, sprinkle in flour and mustard and stir to blend. Remove from heat and add the liquid in which the fish has cooked, all at once; stir to blend. Return to moderate heat and cook, stirring constantly, until boiling, thickened and smooth. Beat cream and egg yolk together with fork and stir into hot mixture gradually.

Pour this liquid over salmon steaks, covering them completely. Put low under broiler (middle of oven) and broil until golden brown, about 5 minutes. Serve immediately, sprinkled with chopped parsley.

F I S H

SUNSET SHRIMP CASSEROLE

5 slices white bread butter to spread	3 eggs, slightly beaten
1 can 4½ oz. shrimps, drained and rinsed	1/2 tsp. salt pepper, paprika & cayenne to taste
1/2 lb. shredded Cheddar cheese	2 cups milk
Dry mustard	

Spread bread with butter and cut in 1/2 inch cubes. Sprinkle half in shallow 1½ quart baking dish. Sprinkle half of shrimp on bread, then sprinkle with half the cheese, and dust lightly with mustard. Add remaining bread, a sprinkle of cheese and remainder of shrimps. Mix remaining ingredients and pour over mixture. Sprinkle with remainder of cheese and bake at 325° for 40 mins. or until firm. More shrimp may be used if desired. Makes 4 - 6 servings.

COQUILLE ST. JACQUES

3/4 cup water	1/2 clove garlic, minced
1/4 cup sauterne	2 tbsp. flour
1 tsp. salt	1/4 tsp. grated lemon rind
pinch of cayenne	1 egg yolk
3/4 lb. fresh scallops or (½ scallops & ½ shrimps)	1/2 cup cream
2 tbsp. butter	1 tbsp. chopped parsley
1 small onion, minced	3/4 cup buttered bread crumbs
	2 tbsp. Parmesan cheese

Heat water, sauterne, salt and cayenne in skillet, add scallops and cover. Simmer 5 minutes. Drain and reserve liquid. Chop scallops and set aside. Melt butter in same skillet and add onions and garlic and saute until tender. Stir in flour and reserved liquid. Cook until thickened. Add lemon rind and egg yolk mixed with cream. Cook and stir 3 mins., add parsley and scallops. Spoon mixture into 5 or 6 scallop shells. Top with crumbs and cheese. Bake at 400° for 10 minutes or until brown and bubbly.

F I S H

COMPANY SEAFOOD BAKE

- 1) 1/4 cup butter
1-1/2 cups long grain rice
1/2 cup golden raisins
3 cups chicken stock
1-1/2 tsp. salt
1/4 tsp. pepper

- 2) 6 tbsp. butter
1-1/2 cups sliced fresh mushrooms
2 tsp. curry powder
1/2 tsp. ginger
2 - 6 oz. cans crab, drained
1 - 5 oz. can lobster, drained
1/2 tsp. salt
1/4 cup dry sherry

- 3) 6 tbsp. butter
1/4 cup flour
1/2 tsp. salt
1/8 tsp. pepper
1/3 tsp. dry mustard
3 cups light cream
1 cup grated Swiss cheese

Heat oven to 400° degrees, butter a large glass dish about 13x9-1/2x2 or 2 small ones.

Directions -

1) Heat 1/4 cup butter in large saucepan, add rice and cook gently, stirring until rice is golden. Add raisins and chicken stock. Bring to a boil, turn down heat and simmer, covered for 20 minutes or until rice is tender and liquid is absorbed. Add 1-1/2 teaspoons salt and 1/4 teaspoon pepper, stir together lightly with a fork. Spread rice mixture in bottom of prepared dish.

F I S H

Company Seafood Bake - Continued

2) Melt 6 tablespoons butter in large skillet, add mushrooms, curry powder and ginger and cook gently for 3 minutes, stirring. Remove from heat and add crab, lobster, 1/2 teaspoon salt and sherry and blend lightly. Spoon over rice.

3) Melt remaining 6 tablespoons butter in saucepan, sprinkle in flour, 1/2 teaspoon salt, 1/8 teaspoon pepper, and mustard and let bubble up. Remove from heat and add cream all at once, stirring to blend. Return to moderate heat and cook, stirring until thickened and smooth. Pour over seafood evenly. Sprinkle with cheese. Bake about 25 minutes or until very hot. Serves 6 - 8. A treat in itself - Delicious.

DOUBLE BATCH SHRIMP FLORENTINE

Each batch serves 4.

4 pkgs. (10 oz. each)	frozen chopped spinach
3 lbs.	shrimp, cooked, shelled, deveined
1/2 cup	butter
1/2 cup	flour
3 cups	milk
1 cup	dry white wine
1/2 cup	chopped scallions
	(shallots)
	salt, pepper, paprika
2 cups (8 oz)	shredded Cheddar cheese

Preheat oven to 350° and line 2 - 9 inch. pie pans with heavy foil. Thaw and drain spinach and spread half of spinach in each pie pan and top with shrimp. In a saucepan, melt butter, stir in flour. Then gradually add milk, wine and shallots. Cook stirring constantly over low heat until sauce bubbles and thickens. Add salt, pepper to taste and enough paprika for a pink colour. Pour sauce over shrimp, sprinkle with cheese. Bake 1 batch uncovered for 35 minutes or until bubbly. Freeze second batch. When frozen solid - lift from pan. Overwrap with foil and return to freezer. When ready to bake place frozen block in pie pan and bake uncovered in 350° oven for 1 hour or until bubbly.

F I S H

SOLE WITH SHRIMP SAUCE

2 lbs. frozen fillets of sole	2/3 cup dry white wine
3 tbsp. butter	1/4 cup water
2 small onions, chopped finely	2 tbsp. finely chopped parsley
1/2 lbs. mushrooms, chopped finely	4½ oz. can small shrimp, drained, rinsed in cold water
2 tbsp. flour	1/2 cup grated Swiss cheese
1-1/2 tsp. salt	
1/4 tsp. pepper	
1 cup light cream	

Thaw fish, heat oven to 400° degrees, butter baking dish size 13x9½x2. Lay fillets in baking dish in single layer, if possible. Heat butter in large skillet. Add onions, mushrooms, and cook until onions are limp. Sprinkle in flour, salt, pepper and stir to blend. Remove from heat, stir in cream, wine and water; return to heat and cook stirring constantly until boiling, thickened and smooth. Remove from heat and stir in parsley and shrimp. Pour over fish fillets. Sprinkle with cheese. Bake 25 minutes or until fish flakes easily with fork. Servie with rice and asparagus.

FILLETS ELEGANTE

1 lbs. pkg. frozen fish fillets	1 can condensed cream of shrimp soup
2 tbsp. butter	1/4 cup grated Parmesan cheese

Thaw fillets (sole, haddock, halibut or cod) enough to separate. Arrange in butter 9" pie plate. Dash with pepper, dot with butter. Spread soup over fillets and sprinkle with Parmesan cheese and paprika. Bake in hot oven at 400° degrees for 25 minutes. Serve with lemon wedges. Makes 4 servings.

