

The  
Viv Acres  
Menu Cookbook

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Second Edition

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## ABOUT THE BOOK

A good cookbook is more than a collection of good recipes. Good dishes sometimes are not fully enjoyed when served with other foods that do not complement their flavor and texture.

Thus, this is a menu cookbook that suggests combinations of foods that are tastefully balanced for enjoyment and nutrition.

While this book contains menus and recipes for some very elegant meals and dishes, basically it satisfies the appetites of normal husbands, exceptional children, and incomparable grandchildren.

In the strictest sense this book was not written. It grew. Over a period of years, by trial and error, by timely suggestions and helpful hints, it grew. Now, with the urging of friends and family, it has matured into this little volume which should bring joy and pleasure to many people.



My favorite menus  
and recipes  
with love.

*Junice Davis*

Illustrated by  
Ann Rudd



## ABOUT THE AUTHOR

Eunice Davis is the wife of Dr. Henry C. Davis, Assistant Professor at Troy State University. She is the grandmother of seven lively and exceptional youngsters. She started her cooking career at a very tender age. She tended, and cooked for younger brothers and sisters while her widowed mother struggled to provide for the family.

As her feeling of responsibility developed, she began even then, to collect, devise, and improve on recipes, often having to "make do" with whatever ingredients were available at the time.

Throughout her school years she studied Home Economics, which increased her appreciation for good cooking. She receives great pleasure from the mere act of conceiving and executing an excellent meal. Since she always cooked to please others, it was an added enjoyment to cook for those who did appreciate excellence.

All of her recipes have her personal touch, and have been tested and tried. Experienced cooks may want to adjust or eliminate certain ingredients and seasonings; but this is always true in the in-exact science of cooking, especially considering the varying tastes of people.

Since her withdrawal from the business world, Eunice has found time to devote to the organizing and publishing of some of her most sought-after menus and recipes.

She still receives exceptional enjoyment from her time in the kitchen and hopes that you do, too.

## ACKNOWLEDGEMENTS

One thanks a cook best by using and enjoying a recipe. Many cooks have contributed to the many recipes from which this collection is taken. Where the source is known, it is acknowledged in the title, or following the recipe. But to acknowledge a few, is to omit many.

Friends in my church, social and civic groups have been delightful sources of encouragement and support. For all of those who have contributed by suggestions, criticism, enjoyment or obvious pleasure, I express my deepest thanks and appreciation.

Special acknowledgement and thanks are due Ann Rudd, who patiently worked to provide the beautiful and authentic illustrations throughout the book. She has been a source of encouragement and inspiration.

And to my husband, Hank, who dutifully tested, tasted, and ate at least one of each recipe contained in the book, I give my love.

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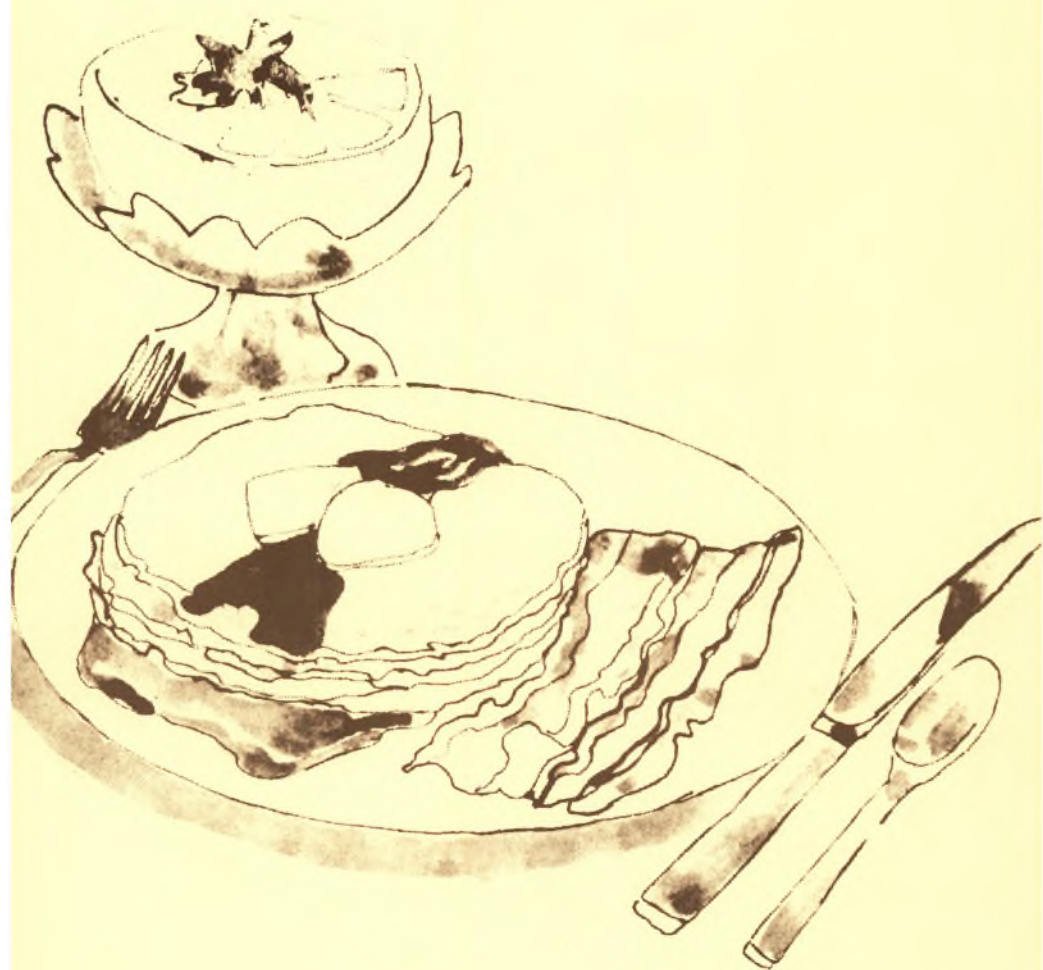
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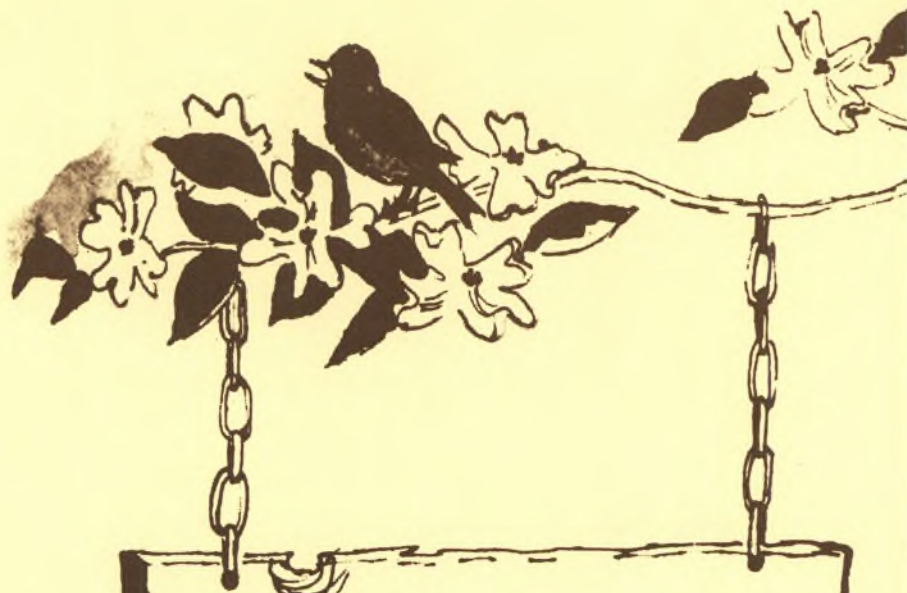
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# Breakfast





Sliced Fresh Pineapple

Country Fried Ham

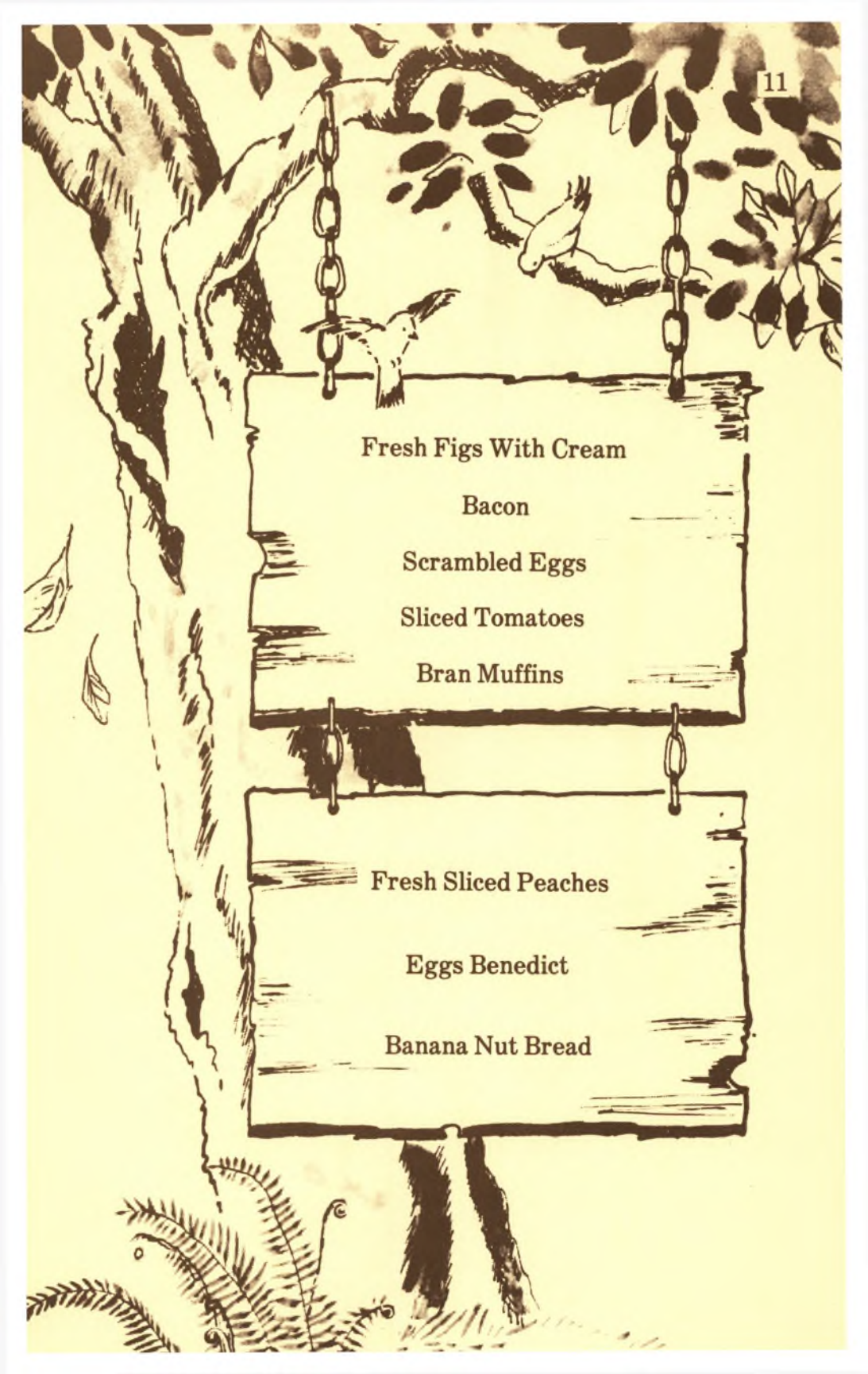
Red Eye Gravy

Biscuits

Poached - Fried Eggs

Peach Preserves



A menu board hanging from a tree with two birds flying nearby. The menu board is divided into two sections. The top section lists: Fresh Figs With Cream, Bacon, Scrambled Eggs, Sliced Tomatoes, and Bran Muffins. The bottom section lists: Fresh Sliced Peaches, Eggs Benedict, and Banana Nut Bread. The background shows a tree trunk on the left, leaves at the top, and ferns at the bottom.

Fresh Figs With Cream

Bacon

Scrambled Eggs

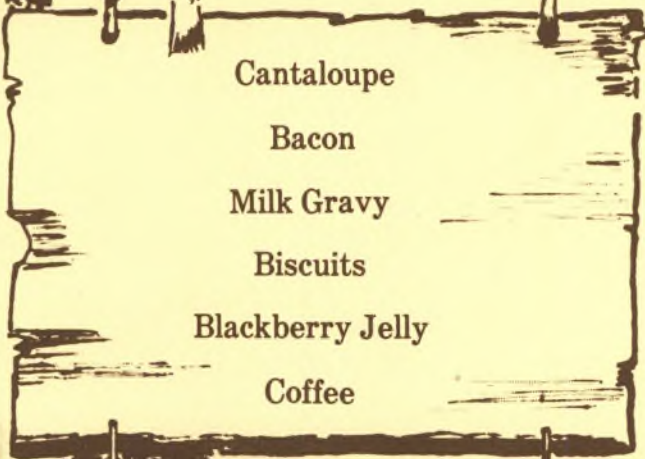
Sliced Tomatoes

Bran Muffins

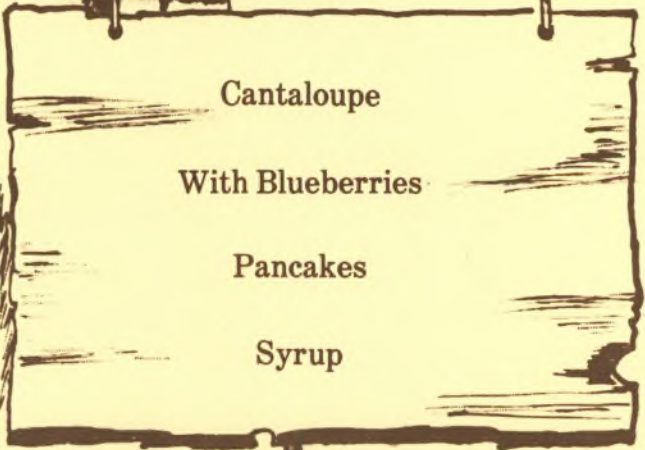
Fresh Sliced Peaches

Eggs Benedict

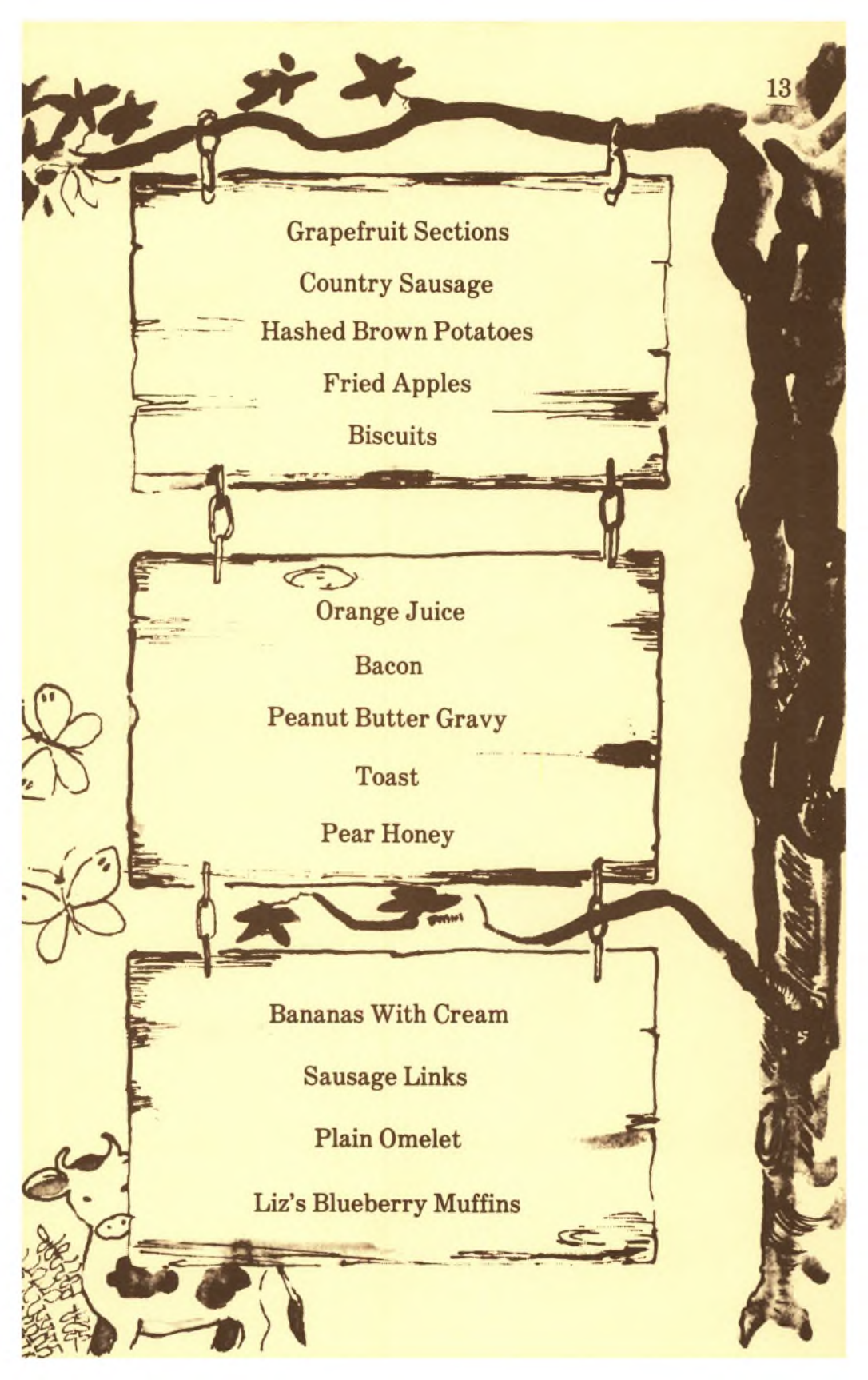
Banana Nut Bread



Cantaloupe  
Bacon  
Milk Gravy  
Biscuits  
Blackberry Jelly  
Coffee



Cantaloupe  
With Blueberries  
Pancakes  
Syrup



Grapefruit Sections  
Country Sausage  
Hashed Brown Potatoes  
Fried Apples  
Biscuits

Orange Juice  
Bacon  
Peanut Butter Gravy  
Toast  
Pear Honey

Bananas With Cream  
Sausage Links  
Plain Omelet  
Liz's Blueberry Muffins



# Luncheon





# Country Luncheon

Rancher's Beans

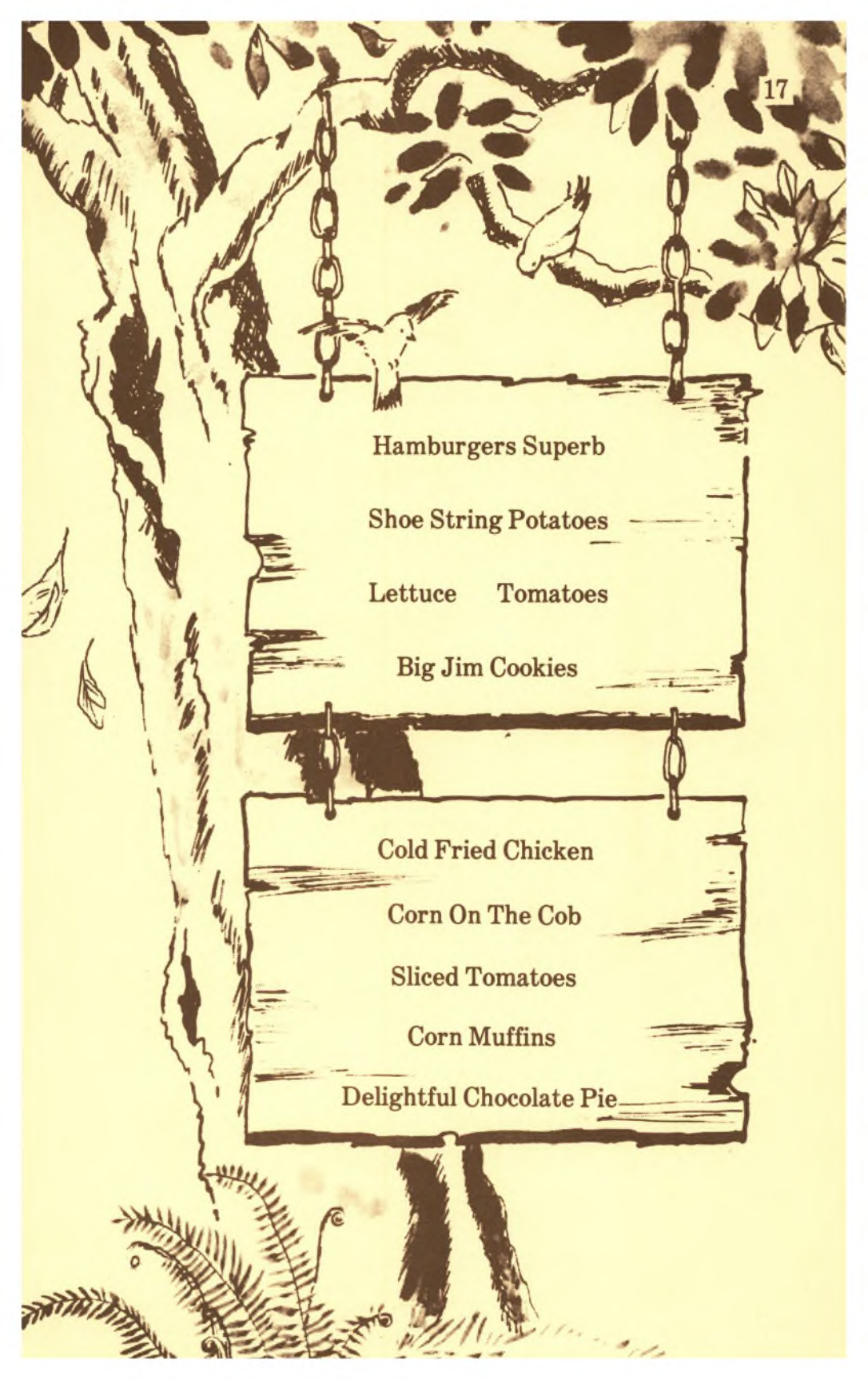
Cabbage Salad

Savory Cornbread

Blueberry Pie





A menu board hanging from a tree with two birds flying nearby. The menu board is divided into two sections. The top section lists: Hamburgers Superb, Shoe String Potatoes, Lettuce Tomatoes, and Big Jim Cookies. The bottom section lists: Cold Fried Chicken, Corn On The Cob, Sliced Tomatoes, Corn Muffins, and Delightful Chocolate Pie. The background features a tree trunk on the left, leaves at the top, and ferns at the bottom.

Hamburgers Superb

Shoe String Potatoes

Lettuce Tomatoes

Big Jim Cookies

Cold Fried Chicken

Corn On The Cob

Sliced Tomatoes

Corn Muffins


Delightful Chocolate Pie




Tuna Salad  
Avocado Salad Ring  
Peach Salad  
Corn Muffins  
Lemon Tarts



Seafood Tarts  
Pear Salad With French Dressing  
Asparagus Sandwich  
Lime Chiffon Pie



Crab Meat Salad Ring  
Tomato And Onion Salad  
Scalloped Asparagus  
Macadamia Nut Chiffon Pie





Curried Chicken Sandwich

Cranberry Salad

Sweet Potato Balls

Green Peas With Mushrooms

Ozark Pie





# August Luncheon

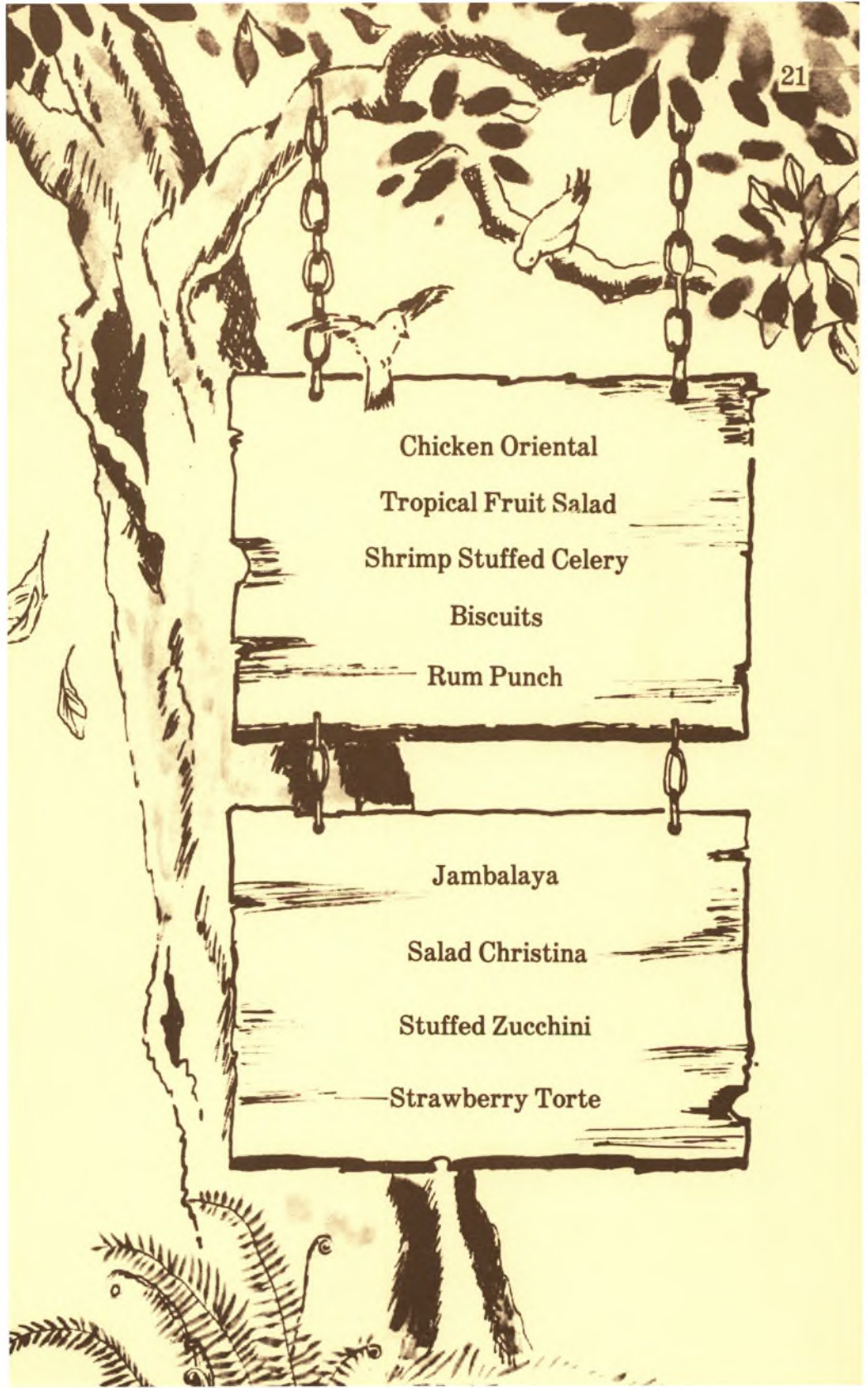
Ham Quiche

Buttered Asparagus

Frozen Fruit Salad Supreme

Orange Cups



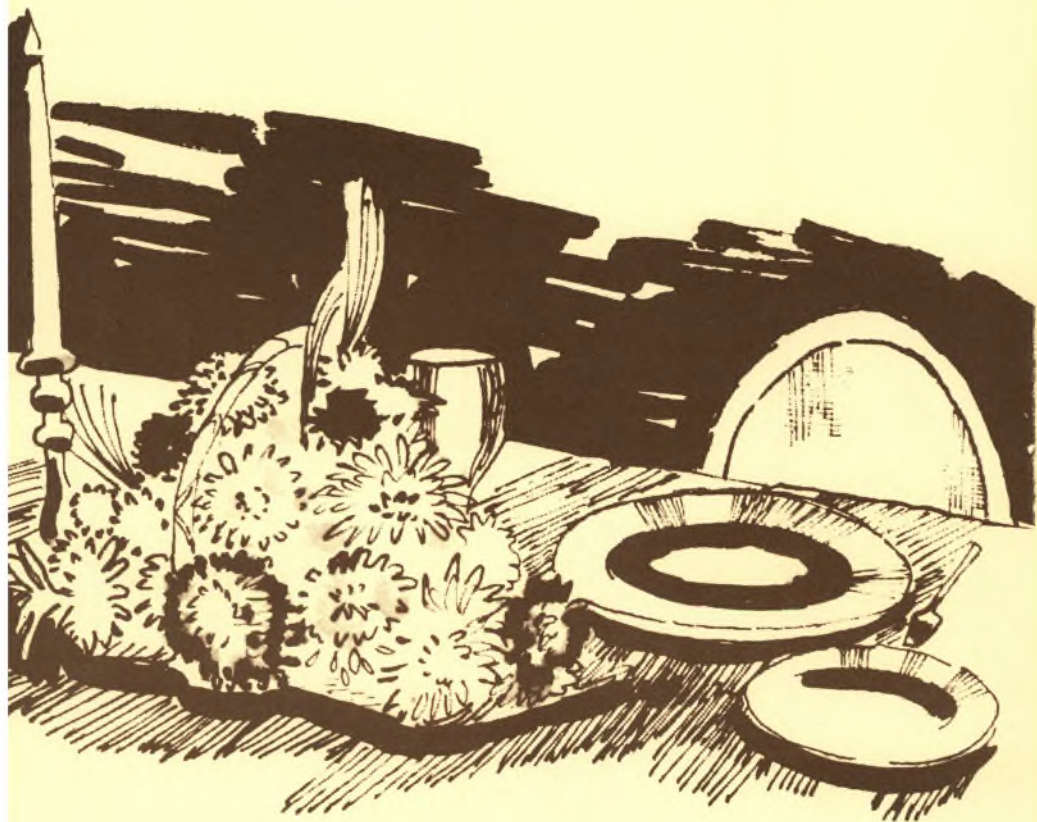


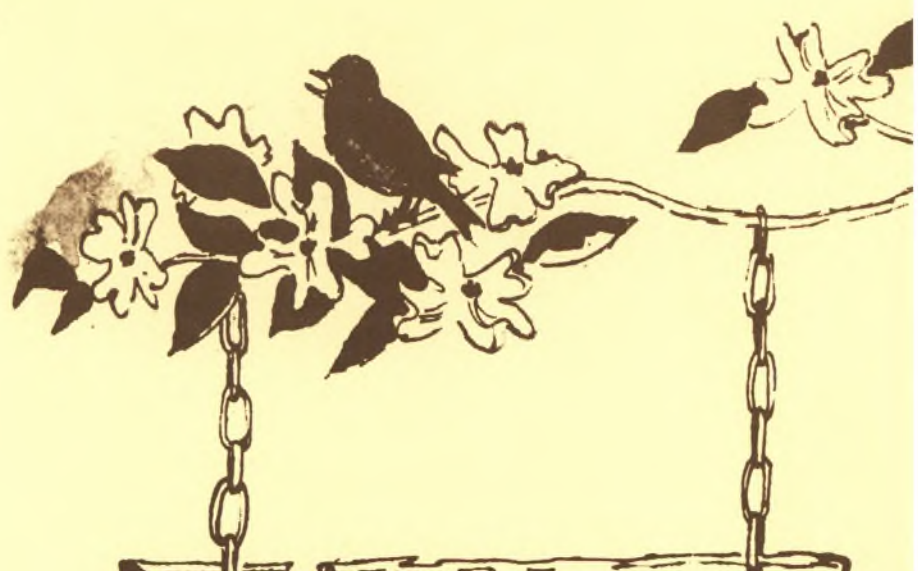
Chicken Oriental  
Tropical Fruit Salad  
Shrimp Stuffed Celery  
Biscuits  
Rum Punch

Jambalaya  
Salad Christina  
Stuffed Zucchini  
Strawberry Torte



# Dinner





Orange Glazed Chicken Breasts

Shrimp And Avocado Salad

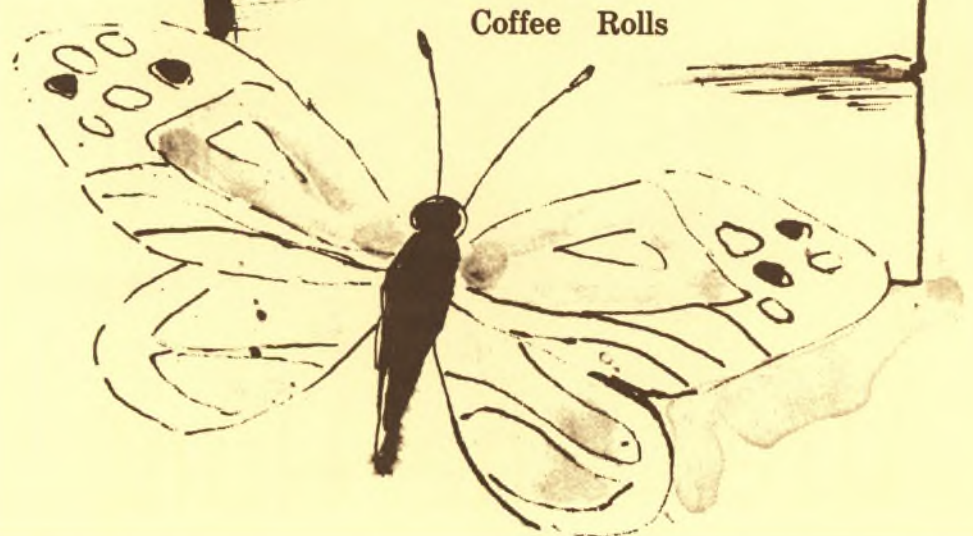
New Potatoes With Parsley

Baby Lima Beans With Pimento

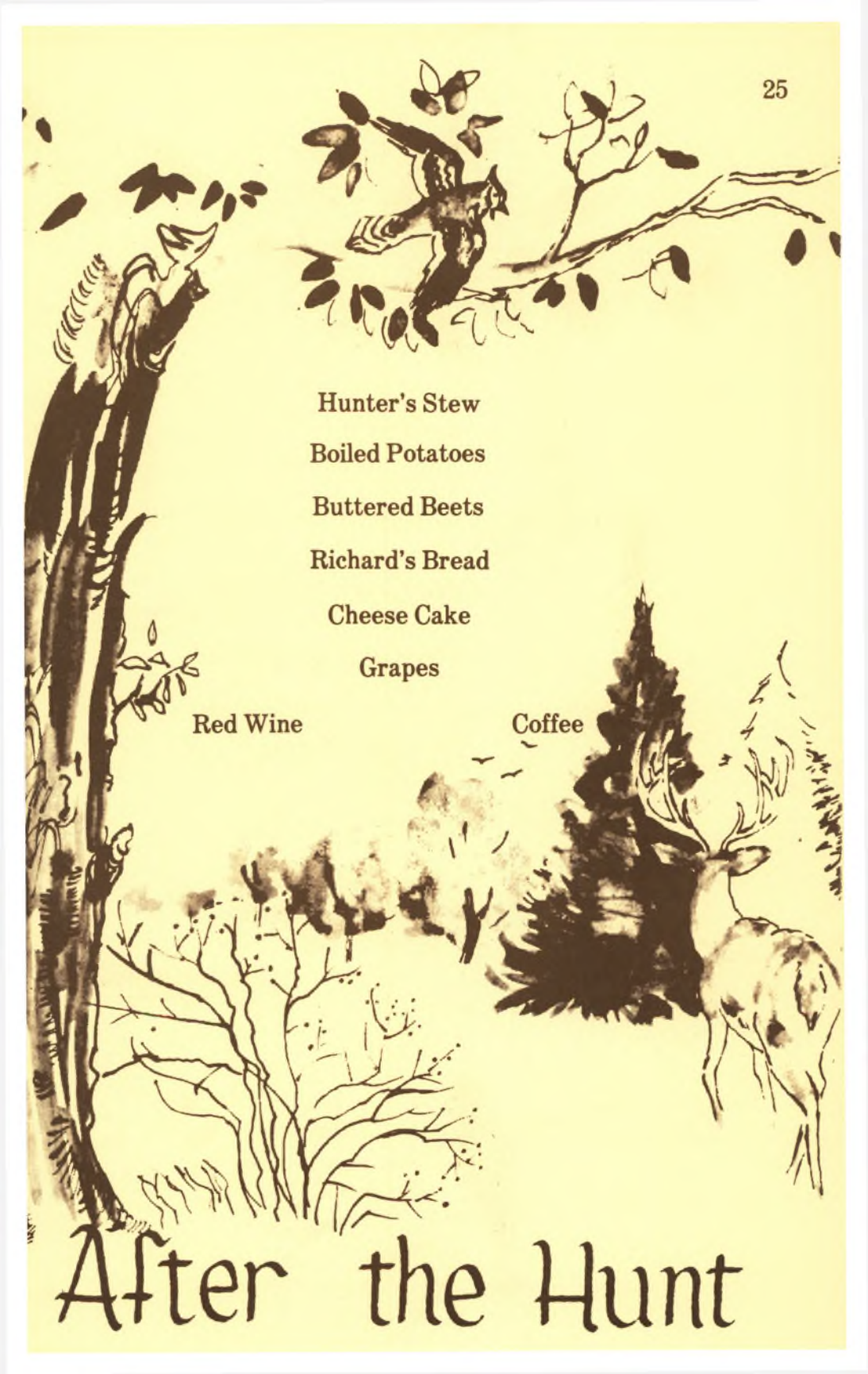
Spinach Ring With Mushroom Sauce

Chocolate Torte

Coffee Rolls







Hunter's Stew

Boiled Potatoes

Buttered Beets

Richard's Bread

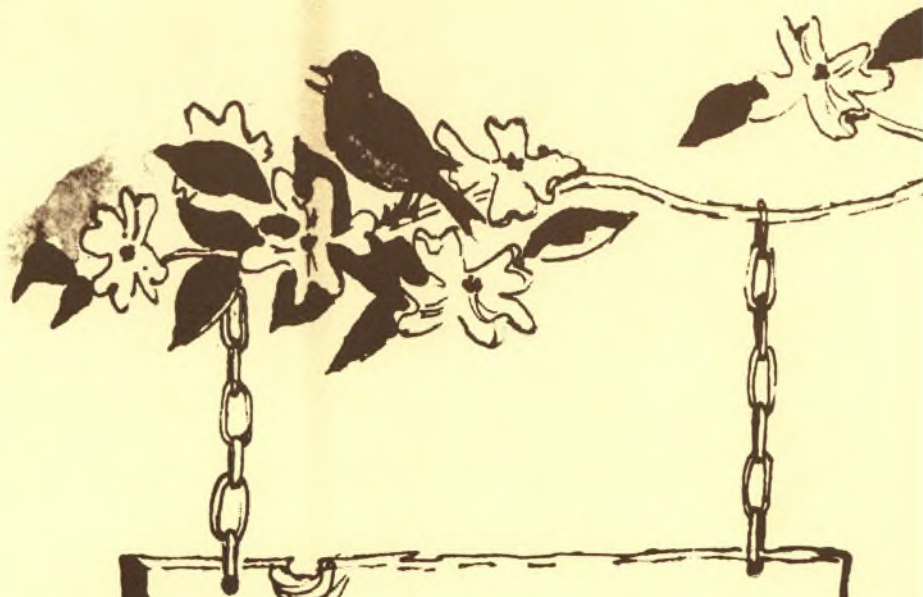
Cheese Cake

Grapes

Red Wine

Coffee

After the Hunt



Chicken And Dumplings

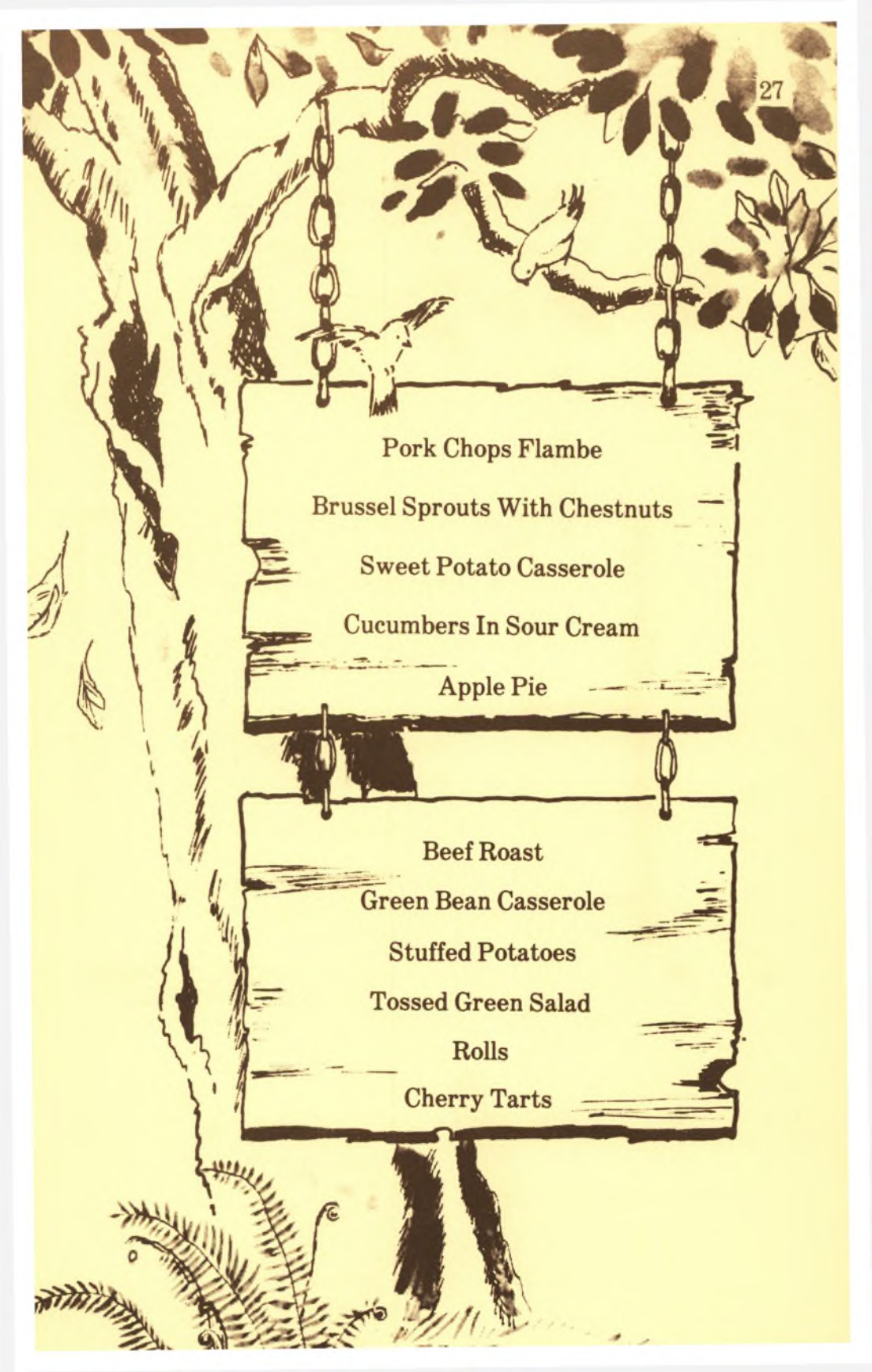
Turnip Greens

Mashed Potatoes

Black Cherry Salad

Old Fashioned Stack Cake



A menu board hanging from a tree branch with two birds perched on it. The board is divided into two sections, each with a list of dishes. The top section lists: Pork Chops Flambe, Brussel Sprouts With Chestnuts, Sweet Potato Casserole, Cucumbers In Sour Cream, and Apple Pie. The bottom section lists: Beef Roast, Green Bean Casserole, Stuffed Potatoes, Tossed Green Salad, Rolls, and Cherry Tarts. The background shows a tree trunk on the left, leaves at the top, and ferns at the bottom.

Pork Chops Flambe

Brussel Sprouts With Chestnuts

Sweet Potato Casserole

Cucumbers In Sour Cream

Apple Pie

Beef Roast

Green Bean Casserole

Stuffed Potatoes

Tossed Green Salad

Rolls

Cherry Tarts



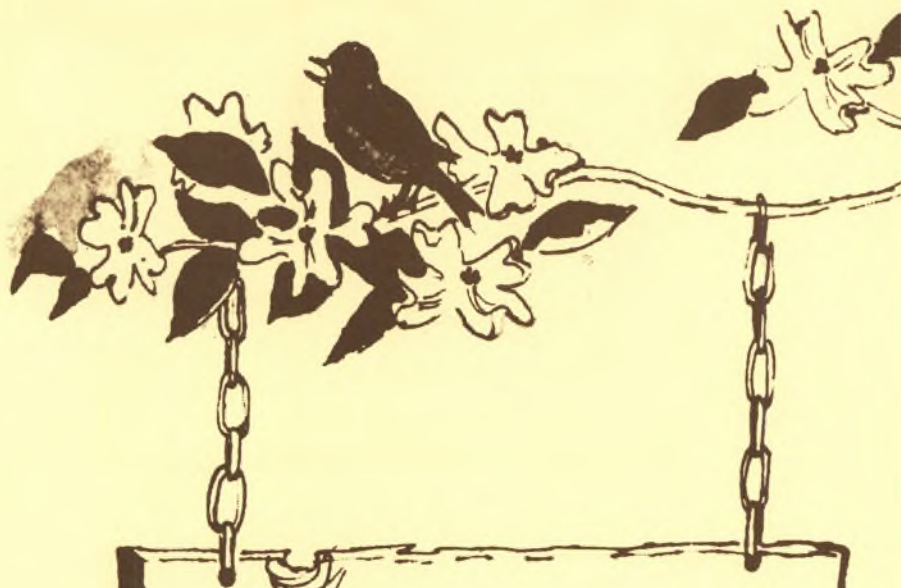
Boneless Breast Of Chicken  
With Grape Sauce  
Frozen Fruit Salad  
Almond Rice  
Glazed Carrots  
Angel Biscuits  
Vanilla Ice Cream - Plain Cookies  
White Wine



A menu card hanging from a tree branch. The card is rectangular with a slightly distressed, hand-drawn border. It is suspended by two metal chains. Two birds are perched on the chains, one on each side. The background shows a tree trunk on the left and various leaves and branches. The overall style is a simple line drawing with some watercolor-like shading.

