

SHARING OUR BEST



IMPERIAL SUGAR COMPANY
EMPLOYEE FAVORITES

Expression of Appreciation

Our organization, the compilers and sponsors of this cookbook, would like to thank and express our sincere appreciation to the many people in the company who gave so generously of their time and energy in collecting and submitting recipes and assisting with the sale of our cookbooks. Without their help, this book would not have been possible.

The Cookbook Committee

DEDICATION

We dedicate this book to all cooks. In our homes today, as always, life is centered around the kitchen. It is with this thought in mind that we, the sponsors, have compiled these recipes. Some of the recipes are treasured family keepsakes and some are new; however, they all reflect the love of good cooking.

Our thanks to all those who generously contributed their favorite recipes. Without their help, this book would have never been possible.

We hope you will enjoy the many outstanding and treasured recipes on the pages that follow.



APPETIZERS
RELISHES
PICKLES



Appetizers

Appetizers are those treats that can be served either at the start of a meal or at a reception or open house. Listed below are quick appetizers that can be served anytime with crackers, thin sliced toasted bread or potato chips:

1. Caviar flavored with onion juice.
2. Cream cheese with chopped chutney and dash of curry powder.
3. Lobster tail moistened with lemon juice.
4. Almonds or pecans roasted and chopped, then mixed with anchovy paste.
5. Cream cheese with chopped pickle.
6. Chicken livers minced and moistened with mayonnaise.
7. Cheese squares with olive attached by toothpick.
8. Liverwurst with pistachio nuts.
9. Sardines with caviar paste.
10. Minced eggs with anchovies.
11. Cream cheese and horseradish.
12. Cream cheese and anchovy paste with grated onion.
13. Herring squares mashed in its own juice with dash of vinegar and Tabasco sauce.
14. Peanut butter and bacon toasted on dark bread.
15. Deviled ham with chopped onions and Spanish olives.
16. Stilton cheese moistened with Port wine.
17. Shrimp flavored with French dressing.
18. Caviar mixed with cream cheese with dash of Worcestershire sauce.
19. Peanuts roasted, crushed and mixed with anchovy paste.
20. Sardine slices topped with chopped olives.
21. Pimento cheese mixed with a dash of horseradish.
22. Minced shrimp with onion juice.
23. Cream cheese with dash of Worcestershire sauce and chives.

APPETIZERS, RELISHES & PICKLES

CHEDDAR QUICHE

2 c. shredded Cheddar cheese
 2 Tbsp. flour
 4 eggs, slightly beaten
 1 ½ c. milk

½ lb. pan sausage (pork or turkey/
 pork)
 ¼ tsp. salt
 dash of black pepper
 deep dish pie shell

Cook and drain sausage. Toss cheese with flour. Combine eggs, milk, sausage and seasonings. Mix well. Add cheese and flour. Pour into pastry shell; bake at 350° for 1 hour or until set. Garnish with parsley and pimento strips, if desired. This will fill 2 shallow ready-made pie crusts for a thinner filling. Great for breakfast, lunch or an appetizer when cut into bite-sized squares.

Leon Anhaizer

SNAPPY CHEESE STICKS

1 stick pie crust mix
 ½ c. shredded sharp natural
 Cheddar cheese

¼ tsp. dry mustard
 1 tsp. paprika

Prepare pie crust mix according to package directions, thoroughly mixing in shredded cheese, mustard and paprika until mixture forms a ball. Roll dough on lightly floured surface to 12 x 8-inch rectangle. With pastry wheel or knife, cut into sticks ½ inch wide and 4 inches long. Place on ungreased baking sheet. Bake in a hot oven (425°) for 10 to 12 minutes or until golden brown. Makes 4 dozen sticks.

Karen Mawyer

SPICY CHICKEN LITTLE "LEGS"

3 lb. chicken wings
 ½ c. salad oil
 ½ c. lemon juice
 1 clove garlic, crushed
 1 tsp. salt
 ½ tsp. pepper

1 tsp. dry mustard
 1 tsp. chili powder
 1 tsp. thyme
 ½ tsp. paprika
 ½ tsp. ground cumin

Cut wings at both joints and discard tips (tips may be used for soup stock). Combine wing pieces with all of the ingredients. Marinate several hours or overnight in refrigerator, stirring occasionally. Arrange wing pieces on rack in shallow roasting pan. Roast at 450° for 35 to 45 minutes or until crisp and brown. Spoon marinade over wings several times during roasting.

Wendy Simms

TERIYAKI WINGS

as many chicken wings as you like (allow at least 6 per person)	teriyaki sauce brown sugar
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Separate wings into 3 pieces and discard the tip pieces. Place in rows in 2-inch deep pan. Cover ½ way with teriyaki sauce. Sprinkle with brown sugar. Cook in 150° oven overnight or until done (approximately 8 hours).

Linda Hoffman

TEXAS BEAN DIP

2 ½ lb. refried beans	1 bunch green onions (tops and all)
1 large container sour cream	1 lb. Monterey Jack cheese, shredded
1 large container cottage cheese	1 lb. Cheddar cheese, shredded
1 small can green chilies	
1 pkg. taco seasoning	

Mix all ingredients, except Monterey Jack and Cheddar cheeses. Spread into a large casserole or baking dish. Mix together the 2 Monterey Jack and Cheddar cheeses and sprinkle on top of the bean mixture. Bake at 300° for 1 hour.

If you want you can split into 2 dishes and save one for later. Do not add cheese until you are ready to bake.

Sherri Grant

CHEESE ROLLS

24 oz. cream cheese	¾ tsp. garlic salt
4 green onions	1 Tbsp. mayonnaise
1 tsp. cayenne	½ tsp. Accent
1 tsp. paprika	

Mix together all ingredients and form or roll into a ball. Roll ball into crushed pecans or other nuts to form an outside coating. Refrigerate until ready to serve.

Sherri Grant

JALAPENO EGGS

½ stick butter	12 to 16 eggs
jalapeno peppers, sliced	12 to 16 oz. cheese, grated

Melt the butter in a 13 x 9-inch Pyrex dish. Spread peppers over butter on the bottom of the dish. In a separate bowl, beat the eggs by hand until well mixed. Add the grated cheese to the mixture and stir well. Spoon the mixture onto the buttered peppers. Bake the eggs at 350° for 25 to 30 minutes. Remove from the oven and cool briefly so that the eggs can "set". Then cut into squares.

Sherri Grant

ARMADILLO EGGS

1 can halved jalapenos	1 (8 oz.) pkg. shredded Mozzarella cheese
1 lb. Owens sausage	1 pkg. pork Shake 'n Bake
1 c. Bisquick	2 eggs, beaten

Mix sausage and Bisquick together with hands. Make small flat patties. Put cheese in jalapenos and wrap with sausage "patties", shape like eggs. Dip into beaten eggs, roll in Shake 'n Bake. Bake at 400° for 20 to 25 minutes until cheese bubbles and browns slightly.

Kelly Zelman

MARINATED VEGETABLES

1 (4 oz.) can button mushrooms	1 (10 oz.) jar La Martinique French dressing
1 (16 oz.) can artichoke hearts	
1 (16 oz.) can black pitted olives	

Combine and marinate for 48 hours. Toss in Parmesan cheese before serving.

Jackie Milhoan

SALMON PARTY BALL

1 lb. canned salmon (16 oz.)	1 tsp. prepared horseradish
1 (8 oz.) pkg. cream cheese, softened	¼ tsp. salt
1 tsp. lemon juice	¼ tsp. liquid smoke
2 tsp. grated onion	½ c. coarsely chopped pecans
	3 tsp. fresh parsley

Drain and flake salmon, removing any skin and bones. Combine salmon, cream cheese, lemon juice, onion, horseradish, salt and liquid smoke; mix well. Cover and chill several hours. Combine pecans and parsley. Shape chilled salmon mixture in a ball. Roll in nut mixture; chill well. Serve with crackers on a party dish.

Jackie Milhoan

CRAB CANAPE SWISS CHALET

¾ lb. cream cheese	1 tsp. chopped chives
½ c. heavy cream	1 clove garlic, minced
pinch of salt	½ lb. shredded crabmeat
½ c. mayonnaise (not salad dressing)	lemon juice
1 Tbsp. minced onion	Tabasco sauce
	Worcestershire sauce

Marinate crab, scrambled in lemon juice for 1 hour. In electric mixer, whip ¾ pound cream cheese and ½ cup heavy cream until smooth. Add salt; beat in mayonnaise. Add onion, chopped chives and garlic; blend well. Drain lemon juice from crabmeat. Add scrambled to creamed mixture. Add Tabasco and Worcestershire sauce to taste. Serve with soda crackers or toast points.

Jackie Milhoan

SHRIMP DIP

4 Tbsp. milk	1 small onion
1 c. mayonnaise	5 oz. can shrimp, drained
1 Tbsp. Worcestershire sauce	½ lb. Cheddar cheese, cubed
dash of garlic salt	3 drops Tabasco sauce

Put ingredients in blender in order given. Cover and run at high speed until well blended. Chill. Serve as dip for crackers or potato chips.

Jackie Milhoan

CHEESE LOG

½ lb. grated sharp cheese	1 hard-cooked egg, shredded
2 Tbsp. minced onion	½ c. saltines, finely crushed
3 Tbsp. minced green pepper	¼ c. mayonnaise
3 Tbsp. minced stuffed olives	½ tsp. salt
2 Tbsp. minced pickles	1 c. finely chopped pecans
1 Tbsp. minced pimiento	

Add ingredients as listed, except pecans. Form into 2 logs, 12 x 2-inch. Roll in finely chopped pecans. Wrap in aluminum foil and store in refrigerator. Slice and serve with crackers.

Jackie Milhoan

— • EXTRA RECIPES • —

Recipe

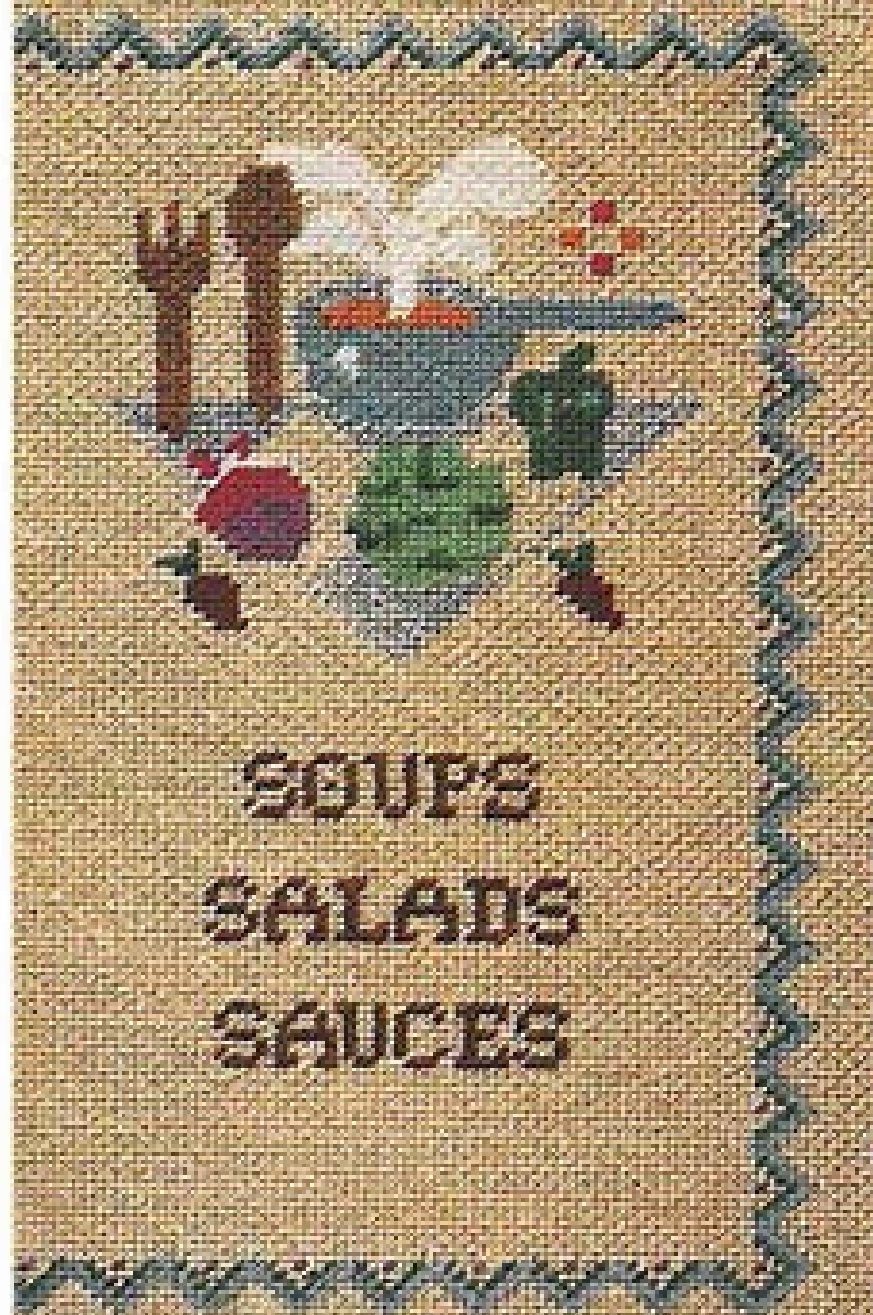
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Salads

Additions and Garnishes

Slice hard-cooked eggs
 Radishes
 Chopped green or ripe olives
 Nut meats
 Pimento
 Green pepper
 Sardines
 Anchovies
 Slivered cheeses
 Julienned ham
 Chicken
 Grated carrots
 Cubed celery
 Onions - pickled, grated or
 pearl onions
 Tomatoes, sliced and dipped in
 finely chopped parsley or chives
 Capers
 Dwarf tomatoes stuffed with
 cottage cheese
 Fresh herbs - sprigs or chopped
 Mint leaves
 Cooked beets, cut into shapes
 or sticks
 Lemon slices with pinked edges
 and dipped in chopped parsley
 Raw cauliflower

Tips for Tossed Salads

Always handle salad greens
 with care.

Wash well, drain and dry greens
 before storing; chill well
 before using.

To core lettuce, smack head stem
 end down on counter top. Then
 twist the core out.

It is better to tear greens into bite-
 sized pieces to avoid bruising
 with knife.

Don't cut up tomatoes for a tossed
 salad since their juices thin the
 dressing and wilt the greens.
 Use them only for garnishing
 the salad bowl.

Select only firm, hard, green
 cucumbers. The skin should have
 a slight sheen, but if it is highly
 polished, it is probably waxed
 and the skin should be removed.

Use wild greens such as dandelion,
 sorrel or winter cress for a
 different flavor and texture in
 tossed salads.

About Potato Salad

Potato salad is best made from
 potatoes cooked in their jackets
 and peeled and marinated while
 still warm. Small red waxy
 potatoes hold their shape when
 sliced or diced and do not absorb
 an excessive amount of dressing or
 become mushy.

Soup Accompaniments

Clear Soups — crisp crackers,
 cheese pastry, cheese-spread toast
 strips.

Cream Soups — cheese popcorn,
 seeded crackers, pretzels, pickles
 and olives.

Chowders and Meat Soups —
 Melba toast, sour pickles, oyster
 crackers, bread sticks, relishes,
 toasted garlic bread.

SOUPS, SALADS & SAUCES

PASTA SAUCE ITALIANO

1 lb. ground chuck	2 c. water
1 ½ c. chopped onion	1 large bay leaf
1 clove garlic, chopped	½ tsp. oregano
2 Tbsp. parsley	½ tsp. basil
1 (1 lb.) can Contadina pear shaped tomatoes	1 tsp. salt
1 can tomato paste	2 tsp. sugar

Brown chuck with onion in large pan. Add garlic and parsley; saute 1 minute. Add tomatoes, tomato paste, water and seasoning. Stir to break tomatoes. Simmer, uncovered, 1 hour, stirring occasionally. Remove bay leaf. Serve over cooked spaghetti. Sprinkle with Parmesan cheese. Freezes well if you need to double.

Judith Sterling

ENGLISH PEA SALAD

1 medium cucumber, chopped	2 to 3 green onions, chopped
1 stalk celery, chopped	2 hard-cooked eggs, chopped
1 large carrot, chopped	salt and pepper
1 green pepper, chopped	1 (17 oz.) can English peas, drained
2 medium tomatoes, chopped	¾ to 1 c. mayonnaise

Combine first 7 ingredients in a bowl. Add salt and pepper to taste; stir gently to mix. Add peas and mayonnaise; mix gently. Chill. Serve on lettuce.

Martha Martinez

BATES BARBECUE SAUCE

2 Tbsp. butter chopped onion	1 c. Imperial brown sugar
½ c. catsup	1 Tbsp. vinegar
1 Tbsp. mustard	1 tsp. Worcestershire sauce
	salt and pepper

Fry chopped onion in butter; add all other ingredients. Simmer until thick, approximately 20 minutes. Good on ribs or chicken!

J. W. Bates

LUCILLE'S TORTILLA SOUP

1 onion, diced
1 clove garlic, minced

1 (40 oz.) can tomato juice
6 c. chicken stock

Bring to a boil. Just before serving, add 1 bunch cilantro and 1 teaspoon cumin. Remove from heat. Pour soup in bowls. Add a handful of Doritos chips and top with a handful of grated Cheddar cheese.

Lucille Casarez

CARROT AND RAISIN SALAD

2 c. shredded carrots
1 apple, peeled and shredded
1 (8 oz.) can crushed pineapple,
drained
¼ c. mayonnaise

¼ c. apple juice concentrate
½ tsp. lemon juice
dash of salt
½ c. raisins
½ c. chopped pecans

Combine all ingredients in a bowl. Stir gently to mix. Chill. Serve on lettuce.

Eddie Phoenix

SEAFOOD STEW

1 lb. hot Italian sausage
1 ¼ c. water
½ c. dry white wine
1 lb. small new potatoes, cut in half
2 medium carrots, cut into 1 ½-inch
pieces
2 celery stalks, cut into 1 ½-inch
pieces

2 bay leaves
½ tsp. crushed red pepper
1 large clove garlic, minced
1 lb. shrimp
1 doz. small cherrystone clams
8 to 10 pearl onions
chopped parsley

Heat sausage and ¼ cup water in 12-inch skillet to boiling. Cover and simmer 5 minutes. Uncover, continue cooking and turning until water evaporates and sausage is brown. Remove and cut each sausage in half. Spoon all but 2 tablespoons of the drippings from skillet. Add remaining ingredients. Heat to boiling; reduce heat to low. Cover and simmer 15 minutes, stirring occasionally.

Robert Sotelo

SHRIMP GUMBO

2 lb. shelled, deveined shrimp
1 stick butter
2 Tbsp. Worcestershire sauce
1 onion, finely chopped
1 green bell pepper, finely chopped
1 c. beef bouillon

1 Tbsp. flour
1 can stewed tomatoes
3 (8 oz.) cans tomato sauce
2 c. water
2 frozen pkg. cut okra
cooked rice

Saute butter, onion, bell pepper and Worcestershire sauce until onions are clear. Remove from heat and add the remaining ingredients, except shrimp. Cook over medium heat for 45 minutes. Add shrimp and cook until shrimp is done. Serve hot over cooked rice.

Nancy Weatherford

TUNA SALAD

1 (6 ½ oz.) can tuna, drained
chopped apple
chopped onion

chopped celery
chopped pickle
chopped boiled eggs

Amount is your decision; depending on what you like! Mix all together, then add:

dab of salad dressing
touch of mustard

Mrs. Dash seasoning
Italian seasoning

Mix all together until everything is as moist as you like.

Sheila Turner

SHRIMP GUMBO

1 lb. fully peeled shrimp
2 c. sliced fresh okra or 1 pkg.
frozen okra
½ c. shortening or less
¾ c. chopped green onions (save
green tops)
3 cloves garlic, finely chopped

1 tsp. salt
1 tsp. black pepper
1 c. hot water
2 c. chopped canned tomatoes
2 whole bay leaves
6 drops Tabasco
1 ½ c. cooked rice

Saute okra in shortening about 10 minutes or until okra appears dry, stirring constantly. Add onion, garlic, salt and pepper. Cook about 5 minutes. Add tomatoes, bay leaves and shrimp and simmer 20 minutes. Remove bay leaves. Add Tabasco. Place ¼ cup

rice in the bottom of 6 soup bowls; fill with gumbo. Sprinkle chopped green onion tops over each serving.

Leon Anhauser

TUNA FISH SANDWICH SPREAD

1 can light chunk tuna fish
juice of ½ to 1 lemon
1 tsp. dried lemon or orange peel
½ tsp. allspice

½ tsp. cinnamon
dash of ground cloves
4 Tbsp. mayonnaise

Combine all ingredients.

Lewis Garrett

DONNA'S POTATO SOUP

4 to 5 pieces bacon, fried crisp
1 onion, chopped
2 c. water

2 medium potatoes, chopped
1 can milk
2 cans cream of chicken soup

Fry bacon and set aside to cool. Saute onion in bacon grease. Add water and potatoes; cook until potatoes are tender. Add milk and soup; simmer for approximately 30 minutes. Serve with crumbled bacon on top. Serves 4 to 6.

*Donna Varela
(Sister of Karen Mawyer)*

MEXICAN CHEF SALAD

1 lb. ground round
1 head lettuce
4 tomatoes, diced
1 chopped onion
4 oz. grated Cheddar cheese
1 can kidney beans

1 bag Doritos tortilla chips, crushed
1 California avocado, mashed
8 oz. bottle French or Thousand
Island dressing
hot sauce to taste

Brown ground round; add drained kidney beans and simmer for 10 minutes. Combine lettuce, tomatoes, onion, cheese and avocado in salad bowl. Add beef mixture and toss lightly. Add dressing and hot sauce. Stir well and add chips just before serving.

Dorothy Andrejczak

NANA'S MARINATED VEGETABLE SALAD

1 (16 oz.) can French-style green
beans, drained
1 (17 oz.) can LeSueur early peas,
drained
1 (12 oz. or larger) can white Shoe
Peg corn, drained

½ c. celery, chopped
½ c. onion, chopped
1 small to medium green pepper,
chopped
1 small jar chopped pimentos

In medium size bowl, mix ingredients as listed and add the following:

½ c. vinegar
½ c. oil

¾ c. sugar

Marinate at least 2 hours in refrigerator or best overnight. This salad lasts for several days in the refrigerator.

Carol's salad was featured in the Houston Post Food Section on October 20, 1983 and a picture of the salad was on the front page of that section. This recipe was given to her by her grandmother whom she calls Nana.

Carol Terral

ELEPHANT STEW

1 elephant, medium sized
2 rabbits (optional)

salt and pepper to taste

Cut the elephant into bite-sized pieces; this should take around 2 months. Add enough brown gravy to cover. Cook over kerosene fire for about 4 weeks at 450°. If more people are expected, 2 rabbits may be added, but only if expected, as most people don't like hare in their stew.

Mary Alice Frugé

ITALIAN PASTA

½ pkg. tomato pasta
½ pkg. spinach pasta
½ pkg. regular pasta

1 head raw broccoli
1 small can black olives
chopped onion (if desired)

Cook pasta; drain and add chopped broccoli and sliced black olives.

Add the following to taste:

oil
vinegar
oregano
parsley flakes

basil
pepper
Parmesan cheese

Mix together with pasta and refrigerate. Serve cold.

Sheila Turner

PICANTE CHICKEN PASTA SOUP

3 chicken breasts
4 c. water
1 large onion, chopped
6 large mushrooms, sliced
3 cloves garlic, minced
1 Tbsp. olive oil
1 (16 oz.) can tomatoes, chopped (undrained)

1 medium green pepper, cut into ½-inch pieces
¾ c. picante sauce
1 tsp. dried basil
½ tsp. dried oregano
2 c. uncooked rotini or corkscrew pasta

Cook chicken in 4 cups water. When done, debone and cut into ¾-inch cubes. Saute onion, garlic and mushrooms in olive oil about 5 minutes. Add to broth from cooking chicken breasts (or you can use two 14 ounce cans of chicken broth); then add remaining ingredients including deboned chicken. Bring to a boil, stir in pasta, reduce heat, cover and simmer until pasta is tender, about 12 minutes. Makes 6 servings.

For Sauce: Saute garlic slowly in 3 tablespoons olive oil in skillet until softened, but not browned. Add olives, basil, red pepper and tomato sauce. Heat. Stir in cheeses and heat, stirring until chunks begin to melt. Pour over pasta. Serve while hot. You may want to have extra grated Parmesan cheese handy to sprinkle on top, if desired.

Jeannine Scates

GROUND BEEF SOUP

1 lb. ground beef
1 qt. water
1 (14 to 16 oz.) can tomatoes
2 chopped onions
3 or 4 potatoes, cut in bite-sized pieces
¼ tsp. oregano

¼ tsp. garlic powder
½ tsp. pepper
pinch of sweet basil
½ can (1 lb.) whole kernel corn
½ can (1 lb.) green beans
½ c. regular rice
salt to taste

In large kettle, combine the beef, water, tomatoes, onions, potatoes, oregano, garlic, pepper and basil. Simmer slowly 1 hour. Add corn, beans and rice. Simmer 30 minutes longer.

Velma Stewart

PASTA SALAD

1 lb. boiled ham (in chunks or small slivers)
1 c. celery
1 small purple onion
1 (12 oz.) bag spiral noodles

1 c. Cheddar cheese, cubed
1 bell pepper, chopped
¾ c. pickle relish
1 tsp. mustard
¾ c. mayonnaise

Cook noodles according to package directions; drain and cool. Add celery, bell pepper, onion, cheese, ham and pickle relish to noodles. In small bowl, mix mayonnaise and mustard together, pour over noodle mixture and toss until all noodles are well coated.

Sherri Grant

LAYERED SUMMERTIME SALAD

2 c. shredded lettuce
1 c. sliced cucumbers
1 c. sliced carrots
1 c. shredded red cabbage
1 c. sliced yellow squash
1 c. cauliflower
½ c. celery

½ c. green pepper
1 c. broccoli
1 pkg. frozen peas
1 c. shredded Cheddar cheese
½ c. crumbled bacon
1 Tbsp. sugar (optional)
8 oz. salad dressing (your favorite)

In clear, deep glass bowl layer with lettuce, cucumbers, carrots, red cabbage, yellow squash, cauliflower, celery, green peppers and broccoli. Pour salad dressing evenly over top. Top with frozen peas. Sprinkle with cheese and bacon. Refrigerate overnight.

Sherri Grant

OYSTER BROCCOLI STEW

3 c. milk
2 (11 oz.) cans Cheddar cheese soup
1 (10 oz.) pkg. chopped broccoli

1 c. frozen hash browns
1 small onion, chopped
1 pt. oysters

Combine milk and soup; stir in broccoli, potatoes and onions. Cook until bubbly, breaking up broccoli until thawed. Simmer, covered, for 10 minutes. Remove from heat and cool. Cover and chill. At serving time, reheat soup. Cook fresh oysters until edges curl in liquid from the container. Add to soup and heat thoroughly. (Soup mixture may be prepared a day ahead; also this mixture scorches easily.) Great dish for a buffet or in front of a fire on a cold winter day.

