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There may be some duplication between the 3 missions.  
Enjoy!

Bulgaria  
Turkey  
Russian

### **Bulgaria COOKBOOK – ver. 28 May 2003**

#### **TEMPERATURE CONVERSIONS:**

|               | <u>Fahrenheit</u> | <u>Celsius</u> |
|---------------|-------------------|----------------|
| Very low oven | 250-275           | 121-133        |
| Low oven      | 300-325           | 149-163        |
| Moderate oven | 350-375           | 176-190        |
| Hot oven      | 400-425           | 204-218        |
| Very hot oven | 450-475           | 232-246        |

#### **ON THE ROAD**

Do not try to go all day without food or liquids. Take with you: Fruit, carrot sticks, cheese, leftover biscuits or pancakes and also a bottle of filtered water.

#### **TIPS:**

- 1) On P-days, plan weekly menu and shop for ingredients.
- 2) COOK vegetables, rice, beans, or a whole potato in the morning while studying. Refrigerate them for later use.
- 3) SOAK beans the night before, then combine with vegetables and meat, SIMMER all morning and then again in the evening, for soup. Be sure there is plenty of water and that the heat is very low.
- 4) CASSEROLES ARE GREAT! All you need is a little meat (or a few eggs). Combine with vegetables and white sauce. Prepare ahead of time and bake just before dinner.

COOKED BEANS TO PREPARE: Rinse 2 cups beans and put in a pot and cover with filtered water. Bring to a boil and turn off. Cover and let sit over night. In the morning, pour off the soaking water and rinse beans with filtered water. Cover with filtered water again and bring to a boil. Can add a chopped onion if desired. Turn heat down and simmer for 4-5 hours or longer. Make sure there is enough water in the pot and the heat is low enough.

#### **COOKED BEANS**

Cooked beans are very nutritious. Purchase any color. Rinse 2 c. beans and put in a pot with filtered water. Bring to boil, turn off. Cover and let sit overnight. Pour off the soaking water. Rinse beans with filtered water. Cover with filtered water and bring to boil. Simmer 3 to 5 hours. Add ch. onion. Make

sure there is enough water and heat is low. Can be added to soups or mash them to make refried beans adding butter, salt and pepper and spices to taste or bean sandwiches.

#### COOKING PASTA:

Use a large pot with ample amounts of boiling water. Add pasta to boiling water with no salt and 1 TBS of oil (THIS WILL KEEP IT FROM STICKING TO EACH OTHER.) Cook uncovered. Stir occasionally with a fork to loosen from bottom of pan. When pasta is tender, drain in colander and rinse with cold water. Place back in the empty pot, cover to keep warm, and serve immediately.

Use a large pot with lots of boiling water, add pasta, salt and 1 T. oil. Cook uncovered. Stir occasionally. When pasta is tender, usually 7-10 minutes, drain in colander. Rinse with cold water. Place in empty pot to stay warm. Serve.

**COOKING RICE:** When cooking regular, non instant rice, measure 1 part rice and 2 parts water. Add a little salt. Add rice to cold water. Heat till almost boiling, turn down heat, cover and simmer for 20 minutes or until moisture is absorbed. **For 2 hungry Elders**, use 2 cups rice and 4 cups water and 1 tsp salt. (For best ever rice: rinse rice in cold water before cooking until water is no longer cloudy.)

#### **COOKING RICE**

Measure 2 c. water to 1 c. rice. Bring water to a boil, a ½ t. salt and 1 t. butter. Add rice. Turn down heat. Cover. Simmer 20 minutes. Some say to rinse rice in cold water before cooking until water is no longer cloudy.

**PRE-BOILED POTATOES:** Scrub potatoes. Do not peel. Put in pot and cover with water. Boil gently until knife enters potato easily. Do not over boil-potatoes will split. Potatoes can be used for many recipes with or without the skins. Store in fridge. Carrots can also be pre-boiled. Remove skins first.

#### **PRECOOKED POTATOES**

Scrub potatoes. Cover with water in pot. Boil gently for 30 minutes until knife enters potato easily. Use in many recipes.

Mashed: Cut in small pieces. Boil. Mashed with 1/3 c. milk, butter, salt and pepper. If necessary add more milk.

#### **PRE-BOILED CHICKEN:**

Place a whole chicken or chicken parts (legs, thighs, etc.) in large pot and cover with water. If desired, add 1 onion (cut in pieces.) Bring to boil, and simmer for 1 ½ -2 hours. Remove from pot and cool. Remove chicken from bones-discarding bones, fat and skin. Cut up chicken can be used in many recipes. Refrigerate or freeze for future use. **FOR CHICKEN NOODLE SOUP:** Save liquid from boiled chicken and refrigerate. The next day, skim off fat which has collected on the surface and use the liquid for a delicious soup. Broth can be used for all chicken recipes calling for broth or chicken bouillon.

#### **COOKING VEGETABLES**

**BEETS:** Wash beets. Do not remove skin or root, and cover with water. Boil for about one hour until beets are soft. Remove skins and root. Slice and serve hot with salt, pepper, and butter OR cool for using in salads.

**CABBAGE:** Quarter into sections and boil in small amount of water for 20 minutes or until done. Serve with salt, pepper and butter.

CARROTS: Peel and slice before boiling in small amount of water.

There are three areas of food nutrients that you should have represented in every meal you eat. You need to plan to have:

1. A Source of Protein:  
Meat, eggs, milk, cheese, yogurt, nuts and beans.
2. Vitamins and Minerals:  
Fruits and vegetables--at least some of them fresh.
3. Carbohydrates:  
Rice, bread, pasta, potatoes, cereals.

### **CAUTIONS:**

What you eat **does matter!** Being too busy to eat is being foolish. Because your food choices are often limited, it is important that you take your vitamins daily.

Eat a wide variety of foods.

### **ABBREVIATIONS AND SUBSTITUTIONS**

c: cup

tsp: teaspoon

TBS: tablespoon

Use one of the small coffee spoons as a substitute for a teaspoon measuring spoon.

Use one of the soup spoons or 3 coffee spoons for a tablespoon.

1 cup is a little less than 1/4 liter

Pop bottle can be used for a rolling pin.

### **MAKING SUBSTITUTIONS**

Cream soups now come in a dry mix. Make the soup with half the required water to equal the canned soup.

A thick white sauce can also be used.

Add mushrooms or cooked vegetables.

### **SPICES**

If you don't have spices called for in the recipe, make it without them. Substitute the spices you do have. Start with a very little and experiment. You won't ruin it: it will just be a little different--it might even be better!!

### **MAYONNAISE**

1 egg yolk

2 TBS lemon juice or vinegar

1 teaspoon mustard

1 teaspoon sugar

1/4 teaspoon salt

Dash of pepper

1 cup vegetable oil

Beat egg yolk, 1 TBS. lemon juice, mustard, sugar, salt and pepper in bowl until blended.

Beat in oil, 1 drop at a time; increase rate of addition as mixture thickens.

Beat in remaining lemon juice; refrigerate. Makes about 1 cup.

## THICK WHITE SAUCE

1/4 cup butter  
1/4 cup flour  
1/4 teaspoon salt  
1/8 teaspoon pepper  
1 cup milk

Heat butter in saucepan over low heat until melted. Stir in flour, salt and pepper. Cook over low heat, stirring constantly, until mixture is smooth and bubbly: remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Makes 1 cup sauce. If you want to use soup for a sauce 1 can of soup is equal to 1 1/4 cups.

## WHITE SAUCE

1 TBS butter  
1 TBS flour  
1 cup milk

Melt butter in pan. Add flour slowly. (This will make a thick paste.)

Add 2 TBS milk, stir until all mixed in.

Continue adding milk a few tablespoons at a time, until all is mixed in.

Salt and pepper to taste.

## **BASIC MEDIUM WHITE SAUCE:**

Melt 2 T. butter in skillet. Add 2 T. flour, 1/4 t. salt and pepper. Stir until smooth. Add 1 c. milk or bouillon cube for each cup of liquid until mixture thickens. Boil 2 minutes. Stir to avoid burning. Use for soups, casseroles and sauces. To make it thick or thin add more butter and flour or less.

CHEESE SAUCE: Add 1/4 t. mustard and 1/2 c. grated cheese and perhaps 1/2 t. Worcestershire sauce

MUSHROOM SAUCE: Saute 1 c. sliced mushrooms and 1 t. grated onion in butter for 5 minutes before adding flour.

CUCUMBER SAUCE: Add 1/2 grated or thinly sliced cucumbers and dash to Tabasco. Simmer 10 minutes.

CURRY SAUCE: Saute 1/2 t. curry 5 min. before adding flour.

EGG SAUCE: Stir in 2 diced hard cooked eggs.

## **BREAKFAST**

### OATS AND FRUIT

Put 1 cup of oats in a bowl and cover with milk. Cover the bowl and refrigerate until morning. The oats will soak up the milk and be soft by morning. Add a little sugar, yogurt, fresh fruits, raisins, nuts, canned fruit, etc.

### OATMEAL

The measurements are: 1 part oats and 2 parts water and a little salt. Bring to a boil 2 cups water and 1/2 teaspoon salt. Slowly pour in 1 cup oats. Can also add a handful of raisins if desired and 1/4 teaspoon cinnamon. Turn down the heat to medium low and let cook 10-15 minutes or until it is thick, stirring occasionally. Serve or turn off heat, cover and let sit until ready to eat. Serve with milk, honey or sugar.

### PANCAKES

1 cup flour

1 TBS baking powder  
1 beaten egg  
1 cup milk  
2 TBS oil  
1 TBS sugar  
½ tsp salt

Sift flour with salt, baking powder, and sugar. Combine egg, milk, and oil. Add to dry ingredients, stir until flour is moistened. BATTER WILL BE LUMPY. Bake on a griddle or in a fry pan. Makes 6-8 pancakes.

#### PANCAKES

1 ½ cups flour  
2 TBS sugar  
¾ teaspoon soda (or 3 teaspoon baking powder)  
2-3 TBS oil or butter, melted  
1 ½ cups milk (or buttermilk)  
1 egg  
½ tsp salt

Bananas, nuts, cheese, blueberries (OPT)

NOTE: If using fresh milk and soda, add 2 drops of vinegar to the milk.

Combine dry ingredients. Stir to sift. Combine milk, egg, and melted butter in separate bowl. Add all at once to dry ingredients. Stir until mixed. Heat griddle until it snaps with a drop of cold water.

Grease griddle lightly and place batter by the tablespoon on the griddle. Bake cakes slowly on one side until full of bubbles. Can add fruit, nuts etc. to the top while it is cooking if desired. Turn but ONCE and finish baking. Serve with syrup, jam, etc.

#### FINNISH PANCAKES

2 eggs  
1 teaspoon sugar  
½ teaspoon salt  
1 2/3 cup milk  
¾ cup flour  
2 TBS butter, melted

Mix together well and pour onto a greased cookie sheet and bake for 15 minutes at 425\* C. Serve with whipped cream.

#### GERMAN PANCAKES

6 eggs  
1 cup milk  
1 cup flour  
1 teaspoon salt  
½ cup butter, melted

Beat all ingredients (except melted butter) in a bowl until fluffy and smooth. Pour melted butter into baking pan (9 X 13). Pour batter into pan. Bake at 400 for 20-30 minutes until puffed up and brown. Serve with syrup, jam, or fruit.

#### RICE PANCAKES

3 eggs

2 cups milk  
4 teaspoon lemon juice  
6 TBS cooking oil  
2 cups flour  
½ tsp salt  
1 TBS baking powder  
1 TBS sugar  
½ tsp soda  
1 cup cooked rice (leftovers)

Beat together the eggs, milk, lemon juice, and cooking oil. Set aside. Combine the flour, salt, baking powder, sugar and soda. Stir into the liquid mixture until well blended. Fold in the cooked rice. Bake on greased griddle or skillet. Serve with jam and butter.

#### SYRUP

2 cups sugar  
1 cup WATER  
½ tsp mapeline (OPT or request from home)  
Combine and bring to a boil. Remove from heat and stir in mapeline

#### OATMEAL PANCAKES

2 cups oatmeal  
1 ½ cup milk  
½ cup sugar  
1 tsp baking powder  
2 eggs, well beaten  
Dash salt  
1/4 tsp cinnamon.

Mix all ingredients. Beat into thin batter. Cook on greased griddle until done. If batter is not thin enough to pour, add a little more milk.

#### "OH BOY WAFFLES"

2 ½ cup flour  
1/4 tsp salt  
4 tbs baking powder  
1 ½ tbs sugar  
2 eggs, beaten  
2 1/4 cups milk  
1/4 cup oil

Stir together dry ingredients. In a separate bowl combine eggs, milk, and oil. Mix dry and liquid ingredients together. Beat until smooth. Bake in hot waffle iron.

#### BRUSSELS' WAFFLES

500 gr. flour  
200 gr butter, softened  
30 gr fresh yeast diluted in lukewarm milk & some sugar OR 1 TBS dried yeast  
6 eggs-yokes separated-whites whipped  
1 ½ pint milk, lukewarm (deduct 1 cup milk to dissolve yeast)  
NO SALT

Put flour in a bowl, make a hole and add the lukewarm milk. Mix everything very well. Add egg yolks. Pour soft butter. Add dissolved yeast. Whip the egg whites and add to dough. Cover and let rise 45 min. Dough will be very soft. Pre-heat griddle. Cover completely and turn to other side when 1st side is done. After cooking, serve with powder sugar, cream, jelly or jam.

### CREPES

1 ½ cups flour  
1 TBS sugar  
½ TSP baking powder  
½ TSP salt  
2 cups milk  
2 eggs  
½ TSP vanilla  
1 TBS oil

Mix all ingredients, pour 1/8 cup batter in hot frying pan (non-stick), rotate pan for even distribution of batter. Flip when starting to get lightly browned. Top with favorite topping and enjoy.

### SCRAMBLED EGGS

For each serving, break 2 eggs into a bowl. Beat the eggs slightly with 3 TBS of milk and a dash of salt and pepper for each serving. Melt 2 TBS butter or margarine over medium heat. Pour in egg mixture. Scrambled eggs should be cooked at a low heat with a minimum of stirring. As eggs begin to set in skillet, lift cooked portion with a spatula so that uncooked portion flows to the bottom. Stir slightly to break up eggs. Continue process for 3-5 minutes or until eggs are completely cooked.

### BOILED EGGS

Place desired number of eggs in saucepan, cover with cold water-at least 2 inches above eggs. Bring the water rapidly to boiling. Cover pan and remove it from heat. Let stand for 20 minutes for a hard boiled egg. Run eggs under cold water, remove shells and smash in bowl with butter, salt and pepper OR refrigerate to be used later.

### RICE for Breakfast

2 cups cooked rice (can be prepared ahead of time.) Heat with a little milk until hot, stirring all the time. Add sugar, cinnamon, and raisins.

### FRENCH TOAST

2 eggs  
½ cup milk  
1 tsp sugar  
Dash salt

Combine ingredients. Dip slices of bread in the mixture and fry on both sides in oil or butter. Serve with jam or homemade syrup. (Add cinnamon to batter, if desired)

### CREAMED HAM AND EGGS

2 TBS butter or margarine  
2 tsp minced onion  
3 TBS flour  
1 tsp salt  
Dash pepper

1/4 tsp mustard (OPT)

1 cup milk

3 hard-cooked eggs, sliced

1 cup cooked ham, diced

Melt butter in skillet. Cook onion until golden. Stir in flour, salt, pepper and mustard until a thick past. Stir in milk. Cook stirring constantly, until thickened. Stir in eggs and ham: heat through, Serve over rice, noodles, or toast.