POULTRY

ROLLED CHICKEN BREASTS

3 large chicken breasts, boned, skinned and halved (6 pieces)
6 thin slices boiled ham
6 oz. natural Swiss cheese, cut in 6 sticks
1/4 cup all purpose flour
2 tbsp. butter or margarine

1/2 cup water
1 tsp. chicken flavour gravy base
1 - 3 oz. can, broiled, sliced mushrooms, drained (1/2 cup)
1/3 cup sauterne
2 tbsp. all purpose flour
1/2 cup cold water
toasted, sliced almonds

Place chicken pieces, boned side up, on cutting board. Working from center out, pound chicken lightly with wooden mallet to make cutlets about 1/4 thick. Sprinkle with salt, place ham slice and a cheese stick on each cutlet. Tuck in sides of each, roll up as for Jelly Roll, pressing to seal well. Skewer or tie securely. Coat rolls with the 1/4 cup flour, brown in butter or margarine. Remove chicken to 11x7x1-1/2 baking pan.

In same skillet, combine first 1/2 cup water, the gravy base, mushrooms, and wine. Heat, stirring to incorporate any crusty bits from skillet. Pour mixture over chicken in baking pan, cover and bake at 350° for 1 - 1-1/4 hours, or till tender. Transfer chicken to warm serving platter. Blend 2 tablespoons flour with 1/2 cup cold water. Add to gravy in baking pan. Cook and stir till thickened. Pour a little gravy over chicken, garnish with toasted, sliced almonds. Pass remaining gravy.

Makes 6 servings.

POULTRY

CHERRY BRANDY CHICKEN

Prepare enough chicken pieces to serve 6 people
1 can pitted, red cherries, drained (save juice)
1 can mandarin oranges, drained

Brush chicken pieces with butter, sprinkle with salt, pepper and garlic powder. Place chicken in long greased pan so it can brown easily. Cover with foil for a while then remove for browning. Bake at 325° for 1 hour.

Sauce - Into saucepan add, -

1 full rounded tablespoon cornstarch
2 tablespoons brown sugar
1 tablespoon soya sauce
2 tablespoons ketchup
3/4 cup cherry brandy

Cook altogether on top of stove and use cherry juice to make right consistency (should not be too thick). Cook 10 - 15 minutes. If too much fat in chicken casserole, remove some of it. Pour sauce over chicken and garnish with cherries and mandarins. Can be put together in deep casserole also. Bake at 350° for 30 minutes. This chicken can be baked ahead of time and just finished with sauce and fruit before serving. Serve with rice and green vegetables.

CHICKEN OR TURKEY CASSEROLE

2 cups cooked chicken, in chunks	3 tbsp. chopped onion
1 can cream of mushroom soup	1 cup chopped celery
1/2 cup chicken stock	1 can noodles
1/2 cup white wine	1/4 cup slivered, blanched almonds (optional)

Combine together and put into oiled casserole. Cover with crushed potato chips. Bake at 350° for 1 hour.

POULTRY

OVEN-BARBECUED CHICKEN

3 lbs. frying or broiler chicken pieces
little less than 1/4 cup Mazola oil
2 cups Barbecue Sauce

Put 1/2 oil in flat, uncovered pan. Place chicken skin side up in pan. Do not overlap, brush top and sides of chicken with remaining oil. Bake for about 1 hour at 375°. Spoon barbecue sauce over chicken and continue baking for 30 minutes longer or until tender. Baste with sauce every 10 minutes.

Barbecue Sauce

1/4 cup Mazola oil	1 tbsp. chopped onion
1 cup chili sauce	1/2 tsp. chili powder (optional)
1/2 cup vinegar	1/2 tsp. salt
1/2 cup water	1/4 tsp. pepper
2 tbsp. sugar	1 tsp. Worcestershire sauce

Combine all ingredients in a bowl. Mix well until blended. Yield 2 cups. (This sauce is also delicious served with fish).

CHICKEN LEGS WITH BARBECUE SAUCE

Bake chicken pieces in baking dish at 350° for 1 hour, remove some fat, then cover with Barbecue Sauce and bake 30 minutes longer. For this recipe you may use 8 chicken leg, or breasts or 8 pork chops.

Barbecue Sauce

1/4 cup white vinegar	1/4 cup brown sugar
1 cup catsup	1/4 cup minced onion
1 cup water	1 tsp. salt
1 tbsp. Worcestershire sauce	1/4 tsp. pepper

Combine all ingredients and simmer over low heat for 15 minutes. Serve with - Tomato juice, mashed potatoes, corn, salad, rhubarb bread pudding.

POULTRY

CHICKEN SUPREME

Enough chicken pieces to serve 8 people. Brush chicken pieces with butter, sprinkle with salt, pepper and garlic powder and a little lemon juice.

Place chicken in greased oblong pan, brown nicely for 1 hour at 350°. It can be covered with foil for a while, then removed for browning. If there is too much fat in the pan, remove some of it before covering chicken with sauce.

Sauce

- 1 bottle Italian Dressing
- 1 jar apricot jam
- 1 package dry onion soup
- small tin cubed pineapple, drained
- 1 green pepper cut in strips or circles

Mix sauce and pour over chicken pices, garnish with pineapple cubes and green pepper, return to oven for another 30 minutes, at 350°. Serve with white rice and green vegetables. This chicken can be prepared and baked ahead of time and finished in oven for 30 minutes before serving. Make half amount of sauce for less chicken.

CHICKEN ORANGE

- | | |
|--|---|
| 6 whole chicken breasts
(12 halves) | 1 cup red currant jelly (Kraft) |
| 1 tbsp. Accent | 1 - 6 oz. can frozen, undiluted
orange juice |
| 1 tsp. salt, freshly
ground pepper | 1/4 cup dry sherry |
| 1/4 cup melted butter | 1 tsp. dry mustard |
| 3 tbsp. lime or lemon
juice | 1/8 tsp. ground ginger |
| | 1/4 tsp. Tabasco |

Bone chicken breasts, flatten with rolling pin between 2 squares wax paper, sprinkle pices of chicken with Accent, salt and pepper. Roll up and secure with tooth-picks. This will make 12 rolls.

POULTRY

Chicken Orange - Continued

Arrange rolls in lightly oiled baking dish, combine remaining ingredients in saucepan, and heat till jelly melts. Cool and pour over chicken, cover and refrigerate until next day. Bake at 350° for 1-1/4 hours. Uncover halfway through baking and turn rolls. Continue baking until chicken is tender and sauce thickened. Skim fat from sauce before serving. Serve with rice and green vegetables. Serves 6.

CHICKEN AND NOODLES

Toast 1 cup blanched, broken almonds in 1/4 cup oil. Place 2 chicken breasts, boned, skinned and cut in strips in skillet. Sprinkle 1/2 tsp. salt over and cook till tender. (10 - 12 mins). Remove from skillet. Add 1-1/4 cups onion slices, 1-1/2 cups celery, cut on bias, fry few minutes then add 1/2 cup chicken broth. Cook uncovered for 5-7 minutes or until tender.

