

UKRAINIAN WOMEN'S ORGANIZATION
OF CANADA

ST. CATHARINES BRANCH



UKRAINIAN FAVOURITES



September, 1981

TO ALL OUR READERS:

As 1981 is the 90th Anniversary of the settling of Ukrainians in Canada, "UKRAINIAN FAVOURITES" was compiled and published to honour our Ukrainian pioneers who worked so earnestly and diligently in the Ukrainian Women's Organization and the St. Catharines community.

Many of the recipes in this cook book are traditionally Ukrainian but many are "favourites" of our Ukrainian contributors.

We truly hope you will try and enjoy our recipes as much as we enjoyed selecting them.

Special thanks to the following members who served on the committee for compiling this cook book:

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Sincerely,

Olga Czerwoniak

1981 O.Y.K. President
and Cookbook Chairman



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A P P E T I Z E R S



SHRIMP DIP

2

8 oz. can of shrimp
3 oz. cream cheese
1 1/2 tsp. chili sauce
1/4 cup mayonnaise
1 tbsp. lemon juice
1/8 tsp. worcestershire sauce
onion flakes.

Mix all the ingredients. Serve with fresh vegetables or on crackers.

SALMON STUFFED CUCUMBER RAFTS

4 med. cucumbers, peeled
2 cans large of salmon
1/2 cup each, finely chopped green pepper,
green onion and celery
parsley
3 hard cooked eggs, chopped
1 tomato diced
2 tbsp. lemon juice
1/3 mayonnaise
salt and pepper to taste

Method:

Cut cucumbers in half lengthwise and remove seeds. Flake salmon and combine with remaining ingredients. Spoon into cucumber halves. Garnish with lemon and parsley. 8 servings.

SARDINE DIP (Super Good)

1 can sardines
1 tsp. paprika
1 8oz. cream cheese
1 tbsp. lemon juice
chopped onion

Method:

Drain sardines and mash with fork. Season to taste with salt, pepper, paprika. Add cream cheese, beat well, add lemon juice and onion. Serve on crackers. It's great!

SARDINE EGG DIP

3

8 hard boiled eggs, mashed
3 1/4 oz. sardines
1/4 cup sour cream
1/3 cup chopped pickles
2 tsp. prepared mustard
2 tbsp. lemon juice
salt & pepper to taste

Method:

Combine all above ingredients. Serve with crackers.

BLUE CHEESE DIP

1/4 lb. blue cheese, crumbled
4 oz. cream cheese, room temperature
1 tsp. butter (soft)
1 tbsp. grated onion
1 tsp. cream
salt & pepper to taste

Method:

Combine all of the above and spread on crackers.

PARMESAN ONION CANAPES

1 cup mayonnaise
1 cup grated parmesan cheese
1/2 cup finely chopped onion
1 tbsp. milk
1 loaf sliced cocktail bread, lightly
toasted.

Method:

Mix first 4 ingredients. Spread on toast. Place on baking sheet, broil 2-3 minutes till bubbly and golden brown.

PICKLED HERRINGS

8 milker herrings
1 onion
2 tbsp. vinegar
1 pint sour cream
few lemon slices
whole spices (pinch)
few grains whole peppers (black)
bay leaf

Method:

Wash the herrings and soak overnight. Next day remove the ekra and the milk from the inside of the herring. Take the ekra and mix with spice and take the milky part (inners) put through a sieve add the vinegar and sour cream and set aside.

Next slice the onion. In a gallon jar layer onion then herring, repeat pour the ekra and spices over each layer. After the jar is filled layer upon layer, then pour the milky mixture over the completed herrings, cover and they are ready to eat in a couple of days.

Note: You can slice very thinly dill pickles and add to the jar if you so desire.

CURRY DIP

1 1/2 cup mayonnaise (not miracle whip)
3 heaping tbsp. sour cream
1/2 tsp. salt
1/2 tsp. pepper
1/2 tsp. dry mustard
2 dashes tobasco sauce
2 tsp. curry
1 medium grated onion
Mix the above ingredients thoroughly, and chill for 4-5 hrs. Serve on crackers.

PICKLED EGGS

5

2 cups white vinegar
1 tsp. pickling spice
2 tbsp. sugar
1 tsp. salt
12 hard boiled eggs

Method:

Combine first 4 ingredients, simmer 8 min. Place eggs in sealer, pour brine hot over eggs straining the spices. Use in 2 wks.

CHEESE BALL

2-8 oz. pkgs. cream cheese
1 onion chopped fine
1/2 cup chopped green pepper
2 pkgs. pecans chopped
1 can drained crushed pineapple
1 tbsp. salt (seasoned)

Method:

Have cheese at room temperature for a few hours until soft. Place in bowl and mash with fork or potato masher. Add rest of ingredients and mix. Place mixture on a piece of foil paper and wrap and shape into a ball. Place in fridge until ready to use as cracker spread. (If desired wrap ball in chopped nuts before putting in fridge.)

VEGETABLE DIP

2/3 cup mayonnaise
2/3 cup sour cream
1 tsp. dry onions
1 tsp. dry parsley
1 tsp. worcestershire sauce
1 tsp. dill weed
1 tsp. seasoned salt
2 tsp. accent

Combine all of the above ingredients and mix well.

Note: Use 5 lbs. mushrooms canned or fresh that are boiled for 5-10 min. in salted water.

Marinade:

2 tsp. salt

1 cup water mixed with 2 tbsp. chicken stock

2 cups oil

1 cup vinegar and 1/2 cup lemon juice

1/2 cup red or white dry wine

1/2 cup finely chopped parsley

2 tbsp. oregano

1 full head of garlic crushed

2 tbsp. pepper

1 tbsp. thyme

Method:

Combine all the above ingredients, add the mushrooms, and leave in the marinade at least 3 hrs. Can be stored in fridge for several weeks. Ideal for a large crowd.

MARINATED MUSHROOMS

Clean 1 lb. mushrooms. Place in pot, cover with water, bring to a boil, for approx. 5 min. Drain and rinse.

In small saucepan, combine 1/3 cup red wine vinegar, 1/3 cup salad oil, 1 small onion sliced thinly and separated into rings, 1 tsp. prepared mustard, 1 tbsp. brown sugar. Bring this to a boil, add drained mushrooms, mix well. Chill in covered bowl.

SNAILS WITH GARLIC BUTTER

7

3/4 lb. butter
2 tsp. chopped shallots
4 cloves garlic, peeled
1 tbsp. chopped celery
1 tsp. salt
pepper to taste
3-4 dozen snails (with or without shells)
fine bread crumbs

Method:

Combine all ingredients but snails and crumbs in blender or food processor, or chop very fine, then mash in a mortar until smooth. Put a little of the butter in bottom of each shell or in the indentations of each ceramic dish made for use with snails cooked without their shells.

Add snails and top with remaining butter. Sprinkle with bread crumbs and bake in oven 400°-450° or under broiler 7-8 min. Serve immediately with french bread.

Serves 4-6.

Note: Even if you don't use the garlic butter on snails, it is delicious on crusty bread or on top of a steak. Garlic butter should be frozen if not used within a day or two, as garlic tends to make butter deteriorate.

CRAB DIP

1 can crab
tbsp. mayonnaise
salt & pepper to taste
1/4 cup chopped celery
1/4 cup chopped onions
parsley
Mix all ingredients and serve with crackers, celery, whatever.

ZUCCHINI PANCAKES

8

Prepare pancake mix as per pkg.
Stir in 1 med. zucchini grated
2 tbsp. grated parmesan cheese
salt & pepper to taste
Make silver dollar pancakes and serve hot.

COTTAGE CHEESE PANCAKES

1 cup cottage cheese
2 eggs
1 tbsp. cornstarch
2 tsp. honey
Put this all in the blender, fry on butter
or oil and serve hot.

SAUCE FOR RIBS

1 can consomme soup
1 cup marmalade
1/4 cup ketchup
1/8 cup worcestershire sauce
1/8 cup brown sugar
garlic, basil, salt, pepper to taste
1/8 tsp. oregano

Method:

Cook all the above ingredients and pour
over spareribs or pork chops.

AVOCADO GUACAMOLE DIP

Lightly mash 4 avocados. Combine 1 tsp.
seasoned salt, 2 tbsp. lemon juice, 1/2 tsp.
worcestershire, 1/8 tsp. tabasco, 1 chopped
tomato. Chill before serving with chips
or crackers.

CHICKEN WINGS

9

2 beaten eggs dip wings, roll in cornstarch and deep fry first

Sauce

3/4 c. sugar

1/2 c. vinegar

1/4 c. chicken **bouillon cubes**

1/4 c. water

4 tbsp. ketchup

1 tbsp. soya sauce

salt to taste

Method:

Pour the sauce over the chicken wings and bake 350° 1 hr.

EGG BALLS

4 hard-cooked eggs, peeled

1/4 cup butter soft

1/2 tsp. salt

pinch of cayenne

1/2 tsp. worcestershire sauce

1/8 tsp. celery seed

1/3 cup pkg. fine bread crumbs

2 tbsp. butter

Method:

With the back of a wooden spoon press eggs through a strainer into a small bowl; add the 1/4 cup butter and mix well.

Stir salt, cayenne, sauce, celery seeds into egg mixture. Shape egg mixture into

3/4 in. balls and chill 1 hr. Prepare

bread crumbs. Heat oven 325°. Place bread crumbs and 2 tbsp. butter in pie

plate, place in oven and bake 15 min.

stirring lightly until crumbs are brown.

Remove plate from oven and cool. Roll

egg balls in the bread crumbs to coat

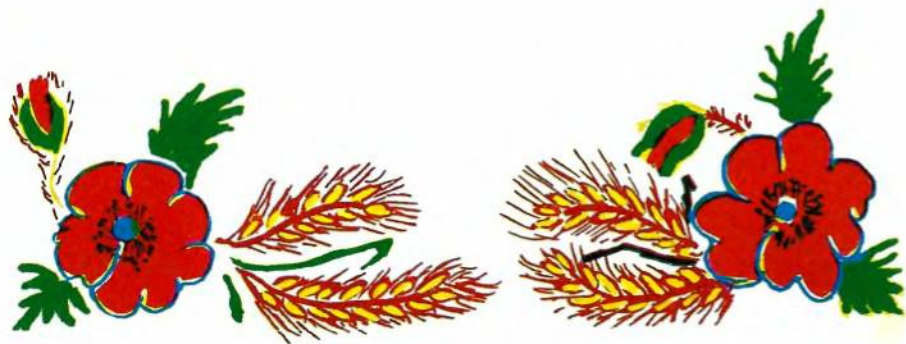
thoroughly. Makes 16 to 18 balls.



B R E A D S

B U N S

R O L L S



8 1/2 cups all purpose flour
15 egg yolks
3 pkgs. dry yeast
1 1/2 cups sugar
2 cups milk
1/4 cup oil
1/4 cup butter
1/2 tsp. salt
1/4 tsp. lemon rind grated
1 tsp. vanilla or more if desired

Method:

Heat milk to lukewarm and add yeast and a little sugar. When the yeast has "puffed up" about 10 min. add 2 cups flour to make a smooth paste. Cover and put in warm place 30-45 min. When this rises, add well beaten egg yolks with salt, oil, sugar, lemon rind, and vanilla. Mix well. Now add flour gradually and mix well.

Note: Not all the flour at once.

Leave 1 cup of flour for kneading, add a little butter kept at room temperature, and flour alternately and keep kneading for 30-45 minutes until dough appears to have bubbles in it. Cover and place in warm area for 3 hours.

Take dough out and put in well greased pans, round, square or loaf, so that only 1/4 of the pan has dough in it. Cover and return for rising 3 hours or until pan is filled with this dough. Beat 1 egg and brush mixture over the dough, place in oven at 325° and bake for approximately 1 hour or until done.

1 small butternut squash
1/2 cup oil
1/2 cup butter
1 cup milk
5 egg yolks
2 whole eggs
juice of 1/2 lemon
rind of 1 orange
1 tsp. vanilla
1 tsp. nutmeg
3 pkgs. dry yeast
1 cup sugar
1 tsp. salt
8 cups flour

Method:

Peel and cut 1 small squash, cook until soft. Mash with potato masher. Melt butter, add oil and let cool. Scald milk and let cool.

Combine these 4 ingredients and set aside. Into 1/2 cup warm water and 3 tsp. sugar, sprinkle 3 pkgs. dry yeast and cover. Let this rise for about 10 minutes in a warm place. Beat yolks and eggs until light, add lemon juice and rind, vanilla and nutmeg. Sift sugar, salt and 8 cups of flour. Combine squash mixture, egg mixture and yeast mixture. Gradually add flour mixture to liquid mixture, mix well. Knead until dough becomes elastic and does not stick to the hands. Let rise in warm place. Punch down, and let rise a second time, until doubled. Shape dough into rounds and put in high round greased baking pans, dusted with flour. Let rise until doubled. Brush with beaten egg. Bake 350° 15 min. then reduce heat to 300° and bake 15 min. reduce to 275° and bake 30 minutes.

Yield: 4 good sized babkas.

Dissolve 2 pkgs. yeast in 1/2 cup warm water, **add 1 tsp. sugar to yeast**

5 cups all purpose flour

3/4 cup crisco

3/4 cup butter

Prepare all above as for pie.

Method:

Beat 3 eggs and add 3/4 cup milk. Add to yeast mixture, add this to flour mixture. Do not knead, just push together into a ball and let stand 2 hrs. covered.

Divide, working with a small portion of the dough roll out on sugar. Cut into small shapes as triangles or rounds use any filling you desire such as: prunes, nuts, raisins, jam, etc. and seal edges.

Place on cookie sheet which has been greased, bake 375° 10-15 min.

HONEY CAKE

6 eggs separated

1 cup honey (melted)

1 cup mazola oil

2 cups monarch cake and pastry flour

2 tsp. baking soda

1/2 tsp. cream of tartar

Method:

Beat egg yolks separately with honey **until** light in texture. Add sifted flour and soda. Beat the egg whites separately with the cream of tartar until stiff peaks form. Add the oil to the yolk mixture. Fold in egg whites into the yolk mixture folding in real well. Bake in greased 9 x 13" pan, 300° 35-45 min. or until done when cake tester comes out clean.

30 yolks
5 egg whites
1 1/2 cup sugar
3 cups boiled milk
1 lb. melted sweet butter
1/4 cup mazola oil
16 cups all purpose flour
1 tbsp. wine
1 tbsp. rum flavoring
1 tbsp. vanilla
1 tbsp. rye whiskey
1 tsp. freshly grated orange rind
1 tsp. freshly grated lemon rind
1 1/2 tbsp. salt
2 pkgs. dry yeast

Method:

Beat eggs and sugar until light and fluffy. Prepare yeast according to instructions on package. Add cooled boiled milk and 5 cups of flour to yeast mixture. Allow to stand for 10 minutes. Add eggs and remaining ingredients, gradually, and beat well. Add remaining flour and mix well. Knead for 30 min. in a large bowl. Cover and store in refrigerator overnight. Fill containers to 1/4 capacity and let stand until the dough rises to full capacity. Brush tops of each paska with egg whites. Bake 300° 45 min. or until golden brown.



3 cups flour
1/2 lb. butter soft
3/4 cup milk
2 large eggs
1/4 cup sugar
1 tsp. vanilla
1 pkg. yeast

prune filling:

pitted prunes

1 tbsp. sugar

add water to cover prunes and bring to a boil. Then drain and cut prunes in half.

Method:

Mix butter, sugar, flour together. Mix warm milk with yeast, 1 tsp. sugar, mix yeast mixture with vanilla, to the flour mixture. Do not mix too much. Put in fridge over night. In the morning roll out very thin the dough. Cut into rectangle pieces. Put the filling in the centre of each dough rectangle. Let the buns rise before baking. Bake 325° until brown.

COTTAGE CHEESE BISCUITS

2 cups all purpose flour
4 tsp. baking powder
1 tsp. salt
2 tbsp. margarine
1 egg lightly beaten
1 cup cottage cheese
1/4 cup milk

Method:

Mix flour, baking powder, salt. Cut in margarine finely. Combine egg, cheese and milk; add to dry ingredients stirring with a fork until moistened. Press into a ball. Roll out to a rectangle 1/2 in. thick. Cut into 18 squares; place on lightly greased baking sheet. Bake 425° 10-12 min. serve warm.

HOME BAKED RYE BREAD

2 cups milk
1/2 cup molasses
2 tsp. salt
1/3 cup shortening
2 tsp. anise seed
1/2 cup warm water
2 tsp. sugar
1 beaten egg yolk
2 pkgs. yeast
4 cups rye flour
3 cups all purpose flour
1 tbsp. water

Method:

Bring milk to boil, cook and mix with molasses, salt, shortening and anise seed. Prepare yeast with 1/2 cup water and 2 tsp. sugar and let stand 10 min. Combine the milk and yeast mixtures and keep adding flour to make a smooth dough that is bubbly and light but firm. Put into large bowl, cover and let rise about 1 hr. Kneading is important. After dough has doubled, pound it down and divide into 3 parts. Roll into balls and then into 10" lengths. Place on greased sheets and let rise again about 45 minutes. Score the tops and spread the beaten egg yolk and water on top of each loaf. Bake 375° 30-35 min.

Yield: 3 loaves

2 pkg. yeast
1/2 cup warm water
1 tsp. sugar
3 eggs
1/2 cup sugar
1/2 cup oil
1 cup milk

5 cups sifted flour
1/2 tsp. salt
lemon rind

Method:

Add 1 tsp. sugar to warm water and sprinkle with yeast. Leave in warm place until it rises (10 min.)

Beat eggs, add sugar, oil and milk, and combine with yeast mixture.

Gradually add flour, salt and rind to yeast mixture. Beat with spoon until smooth. When all flour is added, knead for a few minutes. Place in warm large bowl and let rise until double (1 1/2 hrs.) Divide into three balls and cover. Roll out into a circle. Spread with poppy seed filling, cottage cheese or jam. Cut in 12 crescent pieces. Roll up, beginning at the wide end. Place on baking sheet and let rise in warm place until double in bulk. Brush with egg yolk, sprinkle with sugar.

Note: Can also be made into 1 1/2" round balls and filled with a sauerkraut filling and placed in a square or oblong pan, side by side, and let rise until doubled.

Sauerkraut Filling:

Bring 1-2 cups sauerkraut to a boil, approximately 15 minutes. Drain, squeeze until dry and mince coarsely in food chopper. Add salt and pepper, along with 1 diced onion fried in butter. Mix well, let cool before using. Brush with egg yolk. Bake 3/4 hr. 325°.

1 cup milk .
1/2 cup sugar
2 tsp. salt
3/4 cup cold water
1/4 cup shortening or margarine
1/2 cup lukewarm water
2 tsp. sugar
2 pkgs. fast rising dry yeast
3 eggs, well beaten
7-7 1/2 cups all purpose flour (not sifted)

Method:

To 1/2 cup lukewarm water, stir in 2 tsp. sugar, sprinkle with yeast. Let stand 10 minutes, then stir until blended. Scald milk, add sugar, salt, shortening and cold water. Cool to lukewarm. Add beaten eggs to yeast mixture and blend together add to milk mixture. To 3 1/2 cups of flour, add the lukewarm milk-eggs-yeast mixture, **beat until smooth** and elastic. Work in balance of 4 cups flour to make a soft dough. Mix with one hand, using a swinging rotary motion. Turn out dough on lightly greased surface, and knead until smooth and elastic, about 5 min. Place in lightly greased warm large bowl, cover with greased waxed paper and clean cloth. Let rise about 1 1/2 hours. Punch down dough. Cut into 4 equal pieces with sharp knife, round up each piece, cover and let rest 15 min. Roll each rounded piece of dough to a 12"x18" rectangle. Brush with 2 tbsp. melted butter or margarine. Sprinkle with 1/4 cup sugar and 1 tbsp. grated orange rind. Fold over in thirds to form rectangle 12"x6". Cut into strips 3/4" wide and 6" long. Roll ends of each strip in opposite directions and bring together to form circle. Seal ends and place on baking sheet. Let rise until double in bulk. Bake 350° 15 min. Frost with vanilla icing. Makes 48 rolls.

3 1/2 cups milk
7 cups all purpose flour
3 large eggs
1/2 cup butter
1 tsp. salt
2 tbsp. oil
3/4 cup white sugar
3 tbsp. fresh yeast
icing sugar

Method:

Heat milk, but not scalding. Cream butter thoroughly, add sugar and blend, add beaten eggs to above mixture and blend thoroughly. Mix yeast with 1/2 tsp. salt until smooth and liquidy, add to butter, sugar mixture and beat until well blended. Add sifted flour, salt, oil and milk and combine well. Knead at least 15 min. until satiny.

Place in warm place for rising, cover with towel. (about 2 hrs.) When risen, take out dough carefully and place on floured tea towel. Stretch or pat out with hands to form a circle about 1/2" thick.

Using a glass tumbler, cut out circles and punch out holes for centre. Handle as little as possible. Place on lightly floured tea towel, and let rise for 1/2 hr. Deep fat fry in oil, turning once. Place on paper towels in roast pan or tray. Sprinkle with sifted icing sugar. Now enjoy them.

4 eggs
1 cup oil
2 cups sugar (beat all ingredients above)
3 1/2 cups flour
1 1/2 tsp. salt
1 1/2 tsp. baking soda
1 tsp. cinnamon (sift these 4 together)
2 cups grated zucchini
1 cup raisins (optional coated with flour)
1 cup crushed corn flakes or alpen
1 tsp. vanilla (mix these 4 together)

Method:

Mix all ingredients together in a bowl.
Put into 2 greased loaf pans or one large pan. Bake 350° 55-60 minutes until done.

ZUCCHINI BREAD (No. 2)

3 eggs
2 cups lightly packed brown sugar
1 cup oil
2 cups grated raw zucchini
3 tsp. vanilla
3 cups whole wheat flour
1/2 tsp. salt
1 tsp. baking soda
1/4 tsp. double acting baking powder
1 tsp. each: cinnamon, nutmeg, ground cloves
1 cup chopped walnuts or pecans

Method:

Beat eggs until light and foamy. Add sugar, oil, zucchini, vanilla and mix well. Do not overbeat. Combine flour, salt, soda, baking powder and spices and add eggs, to zucchini mixture. Blend well and add nuts. Pour into 2 - 9 x 5 x 3" loaf pans and bake 350° 1 hour. Cool thoroughly before slicing. The flavour improves if loaves are allowed to ripen overnight.

ALMOND RAISIN CROWN

1 cup milk, scalded
 3/4 cup granulated sugar
 2 pkgs. active dry or 2 cakes yeast
 1/2 cup warm (not hot) water
 4 1/2 cups sifted all purpose flour
 blanched almonds
 1 tsp. salt
 1/2 tsp. nutmeg
 2 cups raisins
 2/3 cup snipped citron
 2/3 cup snipped candied cherries
 3/4 cup soft butter
 3 eggs, well beaten
 grated rind of 1 lemon

Method:

In large bowl, combine milk & 1/4 cup sugar, cool until lukewarm. Sprinkle or crumble yeast into 1/2 cup warm water. (Lukewarm water for yeast cake) Stir till yeast is dissolved. Add yeast mixture and 1 cup flour to milk mixture and beat with egg beater till smooth. Cover and let rise in warm place until light, 20 min.

Generously grease 10" tube pan, arrange ring of almonds on bottom.

