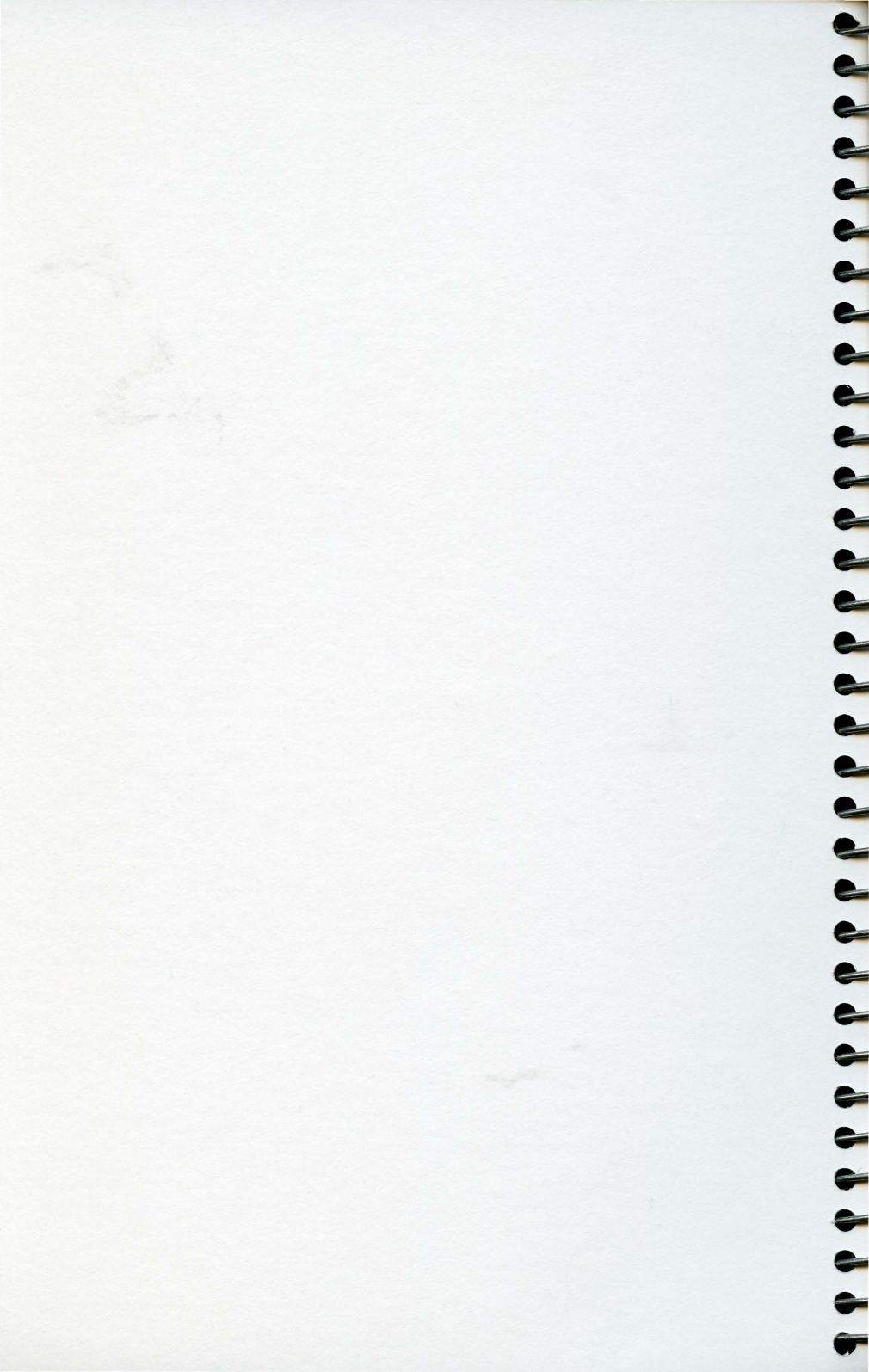


# *International Flavors*

**The Zonta Club of  
Santa Clarita Valley**







*Dear Friends and Recipe Lovers,*

*As an international organization we are truly a melting pot of cultures and this also applies to our cooking. Because of this, we have had the pleasure of gathering recipes of "International Flavor" On behalf of the women of the Zonta Club of the Santa Clarita Valley I wish to invite you to enjoy their recipes and those submitted by friends of the Club.*

*As an Area Club of Zonta International (established in 1919), the Zonta Club of the Santa Clarita Valley is a service organization for the advancement of understanding, good will and peace through a world fellowship of executive women and to improve the legal, political, economic and professional status of women. Therefore, the proceeds from this book will go entirely to our local and international service projects. Locally these include a scholarship for undergraduate college students, the Henry Mayo Newhall Memorial Hospital, the Battered Women's Shelter, the Senior Citizen Center, the Girl Scouts, Santa Clarita Valley Athletic Association, Boys' and Girls' Club, the Hotline and the Pleasantview Achievement Center Internationally, we provide funds for the Amelia Earhart Fellowships and fresh water wells for Sri Lanka.*

*BON APPETITE!*

*Victoria Oren*

*Victoria Oren, President 1985-86  
Zonta Club of the Santa Clarita Valley*





**District IX Conference — June 1985**  
*Honolulu, Hawaii*

*Left to right: Marilyn Brown, Bonnie Barnard, Ruth Clark, Area 3 Vice Director Carmen Sarro, District IX Governor Mary K. Sherman, International President Annikki Makinen, Club President Vicki Oren, Dr Sharon Langenbeck, Nancy Albrecht, Dianne Curtis.*



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*The Following Abbreviations  
Are Used in This Text:*

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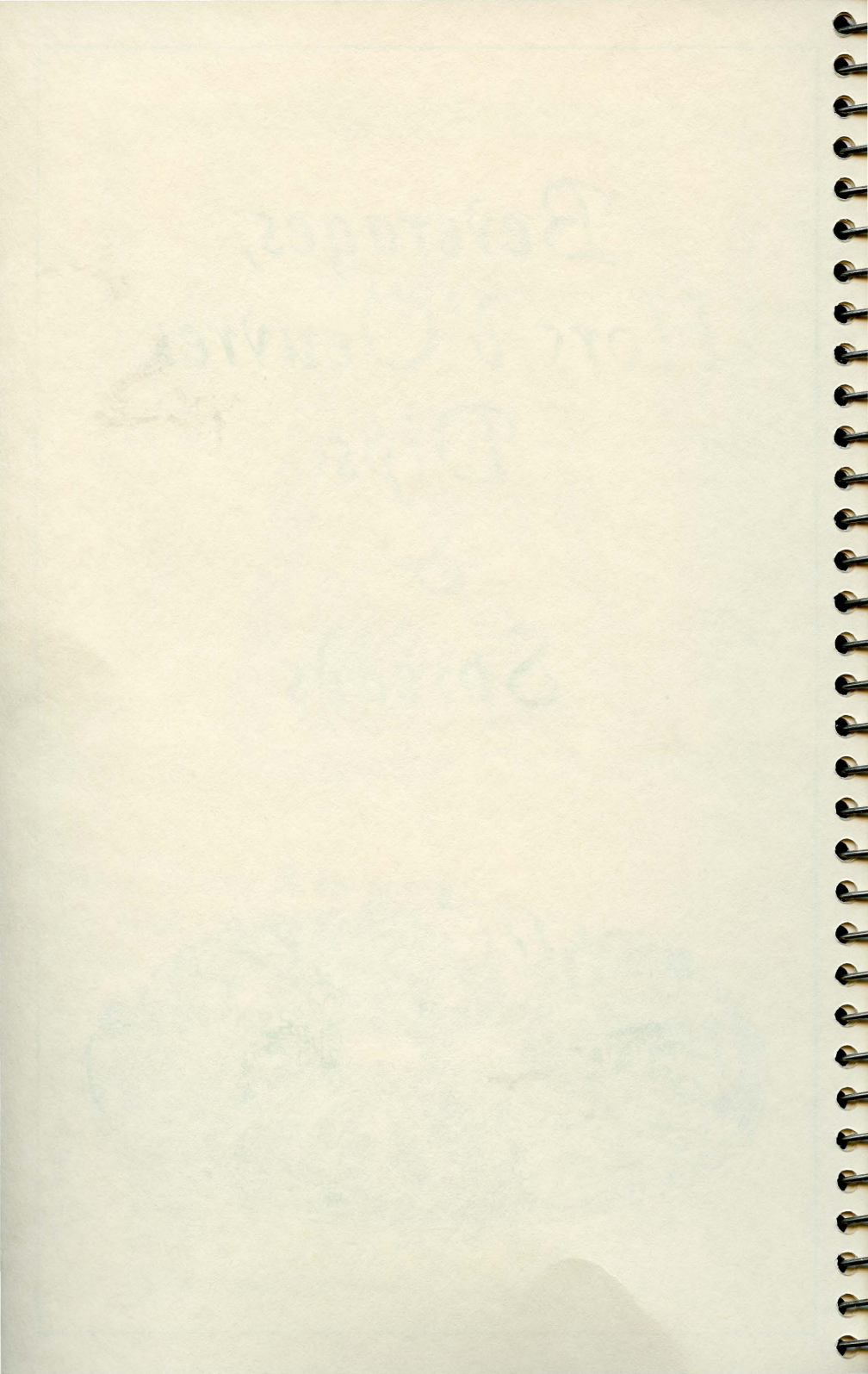
t.	<i>teaspoon</i>
T	<i>tablespoon</i>
oz.	<i>ounce</i>
fl.oz.	<i>fluid ounce (not used in all recipes)</i>
C.	<i>cup</i>
pt.	<i>pint</i>
qt.	<i>quart</i>
lb.	<i>pound</i>
pkg.	<i>package</i>
ml	<i>milliliter</i>

*All temperatures are expressed in degrees Fahrenheit.*



*Beverages,  
Hors d'Oeuvres,  
Dips  
&  
Spreads*







## After-Dinner Drink

---

*(Like Bailey's Irish Cream)*

2 eggs	3 oz. dark creme de cocoa
1 can Eagle Brand canned milk	8 oz. blended whiskey
1 capfull almond extract	

In blender, beat eggs for 3 minutes. Add Eagle Brand milk, almond extract, creme de cocoa and whiskey. Beat on medium speed 3 more minutes. DO NOT refrigerate.

— Marilyn M. Brown

## Champagne Cup

---

3 bottles of brut champagne	2 oranges
3 T brandy	4½ oz. black grapes
3 T orange liqueur	4½ oz. white grapes

Put the champagne to cool in the refrigerator. Cut the unpeeled oranges into thin slices, trim the stalks from the washed grapes and put all the fruit into a glass punch bowl. Pour in the brandy and the orange liqueur, cover the bowl with a piece of aluminum foil and refrigerate for an hour. When ready to serve, bring out the chilled bowl and pour in the contents of the bottles of champagne. Stir gently and serve at once.

— Vicki Oren

## Kahlua

---

2½ C. sugar	2 C. brandy
10 t. instant coffee	3 t. vanilla
1 qt. water	3 t. cocoa

Simmer sugar, coffee and water for 1 hour. Add brandy, vanilla and cocoa, simmer until desired consistency.

— Jami Kennedy

## Moore's Irish Creme

---

8 oz. whiskey	1 t. Hershey's cocoa (powder)
¼ t. almond extract	1 can sweetened condensed milk
1 t. instant coffee	8 oz. half and half

Mix all ingredients together in blender for 30 seconds. Bottle and refrigerate until serving time. *Delicious!*

— Timothy Moore



## Party Beverages

---

### *Long Island Iced Tea Mix.*

½ C. vodka  
½ C. gin  
½ C. rum

½ C. tequila  
2 C. sweet & sour mix  
2 oz. triple sec

Mix and store in bottle. Serve with 1 oz. Coke and a lemon, lime or orange twist for each serving.

### *Frozen Daquari.*

3 small cans lemonade  
2 small cans limeade

6 small cans water  
1 quart or fifth light rum

Mix and add sugar to taste (start with ½ cup) Add green or red coloring for the holidays. Put in large plastic Tupperware and freeze. Scoop into individual glasses with an ice cream scooper

### *Texas Orange Blossoms.*

3 cans Awake  
3 cans vodka  
3 cans water

whole large maraschino cherries,  
blended with 1 can water

Mix well. Put in a large Tupperware. Freeze and serve same as above.

### *Yucca Smash.*

6 oz. can limeade  
1 or 2 pkgs. piña colada powder

1 can vodka

Put all ingredients in blender Fill with ice and whip. Can make 2 or 3 batches, put in Tupperware and freeze. Serve same as above.

*Lee Urquhart*

## Plantation Almond Tea

---

2 tea bags  
¾ C. sugar  
2 C. boiling water  
¼ C. lemon juice

2 C. water  
½ t. almond extract  
½ t. vanilla

Place tea bags, sugar and lemon juice in tea pot or container Pour boiling water over tea mixture. Cover, let steep about 10 minutes. Remove tea bags. Add remaining ingredients to tea, stir Pour tea mixture over ice. Garnish with lemon slices. Makes 4 cups.

*— Jeannie Deutschman*



## Sangría

---

½ C. lemon juice  
½ C. orange juice  
¼ C. sugar  
750ml bottle dry red wine  
7 oz. bottle club soda

½ C. light rum  
½ C. sliced fruit  
(bananas, oranges, lemons,  
pineapple, peaches)  
1 tray ice cubes

Pour lemon and orange juices into a large glass pitcher. Pour in sugar and stir to dissolve. Add wine, rum and club soda. Mix in fruit slices and add ice cubes. Serve immediately. May be prepared ahead of time, but add soda, fruit and ice just before serving.

— Michael Toth

## Artichoke Nibblers

---

2 (6 oz.) jars marinated  
artichoke hearts  
1 clove garlic, minced  
¼ C. fine (dry) bread crumbs  
⅛ t. pepper  
⅛ t. oregano

⅛ t. liquid hot pepper  
2 T onion, finely chopped  
4 eggs  
½ lb. cheddar cheese, shredded  
¼ t. salt  
parsley

Drain marinade from one jar of artichoke hearts into a frying pan. (Discard liquid from second jar.) Chop artichokes and set aside. Add onion and garlic to frying pan and sauté until limp (about 5 to 10 minutes). In a bowl, beat eggs with a fork. Add crumbs, salt and seasonings. Stir in shredded cheese, parsley, artichokes and onion. Turn into a 9"×13" pan. Bake for 30 minutes at 325°, or until set when lightly touched. Cool in pan, then cut into 1" squares. Serve cold, or reheat. May be frozen.

*Note: If you use seasoned bread crumbs, do not use any of the seasonings except parsley.*

— Lois Newbold

## Mushroom and Onion Pie

---

15 (or more) mushrooms, sliced  
2 medium onions, chopped fine  
1 T cream

1 T. white wine  
1 pie shell (unbaked)

Sauté onions until transparent. Add mushrooms, cream and wine. Sauté until it comes to a boil. Cool mixture and put into pie shell. Bake 25 minutes at 450°

— Moana Steinberg



## Mushroom Hors d'Oeuvres

---

1 lb. clean fresh mushrooms,  
stems removed  
8 oz. bottle Italian dressing

1 stick butter  
fondue pot *or* chafing dish  
toothpicks

Wash mushrooms; remove stems. Heat butter over low heat until melted. Add bottled Italian dressing; bring to a boil. Add mushrooms. Reduce heat and simmer until mushrooms are heated through. Pour into fondue pot or chafing dish; keep warm. Serve with toothpicks and cocktail napkins. Makes 20 servings.

*A quick and easy party treat.*

— A. Karin Edmondson

## Oignons Marinés

---

*(Marinade of Onions)*

*For the Tomato Purée.*

1 lb. tomatoes  
2 onions  
3 cloves garlic  
1¼ fl. oz. oil

bouquet garni  
salt  
pepper  
sprig of basil (*or* dried basil)

*For the onion dish.*

2¼ lb. small white onions  
3½ oz. seedless raisins  
6 T olive oil  
7 fl. oz. white wine vinegar

3 oz. caster (fine) sugar  
bouquet garni  
salt  
pepper

Begin by preparing the purée of tomatoes. Peel and seed the tomatoes, and put with all the other ingredients into a pan. Simmer together for 30 minutes and then pass everything through a fine sieve. Put to one side. Trim the onions and put them in a casserole with the tomato purée, 18 fl. ounces of water, raisins, oil, vinegar, sugar, bouquet garni and the seasoning. Bring all to the boil, reduce the heat and let the ingredients cook slowly uncovered for a good hour. Allow to cool, turn into a serving dish and refrigerate. Serve chilled. Makes 6 servings.

— Vicki Oren

## Onion Bread Rounds

---

white bread slices  
1 C. mayonnaise

½ C. finely chopped onion



Cut 3 or 4 circles from each slice of white bread (can use a large plastic hair roller) Put all the bread rounds on cookie sheet and brown one side under broiler Turn each round over and butter. Mix mayonnaise and onion. Spread about ½ teaspoon on each round. Sprinkle with parmesan and paprika. Broil until brown on top. Can be made about 4 hours before you serve.

— Shannon Leach

## Chili Cheese Bites

---

4 T. butter or margarine	dash salt
5 eggs	4 oz. can chopped green chilis
¼ C. all-purpose flour	1 C. small curd cottage cheese
½ t. baking powder	2 C. Monterey jack cheese, shredded

Preheat oven to 400°. Melt butter or margarine in a 9-inch square pan in oven. Tip pan to coat bottom with melted butter or margarine. In a large bowl, beat eggs. Stir in flour, baking powder and salt. Add melted butter or margarine; set pan aside. Stir in chilis, cottage cheese and jack cheese. Mix until blended. Turn batter into butter- or margarine-coated pan. Bake 15 minutes. Reduce heat to 350° Bake 30 to 35 minutes longer or until lightly browned. Cool slightly and cut into small squares. May be frozen. Before serving, reheat in a 400° oven 10 minutes or until hot. Makes 32 hors d'oeuvres.

— Dianne Curtis

## Stuffed Cheese Bread

---

1 long loaf French bread	8 oz. cream cheese
1 lb. butter	1 clove garlic, minced
1 lb. sharp cheddar cheese	salt (to taste)
½ lb. jack cheese	pepper (to taste)
16 oz. sour cream	lemon juice (to taste)

Split French bread in half; scoop out inside of loaf, leaving a shell. Melt ½ lb. of the butter in a frying pan. Add garlic (to taste) and bread crumbs, sauté until browned. In a bowl, combine sour cream, cream cheese, and fried bread mixture. Add cheddar and jack cheeses (grated), mix all ingredients and add remaining ½ lb. of butter (melted) and lemon juice to taste. Spoon mixture back into French bread crust. Bake at 350° for 30 minutes.

— Dwayne Eddy

## Tortilla Roll-Ups

---

1 pkg. flour tortillas	2 cans deviled ham
2 large pkgs. cream cheese	1 small can green chili salsa



Mix together cream cheese, deviled ham and salsa. Spread approximately two heaping tablespoonfuls onto each tortilla. Roll up and cut into bite-sized pieces. Best when made a day ahead or can be frozen.

— Shannon Leach

## Oeufs au Vert

(Eggs in a Green Sauce)

12 eggs	mayonnaise
1 bunch watercress	6 T whipping cream
1 bunch chervil	several small tomatoes
4 stalks parsley	(optional)

With a needle, prick the rounded end of each of the eggs so that they will not crack while being cooked. Put them in boiling water for 6-7 minutes, then plunge them into cold water. Peel them under a running cold tap, dry them off and arrange them in a serving dish, having taken a thin slice from one side so that they will stay in place. Chop the watercress and herbs extremely fine: the better this is done, the more delicate the sauce will be. Make a stiff mayonnaise and extend it by stirring in the cream. Add the chopped herbs, mix well in, and cover the eggs with part of the sauce, serving the remainder in a sauceboat. Garnish each egg with a leaf of watercress. If desired, the dish may be eaten with tomatoes. Makes 6 servings.

— Vicki Oren

## Chicken Satay with Peanut Dipping Sauce

2 T soy sauce	1 lb. boneless chicken breast,
1 T rice wine	skinned, cut into ½-inch strips
OR dry sherry	fresh coriander, minced
1 T vegetable oil	OR parsley, minced
2 t. brown sugar	2 T creamy peanut butter
2 cloves garlic, minced	1 t. flour
1 t. fresh ginger root	¼ to ½ t. crushed red pepper
grated	½ to ⅓ C. chicken broth

Combine soy sauce, rice wine, oil, sugar, garlic and ginger root in a small glass bowl; add chicken, tossing to coat evenly with mixture. Refrigerate, covered with plastic wrap, 6 hours or overnight. Thread chicken strips onto bamboo skewers, place in a 12×8-inch microwave baking dish. Cover baking dish with microwaveable plastic wrap, venting one edge. Microwave at High 5 to 7 minutes, rearranging skewers halfway through cooking time. Let stand, covered with wrap, while preparing sauce.

*Peanut Dipping Sauce.*

Mix peanut butter, flour and red pepper in a 2-cup glass measure; whisk in enough chicken broth to make a smooth sauce thin enough for dipping.



Microwave, covered with wrap, at Medium-High (70%) for 2 minutes, stirring after 1 minute. Sprinkle chicken with coriander. To serve, dip chicken into sauce. Makes 6 servings.

— Ethel Wilson

## Ground Beef Appetizers

---

½ lb. ground beef  
1 egg yolk  
1 t. onion juice  
½ t. salt  
⅛ t. pepper

5 slices white bread  
ketchup,  
cubes of cheddar cheese  
OR  
bleu cheese

Mix together ground beef, egg yolk, onion juice, salt and pepper; shape into 15 small meat balls. Cut bread into 1½-inch rounds. Place meat balls on bread rounds, make a depression in each and fill or small cube of cheese. Place on cookie sheet. Broil in preheated broiler 3-5 minutes or until browned. 15 servings.

— Gloria Barrett

## Meatball Appetizers

---

### *Meatballs:*

1 lb. ground beef  
½ C. soft bread crumbs  
⅓ C. minced onion  
1 egg

½ C. milk  
1 t. salt  
¼ t. pepper  
little nutmeg

Combine above and form into small meatballs. Fry and drain. Serve with sauce, below.

### *Sherry Sweet and Sour Sauce:*

1 T oil  
½ t. salt  
1 medium onion, chopped  
1 bell pepper, chopped  
1 C. ketchup

¼ C. vinegar  
1½ T cornstarch  
¼ C. pineapple syrup  
¼ C. sherry  
1 C. pineapple tidbits

Heat oil. Add salt, onion and bell pepper; cook until tender but not brown. Combine ketchup and vinegar and add to onion and pepper. Make a paste of cornstarch and syrup; add to sauce. Cook, stirring, 3 to 5 minutes or until thickened. Add sherry (or any white or red wine) and pineapple tidbits and simmer 1 to 2 minutes. Serve with meatballs.

— Shannon Leach



## Miniature Meat Pies

---

3 C. flour  
1½ t. salt  
¼ C. shortening

2 large egg yolks, lightly beaten  
½ C. cold beer

### *Filling:*

3½ lbs. beef,  
cut into ¾" cubes  
2 T butter or margarine  
1 T. salt  
¼ t. pepper  
2½ C. beer

1 large clove garlic, minced  
¼ t. thyme, crushed  
1½ C. carrots, cut into 1" strips  
2 C. zucchini, sliced  
3 small onions, cut into rings  
3 T flour

### *Pies.*

In a large bowl, combine flour and salt. Cut in shortening (using a pastry blender or two knives) until mixture resembles coarse meal. Add egg yolks and beer. Toss mixture lightly to form a dough. Shape into a ball. Wrap in foil or waxed paper and chill. Divide pastry into 12 equal portions. On a slightly floured board, roll each portion into a circle about ⅛" thick. Divide filling (recipe follows) amongst 12 portions of dough. Place filling in center; fold dough over and seal edges. Cut vents in top of dough. Bake at 425° for 20 minutes, or until crust is golden brown.

### *Filling:*

Brown beef in butter in a large heavy saucepan or dutch oven. Season with salt and pepper. Add 2 cups beer, garlic and thyme. Cover and simmer 1 hour. Add carrots; cook 15 minutes. Add zucchini and onion. Cook until meat and veggies are tender. Blend remaining ⅓ cup beer into flour until smooth, gradually add to rest of ingredients. Cook and stir until smooth and thickened. Remove from heat.

— Jami Kennedy

## Bacon Stick-Ups

---

½ C. American or cheddar cheese,  
shredded  
6 slices bacon, cooked and  
crumbled

½ t. onion salt  
¼ t. seasoned salt  
2 C. packaged biscuit mix  
3 T. bacon drippings

Stir cheese, bacon and salts into dry biscuit mix. Make dough according to package directions. Knead dough as directed for rolled biscuits. Roll to a 6×10" rectangle shape. Cut into strips 10 inches long by one inch wide. Cut each long strip crosswise into thirds to make 18 sticks. Place one inch apart on an ungreased baking dish and bake for 10 minutes at 450°

— Jo Anne Darcy



## Liver-Sausage Paté

---

- |   |  |
|---|--|
| ½ C. mayonnaise                                   | 3 drops Tobasco sauce                                |
| 1 small (3-inch) dill pickle,<br>sliced           | 8 oz. pkg. cream cheese,<br>at room temperature      |
| 1 (5-inch) green onion,<br>cut into 1-inch slices | 1½ C. coarsely chopped peanuts,<br>pecans or walnuts |
| 1 lb. liver sausage, sliced                       |  |

In a blender, blend the first five ingredients at high speed for 15 seconds. Stop — push ingredients down into blades. Repeat process until mixture is smooth. Pack into a one-pint bowl lined with plastic wrap. Chill until set. Turn onto a serving plate. Remove plastic wrap and frost the outside of liver ball with cream cheese. Coat, by hand, with chopped nuts. Makes 3½ cups.

*Serve with crackers or favorite breads.*

— Janice Deutschman

## Sausage Puffs

---

- |                               |       |
|-------------------------------|-------|
| ½ lb. small link sausage      | 1 egg |
| 2 C. leftover mashed potatoes | flour |

Precook sausage and drain in paper towels. Cut sausages in half. Mix egg with potatoes. Press a half-link of sausage in the center of a spoonful of potatoes, completely covering sausage. Roll lightly in flour. Brown in sausage drippings or shortening over medium heat. When preparing this recipe the night before, flour the puffs and then refrigerate in a covered container. Next morning, brown in hot fat. Serves 4.

— Gloria Barrett

## Cebiche Peruano

---

*(Peruvian Marinated Fish)*

- |   |                                   |
|---|-----------------------------------|
| 1½-2 lbs. fresh, firm white fish<br>(cod, halibut, grouper, etc.) | ¾ C. celery, chopped              |
| juice of 20 limes   | pinch garlic powder               |
| ½ t. salt   | liquid hot chile sauce (to taste) |
| ½ t. pepper   | ⅓ C. parsley, chopped             |
| 1 large onion, sliced   | lettuce leaves (for garnish)      |
| 1 bell pepper, seeded and chopped                                 | 12 black olives (for garnish)     |

Clean the fish and cut into 1" cubes. Arrange fish in a single layer in a glass baking dish. Add salt, pepper, sliced onion, bell pepper, celery, garlic powder, chile sauce and parsley. Pour lime juice over all, adding more if



necessary to cover fish. Refrigerate 4-6 hours, until fish flakes easily with a fork and is completely "cooked" Serve on individual plates lined with lettuce leaves and garnished with olives. Serves 6.

— Karin Toth

## Crab Rangoon

---

8 oz. pkg. cream cheese  
2 T A-1 sauce  
1 t. garlic powder  
4 green onions, minced

7½ oz. pkg. frozen crab  
1½ pkgs. wonton skins  
Oil

Mix softened cheese, A-1 sauce, garlic powder and onions. Add crab meat and blend. Cut wonton skins to make triangles. Fill with ½ teaspoon of filling, roll into cylinder shape and seal edges, using water to adhere. Roll ends also. Deep fry in hot oil for 80 seconds.

— Jami Kennedy

## Hot Crab Meat Puffs

---

2 egg whites, beaten stiff  
1 C. mayonnaise

7 oz. can crab meat, drained  
1 t. horseradish

Blend all ingredients and spread on melba toast. Broil until brown and serve at once.

— Carmen Sarro

## Barbecued Garlic Shrimp

---

1 lb. fresh medium shrimp  
5 T butter  
4 large cloves garlic, minced

½ t. chile powder (mild or hot)  
2 T fresh lime juice  
1 T. honey

Peel shrimp, leaving the tail on for a handle. Remove vein. Melt butter in a small pan. Add garlic, chile powder, lime juice and honey. Simmer 1 minute. Place shrimp on skewers (the double-prong type will keep the shrimp flat). Baste with the butter mixture while broiling over hot coals. Turn once and broil *just* until pink — about 3 minutes. Be careful not to overcook. Makes 6 to 8 appetizer servings.

— Michael Toth



## Artichoke Dip

---

2 C. artichoke hearts (not pickled)    1 C. parmesan cheese  
1 C. Best Foods mayonnaise            dried onion flakes

Drain artichoke hearts well. Blend rest of ingredients. Warm in microwave (or low heat in standard oven). Do not cook. Serve with Wheat Thins, or any of your favorite crackers.

*You won't believe the flavor — it's wonderful, and will be an easy favorite to prepare.*

— Moana Steinberg

## Crab Dip

---

8 oz. cream cheese                            1 T unflavored gelatin  
2 green onions, diced                      7 oz. can crabmeat  
    (omit green tops)                        (or ½ lb. fresh)  
10 oz. can cream of                         ½ C. Best Foods mayonnaise  
    mushroom soup                         lemon juice (to taste)

Heat soup and cream cheese until the mixture melts. Dissolve gelatin with 3 tablespoons of water. Pour soup mixture into gelatin mixture and immediately remove from heat. Cool slightly. Combine onions, crabmeat, and mayonnaise with the soup mixture and thoroughly mix. Pour into a plastic mold and allow to sit 8 hours or overnight. Turn mold onto service plate and serve with your favorite crackers or breads.