Now combine - 1 tbsp. sugar
 1 tbsp. cornstarch
 1/4 cup soya sauce
and add 3/4 cup chicken broth

Pour over vegetables, cook until thickened, add chicken, and 1 - 6 oz. tin bamboo shoots (optional). Heat completely, serve with boiled noodles and sprinkle with almonds. Serves 4 - 5 people. To make larger amount, 3 breasts may be used for more servings, they can be prepared ahead of time and then reheated when needed.

POULTRY

QUICK COQ AU VIN

Prepare enough chicken pieces to serve 6 - 8 pieces. Brush chicken pieces with butter, sprinkle with salt, pepper and garlic powder. Bake till nicely browned for 1 hour. Place chicken pieces in deep casserole or oblong pyrex. Prepare bouquet garni by tying the following in a cheesecloth, -

Bouquet garni

1/2 tbsp. peppercorns
1 sprig parsley
1 bay leaf
1 clove garlic crushed

Add bouquet garni to chicken.

Now saute 1 sliced onion, and add
1/2 lb. mushrooms, or drained
canned mushrooms.

Set aside

Now mix together: 1 or 1-1/2 cups red wine
1 can brown gravy

Add saute onions and mushrooms, and pour over chicken. Continue baking for another 30 minutes at 350°. This can also be done ahead of time. Serve with rice.

CREAMED CHICKEN

2 cups diced chicken	1 cup chicken broth
1 tbsp. butter	1/2 tsp. salt
1 cup diced mushrooms	1/2 tsp. celery salt
1 tbsp. green pepper, diced	few grains of pepper
1-1/2 cups milk	4 tbsp. flour

Melt butter in pan, add mushrooms and pepper, and cook 5 minutes. Add flour and seasonings, cool 5 mins. Add milk and chicken broth slowly, then add chicken.

SALADS AND SIDE DISHES

POTATO BAKE

3 tbsp. butter
1 cup slivered green pepper
 $\frac{1}{4}$ tsp. garlic powder
1 tbsp. flour
 $1\frac{1}{2}$ oz. pkg. dry onion soup mix
1 cup boiling water
1 tsp. caraway seeds, optional
2 tsps. paprika
2 - 19-oz. cans whole potatoes, drained & diced

Heat oven to 375^o. Put butter in 13x9 $\frac{1}{2}$ x2 inch baking dish, set in oven to melt. Remove pan & add green pepper & garlic powder. Return to oven. Cook 5 minutes, stirring often. Remove pan from oven & blend flour into butter mixture. Add onion soup mix, water, caraway seeds & paprika and stir to blend. Add potatoes and stir lightly. Cover pan & bake 30 minutes, stirring once or twice. Serves 6.

CARROTS AU GRATIN

4 cups coarsley grated carrots
1 - 8-oz. pkg. cream cheese, cubed
10 oz. can cream of celery soup
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. pepper
 $\frac{1}{2}$ cup fine dry bread crumbs
2 tsps. melted butter
 $\frac{1}{2}$ cup grated old Cheddar cheese

Heat oven to 375^o. Butter a 1 $\frac{1}{2}$ quart casserole. Put carrots and cream cheese cubes in prepared casserole, tossing together lightly. Combine soup, milk, salt & pepper and pour over, stirring lightly with fork. Combine bread crumbs, butter and Cheddar cheese and sprinkle over top.

Bake about 45 minutes or until carrots are tender-crisp. Serve immediately.
Serves 6.

SALADS AND SIDE DISHES

ASPARAGUS AND PEAS ITALIAN STYLE

10 oz. pkg. frozen asparagus, cut 1" pieces
2 - 12 oz. pkgs. frozen peas
7½ oz. can tomato sauce
¼ cup butter
2 tbsps. chopped parsley/dried parsley flakes
1½ tsp. salt
¼ tsp. pepper
¼ cup grated Parmesan cheese

Heat oven to 375°. Butter a 13x9½x2 inch baking dish. Put asparagus & peas in prepared baking dish & toss together lightly with a fork. Combine remaining ingredients, except cheese, in a small saucepan, heat just to boiling point & pour over vegetables. Sprinkle with cheese. Cover & bake until tender approx. 30 mins. (Serves 6)

SARDINE TOPPED MYSTERY SALAD

1 envelope onion dip
¼ cup sour cream
½ cup mayonnaise
2½ cups shredded cabbage
1/3 cup sliced black olives
2 tomatoes, peeled
2 cans sardines
hard cooked egg slices - chopped parsley

Combine first 3 ingredients, blending smoothly then toss with cabbage, olives & diced drained tomatoes. Pile into a bowl with shredded lettuce or endives. Top with drained sardines and egg slices.

FRIED RICE

Fry 2 onions in butter or oil. Add to that 2 cups rice and lightly brown. Then add 2 small tins mushrooms (drained). Put into 2 quart casserole, then add 4 cups Chicken Broth, 1½ tsp. salt and place in a 375° oven for 45 minutes.
(optional - add 4 oz. egg noodles)

SALADS AND SIDE DISHES

BEEF SALAD

2 medium potatoes, cooked & diced
2 tart apples, peeled & diced
2 carrots, peeled & diced
2 medium dill pickles, diced
2 cups cooked beets, peeled & diced
1 medium onion, peeled & minced
dash white pepper
3/4 cup diced herring (pickled or salted)

Combine all ingredients in salad bowl & mix with salad dressing or sour cream dressing. Herring could be mixed with salad or served on the side. Sardines or anchovy fillets can be substituted for herring. (fish is optional)

Sour Cream Dressing: 1 cup sour cream
1 tbsp. lemon juice
2 tsps. beet juice
1/4 tsp. salt
dash of sugar

Combine and blend thoroughly. Makes 1 cup dressing.

DUTCH GREEN BEANS

10 oz. pkg. frozen green beans	1 tsp. cornstarch
1 medium onion, sliced	1/2 cup water
1 tsp. salt, dash of pepper	1/2 cup vinegar
1 tsp. Accent	1/4 cup brown sugar

Fry onion. Cook green beans as directed on package, adding fried onion, salt, pepper and Accent.

Dissolve cornstarch in water, add vinegar, brown sugar and bring to a boil. When beans are tender, add cornstarch mixture and simmer for 2 minutes longer.

COLESLAW

4 cups cabbage, shredded	1 tsp. vinegar
1 small onion, chopped	1/2 cup thick sour cream
2 tsps. sugar	salt & pepper

Blend together sugar, vinegar & sour cream. Add to shredded cabbage & chopped onion. Season with salt & pepper and mix well.

SALADS AND SIDE DISHES

TURNIP CASSEROLE

2 large turnips, diced 1 tsp. salt
¼ cup fine dry bread crumbs 2 eggs, slightly beaten
¼ cup cream 3 tbsps. butter
½ tsp. nutmeg

Cook turnips in salted water to cover them, until soft. Drain & mash. Soak breadcrumbs in cream and stir in the nutmeg, salt & eggs. Add mixture to the turnips & blend with fork. Turn into buttered 2½ qt. cassergle, dot with butter & bake in oven for 40 mins. at 350°. (Serves 6-8)

TURNIP CASSEROLE

Peel, dice & cook in salted water, 2 medium sized turnips & mash. In a buttered 8" x 8" casserole, place half the mashed turnip then place a layer of sliced apples (about 3). Sprinkle with brown sugar (3 tbsps.) Cover with another layer of mashed turnip. Top with buttered croutons & heat in oven at 350° for 30 mins. Can be prepared in morning & reheated 30 minutes before serving.