Baked Cornish Hens  
With Stuffing  
Fettuccine  
Broccoli With Poppy Seed  
Hearts Of Palm Salad  
Orange Date Cake  
Whipped Cream

Tacos  
Taco Sauce  
Chopped Onions  
Chopped Tomatoes  
Chopped Lettuce  
Grated Cheddar Cheese  
Avocado Salad  
Sopaipillas - Honey



Fried Catfish

French Fried Potatoes

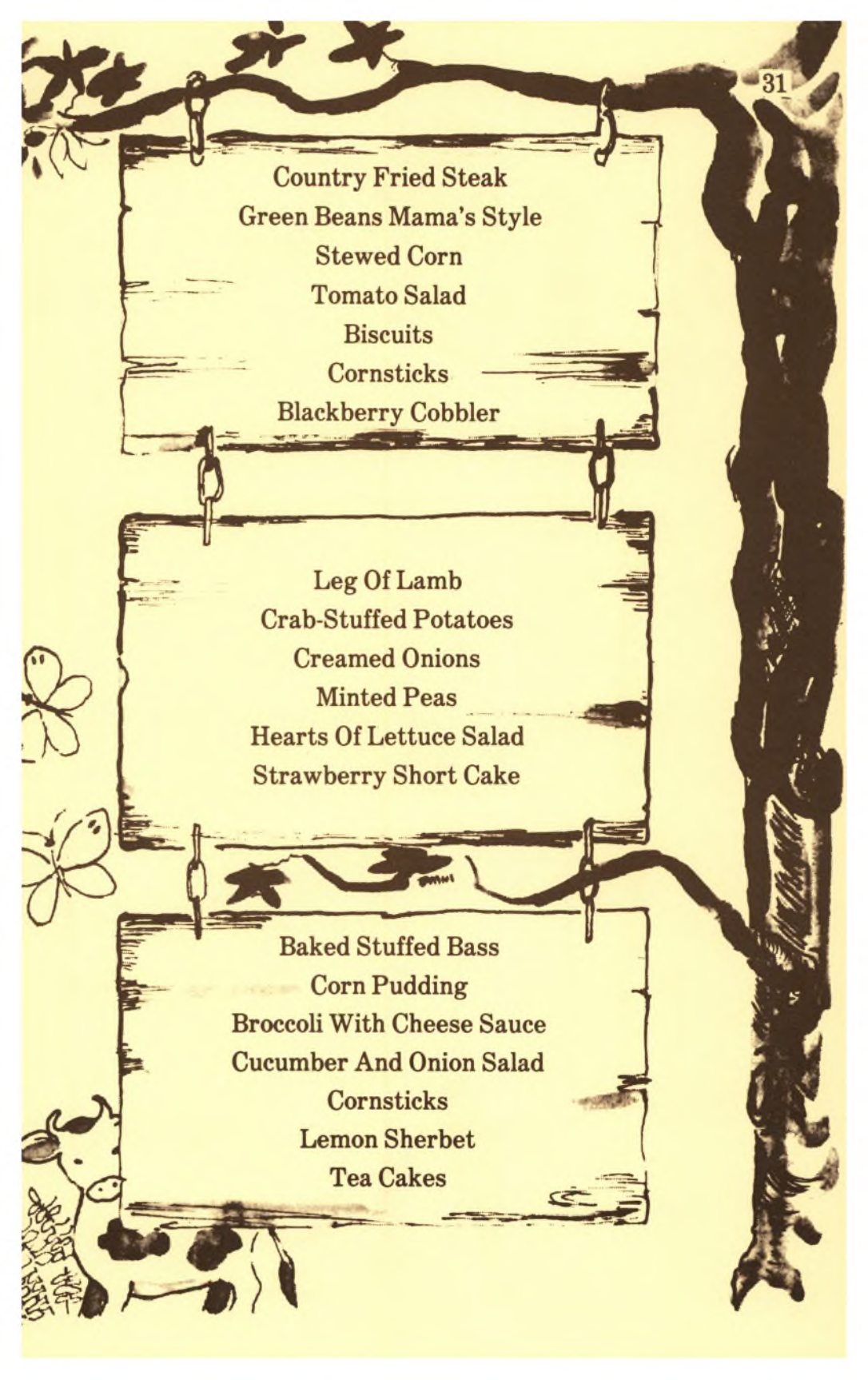
Cole Slaw

Sliced Onions                      Dill Pickles

Hush Puppies

Lemon Meringue Pie

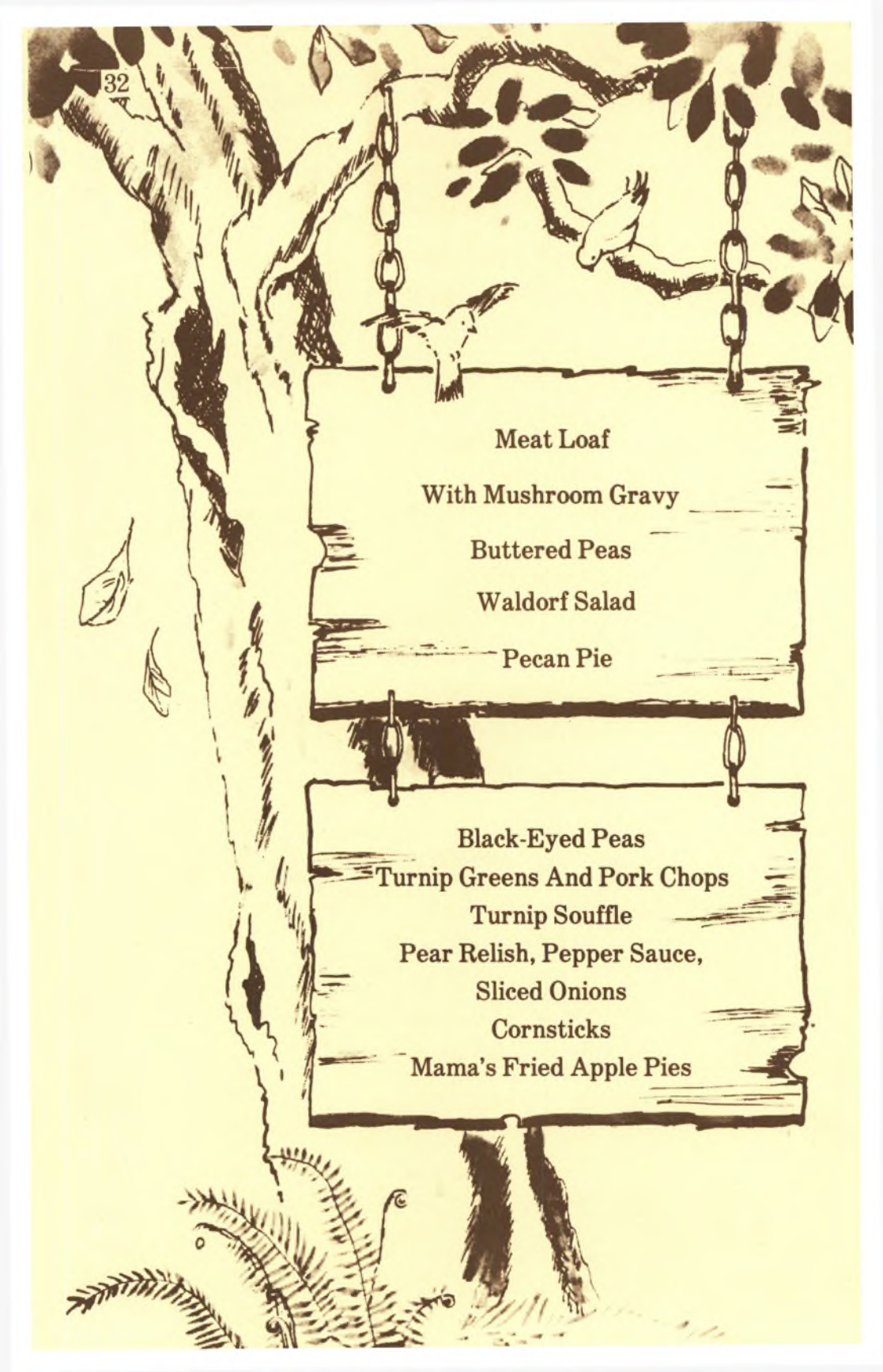




Country Fried Steak  
Green Beans Mama's Style  
Stewed Corn  
Tomato Salad  
Biscuits  
Cornsticks  
Blackberry Cobbler

Leg Of Lamb  
Crab-Stuffed Potatoes  
Creamed Onions  
Minted Peas  
Hearts Of Lettuce Salad  
Strawberry Short Cake

Baked Stuffed Bass  
Corn Pudding  
Broccoli With Cheese Sauce  
Cucumber And Onion Salad  
Cornsticks  
Lemon Sherbet  
Tea Cakes



Meat Loaf

With Mushroom Gravy

Buttered Peas

Waldorf Salad

Pecan Pie

Black-Eyed Peas

Turnip Greens And Pork Chops

Turnip Souffle

Pear Relish, Pepper Sauce,

Sliced Onions

Cornsticks

Mama's Fried Apple Pies



# Easter

**Baked Ham With Cherry Sauce**

**Broiled Lobster Tails**

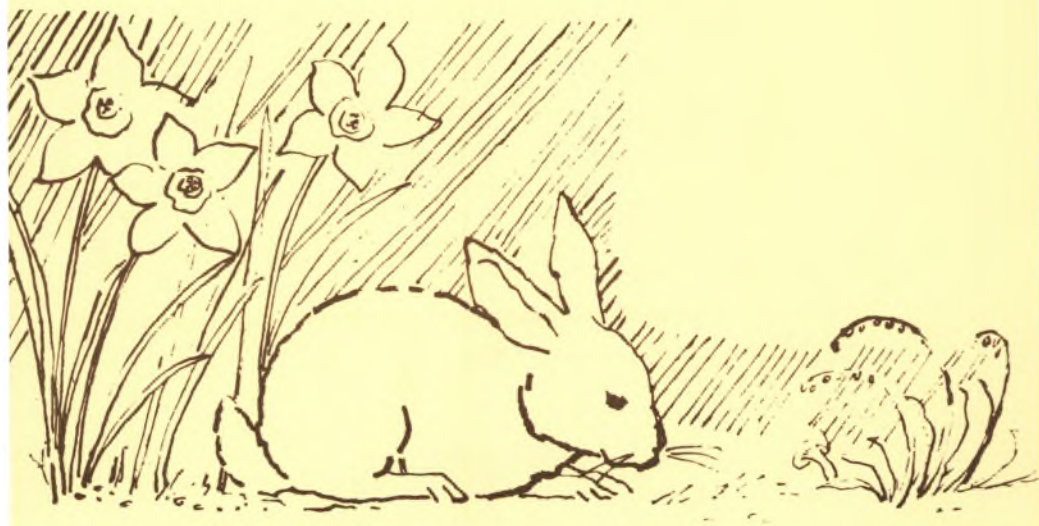
**Fresh Fruit Salad**

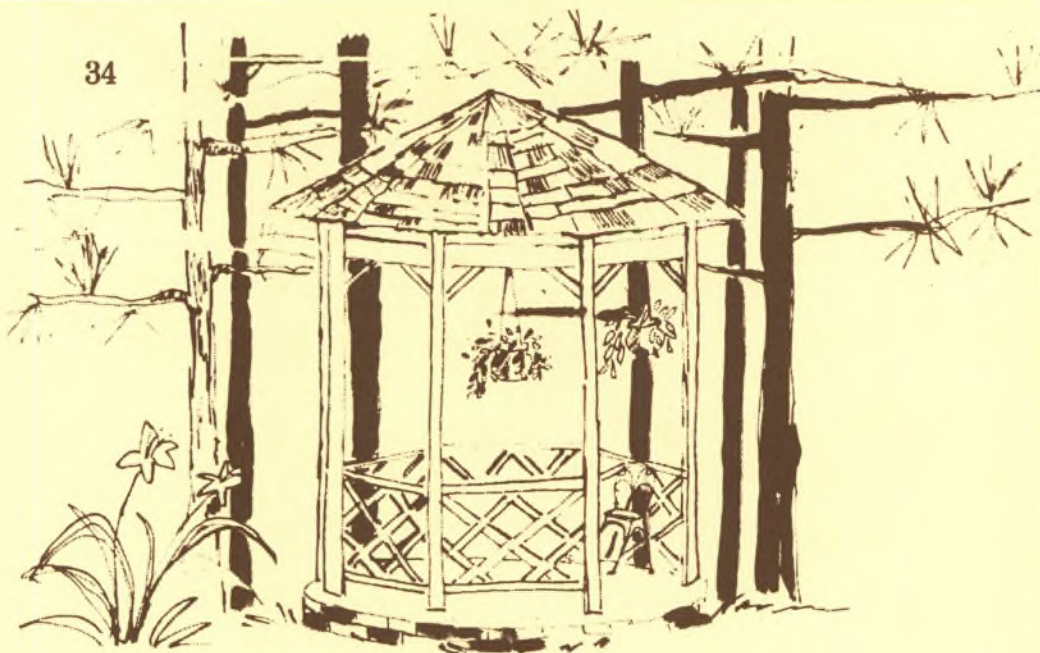
**Cauliflower Souffle**

**Asparagus Parmesan**

**Lady Baltimore Cake**

**Vanilla Cream**





## 4th of July Picnic

Fried Chicken

Baked Ham

Potato Salad

Baked Beans

Cole Slaw

Stuffed Eggs

Rolls

Assorted Breads

Relish Tray

Sliced Tomatoes, Cucumbers,

Green Peppers, Radishes,

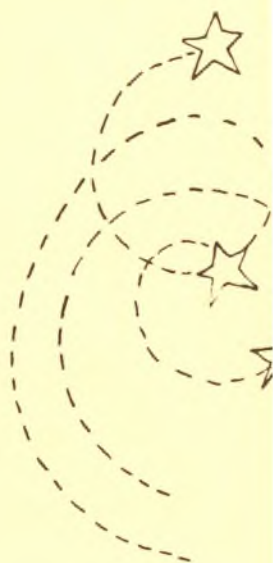
Celery Sticks, Carrot Sticks

Pineapple Sheet Cake

Ice Cream

Watermelon

Ice Tea



# Thanksgiving Dinner

Champagne  
Mixed Nuts  
Oysters Regal  
Roast Turkey  
With Chestnut Dressing  
Wild Rice                      Giblet Gravy  
Orange Sweet Potato Cups  
Broccoli Ring  
Cranberry Sauce  
Pumpkin Chiffon Pie  
Coconut Cake  
Boiled Custard  
Coffee - Rolls





# Christmas

Sherry

Roast Duck With

Fruit Stuffing

Cauliflower With Lobster Sauce

Potatoes In Butter

Green Beans With Almonds

Lettuce Salad

Leah's Date Nut Cake - Ambrosia

Chocolate Cake With Caramel Icing



# Patio Cookout

Honey Barbecued Chicken

Foil Roasted Corn

Foil Baked Potatoes

Zucchini Creole

Italian Bread

Peach Ice Cream



# Bridge Dinner

**Rolled Roast Loin Of Pork**

**Rice Pilaff**

**Crab And Avocado Salad**

**Scalloped Squash**

**Baby Lima Beans With Herbs**

**Blueberry Cheese Cake**

**White Wine**

**Coffee**

**Rolls**



## Buffet Dinner Party

Shrimp Curry With Condiments

Sliced Baked Ham

Rice

Roman Asparagus

Fresh Pineapple Salad

Assorted Tarts

Nuts

Mints

White Wine

Coffee

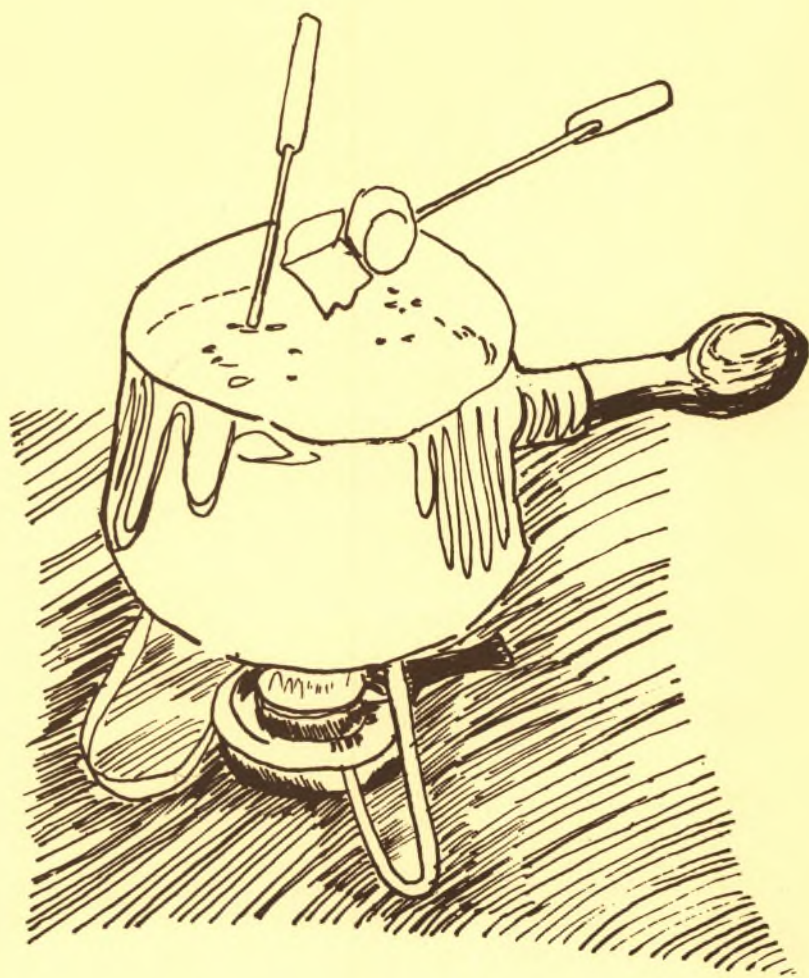


Cocktail  
Party

Ham Biscuits  
Chicken Livers Wrapped In Bacon  
Chafing Dish Of Meat Balls  
Cocktail Shrimp  
Guacomole Dip  
With Crisp Vegetables  
Eggs Stuffed With Crab Meat  
Relish Tray  
Pickles, Olives, Cocktail Onions  
Pickled Okra  
Cheese Ball - Assorted Crackers  
Rum Balls - Grapes  
Mixed Nuts



# Appetizers



## HAM BISCUITS

Double recipe Angel Biscuits

(Recipe this book)

Melted butter

2 pounds baked ham,

sliced thin and evenly

(Recipe this book)

Follow directions for making Angel Biscuits to step for rolling out.

Roll out dough  $\frac{1}{4}$  inch thick, then fold the dough over so that biscuits will open easily when baked.

Cut with a  $1\frac{1}{2}$ - to 2-inch biscuit cutter.

Place biscuits on a greased baking sheet, brush tops with melted butter, and let rise 30 minutes to an hour.

Bake at 475 degrees until brown.

Place pieces of ham in biscuits and serve warm.

NOTE: Biscuits and ham can be put together ahead of time, wrapped in aluminum foil, and reheated for serving. Yields about 3 dozen regular or 5 dozen cocktail biscuits.



## CHICKEN LIVERS WRAPPED IN BACON

Chicken livers

Bacon

Sherry

Allow bacon to reach room temperature. Cut bacon in strips to wrap livers.

Wrap each liver with a strip of bacon. Secure with wooden toothpicks, pushing through and protruding on both sides.

Grill over a low flame until livers are done and bacon is crisp.

Transfer to a chafing dish. Pour a little warm sherry over livers to keep from sticking to bottom of dish.

## COCKTAIL MEATBALLS

- |   |                                   |
|---|-----------------------------------|
| 2 pounds ground round lean steak              | Dash nutmeg                       |
| 2 tablespoons minced onion                    | 1 teaspoon Worcestershire sauce   |
| 1/2 teaspoon M.S.G.<br>(monosodium glutamate) | 1/4 to 1/2 cup bread crumbs       |
| Salt and pepper to taste                      | 4 tablespoons butter or margarine |
|   | Red wine, optional                |

Have the butcher trim fat from steak before grinding.

Combine steak, onion, M.S.G., salt and pepper to taste, nutmeg and Worcestershire sauce. Mix well.

Add crumbs to firm the consistency of meat. Add a little red wine if mixture needs to be less firm. Mix thoroughly and shape into tiny balls about 1-inch in diameter. (The meat shapes easier when hands are wet).

Melt butter or margarine in a heavy skillet over medium heat and brown meatballs for 1 or 2 minutes. Shake skillet to loosen meatballs so they will keep their shape. Drain on paper towel.

Complete cooking meatballs in a sweet or spicy sauce, recipes below:

### SWEET SAUCE

- |   |                                 |
|---|---------------------------------|
| 2 (12 ounces each) bottles<br>chili sauce | 1 teaspoon Worcestershire sauce |
| 1 (16 ounce) jar grape jelly              | 1 1/2 tablespoons lemon juice   |

In a large saucepan combine chili sauce, jelly, Worcestershire sauce and lemon juice. Mix well.

Place pan over very low heat and stir mixture constantly until jelly is dissolved.

Pour sauce over meatballs and let set for 3 hours. Heat slowly and simmer for about 20 minutes before serving.

Serve in chafing dish with toothpicks.

### SPICY SAUCE

- |                         |                              |
|-------------------------|------------------------------|
| 1 cup catsup            | 1/4 cup Worcestershire sauce |
| 1 teaspoon chili powder | 1/8 teaspoon Tabasco         |
| Salt to taste           | 1 or 2 drops liquid smoke    |
| 2 cups water            |                              |

Combine all ingredients in a large heavy saucepan. Bring to a boil.

Add meatballs and let simmer slowly over very low heat for about 2 hours or until sauce is consistency desired.

Place meatballs and sauce in chafing dish and serve with toothpicks.

## COCKTAIL SHRIMP

- |  |   |
|--|---|
| 4 pounds cooked, shelled and deveined shrimp | Grapefruits<br>Cocktail picks<br>Curry mayonnaise |
|--|---|

Chill shrimp thoroughly.

Pierce the shrimp with the cocktail picks.

Meanwhile, cut the grapefruits in half and place cut side down, on a serving plate.

Insert the shrimp, pick side down, in the grapefruit; using the number of grapefruits needed.

Refrigerate until time to serve.

Serve with a bowl of curry mayonnaise. (Recipe this book).



## CALICO DIP

- |   |                                    |
|---|------------------------------------|
| 2 packages (8 ounces each) cream cheese | 2 tablespoons minced green onions  |
| $\frac{1}{2}$ cup sour cream            | 2 tablespoons minced red radishes  |
| 1 teaspoon sugar                        | 2 tablespoons minced cucumber      |
| $\frac{1}{4}$ cup mayonnaise            | 2 tablespoons minced green pepper  |
| $\frac{1}{2}$ teaspoon salt             | $\frac{1}{2}$ clove garlic, minced |

Let cheese come to room temperature.

In a bowl combine cheese, sour cream, sugar, mayonnaise and salt. Cream until thoroughly blended.

Press out any liquid in minced vegetables and add to creamed mixture. Mix thoroughly.

Put dip in a container, cover, and chill. (Flavor improves if refrigerated overnight).

When ready to serve place in a bowl and surround with crisp vegetables; carrot sticks, celery sticks, sliced cucumbers, and radishes.

NOTE: Any left over dip can be used in potato salad.

**Mrs. Dorothy Hix**

## GUACAMOLE DIP

- |  |                 |
|--|-----------------|
| 1 medium tomato, peeled                              | Pepper to taste |
| 2 ripe avocados,<br>(about 1½ pounds)                | 1 teaspoon salt |
| ¼ cup minced onion                                   | Cauliflowerets  |
| 2 tablespoons finely chopped<br>canned chili peppers | Green onions    |
| Dash Tabasco   | Cucumber slices |
| 1½ tablespoons white vinegar                         | Carrot sticks   |
|  | Celery sticks   |
|  | Radishes        |

In a medium bowl, crush tomato with potato masher.

Halve avocados, remove pits, peel and slice.

Add avocado slices to tomato and mash until smooth and well blended.

Add onions, chili peppers, Tabasco, vinegar, pepper to taste and salt. Mix well.

Place guacamole in bowl on a large round tray or serving dish.

Meanwhile, chill and crisp vegetables and attractively arrange around bowl of guacamole dip.



## CHEESE BALLS

- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| 1 (3 ounce) package<br>cream cheese | 1 tablespoon Worcestershire sauce |
| 1 (4 ounce) package blue cheese     | Dash Tabasco                      |
| ¼ pound grated cheddar cheese       | Chopped nuts                      |
| 1 teaspoon minced onion             | Minced parsley                    |
|                                     | Paprika                           |

Let cheeses come to room temperature.

In a medium bowl combine cream cheese, blue cheese, cheddar cheese and mix well.

Add onion, Worcestershire sauce, and Tabasco. Mix until thoroughly blended.

Form into a ball.

Combine nuts, parsley and paprika as desired.

Roll cheese ball in nut mixture.

Chill and serve. (Can be frozen).

## PETITE QUICHE

### PASTRY

- |   |                          |
|---|--------------------------|
| $\frac{1}{2}$ pound butter or margarine | 6 ounces cream cheese    |
|   | 2 cups all purpose flour |

Place butter or margarine and cheese in a mixing bowl and let come to room temperature. Soften with hands.

Add flour and work into mixture.

Pinch off small balls of pastry and press into petite muffin tins.

### FILLING

- |                                     |   |
|-------------------------------------|---|
| 1 package dried cream leek soup mix | $\frac{1}{2}$ pound grated swiss cheese |
| 2 cups milk                         | 1 teaspoon dry mustard                  |
| 1 cup heavy cream                   | 1 teaspoon salt                         |
| 4 eggs                              | $\frac{1}{4}$ teaspoon pepper           |
|                                     | Crumbled bacon bits                     |

Bring soup mix and milk to a boil. Cool slightly.

Stir in cream and let cool.

Beat eggs until yolks and whites are blended. Add cheese, mustard, salt and pepper and blend.

Add egg mixture to soup mixture.

Fill pastry cups with mixture and bake at 375 degrees until brown.

Sprinkle tops with bacon bits and serve warm.

Quiches can be frozen and reheated, wrapped in aluminum foil, in a very slow oven.

**Mrs. Carolyn McLaughlin**



## CRAB MEAT CANAPE SPREAD

- |   |                                       |
|---|---------------------------------------|
| 2 cups chopped cooked or canned crab meat | $\frac{1}{2}$ cup mayonnaise          |
| 1 hard-cooked egg, chopped                | $\frac{1}{4}$ cup minced sweet pickle |
|   | 1 green onion, finely chopped         |

Combine all ingredients and mix well.

## SAUSAGE BALLS

- |                                      |                  |
|--------------------------------------|------------------|
| 1 pound hot sausage                  | 3½ cups Bisquick |
| 10 ounces extra sharp cheddar cheese | Dash Tabasco     |

Melt cheese in top of double boiler over hot water.

Combine uncooked sausage and Bisquick and mix thoroughly with hands.

Add cheese and Tabasco and blend.

Shape into small balls and bake at 350 degrees to 400 degrees for 15 to 20 minutes, or until brown. Makes 60 to 70 balls.

NOTE: These sausage balls freeze well and bake straight from the freezer.

## CLAM DIP

- |   |   |
|---|---|
| 1 teaspoon dried beef broth mix,<br>more if desired | 1 tablespoon minced onion                 |
| 1 cup sour cream                                    | 1 can (8 ounces) minced clams,<br>drained |
| 1 teaspoon lemon juice                              |   |

In a small bowl combine beef broth mix and sour cream. Mix well.

Add lemon juice, onions and clams. Blend.

Serve with potato chips, assorted crackers, or crisp celery and carrot sticks.

## CHEESE WAFERS

- |                                    |                      |
|------------------------------------|----------------------|
| ½ pound butter or margarine        | ¼ teaspoon pepper    |
| 2 cups grated sharp cheddar cheese | Dash salt            |
| 2 cups all purpose flour           | Dash cayenne         |
|                                    | 2 cups Rice Krispies |

In a bowl combine butter or margarine, cheese, flour, pepper, salt and cayenne and mix until thoroughly blended.

Stir in Rice Krispies. Shape into small balls and place on an ungreased baking sheet.

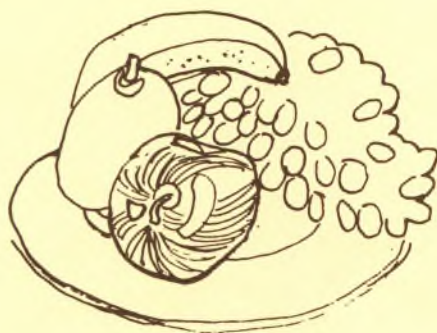
With a damp fork flatten balls into wafers and bake at 350 degrees for 15 minutes. Makes about 72 wafers.

## PIMENTO CHEESE SPREAD OR DIP

- |                           |                               |
|---------------------------|-------------------------------|
| 1 pound Velveeta cheese   | 1 large jar pimentos, chopped |
| $\frac{1}{3}$ cup milk    | 1 egg, well beaten            |
| $\frac{1}{4}$ cup vinegar | 1 cup mayonnaise              |

In the top of double boiler melt cheese with milk, over simmering water. Add vinegar, pimentos and egg. Cook for 30 minutes, stirring frequently. Remove from heat and while still warm add mayonnaise. Store in air-tight container in refrigerator.

**Mrs. Julia Burr MacLean**



## ASPARAGUS SANDWICHES

- |  |                                |
|--|--------------------------------|
| 1 can (14 $\frac{1}{2}$ ounces) medium length asparagus spears | Paprika to taste               |
| Sliced bread   | Pimento strips                 |
| $\frac{1}{2}$ teaspoons lemon juice                            | 4 tablespoons butter, softened |

Trim crusts from bread and flatten with rolling pin. Combine lemon juice, butter and paprika to taste. Mix until a paste is formed. Spread mixture on bread slices. Gently place one asparagus spear on a slice of bread and roll firmly. Place seam side down. Cover with plastic wrap and refrigerate until needed. Garnish with pimento strips.



## SHRIMP-STUFFED CELERY

- |                                  |   |
|----------------------------------|---|
| 5 to 6 stalks celery             | $\frac{1}{2}$ teaspoon seasoned salt        |
| 2 (4½ ounce) cans shrimp         | $\frac{1}{2}$ teaspoon Worcestershire sauce |
| 1 (8 ounce) package cream cheese | 2 drops hot pepper sauce                    |

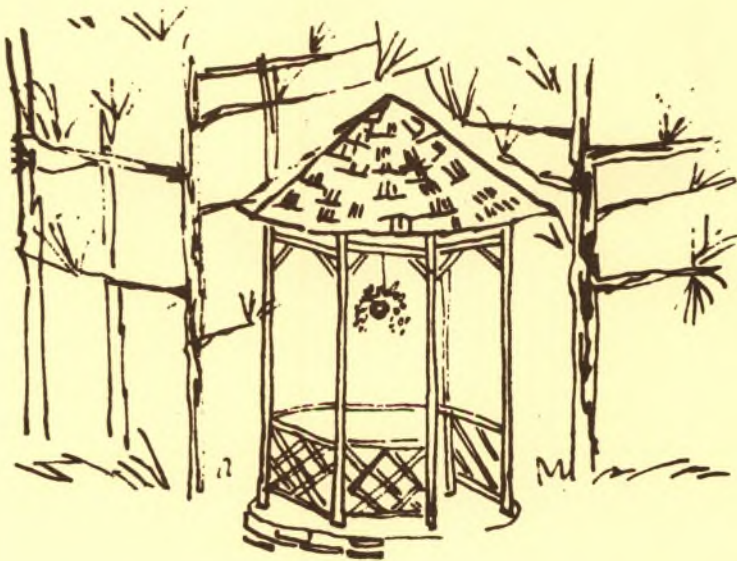
Wash celery, dry, and cut into 2½ to 3-inch lengths.

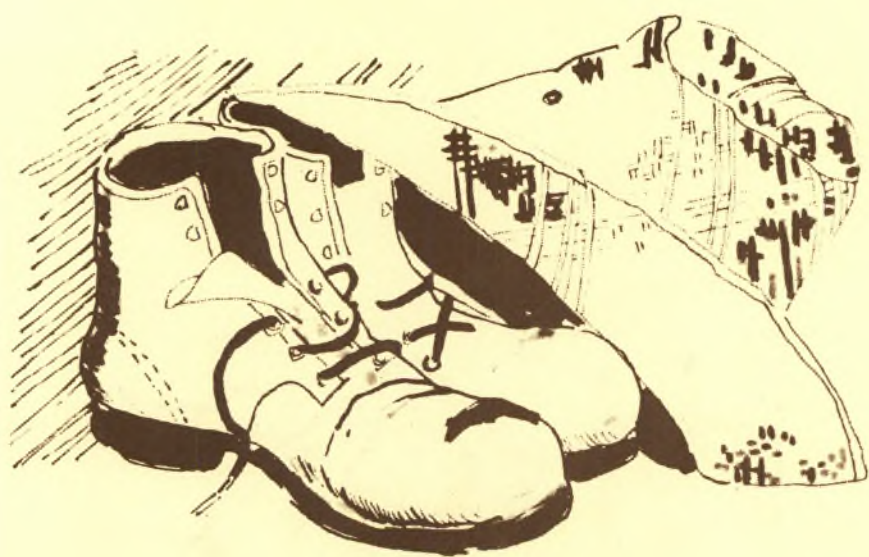
Allow cheese to come to room temperature. Place in a bowl and cream well.

Drain shrimp and cover with ice water and let set 20 minutes. Drain and chop fine.

Combine shrimp, salt, Worcestershire sauce and hot pepper sauce with cheese. Stir until blended.

Spoon mixture into celery pieces. Chill.





# Breads



## REFRIGERATOR ROLLS

- |                              |                              |
|------------------------------|------------------------------|
| 1 cake yeast                 | 1/2 teaspoon baking powder   |
| 1 teaspoon soda              | 2 tablespoons sugar          |
| 1/2 cup buttermilk           | 1/4 cup vegetable shortening |
| 4 1/2 cups all purpose flour | 1 cup buttermilk             |
| 1 teaspoon salt              | Melted butter or margarine   |

Crumble yeast. Sprinkle soda over yeast and add 1/2 cup buttermilk. Set aside.

In a large bowl sift together flour, salt, baking powder and sugar.

Cut in shortening and add 1 cup buttermilk. Add yeast mixture and blend.

Cover and let set in refrigerator overnight.

When ready to bake, turn dough out on a floured board. Knead lightly. Roll 1/2 inch thick and cut out with biscuit cutter of desired size.

Spread each side of roll generously with melted butter. Fold over each roll and place on a baking sheet. Let set 30 minutes to 1 hour.

Bake about 10 minutes at 425 to 450 degrees. Makes about 3 dozen rolls.

NOTE: If dry yeast is used, dissolve in lukewarm buttermilk and proceed as above.

## ANGEL BISCUITS

- |                               |                             |
|-------------------------------|-----------------------------|
| 2 1/2 cups all purpose flour  | 1 tablespoon sugar          |
| 1/2 teaspoon soda             | 1/4 cup lukewarm water      |
| 1 1/2 teaspoons baking powder | 1/2 cup buttermilk, or more |
| 1 teaspoon salt               | (room temperature)          |
| 1/4 cup vegetable shortening  | Melted butter               |
| 1 yeast cake                  |                             |

In a bowl sift flour, soda, baking powder and salt, together. Cut in shortening.

Dissolve yeast and sugar in the warm water. Add buttermilk and mix.

Pour buttermilk-yeast mixture into flour and mix as biscuits.

Roll dough on a floured board and cut with biscuit cutter.

Brush with melted butter. Let biscuits rise for 30 minutes to 1 hour.

Bake at 475 degrees until brown.

NOTE: A small amount can be cooked and the unused dough can be covered and stored in refrigerator for a week or two.

## BISCUITS

- |                           |                              |
|---------------------------|------------------------------|
| 2 cups all purpose flour  | $\frac{1}{4}$ cup shortening |
| 3 teaspoons baking powder | $\frac{2}{3}$ cup milk       |
| 1 teaspoon salt           |                              |

Sift flour, baking powder and salt together.

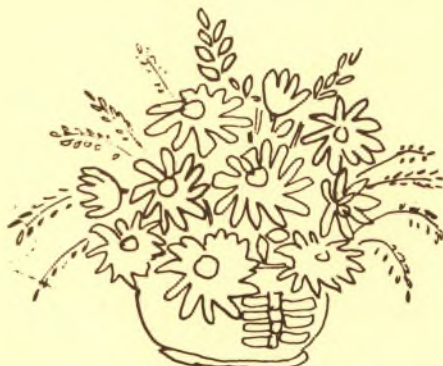
Cut in shortening until mixture resembles coarse crumbs.

Blend in milk or enough to make a soft dough.

Turn dough out onto lightly floured surface and knead gently for a few seconds.

Roll out  $\frac{1}{2}$  inch thick. Cut.

Bake on slightly greased baking sheet in 475 degree oven for 10 to 12 minutes or until lightly browned. Makes about 14 2-inch biscuits.



## CORN STICKS

- |  |  |
|--|--|
| $\frac{3}{4}$ cup finely ground white meal | $1\frac{1}{2}$ teaspoons baking powder |
| $\frac{1}{4}$ cup all purpose flour        | 1 egg, slightly beaten                 |
| $\frac{1}{2}$ teaspoon sugar               | $\frac{3}{4}$ cup buttermilk           |
| $\frac{1}{2}$ teaspoon salt                | 2 tablespoons vegetable oil            |
| $\frac{1}{4}$ teaspoon soda                |  |

In a mixing bowl sift together meal, flour, sugar, salt, soda and baking powder.

Combine buttermilk, beaten egg and oil.

Meanwhile, grease corn stick pans well and heat in oven while preparing cornbread batter.

Stir buttermilk mixture in dry ingredients until mixture is evenly moist.

Spoon batter into hot greased corn stick pans and bake in a hot oven (400 degrees) about 10 minutes or until golden brown and crusty.

## EGG BREAD

1½ cups corn meal	½ teaspoon soda
½ cup all purpose flour	4 tablespoons vegetable oil
2 teaspoons baking powder	2 eggs, beaten
1 teaspoon sugar	1½ cups buttermilk
¾ teaspoon salt	

Sift together meal, flour, baking powder, sugar, salt and soda.

Combine eggs with milk and 3 tablespoons oil. Reserve 1 tablespoon oil to grease pan.

Stir dry ingredients into liquid mixture and stir only enough to mix.

Pour into a well greased hot pan. Bake in hot oven (425 degrees) about 25 minutes, or until done and well browned.



## HUSH PUPPIES

1½ cups corn meal	1 large onion, minced
½ cup all purpose flour	1 egg, beaten
1 teaspoon baking powder	Milk
1 teaspoon salt	

In a bowl sift meal, flour, baking powder and salt together.

Stir in onion, egg, and enough milk to make a very heavy, rather dry batter.

Cook hush puppies in deep fryer, along with the fish. Dip a spoon into the batter and cut a hush puppy to desired size. Dip the spoon into the hot oil after each cut.

Cook until hush puppies are well browned. Serve on platter with the fish.

**VARIATION:** For beer hush puppies follow above instructions, using beer instead of milk. (Have beer at room temperature).

## RICHARD'S BREAD

(This is my son, Richard's, recipe: where he obtained it I am not sure. However, we baked it together and found it delicious).

2 envelopes dry yeast	$\frac{1}{2}$ cup vegetable oil
$\frac{1}{4}$ cup warm water	$1\frac{1}{4}$ cups water
$1\frac{1}{2}$ teaspoons salt	6 cups all purpose flour, and more
$\frac{1}{2}$ cup sugar	3 egg yolks, beaten

Dissolve yeast in  $\frac{1}{4}$  cup warm water. Set aside.

Combine salt, sugar, oil,  $1\frac{1}{4}$  cups water and 2 cups flour. Beat thoroughly with a spoon.

Add the yeast and the beaten egg yolks. Mix well.

Add the remaining 4 cups flour to form a soft dough.

Knead lightly on a floured board until shiny, about 15 minutes.

Put in a lightly greased bowl. Grease top of dough and cover with a towel. Let dough rise in a warm place until it is double in size, about 1 to  $1\frac{1}{2}$  hours. (A good place to let dough rise is on top of stove with oven set at about 100 to 125 degrees).

Punch down the dough. Knead. Cover. Put in a warm place until double in size, about 1 hour.

Punch down again. Divide into 6 pieces.

Roll into 6 long strands. For each loaf, braid 3 strands together tightly (just the way you braid hair).

Put the two loaves on a lightly greased baking sheet. Cover, let them rise in a warm place until they are double in size, about 1 hour.

Brush loaves with beaten egg yolk diluted with a little water. This will give a nice brown crust.

Bake at 375 degrees until golden brown, about 40 to 45 minutes.



## SAVORY CORNBREAD

- |   |   |
|---|---|
| 1 cup yellow corn meal                                    | $\frac{1}{2}$ cup butter or margarine,<br>melted and cooled |
| 2 teaspoons baking powder                                 | 1 cup sour cream  |
| $\frac{1}{2}$ teaspoon salt                               | 1 cup grated sharp cheddar cheese                           |
| 2 eggs  | 2 or 3 chili peppers, seeded and<br>chopped                 |
| 1 can ( $8\frac{1}{2}$ ounces) cream style<br>golden corn |   |

In a medium bowl sift together corn meal, baking powder and salt.

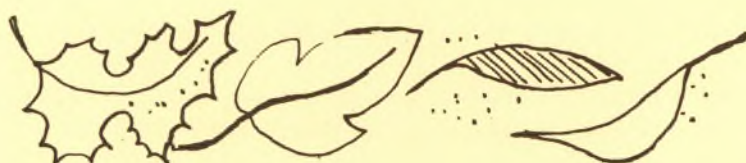
Add butter or margarine, eggs, corn and sour cream, and with a spoon beat until the mixture is completely combined.

Stir in cheese and peppers. Mix well.

Pour into an oiled 8 inch square pan and bake at 350 degrees for about 45 minutes.

Cut and serve hot.

**Mrs. Agnes Thomason**



## CORN MUFFINS

- |                           |                                 |
|---------------------------|---------------------------------|
| 1 cup corn meal           | 1 teaspoon salt                 |
| 1 cup all purpose flour   | 2 eggs, beaten                  |
| 3 tablespoons sugar       | $1\frac{1}{4}$ cups milk        |
| 4 teaspoons baking powder | $\frac{1}{4}$ cup vegetable oil |

Sift corn meal, flour, sugar, baking powder and salt together in mixing bowl.

Combine eggs, milk and oil.

Add egg mixture to corn meal, stirring only enough to mix.

Fill greased muffin pans  $\frac{2}{3}$  full. Bake at 425 degrees for 25 minutes. Yields about 12 muffins.



## CHEESE BISCUITS

- |                           |                              |
|---------------------------|------------------------------|
| 2 cups all purpose flour  | 1 cup grated Parmesan cheese |
| 3 teaspoons baking powder | ¼ cup butter or margarine    |
| ½ teaspoon salt           | ¼ cup milk                   |

Sift together flour, baking powder, salt and add cheese.

With two knives cut in butter and margarine until mixture resembles coarse meal.

Stir in ¼ cup milk, or enough to make a soft dough.

Turn dough out on a lightly floured board and knead it for about 30 seconds.

Roll dough out ½ inch thick and cut in 2-inch rounds. Place biscuits on a greased baking sheet and bake at 450 degrees for 12 to 15 minutes, or until they are golden brown.



## LIZ'S BLUEBERRY MUFFINS

- |                           |  |
|---------------------------|--|
| 2 cups all purpose flour  | 1 cup milk                               |
| 3 teaspoons baking powder | 3 tablespoons melted butter or margarine |
| ½ teaspoon salt           | ⅔ cup blueberries                        |
| 4 tablespoons sugar       |  |
| 1 egg                     |  |

Sift flour, measure, resift with baking powder, salt and sugar 3 times, the last time sift into mixing bowl.

Beat egg, add milk and melted butter or margarine.

Make a well in dry ingredients and add liquid ingredients all at once.

Stir quickly until the flour is just dampened, then give 4 or 5 more quick stirs.

Carefully fold in the blueberries. Batter should not be smooth, but a little lumpy.

Spoon batter into a well greased muffin pan with 12 medium cups, filling each cup ⅔ full.

Bake at 425 degrees for 20 minutes or until golden brown.

NOTE: If blueberries are tart, sweeten slightly before folding into batter.

## BRAN MUFFINS

1 cup all purpose flour	2 tablespoons shortening
2½ teaspoons baking powder	1 egg, well beaten
½ teaspoon salt	¾ cup milk
¼ cup sugar	1 cup bran

Sift flour, baking powder, salt and sugar into a mixing bowl.

Cut in shortening until mixture is uniformly fine.

Combine egg and milk. Add bran and let mixture stand until most of the moisture is absorbed by the bran.

Add egg mixture to dry ingredients and stir only until flour disappears.

Spoon batter into a well-greased medium size muffin pan. Fill cups ¾ full.

Bake in hot oven (425 degrees) 20 to 25 minutes or until well-risen and brown.

Yields 9 muffins.

## BANANA NUT BREAD

2 cups all purpose flour	½ cup milk
1 teaspoon baking powder	3 ripe bananas, mashed (1 cup)
1 teaspoon baking soda	1 teaspoon vanilla
¾ teaspoon salt	½ cup buttermilk
1½ cups sugar	2 eggs
½ cup shortening	1 cup nuts, chopped

Sift flour, baking powder, soda, salt and sugar into a mixing bowl.

Add shortening, milk, bananas, and buttermilk. Beat 2 minutes on low speed of an electric mixer, scraping bowl as needed.

Add eggs and vanilla and beat 1 minute more.

Stir in nuts.

Pour in a greased and floured 10x5x3 inch pan.

Bake in a preheated oven 350 degrees, for 40 to 45 minutes, or until cake tests done.

Cool in pan 10 minutes before turning out on rack.

## PANCAKES

- |                              |   |
|------------------------------|---|
| 1 1/2 cups all purpose flour | 1 egg, well beaten                          |
| 1/2 teaspoon salt            | 2 tablespoons melted butter<br>or margarine |
| 2 teaspoons baking powder    | 1 cup milk                                  |
| 1 tablespoon sugar           |   |
| 2 tablespoons corn meal      |   |

Sift flour, salt, baking powder, sugar and corn meal together into mixing bowl.

Combine egg with butter, or margarine, and milk.

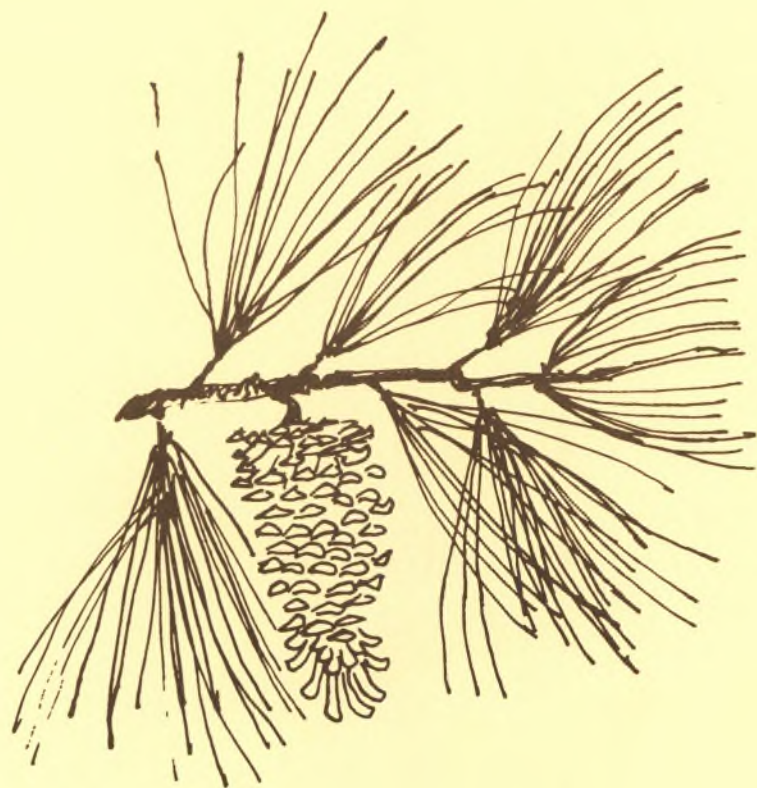
Add dry ingredients and beat until smooth.