Sift 3 cups flour with salt and nutmeg. Toss 1/2 cup flour into the raisins, citron and cherries and set aside.

Cream butter until light and fluffy. When yeast mixture is light, with wooden spoon beat in butter, 1/2 cup sugar, eggs and lemon rind. Stir in flour mixture and with spoon, beat hard for 10 minutes. Stir in raisin mixture until well combined. Turn into tube pan, cover, and let rise in warm place till mixture is 1/2" from the top of pan. Bake 375° 55 min. or until it tests done with cake tester. Let cool 15 min. Carefully remove from pan and brush with honey glaze when cooled.

2 cups milk
 1/4 lb. butter
 6 eggs beaten
 1 1/2 tsp. salt
 1/2 cup sugar
 flour
 2 cakes yeast dissolved in 1/2 cup warm
 water
 brown sugar
 cinnamon
 currents or raisins

Method:

Scald milk, add butter. When cooled a little, stir in eggs, salt, and sugar. Add dissolved yeast and stir in enough flour to make a soft dough. Let rise in warm place 1 1/2 - 2 hours. Turn out on floured board and roll 1/4 inch in thickness. Spread thickly with butter and brown sugar, dust on cinnamon, sprinkle with currants or raisins. Roll like jelly roll, cut into 1 1/2 inch pieces. Place cut sides up in thickly buttered pan. Sprinkle generously with brown sugar. Let rise in warm place about 1 1/2 hours. Bake 300° 30 minutes. Yield: 4 dozen buns.

CHRUSTY *10/1/26*

5 egg yolks
 2 eggs
 1 tbsp. sweet cream
 1 tbsp. brandy
 all purpose flour
 1/2 tsp. salt
 1 tbsp. sugar
 pinch baking powder

Method:

Beat eggs and yolks really well. Add balance of ingredients, adding enough flour to hold together. Knead dough until smooth then roll dough paper thin, cut 1 inch strips by 3 inch. Slit and pull one end of dough through hole. Fry in hot deep fat few seconds until they rise in fat. Drain, sprinkle icing sugar over them.

Note: Dumplings are a dessert when they contain sweet plums

12 prune plums
12 cubes sugar
ground cinnamon
6 potatoes
2-3 cups all purpose flour
1 egg yolk
1/4 lb. butter
pinch salt
3/4 cup fine dry breadcrumbs
3 tbsp. butter

Method:

Pit the plums without separating the halves completely. Replace each pit with a sugar cube that has been rolled in cinnamon.

Boil potatoes until soft, then peel. Mash them and measure quantity. Add equal amount of flour, egg yolk, butter and salt. Knead well. Roll dough out on a floured board to thickness of 1/4".

Cut into 4" squares and place plum in center of each. Bring four corners together to make round, watertight dumplings. Drop a few at a time into boiling salted water and cook 15 minutes. If you notice any sticking to the bottom of the pot, prod them gently until they rise to top.

Meanwhile brown the breadcrumbs in 3 tbsp. butter and keep warm.

Drain each dumpling as it is done and roll in the breadcrumbs. Serve hot. Yield 6 servings.

1 qt. milk
1 cup water
3 pkgs. yeast
1 cup sugar
1/2 cup margarine
1/2 cup butter
6 whole eggs
pinch salt
approx. 8 cups flour

Method:

Heat milk, dissolve yeast in lukewarm water. Beat eggs and sugar until light. Melt butter and margarine. Mix altogether and add flour gradually, enough to make a soft dough. Knead well, cover and let rise in warm place until doubled. Punch down, knead once again and roll out on floured board about 1/4" thick. Cut with a doughnut cutter, and let rise until double in size. Deep fry in hot oil. Drain on paper towelling, sift icing sugar over the cooled doughnuts.

DOUGHNUTS

Heat 2 pts. cream and let cool. Soak 1 yeast cake in little warm water. Beat 10 egg yolks until foamy, add 8 tbsp. sugar, a little at a time. Add yolks to cream and yeast mixture. Lastly, add 1 tsp. salt, vanilla, lemon flavor. Beat thoroughly, add about 5 cups flour. Mix smoothly, soft. Knead 5 tbsp. melted butter. After it has risen, place on floured board. Handle dough lightly. Cut into shapes. Let rise again for 1/2 hr. Fry in hot oil. Dip in sugar. When cool store in crock. Very light doughnuts.

1 lb. lard
1 pkg. dry yeast
5 eggs
1 tsp. salt
1 cup milk
approx. 6 cups flour

Filling:

ground walnuts
sugar to taste
1/2 tsp. vanilla
poppy seeds
lemon juice
1 egg

Mix thoroughly, all the above ingredients.

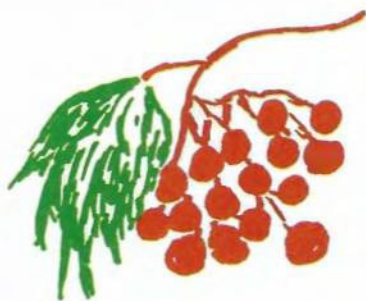
Method:

Sprinkle yeast over 1/2 cup warm water to which has been added 2 tsp. sugar. Cover and let rise for 10 minutes. Beat eggs until light, add vanilla and combine with yeast mixture.

Blend in lard with flour until thoroughly crumbly, add milk and yeast mixture.

Work into a soft dough until formed into a round ball. Place in covered dish and refrigerate for about 4 hours.

Sprinkle sugar and flour on large surface, and roll dough very thin, cut into equal sized triangles. Place 1 tsp. filling on each triangle and roll up into crescents. Bake at 350° about 15 minutes, or until golden brown.



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C A K E S

T O R T E S

C O O K I E S

D E S S E R T S

P I E S



Base:

Mix graham wafer crumbs with melted butter and spread on bottom of pan.

Filling:

2 egg yolks (well beaten)

2 1/2 tbsp. sugar

2/3 cup milk

pinch salt

1/2 tsp. vanilla

1 tbsp. gelatin

1/4 cup cold water

2 egg whites

2 1/2 tbsp. sugar

2 squares chocolate (chopped finely)

Method:

Beat egg yolks, add sugar, milk and salt. Cook in double boiler until thick. Add vanilla. Pour gelatin into cold water and let stand. Add gelatin to egg yolk mixture and chill.

Beat egg whites and sugar until fluffy. Add chilled egg yolk mixture to egg whites and mix well. Add chopped chocolate. Pour over graham crust base, top with chocolate pieces. Refrigerate until ready to serve.

MUSKMELON DELIGHT

2 muskmelons (cantaloupe) peeled

1 can fruit cocktail, drained or seedless grapes, bing cherries and melon balls

1 3 oz. pkg. cherry gelatine

Method:

Cut muskmelons in half. Scoop out seeds. Prepare gelatine and cool. Add fruit cocktail and let set until firm enough to fill cavity of melon. Put filled melon together and refrigerate until firmly set. Slice in rounds with garnish or whipped cream.

LEMON SNOW

(Weightwatchers Dessert)

1 envelope gelatin
1 1/4 cup cold water
3/4 cup sugar
1/4 cup lemon juice
1/4 tsp. salt
1 tsp. grated lemon rind
2 unbeaten egg whites

Method:

Sprinkle gelatin on 1/2 cup water in top of double boiler. Place over boiling water and stir until dissolved. Remove. Add all ingredients but eggs. Stir, chill. Add unbeaten egg whites, beat until stiff. Pour into mould.

COCONUT CONES

1/4 cup butter
2 1/2 cups sifted icing sugar
4 tbsp. evaporated milk
3 cups finely chopped coconut
1 pkg. semi-sweet chocolate or
2 oz. bitter chocolate

Method:

Melt butter over low heat. Stir in milk, icing sugar and coconut. Drop by teaspoon on sheet of waxed paper. When cool shape into cones. Dip bottoms of cones in melted chocolate and refrigerate. Makes 2 1/2 dozen cones. Nice for a party.

1 sponge, yellow or pound cake, stale
20 oz. pkg. frozen raspberries
3 1/2 cups instant vanilla pudding
 made with whole milk or 18% cream
1/2 cup medium sherry
1 cup whipping cream
2 tbsp. icing sugar

Garnish: drained raspberries, maraschino cherries, or slivered almonds

Cut cake into small tiny pieces or slices and arrange in a wide shallow bowl or for a crowd, a deep glass bowl. Spoon a layer of semi-thawed fruit over cake. Mix the sherry into the vanilla custard and spoon a layer of the custard over the fruit. Repeat the layers, finishing with a layer of custard. (If desired, pour an additional 1/4 cup sherry over all - inserting a knife to the bottom in several places so the sherry will soak through). Cover with saran wrap. Allow to mellow in the refrigerator for at least 24 hrs. Just before serving, whip cream until stiff and mix in icing sugar. Spread over and garnish with drained raspberries maraschino cherries or slivered almonds.

ROBIN GRAPEFRUIT DIP

1 cup sour cream
1 tbsp. honey
juice of 1 grapefruit

Method:

Mix together until smooth and creamy. Good for dipping potato chips, crackers, or fresh vegetables.

1 1/2 cups stale bread cubes
2 tbsp. butter
1/2 cup maple syrup or honey
2 cups thinly sliced, peeled apples
or peaches.

Method:

In large saucepan, brown bread cubes in butter over low heat, stirring often. Add balance of ingredients, cover and cook about 8 min. over low heat. Serve hot or cold with cream.

LAYERED TORTE

2 eggs
3 tbsp. sugar
2 cups flour
1/2 lb. butter
1 tbsp. baking powder

Method:

Mix above ingredients until dough is of a soft consistency. Let rest for 1/2 hr. Roll thinly into rounds. One way is to use the bottoms of round cake pans and bake on these. These should be very thin and six to eight layers made. Bake 400° until done. Use any favorite filling. Cream filling is especially good.

OATMEAL MUFFINS

1/2 cup butter
1 cup brown sugar
1 egg
1 cup sour milk
1/2 cup sour cream
1 tsp. baking soda
1 cup oatmeal
2 cups flour
1 tsp. baking powder

Method:

Mix all ingredients well. Spoon into muffin tins. Bake 375° 15-20 min.

3 eggs beaten
2/3 cup all purpose flour
1/2 tsp. salt
1/2 tsp. vanilla
1 cup milk
3 tbsp. mazola oil

Method:

Combine all the ingredients, and beat until smooth. Let stand for 2 hrs. or over night.

Slightly grease a 6 in. skillet, which has been heated well. Pour about 3 tbsp. of batter into pan, cook until lightly brown, turn and brown slightly on other side. When batter is all used up fill each crepe with 3 tbsp. of the following filling, and roll up.

Filling:

1 lb. cottage cheese
1/4 lb. cream cheese
1 tbsp. lemon juice
1/4 cup orange juice
grated rind of 1 orange
1/4 cup sugar or honey

Place crepes onto greased pie plate or casserole dish, sprinkle with grated orange rind. Heat and serve with sour cream or the following sauce:

Sauce:

Melt: 1/2 cup honey
1/4 cup orange juice
1 tbsp. orange rind

Heat all the above and pour over crepes.

5 eggs, well beaten
1 cup sugar
1 cup oil
3 cups sifted flour
1 tsp. baking soda
1 tsp. baking powder
1 cup raisins
4 apples, shredded

Method:

Combine eggs, sugar and oil and beat well. Sprinkle a couple of spoonfuls of flour taken from the 3 cups flour and put over the raisins and apples and coat well. Sift dry ingredients and add to egg mixture. Add raisins and apples and mix well. Pour into greased baking pan 9 x 12" bake at 350° 40 min. or until done.

PRUNE PLUM COFFEE CAKE

4 cups warm milk
2 pkg. dry yeast
2 tsp. salt
4 cups flour
1 cup butter
1/2 cup shortening
fresh prune plums or frozen ones

Topping:

1 cup sugar
1 cup flour
1/2 cup butter (Mix all until crumbly.)

Method:

In large bowl sift, salt, flour, cut in butter and shortening till coarse. Sprinkle yeast over warm milk and let stand a few minutes. Add to flour mixture. Work with hands until a nice soft dough ball. Place in warm spot to rise until doubled. Punch down and form into roundish balls the size of a lemon, side by side in a large oblong pan. Lay the prune plums on top, covering completely. Sprinkle topping over the plums. Bake 350° 1/2 hr.

6 egg yolks
 1 cup honey (melted and cooled)
 3/4 cup mazola oil plus 2 tsp.
 Beat the above really well until thick
 and creamy

Sift: 3 times,

2 cups Swans down cake flour
 1 tsp. baking powder
 1 1/2 tsp. baking soda

Beat separately

6 egg whites with 1/2 tsp. cream of tartar
 until very stiff.

Add 1 tsp. vanilla to the first mixture
 then fold gently the egg white mixture
 into the honey mixture (you can add nuts
 if you like here) until the mixture is
 thoroughly mixed. Bake 325° 1 hour, in
 cake pan 13 x 9 1/2". This is a large
 cake.

HONEY GLAZE

In saucepan, combine 1/4 cup honey,
 2 tbsp. sugar and 1 tbsp. butter.
 Stir constantly and boil for 2 minutes.
 Remove from heat. Stir in 3 tbsp. melted
 currant jelly. Use at once to glaze
 cake.

SCONES

2 cups flour	1/4 cup sugar
4 tsp. baking powder	1/4 cup shortening
1/4 tsp. salt	1/3 cup raisins
1 egg	3/4 cup milk.

Method:

Beat egg & milk, add remaining ingredients
 and make 1" thick pattie. Cut into various
 shapes and bake 400° 10-15 min.

3 1/2 cups all purpose flour
1 1/3 cups butter
2 egg yolks
1 egg
3/4 cups sour cream
pinch of salt

Filling:

1/2 lb. poppy seeds (ground)
2 tbsp. butter
sugar to taste
1/2 lemon peel grated
2 egg whites

Method:

Cut butter into flour, add egg yolks, stirring with a fork until moistened, add sour cream and salt. Press into a ball. Put in refrigerator overnight. Roll dough 1/6 in thick, cut into squares, place poppy seed filling. Fold 4 corners of squares toward centre, brush with egg whites. Bake 400° oven to a light golden brown, sprinkle with sugar.

Note: If the poppy seeds have not been ground, pour boiling water over them drain, and grind.

LIGHT FRUIT COOKIES

1/2 cup soft butter
1/2 cup soft shortening
1/2 cup brown sugar
1 egg
1 1/2 cup sifted pastry flour (or vitamin)
1/2 tsp. salt
1 tsp. baking soda
1 cup coconut
1 tsp. vanilla
1/2 cup sour cream
2 1/2 cups of rolled oats
dates, raisins, cherries (optional)

Method:

Drop by spoonfull on greased pan. Bake 350° **until** browned.

PINEAPPLE NUT CAKE

35

2 eggs

2 cups sugar

1 tsp. vanilla

Beat all the above ingredients until fluffy.

Then:

Add 1 can crushed pineapple (19 oz. can)

2 cups all purpose flour

2 tsp. baking soda

1/2 tsp. salt

1 cup finely chopped nuts

Blend in thoroughly and pour into greased and floured pan 9 x 13 inches. Bake 325°

35-40 minutes until done.

Icing:

8 oz. pkg. creamed cheese (softened)

1 1/2 cups icing sugar

1/2 cup butter or margarine

1/2 tsp. vanilla

Method:

Beat all together and spread over warm cake.

DATE AND NUT LOAF

1 cup cut up dates

3/4 cup brown sugar

1/2 cup chopped walnuts

1 cup boiling water

1 tsp. baking soda

1/4 cup butter or crisco

1 egg

1 1/2 cups flour

1/2 tsp. salt

Method:

Pour 1 cup boiling water over dates and nuts. Sift together flour, salt. Cream butter and add the sugar, mix well. Add egg, beat well. Add baking soda to dates and nuts. Add sifted dry ingredients and date mixture alternately into creamed mixture. Use 9 x 5" loaf pan. Bake 350° 40-45 minutes. Let cool and store.

1 cup milk
1 package yeast
1 tsp. sugar
1/2 cup soft butter
1/2 cup sugar
4 eggs
4 cups all purpose flour
1 tsp. salt
1/2 cup currants or raisins

Method:

Scald milk and cool to lukewarm. Dissolve yeast and 1 tsp. sugar in cooled milk. Cream butter, sugar until light and fluffy. Add eggs one at a time, and beat well. Sift dry ingredients, add alternately to the yeast mixture and currants. Beat well cover and let rise until doubled in size. Beat hard and spoon into a well greased 10" tube pan. Let rise until doubled in size and bake 350° 20 min. Reduce oven to 325° and continue baking for 25-30 min.

Note:

Easy to make and very good.

SHERRY PECAN LOAF

2 cup flour
3 1/2 tsp. baking powder
1 1/4 tsp. salt
1 cup sugar
3/4 cup marshino cherries drained & chopped
3/4 cup pecans
2 eggs
1/2 cup sherry
1/2 cup milk
3 tbsp. peanut oil

Mix all ingredients together. Bake in reasonably med. sized pan which has been greased and floured. Bake 350° 55-60 min.

Grease & paper line 2 loaf pans, Bake 350°

Use any combination of fruit you like for example: 1/2 lb. cherries, or 1/2 lb. pineapple and 2 cups nuts or 1 lb. cherries, red or green, 2 cups nuts

4 cups all purpose flour

1 tsp. baking powder

1/2 tsp. salt

3/4 cup butter

2 cups sugar

5 eggs

1 tsp. vanilla

Method:

Sift flour before measuring. Resift, reserve 1/2 cup of flour and mix it with the fruit & nuts. Resift the rest of the flour with baking powder and salt. Cream butter with sugar, beat in eggs one at a time. Add vanilla. Beat until light, then stir in flour mix to egg mix and beat until thoroughly mixed. Fold in fruit and nuts. Bake 1 1/4 hrs. Cool in pan for 30 min. remove the paper from cake. When thoroughly cooled, soak with brandy or wine. Wrap and store.

POPPY SEED LOAF CAKE

Butter 2 - 8 x 4 1/2" loaf pans and flour. Then add in exact order the following ingredients beating between each addition.

4 eggs beaten until foamy

2 cups granulated sugar

1 1/3 cups vegetable oil

3 cups all purpose flour

1 cup evaporated milk

1 tsp. vanilla

1 tsp. salt

1 1/2 tsp. baking soda

6 tbsp. poppy seeds Bake 1 hr. 15 min. 350°

1 cup shortening
2 1/2 cup sifted icing sugar
3 eggs
1/2 tsp. salt
1 1/2 tsp. vanilla
4 squares unsweetened chocolate
1 3/4 cup cake flour
1/2 cup sugar
1 1/2 tsp. baking soda
1 cup buttermilk

Method:

Beat the shortening, icing sugar, eggs salt and vanilla, 2 minutes at medium speed. Blend in melted chocolate during last minute. Reserve 2 cups of mixture for frosting. Sift the flour, sugar, soda, add to the remaining creamed mixture with buttermilk. Beat an additional 2 minutes. Pour into 8" pans. Bake 350° 30-35 min.

BRAN MUFFINS

1 1/2 cup sugar (brown or white)
1/2 cup crisco oil
1/2 qt. buttermilk - 2 cups
2 1/2 cups flour
2 eggs beaten
1 1/2 tsp. baking soda
1/2 tsp. salt
2 cups natural bran
1 cup boiling water
1 cup raisins or dates

Method:

Soak bran in boiling water, cream sugar & oil. Beat in eggs, natural bran. Sift flour, soda and salt. Add flour mixture to batter alternating with buttermilk. Add raisins, let stand 1 day in fridge. Bake 350° 25-30 min. Yield: 3 dozen.

2 1/2 cups flour all purpose
2 tsp. baking powder
1 tsp. salt
2 tsp. cinnamon
1 1/2 tsp. soda
1/4 tsp. nutmeg
Sift all the above together

2 cups sugar
1 1/2 cups crisco oil
4 eggs
1 tsp. vanilla
2 cups grated raw carrots
8 3/4 oz. crushed drained pineapple
1 cup chopped walnuts

Method:

Sift dry ingredients, add sugar, oil, vanilla and eggs. Mix well, add carrots, pineapple and nuts. Blend well. Bake in 13 x 9 x 2" pan or 9 x 9" pan, 350° for 60 minutes.

Icing:

8 oz. cream cheese
1/2 cup margarine
1 lb. icing sugar
1 1/2 tsp. vanilla

Mix together and ice cake. This cake is very moist; keeps well. Cake can be made with turnip instead of carrots. Cake freezes well.

6 eggs
2 cups sugar
1 1/4 cup oil
1 cup dry poppy seed
1/2 cup milk
2 cups flour
2 tsp. baking powder
1 cup chopped nuts
pinch salt

Method:

Beat eggs with sugar and oil. Add poppy seeds and milk. Sift the flour with the baking powder, add salt and nuts. Beat altogether well. Grease and flour 9 x 15" pan, pour the mixture into the pan. Top with maraschino cherries. Bake 1 hr. at 325°. Use icing sugar sifted on cake if you wish after its baked.

YOGURT MUFFINS

2 cups yogurt
2 tsp. baking soda
1 1/2 cups brown sugar
2 eggs
1 cup oil
2 cups all bran
2 tsp. vanilla
2 cups flour allpurpose
4 tsp. baking powder
1/2 tsp. salt
1 cup raisins

Method:

Measure yogurt into large bowl and mix in baking soda, set aside. In large bowl beat together sugar, eggs, and oil. Add bran and vanilla. Add flour mixed with baking powder and salt to sugar mixture alternating with yogurt. Lastly fold in raisins. Bake 350° 35 min. Yield: 2 dozen.

1/2 lb. butter
 4 egg yolks
 1/2 cup sugar
 Juice from 1/2 lemon and rind
 1 tsp. baking powder
 1 1/2 cups flour
 1 pint sour cream

Topping:

1 1/2 cup of cottage cheese put through
 sieve
 1 lb. butter
 1 cup icing sugar
 5 egg yolks
 3 egg whites beaten well with little
 bit of cream of tartar **until stiff**
 1 tsp. vanilla

Method:

Beat the first ingredients and put on
 a greased bottom pan. Then beat the
 topping mixture and pour on top. Bake
 300° 50 min.

LOW FAT CHEESE CAKE (large glass pan)

Crust: 1 1/2 cup ground cracker crumbs
 1/2 cup melted margarine or butter

Filling:

2 cups low fat cottage cheese
 2 tbsp. melted butter or margarine
 2 medium eggs
 1/2 cup sugar
 1/2 cup skim milk
 1/4 cup flour
 1/2 tsp. salt
 1/4 cup lemon juice
 1 tbsp. lemon rind

Method:

In blender mix cottage cheese, **until creamy**.
 Mix in melted margarine, add eggs, one at
 a time, add sugar, skim milk, remaining
 ingredients beating till smooth. Pour
 cheese mixture into the prepared crust.
 Bake 350° 1-1 1/2 hours.

1 cup honey
1/2 cup brown sugar
3/4 cup mazola oil
6 egg yolks
8 egg whites
2 cups cake flour
1 tsp. baking powder
1 1/2 tsp. baking soda
1 tsp. all spice
1 tsp. vanilla
1 tsp. cream of tartar

Method:

Sift flour, sugar, baking powder, soda and all spice into large mixing bowl. Make a well in the dry ingredients, and add egg yolks, honey, oil and vanilla. Beat until smooth and light.