BUTTERED CROUTONS: Melt 3 tbsps. butter, toss with 1½ cups soft bread crumbs.

SOUR CREAM GREEN BEAN SALAD

4 cups cold cooked green/wax beans (or canned beans)
2 green onions, finely chopped
1 tbsp. sugar
1 tbsp. cider or white vinegar
½ cup sour cream
salt and pepper to taste

Cut beans in very long thin slices. Place in a bowl and add onion. Blend remaining ingredients, pour over beans and toss lightly.

GREEN BEANS AND ONION RINGS

3 pkgs. French Style green beans (frozen). Cook as per directions. Place in casserole & add 1½ cans cream of mushroom soup. Mix well. Place a layer of French Fried Onion Rings on top. Heat and serve.

SALADS AND SIDE DISHES

HOT CABBAGE SLAW

3 tbsps. butter
4-5 cups well packed, shredded cabbage
1 tsp. salt
1 tsp. sugar
 $\frac{1}{2}$ tsp. pepper
2 tbsps. cider vinegar
 $\frac{1}{2}$ cup sour cream

Melt butter in a large frying pan, add cabbage and stir until well coated with fat. Cook 5-8 minutes over low heat, stirring often - cabbage should be softened, but not fried. Place in a warm bowl, add remaining ingredients and toss together until thoroughly blended.

EGGPLANT PARMESAN

1 large egg plant
 $\frac{1}{4}$ cup flour
4 tbsps. vegetable oil
 $\frac{1}{4}$ cup dry bread crumbs
 $\frac{1}{2}$ cup grated Parmesan Cheese
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. pepper
 $\frac{1}{2}$ tsp. crushed garlic (more if desired)
1 cup canned tomato sauce
8 thin slices Mozarella Cheese

Peel egg plant & cut into $\frac{1}{4}$ " slices. Pour boiling water over slices & let soak 5 mins. Drain & dry. Dip each slice into flour & fry until brown on both sides. Mix together bread crumbs, cheese, salt, pepper & garlic. In Pyrex loaf pan arrange layers of eggplant, sprinkle bread crumb mixture then some tomato sauce, then slices of cheese. Repeat. Bake at 325° for 25 minutes.

POTATO CASSEROLE

Peel & slice 4 medium potatoes, cook 5 mins., drain. In square dish add 1 cup sour cream, 3 chopped shallots, dash of freshly ground pepper, 1 cup grated cheese. Add potatoes, blend well, sprinkle with cheese over potatoes. Bake 350° for 30 mins. Can be prepared in morning & baked 30 mins. before serving. Makes 4-6 servings.

SALADS AND SIDE DISHES

SPINACH SALAD

10 oz. pkg. fresh spinach	2 drops Tabasco Sauce
$\frac{1}{2}$ tsp. salt	3 tbsps. lemon juice
$\frac{1}{2}$ clove garlic	7 tbsps. olive oil
$\frac{1}{2}$ tsp. dry mustard	freshly ground pepper

Wash spinach carefully, dry & drain well and tear into small pieces. Set aside while making dressing. Sprinkle salt over bottom of salad bowl & rub garlic into the salt, then discard garlic. Add dry mustard, Tabasco, lemon juice, oil & pepper. Mix thoroughly. Add spinach & toss lightly. You can add 4 slices well fried bacon, crumbled.

POTATO CASSEROLE

2 cans small white potatoes	1 can Cream of Mushroom
2 tbsps. chopped parsley	Soup
pepper	1 soup can of milk
fresh chopped dill	garlic powder
oregano	paprika

Drain potatoes & place in baking dish. Sprinkle generously with parsley. Season with pepper. Sprinkle with 1 tbsp. dill, & 2 pinches Oregano.

Dilute soup with milk, stir in $\frac{1}{8}$ tsp. garlic powder, pour this over potatoes. Sprinkle with paprika. When ready to bake, place in 350° oven, covered, and bake about 45 minutes. Serves 4-6.

CARROT SALAD MOULD

1 pkg. lemon jello
1 cup grated carrots
1 small can crushed pineapple
juice of 2 oranges

Strain juice of pineapple, add orange juice. If not enough to make 2 cups of liquid, add water. Heat liquid and pour over jello powder. When cool, add carrots and pineapple. Pour into ring mould and chill. Delicious.

SALADS AND SIDE DISHES

BING CHERRY MOLD

2 packages black cherry jello. (Follow directions on package.) When slightly thickened add 2 cans pitted Bing Cherries and 1 cup chopped nutmeats. Chill & set. Place mold on lettuce and fill center with cottage cheese.

JELLIED CUCUMBER SALAD

4 pkg. unflavored gelatine	2-3 drops green food
2 cups hot water	colouring
5-3/4 cups cold water	1 cucumber, sliced
3 tbsps. lemon juice	3/4 cup cucumber, diced
2 tbsps. vinegar	3/4 cup radishes, sliced
pinch of salt	salad greens
	radish roses

Dissolve gelatine in hot water, stir in cold water, lemon juice, vinegar, salt & food colouring. Chill until slightly thickened. Spoon 1/4" layer of gelatine into 8 cup mold. Overlap & press cucumber slices into gelatine. Chill until almost firm. Fold diced cucumber & radish slices into remaining gelatine & pour on top of first layer. Chill until firm. Unmold on salad greens and garnish with radish roses. Makes 6 servings.

PINEAPPLE LIME SALAD

1 pkg. lime jello	1/2 cup chopped celery
1/2 lb. cottage cheese	1/4 cup chopped walnuts
1/2 tin crushed pineapple	

Dissolve jello according to package & let set until slightly thickened. Add remaining ingredients and let set in refrigerator.

CABBAGE SALAD

Dissolve 1 pkg. lime jello with 1/2 cup hot water and cool slightly.

2 tbsps. vinegar	1/4 tsp. salt
1/2 cup salad dressing	dash of pepper
2 cups cabbage, shredded finely	dash of celery salt
1 whole carrot, grated	

When jello is slightly cool & thick, add remaining ingredients & pour into mold.

SALADS AND SIDE DISHES

CUCUMBER MIZERIA

3 medium cucumbers 1/2 tsp. salt
1 tsp. salt 1/2 tsp. sugar
4-5 chopped green onions 1/4 tsp. pepper
1 tbsp. minced green dill 1/4 cup sour cream
1 tbsp. white vinegar

Peel cucumber, run a fork down length to make parallel grooves & an attractive scalloped edge. Slice them as thin as possible. Place in dish, sprinkle over with salt & let stand for 15 mins. Drain, press out water & add onions, dill, vinegar, salt, sugar & pepper. Toss well & refrigerate 5 mins. Spread sour cream on top just before serving. A sprig of dill placed on top of sour cream looks very attractive. Serves 4-6.