## SPANISH OMELET

(For breakfast or dinner)

½ cup chopped pre-cooked meat(ham, chicken, etc.) OPT.

2 eggs

2 tsp oil or butter

1/4 cup minced onion

1/4 cup chopped green pepper

Olives, chopped

Grated cheese

2 tsp chopped parsley

1/4 tsp salt

Heat oil or butter in skillet: add onions and cook until tender. Add green pepper and tomatoes (and meat) and cook until green pepper is tender. Remove from pan and drain. Stir vegies (and meat) into eggs along with parsley, salt, and olives. If necessary, melt a little more butter in skillet. Pour egg mixture into skillet and cook until firm, lifting edges to allow uncooked egg to flow underneath. When firm but still glossy, lift edges and fold over omelet. Serve with grated cheese, salsa, sour cream, etc.

ALTERNATE METHOD: Prepare vegetables as usual but do not add to egg mixture. Pour egg mixture into skillet and cook until firm, lifting edges to allow uncooked egg to flow underneath. When firm but still glossy put vegies and grated cheese on one side of omelet, lift edges and fold over. Serve as usual. NOTE: Grated carrots and chopped red pepper is also tasty in the omelet.

## QUICK QUICHE

3 slices bacon, cooked and crumbled or chopped ham or whatever

1 cup grated cheese

½ cup chopped onions

4 eggs

2 cups milk

½ cup flour

3/4 tsp salt

1/4 tsp soda

Dash pepper

Grease a baking pan. Sprinkle bacon, cheese, and onions over bottom. Beat eggs and milk together. Combine dry ingredients: flour, salt, soda, and pepper. Add to the milk and eggs and beat until well mixed. Pour into the baking pan and bake at 176 C for 45-55 minutes (a knife inserted in the center of the quiche will come out clean when quiche is done.) Let stand 5-10 minutes before cutting and serving.

## MAIN COURSES

### OVEN HAMBURGER PATTIES AND POTATOES

Brown hamburger, chicken or sausage patties in hot skillet. Put layer of potato slices ½ inch thick in bottom of casserole dish. Top with patties. Cover with 1 can of cream soup and ½ can water. Put in 350 degrees oven for 1 hour. (Could be done in a frypan too.)

#### ENCHILADA SAUCE

4 cups tomato juice  
1 TBS cornstarch or 2 TBS flour  
1-2 cans tomato paste (OPT)  
1 tsp chili powder  
1 TBS apple juice or sugar  
1 tsp paprika  
1 tsp oregano  
1 tsp basil  
1 tsp cumin (if you have it)

Begin heating tomato juice. Add paste and sweetener. Stir. Make cornstarch (or flour) paste by mixing with COLD water until smooth. Add paste to juice and stir constantly until thickened. Add spices and let simmer for about 3 minutes. Makes about 1 quart sauce. Stores well in fridge.

#### FRESH TORTILLAS

3 cups flour  
½ TSP salt  
1 ½ TBS baking powder  
3 TBS light oil  
1 cup plus 2 TBS water

Mix flour, salt, and baking powder and stir with fork to sift. Blend in cooking oil. Add water and mix until absorbed. Cover and let stand 5-10 minutes. Divide into 10-12 balls. Roll out on a flat, floured surface. Cook in skillet until slightly browned. Turn and continue cooking. No oil is necessary. Can freeze for later use.

TO SERVE: Top with cooked mashed beans, cheese, seasoned browned hamburger (OPT), finely chopped onions and green peppers, sour cream and salsa. Roll up and eat. OR butter one side of tortilla and place in skillet with grated cheese, chopped green onion and green pepper. Place another tortilla (buttered side up) on top. Brown in skillet until cheese has melted and 'cheese crisp' holds together. Top with Salsa and enjoy!

#### SOFT FLOUR TORTILLAS

4 cups flour  
1 TBS baking powder  
1 tsp salt  
2 TBS shortening  
1 ¾ cup hot water

Mix together flour, baking powder, salt. Add shortening and mix until little pebbles form. Make hole in the middle of flour mixture and pour in hot water. Mix. If too sticky, add about 2-4 TBS more flour. Rub shortening on top so it won't form crust. Let stand about ½ hour. Divide dough and roll into balls-amount depends on size of tortilla you want. Roll ball out flat and brown in lightly greased hot frying pan. Doesn't take very long. Can be used for enchiladas or tacos.

#### EASY SALSA

1 lg can tomatoes, crushed

1 tsp sugar

A few drops vinegar

½-1 tsp chili powder

½ cup chopped onion

1 garlic clove or 1/4 tsp garlic powder

1 tsp oregano or Italian Seasoning

Adjust seasonings to taste. It never fails. Heat in a saucepan until well blended. Use as a salsa or picante sauce for everything.

#### FRESH SALSA

1 large onion, finely chopped

1 clove garlic, chopped or pressed

½ TSP salt

1/4 tsp pepper

½ TSP chili powder

1 TBS lemon juice

5-6 cups finely chopped fresh tomatoes

1-2 green peppers, finely chopped

2-3 cups cucumber, finely chopped

Stir until blended and fine. (If too chunky, the flavors will not blend properly.) Store in refrigerator tightly covered. Stir before using. It may be necessary to pour off water as vegetables settle.

#### TOASTED NOODLES

Spaghetti, broken into 1 inch pieces, Oil

Use leftover cooked spaghetti or cook spaghetti in boiling salted water until just tender--about 10 minutes. Drain well, cool under cold running water, and pat dry. When pasta is dry, coat lightly with oil, using 1 TBS per 2 cups spaghetti. Place on broiler tray and brown stirring a few times so it cooks evenly. Best when served soon after cooking.

#### SKILLET STEW

1 TBS oil

1 small onion, chopped

1 small clove garlic, chopped

1/4 cup chopped green pepper

3 cups sliced summer squash

1 tomato, diced

Salt and Pepper to taste

1 cup shredded cheddar cheese

Heat oil in a 10-12" skillet and saute onion, garlic and green pepper for 3 minutes.

Add squash and tomato; cover and cook over low heat for 10 to 15 minutes, until tender (broccoli, beans or corn can be added or substituted).

Season vegetables with salt and pepper.

Cover with cheese, remove from heat, cover, and stand for 5 min

#### SIMPLE CASSEROLE

1 lb. meat, browned

1 can cream soup

1 cup cooked peas, carrots or green beans

Mix everything and cook until browned at 375 degrees--about 30 minutes.

#### BEEF MACARONI DINNER

2/3 lb ground beef

1/3 cup onion, finely diced

1 ½ cup tomato juice

1 teaspoon Worcestershire sauce (opt)

½ teaspoon salt

dash pepper

1 teaspoon mustard

½ cup uncooked macaroni

Brown meat and onion. Add remaining ingredients and simmer covered, until macaroni is cooked, about 15 minutes.

#### CHICKEN-RICE CASSEROLE

1 cup cooked chicken

1 cup cooked rice

1 small onion

¾ cup celery

½ cup mayonnaise

1 teaspoon lemon juice

½ teaspoon salt

2 hard boiled eggs, diced

1 can cream of mushroom or chicken soup

1/4 cup slivered almonds or other nut (Opt)

Combine all ingredients. Bake at 375 degrees for 30 minutes.

#### STARVING MISSIONARY CASSEROLE

Layer sliced potatoes, carrots and hamburger alternately in casserole dish or pan. Add cream soup to cover each ingredient. Bake at 350 degrees for 1 ½ to 2 hours.

#### MACARONI AND CHEESE

1/4 cup butter

1/4 cup milk

1/3 cup dried cheese

1 1/4 cup broken spaghetti or macaroni

Cook pasta for 10 minutes in 6-8 cups of boiling water--or until tender.

Add butter, milk and dried cheese.

Mix until thoroughly combined

#### BASIC OVEN MACARONI AND CHEESE

1 1/4 cups grated cheese

8 oz macaroni, cooked (about 1 ½ cups dry)

¾ teaspoon salt

1/4 teaspoon pepper

2 cups medium white sauce

Cook macaroni, drain and place in buttered baking dish. Combine White sauce, salt, pepper and cheese. Pour over macaroni. Top with more grated cheese and bake at 176 C for 30-40 minutes.

## OVEN MACARONI AND CHEESE WITH BREAD CUBES

1 1/4 cup milk  
1 cup cheese, diced  
1 1/2 TBS butter or margarine  
1 cup soft bread cubes  
2 TBS onion, diced  
1/2 teaspoon salt  
Dash pepper  
2 eggs, beaten  
2 cups cooked macaroni

In a large saucepan, combine milk, water, cheese, and butter. Heat to boiling, stirring constantly until cheese melts. Remove from heat. Stir in bread cubes, onion, salt, and pepper. Fold in eggs and macaroni. Spoon into greased baking dish. Bake at 350 for 30 minutes.

## SPAGHETTI SAUCE

1/2 kg ground beef (OPT)  
1/2 cup onion, chopped  
2 TBS oil  
1/4 cup fresh or 1 TBS dried parsley  
2 cloves garlic, minced  
1 can tomatoes  
3/4 teaspoon oregano  
1 cup tomato sauce or paste  
1 teaspoon salt  
1 TBS sugar  
1 bay leaf 1 cup water

Brown onion in oil and(hamburger if using) and drain. Add tomatoes, sauce, and seasonings. Cook for 15 minutes or more. Serve over hot spaghetti. Top with cheese.

## SPAGHETTI SAUCE

1 can tomato sauce  
2 lg cans tomatoes or 1 kg ripe tomatoes chopped  
1 onion, chopped  
2 teaspoon salt  
1/2 teaspoon pepper  
1/4 teaspoon garlic powder  
1 teaspoon chili powder  
1 TBS parsley  
Mushrooms (OPT)  
2 teaspoons oil

Saute onion in oil till clear. Add other ingredients. Heat and simmer about 45 minutes. Can thicken with a little cornstarch or flour in cold water if desired. Serve over spaghetti.

## CHEESE ENCHILADA

Grated cheese  
Hamburger or other kind of meat  
Chopped onion

Flour tortilla (about 6" diameter)

On each tortilla place 1/4 cup grated cheese, meat, and 1 TBS onion.

Roll up and put in baking dish.

Make a cream soup--or white sauce--or thickened chicken broth to medium thickness.

Pour over rolled tortillas. Grate additional cheese on top.

Bake, uncovered at 350 degrees for 25 min.

## PEPPER AND EGG

1 TBS butter or oil

½ large green pepper, cut into strips

3 eggs

salt

pepper

Rolls, slices of bread, or ½ loaf french bread

Heat fat in skillet; saute pepper 5 min or until tender.

Beat eggs and season with salt and pepper.

Pour softened green pepper and when eggs begin to set, stir gently to break up the omelet. Cook to taste.

Cut bread as for a sandwich and fill with pepper and eggs.

## PIZZA

DOUGH: In a large bowl place 1 cup warm water. Sprinkle in 1 TBS yeast. Add 1/4 cup melted margarine, 1 ½ teaspoon salt, 2 cups flour, 1 teaspoon sugar. Beat vigorously for 5 minutes. Add 1 cup more flour--knead until smooth. Place in oiled ball, turning to grease top. Cover and let rise until double in size. Punch down and press into a greased pan. Top with red sauce, cheese and meat. Bake 20 minutes at 400 degrees.

RED SAUCE: ½ pound sausage or meat of your choice, 1 medium onion chopped, 1 clove garlic minced, 2 teaspoon sugar, 2 teaspoons salt, 1 teaspoon basil leaves (or other spice), 1 teaspoon crushed red pepper. Combine meat, onion and garlic. Cook until meat is done and garlic and onion are tender. Drain. Add 10 tomatoes(that have been dipped in hot water and had their skins removed) and other ingredients. Bring to a boil, turn down heat and simmer about 30 min to an hour. Spread over dough.

## PIZZA

CRUST:

2-4 cups flour

2 cups water

2 tbs yeast

2 tbs sugar 1 teaspoon salt

2 tbs oil

Mix together water, salt, sugar, east, and oil. Let stand for 5 minutes. STIR. Add flour, one cup at a time until dough pulls away from bowl. Turn onto a floured surface and knead for 5 minutes. Put back into bowl and let rise until double (about 2 hours). Divide dough into four parts. Roll into four crusts. Put onto greased baking sheets and bake at 176 C for 5 minutes (crust only). Spread on sauce and desired toppings (meat of your choice, mushrooms, green peppers, olives, pineapple chunks, etc. & cheese) Bake for 5-7 more minutes or until cheese has melted and crust is a golden brown.

## SAUCE SUGGESTIONS

Tomato sauce

Minced garlic or garlic powder

½-1 teaspoon oregano or Italian Seasonings per cup of sauce

## DIFFERENT PIZZA

2 eggs

2/3 cup milk

1 cup flour

1.8 teaspoon pepper

1 teaspoon salt

Whip eggs. Add milk and whip more. Add flour, salt and pepper slowly. Pour into baking pan, Drip on any sauce. Don't mix. Put on toppings and cheese. Bake at 190 C. for about 20 minutes.

## PIZZA DOUGH

400\*+ about 15 minutes

2 ¼ c. flour, ¼ c. oil, 1 T. yeast in 1/3-1/2 c. water, 1 ¼ t. salt. Knead. Rest 10 minutes. Roll or pat out on greased baking sheet. Toppings. Bake.

## ANOTHER PIZZA

350\* for 5 minutes, then 7 more minutes

Mix together 2 c. water, 1 t. salt, 2 T. sugar, 2 T. yeast and 2 T. oil. Let sit 5 minutes. Stir. Add 2-4 c. flour, 1 cup at a time until dough pulls away from bowl. Turn onto floured surface and knead 5 minutes. Let rise 1 or 2 hours. Divide into 4 parts. Roll into 4 crusts. Put on baking sheets and bake at 350\* for 5 minutes. Spread on sauce and toppings: mushrooms, green peppers, olives, pineapple chunks and cheese. Bake 5-7 more minutes until crust is golden.

SAUCE: Tomato sauce, garlic, oregano, Italian seasoning, 1 t. per cup.

## DIFFERENT PIZZA

375\* for 20 minutes

Whip 2 eggs. Add 2/3 c. milk, whip more. Add 1 c. flour, 1 t. salt and pepper. Pour into baking pan. Drip on sauce. Do not mix. Put on toppings and cheese. Bake.

## SUKIYAKI

2 cups water

1 # beef, sliced in thin pieces

2 TBS sugar

2 bunches green onions, diced

3-4 TBS soy sauce

1-2 cups mushrooms, chopped

Cooked Rice

Cook rice. For 2 hungry Elders, use 4 cups water and 2 cups rice. Cut meat in thin slices and fry. Cook until well done. Keep meat in pan and pour in water. Add sugar and soy sauce and mix well. Add onions and mushrooms and simmer 10 minutes.

#### FRIED RICE

2 cups cooked rice

Soy Sauce Ham or other meat for flavor

5 eggs, beaten

1 bunch green onions, chopped

Cook rice (2 cups water and 1 cup rice) and put in the refrigerator for 30 minutes. Meanwhile, scramble the eggs, Saute the ham and cut into small pieces. Combine all ingredients including rice and cook. Add enough soy sauce to turn the rice brown. Add pepper for flavor. Be careful and DO NOT OVERCOOK THE RICE. You don't want the rice to be dry and crisp.