Beat egg whites with cream of tartar, until stiff peaks form. Pour into flour mixture and fold gently, do not stir. Add chopped nuts if desired. Pour into ungreased angel food pan. Bake 325° for 60 min.

NUT TEASTOCHKA

1/2 cup butter
2 egg yokes
1 1/2 cup flour
1/4 tsp. salt
1/2 cup brown sugar
1 tsp. pure vanilla
1 tsp. baking powder

Method:

Cream butter, sugar, **yolks**, add vanilla, salt, baking powder and flour. Butter 9x9" baking dish. Spread the above mixture evenly on bottom of pan. Top it with: 2 egg whites beaten stiff, 1 cup of brown sugar (add gradually) add 1 cup chopped walnuts. Bake 350° 20 min. Cut in slices or squares, while warm.

Crust:

1 1/4 cups graham wafer crumbs
1/4 cup sugar
1/3 lb. butter or margarine melted

Method:

Combine all ingredients well and press into bottom and sides of a 9 in. spring form pan.

Filling:

1 pkg. 3 oz. lemon jelly powder
1 1/4 cups boiling water
3/4 cup sugar
3 tbsp. lemon juice
3 pkgs. softened cream cheese (8 oz. pkgs.)
2 egg yolks
1 envelope dream whip topping mix
2 egg whites

Method:

Dissolve jelly powder in boiling water. Add 3/4 cup sugar and stir, add lemon juice. Beat cream cheese and egg yolks until light and fluffy. Gradually blend in jelly mixture. Chill until slightly thickened. Prepare dessert topping mix as per package. Beat egg whites **until stiff**. Combine with 1 1/3 cups dessert topping. Fold jelly mixture into dessert topping and egg white mixture. Pour into pan. Chill until firm, overnight or several hours. Run a knife around tip edge of pan to loosen mixture. Carefully remove spring form ring. Garnish with remaining dessert topping, adding extra topping if needed. Decorate with almond **slivers**, or chocolate shavings.

SOUR CREAM CAKE

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2 eggs, well beaten
1 cup white sugar
1 cup sour cream
1 1/2 cups sifted flour
1 tsp. baking powder
1 tsp. baking soda
1/4 tsp. salt
1/2 tsp. nutmeg
1/2 tsp. cinnamon
1/2 cup of nuts and raisins (optional)

Method:

Mix in order given. Bake 35-45 min. at 350°.

CHERRY ROLL

2 cups flour
1/2 tsp. salt
3 tsp. baking powder
1/2 to 2/3 cup butter
2/3 cup milk
3 cups canned, drained cherries
1/2 cup sugar

Method:

Sift flour, salt, baking powder. Cut in butter, add milk. Mix until it forms a soft dough. On floured board, pat into a rectangle, 1/2 in. thick. Spread with cherries and sprinkle with 1/2 cup sugar. Roll into a jelly roll. Score top with scissors. Bake at 400° for 15 min.

VANILLA ICING

1 cup icing sugar
1 1/2 tbsp. water
1/2 tsp. vanilla

Method:

Mix ingredients above to the right consistency to ice a cake.

1 1/2 cups graham cracker crumbs
1/4) 1/2 cup butter melted
8 oz. cream cheese
1/2 cup sugar
1 tsp. vanilla
6 oz. semisweet chocolate
2 eggs separated
1 cup whipping (35%) cream
3/4 cup chopped hazel nuts
Garnish: chopped nuts or chocolate shavings

Method:

Combine graham cracker crumbs, & melted butter. Press into bottom and 1 inch up the sides of a 9 in. springfoam pan. Bake at 350° for 10 min. let cool and refrigerate. Meanwhile in a lg. bowl, combine cream cheese, 1/4 cup sugar and vanilla. Beat until smooth and creamy. In a double boiler over simmering water, melt the chocolate, remove from heat. Beat egg yolks into cheese mixture, stir in melted chocolate. Beat egg whites until light and frothy, add remaining sugar and beat until stiff. Fold egg whites into cream cheese mixture. In a separate bowl, whip cream until stiff and fold into chocolate cream cheese mixture. Stir in chopped nuts, spoon mixture into chilled graham cracker crust. Garnish with chopped nuts or chocolate shavings. Place cake in freezer for about 3 hrs. or until firm.

To serve, remove from freezer 10 -15 min. before serving. Don't let cake sit out too long because it melts quickly. Yield: 10-12 servings.

Combine $\frac{2}{3}$ cup milk with 1 tbsp. vinegar
Set aside.

Cream together $\frac{3}{4}$ cup butter, $1\frac{2}{3}$ cup
sugar and 2 eggs. Stir in $1\frac{1}{4}$ cups
pureed banana and 1 tsp. vanilla. Sift
2 cups all purpose flour, $\frac{3}{4}$ cup cocoa,
 $1\frac{1}{2}$ tsp. baking powder, 1 tsp. baking
soda, $\frac{3}{4}$ tsp. salt. Add dry ingredients
to creamed mixture, alternately with soured
milk. Divide batter between two greased
and floured 9 in. round layer cake pans.
Bake 350° 40-45 min. Cool 10 min. in pans
before turning out on wire racks. Cool
completely before frosting.

CHOCOLATE BANANA FROSTING

Combine $\frac{1}{4}$ cup melted butter with $\frac{1}{2}$ cup
cocoa. Blend in $\frac{1}{4}$ cup pureed banana,
2 tbsp. milk, $\frac{1}{2}$ tsp. vanilla, 3 cups
sifted icing sugar, until smooth.

DECORATOR'S ICING

1 lb. icing sugar
 $\frac{3}{4}$ cup vegetable shortening
 $\frac{1}{4}$ cup butter or margarine
1 egg

Method:

Mix all ingredients together beat for 2 min.
Add 3 tbsp. milk, mix until smooth. Tint
if desired. Note: very good icing for
decorating cakes, keeps well in fridge if
not used up at one time.

APPLE CAKE SQUARES

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Use a large pan and a small one

1/2 lb. fluff
3 eggs (whole)
1/4 cup milk
1/4 cup orange juice
2 tsp. baking powder
salt

Method:

Add enough flour to make a soft dough. Divide this mixture into 4 parts, roll out each part and put one portion on the bottom of each pan. Save the other two parts for the top of the squares. Peel 10-12 apples, cut into small pieces, add a little sugar and cinnamon and put into pan on the dough. Then put the dough on the apples, sprinkle with sugar and cinnamon. Bake 350° 45 min.

FLORIDA CHEESECAKE

3 cups graham wafer crumbs
2 tbsp. butter
2 tbsp. brown sugar
Combine all ingredients and line a pan with crumb mixture leaving some for top.

Filling:

1 lb. cottage cheese dry kind
1/2 cup white sugar
3 tbsp. butter
3 whole eggs

Method:

Cream cheese, sugar, butter, egg yolks until creamy. Beat egg whites **until stiff** blend into above mixture. Spread this mixture on top of crumbs. Sprinkle the remainder crumbs on top. Bake 325° 45 min. or until brown.

1/2 cup butter
1 cup white sugar
2 eggs
1 cup mashed ripe bananas
1 tsp. vanilla
1 tsp. baking soda in 4 tbsp. sour cream

Sift:

1 3/4 cups flour
2 tsp. baking powder
1/2 tsp. salt

Method:

Cream together well butter, sugar, eggs and vanilla. Add to this alternating bananas, sour cream, soda mixture, flour mixture. Grease oblong pan. Bake 375° 10 min. and decrease heat to 325° till golden brown 20-25 min. or **until toothpick** comes out clean. Cool and ice.

CORNMEAL MUFFINS

3/4 cup cornmeal
1 1/4 cup milk (set this aside for 5 min.)
Add 1/4 cup melted shortening
1 beaten egg
Add into the middle of 1 cup flour
3 tsp. baking powder
1 tsp. salt
1/3 cup sugar
Mix slightly, fill greased muffin cups 3/4 or 2/3 full of mixture. Bake 20-25 min. in 400° oven until brown. Yields 12 muffins.

2 cups graham wafer crumbs

1/4 cup sugar

1/2 tsp. cinnamon

3 tbsp. melted butter

Mix above together and line the bottom of glass 9x12 baking dish.

Filling:

4 pkgs. philadelphia cream cheese (soft)

4 lg. eggs, beaten

1/4 cup flour

1 tbsp. vanilla

1 1/2 cup sugar

1/2 cup whipping cream

1 tbsp. lemon juice

Method:

Cream the cheese, add beaten eggs, flour, lemon juice, vanilla, sugar; cream together well. Add the whipping cream; mix well, and pour over the crumb base. Bake 350° 50 min. Cool in oven with the oven door slightly open for about 1 hr. Remove from oven and spread with the cranberry sauce or can of cherry pie filling, or blueberry topping.

CRANBERRY SAUCE:

Cook 2 cups fresh cranberries, 3/4 cup water and 1 cup sugar for 5 min. Soak 1 pkg. unflavoured gelatin as directed on pkg. Add to cooked cranberries, mix well; cool, pour over baked cheese cake. Keep refrigerated.

1 can cherry pie filling
1 can pineapple chunks, drained
1 pkg. yellow cake mix (double layer size)
1 cup melted butter or margarine
1 cup flaked coconut
1 cup chopped nuts
Preheat oven to 350°

Method:

Spread pie filling evenly in bottom of a greased 9x13x2 baking pan. Arrange pineapple chunks over cherry filling. Sprinkle with cake mix, cover with melted butter and top with coconut and nuts. Bake 1 hr. or until done. Serve hot or cold.

ZUCCHINI CAKE

Mix: 2 1/2 cups sugar
4 eggs
1 1/2 cup crisco oil

Sift together:

3 cups flour
2 tsp. baking powder
1 1/2 tsp. cinnamon
1/2 tsp. nutmeg
1 tsp. baking soda
1/2 tsp. salt

Method:

Add flour mixture to first mixture. Fold add 3 cups grated zucchini. (optional) 1 cup raisins or 1/2 cup nuts. Grease pan, fill pan 1/2 way (9x13x2) Bake 375° 50 min. Note: May use 1 9x11 pan + 1 loaf pan.

2 1/2 cups sifted cake flour
1 1/2 cups sugar
4 tsp. baking powder
1 tsp. salt
1/2 cup salad oil
6 large egg yolks
2/3 cup water
2 tsp. vanilla
1/2 tsp. cream of tartar
6 egg whites

Pineapple Filling

2 cans crushed pineapple
1 cup sugar
4 tsp. cornstarch

Combine the filling ingredients in sauce pan and cook until thick. Let cool.

Method for Cake:

Mix and sift the first 4 ingredients in large bowl. Make a well and add the next 4 ingredients. Beat until smooth. Add cream of tartar to egg whites, beat until stiff. Fold into first mixture, by gently bringing rubber scraper down, under, across and up through mixture. Turn batter into ungreased 10 in. tube pan. Bake 80 min. 300° oven or until cake springs back when lightly touched. Turn pan upside down and suspend cake so that surface does not touch anything, until cold.

Add, beat one pint whipping cream and cooled pineapple filling. Combine lightly. Cut the cake into three layers. Place filling in between each layer and on top.

7 large eggs (separated)
1 cup sugar
1 tsp. vanilla
1/2 cup oil
3/4 cup cold water
1 banana (mashed)
2 cups flour
3 tsp. baking powder
1/2 tsp. salt

Method:

Beat yolks, several minutes, gradually add sugar, beating constantly. Add oil, water and vanilla. Sift dry ingredients, add to above mixture. Add mashed banana. Beat egg whites until stiff. Fold egg whites gradually to cake mixture. Pour into a large tube pan. Bake 325° 1 hour. Invert, until cooled, about 1/2 hour. Ice with your favourite frosting or sift with icing sugar on top.

POPPY SEED CAKE

1 cup poppy seed
7 large eggs (separated)
1/2 lb. butter
pinch salt
1 tsp. vanilla
1 cup sugar
1 tsp. baking powder
about 1 cup flour

Method:

Pour boiling water over poppy seeds, drain, grind into mortar until white. Beat egg yolks until white in colour, add butter, salt, vanilla, baking powder and mix well. Add flour. Add stiffly beaten egg whites and bake 325°-350° 45 minutes or until done.

1 1/2 cups sugar
1 cup honey
1 cup milk
3 cups flour
1 tsp. cinnamon
1 tsp. gr. cloves
1 tsp. baking soda
4 tbsp. salad oil
4 eggs separated
grated lemon rind
1 cup chopped walnuts (optional)

Method:

Place melted honey and sugar in large mixing bowl. Add egg yolks one at a time. Beat until thick and bright yellow. Add spices, lemon rind and oil. Stir well. Sift baking soda and flour 2 or 3 times, add alternately with milk to above mixture. Add nuts. Fold in beaten egg whites. Bake 350° 1 hr. This cake keeps well in a stone crock with a piece of apple.

PUMPKIN CHEESECAKE

Combine 1 1/2 cups zwieback crumbs, 3 tbsp. sugar and 3 tbsp. melted butter; press into bottom and 2 in. up sides of 9 in. springform pan. Bake 325° 5 min. In large bowl, combine 2-8oz. pkgs. cream cheese, softened, 1 cup light cream, 1 cup canned pumpkin, 3/4 cup sugar, 4 egg yolks, 3 tbsp. all purpose flour, 1 tsp. vanilla, 1 tsp. ground cinnamon, 1/2 tsp. ginger, 1/2 tsp. gr. nutmeg, 1/4 tsp. salt. Beat **until smooth**. Fold in 4 stiffly beaten egg whites. Turn into prepared crust, bake 325° 1 hr. Combine 1 cup dairy sour cream, 2 tbsp. sugar and 1/2 tsp. vanilla, spread over cheesecake. Bake 5 min. more. Chill thoroughly before serving. Yield: 12-16 servings.

1/3 cup butter (unsalted)
4-5 large eggs
1/2 tsp. salt
1 tsp. pure vanilla
1 1/4 cups of all purpose flour
1 cup sugar

Method:

Start oven 350°. Use 2 8" pans. Grease well and line bottom with wax paper. Melt butter set aside to cool. Beat eggs until frothy looking, add salt & vanilla. Add sugar gradually beating until mixture is very thick; thick enough to hold a soft peak. Note: Thorough beating at this point is the secret to a good Genoise cake.

Stir cooled butter, add flour 2 tbsp. at a time, in a gentle folding motion. Don't dilly dally here, batter is sufficiently mixed when all traces of flour disappear. Pour into cake pans and bake 30-35 min. or until cake feels springy. Cool before removing from pan. Peel of paper, split cake in half horizontally to make 4 thin layers.

Filling:

2 tsp. instant coffee
1 tsp. rum
1/2 cup butter
1 1/2 cup icing sugar (sifted)
4 egg yolks
1 oz. unsweetened or semi sweet chocolate

Method:

Mix coffee and rum together. Beat butter with sugar, add coffee mixture, add egg yolks, one at a time, beating well after each addition. Spread filling between layers, frost sides and top. Decorate with grated chocolate.

2 eggs
1/2 cup liquid honey (if solid warm up)
1/2 cup brown sugar
1/2 cup cooking oil
1 cup canned pumpkin
1 1/2 cup all purpose flour
1 tsp. baking powder
1 tsp. baking soda
1/4 tsp. salt
1/4 tsp. nutmeg
1/2 tsp. cinnamon
1 cup chopped nuts (walnuts)

Method:

Beat eggs, add honey, brown sugar, oil and pumpkin. Stir together flour, spices, soda and baking powder. Add to the liquid mixture, mix until blended. Fold in nuts. Pour batter into pan and bake 325° 1 hour.

BIRTHDAY CAKE (sometimes called a torte)

12 eggs whole (mix well)
12 heaping tbsp. sugar
12 heaping tbsp. flour
2 tsp. baking powder
Butter pans and divide the cake mixture into 2 pans and bake at 350° 45 minutes.

Cream:

1/2 lb. butter with 1 cup icing sugar. Set aside. Boil 2 cups milk, add slowly 4 egg yolks, 5 tbsp. sugar, 5 tbsp. flour, blend well until mixture thickens. When thickened remove from stove and cool. Add the cream mixture which was set aside into the milk mixture. Cut your baked cake in half, fill with cream filling and repeat cake and filling. This cake freezes well. Note: You can add food coloring to the filling.

NOTE:

The oven temperatures for the recipes in this cookbook are to be used as a guide only. Please use your own discretion as to baking temperatures, as each oven bakes differently.

CORRECTION RE NOTHING COOKIES PAGE 57

6 whole eggs
4 tbsp. sugar
6 tsp. water
3/4 cup oil
1 cup + 2 tbsp. flour
pinch salt
1 tsp. vanilla

Method:

Beat eggs, sugar & water with electric mixer for 4 minutes.
Add oil, a little at a time until used up, continually beating.
Add flour and salt, 1 tbsp. at a time, continually beating.
Add vanilla. Batter will be consistency of thick cream.
Drop by teaspoonful into muffin tins or cupcake liners.
Bake 375 deg. until browned.
Store in cookie tin or paper bag.
Do not store in fridge or plastic ware.

1 cup brown sugar
 1/4 cup margarine
 1 1/2 cup milk

Mix above ingredients in pan, place on low heat and boil 2 minutes, cool.

2 3/4 cups sifted cake flour
 1 cup brown sugar
 3 1/2 tsp. baking soda
 3/4 tsp. salt
 2/3 cup shortening
 3 eggs
 1 tsp. vanilla

Method:

Sift dry ingredients, add shortening 3/4 cup of the butterscotch mixture above. Beat for 2 minutes, add remaining butterscotch, eggs and vanilla beat as before. Pour into 2 - 9" pans and bake 375° 25 min. Allow to cool slightly and top with meringue.

Meringue:

2 egg whites beaten stiff
 1 cup brown sugar
 1/2 cup chopped nuts

Put the meringue on the cake and return to the oven until meringue is lightly browned.

NOTHING COOKIES

Kathleen

6 eggs whole
 4 tbs. sugar
 6 tbs. water
 3/4 cup oil
 1 cup flour

Method:

Beat eggs, sugar, water until fluffy. Add flour slowly or add more as it must be of the consistency of cake batter. Drop by spoonfuls far apart on cookie sheet. Bake 375° until nicely browned.

1/4 cup milk
1 pkg. dry active yeast
1 tsp. sugar
2 1/2 cups sifted all purpose flour
3 tbsp. sugar
1/4 tsp. salt
1/3 cup butter or margarine
1 egg slightly beaten

Poppy Seed Filling:

1 cup poppy seed
1/2 cup milk
2 tbsp. butter or margarine
1 tbsp. sugar
2 tbsp. honey
1 tsp. ground cinnamon
1/2 cup raisins

Method:

Grind poppy seed in blender or use whole. Combine with remaining ingredients in small saucepan. Bring to boil, simmer for 10 min. Cool mixture before spreading.

Scald milk, cool to lukewarm. Sprinkle yeast over 1/4 cup warm water. Add 1 tsp. sugar and stir until dissolved. Let stand 5 minutes.

Sift flour with the 3 tbsp. sugar and salt. Cut in butter with pastry blender or two knives until mixture resembles coarse meal. Add milk and egg to yeast mixture, gradually add to flour mixture and blend well. Knead until dough is smooth on lightly floured board. Place in greased warm bowl. Cover, let rise in warm place until double in bulk.

Punch dough down and roll out on lightly floured board to a rectangle 10 x 16". Spread with poppy seed filling. Roll in jelly roll fashion. Seal ends. Bake in preheated oven 350° 30 min. or until done. Yield: 1 roll 16".

2 cups flour
1/4 lb. butter or margarine
1/2 cup sugar
2 egg yolks
1/2 pkg. vanilla sugar
1/8 cup sweet cream
1/8 cup water

Method:

Rub butter and flour with forks. Add balance of ingredients and mix well. Place in refrigerator for 1 hr.

Filling:

4 egg yolks
1/2 cup brown sugar
1/2 lb. ground walnuts
6 egg whites beaten until stiff
Combine above ingredients and mix well.

Method:

Roll out dough and place in 9x12 pan, leaving enough dough for pastry strips to place over filling. Sprinkle crushed corn flakes lightly over dough. Spread with strawberry or plum jam. Pour filling over jam. Place narrow pastry strips over filling. Brush with egg yolk or milk. Bake 325° 45 min.

OATMEAL SHORTBREAD COOKIES

1/2 cup butter
1/2 cup shortening
1 cup brown sugar
1/2 tsp. vanilla
1 tsp. baking soda dissolved in **hot water**
1 tsp. salt
1 tbsp. hot water
2 cups oatmeal
2 cups cake flour
1/2 cup chopped nuts

Method:

Cream butter, shortening, brown sugar. Add vanilla & baking soda. Blend in flour and

OATMEAL SHORTBREAD COOKIES (Continued)

salt. Add oatmeal and nuts. Form into small balls and press down with a floured fork or glass. Bake on ungreased cookie sheet about 15 min. 350°.

DROP COOKIES

1 1/3 cup butter
 1 cup brown sugar
 1 egg
 2 cups 5 roses flour
 1/2 tsp. baking soda
 2 tsp. vanilla

Method:

Beat egg, butter and sugar together real well. Add the flour slowly and make into small balls. Press cookies down with a floured fork. Bake 375° 10 min. or until nicely browned.

CHRUSTY

1 whole egg
 2 egg yolks
 1 tbsp. sour cream
 1 tbsp. whiskey (any kind)
 enough flour to make a hard dough

Method:

Beat all the eggs, add the sour cream and whiskey and keep adding the flour till dough gets hard. Roll out real thin. Cut at angles small pieces of dough, make a slit in the middle of each piece, draw the one end of dough through this hole it will make a twist. Fry in very hot mazola oil. Drain, when it has been nicely browned. Put in a box which has been lined with wax paper. Sift icing sugar over the crusty.

In a sauce pan boil together for 3 min:

3/4 cup brown sugar replacement

1 cup water

3/4 cup raisins

3/4 cup chopped apple

1/3 cup oil

1 tsp. cinnamon

1/4 tsp. cloves

salt and nutmeg

Let mixture cool for 10 min.

Dissolve 1 tsp. baking soda in 1 tbsp. warm water, add to cooked cooled mixture.

Sift together

2 cups flour and 1 tsp. baking powder.

Add to cooled mixture in saucepan.

Fold in 1/2 cup chopped walnuts. Spread evenly in an oiled 8x8" pan or 10x7" pan.

Bake 350° 30-35 min or until tester comes out dry. Cut into squares when cool.

This may be sprinkled with icing sugar before serving.

FRUIT CAKE BARS

2 1/4 cup dark or golden raisins

1/2 cup chopped pitted dates

1/2 cup margarine

1/4 cup frozen apple juice concentrate

1/4 cup skim milk

1 cup whole wheat flour

1/2 cup chopped walnuts or almonds

1 tsp. baking powder

1 tsp. baking soda

1/8 tsp. salt

2 large eggs slightly beaten

Method:

Coarsely chop 1 cup of raisins and put into a saucepan with remaining raisins, dates, margarine, juice concentrate and skim milk. Bring to a boil stirring until margarine melts and liquid simmers.

Simmer 1 min. remove from heat, cool 10 min.

FRUIT CAKE BARS (Continued) (Dietic)

Lightly grease a 9 in. square baking pan. Line pan with square of wax paper and grease again. Heat oven to 325°. Mix flour, walnuts, baking powder, baking soda and salt in large bowl. Add eggs and fruit mixture and mix well. Pour into prepared pan and level surface. Bake 30-40 min. until brown on top and cake tester comes out clean. Cool completely before cutting into 24 bars. If desired wrap each piece tightly and store in freezer.

