

# SHARING OUR BEST

*Past and Present*





# Sharing Our Best Past to Present

A collection of recipes from members of the  
**St. Paul United Methodist Church**  
Elmwood, NE 68349

Copyright © 2002  
Morris Press Cookbooks

All rights reserved. Reproduction in whole or in  
part without written permission is prohibited.

Printed in the U.S.A. by



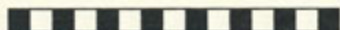
P.O. Box 2110 • Kearney, NE 68848  
800-445-6621 • [www.morriscookbooks.com](http://www.morriscookbooks.com)





In 1973 we published our first cookbook, Good Cookin' and in 1983 our second, Bites and Pieces. When it came time to publish our current cookbook Sharing Our Best, Past and Present in 2002, we decided it would be very appropriate to republish some of the recipes from our previous cookbooks. We just didn't want to lose some of those wonderful recipes from members of our congregation or from members who may now be deceased. We asked current members to submit new recipes, but also to review the previous cookbooks and submit their favorite recipes from them. Throughout this book, recipe contributor's names which have "(GC)" next to them are from the Good Cookin' book, and those names with "(B&P)" are from the Bites and Pieces book. These recipes are written exactly as they were in the original book. We also felt that by publishing the recipes as one book, it would give new members of our congregation an opportunity to connect in perhaps a small way with our past.

We hope you will agree that our new cookbook is a wonderful blend of recipes suited for today's fast-paced life style as well as some very traditional recipes which will stand the test of time through many generations. We now present, Sharing Our Best, Past and Present.





## Expression of Appreciation

We wish to express our sincere appreciation and thanks to everyone who took a few extra minutes to donate recipes and especially those who chose their favorite recipes from our past cookbooks to be printed again. Also a thank you to everyone who assisted with the selling of our book and to all those individuals who have purchased it. We hope you will enjoy what we consider is our best, from our past and our present.

The Cookbook Committee

Shirley Bornemeier  
Bonnie Brewer  
Sharon Kunz







## Table of Contents

Appetizers & Beverages .....	1-4
Soups & Salads .....	5-22
Vegetables & Side Dishes .....	23-30
Main Dishes .....	31-56
Breads & Rolls .....	57-66
Desserts .....	67-88
Cookies & Candy .....	89-108
This & That.....	109-112
Index	



# Appetizers & Beverages





## Helpful Hints

- You won't need sugar with your tea if you drink jasmine tea or any of the lighter-bodied varieties, like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.
- Calorie-free club soda adds sparkle to iced fruit juices, makes them go further and reduces calories per portion.
- For tea flavoring, dissolve old-fashioned lemon drops or hard mint candy in your tea. They melt quickly and keep the tea brisk!
- Most diets call for 8 ounces of milk and 4 ounces of fruit juice. Check your glassware. Having the exact size glass ensures the correct serving amount.
- Make your own spiced tea or cider. Place orange peels, whole cloves, and cinnamon sticks in a 6-inch square piece of cheesecloth. Gather the corners and tie with a string. Steep in hot cider or tea for 10 minutes or longer if you want a stronger flavor.
- Always chill juices or sodas before adding to beverage recipes.
- To cool your punch, float an ice ring made from the punch rather than using ice cubes. Not only is this more decorative, but it also inhibits melting and diluting.
- Place fresh or dried mint in the bottom of a cup of hot chocolate for a cool and refreshing taste.
- One lemon yields about  $\frac{1}{4}$  cup juice; one orange yields about  $\frac{1}{3}$  cup juice. This is helpful in making fresh orange juice or lemonade!
- Never boil coffee; it brings out the acid and causes a bitter taste. Store ground coffee in the refrigerator or freezer to keep it fresh.
- Always use COLD water for electric drip coffee makers. Use 1 to 2 tablespoons ground coffee for each cup of water.
- Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Unshelled nuts crack more easily when frozen. Nuts and seeds can be used directly from the freezer.
- Cheeses should be served at room temperature, approximately 70°



# Appetizers & Beverages

## Appetizers

### ARTICHOKE DIP

Mary Wenzel Snyder

- |  |                               |
|--|-------------------------------|
| 2 (6½-oz.) jars marinated artichoke hearts | ½ c. sour cream               |
| 1 (10-oz.) pkg. frozen chopped spinach     | ½ c. mayonnaise               |
| 1 lg. clove garlic                         | ¾ c. shredded Parmesan cheese |

Drain artichoke hearts and chop coarsely. Thaw and drain spinach. Mix artichoke hearts with spinach, garlic, sour cream, mayonnaise and Parmesan cheese. Bake in shallow 5-cup baking dish for 20-25 minutes at 350°. Serve with crackers, pita bread or corn chips.

### ARTICHOKE SPREAD

Jan Medcalf

- |   |   |
|---|---|
| 1 c. grated Parmesan cheese (can be from jar) | 1 sm. garlic clove                                      |
| ½ c. fat-free mayonnaise                      | 1 (14-oz.) can artichoke hearts, drained & chopped fine |
| 2 (8-oz.) pkgs. light cream cheese, softened  |   |

In a food processor, mixer or blender combine cheese, mayonnaise, cream cheese and garlic. Process until smooth. Add artichokes and mix well. Pour onto a glass pie plate and bake at 350° for 25 minutes. This can be made the day before and refrigerated, then baked when ready, but add 10 more minutes of baking time. Serve warm, with Wheat Thins or other crackers. This can be reheated in the microwave as needed. You must use the fat-free mayonnaise; other varieties will separate and look oily.





## **CRACKER SNACKS**

Nina Miller Landwehr

- 1 stick butter
- 1/2 c. sugar
- 1 tsp. vanilla

- Club crackers
- Slivered almonds

Combine butter, sugar and vanilla. Pour over Club crackers, spread on cookie sheet, and top with slivered almonds. Bake at 350° for 10 minutes.

## **DIP**

Shirley Bornemeier  
(B & P)

- 1 (8-oz.) pkg. cream cheese
- 1 T. minced onion flakes
- Pinch of salt

- 3 T. salad dressing
- 1/4 c. ketchup
- 1/2 tsp. Worcestershire sauce

Mix well. Keep in refrigerator.

## **MEXICAN DIP**

Shirley Wenzel

- 1 can refried beans
- 1 can Hormel chili (without beans)

- 1 (8 oz.) cream cheese
- 1 (8 oz.) cheese (yellow or Colby)

Put in 9 x 13-inch pan, layering beans, cream cheese, chili, and cheese. Bake at 375° for 20 minutes. Serve with tortilla chips.

## **GUACAMOLE** **(Avocado Sauce)**

Jim Hoyt  
(B & P)

- 2 med. avocados
- 1 sm. tomato, chopped
- 2 T. minced onion
- 1 clove garlic

- 1 tsp. lemon juice
- 1/2 tsp. salt
- 1 tsp. chili powder

Peel avocados. Mash with a fork in medium bowl. Stir in tomato, onion and lemon juice. Mash garlic with salt to make a paste and stir into avocado mixture. Add chili powder and blend well. Makes 6 servings.





## POTATO CHIP DIP

Joyce Vogt

- |                              |                     |
|------------------------------|---------------------|
| 8 oz. cream cheese, softened | 1/3 c. ketchup      |
| 1 T. milk                    | 1 T. onion, chopped |
| 2 T. Dorothy Lynch dressing  | 1/4 tsp. salt       |

Mix cream cheese, milk, dressing, ketchup, onion, and salt together. Serve with potato chips. Refrigerate leftovers.

## SHRIMP DIP

Deb Bornemeier Whitehead  
(B & P)

Mix:

- |                   |                             |
|-------------------|-----------------------------|
| 16 oz. sour cream | 8 oz. softened cream cheese |
|-------------------|-----------------------------|

Add 2 cans drained and chopped shrimp that has been sprinkled with lemon juice and garlic salt to taste.

## SUPER CHICKEN DIP

Nina Miller Landwehr

- |                                  |                                  |
|----------------------------------|----------------------------------|
| 1 can cream of mushroom soup     | 1 T. Worcestershire              |
| 1 (8 oz.) cream cheese, softened | 1/4 c. finely chopped onion      |
| 1 can chicken                    | Diced jalapeño peppers, to taste |

Combine mushroom soup, cream cheese, chicken, Worcestershire, onion and jalapeños over low heat. Serve hot with Doritos.

## TACO DIP

Kathy Kunz Frahm

- |                               |                       |
|-------------------------------|-----------------------|
| 8 oz. light cream cheese      | 1 med. tomato         |
| 8 oz. shredded cheddar cheese | 1 bundle green onions |
| 8 oz. picante sauce (medium)  |                       |

Chop tomato into 1/2-inch pieces. Dice green onion. Mix all ingredients well. Serve with tortilla chips.







## Beverages

### PEPPERMINT-EGGNOG PUNCH

Carolyn Oehlerking

- |   |   |
|---|---|
| 1 qt. peppermint ice cream,<br>softened | 4 (12-oz.) bottles ginger ale,<br>chilled |
| 1 qt. commercial dairy eggnog           | Peppermint sticks                         |

Combine first 3 ingredients in a punch bowl, stirring until blended. Serve immediately with peppermint sticks. Yield: 4½ quarts.

### SALLY'S PUNCH

Dorothy Oldfield  
(B & P)

- |  |  |
|--|--|
| 3 (3-oz.) pkgs. Jello, dissolved<br>(any flavor, lime is good) (can<br>use sugar-free Jello) | 9 c. cold water  |
| 2 c. boiling water   | 2 sm. cans lemonade  |
|  | 2 (46-oz.) cans unsweetened<br>juice (1 pineapple, 1 grapefruit) |

If you care for it sweeter, boil together 3 cups each of sugar and water, add to above. It is quite good without the sugar. Makes a lot, so freeze in milk cartons and use as needed. Take out of freezer about 2 hours before serving, then add 7-Up or ginger ale and mash somewhat before serving.

### Recipe Favorites



*Soups  
& Salads*



## Helpful Hints

- Fresh lemon juice will remove onion scent from hands.
- To save money, pour all leftover vegetables and water in which they are cooked into a freezer container. When full, add tomato juice and seasoning to create a "free" soup.
- Instant potatoes are a good stew thickener.
- Three large stalks of celery, chopped and added to about two cups of beans (navy, brown, pinto, etc.), will make them easier to digest.
- When cooking vegetables that grow above ground, the rule of thumb is to boil them without a cover.
- A lump of sugar added to water when cooking greens helps vegetables retain their fresh color.
- Never soak vegetables after slicing; they will lose much of their nutritional value.
- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.
- To cut down on odors when cooking cabbage, cauliflower, etc..., add a little vinegar to the cooking water.
- To avoid tears when cutting onions, try cutting them under cold running water or briefly placing them in the freezer before cutting.
- Perk up soggy lettuce by soaking it in a mixture of lemon juice and cold water.
- Vinegar can remove spots caused by tomatoes. Soak the spot with vinegar and wash as usual.
- Egg shells can be easily removed from hard-boiled eggs if they are quickly rinsed in cold water after they are boiled. Also, add a drop of food coloring to help tell the cooked eggs apart from the raw ones in your refrigerator.
- Keep bean sprouts and jicama fresh and crisp up to five days by submerging them in a container of water, then refrigerating them.
- Your fruit salads will look perfect when you use an egg slicer to make perfect slices of strawberries, kiwis, or bananas.





# Soups & Salads

## Soups

### EDNA SIMS' CHEESE SOUP

Marge Clements  
(B & P)

- |                              |  |
|------------------------------|--|
| 2 cans cream of chicken soup | 1 c. diced onions (or less if desired)         |
| 2 cans cream of celery soup  | 2 lbs. Velveeta cheese or 1/2 to 1 lb. cheddar |
| 2 c. diced potatoes          | 1 T. Worcestershire sauce                      |
| 2 c. diced carrots           |  |
| 1 c. diced celery            |  |

Cook vegetables in about 6-8 cups of water until done. Then add soups. No salt needed. (The Velveeta cheese makes a much smoother soup.)

### CHEESE SOUP

Joyce Backemeyer  
(B & P)

- |                          |  |
|--------------------------|--|
| 4 chicken bouillon cubes | 1 (20-oz.) bag California mix (broccoli & cauliflower) |
| 1 qt. water              | 2 cans cream of chicken soup                           |
| 1 c. diced carrots       | 1 lb. pasteurized process cheese, cubed                |
| 1 c. diced celery        |  |
| 1/2 c. diced onion       |  |
| 1 1/2 c. cubed potatoes  |  |

Dissolve bouillon cubes in water in 8-quart pan. Add carrots, celery, onion and potatoes. Cook for 15 minutes. Add vegetables. Cook for 5-6 minutes. Add chicken soup and cheese. Heat and serve. Serves 10.



## **BROCCOLI CHEESE SOUP**

Amanda Brewer

- |  |   |
|--|---|
| <b>1/2 c. butter</b>   | <b>2 c. milk</b>                        |
| <b>1 onion, chopped</b>  | <b>1 T. garlic powder (or to taste)</b> |
| <b>1 (16-oz.) pkg. frozen chopped<br/>broccoli or fresh broccoli</b> | <b>2/3 c. cornstarch</b>                |
| <b>4 (14 1/2-oz.) cans chicken broth</b>                             | <b>1 c. water</b>                       |
| <b>1 (1-lb.) loaf processed cheese<br/>food, cubed</b>               |   |

In a stockpot, melt butter over medium heat. Cook onion in butter until softened. Stir in broccoli, and cover with chicken broth. Simmer until broccoli is tender, 10 to 15 minutes. Reduce heat, and stir in cheese cubes until melted. Mix in milk and garlic powder. In a small bowl, stir cornstarch into water until dissolved. Mix into soup; cook and stir until thick. This is especially good after Thanksgiving or Christmas with left-over chopped turkey added.

## **SALSA CHICKEN SOUP**

Annie Root

- |   |  |
|---|--|
| <b>1/2 lb. boneless, skinless<br/>chicken breast, cubed</b> | <b>1-2 T. chili powder</b>                               |
| <b>1 (14 1/2-oz.) can chicken broth</b>                     | <b>1 c. salsa</b>  |
| <b>1 c. corn</b>  | <b>Shredded Monterey cheese or<br/>pepper Jack, opt.</b> |
| <b>1 3/4 c. water</b>                                       |  |

In large saucepan, combine chicken, chicken broth, water, chili powder, and corn. Bring to boil. Reduce heat; simmer, uncovered, for 5 minutes or until chicken is no longer pink and corn is tender. Add salsa and heat through. Garnish with cheese if desired. Yields 6 servings.

## **TACO SOUP**

Shirley Wenzel

- |                                       |                                     |
|---------------------------------------|-------------------------------------|
| <b>2 lbs. hamburger</b>               | <b>1 (16-oz.) tub sour cream</b>    |
| <b>2 cans pinto beans, with juice</b> | <b>1 lb. Velveeta cheese, cubed</b> |
| <b>1 can Ro-Tel tomatoes (qt.)</b>    |                                     |

Brown hamburger with salt, pepper and onion. Cook together in a crock-pot. Serve with Fritos.





## **OLD TIME BEEF STEW**

Marietta Vogt

Heat 2 tablespoons fat in Dutch oven. Add 2 pounds beef chuck cut into 1½-inch cubes and brown on all sides. Slice big onion and add a clove of garlic. Add 4 cups boiling water and 1 tablespoon each salt and lemon juice, 1 teaspoon each sugar and Worcestershire, ½ teaspoon each pepper and paprika, bay leaf or two, and dash of cloves. Cover and simmer 2 hours. When meat is almost done, add vegetables, six carrots cut in quarters, 1 pound small white onions and a few potatoes. Add thickening and make gravy. This is Dwight D. Eisenhower's recipe.

## **FOOTBALL STEW**

Lavina Backemeyer (GC)  
Carolyn Oehlerking (GC)  
Judy Hendrix  
Kathy Kunz Frahm

Place 2 pounds beef stew meat, 1½-inch cubes, in oblong pan, 9 x 13-inch, or heavy small roaster pan. Peel and slice one medium onion over meat. Diagonally slice several stalks of celery. Pare 6 carrots and cut into chunks. Peel and cube 3 potatoes (or as desired). Add vegetables to baking pan. Blend 2 teaspoons salt with 1 tablespoon sugar, and 2 tablespoons tapioca and ½ teaspoon Kitchen Bouquet and ½ cup tomato juice. Sprinkle this over the ingredients in the baking dish. Cover pan with sheet of heavy-duty foil and crimp edges to seal tightly. Bake stew in slow oven at 250° for 4 hours.







## **BAKED POTATO SOUP**

Bonnie Brewer

- |                                      |   |
|--------------------------------------|---|
| 12 sliced bacon                      | 4 green onions, chopped                   |
| $\frac{2}{3}$ c. margarine           | $1\frac{1}{4}$ c. shredded cheddar cheese |
| $\frac{2}{3}$ c. all-purpose flour   | 1 c. sour cream                           |
| 7 c. milk                            | 1 tsp. salt                               |
| 4 lg. baked potatoes, peeled & cubed | 1 tsp. ground black pepper                |

Place bacon in a large, deep skillet. Cook over medium heat until browned. Drain, crumble, and set aside. In a stockpot or Dutch oven, melt the margarine over medium heat. Whisk in flour, until smooth. Gradually stir in milk, whisking constantly until thickened. Stir in potatoes and onions. Bring to a boil, stirring frequently. Reduce heat, and simmer 10 minutes. Mix in bacon, cheese, sour cream, salt and pepper. Continue cooking, stirring frequently, until cheese is melted.

## **MICROWAVE POTATO SOUP**

Barb Fleischman  
(B & P)

- |  |                           |
|--|---------------------------|
| 4 slices bacon                               | $\frac{1}{8}$ tsp. pepper |
| 1 med. onion, chopped                        | 3 T. margarine            |
| $\frac{1}{2}$ c. water                       | 2 T. flour                |
| 1 (12-oz.) pkg. frozen, shredded hash browns | 2 c. milk                 |
| $1\frac{1}{2}$ tsp. salt                     | 1 c. water                |

Microcook bacon to crisp. Drain fat and save. Add onion to bacon fat. Cover and microcook until onion is tender, 3-4 minutes. Add  $\frac{1}{2}$  cup water and the frozen potatoes. Cover and microcook until potatoes are thawed, 6-7 minutes. Stir in salt, pepper and margarine. Shake flour and milk in jar; stir into potato mixture with 1 cup water. Cover and microcook until mixture boils and thickens slightly, 3-5 minutes. Crumble bacon and sprinkle over top.





## Salads

### ASPARAGUS SALAD

LaRee Spohn  
(GC)

1 can cream of asparagus soup      1 pkg. lime Jello  
8-oz. pkg. cream cheese

Heat soup and dissolve Jello and cheese. Add:

1/2 c. cold water                              1/2 c. mayonnaise

Let stand to thicken and add:

1/2 c. green pepper, chopped              3/4 c. celery, chopped  
1 T. onion, grated                              1/2 c. pecans, chopped

Mold.

### BETTY'S SALAD (Betty Rehder)

Eunice Patton

Mixed salad greens                              Cauliflowerets  
Sliced strawberries (or                              Cashews  
raspberries)

Toss together with Dressing.

**Dressing:**

1 sm. onion    1/8 tsp. pepper  
1/4 c. vinegar    1 tsp. celery seed  
1 c. sugar    1 tsp. yellow mustard  
1 tsp. salt    1 c. salad oil

In blender, chop onion with vinegar. Add all seasonings. Slowly add salad oil.



## **BROCCOLI SALAD**

Nina Miller Landwehr

2 c. mayonnaise  
8 T. sugar  
2 T. white vinegar  
4 tsp. curry powder  
1 lb. crisp bacon

Broccoli  
Peanuts  
3 chopped green onions  
Raisins  
Sliced water chestnuts

Combine broccoli, peanuts, onion, bacon, raisins and water chestnuts in large bowl. Mix mayonnaise, sugar, vinegar and curry and shake well. Pour over salad ingredients right before serving.

## **BROCCOLI SALAD**

Frances Pratt

1 c. golden raisins soaked in  
boiling water  
1½ c. seedless grapes, halved  
1 bunch green onions, sliced  
thin, tops & all

1½ c. celery, chopped  
1 bunch broccoli, chopped  
1 pkg. slivered almonds (⅓ - ½  
c.)

### **Dressing:**

½ c. mayonnaise or salad  
dressing  
½ c. sour cream  
⅓ c. sugar

1 T. vinegar  
8 oz. creamy cucumber dressing  
1 lb. bacon, fried & crumbled

Combine fruits and vegetables. Prepare dressing in separate bowl and add to salad. Just before serving, add the bacon.





## COLESLAW

Mary Wenzel Snyder

- |                  |                    |
|------------------|--------------------|
| 1 head cabbage   | 2 tsp. sugar       |
| 1 lg. red onion  | 1 tsp. salt        |
| 1 c. sugar       | 1 tsp. celery seed |
| 1 c. vinegar     | 1 tsp. dry mustard |
| 3/4 c. salad oil |                    |

Shred cabbage. Thinly slice onion. Combine cabbage and onion, then sprinkle 1 cup sugar on top. In a saucepan, combine vinegar, salad oil, 2 teaspoons sugar, salt, celery seed and dry mustard. Bring to a boil. Cool slightly, then toss with the cabbage mixture. Refrigerate. This is much better made well in advance. May be refrigerated for 2 weeks. Keeps well. Serves 12.

## CRANBERRY SALAD

Margaret Bennett

- |                             |                             |
|-----------------------------|-----------------------------|
| 1 raspberry Jello           | 1 sm. can crushed pineapple |
| 1 lemon Jello               | 1/2 c. English walnuts      |
| 2 1/2 c. boiling water      | 1/4 c. celery               |
| 1 can whole cranberry sauce |                             |

Mix all together and chill. Serves 6 people.

## CRANBERRY-RASPBERRY SALAD

Marge Clements

- |   |                           |
|---|---------------------------|
| 1 sm. box cranberry Jello                   | 3/4 c. chopped celery     |
| 1 lg. box raspberry Jello                   | 3/4 c. chopped nuts, opt. |
| 1 can cranberry sauce                       | 1/2 c. orange juice       |
| No. 2 can crushed pineapple,<br>juice & all |                           |

Dissolve Jello and cranberry sauce in 1 1/2 cups boiling water. Stir. Add 1/2 cup orange juice. Chill liquids before adding pineapple, celery and nuts. Put into 9 x 13-inch pan.





## GARDEN SPINACH SALAD

Marilyn Schreiner

- |                            |  |
|----------------------------|--|
| 1 lb. fresh spinach        | 1/2 tsp. salt  |
| 1/2 c. salad oil           | 1/4 tsp. dry mustard                                     |
| 1/4 c. sugar               | 6 slices bacon, cooked until<br>crisp, drained, crumbled |
| 2 T. vinegar               | 6 hard-cooked eggs, sliced                               |
| 1 tsp. finely grated onion |  |

Wash spinach thoroughly, drain, chill until crisp. Place oil, sugar, vinegar, onion, salt and dry mustard in blender, blend until dressing becomes thick and syrupy and sugar dissolved. Tear spinach into bite-size pieces in large bowl. Add bacon bits and eggs. Pour dressing over all. Let stand 1/2 hour. Toss to mix. Serves 6.

## MIXED VEGETABLE SALAD/RELISH

Joan Williams  
(B & P)

- |                |                   |
|----------------|-------------------|
| 1 tsp. salt    | 2/3 to 1 c. sugar |
| 1 tsp. pepper  | 1 T. water        |
| 3/4 c. vinegar | 1/2 c. salad oil  |

Mix above ingredients, bring to a boil, let cool. Drain:

- |                                |                         |
|--------------------------------|-------------------------|
| 1 can French-style green beans | 1 green pepper, chopped |
| 1 can wax beans                | 1 c. chopped celery     |
| 1 can shoe peg corn            | 1 c. chopped onion      |
| 1 sm. jar pimento, chopped     |                         |

Put all vegetables in a bowl; pour cooled liquid over mixed vegetables. Let stand overnight or several hours in the refrigerator. Keeps up to 2 weeks. Makes 2 quarts.

## POPCORN SALAD

Judy Hendrix

- |                                |                              |
|--------------------------------|------------------------------|
| 3/4 c. shredded cheddar cheese | 1/2 c. chopped mild onion    |
| 3/4 c. cooked crumbled bacon   | 1 can sliced water chestnuts |
| 1/2 c. chopped celery          |                              |

Dressing: Mix together 1 cup mayonnaise and 1/3 cup sugar. Pour over above ingredients and chill. Right before serving, add 6 cups cooked popcorn (natural flavor).





## CAROLYN'S POTATO SALAD

Carolyn Oehlerking

### Dressing:

<b>1/4 c. vinegar</b>	<b>Dash of pepper</b>
<b>1/4 c. water</b>	<b>1 tsp. prepared mustard</b>
<b>1/4 c. sugar</b>	<b>2 eggs, beaten</b>
<b>1/4 tsp. salt</b>	<b>1 c. salad dressing</b>

The homemade dressing makes this recipe. Combine vinegar, water, sugar, salt, pepper, and mustard and bring to boil. Reduce heat and beat in 2 well-beaten eggs. Cook, stirring constantly until thick, about 5 minutes. Beat in salad dressing. I usually quadruple this dressing recipe and store in 2-quart bowl so it is ready to use.

### Salad:

<b>4 c. cubed cooked potatoes</b>	<b>8 eggs, hard-cooked &amp; chopped</b>
<b>2 sm. onions, chopped</b>	

Toss together potatoes, onions and eggs. Pour dressing over and stir. It tastes better the next day. I always add sweet pickles chopped or pickle relish.

## POTATO SALAD

Mary Miller

<b>1/2 c. sugar</b>	<b>1/4 c. vinegar</b>
<b>1 tsp. dry mustard</b>	<b>1 c. mayonnaise</b>
<b>1/2 tsp. salt</b>	<b>2 lbs. potatoes</b>
<b>Dash of pepper</b>	<b>4 eggs, boiled</b>
<b>2 level T. flour</b>	<b>2 T. grated onion</b>
<b>1/2 c. water</b>	<b>Sprinkle of parsley</b>

Combine sugar, mustard, salt, pepper, flour, water and vinegar in medium saucepan. Stir, while cooking over medium heat until thick. Remove from stove. Slowly add to beaten eggs, continue beating as combining. Return to stove and stir until thick. Cool and add mayonnaise. Pare potatoes and boil in slightly salted water until done. Drain and cool until they can be handled. Cut for salad and mix with chopped boiled eggs and onion. Sprinkle with parsley. Mix also with cooked dressing!







## POTATO SALAD

Edna Bornemeier

6 or 8 med.-size potatoes  
7 or 8 cooked eggs

1 sm. onion, diced

Boil potatoes with jackets. Do not overboil. Peel. Refrigerate cooked potatoes and eggs overnight. Next day, use salad master to dice eggs, potatoes, and onion.

### Dressing:

1/4 c. vinegar

1/4 c. water

1/4 c. sugar

1 tsp. prepared mustard

1/2 tsp. salt

Pepper, opt.

2 eggs

1 c. Miracle Whip

Mix all ingredients (except Miracle Whip) and heat in double boiler. Cook until thickened. Remove from stove, and while hot, add Miracle Whip. Cool Use enough dressing to moisten potato mixture. Ready to eat. Best if it can sit overnight before serving.

## SPINACH AND STRAWBERRY SALAD

Bonnie Brewer  
Joyce Vogt

2 bunches spinach, rinsed &  
torn into bite-size pieces

4 c. sliced strawberries

1/2 c. vegetable oil

1/4 c. white wine vinegar

1/2 c. white sugar

1/4 tsp. paprika

2 T. sesame seeds

1 T. poppy seeds

In a large bowl, toss together the spinach and strawberries. In a medium bowl, whisk together the oil, vinegar, sugar, paprika, sesame seeds, and poppy seeds. Pour over the spinach and strawberries, and toss to coat.





## **TOMATO BASIL SALAD**

Mary Wenzel Synder

- |                    |                          |
|--------------------|--------------------------|
| 6 tomato slices    | 4 tsp. red wine vinegar  |
| 6 red onion slices | 2 T. chopped fresh basil |
| 2 T. olive oil     | 1 tsp. sugar             |

Place tomatoes in a shallow dish, top each slice with an onion slice. In a small jar with tight fitting lid, combine oil, vinegar, basil and sugar and shake well. Pour over tomatoes and onions. Cover and refrigerate at least 1 hour. Serves 2.

## **COMPANY SALAD**

Carolyn Spohn Pointer  
(B & P)

- |                                   |   |
|-----------------------------------|---|
| 1 can cherry pie filling          | 1 sm. can crushed pineapple,<br>including juice |
| 1 can sweetened condensed<br>milk | 1½ c. miniature marshmallows                    |
| 8-oz. ctn. whipped topping        | Pecans  |

Mix in order given and chill. May also be frozen.

## **EGGNOG SALAD**

Grace Kunz Althouse  
(B & P)

- |   |   |
|---|---|
| 3 c. water                                      | 10-16 oz. strawberries (fresh or<br>frozen) |
| 1 (3-oz.) pkg. vanilla pudding<br>mix (regular) | ½ c. celery, chopped                        |
| 1 (3-oz.) pkg. lemon Jello                      | ¼ c. nuts                                   |
| 2 T. lemon juice                                | 1 sm. ctn. Cool Whip                        |
| 1 (3-oz.) pkg. strawberry Jello                 | 1 tsp. cinnamon                             |

In a saucepan, mix pudding and lemon Jello in 2 cups water and bring to a boil. Add lemon juice and chill until partly set. Use 1 cup boiling water for strawberry Jello, then add strawberries, juice and all. Add celery and nuts and chill until partly set. Fold cinnamon into Cool Whip, then fold into pudding mix. Pour half of the pudding mix into a 9 x 9-inch pan. Pour strawberry layer on next and top with remaining pudding mix.