#### IDAHO CHICKEN AND POTATOES

Salt

4 potatoes, peeled and sliced thin

Pepper

½ cup butter, melted

¾ cup milk

Chicken pieces (4-6) legs and thighs

2 cans mushroom soup or white sauce

Garlic powder or fresh garlic minced

Put sliced potatoes in greased baking pan. Salt and pepper lightly. Place chicken parts on top of the potatoes. Pour melted butter over chicken. Mix milk with soup (or White Sauce) and pour over chicken and potatoes. Sprinkle top with garlic, salt, and pepper. Bake at 204 C for 1 hour or until chicken is well browned.

#### BAKED CHICKEN AND RICE

(can be prepared in the morning or the night before)

1 cup uncooked rice

1 can mushroom soup

1 can water

1 pkg onion soup mix

4-6 pieces of chicken

1 cup mild

Put uncooked rice in large baking dish. Combine soup, water, and dry onion soup mix. Pour ½ mixture over rice. Put chicken pieces on top. Pour remaining soup mixture over top. Cover with lid or foil. Set in fridge overnight. Bake at 176 C for 1 hour, covered.

#### BAKED CHICKEN AND NOODLES

5 TBS Flour

5 TBS butter or margarine

2 cups milk

¼ cup grated cheese

1 6 oz pkg. noodles, cooked

2 cups pre-boiled chicken, diced

1 cup mushrooms, diced

1 TBS bread crumbs w/butter

1 Red bell pepper

1 cup chicken bouillon (or broth from pre-boiled chicken)

Melt butter in skillet. Remove from heat and stir in flour. Combine cooking until light beige in color.

Slowly add milk and broth or (1 cup HOT water with 1 cube chicken bouillon, dissolved), stirring constantly until smooth. Add cheese and stir until melted. Add noodles, chicken, mushrooms, and red bell pepper and stir until mixed. Place in a greased baking pan and put buttered crumbs on top. Bake at 176 C for 30 minutes.

## BUBBLES AND SQUEAKS

4-6 potatoes, sliced

½ head cabbage, shredded or cut up

1 medium onion, chopped

2 long links sausage, diced (ham or etc)

1 cup white sauce

Salt and Pepper to taste

Grated cheese

In a baking dish or pan, layer potatoes, onions, cabbage, and sausage. Make several layers. Salt and pepper to taste. Pour white sauce over top and sprinkle cheese on top. Bake 1 hour at 205c.

## EASY POTATO DINNER

2 carrots, peeled and sliced

1 tbsp butter or oil

1 onion, chopped fine

4 potatoes, peeled and sliced

Grated cheese

Melt butter in skillet with a lid. Add raw vegetables. Cook on low heat and cover while vegetables are cooking. Turn vegetables periodically with a spatula and when they are tender turn off heat. Put grated cheese on top and cover with lid until melted.

Serve with eggs, ham, hot dogs, tomatoes, or just bread and jam.

## CHICKEN CASSEROLE

(prepare in the morning or the night before)

2/3 cups chopped onion

2/3 cup chopped green pepper

2/3 cup mayonnaise

2 cups pre-boiled chicken, cut up

8 slices bread, cubed

1/3 cup chicken broth or bouillon

2 eggs

1 ½ cup milk

1 can cream of mushroom soup & ½ cup of milk OR 2 cups White sauce made with chicken bouillon

½ cup cheese, grated

Combine chicken, onion, green pepper, mayonnaise, broth, salt and pepper to taste. Place 4 slices of the cubed bread in bottom of baking dish and spread the chicken mixture over the top. Combine eggs and 1 ½ cups milk and beat together. Pour over chicken mixture. Top with the other 4 slices of cubed bread. Refrigerate overnight or all day, if prepared in the morning. When ready to serve, mix mushroom soup with ½ cup milk and heat. Pour over casserole and bake at 176 C for 1 hour.

## POT PIE

Peel and slice several carrots and potatoes and boil until cooked. Prepare meat-either using pre-boiled chicken, ground beef or ham. Saute' meat in pan with chopped green onions and green peppers. Set aside and make gravy.

### GRAVY:

1 bouillon cube

½ cup milk

½ cup water

4-5 TBS flour

1/4 cup butter

Melt butter in pan - add flour and cook briefly. Add liquids and bouillon. Stir until boiling and slightly thick. Set aside. Prepare the crust, using basic biscuit recipe.

### CRUST:

2 cups flour

4 teaspoon baking powder

2/3 cup milk

½ teaspoon salt

4 TBS butter or margarine

Mix. Roll out ½ the dough and place in a deep baking dish or pan. Add gravy to the vegetables and meat. Pour into uncooked biscuit shell. Roll out the other ½ of dough and place on top. Cut hole for air to escape and bake at 176 C for 20 minutes or until brown.

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½ C Salad Oil

3 TBS soy sauce

1 Tsp salt

½ Tsp pepper

4 Tsp white vinegar

pour over cabbage mixture just before serving.

## SALADS

### EASY CABBAGE SALAD

½ head cabbage, chopped

3 TBS vinegar, diluted

3 TBS sugar

½ cup onion, chopped

1 cucumber, chopped

Sprinkle vinegar and sugar over chopped cabbage. Refrigerate for 5-6 hours or overnight. Drain. Stir in onion and cucumber. Serve with salad dressing.

### QUICK COLE SLAW

½ head cabbage, shredded

1 carrot, grated

1 green onion, minced

1/4 cup mayonnaise

2 TBS sugar

2 TBS milk

2 tsp vinegar, diluted

Combine cabbage, carrot, and green onion. In a small bowl, stir together the mayonnaise, milk, sugar, and vinegar until well blended. Stir into cabbage mixture until vegetables are well coated. Chill and serve.

### FRESH VEGETABLE SALAD

2 cups mixed vegetables-carrots, cucumbers, onions, peppers

½ TBS vinegar

1 TBS oil

Slice vegetables, very thin. Add oil and vinegar. Mix well. Keep in covered container--will keep for a number of days. Tomatoes may be added just before serving. Add 1 TBS sugar for a sweet and sour taste.

### MISSION CUCUMBERS

Peel 2 cucumbers leaving green stripes. Slice cucumbers very, very thin. Sprinkle with salt and let sit 5-10 minutes. Squeeze out the liquid. Add 1 TBS vinegar and 2 TBS sugar.

### TOMATO CUCUMBER SALAD

1 lg tomato

1 medium cucumber

1/2TSP vinegar

Cut vegetables into chunks. Add oil and vinegar or may be served plain.

### SHOPSKA SALAD

1 green pepper

1 lg tomato

1 sm cucumber

1 TBS onion

Mix or layer chunks of pepper, tomato, and cucumber. Finely chop onion and sprinkle over vegetables. Grate white cheese (cerena, Bulgarian cheese) in a pile on top of vegetables. Serve with oil and vinegar.

## **BREADS**

### BANANA NUT BREAD

½ cup shortening

2 cups sifted flour

1 tsp soda

½ cup nuts

½ TSP salt

3 small or 2 lg bananas, crushed

1 cup sugar

2 eggs

Cream shortening, add sugar and eggs, then sifted dry ingredients along with mashed bananas. Add nuts. Bake in small loaf pans at 180C for 20 min or 140C for 10 min. Lower heat keeps the bread more moist. Makes 3 small loafs.

## NAVAJO FRY BREAD

- 2 cups flour
- ½ TSP salt
- 1 tsp baking powder
- 1 cup milk

Mix and knead. Roll out thin on floured surface. Cut into circles and fry in hot oil on both sides. Stack with taco toppings; meat (OPT), onions, cheese, tomatoes, olives, beans and salsa. OR just eat with honey and jam like scones.

## BISCUITS

- 2 cups flour
- 3 tsp baking powder
- 1/4 cup butter or oil
- ¾ cup milk
- 1 tsp salt

Heat oven to 450 degrees. Measure flour, baking powder and salt into bowl. Cut in butter with fork until mixture looks like meal. Stir in almost all of milk. If dough does not seem pliable, add enough milk to make a soft, puffy dough that is easy to roll. ut dough on lightly floured surface. Knead with hands for 25 seconds. Roll ½ " thick--pop bottle works for a rolling pin. Use a glass to cut circles of dough, or drop by spoonfuls onto any kind of pan you have. Bake 10-12 minutes. Should make about 16 biscuits.

## BASIC BISCUITS

- 2 cups flour
- 4 tsp baking powder
- ½ TSP salt
- 2/3 cup milk
- 4 TBS butter

Combine dry ingredients. Add butter in pieces and cut into flour with two knives until very crumbly. Make a well in the center and add milk until a smooth soft sough in formed. Turn out on floured board and knead gently for 10 times. Roll out to ½ " thick and cut with a floured cutter or glass. Place on baking sheet ½" a part and bake in hot oven 232 C for 10-12 minutes.

## DROP BISCUITS

Add a little more milk to Basic Biscuit recipe. Drop a tsp onto greased baking sheet. Bake as Basic Biscuit.

## CHEESE BISCUIT

Make Basic Biscuit recipe and add ½ cup grated cheese. Add half the cheese to the dry ingredients, Mix, roll out and sprinkle top of dough with cheese before cutting. Bake as for Basic Biscuits. If making Drop Biscuits, add cheese all at once to dough.

## APPLE BISCUIT ROLLS IN SYRUP

Prepare a syrup by boiling 2 cups of water and 1 ½ cups sugar for 5 minutes. While syrup is cooking make Basic Biscuit recipe and roll out to 1/3 " thick. Spread dough with 4 medium apples chopped fine. Roll up as a jelly Roll. Cut into 1 ½ " slices. Pour syrup into 6 X 12 pan 2 inches deep. Place slices cut side down in the pan of hot syrup. Dot with butter and sprinkle with sugar and cinnamon and nutmeg (if you have it). Bake as for Basic Biscuits until crust is golden brown-about 20 minutes. Serve with milk, ice cream or etc.

## DINNER MUFFINS

- 1 egg
- 1 cup milk
- 1/4 cup oil
- 2 cups flour
- 1/4 cup sugar
- 3 tsp baking powder
- 1 tsp salt

Heat oven to 400 degrees. Grease bottom of pan or baking dish. Beat egg. Stir in milk and oil. Mix in remaining ingredients until flour is moistened, Batter should be lumpy. Nuts and/raisins can be added. Shake cinnamon and sugar on top. Bake 20-25 minutes.

## BANANA BREAD

- 1/2 cup butter or margarine
- 1 cup sugar
- 2 eggs
- 2 cups flour
- 1 tsp soda
- 1 tsp salt
- Chopped nuts if desired
- 1 cup crushed bananas (about 3)

Cream butter and sugar. Add eggs one at a time and beat until smooth. Add crushed bananas. Combine flour, soda, and salt. Add to creamed mixture and mix until smooth. Add nuts. Put into a greased pan (makes 1 loaf or 12 muffins). Bake at 176 C. for 30-40 minutes. Be certain center of loaf is cooked all the way through. Bake muffins at 204 C. 15-18 minutes.

## OATMEAL BREAD

- 2 cups oats
- 2 cups buttermilk (or soured milk) or yogurt
- 1 cup sugar
- 2 cups flour
- 1 tsp salt
- 1 TBS baking powder
- 1 tsp soda
- 1/2 cup oil

Make sour milk by adding milk to 1 TBS vinegar to make 1/2 cup and let stand 10 minutes. Add remainder of milk needed for recipe. Pour milk over oats and let stand for 5 minutes. Add eggs and sugar, mixing well. Combine dry ingredients. Stir to sift. Add dry ingredients and oil to oatmeal mixture, mixing well. Put into a greased pan (makes 1 loaf or 12 muffins). Bake at 176 C for 30-40 minutes for bread and 204 C for 18 minutes for muffins.

## ZUCCHINI BREAD

- 3 eggs, well beaten
- 1 cup cooking oil

2 cups sugar  
2 cups grated zucchini  
1 tsp vanilla  
3 cups flour  
1 tsp salt  
3 tsp cinnamon  
1/4 tsp baking powder  
1 tsp soda

Combine eggs, oil and sugar until well blended. Stir in zucchini and vanilla. Combine dry ingre. Stir into mixture. Pour in a well greased pan and bake at 176 C for 1 hour.

## **ZUCCHINI BREAD**

350\* for 1 hour

Combine 3 eggs, 1 c. oil and 2 c. sugar. Stir in 2 c. grated zucchini and 1 t. vanilla. Add: 3 c. flour, 1 T. cinnamon, 1 t. soda, 1/4 t. baking powder just until blended. 1 lg. loaf or 2 small. Bake.

## **PUMPKIN BREAD**

2 eggs  
1/2 cup raw pumpkin, grated  
1 1/2 cup sugar  
1/6 cup milk  
1 tsp vanilla  
1/2 TSP nutmeg  
1/2 TSP cinnamon  
1/2 TSP cloves  
1/2 TSP salt  
1 3/4 cup flour  
1/4 tsp baking powder  
1 tsp soda  
1/2 cup oil

Cream eggs, oil, sugar and milk. Add vanilla and pumpkin. Combine dry ingredients. Stir to sift. Add and mix well. Bake at 176 C for 1 hour or until done.

## **PUMPKIN BREAD**

350\* for 1 hour

Cream 2 eggs, 1/2 c. oil, 1 1/2 c. sugar and 3 T. milk. Add 1 t. vanilla and 1/2 c. grated raw pumpkin.

Combine with

1 3/4 c. flour, 1/4 t. baking powder, 1 t. soda, 1/2 t. salt, 1/2 t. cloves, 1/2 t. nutmeg and 1/2 t. cinnamon. Mix well. Bake.

# **DESSERTS**

## **APPLE BROWN BETTY**

TOPPING:

2 cups flour

1 cup sugar  
1/4 tsp salt  
1 tsp baking powder  
1 cup butter  
Grated orange peel (OPT)

Combine dry ingredients. Cut in butter with two knives and fingers. Set aside. Combine the following ingredients:

3/4 cup sugar  
4-8 apples, pared, cored, sliced  
1 TBS cinnamon  
1 TBS lemon juice

Put apple mixture into large baking pan-13 X 9. Sprinkle with topping. Bake at 176 c for 1 hour. Serve with milk, ice cream, etc.

#### APPLE CRISP

1 ½ TBS cinnamon  
4 cups apples, pared, cored, sliced  
½ cup butter or margarine  
2 TBS butter or margarine, melted  
3 TBS flour  
1 cup sugar  
½ cup water  
½ TSP salt  
1 TBS lemon juice  
1 1/4 cups crushed corn flakes or similar cereal

Place apples in baking dish. Combine water, melted butter, salt, cinnamon, and lemon juice. Pour over apples. Combine the ½ cup butter, flour, and sugar. Mix well. Add crushed cereal and press over apples. Bake at 190 C for 30-35 minutes. Can double the crisp topping and oatmeal can be added if desired-1 cup .

#### PEACH COBBLER

1/4 cup soft margarine  
½ cup sugar  
1 cup flour  
2 tsp baking powder  
1/4 tsp salt  
½ cup milk

Mix together and put in dish. Put peaches on top (Juice and all). Sprinkle 1/4 cup sugar and dashes of cinnamon & nutmeg. Bake at 375 F. for 30-45 min.