Ann Hebert

BROCCOLI SALAD

1 c. mayonnaise	10 slices bacon, fried and crumbled
½ c. Imperial granulated sugar	½ c. raisins
2 Tbsp. cider vinegar	½ c. red onion, chopped
2 large bunches broccoli (include stems), cut into small pieces	

At least 1 hour before serving, mix mayonnaise, sugar and vinegar. Set aside. Mix broccoli, bacon, raisins and onion. Toss with mayonnaise mixture and chill until ready to serve. Serves at least 6 to 8 people.

Dorothy Andrejczak

CHERRY SALAD

1 (16 oz.) can crushed pineapple, drained	1 (8 oz.) container Cool Whip
1 (15 oz.) can Eagle Brand condensed milk	1 (21 oz.) can cherry pie filling
	1 c. chopped pecans

Combine all ingredients in bowl and stir well. Cool until firm.

Dorothy Andrejczak

PISTACHIO SALAD

1 (3 ½ oz.) pkg. pistachio instant pudding mix	1 c. chopped pecans or walnuts
1 (16 oz.) can chunky pineapple	1 (12 oz.) container Cool Whip, thawed
1 (8 oz.) can crushed pineapple	1 c. miniature marshmallows
1 c. Angel Flake coconut	

In a large serving bowl, mix the pineapple. Sprinkle pudding mix on top, stir and let sit for 3 minutes. Stir in coconut, nuts and

marshmallows. Fold in Cool Whip and refrigerate for at least 2 hours before serving.

Dorothy Andrejczak

FROZEN CRANBERRY SALAD

1 c. ground fresh cranberries	8 ¾ oz. can crushed pineapple, drained
½ c. sugar	1 c. heavy cream, whipped
1 ½ c. miniature marshmallows	

Grind cranberries; then measure. Add sugar and let stand 12 hours. Fold in remaining ingredients. Pour into a 9 x 3-inch loaf pan. Freeze until firm. Slice before serving. Serves 6 to 8.

Wendy Simms

CORN BREAD SALAD

2 boxes Jiffy corn muffin mix	1 to 1 ½ c. finely chopped green peppers
1 lb. bacon (optional)	1 to 1 ½ c. finely chopped celery
1 c. mayonnaise	1 to 1 ½ c. finely chopped onion
1 to 1 ½ c. finely chopped tomatoes	

Make corn muffin mix according to box directions. When cool, crumble corn muffins into a large bowl. Fry bacon until crisp and crumble with the corn muffins. Add remaining ingredients and mix well. Refrigerate.

Carol Terral

SEVEN LAYER SALAD

1 head lettuce	1 c. grated cheese
1 bag frozen peas (raw)	6 slices bacon, cooked crisp
1 bunch green onions	1 c. mayonnaise
2 boiled eggs	1 c. Ranch dressing

Tear lettuce into bite-sized pieces and put in 13 x 9-inch pan. Sprinkle frozen peas over lettuce. Chop up green onions and layer them next. Cut up both eggs and add them next. Sprinkle on cheese. Mix together the mayonnaise and Ranch dressing and spread over the top of the cheese. Top with crumbled bacon. Even people who hate peas will love this one.

Debbi Sulak

SAUCE NORMANDIE

¼ lb. butter	1 ½ c. cream
1 onion, chopped	pinch of nutmeg
2 Tbsp. flour	salt and pepper
1 ½ c. dry cider	several drops lemon juice

Melt 2 tablespoons butter in skillet. Add chopped onions; saute until onion is tender. Whisk in flour. Cook for 1 minute. Add cider and whisk; simmer for 10 minutes. Add cream and nutmeg. Reduce sauce until it coats spoon. Whisk in remaining butter and lemon juice. Outstanding! Good as I remember in Paris.

Lewis Garrett

WATERGATE SALAD

1 (20 oz.) can crushed pineapple with juice	1 (3 ¾ oz.) pkg. pistachio flavored instant pudding
1 c. miniature marshmallows	1 (12 oz.) tub Cool Whip
1 c. chopped pecans	

Combine all ingredients; mix well. Chill. Serves 8.

Mary Selvas

- • YOUR FAVORITE RECIPES • -

Recipe

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MEATS
MAIN DISHES



Meat Cooking Chart

Roasting	Weight	Minutes Per lb.	Oven Temp.	Internal Temp.
FRESH PORK Rib and loin Leg Picnic shoulder Shoulder, butt Boned and rolled Shoulder	3 - 7 lbs. 5 lbs. 5 - 10 lbs. 3 - 10 lbs. 3 - 6 lbs.	30-40 25-30 40 40 - 50 60	325 325 325 325 325	175 F 170 F 175 F 170 F 170 F
BEEF Standing ribs - rare - medium - well done	3 - 7 lbs. 3 - 7 lbs. 3 - 7 lbs.	25 30 35	325 325 325	135 F 165 F 170 F
For rolled and boned roasts, increase cooking time 5 to 12 minutes.				
LAMB Shoulder - well done - boned and rolled Leg - medium - well done Crown - well done	4 - 10 lbs. 3 - 6 lbs. 5 - 10 lbs. 3 - 6 lbs. 3 - 6 lbs.	40 40 40 40 - 50 40 - 50	325 325 325 325 325	190 F 182 F 175 F 182 F 182 F
SMOKED PORK Shoulder and picnic hams Boneless butt Ham	5 lbs. 8 lbs. 2 lbs. 4 lbs. 12 - 20 lbs. Under 10 lbs. Half hams	30 - 40 30 - 40 40 25 16 - 18 20 25	325 325 325 325 F 325 F 325 325	170 F 175 F 180 F 170 F 170 F 175 F 170 F
VEAL Loin Leg Boneless shoulder	4 - 6 lbs. 5 - 10 lbs. 4 - 10 lbs.	35 35 45	325 F 325 325 F	175 F 175 F 175 F
POULTRY Chicken Stuffed Turkey Duck	3 - 5 lbs. over 5 lbs. 8 - 10 lbs. 18 - 20 lbs. 5 - 10 lbs.	40 30 20 14 30	325 F 325 325 325 325	170 F 170 F 175 F 175 F 175 F

MEATS & MAIN DISHES

STEAK SMOTHERED IN ONIONS

1 ½ lb. round steak, cut ¾-inch thick	2 Tbsp. oil
½ c. flour	2 medium sized onions
1 tsp. salt	1 clove garlic, cut into halves
¼ tsp. Accent	1 bay leaf
½ tsp. pepper	¼ tsp. thyme

Set out a large heavy skillet with tight fitting cover. Wipe with a clean, damp cloth and place on flat working surface.

Coat steak with a mixture of flour, salt, Accent and pepper. Pound flour mixture into meat, using about ½ for each side. Cut meat into serving size pieces and set aside. Heat, in skillet over medium heat, the oil. Add meat to skillet and brown on both sides. Cut onions; place onion over browned steak. Add garlic, bay leaf and thyme. Bring liquid to boil. Reduce heat, cover and simmer 1 hour or until meat is fork-tender. Add hot water, if necessary.

Judith Sterling

SMOTHERED ALLIGATOR

2 lb. alligator meat	¼ c. parsley, finely chopped
¼ c. cooking oil	¼ c. shallots, finely chopped
2 onions, finely chopped	1 bay leaf
1 bell pepper, finely chopped	¼ tsp. basil
½ c. celery, finely chopped	salt and pepper to taste

Saute onions in oil until golden brown; add bell pepper and celery. Saute until tender. Add meat and seasoning; simmer for 40 minutes. Add parsley and shallots about 5 minutes before serving.

Gayle Galdosik

FRIED ALLIGATOR FINGERS

1 lb. alligator meat	¼ c. Italian salad dressing
1 c. sherry	flour
1 Tbsp. lemon pepper	cooking oil
1 tsp. Season-All	

Cut alligator meat in finger-size strips, then marinate in the next 4 ingredients for 2 hours. Drain and dredge with flour. Fry pieces in cooking oil for about 15 minutes, turning often until brown. Drain and serve hot.

Gayle Gaidosik

PORK CHOPS

pork chops	½ c. chopped onion
well-beaten egg	¼ c. chopped celery
bread crumbs	¼ c. chopped green pepper
½ to 1 c. tomato sauce	salt and pepper to taste

Dip pork chops in well beaten egg, then into bread crumbs. Brown pork chops on both sides; then add rest of ingredients. Cook over low heat, adding some water, if necessary, for about 45 minutes to 1 hour.

Eunice Glenn

DELUXE MEAT LOAF

2 medium stalks celery, chopped	¼ tsp. pepper
1 medium onion, minced	¼ tsp. garlic salt
1 medium carrot, minced	1 Tbsp. soy sauce
1 small can sliced mushrooms	1 Tbsp. Worcestershire sauce
1 medium green pepper, chopped	2 eggs, beaten
½ tsp. celery flakes	1 c. oatmeal
½ tsp. dry mustard	½ tsp. salt
½ tsp. sage	

Combine all ingredients, except ground beef, and mix well. Let stand 1 hour. Add beef and mix well. Press mixture into a lightly greased 8 x 5 x 3-inch loaf pan. Bake at 350° for 1 hour and 15 minutes.

Note: You can top with bacon strips or tomato sauce the last 20 minutes.

Sherry Jackson

CHILI

1 green pepper, chopped	¼ tsp. chili powder
4 stalks celery, chopped	1 bay leaf
3 medium onions	1 (16 oz.) can tomatoes, chopped
cooking oil	2 cans Van de Kamp's red kidney beans
1 lb. ground beef	1 Tbsp. brown sugar
1 tsp. salt	¼ Tbsp. cloves
1 Tbsp. brown sugar	

Saute green pepper, celery and onions in oil (see note). Add ground beef and brown. Add remaining ingredients and cook over low heat for 1 hour, stirring occasionally. If you like it hotter, add more chili powder.

Note: For more flavor, fry three strips of bacon and add vegetables to drippings.

Judith Sterling

CURRIED CHICKEN

1 (2 ½ to 3 lb.) fryer chicken	2 cloves garlic, minced
1 medium onion, chopped	½ tsp. dried thyme, crushed
1 medium tomato, peeled and chopped	2 Tbsp. curry powder
2 tsp. fresh lemon juice	1 tsp. vegetable oil
	1 tsp. cumin seed

Cut the meat off the chicken into bite-sized pieces. Combine onion, tomato, lemon juice, 1 clove garlic, thyme, 1 tablespoon curry powder, salt and pepper. Place chicken pieces in shallow glass dish. Pour seasoning over chicken, stirring to make sure chicken is coated with marinade. Refrigerate in marinade for 2 to 3 hours.

Heat oil in heavy 10-inch skillet. Add cumin seed and remaining garlic; cook until dark brown. Stir in remaining curry powder. Add marinated chicken mixture. Cook until chicken is well browned. Cover and reduce heat; continue cooking until chicken is done, about 15 to 20 minutes. Serve with rice. Yields 6 servings.

Rudy Castillo

BUNBURGERS

6 hamburger buns	1 tsp. salt
1 lb. ground beef	½ tsp. pepper
2 Tbsp. chopped onion	2 (8 oz.) cans Hunt's tomato sauce

Hollow out center of buns, leaving bottom and ½-inch rim. Crumble up the bread you have removed and mix with meat, onion, salt, pepper and 1 ½ cans of Hunt's tomato sauce. Fill buns. Heat in oven at 375° for 20 minutes. Add remaining sauce over buns and bake another 5 to 10 minutes more or until sauce is hot.

Judith Sterling

MEATS & MAIN DISHES

BRAISED CHICKEN WITH POTATOES, GREEN BEANS AND CELERY

1 (2 ½ to 3 lb.) fryer, cut up	1 tsp. salt
2 Tbsp. oil	1 tsp. thyme
2 Tbsp. butter	¼ tsp. pepper
1 large onion, cut in wedges	1 bay leaf
4 medium potatoes, quartered	1 ½ c. chicken broth
1 stalk celery, thinly sliced	1 lb. fresh green beans
2 carrots, sliced	

In large electric skillet, brown chicken in hot oil and butter until golden brown. Add onion, potatoes, celery, carrots, salt, pepper, thyme, bay leaf and chicken broth. Bring to a boil; reduce heat, cover and simmer about 30 minutes or until chicken, potatoes and carrots are tender. Add fresh green beans, cover and cook 25 minutes longer.

*Judith Sterling***GREEN CHILE CHALUPAS**

12 whole wheat tortillas	1 medium onion, chopped
¼ lb. ground beef	1 can chopped green chiles
salt and pepper	½ lb. Longhorn cheese, grated
1 (15 oz.) can refried beans with sausage	chopped lettuce and tomato

Brown beef lightly with salt and pepper to taste. Add beans and chopped onion; mix well. Spread meat mixture equally on the 12 tortillas. Spoon chiles on top of meat. Sprinkle with grated cheese. Place in preheated broiler until cheese bubbles. Top with lettuce and tomato.

*Judith Sterling***SALMON PATTIES**

1 lb. can (2 c.) salmon	2 beaten eggs
1 medium onion, finely chopped	1 tsp. dry mustard
2 Tbsp. butter	1 tsp. sage
½ c. cracker crumbs (unsalted)	enough cracker crumbs to coat patties
1 Tbsp. parsley	

Drain salmon, reserving ½ cup liquid. Flake meat. Cook onion in butter until tender. Add reserved salmon liquid, ¾ cup crumbs,

eggs, parsley, mustard, sage and salmon. Mix well. Shape into 6 patties and roll in cracker crumbs.

In heavy skillet, melt about 3 tablespoons shortening. Cook patties over medium heat until brown on one side. Carefully turn over and brown on other side.

*Judith Sterling***SOUR CREAM CHILI BAKE**

1 lb. ground beef	1 Tbsp. instant minced onion
1 (15 oz.) can pinto beans, drained	1 (6 oz.) pkg. corn chips
1 (10 oz.) can hot enchilada sauce	1 c. dairy sour cream
1 (8 oz.) can tomato sauce	½ c. shredded sharp American cheese (2 oz.)
1 c. shredded sharp American cheese (4 oz.)	

Brown ground beef; drain fat. Stir in drained beans, enchilada sauce, tomato sauce, 1 cup of the shredded cheese and instant minced onions. Set aside 1 cup of corn chips, coarsely crush the rest and stir into the meat mixture. Pour into 1 ½ quart casserole. Bake, covered, at 375° for 30 minutes. Spoon sour cream into center of casserole; sprinkle remaining cheese on top and sprinkle rest of corn chips around edge. Bake, uncovered, for 2 to 3 more minutes. Serves 6.

*Linda Meagher***HOMESTEAD HASH**

(A Great Way to Use Leftover Sunday Roast)

3 c. cooked beef, cubed	2 c. beef stock or gravy or mixture of pan drippings and water
3 to 4 large potatoes	2 Tbsp. cornstarch
1 large onion, chopped	¼ c. water
3 Tbsp. vegetable oil	
salt and pepper to taste	

In a large heavy skillet, saute potatoes and onion in oil over medium heat until well browned. Add beef and season to taste. Add stock or gravy and simmer over low heat until potatoes are tender (15 to 30 minutes). Combine cornstarch and water to make smooth paste. Slowly add to meat mixture, stirring constantly until thickened. Makes 4 to 6 servings.

Bill Byrn

BEEF STROGANOFF

1 lb. ground beef	½ c. chopped onion
1 can cream of mushroom soup	2 Tbsp. flour
1 can cream of chicken soup	1 tsp. salt
8 oz. sour cream	¼ tsp. pepper
1 can mushrooms, drained	¼ tsp. paprika
¼ stick oleo	

Melt oleo; brown onions. Mix flour, salt, pepper, paprika and meat; add to onions. Cook until meat is brown, stirring constantly. Add mushrooms; cook 2 minutes more. Add soups and cook an additional 10 minutes. Mix in sour cream and heat thoroughly. Serve with noodles or rice.

Rhonda Dusek

BEEF STROGANOFF

2 lb. round steak	8 oz. sour cream
1 can cream of mushroom soup	salt and pepper
1 can beefy mushroom soup	

Cut round steak into small cubes; salt and pepper. Thoroughly brown meat; drain. Add both cans of soup and 1 can of water. Simmer 45 minutes to 1 hour, until meat is tender. Add sour cream and simmer another 15 to 30 minutes. Serve over egg noodles or rice. Warms up very well.

Pat Burton

COMPANY CHICKEN BAKE

1 (8 oz.) pkg. egg noodles	1 (10 ¾ oz.) can cream of mushroom soup (undiluted)
2 (3 oz.) pkg. cream cheese, softened	¾ c. milk
1 c. cream-style cottage cheese	½ tsp. salt and pepper
½ c. chopped onion	grated Cheddar cheese
3 c. diced, cooked chicken	

Cook noodles according to package directions; drain. Place half of noodles in a buttered 12 x 8 x 2-inch baking dish. Combine cream cheese and cottage cheese; beat 2 to 3 minutes with electric mixer. Stir in onions. Spread half of cheese mixture over noodles. Place half of chicken over cheese mixture. Combine soup, milk, salt and pepper in saucepan; place over medium heat, stirring occasionally, until

warm. Spread half of soup mixture over chicken. Repeat layers. Bake at 375° for 30 minutes. Sprinkle grated Cheddar on top. Return to oven until cheese is melted. Yields 8 to 10 servings.

*Judy Bentley
(Wife of Mike Bentley)*

COR-TUN-NOO

1 pkg. frozen small shrimp	1 can tuna, packed in water
8 oz. egg noodles	½ pt. cream
1 box cornbread seasoning mix	2 small carrots, thinly sliced
1 can vegetarian vegetable soup	

Cook noodles according to package directions. Mix together soup, cream, carrots, shrimp and tuna. Then mix ½ of the stuffing mix and egg noodles with the rest of the mixture. Put in baking pan, then add ½ of the cornbread stuffing on top. Bake at 350° for 30 minutes.

Kenneth Browning

SOUTHWESTERN ARROZ CON POLLO

1 pkg. Mahatma Spanish rice	2 cloves garlic, minced
1 lb. chicken breasts, cubed	1 medium onion, chopped
1 ½ tsp. cumin	½ can chopped green chilies
1 green pepper, chopped	½ c. shredded cheese
1 red pepper, chopped or 2 Tbsp. pimento	1 pkg. tortillas (optional)
1 Tbsp. cilantro	sour cream (optional)
1 can chicken broth	picante sauce (optional)
1 oz. fajita marinade	avocado (optional)

Prepare rice according to directions, using the chicken broth instead of water. Add cumin and leave covered until rice is fully cooked. Marinate the cubed chicken breasts for about 2 hours.

In a hot wok, or frypan, quickly cook the chicken with the minced garlic, cilantro, chopped peppers and onion and cook until the chicken is crispy done. Add green chilies. Combine with rice and turn into a casserole dish. Sprinkle with the cheese and bake at 350° for 25 to 30 minutes or until cheese is melted. Serve hot with tortillas and garnish with avocado, sour cream and picante sauce.

Sherri Grant

RICE FISH BAKE

½ c. cooked rice
1 small can tomatoes (including juice)
6 oz. fish
¼ tsp. oregano

½ tsp. parsley
¼ tsp. curry powder
¼ tsp. chili powder
salt to taste

Put rice into baking dish. Lay fish on top; mix spices in tomato and pour on fish. Bake at 350° approximately 30 to 45 minutes. Serves 1.

Debbi Merlin

NOODLE GOULASH

1 pkg. medium sized egg noodles
1 Tbsp. butter
1 medium onion, chopped
1 large can mushrooms, drained
1 ½ lb. steak, cut into strips
3 tomatoes (canned), cut up

1 Tbsp. prepared mustard
1 Tbsp. Worcestershire sauce
1 tsp. salt
1 tsp. pepper
2 Tbsp. grated cheese (mild)
1 c. Pet milk

Cook noodles as directed on package. Melt butter in electric skillet; add chopped onions and drained mushrooms; cook until done. Add steak and mix well. Cook until meat begins to brown. Add seasonings, tomatoes and cheese. Drain noodles. Add to meat mixture. Pour Pet milk over mixture to half cover. I use ½ cup Pet milk and ½ cup water. It gives a richer taste. You can use whole milk instead. Simmer 15 to 20 minutes.

Judith Sterling

SPINACH FETTUCCINE ALFREDO

1 (8 oz.) pkg. spinach fettuccine
½ c. margarine
1 c. grated Parmesan cheese

¾ c. Pet light evaporated skimmed milk

Prepare fettuccine according to package directions. To cooked, drained pasta add margarine, cheese and milk. Toss for 2 to 3 minutes or until all ingredients are well mixed. Serve immediately. Makes 6 (1 cup) servings.

Note: Excellent as a side dish or add in one package of Louis Kemp Crab Delights, chopped, for main dish.

Debbie Merlin

CHEESE SOUFFLE

8 slices white bread, remove crust
1 lb. Cheddar cheese, shredded
butter
6 eggs

1 tsp. dry mustard
¼ tsp. red pepper
½ tsp. salt
3 c. milk

Butter bread. Alternate layers of bread and cheese in a casserole. Beat together the rest of the ingredients. Pour over bread and cheese. Refrigerate overnight. Bake for 1 ¼ hours or until golden brown at 325°. When doubling recipe for 9 x 13-inch pan, use only 4 cups milk.

Note: To add a little zip, add chopped onion, mushrooms and green pepper to cheese layer.

Debbi Merlin

SHRIMP CREOLE

1 ½ c. onion, chopped
1 c. celery, finely chopped
2 medium green peppers, chopped
2 cloves garlic, minced
¼ c. butter
1 (15 oz.) can tomato sauce
1 c. water

1 tsp. salt
½ tsp. cayenne pepper
2 bay leaves
14 to 16 oz. pkg. fresh or frozen cleaned raw shrimp
3 c. hot cooked rice

Cook and stir onion, celery, green pepper and garlic in butter until onion is tender. Remove from heat; stir in tomato sauce, water and seasonings. Simmer, uncovered, 10 minutes. Add water, if needed. Stir in shrimp. Heat to boiling. Cover and cook over medium heat until shrimp are pink, approximately 10 to 20 minutes.

Judith Sterling

CHICKEN AND RICE

1 can cream of celery soup
1 can cream of mushroom or golden mushroom soup

¾ c. rice
1 small onion, diced
4 chicken breasts

Mix soup, rice and onions. Pour into casserole dish and lay breasts on top of mixture. Sprinkle with salt, pepper and paprika. Bake 45 to 60 minutes at 350°.

Gordon Fausset

CHICKEN BREAST IN SOUR CREAM

4 chicken breasts
1 can cream of mushroom soup

1 c. sour cream
1 (6 oz.) jar mushrooms (optional)

Place chicken in a 9 x 13 x 2-inch casserole dish. Mix soup and sour cream and spread over chicken. Add mushrooms, if desired. Bake for 1 hour at 350°.

Note: You can also add 1 cup of uncooked rice before cooking, if desired.

*Zelda Coker
(Wife of Bill Coker)*

CHICKEN CURRY

3 Tbsp. butter
¼ c. chopped onion
1 ½ tsp. curry powder
3 Tbsp. flour
¾ tsp. salt
¼ tsp. imperial sugar

½ tsp. ground ginger
1 c. chicken broth (canned or your own)
1 c. milk
2 c. cooked, cut-up chicken
½ tsp. lemon juice

Melt butter over low heat in heavy saucepan. Saute onion and curry powder in melted butter. Blend in flour and seasonings. Cook over low heat until mixture is smooth and bubbly. Remove from heat. Stir in chicken broth and milk. Bring to a boil, stirring constantly. Boil 1 minute; add chicken pieces and lemon juice. Serve over hot rice. Serves about 2 to 3 people.

I always double this as I hear the remark you haven't made "Chicken Curry" in a while.

Judith Sterling

QUICK SALMON CROQUETTES

2 (6 ½ oz.) cans skinless and boneless salmon
2 eggs
½ c. yellow cornbread mix

salt and pepper to taste
garlic salt to taste
minced onion to taste

Drain salmon and mix with eggs, cornbread mix and seasonings. Shape into patties (will be pretty soupy). Fry on medium heat until brown. Drain on paper towels before serving.

Carol Terral

SPAGHETTI CARBONARA

4 cloves minced garlic
¼ c. olive oil
6 slices crumbled bacon
7 peppercorns each: green, white and black, ground together coarsely

1 lb. spaghetti
3 to 4 fresh basil leaves, chopped (leave out if not fresh)
3 oz. grated Parmesan cheese
2 eggs
½ pt. light cream

Cook spaghetti in boiling salted water until al dente. Meanwhile, saute minced garlic and crumbled bacon in olive oil for 4 minutes and then add chopped basil, stirring well; turn off heat. As soon as spaghetti is done, drain it (do not rinse) and immediately dump hot spaghetti into a large glass bowl. Add sauteed garlic and basil, ¼ of grated Parmesan cheese, raw eggs (make sure yolks are broken) and ground peppercorns. Toss well so that the heat from the spaghetti cooks the eggs. Toss for at least 1 full minute. Add remaining Parmesan cheese and cream. Continue to toss until spaghetti is well coated with creamy mixture. Serve immediately.

Lewis Garrett

TURKEY SPAGHETTI

2 to 3 c. diced turkey or chicken
1 stick butter
1 small green pepper
1 small can pimentos

1 can cream of mushroom soup
1 small box spaghetti
½ lb. cheese, grated
1 large onion

Melt butter; saute onion, green pepper and pimento until tender. Add soup and simmer until hot. Add cooked spaghetti, turkey and shredded cheese. Add a little broth if necessary. Heat in 350° oven for 10 to 15 minutes or until cheese is melted.

*Nancy Fausset
(Wife of Gordon Fausset)*

MYSTERY CHICKEN

1 (3 to 4 lb.) chicken
1 (1 lb.) box spaghetti
1 can mushrooms, chopped or sliced

1 lb. sharp Cheddar cheese, cut into slices or shredded
salt and pepper to taste

Boil chicken in water with salt and pepper. Remove chicken (save water) and allow to cool, debone and cut into bite-sized pieces.

MEATS & MAIN DISHES

Cook spaghetti in water left from chicken. Drain spaghetti and pour into casserole dish. Mix in mushrooms (with liquid) and chicken pieces and top heavily with cheese. Bake in 350° oven until cheese is melted.

Karen Mawyer

CHICKEN SPAGHETTI

6 chicken breasts	1 can creamy chicken mushroom soup
1 (7 oz.) box spaghetti	1 small can tomatoes, chopped
1 medium onion, chopped	4 Tbsp. butter
1 medium green pepper, chopped	
½ jar pimientos, chopped	

Cook chicken breasts in water and debone. Retain water for cooking spaghetti. Cook spaghetti in chicken water according to package directions. Brown onions and green pepper in butter. Add pimientos, tomatoes (with juice), deboned chicken, soup and spaghetti. Top with sliced or grated cheese and bake at 350° for 30 minutes. Spice it up by adding 1 can of Ro-Tel tomatoes.

Jeannine Scates

CHICKEN SPAGHETTI

1 (3 to 5 lb.) chicken	1 can sliced mushrooms
1 (1 lb.) box spaghetti	1 can cream of mushroom soup
½ stick oleo or margarine	1 can cream of chicken soup
1 c. thinly sliced celery (3 or 4 stalks)	1 small jar chopped pimientos
1 bell pepper, chopped	2 c. grated American cheese
1 large onion, chopped	salt and pepper to taste
1 clove garlic, minced	olives to garnish (optional)

Cook chicken in salted and seasoned water until tender. Debone and save broth. Cook spaghetti in broth according to package directions. Melt oleo in large frying pan and saute celery, bell pepper, onion and garlic, but do not brown. Add soups and 1 can of water or broth. Add chicken that has been chopped and simmer 10 minutes. Add pimento and mushrooms. Put half of the spaghetti in a buttered casserole dish. Pour half of the chicken mixture over the spaghetti. Top with half of the cheese. Repeat the layers. Garnish with olives. Bake at 350° for 15 to 20 minutes or until cheese is melted.