POPPY SEED ROLL

1 pt. milk	1 pkg. yeast
1/4 lb. butter	6 egg yolks
1 cup sugar	3 egg whites
1 tsp. salt	Grated rind lemon

Method:

Scald milk and cool. Dissolve yeast in this add enough flour to make thick batter. Beat hard let rise till light 2 hrs. Add sugar, salt, melted butter, lemon rind and well beaten eggs. Work enough flour to make a medium stiff dough. Let rise until double in size. Divide in 2 parts roll 1/2" thick spread with following filling. Roll like jelly roll.

Filling:

1 lb. poppy seed	3 stiffly beaten
1/2 cup sugar	egg whites, grated
	rind of 1 lemon

Scald poppy seeds with boiling water let stand 1 hr. Then put through food chopper. Add sugar, lemon rind, beaten egg whites. Mix well. Spread on your dough and roll up.

Note: Use finest blade in food chopper.

1 lb. butter creamed well
Sift together 3 times
 3 3/4 cups flour and
 1 3/4 cups icing sugar
and add to creamed butter and mix well
with hands. Make a roll about 1 1/4 in.
in diameter and slice about 1/4 in. thick.
Place on greased cookie sheet and decorate
with marachino cherry pieces or cake
decorations. Bake at slow oven 250°
till light and brown.

HONEY COOKIES

1 cup brown sugar
1 lb. crisco
1 cup liquid honey
6 eggs
6-7 cups flour
2 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. ground cloves
pinch salt
1 tbsp. baking soda
2 tbsp. baking powder
walnuts (optional)

Note: For best results beat all the
above ingredients by hand. Bake 300° for
10 min. until brown.

ICEBOX COOKIES

1/2 cup butter
 1/2 cup honey
 1/2 cup brown sugar
 1 egg
 2 1/3 cup flour
 1 tsp. baking powder
 1/2 tsp. salt
 1/2 cup chopped walnuts
 1 tsp. vanilla

Method:

Cream butter, honey and sugar. Add egg and mix well. Add dry ingredients, vanilla and nuts. Shape into a roll, cover with waxed paper and chill in freezer. Slice off thin slices and bake at 325° for approximately 15-20 min. or golden brown.

DATE COOKIES

3 cups rolled oats
 2 1/2 cups flour
 3 tsp. baking powder
 1/4 tsp. salt
 1 cup brown sugar
 1/2 cup shortening
 1/2 cup butter
 1/2 cup milk

Filling:

1 lb. chopped dates
 1 cup brown sugar
 1 cup hot water

Method:

Put rolled oats into large bowl. Sift dry ingredients and combine with rolled oats. Add sugar, melt butter and shortening and add to dry ingredients. Add milk and mix well. Roll out and cut out circles with round cutter. Bake 325° 10-12 min. Prepare filling and spread between cookies.

1 cup butter
3/4 cup sugar
1 cup fine walnuts
2 1/2 cup flour
1 tsp. vanilla

Method:

Beat the butter, sugar, add the other ingredients. Make a crescent of it, bake at 350° 15 min. While hot sprinkle with sugar.

CHOCOLATE CHIP SQUARES

1 cup flour
2 tbs. brown sugar
1/2 cup butter
Cream butter and sugar, add flour, spread on 9 x 9 pan. Bake 15 min. 325° oven.

1/4 cup flour
1/2 tsp. baking powder
2 eggs
1/2 tsp. vanilla
1 cup brown sugar
3/4 cup coconut
3/4 cup chocolate chips +
Beat eggs, add sugar and all other ingredients. Spread on pastry. Bake one half hour more.

EASY ICING

1 egg white
pinch of salt
1/2 tsp. cream of tartar
1 cup white sugar
1 tsp. vanilla
1/2 cup boiling water

Method:

Into a large bowl put the above ingredients and beat 7-10 min. and thats it.

Mix 4 yolks with 8 lg. tbsp. sugar
Add 8 tbsp. of flour, mix until smooth,
set aside.

Boil 750 ml. of milk. Slowly add above
ingredients into the milk fast until the
mixture becomes real thick. Cool set aside.

Method:

In large cake pan put down whole square
cookies any kind add the above cooled
filling on top of the cookies then repeat
once again with another layer of cookies
on top of the filling.

Topping:

8 lg. heaping tbsp. sugar
4 tbsp. water, beat these two items in bowl.
Beat separate 4 egg whites and 4 tbsp.
sugar in another bowl. Slowly add the sugar
and water mixture to the beaten egg whites
and put this topping on the cookies and
refrigerate until they are hard. No bake.

SOUR CREAM COOKIES

3 cups flour
1 cup lard
1 cup sugar
3 tsp. baking powder
3 egg yolks
sour cream
lemon rind

Method:

Sift flour with baking powder. Cut in
lard and add sugar. Combine until mixture
is like cornmeal. Place egg yolks in
measuring cup, add sour cream until it
measures 1 cup. Add dry ingredients, along
with lemon rind and mix well. Chill, roll
out and cut cookies in circles or various
shapes desired. Bake 350° 12-15 min.

1 pkg. (15 oz.) M & M plain or peanut
chocolate candies
1 cup margarine
3/4 cup sugar (white)
3/4 cup brown sugar
2 eggs
1 tsp. vanilla
1/2 tsp. soda
2 1/2 cups flour
1/2 tsp. salt
1 cup chopped nuts if desired

Method:

Chop 1 1/2 cups candies, reserve remainder for decoration. Beat together margarine and sugars until light and fluffy, blend in eggs and vanilla. Add combined flour, soda and salt, mix well. Stir in chopped candies and nuts. Drop by tbsp. to greased cookie sheet. Bake 350° 9-10 minutes. Remove from oven, press 3 reserved candies into the top of each cookie. Cool.
Yield: 5 dozen cookies.

PEANUT BUTTER COOKIES

1/2 cup shortening
1/2 cup peanut butter
1/4 cup white sugar
1/4 cup brown sugar
1/2 cup light corn syrup
1/2 tsp. vanilla
1 egg
2 cups sifted flour
2 tsp. baking powder
1/2 tsp. salt

Method:

Cream shortening, peanut butter and sugar. Add syrup gradually, mixing well. Add vanilla, egg, beating until light and fluffy. Stir in flour, baking powder, salt. Drop on greased cookie sheet, pressing with floured fork. Bake 350° 15-20 minutes.

1/2 lb. butter (soft)
1/2 lb. cottage cheese
2 cups flour

Method:

Knead these 3 items together. Chill 1 hour in fridge. Cut dough into 5 sections. Roll out on icing sugar in a circle. Cut into sections about 1" wide. Sprinkle with cinnamon and sugar. Roll from wide end inward. Bake 375° 10-12 min.

SWEDISH APPLE SQUARES

1 cup soft butter
1/3 cup brown sugar
1 3/4 cups sifted flour
1/2 cup graham cracker crumbs
1/2 tsp. salt

Method:

Combine above ingredients in bowl, mix with a fork to make a crumbly mixture. Measure out 2/3 cup of mixture and set aside. Press remainder into a 13 x 9 greased pan. Bake 375° 5 min. Reduce oven to 325° and remove pan from oven.

Combine 1/2 cup brown sugar and 1 tsp. cinnamon and stir in 6 cups coarsely grated peeled apples, 1 tsp. lemon rind and 2 beaten egg yolks. Mix well and spread over baked crust in cake pan. Sprinkle with 2/3 cup of crumbs. Bake 325° 30 min or until done.

Beat 2 egg whites, 1/4 tsp. salt until frothy, add 3/4 cup brown sugar and beat until stiff. Spread over apples, sprinkle with 1/3 cup slivered almonds. Bake 10 min. 400° or until lightly browned. Cool.

4 eggs
1 1/2 cups sugar
3 tbsp. baking powder
1 tsp. salt
3/4 cup oil
3 cups flour
1 tsp. vanilla

Method:

Mix all the above ingredients and spread on cookie sheet. Bake 325° for 10-20 min. or until done. Cut the cookie mixture into fingers or strips while the cookie dough is hot, cool on racks. If desired you could sprinkle with icing sugar.

LEMON COOKIES

6 tsp. baking powder
4-5 cups flour
1/2 lb. butter
1/2 cup crisco
3 cups sugar
1 tsp. Vanilla or rum
2 lemons juice and rind
8 whole eggs.

Mix all ingredients.

Method:

Add the flour (more flour may be needed as the mixture has to be of right texture and must come away from hands clean). Put into cookie forms or in a cookie maker or roll the dough out and cut out with cookie cutters. Bake 325° 10-15 min.

2 1/4 cup grated zucchini
1/2 cup soft margarine
1/2 cup oil
1 1/2 cup sugar
2 eggs
1 tsp. vanilla
1/2 cup sour milk

Method:

Cream margarine with oil and sugar until light, add eggs, vanilla, sour milk and beat until well blended. Add 2 1/2 cups unsifted flour, 1 tsp. baking powder, 1 tsp. baking soda, 1/2 tsp. cinnamon, 1/2 tsp. cloves, 4 tbsp. cocoa. Mix all together add to creamed mixture and beat well. Stir in zucchini spoon batter into 9" square pan or 2 small loaf pans. Sprinkle with 1/3 cup chocolate chips. Bake 325° 40-45 min. or until tester comes out clean.

POLLY'S TORTE

4 cups all purpose flour
1 cup sugar
4 tsp. baking powder
1/2 lb. butter
1 tsp. salt
Mix dry ingredients as for pie.

Beat together:

3 eggs
3/4 cup sour cream
1/4 cup milk
1 tsp. vanilla

Mix by pouring flour mixture to liquid **until** a ball is formed. Divide into 3 parts. Spread evenly on cookie sheet and bake in oven 350-375° 15 min.

Then: Dissolve 1 pkg. vanilla pudding and add 1 cup icing sugar, 1/3 cup butter. When torte shells cool spread pudding on one layer and jam on bottom layer. Top with chocolate icing.

CHOCOLATE TORTE

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1/4 lb. butter
2 large eggs
grated rind of 1 lemon or orange
1 tsp. cinnamon
4 tbsp. cocoa
1 cup sifted flour
1 tsp. baking powder
1/4 cup sugar
1/4 lb. chopped almonds

Method:

Beat butter until fluffy, add well beaten eggs and rind. Sift the dry ingredients together and add to the egg mixture. Mix well. Add almonds. Pour into a round baking pan and bake about 40 minutes 325°. When cool, split in half, spread with whipped cream, between layers and on top. Decorate with chocolate shavings and nuts.

PINEAPPLE BROWNIES

2 eggs	3/4 cup cake flour
1 cup sugar	1 tsp. baking powder
2 sq. uns. chocolate	1/4 tsp. salt
1/4 cup butter	1 tsp. vanilla
1/2 cup coconut	3/4 cup crushed pineapple

Method:

Drain pineapple 1 hr. before starting brownies. Beat eggs well adding sugar gradually. Melt chocolate & butter, cool slightly & add first mixture. Sift flour, baking powder, salt together twice and add the above mixture. Lastly stir in vanilla, coconut, pineapple. Spread in oiled pan 9 x 9" bake 350° 30-35 min. Brush lightly with unbeaten egg white after 25 min. of baking and bake 5 min. more. Ice.

Beat 6 large egg whites and 1/2 tsp. cream of tartar, then beat in gradually 1/2 cup sugar. Gently fold in 1/4-1/2 cup of grated unsweetened chocolate and set aside.

Next beat 6 egg yolks with 1/2 cup of sugar until light and fluffy, add little salt and 1 tsp. baking powder, gradually add 3/4 cup of flour. Carefully fold yolks mixture into white egg mixture. Pour into 2 9" layer pans with greased wax paper on bottom. Preheat oven to 320° then bake at 325°-350° 20-25 minutes. Turn out of pans, and peel of paper and cool.

Filling:

Soften 1 package of unflavoured gelatin in 1 tbsp. of boiling water, add 2 tbsp. of icing sugar and 2 tbsp. of pure vanilla flavour and set aside. Whip 1 cup of whipping cream. When the gelatin mixture barely starts to set, beat it in with the whipping cream.

Slice each cake diagonally and on the bottom layer put strawberry jam, next layer cream filling, repeat, ice the sides and top. Make chocolate shavings for decorations or use fresh strawberries.

1/2 cup butter softened *1/4 cup*
1/3 cup sugar
1/4 tsp. vanilla
1 cup sifted all purpose flour
1 pkg. (8 oz.) cream cheese softened
1/4 cup sugar
1 egg slightly beaten
1/2 tsp. vanilla
4 cups thinly sliced apples (about 4 med.)
1/2 tsp. cinnamon
1/3 cup sugar
1/4 cup sliced almonds
Preheat oven to 450°

Method:

Beat butter, the 1/3 cup sugar and the 1/4 tsp. vanilla in a medium size bowl with mixer until well blended. Slowly stir in flour until mixture forms a soft dough. Press dough into bottom and about 1 1/2 in. up the side of an ungreased 9 in. spring form pan. Beat cream cheese and the 1/4 cup of sugar in a medium size bowl with a mixer, add egg and vanilla, beating until smooth. Pour mixture into spring form pan.

Combine apples, cinnamon, and remaining sugar in a large bowl. Layer evenly over cream cheese mixture, sprinkle almonds over top. Bake in hot oven 450° for 10 min. Lower heat to 400° and bake 25 min. more. Cool in pan. Serve at room temperature.

9 large eggs (separated)
1 1/2 cup sugar
1 1/2 cup grated walnuts
1 cup dry bread crumbs
2 tsp. baking powder
1/2 tsp. salt

Method:

Beat egg whites stiffly set aside. Now beat egg yolks with sugar, & salt until white in color, mix in small amount of bread crumbs and nuts, baking powder. Gently fold in egg white which have been beaten stiffly. Pour into 2 nine inch pans greased and lined with greased wax paper. Bake 325°-350° 30 minutes.

Filling:

Coffee Cream

1/2 cup milk
2 egg yolks
1/2 cup sugar
2 tbsp. flour
2 tbsp. instant coffee (mix with liquid)
1/2 cup butter (unsalted)

Method:

Mix milk and flour and cook on medium heat. Cool, then add whipped egg yolks and sugar, soft butter and coffee, and 1 tbsp. of hot water. Beat all together and cool. Slice torte (each) in half, spread alternately with cream filling and jam. Ice the top and sides. Serves 12-14.

Juice of 4 oranges

1 ground up orange including rind

1 cup sugar

Cook above ingredients for 10 min. add 1/2 lb. ground almonds, mix well and let cool.

Beat 8 egg yolks about 4-5 min and very gradually add to above mixture, constantly beating.

Beat 8 egg whites until stiff and add 2 tbsp. fine bread crumbs.

Fold in egg whites and crumbs to torte mixture. Pour into 2 round baking pans, which have been greased. Bake 325° 30 min. Let cool.

Filling:

1/2 cup whipped cream

1 cup ground almonds

1/2 cup icing sugar

2 tbsp. bread crumbs

1 tsp. vanilla

Combine above ingredients and place in between cake layers and on top.

FLAKEY PYROSHKY

1 lb. lard

4 cups 5 roses flour

1 yeast cake sprinkle over 1/4 cup water and 1/2 tsp. sugar, let rise

4 egg yolks

4 tbsp. sour cream

2 tsp. baking powder

Method:

Mix all the above ingredients real well. Refrigerate 4 hours. Roll out over sugar use any type of filling you wish, bake 300° until lightly brown.

1 cup sugar (fine)
6 eggs
1/2 cup nuts
2 tbsp. chocolate jersey milk broken in
small pieces
pinch of salt
1 cup all purpose flour (sifted)
1/2 cup almonds (optional)

Method:

Beat 3 whole eggs and 1 cup sugar **until** thick and light. Beat 3 egg yolks until very thick, combine above gently. Add flour and nuts, chocolate a little at a time. Beat 3 egg whites till stiff, and add to batter in folding strokes. Bake 350° for 1 hour.

Note: Secret to this cake is beating the eggs well.

ROLLED STRUDEL

2 eggs
3 tsp. sugar
1 tsp. baking powder
1 tsp. soda
1/2 cup oil
1/2 tsp. salt
3 cups all purpose flour

Method:

Mix dough well and divide into 3 parts. Take 1 part and roll thinly but even. Spread with jam or filling and roll. Place on greased sheet and bake 350° until browned evenly. After removing from oven sprinkle with icing sugar.

2 cups seedless raisins
1 cup seeded raisins
1 cup currants
2 cups chopped candied citron peel
1 cup chopped candied lemon peel
1 cup halved candied cherries
1 cup diced candied pineapple
3/4 cup fruit juice

1 1/2 cups blanched almonds lightly brown
1 cup butter or margarine
1 1/2 cups brown sugar, packed
3 eggs
2 cups sifted all purpose flour
1 tsp. baking powder
1 tsp. salt
1/2 cup pureed cooked dried apricots

Method:

Line 2 loaf pans (8 1/2 x 4 1/2 x 2 1/2) with 2 thicknesses of greased paper and one of greased wax paper. Note: 1 layer of aluminum foil greased can be used instead of greased wax paper.

Rinse and drain raisins and currants. Add peels, cherries and pineapple. Pour fruit juice over fruit, cover and let stand overnight. Stir 2 or 3 times at intervals. While almonds are still moist after being blanched, cut them into slivers.

Blend butter & sugar. Beat in eggs one at a time. Alternately add sifted dry ingredients and sieved apricots. Pour batter over fruit. Add almonds. Mix thoroughly. Pack lightly into prepared loaf pans. Bake in slow oven 275° for 3 to 3 1/2 hrs. with a shallow pan of hot water in the bottom of the oven.
Yield: 6 1/2 lbs. of fruit cake.

2 lbs. (6 cups) Sultana Raisins
1/2 lb. (1 1/2 cups dates)
2 lbs. (6 cups) seeded raisins
1 lb. (3 cups) mixed peel
1/2 lb. candied cherries or
1 cup drained maraschino cherries
1/2 lb. (2 cups) almonds
1 lb. butter
3 1/4 cups sifted all purpose flour
3 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
2 tsp. allspice
4 tsp. cinnamon
1 tsp. nutmeg
1/2 tsp. cloves
1 tbsp. vanilla
2 lbs. granulated sugar
12 egg yolks
1/2 cup molasses
1/2 cup grape juice or fruit juice
1/2 cup strong coffee
12 eggs whites
1/2 cup brandy add with 24 oz. stawberry jam

Method:

Wash and dry raisins. Pit and chop dates. Chop seeded raisins and peel. Cut cherries in half. Blanch and slice almonds lengthwise. Combine fruit and nuts in large bowl. Measure butter into large mixing bowl. Grease and line cake tins (8 x 8 x 3) 6 x 6 x 3 1/2 and 4 x 4 x 3) 4 layers of heavy waxed paper or 3 layers of brown. Grease again. Preheat oven to 275° slow oven. Sift together flour, baking powder, soda, salt and spices onto piece of waxed paper. Remove 1 cup and combine with fruit and nuts. Mix fruit until well coated.

Continued next page

Cream butter until fluffy and light. Add flavourings. Gradually add sugar, mixing until creamy. Beat egg yolks until light and lemon colored. Add molasses and combine. Add to butter and mixture. Beat together well. Add half of sifted dry ingredients and blend thoroughly. Beat eggs (whites) until stiff but not dry. Fold into mixture. Add remaining dry ingredients alternately with combined fruit blending in until fruit is well distributed. Turn batter into prepared cake tins filling each about 2/3 full spreading batter evenly. Bake 275° slow oven in centre of oven. Bake small cake 2 1/2 hrs. medium cake 3 1/2 hrs. large cake 4 to 4 1/2 hrs. Remove from oven and allow to stand 5 min. then turn out on wire cake rack to cool.

RAISED DOUGHNUTS

1 pkg. yeast	2 tbsp. shortening
1/4 cup warm water	3 1/2-4 cups sifted
1 cup scalded milk	flour
1 tsp. salt	1 egg
3/4 cup sugar	1/2 tsp. nutmeg

Method:

Soften yeast in water. Add scalded milk to salt, sugar and shortening. When lukewarm add softened yeast. Add 1 1/2 cup flour and allow to stand in warm place until light. Add egg, nutmeg and remainder of flour and knead. Cover and let rise. Toss on lightly floured board and roll 3/4" thick. Cut with cookie cutter and let rise. Fry in deep fat for 3 minutes.

Whip 1 cup cream with
3 tbsp. sugar
Into whipped cream fold in
1 cup sour cream
Take 1 tin cherry pie filling
and layer the cream and cherries
in parfait glasses or dessert
dishes. Chill about 2 hrs. Serve.

ELEGANT PUMPKIN PIE

1 envelope gelatine plain
1/2 tsp. salt
2/3 cups brown sugar
1 tsp. cinnamon
1/2 tsp. ginger
1/4 tsp. allspice
1/4 tsp. nutmeg
3/4 cup water
1 pt. vanilla ice cream
1 cup canned pumpkin
1/4 cup sliced toasted almonds
1 9-10" baked pie crust

Method:

Combine first 7 ingredients with water and heat to boiling while stirring. Remove from heat and stir in ice cream by spoonfuls. Add pumpkin and mix until smooth. Cool until filling mounds slightly. Pour into pie shell. Refrigerate. Top with whipped cream and sprinkle with almonds before serving. May be frozen. Yield: 8 servings.

1 1/4 cups vanilla wafer crumbs
1/2 cup sugared honey wheat germ
1/2 cup melted butter or margarine

Method:

Combine all ingredients in bowl. Stir well to blend. Press crumb mixture on bottom, sides and rim of a 9 in. pan or pie plate. Refrigerate until chilled. Spoon lemon blueberry filling into chilled pie shell. Refrigerate at least 4 hrs. Yields 6-8 servings.

Filling:

1 pkg. (3 oz.) lemon gelatin
1/2 cup sugar
3/4 cup boiling water
1 lemon grated rind and juice
1 can (13 oz.) evaporated milk
1 cup fresh blueberries.

Method:

Dissolve gelatine and sugar in boiling water. Refrigerate until consistency of unbeaten egg whites. Pour evaporated milk into ice cube tray and freeze until crystals about 1/2 in. thick form around of tray (about 40 min). Beat milk with electric mixer at high speed until stiff peaks form (about 5 min.). Fold whipped milk into gelatin mixture. Fold in blueberries.

1 envelope unflavored knox gelatin
1 cup sugar, divided
4 eggs, separated
1/2 cup water
1/2 cup fresh lemon juice
1 tsp. grated lemon rind
1 9" pastry shell or crumb crust (cooled)
whipped cream to garnish

Method:

Mix gelatin and 1/2 cup sugar in top of double boiler. Beat egg yolks with water and lemon juice, stir into gelatin mixture. Place over boiling water, cook, stirring constantly, until gelatin is dissolved and mixture thickens very slightly, about 6 min. add lemon rind. Chill, stirring occasionally, until mixture moulds slightly when dropped from spoon. Beat egg whites until stiff, but not dry. Gradually beat in remaining 1/2 cup sugar. Fold into gelatin mixture. Spoon into prepared shell (mixture should be a little thick) if not chill another 10 min. until set. Garnish with whipped cream.

PORRIDGE COOKIES (Oatmeal)

1 cup shortening
1 cup sugar white 1 cup brown sugar
2 eggs beaten
1 tsp. vanilla
2 cups flour
1 tsp. baking powder
1 tsp. salt
2 cups porridge
1 cup coconut and pkg. gum drops.