#### BREAD PUDDING

2 cups dry bread cubes  
4 cups milk, scalded  
1 TBS butter  
1/4 tsp salt  
3/4 cup sugar  
4 eggs, slightly beaten  
1 tsp vanilla

½ cup raisins & coconut (OPT)

To scald milk, bring almost to boiling with a skim on top (DO NOT BOIL). Soak bread cubes in milk for 5 minutes. Add butter, salt, and sugar. Stir to combine. Slowly add a little of the hot mixture, stirring constantly. (THIS PROCEDURE IS DONE SO EGGS WON'T COOK!) Pour into a greased baking dish. For a moist pudding, set baking pan in another pan of hot water and bake at 176 c about 50 minutes or until firm. Serve with milk, etc.

#### BREAD PUDDING

350\* for 50 minutes.

Scald 4 c. milk. Add 1 T. butter, ¼ t. salt and ¾ c. sugar. Beat 4 eggs. Slowly add a little hot mixture to eggs. Slowly add eggs to milk. Add 2 c. dry bread cubes. 1 t. vanilla and ½ c. raisins and/or coconut. Pour into greased baking dish. If desired, set dish in pan of hot water.

#### BROWNIE PUDDING

1 cup flour  
¾ cup sugar  
2 TBS cocoa  
2 tsp baking powder  
½ TSP salt  
½ cup milk  
2 TBS oil  
1 tsp vanilla

Combine the flour, sugar, cocoa, baking powder, and salt. Add milk, oil, and vanilla. ¾ cup of chopped nuts may also be added. Sprinkle topping over top.

#### TOPPING

¾ cup sugar  
¼ cup cocoa

Now pour 1 ¾ cup water over top. Bake at 176C for 40-45. Water forms a sauce.

#### UNBAKED OATMEAL COOKIES

2 cups sugar  
3 TBS cocoa  
1/2cup milk  
½ cup margarine or butter  
3 cups rolled oats (oatmeal)  
½ cup peanut butter  
1 tsp vanilla  
Pinch salt

Combine sugar, cocoa, milk, and margarine in heavy pan. Cook over medium heat to a boil. Continue boiling for 60 seconds (TIME IT!) Cool to lukewarm without stirring. Add rolled oats, peanut butter, vanilla, and salt. Beat until mixture loses its gloss. Drop by teaspoons onto cookie sheet. Refrigerate.

#### P-DAY SPUDNUTS

1 ½ cups milk, scalded  
¼ cup butter or margarine  
1 ½ TBS yeast  
½ cup warm water  
2 tsp sugar

½ cup sugar  
2 eggs  
1 cup mashed potatoes  
1 TBS salt  
6-7 cups flour

To scald milk, bring almost to boiling with skim on top. (DO NOT BOIL!) Add butter and cool to lukewarm. Combine yeast, warm water, and sugar and let stand for 5 minutes. After cooled, combine with the milk and add sugar, eggs, mashed potatoes, salt and flour. This will be sticky. Cover with towel and let rise 1 hour. Roll out 3/4 inch thick on floured board. Cut with glass and let rise for 1 more hour. Fry in medium hot oil which is quite deep. Cook for 45 seconds on each side. Dip partially cooled spudnuts into glaze-then drip dry. Or roll in sugar or frost when cooled.

#### FROSTING GLAZE

4 TBS softened butter  
4 cups powdered sugar  
1 tsp vanilla  
1 cup hot water  
A little milk  
1 tsp vanilla  
2 cups powdered sugar  
THIS WILL BE QUITE RUNNY!

#### FORGOTTEN COOKIES

Beat 2 egg whites until stiff. Add 2/3 cup sugar gradually and beat until stiff. Add 1 6oz pkg choc chips. Preheat oven to 375F. Drop on greased cookie sheet. Put in oven and turn oven off. Leave cookies in oven til cool or overnight.

#### CHEWY CHOCOLATE COOKIES

2 cups sugar  
1/4 cups margarine, softened  
2 eggs  
2 teaspoons vanilla  
2 cups unsifted flour  
3/4 cup cocoa  
1 teaspoon salt  
12 oz semi-sweet chocolate chips  
1 teaspoon baking soda

Cream margarine and sugar, add eggs and vanilla. Blend well. Combine flour, cocoa, baking soda and salt. Gradually blend into creamed mixture. Stir in chips. Drop by teaspoonfuls onto ungreased cookie sheet. Bake at 350F for 8-9 minutes. Cool on sheet. Cookies will be soft.

#### GRANNY'S SUGAR COOKIES

Cream together ½ cup butter and 1 cup sugar. Blend in 1 medium whole egg or 2 small egg yolks. Sift together ½ TSP salt, 2 tsp baking powder, 2 cups flour (sifted). Add to mixture. Blend. Cut with cookie cutters or glass and bake on lightly greased cookie sheet in 400 F [reheated oven for 8-10 min. For extra sparkle and color, glaze your cookies, using this simple recipe. Blend together 1/4 cup sifted confectioner's sugar and 3-4 tsp water. Follow package directions on food coloring to attain desired color. While cookies are still warm, brush with glaze.

## SUGAR COOKIES

- 1 ½ cups butter
- 2 cups sugar
- 6 eggs
- 4 tsp vanilla
- ½ TSP salt
- 2 TBS baking powder
- 7 cups flour

Cream butter and sugar. Add eggs and vanilla. Beat until fluffy. Mix dry ingredients together and add to creamed mixture. Dough should be stiff but easily managed. Add water if needed. Roll out about 1/8 inch thick on floured board. Cut into squares or diamonds. Put onto greased cookie sheet and bake 6-10 minutes at 350 F.

## ARMENIAN COOKIES

- 3 eggs
- 1 cup sugar
- 1 cup oil
- 1 tsp soda
- 3-4 ½ cup flour
- 2-3 tsp cinnamon
- 1/4 cup nuts. chopped
- Raisins (OPT)

Combine eggs, sugar, and oil. Add dry ingredients-enough flour so dough can be rolled out. Sprinkle the cinnamon and nuts onto the rolled out dough. Roll up into a cylinder. Then cut into sections-1/2 inch thick. Bake at 176 c for 10-12 minutes or until lightly browned.

## SANDIE

- 1 cup butter
- 1/3 cup sugar
- 2 tsp water
- 2 tsp vanilla
- 2 cups flour, sifted
- 1 cup walnuts, chopped

Cream butter and sugar. Add 2 tsp water and vanilla, Mix well. Blend in flour and nuts. Chill 4 hours. Shape in balls or fingers. Bake on ungreased cookie sheet at 325 f for 20 minutes. Remove from pan. Cool slightly. Roll in powdered sugar. Makes 3 dozen cookies.

## SNICKER DOODLES

- 1 cup butter
- 2 cups sugar
- 2 eggs
- 1/4 cup milk
- 1 tsp vanilla
- 3 3/4 cup flour
- ½ TSP baking soda
- ½ TSP cream of tartar
- ½ TSP salt
- 1 cup nuts, chopped

Mix all ingredients. Form into 1 inch balls and roll in cinnamon, sugar and place on cookie sheet. Bake at 375F 11-12 minutes.

#### BASIC COOKIE

2/3 cup butter

1 cup sugar

½ TSP salt

1 ½ cup flour

½ TSP soda

1 egg

1 tsp vanilla

Chocolate bar, chopped into pieces

Cream butter, sugar, egg, and vanilla. Combine dry ingredients. Stir to sift. Add to creamed mixture. Blend and add chocolate pieces and/or nuts, raisins, 1 cup oatmeal. M&M, Reeses Pieces, coconut OR anything you desire. Drop by teaspoonful onto greased baking sheet. Bake at 190 c till lightly browned-about 10 minutes. Cool slightly before removing from baking sheet.

#### PEANUT BUTTER COOKIES

1 cup butter or margarine

1 cup peanut butter

2 cups sugar

2 eggs, beaten

2 cups flour

½ TSP salt

1 tsp soda

1 TBS milk

1 tsp vanilla

Cream butter, peanut butter, and sugar. Add eggs, vanilla, and milk. Beat Well. Combine flour, salt, and soda. Stir to sift. Add to creamed mixture. Chill slightly. Shape into 1 inch balls. Place on ungreased cookie sheet. Press down centers with fork or thumb. Bake at 176 for 10 min or so. DO NOT OVERBAKE.

#### COCONUT DELIGHT

1 cup butter, melted

2 cups sugar

4 eggs

1 tsp lemon extract or 2 TBS lemon juice

2 tsp vanilla

1 ½ cups flour

1 tsp salt

1 tsp baking powder

2/3 cup coconut

Combine butter, sugar, eggs, vanilla, and lemon juice. Mix well. Combine dry ingredients. Stir to sift and add bit by bit to creamed mixture. Bake in greased baking pan at 176C for 20-30 minutes till done. Can frost with frosting if desired.

#### EASY BROWNIES

¾ cup butter or margarine

1 1/2 cup sugar  
1 1/2 TSP vanilla  
3/4 cup flour  
nuts (OPT)  
3 eggs  
1/2 cup cocoa  
1/2 TSP baking powder  
1/2 TSP salt

Heat butter, sugar, cocoa and vanilla in saucepan. Stir until blended. Let cool. Add eggs, 1 at a time. Mix well. Stir in remaining ingredients. Spread in greased 9 x 13 inch pan. Bake at 350 f for 30 minutes. When cool, wither sprinkle with powdered sugar or eat plain.

## BROWNIES

3/4 cup butter, melted  
2 cups sugar  
3/4 cup cocoa  
4 eggs  
1/2 TSP vanilla  
1 cup flour  
1/2 TSP salt  
1-1 1/2 cup coarsely chopped nuts

This makes a very rich, moist brownie. Combine melted butter, cocoa, sugar, vanilla, and salt. Beat in eggs one at a time. Stir in flour and nuts(opt). Pour into greased baking pan. Bake at 176 c or less for 20-25 min. DO NOT OVER BAKE. Cool completely before cutting. To make a more cake-like brownie, decrease eggs to 3 and increase flour to 1 1/2 cups.

## KILLER BROWNIES

1 cup melted butter  
6 eggs  
3 cups sugar  
1 cup cocoa  
1/2 tsp baking powder  
6 or less packets vanilla powder  
2 cups flour  
1/2 tsp salt

Mix butter, eggs, sugar, and cocoa until cream. Mix dry ingredients and then all together. Bake at 100-120° until done.

## LEMON SQUARES

2 cup flour  
1/2 cup powdered sugar  
1 cup butter or margarine

Mix and put in a greased 9 x 13 pan. Bake at 176C for 20 minutes or until lightly browned. In meantime make filling:

### FILLING

2 cups sugar  
1/2 cup lemon juice(juice of 2 medium lemons)  
1/2 cup flour

4 eggs, beaten

Pinch salt

Mix and pour over warm crust. Bake 20 min more at same temperature. Remove from oven. Sprinkle with powdered sugar (OPT). Cool and then cut into squares.

#### NO BAKE NORWEGIAN COOKIES

1 cup oatmeal

1/2 cup butter or margarine, softened

3/4 cup sugar

1 TBS cocoa

Combine thoroughly. Add more oatmeal if needed. Roll into balls and then roll in coconut, finely chopped nuts or powdered sugar if desired. Refrigerate.

#### FRUIT COBBLER

4 1/2 cups of most any fruit (apples, peaches, etc.) Drained canned fruit can also be used

3/4 cup sugar

1 TBS flour

1/8 tsp nutmeg or cinnamon

Combine and put into baking pan. Place dough over top.

#### DOUGH

1 1/2 cups flour

2 tsp baking powder

1/2 TSP salt

2 TBS sugar

1/4 cup butter

1 egg, beaten

1/2 cup milk

Combine dry ingredients. Stir to sift. Cut in butter with knives. Combine milk and egg and add to dry ingredients. Mix to a soft dough. Roll out on lightly floured board and place over fruit. Can also drop dough by teaspoonful onto fruit. Bake at 204 c until brown-15 min or so. Serve with milk or ice cream.

#### OVEN RICE PUDDING

2 cups milk

2 cups cooked rice (1 cup rice and 2 cups water)

4 eggs, beaten

2 TBS butter or margarine, melted

1/2-1 cup sugar

1/4 tsp cinnamon

Combine eggs and milk. Add rest of ingredients and pour into a greased baking pan 9 x 13 and bake at 176C for 45 minutes or until set.

#### EASY APPLE CRISP

Chop 6-8 apples into baking pan. Sprinkle 3/4 cup sugar mixed with 1/2 TSP cinnamon on top.

TOPPING: 1 cup flour, 3/4 cup sugar, 1 tsp baking powder, 1/2 TSP salt. Break in 1 egg and mix until crumbly. Sprinkle over apples. Pour 1/3 cup salad oil over all. Sprinkle top with cinnamon. Bake at 350 f for 45 minutes-1 hr.

#### NEVER FAIL PIE CRUST

2 cups flour  
1 tsp salt  
3/4 cup shortening  
Slightly less than 1/3 cup cold water

Cream together one cup flour, salt, and shortening. When smooth and creamy, ADD all at once the other cup of flour and the water. Mix together until it "cleans the bowl". Divide into two parts, roll out and use for one, two crust pie or two one crust pies.

#### PIE CRUST FOR BANANA CREAM PIE

2 cups flour  
1/2 cup oil  
1 tsp salt  
10-12 TBS COLD water

Mix flour, salt, and oil before adding water. Cook at high temperature for 10 to 15 minutes. As soon as it comes out of the oven, fill the bottom FULL of Bananas, pour vanilla pudding over it and cream on top. Chill and serve

#### PUMPKIN PIE

Sis Mathis

1 unbaked 9 inch pie shell  
3/4 cup sugar  
1/2 TSP salt  
1 tsp cinnamon  
1/4 tsp ginger  
1/4 tsp cloves  
3 eggs  
1 3/4 cup pumpkin, squash, or sweet potatoes  
1 1/2 cup milk or 1 can evaporated milk

COMBINE sugar, salt, cinnamon, ginger, and cloves in a small bowl. Mix thoroughly. Beat eggs lightly in a large bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in milk. BAKE in preheated oven 425F for 15 minutes then reduce temperature to 350 f for 35-50 minutes OR until center is almost set. It will continue cooking after you take it out of the oven. Cool on wire rack for 3 hours. Serve immediately or chill and serve with cream or ice cream.

#### WACKY CAKE (not eggless, milkless, butterless cake, also called wacky cake)

3 eggs  
1 cup sugar  
1 cup flour

Beat eggs well for 5 minutes with a mixer if you have one. Slowly add sugar. Add flour and pour into a greased baking pan and bake at 176 c for 20-30 minutes. Serve with jam or fruit on top. OPTION: Put sliced apples or other fruit in baking pan and then pout batter over the fruit and bake.

#### CARROT CAKE

1 1/2 cup cooking oil  
2 cup sugar  
4 eggs, well beaten  
3 cups grated carrots  
2 cups flour

1/2TSP salt  
2 tsp cinnamon  
1 tsp baking soda  
1 ½ cups nut, chopped (OPT)  
1 cup raisins  
1 tsp vanilla

NOTE: If you have access to the following spices, add:

3/4 tsp nutmeg  
3/4 tsp cloves  
3/4 tsp allspice  
3/4 tsp ginger

Combine oil and sugar until well mixed. Add eggs. Combine dry ingredients and stir to sift to sift. Add to batter and blend well. Stir in vanilla, nuts, carrots, and raisins. Mix well. Spread into a well greased cake pan. Bake at 176 c for 45-50 minutes or less or until center springs back when lightly touched. Cool on rack. Frost with a mixture of cream cheese and milk OR if you have access to powdered sugar, frost with cream cheese frosting.