CAESAR SALAD

12 anchovy filets (drained) 1/4 cup wine vinegar
4 tbsp. lemon juice 1/2 cup grated cheese
1/2 Tsp. worcestershire sauce (1/4 cup romano 1/4 parmesan)
1/2 tsp. hot mustard 1 raw egg
2 cloves garlic salt & pepper to taste
2/3 cup olive oil croutons

Mix above ingredients thoroughly in bowl & pour over boston lettuce. Top with buttered croutons.

BUTTERED CROUTONS: 4 slices rye bread diced
2 tbsp. butter
1/2 tsp. onion flakes
salt, pepper & dash of parsley

Saute diced bread in butter and seasonings.

THREE BEAN SALAD

1 can 16-oz. French style green beans
1 can 16-oz. wax beans
1 can 16-oz. red kidney beans
1/2 cup chopped green onion
1 bottle (8-oz.) Italian salad dressing
1/4 cup snipped parsley
1 tbsp. sugar
2 cloves garlic, crushed

Drain beans, combine with onion & parsley in bowl. Mix dressing, sugar & garlic, pour over bean mixture & toss. Cover, refrigerate at least 3 hrs. stirring occasionally.

PICKLES AND RELISHES

GREEN AND RED PEPPERS

10 large green peppers 10 red peppers

Clean, slice lengthwise, finger size, & salt overnight.
Do not wash. Just drain.

3 or 4 strong red peppers

Salt in separate dish; cut very thin with scissors -
(use gloves for hot peppers), and drain.

Use: 3/4 quart vinegar 3 big onions, sliced thin
 3 cups sugar 1 cup oil
 1/2 quart water

First boil water, vinegar & sugar; put onions in till
they separate, then put in sweet & hot peppers. Boil
slightly (peppers should not be soft & mushy); add oil.
Do not boil more than 5 mins. - watch carefully.

GREEN KETCHUP

1 basket tomatoes	1 qt. cider vinegar
1 celery	2 lbs. brown sugar
1 cauliflower	1 pkg. spices (tied in a cloth)
6 green peppers	1/2 cup salt
8 onions, medium	6 apples (peaches/pears) chopped
1 red pepper	

Put cut vegetables in bowl; add salt, cover & let stay
overnight. Next day, drain well. Add remaining ingre-
dients & boil 1 1/2 hrs. Pack into sterilized jars & seal.

QUEEN'S PICKLE

20 large/30 small tomatoes	3 red peppers, (sweet)
6 peaches	3 cups brown sugar
6 pears	3 tsps. salt
6 apples	1/4 cup whole mixed spices
2 cups celery (diced)	(tied in a bag)
6 medium onions	1 1/2 cups cider vinegar
3 green peppers (sweet)	1/2 tsp. cayenne pepper

Scald, skin and chop tomatoes, peaches. Chop all
other fruits. Cook until thick, about 1 1/2 hours.
Yields: 6 pints.

PICKLES AND RELISHES

PICKLE FOR MUSHROOMS (PIDPENKY)

1 cup water 1 tsp. salt
1 cup vinegar 1 tsp. mixed spice

Cook 5 minutes; add $\frac{1}{2}$ cup brown sugar, bring to a boil. Strain and cool well.

Cook mushrooms for good $\frac{1}{2}$ hour, rinse well & cool. Add sliced onion almost same amount as mushrooms. Salt onions to taste.

Fill jar about $\frac{3}{4}$ full. Add cold vinegar pickle. Double recipe for more jars.

PRESERVED BORSCH

This recipe is good for those who have garden beets. Wash beets and greens well to remove all traces of earth. Peel beets very thinly and cut into long thin strips. In separate bowl, cut finely: beet greens, parsley root and celery. Sprinkle with pickling salt, let stand for a while. Add cut beets to large pot and cover with boiling water & cook at medium heat $\frac{3}{4}$ hr.

Then add remaining salted vegetables & cook 15 mins. longer. Fill hot sterile jars with borsch & cook jars for 20 minutes. A jar of borsch can be added to beef broth and is ready to serve.

DILL PICKLES

Wash and scrub small cucumbers. Bring 14 cups water and $\frac{1}{2}$ cup coarse salt to a boil, and cool. Place in each sealer the following:

Sprigs of fresh dill with seeds (1 dill weed to
each sealer)
1-2 cloves garlic
1 bay leaf
 $\frac{1}{2}$ tsp. pickling spice
1 small stalk celery (optional)

Pack small cucumbers closely in sealers. Fill with cool brine and cover with sprigs of fresh dill. Seal tightly. Store in a cool place.

PICKLES AND RELISHES

PICKLED SILVER SKIN ONIONS

4 qts. pickling onions (6 lbs.	ice cubes
boiling water	1/4 cup pickling spice
cold water	2 qts. white vinegar
1 cup coarse salt	2 cups sugar

Pour enough boiling water over onions so that they will be well covered. Let stand exactly 5 minutes, & drain. Pour cold water on top. Peel and drain. Place in large bowl, sprinkle with coarse salt & cover completely with ice cubes. Let stand overnight in refrigerator. Next day, drain onions, rinse thoroughly in ice water & drain again. Tie the pickling spices in cheese cloth & boil with the vinegar and sugar 5 mins. Remove spice bag. Add onions to boiling liquid - boil exactly 2 minutes.

Pour into sterilized jars (hot), fill to overflowing & seal at once. Store at least 1 month before using. Makes 6 - 7 pints.

VEGETABLE SPREAD

1 cup mazola oil	1 lb. green/yellow
10 medium onions	string beans
5 green peppers	1 can tomatoes (or fresh)
5 red peppers	1 small bottle ketchup
5 large carrots	1 large can kidney beans
1 large pelled eggplant	2 tsps. hot chili peppers
	1/2 cup sugar (approx.)

Fry onions and peppers in large heavy pot. Add thinly sliced carrots & cut string beans, & thinly sliced eggplant. Cook until thick and tender over low heat for 3-4 hours. Add tomatoes, kidney beans, salt, hot chili peppers, pepper & sugar. Continue to cook until of very thick consistency, being careful not to let it burn.

Place in hot sterilized jars immediately and seal well.

MISCELLANEOUS

CORNED BEEF LORRAINE

Pastry:

2 cups sifted flour
1 tsp. salt
2/3 cup shortening
2 tbsps. hard margarine
3-4 tbsps. cold water

Filling:

2 cups shredded cheddar cheese
12 oz. can corned beef, chopped
4 eggs, beaten
1½ cups skim milk
1/8 tsp. pepper

Make pastry first by sifting flour & salt into bowl. Cut in shortening & margarine with pastry blender. Gradually stir in cold water with fork until particles cling together. Pack into a ball & cut in half. Roll out & fit into 2 deep 9" pie pans or an oblong pan. Trim edges & flute. Prick shells with fork & partially bake at 450° for about 8 mins. Spread bottom of each shell with ½ cheese & ½ corned beef. Pour in mixture of eggs, milk & pepper. Bake at 375° for 30 minutes. Serves 8-10.