— Linda Newbold

## Dip for Fresh Fruits

---

1 egg, beaten                                    2 t. lemon peel, grated  
½ C. sugar                                      2 T lemon juice  
1 T orange peel, grated                      1 C. whipping cream

Cook over low heat until thick (approximately 5 minutes) the egg, sugar, orange and lemon peels and lemon juice. Allow to cool. While waiting, whip the whipping cream until fluffy. Fold sauce into whipped cream and refrigerate until serving.

*Fabulous when served with pineapple, strawberries, melons and other summer fruits.*

— Marie Newbold



## Garden Dip

---

1 head cauliflower	10 drops hot pepper seasoning
1 bunch broccoli	1 t. dill seed
1 bunch carrots	½ t. ground cumin
½ C. onion, minced	¼ t. chili powder
16 oz. cream cheese, softened	⅛ t. salt (optional)

Mince 1 cup each of cauliflower, broccoli and carrots. (Use balance of these as flowerets or sticks for dipping.) Process vegetables, cheese and seasonings in blender. Refrigerate 3 hours or overnight, in a covered bowl. Serve with vegetables and/or crackers. Makes 3½ cups.

*Plain yogurt may be substituted for cream cheese.*

— Ethel Wilson

## Indian Riata

---

2 cucumbers	ground black pepper
salt	1 t. sugar
¾ C. plain yogurt	hot chile salsa (to taste)

Peel cucumbers and coarsely grate them onto a plate. Sprinkle with salt, cover and let stand in the refrigerator for at least 30 minutes. Put the cucumbers into a colander and rinse well with cold water. Squeeze out excess moisture. In a bowl, combine cucumbers with remaining ingredients, adding salsa to taste (mixture should be fairly spicy). Serve as a dip with pita bread.

— Michael Toth

## Oyster-Mushroom Dip

---

3 oz. can smoked oysters	½ t. pepper
1 t. worchestershire sauce	1 C. dairy sour cream
2 t. dried onion	½ C. small mushroom caps,
½ t. salt (optional)	halved

Drain and press oil out of smoked oysters. Combine remaining ingredients. Chill, stir before serving.

*Serve as a dip with fresh vegetable sticks or crackers. A party favorite!*

— A. Karin Edmondson



## Onion Dip

---

1 T. minced onion  
1 t. dill weed  
 $\frac{2}{3}$  C. sour cream

1 T. parsley flakes  
1 t. salt  
 $\frac{2}{3}$  C. mayonnaise

Mix together and chill for 24 hours

— Gussie Lorelli

## Spinach Dip

---

10 oz. pkg. frozen chopped  
spinach, thawed  
2 C. sour cream  
1 C. mayonnaise  
1 pkg. dry leek soup mix  
 $\frac{3}{4}$  C. fresh parsley, chopped

$\frac{3}{4}$  C. green onions, chopped  
 $\frac{1}{4}$  C. green pepper, chopped  
2 t. fresh dill, chopped  
1 t. salad seasoning mix  
 $\frac{1}{8}$  t. garlic powder  
sliced radish (for garnish)

Squeeze spinach of excess moisture. Finely chop and set aside. In a large bowl, combine sour cream and mayonnaise. Stir in soup mix, mixing well. Fold in spinach, other chopped vegetables and seasonings, blending well. Cover and chill at least 2 hours or overnight (the longer the better). Garnish with sliced radishes when ready to serve. Accompany with fresh vegetables, such as broccoli, celery, carrots, mushrooms or radishes and/or chips and crackers.

— Pat Allen

## Super-Nachos Dip

---

1 lb. lean ground beef  
1 large onion, chopped  
 $\frac{3}{4}$  t. salt  
few drops Tobasco sauce  
1 lb. can refried beans  
4 oz. can diced green chiles,  
drained  
3 C. jack cheese, shredded

8 oz. bottle taco sauce  
 $\frac{1}{4}$  C. green onions, chopped  
1 C. sliced ripe olives  
1 C. avocado dip  
1 C. sour cream  
 $\frac{1}{4}$  C. cilantro, chopped (optional)  
8 oz. pkg. tortilla chips

In a skillet, brown beef well. Add onion and sauté lightly. Stir in salt and Tobasco sauce. Spread beans in a shallow 14×10" oval oven-proof dish. Top with meat mixture; sprinkle with chiles and cheese. Drizzle with taco sauce. Bake, uncovered, in oven at 400° for 20-30 minutes (or microwave at 70%



power for 10 to 15 minutes) until thoroughly heated. Remove from oven. Top with green onions, olives, avocado dip, sour cream and cilantro. Place tortilla chips around edges. Serve at once. Makes 10-12 servings.

*Moana Steinberg*

## Vegetable Dip

---

1 C. sour cream  
1 C. mayonnaise  
1 T parsley flakes

1 T dry onions (dry green onions)  
1 t. dill weed  
1 t. beau monde seasoning

Mix together and refrigerate overnight.

*Use any vegetables, raw and cut into bite-size pieces.*

— *Pat Allen*

## Cream Cheese Ball

---

8 oz. cream cheese  
½ cube of butter  
8 oz. bleu cheese

½ C. chopped olives  
¼ C. chives or green onions, chopped  
chopped nuts

Mix all ingredients together *except* chopped nuts. Chill for 2-3 hours or overnight. Form into a ball. Roll in chopped nuts to cover. Keep chilled until ready to serve.

*Ethel Wilson*

## Tapenade

---

*(Anchovy Paste)*

7 oz. large olives  
(black, Greek or Italian)  
3½ oz. can anchovy fillets  
2 heaped T capers

pepper  
olive oil  
lemon juice

Pass each of the three main ingredients (having stoned the olives) separately through a blender, and then through a fine sieve which will ensure that a smooth cream of each mixture is produced. Mix them together, season with pepper, and extend the mixture (as if making a mayonnaise) by dripping in the olive oil. From time to time, flavor to taste with 1 or 2 drops of lemon juice. The result should be a thick paste of even consistency. Tapenade should be kept in the refrigerator in a sealed glass jar. Makes 9 oz.

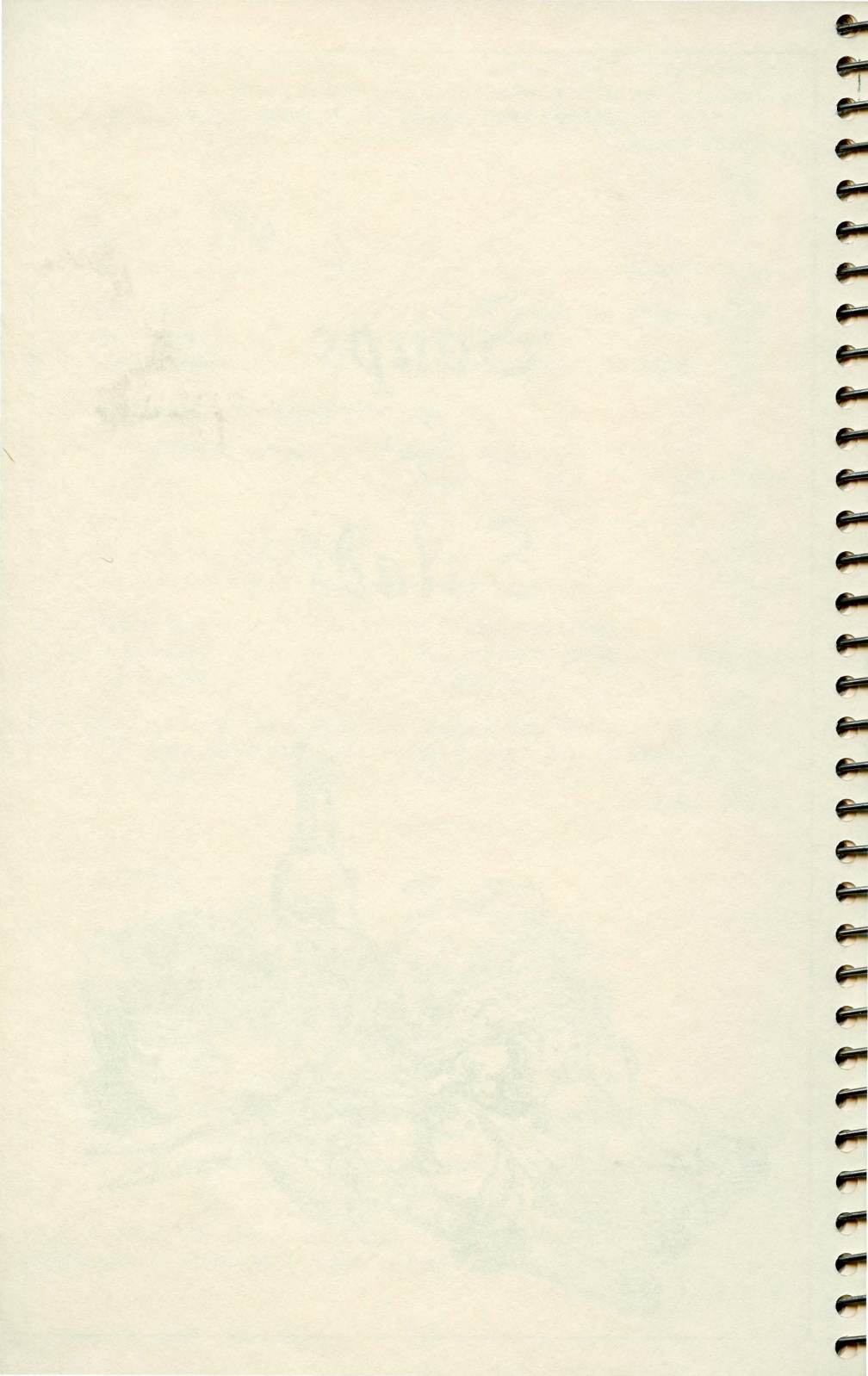
*Vicki Oren*



# *Soups & Salads*









## Asparagus Cream Soup

---

4 leeks (white part only), sliced  
butter or margarine  
1 lb. asparagus, trimmed and  
cut into 1-inch pieces  
2 (14½ oz.) cans chicken broth

½ t. thyme  
13 oz. can evaporated skim milk  
firm whole wheat  
OR white bread

Sauté leeks in 1 tablespoon butter. Add asparagus, reserving tips. Add chicken broth and thyme and cook 15 minutes. Purée asparagus and broth in blender or food processor until smooth. Add evaporated skim milk and almost all reserved asparagus tips to purée. Continue to cook until tips are done, about 10 minutes. Meanwhile, cut bread into desired shapes and sauté in hot butter until golden. Garnish soup with remaining asparagus tips and croutons. Makes 6 servings.

— Janice Deutschman

## Portuguese Bean Soup

---

2 C. (1 lb.) red or pink beans  
2 quarts boiling water  
2 lbs. portuguese sausage  
1 onion, sliced  
2 carrots, diced

3 potatoes, diced  
1 small cabbage, chopped  
8 oz. can tomato sauce  
2 T salt  
1 quart water

Wash beans and put into a large saucepan. Cover with boiling water and let stand 1 hour. Cut sausage into ¼-inch slices and add, with onion, to the undrained beans. Cook on low heat for 1 hour or until beans are tender. Add remaining ingredients. Simmer 1½ hours, adding more water if necessary. Makes 12 servings.

*This is one of many traditional Portuguese soups you will find served frequently, and particularly during the holidays.*

Moana Steinberg

## Corn Chowder

---

4 T butter  
1 white onion, chopped  
4 C. chicken broth  
1 large potato, chopped  
4 C. fresh or canned corn, cooked

½ t. thyme  
1 bay leaf  
1 C. cream, half and half  
6 T. butter

Saute onion in 4 tablespoons butter, until tender and translucent. Add corn, potato, chicken broth and herbs. Simmer for 25 minutes. Purée soup in a



blender and return to pot. Before serving add cream, butter, and check seasoning. Serves 6.

— *Jami Kennedy*

## Swedish Fruit Soup

---

1 quart grape juice	4 medium apples, peeled and sliced
4 C. water	1 lemon slice
1 lb. mixed dried fruit	2-inch stick cinnamon
½ C. raisins	¼ C. quick-cooking tapioca

Combine grape juice, water, dried fruit, raisins, apples, lemon slice, cinnamon stick and tapioca in a large kettle. Bring to a boil, reduce heat and simmer for 30 minutes or until fruit is done, stirring often. Add more water if needed. Serve hot or cold. Makes 6 servings.

— *Janice Deutschman*

## Leek Soup

---

¼ C. carrot, minced	4 leeks, cut into ½" slices
¼ C. celery, minced	1 C. potatoes, diced
2 T butter	¼ t. marjoram
2½ T flour	1 lb. kilbasa sausage
1½ C. sauterne (or any dry wine)	salt (to taste)
4 C. chicken broth	pepper (to taste)

Sauté carrot and celery in butter, then add the flour to make a roux. Add the wine, mix and simmer for 3 minutes. Stir in the chicken broth. Add the leeks and simmer for 15 more minutes. Add the potatoes and the marjoram and simmer an additional 10 minutes. Add the kilbasa and simmer a final 15 minutes. Add salt and pepper to taste. Makes 4 hearty servings.

— *Vicki Oren*

## Cream of Onion Soup

---

¼ C. butter or margarine	2 C. half and half
3 jars (16 oz. each) whole boiled onions, well-drained	pinch of nutmeg
3" cinnamon stick	white pepper (to taste)
4 to 5 C. chicken broth	celery leaves (for garnish)

Melt butter in Dutch oven (or large heavy saucepan) over medium heat. Add onions and cinnamon stick. Cover and cook 30 to 45 minutes until onions are lightly browned and glazed. Stir near end of cooking time to prevent



scorching. Discard cinnamon stick. Add 3 cups chicken broth, stirring to scrape up browned bits. Remove from heat. Purée in batches in food processor or blender (can be prepared ahead up until this point). Return purée to pot; stir in 1 cup broth, the half and half, nutmeg and pepper. Simmer 5 minutes or until hot. If too thick, thin with a little additional broth; if too thin, simmer uncovered 4 to 5 minutes longer, stirring often. Garnish with celery leaves. Makes 8 first-course servings.

— Janice Deutschman

## Gazpacho

---

2 C. fresh tomatoes, chopped	1 t. salt
1 C. green pepper, chopped	4 C. tomato juice
1 C. celery, chopped	4 T wine vinegar
1 C. cucumbers, chopped	1 t. Worcestershire sauce
½ C. onion, chopped	¼ C. white wine garlic (to taste)
2 t. parsley	pepper (to taste)
1 t. chives	dash cumin
4 T. salad oil	

Mix some of each of the vegetables and some tomato juice in blender, then place in container. Continue until all vegetables are blended, add other ingredients. Refrigerate up to 8 hours. Serve in chilled cups, and pass dishes of sour cream, chopped boiled eggs, and onion croutons for toppings.

— Carmen Sarro

## Gazpacho Acapulco

---

1½ cucumbers, peeled, seeded and diced	3 T lemon juice
1½ large tomatoes, peeled and diced	¼ C. olive oil
1 medium onion, diced	½ t. garlic salt
1½ medium green peppers, diced	1½ t. sugar
2 stalks celery, diced	½ t. ground pepper
3 cans diced Ortega chiles	¼ t. MSG (optional)
2 T cilantro, chopped	1 C. weak chicken broth
	2 C. tomato juice

In a large bowl, combine cucumbers, tomatoes, onion, green peppers, celery, chiles and cilantro. Stir in lemon juice and olive oil. Mash garlic in ½ teaspoon salt. Add garlic paste, sugar, pepper, MSG, broth and tomato juice. Add 1½ teaspoons salt (or to taste). Chill. Serve plain, or top each serving with sour cream and diced avocado. Makes about 2 quarts.

Pat Allen



## Gaspacho Rose

---

(Pink Gazpacho)

1 lb. tomatoes  
7 oz. stale white bread  
clove of garlic  
4 T olive oil  
2 T white vinegar  
salt

ice cubes  
cucumber  
green pepper  
onions  
bowl of croutons

Skin and seed the tomatoes. Soak the bread in water and then squeeze it dry. Put bread, garlic and tomatoes into a blender to make a smooth mixture; add the oil and vinegar and a pinch of salt (but no pepper). Thin the mixture with 27 fl. oz. of water and put the soup into the refrigerator for 2 hours. Before serving, add a tray of ice cubes to the tureen. The gazpacho should be accompanied by slices of cucumber, green pepper cut into very small dice, chopped onion and croutons which have been fried in oil. Those who do not like raw vegetables may have the soup by itself while others can garnish the soup according to their own taste. Gazpacho is usually served in cups or bowls rather than soup plates.

— Vicki Oren

## Albondigas Soup

---

½ gallon water  
2 small cans diced green chilis  
2 large cans tomatoes  
(not drained)  
2 C. celery diced

2 large onions, chopped  
parsley flakes  
1 green pepper, diced  
salt (to taste)

Combine ingredients in a large pot and bring to a boil. Make meatballs (use *lean* ground beef) and drop into boiling soup. Cook for 5 minutes or until done.

— Shannon Leach

## Italian Meatball Soup

---

4 cans chicken rice soup  
3 soup cans water  
1 C. onion, chopped  
¾ C. celery, chopped  
5 carrots

3 cloves garlic, chopped  
4 T parsley  
2 (16 oz.) cans Italian style tomatoes  
with oregano and basil

Put all the above ingredients in a large pot and simmer while making the meatballs.



### *Meatballs.*

- |   |                                |
|---|--------------------------------|
| 1 lb. lean ground beef                  | 2 shakes of Italian seasonings |
| 6 T parmesan cheese                     | 2 cloves garlic, chopped       |
| 4 T Italian bread crumbs<br>(Progresso) | 1 small onion, finely chopped  |
| 2 eggs, lightly beaten                  | salt                           |
|   | pepper                         |

Mix all above ingredients and shape into *very little* meatballs (should be about 80 to 90 balls) Dust meatballs with 4-5 tablespoons of flour. Add meatballs to simmering soup and simmer for 35 minutes. Sprinkle parmesan cheese on top.

— Pat Allen

## *Korean Hot & Sour Soup*

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- |  |   |
|--|---|
| ¼ C. butter or margarine                           | ¼ C. red wine vinegar   |
| 1 medium onion, chopped                            | 12 oz. jar kim chee (spicy Korean-style<br>pickled cabbage, available in the<br>Oriental section of larger markets) |
| 1 large carrot, peeled and grated                  | cooked bone-in ham slice (about 1 lb.),<br>cut into matchstick-size strips  |
| 1 medium eggplant, peeled and<br>cut into ½" cubes | ¼ t. allspice   |
| 14½ oz. can stewed tomatoes                        | ¼ t. ground cloves  |
| 2 (10½ oz.) cans beef consomme                     | ½ t. ground black pepper  |
| 1 C. water   |   |
| ¼ C. sugar   |   |

In a large soup pot or Dutch oven, melt butter. Add onion and grated carrot and sauté over medium heat until onion is lightly browned, stirring frequently. Add eggplant pieces and stewed tomatoes with their liquid. Cover, reduce heat, and let steam 15 minutes. Meanwhile, in a saucepan combine the consomme, water, wine vinegar and sugar. Heat, stirring constantly until mixture comes to a full boil and sugar is totally dissolved. Add allspice, cloves and pepper; reduce heat and continue to simmer until vegetable mixture is ready. Pour hot consomme mixture over vegetables. Add ham strips and kim chee; mix well. Simmer for 15 additional minutes and serve immediately. Makes 6 servings, 1½ cup each.

*Those who are particularly sensitive to chili powder may rinse the kim chee under cold running water just prior to adding.*

— Michael Toth

## *Broccoli Salad*

---

- |   |                              |
|---|------------------------------|
| 3 heads broccoli (fresh),<br>cut into small flowerets | 1 jar bacon bits             |
| 1 red onion, sliced                                   | 1 C. roasted sunflower seeds |
|   | 1 C raisins                  |



*Dressing:*

2 C. real mayonnaise                      4 T vinegar  
1 C. sugar

Mix together. Chill. May need a bit more mayonnaise when served. Makes a large salad.

— Gussie Lorelli

## *Cranberry Salad*

---

8½ oz. can pineapple tidbits              2 C. hot water  
2 cans whole cranberry sauce          11 oz. can mandarin oranges  
1½ C. celery, diced                      1 large apple, diced  
2 boxes red cherry Jello                ½ C. pecans (optional)

Put berries in hot Jello; stir until dissolved. Chill. Dice large apple, add 4 tablespoons sugar, and above ingredients. Chill until set.

*Jeannie Deutschman*

## *Israeli Eggplant and Tomato Salad*

---

4 T lemon juice                              1 green bell pepper, seeded and cut  
1 t. garlic salt                                into small cubes  
½ t. ground black pepper                2 medium tomatoes, seeded and cut  
4 T salad oil                                 into bite-size chunks  
⅔ C. parsley, finely minced              1 medium eggplant, peeled and cut  
1 small onion, finely chopped          into ¼" cubes

In a large glass or stainless steel bowl, combine lemon juice, garlic salt, pepper, oil, parsley and onion. Let marinate about 30 minutes. Add remaining ingredients and toss gently to combine with marinade. Cover and refrigerate for several hours before serving, tossing occasionally. Makes 8 servings.

— Michael Toth

## *Champignons au Concombre*

---

*(Mushroom and Cucumber Salad)*

1 cucumber                                      2¼ lb. button mushrooms  
17½ oz. natural yogurt                      salt  
1 T olive oil                                      pepper  
15-20 leaves fresh mint                      2 lemons  
3 cloves garlic

Peel the cucumber and cut into large dice. Spread them out on a clean cloth



or kitchen paper, sprinkle with table salt and leave them to sweat for 15 minutes. Dry off on fresh kitchen paper. Put the yogurt into a salad bowl and whisk it until frothy. Add the oil, the finely-chopped leaves of mint, the crushed cloves of garlic, and season with salt and pepper. Mix together well. Trim off the end of the mushroom stalks, wash them and sprinkle with lemon juice to prevent discoloration. According to size, cut each mushroom either in half or in quarters and put them into the salad bowl together with the dried cucumber. Mix all together and serve chilled. Makes 6 servings.

— Vicki Oren

## Pea or 10-Layer Salad

---

1 small head lettuce	1 t. salt (optional)
½ C. green onion	1 t. sugar (optional)
½ C. chopped celery	½ jar bacon bits
1 C. sliced water chestnuts	3-4 hard-boiled sliced eggs
16 oz. frozen peas	3-4 chopped tomatoes
2 C. mayonnaise	½ lb. grated sharp cheese

Layer ingredients in order given in a 13×9 pan. Prepare night before and refrigerate. Serves 8-10.

Pat Allen

## 24-Hour Layered Salad

---

1 medium lettuce, chopped	2-4 stalks of celery, sliced
1 bunch green onions, chopped	10 oz. pkg. frozen peas
1 can water chestnuts, sliced	
½ red bell pepper, chopped and seeded	

Layer in order given and spread over top completely to edge of bowl:

2 C. mayonnaise	(OR 1 C. myonnaise mixed with 1 C. green goddess dressing)
-----------------	---

*Mix together and sprinkle over mayonnaise:*

2 t. sugar	3 hard-cooked eggs, sliced
½ C. parmesan cheese	¾ lb. bacon, fried and crumbled
1 t. salt	2 tomatoes, sliced
¼ t. garlic salt	

Prepare salad 24 hours ahead, adding the tomatoes immediately before serving.

*Optional layers might be: sunflower seeds, cauliflower, mozzarella cheese, sliced olives, etc.*

— Mary Spring



## Reception Salad

---

1 pkg. lemon Jello  
(small 3 oz. size)  
1 C. pineapple juice  
#2 can crushed pineapple,  
drained

2 small pkgs. cream cheese  
½ C. celery, diced  
1 small jar maraschino cherries  
½ C. cream, whipped (½ pint)  
⅛ t. salt

Dissolve Jello in boiling pineapple juice. Cool slightly, then fold in remaining ingredients and pour into a gelatin mold. Refrigerate overnight. Serves 8 to 10.

— Lois Newbold

## Calico Potato Salad

---

4 potatoes, cooked and sliced  
2 10 oz. pkgs. frozen cut  
green beans  
OR 1 lb. fresh, cooked  
10 oz. pkg. frozen peas, cooked  
1 head Romaine lettuce  
2 oz. can anchovy filets  
olives, green and black

capers (if desired)  
herbed mayonnaise (recipe follows)  
1 can asparagus spears  
OR 1 lb. fresh, cooked  
4 hard-boiled eggs, sliced  
2-3 tomatoes, quartered  
chopped parsley

Mix potatoes, green beans, and peas with herbed mayonnaise. Line large salad bowl with Romaine. Place veggies in center. Surround sides of bowl with asparagus, hard-boiled eggs and tomatoes. Garnish with anchovies, olives and capers. Sprinkle parsley all over. May substitute any vegetable for the above.

### *Herbed Mayonnaise* —

To 1 cup mayonnaise add 1 t. dill weed, 1 T chopped chives and ¼ clove garlic, crushed.

— Jami Kennedy

## Italian Potato Salad

---

5 C. sliced, cooked potatoes  
1 C. celery, chopped  
1 C. (4 oz.) provolone  
OR cheddar cheese, diced  
½ C. green pepper, chopped  
½ C. thinly sliced  
cotto salami, chopped

⅓ C. onion, chopped  
3-4 T. pepperoni, chopped  
1 C. sour cream  
¼ C. brine (from pepperoni)  
12 cherry tomatoes, cut in half  
parsley (to taste)



Combine all ingredients in order given. Refrigerate. Makes 8 cups.

— Lois Newbold

## Spinach Salad

---

2 bunches spinach, washed,  
dried and torn  
1 lb. bacon, fried, drained  
and crumbled

5 hard-boiled eggs, grated  
sesame seeds

### *Dressing.*

$\frac{3}{4}$  C. sugar  
 $\frac{1}{2}$  C. white vinegar

$\frac{1}{4}$  C. salad oil  
celery seeds

Make dressing ahead in a Mason jar or shaker bottle. Shake well until sugar is blended. Refrigerate. Prepare spinach, bacon and eggs and refrigerate. Just before serving, mix spinach, bacon and eggs together Toss with dressing and sprinkle with sesame seeds. Serves 6-8.

— Lee Urquhart

## Marinated Vegetable Salad

---

Wine Vinegar Dressing  
(see below)

1 large head cauliflower  
4 stalks celery  
4 large carrots  
 $\frac{1}{4}$  lb. fresh green beans

2 green peppers  
 $1\frac{1}{2}$  bunches green onions  
2 4 oz. cans pitted olives,  
drained  
2  $8\frac{3}{4}$  oz. cans garbanzo beans,  
drained

### *Wine Vinegar Dressing.*

$1\frac{1}{2}$  C. red wine vinegar  
 $1\frac{1}{2}$  C. water  
 $\frac{1}{2}$  C. vegetable oil  
2 T sugar  
4 garlic cloves, minced

2 t. dry oregano  
1 t. dry basil  
 $\frac{1}{2}$  C. parsley, chopped  
2 t. salt  
 $\frac{1}{4}$  t. pepper

Prepare Wine Vinegar Dressing. Separate cauliflower into flowerets. Cut celery, carrots and green beans and peppers into 1-inch pieces. Place in a 6-quart sauce pan. Pour Wine Vinegar Dressing over and stir. Cover and simmer over moderate heat 5 to 6 minutes. Cut green onions diagonally into 1 inch pieces. Stir green onions, olives and garbanzo beans into vegetables. Simmer 3 minutes longer. Place in a large bowl. Cool. Cover and refrigerate overnight. May be refrigerated up to 2 weeks. Makes 16 servings.

— Dianne Curtis



## Champignons en Salade

---

(Mushroom Salad)

1½ lbs. button mushrooms	salt
4 lemons	pepper
olive oil	parsley

Choose mushrooms that are quite white and unblemished. Trim the stalks and wash them quickly one by one under running water, drying them on a clean cloth. Drop them whole into a bowl, sprinkling them with the juice of 2 lemons to prevent discoloration. Turn them over so that the lemon juice covers them properly. Slice the mushrooms and put them into the serving bowl. Pour over the juice of the remaining 2 lemons, 5 tablespoons of olive oil, season with salt and freshly-ground pepper. Mix all together and sprinkle on a little chopped parsley. Let the salad steep for 10 minutes before serving. Serves 6.

— Vicki Oren

## Chicken Salad in Melon Rings

---

3 T lemon juice	¼ C. roasted almonds, diced
4 C. cut-up, cooked chicken	⅓ C. mayonnaise
1 C. celery, sliced	1 C. seedless green grapes, halved
⅓ C. onion, chopped	2 cantaloupes OR honeydew melons
1 t. salt	
½ t. pepper	
2 oz. jar sliced pimiento, drained	

In a medium bowl, pour lemon juice over chicken. Add celery, onion, salt, pepper, pimiento, almonds, mayonnaise and 1 cup grapes and toss. Cover and chill. Slice ends off of cantaloupes so seeds are exposed, scoop out seeds and membrane. Cut each cantaloupe crosswise into three even slices. To serve, place melon rings on plates lined with lettuce leaves. Spoon chicken mixture into center of each ring. Serves 6.

— Janice Deutschman

## Hot Chicken Salad

---

2 C. cooked chicken, cubed	1 C. mayonnaise
2 C. celery, chopped	3 hard-boiled eggs
½ C. chopped almonds	1 C. cooked spaghetti (½ C. uncooked)
½ t. salt	½ C. grated cheese
2 t. onion, grated	1 C. potato chips, crushed
2 T lemon juice	



Combine first nine ingredients; mix well. Put into a 2-quart casserole. Sprinkle top with grated cheese and potato chips. Bake in a 450° oven for 15 minutes. May be served in casserole, or on a lettuce leaf as a salad. Serves 8.