#### CREAM CHEESE FROSTING

½ cup butter, softened  
100 gr. cream cheese  
1 lb. powdered sugar  
2 ½ TSP vanilla

Beat and spread on cooled cake.

#### BASIC TWO EGG CAKE

½ cup butter 1 cup sugar  
2 eggs  
2 1/4 cup flour  
½ TSP salt  
3 tsp baking powder  
3/4 cup milk  
1 tsp vanilla

Cream shortening, sugar, and vanilla until light and fluffy. Add two eggs and beat thoroughly. Add sifted dry ingredients alternately with milk. Bake in greased pan for 350 F 20-30 minutes.

#### EGGLESS, MILKLESS, BUTTERLESS CAKE

Cook one cup raisins for 20 minutes in enough water to have one cup of liquid when done. Drain off the liquid. ADD to the cup of liquid: 1 heaping tsp baking soda, 1 TBS oil. Let liquid cool then add: 1 cup sugar

1 tsp allspice  
1 tsp cinnamon  
1/4 tsp cloves  
1/4 tsp nutmeg  
2 cups flour

Stir in raisins last. Bake in a moderate oven (350) for 1 hour or until cake leaves the side of the pan.

#### CHOCOLATE SYRUP

5 TBS cocoa

6 TBS Sugar  
4 TBS milk  
100 mg Butter

Combine in a saucepan and boil 5 minutes, stirring constantly.  
TRIPLE FUDGE BROWNIES

Sister Stephens

Cook 1 small pkg. Chocolate pudding as directed.  
Stir in 1 chocolate cake mix dry.  
It will be sticky and thick.  
Place in a greased flowered 9 x 13 or 10 x 15 pan.  
Sprinkle chocolate chips over top.  
Sprinkle nuts (optional)  
Bake for 30 min. In a 325 oven.

### BANANA SPLIT DESSERT

1/3 lb. Graham crackers (about 1 ½ cups)  
½ gallon vanilla ice cream  
1 - 9 oz cool whip  
2 or 3 bananas (firm, not over ripe)  
chocolate syrup  
chopped walnuts

The day before:

1. Crush graham crackers & spread in a 9 x 13 pan.
2. Soften ice cream a few minutes at room temp.  
Cut in 1 inch thick slices & spread in a layer over the crackers. Work quickly so it doesn't melt. Return to freezer.
3. Remove cool whip from freezer and leave in refrig. Over night.

Afternoon you intend to serve dessert (a few hours before serving)

1. Slice bananas, stir into cool whip & spread over ice cream.
  2. Drizzle chocolate syrup over top.
  3. Sprinkle with chopped nuts.
- Return to freezer until time to serve.

### PUPPY CHOW

Sister Stephens

2 sticks marg.  
1 - 12 oz box Rice Checks (only)  
1 pkg chocolate chips  
¾ c creamy peanut butter  
1 lb. Box powder sugar

Melt in sauce pan on low, 2 sticks butter,  
1 pkg chocolate chips and ¾ c peanut butter  
Pour over rice checks and stir lightly to coat all checks  
In a paper bag add 1 lb powder sugar and the rick check mixture and toss to coat.  
Lay out on wax paper to cool.

This looks just like dog food. It tastes great! But it can be a good joke. Serves 12

(eof)

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# TURKEY

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Turkey Recipe Book

## **FAMILY RECIPES BOOK 1**

Appetizers  
Beef  
Beverages  
Breads - No  
Cakes  
Candies  
Casseroles

Cookies  
Desserts  
Eggs  
Fish

## **FAMILY RECIPES BOOK 2**

Frostings  
Fruit Salads  
Jams  
Pasta  
Pies  
Pork or ham  
Poultry  
Sauces  
Soups  
Vegetables  
Veggie Salads

## **APPETIZERS**

### **EASY SAUSAGE BALLS**

From Pia's Kitchen

1 lb hot ground sausage  
1 cup sharp cheddar cheese, grated  
1 (20 oz) box Bisquick

Mix all ingredients well, using hands. Roll into 1 inch balls and bake on ungreased cookie sheet for 25 minutes at 375°.

### **BEARY GOOD SNACK**

Bear shaped graham snack – chocolate and honey  
Honey-nut Cheerios, small box  
Honey roasted peanuts – small can  
Raisins – small box

Mix all in large bowl. Divide into bags or cover with lid.

### **BRUSCHETTA**

4 - 6 Servings  
1 cup olive oil  
2 medium tomatoes slice thin  
1/2 tsp seasoned pepper  
juice of 1 fresh lemon  
2 slices red onion, thinly sliced  
5 - 6 leaves fresh basil chopped fine  
3 cloves garlic, pressed  
1/3 lb mozzarella sliced thin

Combine all ingredients, mix and refrigerate at least 3 hours.

Slice Baguette bread diagonally in 1/2 - 1 inch slices. Brush one side with marinade mixture above and toast until golden brown.

Place toasted bread slice on serving platter. Layer each with a tomato slice, cheese slice, onion slice and top with basil leaf.

### **CHEX PARTY MIX**

Makes 9 cups  
1/2 cup margarine (1 stick)  
1 1/4 teaspoons seasoned salt  
4 1/2 teaspoons Worcestershire sauce  
2 2/3 cups Corn Chex cereal  
2 2/3 cups Rice Chex cereal  
2 2/3 cups Wheat Chex cereal  
1 cup salted mixed nuts

Preheat oven to 350°. Melt butter in microwave; add salt and sauce. Pour over mixed cereals and nuts and mix well. Bake in 15 x 10 x 2 inch pan for 20 to 25 minutes, stirring every 10 minutes.

Store in air tight container.

*NOTE: Can also add 1 cup garlic flavored bagel chips and 1 cup pretzels.*

## **GRANOLA**

From Pia's Kitchen

|                    |                    |
|--------------------|--------------------|
| 7 cups oats        | 3/4 cup nuts       |
| 1 cup wheat germ   | 1 teaspoon salt    |
| 1 cup brown sugar  | 1 teaspoon vanilla |
| 2 cups coconut     | 1 cup oil          |
| 1 cup sesame seeds | 1 cup soya flour   |

Rind of 1 lemon

Mix all together and bake at 200° for 2 hours. Store in airtight container.

Good over ice cream, yogurt, or served as cereal with milk.

## **LATE NIGHT GOBS OF GOO**

Makes 3 cups

*In a large bowl mix:*

1/2 box rice chex

1/2 box golden grahams

1 cup coconut

1 cup sliced almonds

*Bring to a boil:*

1 cup butter or margarine

1 cup light corn syrup

1 cup sugar

*Boil for 3 minutes and add:*

1 teaspoon vanilla

Pour cooked mixture over cereal mixture. Mix well. Pour out onto cookie sheet to dry. Enjoy.

## **MEXICAN STACK UP**

Makes 4 cups

1 (6 oz) pkg frozen avocado dip

1 (16 oz) can refried beans

2 tablespoons chopped onion

2 tablespoons water

1 (4 oz) pkg shredded cheese (1 cup)

2 tomatoes finely chopped

Sliced olives (optional)

Mix beans with onion and water. On large platter, spread beans mix, top with dip, then cheese, tomatoes and olives. Serve with taco or tortilla chips.

## **NO-BAKE PARTY MIX**

8 cups Crispix cereal  
2  $\frac{1}{2}$  cups miniature pretzels or pretzel sticks

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## **REUBEN ROLL-UPS**

From Pia's Kitchen

1 pkg refrigerated crescent rolls (8 rolls)  
1 (8 oz) can sauerkraut, well drained  
1 tablespoon thousand island salad dressing  
8 thin slices (about 4 oz) cooked corned beef  
2 slices process Swiss cheese, cut in 1/2 inch strips

Unroll crescent roll dough; separate into 8 triangles. Snip drained sauerkraut in can to cut long strands; combine with salad dressing. Place one slice corned beef across wide end of triangle. Spread 2 tablespoons sauerkraut on corned beef; top with 2 strips of cheese. Roll up beginning at wide end of triangle. Bake on ungreased baking sheet for 10 to 15 minutes at 375°. Makes 8

## **BISCUIT BAR-BE-CUPS**

10 servings

1 lb ground beef  
1/2 cup prepared barbecue sauce  
1 tablespoon instant minced onion (or 1/4 cup chopped onion)  
1 to 2 tablespoons brown sugar  
1 (10-oz) can flaky biscuits  
2 oz (1/2 cup) shredded Cheddar or American cheese

Heat oven to 400°. Grease 10 muffin cups. Brown ground beef in skillet and drain off fat. Stir in barbecue sauce, onion and brown sugar. Cook 1 minute, stirring constantly.

Separate dough in 10 biscuits. Place 1 in each muffin cup and firmly press in bottom and up sides forming 1/4 inch rim around the top. Spoon about 1/4 cup of meat mix into each biscuit. Sprinkle each with cheese.

Bake for 10 to 12 minutes or until edges of biscuits are golden brown. Cool 1 minute; remove from pan.

## **CARAMELIZED ONION BRUSCHETTA**

*2 servings*

2 Teaspoons Butter  
1/4 teaspoon sugar  
1 tablespoon chopped fresh or 1 teaspoon dried basil  
1 (6-inch) piece French Bread baguette  
2 tablespoons grated fresh Parmesan cheese  
1/4 teaspoon freshly ground black pepper

Preheat broiler. Melt butter in small skillet over medium heat. Add onion and sugar; cook 14 minutes or until golden brown, stirring frequently. Remove from heat and add basil.

Cut bread in half horizontally. Place cut sides up on baking sheet and broil for 2 min or until toasted. Spread 1 tablespoon caramelized onion mix over each half; sprinkle with cheese and pepper. Broil 1 minute or until cheese melts.

*CALORIES 236; FAT 7.5 g; CARB 34.1 g*

## **CRESCENT VEGGIE APPETIZERS**

2 (8 oz) cans crescent rolls  
1/2 cup sour cream  
1/8 teaspoon garlic powder  
1 (8 oz) pkg cream cheese  
1 teaspoon dill  
3 cups assorted and chopped veggies

Preheat oven to 375°. Remove dough from can (do not unroll). Cut each roll into 8 slices (16 per can). To form a tree, start with one slice on the top, then 2, then 3, 4, and 5 with 1 left for the tree trunk. Bake rolls for 11 to 13 minutes on ungreased cookie sheet. Cool one minute and carefully loosen and slide on to a serving platter.

Combine all remaining ingredients (except veggies) till smooth and spread on top.

*(NOTE: to save time you can use one pkg of dill dip). Decorate trees with chopped veggies.*

## **ELEPHANT EARS**

From Crawfordsville Ward

|                         |                          |
|-------------------------|--------------------------|
| 1 1/2 cups milk         | 2 tablespoons sugar      |
| 1 teaspoon salt         | 6 tablespoons shortening |
| 2 tablespoons dry yeast | 4 cups flour             |
| Oil for frying          |                          |

Combine milk, sugar, salt and shortening in saucepan and heat until melted. Do not let boil. Cool to lukewarm.

Add yeast and stir until dissolved; stir in flour (2 cups at a time) beating after each addition until smooth. Put in greased bowl, cover and let rise until double (about 30 minutes).

Dust hands with flour and pinch off pieces about the size of a golf ball. Stretch each piece into thin 6 to 8 inch circles. Fry, one at a time in 350° oil until dough rise to the surface. Drain on absorbent paper and sprinkle generously with sugar mixture of 1/2 cup sugar and 1 teaspoon cinnamon.

## **HAWAIIAN BREAD & DIP**

From Pia's Kitchen

1 cup water chestnuts, chopped  
1 pkg instant Swiss Knor vegetable soup  
2 - 5 green onions, chopped  
1 pkg. frozen spinach  
1 cup mayonnaise  
1 cup sour cream

Squeeze water out of spinach. Mix all ingredients together well. Hollow out a round loaf of Hawaiian bread and put dip in the center. Dip with pieces of hollowed-out bread.

## **LAYERED TEX-MEX DIP**

*LAYER 1 - MIX TOGETHER AND SPREAD ON 9" ROUND PLATTER:*

|                              |                       |
|------------------------------|-----------------------|
| 2 can fat-free refried beans | 2 T. lime juice       |
| 2 t. chili powder            | 1 t. minced garlic    |
| 1 t. ground cumin            | 1 t. hot pepper sauce |

*LAYER 2 - MIX TOGETHER AND SPREAD OVER BEANS:*

|                    |                       |
|--------------------|-----------------------|
| 1 T. lime juice    | 1 T. chopped cilantro |
| 1 t. minced garlic | 1 t. salt             |

*LAYER 3 - 3/4 cups reduced fat sour cream*

*LAYER 4 - 2/3 cups shredded cheddar cheese*

*LAYER 5 - MIX TOGETHER AND LAYER ON THE TOP:*

|                          |                          |
|--------------------------|--------------------------|
| 1 large tomato, chopped  | 1/4 cup sliced scallions |
| 1/4 cup chopped cilantro | 1 T. lime juice          |
| 1/2 t. minced garlic     | 1/4 t. salt              |

First 4 layers can be made ahead. Cover tightly with plastic wrap and refrigerate. When ready to serve add salsa layer & serve with tortilla chips.

## **MUNCHABLE SNACK MIX**

Makes 10 cups

1 pkg (16 oz) M & M's  
1 can (12 oz) salted peanuts  
1 pkg. (11 oz) butterscotch chips  
2 cups raisins  
1 cup cashews

Combine all ingredients and mix well. Place in resealable plastic bags or containers.

## **PUPPY CHOW**

1 cup semi-sweet chocolate chips  
 $\frac{1}{4}$  cup peanut butter

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## **SAUSAGE SNACK WRAPS**

24 Servings

Heat oven to 375(. Separate 1 (8z) can crescent rolls into triangles. Cut each triangle lengthwise into thirds. Place a fully cooked cocktail smoked hot dog on each triangle; roll up and place on ungreased cookie sheets.

Bake for 12 to 15 minutes or until golden brown.

## **SPINACH ROLL UPS**

From Scranton Stake

|                             |                               |
|-----------------------------|-------------------------------|
| 10 large flour tortillas    | bacon bits                    |
| 2 to 3 chopped green onions | 1/2 cup sour cream            |
| 1/2 cup mayonnaise          | 8 oz cream cheese             |
| 1/2 pkg ranch dressing dip  | 2 (10 oz) pkgs frozen spinach |

Thaw and drain the spinach; squeeze out water and press between paper towels. Mix all ingredients; spread on tortillas. NOTE: tortillas will roll easier if slightly warmed or at room temperature. Roll tortillas and slice in 1/2 inch slices (makes little pinwheels). Refrigerate on a serving platter overnight, covered with plastic wrap.

## **TOMATO AND PEPPER BRUSCHETTA**

From Pia's Kitchen

|                                          |                                     |
|------------------------------------------|-------------------------------------|
| 1 cup diced, seeded tomatoes             | 24 slices hard crust baguette bread |
| 1 cup marinated roasted peppers, chopped |                                     |
| 4 tablespoons olive oil                  | 3/4 cup finely chopped onion        |
| 2 cloves finely chopped garlic           | 16 basil leaves, chopped            |
| Salt & pepper to taste                   |                                     |

Sauté onion and garlic in olive oil for 1 minute. Add the pepper and tomato mixture and sautéed mixture with remaining ingredients. Preheat oven to 485° and toast the bread for about 4 minutes. Remove from the oven and brush some olive oil on each slice of toasted bread; cover each slice with a spoonful of the tomato, pepper mixture. Heat the bruschetta in the oven - just a few minutes; serve warm and enjoy

## **SPICED PECANS**

From Eileen Savoldi

|               |                            |
|---------------|----------------------------|
| 1 egg white   | 2 cups pecan halves        |
| 1/4 cup sugar | 2 teaspoon ground cinnamon |

Beat egg white until foaming. Add pecan and toss until well coated. Combine sugar and cinnamon; sprinkle over pecans and toss to coat. Spread in a single layer on an ungreased baking sheet. Bake at 300° for 30 minutes or until browned. Cool on waxed paper. Store in air-tight container (if they last that long!).