Cook on lightly oiled hot griddle or heavy skillet. Turn when pancake is golden brown on bottom and surface is bubbly; brown second side.

Serve promptly with butter and syrup.

Yields about 16 pancakes.





# Salads



## CRAB MEAT SALAD RING

2 cups cooked or canned crab meat	Salt and pepper to taste
1 envelope unflavored gelatin	Chopped parsley
3 tablespoons cold water	$\frac{2}{3}$ cup chopped celery
$\frac{1}{4}$ cup mayonnaise	1 tablespoon grated onion
$2\frac{1}{2}$ tablespoons lime juice	$\frac{3}{4}$ cup heavy cream, whipped
2 tablespoons lemon juice	2 avocados
	Lime slices

Soften gelatin in cold water and dissolve thoroughly over hot water.

Combine mayonnaise, 2 tablespoons lime juice, (reserve  $\frac{1}{2}$  tablespoon for avocado), lemon juice, 1 tablespoon chopped parsley, celery, onion, salt and pepper to taste and gelatin. Mix well.

Fold in crab meat and whipped cream. Pour into an oiled ring mold and chill until set.

Peel and pit avocados and mash enough to fill center of ring. Add reserved lime juice to avocado.

Unmold salad on chilled platter. Fill center with avocado and sprinkle with finely chopped parsley. Garnish with thin slices of lime.

## CRAB AND AVOCADO SALAD

2 large avocados	2 tablespoons chopped green onions
2 pounds cooked lump crab meat	Dash pepper
$\frac{1}{3}$ cup chopped celery	Salt to taste
$\frac{1}{3}$ cup thinly sliced radishes	Lettuce
3 tablespoons lemon juice	Tomato wedges
3 tablespoons vinegar	Seafood Salad Dressing
2 tablespoons vegetable oil	(Recipe this book)

Peel and pit avocados and cut into 1 inch cubes.

In a large bowl combine avocado, crab meat, celery and radishes.

Add lemon juice, vinegar, oil, onion, pepper and salt to taste. Toss.

Transfer salad to a serving dish covered with lettuce. Garnish with tomato wedges.

Serve with Seafood Salad Dressing. Serves 8.

## SHRIMP AND AVOCADO SALAD

- |  |                       |
|--|-----------------------|
| 2 pounds cooked shrimp,<br>shelled and deveined (4 cups) | 2 cups sliced avocado |
| 2 cups finely chopped celery                             | Lemon juice           |
| 4 tablespoons minced onion                               | Mayonnaise            |
|  | Vinaigrette sauce     |
|  | Lettuce               |

Marinate shrimp in vinaigrette sauce (recipe this book) for 2 hours.

Drain the shrimp and add celery, onion and enough mayonnaise to bind the mixture.

Mound the salad on a platter or individual plates lined with lettuce.

Meanwhile sprinkle avocado slices with lemon juice. Arrange slices around and on top of shrimp. Serves 8.

## SALAD CHRISTINA

- |  |                             |
|--|-----------------------------|
| 2 grapefruits                                | $\frac{1}{4}$ teaspoon salt |
| 1 cup chopped celery                         | Mayonnaise                  |
| 2 hard-cooked eggs, chopped                  | Lettuce                     |
| 1 cup cooked or canned<br>crab meat, or more | Green seedless grapes       |

Remove the skin and membrane from grapefruits. Section and halve each section vertically.

Pick over crab meat and remove any cartilage. Break into small pieces.

Combine grapefruit, celery, eggs, salt and crab meat. Toss the salad with mayonnaise.

Place salad on a large plate, or individual plates, covered with lettuce. Garnish with grapes. Serves 8.

## CHICKEN SALAD

- |  |   |
|--|---|
| $2\frac{1}{2}$ cups diced cooked chicken | 1 cup white seedless grapes,<br>sliced if desired |
| 2 cups chopped celery                    | 2 or 3 hard-cooked eggs, chopped                  |
| $\frac{1}{4}$ cup chopped sweet pickles  | $\frac{1}{2}$ to $\frac{2}{3}$ cup mayonnaise     |
| Salt to taste                            | Lettuce   |
| $\frac{1}{2}$ cup slivered almonds       |   |

Combine all ingredients except lettuce. Toss. Taste and correct seasonings, add more mayonnaise if needed. Chill until ready to serve.

Mound on lettuce and garnish with a few grapes, if desired.

## TUNA SALAD

- |                                     |   |
|-------------------------------------|---|
| 2 (7 ounce) cans white tuna         | 3 or 4 tablespoons chopped green onions |
| 1 cup chopped celery                |   |
| 3 hard-cooked eggs, chopped         | 1/2 cup pecans, broken                  |
| 2 tablespoons chopped sweet pickles | 1/2 cup mayonnaise                      |
|                                     | 1/2 teaspoon salt                       |
|                                     | Pepper to taste                         |

Drain tuna and break into pieces.

Combine celery, eggs, pickles, onions and pecans with tuna.

Add salt and pepper to taste and 1/2 cup mayonnaise or enough to bind.

Chill. Serves 6.

## FROZEN FRUIT SALAD SUPREME

- |                                       |  |
|---------------------------------------|--|
| 1 1/2 cups sour cream                 | 1/2 cup pecans, chopped                          |
| 3/4 cup sugar                         | 1/4 cup maraschino cherries, chopped and drained |
| 1/8 teaspoon salt                     | 2 large ripe bananas, diced                      |
| 2 tablespoons lemon juice             |  |
| 2 1/2 cups crushed pineapple, drained |  |

Combine sour cream and sugar and mix well.

Add salt and lemon juice and blend thoroughly.

Add pineapple, pecans, cherries and bananas. Stir just enough to blend evenly.

Turn into a lightly oiled pan 11 3/4 by 7 1/2 inches, or individual molds.

Place in freezer for about 4 hours or until firm. Serves 10 to 12.

## PEACH SALAD

- |                            |                                      |
|----------------------------|--------------------------------------|
| 8 large fresh peach halves | 1/4 cup pecans, chopped              |
| 1/4 cup raisins            | 1/4 cup maraschino cherries, chopped |
| 1/4 cup dates, chopped     | Maraschino cherry juice              |
| Sherry                     | Brandied peach juice                 |

Combine dates and raisins and soak in sherry for 1 hour. Drain well.

Add nuts and maraschino cherries to the dates and raisins and add enough brandied peach juice and cherry juice to make a paste. Cover and let set 4 hours in refrigerator before serving.

Select ripe peaches. Peel and pit.

Fill each peach half with a generous serving of the fruit and nut mixture. Serve on chilled salad plate covered with crisp lettuce.



## TROPICAL FRUIT SALAD

- |                |                      |
|----------------|----------------------|
| 4 bananas      | 1 cup blueberries    |
| 2 oranges      | 1/2 cup strawberries |
| 1/2 pineapple  | 1/4 small watermelon |
| 1/2 cantaloupe |                      |

Peel bananas, oranges, pineapple, cantaloupe and watermelon. Cut into cubes of desired size.

Wash blueberries and strawberries. Pat dry on paper towel. Slice strawberries. Combine fruits in a salad bowl and add just enough Tropical Fruit Salad Dressing to blend. Serve remainder of dressing in a small bowl. Serves 6-8.

## TROPICAL FRUIT SALAD DRESSING

- |  |  |
|--|--|
| 1/2 cup sour cream                           | 1 tablespoon honey                               |
| 1/3 cup mayonnaise                           | 2 tablespoons toasted almonds,<br>finely chopped |
| 3 ripe bananas, peeled<br>and mashed (1 cup) |  |

Combine sour cream with mayonnaise. Add bananas, honey and nuts. Blend. Yields about 2 cups.

## PEAR SALAD WITH FRENCH DRESSING

- |   |                       |
|---|-----------------------|
| 1 can (16 ounces) Bartlett<br>pear halves | Salt to taste         |
| 3 ounces cream cheese                     | White pepper to taste |
| 2 tablespoons blue cheese                 | Green seedless grapes |
| 2 tablespoons light cream                 | Lettuce               |
|   | French dressing       |

Combine cream cheese, blue cheese, cream, salt and pepper. Blend well. Fill center of pear halves with cheese mixture. Serve on salad plates covered with crisp lettuce. Garnish with grapes and serve with French dressing. Serves 4.

## CRANBERRY SALAD

- |  |   |
|--|---|
| 1 can (16 ounces) whole<br>cranberry sauce | 1 can (8¾ ounces) crushed<br>pineapple, drained |
| 1 envelope unflavored gelatin              | ½ cup confectioners' sugar                      |
| ¼ cup cold water                           | 1 cup sour cream                                |
|  | Red food coloring                               |

Heat cranberry sauce in a saucepan over moderate heat until bubbling hot.

In the meantime, soften gelatin in cold water. Combine gelatin mixture with hot cranberry sauce very gently; lift cranberries from bottom of pan so they will remain whole.

Let mixture cool.

Add crushed pineapple to cranberry mixture.

Add sugar to sour cream and mix well. Add a drop or two of food coloring to sour cream mixture to tint it to a light pink.

Combine sour cream mixture with cranberry mixture.

Pour into a lightly oiled pan and freeze. Serves 8.

## BLACK CHERRY SALAD

- |   |   |
|---|---|
| 1 can (16 ounces) pitted<br>black cherries  | ⅓ cup dry sherry                              |
| 1 package (3 ounces black<br>cherry gelatin | 1 (8 ounce) package<br>cream cheese, softened |
| 1 tablespoon lemon juice                    | 1 cup chopped pecans                          |
|   | French or Honey Dressing                      |

Drain cherries and add enough water to the juice to make 1½ cups. Heat juice to almost boiling.

Add gelatin and stir until thoroughly dissolved. Add lemon juice and sherry. Mix well.

Divide mixture into equal parts.

In a salad mold, chill ½ of the mixture until firm.

Add layers of cheese, cherries and nuts. Cover with second half of gelatin when it begins to chill.

Place salad in refrigerator until firm.

Serve on lettuce with French or Honey Dressing. (Recipe this book). Serves 6 to 8.

## WALDORF SALAD

- |                                |                       |
|--------------------------------|-----------------------|
| 2 cups diced red eating apples | 1 cup diced celery    |
| 1½ tablespoons lemon juice     | ⅓ cup chopped pecans  |
| Mayonnaise                     | Lettuce               |
|                                | Green seedless grapes |

Put apples in bowl and sprinkle with lemon juice.

Add celery and nuts and toss.

Add enough mayonnaise to moisten.

Serve on lettuce and garnish with grapes. Serves 4 to 6.

## FRESH PINEAPPLE SALAD

- |                                  |                    |
|----------------------------------|--------------------|
| Fresh pineapple, cut into chunks | Crisp salad greens |
|                                  | Mayonnaise         |

On a serving dish, or individual salad plates, arrange salad greens.

Add pineapple chunks, as desired, and serve with mayonnaise.

## FROZEN FRUIT SALAD

- |  |                                   |
|--|-----------------------------------|
| 1 can (18 ounces) fruit cocktail           | ½ cup mayonnaise                  |
| 1 can (11 ounces) mandarin orange sections | ½ teaspoon salt                   |
| 1 package (3 ounces) lemon gelatin         | 1 cup miniature marshmallows      |
| 2 tablespoons lemon juice                  | ⅔ cup heavy cream, whipped        |
|  | Lettuce                           |
|  | Honey dressing (Recipe this book) |

Drain fruit cocktail and orange sections, reserving 1 cup of the juices.

Heat juice, add gelatin and stir until dissolved.

Add lemon juice, stir and chill until partially set.

Fold in fruit cocktail, orange sections, mayonnaise, salt and marshmallows.

Fold in whipped cream.

Spoon salad into 8 (3½ inch) lightly oiled molds. Freeze until firm.

Release from molds and serve on lettuce with Honey Dressing.

## FRESH FRUIT SALAD

- |                              |                                     |
|------------------------------|-------------------------------------|
| 1 grapefruit                 | 1 cup green seedless grapes, sliced |
| 2 oranges                    | 1/2 cup vegetable oil               |
| 2 red delicious apples       | 1/2 cup cider vinegar               |
| 1 cup fresh pineapple, diced | 1 tablespoon lemon juice            |

Peel and section grapefruit and oranges. Remove all membrane. Cut sections into bite size pieces.

Dice unpeeled apples.

Combine grapefruit, oranges, apples, pineapple and grapes.

Combine oil, vinegar and lemon juice to make a dressing.

Pour desired amount of dressing over combined fruits and toss.

## AVOCADO SALAD

- |                |                |
|----------------|----------------|
| Boston lettuce | Lemon juice    |
| Avocado slices | Salad dressing |

Arrange lettuce on a serving dish or individual plates.

Add avocado slices and sprinkle with lemon juice.

Serve with salad dressing of choice.

## ARTICHOKE SALAD

- |  |                    |
|--|--------------------|
| 1 can (14 ounces) artichokes,<br>drained | French dressing    |
| 1 Spanish onion, thinly sliced           | Lettuce            |
| 1 small cucumber, sliced                 | Pitted ripe olives |

Combine artichokes, onions and cucumbers. Add French dressing to taste.

Chill vegetables 2 hours before serving.

When ready to serve mound vegetables on salad plates covered with lettuce and garnish with olives. Serves 4.

## AVOCADO SALAD RING

- |                          |  |
|--------------------------|--|
| 2 cups avocado pulp      | $\frac{3}{4}$ cup heavy cream, whipped |
| 1 teaspoon salt          | $\frac{1}{2}$ cup mayonnaise           |
| 1 tablespoon lemon juice | 1 envelope unflavored gelatin          |
| 1 teaspoon grated onion  | $\frac{1}{4}$ cup cold water           |
| Pepper to taste          | Select ripe avocados                   |

Mix avocado pulp, lemon juice, salt, onion and pepper to taste together until well blended.

Soften gelatin in cold water and dissolve over hot water.

Combine whipped cream with mayonnaise.

Add gelatin to avocado pulp and fold in whipped cream and mayonnaise.

Pour into lightly oiled  $1\frac{1}{2}$  quart ring mold and chill until firm, about 3 hours.

Unmold onto a chilled serving dish covered with greens. Fill center with tomato wedges. Serves 6-8.



## CABBAGE SALAD

- |                            |                              |
|----------------------------|------------------------------|
| 3 cups shredded cabbage    | $\frac{1}{3}$ cup mayonnaise |
| 1 cup shredded carrots     | $\frac{1}{4}$ teaspoon salt  |
| Herb French dressing       | Cayenne to taste             |
| 1 bell pepper, chopped     | Lettuce                      |
| 2 tablespoons minced onion |                              |

If necessary, place cabbage in ice water to crisp. Drain thoroughly.

Marinate carrots in Herb French dressing, (recipe this book) for 1 hour. Drain.

Combine salt and cayenne with mayonnaise.

Just before serving, toss cabbage, carrots, pepper and onion with mayonnaise.

Adjust seasonings if necessary.

Serve on lettuce.

## COLE SLAW

- |                                     |                          |
|-------------------------------------|--------------------------|
| 3 cups grated cabbage               | 4 tablespoons mayonnaise |
| 2 tablespoons minced onion          | 4 tablespoons sour cream |
| 1 medium carrot, grated             | 1 teaspoon salt          |
| 2 tablespoons chopped sweet pickles | 1 teaspoon sugar         |
|                                     | 1 teaspoon vinegar       |

Combine cabbage, onion, carrot and sweet pickle in a mixing bowl and mix thoroughly.

Combine mayonnaise, sour cream, salt, sugar and vinegar to make a dressing. Mix thoroughly.

Combine dressing with vegetables and refrigerate until ready to serve.

## CUCUMBER SALAD

- |                             |   |
|-----------------------------|---|
| 2 large cucumbers           | $\frac{1}{2}$ teaspoon sugar                  |
| 1 medium onion              | 1 tablespoon red wine vinegar                 |
| 6 red radishes              | $\frac{1}{4}$ to $\frac{1}{2}$ cup sour cream |
| $\frac{1}{2}$ teaspoon salt | Lettuce                                       |

Wash cucumbers, pat dry, and score with the tines of a fork lengthwise. (Peel if desired). Slice paper thin.

Slice onion and radishes paper thin and combine with cucumbers.

Cover vegetables with ice cubes and ice water and let set 15 to 20 minutes. Drain.

In a small bowl combine salt, sugar, vinegar and sour cream. Mix well. Add to vegetables and toss. Serve on lettuce. Serves 4.

## CUCUMBERS IN SOUR CREAM

- |                                      |                                    |
|--------------------------------------|------------------------------------|
| 2 medium cucumbers                   | Pinch sugar                        |
| $\frac{1}{2}$ cup sour cream         | $\frac{1}{2}$ teaspoon lemon juice |
| $\frac{1}{4}$ teaspoon seasoned salt | Lettuce                            |

Wash cucumbers and snip ends. With the tines of a fork, score them lengthwise and slice thin.

In a bowl combine remaining ingredients, except lettuce, and mix. Taste and correct seasonings.

Chill cucumbers and dressing.

When ready to serve arrange cucumber slices on lettuce covered salad plates.

Spoon 1 tablespoon dressing on each serving.

VARIATION: Garnish with minced parsley.

## COUNTRY CUCUMBER SALAD

4 large cucumbers	1 teaspoon salt
Salt	1 teaspoon pepper
1/2 cup water	1 1/2 cups cider vinegar
1/2 cup sugar	Chopped parsley

Peel cucumbers and with the tines of a fork score them lengthwise. Slice thinly. Arrange cucumbers in layers, in a bowl, using about 1/3 of the cucumbers for each layer. Sprinkle each layer generously with salt.

Weight the cucumbers down and let them drain for about 45 minutes.

Meanwhile, in a saucepan combine water, sugar, salt and pepper; boil until the sugar is thoroughly dissolved. Remove the pan from the heat and let the mixture cool. Add vinegar.

Drain the cucumber slices and press out as much moisture as possible.

Place cucumber slices in a serving bowl. Add vinegar dressing and turn slices to coat thoroughly.

Sprinkle with parsley and refrigerate until ready to serve.

## HEARTS OF PALM SALAD

1 (14 ounce) can hearts of palm	Lettuce
Pitted ripe olives	Herb French dressing

Serve 2 or 3 slices of hearts of palms on individual salad plates lined with lettuce.

Garnish with whole olives and serve with Herb French dressing.

## HEARTS OF LETTUCE SALAD

Lettuce Mayonnaise or salad dressing  
Chopped watercress

Wash, dry and crisp lettuce.

Cover individual salad plates with the outside leaves and arrange the hearts of the lettuce on top.

Sprinkle with chopped watercress and serve with mayonnaise or any salad dressing.

## LETTUCE SALAD

- |                       |                                     |
|-----------------------|-------------------------------------|
| 1 medium head lettuce | 1 teaspoon lemon juice, or to taste |
| 1/2 cup light cream   | Sugar, to taste                     |

Wash lettuce, drain and separate leaves. Gently pat each leaf dry in a towel. Put in a plastic bag or lettuce crisper and allow to chill and crisp.

Combine cream, lemon juice and sugar to taste. Mix well.

To serve, arrange lettuce on salad plates and spoon cream mixture over lettuce.

## POTATO SALAD

- |  |                                     |
|--|-------------------------------------|
| 6 medium potatoes (6 cups cooked, diced) | 1 teaspoon salt                     |
| 5 hard-cooked eggs                       | Dash pepper                         |
| 3 tablespoons minced onion               | Mayonnaise                          |
| 1/4 cup chopped olives                   | 1 or 2 tablespoons prepared mustard |
| 1/4 cup salad pickles, drained           | Salad greens                        |
| 1 cup diced celery                       | Paprika                             |

Boil potatoes in skins for 30 to 35 minutes. Drain and let cool. Skin and dice. Finely chop 4 eggs, reserve one.

Combine diced potatoes, chopped eggs, onion, olives, pickles, celery, salt and pepper and toss.

In a small bowl add enough mayonnaise to bind vegetables, (about 2 to 4 heaping tablespoons), with prepared mustard. Add to salad and blend.

Mound salad on a serving dish covered with greens.

Slice remaining egg and arrange slices on top of salad. Sprinkle with paprika.

NOTE: The prepared mustard adds color to the salad and offers a zesty taste; can be omitted.

## SAUERKRAUT SALAD

- |                       |                                   |
|-----------------------|-----------------------------------|
| 2 1/2 cups sauerkraut | 1 (2 ounce) jar pimentos, chopped |
| 1 cup chopped celery  | 1/2 cup vinegar                   |
| 1/2 cup chopped onion | 1 cup sugar                       |

In a mixing bowl combine sauerkraut, celery, onion and pimentos. Mix well. Combine vinegar and sugar and boil for 5 minutes. Let cool, stirring occasionally.

Pour liquid mixture over vegetables and cover tightly. Chill several hours, or refrigerate overnight before serving. Serves 8.



## TOMATO SALAD

- |                                   |                                       |
|-----------------------------------|---------------------------------------|
| 4 tomatoes                        | $\frac{1}{4}$ cup chopped bell pepper |
| $\frac{1}{2}$ cup diced cucumbers | Mayonnaise                            |
| $\frac{1}{2}$ cup diced celery    | Salt to taste                         |

Pour hot water over tomatoes and let set 1 minute. Rinse in cold running water. Remove skins and cut a slice from the top of each tomato. Scoop out pulp and reserve. Chill tomatoes.

Combine cucumbers, celery, pepper and enough of the tomato pulp, diced, to fill tomatoes. Add salt to taste. Blend vegetables and moisten with mayonnaise.

Fill tomatoes with the vegetable mixture.

Serve on crisp lettuce with French dressing.



## TOMATO AND ONION SALAD

- |  |                                   |
|--|-----------------------------------|
| 6 large ripe tomatoes                              | $1\frac{1}{2}$ teaspoons marjoram |
| 2 medium purple onions                             | 4 tablespoons chopped parsley     |
| 1 teaspoon salt                                    | 2 tablespoons chopped chives      |
| $\frac{1}{4}$ teaspoon freshly ground black pepper | French dressing                   |

Wash and place tomatoes in hot water for 1 or 2 minutes. Remove and skin. Slice thinly.

Peel onions and slice paper thin.

Combine marjoram, parsley, chives, salt and pepper.

Arrange tomatoes and onion slices in overlapping layers on a platter. Sprinkle with French dressing and the mixture of seasonings. Chill for 1 hour.

## TOSSED GREEN SALAD

- |   |  |
|---|--|
| 1 medium head lettuce                               | 1 large tomato, peeled<br>and cut into wedges        |
| 1 clove garlic                                      | 2 tablespoons chopped<br>green pepper                |
| 3 or 4 green onions,<br>thinly sliced, include tops | 1/4 cup shredded sharp<br>cheddar cheese, if desired |
| 6 to 8 red radishes, thinly sliced                  |  |
| 1 small cucumber, thinly sliced                     |  |

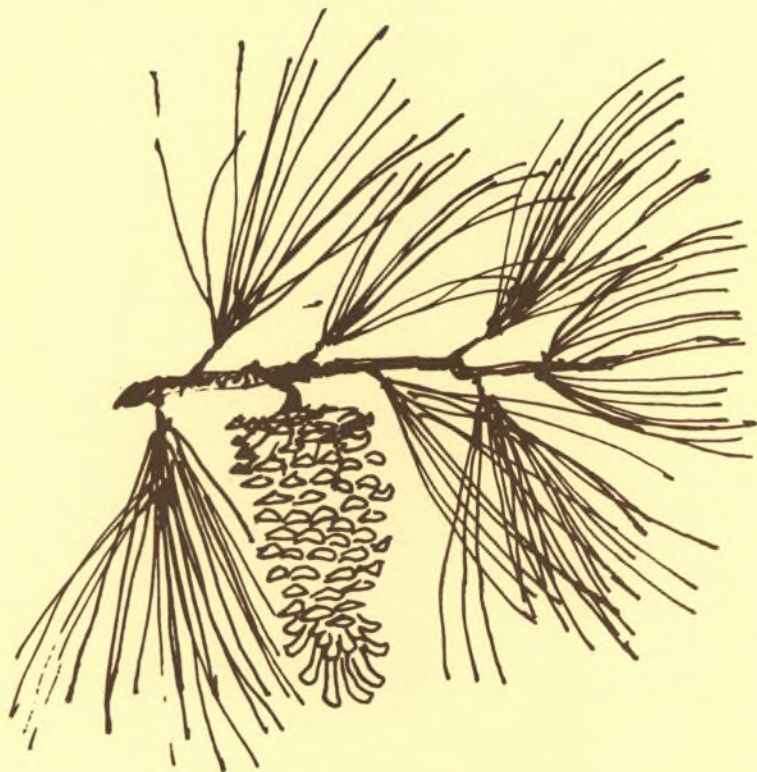
Wash, dry and drain lettuce, discarding any brown parts and the outer leaves. Chill until crisp.

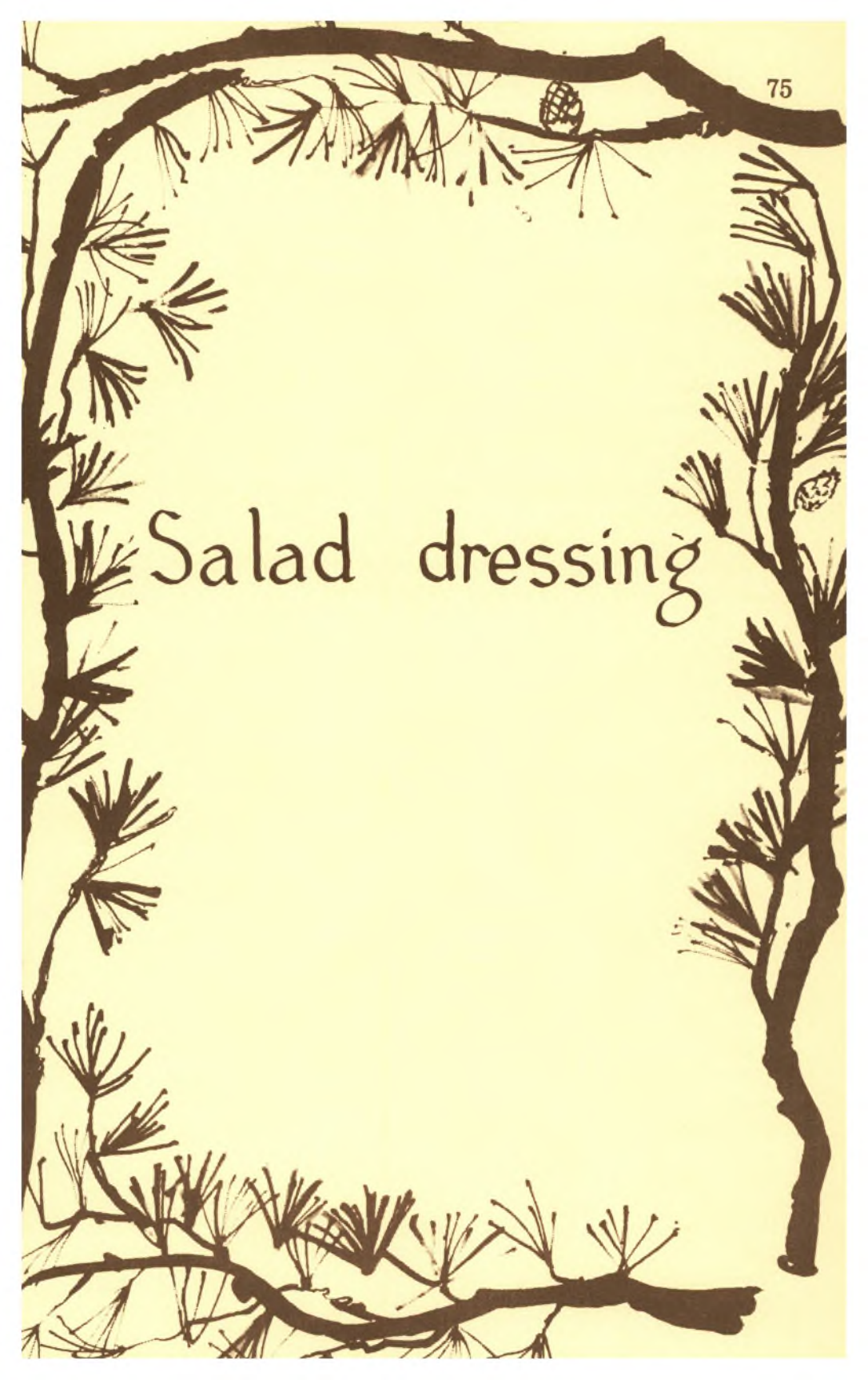
Rub salad bowl with clove of garlic and discard clove. Chill bowl until ready to use.

When ready to serve, tear lettuce into bite size pieces and drop in salad bowl. Add remaining vegetables, cheese if desired, and toss.

Serve with any salad dressing. Serves 4 to 6.

**VARIATION:** For a savory salad select an assortment of salad greens; lettuce, romaine or escarole, in any desired combinations.



A dark silhouette of a pine tree branch with needles and cones frames the central text. The branch starts at the top left, curves across the top, and then descends on the right side. Another branch enters from the bottom left and curves across the bottom. The background is a light, solid color.

# Salad dressing

## BLUE CHEESE DRESSING

4 ounces blue cheese	1 tablespoon white vinegar
1 cup mayonnaise	¼ teaspoon salt
¼ cup salad oil	1 teaspoon garlic powder
¼ cup sour cream	Dash celery salt
¼ cup buttermilk	Pepper, if desired

Crumble blue cheese into a large mixing bowl.

Add mayonnaise and salad oil and mix well.

Add sour cream and blend.

Add buttermilk, vinegar, salt, garlic powder and celery salt. Blend well, adjust seasonings, if desired.

For improved flavor, cover, and refrigerate for 24 hours.

## MAYONNAISE

2 egg yolks	1/8 teaspoon white pepper
½ teaspoon dry mustard	2 tablespoons vinegar
½ teaspoon salt	or lemon juice
½ teaspoon sugar	1 cup salad oil

Blend egg yolks, mustard, sugar, salt, pepper and 1 tablespoon vinegar or lemon juice in a mixing bowl.

Add 2 tablespoons of the salad oil, a drop at a time, beating with a rotary beater as oil is added. If an electric beater is used, set it at medium speed.

Continue adding oil in 1-teaspoon amounts until a thick emulsion forms.

When very thick, add remaining vinegar or lemon juice. Beat thoroughly. Add remaining oil in 1-tablespoon amounts, beating constantly.

If desired, add additional seasonings or vinegar or lemon juice to suit taste.

Spoon into jar and cover tightly. Store in refrigerator. Makes about 1¼ cups.

(Mayonnaise should be shiny, show no oil, stiff enough to hold shape; smooth emulsion and well seasoned).

VARIATION: ½ to 1 teaspoon paprika may be added with dry ingredients for color.

NOTE: If mayonnaise separates, wash beater, and beat 1 egg yolk in another bowl.

Slowly add the separated mayonnaise to the fresh egg yolk, beating constantly to form a new emulsion.

## CURRY MAYONNAISE

- |                            |                                    |
|----------------------------|------------------------------------|
| 1 cup mayonnaise           | 3 teaspoons soy sauce, or to taste |
| 2 tablespoons curry powder |                                    |

Combine all ingredients and chill.

## HONEY DRESSING

- |                        |                         |
|------------------------|-------------------------|
| 1/2 cup vinegar        | 1 teaspoon minced onion |
| 1/4 cup sugar          | 1 teaspoon celery seed  |
| 1/4 cup honey          | 1 teaspoon celery salt  |
| 1 teaspoon dry mustard | 1 cup vegetable oil     |
| 1 teaspoon paprika     |                         |

In a heavy saucepan combine vinegar, sugar, honey, mustard, paprika and onion together and boil 3 minutes. Cool.

Add celery seed, celery salt and vegetable oil. Beat thoroughly.

Serve with fruit salads.

Keep refrigerated. Yields 1 3/4 cups.

## SEAFOOD SALAD DRESSING

- |                               |                                    |
|-------------------------------|------------------------------------|
| 1 cup mayonnaise              | 1 tablespoon finely chopped chives |
| 1/4 cup chili sauce           | Dash cayenne                       |
| 2 tablespoons chopped parsley | Salt to taste                      |
| 1 tablespoon minced onion     | 1/3 cup heavy cream, whipped       |

Combine mayonnaise, chili sauce, parsley, onion, chives, cayenne and salt to taste. Mix well.

Fold in whipped cream. Chill or refrigerate overnight before serving.

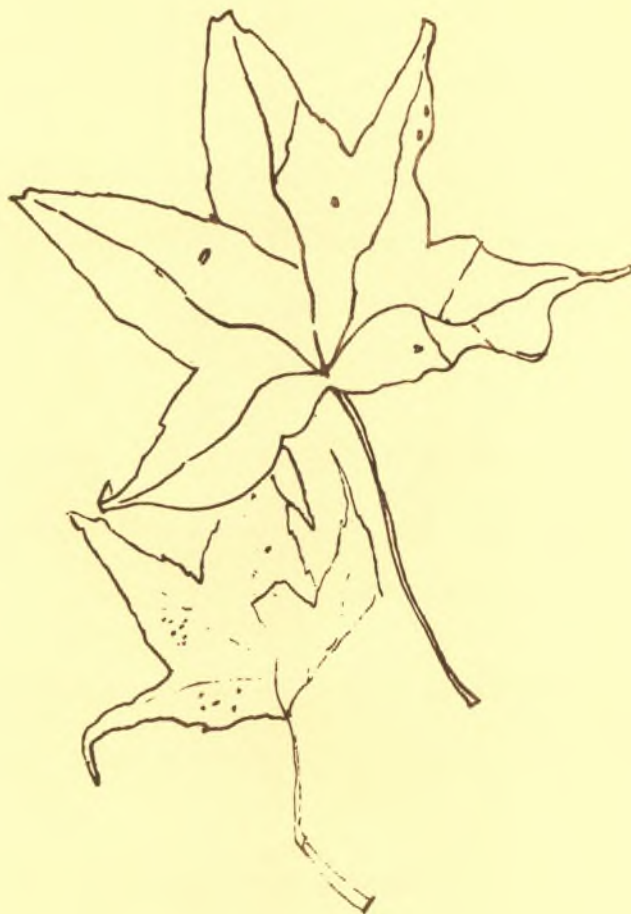
## FRENCH DRESSING

- |                               |                                   |
|-------------------------------|-----------------------------------|
| 1/2 cup white or wine vinegar | 1/4 teaspoon cracked black pepper |
| 3/4 teaspoon salt             | 1 1/2 cups vegetable oil          |

Combine vinegar, salt and pepper and mix well. Add the oil gradually while beating with a fork. Beat the dressing until it thickens. Makes about 2 cups.

## HERB FRENCH DRESSING

Add 1 teaspoon Dijon-mustard, 1 tablespoon salad herbs, 1 clove garlic to 2 cups French dressing. Blend thoroughly.



# Sauces



## BECHAMEL SAUCE

- |                                   |                             |
|-----------------------------------|-----------------------------|
| 4 tablespoons butter or margarine | 2 cups hot milk             |
| 2 tablespoons onion, minced       | $\frac{1}{4}$ teaspoon salt |
| 4 tablespoons all purpose flour   | White pepper to taste       |

Melt butter in a saucepan over medium heat. Add onion and cook until soft and transparent but not brown.

Stir in flour, mix well and cook over low heat, stirring until mixture starts to turn golden. Remove from heat and add hot milk, stirring rapidly until the mixture is thick and smooth. Add salt and pepper to taste.

Return to heat and cook 5 minutes more, stirring continuously.

Strain through a fine sieve and cover with buttered wax paper. Yields 2 cups.

## CHERRY SAUCE

- |                                       |  |
|---------------------------------------|--|
| 1 pound can red sour pitted cherries  | $\frac{1}{4}$ teaspoon ground cinnamon |
| $1\frac{1}{2}$ tablespoons cornstarch | $\frac{3}{4}$ cup cherry juice         |
| $\frac{1}{3}$ cup sugar               | Grated rind of 1 orange                |
|                                       | $\frac{1}{2}$ cup extra dry Vermouth   |

Drain cherries and reserve juice to make  $\frac{3}{4}$  cup.

Combine cornstarch, sugar, cinnamon, cherry juice, orange rind and Vermouth.

Cook over low heat until sauce is thick and clear.

Add cherries and simmer until cherries are thoroughly heated.

## CHEESE SAUCE

- |                                 |   |
|---------------------------------|---|
| 2 tablespoons butter            | $\frac{3}{4}$ cup mild cheddar cheese, grated |
| 1 teaspoon minced onion         | $\frac{1}{2}$ teaspoon salt                   |
| 2 tablespoons all purpose flour | $\frac{1}{2}$ teaspoon paprika                |
| 2 cups light cream or milk      | $\frac{1}{8}$ teaspoon Worcestershire sauce   |

Melt butter over medium heat and add onion and cook until onion is light brown.

Remove from heat; add flour and stir until smooth.

Return to heat and add milk or cream. Cook, stirring constantly, until sauce is smooth and thickened, about 5 minutes.

Add cheese and remaining seasonings and stir only until cheese is melted. Yields  $2\frac{1}{2}$  cups.

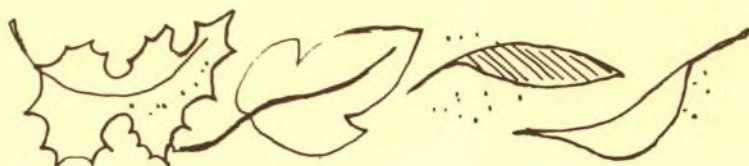


## CLARIFIED BUTTER

Melt butter in a small saucepan.

Very carefully pour the clear fat off the matter that settles at the bottom of the saucepan.

Clarified butter does not turn brown as foods are cooked in it.



## CURRY SAUCE

- |                              |                                     |
|------------------------------|-------------------------------------|
| 2 tablespoons chopped onion  | $\frac{1}{2}$ cup all purpose flour |
| 2 tablespoons chopped celery | 3 cups milk                         |
| $\frac{1}{2}$ cup butter     | 1 cup light cream                   |
| $\frac{1}{2}$ teaspoon salt  | 1 or 2 tablespoons sherry           |
| 1 tablespoon curry powder    |                                     |

Saute' onions and celery in butter over medium heat until onions are yellow. Add salt and curry powder; mix thoroughly.

Stir in flour and let cook until it bubbles.

Add milk and cream, stirring briskly, until sauce is smooth and thick. Cook several minutes or until any starchy flavor has disappeared. Add sherry and blend.

NOTE:  $1\frac{1}{2}$  cups chicken broth and  $1\frac{1}{2}$  cups milk may be used instead of the 3 cups milk.

## CRANBERRY SAUCE

- |                     |                                 |
|---------------------|---------------------------------|
| 1 pound cranberries | 1 cup water                     |
| 2 cups sugar        | 1 tablespoon grated orange rind |

Remove stems from cranberries and wash.

In a large kettle combine sugar and water. Stir until sugar is dissolved. Cover and boil 5 minutes.

Add cranberries and orange rind. Cover and cook until skins burst, about 7 to 10 minutes, stirring occasionally. Let cool and refrigerate.

## EASY HOLLANDAISE SAUCE

- |  |                     |
|--|---------------------|
| ¼ pound butter or margarine                          | Salt to taste       |
| 1½ tablespoons lemon juice,<br>strained, or to taste | 3 egg yolks         |
|  | 2 tablespoons cream |

Melt butter in a heavy saucepan over low heat.

Remove from heat and add lemon juice, salt, egg yolks and cream. Mix well. Return mixture to medium heat. Cook, stirring constantly with a wooden spoon or wire whisk until desired thickness.

If sauce should be too thick add a little more cream or hot water. If sauce is not thick enough add another egg yolk.

This sauce can be made ahead and reheated when ready to serve. Yields about 1 cup.

## MORNAY SAUCE

- |                      |                         |
|----------------------|-------------------------|
| 4 tablespoons butter | 1 pound Velveeta cheese |
| ½ cup flour          | ½ can (6 ounces) beer   |
| 2 cups milk          |                         |

In a heavy saucepan melt butter over medium heat.

Add flour and cook until bubbly. Gradually add milk and cook until smooth. Cut cheese in small pieces and add to hot cream sauce. Beat for 15 minutes. (If an electric beater is used, beat on medium speed.)

Gradually add beer and beat until consistency desired.

## MUSHROOM SAUCE

- |  |                                 |
|--|---------------------------------|
| 1½ pounds mushrooms,<br>chopped coarse | 3 tablespoons all purpose flour |
| 6 green onions                         | 1½ cups heavy cream             |
| 3 tablespoons butter or margarine      | Salt and pepper to taste        |

Melt butter or margarine in a heavy frying pan over medium heat.

Slice onions about ¼ inch thick, including tops.

Add mushrooms and onions to melted butter or margarine and cook until light brown, stirring occasionally.

Stir in flour and blend. Gradually add cream, stirring constantly and cook over low heat until sauce is thick, about 3 to 5 minutes. If a thinner sauce is desired add more cream.

Add salt and pepper to taste.

VARIATION: 2 cans (3 ounces each) whole mushrooms, drained, may be substituted for the 1½ cups chopped mushrooms.

## VINAIGRETTE SAUCE

- |  |                                      |
|--|--------------------------------------|
| 1 cup French dressing                  | 1 teaspoon chopped sweet pickles     |
| 1 teaspoon finely chopped green olives | 1 hard-cooked egg yolk, chopped fine |
| 1 teaspoon chopped parsley             |                                      |

Add all ingredients to French dressing and mix thoroughly.

## WHITE SAUCE

(Thin)

- |                                  |                                |
|----------------------------------|--------------------------------|
| 1 cup cold milk                  | 1 tablespoon all purpose flour |
| 1 tablespoon butter or margarine | 1/2 teaspoon salt              |
|                                  | Pepper to taste                |

In a heavy saucepan over medium low heat melt butter or margarine.

Remove from heat and add flour. Stir until smooth.

Return to heat and cook until frothy.

Add cold milk all at once and cook, stirring constantly until sauce is smooth and

thickened. Stir in salt and pepper.

Cook 5 minutes, stirring occasionally. If desired, sauce can be covered and cooked over hot simmering water for 10 minutes, stirring 2 or 3 times during cooking, rather than cooking over direct heat.

VARIATIONS:

**Medium White Sauce.** Use 2 tablespoons flour and 2 tablespoons butter and proceed as for making thin white sauce.

**Thick White Sauce:** Use 3 tablespoons butter or margarine and 3 tablespoons flour and proceed as for making thin white sauce.

## MILK GRAVY

- |                                 |                               |
|---------------------------------|-------------------------------|
| 4 tablespoons all purpose flour | 4 tablespoons bacon drippings |
| 2 cups milk                     | 1 teaspoon salt               |
|                                 | Pepper to taste               |

Heat bacon drippings until medium hot.

Add flour and stir continuously until lightly browned.

Add salt and pepper to taste.

Slowly add milk and stir until gravy is smooth. Cook 3 to 4 minutes, stirring constantly.

For thinner gravy add a little water and adjust seasonings if needed.

## PEANUT BUTTER GRAVY

- |   |                               |                 |                           |
|---|-------------------------------|-----------------|---------------------------|
| 4 | tablespoons bacon drippings   | Pepper to taste |                           |
| 3 | tablespoons all purpose flour | 3               | tablespoons peanut butter |
| 1 | teaspoon salt                 | 2               | cups milk                 |

Heat bacon drippings in heavy skillet until medium hot.

Add flour and stir continuously until flour begins to brown.

Add salt, pepper to taste, and peanut butter, stirring constantly.

Slowly add milk and continue to stir until gravy is smooth and consistency desired, about 3 to 4 minutes.

For thinner gravy add a little water and continue to stir.



# Soups



## SEAFOOD GUMBO

4	tablespoons vegetable oil	1	bay leaf
4	tablespoons all purpose flour	1	package (10 ounces) frozen sliced okra
$\frac{3}{4}$	cup chopped onion		Dash Tabasco
$\frac{3}{4}$	cup chopped celery	$\frac{1}{4}$	teaspoon tumeric
1	clove garlic, minced	1	teaspoon dehydrated parsley flakes
$\frac{1}{2}$	cup chopped green pepper	2	pounds shrimp, shelled and deveined
1	can (16 ounces) tomatoes	1	can (10 ounces) frozen oysters, undrained
1	can (10 $\frac{1}{2}$ ounces) chicken broth	1	pound crab meat, if desired
2	teaspoons Worcestershire sauce		
1	teaspoon salt		
$\frac{1}{8}$	teaspoon pepper		

In a heavy, large dutch oven, make a roux of the oil and flour, stirring constantly. When brown, add onion, celery, garlic and green pepper.

Stir the vegetables in the roux until they become slightly brown. Remove from the heat.

Drain tomatoes, reserve juice, and cut tomatoes into small pieces. Add to roux mixture.

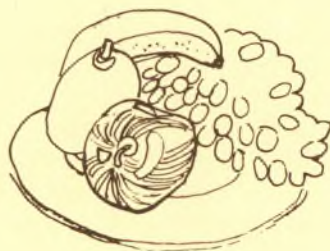
Add tomato juice, broth, Worcestershire sauce, salt, pepper and bay leaf. Cover and simmer gently for 30 minutes, stirring occasionally.

Add okra, Tabasco sauce, tumeric and parsley flakes. Simmer for about 1 hour.

Add shrimp, oysters and crab meat, if desired, and cook 20 to 30 minutes.

Add water if gumbo becomes too thick and adjust seasonings. (When cooking is finished, the gumbo consistency should be medium thick.)

Serve over hot rice. Serves 6 to 8.



## CREAM OF ASPARAGUS SOUP

- |   |                         |
|---|-------------------------|
| 1 can (10½ ounces) green cut asparagus spears | 2 cups milk             |
| 2 tablespoons butter or margarine             | 1 cup hot chicken broth |
| 2 tablespoons minced onion                    | 1 teaspoon salt         |
| 2 tablespoons all purpose flour               | ¼ teaspoon pepper       |
|   | Whipped cream           |

Pour asparagus and liquid into a blender and puree, or run through a fine sieve. Yield should be 1 cup or a little more.