— Lenora De Witt

## Herring Salad

---

1 C. apple, chopped	1 C. marinated herring fillets, chopped
1 C. onion, chopped	¼ C. vegetable oil
½ C. beets, diced	¼ C. red wine vinegar
1 C. peeled, cooked potatoes, diced	lettuce leaves
1 C. Kosher dill pickles, chopped	

Mix all the salad ingredients together and toss with the oil and vinegar. Serve on lettuce leaves. Makes 6 servings.

— Michael Toth

## Avocado Halves filled with Baby Shrimp

---

2 large avocados, halved (remove seed, leave skin on)	1 T. sour cream
2 T. catsup	½ lb. baby shrimp (fresh preferred, wash and drain)
1 T horseradish sauce	

Blend and marinate the catsup, horseradish sauce, sour cream and baby shrimp. Chill for 2 hours. Fill avocado halves and serve on lettuce-lined salad plates. Serves 4.

Janice Deutschman

## Crabe en Salade

---

(Crab Salad)

1 crab (2¼ lbs.) OR 7 oz. canned	1 head of lettuce
2 grapefruit	2 hard-boiled eggs
2 avocado pears	bowl of mayonnaise
1 lemon	Tobasco sauce

Remove all the edible flesh from the crab. Peel and slice the grapefruit, using a sharp-pointed knife. Save any juice that is spilled. Cut the avocado pears in half lengthwise, remove the stones and take the flesh from the skins. Cut either into lengthwise slices or into pieces, as preferred. Sprinkle with lemon juice to prevent discoloration. Line a salad bowl with lettuce and arrange all



ingredients including the peeled and sliced hard-boiled eggs. Flavor the mayonnaise with some of the grapefruit juice and with a few drops of Tobasco sauce. Put some mayonnaise onto the salad and serve the rest separately. Makes 6 servings.

*It is simpler and usually more pleasing to serve this salad in individual serving bowls.*

— Vicki Oren

## *Fruits de Mer en Salade*

---

*(Seafood Salad)*

1 lb. potatoes	2 T gherkins, chopped
8 oz. mushrooms	4 T olive oil
2 lemons	salt
3½ pints mussels	pepper
1 knob of butter	1 head of lettuce
15 langostinos	bowl of mayonnaise
7 oz. prawns, peeled	1 T catsup
2 onions	chopped mixed herbs
2 T capers	

Cook the potatoes in their skins, let them cool, then peel them and cut them into dice. Quarter the mushrooms and sprinkle them with lemon juice to prevent discoloration. Put the mussels in a saucepan with a knob of butter and cook them over a brisk flame until they open, discard any which remain closed. Take the mussels out of their shells. Cook the langostinos for 7 minutes in salted boiling water. Let them cool down in the cooking liquid and then shell the tails. Put the potatoes, mushrooms, and the shellfish into a bowl and mix with the finely-chopped onion, the capers, the chopped gherkins, the oil and 2 tablespoons of lemon juice. Season and leave to stand in a cool place for a few minutes. Line a salad bowl with large lettuce leaves and add the heart, cut into strips. Put the salad mixture into the bowl and serve. Flavor the mayonnaise with catsup and chopped mixed herbs and serve separately. Makes 6 servings.

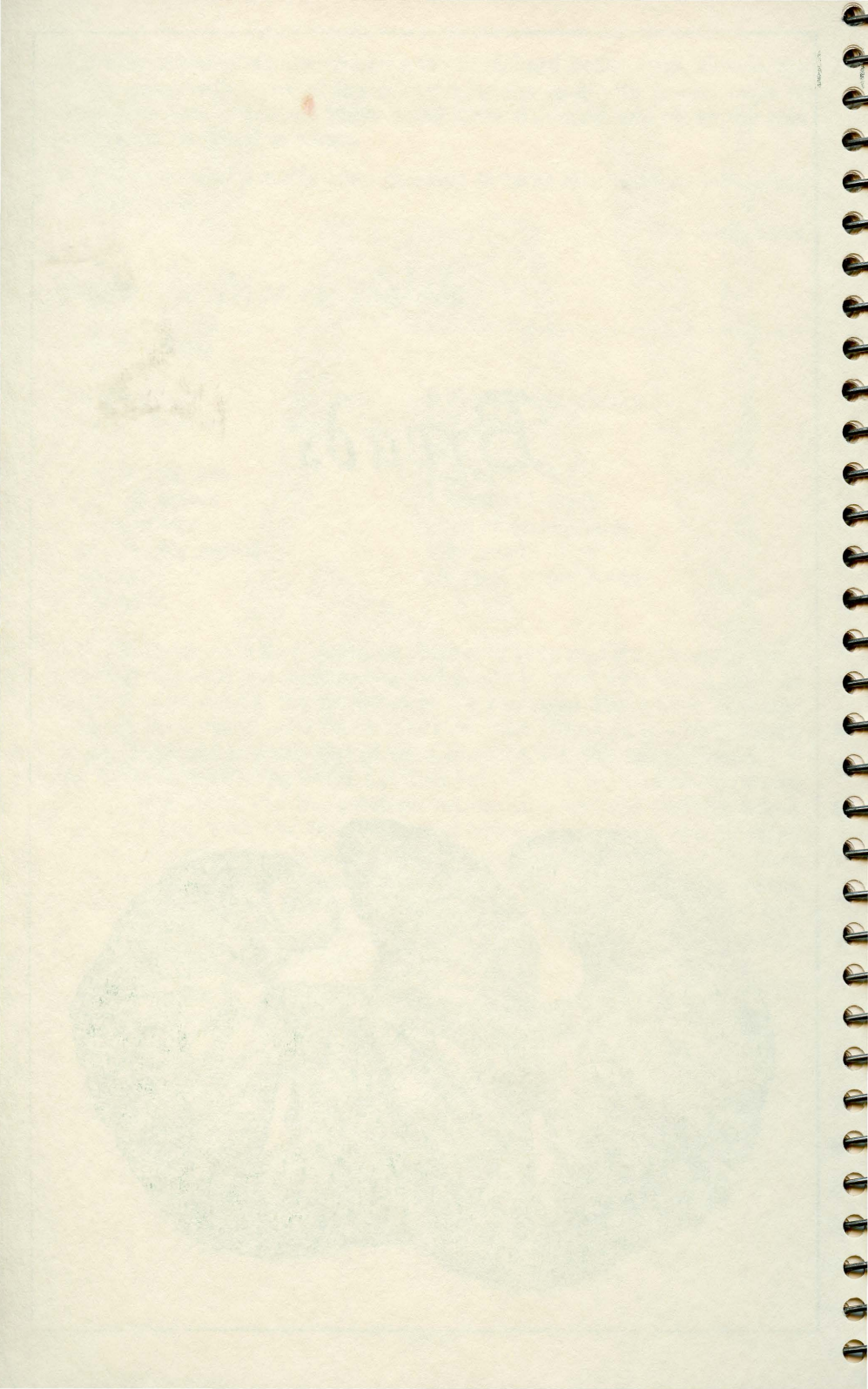
— Vicki Oren



# Breads









## Borego Springs Buttermilk Bread

---

1½ C. buttermilk  
1 egg  
3 C. Bisquick  
2 T sugar  
1 C. Swiss cheese, grated  
(about ¼ lb.)

1 C. pimiento-stuffed olives,  
drained and chopped  
¾ C. walnuts, chopped  
(optional)

Combine buttermilk, egg, Bisquick and sugar; beat one minute to blend thoroughly. Gently stir in Swiss cheese, olives and walnuts. Spoon into a well-buttered loaf pan (approximately 9×5×3 inches). Bake in a moderate (350°) oven for 50-55 minutes (a crack along top of bread usually occurs). Cool 5 minutes before removing from pan.

— Lois Newbold

## Sourdough French Bread

---

1 pkg. active dry yeast  
12 oz. can warmed beer  
5-5½ C. all-purpose flour  
1 C. sourdough starter mix,  
room temp. (recipe follows)

3 T sugar  
2 T. butter or margarine  
2 t. salt  
½ t. baking soda  
yellow cornmeal

Soften yeast in warm beer. Blend in 2 cups flour, the sourdough starter, sugar, butter and salt. Combine 1 cup of the flour with the soda, stir into flour-yeast mixture. Stir in as much of the remaining flour as you can with a spoon. Knead in enough remaining flour to make a moderately-stiff dough that is smooth and elastic (5 to 8 minutes total). Place in greased bowl, turn over. Cover; let rise until doubled, 1 to 1½ hours. Punch down, divide into halves. Cover; let rest 10 minutes. Shape into 2 oblong or round loaves. Place on greased baking sheet that has been sprinkled with cornmeal. Cover; let rise until almost doubled, about 1 hour. Brush with a little water. Make diagonal slashes across tops. Bake in 375° oven for 30 to 35 minutes. Makes 2 loaves.

### *Sourdough Starter Mix.*

1 pkg. active dry yeast  
1 C. warm water (110°)  
2 C. all-purpose flour

12 oz. can beer  
1 T sugar

Soften yeast in warm water. Stir in flour, beer and sugar. Beat until smooth. Place in a wide-mouth jar. Cover loosely with cheesecloth and let stand at room temperature 5 to 10 days, stirring 2-3 times a day. Mixture will foam and bubble. Time required to ferment depends on room temperature; if room is warm, let stand a shorter time than if room is cool. Cover loosely and refrigerate until ready to use.



*To keep starter going.* For each 1 cup of starter used, add  $\frac{3}{4}$  cup all-purpose flour and 1 teaspoon sugar to remainder. Let stand at room temperature until bubbly at least a day. Cover loosely and refrigerate for later use. If not used within 10 days, add 1 teaspoon sugar. Repeat adding sugar every 10 days.

*Jami Kennedy*

## Wheat Germ Flat Bread

---

2 C. flour	$\frac{1}{2}$ t. salt
1 C. wheat germ	2 T. butter or margarine
2 T. sugar (optional)	$\frac{3}{4}$ C. milk
2 t. baking powder	$\frac{1}{4}$ C. molasses

Mix flour, wheat germ, sugar, baking powder and salt. Cut in butter with a pastry blender or two knives until mixture is coarse. Combine milk and molasses; stir into flour mixture. Turn mixture onto floured surface. Knead gently about 5 minutes. Add a bit more flour if dough is too sticky. Divide into 24 portions. Shape each piece into a ball and roll out to a 6 or 7-inch round. Bake rounds, a few at a time, on aluminum-covered oven racks or baking sheets at  $300^{\circ}$  for 5-8 minutes or until crisp and light golden brown. Cool. Store in a container with a loose-fitting cover. Makes 24 pieces.

— *Jami Kennedy*

## Yugoslavian Cheese Bread

---

2 eggs	$\frac{1}{2}$ t. salt
1 C. milk	$\frac{3}{4}$ lb. jack cheese, grated
1 stick butter melted	$\frac{1}{2}$ pkg. frozen chopped spinach, thawed and drained
1 C. flour	

Preheat oven to  $350^{\circ}$ . Beat eggs well, add milk and melted butter. Mix in flour and salt. Fold in cheese and spinach. Pour into a greased  $9 \times 13$ -inch pan. Batter will only be about  $\frac{1}{2}$ -inch deep. Bake about 35 minutes or until light brown. Cool briefly before cutting into squares. Serve warm.

*Freezes well and reheats well in microwave.*

— *Mary Newbold*

## Bran Muffin Batter

---

1 C. All-Bran	$\frac{1}{2}$ t. salt
$\frac{1}{2}$ C. + 1 T. shortening	$2\frac{1}{2}$ t. soda
1 C. boiling water	2 C. buttermilk
$1\frac{1}{2}$ C. sugar	2 C. 40% Bran Flakes
2 eggs	$2\frac{1}{3}$ C. flour







thirds of the way into ring at 1-inch intervals. Turn each section on its side (so that apple mixture is in view). Cover and let rise in a warm place until doubled in bulk, 1 to 1½ hours. Bake at 350° for 20 to 25 minutes, until golden brown. When almost cool, drizzle with Vanilla Glaze and decorate with candied cherries (red and green for the holidays) and chopped walnuts. Makes 2 rings.

#### *Vanilla Glaze.*

Combine 2 cups confectioners sugar, 3 tablespoons milk and ¼ teaspoon vanilla extract. Stir until smooth.

*Refrigerate leftovers. Remains good for 3 days.*

— *Janice Deutschman*

## *Cranberry Bread*

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½ C. butter or margarine  
1 C. sugar  
2 eggs  
1 t. vanilla  
2 C. flour  
1 t. baking soda

½ t. salt  
⅓ C. orange juice  
1 C. chopped apples  
1 C. cranberry sauce  
⅓ C. chopped walnuts

Cream together butter and sugar until light and fluffy. Beat in eggs and vanilla. Combine flour, baking soda and salt. Add dry ingredients alternately with orange juice to egg mixture, beating just until blended. Fold in apples, cranberry sauce and walnuts. Turn into a greased and floured 9×5-inch loaf pan and bake at 350° for 55 minutes, or until loaf tests done when wood pick inserted in center comes out clean. Makes 1 loaf.

— *Janice Deutschman*

## *Date Nut Bread*

---

1 C. buttermilk  
½ C. Grape Nuts  
1 t. baking soda  
2 T margarine, melted  
1 egg

½ C. sugar  
½ C. flour  
1 t. salt  
½ lb. pitted dates  
½ C. chopped nuts

Soak first three ingredients 1 hour. Add remaining ingredients, one at a time, mixing thoroughly after each addition. Bake in aluminum cake tin sprayed with Pam for 45 minutes at 350°. Allow to cool before removing from pan.

— *Pat Allen*



## Jule Kaga

(Norwegian Christmas Bread)

¾ C. milk  
½ C. sugar  
1 t. salt  
½ C. (1 stick) butter or  
margarine  
½ C. warm water  
2 pkgs. or cakes yeast  
4 C. flour (unsifted)

1 t. ground cardamon  
½ C. raisins  
½ C. chopped citron\*  
¼ C. chopped candied fruit\*  
¼ C. chopped almonds\*  
\*Optional — during Christmas, these  
ingredients are added to  
make the bread more festive.

Scald milk; stir in sugar, cardamon, raisins, salt and butter. Cool to lukewarm. Place yeast in a large bowl with warm water; stir until dissolved. Stir in lukewarm milk mixture. Add 2 cups flour; hand beat until smooth. Add enough additional flour to make a stiff dough. Turn out onto a lightly floured board, knead until smooth, about 10 minutes. Place in a slightly greased bowl. Cover with cloth and let rise in a warm place until doubled in bulk, about 1 hour. Punch down, turn out onto a lightly floured board, knead in optional ingredients if desired, or knead about 5-10 minutes. Form a round ball. Replace in cloth-covered bowl to rise another hour in a warm place. Bake in a round loaf shape on cookie sheet in moderate oven (375°) about 40 minutes. Cool on rack. Makes one large loaf.

Great heated or toasted in the morning, spread with butter or with slices of Norwegian goat cheese.

— A. Karin Edmondson

## Lemon Bread

1 lb. butter  
2 C. sugar  
6 eggs  
5 C. flour  
2½ oz. lemon extract  
(yes, that's 2½ ounces!)

2 C. pecans, chopped  
2 C. golden raisins  
1 t. soda, dissolved in  
1 T. boiling water

Preheat oven to 250° Cream butter, adding sugar gradually. Add eggs one at a time. Add remaining ingredients. Pour into 3 ungreased regular loaf pans (about 4½×9-inch). Bake about 1¼ hours or until tests done in center. Turn pans on side to cool.

Mary Newbold



## Pumpkin Bread

---

3½ C. sifted flour  
2 t. soda  
1½ t. salt  
1 t. cinnamon  
1 t. nutmeg

3 C. sugar  
1 C. Crisco  
4 eggs, well-beaten  
⅔ C. water  
2 C. pumpkin (canned)

Sift dry ingredients into a large bowl. Make a well in center; add the remaining ingredients. Mix until batter is nice and smooth. Divide into 2 or 3 pans that have been greased and floured. Bake at 350°. If you use 3 pans, bake 1 hour and 10 minutes. If you use 2 pans, bake 1 hour and 30 minutes.

*Dianne Curtis*

## Sesame Bread

---

6 saffron strands  
1 C. lukewarm milk  
½ C. lukewarm water  
1 pkg. active dry yeast  
4 t. sugar

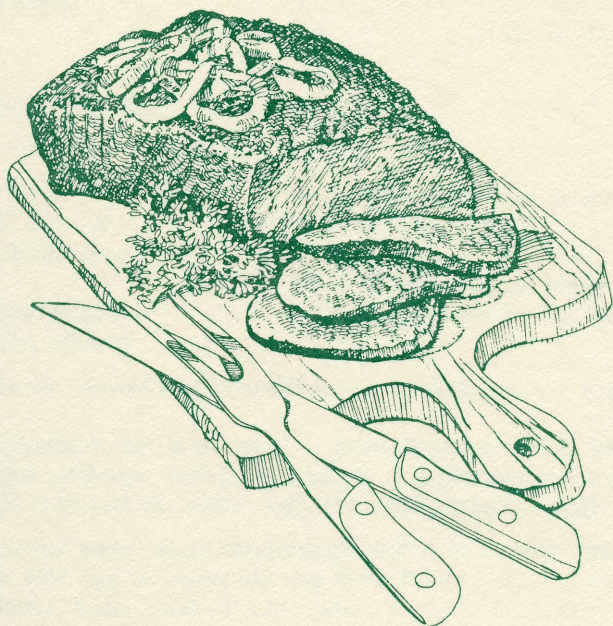
4 C. flour  
¼ C. butter  
2 eggs  
½ t. salt  
2 T. sesame seeds

Mix together saffron, all but 2 tablespoons milk, the water, yeast, 1 teaspoon sugar and 2 tablespoons flour. Leave in a warm place until frothy. Melt butter and cool, then beat into batter with one egg and remaining milk and sugar. Sift remaining flour and salt over batter and mix to a soft dough. Knead until smooth. Leave to rise until doubled in size. Punch down the dough. Knead until smooth and divide into 6 pieces. Roll into sausages about 9 inches long. Moisten ends of sausages with beaten egg. Braid three together, pinching together at both ends to seal. Repeat with remaining three sausages and arrange on greased baking sheet. Leave to rise until doubled in size. Preheat the oven to 375°. Brush braids carefully with beaten egg, then sprinkle with sesame seeds. Bake for about 35 minutes. Cool on wire rack. Makes 2 loaves.

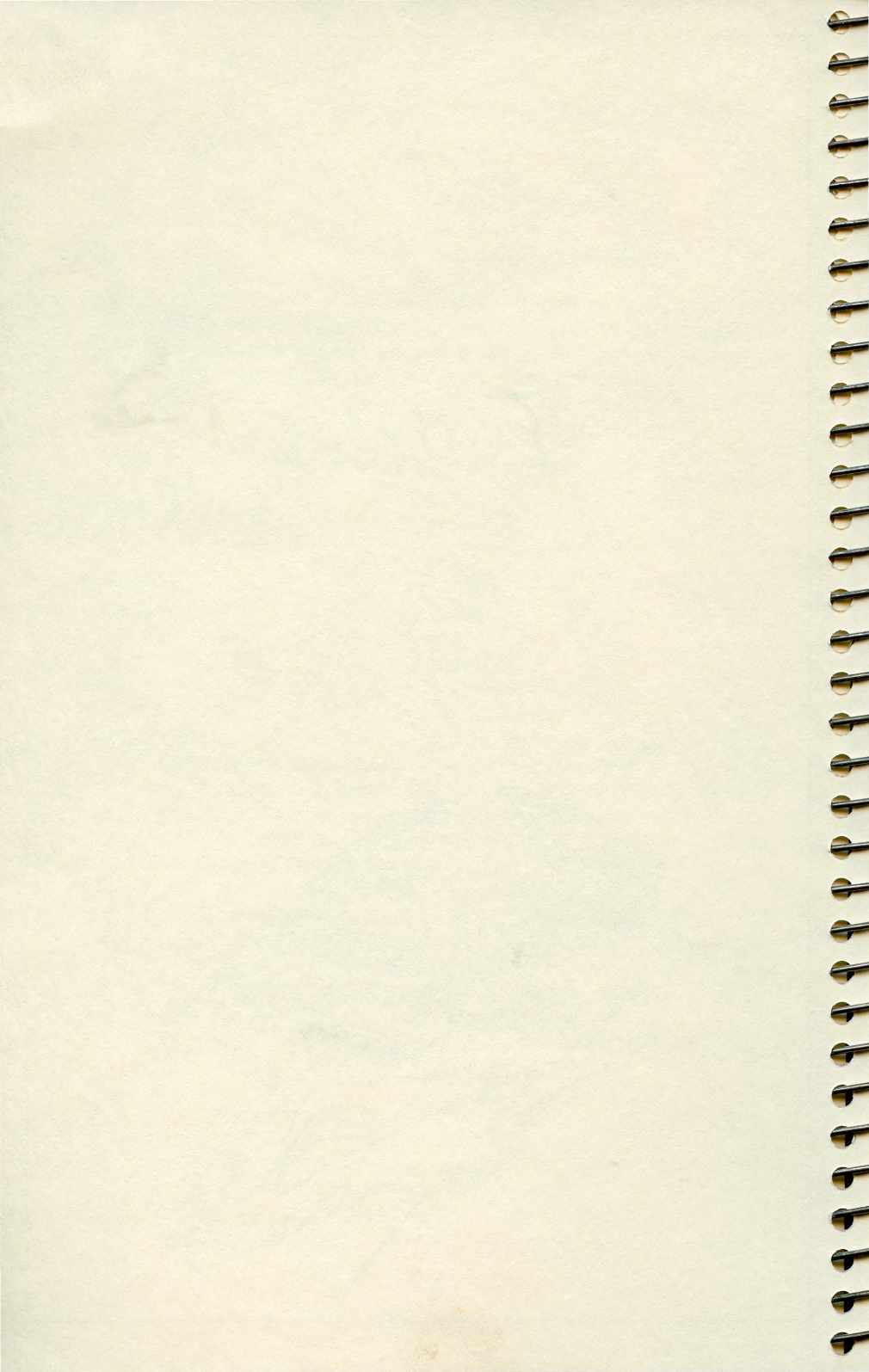
— *Darlene Campbell*



# *Entrées*









## Corn Patch Casserole

---

1 can (1#) cream style corn  
2 eggs, beaten  
¼ C. margarine or butter melted  
1 t. salt

1 C. dairy sour cream  
1 C. diced chicken, turkey or ham  
1 C. Ortega green chiles, diced  
½ C. yellow corn meal

Combine all ingredients. Mix well. Pour into a greased 1½-quart casserole. Bake at 350° for about 1 hour or until firm. Serves 4 to 6.

*Ethel Wilson*

## Eggplant Parmesan

---

parmesan cheese  
1 large eggplant  
(dark in color for ripeness)  
2 eggs

8-12 oz. mozzarella cheese  
Contadina bread crumbs  
32 oz. Italian spaghetti sauce

Cut eggplant into ½-inch thick oblong slices. Place in cold water with a little lemon juice and soak for approximately 10-15 minutes. Slightly beat eggs. Dip eggplant slices into egg, then coat thoroughly with bread crumbs. Fry in hot oil until golden brown on both sides. Drain on paper towels. Lay eggplant in a 9"×12" glass pan. Cover with your favorite Italian sauce (Ragu, Prego or homemade). Sprinkle with parmesan and mozzarella cheeses. Cover pan and bake in a 350° oven for approximately 40 minutes. Makes 4 servings.

*Janice Deutschman*

## Linguini ala Carbonara

---

½ C. butter  
2 T shallots, minced  
2 scallions, thinly sliced  
salt  
freshly cracked pepper  
2 cloves garlic, minced

½ lb. proscuitto, cut in shreds  
¾ C. whipping cream  
1 egg  
½ C. grated romano cheese  
1 lb. linguini, cooked al dente

*Note.* ½ lb. bacon, cooked and crumbled, can be used in place of proscuitto.

Melt 2 tablespoons butter in skillet. Add shallots and scallions. Season with salt and pepper and cook until flavors blend. Add proscuitto and garlic and cook 1 minute. Add half the cream and cook until heated through. Set aside.

Cook linguini (or some other interesting pasta) in boiling salted water. Lightly whip raw egg in pasta serving dish. When pasta is almost done, reheat the sauce; keep ready. Drain cooked pasta in colander and add to



pasta dish. Mix briskly, adding reserved butter, cream and grated cheese. Add the prociutto sauce, mix well and serve immediately.

*Serve with warm Italian bread and white wine. Makes a good opening course for a veal entree.*

— Carmen Sarro

## Manicotti with Cheese Filling

---

8 oz. pkg. manicotti	2 T. parsley, chopped
8 oz. (2 cups) mozzarella cheese, shredded	1 t. sugar
2 (16 oz.) cartons ricotta cheese	½ t. salt
2 eggs, slightly beaten	¼ t. pepper
½ C. dry bread crumbs	1 qt. prepared spaghetti sauce
½ C. grated parmesan cheese	¼ C. grated parmesan cheese

Boil manicotti in a large, deep pot (4 quarts water), add manicotti to boiling water slowly to avoid sticking and breaking. Cook uncovered for 10 to 12 minutes, stirring occasionally. Do not overcook. Drain and lay flat on waxed paper or aluminum foil to keep pieces from sticking together. Heat oven to 350°. Combine remaining ingredients, except spaghetti sauce and ¼ cup parmesan cheese. Stuff each cooked manicotti shell with about ½ cup filling. Spread 2 cups of spaghetti sauce on bottom of a 9×13" pan. Place filled manicotti on top of sauce. Pour remaining 2 cups of sauce over top of manicotti. Cover and bake at 350° for 40 to 45 minutes. Let stand 10 minutes before serving. Sprinkle with the ¼ cup parmesan cheese. Makes 7 servings (2 manicotti per person).

*Janice Deutschman*

## Spinach Lasagne

---

1 lb. ricotta cheese	1 t. salt
OR	¾ t. oregano
small-curd cottage cheese	½ t. pepper
1½ C. shredded mozzarella cheese, divided	2 jars (1½ oz. each) spaghetti sauce
1 egg	½ pkg. lasagne noodles (8 oz.)
10 oz. pkg. frozen chopped spinach, thawed and drained	1 C. water

In a large bowl, mix ricotta, 1 cup mozzarella, the egg, spinach, salt, oregano and pepper. In a greased 13×9×2-inch baking dish, layer ½ cup sauce, one-third of noodles and half the cheese mixture. Repeat. Top with remaining noodles, then remaining sauce. Sprinkle with remaining ½ cup mozzarella. Pour water around edges. Cover tightly with foil. Bake in 350° oven for 1½ hours or until bubbly. Let stand 15 minutes before serving. Serves 8.

— Marilyn M. Brown



## Crêpes Ensenada

---

- |  |                                  |
|--|----------------------------------|
| 1 lb. jack cheese,<br>cut into ½-inch sticks   | 12 tortillas (corn)<br>paprika   |
| 2 small cans whole green<br>peppers (chiles), not marinated<br>(suggest Ortega mild) | Cheese Sauce<br>(recipe follows) |
| 12 slices ham<br>(thin sandwich slices)  |                                  |

Fry tortillas slightly and drain. Place 1 slice of ham on top of a tortilla. Top with a stick of cheese and 1 strip of green chile. Roll. Continue until all tortillas are complete. Place slightly apart in a greased 9×14" baking pan. Cover with cheese sauce (recipe follows) and sprinkle with paprika. Cover pan with aluminum foil. Bake at 350° for 45 minutes. Serves 6-12.

### *Cheese Sauce:*

- |                             |                       |
|-----------------------------|-----------------------|
| ¼ lb. margarine             | 1 t. prepared mustard |
| ½ C. flour                  | ½ t. salt             |
| 1 quart milk                | dash pepper           |
| ¾ lb. grated cheddar cheese |                       |

Blend flour and part of milk. Shake thoroughly. Slowly melt butter in medium saucepan over low heat. Add cheese and remaining ingredients and continue to stir to prevent lumping. When partially thickened, pour over uncooked tortillas and bake as directed above.

*Serve with a green salad. Easy, different and delicious.*

— Janice Deutschman

## Everybody Wants This Recipe Casserole

---

- |                                  |                             |
|----------------------------------|-----------------------------|
| 4 slices bacon                   | 8 eggs                      |
| 4 green onions, sliced           | ½ t. salt                   |
| 1 lb. fresh mushrooms,<br>sliced | pepper                      |
| butter                           | 2½ C. jack cheese, shredded |
|                                  | 1 C. milk                   |

Fry, drain and crumble bacon. Sauté onions, then mushrooms in butter in same pan. In a bowl, combine bacon, onions, mushrooms, beaten eggs, salt and pepper to taste; add cheese and milk. Turn into a 2-quart casserole. Bake uncovered at 350° for 35 to 40 minutes. Serves 8.

— Sue Newbold



# Jack Cheese Pie

---

- |   |  |
|---|--|
| 1 pkg. Pillsbury Crescent Rolls<br>(refrigerated type)      | 1 small can jalapeño peppers,<br>diced           |
| 2 eggs, slightly beaten                                     | $\frac{2}{3}$ lb. Monterey jack cheese,<br>cubed |
| $\frac{1}{2}$ lb. sausage, browned,<br>crumbled and drained |  |

Unroll refrigerated crescent rolls. Use half of dough to line a 9-inch pie pan, bottom and sides. Pour beaten eggs into pie shell. Add browned sausage and jalapeño peppers. Place cheese cubes on top. Cut remaining dough into strips. Make a lattice topping on top of pie, securing edges by fluting. Bake in a 350° oven for 30 minutes or until golden brown. Pie filling will firm up as you allow pie to cool for 5 minutes before slicing.

Serves 6.