Rhonda Dusek

CHICKEN SPAGHETTI

1 (3 to 4 lb.) chicken	1 small can mushrooms, chopped or sliced
1 (1 lb.) box spaghetti	1 jar Cheez Whiz
1 can cream of mushroom soup	salt and pepper to taste
1 small can black olives, chopped	

Boil spaghetti and set aside. Boil chicken and debone. Mix all ingredients together and heat in oven, preheated to 350°, for 15 to 20 minutes. Spice it up by adding 1 can Ro-Tel tomatoes.

Sheila Turner

CHICKEN SPAGHETTI

1 (3 to 4 lb.) chicken	1 can cream of mushroom soup
1 (1 lb.) box spaghetti	1 can cream of chicken soup
1 stalk celery	1 can cream of celery soup
½ onion, chopped	dash of Worcestershire sauce
1 can tomatoes (16 oz.)	salt and pepper to taste
1 can cream of Cheddar cheese soup	

Cook chicken, celery, onion, salt and pepper until done. Debone and save broth. In a large skillet add tomatoes, mushroom soup, cream of celery soup, Worcestershire sauce, salt and pepper. Simmer about 1 hour. Then add Cheddar cheese and chicken soups. Simmer for ½ to 1 hour longer. Cook spaghetti in broth using package directions. After they are done, mix together.

Brenda Kallus

PENNE ALLA NAPOLITANA

12 oz. Penne pasta or other small tubular pasta	¼ c. fresh basil leaves, chopped and packed
4 Tbsp. olive oil, divided	1 tsp. bottled red pepper flakes
2 Tbsp. finely chopped garlic	2 c. tomato sauce
1 c. pitted ripe olives, sliced	½ c. cubed Mozzarella cheese
	½ c. grated fresh Parmesan cheese

For Pasta: Drop Penne pasta into kettle of boiling water, return to boil and boil gently for 8 to 10 minutes or until al dente. Drain; toss with 1 tablespoon olive oil and return to pan and keep warm.

For Sauce: Saute garlic slowly in 3 tablespoons olive oil in skillet until softened, but not browned. Add olives, basil, red pepper and

tomato sauce. Heat. Stir in cheeses and heat, stirring, until chunks begin to melt. Pour over pasta. Serve while hot. You may want to have extra grated Parmesan cheese handy to sprinkle on top, if desired.

Jean Boehm

CRAWFISH ETOUFFEE

1 lb. crawfish tails and fat	3 Tbsp. parsley, finely chopped
¾ stick butter	¼ tsp. cayenne pepper
3 chopped green onions	3 tsp. paprika
1 clove minced garlic	¾ c. fish stock
1 small onion, finely chopped	4 tsp. cornstarch
½ tsp. salt	¼ tsp. black pepper
½ green bell pepper, finely chopped	cooked rice

Melt butter in frying pan. Sauté garlic, onions, green onions, bell pepper and parsley until tender (about 10 minutes). Add paprika, salt and pepper. Blend well. Add crawfish tails and fat. Stir and cook until done, about 5 minutes. Mix cornstarch with fish stock and add to pan. Cook and stir until thickened and hot. Serve hot over cooked rice.

Roger Yarbrough

SHRIMP AND OYSTERS ON PASTA

½ lb. peeled, medium shrimp	½ tsp. white pepper
1 pt. oysters, including liquor	½ tsp. onion powder
1 ½ sticks butter, divided	¼ tsp. cayenne pepper
½ c. chopped green onions	½ tsp. paprika
1 Tbsp. minced garlic	½ tsp. diced thyme leaves
12 oz. cooked spaghetti	½ tsp. black pepper
¾ tsp. salt	

Cook spaghetti according to package directions. Drain and rinse with hot water. When nearly cool, mix with small amount of oil to prevent sticking. Mix salt and spices together. Melt half of the butter in a large frypan, add green onions, garlic, shrimp and spices. Cook until shrimp turn pink (about 1 to 2 minutes). Add the oysters, including the liquor and the remaining butter. Cook several minutes until oysters curl and butter is melted. Add the spaghetti and toss, cook until the spaghetti is heated through. Serve immediately. (Does not reheat well.)

Roger Yarbrough

TUNA UNDER GRASS

1 small can white meat tuna	2 slices French sourdough bread
1 tsp. horseradish	1 to 2 slices Monterey Jack cheese
4 Tbsp. mayonnaise	1 c. sauerkraut (warm)
1 Tbsp. pickle relish	

Butter and grill bread on a griddle. Mix together the tuna, horseradish, mayonnaise and relish. Place on grilled bread and top with sauerkraut. Top with cheese and place back on griddle until cheese melts.

Great served with a green salad and white wine.

*Sarah Coombs
(Wife of Carroll Coombs)*

BROILED MARINATED FISH STEAKS

1 ½ lb. fish steaks (1 inch thick)

Marinade:

2 Tbsp. oil	freshly ground black pepper
½ c. tarragon vinegar	1 bay leaf
1 tsp. Worcestershire sauce	1 Tbsp. chopped parsley

In shallow pan, combine oil, vinegar, Worcestershire sauce, pepper, bay leaf and parsley. Add fish steaks; cover and refrigerate for at least 3 hours, turning occasionally so steaks are well-coated. Remove from marinade. Place on foil covered broiler pan. Baste with marinade. Place broiler pan about 3 inches from heat. Broil about 10 minutes or until fish flakes easily when tested with a fork. Baste with sauce.

Jean Boehm

RED SNAPPER AUGUSTINE

2 Tbsp. corn oil	¾ lb. red snapper filets or other whitefish
½ c. chopped green pepper	1 large tomato, chopped
1 medium onion, chopped	2 Tbsp. chopped pitted black olives
1 clove garlic, pressed	½ tsp. hot pepper sauce
½ c. dry white wine	2 Tbsp. crumbled Feta cheese

In large skillet, heat corn oil over medium heat. Add onion, green pepper and garlic; saute 3 minutes. Add wine, bring to a boil. Push vegetables to the side and arrange filets in single layer in center of skillet. Cover and cook 5 minutes. Add tomatoes, olives and hot pepper sauce. Sprinkle with cheese. Cover; cook 3 minutes longer or until fish is firm but moist and cheese is melted. Transfer fish to serving platter, cover with vegetables and pan juices. Serves 4.

Debbi Merlin

JUST FOR THE HALIBUT

1 halibut steak	1 carrot, grated
1 lemon	1 green onion, chopped
1 small tomato, chopped	

Preheat oven to 350°. Place halibut in shallow baking dish. Squeeze lemon over fish. Mix vegetables together in small bowl and spread over halibut. Cover dish with foil and bake 25 to 30 minutes.

Donna Oubre

SHRIMP JAMBALAYA

3 Tbsp. shortening	red pepper to taste
2 Tbsp. flour	2 ½ c. water
1 ½ c. onions, chopped	2 lb. raw peeled shrimp
½ c. green pepper, chopped	1 can chopped tomatoes
1 c. celery, chopped	1 (8 oz.) can tomato sauce
1 clove garlic	1 can Ro-Tel tomatoes
salt to taste	2 c. raw rice

Heat shortening; add flour and let cook slowly, until golden brown, stirring constantly. Add onion, peppers, garlic and celery. Cook slowly until transparent, stirring often. Add tomatoes and let cook until oil rises to the top. Stir in raw rice and 2 ½ cups water and raw shrimp. Cook, covered, over low heat until rice is tender. Add more water if mixture appears to be too dry. Serve hot.

Bill Byrn

SIMPLY SUMPTUOUS SHRIMP

1 lb. shrimp (medium without heads)	1 Tbsp. cornstarch
¼ c. butter or margarine	1 clove crushed garlic
1 tsp. lemon juice	

Saute shrimp in all the listed ingredients. Add water as needed to make thick sauce. Sever over rice or French bread. Ready in about 10 minutes. Serves 4.

Karon Mawyer

SHRIMP 4TH OF JULY

1 lb. (65-count) shrimp, peeled, de-tailed and deveined	3 Tbsp. olive oil
1 stick butter	¼ c. red wine
4 Tbsp. Blackened Steak seasoning mix (see recipe)	½ c. milk (cream would be good also)
	2 dashes Tabasco sauce

In large saute pan, melt butter and olive oil until hot. Meanwhile, place shrimp in a bowl and add Blackened Seasoning mix. Mix well until all shrimp are well coated. When butter and oil are hot (but not smoking), add shrimp and saute until shrimp are curled up (about 4 to 5 minutes). Add wine, saute for 1 minute. Add milk, stir well and simmer for several more minutes until liquid is reduced to a thin gravy consistency. Stir in Tabasco sauce. Serve.

Lewis Garrett

SHRIMP BASTILLE

1 to 1 ½ lb. (65-count) shrimp, peeled, de-tailed and deveined	3 Tbsp. olive oil
4 Tbsp. butter	¼ c. Grand Marnier
4 Tbsp. blackened steak seasoning mix	½ c. heavy cream
	1 to 2 tsp. curry powder
	2 dashes Tabasco sauce (optional)

In large saute pan, melt butter and olive oil until hot. Meanwhile, place shrimp in a bowl and add blackened seasoning mix. Mix well until all shrimp are well coated. When butter and oil are hot (but not smoking), add shrimp. Stir in curry powder and saute until shrimp are curled up pretty well (about 4 to 5 minutes). Add Grand Marnier, saute for 1 minute. Add cream, stir well and simmer for several more minutes until liquid is reduced to thin gravy consistency. Stir in Tabasco sauce, if used. Serve by themselves or over rice.

Lewis Garrett

FISH CURRY WITH YOGURT (DAHIMACHI)

2 medium onions, thinly sliced	¼ tsp. cardamon
2 Tbsp. vegetable oil	¼ tsp. turmeric
1 tsp. cumin	1 to 2 tsp. ground ginger
¼ tsp. ground cloves	1 lb. halibut (cod or sole)
¼ tsp. ground cinnamon	1 ½ tsp. salt
1 ½ c. plain yogurt	3 or 4 chopped tomatoes (optional)*

Cut fish into serving pieces. Heat oil and brown onions. Add cumin, cloves, cinnamon, cardamon, turmeric and ginger. Fry for 2 to 3 minutes, stirring constantly as the spices burn easily. Put in fish, salt and yogurt (and if using tomatoes, add now). Mix well and simmer until fish is cooked, watching carefully and stirring occasionally. Serve with rice.

*A 1 pound can of tomatoes can be used in place of fresh tomatoes.

Jyoti Nakalkar

GREAT BROILED SHRIMP

Dial your nearest Red Lobster and ask for a shrimp platter to go. Bring it home, take it out of the box, put it on a plate and serve with a smile!

Ron Mizrany

SALMON CROQUETTES

1 (16 oz.) can salmon	1 egg
½ c. instant potato flakes (dry)	1 tsp. Worcestershire sauce
½ c. finely chopped celery	corn flake crumbs
¼ c. onion flakes	

Combine all and shape into 3 or 4 croquettes. Roll in corn flake crumbs. Spray cookie sheet with Pam and bake at 375° for 20 to 30 minutes.

Bill Byrn

FILETS IN LEMON DRESSING

4 filets (firm textured whitefish)	juice of 1 lemon
2 Tbsp. grated onion	grated rind of ½ lemon
1 Tbsp. finely chopped celery	pepper
4 Tbsp. oil	dash of paprika
4 slices toast, cubed	margarine
1 Tbsp. chopped parsley	

Saute onion and celery in oil. Mix in remaining ingredients, except fish. Place 2 filets on the bottom of an oiled baking pan. Spread dressing over fish and top with remaining 2 filets. Dust with paprika, dot with margarine and bake at 375° for 20 minutes or until fish flakes easily with fork.

Jean Boehm

QUICK 'N EASY SALMON PATTIES

1 (15 to 16 oz.) can pink salmon	½ c. flour
1 egg	1 ½ tsp. baking powder
½ c. minced onion	1 ½ c. oil

Drain salmon; set aside 2 tablespoons of the juice. In a medium mixing bowl, mix salmon, egg and onion until sticky. Stir in flour. Add baking powder to salmon juice; stir into salmon mixture. Form into small patties and fry until golden brown (about 5 minutes) in hot oil. Serve with tartar sauce or Caesar salad dressing.

Kathy Tumlinson

BAKED FISH AU GRATIN

2 lb. whitefish filets (fresh or frozen), thawed	2 Tbsp. vegetable oil
8 slices Cheddar cheese	2 Tbsp. flour
1 tsp. thyme or oregano	1 tsp. salt
¼ c. chopped parsley	½ tsp. pepper
2 medium onions, chopped (about 1 c.)	1 c. milk

Heat oven to 400°. Place half of filets in greased baking dish, 9 x 9 x 1 ¼-inch. Cover with 4 slices cheese. Top with remaining fish and cheese. Sprinkle with thyme and parsley. Saute onions in oil over medium heat until lightly browned. Blend in flour, salt and pepper. Slowly stir in milk, bring to a boil over low heat, stirring constantly. Boil 1 minute. Pour over fish. Bake 20 to 30 minutes. Makes 6 to 8 servings.

Debbi Merlin

FRIED FISH FILLETS

2 to 3 lb. fish filets (preferably flounder)	¾ c. corn meal
½ c. flour	salt and pepper
	vegetable oil for frying

Combine dry ingredients. Dredge fillets in dry mixture. Fry in hot oil until golden brown. Serve with tomato based chili sauce or sweet and sour sauce.

Lewis Garrett

SCAMPI

3 cloves garlic, diced	½ c. olive oil
½ tsp. salt	½ c. butter
ground pepper	1 lb. raw shrimp, shelled
2 Tbsp. minced parsley	

Melt butter and oil together; add seasonings. Pour over shrimp which has been arranged in a single layer in baking dish. Let stand for several hours, turning over occasionally. Bake or broil for 12 to 15 minutes. Dip French bread in leftover butter.

Debbie Merlin

SHRIMP CREOLE

1 lb. shrimp, cleaned	1 lb. bacon, cut in half
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Boil shrimp in salt water for 10 minutes. Wrap each shrimp in bacon piece and fasten with toothpicks. Bake on cookie sheet at 350° for 10 minutes to crisp bacon.

Sauce:

2 bottles chili sauce	garlic to taste
1 jar small stuffed olives, sliced	1 (2 oz.) can mushrooms

Combine sauce ingredients and cook 10 minutes. Add shrimp and put in casserole. Heat in oven at 300° about 20 minutes to heat through.

Good as a main dish or hors d'oeuvres.

Debbi Merlin

COMPANY CORNISH HENS

2 (1 ½ lb.) Cornish hens, split lengthwise	1 (4 oz.) can sliced mushrooms, drained
garlic powder	3 Tbsp. melted butter
salt and pepper to taste	½ c. dry white wine
1 small onion, chopped	½ c. sour cream

Sprinkle hens with seasonings; place cut side down in a lightly greased 13 x 9-inch baking pan. Cover with foil and bake at 350° for 30 minutes. Saute onions and mushrooms in butter for 5 minutes; stir in wine. Pour wine mixture over hens. Bake, uncovered, an additional 20 to 25 minutes or until juice runs clear when pierced. Place hens on serving platter, reserving drippings. Stir sour cream into drippings and pour over hens. Serve with cooked egg noodles or wild rice.

Debbie Merlin

LEMON CHICKEN OREGANO

¼ c. melted butter	2 ½ to 3 lb. chicken breasts or pieces
1 tsp. lemon and pepper season salt	McCormick oregano leaves
1 tsp. lemon juice	

Combine first 3 ingredients. Put chicken in baking pan and brush both sides with seasoning mix. Sprinkle with oregano leaves. Bake at 350° for 50 to 55 minutes or until chicken is done.

Dawn Guthrie

BEEF STROGANOFF

1 to 2 lb. top round steak	½ tsp. salt
6 Tbsp. butter	¼ tsp. pepper
2 cloves minced garlic	1 (14 ½ oz.) can beef broth
½ lb. fresh mushrooms, sliced	¼ c. dry white wine
3 Tbsp. flour	½ tsp. dry dill weed
1 Tbsp. catsup	16 oz. sour cream
1 c. chopped onion	

Trim fat from beef, cut crosswise across grain into thin 2-inch strips. Slowly heat large heavy skillet. In it, melt 2 tablespoons butter. Brown the beef strips (brown outside, rare inside). Remove meat and set aside. In remaining hot butter, same skillet, saute onion, garlic and mushrooms until onion is golden, about 5 minutes. Add catsup, salt and pepper. Stir in flour a little at a time until smooth. Gradually add beef broth, bringing to a boil, stirring. Reduce heat, simmer 5 minutes. Over low heat add wine, dill and sour cream, stirring well until well combined. Add beef, simmer just until sauce and beef are hot. Serve over rice or egg noodles. Serves 6.

Lewis Garrett

YOGURT BROILED CHICKEN

½ c. plain low-fat yogurt
 1 green onion, chopped
 1 tsp. dried oregano leaves, crushed
 1 Tbsp. olive oil
 1 Tbsp. white wine vinegar
 1 tsp. salt

½ tsp. pepper
 4 large skinless, boneless chicken breasts
 oregano or parsley sprigs for garnish

In a large bowl, with spoon, mix low-fat yogurt, green onion, dried oregano, oil, vinegar, salt and pepper. Add chicken breasts; toss to mix well. Let breasts stand 15 minutes, turning occasionally. Preheat broiler if manufacturer directs. Place chicken breasts on rack in broiling pan. Place pan in broiler at closest position to source of heat; broil breasts 4 minutes. Turn breasts; baste with any remaining yogurt mixture and broil for another 5 to 6 minutes or until chicken breasts are fork-tender and lightly browned.

To serve: Arrange on warm, large platter. Garnish with oregano or parsley sprigs. Makes 4 servings.

Jean Boehm

BARBECUE BRISKET ROAST

3 to 4 lb. roast, trimmed
 1 Tbsp. liquid smoke
 1 tsp. garlic powder
 1 tsp. onion powder
 2 tsp. Worcestershire sauce
 2 tsp. celery seed
 2 tsp. black pepper

3 Tbsp. brown sugar
 1 c. catsup
 1 tsp. dry mustard
 1 tsp. lemon juice
 1 tsp. Tabasco
 1 dash nutmeg
 1 Tbsp. soy sauce

Mix first 7 ingredients (cook brisket with this marinade). Place brisket in Pyrex baking dish and pour marinade over top to allow to marinate in refrigerator overnight. Cover brisket tightly with foil and bake at 300° for 3 to 3 ½ hours. Baste several times with natural juices. Mix remaining ingredients; pour over brisket, replace foil and bake another hour, basting several times.

Barbecue sauce to give color and flavor to your taste.

*Debbie Schwer
 (Wife of Bill Schwer)*

CHICKEN IN WINE

1 frying chicken, cut up
 1 small (4 oz.) can mushrooms, drained

1 can cream of chicken soup or cream of mushroom
 ½ c. sherry or dry white wine
 paprika

Preheat oven to 325°. Wash and pat dry chicken. Place in baking dish. In small bowl blend together soup, mushrooms and wine. Pour over chicken; sprinkle with paprika and bake for 1 ½ hours or until chicken is tender. Looks fancy and tastes terrific.

Donna Oubre

ALIZE ISLAND CHICKEN

6 (4 oz.) chicken breast filets, cut in large pieces
 1 c. Alize passion fruit cognac liquor
 ½ c. butter
 3 cloves garlic, minced

2 Tbsp. fresh ginger, cut into slivers
 2 bell peppers (any color), cut into strips
 1 fresh hot chili pepper, minced
 salt and pepper to taste

Season chicken with salt and pepper; marinate in Alize and ginger for 30 minutes. Remove chicken. Strain Alize and set aside. Heat butter in large skillet or wok and saute garlic and ginger from marinade for 2 minutes. Add chicken to skillet. Saute over high heat for 5 minutes, stirring constantly. Add marinade and peppers. Serve with rice or steamed vegetables.

Sheila Collins

CRAB PATTIES

¾ c. mayonnaise
 1 Tbsp. lime juice
 ¼ to ½ tsp. ground red pepper
 2 (6 oz.) cans crabmeat, drained and flaked

1 c. bread or cracker crumbs, divided
 1 (2 oz.) jar chopped pimento, drained
 2 Tbsp. minced green onion
 2 Tbsp. margarine

Mix mayonnaise, lime juice and red pepper. Add crabmeat, ½ of the bread crumbs, pimentos and green onion. Mix well. Form 8 patties about ½-inch thick each. Coat in remaining crumbs. Cook patties in margarine in large nonstick skillet over medium heat for 3 minutes on each side or until browned and heated through. Serve immediately. Makes 4 servings.

Wendy Simms

CHICKEN DIANE

4 boneless chicken breasts	3 Tbsp. chopped chives or green onions
½ tsp. salt	3 Tbsp. chopped parsley
½ tsp. pepper	2 tsp. Dijon mustard
2 Tbsp. olive oil	1 tsp. lemon juice
2 Tbsp. butter	¼ c. chicken broth

Heat 1 tablespoon oil and butter each. Salt and pepper chicken breasts. Cook chicken over high heat for only 3 minutes on each side. Transfer chicken to a serving platter. Add chives or green onions, lemon juice, parsley and mustard to pan. Cook 15 seconds, whisking constantly. Whisk in broth. Stir until sauce is smooth. Whisk in remaining butter and oil. Pour sauce over chicken, serve immediately.

Sherri Rice

CHICKEN AND RICE

1 ½ c. rice	1 can cream of chicken soup
1 can cream of celery soup	½ can water
1 can cream of mushroom soup	

Stir all together until well mixed. Pour into a 13 x 9-inch baking dish. Dip chicken pieces in 1 stick of melted oleo; lay on top of rice mixture. Sprinkle with salt and pepper. Bake at 250° for 3 hours.

*Judy Bentley
(Wife of Mike Bentley)*

ROAST

1 (3 to 4 lb.) roast	1 pkg. Schilling beef stew seasoning mix
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Sprinkle seasoning mix over roast and almost cover with water. Bake in oven or slow cooker until meat is tender. Carrots and potatoes added later in cooking time make a nice meal.

*Nancy Fausset
(Wife of Gordon Fausset)*

LONDON CHICKEN WITH RICE

8 oz. Monterey Jack cheese	½ c. chopped onion
4 whole chicken breasts, deboned and skinned	2 Tbsp. flour
2 eggs, beaten	1 chicken bouillon cube
¼ c. dry bread crumbs	1 Tbsp. salt
1 c. butter	1 (6 oz.) pkg. long grain/wild rice

Pound the chicken to ¼-inch thickness. Cut the cheese into 8 pieces. Roll each chicken breast around a piece of cheese and secure with a toothpick. Dip the chicken into the eggs, then roll in bread crumbs. Melt ½ cup of the butter in a skillet and cook each of the chicken breasts for 35 minutes or until brown (using medium to low heat).

In another skillet, saute the chopped onion in the remaining butter until tender and transparent. Mix the flour with the chicken bouillon and add to the onion mixture. Cook until the sauce thickens. Add salt and rice and stir. Pour the sauce into a shallow 2 ½ quart baking dish; place the chicken on top of the sauce. Bake, covered, for 20 minutes at 400°.

Serve the individual pieces of chicken over the wild rice.

Sherri Grant

BAKED SHRIMP IN CREAM WINE SAUCE

1 lb. butter	½ c. parsley flakes (for garnish)
4 Tbsp. flour	paprika for garnish
4 c. heavy cream	2 ½ lb. (32 to 35) medium shrimp, peeled and deveined
4 Tbsp. white wine	1 c. grated Parmesan cheese
6 cloves chopped garlic	
½ c. chopped celery	

In saucepan, saute shrimp in 1 cup butter (2 sticks) and garlic until pink (do not overcook). Remove shrimp; drain well. Layer in large casserole dish. Cover and set aside.

In separate saucepan, melt remaining butter (2 sticks) and saute celery until done, approximately 5 minutes. Gradually add flour and blend well. Add cream, stirring constantly until thick (approximately 20 minutes). Add ¼ teaspoon salt and heavy sprinkle of Tony Chachere Creole seasoning. Add wine and blend. Pour over shrimp and top with Parmesan cheese, sprinkled evenly over surface. Bake

at 350° until bubbly. Garnish with parsley and paprika and serve immediately over fettuccine. Serves 4 with big appetites.

This casserole served with a green salad, dinner rolls and a light dessert makes for a very enjoyable dinner.

Ann Hebert

MAGNIFICENT MANICOTTI

1 lb. ground round	2 to 2 ½ c. Ragu sauce
1 pkg. spaghetti sauce mix	1 pkg. manicotti noodles, preboiled
½ pkg. frozen spinach, defrosted	1 minute to soften slightly
½ lb. Ricotta cheese	8 oz. grated Mozzarella cheese

Brown the meat in a frying pan, then add the spaghetti sauce mix, spinach, Ricotta cheese and 1 to 1 ½ cups of the Ragu sauce. Heat until all ingredients are warm and mixed together well. Stuff the meat mixture into the manicotti shells and place in a baking dish. Pour remaining Ragu sauce over the noodles. Top with the grated Mozzarella and bake at 350° for approximately 50 minutes.

*Sarah Coombs
(Wife of Carroll Coombs)*

PORK CHOPS OR LOIN ENDS

4 to 6 pork chops or pork loin end (1-inch thick)	¼ c. milk
1 can mushroom soup	1 Tbsp. oil
2 cans mushroom steak sauce	1 c. flour
	salt and pepper to taste

Salt and pepper pork chops, then roll in flour and brown in skillet on both sides. Mix together mushroom soup, sauce and milk and put into a 9 x 13-inch cake pan. Coat browned pork with mushroom mixture and arrange in pan, making sure they are covered with the sauce. Cover and bake at 350° for 1 hour and 15 minutes. When done, the mixture is your gravy. Serve with rice.

Kathy Thompson

SWEDISH MEATBALLS IN MUSHROOM SAUCE

2 lb. ground meat	2 slices bread, softened in water
3 to 6 green onions, finely chopped	2 eggs
½ bunch fresh parsley, finely minced	salt and pepper to taste
1 tsp. ground cumin	garlic powder to taste

Sauce:

2 cans cream of mushroom soup	barbecue sauce to give color and flavor to your taste
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Mix first 8 ingredients together and form small balls. Spray baking pan with Pam, place balls in pan and bake at 350° until done.

Put in sauce in slow cooker to absorb some of the sauce. (Pierce each meatball with toothpick and it will absorb more sauce.)

Jean Boehm

THYMENIZED CHICKEN

2 filleted chicken breasts	thyme
2 Tbsp. butter or margarine	salt
2 Tbsp. olive oil	cayenne pepper
¼ c. Madeira wine	

Heat butter or margarine and olive oil over medium heat in a small skillet. Sprinkle chicken breasts liberally with thyme. Also sprinkle with salt sparingly and with cayenne pepper very very sparingly (unless you like it very very hot). Cook chicken breasts in butter and olive oil, turning frequently until well browned. Splash on Madeira and cook for 2 more minutes, turning chicken continuously to mix liquid. Serve immediately using liquid as sauce. You can also call this Pollo Cinco de Mayo. Mucho especial!