CHEESY NOODLE BAKE

3 cups fine noodles, cooked	1½ cups creamy cottage cheese
1 clove garlic, finely chopped	1 cup sour cream
1/3 cup chopped onion	1 tsp. Worcestershire sauce
1 tbsp. butter	½ tsp. salt, dash pepper
1 egg, beaten	
1 tsp. sesame or poppy seeds	

Cook onion & garlic in butter only until tender. Add to noodles & remaining ingredients. Bake at 350° for 25-30 minutes in 10x6x2 inch casserole. Serve topped with grated Parmesan cheese. Makes 6 servings.

PLUM KNEDLI

<u>Dough:</u> ¼ lb. butter/Crisco	1 cup sour cream
2 tbsps. sugar	4 cups flour (use a little more if dough is too sticky)
2 eggs	

Mix together as for pie. Roll out quite thin, cut in squares or rounds. On each square place a blue plum (pitted) and cover plum entirely. Drop into boiling water. Boil 6 minutes. Drain, sprinkle generously with sugar & serve with sour cream.

MISCELLANEOUS

GOLDEN BREAD CUSTARD

This makes an elegant light meal served with a salad and a fruit dessert.

8 slices white bread. crusts removed
1 8-oz. pkg. Canadian cheese slices
4 eggs, beaten
2 cups table cream
1 tsp. mustard (powder)
1½ tsps. salt
¼ cup butter
¼ cup flour
1 cup milk
pinch of pepper, dash of paprika
1 10-oz. tin mushrooms, drained
½ cup Canadian Sauterne

Arrange 4 slices bread in 8" square baking dish; top with cheese slices & remaining bread. Combine eggs, cream, mustard, salt. Pour over sandwiches, cover, let stand 4 hours. Bake at 375° until golden and puffed. Meanwhile, melt butter, stir in flour, add milk, stir constantly till thick & smooth. Add dashes of salt, pepper & paprika. Add wine & cooked mushrooms just before serving. Cut squares diagonally in half, spoon sauce over & serve. Makes 8 servings.

APPLE FRITTERS

Batter:

2 eggs	1½ cups flour
2 tbsps. sugar	¾ cup milk
pinch of salt	

Beat eggs, add sugar, salt; add flour, first 1 cup and beat, then other ½ cup and beat. Add milk slowly and beat well.

Peel and core apples. Slice into ½ inch thick slices. Dip apples in batter to cover completely. Fry on both sides in Crisco. Sprinkle with icing sugar.

MISCELLANEOUS

CORN MEAL NACHYNKA

1 large onion, chopped fine 1 qt. scalded milk
¼ lb. butter 3 eggs, very well beaten
1 cup corn meal
salt & pepper to taste

Cook onion in butter until tender, but not brown. Add corn meal along with salt & pepper. Mix to coat corn meal thoroughly with butter. Pour in scalded milk gradually; stir until mixture is smooth & free of lumps, (it thickens very quickly). Remove from stove, fold in beaten eggs, (it is quite liquidy). Pour into a deep casserole. Bake uncovered at 350° for 1 hour. It should have a golden brown crust all around.

Note: Bring the milk to a boil stirring constantly while onions are cooking.

CHICKEN OR TURKEY DRESSING

Fry 2 large onions in butter. When onions are almost done, add chicken liver & just brown slightly on both sides. Wet 4-5 slices of white bread & squeeze out water. Put onions, liver, bread, 2 stalks of celery through mincer. Add ¼ tsp. salt, a little freshly ground pepper and 1 tbsp. chopped parsley. After all has been minced, add 2 eggs, mix well and stuff chicken.

For turkey, add 4 eggs and 6-7 slices of bread to the above recipe.

STUFFING FOR ONE 20-POUND TURKEY

4 quarts bread cubes	2 tsps. sage
1 quart chopped celery	2 tsps. salt
½ cup chopped onion	½ tsp. pepper
½ lb. butter (melted)	¼ cup chopped parsley
2 tsps. thyme	pinch of ginger

TURKEY STUFFING

2 onions, chopped	4 beaten eggs
3 tbsps. oil	¼ cup cream of wheat
4½ cups crushed corn flakes	salt & pepper to taste
2 carrots, grated finely	¼ tsp. poultry dressing

Brown onions in oil, add remaining ingredients & mix thoroughly. Stuff 10 pound turkey.

MISCELLANEOUS

BREAD STUFFING

12 cups white bread cubes	2 cups diced celery, fine
2 tsps. poultry seasoning	2 cups boiled milk
salt & pepper to taste	½ cup minced pork
4 chopped onions	3 eggs, beaten

Pour boiling milk over bread & let stand. Fry onions & celery in butter until soft. Combine all ingredients together & mix well. Stuff turkey. Yield for 15 pound turkey.

MEAT PIE (TOURTIÈRE)

1 onion, chopped	½ tsp. salt
1 clove garlic, finely chopped	¼ tsp. pepper
1 lb. lean pork, minced	1/3 cup water
½ tsp. savory	1 tbsp. chopped parsley
pinch of cinnamon & cloves	

Place ingredients in heavy large frying pan. Cook until water has been absorbed & meat has lost its pink colour, but is still moist. Put into unbaken pie shell (recipe follows). Cover with pastry & prick to allow steam to escape. Bake in preheated oven at 425° for 10 mins. Reduce heat to 350° and bake 35 mins. more. Brush top of crust with a mixture of 1 egg yolk & 1 or 2 tbsps. milk before baking.

Pastry:

Into bowl place 2 cups sifted flour, 1 tsp. salt. Add ¾ cup lard or shortening into mixture & cut into flour with pastry blender. Add 5½ tbsps. cold water & mix with fork. Shape into ball, wrap in wax paper & chill 30 minutes. Makes enough pastry for 1 -9" two crust pie.

MUSHROOM SOUP

Make a beef broth. Add cubed potatoes and chopped mushrooms. Cook ½ hour longer. Salt and pepper to taste. Serve with sour cream.

MISCELLANEOUS

HOT, HEARTY GOLDEN PUFF

It's easy to fix & full of nutrition!
You can make this fluffy cheeserich
dish with Velveeta & Premium Crackers.

Here's How:

Cover the bottom of a 12" x 8" baking dish with half a "stack pack" of crisp Premium Crackers. Cover the crackers with 3/4 lb. sliced Kraft Velveeta Cheese. Top with 2 tbsp. chopped onions & the remaining crackers. Over this pour a mixture of:

4 beaten eggs
2½ cups milk
½ tsp. dry mustard
dash of pepper

Set the casserole aside for 1 hour; then pop it into a 325° oven for 40 minutes. Sprinkle with paprika and serve at once.

Variations:

Cover Velveeta with a 12 oz. can of corn; or 2 tbsp. chopped pimento; or 1 cup chopped ham; or 1 cup cut-up shrimps; or 1½ cups flaked crab meat.