*Janice Deutschman*

# Pipérade

---

*(A Basque Egg Dish)*

- |                              |                             |
|------------------------------|-----------------------------|
| 4 red or green peppers       | salt                        |
| $2\frac{1}{4}$ lbs. tomatoes | pepper                      |
| olive oil                    | 6 thin slices of smoked ham |
| 1 onion                      | 6 eggs                      |
| 1 clove garlic               |                             |

Cut the peppers in half and remove all the seeds, then grill them open-side downwards until the thin outer skin blisters and curls, when it can be peeled off. Cut the peppers into small pieces. Peel the tomatoes, remove their seeds and mash the flesh into a pulp. Heat 2 tablespoons of olive oil in a heavy pan, slowly cook the chopped onion and add the chopped peppers. When the mixture is almost cooked, add the tomato pulp and the crushed clove of garlic. Season with salt and pepper and let it cook very slowly until it has the texture of a smooth, thick sauce. While the sauce is cooking, grill the slices of ham over a drip-pan. Remove and keep warm. Deglaze the pan with 1-2 tablespoons of the sauce and then add the mixture to the sauce. Remove the saucepan from the heat and stir in the beaten eggs. Return to the heat and cook over a gradually increased heat, stirring continuously so that the mixture remains smooth and no lumps are formed. When everything is thoroughly mixed together and of a thick, even consistency, pour into a warmed serving dish and garnish with the grilled slices of ham. Makes 6 servings.

— Vicki Oren



## Apple Sausage Quiche

---

Quiche Pastry (recipe follows)	1 T flour
5 eggs	1¼ C. half and half
1 T butter or margarine	½ t. salt
5 oz. pkg. cocktail smoked sausage	⅛ t. nutmeg
2 C. red delicious apples, thinly sliced	¼ t. caraway seed
	½ t. dry mustard
	2 C. Swiss cheese, shredded

Prepare Quiche Pastry. Pierce with a fork. Separate 1 egg. Beat white lightly and brush over bottom and sides of shell. Bake below oven center at 425° for 15 minutes. Meanwhile, melt butter; add sausages and sauté 1 minute. Add apple slices; cover and cook about 10 minutes, until apples are almost translucent. Beat remaining whole eggs with remaining egg yolk. Add flour, half and half, salt, nutmeg, caraway and dry mustard and mix well. Layer half the cheese in the pie shell; top with apples and sausages. Mix remaining cheese into egg mixture. Pour into shell. Bake at 375° about 30 minutes or until set in center. Cool to lukewarm before cutting. Makes 6 servings.

### Quiche Pastry

1½ C. flour, sifted	½ C. shortening
¾ t. salt	5 T cold milk

Combine flour and salt. Cut in shortening until particles are size of peas. Sprinkle with about 5 tablespoons of cold milk, adding just enough to make a stiff dough. Shape into a ball. Roll out on lightly-floured board to an 11½-inch circle and fit into a 9-inch pie pan. Fold edges under and build up a high fluted rim.

— Janice Deutschman

## Pizza Quiche

---

½ lb. pepperoni, thinly sliced	grated parmesan cheese
9-inch pie shell (unbaked)	8 oz. can tomato sauce with mushrooms
⅔ C. Swiss cheese, shredded	½ t. salt
½ C. sliced black olives	¼ t. basil
1 C. green pepper, chopped	¼ t. oregano
3 eggs	6 thin rings green pepper
2 T flour	
1 C. milk	

Sauté pepperoni, covered, 2 or 3 minutes or until warmed through. Set aside. Bake pie shell at 400° for 5 minutes. Remove pie shell from oven and sprinkle ½ cup Swiss cheese over bottom evenly. Sprinkle on half the pepperoni and top with olives, chopped green pepper, remaining Swiss cheese and rest of



pepperoni. Beat eggs and flour until smooth. Blend in milk, ¼ cup grated parmesan cheese, tomato sauce, salt, basil and oregano. Pour into pie shell. Sprinkle with 2 tablespoons grated parmesan cheese and top with green pepper rings. Bake at 400° for 15 minutes. Reduce heat to 325° and bake about 40 to 45 minutes longer or until knife inserted near center comes out clean. Remove from oven and garnish outer edge of pie with prebaked pastry cutouts. Let stand 10 minutes before cutting into wedges. Makes 4 to 6 servings.

— Janice Deutschman

## Voila Quiche

---

2 C. flour, sifted	⅓ C. cold milk
½ t. salt	1 egg white
½ C. butter or margarine	Voila Filling (recipe follows)

Mix flour and salt. Cut in butter until mixture resembles coarse meal. Add milk and mix until pastry clings together. Let stand 20 minutes. Roll out dough on floured surface and fit into a 10-inch pie plate. Trim and flute edges. Brush pie shell with egg white, then fill shell with Voila Filling. Bake at 375° for 40 minutes. Makes 6 to 8 servings.

### Voila Filling:

½ lb. sliced bacon	dash nutmeg
2 medium onions, sliced	⅛ t. cayenne pepper
2½ C. half and half	dash Worcestershire sauce
6 eggs	dash hot pepper sauce
1 t. garlic powder	pinch curry powder
freshly ground pepper	¼ lb. mushrooms, sliced
1 t. seasoned salt	1½ C. Swiss cheese, diced
1 t. dry mustard	

Cook bacon until crisp. Drain, crumble and set aside. Cook onions in a small amount of bacon fat until tender but not browned. Scald half and half, then cool. Combine eggs, garlic powder, pepper (to taste), seasoned salt, mustard, nutmeg, cayenne, Worcestershire, hot pepper sauce and curry powder. Beat lightly. Beat in half and half. Sprinkle bacon in pie shell. Top with onions and mushrooms. Sprinkle cheese evenly over vegetables. Pour custard mixture into pie shell and bake as directed.

— Janice Deutschman

## Chicken and Rice Dinner

---

8 pieces chicken (thighs and breasts are best)	1 can cream of celery soup
2 C. rice (uncooked)	1 can cream of chicken soup
1 can cream of mushroom soup	1 soup can water
	2 T. margarine or butter



Mix rice, soups (undiluted) and water together in a bowl. Stir in margarine. Place cleaned chicken (skin removed) in a 13×9-inch pan lined with aluminum foil. Pour rice and soup mixture over chicken, covering completely. Cover with aluminum foil. Bake for 1¼ hours in a 350° oven.

— *Janice Deutschman*

## *Chicken Chip Bake*

---

2 C. cooked, cubed chicken  
2 C. diced celery  
2 T. grated onion  
1 t. MSG  
½ C. almonds  
(blanched and slivered)

1 C. mayonnaise  
2 T. lemon juice  
½ C. grated cheese  
1½ C. potato chips (crushed)  
salt (to taste)  
OR McKay's vegetable seasoning

Combine above ingredients. Bake in medium-large casserole long enough to heat through, about 20 minutes at 350°. Good hot or cold.

— *Shannon Leach*

## *Chicken Papeété*

---

3 chicken breasts, boned  
2-3 slices pineapple  
¼ C. pineapple juice  
⅛ C. raisins  
1½ C. water  
1-2 T. cornstarch  
2 T. soy sauce  
2 T. teriyaki sauce  
¼ C. peanuts, chopped  
OR 1 T. peanut butter

2 large stalks celery, chopped  
¼ C. green pepper, chopped  
2-3 green onions, chopped  
4 T. peanut oil  
OR vegetable oil  
1 clove garlic, pressed  
garlic salt  
OR regular salt (to taste)  
pepper (to taste)

Coat bottom of a wok or large frying pan with oil. Pound chicken breasts until fairly thin; cut into bite-size pieces. In wok, place chicken pieces, celery, onions, green pepper, and garlic. Add 1 tablespoon soy sauce, 1 tablespoon teriyaki sauce, salt and pepper to taste, and stir-fry over medium-high heat until chicken is cooked through. Add peanuts (or peanut butter), pineapple and raisins. Combine separately the water, 1 tablespoon soy sauce, 1 tablespoon teriyaki sauce, pineapple juice, dash of salt and pepper, and cornstarch. Blend together well. Add to hot chicken and vegetable mixture and stir until sauce is thickened. Serve over rice. Makes 4 servings.

— *Lori Murphy*



## Chicken Chow Mein

---

3 (5 oz.) cans chicken	1 C. celery, diced
2 cans chow mein noodles	1 T onion, grated
1 can mushroom soup	½ lb. broken cashew nuts
1 soup can water	<i>no salt</i>

Mix chicken, chow mein noodles, diced celery, grated onion and cashews together. Mix together mushroom soup and water and pour over first ingredients. Stir gently. Bake at 325° for 40 minutes.

*Eunice Edwins*

## Chicken Tortilla Casserole

---

4 whole chicken breasts	1 C. milk
1 dozen corn tortillas	1 onion, grated
1 can cream of chicken soup	1 small can diced green chiles
1 can cream of mushroom soup	1 lb. cheddar cheese, grated

Wrap chicken in foil. Bake at 400° 1 hour or until tender. Bone chicken and cut into large pieces. Cut tortillas into 1 inch strips or squares. Mix soup, onion, milk and chiles. Grease large shallow baking dish. Put 1 tablespoon broth in dish. Place layer of tortillas, layer of chicken, then soup. Continue layers, ending with soup. Top with cheese. Let stand in refrigerator 24 hours. Bake at 300° for 1½ hours, covered.

*Joyce Whiteside*

## Cornish Hens Veronique

---

6 hens cleaned and stuffed with your favorite white and wild rice stuffing. Bake 1 hour and 15 minutes at 350° basting with juices.

*Veronique Sauce.*

½ C. toasted slivered almonds	1½ C. water
2 T butter	1 jar (about 5 oz.) baby strained apricots and apples
2 T cornstarch	1 C. seeded green grapes, halved
1 T brown sugar	
2 env instant chicken broth	
OR 2 chicken bouillon cubes	

Saute almonds, stirring often, in butter in a large saucepan just until golden, remove from heat. Stir in cornstarch, brown sugar instant chicken broth (or bouillon) and water crushing cubes with a spoon. Cook, stirring constantly, until sauce thickens and boils 3 minutes; stir in apricots and apples and grapes. Pour sauce over cornish hens just before serving.

*It's not only delicious it's gorgeous.*

*Carmen Sarro*



## Flour Tortilla Chicken Casserole

---

- |                                 |                                      |
|---------------------------------|--------------------------------------|
| 9 flour tortillas               | 1 C. jack cheese, shredded           |
| 5 chicken breast halves, cooked | 1 medium onion, grated               |
| 1 can cream of chicken soup     | ½ t. garlic powder                   |
| 1 can diced green chilis        | Paprika <i>AND</i> olives (optional) |
| ½ pt. sour cream                | 1 C. cheddar cheese, shredded        |

Combine soup, chilis, onion and sour cream with half of both cheeses. Put a little milk on the bottom of a large rectangular Pyrex (about ½ cup) Put tortillas in casserole, one at a time, and roll up with chicken and some of the sour cream mixture in center. Fill pan with one layer of enchiladas, then pour rest of sauce over top. Sprinkle rest of cheeses over top. Top with ripe olives and paprika, if desired. Bake at 350° for approximately 1 hour, uncovered. Serves 8.

— Shannon Leach

## Japanese Nabemono (Hekka)

---

- |                                    |  |
|------------------------------------|--|
| 4 T butter                         | 1 block tofu (soybean curd)                    |
| 2½ lbs. chicken, chopped in pieces | 2 T sake (rice wine)                           |
| 6 T shoyu (fermented soy sauce)    | ½ bunch watercress, cut into<br>2" lengths     |
| 4 T sugar                          | 8 stalks green onions, cut into<br>1½" lengths |
| ½ lb. mushrooms (canned or fresh)  |  |
| 2½ lb. can bamboo shoots           |  |

Heat skillet and add butter. Add cut-up chicken pieces and brown. Add sugar and shoyu, let simmer. Add vegetables and toss lightly in pan until all vegetables are partially cooked and soaked in the gravy. Lastly, add tofu; cook until firm. Serve hot with rice (serves 4-6)

*Chopped beef or pork works great too. Tofu can be found in most supermarkets. The firm (Chinese) variety is preferable. remember, it's high-protein.*

Moana Steinberg

## Pollo alla Cacciatora

---

- |                                       |                         |
|---------------------------------------|-------------------------|
| 4 lbs. of your favorite chicken parts | 1 t. parsley chopped    |
| 2 T butter                            | ½ can tomato paste      |
| 3 T. olive oil                        | ¾ C. sherry             |
| 1 stalk celery, chopped               | 2 cloves garlic, minced |
| 1 medium carrot, chopped              | salt (to taste)         |
| 1 C. mushrooms, sliced                | pepper (to taste)       |
| 1 medium onion, chopped               |                         |



Melt butter and olive oil in hot skillet. Brown chicken about 5 minutes on each side. Add all chopped vegetables, salt, pepper and garlic. Simmer about 10 minutes or until vegetables are partially tender. Gradually add sherry into which tomato paste has been well blended. Cover, stir occasionally to prevent sticking. Simmer about 30 minutes or until chicken is tender. If amount of sauce is insufficient, add a little water. Good served with buttered pasta or rice.

*Carmen Sarro*

## Pollo Boracho

*(Drunken Chicken)*

2 T corn oil	1 medium onion, finely chopped
2½-3 lb. broiler-fryer chicken, cut into pieces	2 cloves garlic, minced
1½ t. red chile powder	½ C. fresh orange juice
salt	⅓ C. gold tequila
½ lb. Mexican chorizo	2 T capers

Heat oil in a heavy-bottomed skillet, add chicken pieces and chili powder and brown chicken. Salt lightly and transfer to a casserole dish. Remove chorizo from casings and cook along with onions and garlic in same skillet until chorizo is cooked through. Distribute mixture evenly over chicken pieces. Mix together orange juice and tequila, pour over chicken, then sprinkle with capers. Bake, covered tightly, in a preheated 350° oven for 1 hour or until chicken is very tender. Serve with rice. Makes 4 to 5 servings.

— *Karin Toth*

## Sweet'n Sour Chicken Breasts

6 large chicken breasts, boned and cut into strips	½ t. ground ginger
2 T flour	¼ C. soy sauce
1 t. garlic salt	2 t. catsup (or tomato sauce)
2 T oil	1 T vinegar
½ C. chicken broth	1 T honey
4 oz. can pineapple chunks	1 pkg. frozen Chinese pea pods
2 t. cornstarch	2 T green onion tops, sliced
½ t. curry powder	1 small can water chestnuts, sliced and drained

Combine flour and garlic salt. Coat chicken strips. Cook chicken in hot oil until brown. Add chicken broth, cover and cook slowly for 15 minutes. Drain pineapple, reserving liquid. Combine ¼ cup reserved pineapple juice with cornstarch, curry and ginger. Blend in soy sauce, catsup, vinegar and honey. Pour over chicken and blend. Simmer uncovered for 20 minutes longer or until tender. Add drained pineapple and pea pods. Cook for 5 minutes



longer. Add water chestnuts and cook for another minute or two. Serve with rice and sprinkle with uncooked, chopped green onion tops.

— Lois Newbold

## *Escalopes de Dinde Normande*

---

*(Turkey Scallops with Tarragon Mustard)*

6 turkey scallops	pepper
2½ oz. butter	5 oz. button mushrooms
5 fl. oz. dry white wine	1 lemon
2 t. tarragon mustard	4½ fl. oz. cream
salt	2 egg yolks

Melt 1½ oz. butter in a sauté pan and when it begins to foam, put in the scallops and brown them on both sides. Remove and keep warm. Pour in the white wine, bring it to the boil and stir in the mustard. When it is thoroughly mixed, reduce the heat and put in the scallops. Season. Trim off the mushroom stalks and wipe them with a solution of lemon juice and water. Slice the mushrooms and add them, with the cream, to the pan. Cook all together for 10-15 minutes. Remove the scallops and arrange them on a warmed serving dish. Beat the egg yolks and slowly mix in 2 or 3 tablespoons of sauce from the pan. Remove the pan from the heat and stir in the extended beaten eggs. If the sauce is not hot enough, gently re-warm it but do not let it boil. Pour over the scallops. Makes 6 servings.

*Any green vegetables and sautéed potatoes go well with this delicious dish.*

— Vicki Oren

## *Boeuf à la Bourguignonne*

---

1½ lb. top round beef	bay leaf
1½ T butter	2 t. tomato paste
½ C. brandy	¼ t. lemon rind, minced
3 T. flour	2 C. red wine
salt	3 slices bacon
pepper	1 lb. small white onions
garlic	1 t. lemon juice
2 stalks celery	½ lb. small mushrooms
parsley	¼ C. parsley, chopped
thyme	

Brown beef in butter; add heated brandy and flame. When flame dies down, sprinkle with flour and stir over low heat until flour is browned. Season with salt and pepper and add garlic, celery, herbs, tomato paste lemon rind and heated red wine. Add enough boiling water to just cover meat. Simmer covered, stirring occasionally, for 1½ to 2 hours, or until meat is almost tender. Sauté diced bacon until transparent; add onions and sauté; add



mushrooms and cook 2 minutes longer Drain bacon fat; add bacon, onions, mushrooms and lemon juice to stew pot. Bring to a boil and simmer 15 minutes longer or until onions are just soft. Add chopped parsley and serve. Makes 4 servings.

*Nice served with wide noodles, peas and hot buttered french bread. And don't forget the red wine.*

*Carmen Sarro*

## *Carbonnades à la Flamande*

*(Flemish Beer Stew)*

3 lbs. chuck	2 cloves garlic
1 C. flour	10½ oz. can beef broth
2 t. salt	2 C. beer
1 t. pepper	¼ C. parsley chopped
⅓ C. shortening	1 bay leaf
onions (to taste)	½ t. crumbled thyme

Cut chuck into 1" cubes. Mix flour, salt and pepper Roll meat in flour mixture. Brown meat in shortening in a large skillet; add remaining ingredients. Cover tightly and simmer 1½ hours or until beef is tender Stir occasionally and add water if needed. Sprinkle parsley on top and serve with boiled potatoes.

— *Jami Kennedy*

## *Chinese Pepper Steak*

1 lb. beef tip round steak, ¾" thick	3 medium green peppers
1 T cornstarch	2 small tomatoes
½ t. sugar	2 T cooking oil
¼ t. ginger	1 clove garlic
¼ C. light soy sauce	¼ C. water

Partially freeze steak until firm and slice diagonally across the grain into very thin strips. Combine cornstarch, sugar and ginger and stir in soy sauce. Pour mixture over meat and stir Cut green peppers into 1-inch squares and cut tomatoes into wedges. Quickly brown beef strips, a third at a time, in hot oil and remove from pan. Reduce heat; add green pepper garlic and water to pan and cook until green peppers are tender-crisp, 5-6 minutes. Stir in meat and tomatoes and heat through. Makes 4 servings.

*Jami Kennedy*



## Grillades Normande

(Normandy Grill)

2 (1 lb.) sirloin steaks	pepper
1 C. parsley, chopped	3 oz. butter
4 T cream	2 T. oil
salt	3¼ lb. small new potatoes

Two hours before cooking, stir the chopped parsley into the cream. Lightly season. Heat the butter and oil together in a pan and cook the whole potatoes slowly so that they become golden brown and tender. The steaks may be either fried or grilled to whatever stage of rarity you prefer. Season them as they are turned over. Put the potatoes into a warmed serving dish and arrange the steaks on top. Heat through the cream and parsley mixture but do not let it boil. Pour the sauce over the steaks. Makes 6 servings.

*This dish is at its best when arranged in this way. The flavor of the potatoes is much enhanced by the sauce which drips on them from the steaks.*

— Vicki Oren

## Italian Steak

1 round steak	⅛ t. pepper
2 T. salad oil	¼ t. oregano
1 (3 oz.) can mushrooms	6¼ t. dry mustard
½ C. onion, chopped	⅛ t. garlic salt
2 T. green pepper	½ T. Worcestershire sauce
⅔ C. chili sauce	2 T. stuffed olives
1 t. salt	

Brown steak. Cook mushrooms, onion and green pepper in oil for 5 minutes. Mix all ingredients. Return meat to baking dish, spoon sauce over. Cook covered in oven (350°) for 1 hour and 15 minutes.

— Dianne Curtis

## Pot Roast Mexicali

4 lb. chuck roast	15 oz. can pinto beans
1 C. dry red wine	30 oz. can chili with beans
1 pkg. onion soup mix	30 oz. can tamales
15 oz. can ranch-style beans, drained	10 oz. can green enchilada sauce
15 oz. can kidney beans, drained	10 oz. can red chile sauce
15 oz. can garbanzo beans, drained	salt
	pepper
	cheddar cheese, shredded

Place roast in pan with cover. Add wine and sprinkle with soup mix. Cover



and cook at 325° 3-4 hours or until very tender Shred meat into a large casserole. Add beans, chili, tamales, sauces, salt and pepper to taste. Stir to mix well. Heat through and refrigerate overnight. Skim off fat, then bake at 350° for 45 minutes. Sprinkle generously with shredded cheese and continue to bake 15 minutes, or until hot and bubbly Serves 16.

— Jami Kennedy

## Russian-Hebrew Pot Roast

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(Tzimmes)

3-4 lb. beef pot roast	½ t. ground cinnamon
3 medium onions, thinly sliced	6-8 medium carrots, cut into 2" chunks
1 whole lemon, thinly sliced	3 medium sweet potatoes, peeled and quartered
2 (10½ oz.) cans beef broth (no water added)	2 medium white potatoes
2 T honey	12 oz. pkg. pitted prunes
OR ½ C. brown sugar	salt (to taste)
1 T white wine vinegar	pepper (to taste)
¼ t. ground cloves	

Bake meat in a large roasting pan in a 500° oven for 30 minutes, turning once. Lift up meat, pour off fat (if any) and arrange onions and lemon slices evenly on bottom of pan. Return meat to pan and pour beef broth over. Cover pan and bake at 300° approximately 1½-2 hours, until meat is barely tender. Combine all other ingredients; arrange carrots, potatoes and prunes around meat. Cover again and bake about 2 hours more or until meat and vegetables are tender when pierced. Skim fat from pan juices and add 2 tablespoons cornstarch and 2 tablespoons water for gravy, if desired. Serves 6-8.

*Optional 3 medium turnips, quartered, may also be added. Also rutabaga if desired.*

— Blanche Ansell

## Steak à la Conaway

---

2 lbs. round steak, cubed	1 C. mushrooms, sliced
3 bell peppers, cut in strips	wine to taste
1 medium onion, diced	

Simmer steak, peppers, onion and mushrooms in a dutch oven or wok with a small amount of wine. Add more wine as needed during simmering process. Approximately 45 minutes cooking time, or until steak and peppers are very tender. Serve with rice or noodles as a side dish.

— Ruth Clark



## Chopped Beef Stroganoff

---

1½ lb. chopped beef	2 T tomato paste
1 envelope onion soup mix	2½ C. water
3 T flour	½ C. sour cream

In a large skillet, stir meat until browned. Blend in onion soup mix, flour, and tomato paste. Stir in water. Simmer, covered, for 10 minutes. Just before serving, stir in sour cream. Serve over noodles.

— Gussie Lorelli

## Cuban Picadillo

---

2 lbs. lean chopped meat	2 cloves garlic, minced
1 onion, chopped	¼ t. oregano
½ green pepper chopped	4 oz. tomato sauce
1 C. raisins	salt (to taste)
1 C. garbanzo beans	pepper (to taste)
1 jar chopped pimiento	dash of cumin (to taste)
1 t. capers	

Brown ground beef, green pepper and onion, drain excess fat. Add other ingredients, stirring to mix well. Cook over low flame 15-20 minutes. If too dry, add more tomato sauce. Serve over plain white rice.

*Note. leftover meats such as pork and chicken can also be added.*

— Carmen Sarro

## Golden Meatballs

---

1 lb. ground beef	1 C. uncooked rice
½ C. bread crumbs	2 or 3 large carrots, cut into quarters
1 egg	½ C. chopped green pepper
1 t. salt	¼ C. chopped onion
2 C. water <i>plus</i>	½ lb. Velveeta cheese
2 beef boullion cubes	

Combine meat, breadcrumbs, egg and salt, mixing lightly. Shape into 18 meatballs, brown in a small amount of oil on all sides in a large skillet. Drain. Add water (with boullion cubes), rice, carrots, pepper and onion. Cover and simmer for 30 minutes. Add Velveeta, heat until cheese melts.

*May be made ahead of time, but always add cheese just before serving.*

— Gussie Lorelli



## Hamburger Casserole, Chinese Style

---

1 lb. hamburger, browned	2 T milk
10 oz. pkg. frozen peas, thawed	1½ t. salt
2 C. celery, finely sliced	¼ t. pepper
1 small onion, finely cut	1 C. crushed potato chips
1 can mushroom soup (undiluted)	

Arrange in layers in casserole: browned hamburger, peas and celery. Mix mushroom soup, salt, pepper, onion and milk and pour over hamburger, peas and celery. Top with crushed potato chips. Bake 30 minutes in a preheated 375° oven. Vegetables will remain crisp. Serves 6.

*The casserole can be prepared the day before.*

— Elizabeth M. Evans

## Mousaka

---

12 artichoke hearts in oil	1 C Béchamel sauce
1 T olive oil (optional)	(recipe follows)
¾ lb. lean ground beef	¼ C. parmesan, freshly grated

*Béchamel Sauce:*

2 T. butter or margarine	2 T heavy cream
2 T flour	salt (to taste)
1 T onion, finely chopped	pepper (to taste)
1 C. chicken broth	

*Sauce.*

Melt butter over low heat. Mix in flour until smooth. Stir in onion. Add chicken broth slowly. Raise heat moderately stirring until thickened. Add cream, season to taste, and simmer gently about 15 minutes (you can strain out onions, but I leave them in).

*Mousaka.*

Slice drained artichoke hearts in half. Place in the bottom of a baking dish. Brown ground beef in olive oil; sprinkle over artichoke hearts. Pour Béchamel sauce over and top with grated parmesan. Bake at 400° until top browns (about 10 minutes). Serves 4.

— A. Karin Edmondson

## Sarma (Yugoslavian Cabbage Rolls)

---

Remove the imperfect leaves from the outside of 2 large heads of cabbage and cut out the center core. Place the cabbage in the sink and pour boiling



water over it. While the cabbage is softening, prepare the following stuffing

*Sauté:*

6 strips bacon, chopped                      1 large onion, chopped

Add ½ can tomato soup. In a large bowl, beat 2 eggs.

*Add:*

2 t. salt    1 t. paprika  
½ t. pepper                                        2 t. Worcestershire sauce

*Add.*

¾ lb. ground beef                                ¾ lb. ground ham  
¾ lb. ground pork

When thoroughly mixed, add bacon mixture and ⅔ cup rice. Mix thoroughly. Separate cabbage leaves carefully and drain. Place a heaping tablespoon of stuffing at core end of each cabbage leaf and roll carefully. Stuff ends in. Place rolls in layers in dutch oven or heavy kettle. Chop small leaves and place over top. Pour remaining ½ can tomato soup over top and add enough water to cover rolls. Cook slowly for 2 to 2½ hours.

*This is Supervisor Mike Antonovich's favorite recipe. It is for Yugoslavian cabbage rolls (called "Sarma"), and this recipe has been perfected by his friend Diana Sekovich.*

— Jo Anne Darcy

## *Baked Ham Slice*

---

1½" thick slice of ham                        ½ C. light brown sugar  
1 C. milk    1½ T butter

Preheat oven to 350°. Use cooking pan that can be used on top of stove as well as in oven. Melt butter in pan; add light brown sugar and blend. Place ham slice and lightly brown on both sides — add cup of milk and place in oven for 1 hour. Remove and cut into serving slices.

*Ruth Clark*

## *French Toasted Ham Sandwiches*

---

12 thin slices white bread                    4 T. prepared mustard  
6 slices cooked ham                            6 slices Swiss cheese  
6 slices cooked chicken                      2 eggs, slightly beaten  
½ t. salt    dash pepper  
½ C. milk                                         ¾ T butter

Spread each slice of bread with mustard. Make six sandwiches of 1 slice



each. ham, cheese and chicken. Combine eggs, salt, pepper and milk in a shallow dish. Dip each sandwich (whole or cut in half) in egg mixture, turning to coat both sides. Fry over low heat in butter or margarine until well-browned. Serves 6.

— Gloria Barrett

## *Ham/Broccoli Surprise*

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1 C. rice	3 T flour
2 10 oz. pkgs. frozen broccoli, cooked	1 t. salt
6 T melted butter	¼ t. pepper
2 C. fresh bread crumbs	2 C. milk
2 C. chopped onion	1 lb. cooked ham, cubed
	6 slices American or cheddar cheese

Cook rice according to package directions. Put rice in greased casserole dish and cover with broccoli. In a bowl, combine 2 tablespoons butter with bread crumbs. Saute onions in remaining butter until soft. Stir in flour and seasonings. Cook, stirring constantly, until mixture bubbles. Stir in milk and continue cooking until thickened. Let boil for one minute. Add ham and heat thoroughly. Pour over rice and broccoli, cover with cheese and top with bread crumbs. Bake at 350° for 45 minutes or until bubbly and lightly browned. Serves 6.

— Jo Anne Darcy

## *Baked Pork Chops with Caper Sauce*

---

4 loin pork chops, cut 1" thick	2 T water
3 T all-purpose flour	½ C. sour cream
2 T salad oil	salt
½ C. regular-strength beef broth	pepper
2 t. dijon mustard	parsley sprigs
2-3 t. capers, drained	hot cooked rice

Coat chops on all sides with 2 T of the flour; shake off excess. Heat oil in a 10-12" frying pan over medium-high heat; add chops and cook until browned on both sides. Transfer chops to a 9" square baking pan. Stir together broth, mustard and capers; pour over chops. Cover, and bake in a 350° oven just until white throughout (cut at bone to test), 25 to 30 minutes. Remove chops to a warm platter (reserving the cooking juices). Keep warm. Meanwhile, pour fat from frying pan and discard. Add to pan the remaining 1 T flour and blend with the water, then stir in sour cream. Blend in juices from pork chops; stirring, bring to a boil. Season to taste with salt and pepper, then pour some of the sauce over chops and garnish with parsley. Serve remaining sauce in a bowl to spoon over rice. Makes 4 servings.