## FAVORITE SALAD

Joan Backemeyer John  
(G.C.)

- |  |                           |
|--|---------------------------|
| 1 pkg. pineapple gelatin                         | 12 marshmallows, cut into |
| 1 tsp. lemon flavoring                           | fourths                   |
| 1 (3-oz.) pkg. cream cheese,<br>broken into bits | 2 c. boiling water        |

Pour boiling water over the gelatin, flavoring, cream cheese and marshmallows. Mix thoroughly until well blended and then chill until it starts to congeal. Then add:

- |                                 |                      |
|---------------------------------|----------------------|
| 1 c. crushed pineapple, drained | 1 c. pecans, chopped |
| 1 c. carrots, finely grated     |                      |

Lastly, whip 1 cup of heavy cream and fold into mixture. Pour into 9-inch square pan and chill. Cut into squares and serve on lettuce.

## LIME JELLO SALAD

Elsie Wolfe

- |                            |                                   |
|----------------------------|-----------------------------------|
| 2 (3-oz.) pkgs. lime Jello | 1 (1-lb. 4-oz.) pkg. Oreo cookies |
| 1 (8 oz.) Cool Whip        |                                   |

Bring 2 cups water to a boil, put into a 9 x 9-inch glass pan, add lime Jello. Stir until dissolved and add 7 or 8 ice cubes. Continue stirring until ice cubes are melted. Chill in refrigerator until firm. Spread Cool Whip on top, then hand crush some Oreo cookies, about 1/2 package, and add on top of the Cool Whip. Chill until ready to eat.

## LUCY MENDENHALL'S SALAD

Lucy Mendenhall  
(B & P)

Heat to a boil, 2 cups applesauce and stir in 1 (3-ounce) package lemon and 1 (3-ounce) package orange Jello. Remove from stove and add 2 cups 7-Up. Let cool until it starts to set. Add 1/2 teaspoon lemon flavoring, 1 small can pineapple, drained, and 1 can mandarin oranges, drained. After completely set, top with 1 package prepared Dream Whip mixed with 1/4 cup salad dressing. May add color if you wish. Makes 8 x 8-inch pan or dish.







## MARGIE'S COTTAGE CHEESE SALAD

Bonnie Brewer

- |                             |   |
|-----------------------------|---|
| 1 sm. can crushed pineapple | 1 (8-oz.) ctn. nondairy whipped topping |
| 1 c. sugar                  |   |
| 1 pkt. unflavored gelatin   | 1 (8-oz.) ctn. cottage cheese           |
| 1/4 c. cold water           | Maraschino cherries, opt.               |

Boil crushed pineapple and sugar together 5 minutes. Meanwhile, dissolve packet of unflavored gelatin in cold water. Add to the hot pineapple mixture. Cool to just set. Add nondairy whipped topping and cottage cheese. Can add maraschino cherries (be sure to drain well and pat dry on paper towels).

## NEVER FAIL - LIME JELLO MOLD

Nadine L. Hoyt

- |                             |                                |
|-----------------------------|--------------------------------|
| 3 (3-oz.) pkgs. lime Jello  | 1 pt. sour cream               |
| 3 c. boiling water          | 1 c. crushed pineapple & juice |
| 1 (8-oz.) pkg. cream cheese |                                |

Dissolve Jello in boiling water. (Do not use cold.) Set aside in refrigerator to cool. Cream crushed pineapple, sour cream, and cream cheese. When thoroughly creamed, pour Jello liquid into creamed mixture and beat for 5 minutes. Pour in greased Jello mold or 13 x 9 x 2-inch pan and place in refrigerator at least 4 hours.

## ORANGE SALAD

Deb Bornemeier Whitehead

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| 1 sm. box Americana tapioca pudding | 2 c. boiling water                  |
| 1 sm. box instant vanilla pudding   | 1 sm. can mandarin oranges, drained |
| 1 sm. box orange Jello              | 1 (8-oz.) ctn. whipped topping      |

Pour puddings and Jello into boiling water and dissolve. Let cool. Add oranges and fold into whipped topping. Chill until set.





## PINK CHAMPAGNE SALAD

Carolyn Oehlerking  
(B & P)

Beat together:

8-oz. pkg. cream cheese                      ¾ c. sugar

Fold in:

1 (15-oz.) can crushed                      2 bananas  
pineapple, drained                      1 (9-oz.) ctn. Cool Whip  
1 (10-oz.) pkg. strawberries,  
drained

Freeze or refrigerate.

## RED, WHITE & BLUE SALAD

LaRea Spohn  
(GC)

First Layer:

1 pkg. raspberry Jello                      1 c. cold water  
1 c. boiling water

Mix according to directions; pour into 8 x 12-inch pan and let set.

Second Layer:

1 c. sugar                      1 c. coffee cream

Heat sugar and cream together in saucepan and then add:

1 (8-oz.) pkg. cream cheese,                      1 tsp. vanilla  
softened                      ½ c. pecans, chopped  
1 env. Knox gelatin, dissolved in  
½ c. cold water

Let set until syrupy and pour over first layer.

Third Layer:

1 pkg. raspberry gelatin                      1 can blueberries with juice  
1 c. hot water

Let cool to syrupy thickness and pour over congealed second layer.



## SOS ORANGE FLUFF

Nick Brewer

- |  |   |
|--|---|
| 3 c. boiling water                         | 1 sm. can mandarin oranges,<br>drained  |
| 1 (3-oz.) box instant vanilla<br>pudding   | 1 lg. can crushed pineapple,<br>drained |
| 1 (3-oz.) box orange gelatine              | 2 c. miniature marshmallows             |
| 1 (3-oz.) box tapioca pudding              | 1½ c. coconut                           |
| 1 (8-oz.) ctn. nondairy whipped<br>topping |   |

Place boiling water in medium saucepan. Add slowly, while stirring with a whisk, the vanilla pudding, orange gelatine, and tapioca pudding. Cook over medium heat, stirring constantly until thick. Cool completely in refrigerator. Fold in whipped topping, mandarin oranges, pineapple, marshmallows and coconut.

## WATERGATE SALAD

Dorothy Kunz  
(B & P)

- |   |                              |
|---|------------------------------|
| 1 (8-oz.) ctn. Cool Whip                      | 1 pkg. pistachio pudding mix |
| 1 (15¼-oz.) can crushed<br>pineapple, drained | 2 c. marshmallow bits        |
|   | ½ c. nutmeats                |

Fold all ingredients together and refrigerate.

## LINDA TUMMON'S MOSTACCIOLI SALAD

Sharon Kunz

- |   |   |
|---|---|
| 1 lb. box of mostaccioli noodles,<br>cooked & drained             | 1 onion, sliced in rings                    |
| Add ½ tsp. yellow food coloring<br>to water noodles are cooked in | 1 green pepper, chopped or<br>thinly sliced |
|   | 1 cucumber, sliced thin                     |

Dressing: (Blender works really well.)

- |                         |                      |
|-------------------------|----------------------|
| 1½ c. sugar             | ½ tsp. pepper        |
| 1½ c. white vinegar     | 1 tsp. garlic powder |
| 1 tsp. salt             | 1 tsp. Accent        |
| 2 tsp. prepared mustard |                      |

Blend or stir together, and pour over other ingredients, and mix well. Cover, and refrigerate for several hours before serving. Keeps well for several days.





## VEGETABLE MACARONI SALAD

Eldean Vogt  
(B & P)

- |                                    |                     |
|------------------------------------|---------------------|
| 1 (16-oz.) pkg. sm. shell macaroni | 1 c. vinegar        |
| 1 lg. green pepper, chopped        | 1 c. sugar          |
| 1 onion, chopped                   | 2 c. salad dressing |
| 4 shredded carrots                 | 1 tsp. salt         |
| 1 can Eagle Brand condensed milk   | 1/4 tsp. pepper     |

Cook macaroni, drain and cool. Add vegetables and mix well. Combine sugar, salad dressing, salt, milk and pepper. Add these ingredients to the macaroni mixture. Mix thoroughly and chill at least 4 hours before serving. Makes 15-20 servings.

## CINNAMON OR RED HOT SALAD

Jeannie Spaulding

- |                            |                      |
|----------------------------|----------------------|
| 1 c. hot water             | 1 c. cold water      |
| 1/2 c. red hots            | 2 lg. apples         |
| 1 (3-oz.) box cherry Jello | 3/4 c. black walnuts |

Bring the hot water to a boil and dissolve the red hots in it. Add Jello and dissolve it. Add the cold water and stir. Prepare apples, shred them and add to Jello mixture. Add nuts. Stir, pour into serving container and refrigerate. That's all.

## EASY APPLE SALAD

Joyce Vogt

- |  |                               |
|--|-------------------------------|
| 5-6 apples, diced                            | 4 oz. whipped topping, thawed |
| 1 c. miniature marshmallows                  |                               |
| 2 Snickers candy bars, chopped in sm. pieces |                               |

Mix apples, marshmallows, and candy bar pieces with the whipped topping. Cover and chill.



## LOW CALORIE FRUIT SALAD

Norma Hall  
Sister of Shirley Wenzel

- |   |                                      |
|---|--------------------------------------|
| 1 (14 oz.) pineapple tidbits,<br>undrained    | 2 firm apples, unpeeled & diced      |
| 1 (11-oz.) can mandarin<br>oranges, undrained | 1 c. seedless grapes, cut in half    |
| 3 semi-green bananas, sliced in<br>chunks     | 2 kiwis, peeled & diced<br>(chopped) |
|   | 1 (6 oz.) sugar-free red Jello       |

Mix all together. Keep covered in the refrigerator. Will keep for 2 weeks.

## CHICKEN SALAD

Jim Hoyt  
(B & P)

- |  |                             |
|--|-----------------------------|
| 2 c. cooked chicken, diced                 | 1/2 c. chopped walnuts      |
| 1-2 green onions with tops,<br>sliced thin | 1 T. poppy seeds            |
| 1 apple, cored & diced                     | 1/8 tsp. curry powder       |
|  | 1/2 to 1 c. real mayonnaise |

Combine all ingredients and chill. Makes 4 sandwiches on whole grain bread.

## CHICKEN SALAD

Martha Ann Bornemeier

- |                            |                       |
|----------------------------|-----------------------|
| 3 c. cubed cooked chicken  | 1 tsp. salt           |
| 1 1/2 c. diced celery      | 1/8 tsp. pepper       |
| 3 T. lemon juice           | 1 c. mayonnaise       |
| 1 c. grapes, cut in halves | Sweet relish to taste |
| 1/2 c. toasted almonds     | Sugar to taste        |
| 1 tsp. dry mustard         |                       |

Combine chicken, celery and lemon juice. Chill for one hour. Add remaining ingredients and mix all together. Serves 8. May be served on lettuce leaf.





## MISSISSIPPI CORN BREAD SALAD

Maureen Vogt

- |  |   |
|--|---|
| 1 (8½ oz.) Jiffy corn muffin mix       | ½ c. chopped green onions                     |
| ½ of 1-oz. pkg. Ranch dressing<br>pkt. | 2 (16-oz.) cans pinto beans,<br>drained       |
| 8 oz. sour cream                       | 8 oz. shredded cheddar cheese                 |
| 1 c. Miracle Whip                      | 10 bacon slices                               |
| 3 lg. chopped tomatoes                 | 2 (15-oz.) cans whole kernel<br>corn, drained |
| ½ c. chopped red bell pepper           |   |
| ½ c. chopped green pepper              |   |

Prepare corn muffin mix as directed, bake and cool. Mix together dry dressing mix, sour cream and Miracle Whip. Set aside. Combine and gently toss the tomatoes, peppers and onion. Drain pinto beans. Fry and crumble bacon. Drain corn. Crumble cooled corn bread into very large bowl. Top with ½ each of the beans, tomato mixture, cheese, bacon, corn and dressing. Repeat layers. Cover and chill 3 hours.

## DRESSING FOR POTATO SALAD

Joyce Vogt

- |                     |              |
|---------------------|--------------|
| 6 eggs, well beaten | ½ c. vinegar |
| ⅔ c. sugar          | 3 T. mustard |

Cook until thick; cool, then add 3 cups Miracle Whip. This will make a potato salad and will keep in the refrigerator for 2-3 months. Also good as a chip dip.

## SALAD DRESSING (Dorothy Lynch)

Florence Stoltz  
(B & P)

- |                    |                            |
|--------------------|----------------------------|
| 1 c. sugar         | 1 can tomato soup          |
| ⅛ tsp. garlic salt | Fill 1 can with Mazola oil |
| 1 tsp. dry mustard | ½ c. vinegar               |
| 1 tsp. celery seed |                            |

Mix in blender.





# Vegetables & Side Dishes



## Helpful Hints

- When preparing a casserole, make an additional batch to freeze. It makes a great emergency meal when unexpected guests arrive. Just take the casserole from the freezer and bake it in the oven.
- To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.
- Never overcook foods that are to be frozen. Foods will finish cooking when reheated. Don't refreeze cooked thawed foods.
- A few drops of lemon juice added to simmering rice will keep the grains separated.
- Green pepper may change the flavor of frozen casseroles. Clove, garlic, and pepper flavors get stronger when they are frozen, while sage, onion, and salt get milder.
- Don't freeze cooked egg whites; they become tough.
- For an easy no-mess side dish, grill vegetables along with your meat.
- When freezing foods, label each container with its contents and the date it was put into the freezer. Store at 0°. Always use frozen cooked foods within one to two months.
- Store dried pasta, rice (except brown rice), and whole grains in tightly covered containers in a cool, dry place. Always refrigerate brown rice, and refrigerate or freeze grains if they will not be used within five months.
- To dress up buttered, cooked vegetables, sprinkle them with toasted sesame seeds, toasted chopped nuts, canned french-fried onions, or slightly crushed seasoned croutons.
- Soufflé dishes are designed with straight sides to help your soufflé climb to magnificent heights. Ramekins are good for serving individual casseroles.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To quickly bake potatoes, place them in boiling water for 10 to 15 minutes. Pierce their skins with a fork and bake in a preheated oven.
- To avoid toughened beans or corn, add salt midway through cooking.



## Vegetables & Side Dishes

### **BROCCOLI CASSEROLE**

Virginia Dennis

- |  |                                    |
|--|------------------------------------|
| 1 pkg. chopped broccoli, cook & drain            | 1 med. onion, browned in ¼ c. oleo |
| 1 c. Minute Rice, boiled according to directions | 1 sm. jar Cheez Whiz               |
|  | 1 can mushroom soup                |

Stir together and pour into casserole. Bake 35 minutes at 350°. For a main dish add ham or chicken.

### **CABBAGE AU GRATIN**

Eleanor Fleischman  
(B & P)

- |             |                              |
|-------------|------------------------------|
| 4 T. butter | ½ lb. Velveeta cheese, cubed |
| 4 T. flour  | 1 head cabbage, diced        |
| 2 c. milk   | ¾ c. buttered cracker crumbs |

Make a cream sauce, using the butter, flour and milk. Add cheese and melt. Cook cabbage for 5 minutes in salted water. Put alternate layers of cabbage and sauce in casserole. Sprinkle crumbs on top. Bake in 325° oven about 30 minutes. Enough to serve about 8.





## SCALLOPED CARROTS

Barbara Leefer

- |   |  |
|---|--|
| 6 c. water                                    | 1/4 tsp. ground mustard                        |
| 12 med. carrots, sliced 1/4-inch thick (4 c.) | 1/4 tsp. celery salt                           |
| 1 med. onion, finely chopped                  | Dash pepper                                    |
| 1/2 c. butter or margarine, divided           | 2 c. milk                                      |
| 1/4 c. all-purpose flour                      | 2 c. (8 oz.) shredded cheddar cheese           |
| 1 tsp. salt                                   | 3 slices whole-wheat bread, cut into sm. cubes |

In saucepan, bring water to boil; add carrots. Return to boil; cover and cook for 4 minutes. Drain and immediately place the carrots in ice water; drain and pat dry. In a saucepan, sauté onion in 1/4 cup butter. Stir in the flour, salt, mustard, celery salt, and pepper until blended. Gradually add milk. Bring to boil. Cook and stir for 2 minutes or until thickened. In a greased 11 x 7 x 2-inch baking dish, layer 1/2 carrots, cheese and white sauce. Repeat layers. Melt remaining butter; toss with bread cubes. Sprinkle over the top. Bake, uncovered, at 350° for 35-40 minutes or until hot and bubbly. Yield: 4-6 servings.

## CORN CASSEROLE

Barbara Fleischman

- |                             |                       |
|-----------------------------|-----------------------|
| 1 can whole kernel corn     | 1 c. broken spaghetti |
| 1 can cream-style corn      | 1/2 c. margarine      |
| 1 c. grated Velveeta cheese |                       |

Mix whole kernel corn (not drained) with cream-style corn, grated cheese, broken spaghetti and 1/2 cup margarine in 2 1/2-quart baking dish (greased). Bake 350° oven for 1 hour.





## SANDI'S CORN CASSEROLE

Maureen Vogt

- |                                       |                            |
|---------------------------------------|----------------------------|
| 1 sm. onion, diced                    | 1 Jiffy corn muffin mix    |
| 1 green pepper, diced                 | 3 eggs                     |
| 1 stick oleo                          | 1 c. grated cheddar cheese |
| 1 (15-oz.) can cream corn             | Sour cream, opt.           |
| 1 (15-oz.) can whole kernel corn      |                            |
| 1 (10½-oz.) can cream of chicken soup |                            |

Sauté onion and bell pepper in oleo. Mix together the 2 cans of corn, cream of chicken soup, the Jiffy muffin mix (dry), and the 3 eggs. Add onion, pepper and oleo and the cheddar cheese, stirring all together well. Spread mixture in 9 x 13-inch baking dish. Put large dollops of sour cream on top of casserole mixture if desired. Bake for 45 minutes at 350°.

## BARBECUE GREEN BEANS

Barbara Leefers

- |  |                  |
|--|------------------|
| 3 cans green beans, drained              | 1 c. ketchup     |
| 1 onion, chopped                         | 1 c. brown sugar |
| 6 slices uncooked bacon, cut into pieces |                  |

Mix all ingredients and bake in covered casserole at 275° for 4 hours. Can use a combination of green, yellow and red beans.

## GREEN BEAN CASSEROLE

Sherry Stoltz Stubbendeck

- |                 |                            |
|-----------------|----------------------------|
| ¼ c. margarine  | ¼ tsp. instant onion       |
| ½ c. cornflakes | 1 tsp. sugar               |
| 2 T. flour      | 1 c. sour cream            |
| 1 tsp. salt     | 4 c. green beans (2 cans)  |
| ¼ tsp. pepper   | 2 c. shredded Swiss cheese |

Melt 2 tablespoons margarine in small saucepan. Remove from heat. Add cornflake crumbs and mix well. Melt remaining margarine in large saucepan. Stir in flour, salt, pepper, onion and sugar. Add sour cream. Stir until smooth. Cook until bubbly and thickened, stirring constantly. Fold in beans. Spread into greased baking dish. Sprinkle cheese over beans and crumbs over cheese. Bake at 400° for 20 minutes until heated.





## **GREEN BEANS DELUXE**

Lyn Kopf

3 or 4 cans green beans  
1 med. onion  
2 T. parsley  
3 T. butter  
3 T. flour

1½ tsp. salt  
Pepper to taste  
3 tsp. grated lemon rind  
1½ c. sour cream

Place beans in a 8 x 12-inch Pyrex dish. Sauté sliced onion and finely cut parsley until light brown. Add seasonings, flour and sour cream. Heat until hot. Spoon over beans. Top with buttered bread crumbs. Grated cheddar cheese may be added if desired. 350° oven about 20 minutes. Serves 8-10.

## **LIMA BEAN CASSEROLE**

Eleanor Fleischman  
(B & P)

½ c. sour cream  
½ c. catsup

½ c. brown sugar

Mix the above together. Add diced onion to taste. Pour over lima beans. Lay strips of bacon over top of beans. Bake about 45 minutes at 350°. Enough sauce for 1 cup dry lima beans, cooked.

## **THREE VEGETABLE CASSEROLE**

Sally Enck  
Anna Backemeyer  
(B & P)

1 pkg. frozen lima beans  
1 pkg. frozen cauliflower  
1 pkg. frozen broccoli  
1 can cream of mushroom soup

1 sm. jar Cheez Whiz  
2 T. milk  
1 can French onions

Precook the lima beans for just a few minutes; drain well. Pour boiling water over the cauliflower and broccoli and drain well. Layer the vegetables in buttered casserole. Combine the soup, cheese and milk and heat until well blended. Pour over the vegetables and bake for 30-40 minutes at 350°. During the last 10 minutes of baking time, cover the casserole with the French onions.







## HASH BROWN CASSEROLE

Sharon Kunz

- |  |  |
|--|--|
| 1 (2-lbs.) pkg. frozen hash browns, thawed | 1/2 c. minced onion                              |
| 1 can cream of chicken soup                | 1/2 c. melted margarine                          |
| 1 c. sour cream                            | 2 c. shredded American cheese (can use Velveeta) |

Thaw potatoes and mix all ingredients together. Bake in a 9 x 13-inch baking dish at 350° for 45-50 minutes. Buttered cracker or bread crumbs can be sprinkled on top during the last 5 or 10 minutes of baking.

## PARTY POTATOES

Deb Bornemeier Whitehead  
(B & P)

- |                             |                    |
|-----------------------------|--------------------|
| 8-10 med. potatoes          | Chives             |
| 1 (8-oz.) pkg. cream cheese | Paprika            |
| 1 c. sour cream             | 2 T. melted butter |
| Garlic salt                 |                    |

Peel, quarter and steam cook potatoes until tender. Beat cheese and sour cream until smooth and blended. Gradually add hot cooked potatoes to cheese-cream mixture, beating until light and fluffy. If too stiff, thin with milk. Season to taste with garlic salt and chives. Spoon into 2-quart casserole. Brush with melted butter and sprinkle with paprika. Bake at 350° for 30 minutes. These may be prepared a day ahead and held in the refrigerator and baked just before serving.





## POTATO CASSEROLE

Gwen Vogt

2 lbs. frozen hash browns  
1/2 c. melted oleo  
1 tsp. salt  
1/4 tsp. pepper  
1 (10 1/2-oz.) can cream of mushroom soup

2 c. shredded cheddar cheese  
1/2 c. chopped onion  
2 c. sour cream

### Topping:

2 c. cornflakes, crushed

1/4 c. melted oleo

Thaw hash browns, then mix oleo, salt, pepper, onion and sour cream together with the thawed hash browns. Put mixture into a greased casserole. It will fit a 9 x 13-inch pan. Mix crushed cornflakes with melted oleo and use it to cover top of potatoes. Bake 1 hour at 350°.

## VEGETABLE CASSEROLE

Erma Reed

1/2 c. diced onion  
1/3 c. green pepper  
Lg. pkg. California vegetable mix  
1 c. Minute Rice

1 can cream of chicken soup  
1 sm. jar Cheez Whiz  
1/2 c. water  
1/2 c. milk  
1/2 stick oleo

Put onion, pepper and California vegetable mix in greased baking dish. Put rice over vegetables. Heat until smooth, chicken soup, Cheez Whiz, water, milk and oleo and pour over vegetables. Bake 350° oven for 1 hour.





## MIXED VEGETABLE CASSEROLE

Barb Minch

20-oz. pkg. frozen mixed  
vegetables  
1 c. chopped celery  
1/2 tsp. salt  
1/4 tsp. pepper  
1 c. chopped onion

1/2 c. chopped green pepper  
1 c. mayonnaise (not Miracle  
Whip)  
2 c. crushed Ritz crackers  
1/2 c. melted margarine  
1/2 c. shredded cheddar cheese

Cook vegetables in water as directed on package. Drain. Mix celery, salt, pepper, onion, pepper and mayonnaise with vegetables. Pour into greased casserole. Combine crackers, margarine and cheese. Sprinkle on top. Bake 30-40 minutes.

## ZUCCHINI CASSEROLE

Eileen Bornemeier Kopecky  
(B & P)

1 med. zucchini, peeled & cut  
1 onion, cut up to taste  
1 tsp. salt  
2 beaten eggs

6 T. butter  
1 c. bread crumbs (usually  
about 4-5 slices)  
1 c. grated cheese

Mix together. Put in buttered casserole dish. Bake at 350° for 35-40 minutes.

## BEST EVER ZUCCHINI

Sheroll Oehlerking  
(B & P)

Sauté:

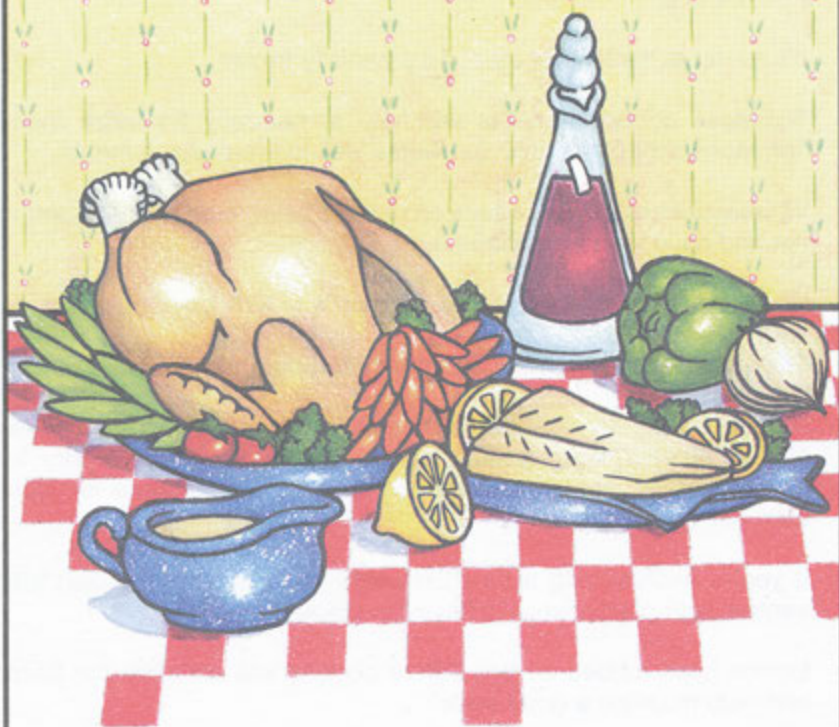
1 c. sliced carrots  
1 sm. onion  
2 1/2 c. zucchini, cut in squares &  
unpared  
1 box (Stove Top) chicken flavor  
stuffing mix, prepared with 2 c.  
water, stated on pkg. (reserve  
1/2 c. dry mix for topping)

1 can cream of chicken soup  
1/2 c. sour cream

Stir all together and pour in baking dish. Top with 1/2 cup dry stuffing mix and small amount of melted butter. Bake at 350° for 1/2 hour.



# Main Dishes



## Helpful Hints

- Use little oil when preparing sauces and marinades for red meats. Fat from the meat will render out during cooking and will provide plenty of flavor. Certain meats, like ribs, pot roast, sausage, and others, can be parboiled before grilling to reduce the fat content.
- When shopping for red meats, buy the leanest cuts you can find. Fat will show up as an opaque white coating or can also run through the meat fibers, as marbling. Although most of the fat (the white coating) can be trimmed away, there isn't much that can be done about the marbling. Stay away from well-marbled cuts of meat.
- Home from work late with no time for marinating meat? Pound meat lightly with a mallet or rolling pin, pierce with a fork, sprinkle lightly with meat tenderizer, and add marinade. Refrigerate for about 20 minutes, and you'll have succulent, tender meat.
- Marinating is a cinch if you use a plastic bag. The meat stays in the marinade and it's easy to turn and rearrange. Cleanup is easy; just toss the bag.
- It's easier to thinly slice meat if it's partially frozen.
- Tomatoes added to roasts will help to naturally tenderize them. Tomatoes contain an acid that works well to break down meats.
- Whenever possible, cut meats across the grain; they will be easier to eat and have a better appearance.
- When frying meat, sprinkle paprika over it to turn it golden brown.
- Thaw all meats in the refrigerator for maximum safety.
- Refrigerate poultry promptly after purchasing. Keep it in the coldest section of your refrigerator for up to two days. Freeze poultry for longer storage. Never leave poultry at room temperature for more than two hours.
- If you're microwaving skinned chicken, cover the baking dish with vented clear plastic wrap to keep the chicken moist.
- Lemon juice rubbed on fish before cooking will enhance the flavor and help maintain a good color.
- Scaling a fish is easier if vinegar is rubbed on the scales first.



# Main Dishes

## Breakfast Casseroles

### SAUSAGE EGG BAKE

Pat Miller

- |  |   |
|--|---|
| 1 lb. bulk Italian sausage   | 3/4 c. milk                             |
| 2 (10 <sup>3</sup> / <sub>4</sub> -oz.) cans condensed<br>cream of potato soup,<br>undiluted | 1/4 tsp. pepper                         |
| 9 eggs   | 1 c. (4 oz.) shredded cheddar<br>cheese |

In a skillet, cook sausage over medium heat until no longer pink; drain. Stir in soup. In a mixing bowl, beat eggs, milk and pepper; stir in sausage mixture. Transfer to a lightly greased 11 x 7 x 2-inch baking dish. Sprinkle with cheese. Bake, uncovered, at 375° for 40-45 minutes or until a knife inserted near the center comes out clean. Yield: 12 servings.