## **SPINACH SQUARES**

From Scranton Stake

|                              |                             |
|------------------------------|-----------------------------|
| 4 tablespoons margarine      | 1 cup flour                 |
| 1 teaspoon salt              | 1 lb cheddar cheese, grated |
| 1 tablespoon chopped onion   | 3 eggs                      |
| 1 cup milk                   | 1 teaspoon baking powder    |
| 20 oz frozen chopped spinach |                             |

Thaw spinach, drain well. Preheat oven to 350°. Put margarine in 9 x 13 inch baking dish; melt in oven and remove.

In large bowl beat eggs well; add flour, milk, salt, baking powder and mix well. Add cheese, spinach and onion and mix well. Spoon into pan and level off. Bake for 35 minutes. Cool completely, then cut into small squares. This dish can be made ahead and frozen. Then just thaw and serve.

## **VEGETABLE PIZZA**

From Pia's Kitchen

1 pkg crescent rolls  
1 pkg (8 oz) cream cheese  
1/2 cup mayonnaise  
1/2 pkg Ranch dressing mix, dry (or dry taco-seasoning mix)  
Spread crescent rolls on a jelly roll pan - pinch rolls together to seal. Bake as directed on the package and cool. Mix together the cream cheese, mayonnaise and dressing. Spread over cooled crescent rolls. Top with finely chopped vegetables of your choice (green peppers, onions, carrots, tomatoes, broccoli, etc.) Cut into small squares.

## **BEEF**

### **BARBECUE**

From Pia's Kitchen

|                                      |                                |
|--------------------------------------|--------------------------------|
| 2 lbs pork shoulder or beef          | 2 large green peppers, chopped |
| 2 large onions, chopped              | 1/2 bottle of catsup           |
| 2 tablespoons sugar                  | 2 tablespoons vinegar          |
| 1 teaspoon pickling spice (in a bag) | salt to taste                  |

Bake pork until tender or done. Cool and shred meat using two forks to pull meat apart. Drain meat pan of fat and add 2 cups of water. Add shredded meats, peppers, onions and remaining ingredients. Cook for 1 hours slowly - or throw in a crock-pot on high for 3 hours.

Serve barbecue on toasted buns.

## **BEEF (OR CHICKEN) CHOP SUEY**

From Pia's Kitchen

2 cups chopped celery

1/2 cup sliced onion

1 lb ground beef

1 tablespoon oil

Cook beef with celery and onion in hot oil until meat begins to brown.

Drain off fat.

Blend 2 tablespoons cornstarch with 1 1/2 cups water; add:

1 beef bouillon cube

1/4 cup soy sauce

1/2 teaspoon salt

Stir mixture constantly until sauce is thickened and clear.

Add 4 cups chopped cabbage or 16 oz can of bean sprouts to sauce along with beef mixture. Serve over rice.

*NOTE: In place of beef bouillon and ground beef, use 2 cups diced, cooked chicken and chicken bouillon.*

## **BEEF STROGANOFF**

*6 servings*

1 1/2 lb round steak sliced in thin strips

1 tablespoon oil

1 (10.75 oz) cream of mushroom soup

1/2 cup water

1 envelope onion soup mix

1/2 cup sour cream

Stir fry beef in oil until no longer pink. Add soup, water, and onion soup mix. Reduce heat, cover and cook 20 minutes. Stir in sour cream. Heat through and serve over buttered, cooked noodles.

## BEEF TENDERLOIN en CROUTE 10 servings

|                                                  |                                  |
|--------------------------------------------------|----------------------------------|
| 1 (3 or 4-lb) beef tenderloin                    | 1/2 lb mushrooms, finely chopped |
| 2 tablespoons margarine                          | 1 tablespoon chopped chives      |
| 1/4 cup seasoned dry bread crumbs                |                                  |
| 1 (8 oz) softened cream cheese w/herb and garlic |                                  |
| 1/4 teaspoon salt                                | 1 pkg frozen puff pastry         |
| 1 egg beaten with 1 tablespoon water             |                                  |

## CORNERED BEEF

|                           |                            |
|---------------------------|----------------------------|
| 2 1/2 cups rock salt      | 2 cups brown sugar         |
| 2 1/2 cups light molasses | 1 1/2 teaspoon baking soda |
| 4 teaspoons salt peter    | 1 gal water, hot           |

## MAKE AHEAD SLOPPY JOES

Serves 14 - 16

|                            |                                |
|----------------------------|--------------------------------|
| 1 lb bulk park sausage     | 1 lb ground beef               |
| 1 medium onion, chopped    | 14 to 16 sandwich buns, split  |
| 2 cans (8 oz) tomato sauce | 2 tablespoons prepared mustard |
| 1 teaspoon dried parsley   | 1 teaspoon garlic powder       |
| 1 teaspoon salt            | 1/4 teaspoon pepper            |
| 1/4 teaspoon dried oregano |                                |

Brown sausage, beef, and onion until done. Remove from heat and drain off fat. Remove the centers from the tops and bottoms of each bun. Tear removed bread into small pieces and add to skillet mix. Set buns aside. Stir remaining ingredients into sausage mix; simmer 5 minutes. Spoon about 1/3 cup of mixture onto the bottom of each bun and replace tops. Wrap each sandwich in heavy duty foil. Bake at 350° for 20 minutes or until heated through. Can be frozen for up to 3 months. *To use frozen sandwiches: bake at 350° for 35 minutes or until heated through.*

## **PEPPER-CRUSTED BEEF TENDERLOIN W/HORSERADISH SAUCE**

16 servings

|                           |                             |
|---------------------------|-----------------------------|
| 1 (4-lb) beef tenderloin  | 1 1/2 t. olive oil          |
| 3 T dry breadcrumbs       | 3 T minced fresh parsley    |
| 1 1/2 t. black pepper     | 3/4 t. kosher salt          |
| 1 cup fat-free sour cream | 2 T horseradish             |
| 1 t. grated lemon rind    | 1/2 t. Worcestershire sauce |
| 1/4 t. hot pepper sauce   |                             |

Trim fat from tenderloin and fold under small end. Rub with oil.

Combine breadcrumbs, parsley, pepper, and 1/2 t. salt. Rub tenderloin with crumb mixture; coat with PAM. Place beef on roasting pan. Bake @ 400° for 30 min; Bake an additional 10 minutes at 425°. Place beef on platter and cover with foil. Let stand 10 minutes.

Combine 1/4 t. salt, sour cream, and remaining ingredients in small bowl. Serve with beef. (serving size 3 oz beef & 1 T sauce)

*CALORIES 195; FAT 8.4 g; CARB 2.4 g; FIBER 0.2 g*

## **PEPPER STEAK**

From Pia's Kitchen

|                                                     |                           |
|-----------------------------------------------------|---------------------------|
| 2 lb round steak                                    | 1/2 cup oil               |
| 2 cloves minced garlic                              | 2 tablespoons soy sauce   |
| 2 teaspoon salt                                     | 1/2 cup water             |
| 2 cups chopped onions                               | 4 tomatoes cut in eighths |
| 2 cups green peppers, chopped                       | 1 cup chopped celery      |
| 2 tablespoons cornstarch mixed in 2 cups cold water |                           |

Brown beef in hot oil. Add garlic and cook until yellow. Add soy sauce, salt and 1/2 cup water. Cook for 45 minutes over medium heat. Add peppers, onions, and celery and cook 10 more minutes. Stir cornstarch blended water into beef mixture and add tomatoes. Cook for 5 minutes. Serve over rice.

*This is an excellent recipe to use up cheap cuts of meat.*

### **PARMESAN POLENTA with SAUSAGE & MUSHROOMS** 5 servings

|                                                        |                            |
|--------------------------------------------------------|----------------------------|
| 3 (3-oz) links hot turkey Italian sausage              | 1 teaspoon olive oil       |
| 2 (8-oz) pkgs pre-sliced mushrooms                     | 1/3 cup dry white wine     |
| 2 tablespoons chopped fresh or 2 teaspoons dried basil |                            |
| 1 (14.5-oz) can diced tomatoes, drained                | 4 cups water               |
| 1 cup instant polenta (Contadina)                      | 3/4 teaspoon garlic powder |
| 1/2 teaspoon sugar                                     | 1/4 teaspoon salt          |
| 1/3 cup grated Parmesan cheese                         |                            |

Pierce sausages, cut each diagonally into 1 inch pieces. Cook in oil over medium-high heat for 3 minutes. Add wine & mushrooms; cover, reduce heat & cook 10 minutes - stir occasionally. Remove sausage from pan; cook mushroom mix 5 minutes longer until liquid almost evaporates. Stir in basil and tomatoes; cook 1 minute. Return sausage to pan; keep warm. Cook polenta, adding remaining spices to water. Cook until thick. Serve with sausage mixture.

*CALORIES 288; FAT 9.5g; PROTEIN 18.2g; CARB 35.1 g; FIBER 1.6 g*

### **SLOPPY JOES**

From Pia's Kitchen

|                                        |                           |
|----------------------------------------|---------------------------|
| 1 lb ground beef                       | 1 small onion, chopped    |
| 1/2 cup chopped green pepper or celery | 8 oz tomato sauce (1 cup) |
| 1/2 cup catsup                         | 1 tablespoon brown sugar  |
| 1 teaspoon dry mustard                 | 1/4 teaspoon salt         |
| 1 tablespoon Worcestershire sauce      | 1/8 teaspoon pepper       |
| 1 tablespoon vinegar                   |                           |

Cook and drain beef; add remaining ingredients and simmer at least 5 minutes. Serve on buns. Makes 4 sandwiches.

### **SOUR CREAM ENCHILADAS**

From Elder Charles Ross

|                                             |                              |
|---------------------------------------------|------------------------------|
| 2 tablespoons oil (if using lean meat       | 1 medium onion, chopped      |
| 1/2 lb grated Velveeta cheese               | 1/2 lb sharp cheddar, grated |
| 1 bottle sweet and mild red & green peppers |                              |
| 1 #2 can diced tomatoes                     | 1 lb ground beef             |
| 1/2 pint sour cream                         |                              |
| 2 bunches green onion, chopped              |                              |
| 1 (lunch bag size) bag of Fritos            | black olives, optional       |

Brown meat and onion in cooking oil; drain off oil when cooked and add chili peppers, tomatoes and sour cream. Simmer 5 minutes.

In large casserole place a layer of Fritos, then chopped green onions and mixed grated cheeses, then meat mixture. Repeat layers. Sprinkle top with cheese. Cover and bake at 350° for 40 minutes.

## **Beverages**

### **7 UP EGGNOG**

Makes 16 servings

1 quart eggnog  
1 pint vanilla ice cream, softened  
2 cups 7 UP, chilled  
Nutmeg

Combine eggnog and ice cream in punch bowl. Slowly add 7 UP and sprinkle with nutmeg.

### **CELEBRATION SLUSH**

Makes 9 1/2 cups or 60 servings

4 (6 oz) cans frozen orange juice      2 pints pineapple sherbet  
3 cups water      Orange, lemon or lime slices  
Chilled lemon-lime carbonated beverage, chilled

Thaw concentrate slightly; stir sherbet to soften. Stir concentrate and water into sherbet. Freeze 5 hours or overnight till firm.

To serve: Let mixture stand 10 minutes at room temperature. Scoop the frozen mixture into large bowl. Fill a larger bowl with ice and insert slush bowl in the ice-filled bowl.

For each serving spoon about 2 tablespoons slush into a glass; pour in carbonated beverage and garnish with a fruit slice.

### **CRANBERRY PUNCH**

Makes 30 (4 oz) cups

3 cups cranberry juice  
4 (6 oz) cans frozen orange juice  
2 (6 oz) cans frozen lemonade  
1/8 teaspoon cinnamon  
2 quarts (8 cups) 7 UP

Combine fruit juices and cinnamon in punch bowl. Stir and blend thoroughly. Just before serving, slowly pour in chilled 7 UP. Float slices of fresh fruit to garnish.

## **GOLDEN PUNCH**

48 (1/2 cup) Servings

|                                    |                                |
|------------------------------------|--------------------------------|
| 6 cups water                       | 1/2 teaspoon almond or vanilla |
| extract                            |                                |
| 4 cups sugar                       | 1 can (46 oz) pineapple juice  |
| 1 can (12 oz) frozen orange juice  | 1 can (6 oz) frozen lemonade   |
| 1 (2 liter) bottle lemon-lime soda |                                |

Bring water and sugar to boil and stir for 2 minutes. Pour into a large container and add juices, concentrates and extract. Cover and freeze. Remove 1 1/2 hours before serving, mash and stir in soda.

NOTE: This recipe was used by the Crawfordsville Relief Society for a lot of Branch and Ward functions.

## **LIME SLUSH**

From Crawfordsville's Relief Society

|                                            |                               |
|--------------------------------------------|-------------------------------|
| 5 (3 oz) pkg lime gelatin                  | 5 1/2 quarts boiling water    |
| 2 (46 oz) can pineapple juice              | 3 (12 oz) can frozen lemonade |
| 1 (20 oz) can crushed pineapple, undrained |                               |
| 1 (46 oz) can grapefruit juice drink       |                               |
| 6 to 8 quarts ginger ale                   | Sugar to taste                |

Dissolve gelatin in boiling water; cool to room temperature. Stir in pineapple, juices, and concentrate into several plastic containers.

*To serve:* about 3 hours before serving time place frozen slush in a punch bowl; add ginger ale in desired amounts and stir slightly.

## **PARTY PUNCH**

Makes 1 1/2 gallons

Dissolve: 1 large pkg jello (any flavor) in 4 cups boiling water

Add: 1 cup sugar and 1 large can pineapple juice

Add: enough water to make 1 gallon

Freeze: Stir often (the sugar keeps it from freezing solid)

Add: 1 large (2 liter) bottle ginger ale just before serving.

## **SHERBERT PUNCH**

Makes 40 (4 oz) cups

6 cups (48 oz) 7 UP  
1 (46 oz) can pineapple juice  
1 (46 oz) can orange juice  
1 pint lime sherbet

Chill ingredients. At serving time combine pineapple and orange juices in punch bowl and slowly pour in 7 UP. Add scoops of sherbet and serve immediately.

## Beverages

## **7 UP EGGNOG**

Makes 16 servings

1 quart eggnog  
1 pint vanilla ice cream, softened  
2 cups 7 UP, chilled  
Nutmeg

Combine eggnog and ice cream in punch bowl. Slowly add 7 UP and sprinkle with nutmeg.

## **CELEBRATION SLUSH**

Makes 9 1/2 cups or 60 servings

|                                                 |                              |
|-------------------------------------------------|------------------------------|
| 4 (6 oz) cans frozen orange juice               | 2 pints pineapple sherbet    |
| 3 cups water                                    | Orange, lemon or lime slices |
| Chilled lemon-lime carbonated beverage, chilled |                              |

Thaw concentrate slightly; stir sherbet to soften. Stir concentrate and water into sherbet. Freeze 5 hours or overnight till firm.