Method:

Mix everything together. Top with coconut or candy. Bake 375° 12 minutes till brown.

1 baked 9" pastry shell
1 8 3/4 oz. crushed pineapple
1 8 oz. softened cream cheese
2 tbsp. sugar
1/2 tsp. vanilla
1/4 cup sugar
2 tbsp. corn starch
1/4 tsp. salt
1 11 oz. pkg. frozen blueberries or
2 cups fresh blueberries
1 tbsp. lemon juice
whipped cream

Method:

Drain pineapple, reserve liquid. Blend cream cheese, 2 tbsp. sugar, vanilla and 2 tbsp. pineapple syrup. Mix in drained pineapple. Spread in bottom of baked pastry shell. Chill.

Blend 1/4 cup sugar, cornstarch and salt in saucepan. Measure pineapple syrup, add water to make 1 1/2 cups. Blend into corn starch mixture stirring constantly, bring to a boil and boil one minute over medium heat. Stir in berries and cook 2-3 minutes over medium heat. Add lemon juice. Cool completely. Spoon over chilled cream cheese layer. Chill. Top with whipped cream before serving.

1/4 cup corn syrup
2 tbsp. firmly packed sugar
3 tbsp. margarine or butter
2 1/2 cups rice krispies
1/4 cup peanut butter
1/4 cup fudge sauce for ice cream
3 tbsp. corn syrup
1 qt. vanilla ice cream.

Method:

Combine the 1/4 cup corn syrup, brown sugar and margarine in medium size saucepan cook over low heat, stirring occasionally, until mixture begins to boil. Remove from heat, add rice krispies, stirring until well coated. Press evenly into 9 in. pie pan to form a crust.

Stir together peanut butter, fudge sauce and 3 tbsp. corn syrup. Spread half the peanut butter mixture over crust. Freeze until firm. Allow ice cream to soften slightly. Spoon into frozen piecrust, spreading evenly. Freeze until firm, let pie stand at room temperature about 10 min. before cutting. Warm remaining peanut butter mixture and drizzle over top.

Yield: 8 servings.

CREAM CHEESE PASTRIES

1/2 lb. butter
6 tsp. sugar
2 yolks
2 pkgs. cream cheese
2 cups flour sifted
pinch of salt

Method:

Mix together well, roll as for pyrohy and cut into rounds. Fill with dates, or any filling and seal like pyrohy. Bake 300°.

GRATED APPLE PIE

85

1 cup flour
1/2 tsp. baking powder
1/4 tsp. salt
1/4 cup butter
2 tbsp. sugar
1 egg
1/2 tsp. vanilla
4 large apples, pared
2 tbsp. lemon rind
2 tbsp. lemon juice
1 cup sugar
1 egg

Method:

Sift together in a bowl, flour, baking powder, salt. With 2 knives, cut in the butter until very fine. Beat with fork, sugar, egg and vanilla. Stir into the butter mixture. With fingers, press mixture to bottom and sides of 8 or 9 in. pie plate.

In another bowl, grate peeled apples, add lemon rind, juice, sugar and egg. Combine until well mixed. Butter bottom of crust with small piece of soft butter. Pour in apple mixture. Bake 50-60 min at 350°.

GRASSHOPPER PIE

26 marshmallows
2/3 cup milk
Melt in double boiler. Let cool, add 1 oz. creme de menthe, 1 oz. creme de coco (white). Fold in 1/2 pint whipping cream. Make your graham cracker crust or better still use a chocolate cookie crust.

Pastry:

3 cups once sifted pastry flour
pinch of salt
1 cup chilled shortening
3-4 tbsp. cold water.

Method:

Sift flour and salt into mixing bowl.
Cut in shortening until the size of peas.
Add water tossing and mixing with a fork
until dough is formed. Roll out on
lightly floured board or canvas. Cut
into rounds of desired size. Place in
tart pans or aluminum foil cups. Prick
with a fork. Bake in hot oven, 425°
until golden 10 min. Cool and fill with
1 tsp. strawberry or raspberry jam, then
cover with vanilla pudding. Top with
fresh or thawed frozen strawberries.

EASY CHOCOLATE COOKIES (no bake)

Melt 1/2 cup margarine
Add 1/2 cup milk
In a bowl mix, 2 cups sugar or
4 tbsp. sucaryl
4 tbsp. cocoa
Mix well (no lumps)
Add this to pan and stir well.
Cook 5 minutes.

Take off stove and add
3 cups rolled oats
1 cup coconut
1 tsp. vanilla
pinch of salt
Drop on wax paper by teaspoons quickly.

1/4 cup water
3/4 cup sugar
2 cups chopped rhubarb
1 pkg. 3 oz. strawberry jello
1 tsp. lemon juice
2 beaten egg whites

Method:

Add sugar and water to rhubarb and simmer 10 min. Add jello and juice. Cool until partly set. Fold in egg whites, put in baked shells. Yields 28-30 tarts.

Note: Freezes well, top with whipped cream (if tarts are in freezer put cream on after they are thawed out).

ICE CREAM SANDWICHES

1/2 cup corn syrup
1/2 cup peanut butter
4 cups Kellogg's rice krispies cereal
1 pt. ice cream, cut into 6 portions

Method:

In medium size mixing bowl, stir together corn syrup, peanut butter, add rice krispies, stir until well coated. Press mixture evenly into buttered 13x9x2 pan. Place in freezer until firm. Cut cereal mixture into twelve 3-inch squares.

Sandwich each slice of ice cream between 2 squares, freeze until firm. Cut each large sandwich in half and wrap in foil. Store in freezer until needed.

1 cup flour
1 tsp. baking powder
1/4 tsp. salt
1/2 cup butter
1 egg
1 tbsp. milk

Method:

Mix all the above ingredients and pat into a greased pan. Spread with pineapple marmalade.

Topping:

1/2 cup sugar
1 egg
1 cup coconut
1 tbsp. butter
1 tsp. vanilla

Combine above and spread evenly over the marmalade, in the pan. Bake 350° 50 min.

RHUBARB CRUMBLE (Rich, fail-proof)

4 cups diced rhubarb
1 cup all purpose flour
3/4 cup regular rolled oats
1 cup brown sugar, packed
1 tsp. each salt, cinnamon
1/2 cup melted butter

Sauce:

1 cup granulated sugar
1 tbsp. cornstarch
1 tsp. vanilla

Method:

Mix first 5 dry ingredients with butter press half into buttered 9" square dish. Or put in large pie plate. Spread rhubarb evenly over crumbs. Mix sauce ingredients with 1 cup water in saucepan and cook over moderate heat **until thick and clear**. Pour over rhubarb. Sprinkle remaining crumbs over top and bake 350° 1 hr. or golden brown. Serve warm.

5 egg yolks
1 whole egg
2 tbsp. sugar
2 tbsp. cream
2 tbsp. butter
1 tsp. rum flavouring
1/4 tsp. baking powder
1 tsp. whiskey
1 cup flour

Method:

Thoroughly beat yolks and egg until fluffy. Combine butter with flour, add eggs, and the balance of ingredients. Mix well. Place in covered bowl in refrigerator for 2 hours. Roll out very thinly and cut into thin strips with a slit in the centre, and pull through. Fry in hot vegetable oil, drain on paper towel. When cool, sprinkle with icing sugar if desired.

APPLESAUCE COOKIES

1 cup butter or shortening
2 cups sugar
1 egg
3 cups flour
1 tsp. cinnamon
1/8 tsp. salt
1 tsp. baking powder
1 cup applesauce
1 cup chopped walnuts

Method:

Combine butter, sugar and beaten egg. Add sifted dry ingredients and mix well. Add applesauce and nuts. Mix well and drop by tsp. on baking sheet. Bake 350° 10-15 minutes.

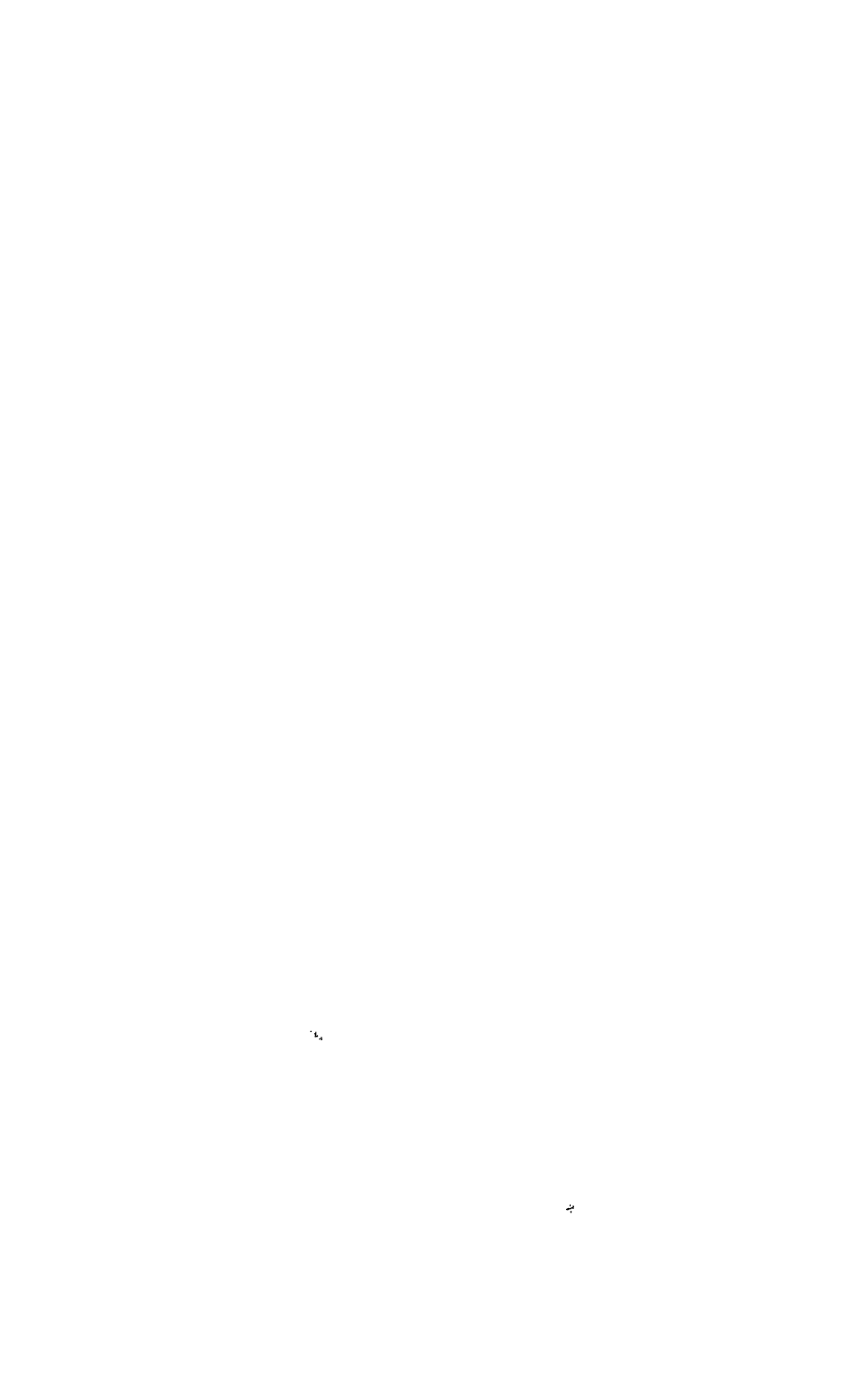


M E A T

F I S H

P O U L T R Y





1 lb. veal

1 lb. pork

1 lb. beef

Coarsely grind the above meats add

4 beaten eggs

Sift bread crumbs as much as needed.

salt

pepper

garlic powder to taste

grated onion

celery ground to taste

Combine all of the above ingredients.

Method:

Shape into sausage type rolls, insert wooden skewers (which have been immersed in boiled water and dried) into each roll.

Pack the meat mixture tightly around the skewer to be secure. Roll in flour, then beaten egg mixture, then into the sifted bread crumbs.

Deep fat fry in crisco oil.

Yield: 63 shishkabobs.

UKRAINIAN GOULASH

2 lbs. pork cubed & fried in 1/4 cup fat.

Mash together clove of garlic, add 1 tsp. salt, pepper. Put this into 1/2 cup water, add 1 tsp. paprika and stir. Put mixture over the fried meat. Cube 3 lg. raw potatoes, 3 carrots, 4 parsley root and top, and put on top of meat. Brown 3/4 cup flour in 1/2 cup butter. Cool and set aside.

Prepare:

1 bunch green onions diced 2 whole eggs
2 cups sweet milk 1/2 tsp. salt

Mix these 4 ingredients with flour and butter mixture. Pour over meat bake 350° 1 hour.

Filling:

1 1/2 cups cooked ham or canned lunch meat
2 tbsp. chopped parsley
2 tbsp. chopped celery
2 tbsp. chopped almonds
few grains cloves
1/2 cup thick salad dressing
Combine above ingredients.

Dough:

1 1/2 cups all purpose flour
4 tsp. baking powder
1/2 tsp. salt
1/4 cup shortening
2/3 cup milk
Sift dry ingredients, cut in shortening until well blended. Add milk, knead 10 seconds. Roll into a 10" square. Spread with filling, roll up jelly roll fashion. Cut into 2" slices, place cut side up in greased pan. Bake 350° 40 min.

Pineapple Sauce

1 19 oz. can crushed pineapple
1/4 cup brown sugar
2 tbsp. corstarch
2 tbsp. vinegar
2 tbsp. almonds
Drain pineapple, reserve syrup. Combine sugar and starch in pan. Add water to syrup to make 1 1/2 cups liquid. Stir in sugar-starch mixture, and cook until thick. Add balance of ingredients. Pour sauce over ham pinwheels.

1 1/2 lbs. boneless pork cut in
1 inch cubes
salt and pepper to taste
1/2 cup barbecue sauce
1/2 cup syrup from pineapple
1/4 cup vinegar
1 tbsp. corn starch
1 - 19 oz. tin pineapple chunks - drained
reserving syrup
1 green pepper cut in strips

Method:

Brown meat; season to taste. Stir in combined barbecue sauce, pineapple syrup, vinegar and corn starch. Cover and simmer 35 minutes. Add pineapple and green pepper; simmer 10 minutes longer. Serve over rice.

CHILI DOGS

1 can chili
1 lb. hot dogs (weiners)
8 toasted hot dog rolls
1 med. onion, chopped
1 cup shredded cheddar cheese

Method:

Heat chili in a small saucepan.
Grill or broil weiners, about 4 minutes turning several times until brown and done. Put hot dogs in rolls and top with the chili, onion and cheese.

Fry 1/2 lb. or 1/4 lb. salt pork
(cut in cubes) lift out pork pieces
to use later

Fry 1 cut up chicken
1 clove garlic (chopped fine)
1 can tomatoes (large)
1 small can tomato paste
1 chili pepper
paprika, salt and pepper

Method:

Let all this simmer for about 1 hr. If
too thick add tomato juice or water. If
you don't want chicken to fall apart take
it out let sauce simmer another 2 hrs.
when just about ready put chicken and
salt pork pieces in. Cook spaghetti then
you can sprinkle with Romano cheese.
This sauce is good with pork chops or
spareribs.

SWEET AND SOUR SPARERIBS

2 lbs. spareribs (1" pcs.) To this add
the following and mix well:

1 1/2 tsp. salt
1 1/2 tsp. sugar
2 tsp. Worcestershire sauce. Add
4 tbsp. flour,
1 tbsp. cornstarch (remix)

Method:

Fry in deep fat **until** golden brown. Drain
ribs and add to following sauce:

Sauce:

1 1/2 cups brown sugar
1 1/2 cups water
1/2 cup vinegar
2 tbsp. soya sauce

Bring to boil and thicken with 2 tbsp.
cornstarch. Add ready ribs and boil slowly
for 10 min. (or longer if a thicker sauce
is desired). Delicious served with rice.

Approximately 3 lbs. chicken pieces
salt and pepper
1 cup soy sauce
1 cup ketchup
2 tbsp. prepared mustard
1/2 cup dry white wine
1/2 cup honey
1 tsp. ground ginger

Method:

Sprinkle chicken pieces on all sides with salt and pepper. In oblong dish, mix remaining ingredients, stirring until well blended. Add chicken pieces, turn to coat well. Let stand 2 hours, turning every once in a while. Remove chicken, reserving marinade. Place skin side up, on grill rack, on medium hot coals, brush with marinade. Grill 50-60 min. or until crusty brown and tender, turning and basting with marinade every 10 min.

BARBECUED PORK CHOP CASSEROLE

1/4 cup ketchup
1 1/2 tsp. fat
2 tsp. worchestershire sauce
3 tbsp. vinegar
2 tbsp. water
1/4 tsp. salt

Method:

Combine ingredients in a saucepan, stir until mixture boils and boil 3 min. To serve, flour dredge 4 pork chops in seasoned flour and brown in 2 tbsp. fat in frying pan. In a greased baking dish large enough so chops don't overlap put:
2 cups canned or cooked lima beans
3/4 tsp. salt
2 cups cream style corn (or niblets)
salt
Place chops in vegetables and pour sauce over. Bake 350° for 45 min.

2 lbs. ground beef
1 lg. onion
1 qt. tomatoes
1 can mushrooms
1/2 cup chopped celery
1 1/2 tsp. chili powder
1 tbsp. worchestershire sauce
1 tbsp. ketchup
1/2 tsp. garlic powder
1/2 tsp. pepper
1 (12 oz.) pkg. noodles

Method:

Brown beef, onions and all other ingredients. Cook noodles and drain add to first mixture. Pour into greased casserole, cover with grated cheese. Bake 350° until top is brown. Let stand for 2 hours off the heat.

SPAGHETTI & MEAT BALLS

1 lb. hamburger (beef)
1/2 lb. ground pork
2 tbsp. chopped parsley
1/2 cup milk
1 cup dried bread crumbs
1/2 cup grated cheese
1 garlic chopped fine
2 beaten eggs
salt & pepper to taste

Method:

Mix ground meat and roll into balls. Fry and add to the following sauce and simmer together about half hour. Sauce: 1 med. onion and 1 clove garlic chopped in oil. Add one lg. can tomatoes, one can tomato paste and 4 shakes of hot chili powder.

1 cup uncooked rice
1 can cream of mushroom soup undiluted
6 chicken legs or 4 breasts or 1 chicken
1 cup water
1 pkg. dry onion soup mix (to cover fowl)

Method:

Mix first four ingredients together in a large casserole and lay chicken pieces on top and cover lightly. Bake 325° 2 hrs. or more. Note: Do not peek.

JUICY MEAT LOAF

1 lb. hamburger
1 egg
8 soda crackers (rolled fine)
1/3 to 1/2 cup cream
1 small onion chopped fine
a little ketchup
salt and pepper to taste

Method:

Mix together lightly and shape into loaf. Make 2 shallow ditches lengthwise and spread with following mixture:

1/4 cup ketchup
1 tbsp. vinegar
2 tbsp. brown sugar
2 tsp. prepared mustard
1 tsp. worcestershire sauce
Bake slowly about 1 1/2 hrs. at 300°-325°

FISHERMEN'S SAUCE (Fish Dish)

In a large skillet put 3 tbsp. oil and 2 tbsp. butter, saute 2 chopped onions and 1 clove garlic until golden brown. Add 1 1/2 lbs. shelled and deveined shrimp, 1/2 tsp. salt and dash of white pepper. Toss shrimp lightly until cooked 10 minutes. Put all in a bowl.

In the same skillet heat 3 tbsp. oil, 2 tbsp. butter, saute 1 large grated carrot, 1 stalk celery, stir in 5 tbsp. flour, 1/8 tsp. of basil, savory, marjoram, and nutmeg. Drain liquid from 2 (7 1/2 oz.) cans minced clams, into mixture. Reserve clams, add 1 can (15 oz.) manhattan style clam chowder and 1 cup water. Cook slowly until smooth and thickened. Break 2 (7 oz.) cans tuna into small pieces and add to sauce with reserved clams and shrimp mixture. (Mushrooms can be added to the above). Serve this on macaroni, sprinkle with parsley. Serves 8. Note: This dish is expensive to make but is delicious.

SWEET AND SOUR BEAN CASSEROLE

Fry until crisp 2 slices of bacon. Remove bacon from pan and set aside. Into same pan add 1 onion chopped fine, 1 clove garlic chopped and softened. Add 1/4 cup cider vinegar, 1/4 cup brown sugar, 1 tsp. dry mustard. Let simmer for 15 minutes. In casserole mix together 1 - 10 oz. can of each of the following beans: lima, broad, kidney, and 1-14 oz. tin pork and beans. Sprinkle top with crumbled bacon after adding the sauce from the pan. Bake covered 350° 1 hour. Remove cover the last 15 minutes of baking.

1 1/2 lb. ground beef
2 eggs
1 tbsp. accent
3 tbsp. flour
3/4 cup vinegar
3/4 cup oil
3/4 cup pineapple juice
1 1/2 cup chicken bouillon
3/4 cup sugar
3 large green peppers diced
6 slices pineapple diced
1/2 tsp. salt
2 tbsp. cornstarch
pepper
2 tbsp. soya sauce

Method:

Shape ground beef into 18 balls. Combine flour and eggs, salt and pepper. Dip meat balls into mixture and brown. Keep hot. Pour out all but 1tbsp. oil from skillet, and add 1/2 cup bouillon, green pepper and pineapple. Cover and cook over medium heat for 10 min. Mix remaining ingredients and add. Cook, stirring constantly until mixture comes to a boil and thickens. Add meat balls and simmer for 15 min. serve with rice.

Note:

This can be a very delicious when heated up a day or so later, as it improves with flavour.

1 1/2 lbs. veal cutlets, sliced thin
1 cup bread dressing
2 tbsp. fat
1/4 cup flour
2 tbsp. bread crumbs
1/2 tsp. salt
3/4 cup water or vegetable stock
2 tbsp. ketchup

Method:

Cut the veal in six squares, dredge with seasoned flour, pound to flatten. Divide the dressing among the six squares, roll the meat around it, and fasten with small skewers or toothpicks. Can be rolled in bread crumbs if desired. Brown in hot fat, add the liquid, cover and simmer until tender, about 45 min. Add the ketchup to the sauce, and thicken with flour and water if desired.

SAGE TURKEY DRESSING

1/2 cup scalded milk
2 cups bread cubes
3 eggs
2 onions fried
salt and pepper to taste
garlic salt
1/2 tsp. sage

Method:

Mix all the ingredients and bake in oven 350° for 1 1/2 hrs. or stuff your bird with this dressing. Note: You could grind the gizzards and add to the other ingredients or you could add 1/2 cup sauerkraut.

CHICKEN WITH PEACHES AND ALMONDS
(Wok Cooking)

101

- 1 lb. boneless chicken breasts
- 2 tbsp. soy sauce
- 2 tsp. cornstarch
- 1 tbsp. cooking wine
- 2 tsp. lemon juice

Method:

Cut chicken into bite size pieces. Mix all above ingredients and marinate chicken for about 2 hrs.

Then:

1 tbsp. oil (preferably peanut oil)
1/2 cup blanched sliced almonds
Fry almonds in oil until brown and set aside. (Keep stirring constantly so they don't burn).