### BREAKFAST CASSEROLE

Nancy Miller Anderson  
(B & P)

- |  |                                       |
|--|---------------------------------------|
| 12 slices bread, cubed (crust<br>included) | 6 lg. eggs (9 if small)               |
| 2 c. ham, cubed                            | 3 <sup>1</sup> / <sub>2</sub> c. milk |
| 3/4 to 1 c. cheese, cubed                  | 1/4 tsp. onion powder                 |
|  | 1/4 tsp. dry mustard                  |

Combine bread cubes, ham cubes, and cheese cubes. Toss until thoroughly mixed and put into heavily greased 9 x 13-inch pan. Beat eggs and add milk, onion powder and mustard. Pour egg mixture over bread mixture in pan and let set in refrigerator overnight. Bake one hour at 325° or until knife inserted in center comes out clean. Let set 5 minutes before cutting.





## EGG BRUNCH CASSEROLE

Edna Bornemeier  
(B & P)

Lay 6 slices of bread in the bottom of a 9 x 13-inch pan. Put cubed ham on each slice of bread, 1 slice cheese on each slice of bread. Place another 6 slices of bread on top. Beat 6 eggs until light in color, add  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon dry mustard. Beat  $2\frac{1}{4}$  cups milk into egg mixture. Pour over slices of bread. Top with  $\frac{1}{4}$  cup butter and 4 cups crushed cornflakes. Refrigerate overnight. Bake  $350^{\circ}$  1 hour or until done.

## BREAKFAST CASSEROLE

Martha A. Bornemeier  
(B & P)

2 lbs. sausage, browned &  
drained  
10 eggs, lightly beaten  
 $1\frac{1}{2}$  c. grated sharp cheddar  
cheese

2 c. milk  
Salt & pepper to taste

Mix all ingredients and pour into a greased 9 x 13-inch pan. Bake uncovered at  $350^{\circ}$  for 35-40 minutes. If making ahead, store unbaked and covered in refrigerator overnight. Serves 6 and is good reheated.

## Casseroles

### BAKED CHICKEN CASSEROLE

Marietta Vogt

4 T. butter  
2 T. minced onion  
4 T. flour  
1 c. broth

1 c. milk  
 $\frac{1}{2}$  c. diced American cheese  
2 c. cooked chicken  
Sm. can mushrooms, drained

Melt butter, add onions, Simmer until onion is limp. Add flour, stir, gradually adding milk and broth. Add cheese, chicken and mushrooms, salt and pepper. You can put crushed potato chips on top or biscuits. Bake in 3-quart casserole (greased) 25 minutes at  $300^{\circ}$ .



## CHICKEN AND ARTICHOKE CASSEROLE

Lori Patton Meisinger

- |   |   |
|---|---|
| 2 or 4 chicken breasts, boned & skinned | 1 tsp. curry  |
| 1 to 1½ c. artichokes, frozen or canned | 1 c. grated cheese  |
| 1 can cream of chicken soup             | 8 slices bacon, fried & crumbled  |
| 1 can cream of mushroom soup            | 1 to 1½ c. partially crumbled cornflakes, mixed with 3 T. melted butter |
| 1 c. mayonnaise                         |   |

Steam or simmer chicken breasts until almost done; dice or cut into strips. Grease a 7 x 11-inch pan or casserole. Line bottom with artichoke pieces; evenly spread chicken over the artichoke. Mix the soups, mayonnaise and curry together. Spread over chicken. Sprinkle top with the cheese, then the crumbled bacon. Last, sprinkle the crushed cornflakes over the top. Bake in 350° preheated oven for 30-40 minutes.

## CHICKEN AND SPINACH CASSEROLE

Lori Patton Meisinger

- |  |                                   |
|--|-----------------------------------|
| 1 (16-oz.) pkg. fettuccini noodles, cooked & drained | 1 c. sour cream                   |
| ¾ c. chopped celery                                  | 8 slices crisp bacon, crumbled    |
| ¾ c. chopped onion                                   | 4 c. cooked, cubed chicken breast |
| ¼ c. diced pimento                                   | 1½ c. bread crumbs                |
| 1 (10-oz.) pkg. frozen spinach, thawed               | 4 T. butter                       |
| 2 (10-oz.) cans cream of mushroom soup               | ½ c. almonds                      |

Mix noodles, celery, onion, pimento and spinach. Mix soup, sour cream and bacon. Add half of soup mix to noodles and place in buttered 9 x 13-inch pan. Spread chicken over all. Cover with remaining soup. Brown bread crumbs in butter. Toss in the almonds. Spread this over the top. Bake at 350° for 30 minutes or until lightly brown.



## CHICKEN CASSEROLE

Eileen Kopecky  
(B & P)

- |                             |                            |
|-----------------------------|----------------------------|
| 2 c. cooked, diced chicken  | 1 soup can milk            |
| 2 c. (2 cans) mushroom soup | 1 sm. onion, chopped       |
| 1 soup can chicken broth    | 1/2 tsp. salt              |
| 8 oz. grated cheddar cheese | Green pepper, water        |
| 2 c. uncooked macaroni      | chestnuts, & pimento, opt. |

Mix ingredients and pour into greased 9 x 13-inch glass dish. Cover with foil and refrigerate overnight. Uncover and bake one hour at 350°.

## CHICKEN CASSEROLE

Helen Schneider  
(B & P)

Dice 12 slices of bread, use 1/2 to cover bottom of baking dish.

- |                                  |                   |
|----------------------------------|-------------------|
| 4 c. stewed chicken (I use 5 c.) | 1/2 c. celery     |
| 1 green pepper, chopped fine     | 1/2 c. mayonnaise |
| 1 sm. onion, chopped fine        |                   |

Mix the above and spread over bread. Cover this with 1/2 of diced bread. Mix 4 beaten eggs and 3 cups milk. Pour over top of casserole and refrigerate overnight or all day. Heat 15 minutes in oven at 325°. Remove from oven and pour over 2 cans chicken, celery or mushroom soup. Cover all with 1 cup grated cheese and sprinkle with paprika. Return to oven. Bake 1 hour 325°. Serves 18.

## CHICKEN TETRAZZINI

Olive Hall  
(B & P)

- |                           |                              |
|---------------------------|------------------------------|
| 1 (3-lbs.) chicken        | 1 can cream of mushroom soup |
| 1 (12-oz.) pkg. spaghetti | 1 sm. can condensed milk     |
| 2/3 c. chopped celery     | 3/4 lb. cheese               |
| 1 lg. pepper              | Salt & pepper                |
| 1 1/2 T. oleo             |                              |

Cook chicken, remove chicken from bones. Add water if necessary. Sauté celery and pepper in oleo, add this to the cooked spaghetti, add chicken. Combine condensed milk and soup and add to spaghetti mixture. Grate cheese and add to mixture, reserving enough cheese to sprinkle on top. Bake 45 minutes in 350° oven. Serves 8-10.





## CHICKEN TETRAZZINI

Myrna Bornemeier

1 lb. raw spaghetti  
1 can cream of chicken soup  
3 tsp. butter, melted  
1 lg. can chicken broth

2-3 c. cooked chicken  
1/4 c. cooked celery  
1/4 c. cooked onion  
Shredded mozzarella cheese

Break raw spaghetti into thirds and place into ungreased 9 x 13-inch pan. Mix together chicken, soup, celery, onion, and butter. Spoon over raw spaghetti. Cover completely with chicken broth. Cover and bake 1 hour at 350°. Add mozzarella during last 5 or 10 minutes of baking time (do not recover).

## SCALLOPED CHICKEN

Nina Miller Landwehr

1 qt. cubed chicken  
1 qt. broth

4 T. flour  
4 T. fat or butter

### Dressing:

1 1/2 qt. dry bread, cubed  
3/4 c. butter  
1 1/4 tsp. powdered sage  
1/4 c. cream or broth

3/4 tsp. salt & pepper  
2 T. celery tips  
2 T. minced onion

After cooking chicken, place chicken cubes in bottom of greased pan. Cover with dressing. Cover all with gravy made with 1 quart broth, 4 tablespoons flour and 4 tablespoons fat or butter. Heat for 35 minutes or until light brown; 400°.





## KING RANCH CHICKEN

Joan Vogt

- |  |   |
|--|---|
| 1/4 c. margarine   | 2 (10-oz.) cans Ro-Tel diced tomatoes & green chilies |
| 1 med. green bell pepper, chopped  | 2 c. cubed cooked chicken                             |
| 1 med. onion, chopped  | 12 tortillas, torn into bite-sized pieces             |
| 1 (10 <sup>3</sup> / <sub>4</sub> -oz.) can condensed cream of mushroom soup | 2 c. (8 oz.) shredded cheddar cheese                  |
| 1 (10 <sup>3</sup> / <sub>4</sub> -oz.) can condensed cream of chicken soup  |   |

Preheat oven to 325°. In a large saucepan, cook pepper and onion in margarine until tender, about 5 minutes. Add soups, tomatoes and chicken, stirring until well blended. Alternately layer tortillas, soup mixture and cheese, repeating for 3 layers. Bake 40 minutes or until hot and bubbling. Makes 8 servings.

## CHICKEN-DRESSING CASSEROLE

Nancy Miller Anderson

- |                           |  |
|---------------------------|--|
| 4 or more chicken breasts | 1 (10 <sup>3</sup> / <sub>4</sub> -oz.) can cream of chicken soup plus 1/4 c. milk |
| 1 box Stove Top dressing  | 1/2 c. melted margarine  |
| 8 slices Swiss cheese     |  |

Place in greased casserole in following order: chicken, cheese slices, dressing, melted margarine, soup, and milk. Cover with foil. Bake at 350° for 45 minutes to 1 hour.

## CHICKEN WITH DRESSING CASSEROLE

Joan N. Williams  
(B & P)

- |                                  |  |
|----------------------------------|--|
| 1 box Stove Top chicken dressing | 1/2 c. water   |
| 1 can cream of mushroom soup     | 1 c. cut-up chicken, cooked (I use leftover fried chicken) |

Prepare dressing as directed on box. Mix soup and water and heat slightly to make a gravy. Add chicken to gravy. Butter a medium-size casserole dish, add dressing and cover with chicken gravy. Heat in oven at 325° for 20 minutes.





## SAUCY CHICKEN

Deb Bornemeier Whitehead

2 c. chicken broth, divided  
1/4 c. flour, seasoned with salt & pepper  
4 (4-oz.) skinless, boneless chicken breasts

1 can stewed tomatoes  
3-4 scallions, chopped  
Vegetable oil spray

Pour 1/2 cup of the broth into a bowl; place flour mixture on plate. Dip each chicken breast in broth, then flour, coating on all sides. Spray 10- to 12-inch nonstick skillet with vegetable oil spray. Cook chicken over medium heat, turning once, until browned on both sides. Remove chicken from skillet, set aside. Add any remaining flour to skillet and cook, stirring constantly, until browned. Slowly stir in 1/4 cup broth and cook until thickened. Gradually stir in remaining broth and cook until slightly thickened. Add tomatoes and scallions to skillet, bringing sauce to boil. Reduce heat to low, return chicken to skillet and simmer until cooked through, about 30 minutes. (This recipe may be placed in a covered casserole and baked for 1 hour at 325°.) Makes 4 servings, 182 calories each.

## SOUTHWEST CHICKEN

Deb Bornemeier Whitehead

Vegetable oil spray  
4 skinless, boneless chicken breast halves  
1 1/2 c. salsa  
1 (10-oz.) can diced tomatoes  
1 (15-oz.) can black beans, rinsed & drained

1 (8.75-oz.) can whole kernel Mexicorn, drained  
Salt, pepper & ground cumin to taste

In a large skillet sprayed with vegetable oil, brown chicken breasts on both sides, seasoning with salt, pepper and ground cumin. Place chicken breasts in covered casserole dish and spoon salsa over the top of each breast. In a bowl, combine tomatoes, beans and corn and spoon over chicken breasts and salsa. Bake at 325° for 1 hour. Serve over brown rice. This recipe reheats well in microwave. Makes 4 servings. 279 calories each.





## TURKEY RICE CASSEROLE

Pat Miller

- |   |   |
|---|---|
| 1 med. onion, chopped   | 1 c. seasoned stuffing croutons               |
| 1 celery rib, chopped   | 1 (4-oz.) can chopped green chilies, drained  |
| 2 T. butter or margarine  | 1 c. (4-oz.) shredded cheddar cheese, divided |
| 2 c. milk   |   |
| 1 $\frac{1}{4}$ c. uncooked instant rice                                  |   |
| 2 c. diced cooked turkey  |   |
| 1 (10 $\frac{3}{4}$ -oz.) can condensed cream of mushroom soup, undiluted |   |

In a 2-quart microwave-safe dish, combine the onion, celery and butter. Cover and microwave on high for 2-3 minutes or until butter is melted. Stir in milk. Cover and cook on high for 4-6 minutes or until milk is steaming (do not boil). Stir in rice. Cover and let stand for 2 minutes. Add the turkey, soup, croutons, chilies and  $\frac{1}{2}$  cup cheese. Cover and microwave on high for 5-7 minutes or until heated through, stirring once. Sprinkle with remaining cheese. Cover and let stand for 5 minutes. Yield: 6-8 servings.

**Note:** This recipe was tested in an 850-watt microwave.

## SHIPWRECK CASSEROLE

Sharon Stewart

- |                              |                     |
|------------------------------|---------------------|
| 4 med. potatoes              | Can of kidney beans |
| 4 carrots                    | 1 lb. hamburger     |
| $\frac{1}{4}$ c. diced onion | Can of tomato soup  |

Slice peeled potatoes and carrots thin. In a 2-quart casserole sprayed with cooking spray, make layers of potatoes, carrots, onion, kidney beans with juice, raw hamburger, tomato soup. Cover and bake for 1 $\frac{1}{2}$  hours at 350°. (Good on a cold winter night.)





## **CABBAGE ROLL CASSEROLE**

Pam Bornemeier

- |                               |  |
|-------------------------------|--|
| <b>2 tubes crescent rolls</b> | <b>1/2 tsp. pepper</b>                   |
| <b>1 1/2 lbs. ground beef</b> | <b>1/2 c. water</b>                      |
| <b>1/2 c. chopped onion</b>   | <b>1 lb. mozzarella or other cheese,</b> |
| <b>3 c. shredded cabbage</b>  | <b>shredded</b>                          |
| <b>1 tsp. salt</b>            |  |

Brown ground beef; drain off any fat. Add onion, cabbage, salt, pepper and water. Cook until cabbage is tender. Unroll 1 tube of crescent rolls and pat in bottom of 9 x 13-inch pan. Press seams together. Spoon meat mixture over roll dough. Sprinkle cheese over meat. Unroll 2nd tube of rolls and lay over cheese. Bake at 350° for 35-40 minutes. Cover with foil last 10 minutes to soften the crust.

## **HAMBURGER MACARONI CASSEROLE**

Gwen Vogt

- |  |                              |
|--|------------------------------|
| <b>1 lb. hamburger</b>                           | <b>1/2 c. cubed Velveeta</b> |
| <b>1/2 c. chopped celery</b>                     | <b>1/2 c. catsup</b>         |
| <b>1 sm. chopped onion</b>                       | <b>1 scant tsp. salt</b>     |
| <b>1 c. macaroni</b>                             |                              |
| <b>1 (10 1/2 oz.) cream of mushroom<br/>soup</b> |                              |

Brown hamburger with celery and onion. Cook macaroni, drain, and stir into hamburger mixture. Stir together soup, Velveeta, catsup and salt. Stir this mixture in with hamburger/macaroni mixture. Put into greased casserole and bake 30 minutes at 350°.





## **SAUERKRAUT CASSEROLE**

Alice Bornemeier

- |   |   |
|---|---|
| <b>1 lb. ground beef</b>                      | <b>2 c. uncooked noodles</b>            |
| <b>1/4 c. onion, chopped</b>                  | <b>1 can cream celery soup</b>          |
| <b>1/2 tsp. salt</b>                          | <b>1 can mushroom soup</b>              |
| <b>1/2 tsp. pepper</b>                        | <b>1 c. milk</b>                        |
| <b>1 (32-oz.) can sauerkraut,<br/>drained</b> | <b>1 1/2 c. shredded cheddar cheese</b> |

In a skillet brown beef; add onion, salt, pepper. Drain off fat, spoon half mixture in 9 x 13-inch baking dish. Top with half noodles and half kraut. Repeat layers. Combine soups and milk. Pour over noodles. Cover and bake 30-45 minutes. Remove from oven. Sprinkle with cheese. Bake 15-20 minutes more.

## **HAM CASSEROLE WITH RAISINS AND PINEAPPLE**

Nadine L. Hoyt

- |                                       |                           |
|---------------------------------------|---------------------------|
| <b>3 c. diced cooked ham</b>          | <b>2 T. cornstarch</b>    |
| <b>1/2 c. chopped raisins</b>         | <b>1/3 c. vinegar</b>     |
| <b>3/4 c. canned pineapple chunks</b> | <b>1/2 c. brown sugar</b> |
| <b>3 T. minced onion</b>              | <b>2 tsp. dry mustard</b> |
| <b>1 green pepper, cut into rings</b> | <b>1/4 tsp. salt</b>      |
| <b>1 c. pineapple syrup</b>           | <b>2 T. soy sauce</b>     |

Put ham in casserole; arrange onion and green pepper rings over it. Arrange pineapple and raisins on top. In a saucepan heat pineapple syrup and vinegar. Mix sugar, cornstarch, mustard and salt; add to hot liquid; stir until thickened. Add soy sauce and sugar; pour over casserole. Bake 45 minutes at 350°. Serves 6.







## International Flavor

### ENCHILADA TORTE

Jan Medcalf

- |                                  |                             |
|----------------------------------|-----------------------------|
| 1 lb. ground beef                | $\frac{2}{3}$ c. water      |
| 1 T. minced onion                | 2 (8-oz.) cans tomato sauce |
| $\frac{1}{8}$ tsp. garlic powder | 2 c. sharp cheese, shredded |
| 2 tsp. chili powder              | 6 tortillas (flour or corn) |
| $\frac{1}{2}$ tsp. pepper        |                             |

Brown ground beef and drain. Stir into meat the onion, garlic powder, chili powder, pepper, water and tomato sauce. Simmer to heat. In a 2-quart round casserole alternate layers of 1 tortilla,  $\frac{1}{6}$  of cheese and  $\frac{1}{6}$  of meat mixture. Cover and microwave on 70% power until torte is bubbly hot and cheese is melted (almost 5 minutes). Let stand 5 minutes before serving.

### CHEESY ENCHILADA CASSEROLE

Marilyn Schreiner

- |   |                                      |
|---|--------------------------------------|
| 1 lb. ground beef                               | 8 corn tortillas                     |
| 1 med. bell pepper, chopped                     | $\frac{1}{2}$ c. red onions, chopped |
| 3 cloves garlic, minced                         | $\frac{1}{2}$ c. ripe olives         |
| 16 oz. black beans, drained (or Northern beans) | 1 c. nonfat cheddar cheese, shredded |
| 16 oz. tomato sauce                             | $\frac{1}{4}$ tsp. onion powder      |
| 16 oz. stewed tomatoes, Mexican-style           | $\frac{1}{4}$ tsp. garlic powder     |
| 1 c. med. hot picante sauce                     | Lettuce                              |
| 1 tsp. ground cumin                             | Sour cream                           |
| $\frac{1}{2}$ tsp. garlic salt                  | Tomato, chopped                      |

Brown meat with pepper, onion, garlic, drain. Add beans, tomato sauce, stewed tomatoes, picante sauce, cumin, garlic salt, garlic powder, onion powder. Simmer 15 minutes. Spoon small amount of meat mixture in 9 x 13-inch baking dish. Top with tortillas. Top with half the remaining meat mixture. Sprinkle with cheese and olives. Repeat (except cheese). Cover tightly with aluminum foil. Bake at 350° for 20 minutes. Remove foil and top with remaining cheese. Bake uncovered for 5 minutes. Top with lettuce, tomato, sour cream and additional picante sauce. Serves 10.



## TEX MEX LASAGNA

Pam Bornemeier

- |  |                                |
|--|--------------------------------|
| 1 lb. ground beef                            | 2 eggs, slightly beaten        |
| 1 (17-oz.) can whole kernel corn,<br>drained | ¼ c. grated Parmesan cheese    |
| 1 (15-oz.) can tomato sauce                  | 1 tsp. oregano leaves, crushed |
| 1 c. picante sauce                           | ½ tsp. garlic salt             |
| 1 T. chili powder                            | 12 corn tortillas              |
| 1½ tsp. ground cumin                         | 1 c. shredded cheese           |
| 1 (16-oz.) ctn. lowfat cottage<br>cheese     |                                |

Brown meat; drain. Add corn, tomato sauce, picante sauce, chili powder, and cumin. Simmer for 5 minutes. Combine cottage cheese, eggs, Parmesan cheese, oregano and garlic salt; mix well. Arrange 6 tortillas on bottom and up sides of lightly greased 9 x 13-inch pan, overlapping as needed. Top with ½ the meat mixture. Spoon cheese mixture over meat. Place remaining tortillas over cheese, overlap as needed. Top with remaining meat mixture. Bake at 375° for 30 minutes or until hot and bubbly. Remove from oven and sprinkle with cheese. Put back in oven 5 minutes to melt cheese. Let stand 10 minutes before serving. Serve with additional picante sauce and shredded lettuce and chopped onions. Makes 8 servings.





## EASTER LASAGNA

Ginger Hoyt

1 stick of oleo  
1/3 c. flour  
1/4 tsp. salt  
Dash of pepper  
3 c. milk  
1/4 tsp. dill  
1/4 tsp. chopped chives  
1/4 c. chopped green onion  
1 tsp. lemon juice  
1/4 tsp. hot pepper sauce, opt.

9 lasagna noodles, cooked  
2 c. diced cooked ham or chicken  
1 (10-oz.) pkg. frozen chopped broccoli, thawed  
1/2 c. grated Parmesan cheese  
3 c. (12 oz.) shredded cheddar cheese  
4 hard-cooked eggs, chopped

Melt the oleo in saucepan; add flour, salt, pepper. Stir in milk. Bring to boil and thicken. Add chopped green onions, lemon juice, dill, chopped chives, pepper sauce. In 9 x 13-inch pan, put 1/4 white sauce, 3 lasagna noodles. Add half of the meat and half of the broccoli, 3 tablespoons of Parmesan cheese, 1 cup cheddar cheese, half of the eggs and 1/4 of the white sauce. Repeat layer, top with noodles, whole sauce, cheese. Bake 350° for 40-45 minutes. Let stand 15 minutes.

## ENCHILADA CASSEROLE

Myrna Bornemeier

1 1/2 lbs. ground beef  
Onion  
1 can mild enchilada sauce  
1 can cream of chicken soup

1 can cream of mushroom soup  
1 c. milk  
Shredded cheddar cheese  
6-8 flour tortillas

Brown ground beef and onion. Add enchilada sauce to ground beef. Mix together soups and milk. Layer twice (like a lasagna) in a 9 x 13-inch pan; beef, tortillas (torn in pieces), soup, and cheese. Bake 350°, 40 minutes.







## CHOW MEIN BAKED

Elsie Wendt  
(GC)

- |   |                              |
|---|------------------------------|
| 1½ to 2 lbs. hamburger                    | 1 can cream of mushroom soup |
| 1 c. Minute Rice                          | 1 can water                  |
| ½ c. celery, chopped (better to use more) | 2 T. soy sauce               |
| 1 sm. onion                               | 2 T. Worcestershire sauce    |

Stir all together and use shallow baking dish. Sprinkle ½ can chow mein (3-ounce can) noodles on top and bake for 1 hour at 350°.


## OLD-WORLD PIZZA

Shirley Bornemeier

- |                                      |  |
|--------------------------------------|--|
| 1 (¼-oz.) pkg. active dry yeast      | 1½ c. (6 oz.) shredded mozzarella cheese |
| 1 c. warm water (105° to 115°)       | 1½ c. (6 oz.) shredded cheddar cheese    |
| 1 tsp. sugar                         | 2 c. sliced pepperoni                    |
| 1 tsp. salt                          | ⅓ c. grated Parmesan cheese              |
| 2 T. vegetable oil                   |  |
| 2½ c. all-purpose flour              |  |
| 1 (8-oz.) can pizza sauce            |  |
| 1 lb. ground beef, browned & drained |  |

In a mixing bowl, dissolve yeast in water. Stir in sugar, salt, oil and flour. Beat vigorously 20 strokes. Cover and let rest about 15 minutes. With buttered fingers, pat crust into a greased 15 x 10 x 1-inch baking pan. Cover with pizza sauce. Top with next four ingredients. Sprinkle with Parmesan cheese. Bake at 425° for 15-20 minutes or until crust and cheese are lightly browned. Yield: 8-12 servings.





## SPAGHETTI PIE

Sharon Stewart  
(B & P)

**8 oz. spaghetti**

Cool and add the next 5 ingredients:

<b>1 egg, beaten</b>	<b>1/4 tsp. salt</b>
<b>2 T. butter</b>	<b>1/4 tsp. pepper</b>
<b>1/3 c. Parmesan cheese</b>	

Put in a 9 x 13-inch greased pan. Place 12-ounce carton of cottage cheese on spaghetti and top with:

**1 lb. hamburger**  
**Diced onion, browned with**  
**hamburger**

Mix with:

<b>1 jar spaghetti sauce</b>	<b>1 1/2 tsp. garlic salt</b>
<b>1 tsp. sugar</b>	<b>1/2 tsp. oregano</b>

Bake at 350° for 30 minutes and top with 8 ounces mozzarella cheese cut in strips. Bake another 10 minutes, then let stand 10 minutes before serving.

## LASAGNE

Martha Vogt  
Jo Vogt

<b>1 c. ripe olives</b>	<b>1/4 c. olive oil</b>
<b>1 lb. ground beef</b>	<b>1 c. chopped onion</b>
<b>1 bud garlic</b>	<b>No. 2 1/2 can tomatoes</b>
<b>2 (6-oz.) cans tomato paste</b>	<b>2 tsp. salt</b>
<b>1/2 tsp. oregano</b>	<b>1 tsp. dry basil</b>
<b>1/4 tsp. pepper</b>	<b>1 (8-oz.) pkg. lasagna noodles</b>
<b>1/2 lb. mozzarella cheese</b>	<b>1/2 c. Parmesan cheese</b>
<b>1/2 bay leaf</b>	

Brown the meat, onion and seasoning. Cook noodles as directed on package. In large casserole pan layer meat, noodles, mozzarella cheese, and sprinkle with Parmesan cheese. Make two layers if necessary. Bake 350° for 30 minutes. Serves 12.



## Fish

### FISH WITH "SASSY SAUCE"

Esther Hollenbeck  
(B & P)

1/4 c. oleo	2 T. lemon juice
1/2 tsp. dry mustard	1/8 tsp. garlic powder
1 T. parsley flakes	1 lb. fish fillets

Melt oleo, add parsley, garlic powder and lemon juice. Place fish in greased pan. Pour butter over mixture. Bake in 350° oven for 35 minutes. Can be microwaved for 6 minutes.

### SALMON MORNAY

Eunice Patton  
(B & P)

Drain 1 can salmon (1 pound). Pour liquid in 1/2 cup and finish filling cup with white wine or milk. Melt 1 tablespoon butter in pan. Stir in 1 tablespoon flour. Add: liquid, 1/2 cup grated cheese, salt and pepper and a few grains cayenne. Cook, stirring until thick. Bone salmon. Add 2 tablespoons lemon juice and 2 tablespoons grated onion. Pack fish in flat baking dish. Top with sauce and bake in 350° oven for 20 minutes. Serves 3 or 4.







## SEAFOOD FETTUCCINE

Julie Miller Anderson

1½ T. butter  
1 c. chopped green onions  
4 garlic cloves, minced  
1 lb. med. shrimp, peeled  
1 lb. sea scallops  
2 c. half & half  
½ tsp. salt  
¼ tsp. black pepper

½ lb. lump crabmeat, shell pieces removed  
¾ c. (3 oz.) grated Parmesan cheese, divided  
8 c. hot, cooked fettuccine (about 1 lb. uncooked pasta)  
¼ c. chopped fresh parsley

The sauce is like a traditional Alfredo, with no flour or other thickener. Pat the shrimp and scallops dry, before cooking, with paper towels so they don't dilute the sauce. Melt butter in 12-inch nonstick skillet over medium high heat. Add onions and garlic; sauté 1 minute or until tender. Add shrimp and scallops; sauté 3 minutes or until done. Reduce heat to medium low. Add half-and-half, salt and pepper and crabmeat; cook 3 minutes or until thoroughly heated, stirring constantly (do not boil). Gradually sprinkle ½ cup cheese over seafood mixture, stirring constantly; cook 1 minute, stirring constantly. Remove from heat. Combine pasta and seafood mixture in large bowl. Top each serving with 1½ teaspoons of cheese and parsley. (8 servings of 1½ cups.)

## Meats

### HAM LOAF

Mary Wenzel Snyder

1½ lbs. ground ham  
1 lb. ground pork shoulder  
⅔ c. milk  
½ of 10¾-oz. can tomato soup  
½ tsp. pepper  
1 c. cracker crumbs

2 eggs, beaten  
1 c. brown sugar  
½ c. vinegar  
½ c. water  
1 tsp. dry mustard

Combine meats, milk, tomato soup, pepper, cracker crumbs and eggs. Form into individual loaves. Place in 9 x 13-inch baking pan. Combine brown sugar, vinegar, water and dry mustard in small saucepan and bring to a boil. Baste ham loaves at intervals during baking. Bake for 1 hour at 350°.



## HORSERADISH HONEY HAM

Margaret Bennett

1 boneless cooked ham, 5 to 7 lbs.

1/4 c. honey, warmed  
1/8 tsp. ground cloves

1 c. packed brown sugar  
1/2 c. prepared horseradish  
1/4 c. lemon juice

Cut ham into 1/4-inch slices and tie with kitchen string. Place ham on rack. Combine honey and cloves. Drizzle over ham. Bake uncovered at 325° for 1 1/2 hours so ham is heated through, basting often with drippings. Combine brown sugar, horseradish and lemon juice. Increase oven temperature to 400°. Baste ham with brown sugar sauce. Bake uncovered for 15-20 minutes. Yield: 16-18 servings.