*Rice is nice with a little dill added.*

— Betty Burke



## Gon Lo Mein

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- |  |                                 |
|--|---------------------------------|
| 3 pkgs. (10-oz. size) ready-to-eat chow mein noodles | 4 stalks celery, slivered       |
| ¾ C. oyster sauce                                    | ½ C. chinese peas, sliced       |
| 2 T sesame oil                                       | 12 oz. pkg. green beans, sliced |
| 8 dried mushrooms, soaked                            | ½ t. salt                       |
| 6 green onions, chopped                              | ½ t. MSG                        |
| 12 oz. pkg. bean sprouts                             | ¾ lb. char siu, thinly sliced   |

Place noodles in a 13×9×2" baking pan. Sprinkle noodles with ¼ cup of the oyster sauce and 1 T of the sesame oil, heat in oven at 250° for 10 minutes. Remove stems from mushrooms; slice caps. In a wok or skillet, heat remaining tablespoon oil. Add mushrooms and other vegetables. Stir fry for 2 minutes. Season with salt, MSG and the remaining ½ cup oyster sauce. Mix char siu with the vegetables. Stir in noodles and toss gently. Makes 12 servings.

*Char siu is the chinese roast pork. Use leftover beef or pork, thinly sliced and seasoned lightly with soy sauce.*

Moana Steinberg

## Szechuan Garlic Pork

---

- |   |                 |
|---|-----------------|
| 1½ lbs. fresh pork shoulder                       | 1 T. sugar      |
| 2 slices fresh ginger root<br>(about 2 teaspoons) | 2 C. cold water |
|   | 1 T. peanut oil |

*Sauce mixture.*

- |                          |                         |
|--------------------------|-------------------------|
| 12 cloves garlic, minced | ½ t. salt               |
| 2 t. sugar               | 1 T soy sauce           |
| 1 t. white vinegar       | 1 t. sesame oil         |
| ¼ C. water               | 1 t. crushed red pepper |

In a large pot or Dutch oven, bring 2 quarts of water to a boil. Add pork and ginger slices. When pot returns to boiling, cover, reduce heat and simmer for 40 minutes. Make a sugar solution of the 1 tablespoon sugar and 2 cups cold water. Remove pork from pot and immediately plunge into sugar solution. Refrigerate for 1 hour (or longer). Just before serving time, slice the pork and arrange on a warm platter. Heat the peanut oil in a saucepan over medium heat. Add all ingredients listed under "sauce mixture" and cook for 5 minutes. Spread over pork slices and serve immediately.

*Soaking the pork in the sugar solution helps make the fat firm and crisp. Be sure to put the pork slices on a warm platter; this will melt away any grease which may have clung to the surface.*

Michael Toth



## Hawaiian Pork

---

1 lb. boneless pork, cut in 1" cubes	chinese noodles OR cooked rice
1 egg	½ C. pineapple chunks
2 T flour	2½ T. cornstarch
⅛ t. pepper	2½ T. soy sauce
½ T flour	¼ C. sugar
3 T lard or drippings	¼ C. vinegar
3 green peppers	½ C. pineapple juice

Beat together egg, flour, salt and pepper. Thoroughly coat cubes of pork in egg/flour batter. Brown on all sides in hot lard or drippings in frying pan. Cover and cook slowly for about 30 minutes. Remove stems and seeds from green peppers. Cut into 1 inch squares. Boil 10 minutes and drain. Add green peppers and pineapple to meat. Cover and simmer 10 minutes. Stir and cook together cornstarch, soy sauce, sugar, vinegar and pineapple juice until clear, about 2 minutes. Pour sauce over meat mixture and simmer 5 minutes. Serve over chinese noodles or rice.

*Dianne Curtis*

## Sweet and Sour Pork

---

20 oz. can Dole crushed pineapple	¼ C. plum jam
1 lb. pork shoulder, cubed	2 T red wine vinegar
2 T. vegetable oil	2 T soy sauce
1 C. carrots, sliced	1 T cornstarch
½ C. green onions, sliced	½ t. ground ginger
½ C. green bell pepper, chunked	

Drain pineapple, reserving juice. Brown pork in oil. Cover; simmer 20 minutes. Remove. Sauté vegetables. Remove. Blend jam, reserved syrup, vinegar and soy sauce. Stir a little sauce into cornstarch and ginger. Add to skillet. Cook until mixture thickens. Stir in pork, vegetables and pineapple. Serves 4.

— *Ethel Wilson*

## Portuguese Linguisa (Sausage)

---

2 lbs. boneless pork	⅛ t. powdered cumin
2½ C. water	⅛ t. cinnamon
1 T. vinegar	1 t. salt
4 cloves garlic, mashed or minced	¼ t. pepper
OR	
1 t. bottled garlic purée	



Trim off any excess fat from meat. Chop meat with a sharp-bladed knife into small cubes about  $\frac{1}{4}$  inch square. In a covered kettle, mix together the water, vinegar, garlic, cumin, cinnamon, salt and pepper. Add chopped pork, cover pan and store in refrigerator. Let stand for 2 days, stirring occasionally so the flavors will blend. Drain liquid off meat. Squeeze meat in a clean, dry tea towel to remove most of moisture. Fry in an ungreased pan for 8 minutes, or until meat is lightly browned, crumbly, and cooked through. Serve immediately. This will serve 8 people.

*Serve with eggs, beans, cornmeal or bread for breakfast or a light lunch.*

— Moana Steinberg

## Grenadins à l'Orange

*(Medallions of Veal in Orange Sauce)*

6 veal chops, boned and trimmed (about 6 oz. each)	pepper
3 oranges	heaped tablespoon flour
1 T. brandy	$3\frac{1}{2}$ oz. butter
1 T. orange liqueur	1 onion
salt	1 carrot

Take the peel of 2 of the oranges and cut into thin strips. Steep them in a mixture of the brandy and orange liqueur. Season the flour and coat the veal chops on both sides, shaking off any surplus. Heat the butter over a moderate heat and, without letting it brown, sear the chops to a golden brown color. Chop the onion and slice the carrot and add these vegetables to the meat, letting them all cook together for 15 minutes. Remove the chops and keep them in a warm place. Take the juice of the 2 peeled oranges and pour it, together with 4 tablespoons of water and the liquor in which the peel has been steeped, into the pan. Deglaze the pan vigorously with the back of a fork. Bring the sauce to the boil and pass through a sieve. Peel the third orange and divide it into slices. Put the veal chops back into the pan, pour the sauce over them and decorate with the steeped strips of orange peel and slices of orange. Gently reheat and serve at once. Makes 6 servings.

— Vicki Oren

## Agneau au Safran

*(Saffron Lamb)*

$2\frac{3}{4}$ lb. boned lamb shoulder	4 cloves garlic
1 t. dried saffron	1 stick cinnamon
18 fl. oz. natural yogurt	$\frac{1}{2}$ t. cardamom seeds
2 t. caraway seed	6 whole cloves
salt	1 root fresh ginger
$2\frac{1}{2}$ oz. blanched almonds	$\frac{1}{2}$ t. chili powder
3 T. oil	27 fl. oz. coconut milk
4 medium onions	



Soak the dried saffron for 10 minutes in 3 tablespoons of boiling water. Put it into a bowl with the yogurt, caraway seeds and a pinch of salt. Mix together and add the meat, cut into large cubes, stirring until all the meat is covered. Leave to marinate for half an hour. Soak the almonds for 10 minutes in 8 tablespoons of boiling water. Remove them, but do not discard the water. Chop up the nuts finely and put them and the soaking water into a blender. A runny paste should result. Heat the oil in a thick-bottomed casserole, add the chopped onions and garlic, together with the cinnamon, the cardamom seeds, the cloves and 2 tablespoons of grated ginger. Cook gently for 7 or 8 minutes, stirring frequently. Add the lamb, the mixture in which it was marinated and also 8 tablespoons cold water. Finally, add the almond purée and chili powder. Mix together and cook for 10 minutes. Add the coconut milk, bring everything to the boil and allow to simmer until the lamb is tender. This should be in about 20 minutes. Remove the cinnamon stick and the cloves, arrange the meat on a warmed serving dish and cover it with the sauce. Serve with boiled rice and a variety of chutneys. Makes 6 servings.

— Vicki Oren

## Saumon en Papillotes

*(Salmon with Mint)*

6 (6 oz.) salmon steaks	pepper
1 lb. sorrel	1 lime
20 leaves of fresh mint	3 oz. butter
salt	

If sorrel is not available, use the same quantity of spinach with a squeeze of lemon juice. Divide the vegetable and wash it in plenty of running water, also the leaves of mint. Dry them together, first in a salad basket and then in a cloth. Chop the mixture finely. Remove the skin and the spine from each piece of fish. Take six sheets of aluminum foil, each large enough to enclose one piece of fish. On each sheet of foil, make a bed of chopped sorrel and mint, place a piece of fish on it, season, add another layer of sorrel and mint, a slice of lime and a knob of butter. Bring the edges of the foil together to make an envelope, ensuring that there is a good tight seal but also that some space remains around the fish. Preheat an oven to its maximum temperature and cook the fish for 5 minutes. Serves 6.

— Vicki Oren

## Saumon en Rilletes

*(Terrine of Salmon)*

8 oz. fresh salmon	salt
7 fl. oz. dry white wine	freshly-ground pepper
1¾ fl. oz. olive oil	8 oz. smoked salmon
2 T brandy	7 oz. butter



Skin and fillet the fresh salmon and cut the flesh into cubes. Put them in a saucepan, add the white wine and bring to the boil. As soon as the first bubbles appear, remove from the heat. Warm the oil gently in a small pan and cook the cubes of salmon, removed with a perforated spoon from the wine in which they were poached, so that they do not take on any more color. Add the brandy and seasoning, mix together and put to one side in a cool place. Cut the smoked salmon into large pieces and cook it slowly in half the butter, again so that it does not take on any more color. Allow it to cool and then pound it in a mortar, together with the rest of the butter, softened. Continue to work the mixture until a creamy paste results. Stir the cooked fresh salmon into this paste, check the seasoning, turn into a terrine dish and refrigerate overnight. Serve chilled. Makes about 1 lb.

— Vicki Oren

## *Huachinango (Red Snapper) Veracruz*

---

2 large cloves garlic, pressed  
4½-5 lbs. red snapper fillets  
2 T lime juice  
salt  
3 T olive oil  
1 medium onion, thinly sliced  
1 small green pepper, cored,  
seeded and thinly sliced

2 lbs. tomatoes, peeled,  
seeded and chopped  
1 bay leaf  
½ t. oregano  
¼ t. cinnamon  
2 T. capers  
2 fresh serrano  
OR jalapeño chiles

Arrange fish fillets on a cookie sheet. Rub with garlic, sprinkle lightly with lime juice and salt, and set aside. Heat oil in a skillet and sauté onion and green pepper until softened. Add tomatoes, bay leaf, oregano and cinnamon. Simmer, uncovered, until thickened, about 15 minutes. Pour the sauce over the fish fillets and sprinkle with capers. Seal tightly with aluminum foil and bake at 450° 12 minutes per inch of thickness, until fish flakes with a fork. Wearing gloves, seed and mince the chiles and serve on the side. Makes 4 to 5 servings.

— Karin Toth

## *Cabillaud Portugaise*

---

*(Cod Portuguese)*

3 good-sized cod steaks  
flour  
olive oil  
12 small onions  
4 good-sized tomatoes  
2 cloves garlic  
1 red pepper

1 green pepper  
thyme  
rosemary  
3½ fl. oz. dry white wine  
salt  
pepper

Buy cod steaks about 1 inch thick. Wipe them, salt both sides and leave for a



few minutes. Roll them in flour and cook in oil in a pan until golden brown on both sides, taking care not to let the oil burn. Remove the fish to a casserole in which the dish will cook and be served. In the same oil, first brown the small onions and add them to the cod. Then put in the peeled and seeded tomatoes, and the crushed garlic. Cut the peppers in half lengthwise, remove the seeds and inner membranes and soften them under a grill until the skin can be peeled off. Cut the peppers into strips, add them to the tomato mixture and then pour it all over the fish. Sprinkle in a level tablespoon of chopped fresh or dried thyme, and a few leaves of rosemary. Moisten with white wine, season with freshly ground pepper and cook uncovered over a moderate heat, without stirring the dish, for 20 minutes. Then reduce the heat further, cover the dish and let it simmer for about 5 more minutes. Makes 6 servings.

— Vicki Oren

## Crab (or Shrimp) Sandwiches

---

6 oz. can flaked crab or shrimp)	salt (to taste)
1 C. cheddar cheese, grated	lemon pepper (to taste)
2 T scallions, chopped	4 English muffins
dash of worchestershire	OR hamburger buns
¾ C. Best Foods sandwich spread	paprika

Mix first 6 ingredients. Spread on muffin or bun halves. Top each with a dash of paprika. Toast under broiler until light brown and puffy. Serve immediately. Takes only 5 minutes or so to toast.)

*Can also be spread on sliced sourdough bread good for brunch or lunch.*  
Carmen Sarro

## Camarones en Escabeche

---

*(Pickled Shrimp)*

1 lb. fresh medium shrimp, shelled and deveined	1 T paprika
½ C. flour	1 C. red wine vinegar
1 t. salt	1 small onion, thinly sliced
1 T pepper	2 or 3 canned serrano chiles, cut into strips
½ C. olive oil	salt (to taste)
2 bay leaves	pepper (to taste)
½ t. ground cumin	lettuce or romaine leaves
½ t. ground nutmeg	8 radishes, sliced
2 cloves garlic, minced	8 green olives, sliced

Mix flour with salt and pepper in a bag. Add shrimp and shake to coat evenly. Cook a few at a time in a little oil until lightly brown, adding oil as



needed. Put shrimp into a serving dish. In a saucepan, combine any oil remaining from the frying with the bay leaves, cumin, nutmeg, garlic, paprika, vinegar, onion, chiles, salt and pepper to taste. Bring slowly to a boil and simmer until onion is very tender. Pour sauce over shrimp. Allow to cool, then chill overnight. Serve cold over lettuce or romaine leaves, garnished with thin slices of radish and green olives. Makes 4 servings.

— *Michael Toth*

## Shellfish Cioppino

---

1 large onion, sliced	½ bay leaf
1 bunch green onions, including part of the tops, sliced	3 t. salt
1 green pepper, seeded and diced	¼ t. lemon pepper
2 whole large cloves garlic	⅓ t. rosemary
⅓ C. parsley chopped	⅓ t. thyme
1 lb. can tomato purée	2 medium dungeness crabs
8 oz. can tomato sauce	1 dozen fresh clams (in shells)
tomato sauce can of white wine	1 lb. fresh prawns or large shrimp, peeled and deveined
tomato purée can of water	

In a Dutch oven or a frying pan that has a cover, sauté the onion, green onion and garlic in olive oil about 5 minutes. Add the parsley, tomato purée, tomato sauce, wine, water and all the seasonings. Cover and simmer about an hour (you can do this much ahead of time)

Clean and crack crabs. Arrange crab pieces in bottom of a large pan (at least 8-quart size). Scrub the clams well to remove any sand and put in on top of crab. Put shrimp on top. Pour on the hot prepared sauce; cover and simmer until the clam shells open, 20 to 30 minutes. (You can also use all crab claws if desired.) Serve in large soup bowls or soup plates. Makes about 6 servings.

*Warm sourdough bread and a tossed green salad make good accompaniments. A chenin blanc (or your favorite white wine) tops it off*

— *Carmen Sarro*

## Stir-Fried Lobster and Mushrooms

---

1 lb. lobster meat	2 T. soy sauce
1 T. cornstarch	1 T. sherry
¼ C. water	2 T. oil
¼ b. fresh mushrooms	3-4 T. oil
2 scallion stalks	½ t. salt
1 garlic clove	

Cut lobster into 1" cubes. Blend cornstarch in cold water to a paste. Add to lobster and toss gently to coat. Slice mushrooms. Cut scallions into 1" sections. Mince garlic and combine with soy sauce and sherry. Heat oil. Add



scallions. Stir fry one minute. Add mushrooms and stir fry until nearly done for 1 to 3 minutes. Remove vegetables from pan. Heat remaining oil. Add lobster and salt. Stir fry until cubes begin to curl at edges (about 3-4 minutes) Quickly stir in garlic-soy mixture. Return mushrooms and scallions to pan and stir fry to reheat and blend flavors (about 2 minutes). Serve at once. Makes 2-4 servings.

*If served as a side dish, stir-fried vegetables and hot rice go well with this.*  
Moana Steinberg

## Assiette des Pêcheurs

*(Fisherman's Platter)*

1 small bass (about 14 oz.)	18 langostinos
1 sole about 14 oz.)	chopped chervil
1 piece of salmon (about 8 oz.)	9 oz. butter
12 scallops	

*For the Court-Bouillon:*

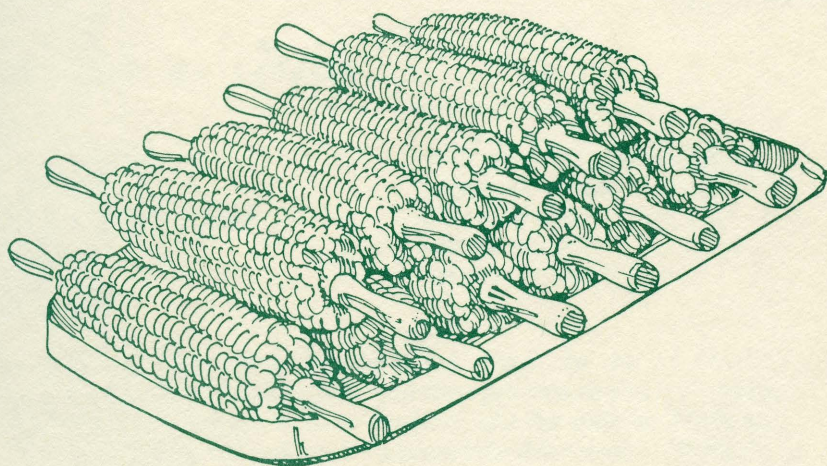
7 oz. carrots	1 bottle dry white wine (Muscadet)
7 oz. onions	bouquet garni
7 oz. leeks (white part only)	salt
1 stalk celery	freshly-ground black pepper

Trim and wash the vegetables and cut them all into thin (julienne) strips. Melt 2 ounces of butter in a saucepan, put in the cut vegetables and simmer them gently. Pour in the white wine and 1¼ pints of water: add the bouquet garni. Salt sparingly and season with pepper. Continue cooking for 30 minutes and then strain the court-bouillon. Fillet the bass and the sole. Cut off the heads and legs of the langostinos, take the scallops from their shells and cut the white parts in two if they are too thick. Wash and dry all the fish and shellfish. Poach each separately in the court-bouillon for about 2 or 3 minutes, remove and keep warm in a double-boiler. Then reduce the court-bouillon over a brisk heat by about a quarter. Take it off the heat and whisk in the remaining (7 oz.) butter knob by knob. Divide the fish and shellfish among individual warmed dishes, cover with the sauce and sprinkle with chopped chervil. Makes 6 servings.

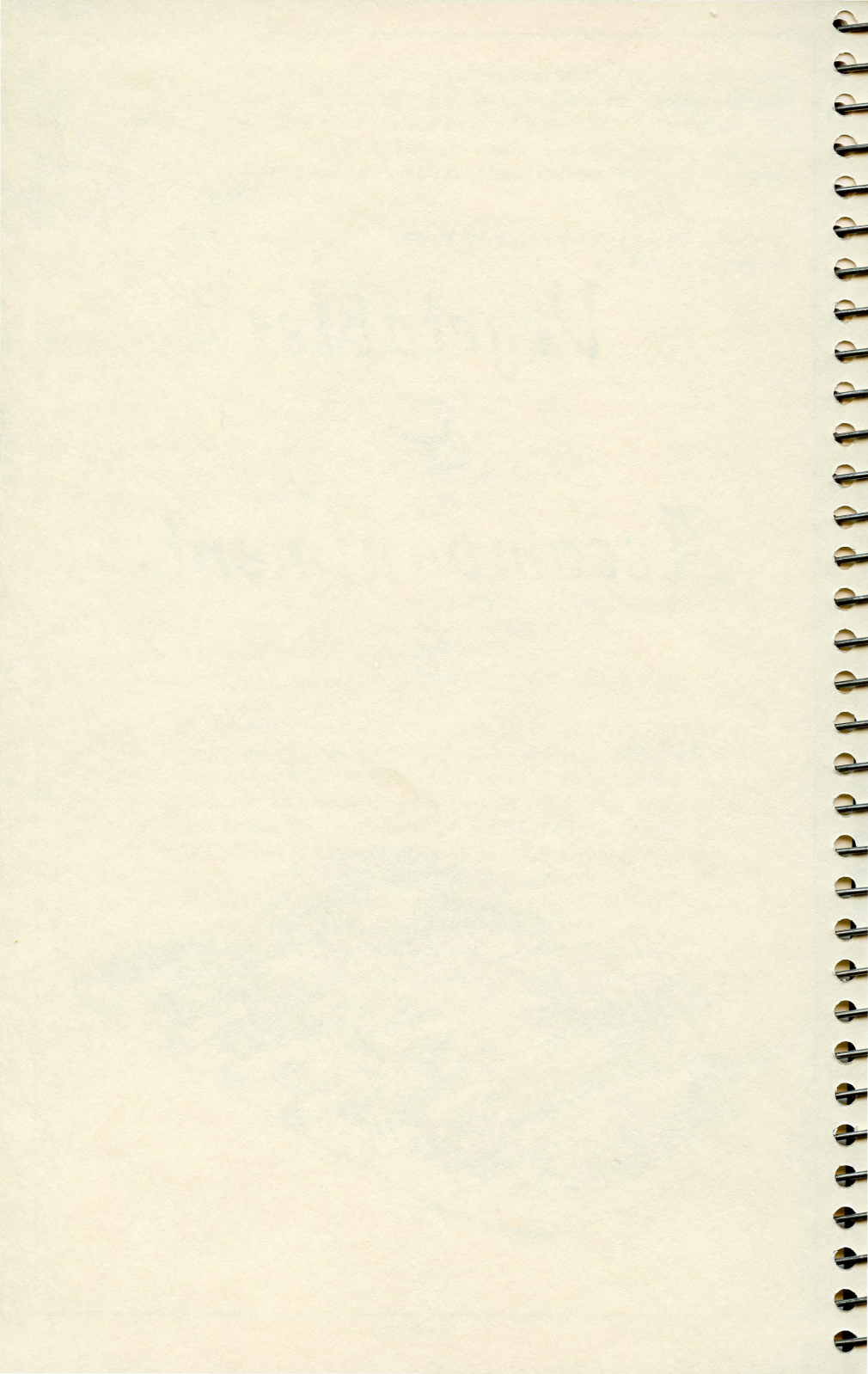
*Vicki Oren*



*Vegetables  
&  
Accompaniments*









## Bourbon Baked Beans

---

4 (1 lb.) jars brick-oven baked beans    1 T dark molasses  
1 t. dry mustard    ½ C. strong coffee  
½ C. chili sauce    10 slices pineapple  
½ C. bourbon    brown sugar (to taste)

Grease a 9×13" baking dish. In a large bowl, combine beans, mustard, chili sauce, bourbon, molasses and coffee. Mix well and pour into baking dish. Cover and refrigerate at least 3 hours (overnight is best) Remove cover and bake at 350° for 40 minutes. Arrange pineapple slices on top and sprinkle with brown sugar as desired. Return to oven and bake, uncovered, 40 minutes longer. Makes 12 servings.

*I usually add about a tablespoon of Tobasco. Try these beans the next time you barbecue!*

— Michael Toth

## Eva Millsap Broccoli Casserole

---

2 pkgs. chopped broccoli    1 can cream of mushroom soup  
1 egg, slightly beaten    1 C. grated cheddar cheese  
½ C. mayonnaise    ¼ C. melted butter  
1 small onion, chopped    ½ pkg. herb stuffing mix

Cook broccoli slightly less than package directions. Mix broccoli, egg, mayonnaise, onion, soup, and cheese in a greased 2 qt. casserole. Mix stuffing with melted butter and sprinkle over broccoli. Bake at 350° for 30 minutes.

— Joyce Whiteside

## Broccoli au Gratin

---

4-5 stalks fresh broccoli    ½ lb. cheddar cheese, grated  
2 T butter    parmesan cheese  
half an onion, chopped    minced garlic  
2 eggs    salt (to taste)  
½ C. milk    pepper (to taste)  
2 T flour

Cook broccoli in boiling, lightly-salted water. In the meantime, sauté chopped onion in butter in a pan, add the eggs (which you have beaten with some milk) When eggs have scrambled, add the milk with 2 tablespoons flour to the eggs and blend. Add the grated cheddar cheese, stirring to blend. Remove from flame. Chop the cooked broccoli into bite-size pieces. Place in flame-proof container. Add the cheese sauce and mix thoroughly, adding the



minced garlic. Top with grated parmesan or romano cheese and dot with butter. Dish can be held at this point. Just before serving, place under broiler for about 5 minutes, or until brown and bubbly.

*Note. for convenience, a package of frozen broccoli flowerets can be used.*

— Paula Carlson

## Broccoli Vinaigrette

---

1½ lbs. fresh broccoli, trimmed and broken into bite-size pieces	2 t. dried basil leaves, crushed
½ C. salad oil	¼ t. Tobasco sauce
¼ C. cider vinegar	2 t. Dijon style mustard
2 cloves garlic, finely chopped	4 green onions, finely chopped (including tops)
1½ t. seasoned salt (or to taste)	cherry tomatoes, halved (for garnish)

Cook broccoli, covered, in 1 inch boiling water for 10 minutes. Drain and keep warm. In a saucepan, heat oil and cook garlic until limp, but do not brown. Add vinegar, salt, basil, Tobasco sauce, mustard and green onions. Bring to a boil. Arrange broccoli in a serving dish. Pour boiling dressing over the top, tossing gently to coat. Garnish with cherry tomato halves and serve immediately. Makes 4-6 servings.

— Michael Toth

## Celery à la Greque

---

6 celery hearts	1 t. salt
½ lb. mushrooms	2 garlic cloves
½ lb. shallots	12 peppercorns, minced
OR tiny white onions	¼ t. coriander seed
1 onion, thinly sliced	¼ t. thyme
½ C. dry white wine	1 bay leaf
⅓ C. olive oil	1 jar artichoke hearts (unmarinated)
¼ C. lemon juice	1 C. boiling water

In a saucepan blanch celery hearts, trimmed to 5-inch lengths, in boiling water to cover for 2 minutes. Drain the celery, refresh it under cold running water until it is cool, then halve or quarter lengthwise. In a deep skillet combine the celery, mushrooms (quartered) shallots, and sliced onion and artichoke hearts. Add wine, oil, lemon juice, salt, garlic, peppercorns, coriander seed, thyme and bay leaf. Pour on 1 cup of boiling water (or enough to barely cover vegetables) Bring the liquid to a boil over moderately high heat, reduce the heat to moderate and simmer, covered, for 15 to 20 minutes or until vegetables are tender. Transfer mixture to a deep serving dish and remove bay leaf. Let mixture cool. Chill, covered, for at least 3 hours. Serve sprinkled with minced parsley. Keeps several weeks covered in the refrigerator. Serves 8.

— Vicki Oren



## Céleris en Cocotte

---

*(Hungarian Braised Celery)*

3 good heads of celery  
1½ oz. butter  
cube of chicken stock  
2 (5 oz.) containers yogurt  
salt  
black pepper

cayenne pepper  
1 t. paprika  
1 T wine vinegar  
4 hard-boiled eggs  
sprig of fresh parsley

Trim the celery top and bottom and take off the outer sticks. Put the hearts to one side and slice the sticks into ½-inch lengths. Melt the butter in a casserole, add first the celery pieces and then the celery hearts, cut in half lengthwise. Barely cover with cold water and crumble the stock cube over the vegetables. Cook over a low heat for about 30 minutes, remove and allow to cool in the casserole. Drain the remaining liquid from the celery. Make the sauce while the celery is cooking. Put the yogurt into a mixing bowl, season, add a pinch of cayenne pepper, the paprika and the wine vinegar. Whisk together until a really smooth sauce results. Arrange the celery hearts in a serving dish, pour the sauce over them and decorate with parsley and the yolks of the hard-boiled eggs which have been put through a Moulinette. Makes 6 servings.

*The celery can be cooked in advance. The sauce should be chilled before serving.*  
— Vicki Oren

## Chilies Rellenos Casserole

---

2 C. grated cheddar cheese  
1 C. grated jack cheese  
7 oz. can whole Ortega chilies  
6 eggs  
1 can evaporated milk

3 T. salsa  
salt (to taste)  
pepper (to taste)  
seasoned salt (to taste)  
garlic (to taste)

Mix grated cheeses together. Layer chilies and grated cheeses in 10-inch pie plate. Beat together eggs, milk, salsa and seasonings. Pour egg mixture over cheese and chilies. Bake at 350° 50-60 minutes, or, in microwave for 18 minutes, turning every 6 minutes. Serves 8.

— Pat Allen



## Corn Casserole

---

- |                                  |                            |
|----------------------------------|----------------------------|
| 1 can whole corn, drained        | 1 stick margarine          |
| 1 can cream style corn           | 1 pint dairy sour cream    |
| 2 eggs, beaten                   | 2 C. grated cheddar cheese |
| 1 pkg. Jiffy corn muffin mix     | salt (to taste)            |
| 1 onion, finely chopped          | pepper (to taste)          |
| 1 T green pepper, finely chopped |                            |

Sauté onion and pepper in margarine. Fold corn into beaten eggs. Add Jiffy mix to egg mixture, then add onions and peppers. Put into a well-greased 9×13-inch baking dish. Spread with sour cream and cheese and sprinkle with paprika. Bake at 375° for 40 minutes. After removing from oven, cover for a few minutes before serving.