To serve: Let mixture stand 10 minutes at room temperature. Scoop the frozen mixture into large bowl. Fill a larger bowl with ice and insert slush bowl in the ice-filled bowl.

For each serving spoon about 2 tablespoons slush into a glass; pour in carbonated beverage and garnish with a fruit slice.

## **CRANBERRY PUNCH**

Makes 30 (4 oz) cups

3 cups cranberry juice  
4 (6 oz) cans frozen orange juice  
2 (6 oz) cans frozen lemonade  
1/8 teaspoon cinnamon  
2 quarts (8 cups) 7 UP

Combine fruit juices and cinnamon in punch bowl. Stir and blend thoroughly. Just before serving, slowly pour in chilled 7 UP. Float slices of fresh fruit to garnish.

## **GOLDEN PUNCH**

48 (1/2 cup) Servings

|                                    |                                        |
|------------------------------------|----------------------------------------|
| 6 cups water                       | 1/2 teaspoon almond or vanilla extract |
| 4 cups sugar                       | 1 can (46 oz) pineapple juice          |
| 1 can (12 oz) frozen orange juice  | 1 can (6 oz) frozen lemonade           |
| 1 (2 liter) bottle lemon-lime soda |                                        |

Bring water and sugar to boil and stir for 2 minutes. Pour into a large container and add juices, concentrates and extract. Cover and freeze. Remove 1 1/2 hours before serving, mash and stir in soda.

NOTE: This recipe was used by the Crawfordsville Relief Society for a lot of Branch and Ward functions.

## **LIME SLUSH**

From Crawfordsville's Relief Society

|                                            |                               |
|--------------------------------------------|-------------------------------|
| 5 (3 oz) pkg lime gelatin                  | 5 1/2 quarts boiling water    |
| 2 (46 oz) can pineapple juice              | 3 (12 oz) can frozen lemonade |
| 1 (20 oz) can crushed pineapple, undrained |                               |
| 1 (46 oz) can grapefruit juice drink       |                               |
| 6 to 8 quarts ginger ale                   | Sugar to taste                |

Dissolve gelatin in boiling water; cool to room temperature. Stir in pineapple, juices, and concentrate into several plastic containers.

To serve: about 3 hours before serving time place frozen slush in a punch bowl; add ginger ale in desired amounts and stir slightly.

## **PARTY PUNCH**

Makes 1 1/2 gallons

- Dissolve: 1 large pkg jello (any flavor) in 4 cups boiling water
- Add: 1 cup sugar and 1 large can pineapple juice
- Add: enough water to make 1 gallon
- Freeze: Stir often (the sugar keeps it from freezing solid)
- Add: 1 large (2 liter) bottle ginger ale just before serving.

## **SHERBERT PUNCH**

Makes 40 (4 oz) cups

- 6 cups (48 oz) 7 UP  
1 (46 oz) can pineapple juice  
1 (46 oz) can orange juice  
1 pint lime sherbet

Chill ingredients. At serving time combine pineapple and orange juices in punch bowl and slowly pour in 7 UP. Add scoops of sherbet and serve immediately.

## **CAKES**

### **BETTER THAN ROBERT REDFORD**

From Mary Beth Keim

- 1 1/2 cups flour
- 1 cup powdered sugar  
1 1/2 cups butter  
8 oz cream cheese  
2/3 cup chopped pecans  
9 oz whipped topping, thawed  
2 pkg instant pudding  
3 cups milk

Mix flour, butter, and nuts and press into 9 x 13 baking dish. Bake 30 minutes at 325°. Cool.  
Beat sugar and cream cheese for 2 minutes. Add 1/2 cup of whipped topping. Spread on cooled crust.

Mix pudding and milk and spread, immediately, on top of cream cheese mixture.  
Top with the other 1/2 of whipped topping. Refrigerate at least 3 hours before serving.

### **BUTTER CAKE**

Serves 12 - 15

From Pia's Kitchen

2/3 cup soft butter  
3 cups cake flour  
1 3/4 cups sugar  
2 1/2 teaspoons baking powder  
2 eggs  
1 teaspoon salt  
1 1/2 teaspoon vanilla  
1 1/4 cups milk

Cream butter and sugar until fluffy. Beat in 1 egg at a time. Add vanilla. Alternately add dry ingredients and milk beating after each addition. Pour into 2 greased and floured 9 inch layer pans.

Bake for 35 - 40 minutes at 350°.

Frost or serve with fresh fruit and without frosting (like a really rich shortcake).

### **CHOCOLATE SHEET CAKE** *(sometimes called Texas Sheet Cake)*

*Serves 12 - 15*

*Mix together:*

2 cups flour  
2 cups sugar

*Bring to boil, then pour over flour & sugar mixture:*

4 tablespoons cocoa  
1 cup water

1/2 teaspoon salt  
2 sticks margarine

*Mix together:*

1 teaspoon baking soda

1/2 cup buttermilk (or regular milk with 1/2 tablespoon lemon juice)

*Add buttermilk mixture to flour mixture; stir in:*

1 teaspoon cinnamon  
1 teaspoon vanilla

2 eggs

*Mix well. Bake 20 minutes at 400° in a greased, & floured jelly roll pan.*

### **CHOCOLATE SHEET CAKE ICING**

Start icing 5 minutes before cake is done (or you'll never be able to spread it!).

1 stick margarine, melted and hot  
1 tablespoon milk, hot

4 tablespoons cocoa  
1 teaspoon vanilla

1 box powdered sugar (1 lb or 4 full cups)

1 cup pecans (optional)

NOTE: I usually double the cake recipe and ice both cakes with one recipe of icing. I think the icing is too sweet for just one cake.

### **CHOCOLATE SHEET CAKE**

From Pia's Kitchen

*Bring to boil:*

2 sticks margarine  
4 tablespoons cocoa

1 cup water  
1/2 teaspoon salt

*Pour cocoa mixture over:* 2 cups flour

2 cups sugar

*Stir well then add:* 1/2 cup buttermilk

1 teaspoon baking soda

(NOTE: dissolve soda in the buttermilk first)

*Also add:*

1 teaspoon cinnamon  
2 eggs

1 teaspoon vanilla

Bake in large, greased and lightly floured jelly roll pan at 400° for 20 minutes.

*Start icing 5 minutes before cake is done and frost cost will still warm:*

1 stick melted and hot margarine

6 tablespoons milk, hot  
4 tablespoons cocoa

1 box confectioner sugar

1 teaspoon vanilla

1 cup pecans (optional)

NOTE: I usually double the cake recipe and frost both cakes with single recipe of frosting (or halve the frosting recipe).

### **CHRISTMAS POKE CAKE**

1 pkg white cake mix

1 pkg (3 oz) raspberry gelatin

1 pkg (3 oz) lime gelatin

2 cups boiling water

1 container (8 oz) non-dairy whipped topping, thawed

Prepare cake mix as directed and pour batter into 2 round 8 or 9 inch pans. Bake as directed; cool 10 minutes. Remove from pans and cool completely. Place cake layers, top sides up back into "cleaned" cake pans. Prick each layer with a utility fork at 1/2 inch intervals. Pour 1 cup of the raspberry flavor gelatin over 1 layer and 1 cup of the lime over the other layer. Refrigerate 3 to 4 hours. To remove cakes from pans, dip into warm water for 10 seconds and gently shake to loosen. Spread with whipped topping. Refrigerate at least 1 hour before serving.

TIP: Other flavors of gelatin can be substituted - like lemon and lime for a "cool" SUMMER POKE cake

### **DIRT CAKE**

From Pia's Kitchen

Finely-crush: 1 pkg (16 oz) Oreo cookies (*other chocolate sandwich cookies can be substituted, but the result are not as yummy.*)

Combine and set aside:

8 oz cream cheese

1 cup powdered sugar

1/2 cup butter or margarine

Combine:

1 1/2 cups milk

2 small pkgs vanilla instant pudding

Fold into pudding:

1 (12 oz) container whipped topping (thawed)

Add cream cheese mixture to the pudding mixture.

In a 9 x 13 inch pan, layer cookie crumbs, pudding mixture, cookie crumbs pudding mixture, etc starting and ending with cookie crumbs. Refrigerate at least 1 hour before serving.

*NOTE: For creative touch, use a good sized flower pot or a beach-sand bucket in place of the 9 x 13 inch pan. Additional touches: plastic flowers and gummy worms - then serve with a trowel or a little beach-sand shovel.*

## **GERMAN APPLE CAKE**

5 Apples, thinly sliced

2 teaspoons cinnamon

1/3 cup sugar

Slice apples and coat thoroughly with cinnamon and sugar.

3 cups flour

1/3 cup orange juice

2 cups sugar

2 teaspoons vanilla

1 cup oil

1 ½ teaspoons baking soda

4 eggs

1 ½ teaspoons baking powder

¼ teaspoon salt

Combine the flour, oil, salt, orange juice, vanilla and eggs. Beat 1 minute at low speed, then 3 minutes at medium speed. Add baking powder and baking soda and beat another minute. Grease an angel food cake pan. Put in alternate layers of dough and apples, ending with dough on the top. Bake at 350° for 1 hour and 20 minutes. Put confectioners sugar on top or when warm serve with whipped cream or ice cream.

## **HOT APPLE CAKE WITH CARAMEL PECAN SAUCE**

From Pia's Kitchen

(NOTE: for 2-9 x 13 inch pans use quantities in parenthesis)

*Beat together until light and fluffy:*

1/2 (1 1/2) lb margarine

1 (3) cup(s) sugar

*Add eggs - one at a time:*

2 (6) eggs

*Add to egg/margarine mixture:*

1/2 (1 1/2) teaspoon(s) nutmeg

1/2 (1 1/2) teaspoon(s) salt

1 1/2 (4 1/2) teaspoons cinnamon

1 (3) teaspoon(s) baking powder

1 1/2 (4 1/2) cups flour

1 (3) teaspoon(s) vanilla

*Fold in the following:*

3 (9) peeled and finely chopped tart apples

3/4 (2 1/4) cup(s) chopped pecans

*Bake at 350° for 35 - 45 minutes in greased and floured pan(s).*

**SAUCE:**

Melt 4 (12) tablespoons unsalted butter and add 1/2 (1 1/2) cup(s) pecan halves. Stir constantly over medium heat until golden brown. Add 1 (3) cup(s) brown sugar and 1(3) cups whipping cream; stir until sugar dissolves and sauce boils. Sauce will thicken as it cools. Serve on cake with whipped topping and a maraschino cherry.

**HUMMINGBIRD CAKE**

Serves 12 - 15

From Ann Park, Atlanta, GA

3 cups flour

1 1/2 teaspoon vanilla

1 teaspoon baking soda

1 (8 oz) can crushed pineapple, undrained

1/2 teaspoon salt

1 cup chopped pecans or walnuts

2 cups sugar

2 cups mashed bananas

1 teaspoon ground cinnamon

1/2 cup chopped pecans or walnuts

3 eggs, beaten

Cream Cheese Frosting (see below)

3/4 cup vegetable oil

Combine first 5 ingredients in a large bowl; add eggs & oil, stirring until dry ingredients are moistened. Do not beat. Stir in vanilla, pineapple, 1 cup chopped nuts and bananas. Pour batter into 3 greased & floured 9-inch round cake pans. Bake at 350° for 23 - 28 minutes or until a wooden pick inserted in center comes out clean. Cool in pans for 10 minutes; remove from pans and let cool completely on wire racks. Stir 1/2 cup chopped nuts into cream cheese frosting, if desired, or reserve them to sprinkle on top of the frosted cake. Spread frosting between layers and on top and side of cake. Yield: 1 (3-layer) cake.

NOTE: Cake may be baked in a 9 x 13 inch baking pan. Bake at 350° for 40 to 45 minutes or until a wooden pick inserted in the middle comes out clean.

**CREAM CHEESE FROSTING**

1/2 cup butter or margarine, softened

1 (16 oz) pkg powdered sugar, sifted

1 (8 oz) pkg cream cheese, softened

1 teaspoon vanilla extract

Cream butter and softened cream cheese. Gradually add powdered sugar; beat until light and fluffy. Stir in vanilla. Yield: enough for 1 (3-layer) cake.

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1 (8 oz) pkg cream cheese, softened

1 teaspoon vanilla extract

Cream butter and softened cream cheese. Gradually add powdered sugar; beat until light and fluffy. Stir in vanilla. Yield: enough for 1 (3-layer) cake.

## **RAW APPLE CAKE**

From Pia's Kitchen

2 cups sugar

2 teaspoons soda

1 cup margarine

1 teaspoon cinnamon

2 eggs

1/2 teaspoon salt

2 cups flour

1 cup nuts (optional)

4 cups finely chopped apples

Cream together margarine and sugar. Add eggs and beat well. Add dry ingredients. Add nuts and apples. Pour into greased and floured 9 x 13 pan. Bake at 350° for 45 minutes.

**TOPPING:**

1/2 cup brown sugar

1/2 cup white sugar

1/2 cup margarine

1/2 cup cream

Mix together and bring to a boil. Remove from heat and serve on cake while still warm.

**REALLY RICH POUND CAKE**

From Pia's Kitchen

Serves 12 - 15

1/2 lb butter (not margarine)

3 cups flour

1/2 lb Crisco

1/4 teaspoon salt

3 cups sugar

1/2 teaspoon baking powder

5 eggs

1 cup milk

1 teaspoon vanilla

Cream butter & Crisco with sugar. Add eggs one at a time. Add dry ingredients alternately with milk and vanilla.

FOR CHOCOLATE CAKE: Add 1/2 cup milk and 1/2 cup cocoa to recipe.

Bake at 325° for 1 hour and 25 minutes in a greased and lightly floured tube or bundt pan.

**TUNNEL OF FUDGE CAKE**

Serves 12

1 ½ cups butter, softened

6 eggs

1 ½ cups sugar

2 cups flour

2 cups chopped walnuts

1 (16 oz) ready-made fudge frosting

Chocolate Glaze (recipe follows)

Preheat oven to 350°. Grease and flour a 9 or 10 inch bundt pan. Cream butter in a large bowl with an electric mixer on high speed. Add eggs one at a time. Gradually beat in sugar and continue creaming until light and fluffy. Stir in by hand, the flour, fudge frosting, and walnuts until well blended. Pour batter into prepared pan. Bake for 60 to 65 minutes. Cool in pan for 2 hours before removing. Drizzle with Chocolate Glaze.

**CHOCOLATE GLAZE**

3 tablespoons cocoa

2 tablespoons butter, melted  
1 cup powdered sugar  
2 or 3 tablespoons hot water.  
Combine all ingredients in bowl and beat by hand until smooth

### **TURTLE CAKE**

From Mary Beth Keim

1 German Chocolate cake mix  
14 oz pkg caramels  
3/4 cup margarine  
1/2 cup evaporated milk  
1 cup chocolate chips  
1 cup pecan halves  
Powdered sugar

Mix cake mix according to package directions. Pour half the batter into a greased and lightly floured 9 x 13 inch pan. Bake at 350° for 15 minutes.

Melt caramels and margarine; stir in milk. Pour caramel mixture over baked (hot) cake. Spread chocolate chips and nuts evenly over the caramel mixture. Pour remaining batter on top and bake 20 minutes longer. Sprinkle with powdered sugar and serve.

### **TWINKIE CAKE**

Bake one yellow cake mix in a 9 x 13 inch pan as directed. Remove from pan and cool completely. Slice through the cake horizontally to make 2 even layers.