## PORK ROLLS

LaRee Spohn

4 cubed pork steaks  
2 slices ham, cut in half  
2 slices mozzarella cheese, cut in half

1 egg  
3/4 c. cracker crumbs  
1/4 c. Parmesan cheese  
1 tsp. chives

Put 1/2 of slice of ham and cheese on each steak. Roll up and dip into flour. Let set to dry slightly, then dip into mixture of 1 beaten egg and 2 tablespoons water. Then dip into mixture of 3/4 cup finely rolled cracker crumbs, 1/4 cup Parmesan cheese, and 1 teaspoon chives. Put rolls in greased pan and bake, covered, for 35 minutes at 350°. Uncover and pour sauce over top of meat. Put back in oven and bake another 15 minutes.

### Sauce:

1 can cream of mushroom soup    1/3 c. milk

Combine cream of mushroom soup and milk and heat to boiling.





## **PORK CHOPS O'BRIEN**

Joyce Vogt

3 c. O'Brien hash browns  
1 can mushrooms, drained  
1/2 tsp. basil  
1/2 tsp. thyme  
3-4 pork chops  
1 (10-oz.) can cream soup

1/2 c. milk  
1 1/2 c. cheddar cheese,  
shredded  
1 T. Worcestershire sauce  
Heinz 57 sauce

In 9 x 13-inch pan, mix all ingredients minus pork chops and sauce. Brown pork chops. Baste with steak sauce and put on top of potato mixture. Cover. Bake at 375° for 1 hour. Let stand 10 minutes, then serve.

## **BARBECUED SPARE RIBS**

Eleanor Fleischman

4-5 lbs. spare ribs  
1 lg. onion, chopped  
1 tsp. salt  
1 tsp. chili powder  
1 T. celery seed

1/4 c. brown sugar  
1/4 c. vinegar  
1 c. catsup  
2 c. water

Place meat in roaster. Add chopped onion. Mix remaining ingredients to make sauce. Heat mixture and pour over meat. Bake until done.

## **STEAK PICADO**

Joan Vogt

1 lg. top sirloin steak, cut into  
1/2-inch cubes  
2 lg. tomatoes, cut up  
1 lg. onion, cut up

1 lg. green pepper, cut up  
12 slices bacon, fried  
3/4 c. water  
12 flour tortillas

In one skillet fry meat in bacon fat (medium to high heat). In another skillet sauté all vegetables until all are soft (medium heat). Fry meat until bacon fat is evaporated and meat is almost dry. Mix vegetables into skillet where meat was fried. Pour about 3/4 cup water in skillet. Season with salt and pepper to taste. Simmer on low heat for 1/2 hour. Serve with tortillas and refried beans.







## MARINATED POT ROAST

Angie Miller DeWerff

- |                                   |   |
|-----------------------------------|---|
| 1 c. dry white wine or beef broth | 1/4 tsp. pepper                             |
| 1/3 c. soy sauce                  | 4 whole cloves                              |
| 1 T. olive or canola oil          | 1/2 c. sliced mushrooms                     |
| 4 garlic cloves, crushed          | 1 boneless beef top round roast<br>(4 lbs.) |
| 2 green onions, thinly sliced     |   |
| 1 1/2 tsp. ground ginger          |   |

In a gallon-sized resealable plastic bag, combine all ingredients except pot roast. Cut roast in half; add to marinade. Seal bag and turn to coat; refrigerate overnight. Place roast and marinade in a 5-quart slow cooker or crockpot. Cover and cook on low for 8-10 hours or until meat is tender. Use juices for gravy.

## BARBEQUED MEATBALLS

(Make Ahead)

Carolyn Oehlerking

- |                          |                        |
|--------------------------|------------------------|
| 3 lbs. ground beef       | 1/2 tsp. garlic powder |
| 1 c. oatmeal             | 2 tsp. salt            |
| 1 c. soda cracker crumbs | 1/2 tsp. pepper        |
| 2 eggs                   | 2 tsp. chili powder    |
| 1/2 c. chopped onion     |                        |

Combine ingredients, shape into walnut size balls and put in single layer on waxed paper lined cookie sheet. Freeze until solid. Store in plastic freezer bags until ready to use. This recipe doubles well to make lots of meatballs. Just remove as many as you wish to use each time.

### Barbeque Sauce:

- |                    |                        |
|--------------------|------------------------|
| 2 c. catsup        | 1/2 tsp. garlic powder |
| 3/4 c. brown sugar | 1/4 c. chopped onion   |

Combine ingredients and stir until sugar is dissolved. Place frozen meatballs in baking pan. Pour over sauce. Bake 350° for 1 hour uncovered. This can be doubled to keep for future use.





## MEAT BALLS

Roberta Bornemeier

- |                        |             |
|------------------------|-------------|
| 1 lb. ground ham       | 2 eggs      |
| 1 lb. ground hamburger | 1/2 c. milk |
| 2 c. crushed crackers  |             |

Mix everything together; make into balls. May be frozen ahead of time.  
Over the top:

- |                  |                       |
|------------------|-----------------------|
| 3 T. brown sugar | 1/4 c. barbecue sauce |
| 1/2 c. catsup    | 1 tsp. dry mustard    |

Bake 350° for 45 minutes.

## SWEDISH MEATBALLS

Joan N. Williams  
(GC)

- |                              |                     |
|------------------------------|---------------------|
| 1 lb. ground beef            | 2 T. parsley flakes |
| 1/4 c. fine dry bread crumbs | 1 can mushroom soup |
| 1/4 c. onion, chopped        | 1/2 can water       |
| 1 egg                        |                     |

Mix all ingredients except soup and water. Start with a cold skillet. Shape meat into meat balls the size of ping pong ball, and place in skillet. Use medium heat as you start to do this. Should make about 24. Brown both sides. Pour off drippings. Mix soup and water and add to meat. Cover, cook over low heat 1/2 hour, stirring so it doesn't stick, can be put in roaster in oven if you're making a large amount. May be fixed a day ahead and kept in refrigerator until time to reheat.



## STUFFED HAMBURGERS

Jo Vogt  
(GC)

1 lb. hamburger	1/2 c. raw oatmeal
1/4 c. Thousand Island dressing	1/4 tsp. salt
1 egg	Pepper, to taste

Mix all ingredients together; pat out as hamburger patties. Place in baking dish.

### Dressing Over Meat:

1/4 c. butter, melted	1/2 tsp. sage
1/4 c. onion, diced	1/2 c. water, meat stock, or bouillon
1/4 c. celery, diced	5 slices bread, cubed
Salt	

Melt butter, add onions and celery. Stir and simmer until golden and soft. Add rest of ingredients, except bread. Cool slightly and stir in bread. Put on top of meat. Combine 1 can mushroom soup and 1/2 cup milk, heat and pour over top of dressing. Bake 350° for 30 to 40 minutes or until meat is tender.

## TRACY'S HAMBURGER CHEESE BUNS

Jill Vogt

2 lbs. hamburger	1 (15-oz.) can black olives, sliced
2 med. onions, diced	Buns
1 1/2 lbs. Velveeta cheese	

Brown hamburger and onions in skillet and drain. Add Velveeta and melt into hamburger mixture. Stir in sliced olives. Let mixture set awhile, probably 1/2 hour to 45 minutes. Then put into buns, and wrap each bun in foil. Bake at 325° about 30 minutes.





## **BEEF STUFFED FRENCH BREAD**

Holly Vogt

- |                            |                           |
|----------------------------|---------------------------|
| 1 loaf French bread        | 1 celery rib, chopped     |
| 1 lb. ground beef          | 1 T. Worcestershire sauce |
| 1 sm. onion, diced         | 1 tsp. salt               |
| 1 can cheddar cheese soup  | 1/2 tsp. pepper           |
| 1 med. green pepper, diced | 4 slices American cheese  |

Cut off top of bread and hollow out bottom half, leaving a 1/2-inch shell. Cut removed bread into small cubes and set aside. In a skillet, brown beef and onion, drain, then add soup, green pepper, celery, Worcestershire, salt and pepper. Cook and stir for 3 to 4 minutes. Stir in bread cubes. Spread mixture into bread shell, top with cheese, replace bread top. Put on baking sheet and bake at 350° for 6-8 minutes.


## **PIZZA BURGERS**

Mrs. Jim Schreiner  
Mrs. Jerry Bornemeier  
(GC)

- |                            |   |
|----------------------------|---|
| 2 lbs. browned ground beef | 1/2 tsp. garlic salt                      |
| 1 can tomato soup          | 8-oz. pkg. mozzarella cheese,<br>shredded |
| 1/4 c. Parmesan cheese     |   |
| 2 tsp. oregano             |   |

Mix and spread on hamburger buns. Wrap individually in foil. Bake at 350° for 30 minutes. Makes about 20 servings, or 30 depending on size of bun.





## **BARBECUE FOR 25**

Doris Jeanne Schmidt  
Sister of Shirley Wenzel

5 lbs. lean ground beef  
1/2 c. chopped onion  
2 c. tomato purée  
1 T. salt  
1 tsp. dry mustard  
1 T. Worcestershire sauce

2 T. ketchup  
2 T. barbecue sauce  
2 T. vinegar  
2 T. sugar  
25 hamburger buns

Cook hamburger and onion. Drain off any extra fat and return to heat and add remaining ingredients and simmer to blend flavors. Serve on hamburger buns.

### **Recipe Favorites**

Breads  
& Rolls





## Helpful Hints

- Over-ripe bananas can be peeled and frozen in a plastic container until it's time to bake bread or cake.
- When baking bread, a small dish of water in the oven will help keep the crust from getting too hard or brown.
- Use shortening, not margarine or oil, to grease pans, as margarine and oil absorb more readily into the dough or batter (especially bread).
- Use a metal ice tray divider to cut biscuits in a hurry. Press into the dough, and biscuits will separate at dividing lines when baked.
- To make self-rising flour, mix 4 cups flour, 2 teaspoons salt, and 2 tablespoons baking powder, and store in a tightly covered container.
- Hot water kills yeast. One way to tell the correct temperature is to pour the water over your forearm. If you cannot feel either hot or cold, the temperature is just right.
- When in doubt, always sift flour before measuring.
- When baking in a glass pan, reduce the oven temperature by 25°.
- When baking bread, you get a finer texture if you use milk. Water makes a coarser bread.
- If your biscuits are dry, it could be from too much handling, or the oven temperature may not have been hot enough.
- Nut breads are better if stored 24 hours before serving.
- To make bread crumbs, toast the heels of bread and chop in a blender or food processor.
- Cracked eggs should only be used in dishes that are thoroughly cooked; they may contain bacteria.
- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.
- For a quick, low-fat crunchy topping for muffins, sprinkle the tops with Grape-Nuts cereal before baking.
- Dust a bread pan or work surface with flour by filling an empty glass salt shaker with flour.



# Breads & Rolls

## Coffee Cakes

### CARDAMOM COFFEE CAKE

Holly Vogt

1 lb. softened oleo	2 tsp. baking powder
2 c. brown sugar	2½ tsp. baking soda
4 eggs	½ tsp. salt
2 tsp. vanilla	1 T. cardamom
4 c. flour	2 c. sour cream

#### Nut Mixture:

⅓ c. English walnuts, chopped	1 T. cinnamon
¼ c. brown sugar	

Preheat oven to 350°. Grease an angel food cake pan or bundt pan. Mix together oleo and sugar until fluffy. Add eggs one at a time. Stir in vanilla. Sift together flour, baking powder, baking soda, salt and cardamom in another bowl and mix well. Add dry mixture in thirds to the oleo/sugar/egg mix along with the sour cream. Stir just enough to blend after each addition. Combine chopped walnuts, brown sugar and cinnamon in another bowl. Spoon ⅓ of the batter into pan. Top with ½ of the nut mixture. Repeat with ⅓ of the batter, ½ the nut mixture and the last ⅓ of the batter. Bake 1¼ hours. Cool 20 minutes in the pan, invert to plate and cool 30 minutes more.



## CHERRY COFFEE CAKE

Susan Rorie

- |  |                      |
|--|----------------------|
| $\frac{1}{2}$ c. oleo                    | 2 c. flour           |
| 1 c. white sugar                         | 2 tsp. baking powder |
| 1 egg in 1 c. measure and fill with milk |                      |

### Crumb Mixture:

- |                       |                 |
|-----------------------|-----------------|
| $\frac{1}{2}$ c. oleo | 1 c. flour      |
| 1 c. sugar            | 1 tsp. cinnamon |

Cream oleo and sugar. Sift dry ingredients. Add alternately flour and egg/milk to creamed mixture. Mix well. Spread into greased 9 x 13-inch pan. Spread with one can cherry pie filling. Cover with crumb mixture. Bake 45 minutes at 350°.

## COFFEE CAKE (Quick & Easy)

Edna Bornemeier  
(B & P)

- |                            |                         |
|----------------------------|-------------------------|
| $\frac{1}{2}$ c. warm milk | $\frac{1}{2}$ tsp. salt |
| 2 T. butter                | 1 egg, beaten           |
| 2 T. sugar                 | 2 c. flour              |

Dissolve 1 package yeast in  $\frac{1}{4}$  cup warm water and  $\frac{1}{2}$  teaspoon sugar. Add butter, sugar, salt and egg to warm milk. Add dissolved yeast to milk mixture. Stir in flour. Let rise until double and put in 9 x 13-inch pan. Spread with  $\frac{1}{4}$  cup melted butter. Sprinkle with  $\frac{1}{2}$  cup sugar and 1 teaspoon cinnamon. Let rise until double. Bake in a 375° oven for 20 minutes. Can put powdered sugar glaze on top after baked.

## COFFEE CAKE

Joyce Vogt

- |                          |                                     |
|--------------------------|-------------------------------------|
| 1 c. shortening          | 1 $\frac{1}{2}$ tsp. salt           |
| 1 $\frac{1}{2}$ c. sugar | 4 tsp. baking powder                |
| 4 eggs                   | 1 $\frac{1}{2}$ c. milk             |
| 3 c. flour               | $\frac{2}{3}$ c. chocolate milk mix |

Cream shortening, sugar and eggs together. Add salt and baking powder. Alternate milk and flour mixing thoroughly. Spray 9 x 13-inch pan with Pam. Pour  $\frac{1}{2}$  of the batter in. Sprinkle with chocolate milk mix. Top with remaining batter. Bake 350° for 32 minutes or until done in the middle.





## ALICE BORNEMEIER'S QUICK COFFEE CAKE

Lyn Kopf  
(B & P)

1½ c. flour  
1 c. sugar

¼ tsp. salt  
⅓ c. margarine

Mix ingredients like pastry. Add one egg in cup filled with milk. Beat well. Sprinkle 2 teaspoons baking powder over batter and beat again. Pour into buttered 2-quart square Corning dish that has a small glass inverted in the center or use a ring pan. Microwave on 50% power for 7 minutes. Then on high for 3 to 4 minutes. Let rest covered for 10 minutes. Top will look glossy when done.

## STREUSEL COFFEE CAKE

Fern Mead

½ c. butter or margarine,  
softened  
1 c. white sugar  
2 lg. eggs  
1 tsp. vanilla  
2 c. flour sifted with 1 tsp.  
baking powder, 1 tsp. baking  
soda & ½ tsp. salt

1 c. sour cream, thinned with a  
little buttermilk  
½ stick margarine, melted

### Streusel Topping:

½ c. brown sugar  
1 c. white sugar

1 tsp. cinnamon  
½ c. finely chopped pecans

This streusel mix is delicious in cinnamon rolls, also. \*Lightly grease and flour 9 x 13-inch pan. Cream butter and sugar; add eggs and vanilla and mix, medium speed. Add flour, baking powder, soda and salt mix alternately with sour cream, slow speed. Spread half of batter in 9 x 13-inch pan. Sprinkle with ½ streusel mix. Add rest of batter and rest of streusel. Drizzle over this ½ stick melted margarine. Bake at 350° for 40 minutes, test with toothpick. Cool on rack. Delicious when warmed to serve.



## Rolls

### CARAMEL ROLLS

Martha Ann Bornemeier

- |   |                          |
|---|--------------------------|
| 1 (3-oz.) pkg. pecan chips              | 1/2 c. brown sugar       |
| 18 frozen dinner rolls                  | Cinnamon                 |
| 1 pkg. non-instant butterscotch pudding | 1/2 c. margarine, melted |

Spread pecan pieces in bottom of Teflon coated bundt pan. Arrange frozen dinner rolls in pan. In separate bowl, mix together butterscotch pudding and brown sugar. Add cinnamon to taste. Sprinkle dry mixture over frozen rolls. Drizzle melted margarine over rolls. Cover and let rise until double. Bake at 350° for 20 to 25 minutes. Let cool (only a little) and invert on serving plate.

### CINNAMON ROLLS

Pearl Stubbendick  
(GC)

- |                                |                      |
|--------------------------------|----------------------|
| 1 pkg. yeast plus 1/2 c. water | Warm 1/2 c. milk     |
| <b>Add:</b>                    |                      |
| 1/4 c. oleo                    | 1 egg, beaten        |
| 1/3 c. sugar                   | Dash of nutmeg       |
| 1/2 tsp. salt                  | 3/4 c. flour or more |

Knead. Bake in moderate oven until brown.





## REFRIGERATOR ROLLS

Eleanor Fleischman  
(B & P)

$\frac{1}{2}$  c. shortening  
 $\frac{1}{2}$  c. sugar  
1 tsp. salt  
2 eggs, beaten

1 cake yeast  
1 c. warm water  
4 c. flour

Combine shortening, sugar and salt. Add the beaten eggs and blend. Dissolve yeast in 3 teaspoons warm water. Add 1 cup warm water, 2 cups flour and mix well. Add rest of flour and mix. Knead dough until smooth. Put dough back in clean bowl and let rise until double in size. Put dough in refrigerator. When ready to use, make rolls and let rise again. Bake in hot oven (400°) for 10 minutes or until brown.

## Breads

### WHITE BREAD

Minnie Fleischman  
(GC)

4 c. milk (scalded, cooled)  
2 pkgs. yeast dissolved in  $\frac{1}{2}$  c.  
warm water and 1 tsp. sugar

Add to milk while still hot 1 round tablespoon lard, 1 tablespoon salt, and 4 tablespoons sugar. Add cooled milk mixture to yeast. Add 4 cups flour. Beat until smooth. Then add enough flour to make a sponge. Let rise to double. Knead 10 minutes. Let rise again until double. Punch down. Let rest 10 to 15 minutes. Then make into 5 average-size loaves. Bake 375° for 45 minutes. Cool. Then remove from pan.





## CARAMEL PULL-APARTS

Kendra Pointer Wolph

- |  |  |
|--|--|
| 24 Rhodes rolls (thawed but still cold)          | 1/2 c. chopped pecans                  |
| 1 sm. box butterscotch pudding mix (not instant) | 1/2 c. (1 stick) Blue Bonnet margarine |
|  | 1/2 c. brown sugar                     |

Spray bundt pan with nonstick cooking spray. Cut Rhodes rolls in half and roll in dry pudding mix. Arrange in pan alternately with pecans. Sprinkle remaining pudding mix over the top. Combine brown sugar and margarine; heat together until margarine is melted and syrup is formed. Stir well and pour over rolls. Cover with sprayed plastic wrap. Let rise until double in size or even with the top of the bundt pan. Remove wrap and bake at 350°, 30-35 minutes. Cover with foil the last 15 minutes of baking. Immediately after baking invert onto a serving platter.

## MONKEY BREAD

Edna Bornemeier


- |                       |                      |
|-----------------------|----------------------|
| 4 tubes biscuit dough | 2 tsp. cinnamon      |
| 1 c. sugar            | 4 loaf pans, greased |

Topping just to boiling point:

- |                     |                       |
|---------------------|-----------------------|
| 1 1/2 sticks butter | 1 T. cinnamon         |
| 1 c. sugar          | 1 T. white corn syrup |

In bowl, put 1 cup sugar and 2 teaspoons cinnamon. Cut 1 tube of biscuit dough in fourths. Roll in sugar mixture, place in 1 loaf pan. Repeat with the other 3 tubes. If there is cinnamon-sugar left, use it as part of your sugar in the topping. Mix topping. Pour 1/4 of topping mixture into each loaf pan. Bake at 300° for 25-30 minutes. When done, turn upside down on foil to cool.





## BREAKFAST CHERRY NUT RING

Nettie Bornemeier  
(GC)

2 c. Bisquick or favorite biscuit  
mix  
2 T. sugar  
1 egg  
 $\frac{2}{3}$  c. milk or water

$\frac{1}{3}$  c. butter or margarine  
 $\frac{1}{3}$  c. brown sugar, packed  
Pecan halves or walnuts  
Maraschino cherries, drained

8 cup ring mold or pan. Heat oven to 400° and melt butter in pan in oven. Sprinkle evenly with brown sugar, cover with cherries and nuts. Mix baking mix, sugar, egg, and milk. Beat vigorously  $\frac{1}{2}$  minute and pour evenly over mixture in pan. Bake 20 to 30 minutes. Invert over plate, let pan set over cake for few minutes.

## BANANA NUT BREAD

Florence Stolz  
(GC)

$\frac{1}{2}$  c. butter

1 c. sugar

Add:

2 eggs, well beaten

3 bananas, mashed

1 tsp. soda

$\frac{1}{4}$  c. nuts

2 c. flour

Bake slowly for 1 hour at 325°.

## BANANA BREAD

Elsie Wolfe

1 c. shortening

2 tsp. salt

2 c. sugar

2 tsp. soda

4 eggs

$\frac{1}{2}$  c. chopped walnuts

5 or 6 mashed bananas

8 T. sour cream

4 c. flour

Cream shortening, sugar, eggs, bananas and sour cream, mix well. Add all ingredients and nuts. Grease 3 loaf pans and bake at 350° for 45 minutes or until toothpick inserted in center comes out clean.



## **PUMPKIN BREAD**

Amanda Brewer

- |                              |                        |
|------------------------------|------------------------|
| 1 (15-oz.) can pumpkin purée | 2 tsp. baking soda     |
| 4 eggs                       | 1½ tsp. salt           |
| 1 c. vegetable oil           | 1 tsp. ground cinnamon |
| ⅔ c. water                   | 1 tsp. ground nutmeg   |
| 3 c. white sugar             | ½ tsp. ground cloves   |
| 3½ c. all-purpose flour      | ¼ tsp. ground ginger   |

Preheat oven to 350° (175° C). Grease and flour three 7 x 3-inch loaf pans. In a large bowl, mix together pumpkin purée, eggs, oil, water and sugar until well blended. In a separate bowl, whisk together the flour, baking soda, salt, cinnamon, nutmeg, cloves and ginger. Stir the dry ingredients into the pumpkin mixture until just blended. Pour into the prepared pans. Bake for about 50 minutes in the preheated oven. Loaves are done when toothpick inserted in center comes out clean.

## **ZUCCHINI BREAD**

Barbara Fleischman

- |                      |                                |
|----------------------|--------------------------------|
| 3 eggs, beaten       | 3 tsp. cinnamon                |
| 1 c. oil             | 1 tsp. soda                    |
| 2½ c. sugar          | ½ tsp. salt                    |
| 1 tsp. vanilla       | 1 tsp. nutmeg                  |
| 3 c. flour           | 2 c. zucchini, peeled & grated |
| 1 tsp. baking powder |                                |

Beat eggs. Add oil, sugar and vanilla. Stir. Add flour, baking powder, cinnamon, soda, salt, nutmeg and mix. Then add zucchini. Makes 2 large loaves. Grease and flour 2 bread pans. Bake 350° for 1 hour. Cool on rack.







## WINTER SCONES

Jim Hoyt  
(B & P)

- |                               |              |
|-------------------------------|--------------|
| 2 c. sifted all-purpose flour | 1/4 c. lard  |
| 1 T. baking powder            | 2 eggs       |
| 2 T. sugar                    | 1/3 c. cream |
| 1/2 tsp. salt                 | 1 T. sugar   |

Sift together flour, baking powder, 2 tablespoons sugar and salt into mixing bowl. Cut in lard until mixture resembles coarse meal or crumbs. Make a hollow in center. Save about 1 tablespoon egg white for topping. Beat remaining eggs; combine with cream and add all at once to hollow in flour mixture. Stir to mix, the dough will be stiff. Turn onto lightly floured board and knead lightly 5 or 6 times, or until dough sticks together. Divide in half. Roll each half to make a 6-inch circle, about 1 inch thick. Cut each circle into 4 wedges. Arrange on ungreased baking sheet. Brush tops with egg white and sprinkle with remaining 1 tablespoon sugar. Bake in hot oven (400°) 15 minutes or until golden brown.

## 1/2 HR. DOUGHNUTS

Joyce Vogt

Mix and let stand:

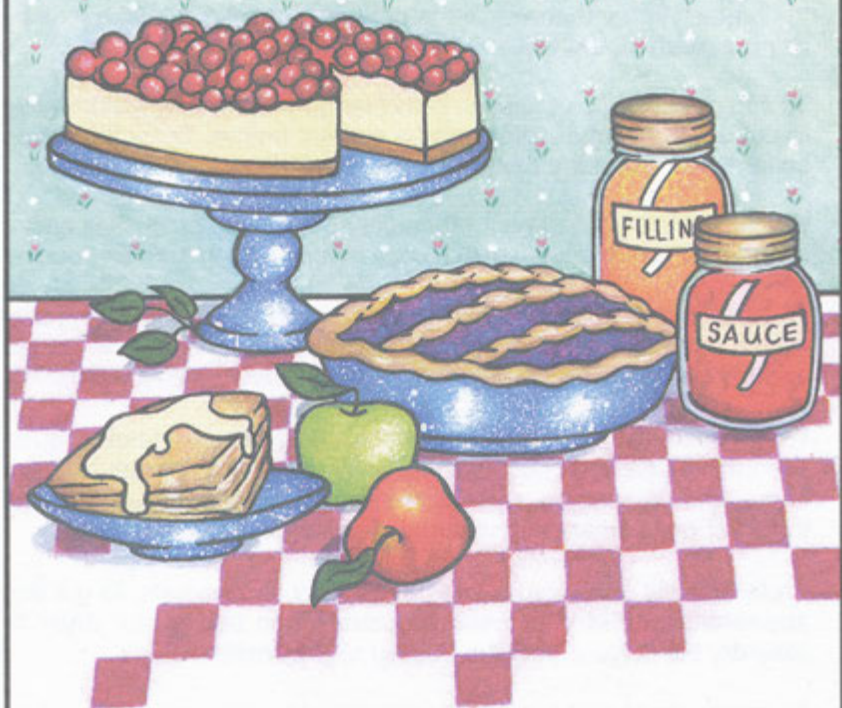
- |                 |            |
|-----------------|------------|
| 1 c. warm water | 3 T. sugar |
| 1 pkg. yeast    |            |

Add:

- |          |             |
|----------|-------------|
| 1 egg    | 1 tsp. salt |
| 3 T. oil | 3 c. flour  |

Knead about 20 times; roll out and cut out. Make sure there is plenty of flour on the counter. Let raise 30 minutes. Fry in hot oil. Roll in sugar or frosting.

# Desserts



## Helpful Hints

- Egg whites need to be at room temperature for greater volume when whipped. Remember this when making meringue.
- When preparing several batches of pie dough, roll dough out between sheets of plastic wrap. Stack the discs in a pizza box, and keep the box in the freezer. Pull out the required crusts as needed.
- Place your pie plate on a cake stand when placing the pie dough in it and fluting the edges. The cake stand will make it easier to turn the pie plate, and you won't have to stoop over.
- Many kitchen utensils can be used to make decorative pie edges. For a scalloped edge, use a spoon. Crosshatched and herringbone patterns are achieved with a fork. For a sharply pointed effect, use a can opener to cut out points around the rim.
- Keep strawberries fresh for up to ten days by refrigerating them (unwashed) in an airtight container between layers of paper towels.
- When grating citrus peel, bits of peel are often stuck in the holes of the grater. Rather than waste the peel, you can easily brush it off by using a clean toothbrush.
- To core a pear, slice the pear in half lengthwise. Use a melon baller to cut out the central core, using a circular motion. Draw the melon baller to the top of the pear, removing the interior stem as you go.
- When cutting butter into flour for pastry dough, the process is easier if you cut the butter into small pieces before adding it to the flour.
- To keep the cake plate clean while frosting, slide 6-inch strips of waxed paper under each side of the cake. Once the cake is frosted and the frosting is set, pull the strips away leaving a clean plate.
- When decorating a cake with chocolate, you can make a quick decorating tube. Put chocolate in a heat-safe zipper-lock plastic bag. Immerse in simmering water until the chocolate is melted. Snip off the tip of one corner, and squeeze the chocolate out of the bag.
- Professionally decorated cakes have a silky, molten look. To get that appearance, frost your cake as usual, then use a hair dryer to blow-dry the surface until the frosting slightly melts.
- To ensure that you have equal amounts of batter in each pan when making a layered cake, use a kitchen scale to measure the weight.





## Desserts

### Pies

#### CHOCOLATE CREAM PIE

Esther Hulfish  
(B & P)

**1/4 c. brown sugar**  
**1/2 c. white sugar**  
**1/3 c. flour**  
**1/8 tsp. salt**  
**2 eggs**  
**2 c. scalded milk**

**2 tsp. vanilla flavoring**  
**2 T. butter**  
**1/2 c. chocolate bits**  
**1 c. Cool Whip**  
**1 baked 9-inch pastry shell**

In a double boiler, combine sugars, salt and flour. Add scalded milk slowly, stirring constantly. Cook until the mixture coats a spoon. Beat 2 eggs in a bowl, add 3 tablespoons of hot mixture and mix well. Stir egg mixture into the hot mixture. Cook until thick and smooth. Remove from heat. Add vanilla and butter. Beat well and cool about 5 minutes, then add chocolate bits, stir until melted and pour into a baked pastry shell. When cool, top with Cool Whip, sprinkle with chocolate mini bits if you like.