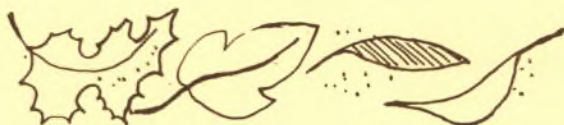
In a large frying pan melt butter over low heat. Add onions and cook until transparent. Add flour and blend.

Add milk slowly, stirring constantly, and cook until thick and smooth.

Add hot chicken broth, salt and pepper. Stir until well mixed.

Add asparagus puree and heat thoroughly.

Garnish each serving with 1 teaspoon whipped cream. Serves 6.



## SPLIT PEA SOUP

- |                          |                          |
|--------------------------|--------------------------|
| 1 pound green split peas | 1 large onion            |
| Ham bone                 | 1 bay leaf               |
| 3 medium potatoes        | 4 quarts water           |
| 3 carrots                | Salt and pepper to taste |

Soak peas overnight in water to cover; drain.

Peel potatoes and cube. Peel carrots and cut into pieces. Peel and quarter onion.

Place peas in a large kettle or dutch oven; add ham bone, potatoes, carrots, onion, bay leaf, water, and salt and pepper to taste.

Cook over low heat, stirring occasionally, for about 4 hours.

Remove ham bone and bay leaf.

Pour soup into blender and blend until smooth. Taste to correct seasonings.

Reheat and serve hot.

## VEGETABLE BEEF SOUP

- |   |   |
|---|---|
| 4 cups brown soup stock                     | 1 teaspoon sugar  |
| 1 large turnip, peeled and diced            | 4 cups cooked mashed tomatoes   |
| 2 carrots, peeled and diced                 | 1 teaspoon beef-extract paste   |
| 3 small potatoes, peeled and cubed          | 1/2 teaspoon chili powder   |
| 1 stalk celery, chopped                     | Salt and pepper to taste  |
| 1 (10 ounce) package frozen baby lima beans | Tomato juice, optional  |
| 1 (10 ounce) package frozen cut okra        | Cubed cooked meat (cut from the shanks cooked to make the brown soup stock) |
| 1/2 cup chopped onion                       |   |

In a large pot combine all ingredients except tomato juice. Cook until vegetables are tender and liquid thickens. Taste and correct seasonings.

If soup becomes too thick add additional stock or tomato juice and simmer a little longer so they will fully absorb the soup flavor.

NOTE: Any left over vegetables can be substituted in the above.

## VEGETABLE SOUP

### Brown beef stock

### Vegetables

Remove fat layer from cold stock, using amount of stock needed for cooking vegetables.

Add any mixture of diced vegetables (carrots, peas, turnips, celery, tomatoes, or potatoes) to beef stock and cook until vegetables are tender.

VARIATION: Macaroni or noodles may be added to the soup before cooking is completed.

## BROWN SOUP STOCK

- |                             |                         |
|-----------------------------|-------------------------|
| 2 pounds meaty beef shank   | Pepper to taste         |
| 2 tablespoons vegetable oil | 1/2 bay leaf            |
| 5 cups cold water           | 1 carrot, diced         |
| 1 teaspoon salt             | 1 stalk celery and tops |
| 1 whole clove               | 1 small onion, chopped  |

Brown beef shank in vegetable oil in a heavy large kettle.

Add remaining ingredients and simmer 2 to 3 hours.

Remove meat bone and cool. Cut meat from bone, dice, and reserve for making vegetable beef soup.

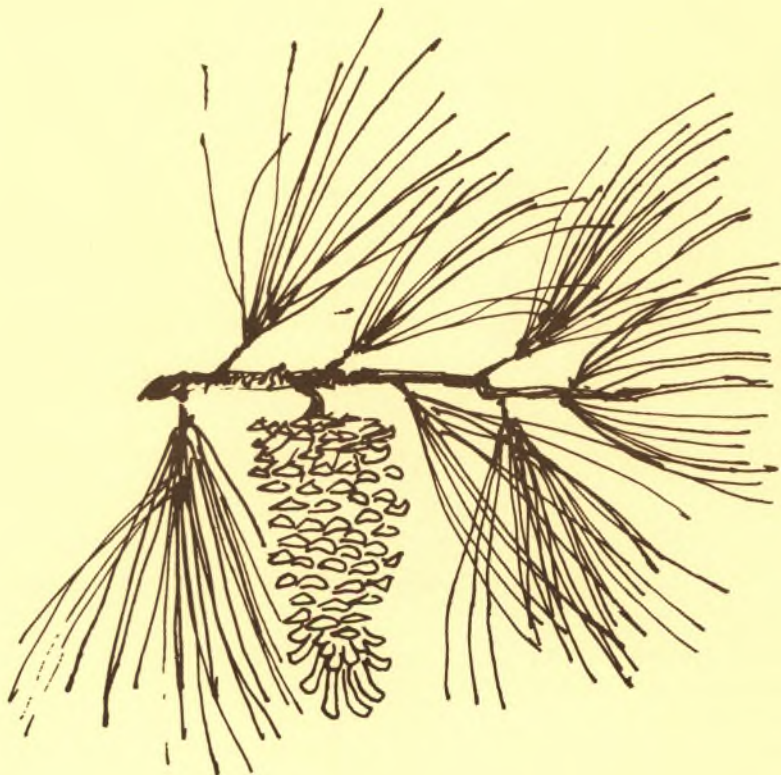
Strain stock, discarding spices and vegetables. Refrigerate until ready to use.



## FISH STOCK

- |   |                        |
|---|------------------------|
| 1 quart water                                       | 1 stalk celery, cut up |
| 1½ to 2 pounds fish bones<br>and trimmings, or more | 1 bay leaf             |
| 1 medium onion, sliced                              | ¾ teaspoon salt        |
| 1 carrot, halved                                    | Dash pepper            |
|   | Sprig parsley          |

Put water in a large kettle and add fish bones and trimmings. Add onion, carrot, celery, bay leaf, salt, pepper and parsley. Bring mixture to a boil and simmer, covered, for about 1 hour. Strain.





# Eggs



## SOFT-COOKED EGGS

Have eggs at room temperature, or warm in slightly warm water.

Bring water in saucepan to a rapid boil, using enough water to cover eggs 1 inch.

Transfer eggs to water with spoon. Turn off heat, and if necessary, set pan off burner to prevent further boiling.

Cover and let stand 6 to 8 minutes.

Cool eggs promptly in cold water for several seconds to prevent further cooking. Peel.

## HARD-COOKED EGGS

Follow directions for Soft-cooked Eggs, but reduce heat to below simmering and hold 18 to 20 minutes.

Cool in same manner and peel.

## STUFFED EGGS

6 Hard-Cooked Eggs	$\frac{1}{2}$ to 1 teaspoon Worcestershire
1 tablespoon butter or margarine, softened	sauce
2 teaspoons vinegar	$\frac{1}{2}$ teaspoon salt
$\frac{3}{4}$ teaspoon prepared mustard	$\frac{1}{8}$ teaspoon pepper
	1 tablespoon mayonnaise

Cut eggs in half. Remove yolks.

Mash yolks with fork and add remaining ingredients. Beat until smooth. Taste and correct seasonings if desired.

Refill whites. Yields 12 stuffed halves.

VARIATION: Garnish with chopped parsley or paprika.

## HOT STUFFED EGGS

Prepare as for stuffed eggs and serve with Bechamel sauce, cheese or curry sauce.

## CRAB STUFFED EGGS

Prepare as for stuffed eggs and add  $\frac{1}{2}$  cup canned crab meat. Garnish with pimento strips.

## PLAIN OMELET

2 eggs	1 tablespoon water
¼ teaspoon salt	1 teaspoon butter

Mix eggs, salt and water with a fork until the yolks and whites are blended. Heat a 7 to 8 inch omelet pan over high heat and in it melt the butter. The pan should be hot enough for the butter to sizzle, but not so hot that the butter browns.

Pour eggs in the pan and with a fork stir them with quick strokes, shaking the pan constantly.

When the fork makes a visible track through the eggs, the omelet is set. The omelet will set in about 1 minute. Remove the pan from the heat.

If the omelet is to be served with a filling, put the filling in the center of the omelet at this step.

Tilt the pan and let the omelet slide toward the opposite side of the pan. Fold the edge nearest the handle over the center (or over the filling). If necessary, use a fork or spatula to aid in folding the omelet. Fold outer edge of omelet, bringing it to the center.

The omelet will be an oval with three folds.

Invert the omelet on a heated platter. Serves 1.

NOTE: As each omelet is cooked, keep it warm in a slow oven (200 degrees) until all are finished.

## PUFFY OMELET

4 eggs, separated	1½ teaspoons butter or margarine
½ teaspoon salt	1/8 teaspoon white pepper
4 tablespoons water	

Beat egg yolks until thick and lemon colored.

Add salt and pepper and blend.

Beat egg whites until foamy. Add water and continue beating until stiff.

Carefully fold egg yolks into egg whites.

Meanwhile, heat butter or margarine in a large iron skillet until hot enough to sizzle a drop of water.

Pour egg mixture into skillet.

Reduce heat and cook omelet until well puffed and lightly browned on bottom; about 4 to 5 minutes.

Transfer omelet to a preheated slow oven (325 degrees) and bake until a knife inserted in the middle comes out clean, about 12 to 15 minutes.

Fold omelet so that the browned bottom becomes the top. Invert on warm serving plate. Serve with cheese sauce. Serves 2-3.

## POACHED-FRIED EGGS

4 eggs

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

Salt and pepper to taste

1 tablespoon butter or margarine

Melt butter or margarine in a heavy skillet.

Heat until hot enough to sizzle a drop of water.

Carefully slip eggs, one at a time, from a small bowl into the skillet.

Cook eggs over low heat until edges turn white.

Add water. Cover skillet tightly and cook until desired doneness. Salt and pepper to taste. Serves 2 to 4.



## EGGS BENEDICT

4 eggs

2 English muffins

1 teaspoon vinegar

Salt to taste

4 slices thin ham

Butter

Hollandaise Sauce

Brown ham and keep warm.

Split, butter and toast English muffins.

Place a slice of ham atop each slice of English muffin.

In a frying pan bring about 2 inches of water to the boiling point; reduce heat to allow water to simmer.

Add salt and vinegar.

Break each egg into a small bowl and slip egg into water quickly at the surface.

Cook 3 to 5 minutes, depending on the firmness desired. Remove eggs with slotted spoon and drain well.

Serve egg on top of ham and garnish with Hollandaise Sauce. Serves 4.

## EGG CASSEROLE

- |                                    |                               |
|------------------------------------|-------------------------------|
| 6 slices bacon                     | 2 cups milk                   |
| 2 cups plain croutons              | 1/2 teaspoon salt             |
| 1 cup shredded mild cheddar cheese | 1/2 teaspoon prepared mustard |
| 4 eggs                             | 1 teaspoon grated onion       |
|                                    | Pepper to taste               |

Mix cheese and croutons together.

Butter a 10x6x1 3/4 inch baking dish.

Sprinkle cheese and crouton mixture in bottom of dish.

Beat eggs lightly; add milk, salt, mustard, onion, and pepper to taste; and mix until blended.

Pour eggs over crouton mixture in casserole.

Meanwhile, cook bacon until crisp, drain and crumble.

Sprinkle bacon pieces over top of casserole and bake in preheated oven (325 degrees) until eggs are set, about 55 minutes. Serves 6.



## SCRAMBLED EGGS

- |                                |                                 |
|--------------------------------|---------------------------------|
| 6 eggs                         | 5 teaspoons butter or margarine |
| 1/4 cup milk                   | White pepper                    |
| 1/2 teaspoon salt, or to taste |                                 |

Break eggs into a bowl and beat until yolks and whites are well mixed. Add milk and salt and blend well.

Heat butter or margarine in heavy skillet, just hot enough to sizzle a drop of water.

Pour in egg mixture. Reduce heat to medium.

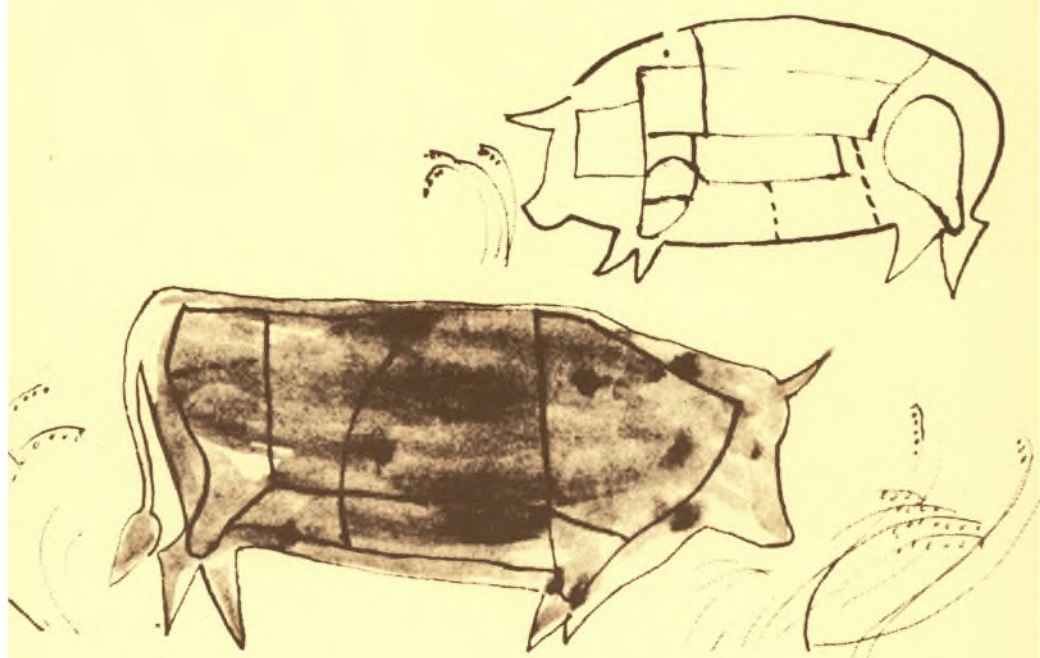
Cook eggs, lifting from bottom and sides. Stir until thickened.

Serve promptly on warm plates. Season with white pepper. Serves 4.





# Meats



## BEEF ROAST

- |                     |                                   |
|---------------------|-----------------------------------|
| 4 pound rump roast  | 1 or 2 stalks celery              |
| Salt                | 1 cup water, more if needed       |
| Pepper              | 1 can (3 ounces) sliced mushrooms |
| ¼ cup vegetable oil | and juice                         |
| 1 large onion       |                                   |

Trim excess fat from meat. Rub with salt and pepper.

In a heavy frying pan heat oil and sear meat on all sides.

Put roast, onion, celery and water in a tight roaster and roast at 350 degrees for about 3 hours. If a meat thermometer is used, roast until desired doneness.

When roast is almost done add mushrooms and juice.

Baste meat several times while cooking. (add more water if necessary).

Remove meat to warm platter and serve with juices from pan, discarding onion and celery.

VARIATION: For a thickened gravy, mix 1 tablespoon flour with ¼ cup water, a few drops Worcestershire sauce and add to the pan juices. Cook, stirring constantly until thickened. If necessary, add more water and adjust seasonings.

## COUNTRY FRIED STEAK

- |                       |                             |
|-----------------------|-----------------------------|
| 2 pounds round steak, | ½ cup all purpose flour     |
| ½ inch thick          | 4 tablespoons vegetable oil |
| Salt to taste         | 1 cup water                 |
| ½ teaspoon pepper     |                             |

Trim steak and cut in serving pieces of desired size. Pound pieces on each side with a small plate or mallet.

Combine flour and pepper. Dredge steak pieces well in the flour mixture. Reserve unused flour.

In a heavy frying pan heat the salad oil over medium low heat. (Use just enough oil to keep the meat from sticking).

Brown steak on both sides over medium low heat. As steak browns, turn, and sprinkle the browned side with salt to taste. When the other side browns remove pieces to platter and sprinkle lightly with salt.

Add about 2 tablespoons of the reserved flour to the pan drippings to make a gravy. Add more oil if necessary. Stir until well blended and light brown.

Slowly add water and stir until gravy begins to thicken. Add more water if a thinner gravy is desired. Add steak to gravy, cover tightly and cook over low heat until well done, or fork tender (about 1 hour). Add more water during cooking if needed. Serves 6-8.

## MY FAVORITE BEEF STEW

- |   |   |
|---|---|
| 2 pounds lean boneless chuck                            | 2 teaspoons salt  |
| 1 pound can tomatoes                                    | $\frac{1}{4}$ teaspoon pepper                                   |
| 1 cup diced celery                                      | $\frac{1}{2}$ cup red wine                                      |
| 6 carrots, cut in 1 or<br>1 $\frac{1}{2}$ inch lengths  | 1 can (3 ounces) sliced<br>mushrooms, drained                   |
| 3 small onions, sliced thin                             | 1 can (10 $\frac{1}{2}$ ounces) beef bouillon                   |
| 1 tablespoon sugar                                      | 3 medium potatoes, cubed  |
| 1 can (8 ounces) water chestnuts,<br>drained and sliced | 2 tablespoons flour   |
|   | $\frac{1}{4}$ cup water   |
|   | $\frac{1}{2}$ teaspoon Worcestershire sauce,<br>more if desired |

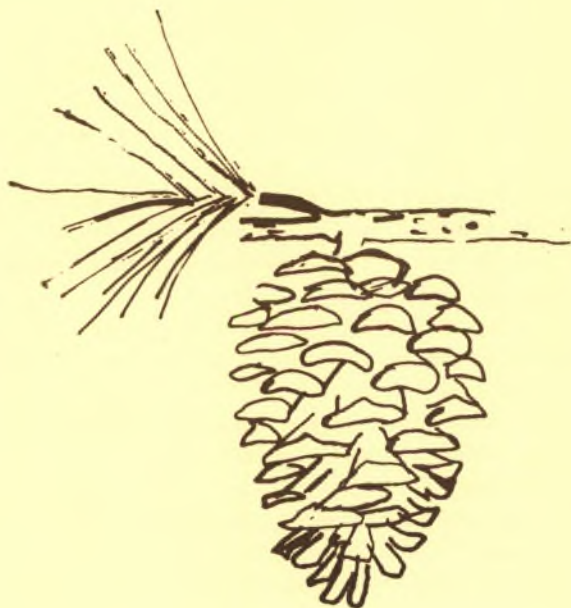
Cut meat into 1  $\frac{1}{2}$ - to 2-inch cubes. Trim off fat.

In a large dutch oven combine meat, tomatoes, celery, carrots, onions, sugar, water chestnuts, salt, pepper, wine, mushrooms and bouillon. Mix thoroughly.

Place in oven and cook at 250 degrees for 5 hours.

Add potatoes during last hour of cooking. If stew should become a little dry, add additional liquid of choice; i.e. bouillon, tomatoes or water, and adjust seasonings if necessary.

Combine flour, water and Worcestershire to make a paste. Stir in stew and cook until slightly thickened. Serves 8.



## ROLLED STEAK

- |   |                                    |
|---|------------------------------------|
| 3 pounds round steak ( $\frac{1}{4}$ to $\frac{1}{2}$ inch thick and about 8 inches wide) | Grated Parmesan cheese             |
| Coarsely ground black pepper  | Parsley flakes                     |
| Salt  | M.S.G. (monosodium glutamate)      |
| Minced garlic or garlic powder  | Vegetable oil                      |
|   | 1 jar (15½ ounces) spaghetti sauce |
|   | Red wine (optional)                |

Trim and pound steak thin with edge of saucer or meat mallet. Leave whole. Sprinkle each piece generously with pepper, salt, garlic, or garlic powder, cheese, parsley flakes and M.S.G.

Roll steak tightly and tie with kitchen string. Roll pieces so that the diameter will only be 2 to 2½ inches.

Heat oil (2 to 4 tablespoons) in a heavy frying pan and brown steak on all sides.

Pour spaghetti sauce over meat and cook for 30 minutes, or until fork tender. (If sauce becomes too thick add wine or water to thin).

Remove string, slice into pieces  $\frac{3}{4}$  inch thick. Serve with cooked spaghetti, noodles or rice. Serves 6.

**Mrs. Lucille Brown**

## HUNTER'S STEW

- |                                 |  |
|---------------------------------|--|
| 3 tablespoons vegetable oil     | 2 cups tomato sauce                    |
| 2 large onions, sliced          | 5 cups sauerkraut (Recipe this book)   |
| 3 tablespoons all purpose flour | $\frac{3}{4}$ pound smoked sausage     |
| 2 cups Rose' wine               | $\frac{3}{4}$ pound Polish sausage     |
| $\frac{1}{2}$ cup dry Vermouth  | $\frac{1}{2}$ pound cooked beef, cubed |
| $\frac{1}{2}$ cup Vodka         |  |
| 1 stalk celery, chopped         |  |

In a saucepan heat oil over medium heat. Add onions and cook until transparent.

Stir in flour and blend. Gradually add wine, Vermouth, Vodka, celery and tomato sauce. Cook, stirring continuously, until sauce is thick and smooth.

Cut sausages into cubes.

In a heavy dutch oven alternate layers of sauerkraut, sausages, beef and sauce; ending with sauerkraut.

Cover tightly and cook for 3 to 4 hours in a 300 degree oven, stirring occasionally.

If stew becomes dry add more wine. Serves 8 to 10.

## TACOS

### MEAT FILLING

- |  |  |
|--|--|
| 1 large onion, chopped                 | Salt and pepper to taste                   |
| 1 clove garlic, minced                 | 2 tomatoes, chopped fine                   |
| 1 tablespoon vegetable oil, or more    | $\frac{1}{2}$ teaspoon comino (cumin seed) |
| $1\frac{1}{2}$ pounds ground lean beef | $\frac{3}{4}$ teaspoon chili powder        |

Cook onion and garlic in the vegetable oil in a large frying pan until transparent. Drain off excess oil.

Add beef and cook until almost done, breaking into small pieces while it browns.

Add salt and pepper to taste, tomatoes, comino and chili powder.

Cover and cook slowly until tomatoes are done. Adjust seasonings if desired.

### SAUCE

- |  |  |
|--|--|
| 2 cans (8 ounces each)<br>tomato sauce | 1 jar (8 ounces) Taco Sauce<br>Canned green chili peppers,<br>finely chopped, as desired |
|--|--|

Pour tomato sauce into a saucepan.

Add chili peppers and Taco sauce; heat until hot.

### ACCOMPANIMENTS

- |                     |                               |
|---------------------|-------------------------------|
| 2 onions, chopped   | 1 head lettuce, chopped       |
| 2 tomatoes, chopped | 1 pound grated cheddar cheese |

### SHELLS

- 1 or 2 boxes fully cooked Taco shells

Arrange Taco shells, meat filling, sauce and accompaniments so that each guest can take a shell and fill it with whatever he desires, starting with the meat and ending with the sauce.

## ITALIAN SPAGHETTI

- |  |  |
|--|--|
| Olive oil                                | 1 bay leaf   |
| 1 large onion, chopped                   | ¼ teaspoon marjoram                                      |
| 1 or 2 cloves garlic, minced             | ¼ teaspoon thyme   |
| 1½ pounds ground lean beef               | Pinch sugar  |
| 1½ teaspoons salt                        | ¼ teaspoon basil   |
| ¼ teaspoon pepper                        | ¼ teaspoon oregano                                       |
| ½ teaspoon M.S.G. (monosodium glutamate) | 2 tablespoons dehydrated parsley flakes                  |
| 2 cups tomato juice, more if necessary   | 1 or 2 cans (3 ounces each) chopped mushrooms, undrained |
| 2 cans (8 ounces each) tomato sauce      | Spaghetti  |
| 1 can (12 ounces) tomato paste           | Grated Parmesan cheese                                   |

Use a large electric skillet if available, if not, a dutch oven.

Pour enough olive oil in the skillet to cover the bottom. Add onions and garlic and saute', over low heat until transparent. Spoon into a small bowl.

Add ground beef to skillet, or dutch oven, and break into small pieces and spread evenly in the skillet.

Add salt, pepper and M.S.G. Brown meat. Drain off any excess fat.

Add onion and garlic mixture, tomato juice, tomato sauce, tomato paste, bay leaf, marjoram, thyme, sugar, basil, oregano, parsley flakes and mushrooms. Simmer 2 to 3 hours, or until desired thickness. (If sauce should become too thick add more tomato juice and adjust seasonings, if necessary).

Remove bay leaf and keep sauce hot.

Cook spaghetti according to package directions. Drain and keep warm. Add butter or oil to spaghetti to prevent from sticking together.

Place a serving of spaghetti on a plate, cover with sauce and serve with grated Parmesan cheese. Serves 8.

Sauce can be frozen.



## MEAT LOAF WITH MUSHROOM GRAVY

- |   |   |
|---|---|
| 1 pound ground lean beef                | $\frac{1}{2}$ teaspoon garlic salt                |
| $\frac{1}{2}$ pound ground lean pork    | $\frac{1}{2}$ teaspoon pepper                     |
| $\frac{1}{2}$ pound ground veal         | 1 teaspoon Worcestershire sauce                   |
| $\frac{1}{4}$ cup butter or margarine   | 2 eggs, well beaten                               |
| $\frac{1}{2}$ cup finely-chopped onion  | $1\frac{3}{4}$ cups canned tomatoes,<br>undrained |
| $\frac{1}{2}$ cup finely-chopped celery | $\frac{1}{4}$ cup red wine                        |
| 1 cup bread crumbs                      | Beef bouillon                                     |
| $1\frac{1}{2}$ teaspoons salt           |   |

In a large bowl combine meats.

In a small saucepan melt butter over medium heat, and saute' onions and celery until transparent. Drain off excess fat, and combine onions and celery with meats.

Add bread crumbs, salt, garlic salt, pepper, Worcestershire sauce, eggs, tomatoes and wine. Mix well.

Shape into one or two loaves and put into well greased baking pan.

Bake at 325 degrees for 1 to  $1\frac{1}{2}$  hours.

Baste meat with bouillon occasionally.

Remove from oven and let stand 5 minutes. Transfer to a warm platter and serve with mushroom gravy.

## MUSHROOM GRAVY

- |  |  |
|--|--|
| 4 tablespoons pan drippings              | 1 can (3 ounces) sliced mushrooms<br>and juice |
| 4 tablespoons all purpose flour          | Pepper to taste                                |
| $\frac{1}{4}$ teaspoon salt, or to taste | Worcestershire sauce                           |
| 2 cups water                             |  |

Add flour to drippings and cook over moderate heat until brown, stirring constantly. Add salt.

Gradually add water, stirring constantly, and cook about 2 minutes.

Add mushrooms and pepper to taste.

Stir in Worcestershire sauce to taste ( $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon) and blend.

If gravy becomes too thick add some of the bouillon. Taste to correct seasonings.



## STUFFED CABBAGE LEAVES

- |  |                        |
|--|------------------------|
| 10 to 12 large cabbage leaves            | Pepper to taste        |
| 1 pound lean ground beef                 | 2 cups canned tomatoes |
| 1 egg, slightly beaten                   | $\frac{1}{4}$ cup milk |
| $\frac{3}{4}$ cup cooked rice            | Mint leaves            |
| $\frac{1}{4}$ cup finely chopped onion   | Chopped fresh dill     |
| $\frac{1}{2}$ teaspoon salt, or to taste | Butter                 |

Boil cabbage leaves in salted water for about 3 minutes; drain.

In a bowl combine meat with egg, rice, onion, salt, pepper to taste,  $\frac{1}{2}$  cup tomatoes and milk. Mix thoroughly.

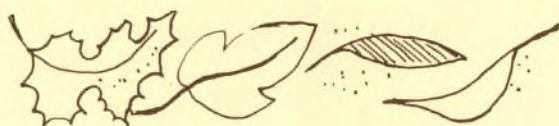
Divide meat into portions of desired size, ( $\frac{1}{4}$  or  $\frac{1}{2}$  cup).

Place portion of meat in center of cabbage leaf; fold side and ends of leaves over meat and secure with toothpicks.

Line a dutch oven with remaining cabbage leaves and arrange stuffed cabbage leaves on top.

Add remaining tomatoes and put a dot of butter on each stuffed cabbage leaf. Sprinkle with a few mint leaves and dill.

Cover and cook 35 to 40 minutes in 325 degree oven.



## BEEF BARBECUE

- |                                |  |
|--------------------------------|--|
| 3 pounds lean stew beef        | 2 cups water                           |
| 3 cups canned tomatoes, mashed | $\frac{1}{3}$ cup Worcestershire sauce |
| 1 medium onion, chopped        | $1\frac{1}{2}$ cloves garlic, minced   |
| $\frac{1}{4}$ cup vinegar      | $\frac{3}{4}$ teaspoon chili powder    |
| 1 tablespoon lemon juice       | 1 tablespoon sugar                     |
| Dash Tabasco                   | 1 teaspoon dry mustard                 |
|                                | Salt, pepper, paprika to taste         |

Put beef in a large kettle or dutch oven; cover with water and bring to a boil. Skim off all scum and add remainder of ingredients.

Cover and simmer 4 to 5 hours or until meat falls into shreds.

Serve with vegetables and rolls, or the barbecue can be served on buns. Serves 10 to 12.

NOTE: If sauce is too thin, cook uncovered until right consistency to spoon on buns.



## VIV'S LASAGNA

- |   |  |
|---|--|
| 1 pound lean ground beef                        | 2 cans (6 ounces each) tomato paste                      |
| 1/2 pound ground pork sausage                   | 2 tablespoons sugar, more if desired                     |
| Vegetable oil                                   | 1/2 teaspoon pepper                                      |
| 2 large onions                                  | 1 teaspoon salt  |
| 2 cloves garlic                                 | 1 pound Mozzarella cheese,<br>shredded                   |
| 2 medium carrots                                | 1 pound cottage cheese, large curd,<br>or Ricotta cheese |
| 1 celery stalk                                  | Parmesan cheese  |
| 1 teaspoon parsley flakes                       | 1 package lasagna noodles                                |
| 1 can (3 ounces) chopped<br>mushrooms and juice |  |

In a large frying pan heat just enough vegetable oil to barely cover bottom to prevent meat from sticking.

Add beef and sausage and cook until brown. Drain excess liquid.

Chop by hand or throw into blender: onions, garlic, carrots, celery and water to cover. Chop and drain. Reserve blender water to dilute tomato paste.

Add chopped vegetables to meat.

Add parsley, mushrooms, tomato paste along with 2 cans of water or the blended water, sugar, pepper and salt. Bring to a boil, reduce heat and simmer over low heat for 40 minutes.

Meanwhile, cook the lasagna noodles as directed on package.

Grease a 15 1/2 x 10 1/2 x 2 1/2 baking pan. Arrange first a layer of the drained lasagna, then meat sauce, cottage cheese, Parmesan and Mozzarella. Make 2 layers.

Cover and bake at 350 degrees for 20 to 25 minutes or until Mozzarella is melted.

NOTE: The lasagna can be frozen and then baked. Freezing tends to make lasagna juicier.



## POT ROAST OF BEEF IN RED WINE

- |                                     |  |
|-------------------------------------|--|
| 4 pound beef rump roast             | 1/2 bay leaf                                       |
| Vegetable oil                       | Parsley sprig                                      |
| 2 cups dry red wine                 | 3 whole cloves                                     |
| 1 can (10 1/2 ounces) beef bouillon | 1 pound small white onions, peeled                 |
| 1 teaspoon salt                     | 1 1/2 pounds medium carrots, peeled                |
| 1/2 teaspoon dried thyme leaves     | 1 1/2 pounds small new potatoes, peeled or scraped |
| 1/4 teaspoon pepper                 | 1/4 cup flour                                      |

Wipe beef with damp paper towels. Remove any excess fat.

In a dutch oven heat just enough vegetable oil to barely cover bottom. Add roast and brown well all over, about 30 minutes. Add more oil if necessary.

Add wine, 3/4 cup bouillon, salt, thyme, pepper, bay leaf and parsley. Bring to a boil and reduce heat and simmer 2 1/2 hours.

Insert cloves in one onion and add to beef with remaining onions. Add carrots and potatoes. Simmer, covered, 1 hour longer, or until beef is fork tender.

Remove beef to warm serving platter and keep warm.

With slotted spoon remove vegetables, discarding onion with cloves, and place around pot roast.

Mix remaining bouillon with flour and mix to a smooth paste. Stir into liquid in dutch oven.

Bring to boil, stirring constantly. Reduce heat and simmer 3 minutes.

Serve with meat and vegetables. Serves 8.

NOTE: Pot roast may be cooked in a 300 degree to 350 degree oven.



## BEEF STROGANOFF

2 pounds filet of beef or sirloin	1 tablespoon catsup
6 tablespoons butter or margarine	1/2 teaspoon salt
1 cup chopped onion	Dash pepper
1 clove garlic, minced	1 can (10 1/2 ounces) beef bouillon
1/2 pound fresh mushrooms, sliced 1/4-inch thick	1/4 cup dry white wine
3 tablespoons flour	1/4 teaspoon dried dill weed
2 teaspoons meat-extract paste	1 1/2 cups sour cream
	Cooked hot rice

Trim fat from beef. Cut meat into strips 2 inches long and 1/2 inch wide.

In a large heavy skillet melt 2 tablespoons butter. Add just enough beef strips to cover skillet bottom.

Over high heat quickly sear beef on all sides. With tongs remove beef as it browns. (Beef should be browned on the outside and rare on inside). Brown remainder of beef and set aside.

Add remaining butter or margarine to skillet. Over medium heat saute' onion, garlic and mushrooms until onion is golden, about 5 minutes.

Remove from heat and add flour, meat extract paste, catsup, salt and pepper. Stir until smooth.

Gradually add bouillon and bring to a boil, stirring constantly. Reduce heat; simmer 5 minutes.

Add wine, dill and sour cream, stirring until thoroughly blended.

Add beef and simmer until beef and sauce are hot.

Serve with rice.

## GRILLED MARINATED STEAK

Sirloin, Porterhouse or T-Bone steak	2 tablespoons Worcestershire sauce
1/2 cup red wine	Garlic salt
2 tablespoons soy sauce	

Combine wine, soy sauce and Worcestershire sauce to make a marinade.

Sprinkle steak on both sides with garlic salt and place in a pan.

Pour marinade over steak and marinate for at least 2 hours, turning from time to time.

Place steak on hot grill; baste generously with marinade during cooking.

Grill steaks to the desired degree of doneness.

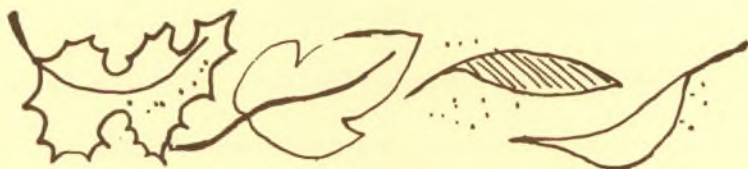
## HAMBURGERS SUPERB

- |   |                                  |
|---|----------------------------------|
| 1½ pounds ground round or<br>ground lean beef | 3 teaspoons butter               |
| 1 cup Rose' wine                              | 2 teaspoons Worcestershire sauce |
| 1 clove garlic, minced                        | 1 teaspoon salt                  |
| ¼ cup chopped onion,<br>more if desired       | ¼ teaspoon pepper                |

In a saucepan combine wine, onion and garlic, and cook until the wine reduces to ½ cup. Add butter and let cool.

Combine salt, pepper and Worcestershire sauce with meat and mix well. Add wine sauce to meat and blend.

Divide into about 8 patties. Broil to desired doneness.



## BAKED HAM

- |   |                    |
|---|--------------------|
| 1 whole ham, or butt end,<br>precooked with bone in | Extra dry Vermouth |
|---|--------------------|

Wipe ham with clean cloth.

Place ham in a foil lined pan. Sprinkle generously and thoroughly with Vermouth.

Make a tent of foil over ham.

Bake at 325 degrees about 12 to 15 minutes per pound. For best results insert meat thermometer in thickest part of ham, avoiding bone, and cook until thermometer registers 140 degrees.

Baste occasionally. If not enough drippings, add more Vermouth.

Let set about 30 minutes or longer.

Slice and serve with cherry sauce. (Recipe this book).

## ROAST LOIN OF PORK

- |                       |                     |
|-----------------------|---------------------|
| 5 pounds loin of pork | 1/2 teaspoon pepper |
| 1 clove garlic        | 1/2 teaspoon thyme  |
| 5 teaspoons salt      |                     |

Have the butcher bone the loin of pork.

In a small bowl crush garlic, add salt, pepper and thyme and mix well.

Rub the boned surface with the garlic mixture and let the pork stand for about 2 hours.

Wipe off the garlic mixture. Roll the pork and tie it at 2-inch intervals with string.

Put the pork in a pan and roast in a hot oven (425 degrees) for about 30 minutes. Reduce heat to 325 degrees and roast for 2 hours, or until a meat thermometer registers 185 degrees.

Let the roast stand at room temperature until it is slightly cool.

Remove the string and transfer the roast to a serving platter, whole, or cut into 1/4 inch slices.

Surround the roast with Rice Pilaff. (Recipe this book).

Garnish with parsley, if desired.

## PORK CHOPS FLAMBE

- |  |                               |
|--|-------------------------------|
| 4 large center cut pork chops,<br>1/2 inch thick | 3 tablespoons margarine       |
| Salt   | 1 medium onion, thinly sliced |
| 1/2 teaspoon dry mustard                         | 1 teaspoon tomato paste       |
| Pepper   | 1/2 cup dry Vermouth          |
|  | 1/4 cup brandy                |

Sprinkle chops with salt, pepper and rub in the mustard.

In a medium size heavy skillet melt 1 tablespoon margarine over medium heat. Brown chops on both sides and remove from pan.

Add remainder of margarine to skillet, and saute' onion until golden brown. Stir in tomato paste and Vermouth.

Return chops to pan, cover, and simmer for about 45 minutes, or until well done.

Transfer chops to a heated platter; cover with sauce.

Heat brandy, ignite it, and pour flaming brandy over the chops. Serves 4.

## BARBECUED SPARE RIBS

4 pounds pork spare ribs	2 tablespoons brown sugar
1 rib celery	2 tablespoons chopped onions
1 carrot	1 tablespoon prepared mustard
1 small onion	1 tablespoon Worcestershire sauce
1 tablespoon butter or margarine	1 teaspoon celery seed
1 clove garlic, minced	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup catsup	$\frac{1}{8}$ teaspoon hot pepper sauce
$\frac{1}{3}$ cup chili sauce	2 lemon slices
	$\frac{1}{4}$ cup water

Cut ribs in serving pieces.

In a large saucepan, cover ribs with salted water (1 teaspoon to 1 quart water). Add celery, carrot and onion. Cover and simmer until almost tender, about 1 hour.

Meanwhile, in saucepan melt butter over medium heat; add garlic and cook for about 4 minutes.

Add remaining ingredients and bring to a boil.

Drain ribs; place in shallow baking pan, discarding vegetables.

Pour boiling sauce over ribs. Bake at 350 degrees 20 to 25 minutes, basting often with sauce. Serves 4.

## HAM QUICHE

2 cups cooked chopped ham	1 tablespoon flour
2 tablespoons butter or margarine	4 eggs, beaten
$\frac{1}{4}$ cup finely chopped onion	1 cup light cream
$\frac{1}{4}$ cup finely chopped green pepper	1 tablespoon parsley flakes
$1\frac{1}{2}$ cups sharp cheddar cheese, grated	$\frac{3}{4}$ teaspoon seasoned salt
	$\frac{1}{4}$ teaspoon garlic salt
	$\frac{1}{4}$ teaspoon pepper
	1 unbaked 10-inch pie shell

In a saucepan melt butter or margarine over low heat. Add onions and pepper and saute' 2 or 3 minutes.

Combine cheese and flour; stir in ham, onion and pepper mixture and mix well. Spread in pie shell.

Combine eggs, cream, parsley flakes, seasoned salt, garlic salt and pepper. Blend and pour into shell.

Bake at 375 degrees for 35 to 40 minutes or until top is browned and filling is set. Serves 6.

VARIATION: Grated swiss cheese may be substituted for cheddar cheese, if desired.

## SAVORY PORK CHOPS

- |  |                            |
|--|----------------------------|
| 6 pork chops 1/2-inch thick                | 1/2 cup chopped onion      |
| 2 tablespoons vegetable oil                | 1/4 cup chopped celery     |
| Salt and pepper to taste                   | 1/4 cup raisins            |
| 3/4 teaspoon M.S.G. (monosodium glutamate) | 2 1/2 cups boiling water   |
| 2 tablespoons vegetable oil                | 6 apple rings              |
| 1 package (6 ounces) yellow saffron rice   | Melted butter or margarine |
|  | 1/4 teaspoon ground nutmeg |

Trim off any excess fat from pork chops.

In a skillet heat 2 tablespoons oil and brown pork chops. Sprinkle with salt, pepper and M.S.G. Set aside.

In another skillet heat 2 tablespoons vegetable oil and saute' rice, onion and celery for 5 minutes.

Add raisins to rice mixture and mix thoroughly.

Add boiling water and stir. Turn mixture into an oblong casserole and place pork chops on top.

Cover and bake at 350 degrees for 40 to 45 minutes.

Top pork chops with apple rings brushed with melted butter and sprinkle with nutmeg.

Cover and bake 15 minutes longer. (If apple rings do not brown run under broiler for a few minutes).

## COUNTRY FRIED HAM

### AND

## RED-EYE GRAVY

- |                      |                            |
|----------------------|----------------------------|
| 4 slices country ham | 2 tablespoons black coffee |
| 1/4 cup water        |                            |

Cut gashes in fat of ham to keep from curling.

Place ham in cold heavy skillet and cook slowly. Turn several times and cook until ham is brown.

Add water to ham and simmer 2 or 3 minutes.

Remove ham from pan and keep warm.

Add coffee to gravy and cook until it turns red. Add additional water or coffee if needed.

Serve with grits prepared according to package directions.

## LEG OF LAMB

- |                                   |                             |
|-----------------------------------|-----------------------------|
| 8 pound leg of lamb               | Freshly ground black pepper |
| 3 cloves garlic, cut into slivers | 1 teaspoon thyme            |
| 3 tablespoons vegetable oil       | 1/2 cup dry white wine      |
| Salt                              |                             |

Have the butcher bone, roll and tie the leg of lamb.

Make small gashes in the skin of the meat and insert the garlic slivers.

Sprinkle the lamb all over with salt and pepper to taste.

Heat 2 tablespoons oil over medium heat in a heavy skillet or casserole. Brown the meat on all sides, about 10 minutes. Sprinkle with thyme.

Cut a piece of 18 inch wide heavy duty aluminum foil about 4 feet long. Place the meat in the center of the foil.

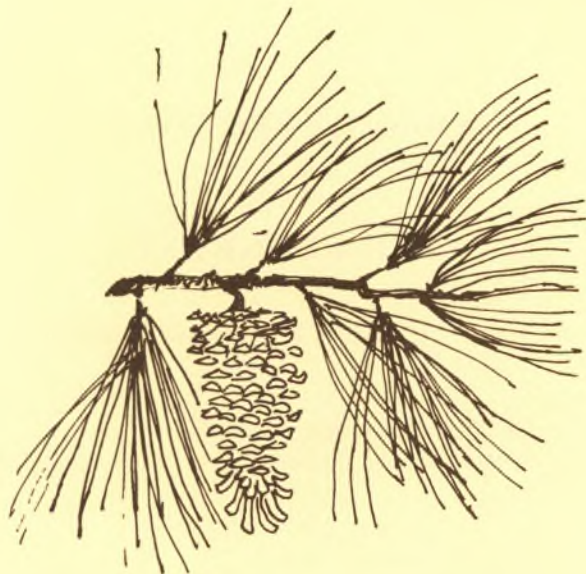
Rub with the remaining tablespoon of oil.

Pour off excess fat from skillet and add wine. Bring to a boil, stirring around the bottom and sides of skillet to dislodge the crusty brown bits. Pour over meat.

Bring up ends and sides of foil and seal meat securely so that juices will not escape.

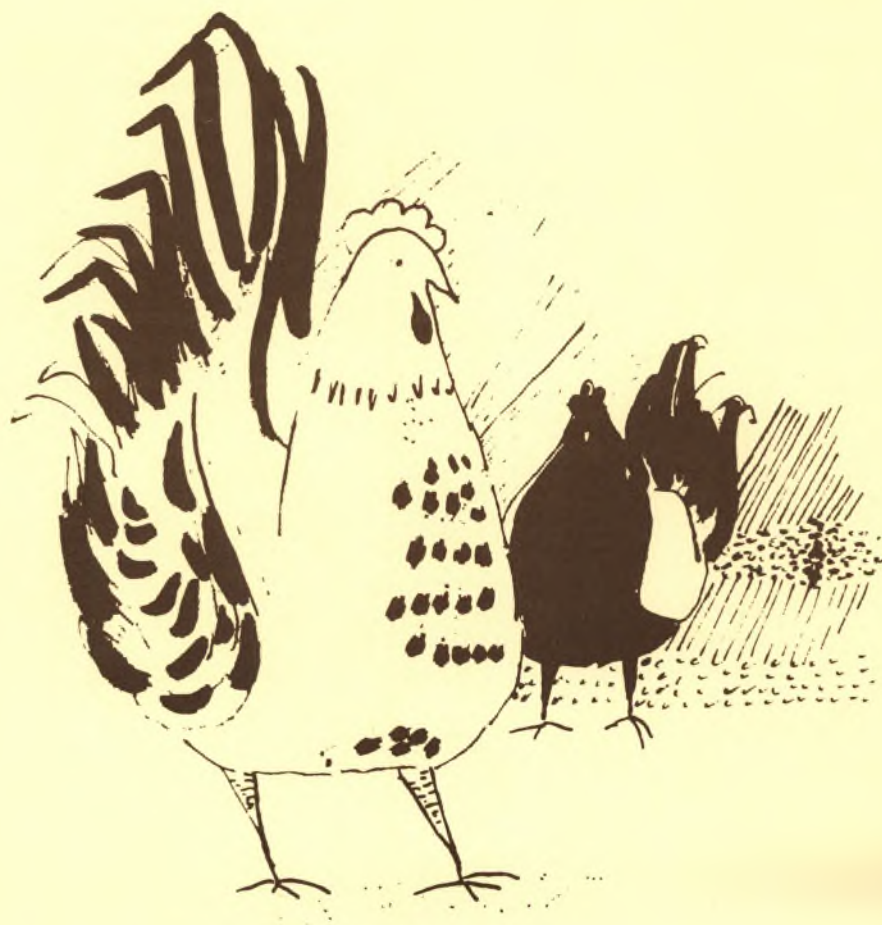
Place in a baking pan and bake in a slow oven 300-325 degrees for 2 1/2 hours.

Slice and serve with the cooking juices.





# Poultry



## ORANGE-GLAZED CHICKEN BREASTS

- |  |   |
|--|---|
| 3 whole broiler-fryer chicken breasts (3 pounds) halved, boned and skinned | 2 cans (8 ounces each) unsweetened orange juice concentrate, thawed |
| Salt   | 1 teaspoon salt   |
| Freshly ground black pepper  | 1/2 teaspoon pepper   |
| 1 teaspoon M.S.G. (monosodium glutamate)                                   | 1/4 cup toasted slivered almonds                                    |
| 6 tablespoons corn oil   | 4 tablespoons Maderia wine  |

Select 3 large chicken breasts (3 pounds). If not available select 4 whole breasts of average size.