Lewis Garrett

PEPPER STEAK

1 ½ lb. chuck steak	1 medium bell pepper
1 large tomato	black pepper (optional)
1 envelope onion soup mix	½ Tbsp. cornstarch (optional)
2 c. water	

Cut meat into thin 3-inch strips. Season to taste with black pepper. Dust meat with flour. Brown meat in skillet that has been sprayed with Pam. Drain thoroughly and wipe skillet with paper towels to remove excess fat. Add soup mix and 2 cups water. Cover and simmer 20 to 30 minutes. Cut pepper into strips and tomato into at least 6 wedges and lay on top of meat mixture. Simmer about 10 minutes. If necessary, you can thicken gravy with cornstarch. Serve with rice.

Janett Rogers

LEMON CHICKEN WITH THYME

3 Tbsp. flour	1 Tbsp. margarine
½ tsp. salt	1 c. chicken broth
¼ tsp. pepper	3 Tbsp. lemon juice
4 skinless, boneless chicken breasts	½ tsp. dry thyme
2 Tbsp. olive oil	lemon wedges (optional)
1 medium onion, coarsely chopped	2 Tbsp. chopped parsley (optional)

In a plastic bag, combine the flour, salt and pepper; shake to mix. Add the chicken and shake to coat lightly. Remove the chicken and reserve the excess seasoned flour. In a large skillet, warm 1 tablespoon of the oil over medium heat. Add the chicken and brown on one side, about 5 minutes. Add the remaining oil, turn chicken and brown well on the other side, about 5 minutes longer. Transfer the chicken to plate and set aside.

Add margarine to skillet, then add onion and cook until softened, about 2 to 3 minutes. Stir the reserved seasoned flour and cook, stirring until the flour is completely incorporated, about 1 minute. Add the broth, 2 tablespoons lemon juice and the thyme and bring the mixture to a boil, stirring constantly. Return the chicken to the skillet, reduce heat to medium and cover. Cook until the chicken is a golden brown and tender and opaque throughout, about 5 minutes. Divide the chicken among 4 plates. Stir the remaining 1 tablespoon lemon juice into the sauce in the skillet and pour over the chicken. Serve the chicken with lemon wedge and sprinkling of parsley, if desired.

Only 250 calories per serving, 12 grams of fat, 25 grams of protein, 7 grams carbohydrates, 66 mg. cholesterol and 635 mg. sodium.

Susan DiMucci

SWEET AND SOUR PORK CHOPS

4 or 5 pork chops	2 Tbsp. cornstarch
salt and pepper to taste	½ c. vinegar (wine)
2 Tbsp. butter or margarine	2 tsp. soy sauce
1 small can pineapple chunks	¾ c. raisins
½ c. brown sugar	

In a large skillet, melt margarine and brown pork chops on each 'prinkle with salt and pepper. Add a little water, cover and wly until tender (about 45 minutes). Drain pineapple chunks

and reserve syrup. Add water to syrup to make 1 cup. Combine liquid, brown sugar, cornstarch, vinegar and soy sauce. Mix well. Cook, stirring constantly, until clear and thick. Stir in raisins and pineapple chunks. Pour over cooked chops. Cook another few minutes to glaze chops. Serve with rice.

Susan DiMucci

PICANTE CHICKEN

4 chicken breasts, skin removed	2 Tbsp. flour
1 (16 oz.) jar chunky picante sauce	1 oven cooking bag
1 bell pepper (medium), cut into rings	

Preheat oven to 350°. Put flour in bag and place in 13 x 9 x 2-inch pan. Add picante sauce and blend. Add chicken; make sure the sauce coats the chicken. Arrange flat in bag and put pepper rings on top of the chicken. Close bag and cut a slit in the top. Bake 35 to 40 minutes. Serve sauce over chicken. Great alone or served with rice.

Debbi Sulak

SWISS STEAK AND RICE

1 round steak, tenderized	1 pkg. onion soup mix
1 c. uncooked rice	1 small onion, diced
1 can cream of mushroom soup	1 c. low-fat milk

Pour rice in bottom of 13 x 9 x 2-inch pan; cut steak into pieces and place on top of the rice. Put onion and soup mixes on top of steak. Blend together with milk. Cover with foil and bake at 350° for 1 to 1 ½ hours. Stir together again and serve.

Debbi Sulak

PORK CHOPS CHASSEUR

1 (16 oz.) can tomatoes	½ to ¾ tsp. pepper
6 pork chops	½ c. sliced dill pickles
1 can golden mushroom soup	3 c. hot cooked rice
½ c. chopped onion	2 Tbsp. chopped parsley
2 tsp. prepared mustard	

chicken breasts in marinade and chill 2 hours. Grill at 325° for 5 minutes per side, depending on thickness of the breasts. Garnish each with a jalapeno half. Serve with Spanish rice. Makes 6 servings.

Mexia L. Garza

ROAST LAMB WITH HERBS

½ c. olive oil	½ tsp. marjoram
juice of 1 lemon	½ tsp. thyme
¼ c. parsley, chopped	2 to 3 cloves garlic, cut into tiny strips
1 tsp. salt	1 (6 lb.) leg of lamb
½ tsp. black pepper	

Combine olive oil, lemon juice, onion, parsley and seasonings. Cut slits in the lamb and insert the garlic strips. Place lamb in roasting pan which has been lined with a large sheet of aluminum foil. Pour marinade over the the meat. Wrap the lamb in the aluminum foil and marinate overnight in the refrigerator. When ready to cook, heat oven to 325°. Roast about 1 hour and 45 minutes, using pan drippings and marinade for basting. Rare lamb should register 140° on a meat thermometer; well done, 170°. Serves 6 to 8.

Tom Pearson

CHICKEN BEER BAKE

3 whole chicken breasts, split	1 can sliced mushrooms (3 oz.)
4 or 5 Tbsp. all-purpose flour	2 cans cream of chicken soup (undiluted)
salt and pepper to taste	½ c. beer
1 Tbsp. soy sauce	
¼ c. toasted slivered almonds	

Remove skin from chicken; wash and dry well with absorbent towels. Combine flour, salt and pepper. Dredge chicken in flour mixture and brown in heated oil. Place chicken in shallow pan. Combine soy sauce, almonds, beer and mushrooms. Pour over chicken. Bake, uncovered, at 350° for 1 hour, basting occasionally.

Rodney Sury

LO-CAL FETTUCCINE ALFREDO

1 c. low-fat cottage cheese	2 Tbsp. butter or margarine
1 c. low-fat milk (for thicker sauce, use a little less)	½ c. grated Parmesan cheese, divided
1 egg yolk	8 oz. fettuccine noodles
½ tsp. freshly ground pepper	

In blender, combine cottage cheese, egg yolk, pepper and milk (add milk a little at a time until you get desired thickness). Puree until smooth. In a small saucepan, melt butter over low heat. Add puree and bring to a simmer (do not boil), stirring occasionally. Stir in all but 4 teaspoons of cheese.

Meanwhile, cook fettuccine according to package directions; drain. Toss with sauce. Sprinkle with remaining Parmesan. Makes 4 servings, 355 calories each.

Susan DiMucci

ITALIAN MEATBALL SUBS

4 (6-inch) sub buns	½ c. Parmesan cheese
1 ½ lb. ground beef or turkey	5 Tbsp. Italian seasoning
32 oz. tomato juice	3 Tbsp. garlic powder
12 oz. tomato paste	1 Tbsp. onion powder
1 egg	1 tsp. salt
16 oz. shredded Mozzarella cheese	1 tsp. black pepper

Prepare Meatballs: Put ground meat in a bowl, add egg, 3 tablespoons Italian seasoning and 1 tablespoon garlic powder; mix well. Roll mixture into balls (approximately 20); cook in frying pan, turning frequently, until done.

Prepare Sauce: Pour tomato juice into large saucepan. Set on medium heat; add tomato paste and stir. Add remaining garlic powder, Italian seasoning, onion powder, salt and pepper. Stir well. When hot, add Parmesan cheese. Add meatballs and simmer, uncovered, for 1 hour, stirring occasionally.

Assembly: Preheat oven to 400°. Slice sub buns lengthwise in half. Leave a "hinge" along one side. Add 4 or 5 meatballs to bottom half of bun, then spoon sauce over top. Generously sprinkle Mozzarella cheese over the top and bottom. Bake open sandwiches on a cookie sheet or foil for 10 minutes or until cheese is melted.

Mark Elwell

CHICKEN POT PIE

2 ½ to 3 lb. chicken	1 c. buttermilk
2 c. or 1 can chicken broth	1 stick melted margarine or butter
1 can cream of chicken soup	¼ tsp. black pepper
1 c. self-rising flour	½ tsp. salt

Cook chicken until tender; remove meat from bone, reserve broth. In saucepan, mix and bring to a boil the broth and soup. In another bowl combine margarine, flour, salt, pepper and buttermilk. Place chicken in casserole dish and cover with soup mixture. Cover with flour mixture and bake at 425° for 25 to 30 minutes or until crust is golden brown.

Barbara Castanier

MEXICALI PIE

3 lb. ground round	1 (6 oz.) can tomato sauce
1 onion, chopped	½ c. green taco sauce
3 to 5 Tbsp. chili powder	3 to 4 dashes Tabasco sauce
1 box frozen corn	½ lb. grated Jack cheese
3 (6 oz.) diced pimientos	1 box thickened cornbread batter
1 can pinto beans	

Brown meat and onion in large skillet. Add remaining ingredients, except for cheese and cornbread batter. Mix bean mixture in with meat mixture and stir well. Pour into a 4 to 6 quart casserole dish. Top with cheese and cornbread batter. Bake 50 to 60 minutes at 375° to 400°.

*Sarah Coombs
(Wife of Carroll Coombs)*

BEEF AND POTATO LOAF

4 potatoes, thinly sliced (raw)	¼ c. catsup or chili sauce
¼ c. plus 2 Tbsp. chopped onion	½ c. fine soda
2 tsp. salt	¾ c. evaporated milk
1 tsp. parsley flakes	cracker crumbs
1 lb. ground beef	1 c. grated cheese

Arrange potatoes in a greased 2 quart casserole dish and sprinkle with 2 tablespoons chopped onions. Top with a mixture of 1 teaspoon salt, parsley flakes and pepper. Mix together meat, catsup, remaining onion, salt, soda, milk and cracker crumbs. Spread over potatoes. Bake, covered, at 350° for 1 hour or until potatoes are tender. After 30 minutes, uncover and sprinkle with grated cheese. Bake the remaining 30 minutes, uncovered.

Brenda Kallus

MOTHER'S ENCHILADA PIE

1 lb. lean ground beef	1 can enchilada sauce
1 medium onion, chopped	11 oz. tortillas
5 oz. green chilies	¼ lb. grated cheese
2 cans cream of mushroom soup	

Brown meat and onions. Add chilies and mushroom soup. Layer in a baking dish with the tortillas and enchilada sauce. Top with cheese. Bake for approximately 30 minutes at 350°.

*Nancy Fausset
(Wife of Gordon Fausset)*

LASAGNE ALLA NAPOLETANA

Sauce:

2 Tbsp. olive oil	½ tsp. freshly ground black pepper
1 medium yellow onion, chopped	½ c. white wine or red
2 cloves garlic, minced	1 (28 oz.) can Italian plum tomatoes with basil (Pomodoro Pelati Con Basilico)
1 lb. lean ground beef	1 (6 oz.) can tomato paste
½ lb. ground pork or pork breakfast sausage	1 Tbsp. chopped fresh parsley
¼ tsp. crushed red pepper	8 fresh basil leaves, chopped or 1 tsp. dried
½ tsp. oregano leaves	
½ tsp. salt	

Pasta:

1 lb. lasagne, packaged or homemade (see Basic Egg Pasta recipe)	3 Tbsp. salt
	1 Tbsp. olive oil

Casserole:

1 lb. Ricotta cheese	½ lb. Mozzarella cheese, sliced
¼ c. freshly grated Parmigiano or Romano cheese	

Sauce: In a large skillet, heat the oil, add the onion and garlic and saute until light golden. Add the ground pork, ground beef, salt and pepper and brown the meat over medium-high heat. Add half the wine, cover and let simmer for 10 minutes. Meanwhile, process the tomatoes in a blender at the lowest speed for just a few seconds. Add the tomatoes, tomato paste, oregano, red pepper, parsley and dried basil (if used) to the skillet and bring to a boil, covered, over

medium-high heat. After 5 minutes, reduce the heat and let simmer for about 1 hour. Add the remaining wine and basil; cover, and let simmer for 5 more minutes. Turn off the heat and let stand.

Pasta: Cook the pasta in 5 to 6 quarts salted boiling water, to which you have added the oil to keep the pasta from sticking, until al dente. Remove with a slotted spoon and place on a large cloth to dry.

Casserole: Preheat oven to 400°. In the bottom of a large baking dish spread a spoonful or two of the sauce, then lay down a layer of lasagne, cover with some dabs of Ricotta and Parmigiano. Spoon some more of the sauce over it. Repeat this process until all the ingredients are finished. Top completely with slices of Mozzarella cheese. Bake for 20 minutes. Serve immediately in warmed flat plates.

Lewis Garrett

BASIC EGG PASTA

3 ½ c. all-purpose flour
½ tsp. salt
4 large eggs

2 Tbsp. olive oil
1 Tbsp. warm water

Mix the salt into the pre-measured flour and form a mound on counter top or mixing board. Make a well in the center of the mound. Break the eggs into the well and add the oil. With a fork, beat the eggs gently and gradually incorporate flour into the beaten egg, maintaining the well walls as long as possible. Once the well walls collapse, use your hands to thoroughly mix flour and eggs together. Form 2 balls with mixture and set aside. The balls will be formed of dough flakes at this point.

Scrape and clean the board and your hands. Dust the board with flour. Knead the dough by pushing the heel of your hand down hard and away from you. Fold the flattened dough back in half, turn the dough ¼ turn and repeat process. The dough will be very stiff. Add the water if dough seems too dry or add a little more flour if dough seems too wet. Knead for 10 minutes until the dough is smooth. Dough should not be sticky. Make a smooth ball of the dough and cover it with a towel or plastic wrap. Let it rest for 30 minutes to 2 hours before shaping into noodles.

Makes enough for 2 lasagna recipes.

Lewis Garret

MEXICAN LASAGNA

12 flour tortillas
1 Tbsp. chili powder
1 can cream of chicken soup
1 can Ro-Tel tomatoes and green chilies

1 lb. ground beef
1 large onion, finely chopped
1 (23 oz.) can Ranch Style beans, not drained
10 to 16 oz. grated Cheddar cheese

Mix together the chicken soup and Ro-Tel tomatoes. Line bottom of lightly greased 9 x 13-inch pan with some of the soup and tomato mixture. Tear or cut 6 of the tortillas into quarters or halves and place over sauce in pan, overlapping tortillas. Brown beef and onion. Drain fat and mix in chili powder. Spread over tortillas. Layer the full can of beans over the meat. Sprinkle half of the cheese over the beans. Overlap the remaining tortillas over the cheese. Spread the remaining soup and tomato mixture over the tortillas and cover with remaining cheese. Cover with foil and bake at 350° for 1 hour or until bubbly, then remove foil and let bake until cheese browns.

Bill Byrn

CHICKEN AND RICE CASSEROLE

1 can cream of chicken soup
1 can chicken gumbo soup

1 c. uncooked rice
1 chicken, cut up

Place chicken in bottom of Corning Ware casserole dish. Salt and pepper lightly. Pour rice over chicken, then both cans of soup. Cover and bake for 45 minutes at 425°.

Jean Frazier

HAMBURGER CASSEROLE

1 lb. hamburger meat
1 medium onion, chopped
1 can cream of chicken soup

1 can cream of mushroom soup
1 c. uncooked egg noodles
½ to ¾ c. milk

Brown hamburger and onion together in skillet. Drain. Mix all other ingredients, except noodles and let simmer for about 5 to 10 minutes. Mix in noodles and pour into a 7 x 12-inch baking pan that has been lightly greased. Bake at 325° for about 1 hour.

Bill Byrn

HAMBURGER BLACK-EYED PEA CASSEROLE

1 lb. ground chuck	2 cans black-eyed peas with jalapenos, drained
1 can tomatoes	1 c. cooked rice
1 onion, chopped	
1 c. shredded cheese	

Brown hamburger and onion together in skillet. Drain. Mix all other ingredients, except cheese, in with hamburger and onion. Place half of mixture into a casserole dish and top with part of the cheese. Layer hamburger mixture again and top with remaining cheese. Bake for approximately 30 minutes at 350°.

*Debbie Sulak***MOTHER'S ENCHILADA PIE**

1 lb. lean ground beef	1 can enchilada sauce
1 medium onion	11 oz. tortillas
5 oz. green chilies	¾ lb. grated cheese
2 cans cream of mushroom soup	

Preheat oven to 350°. Brown meat and onions. Add chilies and mushroom soup. Layer in baking dish with tortillas and enchilada sauce. Top with cheese. Bake 30 minutes.

*Nancy Fausset***VEGETARIAN LASAGNA**

1 lb. dry lasagna noodles	3 c. low-fat cottage cheese
4 c. diced zucchini with skins on	1 c. grated low-fat Mozzarella
1 c. thin sliced mushrooms	4 Tbsp. Parmesan cheese
4 c. tomato sauce, seasoned	

Cook lasagna noodles until chewy (about ¾ done); drain and cool. Place about ⅓ of the noodles in the bottom of a 10 x 12 x 3-inch baking dish; spread zucchini and mushrooms evenly over the first layer of noodles. Spread 2 ½ cups of the tomato sauce over the zucchini and mushrooms. Place another layer of the noodles over the sauce. Spread out evenly, 3 cups of the cottage cheese. Sprinkle Mozzarella cheese evenly on top of the cottage cheese. Place the rest of the noodles on top of the cheeses. Spread the remaining sauce on top and sprinkle with the Parmesan cheese. Cover with aluminum foil and

bake in preheated 400° oven for ½ hour. Uncover and bake for another ½ hour. Serve 12. Only 250 calories per serving.

*Larry Meyers***SPAGHETTI PIE**

6 oz. spaghetti	1 c. cottage cheese
2 Tbsp. butter	¼ c. green pepper, chopped
½ c. onion, chopped	1 (6 oz.) can tomato paste
2 eggs, beaten	1 tsp. sugar
1 lb. ground beef or bulk pork sausage	1 tsp. dried oregano
1 (8 oz.) can tomatoes, cut up	½ tsp. garlic salt
½ c. grated Parmesan cheese	½ to 1 c. shredded Mozzarella cheese

Cook spaghetti and drain. Stir in butter, beaten eggs and Parmesan cheese. Form spaghetti mixture into a "crust" in a greased 10-inch pie plate. Spread cottage cheese in a layer across bottom and sides. In skillet brown meat, onion and green pepper until done; drain fat. Stir in undrained tomatoes, tomato paste, sugar, oregano and garlic salt. Heat through. Turn meat mixture into spaghetti crust; bake, uncovered, at 350° for 20 minutes. Sprinkle with Mozzarella cheese, bake until melted (about 5 minutes). Makes 6 servings.

*Linda Meagher***HAMBURGER CORN PIE**

1 lb. hamburger meat	1 ½ to 3 tsp. chili powder
¼ lb. bulk pork sausage	1 ½ tsp. salt
1 small onion, chopped	1 c. cornmeal
1 clove garlic, finely chopped	1 c. milk
1 (16 oz.) can whole tomatoes	2 eggs, well beaten
1 (16 oz.) can whole kernel corn	1 c. shredded Cheddar cheese
20 to 24 pitted black olives	

Cook and stir hamburger, pork, onion and garlic until meat is brown. Drain. Stir in tomatoes (with liquid), corn, olives, chili powder and salt. Heat to boiling. Pour into ungreased baking dish (12 x 7 ½ x 2-inch). Mix cornmeal, milk and eggs. Pour over meat mixture. Sprinkle with cheese. Cook at 350° until golden brown, 40 to 45 minutes. Serves 8.

Sherri Rice

LASAGNA

1 large onion, chopped	4 Tbsp. olive oil
1 large can tomatoes	1 lb. Mozzarella, grated
1 large can tomato paste	1 lb. cottage cheese
¼ tsp. garlic powder	2 eggs, beaten
¼ tsp. black pepper	4 Tbsp. Parmesan cheese
½ tsp. oregano	1 lb. ground beef
½ tsp. basil	1 (8 oz.) pkg. lasagna noodles
1 Tbsp. parsley flakes	

Saute onions in oil; add meat and brown. Add tomatoes, tomato paste and spices. Cook 30 minutes. Boil lasagna noodles with 1 tablespoon oil and salt. Drain. Beat 2 eggs and add cottage and Parmesan cheeses. Layer a greased casserole dish with lasagna noodles on the bottom, cottage cheese mixture, then meat mixture, with Mozzarella last. Repeat layers until all ingredients are used, (approximately 3 layers). Bake at 350° for 30 minutes.

Jeannine Scates

NO PEEK CASSEROLE

2 lb. round steak, cut into 1-inch pieces	1 (4 oz.) can sliced mushrooms, drained
1 envelope onion soup mix	½ c. red wine or water
1 can cream of mushroom soup	

Combine all ingredients well in 2 quart casserole dish. Cover. Bake at 300° for 2 hours. Serve over noodles or rice. Serves 4 to 6.

Leon Anhaizer

MEXICAN CASSEROLE

3 lb. lean hamburger meat salt and pepper	1 can Campbell's cream of chicken soup
1 onion, chopped	1 can Old El Paso enchilada sauce (mild)
1 can Campbell's cream of mushroom soup	1 jar Old El Paso taco sauce (mild)
	1 can Ranch Style beans (optional)

In large frying pan, brown meat and onion, using salt and pepper to taste. Add soups, enchilada sauce, taco sauce and beans. Mix and heat thoroughly, stirring frequently. Spoon into large casserole dish. Alternate layers of corn tortillas, torn into halves. Continue

layering ending with the meat mixture on top. Bake, covered, at 350° until done.

Optional: When done, put cheese single slices on top and bake until cheese is melted.

Dorothy Korenek

TURKEY CASSEROLE

2 c. turkey or other fowl	1 c. water
1 ½ c. celery, chopped	dash of salt and pepper
1 can cream of mushroom soup	30 crackers, crushed, or 2 c. crumbs (Ritz crackers)
1 Tbsp. minced onion	

Mix together all ingredients, except cracker crumbs, and layer ⅓ to ½ of the turkey mixture in a lightly greased casserole dish. Top with a layer of cracker crumbs. Repeat the layers, making at least 2 layers of each. Bake, uncovered, approximately 40 minutes at 325°.

Sherri Rice

CHICKEN AND RICE CASSEROLE

1 stick margarine	1 cut-up fryer or favorite chicken parts
1 c. raw rice (not the minute kind)	2 c. water
1 can cream of chicken soup	
1 pkg. onion soup mix (Lipton)	

Melt margarine in roasting pan. Lay chicken in pan and cover with raw rice. Add cream of chicken soup and sprinkle with onion soup. Add the water. Cover and bake at 350° until chicken is done and rice is cooked (approximately 1 ½ hours).

Julie Andrews

BEEF NOODLE CASSEROLE

8 oz. pkg. noodles, cooked	1 can tomato soup
1 lb. ground beef	1 can cream of mushroom soup
1 small onion, chopped	1 can cream of chicken soup
1 c. celery	

Brown meat, onion and celery. Mix with undiluted soups and noodles. Cover with buttered bread crumbs. Bake at 350° for 45 minutes to 1 hour.

Julie Andrews

WESTERN CASSEROLE

- | | |
|---|---|
| 1 lb. ground beef | ¼ c. milk |
| 1 (16 oz.) can whole kernel corn,
drained | 1 tsp. instant minced onion |
| 1 (16 oz.) can pork and beans,
drained | ½ tsp. chili powder |
| 1 (10 ¾ oz.) can condensed tomato
soup | 1 pkg. refrigerated biscuits (10
biscuits) |
| 4 oz. (1 c.) sharp American cheese,
shredded | 2 Tbsp. butter or margarine, melted |
| | ¼ c. yellow cornmeal |

Brown beef in skillet. Stir in corn, beans, tomato soup, cheese, milk, onion and chili powder; bring to a boil. Turn boiling mixture into a 2 quart casserole. Bake, uncovered, at 400° for 10 minutes. Dip the refrigerator biscuits in melted butter or margarine, then in cornmeal. Place around edge of hot casserole mixture. Bake 20 minutes longer or until biscuits are a golden brown. Makes 5 to 6 servings.

Carol Terral

DUMPLINGS

- | | |
|---------------|--------------------------|
| 2 eggs | 2 tsp. baking powder |
| 2 Tbsp. water | 1 ½ c. all-purpose flour |
| 1 Tbsp. oil | |

Beat eggs and water with heavy fork. Add oil and baking powder and beat until well blended. Add unsifted flour and mix with fork (dough will be sticky). Divide dough in half. Knead on generously floured large cutting board until dough is no longer sticky. Roll out thin and cut with pizza cutter. Place on waxed paper and repeat kneading process with second half of dough. Allow dumplings to stand for a while before cooking.

Heat broth to just before the boiling stage and remove pot from heat to add dumplings. Drop the dumplings in one at a time and pat down to avoid them sticking together. Once all the dumplings are in the pot, you may return pot to the heat and boil until dumplings are done.

If you would like to make dumplings for future use, simply freeze prior to cooking while still on waxed paper. Once frozen, you can put into a plastic bag for keeping.

Dorothy Korenek

CHICKEN CHILI CASSEROLE

- | | |
|---|---|
| 4 to 6 chicken breasts, cooked and
cut into small pieces | 1 ½ cans diced green chilies |
| 1 lb. grated Cheddar cheese | 1 yellow onion, diced |
| 1 can cream of chicken soup | ¾ c. milk |
| 1 can cream of mushroom soup | ¼ pt. sour cream |
| | 1 doz. corn tortillas, cut into eighths |

Combine soups, chilies, onion, milk and cream in 1 bowl, stirring well. Layer ½ of the tortillas in a 9 x 13-inch casserole dish. Cover with half of the chicken and cheese; cover with ½ of the soup mixture. Repeat the layers. Cover and refrigerate overnight. Bake at 350° for 1 hour, uncovered. Serve hot.

Linda Byer

HAM AND NOODLE CASSEROLE

- | | |
|--|---|
| 1 (8 oz.) pkg. egg noodles | 1 (10 ¾ oz.) can cream of chicken
soup (undiluted) |
| 1 ½ c. chopped cooked ham | ½ c. milk |
| 1 c. (4 oz.) shredded sharp Cheddar
cheese, divided | 2 Tbsp. butter |

Cook noodles according to package directions; drain. Place half of noodles in a buttered 2 quart casserole. Combine ham and ¾ cup cheese; sprinkle half of ham mixture over noodles. Combine soup and milk, mixing well; pour half of soup mixture over ham. Repeat layers. Sprinkle with remaining ¼ cup cheese, dot with butter. Bake at 375° for 30 minutes. Yields 6 servings.