#### CREAMY STRAWBERRY PIE

Lavina Backemeyer  
(GC)

**1 1/2 c. cold milk**  
**1 pkg. vanilla instant pudding**  
**2 c. Cool Whip (or one 4 1/2 oz.)**  
**1 c. fresh strawberries,**  
**quartered**

**1 baked 9-inch pie shell, cooled**  
**1 c. fresh whole strawberries**

Pour milk into bowl. Add pudding mix. Slowly beat with rotary beater or at low speed of electric mixer until well blended, 1 or 2 minutes. Blend in 1/2 cup Cool Whip. Fold in quartered strawberries and pour into pie shell. Chill. Top with remaining Cool Whip and garnish with whole strawberries.



## STRAWBERRY PIE

Jeannie Spaulding

### Crust:

- |                       |                    |
|-----------------------|--------------------|
| 1 c. flour            | 1/2 c. melted oleo |
| 1/4 c. powdered sugar | Dash salt          |

### Filling:

- |                 |                       |
|-----------------|-----------------------|
| 1 c. water      | 3 T. strawberry Jello |
| 1 c. sugar      | 2 c. strawberries     |
| 2 T. cornstarch |                       |

Mix the flour, powdered sugar, melted oleo and salt and press in pie pan. Bake at 350° for 15 minutes. Cool. Boil together the water, sugar, cornstarch, and Jello until it thickens. Cool. Add strawberries, pour in pie shell and refrigerate. Serve plain or with Cool Whip.

## FLUFFY PEANUT BUTTER PIE

Joyce Vogt

- |                                  |                                 |
|----------------------------------|---------------------------------|
| 1/2 c. peanut butter             | 1 (9-inch) graham cracker crust |
| 1 (8 oz.) cream cheese, softened | 1/2 c. milk                     |
| 1 c. powdered sugar              | 1/4 c. chopped peanuts, opt.    |
| 1 (9-oz.) ctn. Cool Whip         |                                 |

Whip cream cheese until soft and fluffy. Beat in peanut butter and sugar. Slowly add milk, blending thoroughly into mixture. Fold topping into mixture. Pour into prepared crust. Sprinkle with chopped peanuts if desired. Freeze until firm. Serve.

## LEMONADE PIE

Donna Althouse Clements

- |                           |                      |
|---------------------------|----------------------|
| 1 (6 oz.) frozen lemonade | 1 (16-oz.) Cool Whip |
| 1 can condensed milk      |                      |

Mix lemonade, milk and Cool Whip together. Make in a graham cracker crust. Cool and serve.





## MALT SHOP PIE

Marietta Vogt

- |  |                           |
|--|---------------------------|
| 1 pt. vanilla ice cream                            | 3 T. marshmallow topping  |
| 1/2 c. crushed malted milk balls                   | 1 T. milk                 |
| 1 T. milk  | 1 c. whipped cream        |
| 1 (9-inch) graham cracker crumb crust              | Crushed malted milk balls |
| 3 T. instant chocolate-flavored malted milk powder |                           |

In a bowl stir ice cream to soften. Blend in the 1/2 cup crushed malted milk balls and the first 1 tablespoon milk. Spread in prepared crust. Freeze while preparing top layer. In medium bowl blend malted milk powder, marshmallow topping, and remaining milk. Add whipped topping. Spread mixture over layer in crust. Freeze until firm; several hours. Sprinkle with crushed malted milk balls.

## PECAN PIE

Opal Clements  
(GC)

- |                                      |                |
|--------------------------------------|----------------|
| 3 or 4 eggs beaten, using spoon whip | Dash of salt   |
| 1/2 c. sugar                         | 1 tsp. vanilla |
| 1 c. brown corn syrup                | Pecans on top  |

Put in unbaked pie shell and bake in medium oven 350°. Serve with whipped cream.

## PECAN PIE

Martha Vogt  
(B & P)

- |                            |                       |
|----------------------------|-----------------------|
| 3 eggs                     | 1/2 c. milk           |
| 1/4 tsp. salt              | 2 tsp. flour          |
| 1/3 c. sugar               | 1 tsp. vanilla        |
| 1 c. syrup (light or dark) | 1/2 c. pecans or more |

Beat eggs until light. Add other ingredients, and beat each time. Put in a 9-inch pie crust. Bake at 325°, about 1 hour or until light brown.







## PIE FILLING

Roberta Bornemeier

1 c. sugar	Pinch salt
1 heaping mixing spoon flour	1 T. vanilla
2 egg yolks	2 T. butter or oleo
2½ c. milk	

Mix sugar, flour, salt in saucepan; add yolks and milk, cook until a boil or thick; take off and add vanilla and butter and then bring back to boil. If you want chocolate, add cocoa to sugar and flour mixture, also pineapple drained, coconut, lemon.

## RHUBARB PIE

Clara Fredenburg  
(GC)

2 c. rhubarb, diced	1 egg, beaten
1¼ c. sugar	2 T. flour

Mix together and pour into unbaked pie crust.

### Topping:

¼ c. oatmeal	2 T. flour
¼ c. sugar	1 T. butter

Mix together and sprinkle over top of pie. Bake 15 minutes at 400°, then bake at 325° for 30 minutes to 35 minutes.



## VANILLA CREAM PIE

Sharon Kunz

1 (9-inch) baked pie shell	3 egg yolks
$\frac{3}{4}$ c. sugar	3 c. milk
$\frac{1}{4}$ tsp. salt	1 tsp. vanilla
7 T. flour	

In medium saucepan, combine sugar, flour and salt. Beat and add egg yolks and milk, stir into sugar mixture. Stir constantly over medium heat until mixture thickens and comes to a full boil. Boil one minute longer. Remove from heat, add vanilla. Pour into baked pie shell. Cover with meringue and bake. (May be cooked in microwave on high 4 minutes. Stir and cook 5 more minutes, stirring after 2 minutes.)

### Variations to Vanilla Cream Pie:

**Coconut Cream Pie:** Stir in 1 cup flaked coconut. Cover with meringue and sprinkle with coconut. **Banana Cream Pie:** Thinly slice 3 bananas in baked pie shell, pour in filling, and top with meringue. **Peanut Butter:** Add 3 tablespoons peanut butter to cream mixture. **Cherry Cream:** Cover bottom of baked pie shell with  $\frac{1}{2}$  can cherry pie filling. Cover with cream filling. Top with meringue. **Chocolate Swirl:** Stir in  $\frac{1}{2}$  cup chocolate chips in the warm vanilla cream filling. Pour into pie shell. Top with meringue. All of these pies can be topped with a whipped topping instead of meringue. **Tips on a good cream pie:** Cream pies should be smooth, rich and creamy. They can be topped with meringue or whipped cream. When using 3 cups milk, use 1 can evaporated milk and the rest water. When cooking on top of the stove, be sure to stir constantly. Most recipes can be cooked in the microwave. For a perfect pie, be sure your crust is golden brown and completely cool. Fill your crust with hot filling and top with meringue while the filling is hot and bake meringue immediately. All cream pies should be kept refrigerated.





## MERINGUE TOPPING

Sharon Kunz

4 egg whites  
1/4 tsp. cream of tartar

1/2 c. sugar

Have egg whites at room temperature. Combine egg whites and cream of tartar in small bowl. Beat with electric mixer on medium speed until soft peaks form, increase speed to high and add sugar 1 tablespoon at a time. Beat until stiff. Immediately spoon meringue carefully around edge of hot filling. Spread over rest of pie, and use spoon to make curls and peaks of meringue. Bake at 400° for 5 to 7 minutes, until golden brown. **Meringues:** 1. Separate eggs one at a time while cold in a small bowl and then pour into mixing bowl. This avoids dropping some of the yolk in the bowl of whites. Even a drop will prevent whites from whipping stiff. 2. Egg whites beat better if they are brought to room temperature. 3. Be sure bowl and beaters are completely clean. 4. Beat in sugar gradually until it is completely dissolved. 5. Spread meringue over hot filling right to the edge. 6. Bake immediately.

## Cakes

### APPLE CAKE

Clarice Krall  
(GC)

Cream 3/4 cup shortening and 3 cups sugar. Add 3 eggs; sift together and stir in:

3 c. flour  
1 tsp. nutmeg  
1 tsp. cinnamon

3/4 tsp. salt

3 tsp. soda (scant)

Fold in 6 cups chopped raw apples and 1 cup nuts. Bake 1 hour at 350°.

#### Topping:

1/2 c. butter  
1/2 c. white sugar  
1/2 c. brown sugar

4 T. flour

1/2 c. half & half

Boil until thick and serve warm over cake.







## CARAMEL APPLE CAKE

Virginia Dennis

1½ c. Bisquick  
⅔ c. sugar  
½ c. milk  
2 c. cooking apples, peeled & sliced

1 T. lemon juice  
¾ c. brown sugar  
½ tsp. cinnamon  
1 c. boiling water

Mix Bisquick and sugar. Stir in milk until blended. Pour into ungreased pan 9 x 9 x 2-inches. Top with apples. Sprinkle with lemon juice. Stir together brown sugar and cinnamon; sprinkle over apples. Pour boiling water over apples. Cook at 350° for 50-60 minutes or until toothpick inserted in center comes out clean. Serve with whipped cream or ice cream.

## APPLE PECAN CAKE

Martha Vogt

(Submitted by Mary Miller)

½ c. shortening  
½ c. brown sugar  
1 c. white sugar  
2 eggs  
2½ c. flour  
1 tsp. baking powder  
½ tsp. baking soda

1 tsp. salt  
1 c. milk  
3 c. apples, pared & sliced thinly  
¾ broken pecan pieces  
¾ brown sugar

Lightly grease and flour 9 x 13-inch pan. Cream together shortening, brown sugar and white sugar. Add eggs and mix well. Sift together flour, baking powder, soda and salt and add alternately with milk. Fold in thinly sliced apples and pour into 9 x 13-inch pan. Sprinkle top with pecan-brown sugar mix. Bake at 350° for 40 minutes or until done. Stopping in at the "Old Bank Building" one afternoon to see the Quilters, I enjoyed Martha's Apple Cake Treat with them! Delicious!



## APPLE STREUSEL CAKE

Kendra Pointer Wolph

### Streusel:

- |  |                          |
|--|--------------------------|
| 1 c. light brown sugar                 | 1/4 c. all-purpose flour |
| 1 c. chopped apples                    | 1 tsp. ground cinnamon   |
| 1 c. sliced almonds, pecans or walnuts | 3 T. melted butter       |

Preheat oven to 350°. Grease a 9- or 10-inch tube pan. In a medium bowl, combine brown sugar, apples, almonds, flour and cinnamon. Stir in melted butter.

### Cake:

- |                         |                          |
|-------------------------|--------------------------|
| 2 c. all-purpose flour  | 3 lg. eggs               |
| 1 tsp. baking powder    | 1/2 tsp. vanilla extract |
| 1 tsp. baking soda      | 1/3 c. orange juice      |
| 1/2 c. butter, softened |                          |

In a medium bowl, combine flour, baking powder, baking soda. Mix well. In a large bowl, using an electric mixer set on medium, beat butter and sugar until light and fluffy. Add eggs one at a time; beat well after each addition. Add vanilla. Set mixer on low; alternately beat flour mixture and orange juice into egg mixture. Spoon half of batter into tube pan. Sprinkle with half of the streusel. Spoon remaining batter over streusel, spreading to make an even layer. Swirl batter with a knife to create a marble pattern. Bake for 15 minutes. Remove cake from oven, sprinkle top with remaining streusel. Return cake to oven; bake until a toothpick inserted into center comes out clean (about 30-35 minutes). Transfer to wire rack; cool completely.

### Glaze:

- |                             |                         |
|-----------------------------|-------------------------|
| 1/2 c. confectioners' sugar | 2 1/2 tsp. orange juice |
|-----------------------------|-------------------------|

Combine confectioners' sugar and orange juice. Mix well. Invert cake onto a serving plate so streusel is on top. Drizzle glaze over cake.





## LITTLE APPLE CAKE

Eleanor Fleischman

$\frac{3}{4}$  c. sugar  
1 egg  
2 pinches salt

$\frac{1}{2}$  c. flour  
1 tsp. almond flavoring  
2 c. diced apples

Combine sugar and egg. Add salt, flour, almond flavoring. Next add the diced apples. Don't need to peel the apples. Bake in greased loaf pan, or 8-inch square pan. Bake 30 minutes, or until done.

## BLUEBERRY PUDDING CAKE

Erma Reed

2 c. fresh blueberries  
1 tsp. cinnamon  
1 tsp. lemon juice  
1 c. flour

$\frac{3}{4}$  c. sugar  
1 tsp. baking powder  
 $\frac{1}{2}$  c. milk  
3 T. oleo, melted

### Topping:

$\frac{3}{4}$  c. sugar  
1 T. cornstarch

1 c. boiling water

Toss the blueberries with cinnamon and lemon juice. Place in greased 8-inch square baking dish. In a bowl, combine flour, sugar and baking powder, stir in milk and oleo. Spoon over berries. Combine sugar and cornstarch, sprinkle over batter. Slowly pour boiling water over all. Bake at 350° for 45-50 minutes or until the cake tests done. Yield: 9 servings.







## TERRIFIC CARROT CAKE

Jim Hoyt  
(B & P)

- |                               |                                  |
|-------------------------------|----------------------------------|
| 2 c. sifted flour             | 4 eggs                           |
| 2 tsp. baking powder          | 2 c. carrots, grated fine        |
| 1½ tsp. baking soda           | 1 c. chopped English walnuts     |
| 1 tsp. salt                   | 1 (8½-oz.) can crushed pineapple |
| 2 tsp. cinnamon               | 1 (3½-oz.) can flaked coconut    |
| 1½ c. peanut or sunflower oil | Cream Cheese Frosting            |
| 2 c. sugar                    |                                  |

Measure 2 cups sifted flour, sift together with baking powder, soda, salt and cinnamon. Add oil and sugar, beat together and add eggs, one at a time, beating after each addition. When well mixed, fold in carrots, nuts, pineapple and coconut. Mix well and pour into a greased and floured tube pan. Bake in a 325° oven for 1 hour and 10 minutes. Cool thoroughly and frost with Cream Cheese Frosting. (A very moist cake that will keep several days, covered, in refrigerator.)

### Cream Cheese Frosting:

- |                               |                            |
|-------------------------------|----------------------------|
| ½ c. butter or good margarine | 1½ tsp. vanilla            |
| 1 (8-oz.) pkg. cream cheese   | 1 lb. confectioners' sugar |

Cream margarine, cream cheese and vanilla together; add sugar gradually, continuing to beat. Beat well and spread on carrot cake.

## MOM'S DATE CAKE

Lula M. Kruse  
Mother of Eunice Patton  
(B & P)

Let stand and cool 2 cups chopped, pitted dates, 1 teaspoon soda and 1 cup hot water. Cream 2 tablespoons butter and 1 cup sugar, add 1 unbeaten egg, 1 teaspoon vanilla, 1½ cups flour and 1 teaspoon baking powder. Add cooled date mixture and ½ cup chopped nuts. Bake in an 8 x 12-inch pan at 325° for 40 to 60 minutes. Watch. Make a paste of ½ cup chopped dates, ½ cup sugar, ⅔ cup water. Cook until thick and add ½ cup chopped nuts. When cake is done, spread paste, as if to frost. My mom always suggested this when she was to be hostess at Jessie Bragg Circle.





## **EARTHQUAKE CAKE**

Angie Miller DeWerff

**1½ c. coconut**  
**1 c. chopped nuts**  
**1 box German chocolate cake mix**

**1 stick softened oleo, butter or margarine**  
**8 oz. cream cheese**  
**3½ c. powdered sugar**

Grease or spray bottom of 9 x 13-inch pan. Sprinkle coconut and nuts on bottom of pan. Mix German chocolate cake mix as directed on box and pour over coconut and nuts. (If you are not using a deep pan, keep ½ cup cake batter out of pan.) Mix oleo, cream cheese and powdered sugar and drop by spoonfuls over batter. Bake at 350° for 40-45 minutes.

## **GRANDMA'S THUNDER CAKE**

Lucille Rosenow

**Cream together:**

**1 c. shortening**  
**1¾ c. sugar**

**1 tsp. vanilla**  
**3 eggs separated**

Blend yolks in. Beat whites stiff, fold in.

**1 c. cold water**

**⅓ c. puréed tomatoes**

**Sift together:**

**2½ c. cake flour**  
**½ c. dry cocoa**

**1½ tsp. baking soda**  
**1 tsp. salt**

Mix dry mixture into creamy mix. Bake in two greased and floured 8½-inch round pans at 350° for 35 to 40 minutes. Frost with chocolate butter frosting. Top with strawberries.





## CHOCOLATE ZUCCHINI CAKE

Donna Althouse Clements

- |                                      |                                    |
|--------------------------------------|------------------------------------|
| $\frac{3}{4}$ c. butter or margarine | 2 $\frac{1}{2}$ c. flour           |
| 2 c. sugar                           | $\frac{1}{2}$ c. cocoa             |
| 3 eggs                               | 2 $\frac{1}{2}$ tsp. baking powder |
| 2 c. grated zucchini                 | 1 $\frac{1}{2}$ tsp. baking soda   |
| 1 tsp. vanilla                       | $\frac{1}{2}$ c. milk              |
| 1 tsp. salt                          | 1 c. ground nuts                   |
| 1 tsp. cinnamon                      | $\frac{1}{2}$ c. chocolate chips   |

Heat oven to 350°. Cream butter and sugar until light and fluffy. Add eggs, beating thoroughly. Stir in zucchini and vanilla. Combine sifted dry ingredients, and add alternately with milk to zucchini mixture until well mixed. Add ground nuts if desired. Pour into greased and floured bundt pan and sprinkle with chocolate chips. Bake for 60 minutes.

## DUMP CAKE

Florence Stoltz  
(GC)

- |                                     |                         |
|-------------------------------------|-------------------------|
| 1 can pie cherries                  | 1 c. shortening, melted |
| 1 can crushed pineapple,<br>drained | 1 c. nuts               |
| 1 yellow cake mix                   | 1 c. coconut            |

Place in layers in oblong baking dish; cherries, pineapple, cake mix (as it comes from box), shortening, nuts, and coconut. Bake at 350° for 50 minutes.

## WHIPPED TOPPING OR DREAM CAKE

Edna Bornemeier

- |   |                 |
|---|-----------------|
| 1 pkg. (2 layer size) yellow,<br>white or chocolate cake mix    | 4 eggs          |
| 1 pkg. Dream or whipped<br>topping mix (right from<br>envelope) | 1 c. cold water |

Put all above in mixing bowl. Blend until moistened. Beat 4 minutes at medium speed. Grease 10 x 15 x 1 $\frac{1}{2}$ -inch cookie sheet with sides. Pour cake mixture in. Bake 350° for 25-30 minutes. Cool and frost. A perfect cake every time.







## JELLO CAKE

Bev Johnson  
(B & P)

Bake one white cake mix according to directions. Cool 25 minutes. Poke holes in cake with meat fork. Dissolve 3 ounce package Jello in  $\frac{3}{4}$  cup boiling water, add  $\frac{1}{2}$  cup cold water while you wait for the cake to cool. Pour Jello over cake and refrigerate while making topping.

### Topping:

1 $\frac{1}{2}$  c. milk  
1 pkg. instant pudding mix, to  
go with Jello

1 env. Dream Whip

Beat until thick and put on top of cake. Store, covered, in refrigerator.

## PARTY CAKE

Grace Althouse  
(B & P)

1 yellow or white cake mix  
 $\frac{1}{2}$  c. oil  
Sm. can mandarin oranges,  
juice & all

4 eggs, beat one at a time

Bake in 350° oven in 2 round layer pans.

### Frosting:

1 lg. instant vanilla pudding mix  
1 med. can crushed pineapple,  
with juice

Mix and add  $\frac{1}{2}$  cup coconut and 1 large carton of Cool Whip.



## SCRUMPTIOUS YELLOW CAKE

Elsie Wolfe

- |   |                                   |
|---|-----------------------------------|
| $\frac{2}{3}$ c. shortening (part butter) | 3 c. sifted cake flour            |
| $1\frac{3}{4}$ c. sugar                   | $2\frac{1}{2}$ tsp. baking powder |
| 2 eggs                                    | 1 tsp. salt                       |
| $1\frac{1}{2}$ tsp. vanilla               | $1\frac{1}{4}$ c. milk            |

Cream shortening and sugar until light and fluffy. Add eggs and vanilla and beat vigorously. Sift flour, baking powder and salt together. Add to creamed mixture alternately with milk. Beat after each addition. Turn into two greased and floured 9-inch layer cake pans. Bake  $350^{\circ}$  for 30 to 35 minutes.

## CHOCOLATE CREAM DELIGHT

Lyn Kopf

- |                                      |                                     |
|--------------------------------------|-------------------------------------|
| 1 pkg. Oreo cookies                  | 2 c. colored miniature marshmallows |
| $\frac{1}{2}$ c. butter or margarine | 2 c. pastel dinner mints            |
| 8 oz. Cool Whip                      |                                     |

Crush 2 rows of Oreo cookies. Melt butter, mix with the cookies. Reserve  $\frac{1}{2}$  cup crumbs. Spread crumbs in 9 x 13-inch pan. Press down. Mix Cool Whip, marshmallows and mints. Put on top of the crumb base. Sprinkle with reserved crumbs. Refrigerate. Serves 15.

## CHERRY CHEESE CAKE

Joyce Vogt

### Crust:

- |                             |                        |
|-----------------------------|------------------------|
| 18 graham crackers, crushed | $\frac{1}{4}$ c. sugar |
| $\frac{1}{2}$ c. oleo       |                        |

### Filling:

- |                         |                                 |
|-------------------------|---------------------------------|
| 1 lg. pkg. cream cheese | $\frac{1}{2}$ c. powdered sugar |
| 2 pkg. Dream Whip       |                                 |

Top with cherry pie filling.





## LOW FAT LEMON SOUFFLÉ CHEESE CAKE

Peggy DeLaet

1 graham cracker, crushed  
 $\frac{2}{3}$  c. boiling water  
1 (4-serving size) pkg. sugar  
free lemon Jello  
1 c. 2% cottage cheese

1 (8-oz.) pkg. fat free cream  
cheese  
2 c. fat free Cool Whip topping,  
thawed

Sprinkle  $\frac{1}{2}$  of the crumbs onto side of 8- or 9-inch springform pan or 9-inch pie plate which has been sprayed with no-stick cooking spray. Stir boiling water into gelatin in large bowl until completely dissolved. Pour into blender container. Add cheeses, cover, blend on medium speed until smooth, scrape down sides occasionally. Pour into large bowl. Gently stir in whipped topping. Pour into prepared pan. Smooth top, sprinkle remaining crumbs around outside edge. Refrigerate 4 hours or until set. Makes 8 slices.

## Desserts

### MELT IN THE MOUTH

Donna Clements  
From Opal Clements

1 c. flour  
1 c. pecans, chopped  
 $\frac{1}{2}$  c. melted butter  
1 (8 oz.) cream cheese  
1 c. powdered sugar  
3 c. milk

1 (3 oz.) instant chocolate  
pudding  
1 (3 oz.) instant vanilla pudding  
1 (9 oz.) Cool Whip  
1 plain Hershey bar

Mix flour, pecans, butter; press in a 9 x 13-inch pan. Bake 15 minutes at 350°. Cool. Blend softened cream cheese, sugar. Add 1 cup Cool Whip. Blend and spread over crust; chill. Mix milk, pudding (use a hand beater) and pour over cheese mixture. Spread the remaining Cool Whip over the top and garnish with Hershey bar. Serves 12.







## MARY ELLEN'S DESSERT

Marge Clements

- |                             |                  |
|-----------------------------|------------------|
| 1½ c. graham cracker crumbs | 1 c. sugar       |
| 4 T. melted butter          | 6 T. butter      |
| ½ gal. vanilla ice cream    | 4 T. lemon juice |
| 1 qt. lime sherbet          | 2 eggs, beaten   |

Mix cracker crumbs and butter. Press into bottom of 9 x 13-inch pan. Bake at 350° for 15 minutes. Cool. Soften ice cream and sherbet. Mix and put on top of crust. Freeze. Combine sugar, butter, lemon juice, and eggs. Cook until thick. Cool. Pour on top of ice cream mixture. Freeze. Cut into squares and serve with Cool Whip and a twisted lime slice. (Can put maraschino cherry on each piece.)

## LEMON DELIGHT

Chris Kunz

### Crust:

- |                     |             |
|---------------------|-------------|
| 60 Ritz crackers    | ½ c. butter |
| ½ c. powdered sugar |             |

Crush crackers and mix with powdered sugar, and butter. Pat into ungreased 9 x 13-inch pan.

### Filling:

- |                                   |  |
|-----------------------------------|--|
| 2 env. Dream Whip                 | ½ c. granulated sugar                        |
| Milk as needed to prepare topping | 2 (15-oz.) cans Wilderness lemon pie filling |
| 8-oz. pkg. cream cheese, softened |  |

Prepare Dream Whip according to package directions; reserve. Combine softened cream cheese with sugar. Fold in prepared Dream Whip. Pour over crumb crust and refrigerate until firm. Carefully spoon canned pie filling onto cream cheese layer. Distribute as evenly as possible. Refrigerate until serving. Cut into squares to serve. Garnish each serving with a spoonful of whipped cream and a strawberry. For strawberry garnish, leave stems attached. Slice each strawberry vertically, starting at the pointed end, 3 to 4 times without cutting through the stem. Fan slices, arranging one strawberry fan on each serving. When carrying the dessert to a potluck supper, spread whipped cream over the entire pan and sprinkle with some of the cracker mixture.

\*





## **CREAM PUFF DESSERT**

Joyce Backemeyer

- |  |                                    |
|--|------------------------------------|
| <b>1/2 c. margarine</b>                | <b>3 c. milk</b>                   |
| <b>1 c. water</b>                      | <b>1 (8-oz.) pkg. cream cheese</b> |
| <b>1 c. flour</b>                      | <b>1 (8 oz.) Cool Whip</b>         |
| <b>4 eggs</b>                          | <b>Hershey's chocolate syrup</b>   |
| <b>2 boxes instant vanilla pudding</b> |                                    |

Boil 1/2 cup margarine and 1 cup of water. Add 1 cup flour. Cool slightly. Stir in 4 eggs (one at a time). Mix well and spread in greased jelly-roll pan. Bake at 375° for 30 minutes. Cool completely. Mix 2 boxes instant vanilla pudding with 3 cups milk. Add pudding gradually to 8 ounces cream cheese. Pour over cream puff crust. Spread one 8-ounce container Cool Whip on top of pudding mixture. Drizzle chocolate syrup on top. Nuts can be added on top.

## **CHOCOLATE TRUFFLE**

Sherry Stoltz Stubbendeck

- |  |                                    |
|--|------------------------------------|
| <b>1 German chocolate cake mix</b>       | <b>1 lg. Cool Whip</b>             |
| <b>3 pkgs. instant chocolate pudding</b> | <b>6 Skor candy bars, shredded</b> |

Bake cake as on box in jelly-roll pan. Alternate layers; cake 1st, pudding 2nd, Cool Whip 3rd, candy bars 4th and repeat. Prettiest if you can have 3 layers; top with shredded Skor candy bars. I use a punch bowl.

## **BUTTERFINGER DESSERT**

Lavina Backemeyer

- |  |   |
|--|---|
| <b>2 c. graham cracker crumbs</b>      | <b>2 c. milk</b>                        |
| <b>1 c. soda cracker crumbs</b>        | <b>2 pt. softened vanilla ice cream</b> |
| <b>1 T. brown sugar</b>                | <b>4 1/2 oz. Cool Whip</b>              |
| <b>1 stick oleo, softened</b>          | <b>3 Butterfinger candy bars</b>        |
| <b>2 pkgs. vanilla instant pudding</b> |   |

Combine crumbs and oleo. Put 2/3 into a 9 x 13-inch pan. Press crumbs down. Combine pudding, milk and mix well. Blend in softened ice cream. Pour mixture over crumbs. Refrigerate. When set good, spread Cool Whip over top. Crush candy bars and add to remaining crumbs and sprinkle over top. Refrigerate.







## **(EQUAL) RHUBARB AND APPLE CRUNCH**

Barbara Leefers

2½ c. chopped fresh rhubarb  
3 Granny Smith apples,  
peeled & diced  
2½ tsp. Equal or 8 packets of  
Equal or ⅓ c. sugar

2 T. cornstarch  
1 T. lemon juice  
⅓ c. water or apple juice  
2 tsp. finely grated lemon rind,  
opt.

Toss rhubarb and apples together with Equal or sugar and cornstarch and place in a 1½-quart casserole dish. Combine lemon juice, water and lemon rind. Pour mixture over the fruit. Cover and bake at 400° for 15 minutes or until rhubarb is tender.

### **Topping:**

½ c. rolled oats  
¼ c. bran cereal  
¼ c. raisins  
¼ c. chopped walnuts

2½ tsp. equal or 8 packets  
Equal or ⅓ c. sugar  
½ to ¾ tsp. ground cinnamon  
1 T. margarine

Place topping ingredients together and mix well. Spoon the topping mixture evenly over the fruit and bake an additional 10 minutes, until top is crisp.