Sprinkle chicken lightly with salt, pepper and 1 teaspoon M.S.G.

Fold loose corners of boned breasts under to form a triangle of meat.

Heat corn oil in a heavy frying pan or electric skillet over medium heat. Add chicken and brown on both sides.

Reduce heat to low, add orange juice, 1 teaspoon salt and 1/2 teaspoon pepper.

Cover and cook for about 30 to 40 minutes, or until a fork can be inserted with ease.

Remove chicken to warm platter and sprinkle with almonds. (Recipe this book.) Keep warm.

Liquid in frying pan should be the consistency of heavy cream; if not, cook over high heat until it is of this consistency.

Add Maderia, stir to blend.

Pour over chicken. Garnish with parsley, if desired.

## CHICKEN CASSEROLE

- |                             |   |
|-----------------------------|---|
| 2 cups cooked diced chicken | 1 can cream of chicken soup, undiluted      |
| 1 cup chopped celery        | 2 hard-cooked eggs, chopped                 |
| 10 soda crackers, crumbled  | 1 can (3 ounces) sliced mushrooms and juice |
| 1/2 cup mayonnaise          | 1/2 cup slivered almonds                    |
| 1/2 cup chicken broth       | Crushed Ritz crackers                       |
| 1/4 teaspoon white pepper   |   |

In a large bowl combine all ingredients except crushed Ritz crackers, and mix well. Spoon into a casserole.

Sprinkle Ritz cracker crumbs over top. Bake at 350 degrees for 45 minutes.

Mrs. Olive Townsend

## CHICKEN AND DUMPLINGS

- |  |  |
|--|--|
| 1 stewing chicken (5 pounds) or 2 broiler fryers (3 pounds each) | 1 teaspoon M.S.G. (monosodium glutamate) |
| 1 small onion, sliced  | $\frac{1}{4}$ cup butter or margarine    |
| 1 carrot, sliced   | $\frac{1}{4}$ cup all purpose flour      |
| 2 ribs celery, with leaves                                       | $\frac{1}{2}$ cup light cream            |
| 1 teaspoon salt  | White pepper, to taste                   |
|  | Slice hard-cooked eggs, if desired       |

Place chicken in a large kettle and cover with water.

Add onion, carrot, celery, salt and monosodium glutamate. Simmer until chicken is done, or until a fork can be inserted with ease, about  $1\frac{1}{2}$  to 2 hours.

Remove chicken from broth. When cool enough to handle, remove skin and bones. Cut into pieces of desired size, or leave whole.

Strain broth and reserve 1 quart. If necessary, add enough water to make 1 quart.

In a heavy saucepan melt butter over medium heat. Stir in flour.

Add chicken broth gradually, stirring constantly. Cook for about 2 minutes.

Add cream, pepper, and adjust seasonings to taste. Add chicken and stir.

Carefully add dumplings on top of bubbling chicken mixture. Cover and cook 15 minutes without lifting the lid.

Transfer to serving dish. Garnish with eggs, if desired.

NOTE: If desired, chicken may be served separately on a serving dish rather than adding to the chicken broth mixture.



## DUMPLINGS

- |                             |                                    |
|-----------------------------|------------------------------------|
| 1 cup all purpose flour     | 2 tablespoons vegetable shortening |
| $\frac{1}{4}$ teaspoon salt | 2 or 3 tablespoons ice water       |

Sift together flour and salt in a bowl. Cut in shortening until mixture is mealy.

Add enough water to make a stiff dough. Roll out dough on a floured board to about  $\frac{1}{8}$ -inch thickness, and cut into small strips about 2 inches long.

Drop into boiling broth and cook as directed above.

## LEMON-BAKED CHICKEN

¼ cup lemon juice	2 tablespoons sherry
¼ cup water	1 (2½ to 3½ pound) broiler-fryer,
¼ cup vegetable oil	cut up
1 tablespoon soy sauce	½ cup flour
½ teaspoon salt	1 teaspoon paprika
¼ teaspoon pepper	Pepper to taste
1 clove garlic, minced	

Combine lemon juice, water, oil, soy sauce, salt, pepper, garlic and sherry to make a marinade.

Arrange chicken in a bowl and cover with marinade; cover and chill in refrigerator 2 or 3 hours or overnight.

Drain chicken and pat dry. Reserve marinade.

Combine flour, paprika and pepper to taste in a paper bag. Drop in 2 or 3 pieces of chicken at a time, shake to coat pieces evenly. Shake off excess flour.

Place chicken, skin side down, in a buttered roasting pan. Bake in a 400 degree oven for 30 minutes, and turn.

Pour reserved marinade over chicken, and bake for another 30 minutes, basting occasionally.

**Mrs. Ruby Andrews**

## HONEY BARBECUED CHICKEN

2 broiler-fryer chickens, halved	1 teaspoon ground cayenne
¾ cup wine vinegar	1 teaspoon paprika
¼ cup corn oil	¼ teaspoon hot pepper sauce
1 teaspoon M.S.G. (monosodium glutamate)	¾ cup commercial barbecue sauce
1 teaspoon garlic salt	2 tablespoons honey

In a bowl combine vinegar, corn oil, M.S.G., garlic salt, cayenne, paprika, and pepper sauce to make a sauce.

Place chicken on grill, skin side up, about 8 inches from heat.

Cook, turning and basting with sauce mixture until fork can be inserted with ease, approximately 1 hour.

Combine barbecue sauce and honey, and mix well. Spread over chicken; turn and baste all sides.

Cook about 5 minutes longer. Serve hot or cold. Serves 4.

**Dr. T. Dewey Hardin**

## BONELESS BREAST OF CHICKEN WITH GRAPE SAUCE

- |  |   |
|--|---|
| <p>3 large whole chicken breasts<br/>(1 pound each) split,<br/>boned and halved<br/>Sherry</p> | <p>Salt and pepper to taste<br/>4 tablespoons butter or margarine<br/>White wine, (optional)<br/>6 slices baked ham</p> |
|--|---|

Wash and dry chicken breasts and marinate in sherry for 2 or 3 hours.

Remove breasts from marinade and dry thoroughly on a towel. Sprinkle with salt and pepper.

In a heavy frying pan melt butter or margarine over medium heat and brown breasts.

Place chicken in a single layer in an aluminum foil-lined pan and add pan drippings.

Bake in moderate oven 325 degrees to 350 degrees for about 45 minutes, or until a fork can be inserted with ease.

Baste frequently with wine, or pan drippings to keep chicken very moist.

Serve each half of chicken breast on a slice of ham. Spoon grape sauce over the meat.

### GRAPE SAUCE

- |   |   |
|---|---|
| <p><math>\frac{1}{4}</math> cup butter<br/>4 tablespoons all purpose flour<br/><math>\frac{1}{2}</math> teaspoon salt<br/>2 cups chicken broth (canned)</p> | <p>2 tablespoons lemon juice<br/>2 tablespoons sugar<br/>1 tablespoon sherry<br/>2 cups green seedless grapes</p> |
|---|---|

Melt butter in saucepan and blend in flour and salt. Stir until smooth.

Gradually add chicken broth, stirring constantly until smooth and thick.

Add lemon juice, sugar and sherry and blend.

Add grapes just before serving.



## BAKED CORNISH HENS

1 cornish hen per serving	Salt and pepper to taste
¼ lemon	Pinch thyme
Salt and pepper	½ cup seedless green grapes
⅓ cup crumbled dried bread	½ cup white wine
1 teaspoon minced onion	¼ cup butter or margarine, melted
1½ tablespoons butter or margarine, melted	

Thaw hen, wash and dry thoroughly. Rub cavity with lemon. Sprinkle lightly with salt and pepper. Set aside.

In a bowl, combine bread crumbs, onion, 1½ tablespoons melted butter or margarine, salt and pepper to taste, thyme, and grapes. Toss gently.

Stuff hen with mixture. Truss legs.

Place in a roasting pan and bake at 375 degrees, basting frequently with mixture of wine and ¼ cup butter or margarine. Bake until wing and leg joints move easily; about 1 hour.

## CHICKEN TETRAZZINI

2 cups Mornay Sauce (Recipe this book)	½ cup sauteed fresh mushrooms
2 cups light cream	4 tablespoons sherry
4 to 6 cups cooked spaghetti, washed and drained	Parmesan cheese
4 cups cooked chicken, cut from bone in large pieces	Paprika

In a bowl combine sauce, cream, spaghetti, chicken, mushrooms and sherry and mix well.

Pour mixture into a well-buttered shallow casserole and cover generously with Parmesan. Sprinkle lightly with paprika.

Bake at 350 degrees until bubbly and brown.

VARIATION: Toasted slivered almonds may be used in place of the mushrooms.

## FRIED CHICKEN

- |                                   |                    |
|-----------------------------------|--------------------|
| 1 (3 pound) broiler fryer, cut up | 1/8 teaspoon thyme |
| Salt                              | Pepper             |
| 3/4 cup all purpose flour         | Vegetable oil      |

Wash chicken and dry thoroughly. Sprinkle each side with salt. Place pieces in a deep container. Cover and refrigerate overnight.

Blend flour and thyme in a paper bag. Drop in 2 or 3 pieces of chicken at a time and shake to coat thoroughly. Place chicken on paper towel and let set for 30 minutes. Return pieces to bag and coat again with flour. Reserve remaining flour for gravy.

Heat a 1/2 inch layer of oil in a large heavy frying pan until a drop of water just sizzles. Put meaty pieces in first, adding less meaty pieces as chicken browns. Do not crowd pieces in frying pan.

Sprinkle each piece lightly with pepper. As pieces brown, turn with tongs. Sprinkle the turned side lightly with pepper.

When both sides are golden brown, about 15 minutes, reduce heat to low, cover tightly, and cook over low heat until chicken is tender, about 30 to 40 minutes. During the cooking, turn pieces as necessary for uniform cooking and browning.

Uncover pan when chicken nears doneness, increase heat and continue cooking until chicken is crisp, about 10 minutes.

Transfer meat to warm serving dish. Prepare gravy with pan drippings. (See recipe for milk gravy, this book).

## EASY CHICKEN CASSEROLE

- |                                    |  |
|------------------------------------|--|
| 4 whole chicken breasts            | 1 cup raw rice                             |
| 4 tablespoons butter or margarine  | 1 can (10 1/2 ounces) chicken broth        |
| 2 tablespoons chopped green pepper | 1 can water                                |
| 4 tablespoons chopped onion        | 1 can (10 1/2 ounces) cream of celery soup |

Split chicken breasts.

Heat butter or margarine and saute' pepper and onions until just tender. Spoon into a buttered casserole.

Add rice, broth and water.

Arrange chicken breasts on top of rice.

Spread undiluted cream of celery soup over each piece of chicken. Cover tightly.

Bake at 350 degrees for about 2 hours.

## CURRIED CHICKEN SANDWICH

- |   |   |
|---|---|
| 1 cup chopped chicken,<br>cooked (white meat)           | 1/2 cup mayonnaise<br>Salt to taste           |
| 1/2 cup chopped celery                                  | 3/4 teaspoon curry powder                     |
| 1/4 cup chopped onion                                   | 1 tablespoon lemon juice                      |
| 1/2 cup slivered blanched<br>almonds, broken if desired | 3 or 4 English muffins                        |
|   | 2 tablespoons softened butter<br>or margarine |
|   | Pitted black olives                           |

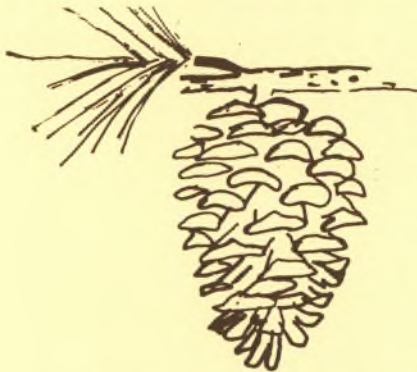
In a medium bowl combine chicken, celery, onion, almonds, mayonnaise, salt, curry powder and lemon juice.

Split English muffins in half and spread cut side with butter or margarine.

Place muffins, buttered side up, on a cookie sheet. Warm in preheated moderate oven until muffins are warm and butter or margarine is melted.

In saucepan heat chicken mixture until bubbling.

Spread muffins with chicken mixture. Top each half with an olive. Serves 6-8.



## CHICKEN CRUNCH

- |  |  |
|--|--|
| 1/2 cup chicken broth, or milk                                   | 1 can (7 ounces) white tuna,<br>drained and flaked             |
| 2 cans (10 1/2 ounces each) cream<br>of mushroom soup, undiluted | 1/4 cup minced onion   |
| 3 cups diced cooked chicken                                      | 1 can (5 ounces) water chestnuts,<br>drained and thinly sliced |
| 1 cup chopped celery   | 1/3 cup toasted slivered almonds                               |
| 1 can (3 ounces) chow mein<br>noodles                            |  |

In a 2 quart casserole blend together broth and soup. Add remaining ingredients, except almonds.

Bake at 325 degrees for 40 minutes.

Just before serving sprinkle with almonds. Serves 8.



## ROAST TURKEY

- |  |                                 |
|--|---------------------------------|
| 12 to 15 pound turkey                    | 1 teaspoon Worcestershire sauce |
| 1/2 pound butter or margarine,<br>melted |                                 |

Select a self-basting turkey.

Thaw and proceed according to directions given with turkey. Reserve neck, gizzard, heart and liver for giblet stock.

Prepare any desired stuffing.

Fill the body and neck cavities of turkey loosely with the stuffing. (Any left over stuffing can be baked separately). Close openings with skewers and twine. Truss the legs and wings close to the body.

Place turkey, breast side up, in a roasting pan.

Meanwhile, combine melted butter or margarine with Worcestershire sauce and mix well.

Rub turkey with the butter or margarine mixture, reserve remainder to baste turkey.

Enclose the turkey loosely with aluminum foil and roast it, allowing about 25 minutes per pound, at 325 degrees. For the best results, insert meat thermometer in thickest part of the leg, avoiding bone, and cook until it registers 190 degrees.

Baste turkey occasionally with melted butter or margarine mixture.

Turkey, when fully cooked, will be golden brown.

Serve with giblet gravy, (recipe this book).

## GIBLET STOCK

- |  |                        |
|--|------------------------|
| Neck, gizzard, heart and liver<br>of 12 to 15 pound turkey | 1 medium onion, sliced |
| 2 stalks celery and tops                                   | 1 carrot, peeled       |
|  | 1 teaspoon salt        |
|  | Pepper to taste        |

Put the neck, gizzard and heart in a large saucepan. Add celery, onion, carrot, and salt and pepper to taste.

Add enough cold water to cover; bring to a boil, reduce heat and simmer about 1 1/2 hours.

Add liver to stock and cook for 5 to 10 minutes.

Remove giblets and reserve for stuffing, if desired.

Reserve liver for gravy.

Strain the stock to use for gravy.

## GIBLET GRAVY

- |   |  |   |  |
|---|--|---|--|
| 4 | tablespoons fat from juices<br>in roasting pan |   | Chopped turkey liver                   |
| 4 | tablespoons flour                              | 1 | chopped hard-cooked egg,<br>if desired |
| 3 | cups giblet stock                              |   | Salt and pepper to taste               |

Skim fat from juices in roasting pan, except 4 tablespoons. Add flour, stirring constantly, to dissolved brown bits that cling to pan.

Slowly stir in stock and cook the gravy for about 5 minutes, stirring constantly.

Add chopped liver, egg, salt and pepper to taste. Blend.

Serve in heated gravy boat.

## CORNBREAD DRESSING

- |     |  |     |   |
|-----|--|-----|---|
| 3   | cups biscuits or loaf bread,<br>crumbled       | 1   | teaspoon salt                                   |
| 4   | cups egg bread, crumbled<br>(recipe this book) | 1/8 | teaspoon pepper                                 |
| 2/3 | cup chopped onion,<br>more if desired          | 3   | eggs, beaten                                    |
| 3/4 | cup chopped celery                             | 1/4 | teaspoon thyme                                  |
| 1/3 | cup butter or margarine                        | 1/2 | teaspoon sage                                   |
|     |  | 1/4 | teaspoon marjoram                               |
|     |  | 2   | cups turkey or chicken broth,<br>more if needed |

Saute' onion and celery in butter or margarine over low heat until transparent and soft. Remove from heat.

Combine crumbled biscuits or loaf bread with crumbled egg bread.

Add sauteed onion and celery mixture, salt, pepper, thyme, sage and marjoram. Toss.

Add beaten eggs and mix well.

Pour broth over mixture, adding enough to make soft, and with hands mix and mash until texture is smooth.

Spoon dressing into a buttered baking dish about 3 inches deep and bake at 350 degrees, or until set and top is brown, about 30 minutes.

## CHESTNUT STUFFING

6 cups fine, dry bread crumbs	1 cup finely chopped celery
1 pound chestnuts, cooked, chopped	1 teaspoon salt
$\frac{1}{3}$ cup butter or margarine	$\frac{1}{4}$ teaspoon thyme
$\frac{2}{3}$ cup finely chopped onion	$\frac{1}{4}$ teaspoon marjoram
	$\frac{3}{4}$ teaspoon sage
	Turkey or chicken broth

Cook chestnuts by recipe this book.

Melt butter in a saucepan. Add onions and celery and cook slowly until tender but not brown.

Combine onion and celery mixture with bread crumbs and mix thoroughly. Add salt, thyme, marjoram, sage and coarsely chopped chestnuts and toss. Add just enough broth to moisten. Blend.

Stuff turkey and truss.

Extra stuffing may be baked separately during the last half hour turkey roasts. Baste dressing occasionally with broth. Yield: Stuffing for 7 to 9 pound turkey.

## OYSTER STUFFING

8 cups fine, dry bread crumbs	$\frac{2}{3}$ cup finely chopped celery
1 or 2 pints oysters	1 teaspoon salt
$\frac{1}{3}$ cup butter or margarine	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ cup finely chopped onion	1 teaspoon poultry seasoning
	Turkey or chicken broth

Drain oysters, reserve liquor, and chop.

Melt butter or margarine in saucepan over low heat. Add oysters, onions and celery and cook about 5 minutes, stirring occasionally.

Combine bread crumbs, salt, pepper, poultry seasoning and toss.

Add oyster, celery and onion mixture to bread crumbs and blend.

Add oyster liquor and enough broth to make the mixture soft. Mix well. Taste and adjust seasonings, if desired.

Stuff and truss turkey. Yield: Stuffing for 12 pound turkey.

NOTE: Extra stuffing may be baked separately. Add a little more broth, 1 or 2 beaten eggs and mix well.

## CHICKEN ORIENTAL

- |   |                                  |     |                           |
|---|----------------------------------|-----|---------------------------|
| 1 | stewing chicken (5 pounds) or    | 2   | cups chicken broth        |
|   | 2 broiler fryers (3 pounds each) | 2   | tablespoons cream         |
| 8 | ounces green spaghetti,          |     | Salt to taste             |
|   | or noodles                       |     | Pepper to taste           |
| 4 | carrots, slivered                | 1   | can (8 ounces) water      |
| 4 | tablespoons butter               |     | chestnuts, sliced         |
| 4 | tablespoons flour                | 1/2 | cup prepared stuffing mix |
|   |                                  |     | Butter                    |

Cook chicken according to instructions for simmering chicken contained in Chicken and Dumplings recipe, this book.

When chicken is done remove from broth. When cool enough to handle, remove the skin and bones, and dice meat.

Strain broth and reserve.

Cook spaghetti, or noodles, according to package directions.

Parboil carrots and drain well.

Over medium heat melt 4 tablespoons butter in a saucepan.

Stir in flour and blend well. Slowly add chicken broth, stirring continuously.

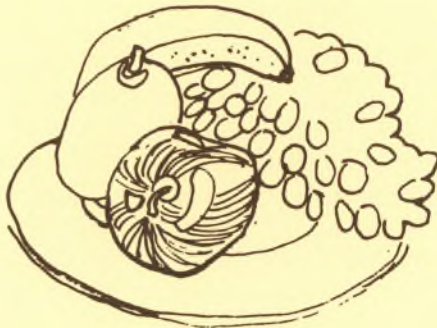
Add cream and mix well.

Add salt and pepper to taste.

Add chicken, carrots and water chestnuts to the sauce and stir.

Line a well greased baking dish with the noodles. Pour chicken mixture over noodles and spread. Top with stuffing mix and dot with butter.

Bake at 400 degrees for 30 minutes or until bubbling. Serves 10.



## ROAST DUCK

- |                          |                          |
|--------------------------|--------------------------|
| 1 duck (5 to 6 pounds)   | Green seedless grapes    |
| Salt and pepper to taste | Orange wedges            |
|                          | Orange juice, if desired |

Rinse duck in cool water. Dry thoroughly, inside and out, with paper towels. Salt and pepper inside of duck and stuff lightly with Fruit Stuffing. (Recipe this book).

Place duck, breast side up on a rack in roasting pan and bake at 400 degrees for 30 minutes.

Reduce heat to 325 degrees and bake until duck tests done, basting frequently with pan drippings, or orange juice, if desired.

If duck browns too fast, cover with a tent of aluminum foil.

If duck is fat, prick skin with fork during baking.

Duck tests done when juices are no longer pink or drumstick feels soft when pressed.

Remove to warm platter and garnish with grapes and orange wedges. Serves 4.



## FRUIT STUFFING

- |  |                                  |
|--|----------------------------------|
| 1 (8 ounce) package<br>corn bread stuffing | 1 cup hot water                  |
| ¼ cup butter                               | ½ teaspoon tarragon              |
| 2 tablespoons finely<br>chopped onion      | 1 tablespoon orange rind, grated |
| 1 stalk celery, finely chopped             | ¼ cup seedless raisins           |
|  | 1 large apple, unpeeled, grated  |

Melt butter in saucepan and saute' onion and celery until tender but not brown. In a mixing bowl combine bread crumbs, onion and celery mixture. Add hot water, tarragon, orange rind, raisins and apples. Toss lightly. Stuff and truss bird.

Extra dressing may be baked separately during last half hour of roasting bird.

## CHICKEN COUNTRY CAPTAIN

3½ pounds chicken breasts, or 1 large hen cut in serving pieces	1 clove garlic, minced
1 cup sherry (optional)	1 teaspoon curry powder
Flour	½ teaspoon thyme
1 teaspoon salt	1 can (28 ounces) tomatoes
½ teaspoon pepper	1 teaspoon chopped parsley
4 tablespoons cooking oil	⅔ cup slivered almonds
5 tablespoons butter or margarine	⅔ cup raisins
1 large onion, chopped	Salt
1 large green pepper, chopped	Pepper
1 cup chopped celery	Hot cooked rice

Place chicken in a large bowl. Pour sherry over chicken and let stand 2 hours or refrigerate overnight. (This step is optional).

In a paper bag combine enough flour to dredge chicken, 1 teaspoon salt, ½ teaspoon pepper and shake until well mixed.

Add 2 or 3 pieces of chicken at a time and shake to coat thoroughly. Continue until all pieces are dredged.

Heat oil in frying pan and brown chicken. As pieces are browned place in a dutch oven and keep warm while making sauce.

In a saucepan melt butter. Add onions, pepper, celery and garlic and saute'.

Add curry powder, thyme, tomatoes, parsley, ½ cup almonds and ½ cup raisins, reserving remainder for garnish. Simmer until sauce is well blended. (If sherry is used to marinate the chicken, pour some of the marinade into the sauce, if desired).

Add salt and pepper to taste.

Pour sauce over chicken and cover tightly. Cook in a slow oven about 2 hours or until fork tender.

To serve arrange chicken on a hot bed of rice and cover with the sauce.

Garnish with remaining almonds, toasted, and raisins.



## CHICKEN FOR A CROWD

- |   |  |
|---|--|
| 1 large hen                                       | 1 (8 ounce) can tomato sauce           |
| 3 cups chopped celery                             | 2 jars (2 ounces each) sliced pimentos |
| 2 cups chopped onion                              | 6 - 8 tablespoons Worcestershire sauce |
| 2 large green peppers, chopped                    | 2 tablespoons dried parsley leaves     |
| 1 clove garlic, minced                            | 2 pounds wide noodles                  |
| 1 large can ripe olives                           | Salt to taste                          |
| 2 cans (3 ounces each) chopped mushrooms, drained |  |

Cook hen according to recipe for chicken and dumplings (this book).

When chicken is tender remove from broth and cut in bite-size pieces. Strain broth.

Add celery, onion, green pepper and garlic to broth and cook until tender, about 15 minutes.

Drain olives and cut in half, reserving some whole to garnish top of dish.

Add cut olives, mushrooms, tomato sauce, pimentos, Worcestershire sauce and parsley flakes to broth and vegetable mixture and stir.

Add noodles to mixture and cook according to package directions, or until tender.

Add chicken to noodle mixture. Mixture should be of a thick consistency.

Add salt to taste and correct seasonings if desired.

Transfer chicken mixture to a large serving dish and garnish top with the reserved whole olives. (Serves 25).

**VARIATION:** For a meatier flavor cook 4 additional chicken breasts with hen.

Add a package (3½ ounces) toasted slivered almonds to chicken mixture.







# Seafood



## SHRIMP CURRY

(Served with Rice and Condiments)

3/4 cup butter or margarine	3 to 4 pounds shrimp, shelled
3/4 cup chopped onion	deveined and cooked
1 1/2 cloves garlic, minced	1 to 1 1/2 teaspoons salt
1 1/2 to 2 tablespoons curry powder	Dash cayenne
6 tablespoons all purpose flour	1/8 teaspoon thyme
2 pints light cream	6 egg yolks
2 cups chicken broth	12 cups hot steamed rice

In a heavy saucepan melt butter or margarine over medium heat. Add onion and garlic and saute until limp but not brown.

Add curry powder and cook over low heat for 10 minutes.

Blend in flour and gradually add cream and broth. Cook, stirring constantly, (it seems forever), until thickened.

Remove from heat and strain into top of double boiler. Place sauce over simmering water; add shrimp, salt, cayenne and thyme. Continue to cook until shrimp is heated.

Beat egg yolks slightly and stir into the sauce. Cook only until heated through.

Spoon over hot rice turned out on a hot serving dish.

Serve with condiments. Serves 12.

## CONDIMENTS

(Prepare ahead. Traditionally, two each of the sweet, salty and bland variety are served.)

Chutney	Sliced avocados (sprinkled with lime juice)
Chopped green onions	Chopped sweet pickles
Crisp bacon bits	Raisins (soaked in brandy)
Salted peanuts, chopped	Shredded coconut
Toasted almonds	

VARIATION: Crab curry.

Follow directions for Shrimp Curry. Omit shrimp and use about 4 pounds crab meat. Omit chicken broth and add another pint of cream to recipe given for Shrimp Curry.

## SEAFOOD TARTS

- |   |                                    |
|---|------------------------------------|
| 1 pound cooked, lump crab meat                            | Dash pepper                        |
| 1/2 cup cooked peas                                       | 1/2 cup grated mild cheddar cheese |
| 1 can (10 1/2 ounces) condensed<br>cream of mushroom soup | Paprika                            |
|   | Tart shells, unbaked               |

Remove any shell or cartilage from crab meat; crumble if necessary.

Combine peas, soup, pepper and crab meat.

Spoon into tart shells and sprinkle cheese and paprika over top of crab mixture.

Bake at 350 degrees for 20 to 25 minutes or until brown. Serves 6-8.

## SALMON PATTIES

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| 1 can (15 1/2 ounces) salmon    | 2 eggs, slightly beaten           |
| 1/2 teaspoon salt               | 4 tablespoons milk                |
| 1/4 teaspoon pepper             | 2 tablespoons chopped parsley     |
| 1 teaspoon lemon juice          | 2 tablespoons butter or margarine |
| 8 soda crackers, finely crushed | Lemon wedges                      |

Flake salmon. Add salt, pepper, lemon juice, cracker crumbs, eggs, milk and parsley. Mix thoroughly and shape into patties.

In a heavy frying pan melt butter or margarine over medium heat.

Fry patties until golden brown on both sides.

Garnish with lemon wedges.

## FRIED CATFISH

- |                           |                          |
|---------------------------|--------------------------|
| 2 (3 pounds each) catfish | Salt and pepper to taste |
| Buttermilk                | Corn meal                |
|                           | Vegetable oil            |

Skin fish and fillet. Place fillets in a large bowl and pour enough buttermilk over them to cover. Put a top over fish and soak for 2 to 4 hours in refrigerator.

Drain and pat dry. Sprinkle on both sides with salt and pepper to taste. (Be careful not to get too salty). Roll fillets in corn meal.

Use a deep kettle with frying basket. Add enough vegetable oil to cover a layer of fish. Do not have kettle more than half full of oil.

Heat oil to 375 degrees; place fish in frying basket and cook until golden brown. Remove fish and drain on absorbent paper. Serve immediately. Serves 6 to 8.

## BAKED BASS IN TOMATO SAUCE

1/4 cup vegetable oil	1 teaspoon salt
1 cup chopped onions	1/4 teaspoon pepper
1/3 cup chopped celery	1/4 teaspoon thyme
5 or 6 large tomatoes, peeled, seeded and coarsely chopped	1 (3 pound) bass
2 cloves garlic, minced	Salt and pepper to taste
4 tablespoons chopped parsley	2 tablespoons lemon juice
	1/2 cup white wine

Heat oil in frying pan over medium heat. Add onions and celery. Saute' until tender.

Add tomatoes, garlic, parsley, 1 teaspoon salt, 1/4 teaspoon each pepper and thyme; cook 10 minutes.

Meanwhile clean bass; sprinkle with salt and pepper to taste and lemon juice.

Pour the tomato mixture in a baking dish and arrange fish over sauce.

Add wine and bake fish, covered, at 350 degrees for about 20 minutes.

Remove cover and bake about 10 or 15 minutes more, or until it flakes easily.

## SHRIMP CREOLE

3 tablespoons vegetable oil	1/2 teaspoon chili powder
1/2 cup chopped onion	2 teaspoons Worcestershire sauce
1/2 cup chopped celery	Dash Tabasco
1 clove garlic, minced	1/4 teaspoon thyme
1/2 cup green pepper, chopped	1 bay leaf
2 cups cooked tomatoes	1 tablespoon flour
1 can (8 ounces) tomato sauce	2 tablespoons chicken broth
1 teaspoon salt	1 pound frozen shrimp
1 teaspoon sugar	Hot cooked rice

In a frying pan heat oil. Add onions, celery, garlic and pepper. Cook until tender.

Add tomatoes, tomato sauce and seasonings and simmer about 30 minutes.

Mix flour with chicken broth and stir until smooth. Add to sauce and cook 2 minutes, stirring frequently.

Add shrimp, cover and simmer for 10 minutes. (If sauce becomes too thick add chicken broth for desired consistency, and blend).

Serve over hot cooked rice.

VARIATION: Add 1 can crab meat, drained.

## BAKED STUFFED BASS

- |  |                            |
|--|----------------------------|
| 4 to 5 pound bass                            | 1 teaspoon chopped parsley |
| Salt and pepper to taste                     | ¼ teaspoon basil           |
| 1 can (7 ounces) crab meat,<br>drained       | 1 teaspoon minced onion    |
| 1 cup bread crumbs                           | Salt and pepper to taste   |
| 4 tablespoons butter or<br>margarine, melted | ¼ cup butter or margarine  |
|  | 2 tablespoons lemon juice  |
|  | ½ cup white wine           |

Make a large cavity in fish, wash and wipe dry. Salt and pepper to taste. Pick over crab meat and remove any cartilage.

Combine crab meat, bread crumbs, 4 tablespoons melted butter or margarine, parsley, basil, onion and salt and pepper to taste to make a stuffing. Stuff fish.

In a saucepan melt ¼ cup butter or margarine and add lemon juice.

Lay fish in a buttered baking dish and baste with butter-lemon juice mixture.

Pour wine over fish and bake, uncovered, at 350 degrees for about 30 minutes, or until fish is flaky. Baste often. Serves 6 or more.

VARIATION: Omit stuffing and proceed as above. Serve with Shrimp Dressing, below.

NOTE: Red Snapper may be substituted for bass.

## SHRIMP DRESSING

- |                             |                                       |
|-----------------------------|---------------------------------------|
| 4 tablespoons butter        | 1½ cups cooked shrimp,<br>cut in half |
| 3 tablespoons flour         | Salt and pepper to taste              |
| 1 cup chicken or fish stock | 1 tablespoon lemon juice              |
| 1 cup white wine            |                                       |

In a saucepan melt butter or margarine over medium heat. Add flour, stirring constantly.

Remove from heat; add stock and wine. Return to low heat, cook, stirring continuously, until thickened. If necessary, add more broth to thin.

Stir in shrimp, salt and pepper to taste and lemon juice. Stir until shrimp is thoroughly heated.

Pour dressing over fish and serve.

## JAMBALAYA

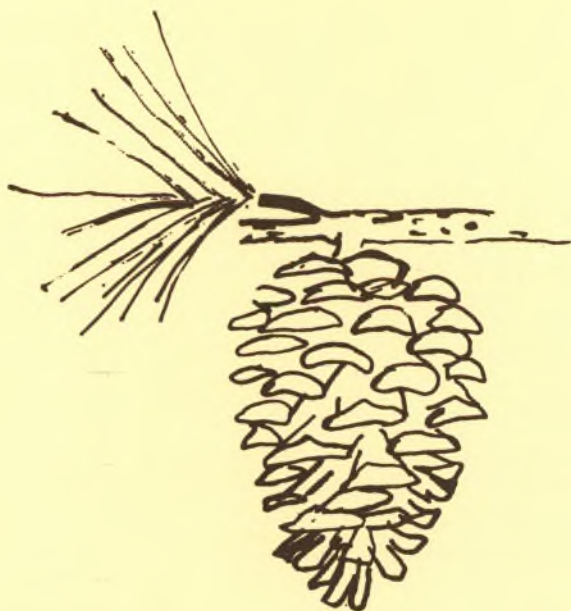
- |   |  |
|---|--|
| 1½ pounds shrimp, shelled<br>and deveined | 4 tablespoons butter                             |
| 1 tablespoon salt                         | ⅓ cup chopped onion                              |
| 1 tablespoon white vinegar                | ⅓ cup finely chopped<br>green peppers            |
| 1 bay leaf                                | 2 cups cooked fresh tomatoes,<br>more if desired |
| 3 peppercorns                             | Dash Tabasco                                     |
| 1 pint small oysters, drained             | 2 to 3 cups hot cooked rice                      |
| 1¼ cups cooked chopped ham                | Chopped parsley                                  |

In a large saucepan add 3 quarts water, salt, vinegar, bay leaf and peppercorns. Bring the liquid to a boil and add shrimp. Cook 3 to 4 minutes. Drain and set aside.

Melt butter in a large frying pan. Add ham, pepper, onions and saute'.

Add a dash of Tabasco, tomatoes, oysters and shrimp. Cook for 2 minutes or until oysters curl at the edges.

Add 2 cups rice, more if desired, and cook over medium low heat, stirring until the rice is thoroughly heated. Garnish with chopped parsley. Serves 8-10.



## OYSTERS REGAL

Oysters  
Chopped ice

Freshly ground black pepper  
Lemon wedges

For each serving, arrange 6 opened oysters on a bed of finely chopped ice. Sprinkle with pepper and garnish with lemon wedges. Serve with cocktail sauce if desired.

## BROILED LOBSTER TAILS

4 frozen lobster tails  
(8 ounces each)

4 tablespoons extra dry Vermouth  
4 teaspoons butter or margarine

Defrost lobster tails and remove membrane on underside.

Broil lobster tails, shell side up, 5 inches below heater or flame for 5 minutes.

Turn flesh side up and pour 1 tablespoon Vermouth over each lobster tail.

Dot with butter and broil 7 minutes.

Serve with clarified butter. (Recipe this book).

NOTE: For smaller lobster tails broil 1 minute less, for larger ones 2 minutes longer.

## BAKED SEAFOOD CASSEROLE

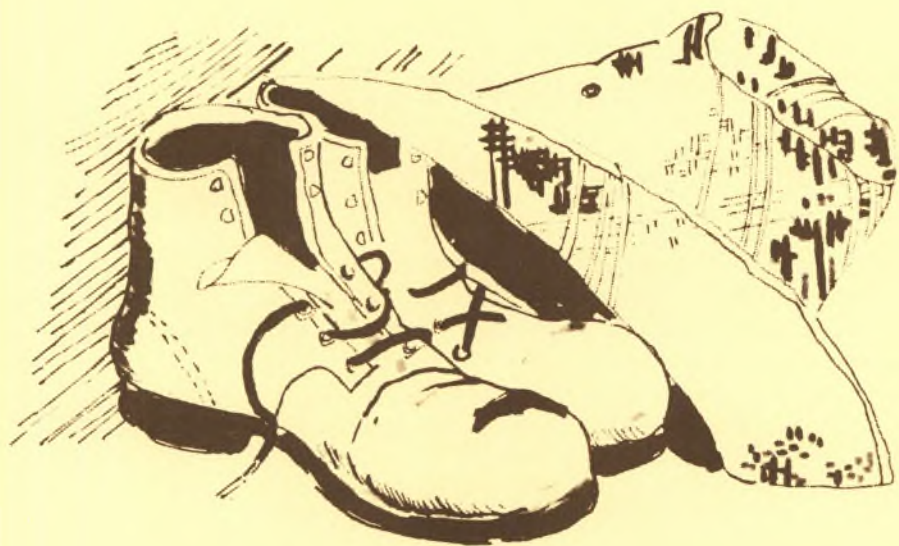
1 pound canned crab and lobster  
meat, combined  
1 pound cooked and  
deveined shrimp  
 $\frac{1}{3}$  cup mayonnaise  
 $\frac{1}{2}$  cup chopped green peppers  
 $\frac{1}{4}$  cup minced onion

$1\frac{1}{2}$  cups finely chopped celery  
 $\frac{1}{2}$  teaspoon salt  
1 tablespoon Worcestershire sauce  
1 can ( $10\frac{1}{2}$  ounces) cream of  
celery soup, undiluted  
1 or 2 cups fine bread crumbs  
Paprika

Combine crab and lobster meat, shrimp, mayonnaise, pepper, onion, celery, salt, Worcestershire sauce and soup. Mix thoroughly.

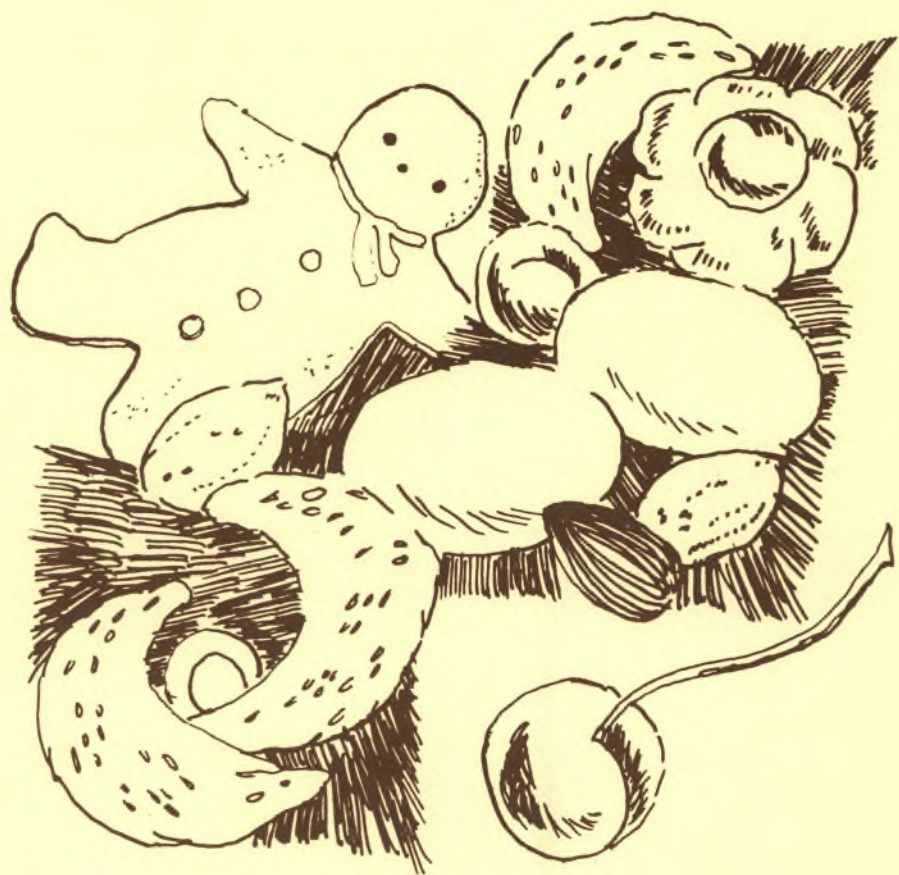
Spoon into a casserole and cover with bread crumbs. Sprinkle lightly with paprika.

Bake at 400 degrees for 25 to 30 minutes. Serves 10 to 12.





# Cookies



## BEACON HILL COOKIES

- |   |                                  |
|---|----------------------------------|
| 1 cup (6 ounces) semi-sweet chocolate morsels | $\frac{1}{2}$ cup sugar          |
| 2 egg whites                                  | $\frac{1}{2}$ teaspoon vanilla   |
| Dash salt                                     | $\frac{1}{2}$ teaspoon vinegar   |
|   | $\frac{3}{4}$ cup chopped pecans |

In the top of double boiler melt chocolate morsels over hot water.

Beat egg whites with a dash of salt until foamy.

Gradually beat in sugar and keep beating until stiff peaks form.

Beat in vanilla and vinegar.

Fold in melted chocolate and pecans.

Drop by teaspoon on a wax paper lined baking sheet. (The wax paper keeps cookies from spreading out). Bake at 350 degrees for 10 minutes; remove from oven immediately. Makes 3 dozen cookies.

VARIATION: Before baking, sprinkle tops of cookies with chopped pecans for decoration.

## CREAMY COCONUT COOKIES

- |  |  |
|--|--|
| $\frac{1}{2}$ cup butter or margarine  | $\frac{1}{2}$ teaspoon soda              |
| $\frac{3}{4}$ cup light brown sugar    | $\frac{1}{2}$ cup sour cream             |
| 1 egg                                  | $\frac{1}{2}$ teaspoon vanilla           |
| 1 egg yolk                             | $\frac{1}{2}$ cup chopped pecans         |
| $\frac{1}{2}$ teaspoon salt            | Butter cream frosting (Recipe this book) |
| $1\frac{2}{3}$ cups all purpose flour  | Flaked coconut                           |
| $1\frac{1}{2}$ teaspoons baking powder |  |

In a bowl, cream butter or margarine together with sugar until creamy and any lumps dissolved.

Add egg and egg yolk and beat well.

In a bowl sift together salt, flour, baking powder and soda.

Combine dry ingredients with creamed mixture.

Add sour cream and vanilla. Mix well. Stir in nuts.

Drop by teaspoons on an oiled cookie sheet. Bake at 375 degrees for 12 to 14 minutes, or until bottoms are golden.

Cool on a wire rack.

Frost with Butter Cream Frosting and sprinkle with coconut. Makes about  $3\frac{1}{2}$  dozen cookies.

## MARIAN'S FUDGE SQUARES

- |                                     |                                       |
|-------------------------------------|---------------------------------------|
| 2 eggs                              | 4 teaspoons cocoa                     |
| 1 cup sugar                         | 1 teaspoon vanilla                    |
| $\frac{2}{3}$ cup all purpose flour | $\frac{2}{3}$ cup chopped pecans      |
| $\frac{1}{2}$ cup butter            | Miniature marshmallows                |
|                                     | Chocolate Frosting (Recipe this book) |

In a bowl beat together eggs and sugar. Add flour and mix well. Melt butter over low heat; add cocoa and blend. Add to batter. Add vanilla and pecans and stir. Pour into greased and floured pan (9x9x1 inches). Bake at 350 degrees 25 to 35 minutes, or until tests done. Remove from oven and immediately cover with marshmallows. Let marshmallows melt and cool. Spread chocolate frosting over marshmallows. Cut into squares.



## AUNT ALICE'S OLD FASHIONED TEA CAKES

- |                                       |                              |
|---------------------------------------|------------------------------|
| $\frac{1}{2}$ cup butter or margarine | 1 teaspoon baking powder     |
| 1 cup sugar                           | $\frac{3}{4}$ teaspoon salt  |
| 1 egg, beaten                         | $\frac{1}{3}$ teaspoon soda  |
| 2 cups all purpose flour              | $\frac{2}{3}$ cup buttermilk |
|                                       | 1 teaspoon vanilla           |

Cream butter or margarine with sugar until creamy. Add egg and beat until fluffy.

In a bowl sift together flour, baking powder, salt and soda.

Add dry ingredients to creamed mixture alternately with buttermilk.

Add vanilla and mix well.

Divide dough and put one-half at a time on a floured board. Knead. Roll dough about  $\frac{1}{4}$  inch thick. Cut with a  $2\frac{1}{2}$  or 3-inch cookie cutter.

Bake on a lightly greased baking sheet at 350 degrees until light brown.

NOTE: Aunt Alice did not roll cakes too thin so they would be soft in texture.

## OVER 100 YEARS OLD

- |                                  |                          |
|----------------------------------|--------------------------|
| 1 1/3 sticks butter or margarine | 1 teaspoon baking powder |
| 2 cups light brown sugar         | 1 cup chopped pecans     |
| 2 eggs                           | 1 teaspoon vanilla       |
| 1 cup all purpose flour          | Confectioners' sugar     |

Melt and cool butter or margarine.

Add sugar and eggs; beat slightly with a spoon.

Sift together flour and baking powder and add to mixture.

Add nuts and vanilla; stirring well with a spoon.

Pour batter into a greased and floured pan (13 1/2 x 8). Bake at 325 degrees for 25 to 30 minutes.

Let cool in pan. Cut in small squares. Roll in confectioners' sugar.

## RUM BALLS

- |                                      |                                |
|--------------------------------------|--------------------------------|
| 3 cups finely crushed vanilla wafers | 2 tablespoons white corn syrup |
| 1 cup confectioners' sugar           | 4 1/2 teaspoons cocoa          |
| 1 1/2 cups finely chopped pecans     | 1/2 cup rum                    |
|                                      | Confectioners' sugar           |

Combine vanilla wafer crumbs, 1 cup confectioners' sugar, pecans, syrup, cocoa and rum. Mix thoroughly.

Form mixture into small balls.

Roll in confectioners' sugar and wrap in wax paper. Makes about 4 dozen.

Balls can be frozen.

## SAND TARTS

- |                              |                       |
|------------------------------|-----------------------|
| 1 cup butter or margarine    | 2 teaspoons vanilla   |
| 1/3 cup confectioners' sugar | 2 cups chopped pecans |
| 2 cups all purpose flour     | Confectioners' sugar  |

In a large bowl cream butter or margarine and 1/3 cup confectioners' sugar together.