Add 1 tbsp. Worcestershire sauce to liquid, top with crisp Premiums, then follow regular recipe.

SOUR KRAUT SOUP

Use ½ lb. pork shoulder, cut in cubes & broil or fry till lightly brown. Add 4 quarts boiling water. Cook for ½ hour. Add 1 onion, 1 carrot, ½ fresh red/green pepper, 1 lb. sour kraut. Cook ½ hour.

Add ½ lb. fresh fried/canned chopped mushrooms, or 1 can mushroom soup. Add chopped dill & parsley to taste. A few grains black peppers, & a bay leaf. Boil one minute. Salt & other seasoning to taste. Half cup sour cream may be added to pot or individual servings.

Variations:

1. Brown 1 full tbsp. flour with 1 onion in bacon fat, dilute with ½ cup cold water & add to soup. Boil once.
2. ½ lb. sliced Kobasa may replace pork shoulder.

MISCELLANEOUS

PEASANT SOUP

2 qts. chicken stock	4 potatoes, quartered
1/2 cup barley	3 celery stalks, diced
1 onion, finely chopped	salt & pepper to taste
3 carrots, sliced	1/4 cup alphabet noodles
tiny meat balls (optional)	

Bring stock to a boil & add vegetables. Stir continuously until mixture comes to a boil. Cover and simmer over a low flame until vegetables are almost tender. Season with salt & pepper; add noodles and tiny meat balls, browned in bacon fat. Cook 10 mins. longer & serve with a sprinkling of minced parsley. six servings.

SALAD SANDWICH LOAF

(ten to 12 servings)

- | | |
|--|--|
| 1 large loaf unsliced sandwich bread | <u>Garnishes:</u> |
| 1/4 lb. soft butter | tomato, radish roses, |
| 1/2 cup each: 4 different fillings (see below) | pickle strips, pimiento strips, whole/sliced |
| 3 - 4 oz. pkgs. cream cheese | olives, parsley, cress |
1. Use day-old bread, chilled, for easy slicing. Trim crust from bread; then place loaf on its side; slice lengthwise into 5 even slices, about 1/2" thick.
 2. Spread first & fifth slices with soft butter on one side only; spread remaining slices on both sides.
 3. Spread buttered side of first slice with chicken salad. Top with second slice; spread with cheese filling. Add third slice, spread with ham salad. Add fourth slice, spread with egg salad. Finally add fifth slice, buttered side down. With spatula, remove any filling that oozes out.
 4. Wrap loaf in damp tea towel, chill, about an hour.
 5. Place loaf on serving platter; frost top & sides of loaf with cream cheese frosting. Chill thoroughly: at least three hours. Add garnishes before serving.
 6. To serve cut into 10-12 slices 1/2" thick, use sharp knife. Serve on plates with salad forks.

MISCELLANEOUS

FILLINGS FOR SALAD SANDWICH LOAF:

Chicken Salad:

1 cup minced cooked chicken	3 tbsp. salad dressing
2 tbsp. chopped olives or green pepper	salt & pepper to taste

Cheese Filling:

$\frac{1}{4}$ lb. soft processed cheese or cheese spread	2 tbsp. chopped peanuts
$\frac{1}{4}$ cup chopped unpeeled cucumber	3 tbsp. salad dressing

Ham Salad:

1 cup minced cooked ham	3 tbsp. salad dressing
3 tbsp. chopped pickle	

Egg Salad:

2 chopped hard-cooked eggs	$1\frac{1}{4}$ tbsp. salad dressing (about)
1 tbsp. chopped pimienta	
1 tsp. onion juice	salt & pepper to taste

Cheese Frosting:

3 4-oz. pkgs. cream cheese, softened	6 tbsp. salad dressing
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LIVER DUMPLINGS

(Serve with homemade chicken or beef broth)

$\frac{1}{2}$ lb. beef/chicken liver	1 tsp. salt
2 eggs	freshly ground pepper $\frac{1}{4}$ tsp.
1 tbsp. chopped parsley	5 tbsp. cream of wheat
1 medium onion minced	$\frac{3}{4}$ - 1 cup flour
	1 clove garlic, mashed

Mince livers & mix with remaining ingredients. Mixture will be quite thick. Using a $\frac{1}{2}$ tsp. measure as a guide, drop small dumplings into boiling salted water & bring to a boil. Boil 5-10 mins. until they are very soft.

LAZY PYROHE

$1\frac{1}{2}$ lbs. cottage cheese	1 tsp. salt
3 eggs	2 cups flour

Mix cheese, salt & eggs thoroughly, add flour. Form dough into long narrow strip 2" wide & $\frac{1}{2}$ " thick. Cut diagonally into 1" pcs. & drop into salted boiling water. Boil 8 mins. Drain & pour melted butter & serve with sour cream.

MISCELLANEOUS

RAW POTATO PANCAKES

6 large potatoes	1 tbsp. flour
2 eggs, beaten separately	1/8 tsp. salt
1 small onion (grated)	1/8 tsp. pepper

Peel & grate potatoes and place in sieve over a bowl to drip. When dry, add flour to water which has dripped from potatoes and combine with well beaten egg yolks, grated potatoes, onion & seasonings. Fold in stiffly beaten egg whites.

Place small portions of mixture into hot fat and brown well on both sides until potatoes are done. These may be served with sour cream. Serves 8-10.

UKRAINIAN MAYONNAISE

1 egg yolk
½ pint salad oil - chilled
juice of ¼ lemon
salt

Beat egg yolk in bowl. Beat in salad oil a few drops at a time until mixture begins to thicken. Continue to beat steadily while adding lemon juice, then rest of oil a little at a time. Add salt last.

Although one finds many good brands in the markets there is a very different & distinctive taste to home made mayonnaise. It is fun to make and a joy to eat. Be sure oil is chilled.

FRUIT BALLS OR STICKS

250 gr. figs
250 gr. pitted plums
130 gr. pitted dates
150 gr. sugar
175 gr. apricots
85 gr. sliced almonds
35 gr. butter

Chop the fruits on food processor or meat grinder. Mix with remaining ingredients. Form small balls or sticks. Coat with ground almonds. Yields 8 dozen.

BAKLAVA

1 lb. filo pastry
3/4 lb. butter or margarine, melted
1-1/2 cups chopped walnuts
2-1/2 tablespoons sugar

SYRUP

1-1/2 cups honey
Juice & grated rind of one lemon
1 small can unsweetened frozen orange juice

Butter a large baking pan (9 x 13). Fit one sheet of filo pastry into pan, overlapping & folding where necessary. Brush with melted butter. Add more sheets, brushing each with butter, until half the pastry has been used. Mix together nuts & sugar and spread evenly over pastry. Cover with remaining sheets, brushing each with butter. Cut into pieces with a sharp knife. (square or diamond shapes)

Simmer syrup ingredients together until thick enough to coat a spoon. Cool and refrigerate.

Bake pastry in a 350° oven for 30 minutes, then raise heat to 450° and continue baking until puffed and golden (about 15 minutes.) (Watch baking near end, so as not to brown too much). Remove from oven and quickly pour cooled syrup over. Allow to cool.