- 2 small onions, cut into squares
- 1 green or red sw. pepper, deseeded, deribbed cut into squares
- 6 mushrooms, quartered
- 3 oz. canned sliced peaches
- 1 tbsp. cornstarch

Method:

Heat oil in pan. Stir fry the onions for 30 seconds, do the same with pepper and mushrooms. Heat 2 tbsp. oil. Drain the chicken. Stir fry for about 5 min.

Stir the 1 tbsp. cornstarch with 3 tbsp. peach liquid. Pour in the chicken while stirring. When it thickens, mix in the previously cooked vegetables. Turn off the heat. Mix in peaches. Transfer to serving dish and garnish with the almonds. Serve hot with rice.

2 lbs. ground steak (or lean ground beef)
2 eggs
1/2 cup rolled oats
1 lg. clove minced garlic
1/2 pkg. onion soup mix
1 1/2 tsp. salt
1 grated onion
chopped fresh dill

Method:

Mix all above ingredients together well and divide into 15 equal balls. Form into flattened out patties on well floured board. Place 1/2 slice mozzarella cheese and 1/2 strip bacon on top of meat patties (make sure that slice of mozzarella and length of bacon are slightly smaller than the meat pattie). Then roll up and tuck in the ends. Dip each into beaten egg (you will need about 2 beaten eggs for this) and then into bread crumbs. Brown in hot oil slightly, then place on cookie sheet and bake 350° for 1/2 hr. turning over once. Shut off oven and leave for another 1/2 hr.

Sauce:

1 can cream of mushroom soup
1 cup milk (or less)
salt, pepper
garlic powder to taste.
Drizzle this (or part of it) over the meat logs on platter and sprinkle chopped parsley over all.

Mix:

48 oz. drained sauerkraut
1 chopped green pepper
1 chopped onion
1 cup chopped celery
2 oz. chopped pimento or red pepper

Mix together over low heat:

1 1/2 cups white sugar
3/4 cup vinegar
1/2 cup salad oil
1/4 cup water

Stir above ingredients until sugar is dissolved. Cool. Pour over kraut mixture. "Delicious".

BEEF PAPRIKA STEW

2 medium onions
2 small red or green peppers
2 tbsp. cooking oil
1-2 lbs. lean beef cut into cubes
1/2 cup beef stock or bouillion cube
2 tsp. sweet paprika
1/2 tsp. caraway seeds
1/2 tsp. dried marjoram
4-6 small peeled tomatoes or canned
salt & pepper to taste

Method:

Chop onions, slice peppers into small strip, heat oil in large skillet, add onions, and peppers cook until done. Add beef, & brown the cubes stirring well. Drain off extra fat, add bouillion cube, paprika, caraway seed, marjoram. Squeeze the tomatoes in your hand to break them up and add along with salt & pepper to taste. Cook until meat is done. Serve with noodles and a cucumber salad.

3 - 4 lbs. spareribs cut in small pieces
1/2 cup honey
1 cup ketchup
1/4 cup soya sauce
4 cloves of garlic, crushed

Method:

Cook ribs in boiling salted water until tender, 1-2 hours. Drain and place in shallow pan. Combine remaining ingredients and pour over ribs, turning to coat, refrigerate in sauce 2-3 hours. Remove ribs from sauce; grill on barbecue or oven until crisp and browned, basting generously with the sauce in a 400° oven. Turn them often as sauce thickens to form a glaze. Makes 4 servings.

BARBECUE SAUCE FOR RIBS

1/2 cup chopped onion
1 clove garlic **crushed**
2 tbsp. butter or margarine
3 tbsp. soya sauce
1 1/2 cups tomato juice
2 tbsp. each of vinegar, lemon juice
and brown sugar
1/2 cup ketchup
1/2 cup chopped celery

Method:

Saute onions and garlic in butter until golden brown. Add remaining ingredients and heat to boiling, simmer for 30 min. Use to baste spareribs during cooking, or serve as a sauce separate. Yield 3 cups.

3 cups grated raw potatoes
1 large grated onion
1 slightly beaten egg
1 tsp. salt
3 tbsp. crushed bread crumbs
1 tbsp. flour,
pinch pepper

Method:

Put all ingredients in a bowl and mix well. Fry the pancakes using cooking oil, just enough to grease the pan. Use 2-3 heaping tbsp. of mixture for each pancake, level and fry until brown on both sides. Place in fireproof pan and keep warm in 200° oven. Stir mixture in between to keep ingredients blended. Serve warm with sour cream or mushroom sauce, or brown gravy.

FISH BALLS IN ASPIC

4-5 fresh fish (pickereel best)

Separate the meat from bones. Save the fish head. Grind fish add bread crumbs. (3 parts of fish to 1 part bread crumbs). Grind 1 med onion, add 3 or 2 eggs, salt, pepper to taste and if necessary some flour. Make medium size balls.

Drop into salted boiling water (2-3 cups). Boil till they float (boil 5-6 at a time). Place in pyrex. To fish brine (water) add 1 med. carrot, 1 onion, bay leaf, and fish bones with head. Boil for 1/2 hr, add 1 envelope unflavored gelatin. Strain and pour over balls. Let set overnight in fridge.

1 pkg. seasoned stuffing (5 cups)
1 cup water of chicken broth
2 eggs
1/2 cup minced onion (med.)
1 tbsp. prepared mustard
1 tsp. salt
1/4 tsp. pepper
2 lbs. ground beef
4 tbsp. butter or margarine

Method:

In bowl mix 1 cup stuffing, 1/2 cup water, the eggs, 1/4 cup onion, mustard, salt and pepper, let stand 10 min. Add ground beef, mix well. Shape in 9 x 5 in. loaf; place lengthwise down centre of 13x9x2 in. baking pan. Place pan to one side on centre rack in preheated 350° oven. In small covered saucepan bring to boil remaining 1/2 cup water and 1/4 cup onion and the butter. Pour over remaining 4 cups stuffing, toss to mix. Spoon around meat loaf. Bake 35 min. Let loaf stand 10 min. before slicing. Makes 4 servings.

FISH IN TOMATO SAUCE (Kiev Style)

3 lbs. of fish (sole)
1 onion
1 celery stem
1 tsp. ground pepper
2 cups stewed tomatoes
3/4 cup tomato sauce, garlic, bay leaf,
oil, salt, pepper, flour

Method:

Cut up fish into serving portions, roll in flour which has been mixed with pepper and salt and fry on both sides. Transfer to platter. Meanwhile, add oil to same sauce pan and add all vegetables cut up. Stew until soft and mushy. Add tomato sauce and garlic. Simmer 15 min. add salt, pepper to taste. Put into blender, pour over fish. Bake 350° 1/2 hr.

2 lbs. spareribs
1 cup ketchup
1 cup water
1/2 cup vinegar
1/2 cup brown sugar
2 cups diced onions
2 tsp. dry mustard
3 tbsp. worcestershire sauce
salt, pepper to taste

Method:

Combine all ingredients and mix well. Place spareribs in a flat open pan in one layer. Pour sauce on top. Bake 400° approximately 2 hours turning every 15 min. after first hour. Cannot be overbaked. The longer the baking the richer the flavor.

MEAT ON A STICK UKRAINIAN STYLE

1 lb. ground beef and 1 lb. ground pork
1 lg. onion
1 clove garlic
4 eggs
1 cup bread crumbs
1 small can carnation milk
salt & pepper to taste

Method:

Mix all ingredients and form into 2 inch sausage shapes to be put on sticks later. Beat 2 eggs separately, add milk. In one dish put 1/2 cup flour, and in another 1 cup bread crumbs. Put the stick into the centre of the meat, roll in the flour, egg mixture and in crumbs. In a pan, fry the meat sticks in oil until golden brown. Place the meat standing up in a casserole. Bake 350° 30 min.

1/2 cup finely chopped fresh mushrooms,
or 1-3oz. can (2/3 cup) broiled chopped
mushrooms, drained
2 tbsp. butter or margarine
2 tbsp. all purpose flour
1/2 cup light cream
1 1/4 cups shredded sharp cheddar cheese
1/4 tsp. salt
dash cayenne
6-7 boned whole chicken breasts
all purpose flour
2 slightly beaten eggs
3/4 cup fine dry bread crumbs.

For cheese filling:

Cook mushrooms in butter, 5 min. Blend in flour, stir in cream. Add salt and cayenne, cook and stir until mixture become very thick. Stir in cheese, cook over very low heat, stirring constantly, until cheese is melted. Turn mixture into pie plate. Cover, chill thoroughly about 1 hr. Cut the firm cheese mixture into 6-7 equal portions, as many as you have chicken pieces.

To make cutlets:

Place each piece of chicken, boned side up, between two pieces of saran. (Overlap meat where chicken breast is split). Working out from the centre, pound with wood mallet to form cutlets not quite 1/4 inch thick. Peel off saran. Sprinkle meat with salt. Place a cheese stick on each chicken breast. Tucking in the sides roll chicken as for jellyroll. Press to seal well. Dust the chicken rolls with flour, dip in slightly beaten egg, then roll in fine dry bread crumbs. Cover and chill chicken rolls thoroughly, at least 1 hr. (or chill overnight). About 1 hr. before serving, fry rolls in deep hot fat for 5 min. or **until** crisp and golden brown, drain on absorbent paper towels. Place rolls in dish Bake 325° 30-45 min.

2 pkgs. (4 oz. each) cream cheese softened
1/2 cup dairy sour cream
2 eggs
2 tbsp. prepared mustard
1 can (7 3/4) salmon drained
1 frozen 9 in. deep dish pie shell
1 pkg. (10 oz.) frozen chopped broccoli,
thawed and drained
1/4 cup chopped pitted ripe olives
1/4 cup shredded swiss or mozzarella cheese

Method:

Combine cream cheese, sour cream, eggs, and mustard until well blended. Break salmon into small chunks and arrange in bottom of unbaked pie shell. Top with broccoli. Pour cream cheese mixture over salmon and broccoli; sprinkle with olives and cheese. Bake 375° 40-45 min. Cut in wedges, and serve warm or cold. 6 servings.

TUNA BROCCOLI BAKE

2 tbsp. margarine
3 tbsp. flour
1 cup skimmed milk
4 eggs, separated
1 can (7 oz.) water packed tuna drained
1 pkg. frozen chopped broccoli, drained
1/4 cup shredded cheddar cheese
3 green onions chopped
1 tbsp. prepared mustard
2 tsp. salt
1/4 tsp. bottled hot pepper sauce

Method:

Melt margarine, stir in flour until smooth. Add milk, cook stirring until hot and thickened. Remove from heat and cool. Stir in egg yolks, tuna, broccoli, cheese, onions and seasonings. Beat at high speed egg whites until stiff. Fold tuna mixture into egg whites. Spoon into casserole. Bake 45 min. till golden brown. 4 servings.

PORK CHOP CASSEROLE

110

potatoes
carrots
canned green beans
pork chops
1 can mushroom soup
1/2 can water or milk

Method:

Parboil enough potatoes and carrots for your family and arrange along with beans, in bottom of a casserole dish. Brown chops and place on top of vegetables. If any left over pork sausages are available, brown these in drippings after being cut up in small pieces. Add soup and water. Simmer for 2-3 minutes. Pour over chops, cover and bake 45 min. 350°.

ROAST HOCKS

Pork hocks
salt, pepper, paprika
1/2 cup water

Method:

Clean hocks and singe where necessary, sprinkle with seasoning and place in roast pan. Add water and bake 350° 2 hours.

KOLYRABA

3 - 4 small kolyrabas cut up finely
1 1/2 cups water
pinch of salt

Method:

Boil the above ingredients until soft. Take out of pot place on platter. To the water add 1/3 lb. butter, add 6 tbsp. flour, little nutmeg boil until thickened. Then put the kolyraba back in the sauce and simmer slowly. Delicious.

(Ukrainska Kobassa)

10 lbs. fresh pork (both lean and fat)
2 tbsp. black pepper
4 tbsp. salt
4 tbsp. sage
1 tsp. cloves
1 tsp. mace
1 tsp. nutmeg
6 cloves garlic (ground)

Method:

Cut pork into small pieces and force it through the meat grinder. Add salt and spices. Stuff well cleaned casings with meat mixture. This is delicious roasted, topped generously with sliced onions.

FRIED CABBAGE

1 - 2 lb. cabbage
3-4 tsp. vinegar
1 tsp. salt
2 tbsp. lard or oil
1 apple cut up
1 tsp. sugar
little water for bottom of pot
1 tbsp. flour
a little wine for cooking

Method:

Cut up the cabbage quite fine, add the salt and vinegar mix well. Set aside for a couple of hours so that the salt penetrates well. Fry the onion in the lard, add the apple and other ingredients and cook for 1 1/2 hours. Then mix the flour with the water and wine add to the cabbage mixture. This will thicken the cabbage a little.

Note: To the cabbage mixture instead of flour you can add grated potatoes the starch in the potatoes makes it thick.

Fillets of sole
butter or olive oil
salt, pepper, little basil
ginger, garlic (finely chopped)
lemon

tin foil and shallow pan.

Note: if fish is frozen and you are in a hurry it can be thawed easily by placing under cold running water.

Put tin foil in pan with enough foil to cover fish. Butter or oil this foil, sprinkle with salt, pepper, chopped ginger, garlic and pinch of basil. Slice lemon place a few slices in pan. Next place fillets on this mixture and repeat over fish with same ingredients. Cover with the overlapping tin foil. Bake 12-18 min. turning fish over half way of cooking time. Fish is cooked when flakes easily after fork has been inserted. Place fish on platter without lemon slices that were baked. Use fresh lemon wedges if desired.

SALMON PATTIES

One small onion cut fine and sauteed to a golden yellow in a bit of butter.

Add 2 cups flaked and boned salmon

3/4 cup coarse cracker crumbs

1 egg, slightly beaten

1/2 cup milk.

Method:

Spoon into well buttered skillet and fry a golden brown. Turn and fry other side.

5-6 cups flour
1/2 tsp. salt
2 pkgs. dry yeast
2 1/2 cups warm water
2 tsp. sugar

Method:

Add to dry yeast, sugar & water to make a smooth paste. Add 3/4 cup mazola oil. Add the flour and mix. Cover the dough with a cloth and let stand in warm place until the dough has risen 10-15 min. or longer. Oil your cookie sheet and also use crisco as the crust is then nice and crisp, (pizza pan) add filling which can consist of: sauce, green peppers, pepperoni or kobassa, mozzarella cheese, mushrooms, hot peppers, olives, anchovies, etc. Cook in hot oven 3/4 hr. or until crust looks well done. 350-375° oven.

SESAME CHICKEN WITH HONEY DIP

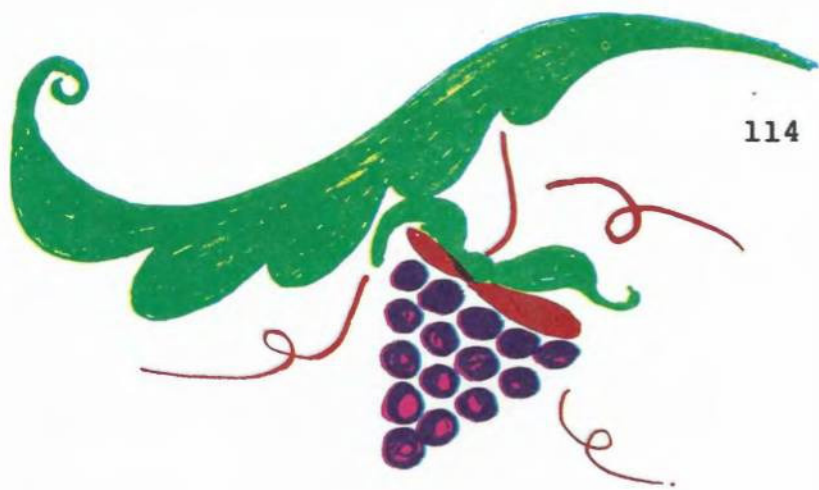
1/2 cup mayonnaise
1 tsp. dry mustard
1 tsp. instant minced onion
1/2 cup dry bread crumbs
1/4 cup sesame seeds
2 cups cubed chicken or turkey

Method:

Mix first 3 ingredients and set aside. Mix crumbs and sesame seeds. Coat chicken pieces with mayonnaise mixture then the crumb mixture. Place on cookie sheet. Bake in oven 400° 12 min. or until lightly browned. Serve with the following dip:

Honey Dip:

Mix 1 cup mayonnaise with 2 tbsp. honey.



P R E S E R V E S

P I C K L E S

J A M S



2

3

4
5
6

6 qt. basket small or young beets
Cook until quite tender do not overcook,
cool off. Skin the beets. Rinse if
beets are large use a rippler to cut in
half or quarters. Make a brine of:
6 cups of water
3 cups vinegar
2 cups of sugar
Boil syrup add your beets bring to a boil
and pour into sterilized jars and seal.

PICKLED SWEET PEPPERS

Note: Use red peppers if possible or
half red half green or banana.
Remove seeds from peppers cut in 4's,
lengthwise. Wash, put into large pan.
Pour 1 cup pickling salt over peppers and
mix well. Let stand until wilted and
pliable. Into each jar put 1 clove of
garlic, 2 stalks of celery, shake well,
remaining salt of peppers, pack into jars
make the following brine:
2 qts. water
1 qt. white vinegar
2-3 tbsp. allspice
1 tbsp. sugar to each jar
Pour the brine hot over the peppers, seal
in jars, cold pack 10-15 min.

11 qt. basket tomatoes
6 lg. sweet peppers (2 red, 4 green)
2 large spanish onions
1/2 cup oil
4 cloves garlic
parsley
2 large cans tomato paste
1/2 or 1 tsp. oregano
salt to taste

Method:

Peel tomatoes, quarter them and let them drain. Saute onions, 2 peppers, garlic in oil until limp. Add the rest of the ingredients (but not the tomato paste) cook for about 2 hrs. Add tomato paste and cook for another half hour or until thickened.

FRUIT CHILI SAUCE

6 qt. basket ripe tomatoes
6 lg. onions
6 stalks of celery
6 pears
6 peaches
6 apples
3 sweet peppers
4 tbsp. pickling spice (tied in bag)
5 cups sugar
3 cups white vinegar
2 tbsp. salt
1/2 tsp. **cayenne** pepper

Method:

Peel tomatoes and quarter, peel onions, apples, pears, peaches and dice, dice celery and peppers adding the spice. Slowly boil, sugar, vinegar, salt, cayenne pepper in a large heavy kettle for 2 1/2 hrs. stirring often, with the peeled fruit. Pour into hot sterilized jars and seal.

INDIAN CHILI SAUCE

20 ripe tomatoes chopped (drain off juice
a little if too watery)

3 cups white sugar

4 tbsp. salt

4 large onions chopped

4 large red peppers chopped

4 cups white vinegar

Method:

Cook all the above for 3 1/2 hrs. or until thickened. Remove from the heat and pour into hot sterilized glasses.

Note: Good with fish, fried eggs and bacon.

MUSTARD PICKLES

11 qt. basket cucumbers

1 cauliflower

1 lb. pickling little white onions

Method:

Slice cucumbers and put in hot water and salt overnight. Next morning squeeze out the juice from cucumbers.

Syrup:

10 cups white sugar

3 tbsp. dry mustard

3 tbsp. turmeric

3 cups all purpose flour

1 gal white vinegar

Method:

Boil the syrup, add cucumbers, cauliflower and onions and keep stirring so that it does not burn. Put into hot sterilized jars and seal.

Note: You can use brown sugar and you can add more sugar if you like it sweeter.

2 large baskets tomatoes (long Italian)
4 large cans of tomato paste
2 bunches celery (ground)
6 qt. basket red or green pepper (ground)
1/2 cup garlic chopped finely
1 basket carrots (ground)
1 basket small onions (fry in oil)
1 cup vinegar
1 1/2 cup sugar (brown or white)
2 tbs. salt
3 hot peppers (ground)
1/4 tsp. ground cloves
1/2 tsp. cinnamon

Method:

Boil tomatoes and strain. Add the tomato paste to thicken the tomatoes (you should add more paste if tomatoes are too thin) add celery, pepper, garlic, carrots. Fry separately the onions and add to this mixture. Boil the syrup of vinegar, sugar, salt, peppers, cloves, cinnamon add to the first mixture. Put into hot sterilized jars and seal. (could be cold packed)

CHILI SAUCE

24 ripe tomatoes or 6 qt. basket
7 large chopped onions
7 small chili or 2 large peppers
3 cups sugar
1 cup vinegar
2 tsp. cinnamon
2 tsp. cloves
2 tsp. salt.

Method:

Combine all the above ingredients and boil gently for 3 hrs. Pour into sterilized jars and seal.

3 qts. small green cucumbers
1 qt. onions
3 sweet green peppers
3 sweet red peppers
1/2 cup pickling salt
6 cups white sugar
2 tsp. tumeric (turmeric)
2 tsp. mustard seed
1 tsp. celery seed
vinegar

Method:

Wash cucumbers, do not peel. Slice thinly. Peel and slice onions very thin. Wash and quarter peppers. Chop peppers fairly small. Combine cucumbers, onions and peppers and add salt previously dissolved in sufficient water to cover vegetables. Let stand for 12 hrs. Drain, add balance of ingredients including sufficient vinegar to barely cover cucumbers. Boil for 5 min. Fill hot sterilized jars and seal.

HOT DOG RELISH

6 cucumbers
3 onions
2 cups celery
3 green peppers
Chop finely, above ingredients. Cover with salted water, (1 tbsp. salt to 1 qt. water).
Let stand overnight.

Method:

Syrup: 3 cups vinegar
3 tbsp. flour
1 1/2 cups sugar
2/3 tsp. celery seed
1/3 tsp. turmeric
1/2 tsp. salt
green coloring if desired

Cook for a few minutes. Add drained veg. Cook 10 min. Ladle into jars. Seal.

SWEET RED OR GREEN PEPPERS

1 bushel peppers (red or green or mixed)
 4 hot peppers
 4 heads of garlic
 pickling salt
 mazola oil (1 tsp. to qt. jar)
 dill (put on top and bottom in jar)
 2 gals of vinegar (white)
 5 lbs. brown sugar
 pickling spices

Method:

Make a brine of 3 cups water, 3 cups vinegar, 3 cups brown sugar, pickling spice. Bring to a rolling boil. Pack in qt. jars, dill, **clove** garlic, small slice hot pepper, 1 heaping tsp. salt, peppers which have been washed and cut in half or quartered and 1 tsp. oil. Pour hot brine over the peppers and put lids on and cold pack until sealed 10-15 min. or until peppers rise in the sealers.

PICKLED BEETS

1 basket (6 qts.) beets
 6 cups vinegar
 salt 1 tbsp. pickling
 4 cups water
 1 tsp. sugar
 pickling spices tied in a cloth bag

Method:

Boil small beets with skins until tender. Dip into cold water **until skins slide off.** Make the brine, pour the hot brine over the beets. Cold pack 15 minutes.

DILL PICKLES

No. 1

cucumbers
 fresh dill
 garlic
 bay leaves

Method:

Wash the cucumbers and dill. Have your sterilized jars ready.

Brine:

12 cups water
 1 cup white vinegar
 12 tbsp. pickling salt
 1 tbsp. sugar

Boil the brine for 5 min. pour over prepared cucumbers in jars and seal. Leave on table in basement for 3 days. Put into refrigerator and keep there until eaten up.