## **RHUBARB CRUNCH**

Lois Bornemeier

4 c. diced rhubarb  
1 c. miniature marshmallows  
1 (3-oz.) pkg. strawberry Jello,  
dry

½ c. sugar  
1 stick oleo  
1 white or yellow cake mix  
1 c. water

Combine rhubarb, marshmallows, Jello and sugar; spread on bottom of 9 x 13-inch pan. Combine butter and dry cake. Spread over mixture. Pour water over top. Bake 350° for 1 hour.



## RHUBARB CRUNCH

Sharon Stewart  
(B & P)

### Combine:

$\frac{1}{2}$  c. melted margarine                      1 c. flour  
1 c. brown sugar                              1 c. oatmeal

Put  $\frac{1}{2}$  of mixture in 9 x 9-inch pan. Combine and cool until thickened; cook:

1 c. water                                      2 T. cornstarch  
1 c. sugar

When cool, add 1 teaspoon vanilla. Place 4 cups diced rhubarb on crumbs, and top with cooled liquid. Cover with remaining half of crumbs. Bake at 350° for 35-40 minutes.

## FRUIT PIZZA

Nancy Miller Anderson

### Crust:

$\frac{3}{4}$  c. butter or margarine                      1 $\frac{1}{2}$  c. flour  
 $\frac{1}{2}$  c. powdered sugar

Mix butter, powdered sugar, and flour until crumbly and pat into sprayed pan. Bake at 350° for 8-10 minutes.

### Next Layer:

8 oz. cream cheese                              1 tsp. vanilla  
 $\frac{1}{2}$  c. sugar

Mix cream cheese, sugar and vanilla. Spread on cooled crust; place fruit on top; 5 cups fruit total.

### Topping:

1 c. orange or fruit juice                      1 T. lemon juice  
2 T. cornstarch                                   $\frac{1}{2}$  c. sugar, opt.

Combine fruit juice, cornstarch, lemon juice and sugar (optional). Cook until thick and clear. Cool and pour over fruit.



## HOT CURRIED FRUIT

Sharon Kunz

- |   |                       |
|---|-----------------------|
| 1 (2-oz.) can pineapple chunks            | 1/2 c. brown sugar    |
| 1 (16-oz.) can pear halves                | 1 T. cornstarch       |
| 1 (16-oz.) can apricot halves             | 3/4 tsp. curry powder |
| 1 (16-oz.) can sliced peaches             | 2 T. butter           |
| 1 sm. jar maraschino cherries,<br>drained |                       |

Drain fruit and place in 1 1/2-quart baking dish. Combine sugar, cornstarch and curry. Sprinkle over fruit and stir lightly. Cover and refrigerate overnight or 3-4 hours. Dot with butter and bake 30 minutes at 325°. Makes 5 cups.

## FRESH FRUIT COBBLER

Lucile Kuehn

- |                       |                       |
|-----------------------|-----------------------|
| 3 to 4 c. fresh fruit | 3 tsp. oleo or butter |
| 1 c. flour            | 1/2 c. milk           |
| 3/4 c. sugar          | 1 c. sugar            |
| 1 tsp. baking powder  | 1 tsp. cornstarch     |
| 1/4 tsp. salt         | 1 c. boiling water    |

Place 3 to 4 cups fresh fruit in the bottom of a 9 x 9-inch or 9 x 13-inch dish. Mix flour, 3/4 cup sugar, baking powder, salt, and butter in a bowl. Stir in milk. Pour mixture over fruit. In one cup of boiling water, add 1 cup sugar and cornstarch. Stir until dissolved. Pour over the fruit mixture. Bake at 350° for 50-60 minutes.







## BANANA SPLIT DESSERTS

Roberta Bornemeier  
(GC)

- |                               |                          |
|-------------------------------|--------------------------|
| 2 or 3 bananas                | 1/2 c. butter            |
| 1/2 gal. Neapolitan ice cream | 2 c. powdered sugar      |
| 1 c. walnuts, chopped         | 1 1/2 c. evaporated milk |
| 1 c. chocolate chips          | 1 tsp. vanilla           |
| Graham cracker crumbs         | 1 pt. whipping cream     |

Cover bottom of 11 x 15-inch pan with a graham cracker crust. Reserve 1 cup crumbs. Slice banana crosswise and layer over crust. Slice ice cream in 1/2-inch thick slices and place over bananas. Sprinkle ice cream with 1 cup chopped walnuts. Freeze until firm. Melt 1 cup chocolate chips and 1/2 cup butter; add 2 cups powdered sugar and evaporated milk. Cook mixture until thick and smooth, stirring constantly. Remove from heat and add 1 teaspoon vanilla. Cool chocolate mixture, then pour over ice cream; freeze until firm. Whip cream until stiff; spread over chocolate layer and top with reserved crumbs. Store in freezer; remove about 10 minutes before serving. Will keep for several weeks. Makes about 25 servings.

## APPLE CRISP

Martha Knox  
(B & P)

- |  |                           |
|--|---------------------------|
| 3 c. sliced apples, in bottom of<br>8 x 8-inch pan | 1 c. sugar                |
|  | 1/4 tsp. cinnamon or less |

Sprinkle a little flour over apples.

- |                        |                |
|------------------------|----------------|
| 3/4 c. brown sugar     | 1/4 tsp. soda  |
| 3/4 c. flour           | 3/4 c. oatmeal |
| 1/2 tsp. baking powder | 1/2 c. butter  |

Combine brown sugar, flour, baking powder, soda and oatmeal. Cut in butter. Sprinkle over apples. Bake at 350° for 40-45 minutes.

# Cookies & Candy





# Helpful Hints

- Push animal shaped cookie cutters lightly into icing on cakes or cupcakes. Fill depressed outlines with chocolate icing or decorating confections.
- Fill flat bottomed ice cream cones half full with cake batter and bake. Top with icing and decorating confections.
- To make cookie crumbs for your recipes, put cookies into a plastic bag and run a rolling pin back and forth until they are the right size.
- To decorate cookies with chocolate, place cookies on a rack over waxed paper. Dip the tines of a fork with chocolate, and wave the fork gently back and forth making wavy lines.
- A gadget that works well for decorating sugar cookies is an empty plastic thread spool. Simply press the spool into the dough, imprinting a pretty flower design.
- Some holiday cookies require an indent on top to fill with jam or chocolate. Use the rounded end of a honey dipper to make the indent.
- Tin coffee cans make excellent freezer containers for cookies.
- If you only have one cookie sheet on hand, line it with parchment paper. While one batch is baking, load a second sheet of parchment paper to have another batch ready to bake. Cleaning is also easier.
- When a recipe calls for packed brown sugar, fill the correct size measuring cup with the sugar, and then use the next smaller size cup to pack the brown sugar into its cup.
- Dipping strawberries in chocolate? Stick toothpicks into the stem end of the berry. Coat the berries with chocolate, shaking off any excess. Turn the berries upside down and stick the toothpick into a block of styrofoam until the chocolate is set. The finished berries will have chocolate with no flat spots. Another easy solution is to place dipped berries dipped-side up in the holes of an egg carton.
- Cut-up dried fruit sometimes sticks to the blade of your knife. To prevent this problem, coat the blade of your knife with a thin film of vegetable spray before cutting.
- Cutting dessert bars is easier if you score the bars as soon as the pan comes out of the oven. When the bars cool, cut along the scored lines.





# Cookies & Candy

## Cookies

### CHOCOLATE CHEW COOKIES

Opal Ulmer  
(GC)

1/2 c. shortening plus 1 T.  
1 2/3 c. sugar  
2 tsp. vanilla  
2 eggs  
1/2 tsp. salt  
1/3 c. milk

6 T. cocoa  
2 c. flour  
2 tsp. baking powder  
Powdered sugar  
1/2 c. nuts, opt.

Cream shortening, sugar, and vanilla together. Beat eggs in, mix cocoa with flour and add alternately with milk. Mix well. Stir in nuts. Chill several hours. Form in small balls and roll in powdered sugar. Place on greased or sprayed cookie sheet 2 to 3 inches apart. Bake at 350° for 15 minutes. Makes at least 3 dozen.

### CINNAMON ICE BOX COOKIES

Lena Arnold  
(B & P)

Cream:

1 c. white sugar  
1 c. brown sugar

1 c. shortening

Add:

2 eggs  
2 c. flour  
1 tsp. soda

1 T. cinnamon  
1/2 tsp. salt  
1 c. whole pecans

Shape into several long rolls in waxed paper and refrigerate. Remove paper and slice 1/2-inch thick and bake on greased cookie sheet at 375°.



## CHUNKY CHOCOLATE COOKIES

Jill Vogt

- |                         |                      |
|-------------------------|----------------------|
| 1 c. softened oleo      | 2½ c. flour          |
| 1 c. packed brown sugar | 1 tsp. baking soda   |
| ½ c. sugar              | 1 c. chocolate chips |
| 2 eggs                  | ½ c. nuts, chopped   |
| 3 tsp. vanilla          |                      |

Cream together oleo, brown sugar and sugar. Add 2 eggs and vanilla and beat together. Add ½ cup flour with 1 teaspoon baking soda and stir well into first mixture. Add remaining flour a cup at a time and stir in. Add chocolate chips and nuts and stir until mixed. Bake in preheated 350° oven, approximately 9 to 12 minutes.

## EHS 7TH GRADE HOME EC CLASS CHOCOLATE CHIP COOKIES

Janet Bornemeier Tooley

- |                     |                       |
|---------------------|-----------------------|
| ⅓ c. shortening     | 1½ c. flour           |
| ⅓ c. butter or oleo | ½ tsp. soda           |
| ½ c. sugar          | ½ tsp. salt           |
| ½ c. brown sugar    | 6 oz. chocolate chips |
| 1 egg               | ½ c. nuts, opt.       |
| 1 tsp. vanilla      |                       |

Mix shortening, butter, sugar, brown sugar, egg and vanilla. Sift together dry ingredients and blend in. Add chips and nuts. Drop on ungreased cookie sheet. Bake 8-10 minutes at 350°. Recipe doubles well.

## EGG WHITE PUFF COOKIES

Eugenia M. Bornemeier  
(B & P)

- |              |                      |
|--------------|----------------------|
| 2 egg whites | ½ tsp. vanilla       |
| ¾ c. sugar   | 1 c. chocolate chips |

Beat egg whites until light and fluffy. Add sugar. Beat well, but not until dry. Drop by teaspoonfuls on ungreased cookie sheet. Swirl top. Heat oven to 350°. Put cookies in oven, turn oven off and let cookies stay in for 2 hours. For variation try different kinds of chips. At Christmas time, I like to sprinkle on red and green sugar.



## GOOD GIRL COOKIES

Virginia Dennis  
Mrs. Orley (Emma) Clements

1½ c. sugar  
1 c. shortening  
3 eggs  
¼ c. sour cream or milk  
1 tsp. soda  
1 tsp. vanilla

Nuts  
¼ tsp. salt  
1 c. raisins  
3½ c. flour (possibly more)  
Vanilla frosting

Cream sugar, shortening and eggs. Add sour cream or milk. Add soda and salt to flour mix. Then add vanilla, nuts, raisins.

## HOPSCOTCH CRUNCHES

Susan Rorie

6-oz. pkg. butterscotch morsels  
½ c. peanut butter

3-oz. can chow mein noodles  
1 c. miniature marshmallows

Melt over hot water or in microwave the butterscotch morsels and peanut butter. Stir in the chow mein noodles and marshmallows. Drop by spoonfuls on cookie sheet. Chill.

## NUT COOKIES WITH FROSTING

LaRee Spohn

½ c. butter or oleo  
1 c. sugar  
2 eggs

1 tsp. vanilla  
1½ c. flour  
1 tsp. salt

Cream butter, add sugar gradually. Add eggs, one at a time, and beat after each addition. Sift flour and salt and add to mixture. After well-mixed, spread in greased 9 x 13-inch pan. Spread frosting over the top of batter before baking.

### Frosting:

2 egg whites, beaten stiff  
2 c. brown sugar

1 c. chopped walnuts

Carefully fold the brown sugar into the beaten egg whites. Fold in nuts. Spread over batter in pan and bake in 350° oven for 30 minutes. Cool and cut into squares.







## **BEST YET OATMEAL COOKIES**

Mary Miller

- |                         |   |
|-------------------------|---|
| <b>1/2 c. butter</b>    | <b>1 tsp. baking powder</b>                           |
| <b>1/2 c. margarine</b> | <b>1 1/2 tsp. baking soda</b>                         |
| <b>1 c. sugar</b>       | <b>2 c. oatmeal</b>                                   |
| <b>1 c. brown sugar</b> | <b>1 (12-oz.) pkg. semi-sweet<br/>chocolate chips</b> |
| <b>2 eggs</b>           | <b>1 (12-oz.) pkg. milk chocolate<br/>chips</b>       |
| <b>1 tsp. vanilla</b>   |   |
| <b>2 c. flour</b>       |   |

Cream together butter, margarine, white sugar, brown sugar. Add eggs and vanilla. Measure flour into separate bowl; add baking powder, baking soda and mix well with spoon. Reducing mixer speed, add flour mixture to creamed mixture and mix well. Add oatmeal and chocolate chips, doing last mixing by hand. Drop by spoon onto ungreased cookie sheet and flatten with fingers making a "round". Bake at 350° 10-12 minutes. Watch not to overbake.

## **GRANDMA'S OATMEAL COOKIES**

Doris Jeanne Schmidt  
Shirley Wenzel's Sister

- |                                 |                           |
|---------------------------------|---------------------------|
| <b>3 beaten eggs</b>            | <b>1 tsp. salt</b>        |
| <b>1 tsp. vanilla</b>           | <b>1 tsp. cinnamon</b>    |
| <b>1 c. raisins</b>             | <b>1/2 c. nuts</b>        |
| <b>1 c. shortening (Crisco)</b> | <b>2 1/2 c. flour</b>     |
| <b>1 c. white sugar</b>         | <b>2 tsp. soda</b>        |
| <b>1 c. brown sugar</b>         | <b>2 c. quick oatmeal</b> |

Combine eggs, vanilla and raisins. Let stand one hour (in refrigerator). This is very important. Cream shortening and sugars. Sift dry ingredients and add to creamed mixture. Blend in egg mixture. Add oatmeal and nuts. Cool dough. Drop by spoon or roll into balls and flatten on cookie sheet. Bake 10-12 minutes at 350°. Do not overbake.





## MOM'S FAMOUS OATMEAL COOKIES

Elsie Wolfe

- |                      |                             |
|----------------------|-----------------------------|
| 1 c. shortening      | 1 tsp. salt                 |
| 1½ c. brown sugar    | 1 tsp. cinnamon             |
| 2 eggs               | 1 tsp. nutmeg               |
| ½ c. milk            | 3 c. oatmeal                |
| 1¾ c. sifted flour   | 12-oz. pkg. chocolate chips |
| ¼ tsp. soda          | ½ c. chopped nuts           |
| 2 tsp. baking powder |                             |

Cream together shortening, brown sugar, and eggs until light and fluffy. Stir in milk. Sift flour, soda, baking powder, salt, cinnamon and nutmeg together. Stir into creamed mixture. Add oatmeal, chips, and nuts. Bake at 400° on greased baking sheets for 8 minutes. Yields 5 dozen.

## OATMEAL ICE BOX COOKIES

(My Mom's)

Edna Bornemeier

- |                      |                |
|----------------------|----------------|
| 1 c. brown sugar     | ½ c. nuts      |
| 1 c. white sugar     | 2 c. oatmeal   |
| 1 c. butter          | 2½ c. flour    |
| ½ tsp. salt          | 1 tsp. soda    |
| 2 tsp. cinnamon      | 1 tsp. vanilla |
| 1 c. raisins, ground | 2 eggs         |
| ½ c. coconut         |                |

Cream sugars and butter. Add eggs, salt, cinnamon, and vanilla and beat. Add oatmeal, raisins, coconut. Add flour and soda and nuts. Put in bowl and cover. Refrigerate overnight (better seasoned). Bake in morning, at 350° for 12-15 minutes. Roll in ball, size of walnut. Raisins; let soak in water, drain and use your food processor to chop them fine. (Can be frozen.)



## OATMEAL COOKIES

Edna Bornemeier  
(B & P)

- |   |                                    |
|---|------------------------------------|
| 1 c. margarine                          | 1 c. raisins, cooked in 1 c. water |
| 1 c. brown sugar                        | 2 c. flour                         |
| 1 c. white sugar                        | 1 tsp. salt                        |
| 2 eggs                                  | 1/2 c. nuts                        |
| 1 tsp. vanilla                          | 2 tsp. cinnamon                    |
| 1/2 c. raisin juice with 1 tsp.<br>soda | 1/2 tsp. cloves                    |
| 3 c. oatmeal                            | 1/4 tsp. nutmeg                    |

Cream margarine and sugar. Add eggs and vanilla. Add oatmeal and mix well. Next, add raisin juice and soda. Mix together flour, salt and spices and add to above. Add nuts last. Drop by teaspoonfuls on cookie sheet. Bake at 350° for 10 minutes or lightly browned.

## OATMEAL COOKIES

Martha Vogt  
(GC)

- |                        |                  |
|------------------------|------------------|
| 1 c. margarine, melted | 1 c. brown sugar |
| 1 c. white sugar       |                  |

Mix well. 2 eggs. Then add 2 cups flour, 1 teaspoon soda, 1/2 teaspoon salt, and 1/2 teaspoon baking powder. Mix well. Add 1 cup oatmeal, 1 cup cornflakes, slightly crushed, 1 cup Spanish peanuts, 1 package (6-ounce) chocolate chips, 1 teaspoon vanilla. Mix well. Drop by teaspoons; bake 350° for about 10 minutes or until light brown.





## PEANUT BLOSSOMS

Mrs Robert Kunz  
(GC)

**Cream together:**

$\frac{1}{2}$  c. oleo

$\frac{1}{2}$  c. peanut butter

$\frac{1}{2}$  c. white sugar

$\frac{1}{2}$  c. brown sugar

**Add:**

$1\frac{3}{4}$  c. flour

1 tsp. soda

$\frac{1}{2}$  tsp. salt

Drop by teaspoonfuls on cookie sheet. Bake 375° for 10 minutes. Take out of oven, add chocolate star in center of each cookie. Put back in oven for 2 to 5 minutes.

## RAISIN FILLED COOKIES

Grace Althouse  
(GC)

$\frac{1}{2}$  c. shortening

1 c. sugar

1 egg

$\frac{1}{2}$  c. milk

$2\frac{1}{2}$  c. flour

2 tsp. cream of tartar

1 tsp. soda

1 tsp. vanilla

Cream shortening and sugar. Add egg and milk. Sift together flour, cream of tartar and soda. Add vanilla. Roll out as for sugar cookies.

**Filling:**

1 c. raisins

$\frac{1}{2}$  c. water

$\frac{1}{2}$  c. sugar

1 T. flour

Cook together. Put spoonful of filling between 2 cookies. Bake at 375°.



## RHUBARB COOKY

Eleanor Fleischman  
(B & B)

3 c. rhubarb, cut in pieces  
2 T. cornstarch  
1 tsp. vanilla

1½ c. sugar  
¼ c. water

Combine above ingredients and cook until thick.

### Crust:

1½ c. quick oatmeal  
1½ c. flour

½ tsp. soda

Stir 4 above ingredients together. Cut in 1 cup shortening (oleo). Add ½ cup nuts. Place half of crust in 9 x 13-inch pan. Pack down. Put filling in and sprinkle rest over top. Bake at 350° for 30 minutes. Cool and cut into squares.

## SNICKERDOODLES

Nick Brewer

½ c. butter, softened  
½ c. shortening  
1½ c. white sugar  
2 eggs  
2 tsp. vanilla extract  
2¾ c. all-purpose flour

2 tsp. cream of tartar  
1 tsp. baking soda  
¼ tsp. salt  
2 T. white sugar  
2 tsp. ground cinnamon

Preheat oven to 400° (200° C). Cream together butter, shortening, 1½ cups sugar, the eggs and the vanilla. Blend in the flour, cream of tartar, soda and salt. Shape dough by rounded spoonfuls into balls. Mix the 2 tablespoons sugar and the cinnamon. Roll balls of dough in mixture. Place 2 inches apart on ungreased baking sheets. Bake 8 to 10 minutes, or until set but not too hard. Remove immediately from baking sheets.



## SUGAR COOKIES

Mary (Wenzel) Snyder

1½ c. powdered sugar  
1 c. butter (no substitute)  
1 egg  
1 tsp. vanilla

½ tsp. almond flavoring  
1 tsp. soda  
1 tsp. cream of tartar

Mix sugar and butter. Add egg and flavorings; mix until thoroughly blended. Sift dry ingredients together and stir into butter mixture. Refrigerate dough 2-3 hours. Roll dough out on lightly sugared (I use powdered sugar instead of flour on the cloth) to ¼-inch thickness. Cut using favorite shaped cookie cutter. Place on greased cookie sheet. Bake 7-8 minutes at 375°.

## SWEDISH BUTTER COOKIES

Jan Medcalf

1 c. butter, softened (no substitutes)  
1 c. sugar  
2 tsp. maple syrup

2 c. all-purpose flour  
1 tsp. baking soda  
Confectioners' sugar

In a mixing bowl, cream butter and sugar. Add syrup; mix well. Combine flour and soda; gradually add to creamed mixture. Divide dough into eight portions. Roll each portion into a 9-inch roll. Place 3 inches apart on ungreased baking sheets. Bake at 300° for 25 minutes or until lightly browned. Cut into 1-inch slices. Remove to wire racks to cool. Dust with confectioners' sugar. Yields about 6 dozen.

## UNBAKED COOKIES

Shirley Wenzel  
(GC)

1 c. dates, chopped  
1 c. sugar

1 stick oleo  
1 egg

Cook over low heat 3 to 5 minutes. Pour over 2 cups Rice Krispies, mix and let cool slightly. Make into balls and roll in shredded coconut. (Angel Flake coconut.)







## Bars

### OH SO GOOD ZUCCHINI BROWNIES

Elsie Wolfe

- |                   |                            |
|-------------------|----------------------------|
| 2 c. flour        | 1/2 c. butter or margarine |
| 1/2 tsp. cinnamon | 2 eggs                     |
| 1 tsp. soda       | 2 1/2 c. shredded zucchini |
| 2 T. cocoa        | 1 c. nuts                  |
| 1/2 tsp. salt     | 1 T. sugar                 |
| 1 1/2 c. sugar    | 1 c. chocolate chips       |

Sift together flour, cinnamon, soda, cocoa and salt. Set aside. Cream sugar and butter. Add eggs and mix. Add zucchini alternately with dry ingredients and half the nuts. Pour into greased 15 x 18-inch or 12 x 15-inch pan. Sprinkle with sugar, remaining nuts, and chocolate chips. Bake 350° for 30 minutes. Cool and cut into bars.

### CHOCOLATE BROWNIES

Bethene Van Horn  
(GC)

- |                |                               |
|----------------|-------------------------------|
| 1/4 lb. oleo   | 1 (1-lb.) can chocolate syrup |
| 1 c. sugar     | 1 c. + 1 T. flour             |
| 4 eggs         | 1 c. nuts, chopped            |
| 1 tsp. vanilla |                               |

Cream oleo and sugar. Add eggs, 2 at a time. Beat well. Mix in vanilla and chocolate syrup; add flour, beat well. Stir in nuts. Pour on greased and floured pan, 9 x 15-inches. Bake at 350° for 30 minutes.

#### Frosting:

- |           |                      |
|-----------|----------------------|
| 6 T. oleo | 1 1/2 c. sugar       |
| 6 T. milk | 1 c. chocolate chips |

Pour first 3 ingredients in saucepan. Mix well; bring to a rolling boil for 30 seconds. Remove from heat until chocolate melts. Pour over hot brownies.





## CHOCOLATE BROWNIES

Sally Enck  
(B & P)

### Cream:

1/2 c. oleo 1 c. sugar

### Add:

4 eggs, one at a time, beating 1 c. flour  
well after each 1 (16-oz.) can Hershey's syrup

Bake in 350° oven in a greased 11 x 15-inch pan for 30-40 minutes.

### Frosting:

Boil for 3/4 minute:

2/3 c. brown sugar 3 T. milk  
3 T. butter or oleo

Add 1/2 cup chocolate chips and beat until smooth.

## BEST BROWNIES

Jeannie Spaulding

1 c. sugar 1 (16-oz.) can chocolate syrup  
1/2 c. softened oleo 1 c. + 1 T. flour  
4 eggs 1 c. black walnuts

Cream the sugar, oleo and eggs. Add chocolate syrup and flour and mix well. Add nuts. Pour in greased 9 x 13-inch pan or slightly larger pan. Bake 22 minutes (or until it starts to pull away from sides of pan) at 350°. Don't overbake.

### Frosting:

1 1/2 c. sugar 6 T. oleo  
6 T. evaporated milk or cream 1 (6-oz.) pkg. chocolate chips

Stir together sugar, milk and oleo and boil for 30 seconds. Remove from heat and add the chocolate chips. Stir until chips are melted. Pour over brownies and spread while still warm.



## EASY BROWNIES

Joyce Vogt

2 sticks butter, melted  
3/4 c. cocoa  
2 c. sugar

1 1/2 c. flour  
4 eggs  
1 tsp. vanilla

Melt butter in microwave. Mix flour, sugar and cocoa. Add: butter, eggs, vanilla. Mix well. Pour in a greased and floured jelly-roll pan. Bake 20 minutes at 350°.

## BROWNIES

Alice Bornemeier

1 c. brown sugar  
1 c. white sugar  
1 c. + 2 T. butter  
4 eggs

1/4 tsp. salt  
1 tsp. vanilla  
1 1/2 c. flour  
1/2 c. cocoa

Cream sugar and butter good. Add one egg at a time. Beat well. Add dry ingredients and vanilla. Bake 400° for 20 minutes. When done place fresh marshmallows 2 inches apart. Place under broiler. Brown. Smash down with fork dipped in water. Frost with favorite frosting.

## BROWNIES

Donna Althouse Clements

1 c. shortening  
1 c. white sugar  
1 c. brown sugar  
2 squares chocolate, melted

4 eggs  
1 tsp. vanilla  
1 1/4 c. flour  
1 c. nuts

### Frosting:

1 square chocolate, melted  
2 T. butter

1/4 c. water  
2 c. powdered sugar

Mix shortening, white sugar, brown sugar, chocolate, eggs, vanilla, flour and nuts. Use a 11 x 17-inch greased pan. Bake at 400° for 15 minutes. Mix Frosting and spread over warm brownies.









## CHOCOLATE CHIP BLONDE BROWNIES

Sharon Stewart

- |                             |                                |
|-----------------------------|--------------------------------|
| $\frac{2}{3}$ c. shortening | 1 tsp. baking powder           |
| 2 c. brown sugar            | $\frac{1}{4}$ tsp. soda        |
| 2 eggs                      | $\frac{1}{2}$ tsp. salt        |
| 2 tsp. vanilla              | 12 oz. chocolate chips         |
| 2 c. flour                  | $\frac{1}{2}$ c. walnuts, opt. |

Melt shortening in saucepan, remove from heat. Add brown sugar, mix well, cool slightly. Add beaten eggs and vanilla, mix. Add flour, baking powder, baking soda, salt and nuts. Mix well. Pour in greased 8 x 12-inch pan. Sprinkle chocolate chips on top. Bake for 20-25 minutes at 350°. Cool before cutting into bars.

## CHOCOLATE PEANUT BUTTER BARS

Lucile Kuehn

- |                                 |   |
|---------------------------------|---|
| $\frac{1}{2}$ c. butter or oleo | $\frac{1}{4}$ tsp. baking powder        |
| $\frac{3}{4}$ c. sugar          | $\frac{1}{4}$ tsp. salt                 |
| 2 eggs                          | 2 c. miniature marshmallows             |
| 1 tsp. vanilla                  | 1 (6-oz.) pkg. chocolate pieces         |
| $\frac{3}{4}$ c. flour          | 1 c. peanut butter                      |
| $\frac{1}{2}$ c. chopped nuts   | 1 $\frac{1}{2}$ c. Rice Krispies cereal |
| 2 T. cocoa                      |   |

Cream butter and sugar. Beat in eggs and vanilla. In a separate bowl, stir together flour, nuts, cocoa, baking powder and salt. Blend into egg mixture. Spread batter into a greased 9 x 13-inch pan. Bake at 350° for 15 minutes. Sprinkle marshmallows evenly over baked crust. Bake for 3 more minutes and set aside to cool. Combine chocolate pieces and peanut butter in saucepan; cook and stir over low heat until chocolate is melted. Stir in cereal. Spread over cooled baked crust. Chill and cut into bars. Makes 3-4 dozen bars.



## CARROT BARS

Shirley Bornemeier

- |                    |                                |
|--------------------|--------------------------------|
| 4 eggs             | 2 tsp. cinnamon                |
| 2 c. sugar         | 1 tsp. salt                    |
| 1 c. Mazola oil    | 3 jars Gerber strained carrots |
| 2 c. flour         | baby food                      |
| 2 tsp. baking soda |                                |

Beat 4 eggs, gradually add 2 cups sugar. Add oil and baby food. Mix dry ingredients; flour, baking soda, salt, cinnamon. Add dry ingredients to egg mixture and mix well. Grease and flour cookie sheet. Spread bar mixture on cookie sheet. Bake 350° for 20 minutes.

### Icing:

- |                          |                      |
|--------------------------|----------------------|
| 1 stick oleo             | 1 box powdered sugar |
| 2 sm. pkgs. cream cheese | 1 tsp. vanilla       |

Beat icing ingredients and spread on cooled bars.