CHOCOLATE SWIRL CHEESECAKE

One - 6 oz. pkg. (1 cup) semi-sweet chocolate pieces
1/2 cup sugar
1-1/4 cup graham wafer crumbs
2 tbsp. sugar
1/4 cup butter or margarine, melted
16 oz. cream cheese, softened
3/4 cup sugar
1/2 cup sour cream
1 tsp. vanilla
4 eggs

Preheat oven to 325°. Combine over hot (not boiling) water, chocolate pieces and 1/2 cup sugar. Heat until chocolate melts and mixture is smooth. Remove from heat. Set aside.

In small bowl, combine wafer crumbs, 2 tbsp. sugar and melted butter. Mix well. Pat firmly into 9" spring form pan, covering bottom and 1-1/2 up sides, set aside.

In large bowl, beat cream cheese until light and creamy. Gradually beat in 3/4 cup sugar. Mix in sour cream and vanilla. Add eggs, one at a time, beating well after each addition. Divide batter in half. Stir melted chocolate mixture into first half. Pour into crumb lined pan. Cover with plain batter. With a knife, swirl plain batter with chocolate batter to marbelize.

Bake at 325° - 50 minutes or until only a 2-3" circle in center will shake. Cool at room temperature. Refrigerate.

CHOCOLATE AMARETTO CHEESECAKE

CRUST:

1-1/4 cups chocolate wafer crumbs
2 tbsp. sugar
1/4 cup melted butter

FILLING:

1 pound or 500 grams cream cheese
1/2 cup granulated sugar
2 large eggs
6 ounces semi-sweet chocolate, melted & cooled
1/2 tsp. almond flavoring
1 tsp. vanilla
1/3 cup amaretto
2/3 cup sour cream

TOPPING:

2 ounces semi-sweet chocolate
1 tsp. shortening
Whipped cream (optional)
Toasted sliced almonds.

Combine crumbs, sugar and melted butter. Press into bottom and halfway up sides of a buttered 7-8 ins. springform pan. Chill while making filling.

Beat cream cheese well until smooth. Beat in sugar gradually. Beat in eggs one at a time at low speed. Add cooled chocolate, flavorings, amaretto and sour cream. Beat at low speed until thoroughly blended. Pour into prepared pan.

Bake in 300° F oven for 1 hour. Turn off heat and leave cake in oven 1 hour longer. Cool in pan at room temperature, then chill at least 24 hrs.

For topping, melt chocolate with shortening. Spread over top of cheesecake. Garnish with whipped cream flavored with amaretto if desired, and sprinkle with almonds.

CHEESE CAKE

CRUST:

1-3/4 cups fine graham cracker crumbs
1/4 cup finely chopped walnuts
1/2 tsp. cinnamon
1/2 cup butter, softened

FILLING:

3 eggs well beaten
2 - 8 oz. pkgs. cream cheese, softened
1/4 tsp. salt
1 cup sugar
2 tsp. vanilla
1/4 tsp. almond extract
3 cups dairy sour cream

GLAZE:

1 can cherries
2 tbsp. cornstarch
1 tbsp. sugar
Red food coloring.

DRAIN cherries, with the syrup mix cornstarch, sugar. Bring to boil stirring constantly. Cook and stir until mixture is thick and clear. Fold in cherries, cool, add a few drops red coloring before adding cherries. OR use 1 can cherry pie filling mix.

Combine eggs, cream cheese, sugar, salt, vanilla and almond extract. Beat until smooth. Blend in sour cream. Pour into crumb crust mixture. Bake 35 min. or just till set. Cool.

Chill thoroughly about 4 or 5 hrs. Filling will be soft. Pour glaze over cake and chill before serving.

CHEESE CAKE

1-1/4 cups graham cracker crumbs
1 cup sugar
1/4 cup melted butter
1 1/2 lbs. dry cottage cheese
1/4 cups unsifted flour
1/4 tsp. salt
6 eggs, separated
1 cup dairy sour cream
Rind & juice of 1 lemon.

Combine graham cracker crumbs, 1/4 cup sugar and melted butter; press against sides and bottom of 9 inch. springform pan, bake at 325° for 5 minutes. Cool.

Press the cottage cheese through a fine sieve, add half of the remaining sugar, the flour, salt, egg yolks, sour cream, lemon rind, (grated) and juice. Whip until thoroughly blended. Beat the egg whites until stiff. Gradually adding the remaining sugar. Fold into the cheese mixture. Spread mixture into prepared pan and bake at 320° for 1-1/2 hrs. or until cake tests done. Cool in pan. Decorate with fruit of the season, then glaze.

FILBERT TORTE

12 eggs	1/4 tsp. cinnamon
8 ozs. ground filberts	2 tbsp. rum
2 1/2 cups icing sugar	1 tsp. cream of tartar
8 tbsps. bread crumbs	1 tsp. baking powder

Grease 3 springform pans - 10 in. size. Preheat oven to 350°. Beat egg whites with cream of tartar. Add the sugar gradually & beat until firm but not dry. Add egg yolks one at a time. Add rum. Mix dry ingredients & fold into egg mixture.

Bake for 30 - 35 mins. Cool, then sprinkle layers with additional rum before spreading icing of your choice.

ROAST BEEF

Piece of Beef - any cut - standing rib, rolled rib, sirloin tip, square or round or rump, and one or twice a nice thick Cross Rib (good but not quite as tender
It must be at room temp. (imp.)

SET OVEN TO 500°.

Season roast with garlic, pepper and a little salt.

Roast beef at 5 minutes per lb. - UNCOVERED

Turn off oven.

Let roast sit in oven for two hours more.

IMPORTANT - Do not open oven until 2 hrs. are up.

The end result - beautifully brown on top, pink and juicy & tender inside.

INDIVIDUAL COFFEE CAKES

6 English muffins split
1/2 cup soft butter or marjarine
1/2 cup brown sugar
1/4 cup cinnamon
1/4 cup finely chopped walnuts

HEAT BROILER. Have ready a cookie sheet. Put muffins on cookie sheet, split sidedown. Slip under broiler for a minute or two to lightly brown and heat muffins. Remove from oven and turn.

Cream butter, sugar and cinnamon together, then stir in nuts. Spread thickly on muffins. Put low under the broiler and heat until lightly browned and bubbling. Serve warm. (Makes 12 small coffee cakes.)

CHOCOLATE PEANUT BUTTER BALLS

2 cups Peanut Butter
2 cups icing sugar
4 tbsp. butter
3 cups Rice Krispies
1 tsp. vanilla
Pinch of salt

Mix all together. Form into balls. (teaspoon size)

Place on wax paper and freeze. Keep hand a little wet with cold water when rolling into ball size.

Insert toothpick in center of ball and coat with chocolate.

Chocolate Dip:

Melt together slowly:

1 pkg. of 8 oz. semisweet chocolate

1/2 bar parowax (Esso)

You could use less wax for thicker chocolate.

Makes 120 balls.

They take time to make but are delicious.

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