Add flour and work into the mixture.

Add vanilla and pecans and mix well.

Form into small balls, about one inch in diameter. Bake on an ungreased baking sheet at 350 degrees for 20 to 25 minutes or until done.

Roll in confectioners' sugar.

NOTE: These cookies are better if baked a day or two before serving.

## JAM THUMBPRINTS

$\frac{2}{3}$ cup butter or margarine	$1\frac{1}{2}$ cups all purpose flour, sifted
$\frac{1}{3}$ cup sugar	2 egg whites
2 egg yolks	$\frac{3}{4}$ cup finely chopped pecans
1 teaspoon vanilla	Strawberry preserves
$\frac{1}{2}$ teaspoon salt	

In a mixing bowl cream together butter or margarine and sugar until fluffy.

Add egg yolks, vanilla and salt and beat well.

Gradually add flour and mix well.

Shape dough in  $\frac{3}{4}$ -inch balls.

Beat egg whites slightly.

Dip balls into egg whites; then roll in chopped pecans.

Place 1 inch apart on a greased cookie sheet. Press down center of each cookie with thumb.

Bake at 350 degrees for 15 to 17 minutes or until done. Cool slightly; remove from sheet and cool on rack.

Just before serving spoon enough strawberry preserves to fill center of cookies. Makes about 36 cookies.

VARIATION: Use cherry preserves or grape jelly to fill center of cookies.

## CHRISTMAS CHERRIES

$\frac{1}{2}$ cup butter or margarine	1 tablespoon lemon juice
$\frac{1}{4}$ cup sugar	1 cup all purpose flour
1 egg yolk, beaten	$\frac{1}{8}$ teaspoon soda
$\frac{1}{2}$ teaspoon vanilla	$\frac{1}{8}$ teaspoon salt
1 tablespoon grated orange peel	$\frac{1}{2}$ cup chopped pecans
1 tablespoon grated lemon peel	Candied cherries

In a mixing bowl cream together butter or margarine and sugar until fluffy. Add beaten egg yolk, vanilla, orange peel, lemon peel and lemon juice; mix well.

Sift together flour, soda and salt; add to mixture and mix well.

Stir in nuts and chill the dough for at least 1 hour.

Form dough into small balls and press  $\frac{1}{2}$  cherry on top.

Bake at 300 degrees for 20 minutes. Makes about 3 dozen cookies.

## BIG JIM COOKIES

1/2 cup vegetable shortening	1/2 teaspoon salt
2/3 cup firmly packed brown sugar	1/4 cup maraschino cherry juice
1 egg	2 tablespoons milk
2 tablespoons shortening	1/4 cup maraschino cherries, chopped
6 tablespoons cocoa	1/2 cup pecans, broken
1 1/2 cups all purpose flour	18 large marshmallows
1/2 teaspoon soda	

Cream shortening, add sugar and blend until all lumps are dissolved and mixture is creamy.

Add egg and beat well.

Melt 2 tablespoons shortening over low heat. Let cool slightly. Add cocoa and stir until well mixed.

Sift flour, soda and salt together.

Add half of dry ingredients to creamed mixture and blend.

Add cherry juice, milk and remaining dry ingredients. Mix thoroughly.

Add cocoa mixture, pecans and cherries to batter and blend. Drop by well rounded teaspoon on very slightly greased baking sheet. Bake at 350 degrees 8 to 10 minutes.

Cut marshmallows in half. Press cut side down on hot cookie.

Cool on rack.

Spread the cookies with chocolate icing. (Recipe this book). Makes about 3 dozen cookies.

## PLAIN COOKIES

1 cup butter or margarine	3 teaspoons baking powder
1 cup sugar	1/8 teaspoon salt
2 eggs	1 teaspoon vanilla
3 cups all purpose flour	2 tablespoons milk

Cream butter or margarine with sugar until creamy.

Add eggs, one at a time, and beat well after each addition.


In a mixing bowl sift flour, baking powder and salt together.

Stir in one-half of dry ingredients, milk and vanilla. Add remaining dry ingredients and mix well.

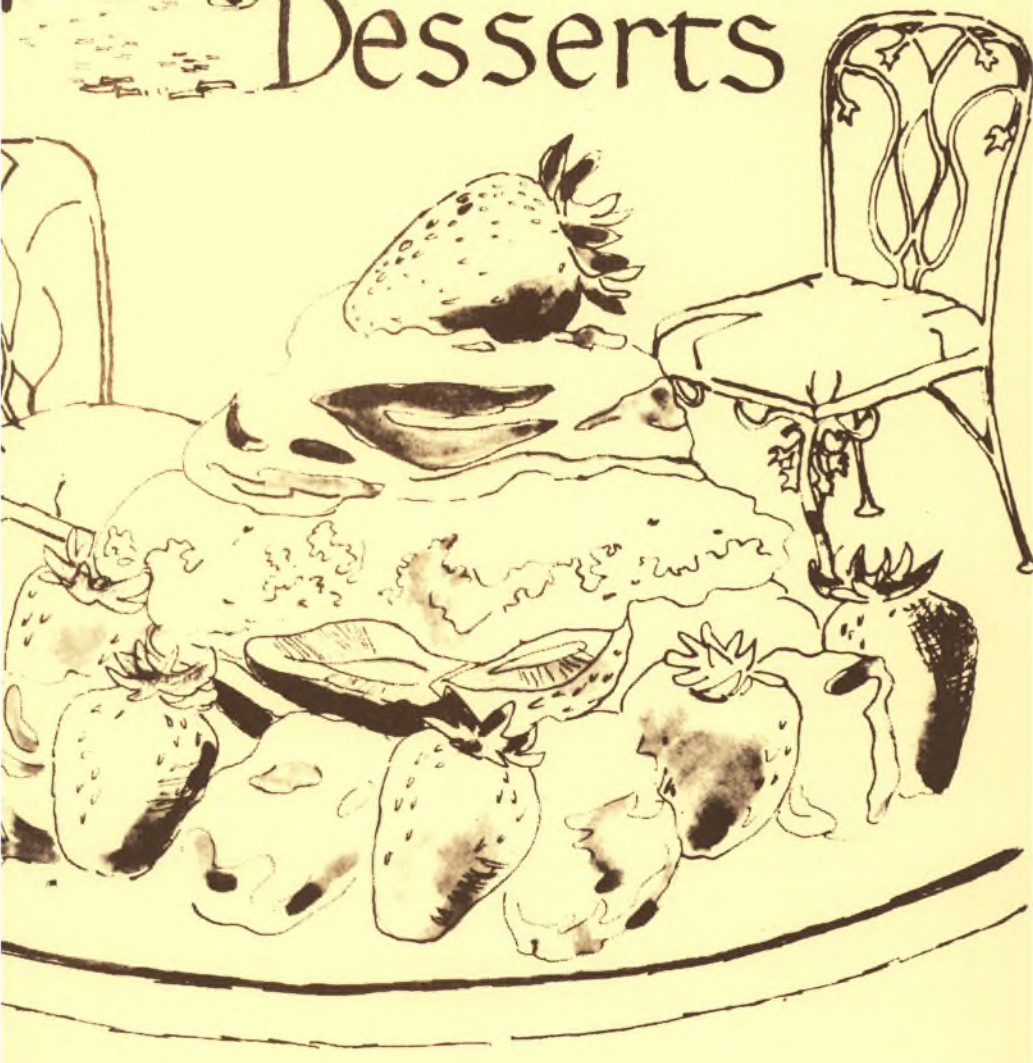
Turn out dough, about one-half at a time, on a floured board. Roll thin and cut with fancy cutters.

Bake at 400 degrees to 425 degrees until golden brown, about 8 minutes.

VARIATION: Frost cookies with chocolate or butter cream frosting. For festive occasions ice and decorate as appropriate.



# Desserts



## BOILED CUSTARD

- |                         |                                  |
|-------------------------|----------------------------------|
| 4 cups milk, scalded    | $\frac{1}{2}$ cup sugar          |
| 1 teaspoon cornstarch   | $\frac{1}{4}$ teaspoon salt      |
| 1 tablespoon cold milk  | $1\frac{1}{2}$ teaspoons vanilla |
| 4 eggs, slightly beaten |                                  |

Mix cornstarch with cold milk; add to scalded milk and cook about 10 minutes. Set aside.

Blend eggs, sugar and salt in top part of double boiler.

Slowly pour milk into egg mixture, stirring constantly.

Set top part of double boiler over simmering water, being certain that water does not touch top part of double boiler. Stir custard constantly.

Cook until mixture coats a metal spoon. Remove from heat immediately.

Set custard in cold water; stir often until almost cold. Add vanilla.

Strain into dish from which it is to be served. Chill. Serves 6.



## AMBROSIA

- |   |                               |
|---|-------------------------------|
| 6 medium, sweet oranges                     | 3 or 4 bananas                |
| 1 coconut, grated (or 1 cup flaked coconut) | $\frac{1}{4}$ cup lemon juice |
|   | Sugar                         |

Peel oranges, remove all membrane; section and cut each section in half.

Slice bananas thin and sprinkle with lemon juice to prevent discoloring.

Line the bottom of a cut glass bowl with a layer of orange pieces. Sprinkle lightly with sugar. Sprinkle with coconut.

Add a layer of bananas.

Repeat until ingredients are used, having a thick layer of coconut on top.

Chill and serve with cake. Serves 8.



## VANILLA CREAM

- |   |                                 |
|---|---------------------------------|
| 5 egg yolks                                   | 1 tablespoon unflavored gelatin |
| $\frac{2}{3}$ cup sifted confectioners' sugar | $\frac{1}{4}$ cup cold water    |
| 1 teaspoon vanilla                            | 5 egg whites                    |
| 2 cups heavy cream                            |                                 |

Beat egg yolks, add sugar and beat until well mixed. Stir in vanilla.

Whip cream and carefully fold into the egg mixture.

Meanwhile, soften gelatin in cold water and dissolve thoroughly over hot water.

Let cool slightly.

Beat egg whites until stiff.

Fold gelatin and egg whites in whipped cream mixture.

Pour the cream into a serving bowl and let it cool.

Serve with sweetened sliced strawberries, or crushed sweetened fruit of choice.

## CHEESE-FRUIT CUPS

- |                                |                                      |
|--------------------------------|--------------------------------------|
| 2 (8 ounce pkgs.) cream cheese | 2 eggs, beaten                       |
| $\frac{3}{4}$ cup sugar        | Vanilla wafers                       |
| 1 teaspoon vanilla             | 1 can (22 ounces) cherry pie filling |

Let cheese come to room temperature.

In a bowl combine cheese and sugar and mix thoroughly.

Add vanilla and eggs and beat well.

Line a 12 cup muffin pan with paper bake cups. Put a vanilla wafer in bottom of each cup.

Spoon in batter almost to top. Bake at 350 degrees for 20 minutes, cups will not brown. Let cool. (Cups will sink a little in the middle).

Top cups with cherry pie filling.

VARIATION: Use blueberry, peach, or any desired filling for topping.

**Mrs. Dorothy Scheafnocker**

## RUTH'S VANILLA ICE CREAM

- |                    |                           |
|--------------------|---------------------------|
| 6 eggs             | $\frac{1}{2}$ gallon milk |
| 2 cups sugar       | 2 tablespoons vanilla     |
| 2 cups heavy cream |                           |

Beat eggs lightly. Add sugar and blend. Add cream, milk and vanilla.

Pour mixture into cold 4-quart freezer, electric or hand, and freeze according to freezer directions.

VARIATION: If fruit is used, combine with all ingredients except milk.

Pour into freezer and add milk to reach line.

## PEACH ICE CREAM

- |                             |                                      |
|-----------------------------|--------------------------------------|
| 4 eggs                      | 1 cup heavy cream                    |
| 2 cups sugar                | 1 tablespoon vanilla                 |
| $\frac{1}{4}$ teaspoon salt | 2 cups mashed peaches                |
| 1 quart milk, scalded       | $\frac{1}{2}$ cup sugar              |
|                             | Few drops almond extract, if desired |

Beat eggs; add 2 cups sugar, salt and scalded milk. Blend.

Pour mixture into the top of a double boiler and cook over hot water until mixture coats a spoon. Chill.

To chilled mixture, add cream and vanilla.

Combine peaches with  $\frac{1}{2}$  cup sugar, mix, and add to chilled mixture.

If desired, add almond extract.

Pour into chilled freezer and freeze according to directions. Yields  $2\frac{1}{4}$  quarts.



## PEACH TRIFLE

- |                                 |                             |
|---------------------------------|-----------------------------|
| $\frac{1}{4}$ cup sugar         | 2 egg yolks                 |
| 5 tablespoons all purpose flour | 1 teaspoon vanilla          |
| $\frac{1}{4}$ teaspoon salt     | 12 lady fingers             |
| 2 cups milk                     | Canned peaches, drained     |
|                                 | 2 cups heavy cream, whipped |

Blend sugar, flour and salt in a saucepan.

Gradually add milk and cook 10 minutes over low heat, stirring constantly.

Remove from heat and stir into beaten egg yolks.

Return to heat and cook 2 minutes; add vanilla and cool. Stir in 1 cup whipped cream.

Line a baking dish with lady fingers. Add a thick layer of peaches; cover with cream filling and top with remaining whipped cream.

Refrigerate several hours, or overnight, before serving.

## RUM PUNCH

- |                             |                                    |
|-----------------------------|------------------------------------|
| 4 egg whites                | 1 cup heavy cream, whipped         |
| 1 pint lime sherbet         | 1/2 cup pineapple tidbits, drained |
| 1/2 cup extra dry white rum |                                    |

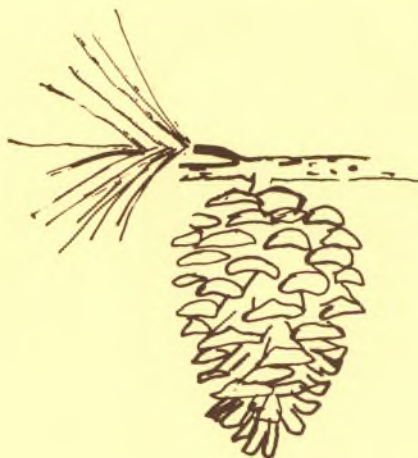
(Prepare this recipe as close to serving time as possible).

Allow sherbet to soften slightly.

Beat egg whites until stiff. Carefully add rum to egg whites and fold into sherbet.

Place sherbet mixture in freezer compartment of refrigerator and at frequent intervals, gently lift mixture from bottom and sides of container to prevent freezing.

When ready to serve, spoon sherbet mixture into sherbet glasses and top with the whipped cream mixed with pineapple tidbits. Serves 6.



## ORANGE CUPS

- |                                 |                               |
|---------------------------------|-------------------------------|
| 8 oranges                       | 1/4 cup cold water            |
| 1 1/4 cups confectioners' sugar | 1 envelope unflavored gelatin |
| 4 teaspoons orange liqueur      | 1 cup heavy cream, whipped    |

Cut small tops off oranges for lids. Remove pulp from oranges, discard seeds and membrane, and mash pulp.

Add sugar and liqueur to pulp.

Soften gelatin in cold water and dissolve over hot water and add to orange mixture. Let cool well.

Fold in whipped cream. Fill orange shells with the mixture and replace lids.

Put in refrigerator to chill. Serves 8.

## SWEETENED WHIPPED CREAM

- |                   |                   |
|-------------------|-------------------|
| 1 cup heavy cream | Sugar             |
| Few grains salt   | Few drops vanilla |

Chill bowl and beaters thoroughly.

Pour cream into bowl; add salt and beat with rotary beater, or an electric beater at medium speed.

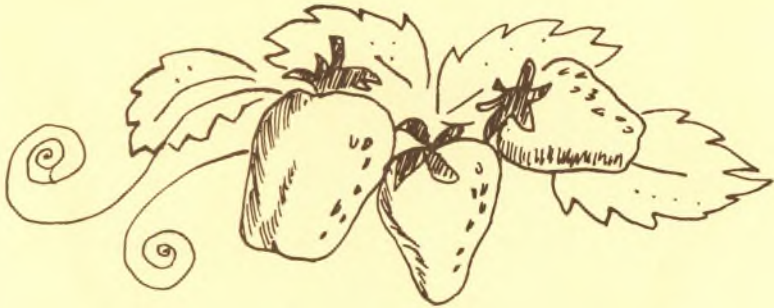
When cream begins to hold peaks add sugar and vanilla to taste.

Continue to beat until well blended, being careful not to let the cream become too stiff.

Yield: Topping for 9-inch pie.

## WHIPPED CREAM

Proceed as for sweetened whipped cream, omitting sugar and vanilla.



# Cakes



## CHOCOLATE TORTE

$\frac{3}{4}$ cup confectioners' sugar	1 cup heavy cream
$\frac{1}{2}$ cup plus 2 tablespoons cocoa	Sugar to taste
1 teaspoon ground cinnamon	Sherry, if desired
6 egg whites	Chocolate curls

Sift together sugar, cocoa and cinnamon into a mixing bowl.

In a large bowl beat egg whites until they hold stiff peaks.

Fold the egg whites into the cocoa mixture gently but thoroughly.

Spoon the mixture into a buttered 3-cup ring mold and smooth the top.

Set the mold in a baking pan and add enough hot water to reach halfway up the sides of the mold.

Bake in a moderate oven (325 degrees) for 45 minutes.

Remove the mold from the water and let the torte cool to room temperature.

Run a paring knife around the inside of the mold and invert the torte on a serving dish.

Whip cream until stiff. Sweeten to taste and flavor with sherry, if desired.

Cover torte with cream. Garnish with chocolate curls. (Recipe this book).

## CHOCOLATE CAKE

$1\frac{1}{2}$ cups sugar	2 teaspoons vanilla
$\frac{1}{2}$ cup cocoa	2 cups all purpose flour
$\frac{1}{2}$ cup boiling water	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup vegetable shortening	1 teaspoon soda
2 eggs, well beaten	$\frac{2}{3}$ cup buttermilk

Combine  $\frac{1}{2}$  cup sugar with cocoa and water in a saucepan. Cook over medium heat until smooth and glossy, stirring constantly. Cool thoroughly.

Cream shortening; add remaining sugar gradually and beat until fluffy.

Add eggs and beat well; add cooled cocoa mixture and vanilla and blend.

Sift flour, salt, and soda together and add to creamed mixture alternately with buttermilk, a small amount at a time, beating after each addition until smooth.

Pour batter into 2 greased and floured 9-inch cake pans. Bake at 350 degrees for 30 minutes or until cake tests done. Ice with caramel icing. (Recipe this book).

Garnish with pecan halves.

## COCONUT CAKE

3 cups all purpose flour	4 eggs
1/2 teaspoon salt	1 cup buttermilk
3 teaspoons baking powder	1/2 teaspoon soda
1 cup butter or margarine	1 tablespoon warm water
2 cups sugar	1 teaspoon vanilla

Sift flour, salt and baking powder together.

In a mixing bowl cream butter or margarine, add sugar and mix until fluffy.

Add eggs, one at a time, to creamed mixture, beating after each addition.

Add flour mixture to creamed mixture alternately with milk.

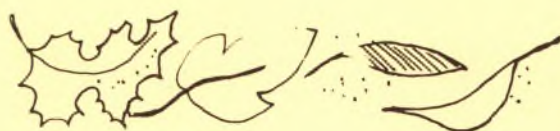
Dissolve soda in warm water and add to batter; add vanilla and mix thoroughly.

Meanwhile, prepare 3 well greased, floured and paper lined 8-inch cake pans.

Spoon batter into pans and bake at 300 degrees for 30 to 35 minutes, or until cake tests done by inserting a toothpick that comes out clean.

Let cool in pan for 10 minutes; turn out on rack to cool completely.

Frost with coconut frosting.



## COCONUT FROSTING

2 1/2 cups grated coconut	3 cups sugar
1/2 cup frozen concentrated orange juice, thawed and undiluted	1 1/2 cups water
	3 egg whites
1/2 cup chopped candied pineapple	1/4 teaspoon cream of tartar

Mix 2 cups coconut with orange juice and pineapple and let stand while making frosting.

Combine sugar and water in saucepan, to make a syrup, and boil until it spins a thread about 3 inches long when dropped from spoon.

Meanwhile, beat egg whites until frothy.

Add syrup to egg whites in a thin stream, beating constantly.

When frosting is fluffy and forms peaks, mix in cream of tartar.

Spread the coconut mixture evenly on the top of the cake layers.

Spread frosting between layers of cake. Frost top and sides and sprinkle with remaining coconut.

note; Secure layers by inserting 3 or 4 toothpicks during the frosting. Leave toothpicks intact.

## LEAH'S DATE NUT CAKE

- |                          |  |
|--------------------------|--|
| 1 pound dates            | 3 cups all purpose flour                     |
| 1 teaspoon soda          | 1 teaspoon vanilla                           |
| 1 cup boiling water      | 4 cups pecans, coarsely chopped              |
| $\frac{3}{4}$ cup butter | $\frac{1}{2}$ pound candied cherries, halved |
| 2 cups sugar             | $\frac{1}{2}$ pound candied pineapple, diced |
| 3 eggs                   |  |

Chop dates. Add soda and boiling water. Mix and let cool.

Let butter come to room temperature. Cream well; add sugar gradually and beat until smooth.

Add eggs, one at a time, and beat after each addition.

Add flour, vanilla and date mixture. Mix well. Stir in nuts, cherries and pineapples. Mix thoroughly.

Grease and lightly flour a tube pan. Line bottom with greased brown paper. Spoon in batter.

Bake at 275 degrees for about 2 to 2 $\frac{1}{2}$  hours or until it tests done. Let cake set in pan 10 minutes. Turn out on rack, remove brown paper and let cool.

## PARTY TORTE

- |                                   |  |
|-----------------------------------|--|
| 8 egg whites (1-1/8 cups)         | 1 cup crushed pineapple, drained                                     |
| 1 $\frac{1}{2}$ teaspoons vanilla | $\frac{3}{4}$ cup maraschino cherries,<br>drained and cut in fourths |
| 1 teaspoon vinegar                | 2 cups heavy cream   |
| Pinch salt                        |  |
| 2 cups sugar, sifted              |  |

In a large bowl beat egg whites until foamy; add vanilla, vinegar and salt. Beat until whites form peaks.

Add sugar, 1 tablespoon at a time, continue beating, and beat until all sugar is added and meringue is stiff.

Brush 2 (8-inch) spring-form cake pans with vegetable oil and dust with flour.

Spoon meringue into pans and bake in a slow oven (300 degrees) for about 1 hour and 15 minutes, or until they are set.

Cool in pans. Spring sides of pan to release meringues. With a heavy spatula remove them to flat plates.

In a large bowl whip cream until stiff. Fold in well drained pineapple and cherries.

Spread mixture generously over bottom layer. Add top layer and use remaining cream mixture to frost top and sides.

Chill for 12 hours or overnight.

**Mrs. Annalu Sheldon**



## BLUEBERRY CHEESE CAKE

- |   |                                  |
|---|----------------------------------|
| 2 cups finely crushed vanilla wafer crumbs        | 3 eggs                           |
| 2 tablespoons sugar                               | 1 tablespoon lemon juice         |
| 1 teaspoon ground cinnamon                        | 1 teaspoon grated lemon peel     |
| 5 $\frac{1}{3}$ tablespoons butter or margarine   | $\frac{1}{2}$ teaspoon vanilla   |
| 3 packages (8 ounces each) cream cheese, softened | $\frac{1}{3}$ cup sugar          |
| 1 cup sugar                                       | 1 tablespoon cornstarch          |
|   | $\frac{1}{3}$ cup water          |
|   | 2 cups blueberries               |
|   | 1 tablespoon butter or margarine |

Combine vanilla wafer crumbs, 2 tablespoons sugar and 1 teaspoon ground cinnamon in mixing bowl. Cut in butter or margarine until blended.

Press mixture firmly and evenly against bottom and sides of a lightly greased 8-inch spring-form pan. Chill 30 to 45 minutes.

In a large bowl mix cheese and 1 cup sugar together until light and fluffy.

Add eggs, one at a time, beating well after each addition.

Add lemon juice, lemon peel and vanilla; blend thoroughly.

Pour mixture into chilled crust.

Bake at 375 degrees for 45 minutes or until filling is set and lightly browned.

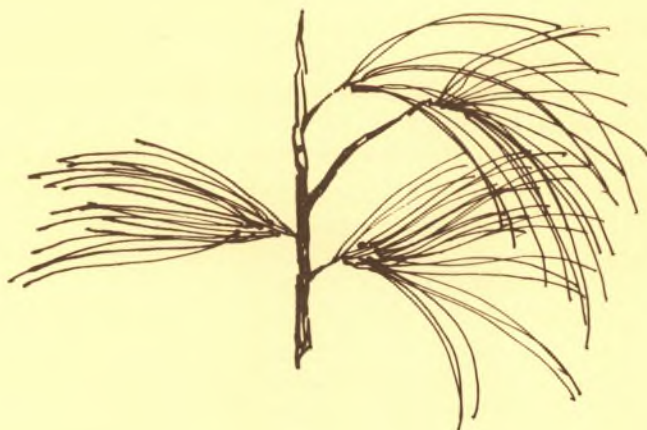
Remove from oven and let cool while preparing topping.

To prepare topping, combine  $\frac{1}{3}$  cup sugar and cornstarch in a saucepan. Add water and blueberries. Cook, stirring constantly, over medium heat until mixture comes to a full boil and is thickened.

Remove from heat and stir in 1 tablespoon butter or margarine until melted. Cool about 15 minutes.

Meanwhile, release cake from pan and transfer to a serving plate.

Spoon topping on top of cake.



## OLD FASHIONED STACK CAKE

- |                           |                           |
|---------------------------|---------------------------|
| 2 cups sugar              | 6 cups all purpose flour  |
| 1 cup butter or margarine | 1 teaspoon soda           |
| 2 eggs                    | 3 teaspoons baking powder |
| 1 teaspoon vanilla        | 1 teaspoon salt           |
|                           | 1/2 cup buttermilk        |

Cream sugar and butter or margarine together until fluffy.

Add eggs, one at a time, beating well after each addition. Add vanilla and mix thoroughly.

Sift flour, soda, baking powder and salt together. Add alternately with buttermilk to creamed mixture.

Divide batter into six or seven equal parts and shape into round balls. Place each ball in the middle of a well greased and floured 9-inch cake pan. Pat dough to the edge of pan, turning pan so dough will be evenly distributed.

Bake in hot oven (375 degrees to 425 degrees) for about 10 to 12 minutes, or until top has lightly browned.

Let layer cool in pan for about 2 minutes. Use a spatula to loosen edge of layers; tap pan gently to loosen. (Do not allow layers to remain in pans too long or they will break when lifted out).

As layers are taken from oven and slightly cooled, spread each layer with dried apple filling. Continue until all layers are stacked. Do not put apple filling on top layer.

Put cake in a covered container for 10 to 12 hours before serving.

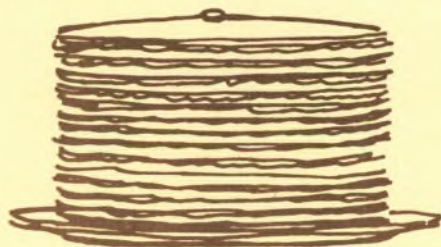
## DRIED APPLE FILLINGS

- |                                    |                              |
|------------------------------------|------------------------------|
| 1 pound dried or evaporated apples | 2 teaspoons ground cinnamon  |
| 1 cup granulated sugar             | 1/2 teaspoon ground cloves   |
| 1/2 cup brown sugar                | 1/2 teaspoon ground allspice |

Wash apples, cover with water and cook until tender. Mash thoroughly.

Add sugar and spices. Mix well.

Spread warm apple mixture between layers of cake.



## PINEAPPLE SHEET CAKE

- |                          |                                |
|--------------------------|--------------------------------|
| 2 cups all purpose flour | 1 (number 2) can crushed       |
| 2 cups sugar             | pineapple (2½ cups), undrained |
| 2 eggs                   | ½ cup vegetable oil            |
|                          | 1 teaspoon soda                |

Combine all ingredients, mix and beat well.

Grease, flour, and line a large baking pan (11¾x7½x1¾) with brown paper. Pour batter into pan and bake at 350 degrees for 30 minutes. Let cool in pan for about 10 minutes; transfer to a rack to cool, remove brown paper and cover with topping.

### TOPPING

- |                       |                      |
|-----------------------|----------------------|
| ⅔ cup evaporated milk | ¼ pound margarine    |
| 1 cup sugar           | ½ cup nuts, chopped  |
|                       | ¾ cup flaked coconut |

Combine milk, sugar and margarine; cook for 10 minutes after mixture begins to boil.

Add nuts and coconut. Stir until well blended.

Spread on cake.

Can be frozen.

**Mrs. Sue Shaw**

## APPLESAUCE CAKE

- |                                 |                             |
|---------------------------------|-----------------------------|
| 1 cup butter                    | 2 teaspoons ground cloves   |
| 3 cups heated cooked applesauce | 2 teaspoons ground cinnamon |
| 4 cups all purpose flour        | 4 teaspoons soda            |
| 2 cups sugar                    | 3 tablespoons cocoa         |
| 4 teaspoons ground nutmeg       | 2 cups chopped nuts         |
|                                 | 2 cup raisins               |

Add butter to applesauce while hot.

Sift together flour, sugar, nutmeg, cloves, cinnamon, soda and cocoa.

Add nuts and raisins to dry ingredients and add to applesauce mixture gradually. Blend.

Grease, flour and line with paper a large baking pan.

Pour batter into pan and bake at 325 degrees for 45 minutes or until it tests done.

NOTE: For a smaller cake, halve recipe.

## STRAWBERRY SHORTCAKE

- |  |                                   |
|--|-----------------------------------|
| 2 cups all purpose flour               | 1 egg                             |
| 3 teaspoons baking powder              | $\frac{3}{4}$ cup milk, or more   |
| $\frac{1}{2}$ teaspoon salt            | Melted butter or margarine        |
| 1 tablespoon sugar                     | Sweetened strawberries            |
| $\frac{1}{4}$ cup butter or margarine  | Whipped cream, sweetened to taste |
| $\frac{1}{4}$ cup vegetable shortening |                                   |

Sift flour, baking powder, salt and sugar into a bowl.

Add butter or margarine, shortening and with two knives cut into flour mixture until texture resembles meal.

Beat egg; add milk and stir into mixture until it is thoroughly moistened.

Turn dough out onto a lightly floured board. Knead 8 to 10 times.

Pat or roll out  $\frac{1}{2}$  inch thick and cut in  $2\frac{1}{2}$ -inch rounds.

Place slightly apart on a lightly greased baking sheet. Brush tops with melted butter.

Bake at 450 degrees for 8 to 10 minutes, or until golden brown.

Split biscuits and fill with sweetened strawberries (cut in half if desired). Replace tops and spoon additional strawberries over shortcake.

Cover with whipped cream and garnish with whole strawberries. Yields: 10 to 12 servings.



## VANILLA WAFER CAKE

- |                            |   |
|----------------------------|---|
| $\frac{1}{4}$ pound butter | $2\frac{1}{2}$ cups rolled vanilla wafers     |
| 1 cup sugar                | 1 can ( $3\frac{1}{2}$ ounces) flaked coconut |
| 3 eggs, beaten             | $\frac{1}{2}$ cup milk                        |
| 1 teaspoon baking powder   | $\frac{1}{2}$ cup chopped pecans              |

Cream butter and sugar together in a bowl until fluffy. Add eggs and mix well.

Combine wafer crumbs and baking powder.

Add crumb mixture to creamed mixture alternately with milk.

Stir in coconut and nuts. Bake in a greased square pan at 350 degrees for 30 to 45 minutes or until it tests done.

Cut in squares.

## CHEESE CAKE

- |  |                                    |
|--|------------------------------------|
| 1 cup finely rolled<br>graham cracker crumbs | 1 envelope unflavored gelatin      |
| $\frac{1}{4}$ cup confectioners' sugar       | $\frac{1}{4}$ cup cold water       |
| 2 tablespoons butter, melted                 | $1\frac{1}{2}$ cups cottage cheese |
| $\frac{1}{4}$ cup sugar                      | 6 tablespoons lemon juice          |
| $\frac{1}{4}$ cup milk                       | Grated rind of 2 lemons            |
| 1 egg  | 1 teaspoon vanilla                 |
| 2 egg yolks                                  | 2 egg whites                       |
| $\frac{1}{4}$ teaspoon salt                  | $\frac{1}{2}$ cup sugar            |
|  | 1 cup heavy cream, whipped         |

In a bowl combine graham cracker crumbs, confectioners' sugar and melted butter.

Butter the bottom and sides of a 9-inch spring-form pan and press  $\frac{3}{4}$  of the mixture over the sides and bottom of the pan. Reserve remainder.

In the top of a double boiler combine  $\frac{1}{4}$  cup sugar, milk, egg, egg yolks and salt, and beat well.

Cook the custard over hot water, stirring constantly, until it thickens.

Meanwhile soften gelatin in  $\frac{1}{4}$  cup cold water. Add gelatin mixture to the custard and stir until it is completely dissolved. Let cool.

Press cottage cheese through a sieve into a bowl. Add lemon juice, lemon rind and vanilla. Add mixture to custard.

Beat egg whites until they are stiff and gradually beat in  $\frac{1}{2}$  cup sugar.

Fold egg whites and whipped cream into the custard mixture.

Spoon the filling into the graham cracker crust. Garnish with remaining cracker mixture. Chill until firm.

## "MELT IN YOUR MOUTH" POUND CAKE

- |   |                                       |
|---|---------------------------------------|
| $\frac{3}{4}$ pound butter                | 6 eggs                                |
| 1 box (16 ounces)<br>confectioners' sugar | $3\frac{1}{2}$ cups all purpose flour |
|   | 1 teaspoon vanilla                    |

Let butter come to room temperature and cream thoroughly.

Gradually add sugar, beating constantly.

Add eggs, one at a time, alternately with flour, beating well after each addition.

Add vanilla and mix well.

Pour into greased and floured tube pan.

Bake at 350 degrees for 1 hour or until done.

## CHERRY COCONUT CAKE

1/2 cup vegetable shortening	1/2 cup flaked coconut
1 cup sugar	Juice from cherries and
3 cups all purpose flour	water to make 1 cup
3 teaspoons baking powder	4 egg whites
1/4 teaspoon salt	1/2 cup sugar
1/2 cup chopped nuts	1 teaspoon vanilla
1 small bottle maraschino cherries, chopped	Flaked coconut

Cream shortening and sugar together thoroughly.

In a bowl sift together 2 1/2 cups flour with baking powder and salt.

Mix 1/2 cup flour with nuts, cherries and 1/2 cup coconut.

Add dry ingredients to creamed mixture alternately with juice; mix well.

Stir in nut, cherry and coconut mixture.

Beat egg whites until stiff. Gradually beat in 1/2 cup sugar and continue beating until stiff peaks form. Fold into batter.

Add vanilla and blend.

Spoon batter into two 9-inch greased and floured cake pans. Bake at 350 degrees for 30 to 40 minutes, or until tests done.

Remove from oven; let set in pans for 10 minutes. Turn out on a rack to cool.

Cover with white icing (recipe this book) and sprinkle with coconut.

## COCONUT POUND CAKE

1 1/2 cups vegetable shortening	1 teaspoon baking powder
2 1/4 cups sugar	1/4 teaspoon salt
5 eggs	2 teaspoons coconut flavoring
3 cups all purpose flour	1 cup milk
	1 can (3 1/2 ounces) flaked coconut

Cream shortening and sugar together in a large bowl.

Add eggs, one at a time, beating after each addition. Beat at high speed with electric beaters for 10 minutes.

Sift together flour, baking powder and salt.

Add dry ingredients, flavoring and milk to creamed mixture and mix well. Fold in coconut.

Pour batter into a well greased and floured tube pan.

Place in a cold oven and bake at 325 degrees for 1 hour and 25 minutes.

## MRS. CHILD'S WHITE CAKE

- |                              |                          |
|------------------------------|--------------------------|
| 2 cups sugar                 | 1/2 teaspoon salt        |
| 1 cup butter, softened       | 1 cup milk, or more      |
| 3 3/4 cups all purpose flour | 4 egg whites             |
| 3 teaspoons baking powder    | 1 teaspoon vanilla       |
|                              | 1 teaspoon lemon extract |

In a large bowl cream sugar and butter together thoroughly.

Sift together flour, baking powder and salt.

Add dry ingredients to creamed mixture alternately with milk. Mix well.

Add flavoring and blend.

Beat egg whites until stiff and fold into batter.

Spoon batter into three well greased and floured 8 or 9-inch cake pans.

Bake at 350 degrees for about 30 minutes or until layers test done.

Remove from oven and let stand in pans 10 minutes. Cool thoroughly on cake rack before frosting.

Frost with icing of choice.

## STRAWBERRY TORTE

- |                      |  |
|----------------------|--|
| 5 egg whites         | 1/2 teaspoon almond extract                          |
| Pinch salt           | 2 cups whipping cream, lightly sweetened, if desired |
| 1 cup sugar          | Fresh strawberries                                   |
| 1/2 teaspoon vanilla |  |

Combine egg whites with salt. Beat until they are stiff but not dry.

Beat in sugar, 1 tablespoon at a time, and beat until meringue is thick and smooth. Gently fold in flavorings.

Lightly oil and dust with flour two 8-inch spring-form pans. Spoon meringue into pans and bake in a slow oven (250 degrees) for about 1 hour, or until they are set.

Let meringue cool slightly in pans. Spring pans, and, if necessary, use a spatula to loose meringue from bottom. Remove to a flat surface to cool completely and let dry.

Whip cream until stiff and reserve one cup for decorating.

Sweeten 1 cup strawberries and slightly crush. Combine with 1 cup of the whipped cream and spread over the bottom layer. Add second meringue and spread the top and sides of the torte with the reserved whipped cream. Decorate with sweetened whole strawberries and swirls of whipped cream.

Serve at once.

## ORANGE DATE CAKE

1 cup sugar	1 teaspoon soda
$\frac{1}{2}$ cup vegetable shortening	$\frac{2}{3}$ cup buttermilk
2 eggs	1 teaspoon grated orange rind
2 cups all purpose flour	1 (8 ounce) package dates, chopped
$\frac{1}{4}$ teaspoon salt	$\frac{2}{3}$ cup chopped pecans

Cream sugar and shortening together; add eggs, one at a time, beating after each addition.

In a bowl sift flour, salt and soda together.

Add dry ingredients to creamed mixture, alternately with buttermilk.

Stir in orange rind, dates and pecans and mix thoroughly.

Bake in a well greased, floured and paper lined loaf pan at 325 degrees for 45 minutes to 1 hour, or until cake tests done. Leave in pan and cover with topping while hot. Let cool and set in pan a few hours before transferring to serving plate.

### TOPPING

$\frac{1}{2}$ cup sugar	Juice of 2 oranges
Grated rind of 1 orange	

Combine all ingredients and mix well. Let stand while cake bakes. Pour over hot cake.





## LADY BALTIMORE CAKE

$\frac{1}{3}$ cup vegetable shortening	4 egg whites
$\frac{1}{3}$ cup butter, softened	$2\frac{1}{2}$ cups all purpose flour
$1\frac{1}{2}$ cups sugar	3 teaspoons baking powder
$1\frac{1}{2}$ teaspoons vanilla	1 teaspoon salt
$\frac{1}{4}$ to $\frac{1}{2}$ teaspoon almond extract	1 cup milk
$\frac{1}{2}$ teaspoon lemon peel, grated	Lady Baltimore Frosting (Recipe this book)

Cream shortening, butter, 1 cup sugar, vanilla, almond extract and lemon peel until very light and fluffy.

Beat egg whites to soft peaks. Gradually add remaining sugar and beat until whites form stiff peaks.

Sift flour. Combine flour, baking powder and salt and sift twice.

Add flour to creamed mixture alternately with milk. Beat until batter is smooth.

Carefully fold egg whites into batter.

Spoon evenly into 2 deep, greased and floured 8-inch cake pans.

Bake in moderate oven (350 degrees) 30 to 35 minutes, or until cake tests down.

Remove from oven and let stand in pans about 10 minutes. Turn out on wire racks to cool.

When ready to frost cake, cut each layer in half crosswise, making 4 thin layers.

Put layers together with Lady Baltimore Frosting. Spread plain frosting over tops and sides of cake. Swirl frosting on top of cake in an attractive pattern.

Sprinkle additional chopped raisins, cherries and nuts on top for decoration.

Let cake stand in a cool place at least 1 hour before cutting.



## LADY BALTIMORE FROSTING

1 cup dark or golden raisins, chopped	$\frac{1}{2}$ cup white corn syrup
$\frac{1}{4}$ cup sherry	4 egg whites
$\frac{1}{2}$ cup pecans, coarsely chopped	$1\frac{1}{2}$ teaspoons vanilla
$\frac{1}{2}$ cup candied cherries, chopped	$\frac{1}{4}$ teaspoon almond extract
1 cup sugar	2 teaspoons lemon juice
$\frac{1}{4}$ cup water	$\frac{1}{2}$ teaspoon lemon peel, grated
	$\frac{1}{2}$ cup coconut, if desired

Combine raisins with sherry and let stand 1 hour. Drain and press out excess liquid. Add nuts and cherries, mix, and set aside.

In a small saucepan combine sugar, water and corn syrup. Boil until syrup spins a thread of about 3 inches when dropped from a spoon. Keep pan covered the first 3 or 4 minutes of cooking.

Meanwhile, beat egg whites until stiff.

Pour syrup slowly in a thin stream, beating constantly, into the egg whites. Add flavorings, lemon juice and lemon peel. Continue beating until frosting is fluffy and holds its shape.

Fold in fruits and nuts in about  $\frac{1}{3}$  of the frosting. (If desired, add coconut, or reserve to sprinkle on top and sides of cake). Spread between cake layers. Use remaining icing for top and sides of cake.

Decorate with chopped fruits, and, or, coconut.

## JAM CAKE

$3\frac{1}{2}$ cups all purpose flour	$1\frac{1}{4}$ cups buttermilk
1 teaspoon cocoa	1 cup vegetable shortening
$\frac{1}{3}$ teaspoon ground cloves	2 cups sugar
$\frac{1}{3}$ teaspoon ground cinnamon	3 eggs
$\frac{1}{3}$ teaspoon ground allspice	1 teaspoon vanilla
1 teaspoon soda	$1\frac{1}{2}$ cups blackberry jam
	1 cup chopped nuts

Sift together flour, cocoa, cloves, cinnamon and allspice in a bowl.

Dissolve soda in buttermilk.

Cream together shortening and sugar. Add eggs to creamed mixture, one at a time, beating well, after each addition. Add vanilla.

Add dry ingredients to creamed mixture alternately with buttermilk mixture; mixing well.

Stir in jam and nuts.

Pour batter into 3 greased and floured 8-inch cake pans and bake at 350 degrees for 30 minutes or until tests done.

Frost with caramel icing. (Recipe this book).

## CHOCOLATE ICING

- |  |  |
|--|--|
| 1½ cups confectioners' sugar                 | 2 tablespoons cocoa                                    |
| 2 tablespoons butter or margarine,<br>melted | 2 or 3 tablespoons boiling water<br>1 teaspoon vanilla |

Sift sugar and combine with butter and cocoa.

Add boiling water and blend.

Add vanilla and beat until blended. Continue to beat until of consistency to spread. If icing should be a little too thin add more sugar; if too thick add a few drops more of boiling water.

## WHITE ICING

- |                    |                    |
|--------------------|--------------------|
| 2 cups sugar       | 2 egg whites       |
| 1 cup water        | Pinch salt         |
| 1 teaspoon vinegar | 1 teaspoon vanilla |

Combine sugar, water and vinegar in a heavy saucepan. Stir gently over low heat until sugar is thoroughly dissolved. (Do not splatter sides of pan above syrup line). Bring to boiling point.

Boil uncovered until syrup begins to thicken.

Meanwhile beat egg whites and salt with rotary beater until whites barely hold peaks.

Gradually add a small amount of the syrup, beating constantly.

Continue cooking syrup until it spins a thread 3 inches long.

Slowly add remainder of syrup to egg whites. Continue beating until icing becomes thick. Scrape frosting from beater and set aside.

Add vanilla and continue beating with a large spoon until icing piles well and holds marks when spoon is taken out.

Spread on cake.

## BUTTER CREAM FROSTING

- |                                |                         |
|--------------------------------|-------------------------|
| 1¼ cups confectioners' sugar   | 2 tablespoons warm milk |
| 2 tablespoons butter, softened | ½ teaspoon vanilla      |

Combine sugar and butter. Beat in milk and vanilla and beat until well mixed and consistency to spread.

VARIATION: For a white frosting use vegetable shortening instead of butter. For festive occasions add a few drops of food coloring, as desired.

## CARAMEL ICING

2 cups brown sugar, firmly packed	$\frac{1}{3}$ cup vegetable shortening
1 tablespoon vegetable shortening	$2\frac{1}{2}$ cups sifted confectioners' sugar
1 tablespoon white corn syrup	4 tablespoons hot milk
$\frac{1}{2}$ cup milk	1 teaspoon vanilla

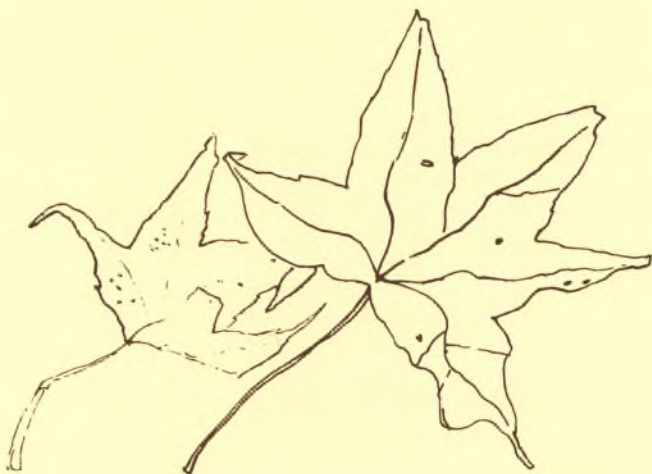
Combine brown sugar, 1 tablespoon shortening, syrup and  $\frac{1}{2}$  cup milk and boil, stirring frequently, until a soft ball forms in cold water.

Meanwhile, combine  $\frac{1}{3}$  cup shortening, confectioners' sugar, milk and vanilla. Beat until creamy.

Gradually pour syrup over creamed mixture. Beat until thick and creamy and the right consistency to spread. If icing is not thick enough add more confectioners' sugar; if too thick add more hot milk. Yield: Icing for two 9-inch layers and sides.

## CHOCOLATE CURLS

Select chunks of sweet chocolate or a thick sweet chocolate bar. With a vegetable parer or grater peel or grate chocolate into curls. Use to decorate cakes or souffles.