*Joyce Whiteside*

## Bohémienne

---

*(Provençale Vegetable Casserole)*

- |                      |                               |
|----------------------|-------------------------------|
| 2¼ lbs. eggplant     | 8 anchovy fillets in oil      |
| 2¼ lbs. tomatoes     | 1 T flour                     |
| 10½ oz. onions       | 2½ fl. oz. milk               |
| 5¼ fl. oz. olive oil | chopped parsley               |
| 3 cloves garlic      | 2 oz. fresh white breadcrumbs |

Trim the eggplant and cut into dice. Put into a sieve, sprinkle with salt and leave to sweat for 30 minutes. Peel the tomatoes, cut them into quarters and remove the seeds. Chop the onions. Heat the oil and the onions together and cook gently until the onion is transparent. Wash the diced eggplant and dry on kitchen paper. Add them to the onions together with the tomatoes and one whole clove of garlic. Let everything cook slowly together stirring frequently. In a mixing bowl, mash the anchovy fillets in their own oil with the flour and milk to make a sort of roux. Add it to the vegetable stew, mixing it well in. Crush the rest of the garlic and mix it together with the chopped parsley and the breadcrumbs. Cover the surface of the vegetables with this mixture and put into a very hot oven (450°) until a crust is formed. Serves 6.

*Vicki Oren*

## Eggplant Neopolitan Style

---

- |                               |                               |
|-------------------------------|-------------------------------|
| 1 large firm Italian eggplant | lemon pepper                  |
| 2 or 3 eggs, beaten           | dried rosemary                |
| flour                         | additional parsley and        |
| Italian style bread crumbs    | grated romano cheese for your |
| salt                          | Italian style bread crumbs    |
| garlic powder                 |                               |



Peel and slice eggplant sideways into thin slices. Put in pot, cover with cold water (place lid on top or eggplant will float) In 30 minutes, drain water and replace with fresh water In another 30 minutes, drain again. If water runs clear place eggplant slices on a platter in a single layer and cover with paper towels to remove excess water While eggplant is drying out, prepare three bowls, 1 of flour with salt added, the next with at least 2 eggs beaten with lemon pepper and minced garlic, the last with your Italian style bread crumbs to which you will add more parsley grated romano cheese and some dried rosemary Prepare a frying pan with Italian olive oil. If you find this oil too strong, try a mix of olive oil and salad oil. Dip piece of eggplant in flour then into egg (coating entirely), then breadcrumbs. Heat oil over medium low heat. Repeat with each piece of eggplant and fry as many at a time as can fit in pan. Turn and brown, remove to a paper towel. Eggplant can be reheated in oven before serving.

*For Eggplant with Mozzarella.*

Make Marinara sauce. Place sauce on bottom of baking dish, cookie pan, or whatever Put eggplant on sauce, pour more sauce over then add a slice of Mozzarella cheese on top. Bake until cheese melts.

*Recipe for Marinara Sauce.*

1 large can chopped Italian tomatoes	basil (fresh is best) salt
4 cloves garlic, chopped sugar	dash cayenne pepper

Sauté garlic in olive oil, add tomatoes, basil, salt, pepper and try 1 tablespoon sugar Cover lightly and cook on low heat 30 minutes. Good basic sauce for eggplant, pizza or pasta.

— Carmen Sarro

## *Fancy, But Easy, Italian Green Beans*

---

4 slices bacon	1 can mushroom soup
1 can Italian green beans	1 can French fried onions

Cut bacon, fry, drain, cool and crumble. Place other ingredients in baking dish, saving ½ can of French fried onions. Mix together then top with remaining onions. Bake at 350° for 20 minutes.

*Tracie Anresen*

## *Green Bean Casserole*

---

2 pkgs. frozen French style green beans	3 oz. can mushrooms
1 can french fried onion rings	2 T toasted almonds
1 can cream of mushroom soup	OR sliced water chestnuts



Mix beans in hot water until thawed. Drain beans and mix with soup, mushrooms and almonds. Spread onion rings on top. Bake at 375° for 40 minutes.

— Lois Newbold

## Queso Bean Casserole

---

2 cans green beans (drained)	¼ lb. cheddar cheese, grated
OR	1 can mushroom soup
1 lb. fresh green beans	dash garlic salt
7 oz. can chopped Ortega chilies	1 small can french fried onions

If using fresh green beans, steam until tender. Mix all ingredients in casserole dish and bake at 350° for 30-35 minutes. Remove from oven and add can of french fried onions. Return to oven for 10 minutes. Serves 6-8.

— Pat Allen

## Peas Italiano

---

1 pkg. frozen peas	4 oz. tomato sauce
½ onion, chopped	pinch of oregano
3 T Italian olive oil	salt (to taste)
1 clove garlic, minced	lemon pepper (to taste)

Put all ingredients together in a covered frying pan and cook on low flame for 30 minutes, stirring once or twice. Excellent with beef dishes.

— Ida Massimo

## Champignons Montagnards

---

*(Mushrooms Savoy)*

1 lb. button mushrooms	3½ oz. wine vinegar
1 lemon	10½ oz. tomatoes
olive oil	bouquet garni
2 onions	salt
1 clove garlic	pepper

Trim the mushroom stalks and wipe them with lemon juice diluted with 2 or 3 parts of water. Then cut each mushroom into quarters. Heat some oil in a pan until it is almost smoking; put in the mushrooms and fry them over a brisk heat. Continue cooking until any liquid given out by the mushrooms has evaporated. Meanwhile, in another pan, heat 3 tablespoons of olive oil and gently cook the chopped onions and garlic until they are transparent, then add the vinegar and, over a brisk heat, reduce it to half its volume. Add the tomatoes (which should have been peeled, seeded and chopped), the



bouquet garni, and season. Cook slowly without covering the pan, for about 25 minutes. Remove the bouquet garni, and mix the mushrooms in with the tomato sauce; leave to cool and serve cold. Makes 6 servings.

— Vicki Oren

## Baked Hash Brown Potatoes

---

2 lbs. frozen hash brown potatoes    ¼ C. milk  
1 can cream of mushroom soup    1 C. Corn Chex cereal,  
1 C. sour cream                            crumbled  
1 C. cheddar cheese, grated        6 T butter or margarine

Butter a 3-quart casserole (or 9×13" pan). Combine hash browns (frozen), mushroom soup, sour cream, grated cheese and milk. Blend by hand. Pour into casserole (or pan) Melt butter and mix in Corn Chex crumbs. Sprinkle over potato mixture. Bake at 350° for one hour Serves 8 adults.

— Bette Deutschman

## Hungarian Sour Potatoes

---

1½ lbs. potatoes                            1 small onion, minced  
1 bay leaf                                    ¼ C. sour cream  
¼ t. black pepper                        ½ T sugar  
1 t. salt                                        1 T parsley, minced  
3 T lard                                        1 to 2 T vinegar  
3 T flour

Peel potatoes and cut into ½-inch dice. Cook in 2½ cups water with the bay leaf, pepper and salt until potatoes are half done. Heat the lard. Brown the flour and onion in lard until medium golden in color Add ½ cup cold water and stir until smooth. Pour into the pot in which potatoes are cooking and cook over very low heat until potatoes are done. Stir every now and then. In a bowl, mix well the sour cream, sugar, parsley and vinegar to taste. Pour into the potatoes, bring to a boil, and serve. Makes 6 servings.

*Variation. Substitute fresh marjoram for the parsley*

— Jim Scalley

## Pennsylvania Dutch Potato Filling

---

potatoes for six persons                1 small onion, minced  
1 pkg. seasoned bread cubes        ½ C. celery, diced  
(such as Mrs. Cubbison's)            2 T butter or margarine  
1 egg, well-beaten                        seasoning, as desired  
1 T parsley minced



Peel and cook potatoes, retaining liquid. Mash potatoes and liquid together. In a frying pan, melt butter. Add parsley, onion and celery and brown until onions are translucent. Add mixture to mashed potatoes and stir. Soak bread cubes in cold water and squeeze dry. Add to potato mixture. Add well-beaten egg and mix well. Add seasoning, as desired. Pour into a well-greased casserole and bake at 375° until lightly browned. Serves 6.

*In many families, potato filling is used to stuff the Thanksgiving turkey. It can be prepared the day before. Do not stuff bird until ready to cook. Filling should be the same temperature as the turkey when stuffing. In my own family I stuff the turkey with potato filling and then also serve a casserole of filling, instead of mashed potatoes, at the dinner*

*Elizabeth M. Evans*

## *Pommes de Terre au Gratin*

*(Gratin of Potatoes)*

3¼ lb. potatoes	1¾ pints milk
salt	2 cloves garlic
pepper	3½ oz. Gruyère cheese, grated
nutmeg	2 oz. butter

Peel, wash and wipe the potatoes. Cut them into thin slices, do not wipe or dry them further. Add salt, pepper and a little nutmeg to the milk and bring to the boil. Put in the potatoes, bring the milk to the boil and then simmer until the potatoes are cooked. Remove them with a perforated spoon and arrange the slices in two or three layers in a gratin dish which has been rubbed with crushed garlic. Each layer should be sprinkled with grated cheese. Reduce the milk to the consistency of double cream and pour it over the potatoes. Dot the surface with knobs of butter and put in a hot oven (400°) until the surface is golden brown. If all the milk evaporates in the oven, replace it with 2 tablespoons of double cream. This dish goes well with either meat or poultry. Makes 6 servings.

*— Vicki Oren*

## *Pommes Lyonnaise*

*(Potatoes with Onions)*

3¼ lb. potatoes	salt
4½ oz. butter	pepper
2 T cooking oil	fresh parsley, chopped
1 lb. onions	

Cook the potatoes in their skins in the usual way in plenty of salted boiling water. Peel them and allow to cool. Then cut into round slices. Heat half the butter and one tablespoon of oil together in a frying pan, add the potatoes and warm over a moderate heat. Chop the onions and, in another pan, cook



them slowly in the remaining oil and butter until transparent. (*Note. there is less risk of burning or overcooking the onions if they are put into the pan with the oil and butter i.e., do not, in this case, preheat the cooking fats.*) While both potatoes and onions are hot, put the ingredients together in one pan and mix well. Season and keep them over a moderate heat for 2 or 3 minutes, stirring occasionally. Sprinkle with chopped parsley before serving. Serves 6.

— Vicki Oren

## Shredded Potatoes au Gratin

---

Potatoes  
butter  
salt  
pepper

American cheese  
(blue box of Velveeta)  
cream of chicken soup  
milk

Shred raw potatoes in bottom of a 9×13" pan. Dot with butter. Add salt and pepper to taste. Add layer of grated cheese. Mix together and heat: cream of chicken soup and equal part of milk. Pour half over first layer. Repeat with second layer of everything. Bake covered at 350° for 45 minutes. Uncover and bake for another 30 minutes.

Serves 8-10.

*Works best in a glass dish. Potatoes seem to turn dark if using a metal pan.*

— Lee Urquhart

## Stuffed Baked Potatoes

---

6 baking potatoes  
1 can evaporated milk  
1 stick butter or margarine  
salt (to taste)  
pepper (to taste)  
garlic powder (to taste)

1 T parsley flakes  
paprika  
grated romano cheese  
*Optionals:*  
bacon bits  
grated cheddar cheese

Bake potatoes until done. Slit skin off the top. Scoop out potatoes, being careful not to pierce skin. Mash potato along with butter, salt, pepper, garlic powder and mix (cream) with evaporated milk. Add parsley flakes and other optionals. Replace mashed potato into skins and fill to a heaping mound. Use a fork to make lines across the top, then sprinkle with paprika and romano (or parmesan) cheese. Broil until brown on top, about 5 minutes. Makes 6 servings, 1 potato per person (of course!)

*Potatoes can be prepared ahead of time up to broiling point, and broiled 5 minutes before serving dinner. Excellent served with roast beef or steaks.*

Carmen Sarro



## Stuffed Baked Potatoes

---

Bake potatoes, take out potato from jacket, saving jacket. Mash the filling — adding 1 cup milk, 1 cup chopped chives, parsley, butter, 1 can cheddar cheese soup, salt, pepper and bacon bits. Put ingredients back in jackets — spread parmesan cheese over tops, put in broiler to heat again slightly.

— Lois Newbold

## Potato Cream

---

2¼ lbs. potatoes	pinch of ground mace
¼ lb. butter, softened	salt
4 egg yolks	

Boil potatoes in skins. When soft, peel them. Purée the pulp while still warm, and let it cool. Mix into the purée the butter, egg yolks, mace and salt to taste. Stir until well mixed. If using this for a border (like duchess potatoes), bake it in a 450° oven for about 10 minutes. You can also make potato "biscuits" from the mixture. Drop by large spoonfuls into shallow fat — a mixture of butter and oil — and fry until brown.

*This recipe is unquestionably the result of French influence in early nineteenth-century Hungary*

— Jim Scalley

## Tian de Pommes de Terre

---

*(Gratin of Potatoes and Tomato)*

3¼ lbs. potatoes	sprig of thyme
10½ oz. onions	salt
5 oz. Gruyère cheese	pepper
¼ lb. tomatoes	5¼ fl. oz. olive oil

Cook the potatoes in their skins, peel them and cut them into slices. Chop the onions and grate the cheese. Slice the tomatoes. Take a gratin dish and put in alternate layers of potato, tomato, chopped onion, grated cheese, a few leaves of thyme and seasoning. Finish up with a layer of tomatoes sprinkled with cheese and thyme. Be sparing with the salt when seasoning because of the saltiness of the cheese. Sprinkle the oil over the dish and put it into a hot oven (425°) until the ingredients have melted together and the surface is golden brown. Serves 6.

— Vicki Oren



## Spinach — French Style

---

2 C. cooked spinach  
2 T butter  
3 T flour  
¼ t. salt  
⅛ t. pepper  
½ t. mustard

1 T brown sugar  
1½ C. milk  
1 C. chopped ham  
1 hard-boiled egg  
½ C. buttered crumbs

Arrange the cooked spinach in the bottom of a greased baking dish. Melt the butter in a pan and add flour, seasonings and the milk. Stir until the boiling point is reached, add ham and hard-boiled egg, finely chopped. Pour over the cooked spinach, sprinkle with crumbs, and bake in a moderate oven (350°) for 30 minutes. Serves 6.

— Linda Rosell

## Spinach — India Style

---

1 T. shortening  
2 T flour  
¼ t. salt  
½ t. curry powder

⅛ t. pepper  
1 C. milk  
2 C. cooked spinach  
3 hard-boiled eggs

Melt shortening; add flour, seasonings and milk. Bring to the boiling point, stirring constantly. Arrange the hot cooked spinach in a serving dish and slice the eggs over the top. Pour on the hot sauce and serve at once. Serves 4.

Linda Rosell

## Sweet Potato-Bacon Boats

---

6 to 8 medium sweet potatoes  
(3 pounds)  
1 C. (4 oz.) shredded natural  
cheddar cheese  
4 T butter or margarine, softened

1 t. salt  
6 slices bacon, crisp-cooked,  
drained, and crumbled  
½ C. crushed pineapple

Scrub potatoes. Bake in a 350° oven for 1 hour or until done. Cut slice from top of each potato. Scoop out inside, being careful not to break shell. In mixing bowl, beat together potatoes, cheese, butter or margarine, salt, and a dash pepper until fluffy. Fold in crumbled bacon. Add crushed pineapple. Pile mixture into potato shells. Bake in a 350° oven for 25 to 30 minutes. Top with additional cheese and bacon, if desired. Makes 6 to 8 servings.

— Janice Deutschman



## Courgettes Persillées

(Zucchini with Parsley Butter)

3¼ lbs. zucchini	salt
5 oz. butter	pepper
2 T fresh parsley, chopped	

Wash and dry the zucchini and peel them lengthwise in alternate strips. Cut into round slices just over ½" thick. Bring a large pan of salted water to a boil, put in the zucchini and cook for 3 minutes. Remove and thoroughly drain. Melt ½ of the butter in a pan, add the zucchini and cook over low to moderate heat for 10-12 minutes. Work the parsley into the rest of the butter season, then shape it and put in a cool place. Serve the zucchini with a slice of parsley butter. Makes 6 servings.

— Vicki Oren

## Karavila Sambola

(Sri Lankan Zucchini Sambol)

6 zucchini, cut into ½" slices	1 medium onion, very thinly sliced
1 t. ground turmeric	1 red chile, seeded and minced
1 t. salt	1 green chile, seeded and minced
oil (for shallow frying)	lemon juice (to taste)

Rub zucchini slices with turmeric and salt. Fry in oil until golden brown on both sides. Drain on paper towels and combine with remaining ingredients, adding lemon juice and additional salt to taste. Makes 4-6 servings.

Michael Toth

## Zucchini Tart

3 C. zucchini, thinly sliced	½ t. salt
1 C. Bisquick mix	½ t. seasoned salt
½ C. onion, finely chopped	½ t. pepper
½ C. parmesan cheese	½ t. oregano
½ C. mozzarella cheese, cut into small wedges	1 clove garlic
2 T parsley, chopped	4 eggs, lightly beaten
	½ C. mushrooms, chopped

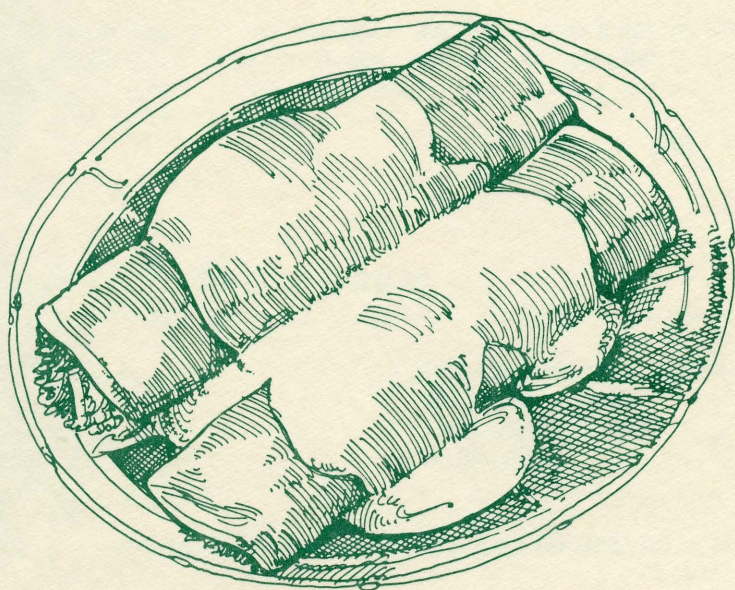
Preheat oven to 350° Grease a 16-inch or 2 8-inch pie dish rounds. Mix all ingredients except mushrooms together. Pour into pans, bake 25 minutes or until nicely browned. Add chopped mushrooms as garnish.

Good hot or cold.

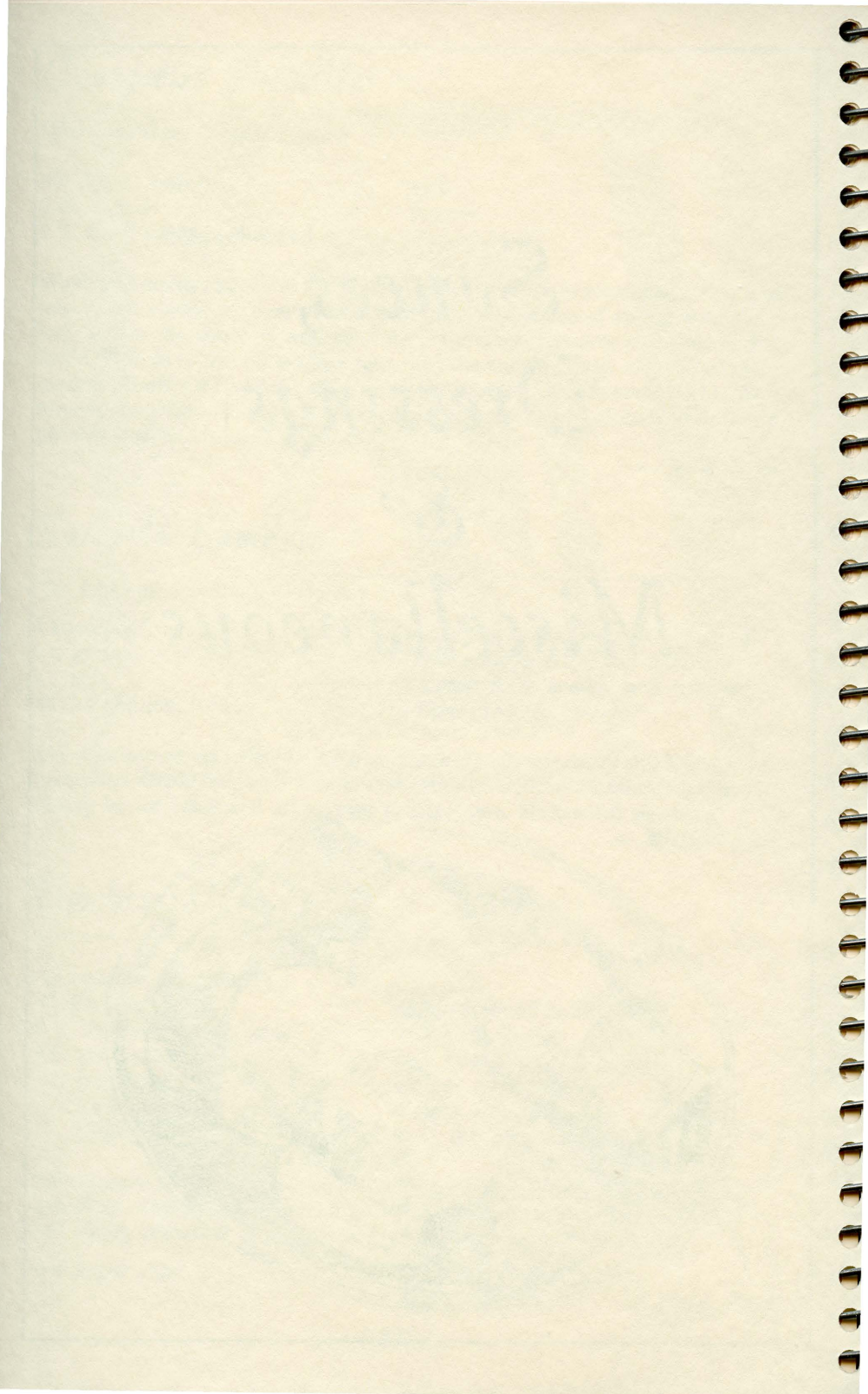
— Hazel Rohl



*Sauces,  
Dressings  
&  
Miscellaneous*









## Barbecue Basting Sauce

---

1/3 C. cider vinegar	1 t. celery seed
1/3 C. steak sauce	1 t. chili powder
1 envelope onion soup mix	1 C. hot water
2 cloves garlic, crushed	2 T brown sugar
1/2 t. pepper	1 C. catsup

Combine all ingredients, in the order given, in a 1 quart jar, shaking well after each addition. Do not use this sauce at the table, as the spices and aroma are very harsh — however it undergoes a wonderful transformation when brushed over ribs or chicken during broiling or barbecuing. Makes 3 cups, enough for about 6 lbs. of ribs.

*Michael Toth*

## Chili Sauce

---

15 tomatoes, peeled	1 t. salt
6 apples	1 t. pepper
6 onions	1 t. cinnamon
1 red bell pepper	1 t. allspice
3/4 C. sugar	dry mustard
1 pint vinegar	

Mix together vinegar, sugar and spices and blend. Grind apples, tomatoes, onions and red pepper — add to vinegar mixture in a large kettle. Bring to a boil over high heat, stirring occasionally. Reduce heat and simmer until volume is reduced to one-half.

*— Jami Kennedy*

## Chinese Barbecue Sauce

---

1/4 C. soy sauce	1 piece fresh or dried ginger root,
2 T. honey	1 1/2" long, grated
1 T brown sugar	2 cloves garlic, minced
1 t. salt	1/2 oz. brandy
1/2 t. pepper	

Combine all ingredients and mix well. Excellent for Chinese style ribs.

*— Carmen Sarro*



## Ginger-Soy Marinade

---

2 T salad oil  
1/3 C. soy sauce  
2 T honey

1 T red wine vinegar  
1 t. fresh ginger root, grated  
1 clove garlic, crushed

Mix all ingredients in a jar and shake well. Marinate fish in this sauce for at least 1 hour before cooking as desired.

— Karin Toth

## Hollandaise Sauce

---

2 eggs  
1/2 t. salt  
2 T lemon juice

1/2 C. soft butter  
(not margarine)  
1/2 C. hot water

Blend all ingredients, except water, in a blender until smooth. With motor running, gradually add water. Cook in double boiler, stirring constantly, to a custard consistency. Serve immediately. Makes 1 1/2 cups.

— Cecelia Wolfe

## Homemade Italian Tomato Sauce

---

2 large cans Italian-style plum tomatoes  
2 large cans Italian tomato paste (12 oz. each)  
1 large onion  
1 stalk celery  
1/4 C. bell pepper, chopped  
1/2 C. fresh basil (1 T. if dried)  
1/2 C. fresh leaf parsley  
8 cloves garlic, minced

1 t. oregano leaves, finely mashed  
1 t. black pepper  
1 T sugar  
1 T salt  
1/2 t. ground cumin  
1/2 C. Burgundy cooking wine  
olive oil  
1 1/2 lbs. Italian sausages  
OR lean ground beef

Heat oil in iron frying pan. Add chopped onion, celery green pepper and garlic. Stir and fry 10 to 15 minutes (until soft and golden, but not browned). Transfer to a heavy sauce pan. Heat more oil in frying pan and add the tomato paste. Fry for 5 to 10 minutes, then add to sauce pan. Place canned tomatoes in blender and thoroughly blend. Add to sauce pan. In blender, blend parsley and fresh basil and add to sauce. Add the oregano, pepper, salt and sugar. Stir in two full cans of water (24 oz.), then add wine. Cook in crockpot for 8 hours (or on stove top for 4 hours). After first two hours of cooking, add either Italian sausage or lean ground beef (browned). Makes enough for 8-10 servings.

— Lois Newbold



## Raisin Sauce for Ham

---

½ C. raisins, soaked in:	⅔ C. brown sugar
1¾ C. sherry	¼ t. salt
OR apple juice	⅛ t. pepper
2 T cornstarch	2 T lemon juice
1 t. dry mustard	2 T vinegar

Soak raisins in sherry (or apple juice) for 10 to 15 minutes. Combine all ingredients and simmer for 10 to 15 minutes. Use as a glaze for a 3 to 5 pound ham.

— Carolyn Callison

## Sauce Paloise

---

*a sauce for lamb*

2 T fresh mint, chopped	salt
5 shallots, chopped	pepper
3½ fl. oz. wine vinegar	9 oz. butter
3 egg yolks	

Put the chopped mint, chopped shallots and the vinegar together into a saucepan. Reduce over a brisk heat until all of the liquid has evaporated. Remove from the heat and whisk in the egg yolks, followed by 2 tablespoons of water season. Put the mixture into a double-boiler and mix in the butter piece by piece, whisking all the time.

Vicki Oren

## Sauce Robert

---

*(Monday Sauce)*

6 onions	9 fl. oz. beef stock
2 oz. butter	salt
1 oz. flour	pepper
3½ fl. oz. dry white wine	2 T. Dijon mustard

Chop the onions and cook until transparent in the melted butter, stirring all the time. Sprinkle in the flour and, continuing to stir, cook for a few moments longer. Add the white wine and the beef stock, and season. Remove from the heat, mix the mustard in well and serve at once. This sauce goes very well with leftover or recooked meat. Makes 6 servings.

— Vicki Oren



## Sauce Thym & Sauce Moutarde

---

*(Thyme and Mustard Sauces)*

1 liqueur glass of wine	salt
1 t. dried thyme	pepper
1 lemon	10½ oz. butter
5 egg yolks	a little flour

Warm the white wine and soak the thyme in it for 20 minutes. In the upper vessel of a double-boiler put the juice of half a lemon, the egg yolks, seasoning, the wine and thyme mixture, 3½ oz. butter cut into knobs and a pinch of flour. Whisk well together. As soon as the mixture has taken, add 3½ oz. of the butter and, when that has been amalgamated, the remainder of the butter. Allow to thicken in the double-boiler until the sauce attains the consistency of a good mayonnaise. If the sauce shows any tendency to separate, remove from the heat, add a tablespoon of iced water and whisk vigorously until the proper consistency is regained. This sauce goes well with poultry.

### *Mustard Sauce.*

Make the sauce in the same way as for the sauce above, but omit the chopped thyme, do not warm the white wine and extend it with 2 tablespoons of Dijon mustard. This sauce goes well with grilled fish.

— Vicki Oren

## Sauce Verte

---

*(Green Sauce)*

1 sprig chervil	2 oz. watercress
1 sprig parsley	2 oz. spinach
1 sprig tarragon	9 fl. oz. mayonnaise

Weigh the chervil, the parsley and the tarragon so as to have about 2 oz. in total. Blanch the herbs for 5 minutes, together with the watercress and the spinach, in salted boiling water. Remove from heat and drain, then pass under cold running water and drain once more. Squeeze everything through a cloth in order to extract as much moisture as possible. Put through a fine sieve (or a blender) and then thoroughly mix the purée with the mayonnaise. This sauce is excellent with fish, shellfish or hard-boiled eggs. Makes 6 servings.

— Vicki Oren



## Sweet & Sour Mustard

---

1 C. dry mustard

1 C. white vinegar

Mix. Let stand overnight.

*Add.*

2 whole eggs

pinch of salt

1 C. granulated sugar

Mix ingredients in a saucepan. Bring to a slow boil, stirring constantly. Simmer about 5 minutes. Put into a jar with a plastic (preferred) lid. Refrigerate.