*Judy Bentley
(Wife of Mike Bentley)*

QUICK AND EASY CASSEROLE

- | | |
|-------------------------|--------------------------------|
| 1 lb. ground beef | 1 can Ranch Style Spanish rice |
| 1 can Ranch Style beans | grated cheese |

Brown ground beef; drain. Add beans and Spanish rice. Mix well. Top with grated cheese. Bake at 350° until bubbly.

*Judy Bentley
(Wife of Mike Bentley)*

PIZZA CASSEROLE

1 lb. ground beef	¾ c. water
1 small onion, chopped	1 c. milk
½ tsp. salt	1 c. flour
garlic to taste	2 eggs
1 small bell pepper, chopped	1 to 2 c. Mozzarella cheese
1 (8 oz.) can tomato sauce	

Cook together the ground beef, onion, garlic, salt and bell pepper. Add the tomato sauce and water; cook down and drain. Pour into 13 x 9-inch casserole dish and add your choice of pizza toppings. Add cheese to taste. Mix together milk, flour and eggs. Pour on top of cheese. Bake at 350° for approximately 40 minutes.

*Mary Ann Smith
(Wife of Joe H. Smith)*

HAMBURGER CASSEROLE

1 or 1 ½ lb. ground beef	1 can cream of mushroom soup
1 small onion, chopped	1 can cream of chicken soup
salt and pepper to taste	1 can Mexicorn or yellow corn
6 to 8 oz. cooked and drained macaroni	

Brown hamburger meat with onion and seasonings. Mix all other ingredients together and add to hamburger meat in 13 x 9-inch baking dish. Bake at 375° for approximately 30 minutes.

Brenda Kallus

HAMBURGER AND PEA CASSEROLE

1 lb. hamburger	3 Tbsp. soy sauce
1 (10 oz.) pkg. frozen peas	½ can milk
2 c. sliced celery	1 medium onion, sliced
1 can cream of mushroom soup	1 to 2 c. crushed potato chips

Brown hamburger and onion separately; drain. Layer meat on bottom of casserole dish, then onion, peas and celery. Mix soup, soy sauce and milk together. Pour over hamburger mixture. Sprinkle with crushed potato chips. Bake at 375° for 20 to 25 minutes.

Barbara Castanier

CHICKEN AND RICE CASSEROLE

1 chicken or chicken pieces, with skin removed	1 can Swanson vegetable broth
½ tsp. salt	¼ c. chopped onion
1 ¼ c. converted rice, uncooked	½ c. water

Season chicken to taste. Pour rice into a large casserole dish; stir in vegetable broth, water, salt and onion. Place chicken pieces on top of rice mixture. Cover with aluminum foil and bake for 1 hour at 425°.

Lynn Bielamowicz

PASTA ROASTER CASSEROLE

1 pkg. noodles or fettuccini	1 to 1 ½ c. bread crumbs
1 Tbsp. light margarine	1 c. Italian dressing
1 roasting chicken or hen (3 to 5 lb.), cut into pieces	2 cans cream of mushroom soup

Bake chicken for 20 to 30 minutes at 375°, basting with Italian dressing. Cook noodles according to package directions. Melt butter and mix with bread crumbs. In casserole dish, layer bread crumbs, mushroom soup and noodles; repeat layers. Bake for 10 minutes at 350°. Add chicken to top of casserole and bake for another 10 minutes at 350° or until chicken is brown. Serves 4 to 6.

Jim Clark

MOTHER'S ENCHILADA PIE

1 lb. lean ground beef	1 can enchilada sauce
1 medium onion, chopped	1 pkg. tortillas (11 oz.)
5 oz. green chilies	¾ lb. grated cheese
2 cans cream of mushroom soup	

Brown meat and onions. Add chilies and mushroom soup. Layer in baking dish starting with tortillas, then enchilada sauce, then meat sauce. Top with cheese. Bake at 350° for 30 minutes.

*Nancy Fausset
(Wife of Gordon Fausset)*

EASY LASAGNA

- | | |
|------------------------------|----------------------------------|
| 1 medium onion, chopped fine | ½ c. Parmesan cheese |
| 1 Tbsp. Italian seasoning | 1 lb. ground beef |
| 4 c. Mozzarella, grated | 1 (8 oz.) pkg. lasagna noodles |
| 2 cartons Ricotta cheese | 1 large jar Ragu spaghetti sauce |
| 1 tsp. salt | ½ to ¾ c. water |

Brown beef and onions and drain excess fat. Add spaghetti sauce, water, salt, sugar and seasonings. Cover and simmer 15 minutes. In a 13 x 9-inch pan, layer spaghetti sauce, 4 or 5 noodles (uncooked), 1 cup Ricotta cheese and Mozzarella; repeat layers until all ingredients are used up. The top layer should be the remaining sauce and cheese. Cover with foil; bake at 350° for 55 to 60 minutes. Remove foil and let stand 10 to 15 minutes.

Judith Sterling

BEEF STUFFED GREEN PEPPERS

- | | |
|---|------------------------------|
| 4 to 6 green bell peppers
boiling salted water (to cover
peppers) | ¼ c. Parmesan cheese, grated |
| 1 lb. ground beef | 1 egg |
| 1 medium onion, chopped | 1 tsp. salt |
| 1 c. cooked rice (not instant) | ½ tsp. pepper |
| | 1 egg |

Slice off top (stem) end of peppers and remove the seeds and veins. Drop peppers into boiling water and boil for approximately 5 minutes; drain. Brown beef in a frying pan. Add onions and cook until tender. Mix with rice, cheese, egg, salt and pepper. Fill the prepared pepper shells. Arrange in a baking pan and bake in a moderate oven (350°) for about 20 to 25 minutes or until tender. Makes 4 to 6 servings.

Julie Andrews

STUFFED PEPPERS

- | | |
|--|-----------------------------|
| 4 medium to large bell peppers
boiling salted water (to cover
peppers) | 1 ½ tsp. chili powder |
| 1 lb. ground beef | 3 Tbsp. chopped bell pepper |
| 1 small onion, finely chopped | 1 can tomato sauce |
| 1 Tbsp. flour (optional) | ½ tsp. salt |
| | ½ tsp. pepper |
| | 4 slices Velveeta cheese |

Slice off top (stem) end of peppers and remove the seeds and veins; cut in half lengthwise. Drop peppers into boiling water and boil for approximately 3 minutes; drain. Arrange peppers in casserole dish. Brown beef in a frying pan. Add onions, flour, chili powder, salt, pepper, chopped bell pepper and ½ can tomato sauce and cook until onions are tender. Divide meat mixture to fill the bell pepper halves. Put ½ slice of cheese on top of each pepper half. Pour remainder of tomato sauce over the cheese. Bake at 350° for 20 minutes or until cheese is melted.

Leon Anhaizer

STUFFED PEPPERS

- | | |
|--------------------------------|-----------------------------|
| 1 lb. ground beef | 1 tsp. parsley |
| 1 onion, finely chopped | 1 tsp. oregano |
| ¼ c. rice, cooked and uncooked | 1 tsp. black pepper |
| 1 can tomato soup | 4 or 5 medium green peppers |

Mix spices, meat and ½ can of tomato soup together. Core peppers and wash. Stuff mixture into peppers. Place peppers, standing, in a covered pot. Use rest of tomato soup diluted with water and pour over peppers, ½-inch from the top. Bake at 350° about 1 hour.

Mary Solvas

SPINACH LASAGNA

Note: This recipe eliminates the need to cook noodles ahead of time.

- | | |
|--|--|
| 1 lb. low-fat small curd cottage
cheese | ¾ tsp. oregano (use a little less if
you use store bought in a jar) |
| 1 ½ c. shredded Mozzarella cheese,
divide (okay to use skim cheese) | ¼ tsp. pepper |
| 1 egg | 2 (15 ½ oz.) jars spaghetti sauce or
your own equivalent |
| 1 (10 oz.) pkg. chopped spinach,
thawed and drained | ½ pkg. lasagna noodles (8 oz.) |
| 1 tsp. salt | 1 c. water |

In large bowl mix cottage cheese, 1 cup Mozzarella, the egg, spinach, salt, oregano and pepper. In greased 13 x 9 x 2-inch baking dish or pan layer ½ cup sauce, ⅓ of the noodles and half of the cheese mixture. Repeat. Top with remaining noodles, then remaining sauce. Sprinkle with the remaining Mozzarella. Pour water around

MEATS & MAIN DISHES

edges. Cover tightly with foil. Bake at 350° for 1 hour and 15 minutes or until bubbly. Let stand 15 minutes before serving. Serves 8.

A mixed green salad and garlic bread are good go-withs.

Vicki Entekin

ZUCCHINI AND SAUSAGE CASSEROLE

1 zucchini, sliced	1 tsp. oregano
¼ c. celery, diced	1 tsp. salt
¼ c. onion, diced	½ tsp. pepper
¼ c. green pepper, diced	½ c. Velveeta, cut into ½-inch strips
1 c. tomatoes	1 c. cooked sausage
1 Tbsp. parsley	

Mix celery, onion, green pepper, tomatoes, seasonings and sausage. Layer in a large casserole dish with zucchini followed by a layer of sausage mixture. Continue layering until all ingredients are used. Cook at 350° for 20 to 25 minutes. Top with cheese and cook an additional 15 minutes.

Debbie Merlin

MEXICAN TORTE

¾ c. chopped onion	salt and pepper to taste
1 clove garlic, minced	approximately 6 flour tortillas
2 Tbsp. olive oil	1 c. Monterey Jack cheese, grated
1 lb. hamburger	½ c. sour cream
2 c. canned tomatoes	chopped black olives (half 4 oz. can)
1 Tbsp. chili powder	
1 tsp. ground cumin	

Cook onions and garlic in olive oil. Remove and brown hamburger; drain. Add cooked onions and garlic, tomatoes, chili powder, cumin, salt and pepper. Simmer a few minutes to blend seasonings. Cover bottom of a casserole dish with a little meat sauce. Spread heaping tablespoonful of sour cream on a tortilla and place, face up, on meat sauce. Spread a spoonful of meat sauce on another tortilla and place face up on first tortilla. Sprinkle with cheese and olives. Continue to alternate layers until tortillas are used. Bake at 350° for about 20 minutes.

Judy Bentley



VEGETABLES

How To Can Vegetables



POINTS ON PACKING

Raw pack. Pack cold raw vegetables (except corn, lima beans, and peas) tightly into container and cover with boiling water.

Hot pack. Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty or strong-flavored, and when there isn't enough cooking liquid.

HOW TO CHECK CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

Here are some tips to help you.

Choosing mason jars. Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

Preparing glass jars. Check all jars, rings and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures — widemouth or regular — that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lid according to package directions.

Closing glass jars. Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don't force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button (R) is made by Owens-Illinois. Its red button pops up when the seal is broken. The Magic Mason jars that go with the

special lids have metric measurements as well as customary U.S. measurements molded on the side.

Jar transfer. Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2-inches of air space on all sides for jars to cool evenly.

PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

Directions. Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

- Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.

- Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.

- Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gage opening).

- Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage.

- Let pressure rise to 10 pounds (240 degrees F.) The moment this pressure is reached, start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.

- When processing time is up, remove canner from heat immediately.

- With glass jars, let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait a minute or two, then slowly open petcock or take off weighted gage. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

VEGETABLES

EARLY SPANISH RICE

½ c. chopped green pepper
¼ c. chopped onion
1 clove garlic, minced
½ tsp. dried basil, crushed
½ tsp. dried rosemary, crushed
2 Tbsp. hot olive oil

2 c. water (for richer flavor, use canned broth instead)
1 c. Uncle Ben's regular rice
1 c. chopped, peeled, canned tomatoes
1 tsp. salt
½ tsp. pepper

In skillet cook green pepper, onion, garlic, basil, rosemary and olive oil. Cook until vegetables are tender. Stir in rest of ingredients. Cover; cook over low heat until rice is done, about 20 minutes. Makes 6 servings.

Judith Sterling

CORN SQUASH CASSEROLE

1 lb. yellow squash
1 medium green pepper, chopped
1 medium onion, chopped
1 stick oleo
4 oz. Pepperidge Farm cornbread dressing
1 (8 ¼ oz.) can corn, drained

1 (8 ¼ oz.) can cream-style corn
4 oz. sour cream
1 egg
½ c. bread crumbs
¼ c. carrots, grated
½ c. cheese, grated

Saute squash, green pepper and onion in oleo. Mix rest of the ingredients together and then add to squash mixture. Bake at 350° for 30 minutes. Serve hot.

Sherri Grant

SHREDDED CARROTS

2 lb. raw (1.6 lb.) peeled, shredded carrots
1 c. crushed pineapple, drained
1 c. mayonnaise

1 c. raisins, soaked in water to plump then drained
½ c. powdered sugar

Combine carrots, pineapple, mayonnaise, raisins and sugar. Chill until ready to serve.

Dee Koehler

GARLIC MASHED POTATOES

1 ½ lb. red potatoes, cut into 1-inch pieces
8 garlic cloves, peeled
¼ c. milk (can use skim)

1 Tbsp. butter or margarine
salt and freshly ground black pepper to taste

Place potatoes and garlic in medium saucepan. Cover with water and bring to boil. Cook 15 to 20 minutes or until both potatoes and garlic are soft. Drain and mash with milk and butter. Season with salt and pepper. Makes about 3 ½ cups. Real easy for families on the go!

Mrs. Lallie Garcia

CHEESE-STUFFED ZUCCHINI

1 lb. zucchini (2 medium)
¼ c. finely chopped onion
1 Tbsp. butter
¾ c. cream-style cottage cheese
½ c. cooked rice

1 slightly beaten egg
1 Tbsp. snipped parsley
¼ tsp. salt
2 slices sharp cheese, cut into 16 strips

Trim ends of zucchini; cook in small amount of boiling salted water for 8 minutes or until tender. Halve lengthwise; scoop out centers and dice. Cook onion in butter until tender. Stir in zucchini, cottage cheese, rice, egg, parsley and salt. Lightly salt shells; fill with cottage cheese mixture. Place in 11 ¾ x 7 ½ x 1 ¾-inch baking dish. Bake, covered, in 350° oven for 30 minutes. Place 4 cheese strips (crisscrossed) on each half. Bake, uncovered, 5 minutes or more. Makes 4 servings.

Eunice Glenn

VEGETABLE STUFFED SQUASH

6 yellow squash
1 c. chopped tomato
½ c. minced onion
½ c. chopped green pepper

¾ c. shredded sharp Cheddar cheese
½ tsp. pepper
½ tsp. salt (optional)
¼ tsp. marjoram

Wash squash and place in large saucepan. Cover with water, bring to boil. Cover; reduce heat and simmer 5 to 6 minutes or until tender, but still firm. Drain and cool slightly. Trim off stems and cut squash in half lengthwise; scoop out pulp, leaving a firm shell.

Drain and chop pulp; combine pulp and remaining ingredients. Place squash shells on baking sheet, spoon vegetable mixture into shells. Bake at 400° for 20 minutes. Makes 6 servings, 70 calories per serving.

Betty Tinney

SWEET POTATO BAKE

3 c. cooked, mashed potatoes
½ c. Imperial sugar
2 eggs, well beaten

½ c. margarine, melted
1 tsp. vanilla
½ c. milk

Combine sweet potatoes, sugar, eggs, margarine, vanilla and milk. Spoon into 2 quart dish. Cover with Pecan Topping (recipe follows). Bake at 350° for 30 minutes.

Pecan Topping:

½ c. firmly packed Imperial brown sugar
¼ c. flour

2 ½ Tbsp. melted margarine
½ c. chopped pecans

Combine brown sugar, flour, margarine and pecans. Mix well and sprinkle on top of potato mixture before baking.

*Delores Clark
(Wife of Jim Clark)*

POTATO SIDE DISH

1 lb. frozen hash browns
3 chicken bouillon cubes
1 c. water

grated cheese
salt and pepper to taste

Dissolve bouillon cubes in boiling water. Layer potatoes in baking dish. Pour bouillon water over potatoes. Add salt and pepper to taste and top with grated cheese. Bake at 400° for 1 hour.

Brenda J. Kallus

CREAM CHEESE CORN

1 (16 or 20 oz.) pkg. frozen corn
1 (8 oz.) cream cheese

1 stick butter or margarine

Cut up cream cheese and butter into small pieces and add to corn in small saucepan. Simmer until smooth (do not add water).

Note: This is a dish that is great for those family get-togethers when you are required to bring a dish.

Brenda Kallus

BROCCOLI AND POTATOES FIESTA

1 lb. cooked broccoli	lemon juice
1 lb. boiled, quartered potatoes	dried parsley
butter	

Put broccoli and potatoes in a saucepan with butter and parsley over medium heat. Stir to mix well. Heat just until contents are heated through. Squeeze in lemon juice. Stir once more. Serve. Great!

Lewis Garrett

POTATOES SUPREME

2 lb. frozen hash browns, cubed	2 c. grated Cheddar cheese
½ c. melted butter	1 tsp. salt
1 pt. sour cream	¼ tsp. pepper
1 can cream of chicken soup	2 c. crushed cornflakes
½ c. chopped onions	¼ c. melted butter

Defrost potatoes. Combine next 7 ingredients and mix with potatoes. Put in 3 quart casserole. Top with 2 cups crushed cornflakes sauteed in ¼ cup melted butter. Cover and bake at 350° for 40 minutes. Serves 16.

Debby Martinez

BROCCOLI, RICE CASSEROLE

1 lb. bag frozen broccoli	1 can cream of mushroom soup
½ c. white rice, cooked	Velveeta cheese (6 to 8 small slices)

Cook frozen broccoli. Mix together with rice, soup and cheese. Bake in oven for approximately 30 minutes at 325°.

Kathy Daniel

SUPREME POTATO CASSEROLE

2 lb. bag frozen hash brown potatoes	½ c. chopped onions
1 pt. sour cream	1 c. cream of chicken soup
½ c. melted butter	1 tsp. salt
2 c. grated Cheddar cheese	1 tsp. pepper

Mix all ingredients together. Pour into a 9 x 13-inch pan. Place 1 ½ cups crushed corn flakes and ½ cup melted butter on top. Bake for 45 minutes at 350°. Serves 20.

Jyoti Nayalkar

ENGLISH POTATO CASSEROLE

1 (2 lb.) bag hash brown potatoes (frozen)	½ c. chopped onion
1 can cream of chicken soup (can substitute golden mushroom)	2 c. grated mild Cheddar cheese
1 (8 oz.) c. sour cream	1 stick margarine
	1 stack wrapped Ritz crackers

Place hash brown potatoes in a large casserole dish. Mix together soup, sour cream and onions. Pour soup mixture over potatoes. Sprinkle with the cheese.

Melt margarine, crush crackers and mix together. Spread cracker mixture over the casserole for a top crust. Bake 1 hour at 350°.

Ann Hebert

BAKED CORN AND BROCCOLI

1 pkg. frozen chopped broccoli	pinch of ginger
1 can cream-style corn	½ tsp. salt
1 egg	1 c. cracker crumbs (will need enough to cover top of casserole)
1 small onion, chopped	¼ c. melted butter
1 Tbsp. butter	
½ tsp. dry mustard	

Mix all but crumbs and melted butter together in casserole dish. Moisten crumbs with melted butter. Top with crumb mixture. Bake at 350° for 45 minutes.

Debbi Merlin

SQUASH CASSEROLE

3 lb. yellow squash, cooked, then lightly mashed	1 tsp. pepper
1 stick oleo	½ c. grated cheese (Cheddar or American)
½ c. onions	1 can cream of mushroom soup
1 bell pepper	3 slices bread, toasted and cubed
½ c. corn meal	2 eggs
1 Tbsp. Imperial granulated sugar	

Saute onions and pepper in oleo. Mix all ingredients together and bake at 350° for 30 to 40 minutes.

Dorothy Andrejczak

BROCCOLI AND RICE CASSEROLE

1 pkg. frozen broccoli, chopped	1 (8 oz.) jar Cheez Whiz
1 c. rice, cooked	1 can cream of mushroom soup
½ c. onion, chopped	¼ c. bread crumbs (optional)
½ c. celery, chopped	¼ c. Parmesan cheese (optional)

Saute onion and celery in 3 tablespoons margarine. Mix Cheez Whiz and rice. Cook broccoli as directed on package. Fold in with rice mixture. Add onion mixture to rice mixture and pour into a baking dish. Cover and bake at 350° for about 20 minutes. Take out and sprinkle with bread crumbs and Parmesan cheese and return to the oven to bake for 5 or 10 more minutes.

Julie Andrews

DILLED CARROTS

2 lb. carrots, peeled	1 can condensed cream of celery soup
1 c. sliced onions	1 c. milk
1 small clove garlic, minced	½ tsp. dill seed
¼ c. oil	1 tsp. sugar
1 Tbsp. flour	½ tsp. white pepper

Cut carrots into julienne strips. Saute carrots, onions and garlic in oil for 5 minutes. Sprinkle with flour. Stir in soup and milk. Add dill and sugar. Simmer, covered, until carrots are tender.

Roger Yarbrough



BREADS
ROLLS
PASTRIES

Baking Tips



COMMON PROBLEMS (Common Failures)

COMMON PROBLEMS (Common Failures)		CAUSES OF PROBLEMS (Causes of Failures)	
Biscuits			
Rough biscuits.....	Insufficient mixing		
Dry biscuits.....	Baking in too slow an oven and handling too much		
Uneven browning.....	Cooking in dark surface pan, too high a temperature and rolling the dough too thin		
Breads (yeast)			
Porous bread.....	Over-rising or cooking at too low a temperature		
Crust is dark and blisters just under the crust.....	Under-rising		
Bread does not rise.....	Over-kneading or using old yeast		
Bread is streaked.....	Under-kneading and not kneading evenly		
Bread bakes unevenly.....	Using old, dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature		
Cakes			
Cracks and uneven surface.....	Too much flour, too hot an oven and sometimes from cold oven start		
Dry cakes.....	Too much flour, too little shortening too much baking powder or cooking at too low a temperature		
Heavy cakes.....	Too much sugar or baking too short a period		
Sticky crust.....	Too much sugar		
Coarse grained cake.....	Too little mixing, too much shortening, too much baking powder, using shortening too soft, and baking at too low a temperature		
Fallen cakes.....	Using insufficient flour, under baking, too much sugar, too much shortening or not enough baking powder		
Uneven color.....	Cooking at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans		
Uneven browning.....	Not mixing well		
Cookies			
Uneven browning.....	Not using shiny cookie sheet or not allowing at least 2 inches on all sides of cookie sheets in oven		
Soggy Cookies.....	Cooling cookies in pans instead of racks		
Excessive spreading of cookies.....	Dropping cookies onto hot cookie sheets; not chilling dough; not baking at correct temperature		
Muffins			
Coarse texture.....	Insufficient stirring and cooking at too low a temperature		
Tunnels in muffins, peaks in center and soggy texture.....	Over-mixing		
Pies			
Pastry crumbles.....	Over-mixing flour and shortening		
Pastry tough.....	Using too much water and over-mixing the dough		
Pies do not brown (fruit or custard).....	Bake at constant temperature (400-425 degrees) in Pyrex or enamel pie pan		

BREADS, ROLLS & PASTRIES

BROCCOLI CORN BREAD

2 boxes Jiffy corn muffin mix	1 (8 oz.) carton cottage cheese (small curd)
4 eggs, beaten	1 small carton frozen broccoli, thawed
2 sticks oleo, melted	
1 medium onion, chopped	

Melt oleo in 9 x 13-inch pan, let cool. Mix all other ingredients in mixing bowl; add melted oleo, mix and pour into the 9 x 13-inch pan. Bake at 375° for 45 to 50 minutes or until lightly browned.

Carol Terral

CHEESY CORNBREAD PICANTE

1 (10 oz.) pkg. cornbread mix	¼ c. milk
½ c. shredded Cheddar cheese	1 egg, beaten
1 can cream-style corn	2 Tbsp. chopped jalapeno peppers

Combine cornbread mix and cheese and toss lightly with a fork. Add remaining ingredients and stir until blended. Spread into a greased 8 x 8 x 2-inch pan. Bake at 400° for 25 minutes. Best when served with Texas Style Shrimp.

Sherri Grant

GREEK BREAD

1 stick oleo	½ small can chopped ripe olives
½ c. Hellmann's mayonnaise	3 oz. Mozzarella cheese
2 chopped green onions	1 loaf bread
garlic to taste	

Mix together all ingredients, except bread. Spread mixture on bread and refrigerate for at least 2 hours or until ready to serve. Bake at 350° until brown, serve immediately.

Sherri Grant

REINDEER DATE NUT LOAF

3 c. Imperial granulated sugar	1 box dates (Dromedary, unrefrigerated)
1 lump butter (walnut sized, 2 Tbsp.)	1 c. chopped pecans
1 c. whole milk (straight from the cow) or cream	½ tsp. vanilla

You will need a 10-inch diameter black skillet, seasoned for years.

Combine sugar, milk and butter in skillet. Cook until mixture begins to thread. Seed the box of dates and cut up into small pea sized bits. Drop into mixture. Bring mixture to a boil. Let dates dissolve through. Add chopped pecans and vanilla. Beat this until it becomes cool and thick. Wrap in a roll of wax paper or a damp cloth (a cup towel), about 8 or 10-inches long and 2-inches thick.

*Grammy Wiggins
(Gloria Edwards Grandmother)*

CORN BREAD

1 c. cornmeal (yellow stone-ground)**	1 c. flour
4 Tbsp. brown sugar (Imperial)	1 tsp. salt
¼ tsp. soda	1 tsp. baking powder
2 eggs, well beaten	¼ c. shortening
	1 ½ c. buttermilk

Preheat oven to 425°. Sift flour, measure and sift with soda, salt and baking powder. Mix with cornmeal. Cream shortening with sugar. Add eggs, then add buttermilk and combine with dry ingredients. Beat until smooth. Bake in lightly greased 8-inch square pan for 25 to 30 minutes.

**Randall's sells yellow stone-ground cornmeal.

Sherry Jackson

GARLIC CHEESE BISCUITS

2 c. Bisquick	½ c. shredded Cheddar cheese
⅓ c. milk	¼ c. butter or margarine, melted

Heat oven to 450°. Mix Bisquick, milk and cheese until soft dough forms. Beat vigorously for 30 seconds. Drop dough by spoonfuls onto ungreased cookie sheet. Bake 8 to 10 minutes (until golden brown). Mix margarine and garlic powder. Brush mixture over warm biscuits on cookie sheet. Serve warm. Makes 10 to 12 biscuits.

Debbi Sulak

TOAST SPRINKLE

2 tsp. ground Jamaican ginger	2 tsp. paprika
4 tsp. ground cinnamon	2 tsp. curry powder
1 tsp. ground cardamon	⅓ c. granulated sugar

Combine ingredients thoroughly and store in an airtight jar with sprinkle lid. Sprinkle over buttered toast. Also good sprinkled over oatmeal or any hot cereal. Makes just enough to fill 2 small spice jars.

Lewis E. Garrett

DATE NUT MUFFINS

1 ½ c. pitted, chopped dates	½ tsp. salt
¾ c. margarine	1 ½ c. water
1 ½ c. sugar	1 ½ tsp. baking soda
2 extra large eggs	1 c. medium-sized pecan pieces
1 ½ tsp. vanilla	2 ½ c. flour

Heat oven to 350°. Soak dates in 3 cups hot water to plump. Drain off water and refrigerate dates. They must be cold before using. Cream together margarine and sugar until fluffy. Add eggs, vanilla, salt, water, baking soda, pecans and flour; mix as little as possible because gluten will develop and make muffins tough. Fold in dates. Spoon batter evenly into muffin cups and bake 20 to 25 minutes. Makes 12 muffins.