Into a 1/2 gallon jar, place some dill on the bottom, add cucumbers, standing them up, add bay leaf, hot dried pepper, diced garlic to taste and brine.

Note: Half the brine recipe is enough for
 3 1/2 gallon jars of cucumbers.

DILL PICKLES

No. 2

7 cups water
 1 cup vinegar
 4 ~~1~~ 2 tbsp. pickling salt
 4 tbsp. brown sugar
 mixed spices

Method:

Boil the above ingredients. Place washed cucumbers into jars, along with 1 clove garlic and dill. Pour hot brine over cucumbers and seal. Place jars into canning pot and bring water to a boil. Remove and tighten lids.

6 qts. tomatoes peeled
6 large pears
6 large peaches
6 large apples
4 onions

Method:

Chop above fruits and vegetables finely, then add 4 cups sugar, 2 tbsp. salt, 1/2 cup pickling spices (tied loosely in bag) 1 pint vinegar. Simmer in large kettle for 1 hr. stirring often. Remove spices and seal the relish in hot sterile jars.

Note: Chopped red and green sweet peppers may be added.

CABBAGE RELISH

2 heads cabbage (3-4 lbs. each)
10 green and 2 red sweet peppers
2 hot peppers
10 medium onions
1 1/2 cups white sugar
3 cups white vinegar
1 tbsp. turmeric
2 cups water
1 tsp. mixed spices (tied in cloth bag)
1 cup mazola oil

Method:

Shred cabbage, cut onions and peppers, put in crock or enamel pot. Add 1/2-3/4 cup pickling salt, mix well let stand overnight. In the morning squeeze out water from vegetables. Prepare syrup of vinegar, water, sugar and spices. Boil 5-7 min. Take out spice bag, add turmeric, mix well. Add cabbage mixture, combine well and bring to a rolling boil. Add oil, mix well, put in sterilized jars and seal. Yield: 12 1/2 pints.

4 cups pitted sour cherries
8 cups sugar
4 cups topped and tailed gooseberries
4 cups stemmed red currants
4 cups raspberries

Method:

Combine cherries and 2 cups sugar in large saucepan. Bring to boil, boil vigorously for 5 min. stirring almost constantly. Stir in gooseberries and 2 cups sugar. Return to boil and cook 5 min. Add currants & raspberries and the rest of sugar and bring to boil. Continue boiling stirring constantly until jam sets about 10 min. Remove from heat, skim and stir 5 min. Pour into hot sterilized jars.

Note: Sometimes you have to boil an extra 15 min. before it is the way you like it.

CARROT MARMALADE

2 medium carrots
2 medium lemons
3 oranges
2 lbs. fresh carrots
6 cups of sugar
2 tsp. gr. cinnamon
1/2 bottle of certo

Method:

Cook carrots in boiling water (salted) until tender. Drain, chop fine or grind. Grate the rind and dice the pulp from oranges. Squeeze the juice from lemons. Combine cooked carrots, fruit pulp, rind & juice from lemons. Measure 4 cups into large kettle. Add spice & sugar to fruit. Mix well. Place over high heat and bring to a rolling boil. Boil hard 1 min. stirring constantly. Remove from heat at once stir in certo. Stir and skim 5 min. Ladle into hot jars.

2 large cabbage (winter cabbage)
10 cooking onions
4 carrots
10 large sweet peppers
3 hot peppers
4 cups white vinegar
2 cups water
1 cup mazola oil
1 1/2 cups sugar
1 tsp. turmeric
1 1/2 cups course cooking salt

Method:

Shred cabbage, dice onions, grate carrots, dice peppers. Pour salt over vegetables and mix real well. Let stand overnight. In the morning squeeze really well so no more water comes out. In kettle pour vinegar, water and oil, sugar and turmeric. Let this come to a rolling boil and boil 5 min. Add the vegetables, when they become limp pack in hot sealers. (You can cold pack also if you prefer).

PICKLED BEETS (young beets)

4 qt. basket beets
1 cup vinegar
2 cups water
1 tsp. pickling salt
1 tsp. brown sugar

Method:

Boil for 3 minutes the above syrup. Cook beets until tender, not too soft. Peel and pack in hot jars. Pour boiling syrup over the beets and seal. (Cold pack method can be used here).

2 heads cabbage
10 small onions
10 green or red peppers
2 hot peppers
1/2 cup pickling salt
Mix and let stand overnite. Drain in
the morning and add
2 1/2 cups vinegar
1 1/2 cup white sugar
2 cups mazola oil
2 1/2 cups water

Method:

Boil 15 min. all the above and seal in
jars which have been sterilized and are
hot, or put in cold pack and seal, (15 min.).

PICKLED CARROTS

Carrots

1 1/3 cups white vinegar
1 1/3 cups water
1/2 tsp. each of celery seed,
caraway seed, mustard seed
1 cup sugar
tsp. coarse salt
1/2 tsp. crushed hot peppers (optional)
1 1/2 tsp. dill seed

Method:

Cook washed carrots, whole or sliced in
salted boiling water for 10 min. or until
almost tender. Drain. Pack the carrots
into sterilized jars. Boil brine, pack
in jars and seal.

DILL PICKLES (No. 3)

Scrub clean freshly picked medium sized cucumbers. Sterilize sealers.

Proportion:

On bottom of 2 quart jar put;

1 dill weed (stock and flower head)

1-2 cloves garlic

2-3 bay leaves

4 whole black peppercorns

1/2 hot banana pepper

Fill jars with cucumbers and add to each:

1 tbsp. salt

2 tbsp. brown sugar

Boil 8 cups water with 1 cup vinegar.

Pour over cucumbers to cover. Add more dill on top. Put caps on tight and place in canner with water to the top of the caps. Bring to a boiling point. Keep in hot water, take out cucumbers in jars only after cucumbers change color. Take out tighten lids, cool and store for winter.

BEET RELISH

6 qt. beets

7 sweet red or green peppers

7 onions, 3 hot peppers

Method:

Cut up onions & peppers as for chili sauce. Sprinkle pickling salt (1 cup) let stand overnite. In morning drain and rinse in cold water. Boil beets, cool & peel & grate.

Syrup: 3 cups vinegar, 3 cups sugar bring to boil. Add onions, peppers, 3 cloves garlic. Again bring to boil. Add beets and bring to a boil. Pour into sterilized jars and seal. Makes about 12 pints.

5 cups rhubarb
5 cups sugar
20 oz. can crushed pineapple

Method:

In large pot combine above ingredients, and boil for 20 minutes stirring frequently. Add 2 pkgs. strawberry jello powder and mix well. Pour into sterilized, hot jars and seal.

SWEET PICKLES

150 cucumbers 2 inches long
6 pints white vinegar
6 pints white sugar
6 tbsp. whole celery seeds
2 tbsp. mixed spices

Method:

Wash cucumbers and place in stone crock. Cover with brine made from 1 cup pickling salt and 1 gallon water. Place a plate over top to hold them down. Let stand 7 full days. Drain off brine and put fresh water over cucumbers and let stand 24 hours. Drain and cut in quarter size. Replace in crock and pour over them, 1 gallon boiling water with 1 tablespoon powdered alum, and let stand another 24 hrs.

Drain again and put pickles back in crock. Bring vinegar, sugar and spices to a boil and pour over pickles, being sure to cover completely. After 25 hours pour syrup into large pot, heat and add $\frac{3}{4}$ cup sugar. Let stand another 24 hours. Add another $\frac{3}{4}$ cup sugar and heat syrup and pour over pickles.

On the third day, pack pickles in jars, pour syrup over pickles until jar is full. Seal and examine for leaks. Do not heat syrup on third day. Very good pickles

BEET AND HORSERADISH RELISH

6 medium cooked, pickled and grated beets
1/4 lb. fresh horseradish (grated finely)
1 cup sugar
1 cup vinegar

Method:

To the beets, add each of the ingredients, one at a time, and mix thoroughly.

Spoon into jars, cover and keep in refrigerator. Keeps for quite some time.

Note: Delicious with eggs and meat dishes. Traditional at Easter time.

S O U P S

S A L A D S

C A S S E R O L E S

V E G E T A B L E S



4-5 beets grated or cut up
1 carrot cut up
1 onion
2 stalks of celery cut up
1 tbsp. salt
1 clove garlic
4-5 qts. of water in large kettle

Method:

Skim off skum from water. Boil for 50 min. Add parsley, dill seed, 1/2 cup tomato juice, 2 oz. white vinegar. (add 1 tbsp. brown sugar when adding tomato juice. Cook a little longer. Serve hot with a large tbsp. of sour cream in each bowl at the table.

Note: This borscht was usually made in the old country before the money came in from the harvest as there was no money to buy meat.

MEATLESS SOUP

1/4 cup pearl barley (soaked overnight)
Rinse well, cover with 3 1/2 qts. water and boil for 1 1/2 hrs. Add following:
Cut up 2 celery stalks, 1 large carrot, 1 medium onion, 1 small parsnip, 8-10 yellow or green string beans. Pour 3/4 cups tomato juice in and season to taste. Saute 2 tbsp. butter, add 1 small onion a few shakes of paprika and parsley. Add this to the soup and simmer.

1/4 cup onions diced

1/4 cup celery diced

1 clove garlic diced

Saute above ingredients in 3 tbsp. butter

Cook 1/4 cup lima beans for 10 min. remove skins off lima beans, and cook until soft.

5 cups beets, diced or cut or shredded

10 cups of stock or

4 cans chicken broth diluted

2 bay leaves

1 cup string beans cut into 1/4 in. pcs.

1 cup tomatoes or tomato juice

chopped dill and parsley

1 cup shredded cabbage

Method:

Put stock into a large pot. Add beets, cabbage, beans, onions and bay leaves. Bring to a boil, for 2 min. if beets are young and 3 min. if older. Add tomatoes or juice, boil another minute and remove from stove. Vegetables should be still crisp. Add dill, parsley, salt to taste, and cool. Pour into containers and freeze. (Do not overcook, as vegetables would be mushy after freezing).

VEGETABLE SOUP

2-3 lb. soup meat with bone, stick celery

1 tbsp. salt, shake parsley, small onion

Method:

Cover soup meat with water, bring to boil, drain and wash well. Add enough water to cover meat, add vegetables, salt, simmer 3 hrs. Remove meat & bone strain stock. Add following vegetables: 1 medium onion, 1 med. potato diced, 1 cup chopped celery, 1 cup diced carrots, 1 cup green peas, 1/2 cup tomato juice, salt & pepper to taste. Cover and cook until vegetables are tender.

1 cup chopped onion
1/4 cup diced carrots
1 clove garlic, minced
3 lbs. fish fillets
(cut into 3" pieces)
6 lobster tails
(cut lengthwise in half)
1 can large tomatoes
2 bay leaves, crushed
2 quarts water
1/2 cup olive oil

1 lb. shrimp
1 can whole clams (10 ozs.)
1 can bouillon
1/2 cup chopped pimento
1/4 cup snipped parsley
1 tbsp. salt
1 tbsp. lemon juice
1/2 tsp. saffron
dash freshly ground pepper

Method:

In large kettle, cook and stir onion, carrot and garlic in oil until onion is tender. Add fish, lobster, tomatoes (with liquid) bay leaves and water. Heat to boiling; reduce heat. Cover, simmer 15 min. Add shrimp, clams (with liquid) and remaining ingredients, simmer 15-20 min. longer. Serves 12.

2 Pork kidneys
2 beef kidneys
1 beef shank
3 medium potatoes (cubed)
2 medium carrots (cubed)
salt & pepper to taste
parsley & dill (chopped)
6 lg. dill pickles

Method:

Cook kidneys until tender, add shank and vegetables, cook until done, add your chopped dill pickles and cook 3/4 hour or longer.

MUSHROOM & LEEK SOUP

1/2 lb. butter
2 bunches leeks
1/2 lb. mushrooms, chopped
1/4 cup flour
1 tsp. salt
dash cayenne pepper
1 cup chicken broth
3 cups milk
1 tbsp. dry sherry (or lemon juice)

Method:

Wash leeks very well, slice and use white part only. In 1/4 cup butter, saute leeks until tender but brown. Remove and set aside. The remaining butter, saute mushrooms until soft 10 min. Blend in flour, salt, cayenne. Gradually stir in broth and milk. Cook, stirring until mixture thickens and come to a boil. Add leeks, sherry, salt, pepper to taste. Simmer 10 min. Serve with thin slices of lemon and sprinkling of parsley if desired.

6-8 cups coarsely shredded cabbage
1/4 cup chopped shallots or green onions
1/2 cup chopped celery
1/4 cup chopped carrots
4 cups chicken stock
salt, pepper and nutmeg to taste, also 1
clove garlic crushed
1/3 cup butter or margarine
1/3 cup flour
3 cups heated milk
1 cup light cream heated
lemon juice to taste

Method:

Combine above vegetables in chicken broth in large covered saucepan. Over medium heat, bring to a boil and simmer 10 min. In another large saucepan, melt butter and let bubble, blend in flour and cook this about 5 min. until smooth and thick. Whisk in heated milk, then the cream and stir constantly until mixture thickens. Add cabbage mixture and heat 10 min. or until hot. Season with salt, pepper, and lemon juice. Serves 6-8 people.

BROAD BEAN SOUP

2 cups broad beans 2 quarts water

Method:

Soak beans overnight in 2 qts. water. Next day drain and pull skins off. Place beans in 1 qt. of water, add 1 tsp. salt and cook 1 hour. When beans are well cooked, mash really well add 4 cups water & 3/4 cup buckwheat. Simmer until buckwheat is cooked. While buckwheat is cooking, fry one onion in 1/4 cup of pork fat, add 1 clove garlic which has been ground with salt. Add this fried mixture to soup broth, add more water if necessary. Simmer and serve.

1 medium cabbage
2 large potatoes (peeled and cut up)
2 large onions
1 bay leaf
1/4 lb. fat back or trimming from chop
2 tsp. salt
3 tbsp. vinegar
5 tbsp. flour

Method:

Add cut up potatoes to 6 cups of water, cook until tender. Mash potatoes in the water in the pot. Add finely cut or shredded cabbage, vinegar, bay leaf and salt, cooking till cabbage is tender. Dice the fat back and onions and fry until fat back is golden. Add flour, stir continually until flour turns a golden color. Let cool. Slowly add enough soup mixture to the flour, stirring continually, to make a smooth paste, and pour this mixture back into the pot of soup. Let this come to a slow boil, season with salt & pepper.

Yield: 18 cups soup.

PEA SOUP

2 cups dried peas, 2 tbsp. bacon fat,
2 1/2 qts. of above stock, small onion,
1 1/2 tbsp. flour, 1/4 cup cream, salt
& pepper to taste. Ham or turkey and bones.

Method:

Place meat and bone in 2 qts. of water. Add 1 onion, salt to taste, simmer 1-2 hrs. When cooked strain. Add to stock 2 cups dried peas (which have been soaked overnight), salt & pepper, then simmer until peas are tender. Add flour to bacon fat and brown. Add onion, spoon some soup liquid into the flour and onion mixture, stirring well until smooth. Add the cream. Combine soup and creamed mixture bring to a boil. Serve with noodles or croutons.

5 cups chicken broth
1 lb. won ton skins
3/4 lb. minced pork
8 oz. shrimp, fresh or canned
3 leaves dried chinese mushrooms
3 water chestnuts, chopped (canned)
chopped green onions
1 tsp. sugar
salt and pepper to taste
1 tbsp. soy₄ sauce
dash sesame oil
1 egg

Method:

Chicken broth can be made using chicken wing tips, bones or backs, 1 onion, celery leaves, peppercorns and salt. Simmer for 1 hour, drain.

Note: Won ton skins can be purchased at frozen food counter of supermarket. Bring broth to a boil, beat egg with fork, and spread with pastry brush over the edges of won ton skin. Make the filling as follows:

Saute minced pork until cooked (no pink showing). Soak mushrooms in water, until softened, then dice up. Chop up shrimp. Combine together the cooked pork, mushrooms, water chestnuts, shrimp, green onions, sugar, soy₄ sauce, sesame oil and salt and pepper. Place 2 tsp. filling in the centre and fold the won ton by drawing the four corners together and seal by pressing gently. Drop gently into the simmering broth. Cook for approximately 10-15 min. stirring often. Garnish with chopped green onions.

1 lb. spareribs
cup water
3 med. potatoes cubed
1 lb. yellow beans, cut
1 onion minced
2 small ripe tomatoes peeled
1 carrot sliced
3 **sprigs** dill

Method:

Bring meat to boil in water. Strain stock, rinse meat and pot. (Easier than skimming continually). Place meat in pot and add vegetables. Simmer about 2 1/2 hours. When vegetables and meat are tender add dill and bring to boil. Allow to bubble only 1 or 2 min. Serve.

CLEAN THE FRIDGE SOUP

1 shank with beef or soup bones
3/4 pot (fairly large of water).
Let the meat and water boil, skim off the fat. Let boil again skim once more. Then add, some celery, carrots, potatoes cubed, onions, green peppers, yellow or green beans, can of tomatoes, hand full of pearl barley, hand full of egg noodles, salt and pepper to taste, parsley, bay leaf, and let this mixture boil for 2-3 hours. (Excellent way of using up leftovers such as vegetables, and even meat.)

4 1/2 cups water
4 med. potatoes, peeled and cubed
1/2 tsp. salt
1/2 lb. smoked sausage links cut up
1 16oz. can sauerkraut
1 med. onion chopped
1 clove garlic minced
1 tbsp. chopped fresh dillweed
or 1 tsp. dried dillweed
1/4 tsp. caraway seed
1 cup sour cream
1 tbsp. all purpose flour

Method:

In a dutch oven bring water, potatoes, 1/2 tsp. salt to boiling, cook covered over medium heat till tender. Add sausage, undrained sauerkraut, onion, garlic, and caraway. Bring to boiling. In a small bowl combine sour cream and flour. Gradually stir about 1 cup of the hot mixture into the sour cream mixture; return all to saucepan, blend well. Heat thoroughly but do not boil. Season to taste. Makes 8-10 servings.

CARROTS AND PEAS

5-6 carrots grated on thick grate
1/4 lb. butter
2 cups young sweet peas or 20 oz. can
salt, 2 heaping tbsp. flour

Method:

Grate carrots, in fry pan melt butter add the carrots cover until carrots are soft, add peas, salt, add extra water so pot does not burn. When cooked add 2 tbsp. flour which has been mixed with a little cold water to a smooth paste in a separate dish. Add to the carrots and peas.

Note: Instead of water you can use bouillon cube.

STUDENETZ (Jellied Meat or Head cheese)

8 pigs feet
 3 pork hocks
 1 veal shank & bone
 salt to taste
 1-3 cloves of garlic
 bay leaf
 Slice of hot pepper
 1 tsp. mixed spices tied in a cloth bag

Method:

Singe feet and hocks, wash well, place in pot, add veal shank bone. Cover with cold water and bring to boil. Lift the meat out and rinse well. Rinse the pot too. Cover meat in clean pot with warm water just to cover. Bring to boil, skim off scum, and let boil. Now add salt, onion, garlic, bay leaf, spices, hot pepper and boil from 2 1/2 to 3 hrs. or even simmer all day.

Remove the meat, spice bag, strain stock. Cut meat in **small** pieces, taking care to remove all bones. Place meat in glass casserole, pour stock over it and let cool. Place in fridge until set. Cut into squares and serve. Can be served with vinegar.

IRENE'S SOUP

Stock of chicken back bones-wings. 2-3 quarts of chicken stock. String cut 2-3 med size potatoes. Cook **until tender**. Add 2 cups of tomato juice, 1 med onion, and finish off with liquid dough by **beating** 2 eggs and 1 tsp. water, pinch of salt, & 3 tbsp. of flour. Beat well and pour an even stream of this to boiling above soup. Let boil 2 min.

TOMATOES & CUCUMBERS WITH SOUR CREAM

Firm red tomatoes
medium cucumbers
cup sour cream
tsp. sugar (if desired)
grated onion
salt, pepper
2 tbsp. lemon juice
fresh chopped dill for flavor

Method:

Peel and slice tomatoes and cucumbers set aside. To the sour cream add the remaining ingredients and refrigerate at least one hour. When ready to serve combine, tomatoes, cucumbers and sauce in layers in serving dish. Best done this way so tomatoes won't discolor sauce. This is a quick and easy salad.

DAIRY FRUIT MOLD

1 envelope knox unflavored gelatin
1 1/2 cup of orange juice, divided
1/3 cup marmalade egg whites 1-2
1/2 cup sour cream
1 can (19 oz.) fruit cocktail (drained)

Method:

Sprinkle gelatin over 1/2 cup orange juice in sauce pan. Place over low heat; stir constantly until gelatin dissolves about 3 min. Remove from heat, stir in marmalade. Add remaining 1 cup orange juice, cool slightly. Gradually blend gelatin mixture to consistency of unbeaten egg whites. Fold in drained fruit. Turn into 4 cup mold. Chill until set.

2 small pkgs. lemon jello
3 cups boiling water
1 large can crushed pineapple & juice

Method:

Let the jello mixture set for 1/2 hour. Cook 1 cup rice until water is absorbed, let it cool. Add the rice to the jello and pineapple mixture. Whip 1 pint heavy cream until stiff and add 1 tsp. sugar. Fold the cream into the rice and jello mixture and pour into a jello mould. Put in refrigerator until set.

MARINATED COLE SLAW OR CABBAGE SALAD

1 large cabbage shredded
1 onion sliced
1 tsp. salt
1 tsp. pepper
2 carrots grated
1 pepper sliced
Mix altogether in a large bowl all the above ingredients.

Brine:

1 cup vinegar
3/4 cup sugar
3/4 cup oil
1 tsp. celery seed

Method:

Boil the brine until bubbling, pour the hot brine over the cabbage mixture and marinate over night. Seal in jars. Can be kept in refrigerator for 2-3 weeks.

LIMA AND KIDNEY BEAN SALAD

1-15 oz. can lima beans
1-15 oz. can kidney beans
1/4 cup italian dressing
1/2 cup green pepper
1/2 cup celery
3-4 green onions sliced
1 cup shredded cabbage
1/3-1/2 cup mayonnaise
salt and pepper to taste

Method:

Drain beans and marinate in the dressing for 1 hour, before serving time. Drain again and add remaining ingredients using enough mayonnaise to moisten. Season with salt and pepper.

CHILI BEAN SALAD

2 tsp. chili powder
1/4 cup vegetable oil
2 tbsp. vinegar
2 tsp. sugar
1/4 tsp. salt
2 cans kidney beans drained
1 cup green pepper diced
1 cup onions sliced or diced
2 tbsp. ketchup
1 tbsp. salad dressing

Method:

Heat chili powder in oil in small sauce pan, about 2 min. to develop flavour. Remove from heat. Stir in vinegar, sugar, salt, stir into drained beans in a large bowl. Let stand 30 min to season. Stir in green pepper, onion, ketchup and salad dressing. Toss lightly to mix.

1 cup sugar
1/2 cup vinegar
3 1/2 cups sauerkraut (drained)
1/2 cup green pepper (chopped)
1/2 cup chopped onion
1/2 cup sliced celery
2 tbsp. chopped pimento
1 tsp. dill seed
1/4 cup salad oil

Method:

Bring sugar, vinegar, oil to a hard boil. Combine remaining ingredients. Pour sugar mixture over sauerkraut mixture. Place in covered container. Let stand overnight in refrigerator.