# Pastries



## LEMON MERINGUE PIE

- |                          |                               |
|--------------------------|-------------------------------|
| 1 cup sugar              | 2 teaspoons grated lemon rind |
| 4 tablespoons cornstarch | 5 tablespoons lemon juice     |
| Dash salt                | 3 eggs, separated             |
| 1½ cups milk             | 1 tablespoon butter           |
|                          | 1 baked 9-inch pie shell      |

In a heavy saucepan, combine sugar, cornstarch and salt. Gradually add milk, stirring constantly to prevent lumping.

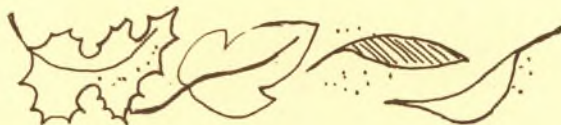
Cook mixture over medium heat until mixture is thickened and bubbling.

Meanwhile, beat egg yolks slightly.

Remove cooking mixture from heat and blend a small part into the egg yolks. Add egg yolk mixture to remaining hot mixture in pan. Return to heat and cook 5 minutes, stirring constantly.

Stir in lemon juice, rind and butter. Mix thoroughly. (Mixture should be creamy and consistency of medium thick sauce. Mixture will thicken somewhat during cooling). Let cool about 5 minutes.

Pour filling into baked pie shell. Top filling with meringue, using the 3 egg whites. (Recipe this book).



## VANILLA CREAM PIE

- |                          |                        |
|--------------------------|------------------------|
| ¾ cup sugar              | 3 eggs, separated      |
| 4 tablespoons cornstarch | 1 tablespoon butter    |
| Dash salt                | 1½ teaspoons vanilla   |
| 2½ cups milk             | 9-inch baked pie shell |

Combine sugar, cornstarch and salt in a heavy saucepan.

Add milk gradually and cook over low heat, stirring constantly, until mixture thickens and bubbles. Continue stirring and cook 5 minutes. Remove from heat.

Beat egg yolks. Stir part of the hot mixture in the yolks; add to remaining hot mixture in pan.

Return to heat and cook, stirring constantly, for 2 minutes.

Remove from heat and add butter and vanilla. Blend. Let cool about 5 minutes.

Pour filling into baked pie shell.

Top with meringue, using the 3 egg whites. (Recipe this book).

## BANANA CREAM PIE

Add  $\frac{3}{4}$  cup sliced bananas to vanilla cream pie.

## COCONUT CREAM PIE

Fold  $\frac{2}{3}$  cup flaked coconut in 1 recipe of vanilla cream pie.

## CARAMEL PIE

1 cup dark brown sugar	3 eggs, separated
4 tablespoons all purpose flour	2 tablespoons butter
$\frac{1}{4}$ teaspoon salt	1 teaspoon vanilla
$1\frac{1}{3}$ cups milk	8 or 9-inch baked pie shell

Combine brown sugar, flour and salt in a heavy saucepan. Mix thoroughly. Add milk and egg yolks. Cook over medium low heat, stirring constantly until thickened.

Remove from heat, add butter and vanilla. Beat a few minutes longer to make filling completely smooth. Let cool 5 minutes.

Pour into baked pie shell.

Top with meringue made from the egg whites, (recipe this book), brown in 350 degree oven.

VARIATION: Whipped cream can be substituted for meringue.

## PECAN PIE

3 eggs, beaten	1 cup white corn syrup
$\frac{3}{4}$ cup sugar	1 tablespoon butter, melted
1 tablespoon all purpose flour	1 teaspoon vanilla
$\frac{1}{4}$ teaspoon salt	1 cup pecans, coarsely broken
$\frac{1}{2}$ cup evaporated milk	1 unbaked 9-inch pie shell

In a mixing bowl combine eggs, sugar, flour and salt. Mix thoroughly.

Add milk, syrup, butter and vanilla. Blend.

Stir in pecans. Pour mixture into pie shell and bake at 350 degrees, 45 to 50 minutes or until set. (If pie seems to bake too fast after the first 10 to 15 minutes, reduce heat to 325 degrees).

## PUMPKIN CHIFFON PIE

1½ cups cooked pumpkin, mashed	½ teaspoon ground nutmeg
3 egg yolks, beaten	1 envelope unflavored gelatin
¾ to 1 cup brown sugar, firmly packed	¼ cup cold water
½ cup light cream	3 egg whites
½ teaspoon salt	4 tablespoons sugar
1 teaspoon ground cinnamon	9 inch baked pie shell
½ teaspoon ground ginger	1 cup heavy cream, whipped, sweetened to taste

Combine pumpkin, egg yolks, sugar, cream, salt, cinnamon, ginger and nutmeg. Cook in top of double boiler over simmering water until thick, stirring constantly.

Meanwhile, soften gelatin in cold water; stir into hot pumpkin mixture. Let cool and chill until it begins to thicken.

Beat egg whites until foamy. Continue beating and gradually add 4 tablespoons sugar and beat until stiff. Fold into pumpkin - gelatin mixture.

Carefully spoon into baked pie shell and chill until set.

When ready to serve top with sweetened whipped cream.

## MACADAMIA NUT CHIFFON PIE

4 egg yolks	Pinch salt
½ cup sugar	½ cup sugar
¼ teaspoon salt	½ cup Macadamia nuts, chopped
1 cup milk	¼ teaspoon almond extract
1 envelope unflavored gelatin	1 cup heavy cream, sweetened to taste
¼ cup cold water	
4 egg whites	1 (10-inch) baked pie shell

In a saucepan combine egg yolks, ½ cup sugar, salt and milk.

Cook the mixture over moderate heat, stirring until it is thickened and coats a spoon. Do not let it boil. Remove from heat.

Meanwhile, soften gelatin in cold water and add to egg mixture. Blend. Let cool.

Beat egg whites with salt until foamy. Gradually beat in ½ cup sugar and continue to beat until whites form stiff peaks.

Carefully fold egg whites into yolk mixture. Fold in ½ cup Macadamia nuts and almond extract.

Spoon the filling into the pie shell and chill it.

When ready to serve top the pie with the whipped cream. Sprinkle remainder of nuts over whipped cream.



## LEMON TARTS

- |                           |                              |
|---------------------------|------------------------------|
| 4 egg yolks               | 1 teaspoon grated lemon rind |
| 1/4 cup sugar             | 1 cup heavy cream            |
| 4 tablespoons lemon juice | 1/2 cup sugar                |
| 1/4 cup butter            |                              |

In a heavy saucepan combine egg yolks, 1/4 cup sugar, lemon juice and butter. Cook the mixture over medium low heat, stirring, until the butter is melted. Continue cooking until the custard thickens, stirring constantly.

Transfer the custard to a bowl and stir in lemon rind.

Let custard cool and cover it with buttered wax paper. Chill.

Whip cream, adding 1/2 cup sugar gradually, until it forms soft peaks.

Carefully fold the cream into the custard and combine it well.

Divide the mixture among baked tart shells. Top each tart with a whole blanched almond. Yield: filling for 9 tart shells.

## TART FILLINGS

Bake tart shells by recipe this book.

Use any filling for cream pies and top with meringue, or sweetened whipped cream.

Or use fruit pie filling and top with whipped cream.

## BLUEBERRY PIE

- |                                 |   |
|---------------------------------|---|
| 4 cups fresh blueberries        | 1/4 teaspoon ground cinnamon                              |
| 4 tablespoons water             | 1 teaspoon grated lemon peel                              |
| 3/4 to 1 cup sugar              | 1 teaspoon lemon juice                                    |
| 2 tablespoons all purpose flour | 1 tablespoon butter                                       |
| Dash salt                       | Pastry for 10-inch double crust pie<br>(Recipe this book) |

In a saucepan combine berries, water and 1/2 cup sugar, (reserve remainder of sugar to mix with flour) and let come to a boil.

Mix flour and 1/4 to 1/2 cup sugar (depending on tartness of berries) and add to berries. Cook, stirring constantly until mixture thickens. Add salt and cinnamon and stir.

Spoon berries into pastry-lined pan. Sprinkle lemon juice and rind over top of berries. Dot with butter.

Cover top with pastry, cut slits. Seal and flute.

Bake at 400 degrees for 35 minutes.

## EGG CUSTARD

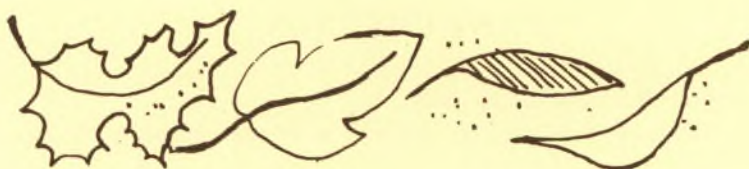
- |                                |                               |
|--------------------------------|-------------------------------|
| 5 tablespoons sugar            | 2 cups milk, scalded          |
| 1/8 teaspoon salt              | 1 teaspoon vanilla            |
| 1 tablespoon all purpose flour | Ground nutmeg                 |
| 3 eggs                         | 8 or 9-inch unbaked pie shell |

Combine sugar, salt and flour.

Beat eggs until yolks and whites are blended. Add to dry ingredients.

Gradually stir in milk and vanilla. Strain the mixture into the pie shell and sprinkle lightly with nutmeg.

Bake in a hot oven (425 degrees) to cook the rim well; reduce heat to 325 degrees and bake until the custard is firm, or when a knife inserted in the center of the pie comes out clean. Cooking time 30 to 40 minutes.



## OZARK PIE

- |                                 |   |
|---------------------------------|---|
| 1/2 cup all purpose flour       | 1 teaspoon vanilla                                |
| 2 teaspoons baking powder       | 1 1/4 cups chopped pecans                         |
| 1/2 teaspoon salt               | 1 cup finely chopped apples                       |
| 2 eggs                          | 1 cup heavy cream, whipped and sweetened to taste |
| 1 cup firmly packed brown sugar | 1 (10-inch) unbaked pie shell                     |

In a bowl sift together flour, baking powder and salt.

Beat eggs until light and lemon colored. Add sugar and continue to beat until mixture is creamy.

Add egg and sugar mixture to flour mixture. Add vanilla, 1 cup pecans and apples.

Spoon mixture into pie shell. Bake at 450 degrees for 10 minutes, reduce heat to 350 degrees and bake 15 minutes longer or until filling is set. Let cool.

When ready to serve top the pie with the whipped cream and sprinkle on remainder of pecans.

## LIME CHIFFON PIE

- |                               |                            |
|-------------------------------|----------------------------|
| 4 egg yolks                   | 4 egg whites               |
| 1/2 cup sugar                 | 5 tablespoons sugar        |
| 1/3 cup lime juice            | 1/2 teaspoon vanilla       |
| 1 tablespoon butter           | 1 cup heavy cream, whipped |
| 1 teaspoon grated lime rind   | Green food coloring        |
| 1 envelope unflavored gelatin | Flaked coconut             |
| 1/4 cup cold water            | 9-inch baked pie shell     |

Beat egg yolks slightly.

Combine egg yolks, 1/2 cup sugar, lime juice, lime rind and butter in top of double boiler. Cook the custard over simmering water, stirring constantly until it is thick as heavy cream. Remove from heat.

Meanwhile, soften gelatin in cold water and dissolve over hot water. Add to custard and let cool.

Add vanilla to egg whites and beat until foamy. Add sugar, 1 tablespoon at a time and continue to beat until meringue is stiff and glossy.

Fold egg whites into custard and add a few drops of coloring to deepen color. Pour custard into pie shell and chill.

When ready to serve top pie with whipped cream and sprinkle with coconut.

VARIATION: Use graham cracker crust if desired.

## DELIGHTFUL CHOCOLATE PIE

- |                              |   |
|------------------------------|---|
| 1 (9-inch) unbaked pie shell | 1 giant size milk chocolate Hershey bar           |
| 1/3 cup chopped pecans       |   |
| 1 (9 ounce) carton Cool Whip | 1 cup heavy cream, whipped and sweetened to taste |

Prick bottom and sides of pie shell sparsely. Press 1/3 cup chopped pecans into sides and bottom of shell. Bake at 400 degrees until light brown, about 15 to 20 minutes.

Set out Cool Whip to soften.

Melt Hersey bar over warm water. When melted fold in Cool Whip. Spoon filling into pie shell.

Top with whipped cream and sprinkle with remaining pecans. Keep refrigerated.

**Mrs. Eloise Ard**

## MERINGUE TOPPING I

- |              |                                |
|--------------|--------------------------------|
| 3 egg whites | $\frac{1}{4}$ teaspoon vanilla |
| Dash salt    | 6 tablespoons sugar            |

Have egg whites at room temperature.

Add salt and vanilla to egg whites and beat until foamy. Use a rotary, or electric beater on high speed.

Add sugar in 1 tablespoon amounts, beating constantly.

When the last spoon of sugar is added, continue to beat meringue until it forms definite peaks.

Spread meringue on warm filling to edge of crust.

Bake in moderate oven (350 degrees) 12 to 15 minutes or until top is golden brown. Cool at room temperature.

## MERINGUE TOPPING II

- |                     |  |
|---------------------|--|
| 3 egg whites        | $\frac{1}{4}$ teaspoon cream of tartar |
| 3 tablespoons water | $\frac{1}{4}$ teaspoon salt            |
|                     | 6 tablespoons sugar                    |

Have egg whites at room temperature.

Combine egg whites and water and beat at high speed until whites are stiff but not dry.

Add cream of tartar and salt and beat one minute longer.

Add sugar, gradually, and continue to beat about 1 minute until peaks stand alone.

Spread meringue over filling to edge of crust. Sprinkle meringue with sugar.

Bake at 350 degrees about 15 minutes or until golden brown. Cool at room temperature.

NOTE: To prevent meringue from weeping, spread meringue over hot pie filling. Carefully spoon meringue against edge of crust.

## GRAHAM CRACKER CRUST

- |  |   |
|--|---|
| 1 cup finely rolled graham cracker crumbs, (about 14 crackers) | 6 tablespoons confectioners or granulated sugar     |
| $\frac{1}{3}$ cup butter or margarine, melted                  | $\frac{1}{2}$ teaspoon ground cinnamon (if desired) |

Combine all ingredients and blend thoroughly.

Press evenly and thoroughly over the bottom and sides of a 9-inch pie pan with the back of a spoon.

Chill at least 1 hour before adding filling.

## APPLE PIE

6 to 8 tart apples (2 to 2½ pounds)	2 tablespoons all purpose flour
1¼ to 1½ cups sugar	1 teaspoon lemon juice
1/8 teaspoon salt	½ teaspoon grated lemon rind
½ teaspoon ground cinnamon	1 to 2 tablespoons butter
1/8 teaspoon ground nutmeg	Pastry for 9-inch double crust pie

Peel and slice apples. Set aside.

In a large bowl mix together sugar, salt, cinnamon, nutmeg and flour.

Add apples to mixture and coat well.

Line a 9-inch pie pan with plain pastry.

Add apples. Sprinkle with lemon juice and rind and dot with butter.

Moisten edge of bottom crust.

Cover the apples with the top crust and trim ½ inch larger than pie pan. Press edges firmly together and flute. Slash vents in center of crust.

Bake at 425 degrees for 50 to 60 minutes, or until apples are done and crust is golden brown. (If crust browns too quickly, reduce heat to about 350 degrees).

NOTE: Refer to recipe for plain pastry for instructions on rolling pastry.

## SOPAIPILLAS

1 cup all purpose flour	1½ teaspoons vegetable shortening
1½ teaspoons baking powder	⅓ cup water, lukewarm
¼ teaspoon salt	Vegetable oil for deep frying

In a bowl sift together flour, baking powder and salt.

Cut in shortening until mealy.

Gradually add water, stirring with a fork. (The dough will be crumbly.)

Turn out dough on a floured board and knead into a smooth ball. Let stand 10 minutes.

Roll into a rectangle about 12x10-inches. Cut into 2½-inch squares. (Dough should not be mended or rerolled).

Heat oil to 400 degrees and fry a few at a time in the deep oil. Drain on paper towels. Serve hot with honey.

VARIATION: Roll sopaipillas in cinnamon - sugar.

## MAMA'S FRIED APPLE PIES

- |                          |                                    |
|--------------------------|------------------------------------|
| 2 cups all purpose flour | 1/2 teaspoon soda                  |
| 1 teaspoon baking powder | 4 tablespoons vegetable shortening |
| 3/4 teaspoon salt        | 2/3 cup buttermilk                 |
|                          | Vegetable oil                      |

In a bowl sift together flour, baking powder, salt and soda.

Add shortening and cut into flour until it resembles meal.

Add buttermilk and toss. Turn dough out on a lightly floured board and knead lightly.

Divide dough into as many balls as you want to make fried pies. Pies can be made large, medium or small.

Roll the pastry for one pie at a time. Roll into a circle, 4 or 5 inches in diameter, which is about medium size. Do not roll quite as thin as for regular pie pastry, to prevent filling from spilling out.

Spoon about 2 tablespoons of apple filling on pastry round. Moisten half of the edge of each round with water. Fold the other half of round over filling.

Press edges together with a fork to seal tightly.

In a heavy frying pan, heat enough oil to cover the bottom.

Fry pies, over medium heat, until golden brown. Turn and fry other side until brown. Serve hot or cold.

## FRIED APPLE PIE FILLING

- |                                    |                      |
|------------------------------------|----------------------|
| 1 pound dried or evaporated apples | 1 cup white sugar    |
| 1 cup brown sugar                  | 2 teaspoons cinnamon |

Cover apples with water and cook until tender. Drain and mash thoroughly. Add sugars and cinnamon and blend. Let cool completely before using.

## BAKED APPLE PIES

Plain pastry  
(Recipe this book)

Fried apple pie filling  
(Recipe this book)

Melted butter

Follow directions for making Mama's fried apple pie pastry, using plain pastry instead.

When pies are filled with fried apple pie filling and edges sealed tightly, brush both sides with melted butter.

Place on a baking sheet and bake at 450 degrees until pies are golden brown, about 20 to 25 minutes.

## TART SHELLS

- |  |                         |
|--|-------------------------|
| 1½ cups all purpose flour                    | 1 tablespoon sugar      |
| 6 tablespoons butter, cut<br>in small pieces | ¼ teaspoon salt         |
| 2 tablespoons shortening                     | 3 tablespoons ice water |

Sift together flour, salt and sugar.

Cut in shortening with two knives or a pastry blender until mixture is of pebbly consistency. Add water slowly.

Toss the mixture until the dough sticks together. Form the dough in a ball and knead it lightly with the palms of the hands to distribute the fat.

Dust the pastry with flour, wrap it in wax paper and chill for 1 hour.

Roll the pastry 1/8 inch thick on a floured board.

Grease nine 3-inch tartlet tins.

Cut 9 rounds from rolled pastry 1 inch larger than the tins. Press the rounds firmly into the tins and prick the bottom with a fork. Cut off excess dough with rolling pin.

Line the shells with wax paper, fill the paper with raw rice, and bake shells at 400 degrees for 10 minutes.

Carefully remove the rice and paper, and bake the shells 5 to 8 minutes more, or until they are lightly browned.

VARIATION: Omit sugar from pastry when making tarts for meat and vegetable fillings.



## BLACKBERRY COBBLER

4½ to 5 cups blackberries	2 tablespoons all purpose flour
1 cup sugar	2 to 3 tablespoons butter
3 tablespoons water	1 teaspoon lemon juice
3 tablespoons sugar	Pastry for two-crust pie

Line a 2-inch deep pie pan with pastry.

Wash and pick over berries.

Combine berries, 1 cup sugar and water in saucepan. Let berries come to a boil and simmer until soft, about 3 to 5 minutes.

Mix 3 tablespoons sugar with flour and add to berries. Cook, stirring constantly until mixture has thickened slightly. Taste for sweetness, if berries are extra tart add more sugar at this step if needed.

Spoon berries into pastry lined pan. Sprinkle with lemon juice and dot with butter.

Cover filling with top crust. Make about four 1 inch slits in top crust. Seal and flute edges.

Bake at 400-425 degrees until pastry is brown, about 40-45 minutes.

NOTE: If desired, cut any extra pastry in 2 inch strips and bake. As berries are spooned into the unbaked pastry-lined pan add the baked pastry strips. Add top crust and proceed as above.

## CHERRY PIE

3 cups canned, tart red pitted cherries (about two 1-pound cans)	Pinch salt
1 cup cherry juice	Few drops red food coloring
1 cup sugar	¼ to ½ teaspoon almond extract
3 tablespoons cornstarch	2 tablespoons butter or margarine
	1 double pie crust, unbaked (9-inch pan)

Drain cherries and reserve 1 cup juice.

Combine sugar, cornstarch and salt in saucepan. Add juice and coloring; stir until smooth. Cook until clear and mixture thickens.

Add cherries and almond extract. Remove from heat and pour into unbaked pie shell. Dot with butter or margarine.

Cover filling with top pastry. Make about four 1 inch slits to allow steam to escape.

Seal and flute. Bake at 400 degrees to 425 degrees for about 40 minutes or until golden brown.



## SWEETENED PASTRY

(For Cream or Chiffon Pies)

1½ cups all purpose flour	½ cup plus 1 tablespoon
1 tablespoon sugar	vegetable shortening
½ teaspoon salt	4 tablespoons ice water

In a large bowl sift together flour, sugar and salt.

Cut shortening into dry ingredients with 2 knives or pastry blender until it resembles meal.

Sprinkle water over dry mixture and toss with a fork until all portions are evenly dampened.

Form the dough into a ball and knead it lightly with the palms of the hand for 3 or 4 seconds to distribute the shortening evenly.

Reform it into a ball and dust with flour. Wrap dough in wax paper and chill it for 1 hour.

Place dough on a floured board. Roll dough from center outward, keeping pastry as round as possible, and roll about 1/8 inch thick.

Roll pastry over rolling pin; transfer to greased pie pan; fit loosely in pan, pressing gently from center to outer edges to remove any air between pastry and pan. (To avoid shrinking during baking, pastry must not be stretched).

Trim pastry edge, if necessary, with scissors, leaving about ½ to 1 inch of pastry beyond edge of pan.

Fold overhanging pastry back and under itself. Press firmly to form an even, thick edge. Crimp edges or flute. Prick bottom and sides of shell with fork.

Line the shell with wax paper, fill the paper with raw rice and bake the shell in a 400 degree oven for about 12 minutes.

Carefully remove the rice and paper and bake the shell for about 12 minutes more, or until light brown. Let cool. Yield: Pastry for one 10-inch pastry shell.

NOTE: Rice may be reused, when thoroughly cool, by storing in an air-tight container.

## PLAIN PASTRY

(For Fruit Double Crust Pies)

2 cups flour  
1 teaspoon salt

$\frac{3}{4}$  cup vegetable shortening  
5 to 6 tablespoons ice water

Follow instructions for Sweetened Pastry.

Divide pastry into 2 parts, one slightly larger than the other.

Place larger portion on lightly floured board and roll dough from center outward, keeping pastry as round as possible, about 1/8-inch thick.

Roll pastry over rolling pin; transfer it to a greased pan; fit loosely in pan, pressing gently from center to outer edges to remove any air between pastry and pan. (To avoid shrinking during baking pastry must not be stretched).

Trim pastry even with edge of pan with sharp knife or scissors.

To prepare upper crust place smaller portion of dough on lightly floured board.

Roll dough from center outward, keeping pastry as round as possible, about 1/8 inch thick.

Provide steam vents by cutting decorative designs in pastry.

Fill bottom shell with filling of desired recipe. Moisten edges of pastry lightly with water.

Roll top pastry over rolling pin and place over filling.

Firmly press upper pastry to edge of lower pastry.

Fold edge of upper pastry under lower edge of pastry. Seal thoroughly.

Crimp or flute edges. Yield: one 9-inch double crust.



# Vegetables



## ASPARAGUS PARMESAN

- |                          |                             |
|--------------------------|-----------------------------|
| 2 pounds fresh asparagus | 4 tablespoons melted butter |
| Salt                     | Grated Parmesan cheese      |

Wash asparagus, break off tough ends and trim the stalks evenly. With a small knife remove the scales.

Tie the stalks in serving-size bundles. Stand the bundles, tips up, in an asparagus cooker or deep saucepan.

Pour in boiling, lightly salted water to cover stalks halfway. Cover and cook briskly for about 10 minutes, or until they are tender. Drain.

Transfer the drained asparagus to an oven proof serving dish and remove the strings.

Pour the melted butter over the stalks and sprinkle Parmesan over the tips.

Place in a 400 degree oven for about 10 minutes or until cheese is lightly browned. Serves 4 to 6.

## ROMAN ASPARAGUS

- |                                   |  |
|-----------------------------------|--|
| 2 large cans asparagus spears     | 1/2 pound butter, melted                       |
| 4 hard-cooked eggs, cut in halves | 1/2 teaspoon ground nutmeg,<br>more if desired |

Heat asparagus over medium heat to boiling point. Do not allow to boil. Drain. Transfer asparagus carefully to a hot dish and arrange eggs around edge. Combine butter and nutmeg.

Drizzle asparagus with the warm melted butter. Serve remainder of sauce in a small bowl. Serves 6-8.

## BUTTERED ASPARAGUS

- |   |                                 |
|---|---------------------------------|
| 2 cans (14 1/2 ounces each)<br>asparagus spears | 4 tablespoons fine bread crumbs |
| 4 tablespoons butter                            | 1/4 teaspoon lemon juice        |

Heat asparagus spears until boiling hot. Drain.

Carefully arrange asparagus in a warm serving dish. Keep warm.

Melt butter in a small frying pan, stirring, until it begins to brown.

Add bread crumbs and cook until they are brown. Add lemon juice and blend.

Pour sauce over asparagus and serve.

## SCALLOPED ASPARAGUS

- |   |                                  |
|---|----------------------------------|
| 2 cans (15 ounces each)<br>asparagus spears | Pepper to taste                  |
| 1 cup grated Velveeta cheese                | 4 hard-cooked eggs, sliced       |
| Salt to taste                               | 1½ cups medium thick white sauce |
|   | Paprika                          |

Oil a baking dish and fill with alternate layers of asparagus, cheese, white sauce (recipe this book) and sliced eggs.

Sprinkle with paprika, salt and pepper.

Bake at 350 degrees for about 30 minutes or until bubbling.

## BABY LIMAS WITH PIMENTO

- |  |                                   |
|--|-----------------------------------|
| 3 cups baby lima beans<br>(about 1½ pounds, shelled) | 1 teaspoon salt                   |
| 1 cup water  | 4 tablespoons butter or margarine |
|  | 2 tablespoons chopped pimento     |

Wash and pick over beans. Put them in a heavy saucepan; add water and salt.

Cook, covered, over very low heat for about 20 minutes, or until tender.

If most of the water has not cooked down, drain beans. Add 4 tablespoons butter, or to taste, and toss until melted.

Stir in chopped pimentos. Serves 6-8.

## BABY LIMA BEANS WITH HERBS

- |                        |                            |
|------------------------|----------------------------|
| 3 cups baby lima beans | 2 tablespoons minced onion |
| Salt                   | 4 tablespoons butter       |
|                        | 1 teaspoon marjoram        |

In a saucepan add baby limas and onion. Cook in a small quantity of salted water until tender, about 20 to 30 minutes.

Melt butter, add marjoram and blend. Pour over beans.

Serve in a warm serving dish.

## GREEN BEANS WITH ALMONDS

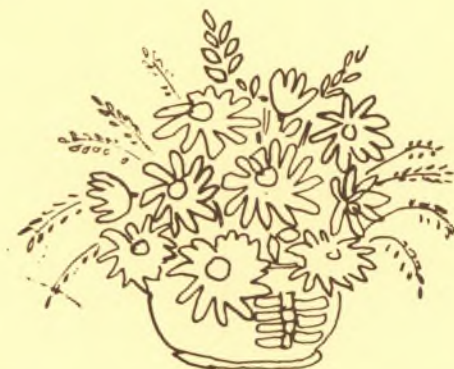
- |   |  |
|---|--|
| 1 (1 pound) can Blue Lake<br>French style green beans | Salt and pepper to taste<br>¼ cup toasted slivered almonds |
| 2 to 2½ tablespoons butter                            |  |

Put green beans in saucepan, add butter, salt and pepper to taste. Cook over medium heat until most of water has evaporated and beans are done.

Add almonds, reserve a few for topping, and mix.

Transfer to serving bowl and sprinkle top of beans with remaining almonds.

VARIATION: Frozen green beans may be used and cooked according to package directions.



## GREEN BEANS MAMA'S STYLE

- |                                 |                                 |
|---------------------------------|---------------------------------|
| 2 pounds fresh pole green beans | ¼ pound streaked lean salt pork |
| 1 teaspoon soda                 | ½ teaspoon vinegar              |
| Salt to taste                   | Pinch sugar                     |
|                                 | 1 small onion                   |

Select full grown and well developed beans.

String and snap beans in 1 or 1½ inch lengths, discard stems, and wash.

In a large saucepan cover beans with water and bring to a boil. Add soda and parboil about 2 minutes.

Remove from heat, drain, and rinse thoroughly in cold water.

Put beans in a saucepan or kettle and add enough water to almost cover. Add salt (about 1 teaspoon) vinegar and sugar.

Trim skin from pork and slash in 2 or 3 places; add to beans. Add onion.

Bring beans to a boil, reduce heat to medium, cover, and cook until pork is done and water reduces to about one-half, or to amount of juice desired.

Taste and correct seasonings if needed.

NOTE: (My mother cooked green beans on the back burner for 2 or 3 hours, stirring occasionally and added more water if needed. Delicious!!)

## GREEN BEAN CASSEROLE

- |   |  |
|---|--|
| 2 cans (16 ounces each)<br>French style green beans | 1 (2 ounces) jar sliced pimentos                         |
| $\frac{1}{2}$ teaspoon salt                         | 1 (8 ounce) can water chestnuts,<br>drained and sliced   |
| Pepper to taste                                     | 1 (10 $\frac{1}{2}$ ounce) can cream<br>of mushroom soup |
| 2 tablespoons butter                                | $\frac{1}{4}$ cup toasted slivered almonds               |
| $\frac{1}{4}$ cup chopped green pepper              |  |
| 1 medium onion, chopped                             |  |

In a saucepan add beans with liquid, salt and pepper to taste. Cook until liquid is almost gone.

Meanwhile in a small pan melt butter or margarine over medium heat. Add green pepper and onions and saute' until tender. Add to green beans.

Remove beans from heat and add pimento, water chestnuts and soup. Mix thoroughly.

Spoon mixture into a casserole and allow to set 2 hours (overnight, if possible).

When ready to serve bake at 350 degrees for 30 minutes.

Sprinkle with warm toasted almonds.



## GREEN BEAN TARTS

Baked green bean casserole  
(Recipe above)

Baked tart shells  
Toasted slivered almonds

Spoon hot baked green bean casserole mixture into warm baked tart shells. Sprinkle with warm toasted almonds.

NOTE: A specialty for a luncheon plate!

## BAKED BEANS

- |   |  |
|---|--|
| 2 (No. 2) cans pork and beans<br>(2½ cups each) | ¼ cup catsup   |
| 4 to 5 tablespoons molasses                     | 1 tablespoon brown sugar                                       |
| ½ cup chopped onion                             | 1 teaspoon dry mustard   |
| ½ cup chopped green pepper                      | Salt to taste  |
|   | Thinly sliced streaked lean<br>salt pork (about 6 to 8 slices) |

Place 1 can of beans in a bean pot, or large casserole.

Cover beans with layers of molasses, onion, pepper, catsup, brown sugar and mustard. Sprinkle with salt, (about ½ teaspoon, more if desired).

Pour second can of beans on top of vegetables and cover with slices of salt pork.

Bake in a slow oven (300 degrees), uncovered, for about 3 hours. Check occasionally to be sure beans do not become dry. Serves several.



## RANCHER'S BEANS

- |  |                               |
|--|-------------------------------|
| 1 pound dried pinto beans                  | 1 red pepper                  |
| 3 cups water                               | 1 can (6 ounces) tomato paste |
| ½ pound streaked lean salt pork,<br>cut up | 4½ teaspoons chili powder     |
| ⅔ cup chopped onion,<br>more if desired    | 1 teaspoon salt               |
| 1 clove garlic, minced                     | 1 teaspoon cumin seed         |
|  | ½ teaspoon marjoram           |

Wash and pick over beans.

Put beans in a mixing bowl and cover with water. Let set overnight.

Transfer beans and water to a dutch oven and bring to a boil. Reduce heat, cover, and simmer for 1 hour.

Add pork, onion, garlic, pepper, tomato paste, chili powder, salt, cumin seed and marjoram. Stir until well mixed.

Cover and simmer for 3 hours or until tender. Add more water during cooking if necessary. Serves 8.



## BUTTERED BEETS

- |                     |                   |
|---------------------|-------------------|
| 4 medium beets      | 1/2 teaspoon salt |
| 2 cups water        | Chopped parsley   |
| 1 tablespoon butter |                   |

Wash, trim ends and cut beets in thin slices.

In a saucepan combine water, butter and salt. Heat to boiling.

Add beets, cover tightly, and cook until tender, about 45 minutes.

Pour into a serving dish and sprinkle with parsley. Serves 2 to 4.

## BROCCOLI WITH CHEESE SAUCE

- |                                       |                                 |
|---------------------------------------|---------------------------------|
| 2 (10 ounce) packages frozen broccoli | Salt to taste                   |
| 2 tablespoons butter, melted          | 1 teaspoon lemon juice          |
|                                       | Cheese sauce (Recipe this book) |

Cook broccoli according to package directions. Drain.

Arrange broccoli on a warm serving dish. Combine butter, salt to taste and lemon juice. Spoon over broccoli.

Pour amount of warm cheese sauce desired over broccoli and serve. Serves 6 to 8.

## BROCCOLI WITH POPPY SEEDS

- |                      |                               |
|----------------------|-------------------------------|
| 1 pound broccoli     | 1 teaspoon poppy seed         |
| Salt                 | Dash cayenne                  |
| 4 tablespoons butter | 1 tablespoon capers and juice |

Wash broccoli in cold water and discard any wilted and coarse leaves and the tough lower parts of the stalks.

Soak in salted water for about 30 minutes. Drain and cut large stalks into halves or quarters lengthwise.

Boil, covered, in a deep saucepan half full of boiling salted water for 10 minutes or more, or until stalks are fork tender. (The flowerets should steam and be out of the water). Drain.

Melt butter and add to broccoli. Add poppy seed.

Sprinkle with a dash of cayenne.

Gently transfer to a serving dish and pour liquid over broccoli. Sprinkle with capers and juice.

## BROCCOLI RING

- |  |                           |
|--|---------------------------|
| 4 (10 ounce) packages<br>frozen broccoli | 4 eggs, beaten            |
| 1/2 pound mushrooms                      | 3/4 cup fine bread crumbs |
| 4 tablespoons minced onion               | 1/2 cup heavy cream       |
| 3 tablespoons butter or margarine        | Dash ground nutmeg        |
| Salt and pepper to taste                 | Salt and pepper to taste  |
|  | 1 tablespoon butter       |

Cook broccoli according to package directions, including salt as directed. Drain. Separate a few flowerets and reserve.

Chop remainder of broccoli coarsely and puree in blender, or put through a food mill.

Chop mushrooms and squeeze out moisture.

In a medium size frying pan saute' mushrooms and onions in butter or margarine over low heat until moisture has evaporated. Salt and pepper to taste. Add to broccoli puree.

Add eggs, bread crumbs, cream, nutmeg, salt and pepper to taste to broccoli puree. Mix thoroughly.

Spoon mixture into a well greased 1 1/2-quart ring mold. Set the mold in a pan containing enough hot water to reach halfway up the sides of the mold.

Bake at 325 degrees for 35 to 40 minutes, or until set.

With a sharp knife release the ring from the sides of the mold and invert on a warm platter.

Meanwhile, melt 1 tablespoon butter in a small frying pan; add the reserved broccoli flowerets and over medium heat toss the flowerets until warm.

Arrange them in the center and around the edge of the ring.

NOTE: If fresh mushrooms are not available, substitute with 1 (3 ounce) can drained, chopped mushrooms.

## BRUSSELS SPROUTS WITH CHESTNUTS

- |  |                                   |
|--|-----------------------------------|
| 1 (10 ounce) package<br>frozen brussel sprouts | 1/4 cup cooked chestnuts, chopped |
| 1/2 cup boiling water                          | 2 tablespoons butter              |
| 1/2 teaspoon salt                              | Salt and pepper to taste          |

Place frozen brussel sprouts in boiling water; add 1/2 teaspoon salt. Bring to a boil, cover and cook gently for 10 to 12 minutes.

Sprinkle chestnuts over sprouts, add butter, salt and pepper to taste. Serves 4.

## DALE'S CREAMED CABBAGE

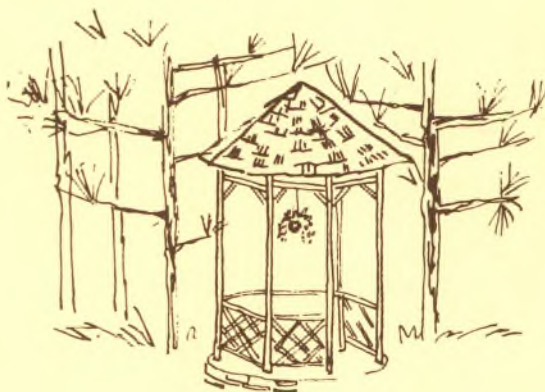
1 medium head cabbage	1½ cups milk
1 teaspoon salt	½ teaspoon salt
⅓ cup butter or margarine	Dash cayenne
3 tablespoons all purpose flour	1 cup grated Parmesan cheese
	1 cup buttered cracker crumbs

Chop cabbage coarsely. Place in a large saucepan and sprinkle with 1 teaspoon salt. Cover with boiling water and boil gently for about 7 minutes. Drain and set aside.

In a skillet melt butter or margarine over medium heat; add flour and blend. Slowly add milk, stirring constantly, and cook the sauce until thick. Stir in salt and cayenne.

In a buttered casserole place ½ of the boiled cabbage. Pour in ½ of sauce and sprinkle with ½ cup Parmesan cheese and ½ cup cracker crumbs.

Layer remaining cabbage over mixture. Cover with remaining sauce, Parmesan and cracker crumbs. Bake at 350 degrees for 30 minutes.



## COOKED CHESTNUTS

With a sharp knife cut a slit in the flat side of each chestnut.

Put chestnuts in a saucepan of boiling water and simmer for 8 minutes. Remove from heat and drain.

While the chestnuts are still warm, remove the shells and skins.

Place in a saucepan of boiling water and cook slowly for 20 to 30 minutes or until tender.

Drain and prepare according to recipe.

## CAULIFLOWER WITH LOBSTER DRESSING

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| 1 large cauliflower               | $\frac{3}{4}$ teaspoon salt        |
| Salt                              | Pepper to taste                    |
| 4 tablespoons butter or margarine | $1\frac{1}{2}$ cups cooked lobster |
| 3 tablespoons all purpose flour   | 1 hard-cooked egg, chopped         |
| 2 cups milk                       |                                    |

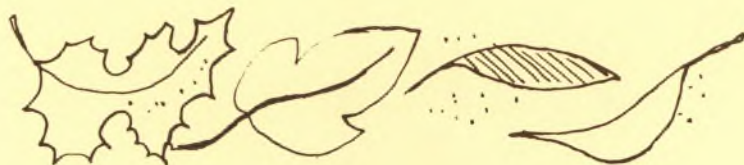
Place cauliflower, whole, in large kettle of salted water (1 teaspoon salt to 1 quart of water) and boil until just tender. Drain and keep warm.

In heavy pan melt butter over medium heat. Add flour and stir until smooth. Gradually add milk and cook until thickened. Sauce should be medium thick. Add salt and pepper to taste and blend. Adjust seasonings if desired.

Cut lobster in medium size pieces and add to sauce. Stir in egg. Blend. Put cauliflower on heated platter.

Pour sauce over cauliflower.

VARIATION: Chopped cooked shrimp can be substituted for lobster.



## CAULIFLOWER SOUFFLE

- |                                       |                  |
|---------------------------------------|------------------|
| 1 cauliflower                         | 6 egg yolks      |
| $\frac{1}{2}$ cup butter or margarine | 1 teaspoon sugar |
| 1 cup all purpose flour               | Salt to taste    |
| 2 cups milk                           | 6 egg whites     |

Wash cauliflower, discard any outer leaves, and break into tiny pieces.

Parboil cauliflower in slightly salted water. Drain.

Melt butter in a large frying pan over medium heat. Add flour and blend. Gradually add milk and cook sauce until thick, stirring constantly. Let cool.

Add egg yolks to sauce, one at a time, stirring well after each addition. Add sugar and salt to taste.

Beat egg whites until they form stiff peaks. Carefully fold them into sauce mixture. Fold in cauliflower.

Spoon mixture into a well oiled souffle dish and place dish in a pan of hot water. Bake at 400 degrees for  $1\frac{1}{4}$  hours. If souffle browns too quickly, reduce heat.

## CARROT RING

- |  |  |
|--|--|
| 2 cups mashed, cooked carrots<br>(about 1½ pounds) | ¼ cup minced onion                           |
| 1 cup fine bread crumbs                            | 1 teaspoon salt                              |
| 1 cup milk   | ¼ teaspoon pepper                            |
| ¾ cup grated cheddar cheese                        | Dash cayenne                                 |
| ½ cup butter or margarine,<br>or less              | 3 eggs                                       |
|  | 2 (10 ounce) packages<br>frozen peas, cooked |
|  | Parsley                                      |

Scrape and cut carrots in 2 inch lengths. Cook in a small amount of boiling water, covered, until carrots are just tender. Drain and mash thoroughly.

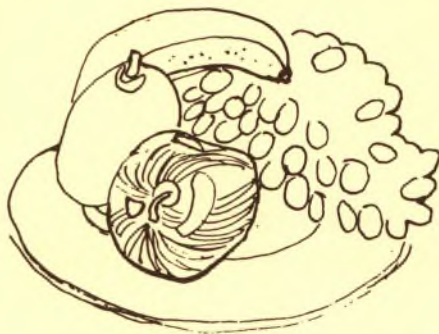
In a bowl, combine carrots, crumbs, milk, cheese, butter or margarine, onion and seasonings.

Beat eggs lightly and fold in the carrot mixture.

Place in a 1½-quart well greased ring mold. Bake at 350 degrees for 40 to 45 minutes, or until set.

Turn out on a warm platter.

Fill center with peas cooked by package directions. Garnish with parsley. Serves 8 to 10.



## GLAZED CARROTS

- |                                   |                       |
|-----------------------------------|-----------------------|
| 8 young slender carrots           | Pinch salt            |
| 2 tablespoons butter or margarine | 2 tablespoons bourbon |
| 2 tablespoons brown sugar         | minced parsley        |

Scrape carrots and cut in diagonal slices.

Melt butter in a saucepan, add sugar and salt. Blend.

Add carrots and cook, covered, over low heat for 12 to 14 minutes, or until just tender.

Add bourbon and cook, uncovered, over low heat, 1 minute. Sprinkle with parsley. Serves 4.

## MARINATED CARROTS

- |   |                                 |
|---|---------------------------------|
| 5 cups sliced, cooked carrots<br>(2 bunches)    | 1/2 cup vegetable oil           |
| 1 medium onion, thinly sliced                   | 1 cup sugar                     |
| 1 small green pepper, sliced                    | 1 teaspoon prepared mustard     |
| 1 can (10 3/4 ounces)<br>tomato soup, undiluted | 3/4 cup vinegar                 |
|   | 1 teaspoon Worcestershire sauce |
|   | 1 teaspoon salt                 |
|   | 1 teaspoon pepper               |

Drain and cool carrots.

Add sliced onion and pepper and mix gently.

In a saucepan combine remaining ingredients. Bring to a boil over medium heat. Cool. Pour over carrot mixture.

Cover and marinate 12 hours.

Serve hot or cold.

Carrots will keep for 2 weeks in refrigerator.

## CORN PUDDING

- |  |                      |
|--|----------------------|
| 3 cups fresh corn,<br>cut from the cob | 3 eggs               |
| 2 tablespoons water                    | 1 1/4 cups milk      |
| 3 tablespoons butter                   | 1/2 cup light cream  |
| 3 tablespoons chopped onion            | 1 tablespoon sugar   |
|  | 1 1/4 teaspoons salt |
|  | 1 cup bread crumbs   |

Select tender, sweet corn; shuck and silk. With a sharp knife cut off the kernels and then scrape the cob. Add about 2 tablespoons water, stir and set aside.

In a frying pan melt butter over medium heat. Add onions and cook until transparent.

Beat eggs until light and fluffy; add milk, cream, sugar and salt.

Stir in corn, bread crumbs, butter and onion mixture.

Pour into a buttered casserole and place in a pan of hot water.

Bake at 350 degrees for 50 to 60 minutes, or until set. Serves 8.

## CORN ON THE COB

Select tender, fresh corn. For best results cook corn as soon as possible after it is picked.

Remove husks, silks, and brush cob lengthwise to remove any remaining silk.

Cook in boiling salted water (1 teaspoon per quart) for 5 to 10 minutes, or until milk in kernel is set when tested by piercing kernels with sharp fork tines.

Drain and serve immediately with salt and pepper to taste and butter.

## FOIL ROASTED CORN

Whole ears of corn

Salt and pepper to taste

Butter or margarine, softened

Dash sugar

Select young ears of corn; remove husks and silks.

Place each ear on a piece of heavy-duty aluminum foil.

Spread with butter or margarine and sprinkle with salt and pepper to taste and a dash of sugar.

Wrap foil around corn, twisting ends to secure.

Place on grill for 20 to 25 minutes, turning once.

## STEWED CORN

8 ears fresh corn

Salt to taste

2 tablespoons bacon drippings

1 teaspoon sugar

¼ cup water

Light cream

1 tablespoon butter or margarine,  
more if desired

Select fresh, tender ears of corn. Remove husks, silks and brush.

Cut a layer of corn from cob. Scrape cob to get remaining corn and the juice.

In a large heavy frying pan add corn, bacon drippings, salt to taste, and sugar. Add water or enough to allow corn to simmer.

Cook over low heat, stirring occasionally to prevent sticking. Add butter or margarine, or to taste. Add cream to thin as desired.

Simmer 20-30 minutes. Serves 6.

## EGGPLANT CASSEROLE

- |                                    |                          |
|------------------------------------|--------------------------|
| 2 medium eggplants                 | 1 cup bread crumbs       |
| Salt                               | 2 eggs, beaten           |
| 2 tablespoons chopped onions       | 1 cup grated cheese      |
| 2 tablespoons chopped celery       | Salt and pepper to taste |
| 2 tablespoons chopped green pepper | Butter or margarine      |

Peel and dice eggplants.

Combine eggplants, onion, celery and green pepper in a saucepan. Add a small amount of salted water and cook until vegetables are tender. Drain and mash.

Add eggs,  $\frac{3}{4}$  cup crumbs, and  $\frac{1}{3}$  cup grated cheese to mixture and mix well.

Add salt and pepper to taste.

Spoon mixture into a buttered casserole. Sprinkle remainder of bread crumbs and cheese on top. Dot with butter.