*Excellent with ham or fried won tons as a dip!*

— Lee Urquhart

## Yogurt Sauce for Fruit

---

*(from Gitanjali of India Restaurant, Beverly Hills)*

2 C. yogurt

½ t. onion powder

½ t. pepper

½ t. ginger

½ t. salt

1 t. cumin

Combine yogurt, pepper, salt, onion powder, ginger and cumin in mixing bowl and mix with hand beater until blended. Chill at least 2 hours before serving. Makes 2 cups.

— Jami Kennedy

## Honey-Mustard Salad Dressing

---

⅔ C. sugar

⅓ C. honey

1 T. Dijon-style mustard

⅓ C. cider vinegar

1 t. paprika

1 T. lemon juice

¼ t. salt

1 t. onion, grated

1 t. celery seed

1 C. salad oil

Combine all ingredients in a jar. Shake well and refrigerate. Goes well with hot cooked vegetables.

— Michael Toth

## Lucille's Salad Dressing

---

1 green pepper, chopped fine

1 T. salt

1 large onion, chopped fine

½ C. vinegar



1 C. oil  
11 oz. can tomato soup

$\frac{3}{4}$  C. sugar  
1 T. mustard

Mix and whip with electric mixer or in blender Makes 1 quart.

— *Ethel Wilson*

## Mint Dressing for Melon Balls

---

$\frac{2}{3}$  C. sugar  
1 C. water  
3 T. fresh mint leaves,  
coarsley chopped

4 T. orange juice  
2 T. lemon juice

In a small pan over high heat, combine sugar and water; bring to a boil, stirring until sugar is dissolved. Boil 5 minutes. Remove from heat and pour over mint. Cover and chill 1 hour. Strain and discard mint. Stir in orange and lemon juices. Cover and chill until used. May be poured over melon ahead of serving, far enough in advance so flavors can be absorbed by fruit. Makes 12 servings.

*Even "non-mint" eaters will love this. A few drops of mint flavoring can be used if fresh mint is unavailable.*

— *Betty Burke*

## Torch's Horseradish Dressing

---

6 oz. safflower oil  
3 oz. white wine vinegar  
1 t. parmesan cheese, grated  
1 T prepared horseradish  
 $\frac{1}{2}$  t. ground black pepper  
1 t. celery salt

1 T Dijon-style mustard  
4 drops Tobasco sauce  
2 cloves garlic, minced  
1 t. onion, grated  
1 t. parsley minced  
1 t. brown sugar

Combine all ingredients in a jar Shake well and refrigerate. Excellent on spinach salads, or brushed over fish just before broiling.

— *Michael Toth*

## Cranberry Relish

---

12 oz. pkg. fresh whole cranberries  $\frac{3}{4}$  C. sugar  
1 orange, (whole with skin),  
seeds removed

Halve cranberries and cut orange into pieces. Place in food processor and chop evenly (not into pulp), then stir in sugar thoroughly Refrigerate.



*To make a mold:*

Use one envelope of Knox unflavored gelatin and dissolve according to package instructions, using the juice from the cranberries instead of water. Add cranberry mixture. Put into a gelatin mold and refrigerate until serving time.

*Great accompaniment to holiday turkey and ham dinners!*

— *Marie Newbold*

## *Fresh Eggplant-Horseradish Relish*

---

1 small eggplant, peeled and grated	1 t. celery salt
6 T prepared horseradish	2 T. white wine vinegar
2 T sugar	¼ C. olive oil

Combine first 5 ingredients and blend thoroughly. With a wire whisk, blend in olive oil, a few drops at a time, until mixture is creamy. Refrigerate for 2-3 hours, mixing occasionally. Serve as a relish with broiled meats or fish, or as an unusual dip for fresh vegetables. Keeps for several days if stored tightly covered in the refrigerator

— *Michael Toth*

## *Pickles*

---

12 pickling cucumbers	1 t. whole pickling spices
1 large clove garlic	¼ C. kosher salt
6-8 sprigs fresh dill weed	2½ qts. water
¼ t. dill seeds (optional)	¼ C. white vinegar

Thoroughly clean cucumbers. Cut in half lengthwise. Flatten unpeeled garlic with back of a knife. Wash dill. If dill does not have flower heads, add dill seeds. (If you have no fresh dill, use 1 teaspoon dill seeds.) Place cukes, garlic, dill weed, dill seeds and pickling spices in crock, glass jar or bowl large enough to allow at least 2" of space between pickles and top of container. Bring salt, water and vinegar to a boil. Boil 2 minutes. Pour brine over cukes and weigh-down with a plate and some heavy cups or cans on top. Brine should be at least 1" above cukes. Keep at room temperature overnight, then refrigerate, either in crock or in jars. Fill jars with brine and cover until pickles reach desired flavor

*Jami Kennedy*



## Tempura Batter

---

¾ C. cornstarch  
½ C. flour  
½ t. salt  
4 t. pepper

1 t. baking powder  
½ C. water  
1 egg, beaten

Mix all dry ingredients. Add water and beaten egg. Mix well.

Use for shrimp or ?????

*Jami Kennedy*

## Apricot Jam

---

1 gallon apricots  
10 C. sugar

2 large pkgs. orange Jello

Cut up fruit into small pieces and bring to a boil in water. Add sugar and mix well. Add Jello and boil 10 minutes. Stir well. Pour into hot jars and seal. Boil jars 10-15 minutes.

*Jami Kennedy*

## Tips for Cooking with Wine

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**Sherry** for soups and sauces.

**White wine** for seafood and poultry

**Red wine** for marinating meats  
add to gravies  
add to stews

*Also*

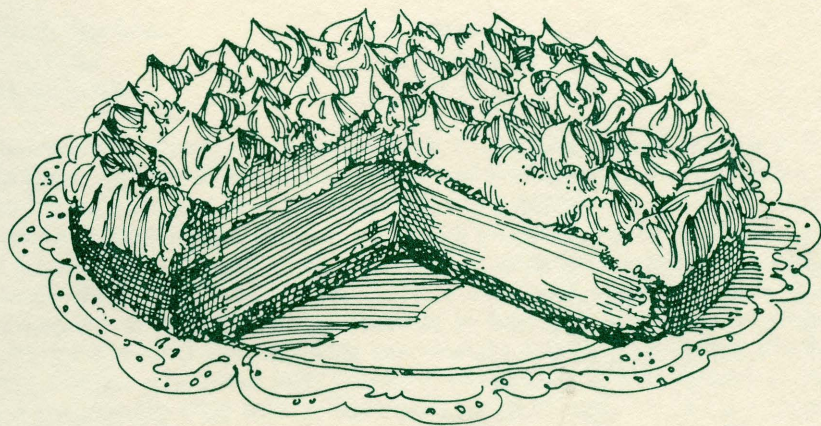
**Cointreau** and **Grand Marnier** for  
marinating fruit  
fruit compote sauces

Add a dash of **rum** to whipped cream.

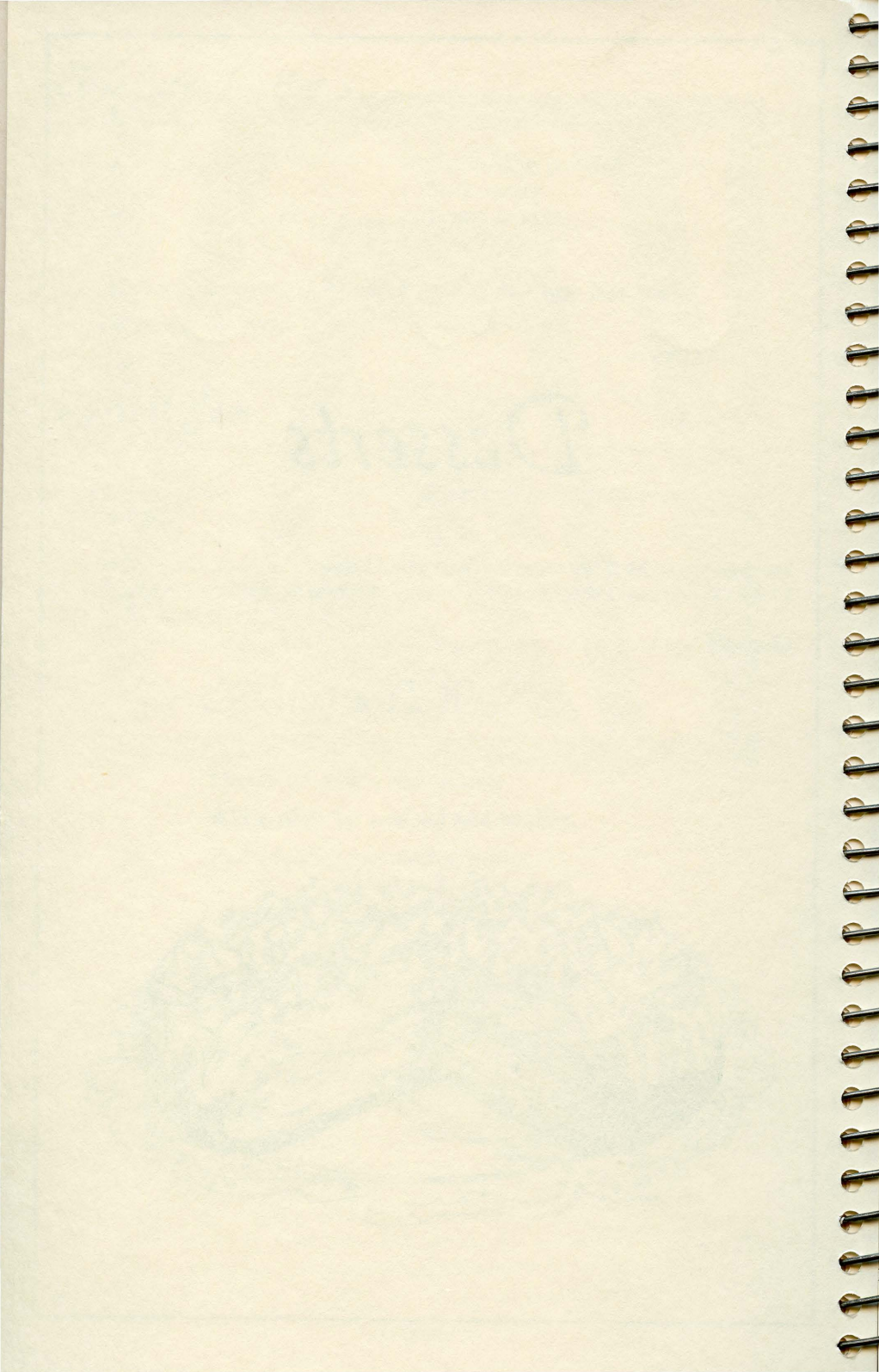
*Jo Anne Darcy*



# Desserts









## Apple Charlotte

---

6 lbs. golden delicious apples  
4 T butter  
1½ C. sugar  
3 t. vanilla  
1 C. unsalted butter

1 loaf of high loaf homestyle  
sliced white bread  
powdered sugar  
whipped cream

Peel, quarter and core apples and cut into slices. Melt butter in a wide-bottom pan and add apples, sugar and vanilla. Cook over moderate heat for 20-25 minutes, stirring occasionally until apples are just cooked and transparent and any juice has evaporated. Clarify the unsalted butter. Cut 9-10 2-inch circles from loaf of white bread, dip in butter and arrange, overlapping, in bottom of a 2-quart mold. Remove crusts from 9 slices of bread and cut remaining bread in two lengthwise. Dip each in butter and line inside of mold, overlapping slices. Slices should extend up to or above top of mold. Spoon the apple slices into mold, pack well (fill to top of bread). Cover with additional buttered bread slices. Bake in a 425° oven for 30-35 minutes or until bread on sides is golden brown. Remove from oven and cool for 10-15 minutes. Turn out onto a plate, dust lightly with powdered sugar serve with whipped cream. Serves 8-10.

*Jami Kennedy*

## Tarte Rustique aux Abricots

---

*(Country Tart with Apricots)*

2¼ lbs. apricots  
9 oz. flour  
4½ oz. butter

1 t. salt  
2 oz. sugar  
2½ fl. oz. water

Choose small, ripe apricots for this dish. On a pastry board, make a well in the flour. Add the softened butter, salt and a tablespoon of sugar. Work all the ingredients together with the fingertips, quickly working them into a firm and supple dough. Roll out the pastry to a thickness of about one-sixth of an inch thick, butter a 10" flan tin, dust with flour and line it with the pastry. Prick the base all over with a fork and sprinkle with a good tablespoon of sugar. Cut the apricots in half and remove their stones. Arrange them cut-side upwards and slightly overlapping, within the flan case. Put into a hot oven (425°) for 20 minutes, then reduce the heat to 350° and sprinkle the fruit with another tablespoon of sugar. Cook for a further 20-25 minutes. The bottom of the tart should be quite firm and stiff when it is properly cooked. Serve hot or cold, dusted with icing sugar.

— Vicki Oren



## *Cerises à l'Eau-de-Vie*

*(Cherries in Brandy)*

35 fl. oz. eau-de-vie de cuisine  
(OR cheap brandy may be  
used instead)

5½ lb. cherries  
7 oz. caster (fine) sugar

Choose only cherries that are without blemish and not too ripe. Trim the stalks to within ¾" of the fruit, wash and dry the cherries and fill the jar. Pour in the spirit up to the brim and put an airtight seal onto the jar. After 3 weeks or a month, add the sugar and re-seal. Three days later, shake the jar, still sealed, so the sugar is dispersed. Repeat 2 or 3 times more, at the same interval. Keep the preserved cherries in a dark place. They will be ready for eating after about 2 months.

— Vicki Oren

## *Lynette's Famous Double-Chocolate Malt Brownies*

*Cream until fluffy*

½ C. shortening  
¾ C. sugar  
½ t. vanilla

2 eggs  
1 square baking chocolate, melted

*Add.*

1 C. flour  
½ C. chocolate malted milk powder

½ t. baking powder  
½ t. salt

Stir in ½ cup broken walnuts. Bake 20-25 minutes at 350° in 8×8×2" pan. While still in pan, frost with mixture of:

3 T soft butter  
½ C. malted milk powder  
1 C. confectioner's sugar

dash of salt  
2-3 t. hot water

— Mary Spring

## *Czechoslovakian Raised Dumplings*

¾ t. compressed yeast  
1 C. warm milk  
1 egg  
1 t. salt

4 C. instantized flour  
1½ lbs. fruit:  
(cherries, strawberries,  
blueberries, etc.)

Dissolve yeast in ¼ cup of the milk, and let stand in a warm place until



bubbly Mix together remaining milk, egg, and salt, and pour into flour. Add yeast, and beat into a firm dough. Dust top with flour, cover with a clean napkin, and let rise in a warm place until double in bulk (about 1 hour) Punch down. Break into pieces big enough to wrap fruit (dough casing should be about ¼-inch thick). Pinch dough edges together, sealing well so fruit juices cannot escape. Lay dumplings on a floured board, cover with a napkin, and let rise about 15 to 20 minutes. Cook in a tightly-covered pot in boiling salted water for 5 minutes. Uncover, turn dumplings over, and cook 3 to 5 minutes longer (depending on size) Remove from pot with a skimmer, and immediately tear open with 2 forks. Serve with melted butter and sugar, ground poppy seeds, grated gingerbread, or farmer cheese. Serves 4 to 6.

*These dumplings may be made with almost any kind of fruit, but are best filled with soft fruit or jams or preserves. They may also be cooked without any filling, and served with meat.*

— Jim Scalley

## Davos Torte

*(from Davos, Switzerland)*

2½ C. sugar

1 C. whipping cream

1 C. chopped walnuts

1 C. butter or margarine

1 egg

1¾ C. flour

Melt 2 cups sugar over medium heat until golden. Quickly add whipping cream, stirring briskly with long-handled wooded spoon until smooth and creamy. (Avoid getting hot steam in hands and face.) Remove from heat. Add walnuts and cool. Cream butter with remaining ½ cup sugar until light. Beat in egg until smooth. Stir in flour to make a soft dough. Gather dough and chill a few minutes. Press ¾ of dough in bottom and sides of 9-inch tart pan with removable bottom. Pour in nut mixture. Roll out remaining pastry dough in a 10-inch circle between 2 sheets of waxed paper. Chill filled pastry and pastry circle 1 hour. Remove sheet of paper from circle and carefully invert dough on top of pie. Remove top sheet of paper. Flute edges around pan with fingers or tines of fork. Pierce top pastry or cut vent holes. Bake at 325° about 1½ hours, or until pastry is golden. Cool in pan before loosening. Will keep well in the refrigerator for several weeks.

— Janice Deutschman

## Lemon Lush

*Step 1.*

1 C. flour

½ C. margarine

½ C. chopped nuts

Blend well. Put into 9"×13" baking dish. Bake at 350° until golden brown (approximately 20 minutes). Cool.



*Step 2.*

1 C. powdered sugar

8 oz. cream cheese, softened

1 C. softened Cool Whip

Blend well. Spread over Step 1

*Step 3.*

2 boxes instant lemon pudding

3 C. milk

Mix, and spread over Step 2.

*Step 4.*

Spread 1½ cups softened Cool Whip over pudding mixture. Sprinkle with chopped nuts. Chill to set. Makes 10-12 servings.

*Lee Urquhart*

## *Pavlova*

---

*An Australian meringue dessert created in honor of Pavlova, the famous ballerina. There are several types of pavlova and several ways of serving them. They can be decorated with cream and fruit, or filled with a chocolate mousse or lemon curd mixture. This the the standard recipe:*

6 egg whites

2 C. caster (fine) sugar

1½ t. white vinegar

1½ t. vanilla essence

*Decoration.*

icing sugar

1 pt. strawberries

AND/OR ½ C. passion fruit  
pulp, sweetened

1 t. kirsch (optional)

½ pt. cream, whipped

If using a gas stove, set oven at highest temperature just as you start to beat the egg whites. Beat the whites at full speed until they stand in peaks. Sift sugar and gradually sprinkle one tablespoon at a time, beating at high speed only until all the sugar has been added. Lastly, fold in vinegar and vanilla essence. Draw a 7-inch circle on greased overproof paper or foil, and put on oven slide. Heap egg white mixture onto circle on paper. Mold up the sides with a spatula and make a slight depression on top to form a well-shaped meringue when cooked. Turn heat to lowest temperature just before putting pavlova in bottom of oven to cook for 1½ hours. Remove and leave until cold. Spoon whipped cream in center, arrange ¾ of the hulled strawberries over the cream, press the remainder through a sieve, sweeten with icing sugar and pour over cream (OR pour passion fruit pulp over cream)

*Note. if using electric oven, cook at 300° in coolest part of oven for 45-60 minutes. Turn off oven, leave pavlova in oven until oven is cold.*

*— Vicki Oren*



## *Linda Evans' (of "Dynasty") Peach Heaven*

---

2 lbs. fresh peaches  
1½ C. whipping cream

1 T vanilla  
1½ C. brown sugar

Put all peaches in boiling water just long enough to loosen skins. Peel and cut into thin slices. Place the pieces in a large Pyrex dish so they fill the dish only halfway. Beat the cream with an electric mixer until thick; blend in the vanilla. Cover peaches with whipped cream and place in the freezer for 2 hours. Take the peaches out of the freezer and spread a layer of brown sugar over whipped cream. Place dish just under the over broiler on the highest rack. When cream appears through layer of brown sugar, the dish is done. Makes 6 servings.

— *Jami Kennedy*

## *Bailey's Irish Cream Liqueur Pudding*

---

3½ oz. pkg. instant vanilla pudding 1 C. milk  
1 envelope whipped topping mix 8 T. Bailey's Irish Cream liqueur

Empty contents of pudding and whipped topping mix into mixing bowl. Add milk and mix at high speed until thick. Add 8 tablespoons liqueur and mix until thoroughly blended. Chill and serve. Will serve 6 people.

*Pat Allen*

## *Tarte Norvégienne*

---

*(Norwegian Meringue)*

13 oz. pkg. frozen puff pastry  
14 oz. raspberries  
4½ oz. caster (fine) sugar

35 fl. oz. vanilla ice cream  
3 egg whites  
powdered sugar

Roll out the pastry to a thickness of one-sixth of an inch and line a greased round cake tin of about 9 inches in diameter. Leave to rest in a cool place for at least 30 minutes. The pastry case should be blind-baked. Cut a circular piece of greaseproof paper big enough to give a border of at least 1½ inches all around the edge of the cake tin, and put it over the pastry, pressing it lightly down into shape. Cover the bottom of the cake tin with dried beans, putting in enough to be able to pile them up around the sides. Heat an oven to 425° and put in the pastry; when the edges are firm, discard the dried beans and greaseproof paper and continue in the oven until the base of the pastry case is quite cooked. Remove the case from its tin and leave to cool. During this time, sprinkle sugar over the raspberries, mixing gently so none of the fruit is bruised. About 20 minutes before the dish is to be served, drain the raspberries and arrange them in the pastry case. Then add the vanilla ice



cream, cut into slices, and place in layers over the fruit. Beat the egg whites very stiffly sieving in about 3½ oz. caster sugar, and spread thickly over the ice cream. Decorate the surface with a fork, dust with sieved icing sugar, and put the dish for 15 minutes in an oven, preheated to its maximum until the meringue surface is crisp and the peaks golden-brown. Serve at once. Makes 6 servings.

— Vicki Oren

## Fresh Strawberry Mousse

---

1 envelope unflavored gelatin	¾ C. sugar
½ C. cold water	1 egg yolk, slightly beaten
2 C. fresh strawberries, mashed	1 whole egg, slightly beaten
	1 C. whipping cream, whipped

Soften gelatin in cold water. Stir over low heat until dissolved. Mix strawberries and sugar well and blend with gelatin. Beat egg yolk and egg together and add to gelatin mixture. Cool completely. Fold whipped cream into cooled mixture, mixing gently. Gently pour into serving goblets. Garnish with whole strawberries, and chocolate shavings, if desired. Serves 8.

— Lois Newbold

## Apple Nut Cake

---

2 eggs, beaten	2 t. baking soda
2 C. sugar	2 t. cinnamon
1 t. vanilla	¾ t. salt
½ C. oil	1 C. chopped nuts
2 C. flour	4 C. grated apple (not green)

Combine eggs, sugar and vanilla. Blend in oil until mixture is smooth. Sift flour, soda, cinnamon and salt together; stir into egg mixture. Add chopped nuts and grated apples; mix well. Bake in a greased and floured 9×13" pan for 1 hour at 325°. Cool and apply icing.

### *Lemon Cheese Icing:*

3 oz. pkg. cream cheese	1 T. lemon juice
2 T. half and half	2 t. lemon rind, grated
¼ C. soft butter	1 t. vanilla
2 C. confectioners sugar, sifted	dash of salt

Combine all ingredients and beat until fluffy. Add more sugar or half and half, if necessary for good spreading consistency.

— Pat Allen



## Bacardi Rum Cake

---

### *Cake.*

1 C. chopped pecans or walnuts	4 eggs
18½ oz. pkg. yellow cake mix	½ C. cold water
3¾ oz. pkg. Jello instant vanilla pudding	½ C. Wesson oil
	½ C. Bacardi dark rum (80 proof)

### *Glaze:*

¼ lb. butter	1 C. granulated sugar
¼ C. water	½ C. Bacardi dark rum (80 proof)

Preheat oven to 325° Grease and flour 10" tube or 12-cup Bundt pan. Sprinkle nuts over bottom of pan. Mix all cake ingredients together. Pour batter over nuts. Bake 1 hour. Cool. Invert on serving plate. Prick top. Drizzle and smooth glaze evenly over top and sides. Allow cake to absorb glaze. Repeat until glaze is used up.

*For glaze.* melt butter in saucepan. Stir in water and sugar Boil 5 minutes, stirring constantly Remove from heat. Stir in rum.

*OPTIONAL.* Decorate with whole maraschino cherries and border of sugar frosting or whipped cream. Serve with seedless green grapes dusted with powdered sugar

*Jami Kennedy*

## Banana Cake

---

1½ C. sugar	½ t. salt
½ C. butter	1 C. bananas, mashed
2 eggs	1 t. vanilla extract
2¼ C. cake flour	¼ C. sour milk
½ t. baking powder	(can be soured by adding
¾ t. baking soda	1 t. white distilled vinegar)

Beat butter and sugar together until light and creamy in texture; then beat in one egg at a time. Sift dry ingredients together. Add slowly to egg and butter mixture, blending thoroughly Add mashed bananas, vanilla and sour milk. Bake in a greased and floured pan at 350° for 30-40 minutes until golden brown and top springs back to the finger's touch. (Also, you may test doneness by inserting a toothpick which should be free of batter when removed, if done.)

*Great served plain, dusted with powdered sugar or frost with your favorite icing.*

*— Lois Newbold*



## Black Russian Cake

---

1 pkg. yellow cake mix (for a 2-layer cake)	¼ C. vodka
4½ oz. pkg. chocolate instant pudding	¼ C. coffee-flavored liqueur
1 C. oil	¾ C. water (coffee may be used in place of water)
4 eggs	½ C. confectioners' sugar additional coffee-flavored liqueur

Combine cake mix, pudding mix, oil, eggs, vodka, coffee-flavored liqueur and water. Beat thoroughly for 4 minutes. Turn into a greased and floured Bundt pan. Bake at 350° for 50 minutes. Cool for ½ hour, then remove from pan and glaze with confectioners' sugar moistened with additional coffee-flavored liqueur.

*Note. For best results, Betty Crocker cake mix should be used. Another brand tested formed a too-moist, almost uncooked texture.*

— Janice Deutschman

## Chocolate Prune Cake

---

*Yes, that's PRUNE!*

Mix one chocolate cake mix as directed, but use prune juice instead of water\*. Add one can of prunes (cut up). Bake as directed, using a Bundt pan. When cake has cooled *completely*, ice with mixture of milk and confectioner's sugar to a very thick consistency.

*\*If cake calls for 1½ cups water and you can only drain ¾ cup prune juice from canned prunes, use water for remaining liquid (to equal 1½ cups).*

— Kathi Johnson

## Cranberry Cakelets

---

¾ C. flour	3½ C. chopped walnuts
½ t. baking powder	1 t. lemon extract
½ t. salt	2 eggs
2 C. fresh cranberries	¾ C. sugar
1 C. chopped dates	OR ⅔ C. honey

Sift together flour, baking powder and salt. Combine cranberries, dates and walnuts with flour mixture in a large bowl. Toss until fruit is evenly coated with flour mixture. Beat eggs, sugar and lemon extract together until light and fluffy and pour over flour/fruit mixture, mixing thoroughly. Line 2½-inch muffin pans with fluted paper liners and pack fruit mixture into cups, filling about ⅔ full. Bake at 300° 45 to 50 minutes. Cool in pans for 15



minutes, then remove from pans and cool thoroughly. Makes 18 small cakes.

*I have also used medium foil bread pans and made loaves. The baking time is the same. (They are easier to slice after being refrigerated overnight.)*

— Pat Allen

## Dump Cake

---

1 can cherry pie filling  
20 oz. can crushed pineapple,  
not drained

18½ oz. package white cake mix  
½ C. butter or margarine  
½ C. chopped nuts

Dump undrained pineapple into greased 9×13-inch pan. Spread over bottom. Dump pie filling over pineapple, spreading it around until almost even. Next, dump cake mix over pie filling, crumbling as you dump so it covers the entire filling. Cut butter (or margarine) into patties and place over mixture. Sprinkle nuts over top. Do not mix the ingredients. Bake at 350° for 1 hour. Cool and serve.

— Dianne Curtis

## Harvey Wallbanger Cake

---

1 pkg. yellow cake mix  
for a 2-layer cake  
(I suggest Betty Crocker)  
3¾ oz. pkg. vanilla instant pudding

1 C. oil  
¼ C. vodka  
¼ C. Galliano  
¾ C. orange juice

Combine cake mix, pudding mix, oil, eggs, vodka, Galliano and orange juice. Beat for 4 minutes. Turn into a greased and floured Bundt pan. Bake at 350° for 50 minutes. Cool for ½ hour, then remove from pan. You may glaze with your favorite icing if so desired.

— Janice Deutschman

## Kentucky Butter Cake

---

*Sift together:*

3 C. flour  
1 t. baking powder  
*Cream well.*

1 t. salt  
½ t. soda

1 C. butter

2 C. sugar

Blend in 4 unbeaten eggs, one at a time.

*Combine.*

1 C. buttermilk *OR* sour milk

1 T vanilla







Part II —

Beat 2 egg whites until stiff. Add  $\frac{1}{4}$  teaspoon salt. ADD  $\frac{3}{4}$  C. powdered sugar, two tablespoons at a time, to the egg whites.

Fold first mixture into second mixture.

— Hazel King-Rohl

## Light Fruitcake

---

2 C. sugar	$\frac{1}{4}$ lb. candied citron
$1\frac{1}{2}$ C. soft butter	$\frac{1}{2}$ lb. walnuts, chopped
4 egg yolks (beat whites separately)	$\frac{1}{4}$ lb. pecans, chopped
1 C. buttermilk	$\frac{1}{4}$ lb. candied cherries
1 (level) t. soda	$\frac{1}{4}$ lb. candied pineapple
$3\frac{1}{2}$ C. flour	$\frac{1}{2}$ lb. angel-shredded coconut
$1\frac{1}{2}$ lbs. white raisins (however, recipe is best if 1 part white raisins and 1 part chopped dates are used)	

*Note. fold beaten (and fluffy) egg whites into mixture last, mixing slightly.*

In a blender, mix sugar, butter, egg yolks and buttermilk. Add dry ingredients. By hand, blend in nuts and fruits. Add beaten egg whites. Bake slowly for 3 hours in  $250^{\circ}$ - $275^{\circ}$  oven. Makes  $7\frac{1}{4}$  lbs.