VEGETABLE SALAD

1 pkg. frozen mixed vegetables
cooked and cooled
1/4 cup chopped green pepper
1/2 cup coarsely grated, pared carrot
1 tbsp. minced onion
1/2 cup sliced celery
1/4 cup french dressing
1/4 cup crumbled blue cheese

Method:

Combine all ingredients and toss well. Refrigerate several hours. Serve on lettuce cups or other crisp green, leafy vegetables.

2 pkgs. (3 oz. each) jello orange
1 1/2 cups boiling water
2 tsp. grated orange rind
1 can (16 oz.) jellied cranberry sauce
1 can 8 3/4 oz. crushed pineapple, drained
1/2 cup diced celery

Method:

Dissolve jello in boiling water, add orange rind and cranberry sauce. Chill until thickened. Then stir in pineapple and celery. Pour into 1 1/2 qt. mold (greased). Chill until firm 3-4 hrs. Unmold on crisp salad greens. Makes 10-12 servings.

BRANDIED CHRISTMAS FRUIT

1-19 oz. can peach halves
1-19 oz. can pear halves
1-19 oz. can pineapple circles
1 cup sugar
2 tbsp. orange rind (very thin strips)
15 whole cloves (optional)
3/4 cup apricot brandy or triple sec.

Method:

Drain syrup from 3 cans of fruit into a medium saucepan. Add sugar, orange rind and simmer 3 min. stirring occasionally. Remove from heat and stir in apricot brandy, add whole cloves, let cool. Arrange peaches, pears and pineapple in layers in a clear jar and pour syrup to completely cover fruit. Cover tightly and refrigerate, will keep from 2-3 weeks.

SUMMER MEDLEY SALAD

2 cans (7 3/4 oz. each) salmon
2 med heads lettuce
1/4 cup sliced radishes
1 cup sliced mushrooms
1/2 cup sliced celery
1/2 cup sliced cauliflower
1/4 cup diced green pepper
3-4 green onions. sliced

Method:

Chill salmon. Break lettuce into chunks and combine with all ingredients except salmon. Toss lightly to mix. Add chilled salmon, broken into chunks. Toss again lightly. Serve with favorite dressings. 4-6 servings.

MACARONI SALAD

2 cups cooked macaroni
1 cup chopped celery
6 sweet pickles, chopped
1 green pepper, chopped
3 pimentos, chopped
1 cup cheddar cheese cut in cubes or grated
1/2 cup cooked peas
mayonnaise
lettuce

Method:

Cook macaroni in boiling salted water. Drain and cook, add the remaining ingredients. Combine lightly with mayonnaise. Serve on lettuce.

1 pkg. lime jello (sm. pkg.)
1 1/4 cup boiling water
1/2 cup mayonnaise (miracle whip)
1/2 tsp. salt
1 tbsp. lemon juice
1/2 cup pineapple juice
2 cups in total of orange pieces,
crushed pineapple and celery

Method:

Dissolve jello in water then add mayonnaise and mix thoroughly. Add remaining ingredients except fruit. When this is mixed add fruit and fold together. Pour into mould and refrigerate **until set.**

SPINACH SALAD

1 pkg. fresh spinach
8-10 fresh mushrooms
1/2 cucumber
5 strips crisp bacon
1 hard boiled egg

Method:

Wash and drain spinach, crumble bacon, dice up egg, slice mushrooms and cucumber. Toss together lightly.

Dressing:

1 1/4 cup salad dressing
1 tbsp. parsley flakes
1 tsp. celery seed
dash of pepper
2-3 fresh garlic cloves
1 tsp. cayenne pepper
1 tsp. thyme
2-3 tbsp. lemon juice

Combine well. Sprinkle over tossed salad, or serve in a bowl, and let each person sprinkle salad dressing over their salad. Dressing can be stored in fridge 1 week, if not used at once.

1 medium head cabbage shredded finely
1 large onion
3 tbsp. butter
1 cup tomatoes

Method:

Saute onion in butter in appropriate sized pan. Add shredded cabbage, tomatoes, salt and pepper to taste. Mix thoroughly and simmer on low heat for 45 min. Garnish with chopped green parsley. Delicious served with mashed potatoes, steak or meat loaf.

COTTAGE CHEESE & NOODLE CASSEROLE

3/4 lb. cottage cheese
1 300 gram pkg. fancy egg noodles (wide)
1 diced large onion
3 slices bacon
2 tbsp. butter
salt and pepper to taste

Method:

Cook noodles according to directions. Rinse and drain. Cut bacon into thin strips and fry until crisp. Remove from fat, and add diced onion, frying until golden, adding the butter if needed. Butter a casserole dish, combine the bacon, onions, noodles and crumbled cottage cheese. Season with salt and pepper, dot with butter and sprinkle with paprika. Heat for 1 hr. more or less in 300°. Ready to serve.

STUFFED GREEN PEPPERS AND RICE

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6 green peppers
1 cup rice
1 1/4 cup hamburger
salt & pepper to taste
4 slices bacon
1 med. sized tin tomato juice or
canned tomatoes

Method:

Cook rice until tender and drain well. Fry bacon cut up in small pieces, add hamburger and fry about 10 minutes. Add the cooked rice and stir until thoroughly mixed. Remove from the heat. Clean peppers from the top being careful to keep them as whole as possible. Rinse them thoroughly and drain out the water. Stuff tightly with rice mixture and place in a deep pot or casserole. Pour tomato juice or tomatoes over the peppers and cook for 1 1/2 hrs. either at very low heat or simmer on top of the stove.

Note: When I freeze stuffed peppers, I fill them up with cooked hamburger and rice, put into plastic air tight bags and when I am ready to cook them, I put them into the oven for about 1 hour at 375°.

8 oz. wide fancy egg noodles (or home made)
3 eggs
1/2 cup raisins
1/4 cup sugar
1 tsp. salt
3 tbsp. margarine or butter
1/2 cup sour cream
3 cups thinly sliced apples or 1 can
apple pie filling

Method:

Cook noodles to package directions.
Beat eggs lightly
Combine eggs, raisins, sugar, apples, salt,
and sour cream. Add to cooked noodles.
Pour into 2 qt. greased 12x8 baking dish.
Dot with butter. Bake one hour 350°.
Serve with sour cream, while still warm.
Can also be served cold.

Note: Apple noodle kugel or macaroni is
a dessert that depends on fruit for
sweetness instead of sugar. It is quite
rich but delicious.

SAUERKRAUT AND MACARONI CASSEROLE

2 lbs. sauerkraut
1 large onion
2 tbsp. butter
2 tbsp. bacon drippings
1/2 lb. bow or swirly macaroni

Method:

Rinse sauerkraut. Boil for about 10 min.
Drain and squeeze out liquid. Saute
onions in butter and drippings. Add
sauerkraut, garlic powder, salt and pepper
to taste. Simmer slowly for 3/4 hr.
or bake stirring often. Cook the macaroni
according to directions. Drain, rinse,
and add to sauerkraut, mixing well.
Serve very hot.

1 1/2 lbs. pumpkin, peeled, cut in thin julienne strips, 2 in. in length
2 tbsp. fat
1 onion chopped
1 tbsp. flour
1 cup hot water
1/2 tsp. salt
1 tbsp. dill or parsley finely chopped
2 tbsp. lemon juice
1/2 cup table cream

Method:

Prepare pumpkin, saute onions in fat. Brown lightly, add flour, stir and add hot water. Add salt, dill or parsley and pumpkin. Allow to cook on slow heat for about 1 hr. Add lemon juice and cream and allow to thicken. Serve very hot as a vegetable course. Fine for thanksgiving dinner.

SPICY STUFFED EGG PLANT

2 lg. egg plants, peeled and cut lengthwise
1 cup olive oil
1 clove garlic crushed
1 onion chopped
1/2 lb. ground meat (leftovers fine)
1 tsp. cinnamon
2 cups soft bread crumbs
2 tbsp. parsley chopped
1 1/2 tsp. salt
1/4 tsp. cayenne
2 eggs, beaten well

Method:

Fry egg plant in oil until almost cooked they must **be** firm. Save oil combine all other ingredients for stuffing and mix well. Spread stuffing between slices of egg plant and replace each slice to form the original shape of the egg plant. Hold together with toothpicks. Place in baking pan, pour oil over all and bake 350°-375° for 1/2 hr. or until stuffing is done.

KASHA AND BOWS

1/2 cup chopped onion
 2 tbsp. margarine
 1 cup whole kasha (buckwheat groats)
 1 egg slightly beaten
 2 cups boiling water
 1 tsp. salt
 1/4 tsp. pepper
 4 oz. pasta bows (cooked and drained)

Method:

In a large skillet saute onions in butter until tender. Stir in kasha and egg until well combined. Cook and stir until grains are dry and separate, add water, salt and pepper. Cover and simmer 15 minutes or until kasha is tender and liquid is absorbed. Stir in hot bows. Note: One may add some fried bacon if so desired.

SAUERKRAUT PANCAKES

Make your pancakes as per package instructions. Fry your sauerkraut which has been drained and chopped finely, add chopped onions, salt and pepper to taste. Take your pancake put a little sauerkraut in the middle of pancake, roll up just like for cabbage rolls. Then make the batter.

Beat 3-4 eggs with a little milk, oil, salt and pepper. Dip the pancake with sauerkraut in this batter and then in bread crumbs which have been finely sifted. Broil under broiler for few minutes then stand up in roast pan. This batter seals the cabbage in the pancake.

1 med. egg plant (peeled and cubed)
3 tbsp. butter
3 tbsp. flour
2 cups stewed or fresh tomatoes
1 cup green pepper, chopped
1 onion, chopped fine
1 tsp. salt,
1 tbsp. brown sugar
1/4 tsp. basil
1 bay leaf, 1 clove garlic

Method:

Cook peeled egg plant 10 min. and drain. In sauce pan melt butter and flour and stir. Combine remaining ingredients and cook for 5 min. Place drained egg plant in greased casserole and pour sauce over. Top with bread crumbs or mozzarella cheese, after dabbling with butter. Bake 350° for 30 min. Serves 6

Note: Remove bay leaf after cooking
Spices are optional

JAMBALAYA

1/4 cup butter
1 cup chopped onion
garlic and salt to taste
1 cup diced cooked ham or leftover meat
28 oz. can tomatoes
1 1/2 cups rice (regular)
bay leaf, pepper, dash cayene
1/2 cup green peppers cut up
parsley, and celery cut up
2 small cans shrimp

Method:

Melt butter, onions and peppers in frying pan. Fry until golden color. Add tomatoes and bring to a boil. Cook rice separate, and drain the shrimp. Then add the rice, shrimp and leftovers into hot mixture. Cover and stir occasionally for about 20 minutes more or less. Quick and easy meal.

4 cups finely mashed cold potatoes
1 1/2 cups flour
1 egg
salt and pepper to taste
2 tbsp. fried onions in oil or margarine
1 lb. cottage cheese
3-4 tbsp. cream of wheat
1 egg

Method:

Cook potatoes as usual, adding 1 small onion and one half stalk of celery. When potatoes are cooked, remove onion and celery, mash and let cool. Add flour, onion, egg, and seasoning. Mix thoroughly, using your hands to form a soft dough.

Combine cottage cheese, cream of wheat and egg.

Pour vegetable oil onto baking sheet so it is well coated (greased). Put 1/2 cup flour onto large platter and divide your dough into 20-24 equal balls, the size of an egg. Make into a pattie, put 1 tsp. of chosen cheese mixture on the pattie, fold over and pinch together. Place on greased pan, greasing one side of your pattie, and set pinched side up. Continue until all are made. Bake 375°-45 min. or until golden brown on bottom. To slightly brown the top, put under broiler for 2-3 minutes. Serve brown bottom up with onions fried in butter or margarine, or sour cream.

GREEK SPINACH PIE (Spanakopita)

1 pkg. (10 oz.) frozen spinach, thawed
1/2 cup chopped green onions with tops
1 tbsp. vegetable oil
1-16 oz. curd cottage cheese
4 oz. crumbled feta cheese (1 cup)
1/4 cup chopped parsley
1 tsp. chopped fresh dill or 1 tsp. dill-
weed
1/2 tsp. salt
1/4 tsp. pepper
1/2 lb. phyllo sheets
3/4 cup margarine, melted

Method:

Pour off liquid from spinach, put in large bowl. Saute onions, add to spinach. Add cottage and feta cheeses, parsley, dill, salt and pepper, mix well. Grease 12 x 9 x 2 glass dish. Place 1/3 of pastry sheets in dish, brush sheet lightly with margarine and fold over in half. (You have to work fast so phyllo sheets do not dry and become brittle) keep remaining phyllo sheets covered with wax paper while working with other. (about 8-10 layers) Spread 1/2 spinach mixture over pastry sheets in dish. Repeat with another 1/3 remaining spinach mixture and end with phyllo sheets. Brush top sheet with margarine. Bake 350° 40 min. till golden brown. Cut into squares and serve warm with sour cream if desired.

2 cups regular rice
1/4 cup vegetable oil
3 tbsp. soya sauce
4 cups water
1 pkg. onion soup mix
1 can mushrooms & juice

Method:

Blend ingredients, cover and bake 350°
1 hour, serves 8-10.

CHILI CON CARNE

3/4 lb. minced beef
2 tbsp. oil or shortening
1/2 cup chopped onion
1 can kidney beans
1 can tomato juice (20 oz.)
1 tsp. white sugar
1 tbsp. chili powder

Method:

Brown beef, add all ingredients, cover
and simmer gently stirring occasionally
45 min. Serves 6.

SCALLOPED CHEESE AND POTATOES

1 can cheddar cheese soup
1 can milk
1/2 cup sour cream (optional)
salt & pepper to taste
butter (dab on potatoes all over)
potatoes sliced (approx. 6)

Method:

Mix all the above ingredients together
and pour over the sliced potatoes which
you have put in a buttered casserole.
Bake 350° 1 hour or until done.

2 onions chopped
1 tbsp. butter
6 cooked, sliced potatoes
5 hard cooked eggs
salt & pepper to taste
1 cup sour cream
1/4 cup buttered bread crumbs

Method:

Cook onions in butter. Add sliced potatoes and eggs. Season with salt and pepper. Place in casserole. Pour cream over all. Top with bread crumbs. Bake uncovered 350° 25 min.

ZUCCHINI LASAGNA

1/2 lb. lean beef (ground)
1/3 cup of onion fried with beef above
Drain off fat, add
15 oz. can tomato sauce
1/2 tsp. salt
1/2 tsp. oregano
1/4 tsp. basil
little pepper.
Heat all together and simmer 5 min.

Method:

Take 4 medium zucchini (in all 8" slice) sliced lengthwise into 1/4 in. slices. In small bowl combine 1 cup creamed cottage cheese and 1 egg. Use 2 x 8 baking dish. Arrange zucchini on bottom of dish, sprinkle 1 tbsp. **mozzarella** cheese on top. Then put meat mixture, then another layer zucchini and repeat finishing off with meat. Sprinkle the rest of the cheese (1/4 cup) and bake 350° 40 min. Let stand 10 min. before serving.

1 pkg. lasagne (broad pasta)
dry cottage cheese
mozzarella and parmesan cheese (grated)
ground meat (beef, pork or veal)
onion, garlic
green pepper, mushrooms (if desired)
28 oz. can tomatoes (mashed) if none
in house, use tomato sauce
salt, pepper
basil, thyme
parsley

1 **egg**

2 tbsp. olive oil

Note: No specific amounts are given here
use your imagination

Method:

Saute onion (chopped) in a little oil,
add meat, fry slowly, add garlic (1 or 2
cloves chopped) add tomatoes, salt, pepper,
herbs, stir all well continue simmering
until nearly done. Drain the juices from
frying pan and set aside.

Cook lasagne pasta as per directions on
pkg. Don't cook all way only half cook,
rinse with cold water.

In oiled shallow pan place rows of pasta
strips slightly overlapping when meat has
cooled a little, mix in beaten egg.
Spoon meat mixture on pasta to cover.
Next put layer of pasta, mix grated cheeses
with cottage cheese and spoon on the second
layer of pasta. Cover cheeses with pasta
again and spoon meat mixture again.
Continue this alternating until all
ingredients used up. Take the juices which
were put aside and pour over the lasagne.
The peppers and mushrooms decorate top.
Cover pan with tin foil, put in oven 350°
1 hour or until done. Delicious with a
tossed salad.

4 med potatoes
salt to taste
1 tbsp. corn oil
paprika (optional)

Method:

Peel potatoes and cut lengthwise into 3/8" strips. Soak in cold water for 30 min. Preheat oven to 450°. Drain potatoes strips and pat dry with paper towels or tea towel. Place strips in plastic bag, add oil and shake well to coat potatoes on all sides. Spread strips in single layer on a lightly oiled baking sheet and bake at 450° for 35 min. turning every 10 min. to brown evenly. When done spread with salt and paprika before serving. For crisper and browner potatoes put under broiler for a couple minutes. Serve 4 121 calories per serving.

GRAPEFRUIT HAM GLAZE

1 ham canned, ready to eat, whole cloves

To Prepare Glaze:

1 cup brown sugar solid pack
1/2 cup corn syrup, dark
1 cup grapefruit juice, unsweetened, canned
2 tbsp. corn starch
Score ham 1/4" deep in diamond pattern. Stud with whole cloves, combine ingredients in saucepan. Cook glaze over low heat, until glaze is clear and thickened. Spoon over ham part of the glaze. Bake 350° 15 min. Remove from oven spoon rest of glaze over the ham. Bake 15 min. longer until well browned. Garnish with cherries.

LIMA BEANS AND KOBASSA CASSEROLE

1/2 lb. small kobossa coils
1 lb. cooked lima beans
1 minced onion
1 tsp. sugar
1 tsp. salt
1 cup milk
1 tbs. butter
1 tbs. chopped green pepper or parsley

Method:

Cook kobossa in boiling water for a few minutes, drain, and place in casserole dish. Cover with cooked lima beans. Sprinkle minced onion and add sugar, salt to 1 cup milk and pour over beans. Dot with butter and chopped greens. Bake 350° 1/2 hr.

MARINATED CARROT SALAD

2 lbs. carrots, sliced and gently boiled
(10 min.)
1 medium green pepper
1 medium onion

Marinade:

1 10 oz. can tomato soup
1 cup sugar
3/4 cup cider vinegar
1 tsp. prepared mustard
1 tsp. worcestershire sauce
1 tsp. salt
1/2 tsp. pepper
1/2 cup vegetable oil

Method:

Layer vegetables, and pour sauce over each layer. Leave for 12 hours.

BASIC VARENEKY DOUGH (Pyrohy or Pierogi)

Vareneky are filled dumplings which are cooked in boiling water.

Mix - 2 cups flour and 1 tsp. salt
Add - 1 egg and 1 tbsp. oil or margarine
Add - warm water and milk in equal portions to make a soft dough (approx. 1/2 cup).
Knead lightly.

Method:

Roll out one half of formed ball on floured surface. Cut rounds with glass 2-2 1/2" in diameter. Place round of dough in palm of your hand, place spoonful of chosen filling and form into a half circle. Press edges together firmly a few times, frequently dipping fingers in flour to avoid sticky dough. Rest vareneky on floured surface (tea towel). Cover lightly to prevent drying.

In a large pot of boiling salted water, gently lower vareneky and stir with wooden spoon. Boil 4-5 minutes. Remove from pot with slotted spoon and rinse quickly with cool water. Prepare melted butter with sauteed onion and coat vareneky so they do not stick together. Keep warm in oven. Serve with sour cream.

FILLINGS FOR VARENEKY

Potatoe Filling

2 cups mashed potatoes
1/4 or 1/2 cup velveeta or cheddar cheese
salt & pepper to taste
Mix well.

FILLING FOR VARENEKY

Cheese Filling

2 cups dry curd cottage cheese
 1 small egg slightly beaten
 salt & pepper to taste.

Optional

Combine for potatoes and cheese a mixture of the above recipes.

Plum Filling

Drain canned plums, remove pit for filling.

Fruit Filling

A variety of fruits may be used, cherries, blueberries, peaches, apricots, etc.

Sauerkraut Filling

Wash and drain 2 cups sauerkraut, chop fine. Prefry with sauteed onions and garlic, season to taste.

STUFFED BAKED POTATOES

6 (Idaho) potatoes
 3 tbsp. butter, dash of sage
 1/2 cup hot milk
 1/4 cup green onions cut up
 1/4 cup mushrooms sliced

Method:

Bake potatoes until tender. Cut in half lengthwise. Scoop out potatoes and mash with hot milk and butter. Add onions, mushrooms, sage, or seasoning of your choice. Fill shells with mixture, place in buttered dish and refrigerate until serving time. Heat at 350° 15 minutes until brown and heated through. Yield: 6-8 servings.

HOLUBTSI - CABBAGE ROLLS

Prepare cabbage by removing hard centre core. Into simmering water, lower the cabbage and separate the leaves carefully as they wilt, being careful not to tear. Store and cool slightly.

Forming Holubtsi:

Slice off hard centre rib on each leaf. Tear each leaf in half if very large leaves. Place enough rice filling in centre so it may be rolled up easily but firmly.

Rice Filling:

2 cups rice - long grain
2 cups or so of boiling water
1 tsp. salt
1 med onion chopped
3-4 tbsp. butter or salt back fat
salt and pepper

Method:

Place washed rice in roaster with water and salt. Bake at 350° until done about one half hour. This may be baking while you prepare the cabbage. Rice should be about half cooked. Add sauteed onion mixture and mix well. Season to taste. Place on cabbage leaf and roll. Line casserole with old cabbage leaves or aluminum foil and layer with rolled holubtsi. Salt each layer slightly. Pour tomato juice and dot with butter. Bake 350° for 1 - 1 1/2 hrs.

Variations: Rice and meat. Brown ground veal or pork, brown with onions and add to rice.

Buckwheat Filling: Cook 1 1/2 cups washed buckwheat in 1 cup boiling water, until all water is absorbed. Add 1 mashed potatoe and 1/2 lb. salt pork or bacon fried with one chopped onion. Substitute butter for meatless holubtsi.

LIQUID MEASURE TO MILLILITERS

1/4 teaspoon	=	1.25 milliliters
1/2 teaspoon	=	2.5 milliliters
3/4 teaspoon	=	3.75 milliliters
1 teaspoon	=	5 milliliters
1 1/4 teaspoons	=	6.25 milliliters
1 1/2 teaspoons	=	7.5 milliliters
1 3/4 teaspoons	=	8.75 milliliters
2 teaspoons	=	10 milliliters
1 tablespoon	=	15 milliliters
2 tablespoons	=	30 milliliters

LIQUID MEASURE TO LITERS

1/4 cup	=	0.06 liters
1/2 cup	=	0.12 liters
3/4 cup	=	0.18 liters
1 cup	=	0.24 liters
1 1/4 cups	=	0.3 liters
1 1/2 cups	=	0.36 liters
2 cups	=	0.48 liters
2 1/2 cups	=	0.6 liters
3 cups	=	0.72 liters
3 1/2 cups	=	0.84 liters
4 cups	=	0.96 liters
4 1/2 cups	=	1.08 liters
5 cups	=	1.2 liters
5 1/2 cups	=	1.32 liters

FAHRENHEIT TO CELSIUS

F	C
200°	93°
225°	107°
250°	121°
275°	135°
300°	149°
325°	163°
350°	177°
375°	191°
400°	204°
425°	218°
450°	232°
475°	246°
500°	260°

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