Sheila Orsak

FESTIVE ORANGE NUT BREAD

2 c. all-purpose flour	2 Tbsp. grated orange peel
¾ c. sugar	1 tsp. baking powder
½ c. milk	½ tsp. baking soda
½ c. orange juice	¼ tsp. salt
1 egg, slightly beaten	½ c. chopped walnuts or pecans
2 Tbsp. butter, melted	

In large bowl combine all ingredients, except walnuts; stir just until moistened. Stir in walnuts. Pour into greased 8 x 14-inch loaf pan. Bake for 50 to 60 minutes or until wooden toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan. Yields 1 loaf (12 servings).

Lana Janak

SOURDOUGH BREAD SAN FRANCISCO STYLE

1 ½ c. warm water	3 tsp. sugar
1 c. sourdough Starter	1 ½ tsp. salt
6 to 6 ½ c. white unbleached unsifted flour	½ to 1 tsp. baking soda white or yellow cornmeal

BREADS, ROLLS & PASTRIES

Mix 4 cups flour with Starter dough, water, sugar and salt to make sponge. Mix well. Cover with cloth and store in warm place for 18 to 24 hours.

Mix 1 cup of flour with $\frac{1}{2}$ teaspoon of baking soda. Stir mixture into dough until dough is real stiff. Turn dough out onto a floured surface (from remaining flour.) Knead in remaining flour and baking soda until dough is smooth (about 10 minutes). Form into 2 oval loaves. Sprinkle cornmeal on ungreased baking sheets and place loaves on sheets. Let rise for 3 to 4 hours (or until doubled), covered with a towel.

Slash tops of loaves with sharp knife and sprinkle with water. Bake in preheated 400° oven for 45 to 50 minutes. Rub butter on top crust fresh out of oven.

To keep Starter after removing 1 cup for bread: Add $\frac{1}{4}$ cup flour, $\frac{1}{4}$ cup water and 1 teaspoon sugar to remaining dough. Cover and let stand for about 24 hours or until well bubbly. Starter can be kept in refrigerator, but should be refreshed by this process at least once a month (discarding unused excess).

Lewis E. Garrett

- • EXTRA RECIPES • -



CAKES
COOKIES
DESSERTS

Candy Testing



Candy	Degrees	Stage	Cold Water Test
	230-234	Thread	Syrup spins 2-inch thread when dropped from spoon
Fudge, Fondant	234-240	Soft Ball	Candy will roll into soft ball but quickly flattens when removed from water
Divinity, Caramels	244-248	Firm ball	Candy will roll into a firm ball (but not hard ball) which will not lose its shape upon removal from water
Taffy	250-266	Hard ball	Syrup forms hard ball, although it is pliable
Butterscotch	270-290	Light Crack	Candy will form threads in water which will soften when removed from water
Peanut Brittle	300-310	Hard Crack	Candy will form hard, brittle threads in water which will not soften when removed from water
Caramelized Sugar	310-321	Caramelized	Sugar first melts, then becomes a golden brown and forms a hard, brittle ball in cold water

Substitutions

1 c. whole milk
 ½ c. evaporated milk and ½ c. water
 ½ c. condensed milk and ½ c. water
(reduce sugar in recipe) 4 T. powdered milk and 1 c. water • 4 T. nonfat dry milk plus 2 t. shortening and 1 c. water
1 c. sour milk
 1 c. sweet milk and 1 T. lemon juice or vinegar • 1 c. sweet milk mixed with 1 T. lemon juice or 1 T. vinegar or 1 ¼ t. cream of tartar
1 c. sweet milk
 1 c. sour milk or buttermilk plus ½ t. baking soda
1 c. sour, heavy cream
(for sour milk recipe)
 ½ c. butter and ½ c. milk
1 c. sour, thin cream
(for sour milk recipe)
 3 T. butter and ¾ c. milk
1 c. butter or margarine
(for shortening)
 ½ c. bacon fat (clarified), increase liquid in recipe ¼ c. ½ c. chicken fat (clarified), increase liquid in recipe ¼ c. • ¼ c. cottonseed, corn, nut oil (solid or liquid) • ¼ c. lard and salt • ½ c. suet and salt
(increase liquid in recipe ¼ c.)
1 1-oz. square unsweetened chocolate
 3 T. cocoa plus ½ T. shortening

1 T. cornstarch (for thickening)
 2 T. flour (approx.)
1 T. flour (for thickening)
 ½ to ¾ T. cornstarch or 1 T. minute tapioca or 1 whole egg, 2 egg whites or 2 egg yolks
1 c. sifted cake flour
 1 c. minus 2 T. sifted all-purpose flour
1 c. sifted all-purpose flour
 1 c. plus 2 T. sifted cake flour
1 whole egg
 2 egg yolks, plus 1 T. water (in cookies, etc.) or 2 eggs yolks (in custards, etc.)
1 c. molasses • 1 c. honey
1 c. honey
 ¾ c. sugar plus ¼ c. liquid
1 c. granulated sugar
 1 ½ c. brown sugar or 1 ½ c. powdered sugar
1 t. baking powder
 ¼ t. baking soda plus ½ t. cream of tartar
1 lb. cornmeal • 3 cups
1 lb. cornstarch • 3 cups
1 lemon rind • 1 Tbsp. grated
3-4 med. oranges • 1 cup
1 orange rind • 2 Tbsp. grated
23 soda crackers • 1 cup crumbs
15 graham crackers • 1 cup crumbs

CAKES, COOKIES & DESSERTS

AMBROSIA

1 (11 oz.) medium can mandarin oranges, drained
 1 (No. 2) can pineapple chunks, drained
 ½ c. drained maraschino cherries
 1 c. chopped pecans
 1 ½ c. miniature marshmallows
 1 c. flaked coconut
 1 pkg. Dream Whip topping, mixed and prepared

Combine fruits, nuts, marshmallows and coconut; fold in dessert topping. Chill for several hours before serving. Yields 6 to 8 servings.

Judith Sterling

CHEWY OATMEAL COOKIES

¾ c. Crisco
 1 ½ c. firmly packed brown sugar
 2 eggs
 1 tsp. vanilla
 1 c. raisins
 1 c. flour
 ¾ tsp. baking soda
 1 tsp. cinnamon
 ½ tsp. nutmeg

Mix all ingredients together until smooth. Add 2 cups oatmeal and mix and drop by teaspoon on greased cookie sheet. Bake at 350° for 12 to 15 minutes. Makes about 3 ½ dozen cookies.

Rodney Sury

CHOCOLATE CAKE

2 c. flour
 2 c. sugar
 1 stick oleo or margarine
 1 c. water
 3 Tbsp. cocoa
 2 eggs, beaten
 1 tsp. soda
 ½ c. buttermilk
 1 tsp. vanilla

Sift flour and measure; resift with sugar and salt. In saucepan put margarine, water and cocoa. Bring to boil and pour over flour and sugar mixture. In another bowl, add eggs, soda, buttermilk and vanilla. Add this to the first mixture and mix well. Bake in a shallow pan, greased and floured. Bake at 350° for 20 minutes. Start icing during last 5 minutes cake is baking.

Frosting:

- | | |
|-------------------|----------------------|
| 1 stick margarine | 1 box powdered sugar |
| 3 Tbsp. cocoa | ½ c. pecans |
| 6 Tbsp. milk | 1 tsp. vanilla |

Mix margarine, cocoa and milk in saucepan. Heat over low heat; do not boil. Remove from stove and add sugar, vanilla and pecans. Mix well. Frost cake while hot.

Rodney Sury

BOSTON CREAM CAKE

- | | |
|---|---|
| 1 box yellow, white or chocolate cake mix | 1 (3.4 oz.) box instant vanilla pudding |
| | 3 to 4 oz. cream cheese, softened |

Mix cake and bake cake according to package directions, using 2 (8 or 9-inch) round layer cake pans. Let cool about 10 minutes. Remove from pans and cut each layer in half to form 2 thin layers.

Meanwhile, prepare pudding according to package directions, using 1 ¾ cups milk. Add pudding gradually to softened cream cheese, blending until smooth. When cake layers are cool, spread half of pudding mixture on each of two bottom layers. Top with remaining two cake layers.

Frost top layers of cakes with ½ recipe Imperial confectioners 4 minute icing or simply dust with Imperial confectioners sugar.

Variations:

- Lemon pudding with white cake.
- Chocolate pudding with yellow cake.

Tom Pearson

POUND CAKE

- | | |
|----------------------|----------------|
| 2 sticks real butter | 6 eggs |
| 2 c. sugar | 2 tsp. vanilla |
| 2 c. flour | |

Have all ingredients at room temperature. Cream sugar and butter; add eggs, one at a time; beat well. Add vanilla and flour; beat

well. Bake in greased and floured Bundt or angel food cake pan. Bake at 325° for 55 minutes.

Lorene Nulisch

YOGURT POPCICLES

- | | |
|-------------------|--|
| 2 c. plain yogurt | 1 (6 oz.) frozen orange juice concentrate or grape |
|-------------------|--|

Mix. Pour into ice cube tray or cups. Freeze partially, insert sticks and freeze solid. If this is mixed very gently, it is good eaten like a pudding.

Debbie Merlin

LEMON CHEESECAKE

- | | |
|---|-----------------------------|
| 2 c. graham cracker crumbs | 3 eggs |
| 2 Tbsp. sugar | 1 Tbsp. grated lemon rind |
| ¼ c. plus 2 Tbsp. butter or margarine, melted | ¼ c. lemon juice |
| 3 (8 oz.) pkg. cream cheese, softened | 2 tsp. vanilla extract |
| ¼ c. sugar | Lemon Glaze |
| | lemon leaves (optional) |
| | lemon rind twist (optional) |

Combine graham cracker crumbs, 2 tablespoons sugar and butter, mixing well. Press into bottom and up sides of a 9-inch spring-form pan. Bake at 350° for 5 minutes; let cool.

Beat cream cheese with electric mixer until light and fluffy. Gradually add ¾ cup sugar, mixing well. Add eggs, one at a time, beating well after each addition. Stir in lemon rind, lemon juice and 2 teaspoons vanilla. Pour into prepared pan. Bake at 350° for 35 minutes.

Combine sour cream, 3 tablespoons sugar and 1 teaspoon vanilla, mixing well. Spread over cheesecake. Bake at 350° for 10 minutes. Cool cheesecake 30 minutes on a wire rack. Spread Lemon Glaze over cheesecake; cover and refrigerate 8 hours.

Remove sides of spring-form pan and garnish cheesecake with lemon leaves and a lemon rind twist, if desired. Yields 10 to 12 servings.

Lemon Glaze:

- | | |
|----------------------|--|
| ½ c. sugar | 1 egg yolk |
| 1 ½ Tbsp. cornstarch | 1 Tbsp. butter or margarine |
| ¼ tsp. salt | 1 ½ tsp. grated lemon rind |
| ¼ c. water | 2 to 3 drops yellow food coloring (optional) |
| ½ c. lemon juice | |

Combine sugar, cornstarch and salt in a small saucepan. Combine water, lemon juice and egg yolk, stirring well. Add to sugar mixture. Cook over low heat, stirring constantly, until mixture comes to a boil and thickens. Stir in butter, lemon rind and food coloring, if desired; let cool slightly. Spread over cheesecake. Yields 1 cup.

Randy Boyd

NEW ORLEANS PEANUT BUTTER PIE

Crust:

3 c. vanilla wafer crumbs (a 12 oz. box) 1 stick melted butter

Moisten crumbs with butter and put a thin layer on sides and bottoms of 2 (9-inch) pie pans. Bake at 350° for 10 to 15 minutes.

Filling:

½ lb. cream cheese, softened	semi-sweet chocolate shavings for garnish
½ c. creamy peanut butter	unsalted peanuts (optional)
1 (14 oz.) can sweetened condensed milk	1 (6 oz.) pkg. mini chocolate morsels (for garnish)
1 c. powdered sugar	
1 (8 to 10 oz.) container frozen, whipped topping, thawed	

Beat cream cheese, peanut butter and sweetened condensed milk until creamy. Add powdered sugar gradually, fold in whipped topping. Pour into cooled pie shells and ice with whipped topping. Garnish with chocolate shavings, peanuts and chocolate morsels. Refrigerate until chilled. Pie also may be frozen.

Theresa Nevol

SNICKERDOODLES

2 ¾ c. flour	1 ¾ c. sugar, divided
1 Tbsp. baking powder	2 eggs
1 c. margarine or butter	1 Tbsp. cinnamon

On waxed paper, stir together flour and baking powder; set aside. In a large saucepan or heat resistant bowl (I use a large plastic bowl and heat it in the microwave), melt margarine over very low heat. Remove from heat, stir in 1 ½ cups sugar and the eggs until

smooth. Gradually stir in flour mixture until a smooth, soft dough forms.

Cover tightly. Refrigerate at least 1 hour or up to 3 days before baking. On wax paper (or small bowl), mix remaining ¼ cup sugar with the cinnamon. Drop rounded teaspoonfuls of dough on sugar mixture. Turn to coat well. Place 2 inches apart on greased or nonstick cookie sheet and bake in preheated 375° oven for 8 to 12 minutes until slightly firm. Makes 84 cookies.

Susan DiMucci

SPECIAL DELIGHT

Crust:

1 c. flour 1 stick margarine, melted
1 c. chopped pecans

Mix together (if too sticky, add a little more flour) and press on bottom of 9 x 13-inch baking pan. Bake at 350° for 20 to 25 minutes (don't get too brown). Let cook before adding other ingredients.

Filling:

1 large container Cool Whip	2 large boxes instant pudding mix (any flavor, see example below)
1 (8 oz.) pkg. cream cheese, softened	5 c. milk
1 c. Imperial powdered sugar	

Mix 1 cup Cool Whip, cream cheese and powdered sugar; set aside. Mix together pudding mixes and milk in large bowl; mix until pudding is thickened. Carefully pour cream cheese mixture on crust (sometimes it will pull the crust). Add pudding mixture on top of cream cheese mixture and top with the remaining Cool Whip.

Example: Use 1 box chocolate, one box vanilla.

Julie Andrews

20 MINUTE CHOCOLATE SHEATH CAKE

2 c. sugar	½ c. buttermilk
2 c. flour	1 tsp. soda
½ c. Criaco	1 ½ tsp. vanilla
½ c. margarine	2 eggs
1 c. water	1 tsp. cinnamon
4 Tbsp. cocoa	

Sift sugar and flour together in large mixing bowl. Bring Crisco, margarine, water and cocoa to rapid boil and pour over sugar mixture. Mix buttermilk, soda, vanilla and beaten eggs together and add. Pour into greased 11 x 16-inch pan and bake at 425° for 20 minutes (may adjust temperature for your oven). Begin preparing icing about 5 minutes before cake has finished baking.

Icing:

½ c. margarine	1 box powdered sugar, sifted
4 Tbsp. cocoa	1 tsp. vanilla
6 Tbsp. milk	1 c. chopped pecans

Combine margarine, cocoa and milk and bring to rapid boil. Remove from heat and add powdered sugar, vanilla and pecans. Beat well. Spread on cake while hot.

Janett Rogers

BREAKFAST CHEESECAKE

2 cans crescent rolls	1 tsp. almond extract
2 (8 oz.) pkg. cream cheese	1 egg, separated
1 c. sugar	sliced almonds

Glaze:

powdered sugar	almond extract
milk	

Spread 1 can of rolls on lightly greased 9 x 13-inch pan; press seams together. Mix together cream cheese, sugar, extract and egg yolk until smooth; spread over rolls. On sheet of waxed paper, place second can of rolls; press seams together and smooth out to 9 x 13-inch size. Lift waxed paper onto cheesecake, forming top layer. Lightly beat egg white; brush onto top. Sprinkle with sliced almonds. Bake 25 to 30 minutes in 350° oven. Make glaze and drizzle over warm cheesecake.

Emily Henderson
(Wife of Roy Henderson)

TEXAS CHEWIES

2 sticks butter	1 tsp. vanilla
1 lb. light brown sugar	1 tsp. baking powder
2 eggs, beaten	1 c. chopped pecans
2 c. flour	

Melt butter in saucepan. Stir in sugar; blend well. Add beaten eggs and mix well. Sift together flour and baking powder, add to sugar mixture. Add vanilla. Spread evenly onto a well-greased and floured 9 x 13-inch pan. Top with pecans and bake at 350° for 20 minutes or until golden brown.

Debbie Stroud

LEMON CHIFFON

juice of 2 lemons	½ c. hot water
grated rind of 1 lemon	4 egg whites
4 egg yolks, beaten well (save egg whites)	½ c. Imperial sugar
½ c. Imperial sugar	½ pt. whipped cream
3 Tbsp. lemon jello	½ lb. crushed graham crackers

Mix together juice of lemons, grated rind, egg yolks and ½ cup sugar. Cook in double boiler until thick or microwave 2 to 3 minutes, stirring occasionally. Dissolve 3 tablespoons lemon jello into ½ cup of hot water and add to first mixture. Let cool. Stiffly beat egg whites, add ½ cup sugar and whipped cream. Combine with the cooled mixture. Line a 9 x 13 inch pan with ½ pound crushed graham crackers. Pour in filling. Lightly sprinkle more crushed graham crackers over top. Refrigerate overnight.

Georgia Robino
(Wife of John Robino)

EARTHQUAKE CAKE

1 c. coconut	1 lb. powdered sugar
1 c. chopped pecans	1 stick margarine
1 German chocolate cake mix, mixed per directions	1 (8 oz.) pkg. cream cheese
	1 tsp. vanilla

Preheat oven to 350°. Grease pan. Pour coconut on bottom of pan. Top with chopped pecans. Pour cake mix on top of coconut and pecans. Mix together remaining ingredients. Drop by spoonfuls into cake mix. Bake at 350° for 45 to 50 minutes (until toothpick comes out clean when inserted into the cream cheese mixture). Serve from the pan.

Lynn Bielamowicz

PUDDING CAKE DELIGHT

angel food cake (grocery store kind)
1 large box vanilla instant pudding
mix

1 large can or more frozen
strawberries
1 large container Cool Whip

Break cake into small bite-size pieces and put on bottom of container. Mix pudding according to directions (or use $\frac{1}{2}$ cup less milk to make it a little thicker). Pour pudding over cake. Add unthawed strawberries, including liquid, over pudding and refrigerate. When ready to serve, top with Cool Whip.

Note: This can be made the night before and refrigerated. Cool Whip is easier to spread, if slightly thawed.

Julie Andrews

BANANA CAKE

1 $\frac{1}{4}$ c. Imperial granulated sugar
 $\frac{1}{2}$ c. (1 stick) butter or margarine
 $\frac{1}{2}$ tsp. nutmeg
2 eggs
1 c. mashed, ripe bananas (2 to 3
medium)
1 tsp. vanilla

Cream Cheese Frosting
2 $\frac{1}{2}$ c. all-purpose flour
1 $\frac{1}{2}$ tsp. baking powder
1 tsp. baking soda
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ c. buttermilk
 $\frac{1}{2}$ c. chopped nuts

Cream together sugar, butter and nutmeg until fluffy. Add eggs, one at a time, beating well after each addition. Stir in bananas and vanilla. Combine flour, baking powder, soda and salt. Beat into creamed mixture alternately with buttermilk. Stir in nuts. Spread batter in greased 9 x 13-inch pan. Bake in 350° oven for 30 to 35 minutes or until cake tester inserted in center comes out clean. Cool on rack. Frost with Cream Cheese Frosting.

Cream Cheese Frosting:

4 c. Imperial powdered sugar
1 (3 oz.) pkg. cream cheese,
softened
1 tsp. vanilla

3 Tbsp. milk
 $\frac{1}{4}$ c. ($\frac{1}{2}$ stick) butter or margarine,
softened

Combine all ingredients and beat until smooth.

Kathy Tumlinson

SHERRY FINGERS

1 $\frac{1}{2}$ c. all-purpose flour
pinch of salt
1 stick ($\frac{1}{2}$ c. cold, unsalted butter),
cut into bits
 $\frac{1}{2}$ c. sugar, plus additional for
sprinkling

3 Tbsp. cream sherry or other
medium-sweet blend sherry
egg wash (made by beating 1 egg
lightly)
 $\frac{1}{2}$ c. chopped almonds

Into bowl sift together the flour and the salt. Cut in the butter until the mixture resembles coarse meal. Add the $\frac{1}{2}$ cup sugar, stir in the sherry and chopped almonds and form the dough into a ball. Wrap the dough in plastic wrap and chill for 30 minutes. Butter baking sheets and preheat the oven to 375°.

Roll out the dough $\frac{1}{8}$ -inch thick on a lightly floured surface and cut it into 2 $\frac{1}{2}$ x 1-inch fingers. Prick the fingers decoratively with the tines of a fork, brush them with the beaten egg and sprinkle them with additional sugar. Transfer the fingers with a spatula to the baking sheets and bake for 15 minutes or until lightly golden. Transfer immediately to a wire rack and let cool. Dust with powdered sugar.

Lewis Garrett

TEA CAKES

1 c. shortening
2 c. Imperial sugar
2 eggs
 $\frac{1}{4}$ c. sweet milk

3 $\frac{1}{2}$ c. flour
2 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
1 tsp. vanilla extract

Mix shortening and sugar; add vanilla, eggs and milk and mix. Add flour, baking powder and salt; mix. May add chopped pecans, if desired. Bake at 350° for 12 to 15 minutes.

*Willie Powers
(D. W. Pamplin)*

OATMEAL COOKIES

1 c. shortening
1 c. brown sugar
1 c. white sugar
1 $\frac{1}{2}$ tsp. vanilla
1 $\frac{1}{2}$ c. flour
1 tsp. salt

1 tsp. baking soda
3 c. quick cooking oats (large flake)
1 tsp. cinnamon
dash of nutmeg
1 c. raisins

Cream sugar and shortening; add eggs and vanilla. Add flour, soda and salt; add cinnamon, nutmeg, raisins, nuts and oatmeal. Drop heaping teaspoonfuls on cookie sheet. Bake at 350° for 10 to 12 minutes. (Can use chocolate chips or coconut, if desired.)

Note: Darrell says for best results, use Imperial sugar!

Darrell Pamplin

PIE CRUST

2 ¼ c. flour	¾ c. shortening
1 tsp. salt	½ c. tap water (cold)

Preheat oven to 400°. Mix together flour and salt; cut shortening into flour and salt. Mix with pastry cutter or with hands until it becomes mealy. Add water, if not enough, add a small amount more. Mix together until particles cling together when pressed gently. Remove pastry from bowl and roll between cupped hands into a ball. Divide the pastry. Roll out for 8 or 9-inch pie. Makes 2 crusts. Bake until golden brown. Time is different with each oven.

*Ida Pamplin
(Wife of Darrell Pamplin)*

CHOCOLATE PIE

¾ c. sugar	3 Tbsp. cocoa
3 Tbsp. flour	3 eggs
2 c. milk	2 Tbsp. butter
1 tsp. vanilla	½ tsp. salt

Mix sugar, cocoa and flour together real well. Stir all the lumps of flour and cocoa together. Add beaten eggs. Save egg white for meringue if you wish. Add milk. Cook over low heat until thick. Take off burner. Put your butter and vanilla in and beat until very smooth. Cool and put in a cooled pie crust. Cover with beaten egg whites and brown in oven for about 10 minutes. You can use Cool Whip for a topping.

*Ida Pamplin
(Wife of Darrell Pamplin)*

POPPY SEED CAKE

1 box Duncan Hines yellow butter cake mix	¼ c. or more poppy seed
½ c. sugar	1 c. (8 oz.) sour cream
¼ c. oil	4 eggs

Mix well. Add eggs, one at a time! Bake in lightly greased and sugared Bundt pan for about 1 hour at 350°. (You may want to check after 45 minutes.) Let cool before glazing.

Glaze:

1 ½ to 2 c. Imperial powdered sugar (sift, if desired)	3 or 4 Tbsp. hot milk 2 tsp. vanilla (optional)
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Blend together and pour over cooled cake. If glaze is too thin, add more sugar; if too thick, add more milk.

Julia Andrews

PETITE CHERRY CHEESECAKES

2 (8 oz.) pkg. softened cream cheese	1 Tbsp. lemon juice
¼ c. sugar	1 tsp. vanilla
2 eggs	18 vanilla wafers
	1 (21 oz.) can cherry pie filling

Beat cream cheese, sugar, eggs, lemon juice and vanilla until light and fluffy. Line small muffin pan with paper baking cups and place a vanilla wafer in the bottom of each cup. Fill the cups ¾ full of cream cheese mixture. Bake at 350° for 15 to 20 minutes or until "set". Cool. Top with cherry pie filling. Chill. Makes 18 individual desserts. These freeze well without the filling.

Icing:

2 c. powdered sugar	1 stick margarine
1 (8 oz.) pkg. cream cheese	1 tsp. vanilla

Cream together and spread over hot cake.

Sherri Grant

MEXICAN FRUIT CAKE

2 c. flour	1 c. chopped nuts
2 c. sugar	1 (20 oz.) can crushed pineapple with juice
2 tsp. soda	1 tsp. vanilla
2 large eggs	

Put all ingredients in bowl; stir with wooden spoon until well blended. Pour in greased and floured 13 x 9 x 2-inch pan. Bake at 350° for 35 to 45 minutes.

Sherri Grant

MISSISSIPPI MUD CAKE

4 eggs	1 tsp. vanilla
2 c. sugar	1 c. coconut
2 sticks oleo, melted	1 to 2 c. nuts
1 ½ c. flour	1 jar marshmallow cream
½ c. cocoa	

Beat the eggs and sugar until thick. Combine melted butter, flour, cocoa, vanilla, coconut and nuts; mix well. Add to egg and sugar mixture. Pour into greased and floured 13 x 9-inch cake pan. Bake at 350° for 30 minutes or until done. Remove from oven and immediately spread jar of marshmallow cream over top.

Frosting:

1 stick oleo	1 box powdered sugar
6 Tbsp. milk	1 Tbsp. vanilla
½ c. cocoa	2 c. nuts

Melt oleo and remove from heat. Add all other ingredients, except nuts. Beat well. Add nuts and spread gently over the marshmallow cream.

Sherri Grant

CHOCOLATE PIZZA

1 (12 oz.) pkg. Baker's semi-sweet real chocolate chips	1 jar (6 oz.) red maraschino cherries, drained and cut in half
1 lb. white almond bark, divided	3 Tbsp. green maraschino cherries, drained and quartered
2 c. Kraft miniature marshmallows	½ c. Baker's Angel Flake coconut
1 c. crisp rice cereal	1 tsp. oil
1 c. peanuts	

Microwave chips and 14 ounces almond bark in 2 quart microwave-safe bowl on High for 2 minutes; stir. Continue microwaving 1 to 2 minutes or until smooth when stirred, stirring every 30 seconds. Stir in marshmallows, cereal and peanuts. Pour onto greased 12-inch pizza pan. Top with cherries; sprinkle with coconut.