Bake at 325 degrees for 30 to 40 minutes, until golden brown.

## EGGPLANT PROVENCE

- |                                    |                     |
|------------------------------------|---------------------|
| 3 medium eggplants                 | 2 teaspoons oregano |
| $\frac{1}{2}$ cup vegetable oil    | Salt to taste       |
| $\frac{2}{3}$ clove garlic, minced | Pepper to taste     |
| 4 tomatoes                         |                     |

Wash eggplants and trim the stem ends. Split them in half lengthwise.

Make several incisions in the flesh and let the eggplants drain for about 30 minutes.

Dry and dip in the vegetable oil, coating on all sides thoroughly. Reserve the remaining oil.

Put eggplants on a baking sheet and bake at 450 degrees for 20 minutes, or until tender.

Pour remaining oil in a skillet; add garlic and saute' until lightly browned. Set aside.

Peel tomatoes, seed and chop. Add to garlic and simmer for 30 minutes.

Stir the oregano, salt and pepper to taste into the sauce and blend.

Arrange the eggplants on a serving platter and top each half with the amount of sauce desired.



## TURNIP OR MUSTARD GREENS

- |   |                                     |
|---|-------------------------------------|
| 1 peck greens                                       | 2 quarts water                      |
| $\frac{1}{4}$ pound good streaked<br>lean salt pork | Sliced hard-cooked eggs, if desired |
| Salt to taste                                       | Pepper sauce                        |

Select fairly young, tender and crisp greens. (For a superior flavor use a mixture of  $\frac{1}{2}$  turnip greens and  $\frac{1}{2}$  mustard greens).

Cut off small roots, remove stems, any discolored spots and pick over leaves for any foreign matter.

Wash greens thoroughly to remove all grit. Several waters may be necessary.

Rinse pork and pat dry. Cut 3 or 4 vertical slits in the meat. Put pork in a large kettle and add water.

When water is boiling add greens, a handful at a time. Add salt.

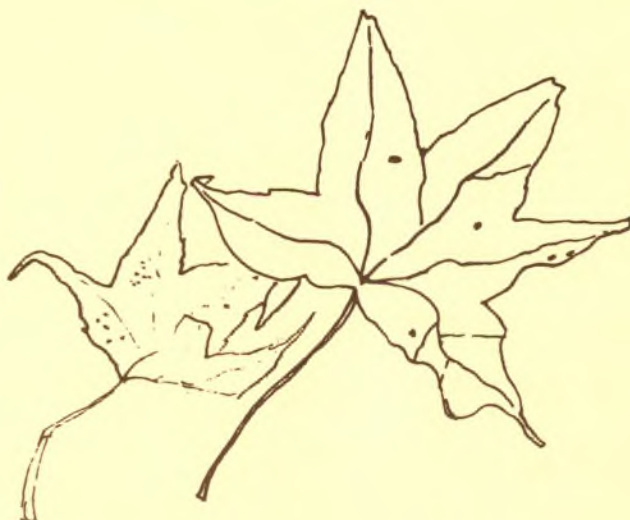
Cook greens slowly for 2 hours or more or until the liquid has cooked down to about 2 cups of "pot likker". (For some, longer cooking improves the flavor).

Garnish with eggs, if desired and serve with pepper sauce.

NOTE: Greens shrink, however, 1 peck should serve 6-8.

## TURNIP OR MUSTARD GREENS WITH PORK CHOPS

Prepare in same manner as cooking turnip or mustard greens as above. Omit salt pork and substitute one,  $\frac{1}{2}$ -inch pork chop for each serving and cook on top of greens.



## OKRA AND TOMATOES

- |                                    |                        |
|------------------------------------|------------------------|
| ¼ pound streaked lean salt pork    | 4 cups cut okra        |
| 4 cups peeled and chopped tomatoes | Pinch sugar            |
| ½ cup chopped onion                | 1 teaspoon vinegar     |
| 3 tablespoons chopped green pepper | 1 bay leaf             |
|                                    | 1 to 2 teaspoons salt  |
|                                    | Red pepper, if desired |

Wash and dry pork. Cut 2 or 3 vertical slashes in the meat.

Put pork in a heavy saucepan; add about 1 cup water and cook meat 15 to 20 minutes.

Add tomatoes, onion and green pepper. Cook slowly for about 5 minutes.

Add okra, sugar, vinegar, bay leaf and salt. Stir.

Add red pepper, if desired.

Cook about 30 minutes or until vegetables are tender, stirring as little as possible.

Remove bay leaf and red pepper before serving.

## BAKED ONIONS IN SHERRY

- |                                       |                                   |
|---------------------------------------|-----------------------------------|
| 2 (16 ounce) cans small cooked onions | Salt to taste                     |
| 1 cup light cream                     | 1/8 teaspoon pepper               |
| 1/3 cup light sherry                  | 3 tablespoons butter or margarine |

Drain onions and arrange in a shallow baking dish.

Combine cream, sherry, salt to taste and pepper. Pour over onions.

Dot with butter or margarine. Cover and bake at 350 degrees for about 20 minutes. Serves 6.

## BUTTERED PEAS

- |                    |        |
|--------------------|--------|
| Fresh English peas | Butter |
| Salt               |        |

Wash and shell amount of peas required. Reserve a few empty pods to cook with the peas for added flavor.

Put peas in a saucepan, in a very small amount of salted water, and cook for 10 to 20 minutes, depending upon maturity. Remove pods.

Season with salt and butter to taste.

## GREEN PEAS WITH MUSHROOMS

- |                              |   |
|------------------------------|---|
| 1 can (17 ounces) green peas | 1 can (3 ounces) sliced mushrooms,<br>drained |
| 2 tablespoons butter         | Salt and pepper to taste                      |

Heat peas with a small amount of the liquid to boiling point. Add butter, salt and pepper to taste.

Add mushrooms and stir to blend.

Pour in warm serving dish. Serves 4-6.

## MINTED PEAS

- |   |                                |
|---|--------------------------------|
| 1 (10 ounce) package frozen<br>green peas | 1/2 teaspoon dried mint leaves |
| 1/4 cup water                             | Pinch rosemary                 |
| Salt to taste                             | Butter or margarine, to taste  |
|   | Pepper, if desired             |

Cook peas in boiling salted water according to package directions. Add mint leaves and rosemary when peas return to boil.

When peas are tender, drain excess liquid; add butter or margarine, to taste and pepper, if desired.

Stir until butter is melted. Serves 4.

## BLACK EYED PEAS

- |   |                              |
|---|------------------------------|
| 1 pound dried black-eyed peas                       | 1 to 1 1/2 teaspoons salt    |
| 1/2 pound hog jowl, or streaked<br>lean salted pork | 1 quart water                |
|   | 1 pod hot pepper, if desired |

Wash and pick over peas. Cover with water and soak for at least 3 hours. Place hog jowl or salted pork in a saucepan. Add 1 quart water and salt. Over medium heat bring water and meat to a boil.

Drain peas and add to jowls or pork. Add pepper if desired.

Cover peas and cook over medium heat for 2 to 3 hours, or until tender.

Remove pepper and serve.

## CRAB STUFFED POTATOES

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 2 large Idaho potatoes            | 1 tablespoon minced onion       |
| 4 tablespoons butter or margarine | 1 teaspoon salt                 |
| ¼ cup light cream, heated         | 1 can (7 ounces) lump crab meat |
|                                   | Grated cheddar cheese           |

Wash and scrub potatoes thoroughly. Pat dry with a towel. Bake in a moderate oven (375 degrees) for about 1¼ hours, or until soft.

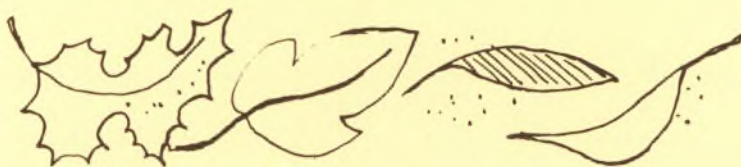
Split potatoes in half lengthwise. Scoop out the pulp into a mixing bowl being careful not to break the skins; reserve the shell.

Add butter or margarine, cream, onion and salt to potatoes and mash until mixture is smooth.

Stir in crab meat and mix thoroughly.

Fill shells with mixture and sprinkle with cheese.

Place potatoes on a baking sheet and bake them in a hot oven (425 degrees) until they are heated thoroughly and cheese is melted, about 8 to 10 minutes.



## MASHED POTATOES

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| 3 medium potatoes               | 2 tablespoons butter or margarine |
| ⅓ cup hot milk, more if desired | Dash pepper                       |
| Salt to taste                   | Paprika, if desired               |

Wash potatoes, pare and cut into halves.

Cover and cook in boiling salted water, about 25 minutes, or until tender when pierced with a fork. (Use just enough water to cover potatoes and 1 teaspoon salt to each quart water).

Drain potatoes and shake kettle over low heat to dry potatoes. Mash thoroughly. Add hot milk, salt, butter or margarine and pepper. Beat until light and fluffy. Adjust seasonings if needed.

Transfer potatoes to a hot serving dish. Garnish with paprika, if desired. Serves 4.

## HASHED BROWN POTATOES

3 medium boiled potatoes	Vegetable oil
Salt	Milk
Pepper	

Boil potatoes in jackets and set aside until cold. Peel and slice.

Heat a small quantity of vegetable oil in a heavy frying pan.

Add potatoes to pan and brown slowly.

Salt and pepper to taste.

Add sufficient milk to moisten.

Cover and cook slowly, stirring frequently, until milk is absorbed. Serves 2 to 4.

## SHOE-STRING POTATOES

Potatoes	Vegetable oil for deep fat frying
Salt	

Peel and slice potatoes about 2 inches long and 1/8 inch across.

Soak in running cold water about 10 minutes.

Drain potatoes and pat dry with paper towels.

Heat oil to 375 degrees. Dip basket into oil to prevent potatoes from sticking to basket.

Put 1 cup of potatoes into basket and lower basket into oil very slowly. (This prevents oil from boiling over).

Fry until lightly brown, about 2 minutes.

Drain on paper towel.

As potatoes are fried, place in a warm oven until ready to serve.

When desired amount of potatoes are fried, sprinkle them with salt and serve.

## FRENCH-FRIED POTATOES

Peel and cut potatoes into sticks 2 to 2½-inches long and ¼-inch across.

Follow directions for deep frying Shoe-string Potatoes. (Recipe this book). Cook 3 minutes or more.

## BOILED POTATOES

Potatoes

Melted butter to taste

Salt

Wash, peel and drop potatoes into cold water to prevent darkening.

If potatoes are large cut in halves or quarters.

Cook potatoes, covered, in boiling salted water for 25 to 35 minutes, or until fork tender. (Use just enough water to cover potatoes and 1 teaspoon salt for each quart of water).

Drain potatoes and shake kettle over low heat to dry potatoes.

Transfer potatoes to a warm serving bowl and pour melted butter over potatoes. Serve immediately.

## FOIL BAKED NEW POTATOES

New potatoes

Butter or margarine

2 or 3 tablespoons water

Scrub potatoes, pat dry and place several on a good-sized square of heavy-duty aluminum foil.

Add water and a pat of butter or margarine.

Bring foil up over potatoes and seal to form a tight package.

Place on grill over medium hot coals and cook about 1 hour or until soft.

## STUFFED BAKED POTATOES

2 large Idaho potatoes

 $\frac{1}{4}$  cup light cream, heated

4 tablespoons butter or margarine

1 teaspoon salt

Grated cheese of choice

Wash and scrub potatoes and dry. Bake in moderate hot oven (375 degrees) for about  $1\frac{1}{4}$  hours, or until soft.

Cut a slice from top of potatoes or cut in half lengthwise. Scoop out pulp into a bowl, being careful not to break skin. Reserve shell.

Add butter or margarine, cream and salt. Mash until potatoes are smooth. Spoon mixture lightly into shells and sprinkle with cheese.

Place on a baking sheet in a hot oven (425 degrees) and bake until they are thoroughly heated and cheese is melted, about 8 minutes. Serves 2 to 4.

## NEW POTATOES WITH PARSLEY

16 small new potatoes	Salt
1/2 cup butter	Chopped parsley

Wash, scrape or pare potatoes and drop into cold water to prevent darkening. Cover and cook in boiling salted water; using just enough water to cover potatoes, and 1 teaspoon salt to 1 quart of water. Simmer for 25 to 35 minutes or until tender when pierced with a fork.

Drain and shake container over low heat to dry potatoes.

Heat butter in a frying pan and roll the potatoes in the butter until they are well coated.

Transfer to a serving dish and sprinkle potatoes lightly with salt and generously with parsley. (Serves 6-8).

## POTATOES IN BUTTER

Cut potatoes into ball shapes. Parbroil in salted water (1 teaspoon salt to 1 quart water) for about 6 minutes.

Drain potatoes thoroughly.

In a heavy frying pan saute' potatoes in clarified butter (recipe this book) until they are golden and soft.

Season with salt and pepper to taste.

## SWEET POTATO BALLS

6 medium sweet potatoes (3 cups mashed)	1 egg, beaten
1 cup sugar	2 tablespoons bourbon or sherry
1/3 cup melted butter	Melted butter
Pinch salt	1 1/2 cups cornflake crumbs
	1/2 cup flaked coconut

Boil potatoes in their jackets until done, about 20 to 30 minutes. Drain, skin and mash thoroughly.

Add sugar, 1/3 cup melted butter, salt, egg, bourbon or sherry and blend. Refrigerate potatoes overnight or until well chilled.

Form potatoes into balls and roll in melted butter.

Combine cornflake crumbs and coconut and roll potato balls in the mixture. If potatoes seem soft, work some of the crumb mixture into balls and roll again in the crumb mixture.

Place on a slightly oiled baking sheet and bake at 350 degrees for about 30 minutes, or until nicely brown. Serve while hot.

## SWEET POTATO CASSEROLE

- |                                |                                |
|--------------------------------|--------------------------------|
| 5 medium sweet potatoes        | 2 or 3 tablespoons lemon juice |
| Salt                           | Brown sugar                    |
| 1 medium orange, thinly sliced | Butter or margarine            |
|                                | $\frac{1}{2}$ cup water        |

Cook unpeeled potatoes in simmering salted water for 25 to 30 minutes or until they are tender. Drain. When cool enough to handle, peel. Slice potatoes thinly.

Arrange potatoes in casserole in layers with orange slices. Sprinkle with lemon juice and brown sugar; dot with butter and add water.

Bake in 350 degree oven for 1 hour. Flavor improves when baked ahead and re-heated.



## ORANGE SWEET POTATO CUPS

- |   |  |
|---|--|
| 4 oranges, unpeeled                               | 2 tablespoons sherry                       |
| $2\frac{1}{2}$ cups cooked, mashed sweet potatoes | $\frac{3}{4}$ cup brown sugar, or to taste |
| 2 tablespoons butter or margarine, melted         | 1 egg, well beaten                         |
| $\frac{1}{4}$ teaspoon salt                       | $\frac{1}{4}$ cup raisins                  |
| 2 tablespoons orange juice                        | Miniature marshmallows or shredded coconut |

Peel and cook sweet potatoes, about 4 to 6, in boiling water until tender, about 25 to 30 minutes. Drain thoroughly and mash. (Depending on size, 4 to 6 will make  $2\frac{1}{2}$  cups cooked mashed potatoes).

Cut oranges in half crosswise.

Carefully remove pulp, keeping shells firm.

To mashed potatoes add butter, salt, orange juice, sherry, sugar, egg and raisins. Beat until fluffy.

Fill orange cups with potato mixture.

Bake in a moderate oven (325 degrees - 350 degrees) about 20 minutes.

Remove from oven and cover tops with marshmallows or coconut. Return to oven for about 5 minutes, or until topping is brown. Serves 8.



## ALMOND RICE

- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| 1/2 cup long grain raw rice         | 1/2 can water                     |
| 1 can (10 1/2 ounces) beef bouillon | 4 tablespoons butter or margarine |
|                                     | 1/2 cup slivered almonds          |

Melt butter in a heavy skillet. Add rice and brown over low heat, stirring constantly.

When toast color, turn into a 1 1/2 quart casserole with remaining ingredients. Cover and bake at 325 degrees for 1 hour, or until rice has absorbed all moisture and is fluffy. Serves 4.

## RICE PILAFF

- |                                     |  |
|-------------------------------------|--|
| 1 1/2 cups long grain raw rice      | 1 large onion, chopped                       |
| 2 (10 1/2 ounce) cans beef bouillon | 1/2 cup chopped celery                       |
| 3/4 cup slivered almonds            | 2 (3 ounce) cans chopped mushrooms and juice |
| 1/2 pound margarine, melted         |  |

Combine all ingredients and bake in a covered casserole dish at 300 to 325 degrees for about 1 hour. Serves 14 to 16. (If only half of recipe is used, bake less time).

NOTE: This dish may be prepared 2 hours ahead and let stand until ready to bake and serve.

## WILD RICE

- |                          |                    |
|--------------------------|--------------------|
| 1 cup uncooked wild rice | 2 tablespoons salt |
| 2 quarts water           | Butter, if desired |

Wash rice in several waters and examine for foreign matter.

In a deep kettle bring water to a boil; add salt.

Slowly add rice to boiling water, reduce heat and cook uncovered at a mild boil for about 35 to 40 minutes, or until a kernel when pressed between thumb and finger is soft.

During cooking lift rice from bottom; do not stir.

When tender, drain. Return to kettle and shake over low heat to fluff and dry.

If desired, stir in about 2 or 3 tablespoons butter. Yields 4 cups.

## SCALLOPED SQUASH

- |                        |  |
|------------------------|--|
| 8 medium summer squash | 2 tablespoons butter or margarine,<br>melted |
| 1 large onion, sliced  | 1 teaspoon salt                              |
| Salt                   | 1 cup fresh bread crumbs                     |
| 1 egg, lightly beaten  | 2 cups grated sharp cheddar cheese           |
| 1/2 teaspoon pepper    |  |
| 1/2 cup milk           |  |

Wash squash and snip off ends. Cut in 2-inch cubes.

In a large saucepan bring to boil about 3 cups of salted water (about 1/2 teaspoon salt). Add squash and onion and cook for about 10 minutes or until tender. Drain.

Arrange squash and onion in a casserole dish.

In a mixing bowl combine egg, pepper, milk, butter, salt, crumbs and 1 cup of cheese. Mix well and pour over squash.

Sprinkle remaining cheese over top of squash. Bake at 350 degrees for about 30 minutes or until bubbling. Serves 8.



## SPINACH RING WITH MUSHROOM SAUCE

- |   |                     |
|---|---------------------|
| 3 (10 ounce) packages<br>frozen chopped spinach | 2 garlic cloves     |
| Salt  | 4 eggs, well beaten |
| 1/2 teaspoon ground nutmeg                      | 2 tablespoons flour |
|   | 1/2 cup heavy cream |
|   | Paprika             |

Cook spinach according to package directions including salt.

Add nutmeg and garlic cloves to spinach when cooking begins.

Drain spinach thoroughly and remove garlic cloves.

Blend flour with eggs and cream. Add to spinach and mix well.

Put mixture in a buttered 6 cup ring mold. Cover with foil.

Set the mold in a baking pan and add enough hot water to reach halfway up the sides of the mold.

Bake in a moderate oven (325 degrees) for 30 minutes or until mold is set.

Unmold spinach ring onto a warm platter, fill center with mushroom sauce (recipe this book). Sprinkle with paprika and serve.

## TURNIP SOUFFLE

6 medium turnips	$\frac{1}{4}$ cup grated cheddar cheese
2 tablespoons butter or margarine	2 eggs, separated
$\frac{1}{2}$ cup milk	Salt and pepper to taste
	Dash cayenne

Peel and boil turnips in salted water until tender, about 25 minutes. Drain and mash.

Add butter or margarine, milk, cheese and well beaten egg yolks. Add salt and pepper to taste and cayenne. Mix well.

Beat egg whites until stiff and fold in the turnip mixture.

Spoon into a well oiled baking dish. Set in a pan of water and bake at 375 degrees until an inserted knife comes out clean, about 30 minutes.

## STUFFED ZUCCHINI

8 zucchini	$\frac{1}{4}$ cup fine bread crumbs, toasted
4 tablespoons butter or margarine	Melted butter
$\frac{2}{3}$ cup onion, minced	Parmesan cheese
1 cup bechamel sauce (Recipe this book)	Salt to taste
	White pepper to taste

Wash zucchini and trim the stem ends.

Slice off the top third of the zucchini lengthwise.

In a saucepan bring enough salted water to boil to cover the zucchini and gently drop in the tops and bottoms. Simmer 8 minutes. Drain. Place under cold running water to refresh.

Carefully scoop out the pulp from top and bottom sections. Invert the bottom shells on paper towels to drain and discard the top shells.

Mince pulp and mash out all moisture possible.

In a large frying pan melt butter or margarine over medium heat. Add onions and cook until soft and transparent but not brown. Add zucchini and simmer for 5 minutes.

Remove the pan from the heat and add bechamel sauce, bread crumbs, 2 tablespoons Parmesan cheese and salt and pepper to taste.

Dry the insides of the zucchini shells with paper towels and spoon the zucchini mixture into the shells. Sprinkle the Parmesan cheese and melted butter.

Bake in hot oven (450 degrees) for 10 to 15 minutes, or until tops are golden brown.

## ZUCCHINI CREOLE

- |                                |                          |
|--------------------------------|--------------------------|
| 4 or 5 small zucchini          | Salt and pepper to taste |
| 3 tomatoes                     | Butter or margarine      |
| 2 medium onions, thinly sliced | Dash sweet basil         |

Wash, dry and slice zucchini.

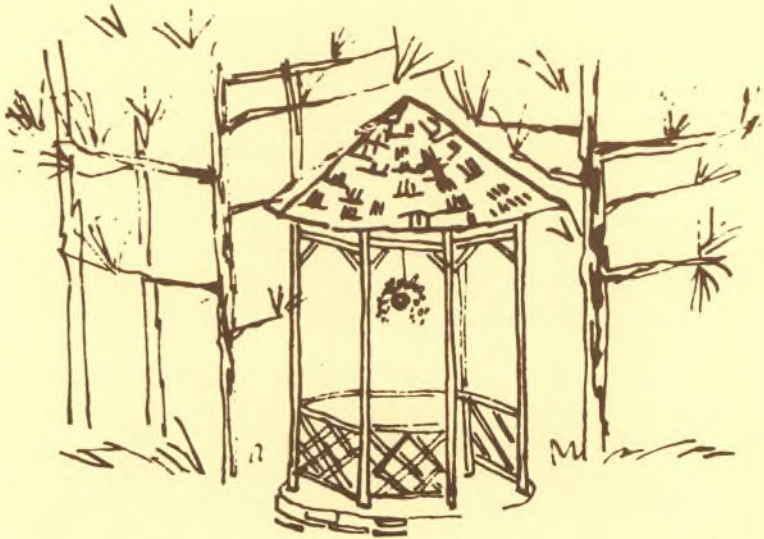
Cut tomatoes into wedges.

Combine sliced zucchini, tomato wedges and onion on a square of heavy-duty aluminum foil.

Sprinkle with salt and pepper to taste and a dash of basil.

Dot with butter or margarine and seal to make a tight package.

Place on grill and cook about 30 minutes.



# Preserves, Pickles, Accompaniments



## BLACKBERRY JELLY

$\frac{1}{2}$  gallon blackberries (makes  
 about  $3\frac{3}{4}$  cups juice)
                         
 5 cups sugar  
 1 box ( $1\frac{3}{4}$  ounces) fruit pectin

Wash and drain blackberries. Place in a large kettle and crush. Bring to a boil and let simmer for 10 to 15 minutes, stirring occasionally. Let cool.

Place in a jelly bag and squeeze out juice.

Measure  $3\frac{3}{4}$  cups of the juice into a 6 or 8 quart saucepan; add pectin and mix well.

Bring quickly to a hard boil, stirring occasionally.

At once add sugar. Bring to a full rolling boil. Boil hard for 1 minute, stirring constantly.

Remove from heat and skim off foam.

Pour into hot sterilized jars and seal. Yields about  $5\frac{1}{2}$  cups.



## MAMA'S BLACKBERRY PRESERVES

3 cups blackberries
                         
 2 teaspoons lemon juice  
 2 cups sugar

Wash blackberries and drain.

In a heavy aluminum pot combine blackberries, sugar and lemon juice.

Heat on low heat until sugar dissolves.

Bring to a boil and cook over medium heat until juice jellies.

To test, drop a few drops of juice in a saucer and let it cool.

Another test is the sheet test. To use this method pour jelly from a metal spoon. The jelly point is reached when two drops run together and breaks from the spoon in a sheet.

Pour preserves into hot sterilized jars and seal.

## BLUEBERRY JAM

- |   |                                   |
|---|-----------------------------------|
| 4 cups blueberries, prepared<br>(about 1½ quarts) | 4 cups sugar                      |
| 2 tablespoons lemon juice                         | 1 box (1¾ ounces)<br>fruit pectin |

Wash blueberries, remove all stems and drain. Crush thoroughly.

Measure 4 cups into a very large saucepan.

Add lemon juice to berries.

Measure sugar and set aside.

Mix fruit pectin into fruit in saucepan.

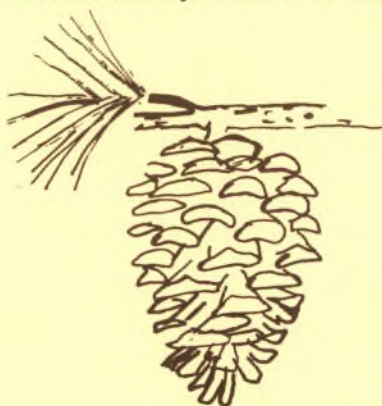
Place over high heat and stir until mixture comes to a hard boil.

Immediately add all sugar and stir.

Bring to a full rolling boil and boil hard for 1 minute, stirring constantly.

Remove from heat and skim off foam with metal spoon. Stir and skim for 5 minutes to cool slightly and prevent floating fruit.

Ladle quickly into hot sterilized jars and seal. Makes about 7 cups.



## PEACH CONSERVE

- |                                       |                          |
|---------------------------------------|--------------------------|
| 7 cups peaches, peeled<br>and chopped | 5 cups sugar             |
| 1 medium orange                       | ½ teaspoon ground ginger |
|                                       | ½ cup slivered almonds   |

Select 12 large firm-ripe peaches to render 7 cups.

Chop unpeeled orange, discard seeds, and add to peaches.

Cook slowly for 15 to 20 minutes.

Add sugar and ginger. Bring slowly to a boil, stirring frequently until sugar dissolves.

Cook rapidly until thick, about 10 minutes, stirring occasionally to prevent sticking.

Add almonds and cook 5 additional minutes.

Pour into hot sterilized jars and seal. Yields about 4 pints.

## PEACH JAM

Peaches

Sugar

Select well ripened peaches. Pare and cut into small pieces.

Put peaches in a large, heavy saucepan and let stand for 5 to 10 minutes. Crush lightly.

Cook slowly over low heat for about 20 minutes or until peaches are softened.

Remove from heat and measure peach pulp.

For each cup of pulp add one cup of sugar.

Return to heat and cook over medium heat until desired consistency, stirring constantly.

Pour into hot sterilized jars and seal.

## PEACH PRESERVES I

4 cups peaches, peeled and sliced      3 cups sugar

1 tablespoon lemon juice

Select ripe but firm peaches. Remove any bad spots and the pits. Cut peaches into 8 or more slices.

Combine peaches, sugar and lemon juice.

Heat over low heat, shaking pan to prevent peaches from sticking.

After juice is formed, cook peaches until fruit is clear and juice is thick. During cooking process stir occasionally and skim foam as it appears.

Ladle preserves into hot sterilized jars and seal.

## PEACH PRESERVES II

4 cups peaches, peeled and sliced      3 cups sugar

½ cup water

Select ripe but firm peaches. Remove bad spots and pits. Cut peaches into 8 or more slices.

Combine sugar and water. Boil 5 minutes.

Add peaches and boil slowly over medium heat until fruit is clear and juice is thick.

Skim foam as it appears.

Ladle preserves into hot sterilized jars and seal.



## BRANDIED PEACHES

- |              |              |
|--------------|--------------|
| 6 peaches    | Whole cloves |
| 3 cups water | Peach brandy |
| 2 cups sugar |              |

Select perfect firm ripe peaches, medium size.

Combine sugar and water and make a syrup by boiling over medium heat about 10 minutes.

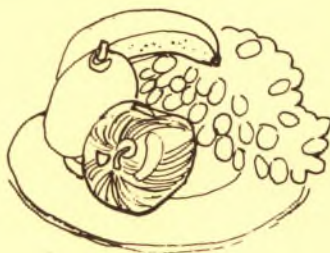
Meanwhile, pour hot water over peaches. Dip them into cold water. Peel or skin.

Prick each peach with a fork and stud with 2 cloves.

Add peaches to the syrup, a few at a time, and cook until just barely tender, 3 to 5 minutes.

Pack into hot sterilized pint jars. Add 4 tablespoons brandy, more if desired. Fill jars with hot syrup and seal. Yields 1 quart.

Let peaches stand 4 weeks before serving.



## PICKLED PEACHES

- |                                 |                  |
|---------------------------------|------------------|
| 2 pounds peaches                | 1 stick cinnamon |
| 1 cup sugar                     | Whole cloves     |
| $\frac{3}{4}$ cup cider vinegar |                  |

Select firm medium-ripe cling stone peaches.

Wash and pour boiling water over peaches and let set for 1 minute. Drain immediately and peel.

Bring sugar, vinegar and cinnamon stick to boil in a large saucepan.

Stick a whole clove on end of each peach.

Put several peaches at a time into the boiling syrup and cook until they can be pierced with a straw, about 5 minutes.

As peaches are cooked place in hot sterilized jars and fill to the neck.

Boil syrup until thickened, about 5 minutes, after all peaches have been cooked.

Pour syrup over peaches and fill to within 1 inch of top of jar. Seal. Yields 1 quart.

## PEAR HONEY

- |                                  |                                    |
|----------------------------------|------------------------------------|
| 7 pounds pears, peeled and cored | 1 (17 ounce) can crushed pineapple |
| 5 pounds sugar                   | 1/3 cup lemon juice                |
|                                  | 1 (3 1/2 ounce) can flaked coconut |

Grind pears in food chopper.

Put pears in a large saucepan; add sugar and lemon juice.

Cook over medium heat until thickened (about 45 minutes) stirring occasionally.

Add pineapple and cook 15 minutes longer, stirring frequently.

Add coconut and blend.

Pour into hot sterilized jars and seal.

## BEV'S PEAR RELISH

- |                         |                               |
|-------------------------|-------------------------------|
| 8 cups pears, ground    | 1 1/2 tablespoons dry mustard |
| 3 large onions          | 2 tablespoons tumeric         |
| 2 medium bell peppers   | 1 1/2 teaspoons allspice      |
| 1 or 2 hot peppers      | 2 cups sugar                  |
| 2 dill pickles          | 3 cups vinegar                |
| 1 (4 ounce) jar pimento | Salt to taste                 |

Peel and core pears. Place in cold water to prevent turning dark. Feed enough pears through the food chopper to render 8 cups.

Chop onions, bell peppers, hot peppers, dill pickles and pimento. (These ingredients can be run through the food chopper with the last 2 or 3 cups of pears).

Add to pear mixture.

Place mixture in a large saucepan. Add remaining ingredients. Boil 30 minutes or until desired thickness.

Pack in hot sterilized jars and seal.

## PICKLED CANTALOUPE

- |                       |                          |
|-----------------------|--------------------------|
| 1 cup water           | 12 whole cloves          |
| 1 cup sugar           | 4 cups fresh cantaloupe, |
| 1/4 cup white vinegar | pared and cut in wedges  |
| 3 sticks cinnamon     |                          |

Combine water, sugar, vinegar, cinnamon and cloves in a saucepan.

Simmer uncovered, about 5 minutes.

Add cantaloupe and heat to boiling point.

Cool, chill at least 1 day before serving.

Yields 1 quart.

## PICKLED OKRA

- |                       |                    |
|-----------------------|--------------------|
| 6 cloves garlic       | 1 quart vinegar    |
| 6 hot peppers         | 1 cup water        |
| 6 teaspoons dill seed | 1/2 cup plain salt |
| Okra                  |                    |

Wash and sterilize 6 pint jars.

In bottom of each jar place 1 clove garlic and 1 hot pepper.

Pack jars firmly with clean, young okra pods from which only part of the stem has been removed. (Part of stem must be left on).

Add 1 teaspoon dill seed to each jar.

Bring vinegar, water and salt to a boil. Simmer for 5 minutes.

Pour boiling solution over okra. Seal jars immediately.

This amount of pickling solution will fill from 5 to 7 pint jars.



## PEPPER SAUCE

- |  |                               |
|--|-------------------------------|
| Hot green peppers                        | Vinegar                       |
| Hot red peppers (2 or 3<br>for each jar) | Garlic (1 clove for each jar) |

Wash and pick over peppers. Remove only part of stem from peppers.

Pour boiling water over peppers and let stand for 2 minutes, drain.

Put a clove garlic in the bottom of each hot sterilized bottle or jar.

Pack peppers firmly into bottles or jars, adding the red peppers as you pack.

Bring vinegar to boil and pour over peppers.

Seal immediately.

## BREAD AND BUTTER PICKLES

25 to 30 medium cucumbers	6 cups sugar
8 large white onions	2 tablespoons mustard seed
1/2 cup plain salt	1/2 teaspoon whole cloves
Cracked ice	1 1/2 teaspoons celery seeds
5 cups cider vinegar	1 1/2 teaspoons tumeric

Wash and slice cucumbers very thin.

Peel and slice onions thin.

Combine cucumbers, onions and salt. Top with cracked ice.

Cover with weighted lid or plate and let stand 3 hours or overnight.

Drain thoroughly and if too salty rinse and drain.

Combine vinegar, sugar and spices in a large pot and let come to a boil.

Add cucumbers and onions and cook over low heat until cucumbers have lost their bright green color and turn olive color. Do not let cucumbers boil.

Pack tightly in hot sterilized jars; add hot vinegar syrup to cover and seal at once. Yields 5 pints.



## EVELYN'S CUCUMBER PICKLES

Cucumbers	1 teaspoon plain salt
1 cup cider vinegar	Pickling spices, 1 tablespoon
1 cup water	or to taste
3 tablespoons sugar	Pinch of alum

Select firm medium cucumbers. Wash and cut in strips lengthwise.

Mix water and vinegar.

Pack cucumbers into sterilized jars.

Pour vinegar solution over cucumbers to within 1 inch of top. (If there is too much vinegar solution save for next jar; if not enough make additional).

Add sugar, salt, pickling spice and alum. Seal. Yields 1 quart.

Put in hot water bath and let come to boil; simmer for 10 minutes.

## DILL PICKLES

Medium cucumbers (To each quart add)	Pinch alum
3 heads dill	1 cup cider vinegar
1 teaspoon mustard seed	2 cups water
	1 tablespoon plain salt

Wash cucumbers, slice lengthwise, if desired, and pack into hot sterilized jars. Add dill, mustard seed and alum.

Combine vinegar, water and salt. Heat until steaming hot.

Fill jars with hot brine and seal.

Process in hot water bath for about 20 minutes.



## OLD SOUTH PICKLES

7 pounds cucumbers, sliced	4¼ pounds sugar
2 cups pickling lime	1 tablespoon plain salt
2 gallons water	Pickling spices
2 quarts cider vinegar	

Dissolve lime in water and pour over cucumbers.

Soak cucumbers in lime water 24 hours.

Drain cucumbers and rinse 5 times in cool water.

Soak cucumber slices in ice water for 6 hours. (During this process keep in refrigerator if you have room).

Drain and pat dry with paper towels.

Make a syrup of sugar, vinegar and salt. Pour over cucumber slices and let soak overnight.

Add pickling spices to taste, ½ of 3 ounce box, or more. (Spices may be tied in a cloth bag or added loose as desired).

Boil cucumbers for 35 to 40 minutes.

Pack in hot sterilized jars and seal.

## BILLIE'S GREEN TOMATO RELISH

2 quarts green tomatoes	2¼ cups sugar
4 large onions	½ ounce celery seed
3 red hot peppers	½ teaspoon dry mustard
3 green hot peppers	2 teaspoons tumeric
1 pint cider vinegar	2 tablespoons salt

Put tomatoes, onions and peppers through a food chopper. Place in a large saucepan.

Add vinegar, sugar, celery seed, mustard, tumeric and salt. Mix well. Boil 20 minutes.

Pour into hot sterilized jars and seal. Yields about 5 pints.



## SAUERKRAUT

Cabbage

Salt

Select mature, sound and hard heads of cabbage.

Remove and discard outer leaves and wash cabbage thoroughly. Drain.

Halve or quarter the heads, core and shred. The core may be used if desired.

Weigh cabbage into 5 pound lots and add 3 tablespoons salt for each 5 pound lot.

Mix thoroughly.

Pack into a clean crock until within 3 or 4 inches of the top.

Cover with a cloth, plate and weight.

The brine should come to the edge of the plate.

If the cabbage is low in moisture it may be necessary to add additional brine to cover. (Mix 1 teaspoon salt with 1 cup water for additional brine).

Check daily and remove scum from top.

Wash and scald cloth to remove scum.

If temperature stays around 85 degrees, it will take 6 to 9 days for kraut to ferment. If temperature is lower it will take longer, up to 12 days.

When kraut is as sour as desired, pack in sterilized jars, add brine to fill the jars. A 5 pound lot yields about 5 pints.

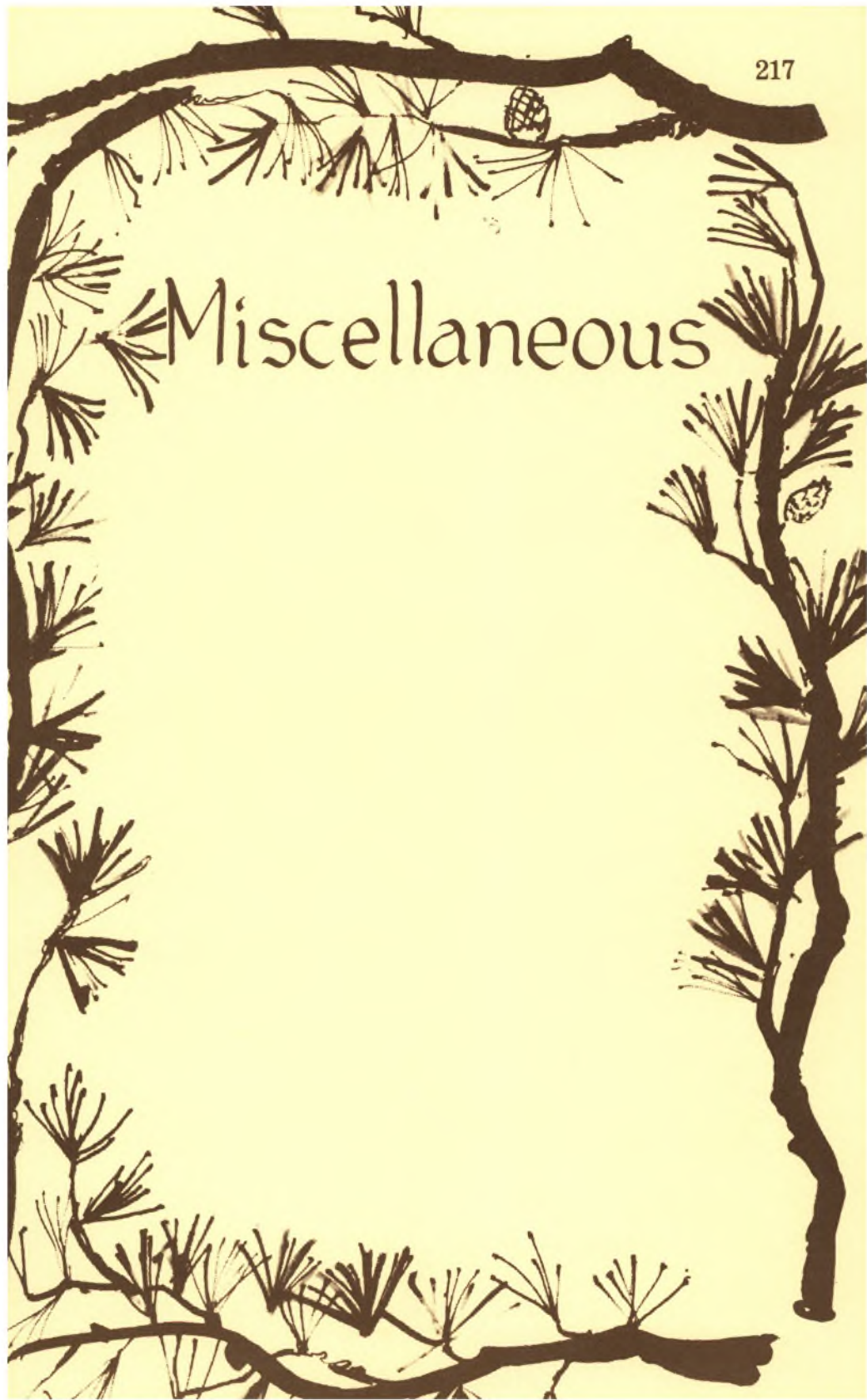
Process in water bath 15 minutes.







# Miscellaneous



## FETTUCCINE

- |  |  |
|--|--|
| 8 to 10 ounces noodles,<br>medium size | 4 ounces grated Parmesan cheese        |
| 6 tablespoons butter                   | 2 tablespoons finely chopped<br>chives |
| 1 cup sour cream                       | Dash nutmeg                            |
| 1 cup heavy cream                      | Salt and pepper to taste               |

Cook noodles according to package directions. Drain.

In a large saucepan melt the butter over low heat. Add noodles and sour cream, stirring constantly.

Add heavy cream and cook slowly for 5 minutes.

Add cheese, 1 tablespoon chives, nutmeg, salt and pepper to taste and continue cooking until cheese is melted.

Serve in tureen. Sprinkle with remainder of chives. Serves 4 or more.

## TOASTED SLIVERED ALMONDS

Sprinkle slivered almonds on a baking sheet. Lightly brown in a moderate oven (350 degrees). Stir or shake occasionally.

## WHITE SUGAR SYRUP

- |                             |                                  |
|-----------------------------|----------------------------------|
| 2 cups sugar                | 1 teaspoon vanilla               |
| $\frac{2}{3}$ cup water     | 1 tablespoon butter or margarine |
| $\frac{1}{8}$ teaspoon salt |                                  |

Combine sugar, water and salt in a heavy small saucepan. Stir over low heat until sugar is dissolved.

Boil 3 to 5 minutes or until syrup is of desired thickness.

Remove from heat. Add vanilla and butter. Stir until smooth.

VARIATIONS: Use maple or caramel flavoring instead of vanilla.

## BROWN SUGAR SYRUP

Use 1 cup brown sugar and 1 cup white sugar and proceed as for white sugar syrup.

## ICE TEA

- |                                    |              |
|------------------------------------|--------------|
| 3 tea bags                         | Sugar        |
| 2 cups (8 ounces each) fresh water | Lemon slices |

Use an earthenware or glass pot, and use it exclusively for making tea. Never boil tea.

Use accurate measures of tea and water.

Place tea bags in freshly scalded pot.

Bring water to a boil and pour over tea bags. Steep for 3 to 5 minutes.

Remove tea bags. If desired, sweeten tea to taste while hot, otherwise, serve sugar with tea.

Pour tea over ice cubes in glasses. (The melting ice cubes will normally dilute tea to serving strength. If not, add a little cold water.)

Serve with lemon slices.

VARIATION: Serve with orange slices or mint leaves.

## HOT CHOCOLATE

- |                             |              |
|-----------------------------|--------------|
| $\frac{1}{4}$ cup sugar     | 1 cup water  |
| 5 tablespoons cocoa         | 4 cups milk  |
| $\frac{1}{8}$ teaspoon salt | Marshmallows |

In a saucepan combine sugar, cocoa and salt. Add water gradually and cook to a thick syrup, stirring constantly, for about 5 minutes.

Add milk and heat to serving temperature over low heat, stirring frequently.

Beat with rotary beater or whisk until frothy.

Pour hot chocolate over a soft marshmallow in each serving cup. Serves 6.

## RUSSIAN TEA

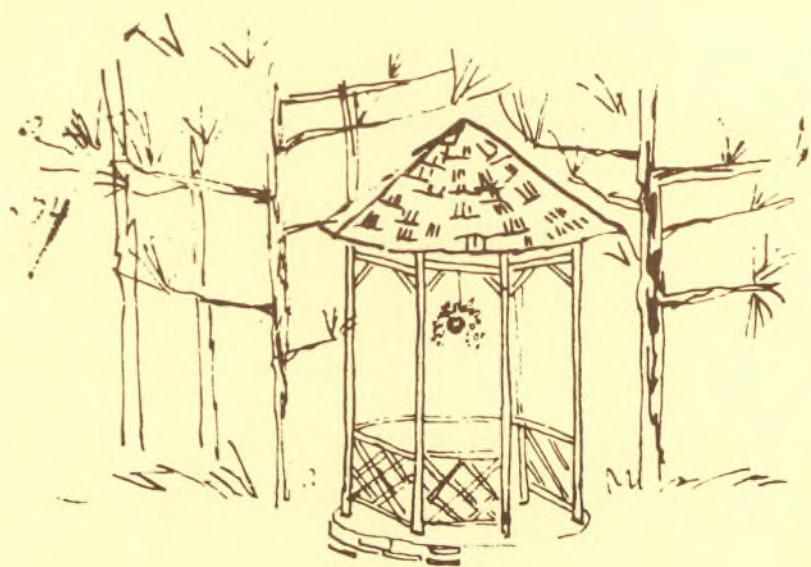
- |                                |                                   |
|--------------------------------|-----------------------------------|
| $\frac{1}{2}$ cup sugar        | 2 tablespoons lemon juice         |
| $\frac{1}{2}$ cup water        | $\frac{1}{4}$ cup pineapple juice |
| $1\frac{1}{2}$ sticks cinnamon | 3 tablespoons tea                 |
| 1 teaspoon grated lemon rind   | 3 cups boiling water              |
| $\frac{1}{4}$ cup orange juice | 3 whole cloves, if desired        |

Combine sugar,  $\frac{1}{2}$  cup water, cinnamon sticks and lemon rind in saucepan, and boil for 5 minutes.

Remove cinnamon sticks. Add orange juice, lemon juice and pineapple juice and keep warm.

Pour boiling water over tea, steep 5 minutes. Strain. Add cloves, if desired.

Combine mixtures and serve hot. Serves 6 to 8.



**METRIC SYSTEM**

1 teaspoon		5 ml
1 tablespoon		15 ml
$\frac{1}{4}$ cup		60 ml
$\frac{1}{3}$ cup		79 ml
$\frac{1}{2}$ cup		118 ml
1 cup		237 ml
2 cups	(1 pint)	473 ml
4 cups	(1 quart)	946 ml
$\frac{1}{2}$ pound		227 grams
1 pound	(16 ounces)	454 grams



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