## PUMPKIN BARS

Pam Bornemeier

- |  |                              |
|--|------------------------------|
| 4 eggs                                 | 1 tsp. salt                  |
| 1 <sup>2</sup> / <sub>3</sub> c. sugar | 1 tsp. baking soda           |
| 1 c. oil                               | 1 (3-oz.) pkg. cream cheese, |
| 1 (16-oz.) can pumpkin                 | softened                     |
| 2 c. flour                             | 1/2 c. margarine, softened   |
| 2 tsp. baking powder                   | 1 tsp. vanilla               |
| 2 tsp. cinnamon                        | 2 c. powdered sugar          |

Beat together eggs, sugar, oil and pumpkin until light and fluffy. Stir together flour, soda, salt, baking powder and cinnamon. Add to pumpkin mixture. Mix thoroughly. Spread in ungreased jelly-roll pan. Bake at 350° for 25-30 minutes. Cool and frost.

### Frosting:

Cream together the cream cheese and margarine. Add vanilla and powdered sugar. Spread on cooled bars.







## PUMPKIN SQUARES

Lucille Rosenow

- |                                    |                              |
|------------------------------------|------------------------------|
| 1 yellow cake mix                  | 1/2 c. brown sugar           |
| 1 (16-oz.) can pumpkin pie filling | 3 eggs                       |
| 8 oz. Cool Whip                    | 2/3 c. milk                  |
| 3/4 c. margarine                   | 2 1/2 tsp. pumpkin pie spice |
| 1/4 c. sugar                       | 1 tsp. cinnamon              |

**Crust:** Yellow cake mix (save 1 cup for topping), 1/2 cup margarine (melted), 1 egg (beaten). Mix together and press in bottom of 9 x 12-inch pan. **Filling:** Pumpkin pie filling, 2 1/2 teaspoons pumpkin pie spice, 1/2 cup brown sugar, 2 eggs, 2/3 cup milk. Stir and pour over crust. **Topping:** 1 cup of yellow cake mix that you saved, 1/4 cup sugar, 1 teaspoon cinnamon, 1/4 cup margarine. Mix and sprinkle on top. Bake for 40 to 50 minutes at 350°. Serve with Cool Whip (optional).

## CHERRY BARS

Mary Halvorsen  
(B & P)

- |                   |                     |
|-------------------|---------------------|
| 1 c. sifted flour | 2 T. powdered sugar |
| 1/2 c. butter     |                     |

Mix and press in a greased 8 x 8-inch pan. Bake at 350° for 10 minutes. Have ready:

- |                     |                        |
|---------------------|------------------------|
| 2 eggs, beaten      | 1/2 tsp. baking powder |
| 1 c. sugar          | 1/4 tsp. salt          |
| 1/4 c. sifted flour | 1 tsp. vanilla         |

Combine and mix very well. Stir in:

- |  |                |
|--|----------------|
| 1/2 c. coconut                                   | 1/2 c. walnuts |
| 1/2 c. chopped maraschino cherries, well drained |                |

Spread on partly baked layer. Bake at 350° about 25 minutes.





## **CHERRY BARS**

Pam Bornemeier Apley  
(B & P)

- |                       |                                 |
|-----------------------|---------------------------------|
| <b>1 c. margarine</b> | <b>2½ tsp. baking powder</b>    |
| <b>1½ c. sugar</b>    | <b>½ tsp. salt</b>              |
| <b>4 eggs</b>         | <b>1 tsp. vanilla</b>           |
| <b>3 c. flour</b>     | <b>1 can cherry pie filling</b> |

Cream butter, sugar and add eggs. Add flour in small amounts. Spread  $\frac{2}{3}$  mixture in a greased jelly-roll pan. Spread cherries over batter. Drop rest of dough by spoonfuls over cherries. Bake 35-40 minutes.

### **Icing:**

- |                            |                       |
|----------------------------|-----------------------|
| <b>1 c. powdered sugar</b> | <b>1 tsp. vanilla</b> |
| <b>1 T. water</b>          |                       |

Drizzle over top while warm.

## **CINNAMON COFFEE SQUARES**

Ella Kunz  
(GC)

- |                             |  |
|-----------------------------|--|
| <b>3 c. flour, sifted</b>   | <b>1 c. butter or shortening</b>       |
| <b>2 tsp. baking powder</b> | <b>2 c. brown sugar, firmly packed</b> |
| <b>½ tsp. baking soda</b>   | <b>2 eggs</b>                          |
| <b>2 tsp. cinnamon</b>      | <b>1 c. hot coffee</b>                 |
| <b>½ tsp. salt</b>          |  |

Sift together first 5 ingredients. Cream together the butter, eggs, and sugar until fluffy. Add alternately the dry ingredients and coffee, beating after each addition; pour into greased 9 x 13-inch cake pan or a brownie (cookie) pan for thinner pieces. Bake at 350° for 35 minutes for cake pan, or until cake tests done. Cool on rack or in pan. Frost with a common powdered sugar frosting. Cut in slices or squares as you wish.





## PINEAPPLE CHEESECAKE BARS

Barb Minch

### Crust:

- |   |                |
|---|----------------|
| 1 white cake mix with pudding<br>in the mix | 1 egg          |
| 1/2 c. softened butter or<br>margarine      | 1/4 c. coconut |

### Topping:

- |                        |                |
|------------------------|----------------|
| 1 can vanilla frosting | 2 eggs         |
| 8 oz. cream cheese     | 1/2 c. coconut |

Heat oven to 325°. Grease 9 x 13-inch pan. Combine cake mix, butter and egg to form a dough. Press in bottom and a little ways up the sides of pan. Sprinkle 1/4 cup coconut over crust. Blend frosting (reserve 1 cup for later) mix cream cheese and pineapple together. Add two eggs and beat for 3 minutes. Pour over crust. Bake for 50-60 minutes until set and knife comes out clean. Cool 30 minutes; spread with reserved frosting and sprinkle with coconut. Chill 2 hours and cut into bars.

## OH SO GOOD ZUCCHINI BROWNIES

Elsie Wolfe

- |                   |                            |
|-------------------|----------------------------|
| 2 c. flour        | 1/2 c. butter or margarine |
| 1/2 tsp. cinnamon | 2 eggs                     |
| 1 tsp. soda       | 2 1/2 c. shredded zucchini |
| 2 T. cocoa        | 1 c. nuts                  |
| 1/2 tsp. salt     | 1 T. sugar                 |
| 1 1/2 c. sugar    | 1 c. chocolate chips       |

Sift together flour, cinnamon, soda, cocoa, and salt. Set aside. Cream sugar and butter. Add eggs and mix. Add zucchini alternately with dry ingredients and half the nuts. Pour into greased 15 x 18-inch or 12 x 15-inch pan. Sprinkle with sugar, remaining nuts, and chocolate chips. Bake 350° for 30 minutes. Cool and cut into bars.





## Candy

### PEANUT BRITTLE

(Foamy)

Martha Knox

- |                    |                     |
|--------------------|---------------------|
| 2 c. sugar         | 1 T. margarine      |
| 1 c. white syrup   | 1 tsp. vanilla      |
| ½ c. hot water     | 2 heaping tsp. soda |
| 1 pkg. raw peanuts |                     |

Use heavy pan. Bring to a good boil the sugar, syrup and hot water. Add raw peanuts and boil to 310°. Stir often. Remove and add margarine and flavoring. Add the soda. Stir. This will really foam up and turn "whitish". Pour immediately on a large buttered cookie sheet. I do not like to stretch it as we prefer it rather thick and "honey-comby". Break up when cool. This is an easy brittle to eat as it is tender.

### MUNCHY PEANUT BRITTLE

(Microwave)

Donna Althouse Clements

- |                       |                            |
|-----------------------|----------------------------|
| 1 c. raw peanuts      | 1 tsp. butter or margarine |
| 1 c. white sugar      | 1 tsp. vanilla             |
| ½ c. white corn syrup | 1 tsp. soda                |
| ⅛ tsp. salt           |                            |

Stir together peanuts, sugar, syrup and salt in 1½-quart heat-resistant casserole. Microwave 7-8 minutes, stirring well after 4 minutes. Add butter and vanilla to syrup mixture, blending well. Return to microwave, cook 1-2 minutes longer. Peanuts will be lightly browned and syrup very hot. Add baking soda and gently stir until light and foamy. Pour mixture onto lightly greased cookie sheet. Cool ½ to 1 hour. When cool break into small pieces; store in airtight container. Makes 1 pound.



## MICROWAVE OVEN PEANUT BRITTLE

Bonnie Brewer

- |                       |                        |
|-----------------------|------------------------|
| 1½ c. peanuts         | 1 T. butter            |
| 1 c. white sugar      | 1 tsp. vanilla extract |
| ½ c. light corn syrup | 1 tsp. baking soda     |
| 1 pinch salt, opt.    |                        |

Grease a baking sheet and set aside. In a glass bowl, combine peanuts, sugar, corn syrup, and salt. Cook in microwave for 6 to 7 minutes on high (700 W); mixture should be bubbly and peanuts browned. Stir in butter and vanilla; cook 2 to 3 minutes longer. Quickly stir in baking soda, just until mixture is foamy. Pour immediately onto greased baking sheet. Let cool 15 minutes, or until set. Break into pieces and store in an airtight container.

## NORWEGIAN SUGARED NUTS

Norma Hall  
Sister of Shirley Wenzel

- |   |                  |
|---|------------------|
| 4 c. salted nuts (mixed or all of one kind) | 3 tsp. water     |
| 2 egg whites                                | 2 c. white sugar |
|   | 3 tsp. cinnamon  |

Heat oven to 325°. Beat egg whites and water until frothy. Add nuts and stir until all are coated. Mix sugar and cinnamon together and sprinkle over coated nuts. Bake on greased foil lined cookie sheet or jelly-roll pan 25-30 minutes. Stir frequently. They should be dry when done. Break apart when cool and store in covered container. Serves a crowd or nice for gift giving.

## MEXICAN FUDGE

Shirley Bornemeier

- |                          |                         |
|--------------------------|-------------------------|
| 4 eggs                   | 1 lb. cheddar cheese    |
| 8 oz. Pace picante sauce | 1 lb. mozzarella cheese |

Mix eggs with hand beater or fork until thoroughly blended. Add picante sauce. Put cheeses into 9 x 11-inch baking pan. Pour egg mixture over cheese. Bake 25 minutes at 350°.



*This  
& That*





- To refinish antiques or revitalize wood, use equal parts of linseed oil, white vinegar, and turpentine. Rub into the furniture or wood with a soft cloth and lots of elbow grease.
- To stop the ants in your pantry, seal off cracks where they are entering with putty or petroleum jelly. Also, try sprinkling red pepper on floors and counter tops.
- To fix sticking sliding doors, windows, and drawers, rub wax along their tracks.
- To make a simple polish for copper bottom cookware, mix equal parts of flour and salt with vinegar to create a paste. Store the paste in the refrigerator.
- Applying baking soda on a damp sponge will remove starch deposits from an iron. Make sure the iron is cold and unplugged.
- Remove stale odors in the wash by adding baking soda.
- To clean Teflon™, combine 1 cup water, 2 tablespoons baking soda and ½ cup liquid bleach. Boil in stained pan for 5 to 10 minutes or until the stain disappears. Wash, rinse, dry, and condition with oil before using the pan again.
- Corning Ware can be cleaned by filling it with water and dropping in two denture cleaning tablets. Let stand for 30 to 45 minutes.
- A little instant coffee will work wonders on your wood furniture. Just make a thick paste from instant coffee and a little water, and rub it into the nicks and scratches on your dark wood furniture. You'll be amazed at how new and beautiful those pieces will look.
- For a clogged shower head, boil it for 15 minutes in a mixture of ½ cup vinegar and 1 quart water.
- For a spicy aroma, toss dried orange or lemon rinds into the fireplace.
- Add raw rice to the salt shaker to keep the salt free-flowing.
- Ice cubes will help sharpen garbage disposal blades.
- Separate stuck-together glasses by filling the inside one with cold water and setting them in hot water.



## **This & That**

### **MOM'S APPLE BUTTER**

Lois Bornemeier

12 c. thick apple pulp  
8 c. sugar

2 tsp. allspice  
2 tsp. cinnamon

Combine all ingredients. Stir and bring to boil. Pour into pint jars to process and seal. This was my mother's recipe and is a family favorite.

### **JERRY'S CREAM CAN SUPPER**

Lois Bornemeier

Put in can in order:

25 clean, unpeeled potatoes  
3 lbs. carrots  
25 ears of corn  
4 heads of cabbage, cut in quarters

6 med. onions  
Chicken breast, wrapped in foil  
25 Polish dogs  
1½ qt. water

Put lid on. Bring to a boil; turn down heat and simmer for 1½ hours.

### **HOT FUDGE SAUCE (Microwave)**

Joyce Vogt

½ c. sugar  
2-3 T. cocoa

1½ T. cornstarch  
½ c. water

Microwave 1½ minutes, stirring ½ way through. Make sure it at least boils, may need to microwave more. Add 2 tablespoons butter and ½ teaspoon vanilla. Stir well and serve.



## **This & That**

### **MOM'S APPLE BUTTER**

Lois Bornemeier

12 c. thick apple pulp  
8 c. sugar

2 tsp. allspice  
2 tsp. cinnamon

Combine all ingredients. Stir and bring to boil. Pour into pint jars to process and seal. This was my mother's recipe and is a family favorite.

### **JERRY'S CREAM CAN SUPPER**

Lois Bornemeier

Put in can in order:

25 clean, unpeeled potatoes  
3 lbs. carrots  
25 ears of corn  
4 heads of cabbage, cut in  
quarters

6 med. onions  
Chicken breast, wrapped in foil  
25 Polish dogs  
1½ qt. water

Put lid on. Bring to a boil; turn down heat and simmer for 1½ hours.

### **HOT FUDGE SAUCE** **(Microwave)**

Joyce Vogt

½ c. sugar  
2-3 T. cocoa

1½ T. cornstarch  
½ c. water

Microwave 1½ minutes, stirring ½ way through. Make sure it at least boils, may need to microwave more. Add 2 tablespoons butter and ½ teaspoon vanilla. Stir well and serve.





## CREAM CHEESE FROSTING

Jeannette Bornemeier  
(From Mom - Alice Miller)

1 (3-oz.) pkg. cream cheese,  
softened  
1/4 c. butter, softened

1 tsp. vanilla  
2 c. powdered sugar, sifted

In a medium-sized bowl, with an electric mixer, combine cream cheese, butter and vanilla. Beat until fluffy. Add powdered sugar gradually and continue beating until smooth and creamy. This will frost a 9-inch cake. Very good!

## SHORTY'S FROSTING

Ella Kunz  
(B & P)

1 box or 1 lb. powdered sugar  
1/2 c. Crisco  
A little salt

1/3 c. liquid (milk)  
1 1/2 tsp. flavoring

Beat well. If any is left over, it keeps well in refrigerator for a while.

## MOM'S SAUCE

Lois Bornemeier

1 heaping T. flour  
1/2 tsp. salt  
1 c. sugar  
2 c. boiling water

1/4 c. butter  
1 T. orange, lemon, or almond  
extract

Place flour, salt, and sugar in pan. Add boiling water. Cook and stir until thick. Add butter and extract. Stir. Use warm. Use over apple or date cake. This is my mother's recipe that is a family favorite.

## HOMEMADE ICE CREAM

Pat Miller  
(GC)

Beat 3 eggs well. Add 2 cups sugar and beat again. Add 1 pint whipping cream and 2 cups half-and-half, or 1 1/2 cups country cream. Add enough milk to fill the gallon container to top of paddle; add 1 tablespoon vanilla and freeze.





## **CREAM CHEESE FROSTING**

Jeannette Bornemeier  
(From Mom - Alice Miller)

1 (3-oz.) pkg. cream cheese,  
softened  
1/4 c. butter, softened

1 tsp. vanilla  
2 c. powdered sugar, sifted

In a medium-sized bowl, with an electric mixer, combine cream cheese, butter and vanilla. Beat until fluffy. Add powdered sugar gradually and continue beating until smooth and creamy. This will frost a 9-inch cake. Very good!

## **SHORTY'S FROSTING**

Ella Kunz  
(B & P)

1 box or 1 lb. powdered sugar  
1/2 c. Crisco  
A little salt

1/3 c. liquid (milk)  
1 1/2 tsp. flavoring

Beat well. If any is left over, it keeps well in refrigerator for a while.

## **MOM'S SAUCE**

Lois Bornemeier

1 heaping T. flour  
1/2 tsp. salt  
1 c. sugar  
2 c. boiling water

1/4 c. butter  
1 T. orange, lemon, or almond  
extract

Place flour, salt, and sugar in pan. Add boiling water. Cook and stir until thick. Add butter and extract. Stir. Use warm. Use over apple or date cake. This is my mother's recipe that is a family favorite.

## **HOMEMADE ICE CREAM**

Pat Miller  
(GC)

Beat 3 eggs well. Add 2 cups sugar and beat again. Add 1 pint whipping cream and 2 cups half-and-half, or 1 1/2 cups country cream. Add enough milk to fill the gallon container to top of paddle; add 1 tablespoon vanilla and freeze.





## **HOMEMADE ICE CREAM**

**(1 Gallon)**

Joyce Vogt

6 eggs, beaten well  
2 c. sugar  
2 c. cream

1 T. vanilla  
Dash of salt

Mix well, pour in ice cream freeze. Fill with milk until  $\frac{2}{3}$  full. Churn according to freezer's instructions.

## **MICROWAVE CARAMEL POPCORN**

Deb Bornemeier Whitehead  
(B & P)

In microwave oven, cook on high power for 2 minutes:

1 stick oleo  
1 c. brown sugar

$\frac{1}{4}$  c. white syrup  
 $\frac{1}{2}$  tsp. salt

Take out and stir in  $\frac{1}{2}$  teaspoon soda. Stir until well mixed. Have 4 quarts of popcorn popped and put it in large, brown paper sack. Pour caramel mixture into sack, shake well and cook  $1\frac{1}{2}$  minutes on high power. Remove from oven, shake well and cook again  $1\frac{1}{2}$  minutes on high.

## **CARAMEL CORN**

Mary Wenzel  
(GC)

Boil 5 minutes:

2 c. brown sugar  
2 sticks margarine  
 $\frac{1}{2}$  c. white syrup

1 tsp. salt  
1 tsp. vanilla  
1 tsp. butter flavoring

Pour over 7 quarts of popcorn. Mix, put into buttered shallow pan and place in  $250^{\circ}$  oven for 1 hour. Stir every 15 minutes. Stores well.







## CHILI SAUCE

Joan N. Williams  
(GC)

6 qt. tomatoes  
3 lg. onions  
1 tsp. paprika  
3½ c. sugar

3 green peppers  
4 T. salt  
1½ c. cider vinegar  
Bag of spices

In a large pot of boiling water put all the tomatoes. When skins start to pop, remove pot from heat, pour off water and for ease of handling, run cold water over tomatoes, peel tomatoes. Put tomatoes in pot with no water and cook for 15 minutes. Drain off most of the juice, chop peppers and onion. You may use coarse blade on a grinder. Add to tomatoes, plus other ingredients. Cook 2 to 3 hours over medium-low heat until thick. Remove spice bag, can.

## SALSA

Sharon Kunz

Approximately:

10 lbs. tomatoes (ripe, peeled &  
diced)  
3 lg. onions  
4 lg. green peppers  
1 red bell pepper  
3 c. celery, diced

1½ c. vinegar  
2 T. salt  
2 tsp. garlic powder  
4 T. parsley flakes  
5-7 jalapeño peppers, chopped

Combine all ingredients and cook for 10 minutes. This can be frozen in plastic bags or sealed in sterilized jars.

# INDEX OF RECIPES

## Appetizers & Beverages

### Appetizers

ARTICHOKE DIP	1
ARTICHOKE SPREAD	1
CRACKER SNACKS	2
DIP	2
GUACAMOLE	2
MEXICAN DIP	2
POTATO CHIP DIP	3
SHRIMP DIP	3
SUPER CHICKEN DIP	3
TACO DIP	3

### Beverages

PEPPERMINT-EGGNOG PUNCH	4
SALLY'S PUNCH	4

## Soups & Salads

### Soups

BAKED POTATO SOUP	8
BROCCOLI CHEESE SOUP	6
CHEESE SOUP	5
EDNA SIMS' CHEESE SOUP	5
FOOTBALL STEW	7
MICROWAVE POTATO SOUP	8
OLD TIME BEEF STEW	7
SALSA CHICKEN SOUP	6
TACO SOUP	6

### Salads

ASPARAGUS SALAD	9
BETTY'S SALAD	9
BROCCOLI SALAD	10
BROCCOLI SALAD	10
CAROLYN'S POTATO SALAD	13
CHICKEN SALAD	21
CHICKEN SALAD	21
CINNAMON OR RED HOT SALAD	20
COLESLAW	11
COMPANY SALAD	15
CRANBERRY SALAD	11
CRANBERRY-RASPBERRY SALAD	11
DRESSING FOR POTATO SALAD	22
EASY APPLE SALAD	20

EGGNOG SALAD	15
FAVORITE SALAD	16
GARDEN SPINACH SALAD	12
LIME JELLO SALAD	16
LINDA TUMMON'S MOSTACCIOLI SALAD	19
LOW CALORIE FRUIT SALAD	21
LUCY MENDENHALL'S SALAD	16
MARGIE'S COTTAGE CHEESE SALAD	17
MISSISSIPPI CORN BREAD SALAD	22
MIXED VEGETABLE SALAD/RELISH	12
NEVER FAIL - LIME JELLO MOLD	17
ORANGE SALAD	17
PINK CHAMPAGNE SALAD	18
POPCORN SALAD	12
POTATO SALAD	14
POTATO SALAD	13
RED, WHITE & BLUE SALAD	18
SALAD DRESSING	22
SOS ORANGE FLUFF	19
SPINACH AND STRAWBERRY SALAD	14
TOMATO BASIL SALAD	15
VEGETABLE MACARONI SALAD	20
WATERGATE SALAD	19

## Vegetables & Side Dishes

BARBECUE GREEN BEANS	25
BEST EVER ZUCCHINI	29
BROCCOLI CASSEROLE	23
CABBAGE AU GRATIN	23
CORN CASSEROLE	24
GREEN BEAN CASSEROLE	25
GREEN BEANS DELUXE	26
HASH BROWN CASSEROLE	27
LIMA BEAN CASSEROLE	26
MIXED VEGETABLE CASSEROLE	29
PARTY POTATOES	27
POTATO CASSEROLE	28
SANDI'S CORN CASSEROLE	25
SCALLOPED CARROTS	24
THREE VEGETABLE CASSEROLE	26
VEGETABLE CASSEROLE	28

ZUCCHINI CASSEROLE 29

## Main Dishes

### Breakfast Casseroles

BREAKFAST CASSEROLE 31  
BREAKFAST CASSEROLE 32  
EGG BRUNCH CASSEROLE 32  
SAUSAGE EGG BAKE 31

### Casseroles

BAKED CHICKEN CASSEROLE 32  
CABBAGE ROLL CASSEROLE 39  
CHICKEN AND ARTICHOKE  
CASSEROLE 33  
CHICKEN AND SPINACH  
CASSEROLE 33  
CHICKEN CASSEROLE 34  
CHICKEN CASSEROLE 34  
CHICKEN TETRAZZINI 35  
CHICKEN TETRAZZINI 34  
CHICKEN WITH DRESSING  
CASSEROLE 36  
CHICKEN-DRESSING  
CASSEROLE 36  
HAM CASSEROLE WITH  
RAISINS AND PINEAPPLE 40  
HAMBURGER MACARONI  
CASSEROLE 39  
KING RANCH CHICKEN 36  
SAUCY CHICKEN 37  
SAUERKRAUT CASSEROLE 40  
SCALLOPED CHICKEN 35  
SHIPWRECK CASSEROLE 38  
SOUTHWEST CHICKEN 37  
TURKEY RICE CASSEROLE 38

### International Flavor

CHEESY ENCHILADA  
CASSEROLE 41  
CHOW MEIN BAKED 44  
EASTER LASAGNA 43  
ENCHILADA CASSEROLE 43  
ENCHILADA TORTE 41  
LASAGNE 45  
OLD-WORLD PIZZA 44  
SPAGHETTI PIE 45  
TEX MEX LASAGNA 42

### Fish

FISH WITH "SASSY SAUCE" 46  
SALMON MORNAY 46  
SEAFOOD FETTUCCINE 47

## Meats

BARBECUED SPARE RIBS 49  
BARBECUED MEATBALLS 50  
HAM LOAF 47  
HORSERADISH HONEY HAM 48  
MARINATED POT ROAST 50  
MEAT BALLS 51  
MEAT LOAF 52  
PORK CHOPS O'BRIEN 49  
PORK ROLLS 48  
STEAK PICADO 49  
SWEDISH MEATBALLS 51

## Sandwiches

BARBECUE FOR 25 55  
BEEF STUFFED FRENCH  
BREAD 54  
PIZZA BURGERS 54  
SLOPPY JOES 52  
STUFFED HAMBURGERS 53  
TRACY'S HAMBURGER  
CHEESE BUNS 53

## Breads & Rolls

### Coffee Cakes

ALICE BORNEMEIER'S QUICK  
COFFEE CAKE 59  
CARDAMOM COFFEE CAKE 57  
CHERRY COFFEE CAKE 58  
COFFEE CAKE 58  
COFFEE CAKE 58  
STREUSEL COFFEE CAKE 59

### Rolls

CARAMEL ROLLS 60  
CINNAMON ROLLS 60  
REFRIGERATOR ROLLS 61

### Breads

BANANA BREAD 63  
BANANA NUT BREAD 63  
BREAKFAST CHERRY NUT  
RING 63  
1/2 HR. DOUGHNUTS 65  
CARAMEL PULL-APARTS 62  
MONKEY BREAD 62  
PUMPKIN BREAD 64  
WHITE BREAD 61  
WINTER SCONES 65



ZUCCHINI BREAD	64	JIFFY DESSERT	83
		LEMON DELIGHT	82
<b>Desserts</b>		MARY ELLEN'S DESSERT	82
		MELT IN THE MOUTH	81
		RHUBARB CRUNCH	86
		RHUBARB CRUNCH	85
<b>Pies</b>		<b>Cookies &amp; Candy</b>	
CHOCOLATE CREAM PIE	67	<b>Cookies</b>	
CREAMY STRAWBERRY PIE	67		
FLUFFY PEANUT BUTTER PIE	68	BEST YET OATMEAL COOKIES	92
LEMONADE PIE	68	CHOCOLATE CHEW COOKIES	89
MALT SHOP PIE	69	CHUNKY CHOCOLATE	
MERINGUE TOPPING	72	COOKIES	90
PECAN PIE	69	CINNAMON ICE BOX COOKIES	89
PECAN PIE	69	EGG WHITE PUFF COOKIES	90
PIE FILLING	70	EHS 7TH GRADE HOME EC	
RHUBARB PIE	70	CLASS CHOCOLATE CHIP	
STRAWBERRY PIE	68	COOKIES	90
VANILLA CREAM PIE	71	GOOD GIRL COOKIES	91
		GRANDMA'S OATMEAL	
<b>Cakes</b>		COOKIES	92
		HOPSCOTCH CRUNCHES	91
APPLE CAKE	72	MOM'S FAMOUS OATMEAL	
APPLE PECAN CAKE	73	COOKIES	93
APPLE STREUSEL CAKE	74	NUT COOKIES WITH	
BLUEBERRY PUDDING CAKE	75	FROSTING	91
CARAMEL APPLE CAKE	73	OATMEAL COOKIES	94
CHERRY CHEESE CAKE	80	OATMEAL COOKIES	94
CHOCOLATE CREAM DELIGHT	80	OATMEAL ICE BOX COOKIES	93
CHOCOLATE ZUCCHINI CAKE	78	PEANUT BLOSSOMS	95
DUMP CAKE	78	RAISIN FILLED COOKIES	95
EARTHQUAKE CAKE	77	RHUBARB COOKY	96
GRANDMA'S THUNDER CAKE	77	SNICKERDOODLES	96
JELLO CAKE	79	SUGAR COOKIES	97
LITTLE APPLE CAKE	75	SWEDISH BUTTER COOKIES	97
LOW FAT LEMON SOUFFLÉ		UNBAKED COOKIES	97
CHEESE CAKE	81		
MOM'S DATE CAKE	76	<b>Bars</b>	
PARTY CAKE	79		
SCRUMPTIOUS YELLOW CAKE	80	BEST BROWNIES	99
TERRIFIC CARROT CAKE	76	BROWNIES	100
WHIPPED TOPPING OR		BROWNIES	101
DREAM CAKE	78	BROWNIES	100
		CARROT BARS	103
<b>Desserts</b>		CHERRY BARS	104
		CHERRY BARS	105
APPLE CRISP	88	CHOCOLATE BROWNIES	99
BANANA SPLIT DESSERTS	88	CHOCOLATE BROWNIES	98
BUTTERFINGER DESSERT	84	CHOCOLATE CHIP BLONDE	
CHOCOLATE TRUFFLE	84	BROWNIES	102
CREAM PUFF DESSERT	84	CHOCOLATE PEANUT BUTTER	
DESSERT FOR EVERY		BARS	102
SEASON	83	CHOCOLATE SHEET CAKE	101
(EQUAL) RHUBARB AND		CINNAMON COFFEE SQUARES	105
APPLE CRUNCH	85	EASY BROWNIES	100
FRESH FRUIT COBBLER	87		
FRUIT PIZZA	86		
HOT CURRIED FRUIT	87		

OH SO GOOD ZUCCHINI BROWNIES	106
OH SO GOOD ZUCCHINI BROWNIES	98
PINEAPPLE CHEESECAKE BARS	106
PUMPKIN BARS	103
PUMPKIN SQUARES	104

### **Candy**

MEXICAN FUDGE	108
MICROWAVE OVEN PEANUT BRITTLE	108
MUNCHY PEANUT BRITTLE	107
NORWEGIAN SUGARED NUTS	108
PEANUT BRITTLE	107

### **This & That**

CARAMEL CORN	111
CHILI SAUCE	112
CREAM CHEESE FROSTING	110
HOMEMADE ICE CREAM	110
HOMEMADE ICE CREAM	111
HOT FUDGE SAUCE	109
JERRY'S CREAM CAN SUPPER	109
MICROWAVE CARAMEL POPCORN	111
MOM'S APPLE BUTTER	109
MOM'S SAUCE	110
SALSA	112
SHORTY'S FROSTING	110

# Cooking Tips

1. After stewing a chicken, cool in broth before cutting into chunks; it will have twice the flavor.
2. To slice meat into thin strips, as for stir-fry dishes, partially freeze it so it will slice more easily.
3. A roast with the bone in will cook faster than a boneless roast. The bone carries the heat to the inside more quickly.
4. When making a roast, place dry onion soup mix in the bottom of your roaster pan. After removing the roast, add 1 can of mushroom soup and you will have a good brown gravy.
5. For a juicier hamburger, add cold water to the beef before grilling ( $\frac{1}{2}$  cup to 1 pound of meat).
6. To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags. They will stay separated so that you may remove as many as you want.
7. To keep cauliflower white while cooking, add a little milk to the water.
8. When boiling corn, add sugar to the water instead of salt. Salt will toughen the corn.
9. To ripen tomatoes, put them in a brown paper bag in a dark pantry, and they will ripen.
10. To keep celery crisp, stand it upright in a pitcher of cold, salted water and refrigerate.
11. When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage. It will absorb the odor.
12. Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.
13. Let raw potatoes stand in cold water for at least a half-hour before frying in order to improve the crispness of French-fried potatoes. Dry potatoes thoroughly before adding to oil.
14. Use greased muffin tins as molds when baking stuffed green peppers.
15. A few drops of lemon juice in the water will whiten boiled potatoes.
16. Buy mushrooms before they "open." When stems and caps are attached firmly, mushrooms are truly fresh.
17. Do not use metal bowls when mixing salads. Use wood, glass or china.
18. Lettuce keeps better if you store it in the refrigerator without washing it. Keep the leaves dry. Wash lettuce the day you are going to use it.
19. Do not use soda to keep vegetables green. It destroys Vitamin C.
20. Do not despair if you oversalt gravy. Stir in some instant mashed potatoes to repair the damage. Just add a little more liquid in order to offset the thickening.