Microwave remaining 2 ounces almond bark with oil in 1 cup glass measuring cup for 1 minute; stir. Continue microwaving 30 seconds to 1 minute until smooth when stirred, stirring every 15 seconds. Drizzle over coconut. Refrigerate until firm. Store at room temperature. Makes 10 to 12 servings.

Gift Giving Tip: For smaller pizzas, spoon chocolate mixture onto greased cookie sheet, forming 3 (7-inch) or 4 (6-inch) circles with back of wooden spoon. Continue as directed. Place on tray or cardboard circle; wrap in colored cellophane paper or plastic wrap and tie with colorful bow.

Linda Meagher

EASY STICK BUNN CAKE

1 (10 biscuit size) can biscuits	1 stick oleo/margarine, melted
1 ½ c. brown sugar	1 c. chopped pecans

Generously spray with Pam a Bundt pan or similar pan. Pre-heat oven to 360°. Break each biscuit in 4 pieces and roll into small balls. Roll balls in brown sugar, then butter, then brown sugar again, then roll in pecans. Stack in a staggered manner in pan. Pour any remaining ingredients on top. Bake 20 to 25 minutes. Immediately turn pan over onto a plate. Caution: Watch for stampede!

Karen Mawyar

BAKED APPLES

2 large baking apples (McIntosh, Rome Beauty)	dash of cinnamon
2 small spoonfuls Imperial sugar	dab of margarine
	½ c. water

Wash apples and scoop out core (don't go through bottom of apple). In center hole of each apple, pour sugar until almost full. Dab with margarine and sprinkle with cinnamon. Put water into saucepan. Gently place apples in water. Cover. Turn heat to medium and bring water just to boiling point. Lower heat and cook apples until tender (approximately 20 minutes).

Donna Oubre

IMPERIAL CHRISTMAS SUGAR COOKIES

2 c. sifted flour	1 c. Imperial granulated sugar
1 tsp. baking powder	1 egg
½ tsp. salt	¼ c. milk
½ c. shortening	½ tsp. lemon extract

Sift together flour, baking powder and salt; set aside. In mixing bowl, blend shortening and Imperial sugar; mix in egg. Add dry ingredients, alternately with milk and lemon extract, blend thoroughly. Chill dough overnight.

Preheat oven to 400°. Roll dough to ¼-inch thickness on floured pastry cloth. Cut out shapes with knife or cookie cutters. Transfer to greased cookie sheet and bake 7 to 10 minutes. Yields about 4 dozen cookies.

Donna Oubre

IMPERIAL COOKIE MONSTERS

¼ c. boiling water	1 tsp. soda
½ c. vegetable shortening	1 tsp. salt
½ c. Imperial brown sugar	2 Tbsp. ginger
½ c. molasses	2 tsp. grated nutmeg
3 c. all-purpose flour	½ tsp. cloves

Pour boiling water over shortening, then add Imperial brown sugar and molasses. Add remaining ingredients, thoroughly mixing together. Chill dough and roll about ¼-inch thick. Cut into desired shapes with a cutter or cardboard pattern. Bake at 375° about 8 minutes or until done. Yield depends on size of cookies. Cool cookies on racks and store in airtight containers until ready to decorate with "Ghost'N Goblin" Frosting.

Ghost'N Goblin Frosting:

1 c. Imperial 10x powdered sugar	¼ tsp. vanilla
1 Tbsp. soft butter or margarine	1 Tbsp. milk or light cream

Combine all ingredients and mix well; adjust sugar or liquid as needed for proper spreading consistency.

Donna Oubre

ALMOND BUTTER CRUNCH

1 c. butter or margarine	½ c. coarsely chopped toasted almonds
1 c. Imperial sugar	4 oz. milk chocolate chips (¾ c.)
1 Tbsp. light corn syrup	½ c. finely chopped toasted almonds
3 Tbsp. water	

Melt butter in heavy 2 quart saucepan. Add sugar. Stir over medium heat until sugar dissolves. Add 3 tablespoons water and corn syrup. Cook over medium heat, stirring often to soft crack stage (290° on candy thermometer, about 12 minutes). Start watching carefully after 280° as it goes up to 290° quickly). At 290°, remove from heat and quickly stir in coarse almonds. Spread on buttered baking sheet and immediately sprinkle chocolate on top and let it melt. Spread chocolate and sprinkle with finely chopped almonds. Chill in refrigerator until firm. Break into pieces. Makes 1 ¼ pounds. Delicious!

Kathy Williams

BANANA CHERRY SPLIT CAKE

1 ½ c. flour	1 ¼ sticks oleo
2 Tbsp. sugar	1 c. chopped nuts

Preheat oven to 350°. Grease a 10 x 12 x 2-inch baking dish. Mix ingredients; pour in baking dish, spread evenly to form crust. Bake about 20 minutes, until golden brown. Cool.

1 box powdered sugar	1 tsp. vanilla
2 eggs	2 sticks oleo (at room temperature)

Mix together and beat about 10 minutes until light and fluffy. Pour over crust. Top with:

1 large can crushed pineapple, drained	1 can cherry pie filling
3 large bananas, sliced	1 pt. Cool Whip
	½ c. chopped nuts

Keep refrigerated

Otto W. Meyers, III

ORANGE AMBROSIA CAKE

1 box Duncan Hines orange cake mix	½ c. oil
4 eggs	1 can mandarin oranges with juice

Mix and pour into 3 greased and floured cake pans. Bake for 25 to 35 minutes at 350°.

Icing:

12 oz. carton Cool Whip
1 (20 oz.) can crushed pineapple
with juice

1 large pkg. instant vanilla pudding
mix
1 c. coconut

Mix well and spread between layers. Keep in refrigerator.

Pat Lewis

FROSTY STRAWBERRY SQUARES

1 c. sifted, all-purpose flour
¼ c. brown sugar
½ c. chopped walnuts
½ c. margarine, melted
2 egg whites

1 c. granulated sugar
2 c. sliced, fresh strawberries
2 Tbsp. lemon juice
1 c. whipping cream, whipped

Stir together first 4 ingredients; spread evenly in shallow baking pan. Bake in 350° oven for 20 minutes, stirring occasionally to make crumbs. Sprinkle ¾ of the crumbs in 13 x 9 x 2-inch baking pan. Combine egg whites, sugar, berries and lemon juice in large bowl; beat at high speed to form stiff peaks. Fold in whipped cream. Spoon over crumbs; top with remaining crumbs. Freeze 6 hours or overnight. Cut into 10 or 12 squares.

Mary Fischer

POPPY SEED CAKE

1 pkg. yellow cake mix (plain)
1 pkg. French vanilla instant
pudding
3 eggs, beaten

¾ c. Country Kwencher wine
¾ c. oil
1 small container poppy seed

Mix well; pour into Bundt pan, greased and floured. Bake at 350° for 45 minutes. Cool for 10 minutes. Invert on plate. Dust with powdered sugar when cool.

Linda Byer

DATE NUT PUDDING

2 eggs, beaten
1 c. chopped dates
1 c. chopped nuts (pecans)

1 tsp. baking powder
1 tsp. flour
1 c. sugar

Add the rest of the ingredients to the 2 beaten eggs. Bake in greased baking dish at 350° for about 25 minutes or until golden brown.

*Zelda Coker
(Wife of Bill Coker)*

CHOCOLATE CHIP COOKIES

1 stick butter
¼ c. sugar
½ c. brown sugar
1 egg
1 ¼ c. flour

½ tsp. baking soda
½ tsp. salt
12 oz. pkg. chocolate chips
¾ c. nuts
1 ½ tsp. vanilla

Cream butter, sugar, brown sugar and egg in a bowl. Sift together flour, baking soda and salt and add to creamed mixture. Add chocolate chips, nuts and vanilla. Bake approximately 12 minutes at 350° on ungreased baking sheet. Makes about 3 dozen cookies.

Fran Stankus

RICE PUDDING

1 ½ qt. milk (6 c.)
¾ c. rice (not instant)
½ tsp. salt
2 Tbsp. butter
2 tsp. vanilla

4 egg yolks
¾ c. sugar
½ c. raisins (optional; see note)
nutmeg

Cook milk, rice, salt and butter in top of double boiler for 1 ½ hours. At end of time, add 4 egg yolks mixed with sugar. Mix some of the hot rice mixture with egg yolks and sugar. Mix all together and add back to double boiler. Cook for 3 to 4 minutes. Put in dessert dishes or 1 large bowl; sprinkle with nutmeg. Serve warm or cold.

Note: Add raisins after soaking in cup of boiling water; drain.

Barbara Castanier

DEWBERRY DELIGHT

1 ¼ c. flour
1 stick oleo

¾ c. Imperial brown sugar
1 c. chopped pecans

Melt oleo in 13 x 9-inch pan. Mix flour, sugar and pecans together. Press in pan. Bake at 325° for 12 minutes. Let cool.

8 oz. pkg. cream cheese
¼ c. Imperial granulated sugar

2 eggs
1 tsp. vanilla

Blend and place on top of crust. Bake at 325° for 12 to 15 minutes.

Berry Filling:

2 qt. dewberries
1 c. Imperial granulated sugar

¼ c. flour

Cook to desired thickness. Spread berry filling on top of cream cheese. Cool. May be topped with Cool Whip, if desired.

Dorothy Andrejczak

ORANGE-PINEAPPLE JELLO CAKE

1 pkg. Duncan Hines pineapple cake mix
⅔ c. Wesson oil
1 (3 oz.) pkg. orange-pineapple Jell-O, dissolved in ½ c. boiling water

1 tsp. orange extract
juice of 1 orange or ½ c. frozen orange juice
4 eggs

Mix well and bake in greased, floured tube pan or Bundt pan according to mix directions. Let cake stand in pan for 10 to 15 minutes before turning out. While still hot, brush on glaze of 1 cup powdered sugar and juice of ½ orange or 5 tablespoons of frozen orange juice.

Kelly Zelman

FRUIT TACOS

(Tastes Like Peach Cobbler)

flour tortillas
peach or apple pie filling
1 c. water

1 c. Imperial sugar
1 c. butter

Fill flour tortillas with peach or apple pie filling. Roll and place on baking pan. Pour water, sugar and butter in a bowl and microwave on High until it begins to thicken (about 10 minutes). Pour over tacos and sprinkle with cinnamon. Cover with foil and bake at 350° for 45 minutes.

Donna Engbrock

GRANDMA'S BANANA PUDDING

1 large container Cool Whip
1 large box vanilla instant pudding
1 can Eagle Brand condensed milk

4 bananas
vanilla wafers

Mix together Cool Whip, pudding and Eagle Brand condensed milk. Place a layer of vanilla wafers in baking dish, layer with bananas and top with vanilla pudding mixture. Repeat layers until all is used.

Debbie Zwahr

SUGAR COATED WALNUT CRESCENTS

1 ½ c. creamed butter
2 Tbsp. Imperial powdered sugar
1 beaten egg yolk

1 c. finely chopped walnuts
¾ c. flour

Combine butter with sugar, egg yolk and walnuts. Gradually mix in flour. Form small pieces of dough into crescent shapes, place on baking sheets. Bake at 275° for 4 minutes.

Carefully arrange slightly cooled crescents on thin layer of sifted Imperial powdered sugar in shallow pan. Sift more Imperial powdered sugar over top, let stand until cool. Store in tightly covered jar.

Note: I make these cookies at Christmas time and hide a few for myself as once my children know I have made these crescents, they're gone!

Judith Sterling

DELIGHTFUL REFRIGERATOR DESSERT

Crust:

1 ½ c. flour
¼ c. oleo

½ c. chopped pecans

Mix together and pat into 13 x 9-inch pan. Bake at 350° for 15 to 25 minutes. Let cool.

First Layer:

1 (8 oz.) pkg. softened cream cheese

1 c. powdered sugar
1 c. Cool Whip

Beat cream cheese and powdered sugar until light. Fold in Cool Whip and spread over cooled crust.

Second Layer:

1 large pkg. instant pudding
3 c. cold milk

1 small pkg. instant coconut
pudding (any flavor may be used)

Mix together and spread over first layer.

Third Layer:

1 small container Cool Whip

Spread carefully over top of second layer. Sprinkle with toasted coconut, nuts or slivered chocolate. Refrigerate 3 to 4 hours before serving.

Kathy Thompson

TURTLE BARS

1 (14 oz.) pkg. Kraft caramels
¾ c. melted oleo
1 c. chopped nuts
1 small can evaporated milk

1 (6 oz.) pkg. semi-sweet chocolate
chips
1 pkg. German chocolate cake mix

Mix cake mix, nuts and oleo and ½ can evaporated milk. Pat ½ of batter in 13 x 9-inch pan. Sprinkle chocolate chips on top and bake at 350° for 6 minutes.

Melt caramels and remaining ½ can of milk. Pour over chocolate cake. Add remaining mix by crumbling over top. Return to oven and bake 15 to 18 minutes at 350°. Cut into bars when cool.

Jean Boehm

POWER COOKIES

2 c. brown sugar
2 c. white sugar
¾ c. butter, softened
1 c. vegetable shortening
4 eggs
2 tsp. vanilla
3 c. all-purpose flour

2 tsp. salt
2 tsp. baking soda
3 c. uncooked oats
2 c. coconut
2 c. raisins
1 c. chocolate chips
1 c. chopped nuts

Cream together sugars, butter and shortening. Beat in eggs and vanilla. Combine flour, salt and soda; beat into first mixture (if you have dough hooks on your mixer, this is a good chance to give them a workout). Drop by heaping teaspoonfuls, 2 inches apart, onto greased baking sheet. Bake in preheated oven at 350° for about 8 minutes or until cookies are nicely browned. Let cookies cool on baking sheet about a minute before removing to rack to cool. Store in airtight container. Makes about 7 dozen.

You may shape dough into rolls, wrap and chill several hours, then slice and bake.

Randy Boyd

MIRACLE COBLER

1 c. flour
1 c. sugar
1 tsp. baking powder

1 c. milk
¾ stick butter or margarine
1 can any fruit

Mix flour, sugar, baking powder and milk. Melt butter. When melted, pour in baking dish. Pour batter in baking dish and add fruit. Bake at 325° until dough is on top and lightly brown.

Brenda Kallus

STRAWBERRY BANANA TRIFLE

1 (14 oz.) can Eagle Brand
sweetened condensed milk
1 c. cold water
1 small pkg. instant vanilla pudding
2 c. (1 pt.) Borden whipping cream,
stiffly whipped

1 pt. fresh strawberries, cleaned,
hulled and sliced
2 bananas, sliced and dipped in real
lemon juice
1 (12 oz.) prepared pound cake, cut
into 12 slices

Combine milk and water. Add pudding mix and beat well. Chill 5 minutes. Fold in whipped cream; add strawberries and bananas. Line the sides and bottom of glass bowl with the slices of pound cake. Spoon in pudding mixture. Garnish with strawberries and bananas. Refrigerate.

Note: Use extra strawberries and bananas.

Brenda Kallus

LEMON ICEBOX PIE

- | | |
|--------------------------------|-----------------------------|
| 1 can sweetened condensed milk | 1 large container Cool Whip |
| 1 small can frozen lemonade | 1 graham cracker pie crust |

Mix Cool Whip, lemonade and milk with electric mixer until creamy. Pour in pie shell and refrigerate.

Note: This is very rich, delicious and easy to make.

Carol Terral

OATMEAL PECAN COCONUT COOKIES

- | | |
|------------------------|--------------|
| 1 c. shortening | 1 tsp. soda |
| 1 c. sugar | ¼ tsp. salt |
| 1 c. brown sugar | 1 ½ c. flour |
| 2 eggs, beaten lightly | 1 c. pecans |
| 1 tsp. vanilla | 1 c. coconut |
| 1 tsp. baking powder | 1 c. oats |

Preheat oven to 400°. In a large bowl, mix all ingredients as they are listed. Drop onto cookie sheet by teaspoon or make into a little ball and flatten out slightly. Bake until brown.

Carol Terral

IMPOSSIBLE CHERRY PIE

- | | |
|--|-----------------------------------|
| 1 c. milk | ½ c. Bisquick baking mix |
| 1 Tbsp. margarine or butter,
softened | ¼ c. sugar |
| ¼ tsp. almond extract | 1 (21 oz.) can cherry pie filling |
| 2 eggs | Streusel (following) |

Heat oven to 400°. Grease pie plate, 10 x 1 ½-inch. Beat all ingredients, except pie filling and Streusel, until smooth, 15 seconds in blender on high or 1 minute with hand beater. Pour into pie plate. Spoon pie filling over top. Bake 25 minutes. Top with Streusel. Bake until Streusel is brown, about 10 minutes longer; cool.

Streusel:

- | | |
|-----------------------------|-------------------------|
| 2 Tbsp. margarine or butter | ½ c. packed brown sugar |
| ½ c. Bisquick baking mix | ½ tsp. ground cinnamon |

Cut margarine or butter into baking mix, brown sugar and cinnamon until crumbly.

Carol Terral

IMPOSSIBLE PUMPKIN PIE

- | | |
|--|----------------------------|
| 1 (16 oz.) can pumpkin | ¾ c. sugar |
| 1 (13 oz.) can evaporated milk | ½ c. Bisquick baking mix |
| 2 Tbsp. margarine or butter,
softened | 2 ½ tsp. pumpkin pie spice |
| 2 eggs | 2 tsp. vanilla |

Heat oven to 350°. Grease pie plate, 9 x 1 ¼-inch or 10 x 1 ½-inch. Beat all ingredients 1 minute in blender on high or 2 minutes with hand beater. Pour into plate. Bake until knife inserted in center comes out clean, 50 to 55 minutes; cool.

Carol Terral

FAMOUS FUDGE

- | | |
|-----------------------------|--|
| 2 Tbsp. butter or margarine | 2 c. miniature marshmallows |
| ¾ c. evaporated milk | 1 ½ c. semi-sweet chocolate
morsels |
| 1 ½ c. sugar | ½ c. chopped nuts |
| ¼ tsp. salt | |
| 1 tsp. vanilla extract | |

Butter an 8-inch square pan. In medium saucepan, combine butter, milk, sugar and salt. Bring to boil over medium heat, boil 4 to 5 minutes, stirring constantly. Pour over remaining ingredients in large mixing bowl; stir vigorously until marshmallows are melted. Spread in pan, let cool, cut into squares and top with more nuts, if desired.

Debbi Sulak

BRITTLE COOKIES (HEATH BARS)

- | | |
|-----------------------------|--------------------------------|
| 40 saltine crackers | 1 (6 oz.) pkg. chocolate chips |
| 1 c. butter (no substitute) | 1 c. chopped nuts |
| 1 c. brown sugar | |

Place a layer of foil in an 11 x 16 x 1-inch pan; layer crackers over foil. In a saucepan, combine butter and sugar, bring to boil. Boil 3 minutes. Pour over crackers. Bake in 350° oven for 5 minutes or until crackers float. Remove from oven and sprinkle chocolate chips over top of crackers. When melted, spread and sprinkle nuts on top. Cut into bars.

Jean Boehm

CHOCOLATE CHIP BARS

- | | |
|----------------------------|--|
| ½ stick butter, melted | 1 c. chopped pecans |
| 1 c. graham cracker crumbs | 1 can Eagle Brand sweetened condensed milk |
| 1 c. coconut | |
| 1 c. chocolate chips | |

Melt butter or oleo in 9-inch square pan. Add graham cracker crumbs and press down. Add by layers the coconut, chocolate chips and pecans. Evenly pour milk on top. Bake at 350° for 30 minutes. Cool before cutting.

Kathy Thompson

TOO EASY TO BE TRUE

- | | |
|--|--|
| 1 can pie filling (cherry, apple or your choice) | 1 box yellow cake mix (plain, no pudding recipe) |
| | 1 stick butter |

Pour pie filling in 13 x 9-inch or 12 x 8-inch baking dish; spread evenly. Pour yellow cake mix (unprepared) over filling. Cut butter into pieces and spread over mix. Bake at 350° for 30 to 45 minutes or until top looks golden brown. Serve warm.

Debbi Sulak

CHOCOLATE CHIP CAKE

- | | |
|----------------------|--------------|
| 1 c. chopped dates | 2 eggs |
| 1 ½ c. boiling water | ½ tsp. soda |
| 1 tsp. soda | ¼ tsp. salt |
| ½ c. Crisco | 1 ½ c. flour |
| 1 c. sugar | |

Combine dates, boiling water and soda. Let stand until cool. Cream together Crisco, sugar and eggs. Add to date mixture. Sift together soda, salt and flour. Pour into a greased pan.

Topping:

- | | |
|----------------------|------------|
| 1 c. chocolate chips | ½ c. sugar |
| ½ c. pecans | |

Sprinkle topping over cake. Bake at 350° for 30 minutes.

Kathy Thompson

PINA COLADA CAKE

- | | |
|------------------------------------|--|
| 1 regular size white cake mix | 1 (9 oz.) carton Cool Whip |
| 1 (7 oz.) can coconut | 6 maraschino cherries, drained and chopped |
| 1 small can cream of coconut | |
| 2 (8 ¼ oz.) cans crushed pineapple | |

Prepare cake mix according to directions on box. Add 1 can pineapple and ½ can coconut. Pour into greased and floured 13 x 9-inch pan and bake according to directions on box. When cake is cool, poke holes all over the cake with a toothpick or fork and slowly pour cream of coconut over the cake. Refrigerate until chilled. Mix the cherries, remaining coconut and pineapple in Cool Whip and spread on cake. Store in refrigerator.

Rhonda Dusek

EARTHQUAKE CAKE

- | | |
|---------------------------------------|-------------------------------------|
| 1 c. coconut | 2 c. powdered sugar |
| 1 c. chopped pecans | 1 stick butter or margarine, melted |
| German Chocolate cake mix | 2 eggs |
| 1 (8 oz.) pkg. cream cheese, softened | |

Grease and flour bottom of 9 x 13-inch pan. Put in bottom of pan the coconut and pecans. Make a German chocolate cake according to mix directions, but first beat eggs real well, then add remaining cake mix ingredients. Pour over nuts and coconut. Mix well the cream cheese, powdered sugar, butter or margarine and eggs and pour over cake. Bake at 350° for 45 to 50 minutes. Take pan from oven and turn upside down for 10 minutes. Remove cake from pan.

Kathy Tumlinson

ITALIAN CREAM CAKE

- | | |
|--------------------------------|----------------------------|
| 1 tsp. baking soda | 5 egg yolks |
| 1 c. buttermilk | 2 c. flour |
| 1 stick butter | 2 cans Angel Flake coconut |
| ½ c. Crisco shortening | 1 c. chopped pecans |
| 2 c. Imperial granulated sugar | 5 egg whites |
| 1 tsp. vanilla | |

Stir soda into buttermilk and set aside. Cream the butter, shortening, sugar and vanilla. Add egg yolks, one at a time, beating

well after each addition. Add buttermilk and soda, alternately with 2 cups flour. Stir in coconut and pecans. Beat egg whites until stiff and fold into mixture. Grease and flour 3 (9-inch) round cake pans or 1 (13 x 9-inch) pan. Bake at 350° for 30 minutes or approximately 40 minutes for 13 x 9-inch pan.

Cream Cheese Frosting:

1 box Imperial powdered sugar	1 stick oleo
1 (8 oz.) pkg. Philadelphia cream cheese	1 tsp. vanilla

Beat until of spreading consistency. Spread between layers, top and sides of cake.

*Dorothy Andrejczak
Theresa Neval*

RAISIN LOAF CAKE

¾ c. seeded raisins, cut fine	2 ¼ c. sifted flour
¾ c. shortening (½ butter for flavor)	¾ tsp. salt
1 c. plus 2 Tbsp. sugar	2 ¼ tsp. baking powder
3 eggs	¾ c. milk

Rinse raisins in hot water, drain and dry. Cut finely with scissors so raisins won't fall to the bottom of the cake. Cream shortening; add sugar gradually and cream until fluffy. Blend in well-beaten egg yolks. Sift flour, salt and baking powder together and add to creamed mixture alternately with the milk. Blend in raisins. Fold in egg whites which have been beaten until stiff, but not dry. Pour into greased and floured loaf pan (8 ¼ x 4 ½ x 2 ¾-inch). Bake at 350° for 65 to 70 minutes.

Velma Stewart

GERMAN CHOCOLATE PIE

1 (4 oz.) pkg. German sweet chocolate	½ tsp. salt
¼ c. butter	2 eggs
1 ⅔ c. (14 ½ oz.) evaporated milk	1 tsp. vanilla
1 ½ c. sugar	1 ½ c. Angel Flake coconut
3 Tbsp. cornstarch	½ c. chopped pecans

Melt chocolate with butter over low heat. Gradually blend in milk. Mix sugar, cornstarch and salt in a bowl. In another bowl beat egg and vanilla. Gradually add sugar mixture and blend. Slowly add chocolate mixture. Blend well; pour into an unbaked pie shell. Combine coconut and nuts. Sprinkle over filling. Bake for 45 minutes at 375°.

Filling will be soft, but will set while cooling. Cool at least 4 hours.

*Pearl Chance
(Mother of Karen Mawyer)*

BUTTERMILK POUND CAKE

1 c. Crisco butter flavor shortening	1 tsp. vanilla flavoring
2 ¾ c. sugar	1 tsp. almond flavoring
5 large eggs	3 c. all-purpose flour
1 tsp. butter flavoring	¼ tsp. salt (optional)
1 tsp. coconut flavoring	½ tsp. soda
1 tsp. rum flavoring	1 c. buttermilk

Preheat oven to 350°. Cream shortening, sugar and eggs together. Sift together flour, salt and soda. Then add buttermilk and all flavorings with dry ingredients. Use shortening or "Pam" for greasing tube pan. (If shortening is used, flour pan.) Bake 1 hour.

Janett Rogers



BEVERAGES
MICROWAVE
& MISC.

Helpful Cooking Hints



Frozen gravies or sauces may be a little thicker after thawing than when they were freshly made. Adding a little appropriate liquid — milk, broth, bouillon or wine — will thin them to the desired consistency.

For extra juicy, extra nutritious hamburgers, add $\frac{1}{4}$ cup evaporated milk per pound of meat before shaping.

To ripen green pears, just place 2 or 3 in a brown bag, loosely closed, and store at room temperature out of direct sunlight.

In making pickles, use white vinegar to make clear pickles and coarse salt which comes in 5 pound bags. This is not rock salt. Avoid using iodized salt for pickle making. Most pickles are better if allowed to stand six weeks before using.

Lemon gelatine dissolved in 2 cups of hot apricot nectar with 1 teaspoon of grated lemon added for zip makes a perfect base for jellied fruit salad.

Put a tablespoon of butter in the water when cooking rice, dried beans, macaroni, to keep it from boiling over. Always run cold water over it when done to get the starch out. Reheat over hot water, if necessary.

A pair of scissors (not the fowl kind — they are heavy and awkward to handle) fine for slivering celery, onion, meats, and cheese.

Never put a cover on anything that is cooked in milk unless you want to spend hours cleaning up the stove when it boils over.

Anything that grows under the ground start off in cold water — potatoes, beets, carrots, etc. Anything that grows above ground, start off in boiling water — English peas, greens, beans, etc.

To clean aluminum pots when they are stained dark, merely boil with a little cream of tartar, vinegar or acid foods.

Baking powder will remove tea or coffee stains from china pots or cups.

Learn where your fuse box and master cut-off switch is. If you know where the lever is to pull you can always cut the current off until a service man can come.