*Best if baked in 1 or 2 lb. aluminum loaf pans.*

— Leona Morrow

## Minnehaha Cake

---

*(Favorite recipe of my maternal grandmother, Harriett Mourhess Kennedy)*

One and one-half teacupfuls granulated sugar, one-half teacupful butter stirred to a cream, whites of six eggs or three whole eggs, two teaspoonfuls cream tartar stirred in two heaping teacupfuls sifted flour, one teaspoonful soda in one-half teacupful sweet milk. Put in three flat layer pans and bake in warm oven for thirty-five minutes.

For filling take a teacupful sugar and a little water, boiled together until it is brittle when dropped in cold water. Remove from stove and stir quickly into the well-beaten white of an egg; add to this a teacupful of stoned raisins chopped fine or a teacupful of chopped hickory nut meat, and place between layers and over top.

— Ruth Clark



## Poppy Seed Cake Supreme

---

1 lb., 2½ oz. pkg. yellow cake mix	1 C. dairy sour cream
3¾ oz. pkg. instant French vanilla pudding mix	½ C. vegetable oil
4 eggs	½ C. creme sherry
	½ C. poppy seeds

Combine all ingredients in a large mixing bowl, stirring to blend. Beat at medium speed for 5 minutes (about 700 strokes by hand), scraping sides of bowl frequently. Pour into a greased 10-inch Bundt pan. Bake at 350° for 1 hour. Cool in pan on rack about 15 minutes. Turn out onto cake plate. Cool completely before cutting. Makes one 10-inch cake. Serves 12.

### Glaze:

1 C. powdered sugar	½ t. butter flavoring
3 T milk	½ t. vanilla flavoring

Mix together well. Glaze cake while still warm. Use a pastry brush and use all of the glaze.

*(½ of the glaze recipe is sufficient for this cake.)*

*Pat Allen*

## Sour Cream Spice Layer Cake

---

1¼ C. brown sugar, packed	¼ t. salt
½ C. (1 stick) butter or margarine	1 t. cinnamon
3 eggs	½ t. allspice
1¾ C. all-purpose flour	½ t. nutmeg
2 t. baking powder	¾ C. sour cream
½ t. baking soda	½ C. nuts, finely chopped

Cream together sugar and butter. Add eggs, one at a time, beating well after each addition. Combine flour, baking powder, soda, salt and spices. Add alternately with sour cream to creamed mixture, beginning and ending with dry ingredients. Stir in nuts. Spoon into two greased and floured 8" cake pans. Bake in 350° oven 30-35 minutes. Cool on racks. Frost (recipe follows). Top with Chocolate Glaze (recipe follows) and walnut halves.

### Sour Cream Frosting.

Combine 4 cups powdered sugar ½ cup butter or margarine, dash salt, 3 tablespoons sour cream and 1 teaspoon pure vanilla. Beat until smooth and creamy.

### Chocolate Glaze:

Melt 2 squares unsweetened chocolate and 2 teaspoons butter over low heat and blend. Cool. Spoon over top of cake.

*— Jami Kennedy*



## Temptation Fruitcake (Dark Fruitcake)

---

### Mix #1

1 lb. jar (2 cups) candied fruits (cherries, pineapple, citron, etc.)	1 t. nutmeg
1 C. slivered almonds	½ t. mace
1 C. raisins, cut into halves	½ C. fruit juice (grape, orange, etc.)
1 C. currants, cut into halves	¼ C. molasses
1 t. allspice	2 T brandy or sherry (optional)
1 t. cinnamon	

### Mix #2.

4 eggs	⅔ C. brown sugar, firmly packed
1½ C. pre-sifted flour	½ C. butter, melted
½ t. salt	
¼ t. soda	

Preheat oven to 300° Combine Mix #1 in a large bowl. Add, in order given, Mix #2. Stir well. Pour batter into greased aluminum foil pans which have been lined with greased wax paper Bake for approximately 1¾ hours or until fingertip touch leaves no imprint (a pan of water in bottom of oven helps keep cake moist)

### To Store.

When cake is cool, cover with brandy- (or juice-) soaked cloth, wrap in plastic wrap and store in a tightly-closed tin box. Makes 2 loaves, 8½×4½×2¼-inch pans.

— Marie Newbold

## Tomato Soup Cake

---

½ C. butter or margarine	1 t. cloves
1 C. sugar	1¾ C. flour
1 egg	2 t. baking powder
1 t. cinnamon	½ t. soda
1 t. nutmeg	1 can tomato soup

Cream butter sugar egg and tomato soup. Combine cinnamon, nutmeg, cloves, flour, baking powder and baking soda, and blend. Combine the two mixtures into a large mixing bowl and blend thoroughly Pour into a greased and floured loaf pan and bake at 350° for 1 hour Allow to cool slightly, then remove from pan. Wrap tightly in plastic wrap to keep. Serves 8.

Add raisins or nuts, if desired. You'll be surprised at the wonderful taste!

— Janice Deutschman



## Toffee Treasure Cake

---

¼ C. sugar  
1 t. cinnamon  
2 C. all-purpose flour  
1 C. sugar  
1½ t. baking powder  
1 t. baking soda  
1 C. sour cream

½ C. butter, softened  
2 eggs  
¼ C. chopped nuts  
6 (⅝ oz.) or 3 (1⅛ oz.) English Toffee bars, coarsely crushed  
¼ C. melted butter

Combine ¼ cup sugar with cinnamon; set aside. (No need to sift flour, measure by lightly spooning into cup and leveling off.) In a large bowl, combine remaining ingredients (except nuts, candy bars and ¼ cup melted butter). Beat until well-moistened. Spread ½ batter in a Bundt pan and sprinkle with 2 tablespoons cinnamon/sugar mixture. Spoon remaining batter into pan and sprinkle remaining cinnamon/sugar, crushed candy bars and nuts. Drizzle melted butter over all. Bake at 325° for 30 to 40 minutes or until top springs back when touched lightly in center.

— Pat Allen

## Amaretto Cheesecake

---

### *Crust:*

1 C. flour  
¼ C. sugar  
rind of 1 lemon

1 egg yolk  
½ C. cold butter

### *Filling:*

5 8-oz. pkgs. cream cheese  
1½ C. sugar  
¼ C. flour  
¼ t. salt

6 eggs  
⅓ C. amaretto  
2 T instant coffee  
whipping cream

### *Crust:*

Mix first 3 ingredients. Add egg, then add butter. Mix until a ball forms. Wrap and chill for 1 hour. Flour fingers. Pat evenly into an ungreased spring-form pan.

### *Filling:*

Beat cream cheese until fluffy. Add sugar, flour and salt. Add eggs, one at a time. Mix amaretto and instant coffee until dissolved and add to mixture. Pour into crust and bake in preheated oven at 250° for 1½ hours, until done in middle. Top with whipped cream and coffee sprinkles. Serves 8.

— Vicki Oren



## Hawaiian Cheesecake

---

- |                              |                        |
|------------------------------|------------------------|
| 1½ C. graham cracker crumbs  | ¾ C. powdered sugar    |
| ¼ C. butter melted           | 2 t. coconut flavoring |
| 5 oz. can macadamia nuts     | 2 small jars pineapple |
| 2 (8 oz.) pkgs. cream cheese | ice cream topping      |
| 1 C. dairy sour cream        | 2 T. shredded coconut  |

In a small bowl, combine graham cracker crumbs and butter. Press into bottom and part-way up sides of a 10-inch spring-form pan and refrigerate. Place macadamia nuts in blender or food processor and blend on low speed until nuts turn into nut butter. In mixing bowl, mix together at low speed cream cheese, sour cream, macadamia nut butter, powdered sugar and coconut flavoring. Turn mixture into prepared crust. Bake in preheated 375° oven for 20 minutes. Partially chill. Spread pineapple topping evenly over top of cake and sprinkle with coconut. Return cake to refrigerator until cooled and set. Serves 8.

— *Jam Kennedy*

## Lindy's Famous Cheesecake

---

*Definitely — a special dessert!*

### *Crust:*

- |                                |                      |
|--------------------------------|----------------------|
| 1 C. all-purpose flour, sifted | ½ t. vanilla extract |
| ¼ C. sugar                     | 1 egg yolk           |
| 1 t. lemon peel, grated        | ¼ C. soft butter     |

### *Filling:*

- |   |                           |
|---|---------------------------|
| 5 pkg. (8-oz. size) cream cheese<br>at room temperature | 1½ t. orange peel, grated |
| 1¾ C. sugar   | ¼ t. vanilla extract      |
| 3 T. all-purpose flour                                  | 5 eggs                    |
| 1½ t. lemon peel, grated                                | 2 egg yolks               |
|   | ¼ C. heavy cream          |

### *Crust:*

In a small bowl, combine flour, sugar, lemon peel and vanilla. Make a well in the center; add egg yolk and butter. With fingertips, mix until dough leaves side of bowl. Form into a ball; wrap in waxed paper; refrigerate ½ hour. Meanwhile, preheat oven to 400°. Lightly grease bottom and side of a 9-inch spring-form pan; remove side. Remove one-third of dough from refrigerator. Roll out directly on bottom of spring-form pan; trim dough even with edge. Bake 8 to 10 minutes or until golden. Cool. Divide remaining dough into three parts. On a lightly-floured surface, roll each part into a strip 2½ inches wide. Press strips to side of spring-form pan, joining ends of strips to line inside



completely Trim dough so it comes only  $\frac{3}{4}$  up side. Refrigerate until ready to fill.

### *Filling:*

Preheat oven to 500° In large bowl of electric mixer, combine cheese with sugar, flour, lemon peel, orange peel and vanilla. Add eggs and yolks, one at a time, beating after each addition. Beat only until mixture is well combined. Add cream, beating only until well combined. Assemble spring-form pan with baked crust on bottom and unbaked pastry around pan. Pour in filling; bake 10 minutes. Reduce oven temperature to 250° Bake one hour longer. Cool in pan, on wire rack. Refrigerate 3 hour or overnight.

### *To Serve.*

Remove side of spring-form pan. Serve cheesecake plain, or topped with a sour cream topping or fruit glaze.

*This is not as complicated as it looks — and it's a superb cheesecake, worth the effort. I always make it a day before I want to serve it. Slice small pieces — it's VERY rich.*

*Carmen Sarro*

## *Individual Cheese Cakes*

---

2 8 oz. pkgs. cream cheese  
2 eggs  
 $\frac{3}{4}$  C. sugar  
OR 8 oz. Sweet & Low  
1 T lemon juice

1 t. vanilla  
Nabisco vanilla wafers  
muffin baking cups  
1 can pie filling  
(blueberry, cherry, etc.)

Beat cream cheese, eggs, sugar, lemon juice and vanilla. Place 1 vanilla wafer in each muffin baking cup. Fill  $\frac{3}{4}$  full. Bake at 350° for 20 minutes. Cool slightly Top with pie filling. Chill. Makes 18-24 servings.

*Marcia Sarff*

## *Guava Chiffon Pie*

---

1 envelope unflavored gelatin  
1 T lemon juice  
4 eggs, separated  
1 C. guava juice  
 $\frac{3}{4}$  C. sugar

few drops red good color  
 $\frac{1}{8}$  t. cream of tartar  
9" pie shell, baked  
sweetened whipped cream

Soften gelatin in lemon juice. Set aside. Combine egg yolks, guava juice and  $\frac{1}{2}$  cup sugar Add a few drops red food color Cook and stir over medium heat until mixture thickens. Add gelatin mixture and stir until melted. Cool mixture until it reaches the consistency of egg whites. Whip together egg



whites and cream of tartar until soft peaks form. Add  $\frac{1}{4}$  cup sugar and beat until stiff peaks form. Fold in gelatin mixture and pour into baked pie shell. Chill. Top with sweetened whipped cream. Serves 8.

*Garnish with extra guava slices — guava can sometimes be found in the fresh vegetable section of some supermarkets.*

— Moana Steinberg

## Honey Chocolate Pie

---

### *Shell:*

1 C. flour	3 T. butter
$\frac{1}{2}$ t. salt	2-3 t. cold milk
$\frac{1}{4}$ C. Crisco	$\frac{1}{4}$ C. slivered almonds

Sift together flour and salt. Cut in shortening and butter. Add milk. Roll out dough. Press almonds into bottom of pie shell. Bake at  $450^{\circ}$  for 10-12 minutes.

### *Filling:*

12 oz. pkg. chocolate chips	4 egg whites
4 egg yolks	$\frac{1}{2}$ t. salt
1 C. sour cream	$\frac{1}{3}$ C. honey

Melt chocolate chips in top of double boiler. Add egg yolks, stir until mixture leaves sides of pan. Remove from heat. Blend in sour cream, beat until smooth. Set Aside. Beat egg whites and salt until stiff but not dry. Add honey slowly. Continue beating until stiff peaks form. Fold in chocolate mixture. Spoon into pie shell. Chill at least 2 hours. Garnish with whipped cream and toasted almonds.

*Very rich!*

— Marcia Sarff

## Lemon Graham Cracker Pie

---

1 small can lemonade concentrate	1 can Eagle Brand milk
10 oz. Cool Whip	9" graham cracker crust (commercial)

Whip together lemonade concentrate, Cool Whip and Eagle Brand milk. Pour into graham cracker crust. Can be frozen. Cover with strawberries or any fresh fruit and serve.

*Tastes like cheesecake.*

— Hazel Rohl



## Mai Tai Pie

---

### *Coconut Crust:*

7 oz. pkg. flaked coconut

6 T. butter or margarine, melted

### *Mai Tai Filling:*

1 envelope unflavored gelatin

¼ C. fresh lime juice

½ C. sugar

⅓ C. light or golden rum

4 eggs, separated

2 T. orange-flavored liqueur

6 oz. can unsweetened pineapple juice

¼ C. sugar

½ C. heavy cream, whipped

Blend coconut and butter. Press evenly and firmly onto bottom and up sides of a 9-inch pie plate. Bake in slow oven (300°) for 25 minutes or until golden brown. Cool on wire rack. Mix gelatin and ¼ cup sugar in a small saucepan; beat in egg yolks until well blended. Gradually blend in pineapple juice. Cook, stirring constantly, until gelatin dissolves and mixture is slightly thickened (do not boil). Remove from heat. Stir in lime juice, rum and orange-flavored liqueur. Pour into large bowl. Set bowl in a pan of ice and water to speed setting; chill, stirring often, until mixture starts to thicken. While gelatin mixture chills, beat egg whites in a medium-size bowl until foamy-white; slowly beat in remaining ¼ cup sugar until meringue forms soft peaks. Fold meringue and whipped cream into gelatin mixture until no streaks of white remain. Spoon into cooled coconut shell. Chill at least 3 hours, or until set. Serves 8.

— Moana Steinberg

## Margarita Pie

---

1 envelope unflavored gelatin

1 t. lime peel, grated

1 C. sugar

⅓ C. tequila

¼ t. salt

3 T. Cointreau

4 eggs, separated

OR triple-sec liqueur

½ C. lime juice

9" pie shell, baked

Mix gelatin, ½ cup sugar and salt in saucepan. Beat egg yolks and lime juice together and add to gelatin mixture. Cook and stir over low heat until gelatin is dissolved, about 5-7 minutes. Remove from heat and stir in lime peel, tequila and liqueur. Chill over ice water or refrigerate until mixture mounds slightly when dropped from a spoon. Beat egg whites until stiff and beat in remaining ½ cup sugar. Fold whites into gelatin mixture. Turn filling into pie shell and chill until firm. Garnish with lime twists and whipped cream puffs, if desired. Serve pie same day for best results.

— Jami Kennedy



## Strawberry Cheese Pie

---

### *Crust:*

18 graham crackers, quartered  
(1 $\frac{1}{3}$  cups)

$\frac{1}{3}$  C. butter or margarine, melted  
3 T. sugar

### *Filling:*

$\frac{1}{4}$  C. milk  
2 eggs  
1 $\frac{1}{2}$  t. vanilla  
8 oz. pkg. room temperature  
cream cheese, cubed  
 $\frac{1}{2}$  t. flour  
 $\frac{1}{4}$  t. salt

1 C. sugar  
9" graham cracker crumb crust  
(recipe below)  
 $\frac{1}{4}$  C. water  
2 pints fresh strawberries  
( $\frac{1}{3}$  of berries cut in half)  
2 T. cornstarch

### *Crust:*

In a blender, puree  $\frac{1}{4}$  of the graham crackers until finely crumbled — 10-15 seconds. Pour into bowl. Repeat until all crackers are crumbled. Add remaining ingredients and mix well. Pack crumbs evenly over bottom and sides of a 9-inch pie pan. Heat in moderate oven (350°) for 5 minutes. Chill.

### *Filling:*

Combine first six ingredients and  $\frac{1}{4}$  cup sugar. Puree in blender until smooth, 30 to 40 seconds. Stop motor; push ingredients into blades. Continue until thoroughly blended. Pour into graham cracker crust. Bake in moderate oven (350°) until filling is set (about 20 minutes). Chill.

### *Glaze Topping:*

Put water, berry halves, remaining sugar and cornstarch into blender container and blend until smooth. Pour into saucepan. Cook slowly, stirring constantly, until clear.

### *Pie:*

Top pie with whole strawberries (stems removed), stem end down. Spoon warm glaze over berries. Chill. Serves 6-8.

— Janice Deutschman

## Pineapple Coconut Pie

---

1 stick margarine ( $\frac{1}{4}$  lb.)  
1 $\frac{1}{2}$  C. sugar  
2 T. flour  
2 eggs

1 t. vanilla  
1 can (small 15 oz. size)  
crushed pineapple  
 $\frac{1}{2}$  C. angel flake coconut



Melt margarine, then remove from heat. Stir in sugar, flour, eggs and vanilla. Stir in can of pineapple, juice included. Add coconut. Pour into an unbaked pie shell. Bake for 10 minutes at 400°, then continue baking at 350° for 50 minutes.

— Laura Taylor

## Pennsylvania Dutch Shoo Fly Pie

---

4 C. flour	1 C. water
2 C. sugar	1 t. ginger
½ C. shortening	OR
1 t. baking soda	½ t. cinnamon and ½ t. ginger
1 C. molasses*	pinch of baking soda

Take the first four ingredients (flour, sugar, shortening and the 1 teaspoon baking soda) and mix into crumbs. Mix molasses, water, ginger and pinch of soda and pour into two unbaked pie shells. Divide crumbs on the top of each pie. Bake at 375° for about 1 hour. Makes 2 pies.

\*If you don't care for the molasses flavor, substitute 1 cup dark corn syrup.

*The Pennsylvania Dutch are famous for their shoo fly pies — so called because flies would gather around them as they cooled on the open window. Shoo flies are used for breakfast as you would use sweet rolls or coffee cake. They are also used as desserts, before-bed snacks, or whenever you would want something sweet.*

— Elizabeth M. Evans

## Fruit Cookies

---

*Cream together:*

3 C. sugar	2 C. butter or margarine
------------	--------------------------

*Sift and add:*

5 C. flour	2 t. soda
2 t. cinnamon	¾ t. salt
1 t. nutmeg	

*Add and stir in:*

1 pkg. seedless raisins or currants	1 small can citron (optional)
1 jar mixed glacéd fruit	3 C. walnuts, chopped

Drop onto cookie sheet and bake at 375° for 12 to 15 minutes. Makes about 16 dozen!

— Mary Spring



## Apricot Almond Bars

---

1½ C. butter (can use half margarine)	3½ C. sifted flour
1 C. powdered sugar	1 C. slivered <i>or</i> chopped almonds
1 t. + ½ t. almond extract	½ t. salt
	12 to 16 oz. jar apricot jam

Cream together the first three ingredients. Mix together flour, nuts and salt. Add to creamed mixture. Mix until crumbly. Set aside 1½ cups of crumbly mixture for topping. Put the rest of the mixture into a greased 9×13" pan. Combine apricot jam and the ½ teaspoon almond extract. Spread over crumb layer. Put 1½ cups of topping on. Bake about 35 minutes at 325° or until light golden brown. Cut while warm. Refrigerate until completely cooled, then remove from pan. Makes 14 2" squares.

— Linda Rosell

## Cinnamon Thins

---

½ C. soft butter or margarine	¼ t. salt
1 C. granulated sugar	¼ C. granulated sugar, <i>mixed with:</i>
1 egg	1 t. cinnamon
1¾ C. all-purpose flour	
1 t. baking powder	

Cream together butter and sugar until light and fluffy. Add egg and beat. Combine flour with baking powder and salt. Add to creamed mixture and mix well. Drop onto greased cookie sheet in marble-sized balls. Press flat with bottom of greased glass dipped in the sugar-cinnamon mixture. Bake in 350° oven for 10 minutes. Remove from cookie sheet and cool on rack. Makes 7 dozen.

— Jami Kennedy

## Sand Tarts

---

1 C. sugar	1 t. vanilla
1 C. butter	1½ C. sugar
1 egg, beaten	4 eggs
3½ C. flour	1 C. almonds, chopped fine

Blend butter and 1 cup sugar thoroughly. Add egg, flour and vanilla. Chill 2 or 3 hours; press into small muffin pans. Combine remaining sugar with remaining ingredients; fill pans. Bake at 275° for 20 to 25 minutes, or until brown on top. Yields 24.

— Gloria Barrett



## Persimmon Cookies

---

½ C. butter	½ t. cloves
1 C. sugar	½ t. nutmeg
1 egg	½ t. salt
1 C. persimmon pulp	1 C. chopped walnuts
1 t. soda	OR pecans
½ t. cinnamon	1 C. raisins, chopped

Cream butter and sugar together. To this, add beaten egg and persimmon pulp. Add soda and flour together with spices, mixing thoroughly. Add to persimmon mixture along with spices. Fold in nuts and raisins. Drop by teaspoonfuls onto a greased cookie sheet. Bake 12-15 minutes at 375°.

— Marie Apple

## Almond Roca

---

3 C. white sugar	½ to 1 lb. shelled almonds
1 lb. butter (minus a slice ¼-inch thick, or 1¾ C. butter)	(blanched or unblanched)
	9¾ oz. bar milk chocolate

Boil sugar and butter together for 5 minutes. Add nuts, saving enough to sprinkle on outside. Boil 10 minutes longer or until sugar and butter have separated and then gone back together again. Pour at once into a pan 11×17 inches. Cool. Spread top with ½ melted Hershey bar and sprinkle with chopped nuts. Turn over and then spread the other side with remaining melted Hershey bar and chopped nuts.

*Stir constantly while cooking in a heavy aluminum kettle, for it burns very easily.*

— Dianne Curtis

## Bourbon Balls

---

2 C. vanilla wafers, crushed (about 4 dozen wafers)	2 T. butter or margarine, melted
1 C. finely chopped nuts (pecans, walnuts or filberts)	⅓ C. bourbon
1 C. powdered sugar	2 T. light corn syrup
	2 T. cocoa

Mix ingredients together and form into walnut-size balls. Roll in dry powdered sugar. Store tightly-covered for at least 1 week. Roll in powdered sugar again and serve. Makes about 4 dozen.

*I add ¼ cup extra bourbon.*

— Pat Allen



## Almond Rock Candy

---

1 C. sugar  
3 T. water

1 t. fresh lemon juice  
 $\frac{3}{4}$  C. almonds, shelled

Boil sugar, water and lemon juice to 310°. Remove from heat and stir in almonds. Turn onto greased cookie sheet. When cool, break into pieces.

— Jami Kennedy

## Coconut Easter Eggs

---

2 fresh coconuts  
5 boxes powdered sugar

chocolate (semi-sweet or baking)  
paraffin (3" square)

Crack coconuts and peel flesh off brown skin. Grate by hand or in a food processor. Add one box of powdered sugar at a time, until all are incorporated into the coconut. Shape into egg-shapes about 2 inches in diameter. Put on waxed paper and refrigerate until you are ready to dip into chocolate.

Mix the chocolate and square of paraffin in a double boiler. Use an appropriate utensil to set egg into chocolate until completely covered. Place on fresh waxed paper and refrigerate. May be decorated. Makes about 50 eggs.

— Vicki Oren

## Fudge Nougats

---

2 C. sugar  
 $\frac{1}{2}$  C. butter  
1 C. evaporated milk  
6 oz. Nestle's Semi-Sweet  
Chocolate Morsels

$\frac{3}{4}$  C. flour  
1 C. crushed graham crackers  
 $\frac{3}{4}$  C. chopped walnuts  
1 t. vanilla

Combine sugar, butter and evaporated milk in a saucepan. Bring to a full rolling boil, stirring constantly. Boil 10 minutes, stirring occasionally. Stir in chocolate chips, flour, crushed graham crackers, chopped walnuts and vanilla. Spread in a well-buttered 9×9-inch pan. Cut into small squares.

*So good I always double the recipe!*

— Gussie Lorelli



## Peanut Brittle

---

1 C. sugar  
½ C. water

1 C. roasted peanuts  
(unsalted)

Cook sugar and water to 350°. Quickly stir in the peanuts and pour immediately onto a warm buttered cookie sheet. Let cool and cut.

— Jami Kennedy

## Peanut Butter Squares

---

2 sticks unsweetened margarine,  
melted  
1 C. chunky peanut butter

1¾ C. graham cracker crumbs  
2½ C. powdered sugar  
12 oz. chocolate bits, melted

Mix together all ingredients except chocolate bits. Spread on a cookie sheet or a 9×13" pan. Spread melted bits over the top. Refrigerate 10 minutes.

— Pat Allen

## Spiced Candied Pecans

---

1 egg white  
1 T. water  
1 C. sugar

1 t. salt  
1 t. cinnamon  
1 lb. pecan halves

Beat together egg white and water until frothy. In bowl, sift together sugar, salt and cinnamon. Pour pecans into egg white. Stir until well-coated. Add sugar mixture. Mix until well-coated. Evenly spread on ungreased cookie sheet. Bake in a 300° oven for 30 minutes, stirring once or twice while in oven. Cool and refrigerate. Makes 1 pound.

*Packed in tins, these treats will keep fresh endlessly. They also can be made ahead and kept frozen until needed. To serve, simply thaw.*

— Janice Deutschman

## Toffee

---


¾ C. water  
¼ C. butter

4 C. brown sugar

Boil water, sugar and butter together to 310°. Pour into buttered pan. When completely cooled, cut into pieces.

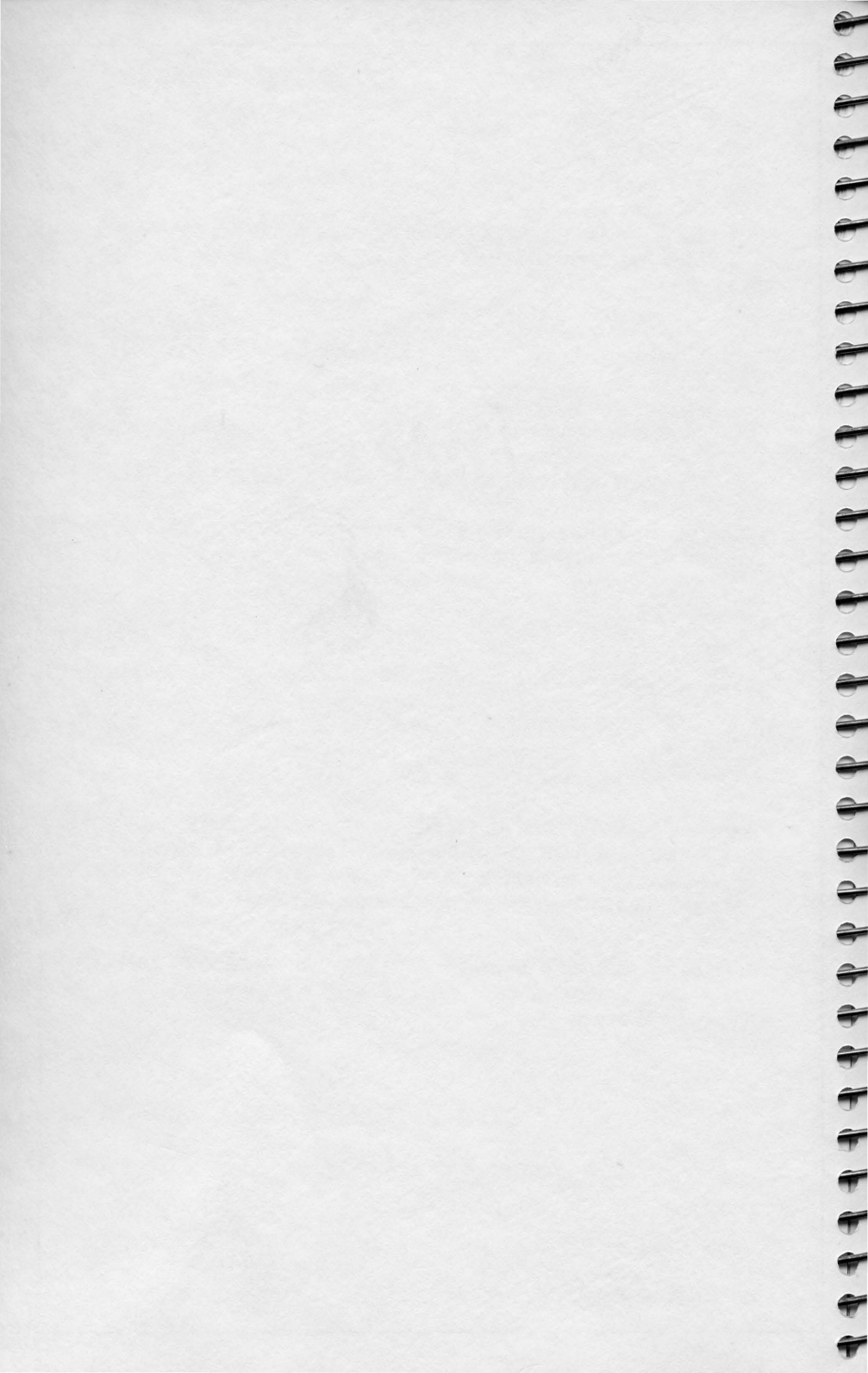
— Jami Kennedy





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