Copyright © 1999  
Morris Press Cookbooks



# Herbs & Spices

Acquaint yourself with herbs and spices. Add in small amounts,  $\frac{1}{4}$  teaspoon for every 4 servings. Crush dried herbs or snip fresh ones before using. Use 3 times more fresh herbs if substituting fresh for dried.

**Basil** Sweet, warm flavor with an aromatic odor. Use whole or ground. Good with lamb, fish, roast, stews, ground beef, vegetables, dressing and omelets.

**Bay Leaves** Pungent flavor. Use whole leaf but remove before serving. Good in vegetable dishes, seafood, stews and pickles.

**Caraway** Spicy taste and aromatic smell. Use in cakes, breads, soups, cheese and sauerkraut.

**Chives** Sweet, mild flavor like that of onion. Excellent in salads, fish, soups and potatoes.

**Cilantro** Use fresh. Excellent in salads, fish, chicken, rice, beans and Mexican dishes.

**Curry Powder** Spices are combined to proper proportions to give a distinct flavor to meat, poultry, fish and vegetables.

**Dill** Both seeds and leaves are flavorful. Leaves may be used as a garnish or cooked with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to flavor pickles.

**Fennel** Sweet, hot flavor. Both seeds and leaves are used. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.

**Ginger** A pungent root, this aromatic spice is sold fresh, dried or ground. Use in pickles, preserves, cakes, cookies, soups and meat dishes.



# Herbs & Spices

- Marjoram** May be used both dried or green. Use to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.
- Mint** Aromatic with a cool flavor. Excellent in beverages, fish, lamb, cheese, soup, peas, carrots, and fruit desserts.
- Oregano** Strong, aromatic odor. Use whole or ground in tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.
- Paprika** A bright red pepper, this spice is used in meat, vegetables and soups or as a garnish for potatoes, salads or eggs.
- Parsley** Best when used fresh, but can be used dried as a garnish or as a seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.
- Rosemary** Very aromatic. Can be used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread and potatoes. Great in dressings.
- Saffron** Orange-yellow in color, this spice flavors or colors foods. Use in soup, chicken, rice and breads.
- Sage** Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, omelets, beef, poultry, stuffing, cheese spreads and breads.
- Tarragon** Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots and dressings.
- Thyme** Sprinkle leaves on fish or poultry before broiling or baking. Throw a few sprigs directly on coals shortly before meat is finished grilling.





# Baking Breads

## Hints for Baking Breads

1. Kneading dough for 30 seconds after mixing improves the texture of baking powder biscuits.
2. Instead of shortening, use cooking or salad oil in waffles and hot cakes.
3. When bread is baking, a small dish of water in the oven will help keep the crust from hardening.
4. Dip a spoon in hot water to measure shortening, butter, etc., and the fat will slip out more easily.
5. Small amounts of leftover corn may be added to pancake batter for variety.
6. To make bread crumbs, use the fine cutter of a food grinder and tie a large paper bag over the spout in order to prevent flying crumbs.
7. When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins or cake pans.

## Rules for Use of Leavening Agents

1. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount  $\frac{1}{2}$  teaspoon for each egg used.
2. To 1 teaspoon soda use 2  $\frac{1}{4}$  teaspoons cream of tartar, 2 cups freshly soured milk, or 1 cup molasses.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure and add acid according to rule 2.

## Proportions of Baking Powder to Flour

biscuits	.....to 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder
cake with oil	.....to 1 cup flour use 1 tsp. baking powder
muffins	.....to 1 cup flour use 1 $\frac{1}{2}$ tsp. baking powder
popovers	.....to 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder
waffles	.....to 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder

## Proportions of Liquid to Flour

drop batter	.....to 1 cup liquid use 2 to 2 $\frac{1}{2}$ cups flour
pour batter	.....to 1 cup liquid use 1 cup flour
soft dough	.....to 1 cup liquid use 3 to 3 $\frac{1}{2}$ cups flour
stiff dough	.....to 1 cup liquid use 4 cups flour

## Time and Temperature Chart

Breads	Minutes	Temperature
biscuits	12 - 15	400° - 450°
cornbread	25 - 30	400° - 425°
gingerbread	40 - 50	350° - 370°
loaf	50 - 60	350° - 400°
nut bread	50 - 75	350°
popovers	30 - 40	425° - 450°
rolls	20 - 30	400° - 450°



# Baking Desserts

## Perfect Cookies

Cookie dough that is to be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. Place on a floured board only as much dough as can be easily managed.

Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and add trimmings to dough that needs to be rolled. Place pans or sheets in upper third of oven. Watch cookies carefully while baking in order to avoid burned edges. When sprinkling sugar on cookies, try putting it into a salt shaker in order to save time.

## Perfect Pies

1. Pie crust will be better and easier to make if all the ingredients are cool.
2. The lower crust should be placed in the pan so that it covers the surface smoothly. Air pockets beneath the surface will push the crust out of shape while baking.
3. Folding the top crust over the lower crust before crimping will keep juices in the pie.
4. In making custard pie, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
5. When making cream pie, sprinkle crust with powdered sugar in order to prevent it from becoming soggy.

## Perfect Cakes

1. Fill cake pans two-thirds full and spread batter into corners and sides, leaving a slight hollow in the center.
2. Cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
3. After removing a cake from the oven, place it on a rack for about five minutes. Then, the sides should be loosened and the cake turned out on a rack in order to finish cooling.
4. Do not frost cakes until thoroughly cool.
5. Icing will remain where you put it if you sprinkle cake with powdered sugar first.

## Time and Temperature Chart

Dessert	Time	Temperature
butter cake, layer .....	20-40 min. ....	380° - 400°
butter cake, loaf .....	40-60 min. ....	360° - 400°
cake, angel .....	50-60 min. ....	300° - 360°
cake, fruit .....	3-4 hrs. ....	275° - 325°
cake, sponge .....	40-60 min. ....	300° - 350°
cookies, molasses .....	18-20 min. ....	350° - 375°
cookies, thin .....	10-12 min. ....	380° - 390°
cream puffs.....	45-60 min. ....	300° - 350°
meringue .....	40-60 min. ....	250° - 300°
pie crust .....	20-40 min. ....	400° - 500°



# Vegetables & Fruits

Vegetable	Cooking Method	Time
artichokes	boiled	40 min.
	steamed	45-60 min.
asparagus tips	boiled	10-15 min.
beans, lima	boiled	20-40 min.
	steamed	60 min.
beans, string	boiled	15-35 min.
	steamed	60 min.
beets, old	boiled or steamed	1-2 hours
beets, young with skin	boiled	30 min.
	steamed	60 min.
	baked	70-90 min.
broccoli, flowerets	boiled	5-10 min.
broccoli, stems	boiled	20-30 min.
brussels sprouts	boiled	20-30 min.
cabbage, chopped	boiled	10-20 min.
	steamed	25 min.
carrots, cut across	boiled	8-10 min.
	steamed	40 min.
cauliflower, flowerets	boiled	8-10 min.
cauliflower, stem down	boiled	20-30 min.
corn, green, tender	boiled	5-10 min.
	steamed	15 min.
	baked	20 min.
corn on the cob	boiled	8-10 min.
	steamed	15 min.
	baked	45 min.
eggplant, whole	boiled	30 min.
	steamed	40 min.
	baked	45 min.
parsnips	boiled	25-40 min.
	steamed	60 min.
	baked	60-75 min.
peas, green	boiled or steamed	5-15 min.
potatoes	boiled	20-40 min.
	steamed	60 min.
	baked	45-60 min.
pumpkin or squash	boiled	20-40 min.
	steamed	45 min.
	baked	60 min.
tomatoes	boiled	5-15 min.
turnips	boiled	25-40 min.

## Drying Time Table

Fruit	Sugar or Honey	Cooking Time
apricots	1/4 c. for each cup of fruit	about 40 min.
figs	1 T. for each cup of fruit	about 30 min.
peaches	1/4 c. for each cup of fruit	about 45 min.
prunes	2 T. for each cup of fruit	about 45 min.



# Vegetables & Fruits

## Buying Fresh Vegetables

**Artichokes:** Look for compact, tightly closed heads with green, clean-looking leaves. Avoid those with leaves that are brown or separated.

**Asparagus:** Stalks should be tender and firm; tips should be close and compact. Choose the stalks with very little white; they are more tender. Use asparagus soon because it toughens rapidly.

**Beans, Snap:** Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

**Broccoli, Brussels Sprouts and Cauliflower:** Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate pests or disease.

**Cabbage and Head Lettuce:** Choose heads that are heavy for their size. Avoid cabbage with worm holes and lettuce with discoloration or soft rot.

**Cucumbers:** Choose long, slender cucumbers for best quality. May be dark or medium green, but yellow ones are undesirable.

**Mushrooms:** Caps should be closed around the stems. Avoid black or brown gills.

**Peas and Lima Beans:** Select pods that are well-filled but not bulging. Avoid dried, spotted, yellow, or flabby pods.

## Buying Fresh Fruits

**Bananas:** Skin should be free of bruises and black or brown spots. Purchase them green and allow them to ripen at home at room temperature.

**Berries:** Select plump, solid berries with good color. Avoid stained containers which indicate wet or leaky berries. Berries with clinging caps, such as blackberries and raspberries, may be unripe. Strawberries without caps may be overripe.

**Melons:** In cantaloupes, thick, close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and the space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

**Oranges, Grapefruit and Lemons:** Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken or soft areas.





# Napkin Folding

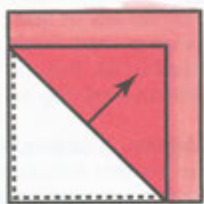
## General Tips:

Use well-starched linen napkins if possible. For more complicated folds, 24-inch napkins work best. Practice the folds with newspapers. Children can help. Once they learn the folds, they will have fun!

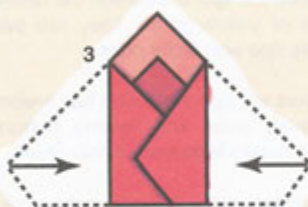
## Shield

Easy fold. Elegant with monogram in corner.

1, 2



3



4



### Instructions:

1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right side and left side points.
4. Turn over; adjust sides so that they are even, single point in center.
5. Place point up or down on plate, or left of plate.

## Rosette

Elegant on plate.

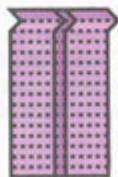
### Instructions:

1. Fold left and right edges to center, leaving  $\frac{1}{2}$ " opening along center.
2. Pleat firmly from top edge to bottom edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.

1



2



3



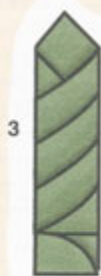
4



# Napkin Folding

## Candle

Easy to do; can be decorated.



### Instructions:

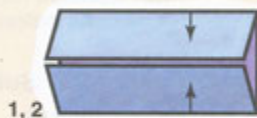
1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

## Fan

Pretty in napkin ring or on plate.

### Instructions:

1. Fold top and bottom edges to center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with hot iron.
4. Spread out fan. Balance flat folds of each side on table. Well-starched napkins will hold shape.



## Lily

Effective and pretty on table.



### Instructions:

1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.)
4. Pleat.
5. Place closed end in glass. Pull down two points on each side and shape.

# Measurements & Substitutions

## Measurements

a pinch .....	$\frac{1}{8}$ teaspoon or less
3 teaspoons .....	1 tablespoon
4 tablespoons .....	$\frac{1}{4}$ cup
8 tablespoons .....	$\frac{1}{2}$ cup
12 tablespoons .....	$\frac{3}{4}$ cup
16 tablespoons .....	1 cup
2 cups .....	1 pint
4 cups .....	1 quart
4 quarts .....	1 gallon
8 quarts .....	1 peck
4 pecks .....	1 bushel
16 ounces .....	1 pound
32 ounces .....	1 quart
1 ounce liquid .....	2 tablespoons
8 ounces liquid .....	1 cup

Use standard measuring spoons and cups.  
All measurements are level.

## Substitutions

Ingredient	Quantity	Substitute
baking powder .....	1 teaspoon	$\frac{1}{4}$ tsp. baking soda plus $\frac{1}{2}$ tsp. cream of tartar
catsup or chili sauce .....	1 cup	1 c. tomato sauce plus $\frac{1}{2}$ c. sugar and 2 T. vinegar (for use in cooking)
chocolate .....	1 square (1 oz.)	3 or 4 T. cocoa plus 1 T. butter
cornstarch .....	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
cracker crumbs .....	$\frac{3}{4}$ cup	1 c. bread crumbs
dates .....	1 lb.	1 $\frac{1}{2}$ c. dates, pitted and cut
dry mustard .....	1 teaspoon	1 T. prepared mustard
flour, self-rising .....	1 cup	1 c. all-purpose flour, $\frac{1}{2}$ tsp. salt, and 1 tsp. baking powder
herbs, fresh .....	1 tablespoon	1 tsp. dried herbs
milk, sour .....	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes)
whole .....	1 cup	$\frac{1}{2}$ c. evaporated milk plus $\frac{1}{2}$ c. water
min. marshmallows .....	10	1 lg. marshmallow
onion, fresh .....	1 small	1 T. instant minced onion, rehydrated
sugar, brown .....	$\frac{1}{2}$ cup	2 T. molasses in $\frac{1}{2}$ c. granulated sugar
powdered .....	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
tomato juice .....	1 cup	$\frac{1}{2}$ c. tomato sauce plus $\frac{1}{2}$ c. water

When substituting cocoa for chocolate in cakes, the amount of flour must be reduced. Brown and white sugars usually can be interchanged.





# Equivalency Chart

Food	Quantity	Yield
apple	1 medium	1 cup
banana, mashed	1 medium	$\frac{1}{3}$ cup
bread	1 $\frac{1}{2}$ slices	1 cup soft crumbs
bread	1 slice	$\frac{1}{4}$ cup fine, dry crumbs
butter	1 stick or $\frac{1}{4}$ pound	$\frac{1}{2}$ cup
cheese, American, cubed	1 pound	2 $\frac{2}{3}$ cups
American, grated	1 pound	5 cups
cream cheese	3-ounce package	6 $\frac{2}{3}$ tablespoons
chocolate, bitter	1 square	1 ounce
cocoa	1 pound	4 cups
coconut	1 $\frac{1}{2}$ pound package	2 $\frac{2}{3}$ cups
coffee, ground	1 pound	5 cups
cornmeal	1 pound	3 cups
cornstarch	1 pound	3 cups
crackers, graham	14 squares	1 cup fine crumbs
saltine	28 crackers	1 cup fine crumbs
egg	4-5 whole	1 cup
whites	8-10	1 cup
yolks	10-12	1 cup
evaporated milk	1 cup	3 cups whipped
flour, cake, sifted	1 pound	4 $\frac{1}{2}$ cups
rye	1 pound	5 cups
white, sifted	1 pound	4 cups
white, unsifted	1 pound	3 $\frac{3}{4}$ cups
gelatin, flavored	3 $\frac{1}{4}$ ounces	$\frac{1}{2}$ cup
unflavored	$\frac{1}{4}$ ounce	1 tablespoon
lemon	1 medium	3 tablespoon juice
marshmallows	16	$\frac{1}{4}$ pound
noodles, cooked	8-ounce package	7 cups
uncooked	4 ounces (1 $\frac{1}{2}$ cups)	2-3 cups cooked
macaroni, cooked	8-ounce package	6 cups
macaroni, uncooked	4 ounces (1 $\frac{1}{4}$ cups)	2 $\frac{1}{4}$ cups cooked
spaghetti, uncooked	7 ounces	4 cups cooked
nuts, chopped	$\frac{1}{4}$ pound	1 cup
almonds	1 pound	3 $\frac{1}{2}$ cups
walnuts, broken	1 pound	3 cups
walnuts, unshelled	1 pound	1 $\frac{1}{2}$ to 1 $\frac{3}{4}$ cups
onion	1 medium	$\frac{1}{2}$ cup
orange	3-4 medium	1 cup juice
raisins	1 pound	3 $\frac{1}{2}$ cups
rice, brown	1 cup	4 cups cooked
converted	1 cup	3 $\frac{1}{2}$ cups cooked
regular	1 cup	3 cups cooked
wild	1 cup	4 cups cooked
sugar, brown	1 pound	2 $\frac{1}{2}$ cups
powdered	1 pound	3 $\frac{1}{2}$ cups
white	1 pound	2 cups
vanilla wafers	22	1 cup fine crumbs
zwieback, crumbled	4	1 cup

# Food Quantities

## For Large Servings

### Beverages:

	25 Servings	50 Servings	100 Servings
coffee	1/2 pound and 1 1/2 gallons water	1 pound and 3 gallons water	2 pounds and 6 gallons water
lemonade	10-15 lemons and 1 1/2 gallons water	20-30 lemons and 3 gallons water	40-60 lemons and 6 gallons water
tea	1/12 pound and 1 1/2 gallons water	1/6 pound and 3 gallons water	1/3 pound and 6 gallons water

### Desserts:

layered cake	1 12" cake	3 10" cakes	6 10" cakes
sheet cake	1 10" x 12" cake	1 12" x 20" cake	2 12" x 20" cakes
watermelon	37 1/2 pounds	75 pounds	150 pounds
whipping cream	3/4 pint	1 1/2 to 2 pints	3-4 pints

### Ice cream:

brick	3 1/4 quarts	6 1/2 quarts	13 quarts
bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons

### Meat, poultry or fish:

fish	13 pounds	25 pounds	50 pounds
fish, fillets or steak	7 1/2 pounds	15 pounds	30 pounds
hamburger	9 pounds	18 pounds	35 pounds
turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
wieners (beef)	6 1/2 pounds	13 pounds	25 pounds

### Salads, casseroles:

baked beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
jello salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
potato salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
scalloped potatoes	4 1/2 quarts or 1 12" x 20" pan	9 quarts or 2 1/4 gallons	18 quarts 4 1/2 gallons
spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons

### Sandwiches:

bread	50 slices or 3 1-pound loaves	100 slices or 6 1-pound loaves	200 slices or 12 1-pound loaves
butter	1/2 pound	1 pound	2 pounds
lettuce	1 1/2 heads	3 heads	6 heads
mayonnaise	1 cup	2 cups	4 cups
mixed filling			
meat, eggs, fish	1 1/2 quarts	3 quarts	6 quarts
jam, jelly	1 quart	2 quarts	4 quarts





## Microwave Hints

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave on high for 1 1/2 to 2 minutes for 1/2 pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30-45 seconds; and one-half gallon, 45-60 seconds.
3. To melt chocolate, place 1/2 pound in glass bowl or measuring cup. Melt uncovered at 50% power for 3-4 minutes; stir after 2 minutes.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2 1/2 minutes. One 3-ounce package of cream cheese will soften in 1 1/2 to 2 minutes.
5. A 4 1/2 ounce carton of whipped topping will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center, but it will blend well when stirred. Do not over thaw!
6. Soften jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
7. Heat hot packs. A wet fingertip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
8. To scald milk, cook 1 cup for 2 to 2 1/2 minutes, stirring once each minute.
9. To make dry bread crumbs, cut 6 slices of bread into 1/2-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
10. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave for 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
11. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nutmeats will slip out whole after cracking the shell.
12. Stamp collectors can place a few drops of water on a stamp to remove it from an envelope. Heat in the microwave for 20 seconds, and the stamp will come off.
13. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
14. Sprinkle a layer of medium, finely chopped walnuts evenly onto the bottom and side of a ring pan or bundt cake pan to enhance the looks and eating quality. Pour in batter and microwave as recipe directs.
15. Do not salt foods on the surface as it causes dehydration and toughens food. Salt after you remove from the oven unless the recipe calls for using salt in the mixture.
16. Heat left-over custard and use it as frosting for a cake.
17. Melt marshmallow creme. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
18. To toast coconut, spread 1/2 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes. Watch closely, as it quickly browns.
19. To melt crystallized honey, heat uncovered jar on high for 30-45 seconds. If jar is large, repeat.
20. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.



# Calorie Counter

## Beverages

apple juice, 6 oz. ....	90
coffee (black) .....	0
cola type, 12 oz. ....	115
cranberry juice, 6 oz. ....	115
ginger ale, 12 oz. ....	115
grape juice, (prepared from frozen concentrate), 6 oz. ....	142
lemonade, (prepared from frozen concentrate), 6 oz. ....	85
milk, protein fortified, 1 c. ....	105
skim, 1 c. ....	90
whole, 1 c. ....	160
orange juice, 6 oz. ....	85
pineapple juice, unsweetened, 6 oz. ....	95
root beer, 12 oz. ....	150
tonic (quinine water) 12 oz. ....	132

## Breads

cornbread, 1 sm. square .....	130
dumplings, 1 med. ....	70
French toast, 1 slice .....	135
melba toast, 1 slice .....	25
muffins, blueberry, 1 muffin .....	110
bran, 1 muffin .....	106
corn, 1 muffin .....	125
English, 1 muffin .....	280
pancakes, 1 (4-in.) .....	60
pumpnickel, 1 slice .....	75
rye, 1 slice .....	60
waffle, 1 .....	216
white, 1 slice .....	60-70
whole wheat, 1 slice .....	55-65

## Cereals

cornflakes, 1 c. ....	105
cream of wheat, 1 c. ....	120
oatmeal, 1 c. ....	148
rice flakes, 1 c. ....	105
shredded wheat, 1 biscuit .....	100
sugar krisps, 3/4 c. ....	110

## Crackers

graham, 1 cracker .....	15-30
rye crisp, 1 cracker .....	35
saltine, 1 cracker .....	17-20
wheat thins, 1 cracker .....	9

## Dairy Products

butter or margarine, 1 T. ....	100
cheese, American, 1 oz. ....	100
camembert, 1 oz. ....	85
cheddar, 1 oz. ....	115
cottage cheese, 1 oz. ....	30
mozzarella, 1 oz. ....	90
parmesan, 1 oz. ....	130
ricotta, 1 oz. ....	50
roquefort, 1 oz. ....	105
Swiss, 1 oz. ....	105
cream, light, 1 T. ....	30
heavy, 1 T. ....	55
sour, 1 T. ....	45
hot chocolate, with milk, 1 c. ....	277
milk chocolate, 1 oz. ....	145-155
yogurt	
made w/ whole milk, 1 c. ....	150-165
made w/ skimmed milk, 1 c. ....	125

## Eggs

fried, 1 lg. ....	100
poached or boiled, 1 lg. ....	75-80
scrambled or in omelet, 1 lg. ....	110-130

## Fish and Seafood

bass, 4 oz. ....	105
salmon, broiled or baked, 3 oz. ....	155
sardines, canned in oil, 3 oz. ....	170
trout, fried, 3 1/2 oz. ....	220
tuna, in oil, 3 oz. ....	170
in water, 3 oz. ....	110



# Calorie Counter

## Fruits

apple, 1 med.	80-100
applesauce, sweetened, 1/2 c.	90-115
unsweetened, 1/2 c.	50
banana, 1 med.	85
blueberries, 1/2 c.	45
cantaloupe, 1/2 c.	24
cherries (pitted), raw, 1/2 c.	40
grapefruit, 1/2 med.	55
grapes, 1/2 c.	35-55
honeydew, 1/2 c.	55
mango, 1 med.	90
orange, 1 med.	65-75
peach, 1 med.	35
pear, 1 med.	60-100
pineapple, fresh, 1/2 c.	40
canned in syrup, 1/2 c.	95
plum, 1 med.	30
strawberries, fresh, 1/2 c.	30
frozen and sweetened, 1/2 c.	120-140
tangerine, 1 lg.	39
watermelon, 1/2 c.	42

## Meat and Poultry

beef, ground (lean), 3 oz.	185
roast, 3 oz.	185
chicken, broiled, 3 oz.	115
lamb chop (lean), 3 oz.	175-200
steak, sirloin, 3 oz.	175
tenderloin, 3 oz.	174
top round, 3 oz.	162
turkey, dark meat, 3 oz.	175
white meat, 3 oz.	150
veal, cutlet, 3 oz.	156
roast, 3 oz.	76

## Nuts

almonds, 2 T.	105
cashews, 2 T.	100
peanuts, 2 T.	105
peanut butter, 1 T.	95
pecans, 2 T.	95
pistachios, 2 T.	92
walnuts, 2 T.	80

## Pasta

macaroni or spaghetti, cooked, 3/4 c.	115
--	-----

## Salad Dressings

blue cheese, 1 T.	70
French, 1 T.	65
Italian, 1 T.	80
mayonnaise, 1 T.	100
olive oil, 1 T.	124
Russian, 1 T.	70
salad oil, 1 T.	120

## Soups

bean, 1 c.	130-180
beef noodle, 1 c.	70
bouillon and consomme, 1 c.	30
chicken noodle, 1 c.	65
chicken with rice, 1 c.	50
minestrone, 1 c.	80-150
split pea, 1 c.	145-170
tomato with milk, 1 c.	170
vegetable, 1 c.	80-100

## Vegetables

asparagus, 1 c.	35
broccoli, cooked, 1/2 c.	25
cabbage, cooked, 1/2 c.	15-20
carrots, cooked, 1/2 c.	25-30
cauliflower, 1/2 c.	10-15
corn (kernels), 1/2 c.	70
green beans, 1 c.	30
lettuce, shredded, 1/2 c.	5
mushrooms, canned, 1/2 c.	20
onions, cooked, 1/2 c.	30
peas, cooked, 1/2 c.	60
potato, baked, 1 med.	90
chips, 8-10	100
mashed, w/milk & butter, 1 c.	200-300
spinach, 1 c.	40
tomato, raw, 1 med.	25
cooked, 1/2 c.	30





# Cooking Terms

**Au gratin:** Topped with crumbs and/or cheese and browned in oven or under broiler.

**Au jus:** Served in its own juices.

**Baste:** To moisten foods during cooking with pan drippings or special sauce in order to add flavor and prevent drying.

**Bisque:** A thick cream soup.

**Blanch:** To immerse in rapidly boiling water and allow to cook slightly.

**Cream:** To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

**Crimp:** To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

**Crudites:** An assortment of raw vegetables (i.e. carrots, broccoli, celery, mushrooms) that is served as an hors d'oeuvre, often accompanied by a dip.

**Degrease:** To remove fat from the surface of stews, soups, or stock. Usually cooled in the refrigerator so that fat hardens and is easily removed.

**Dredge:** To coat lightly with flour, corn-meal, etc.

**Entree:** The main course.

**Fold:** To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

**Glaze:** To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

**Julienne:** To cut vegetables, fruits, or cheeses into match-shaped slivers.

**Marinate:** To allow food to stand in a liquid in order to tenderize or to add flavor.

**Meunière:** Dredged with flour and sautéed in butter.

**Mince:** To chop food into very small pieces.

**Parboil:** To boil until partially cooked; to blanch. Usually final cooking in a seasoned sauce follows this procedure.

**Pare:** To remove the outermost skin of a fruit or vegetable.

**Poach:** To cook gently in hot liquid kept just below the boiling point.

**Purée:** To mash foods by hand by rubbing through a sieve or food mill, or by whirling in a blender or food processor until perfectly smooth.

**Refresh:** To run cold water over food that has been parboiled in order to stop the cooking process quickly.

**Sauté:** To cook and/or brown food in a small quantity of hot shortening.

**Scald:** To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

**Simmer:** To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

**Steep:** To let food stand in hot liquid in order to extract or to enhance flavor, like tea in hot water or poached fruit in sugar syrup.

**Toss:** To combine ingredients with a repeated lifting motion.

**Whip:** To beat rapidly in order to incorporate air and produce expansion, as in heavy cream or egg whites.