Canned cream soups make excellent sauces for vegetables, fish, etc. Celery with lobster, black bean or onion with cauliflower, tomato with lamb chops.

Slip your hand inside a waxed sandwich bag and you have a perfect mitt for greasing your baking pans and casserole dishes.

To reheat roast, wrap in aluminum foil and heat in a slow oven.

Hard boiled eggs will peel easily when cracked and placed in cold water immediately after taking out of the hot water.

You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.

When recipe calls for adding raw eggs to hot mixture, always begin by adding a small amount of hot mixture to the beaten eggs slowly to avoid curdling.

To remove fish odor from hands, utensils and dish cloths, use one teaspoon baking soda to quart of water.

To keep icings moist and to prevent cracking, add a pinch of baking soda to the icing.

If soup tastes very salty, a raw piece of potato placed in the pot will absorb the salt.

Pour water into mold and then drain before pouring in mixture to be chilled. Will come out of mold easier.

When rolling cookie dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy. When freezing cookies with a frosting, place them in freezer unwrapped for about 2 hours — then wrap without worrying about them sticking together.

BEVERAGES, MICROWAVE & MISCELLANEOUS

STRAWBERRY SLUSH PUNCH

3 small pkg. strawberry Kool-Aid (unsweetened)
2 $\frac{1}{4}$ c. Imperial granulated sugar
5 qt. cold water

1 (46 oz.) can Dole pineapple juice
2 (16 oz.) pkg. frozen strawberries, sliced

Thaw strawberries according to directions on box. Mix Kool-Aid, sugar and water together and stir until completely dissolved. Add pineapple juice and thawed strawberries. Mix well. Freeze to a slush and serve.

Dorothy Adrejcak

MILK SHAKES

1 c. cold milk
 $\frac{1}{4}$ c. chocolate syrup or other favorite syrup flavors

1 pt. vanilla ice cream

Combine milk and syrup. Add ice cream and mix just to blend. Makes 3 $\frac{1}{2}$ cups.

Linda Hoffman

QUICK PUNCH

1 qt. sherbet (any fruit flavor)

3 (1 pt. 12 oz.) bottles lemon-lime carbonated beverage

Scoop sherbet into punch bowl. Carefully add lemon-lime carbonated beverage. Ladle into punch cups. Makes 25 to 30 (4 ounce) servings.

Linda Hoffman

BUTTERMILK SHAKE

4 scoops vanilla ice cream
1 c. buttermilk
 $\frac{1}{2}$ tsp. vanilla extract

1 small drop lemon extract
1 tsp. lemon rind (optional)

Mix all ingredients in blender just long enough to blend. Yields about 2 cups.

Velma Stewart

BLACKENED STEAK MIXTURE

2 measures lavender flowers	2 measures thyme flakes
3 measures sugar	1 measure ground black pepper
4 measures Hungarian paprika	1 measure rosemary
4 measures garlic powder	1 measure Coleman's mustard
3 measures oregano flakes	1 measure cayenne pepper
2 measures ground cumin	1 measure tarragon flakes
1 measure cumin seed	1/2 measure ground bay leaf
2 measures fennel seed	1 measure spearmint
1 measure salt	1 measure Gumbo File
3 measures grated and dried Parmesan cheese	1 measure ground allspice
2 measures chili powder (Gebhardt's)	1 measure curry powder
	1 measure ground cloves
	1 measure basil flakes

Combine all ingredients and store in airtight jar.
One tablespoon measure yields 1 1/2 Adams' onion flakes jars.

Lewis Garrett

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"Little Known" HOUSEHOLD HINTS

*...that even your Grandmother
probably didn't know!*

GENERAL

- Rubbing alcohol will remove ball-point pen ink marks.
- Candles chilled for 24 hours in refrigerator will burn longer and not drip.
- Baking soda on a damp cloth will remove grime and grease from glass on oven door.
- Window cleaner will clean and polish exterior of appliances — stove, refrigerator — also small appliances, taps, etc.
- Mixture of half salt and half hot vinegar rubbed on brass will clean and polish.
- To re-smooth Teflon pans, boil for 5 to 10 minutes in the pan, a mixture of 1 cup water, 2 tablespoons baking soda, 1/2 cup liquid bleach. Wash in suds and rinse thoroughly. Then before using, wipe the surface with salad oil.
- To remove gum from hair, rub a plain chocolate bar in hair — then wash.
- A cloth wrung out of a solution of 1 tablespoon cornstarch dissolved in one quart of water, will make windows and mirrors sparkle.
- Cold tea, coffee grounds, or egg shells make a good fertilizer for house plants and act as insecticides, too.
- Try waxing your ashtrays. Ashes won't cling, odors won't linger and they can be wiped clean with a paper towel or disposable tissue. This saves daily washing.
- Stamp a few moth balls into the ground near flower beds to keep dogs away.



continued

...and more "Little Known" HOUSEHOLD HINTS



- To save mess in making bread or graham cracker crumbs, place in plastic bag and roll with rolling pin.
- Add a little salad oil in when you cook macaroni or spaghetti and it will not boil over or stick.

VINEGAR

- A bowl of vinegar placed in a stuffy or smokey room will absorb tobacco smoke or the smell of paint, and keep the air fresh.



MILK

- Rinse pan with cold water before heating milk in it to prevent scorching and make cleaning easier.
- To make sour milk from sweet milk, add 1 tablespoon vinegar or lemon juice to 1 cup sweet milk.



PIES

- When baking fruit pies, cut holes in the upper crust with a thimble, place crust on pie. The holes will become larger, then place the little round circles back in place. Makes pies very decorative and serves for the steam and juice openings.
- Make your two-crust pies the night before you need them. Put in refrigerator overnight. In the morning take from refrigerator. Let pie warm to room temperature, if in glassware, so the glass won't break. Bake as usual.
- Put cream or milk on top of two-crust pies for a nice brown pie.
- Put a layer of marshmallows in the bottom of a pumpkin pie, then add the filling. You will have a nice topping as the marshmallows will come to the top.
- Cut drinking straws into short lengths and insert through slits in pie crusts to prevent juice from running over in the oven and permit steam to escape.



ABBREVIATIONS COMMONLY USED

tsp. - teaspoon
Tbsp. - tablespoon
c. - cup
pt. - pint
qt. - quart
pk. - peck
bu. - bushel

oz. - ounce or ounces
lb. - pound or pounds
sq. - square
min. - minute or minutes
hr. - hour or hours
mod. - moderate or moderately
doz. - dozen

SIMPLIFIED MEASURES

dash - less than 1/8 teaspoon
3 teaspoons - 1 tablespoon
16 tablespoons - 1 cup
1 cup - 1/2 pint
2 cups - 1 pint

2 pints (4 cups) - 1 quart
4 quarts (liquid) - 1 gallon
8 quarts (solid) - 1 peck
4 pecks - 1 bushel
16 ounces - 1 pound

If you want to measure part-cups by the tablespoon, remember:
4 tablespoons - 1/4 cup
5 1/3 tablespoons - 1/3 cup
8 tablespoons - 1/2 cup
10 2/3 tablespoons - 2/3 cup
12 tablespoons - 3/4 cup
14 tablespoons - 7/8 cup

OVEN TEMPERATURES

Slow250 to 300 Degrees
Slow moderate325
Moderate350
Quick moderate375
Moderately hot400
Hot425 to 450
Very Hot475 to 500

CONTENTS OF CANS

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

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

TERMS

Used in Cooking

APPETIZER	A small serving of food served before or as the first course of a meal.
ASPIC	A transparent jelly, usually meat, which has been boiled down to become firm when cold.
BATTER	A mixture of flour or liquid that can be beaten or stirred.
BISQUE	A rich thick cream soup made from fish.
BLANCH	To place fruits or nuts in boiling water to remove skins, also to dip vegetables in boiling water in preparation for freezing, canning or drying.
BOUILLABAISE	A chowder made from several varieties of fish and wine.
BOUILLON	Clear soup made from lean beef or chicken.
BRAISE	To brown meat or vegetables in hot fat, then to cook slowly in small amount of liquid.
CARAMEL	Burnt sugar syrup used for coloring and flavoring. Also a chewy candy.
CHICORY	A plant root that is cut into slices, dried and roasted into coffee. The plant leaves are used for salad and sometimes call curly endive.
CIDER	The juice from pressed apples used as a beverage or to make vinegar.
CLARIFY	To make a liquid clear by adding beaten egg white and egg shells. The egg coagulates in hot liquid and cloudiness adheres to it. The liquid is then strained.
COBBLER	A fruit pie with a rich biscuit dough made in a deep-dish.
COCKTAIL	An appetizer served before or as the first course of a meal. An alcoholic beverage served before the dinner; or cut shellfish with tart sauce served at the start of a meal.
CRACKLINGS	Crisp particles left after fat has been fried out.

CROQUETTES	Chopped meat held together by eggs, shaped and dipped into crumbs, then fried.
DOUGH	A mixture of flour and liquid that is stiff enough to be kneaded.
DRIPPINGS	Liquids resulting from meat being cooked.
ENTREE	The main course of a meal.
FONDUE	A dish made of cheese, eggs, etc.
FRITTERS	Vegetables or fruit covered with batter then fried in deep fat.
FROSTING	A sugar that has been cooked and used to cover cakes, and other foods.
GIBLETS	The liver, gizzard or heart of poultry.
GINGER	An aromatic, pungent root sold fresh, dried or ground. May be used in pickles, preserves, cakes, cookies, puddings, soups, pot roasts.
GLACE	Ice or glossed over. Meats are glazed by covering with concentrated stocks or jellies.
GRATE	Cut into tiny particles, using small holes of grater
HORS d'OEUVRES	Tart, salty or crisp foods served as appetizers.
INFUSION	Liquid extracted from tea, herbs or coffee.
JULIENNE	Cut in fine strips or strings.
KNEAD	To place dough on flat surface and work it, pressing down with knuckles, then fold over, repeating several times.
LEGUMES	The seeds of certain plants, as peas, beans, peanuts, and lentils.
MACEDOINE	A mixture of fruits or vegetables.
MARJORAM	May be used both green and dry for flavoring soups and ragouts, and in stuffing for all meats and fish.
MARINATE	Let food stand in liquid that will add flavor or tenderize.
MINCE	To cut foods in very fine pieces.
MORNAY	A white sauce containing cheese.
OREGANO	Whole or ground, strong aromatic odor, used with tomato sauces, pizza and veal dishes.
SHRED	Cut into thin pieces, using large holes of grater or shredder (cheese).

PARE	Cut off outer covering with a knife or other sharp tool (potatoes, apples).
PEEL	Strip off outer covering (oranges).
PIQUANT	A sharp sauce.
SCALD	Heat milk to just below the boiling point. Tiny bubbles form at edge.
SIMMER	Cook in liquid just below the boiling point. Bubbles form slowly and collapse below the surface.
TARRAGON	Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Used to flavor vinegar.

FOOD PROCESSES

BAKE	To cook by dry heat, usually in an oven.
BARBECUE	To roast or broil whole, as a hog, fowl, etc. Usually done in a revolving frame over coals or upright in front of coals. To cook thin slices of meat in a highly seasoned vinegar sauce.
BOIL	To cook in liquid, usually water, in which large bubbles rise rapidly and continually so that all the liquid is agitated.
BOILING POINT	The temperature reached when a mixture maintains a full bubbling motion on its surface.
BREW	To cook in hot liquid until flavor is extracted.
BROIL	To cook by exposing the food directly to the heat.
BRAISE	To cook meat by searing in fat, then simmering in a covered dish in small amount of moisture.
CANDY	To conserve or preserve by boiling with sugar. To incrust or coat with sugar.
COATSPOON	When a mixture forms a thin even film on the spoon.
CODDLE	To cook slowly and gently in a liquid just below the boiling point.
CREAM	To beat until soft and fluffy. Usually applied to shortening and sugar.
CUBE	To cut in even sized pieces.
CUT	To divide foods with a knife or scissors.
DICE	To cut into small cubes.
DISSOLVE	To pass into solution.
FOLD	To combine, using a motion beginning vertically down through the mixture, continuing across the bottom of the bowl and ending with an upward and over motion.

CALORIE COUNTER CANDIES, SNACKS AND NUTS

	Calories
Almonds (salted)	12 to 15 93
Cashews	6 to 8 88
Chocolate Bar (nut)	2 ounce bar 340
Coconut (Shredded)	1 cup 344
English Toffee	1 piece 25
Fudge	1 ounce 115
Mints	5 very small 50
Peanuts (salted)	1 ounce 190
Peanuts (roasted)	1 cup 800
Pecans	6 104
Popcorn (plain)	1 cup 54
Potato Chips	10 medium chips 115
Pretzels	10 small sticks 35
Walnuts	8 to 10 100

DAIRY PRODUCTS

American Cheese	1 cube, 1 1/8 inch 100
Butter or Oleomargarine	1 level Tbsp. 100
Cheese (blue, cheddar, cream, Swiss)	1 ounce 105
Cottage Cheese (uncreamed)	1 ounce 25
Cream, light	1 Tbsp. 30
Cream, whipped	1 Tbsp. 25
Egg White	1 15
Egg Yolk	1 61
Eggs (boiled or poached)	2 160
Eggs (scrambled)	2 220
Egg (fried)	1 medium 110
Yogurt (flavored)	4 ounces 60

DESSERTS

<i>Cakes:</i>	
Angel Food Cake	2" piece 110
Cheese Cake	2" piece 200
Chocolate Cake, iced	2" piece 445
Fruit Cake	2" piece 115
Pound Cake	1 ounce piece 140
Sponge Cake	2" piece 120
Shortcake with fruit	1 ave. slice 300
Cupcake, iced	1 185
Cupcake, plain	1 145
<i>Pudding:</i>	
Bread Pudding	1/2 cup 150
Flavored Puddings	1/2 cup 140
<i>Pies:</i>	
Apple	1 piece 331
Blueberry	1 piece 290
Cherry	1 piece 355
Custard	1 piece 280
Lemon Meringue	1 piece 305
Peach	1 piece 280

CALORIE COUNTER

DESSERTS (cont.)

		Calories
Pumpkin	1 piece	265
Rhubarb	1 piece	265
Ice Cream:		
Chocolate Ice Cream	½ cup	200
Vanilla Ice Cream	½ cup	150
Miscellaneous:		
Chocolate Eclair, custard	1 small	250
Cookies, assorted	1, 3-inch dia.	120
Cream Puff	1	296
Jello, all flavors	½ cup	78

BEVERAGES AND JUICES

Beer	1 bottle, 12 oz.	185
Chocolate Malted	8 ounces	450
Cocoa (all milk)	8 ounces	235
Cocoa (milk & water)	8 ounces	140
Coffee (black/unsu.)		0

BREADS AND FLOUR FOODS

Baking Powder Biscuits	1 large or 2 sm.	129
Bran Muffin	1 medium	106
Corn Bread	1 small square	130
Dumplings	1 medium	70
Enriched White Bread	1 slice	60
French Bread	1 small slice	54
French Toast	1 slice	135
Macaroni and Cheese	1 cup	475
Melba Toast	1 slice	25
Noodles cooked	1 cup	200
Pancakes (wheat)	1, 4-inch	60
Raisin Bread	1 slice	80
Rye Bread	1 slice	71
Saltines	1	17
Soda Crackers	1	23
Waffles	1	216
Whole Wheat Bread	1 slice	55

BREAKFAST CEREALS

Corn Flakes	1 cup	96
Cream of Wheat	1 cup	120
Oatmeal	1 cup	148
Rice Flakes	1 cup	105
Shredded Wheat	1 biscuit	100
Sugar Krisps	¾ cup	110

FISH AND FOWL

Bass	4 ounces	105
Brook Trout	4 ounces	130
Crabmeat (canned)	3 ounces	85
Fish Sticks	5 sticks or 4 oz.	200
Haddock (baked)	1 fillet	158
Haddock (broiled)	4 ounces (steak)	207

Helpful Cooking Hints

CALORIE COUNTER

FRUITS

		Calories
Apple (raw)	1 small	70
Banana	1 medium	85
Blueberries (frozen/unsweetened)	½ cup	45
Cantaloupe Melon	½ melon large	60
Cherries, fresh/whole	½ cup	40
Cranberries (sauce)	1 cup	54
Grapes	1 cup	65
Dates	3 or 4	95
Grapefruit (unsu.)	½	55
Orange	1 medium	70
Peach (fresh)	1	35
Plums	2	50
Tangerine (fresh)	1	40
Watermelon	1" slice	60

MEATS

Bacon (crisp)	2 slices	95
Frankfurter	1	155
Hamburger (ave. fat/broiled)	3 ounces	245
Hamburger (lean/broiled)	3 ounces	185
Ham (boiled/lean)	3 ounces	200
Ham (baked)	1 slice	100
Lamb Leg Roast	3 ounces	235
Lamb Chop (rib)	3 ounces	300
Liver (fried)	3½ ounces	210
Meat Loaf	1 slice	100
Pork Chop (med.)	3 ounces	340
Pork Roast	3 ounces	310
Pork Sausage	3 ounces	405
Roasts (Beef)		
Loin Roast	3½ ounces	340
Pot Roast (round)	3½ ounces	200
Rib Roast	3½ ounces	260
Rump Roast	3½ ounces	340
Spareribs	1 piece, 3 ribs	123
Swiss Steak	3½ ounces	300
Veal Chop (med.)	3 ounces	185
Veal Roast	3 ounces	230


SALADS AND DRESSINGS

Apple and Carrot (no dressing)	½ cup	100
Chef Salad/reg. oil	1 Tbsp.	160
Chef Salad/mayonnaise	1 Tbsp.	125
Chef Salad/French, Roquefort	1 Tbsp.	105
Cole Slaw (no dressing)	½ cup	102
Fruit Gelatin	1 square	139
Potato Salad (no dressing)	½ cup	184
Waldorf (no dressing)	½ cup	140
Boiled Dressing	1 Tbsp.	28
French Dressing	1 Tbsp.	60
Mayonnaise	1 Tbsp.	110


Helpful Cooking Hints

A "QUICK" Summary

OF




Herbs & Seeds




- DILL** Both leaves and seeds of dill are used. Leaves may be used as a garnish or to cook with fish. Leaves or the whole plant may be used to flavor dill pickles.
- FENNEL** Has a sweet hot flavor. Both seeds and leaves are used. Seeds may be used as a spice in very small quantity in pies and baked goods. Leaves may be boiled with fish.
- MARJORAM** May be used both green and dry for flavoring soups and ragouts; and in stuffing for all meats and fish.
- TARRAGON** Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Excellent in Tartar sauce. Leaves are pickled with gherkins. Used to flavor vinegar.
- CURRY POWDER** A number of spices combined to proper proportions to give a distinct flavor to such dishes as vegetables of all kinds, meat, poultry and fish.
- CHIVES** Leaves are used in many ways. May be used in salads, in cream cheese, in sandwiches, omelets, soups, and in fish dishes. Mild flavor of onion.
- SAGE** Used fresh and dried. May be used in poultry and meat stuffings; in sausage and practically all meat combinations; in cheese and vegetable combinations, as in vegetable loaf, or curry. The flowers are sometimes used in salads.

continued



Herbs & Seeds



continued...

- CARAWAY** Seeds have a spicy smell and aromatic taste. Used in baked goods, in cakes, breads, soups, cheese, and sauerkraut.
- PAPRIKA** A Hungarian red pepper. Bright red in color. May be used in all meat and vegetable salads. In soups, both cream and stock. As a garnish for potatoes, cream cheese, salads or eggs.
- BASIL** Aromatic odor, warm sweet flavor, used whole or ground. Used with lamb, fish and vegetable dishes.
- OREGANO** Whole or ground, strong aromatic odor, used with tomato sauces, pizza and veal dishes.
- BAY LEAF** A pungent flavor. Available as whole leaf. Good in vegetable and fish soups, tomato sauces and juice. Remove before serving.
- GINGER** An aromatic, pungent root, sold fresh, dried, or ground. May be used in pickles, preserves, cakes, cookies, puddings, soups, pot roasts.
- CHERVIL** Aromatic herb of carrot family, like parsley but more delicate. Used fresh or dry in salads, soups, egg and cheese dishes.
- SHALLOTS** Small type onion producing large clusters of small bulbs. Used like garlic to flavor meats, poultry, sausage, head cheese.
- VINEGAR** Low percentage natural acid, generally acetic acid. Used as a preservative for all pickling of vegetables and fruit. To give zest or tangy flavor to salad dressings; for meat, fish and vegetable sauces. Different kinds are wine vinegar, malt or beer vinegar, white vinegar, cider vinegar, tarragon vinegar.



RETAIL AND WHOLESALE BEEF CHART

Retail Cuts

Wholesale Cuts

Retail Cuts

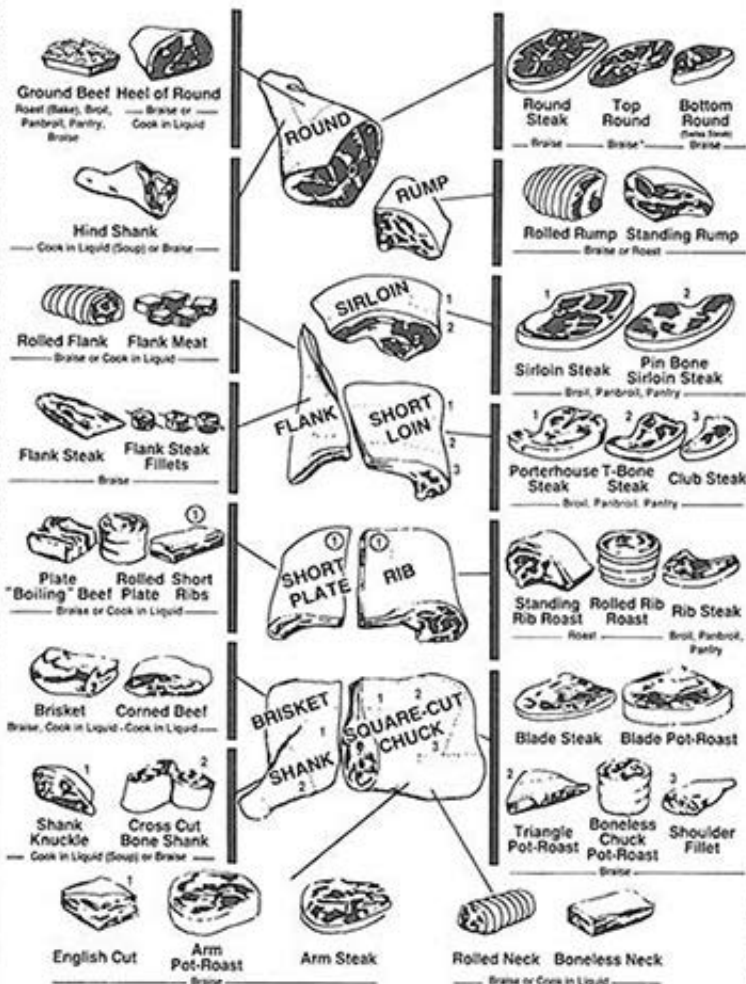


TABLE FOR COOKING VEGETABLES

Vegetable	Ways To Prepare	Cooking	Time
CELERY	Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.	Cook covered in small amount of boiling salted water or in consomme.	10-15 mins.
CORN	Remove husks and silks from fresh corn. Rinse and cook whole.	Cook covered in small amount of boiling salted water; OR cook uncovered in enough boiling salted water to cover ears.	6-8 mins.
EGGPLANT	Wash; if skin is tough, pare. Cut in 1/2-inch slices.	Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot fat. Season.	Approx. 4 mins.
MUSHROOMS	Wash; cut off tips of stems. Leave whole or slice.	Add to melted butter in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.	8-10 mins.
OKRA	Wash pods; cut off stems. Slice or leave whole.	Cook covered in small amount of boiling salted water.	8-15 mins.
PARSNIPS	Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.	Cook covered in small amount of boiling salted water.	15-20 mins.
PEAS, Green	Shell and wash.	Cook covered in small amount of boiling salted water.	8-15 mins.
SPINACH	Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.	Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.	3-5 mins.
TOMATOES	Wash ripened tomatoes.	Cook slowly, covered without adding water.	10-15 mins.
ZUCCHINI	Wash; do not pare. Slice thin.	Season and cook covered in butter in skillet for 5 mins. Uncover and cook till tender, turning slices.	10 mins. Total

QUANTITY COOKING

Food	25 Servings	100 Servings
------	-------------	--------------

MEAT, POULTRY OR FISH

Beef and veal (roasted)	10 lbs.	40 lbs.
Fish, large whole	13 lbs.	50 lbs.
Fish, fillets or steaks	7½ lbs.	30 lbs.
Ham (roasted)	10 lbs.	30 lbs.
Hamburger	9 lbs.	35 lbs.
Meat Loaf	5 lbs.	18 lbs.
Pork Rib Roast	10 lbs.	36 lbs.
Pork Chops and Veal Cutlets	9 lbs.	30 lbs.
Turkey or Chicken (roasted)	16 lbs.	50 to 75 lbs.

SANDWICHES

Bread	50 slices	200 slices
Butter	½ lb.	1½ lbs.
Mayonnaise	1 cup	4 to 6 cups
Mixed Filling (meats, eggs, fish)	1½ qts.	5 to 6 qts.
Lettuce	1½ heads	5 to 6 heads

SALADS, CASSEROLES

Potato Salad	4¼ qts.	4½ gals.
Scalloped Potatoes	4½ qts.	17 qts.
Spaghetti	1¼ gals.	5 gals.
Baked Beans	¼ gals.	2½ gals.
Jello Salad	2 qts.	2½ gals.
Lettuce (large heads)	4 heads	12 heads

VEGETABLES

Beets (fresh)	5 lbs.	20 lbs.
Beets (canned)	1 No. 10	4 No. 10
Cabbage (shredded)	5 lbs.	20 lbs.
Carrots (cooked)	6 lbs.	24 lbs.
Corn (canned)	3 No. 2	2 No. 10
Corn (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Peas (fresh)	18 lbs.	70 lbs.
Peas (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Sweet Potatoes (canned)	1 No. 10	4 No. 10
Sweet Potatoes (fresh)	7 lbs.	24 lbs.

Helpful Cooking Hints

Take Time For 10 Things

1. Take time to work - - -
It is the price of success.
2. Take time to think - - -
It is the source of power.
3. Take time to play - - -
It is the secret of youth.
4. Take time to read - - -
It is the foundation of knowledge.
5. Take time to worship - - -
It is the highway of reverence and washes the dust of earth from our eyes.
6. Take time to help and enjoy friends - - -
It is the source of happiness.
7. Take time to love - - -
It is the one sacrament of life.
8. Take time to dream - - -
It hitches the soul to the stars.
9. Take time to laugh - - -
It is the singing that helps with life's loads.
10. Take time to plan - - -
It is the secret of being able to have time to take time for the first nine things.

Helpful Cooking Hints



**Appetizers,
Relishes &
Pickles**



**Soups,
Salads &
Sauces**



**Meats &
Main Dishes**



Vegetables



**Breads,
Rolls &
Pastries**



**Cakes,
Cookies &
Desserts**



**Beverages,
Microwave
& Misc.**



*Here's How To Use
Your Thumb Index:
Place thumb on
black tab of the
item you want to
find. Flip through
until
a black tab appears
under your thumb.*