#### **FILLING:**

Mix together 5 tablespoons flour and 1 cup milk. Bring to a boil and cook until thick. Cool.

Mix together

1 cup sugar  
1/2 cup shortening  
1/2 cup margarine  
1/2 teaspoon salt

Add to the cooled milk mixture and beat until fluffy and stiff.

Spread filling between cake layers and sprinkle powdered sugar over the top. Cut into bars or squares to serve.

### **WACKY CAKE**

From Aunt Amy Jones

Sift into 9 inch square ungreased pan:

1 1/2 cups flour  
1 cup sugar  
3 tablespoons cocoa  
1/2 teaspoon salt  
1 teaspoon soda

Add:

4 tablespoons melted margarine

1 tablespoon white vinegar

1 cup cold water

Stir well and bake for 40 minutes at 350°.

## **CANDY**

### **"BUCKEYE" CANDY**

From Pia's Kitchen

*Makes 7 cups*

2 lbs smooth or chunky peanut butter (4 cups)

3 lbs sifted powdered sugar (7 cups)

1 lb melted butter or margarine

12 oz chocolate chips\*

1/2 slab paraffin wax\*

Mix first three ingredients together and roll into balls the size of a buckeye. Place in refrigerator overnight. The next day melt chocolate with paraffin in a double boiler. Dip each ball into chocolate mix with toothpick, leaving a small circle at the top of the ball to look like a buckeye.

\*NOTE: You can use 24 oz of chocolate candy coating instead of chips and paraffin.

### **FOOLPROOF CHOCOLATE FUDGE**

Makes 2 pounds

3 (6 oz) pkgs chocolate chips

1 (14 oz) can sweetened condensed milk

Dash of salt

1/2 to 1 cup chopped nuts, as desired

1 1/2 teaspoons vanilla

Over low heat in heavy saucepan, melt chips with milk. Remove from heat; stir in remaining ingredients. Spread evenly into wax paper lined 8 or 9 inch square pan. Chill 2 hours or till firm. Turn onto cutting board; peel off paper and cut into squares. Store loosely covered at room temperature.

FOR ROCKY ROAD FUDGE: Omit salt, vanilla, and nuts. Using only 2 pkgs of chips, melt with milk and 2 tablespoons margarine. Combine 2 cups dry roasted peanuts and 1 (10.5 oz) pkg mini marshmallows. Pour this mixture into chocolate mix and mix well. Spread into wax paper lined 13 x 9 inch pan. Chill 2 hours.

### **HARD CANDY**

From Aunt Eileen Savoldi

Mix well and cook to 300° (using candy thermometer):

2 cups white sugar

2/3 cup white corn syrup

1 cup water

Add flavoring and coloring.

Cinnamon = 1 teaspoon oil of cinnamon with red food coloring

Wintergreen = 2 teaspoon wintergreen with green food coloring

Lemon = 2 teaspoon oil of lemon with yellow food coloring

Pour into 2 buttered plates; cut with scissors as it cools around the edges. Drop pieces of candy into powdered sugar. When cool, shake off loose sugar.

### **MICROWAVE CARAMEL CORN**

From Pia's Kitchen

*Pop and place in brown paper sack:*

3/4 cups popcorn

*Mix in microwaveable container and microwave for 2 minutes on high:*

1/4 cup white corn syrup

1 cup brown sugar

1/4 teaspoon salt

1 stick margarine

*Stir and microwave 3 more minutes.*

*Add:*

1/2 teaspoon baking soda, stir and pour over popcorn in brown paper sack. *Shake well.*

Put sack in microwave for 1 1/2 minutes. Shake well.

Then microwave an additional 1 1/2 minutes and shake again.

Microwave for the last time for 30 seconds, then spread on wax paper lined cookie sheet. Cool and eat or store in airtight container.

### **MICROWAVE PEANUT BRITTLE**

From Kim Savoldi

*Mix together in microwaveable bowl:*

1 cup raw peanuts

1 cup sugar

1/8 teaspoon salt

1/2 cup light corn syrup

*Microwave on high for 4 minutes and stir. Microwave for 4 more minutes.*

*Add:*

1 teaspoon vanilla

1 tablespoon margarine

*Microwave on high for 2 more minutes.*

Remove from microwave and QUICKLY stir in 1 teaspoon baking soda. Pour out on to buttered cookie sheet. When cool, break into pieces

### **MOM'S PUFFED CORN HONEY MUNCH**

From Pia's Kitchen

*Makes 7 cups*

6 cups puffed "hulless" corn

1/3 cup packed brown sugar

1/4 cup honey

2 tablespoons margarine

1 bag of pecans  
1/4 teaspoon baking soda

Line bottom and sides of 13 x 9 pan with large sheet of foil. Spray foil with Pam. Combine puffed corn and pecans in foil-lined pan. Combine brown sugar, honey, and margarine in small saucepan. Bring to a boil over medium heat, stirring constantly; reduce heat to low. Cook 5 minutes (DO NOT STIR). Remove from heat. Stir in baking soda. Pour evenly over puffed corn mix, stirring quickly to coat mixture evenly.  
Bake at 300° for 12 to 15 minutes, stirring once halfway through baking time. Lift foil from pan and cool completely. Break into clusters. Store in airtight container up to 1 week.

### **PEANUT BUTTER BALLS**

From Pia's Kitchen

1 cup plus 2 tablespoons smooth peanut butter  
1 stick plus 2 tablespoons margarine  
1 box powdered sugar

Blend together and roll into small balls.

Melt together and dip balls in double boiler the following:

2 large chocolate bars  
1/2 stick paraffin

Cool on waxed paper. Store in airtight containers in cool spot or in the refrigerator.

### **PEANUT BUTTER BALLS (OR BARS)**

*7 to 8 dozen*

1 2/3 cups graham cracker crumbs OR 1 sleeve of graham crackers, crumbled

1 cup crunch peanut butter

1/2 cup butter or margarine

6 to 12 oz semisweet chocolate chips

2 cups confectioners' sugar

Combine graham-cracker crumbs and sugar. In saucepan melt peanut butter and butter together. Stir into crumb mixture, blending thoroughly. Either form dough in 1-inch balls and chill or evenly press into a 13 by 9 pan.

Melt 6-oz chocolate and coat chilled balls, placing on waxed paper to harden; OR spread on top of mixture in pan (You will need the 2<sup>nd</sup> 6-oz of chocolate for coating the balls.)

When chocolate topping has hardened, cut in 1-inch bars. Store either bars or balls tightly covered or freeze.

### **PEANUT BUTTER BARK**

From the Temple

Melt in microwavable bowl:

1 lb smooth or chunky peanut butter  
1 lb white chocolate

Pour into a wax paper lined cookie sheet or jelly roll pan. While still hot, pour 6 oz of chocolate chips over the top of the melted peanut butter mix. Swirl chocolate over the peanut butter mixture with a knife. Freeze or chill until firm. Cut into squares. Keep cool.

## **PEANUT BUTTER FUDGE**

From Grandma Hilda Savoldi

3 cups sugar

1/4 cup corn syrup

1 cup milk

1/2 teaspoon cream of tartar

Cook to soft ball stage the set pan in ice cold water.

Add 1 teaspoon vanilla and 1 cup peanut butter.

Pour into foil lined and foil buttered pan 8 inch square pan. Cut when set.

## **ROCK CANDY**

From Eileen Savoldi

2 cups sugar

1 cup corn syrup (light)

1/2 cup water

Mix together and heat to 300° (or hard crack) in non-stick pot. Add 1/2 teaspoon flavoring and food coloring of your choice. Pour onto a greased or foil-lined cookie sheet immediately. When cool, break up into bite size pieces or chunk sizes of your choice.

# **CASSEROLES**

## **CORN BREAD STUFFING**

From Pia's Kitchen

4 cups bread crumbs

4 cups corn bread crumbs

*(or use 8 cups corn bread crumbs)*

1/2 cup chopped onions

1 cup diced celery

1/4 teaspoon sage

1 1/2 teaspoons salt

1/2 teaspoon pepper

1/2 cup cold butter

1/4 cup chicken stock or water

2 eggs, slightly beaten

Combine the bread crumbs, onions, celery, seasonings and butter; mix well. Add water and eggs and mix lightly. Use as stuffing for crown roast of pork or poultry. Makes 7 cups. Can also be baked as a casserole for 30 minutes at 350°, covered. NOTE: spray baking dish with cooking spray, or grease lightly.

## **FESTIVE CRANBERRY STUFFING**

From Pia's Kitchen

1 can chicken broth (14.5 oz)

Dash pepper

1 stalk celery, chopped

1/2 cup fresh or frozen cranberries

1 small onion, chopped

4 cups herb seasoned stuffing mix

Mix broth, pepper, celery, cranberries and onion in saucepan. Heat to a boil Cover and cook over low heat for 5 minutes or until vegetables are tender. Add stuffing and mix lightly. Serves 5.

### **OVEN CHOW MEIN**

From Pia's Kitchen

1 lb ground beef  
2 cups diced celery  
1/3 cup soy sauce  
1 cup diced onion  
1 can cream of mushroom soup  
1 cup uncooked rice  
1 (4 oz) can mushrooms with juice  
2 cups boiling water

Cook ground beef in skillet and drain off fat. Mix all ingredients together and bake in large flat baking dish or 2 cups casserole. Bake at 300° for 2 hours or longer, covered. Serve with slivered almonds. Serves 8 - 10.

### **UPPER CRUST CHICKEN**

10 slices white bread, crust removed  
2 cups chopped, cooked chicken  
1 cup celery, sliced thin  
2 cups shredded cheddar cheese  
1 cup mayonnaise  
2 eggs, slightly beaten  
½ teaspoon salt  
½ teaspoon poultry seasoning  
1 ½ cups milk

Trim crust from bread, reserving crust. Cut bread slices diagonally into triangles and set aside. Cut reserved crust into cubes. Combine bread cubes, chicken, celery, and 1 ¾ cups cheese. Mix well. Spoon into a 9 x 13 inch baking dish. Arrange bread triangles over the chicken mixture. Combine mayonnaise, eggs, and seasonings mixing well. Gradually add milk, mixing until well blended. Pour over bread and sprinkle with remaining cheese. Cover and refrigerate several hours or overnight. Bake uncovered t 375° for 30 minutes. (Make SURE you place the casserole dish in a COLD oven and let it gradually warm with the oven.)

## **COOKIES**

### **BISCOTTI**

From Nonna Yolanda Cataldi

Makes 3 dozen  
2 sticks butter or margarine  
2 cups sugar  
7 eggs  
4 cups flour  
1 teaspoon brandy or orange extract  
1 teaspoon salt

4 teaspoons baking powder  
½ bottle anise extract  
12/ nuts and/or raisins, or both

Cream butter and sugar together. Add eggs (one at a time) and beat well. Slowly add dry ingredients, raisins, and nuts. Depending on the size of eggs used, you may need to add up to ½ cup additional flour.) Refrigerate at least 5 hours to ease handling.

Roll into 3 or 4 long loaves and place on greased cookie sheets. Brush with beaten egg yoke and bake at 350°F for 15 – 20 minutes or till golden brown. When cool, slice loaves, diagonally, into ½ inch slices.

### **BUTTER PECAN TURTLE COOKIES**

Makes 3 to 4 dozen

#### *Crust:*

2 cups flour  
2/3 cup butter  
1 cup brown sugar

#### *Caramel Layer:*

1/2 cup brown sugar  
1/2 cup butter, softened  
1 cup whole pecan halves  
1 cup milk chocolate chips

Combine crust ingredients and mix until particles are fine. Pat firmly into ungreased 13 x 9 x 2 inch pan. Sprinkle pecan evenly over unbaked crust. Prepare caramel layer and pour evenly over pecans and crust. Bake at 350° for 18 - 22 minutes or until entire caramel layer is bubbly. Remove from oven and immediately sprinkle with chips. Allow chips to melt slightly then swirl chips to create a marbled effect. Do not spread chips. Cool completely before serving.

***Caramel Layer:*** Combine brown sugar and butter in saucepan. Cook over medium heat stirring constantly until entire surface of mix begins to boil. Boil 1/2 to 1 minute stirring constantly - then follow directions above.

### **CHOCOLATE-BUTTERSCOTCH BARS**

From Pia's Kitchen

Melt 1 stick margarine in a jelly roll pan.

Sprinkle the following evenly into the pan:

1 cup crushed graham crackers  
1 pkg coconut  
1 small pkg chocolate chips  
1 small pkg butterscotch chips  
1 cup chopped walnuts

Drizzle 1 can Eagle Brand milk over the top. Bake for 30 minutes at 350° and cut into squares

### **CHOCOLATE QUICKIES**

From Pia's Kitchen

2 cups sugar

1 stick margarine

1/2 cup milk

3 tablespoons cocoa

Cook above ingredients until sugar is dissolved.

Remove from heat and add:

1 teaspoon vanilla,

1/2 cup peanut butter

3 cups oatmeal (more if weather is humid)

Mix well and drop from teaspoon to waxed paper. Cool, eat, and enjoy.

### **CIARDI**

From Nonna Yolanda Cataldi

1 stick butter

1/2 bottle anise extract

1 1/2 cup sugar

2 1/2 teaspoons anise seeds

4 eggs, beaten

1 tablespoon brandy

4 cups flour

A pinch of salt

Cream butter and sugar together. Add eggs and blend well. Stir in the remaining ingredients.

Make a walnut size ball and bake on a special iron.

A Pizelle iron will work almost as well as the iron Nonna had, because her iron is no longer available.

Ciardi should be so thin that when still warm it will roll into a tube; and when cold it will be very crunchy

### **CRANBERRY-CHOCOLATE BISCOTTI**

From Pia's Kitchen

2 1/2 cups flour

1 cup sugar

1/2 cup dried cranberries

1/3 cup chocolate chips

2 teaspoons baking powder

1/8 teaspoon salt

1 tablespoon vegetable oil

1 teaspoon almond extract

1 teaspoon vanilla extract

3 large eggs

Cooking spray

Preheat oven to 350°. Combine flour and the next 5 ingredients in a large bowl. Combine oil, extracts, and eggs; add to flour mixture stirring until well blended (dough will be dry and crumbly).

Turn dough onto lightly floured surface; knead lightly 7 to 8 times. Divide in half. Shape each half into 8 inch long rolls. Place rolls 6 inches apart on a baking sheet coated with cooking spray; flatten slightly. Bake for 35 minutes. Remove and cool. Cut each roll diagonally into 1/2 inch

slices. If desired, place on baking sheet; reduce oven to 325° and bake for 10 minutes. Turn cookies over and bake another 10 minutes. Makes 2 1/2 dozen.

*98 Calories each; 1.8 g Fat; 0.4 g Fiber.*

### **DAD'S COOKIE BARS**

From Tom's Kitchen

2 2/3 cups dry milk  
2 cups applesauce (unsweetened)  
2 2/3 cups quick cook oatmeal  
1 tablespoon vanilla  
4 tablespoons peanut butter  
4 packets Sweet & Low sugar  
1 teaspoon baking soda  
1/2 cup raisins  
1/8 teaspoon cinnamon  
1/8 teaspoon nutmeg  
1/8 teaspoon Allspice

Mix together well. Spray 9 x 13 inch pan with cooking spray. Bake at 350° for 20 minutes. Cut before cooling into 12 pieces. (NOTE: Each piece is 2 points)

### **JAN HAGEL (DUTCH COOKIES)**

From Pia's Kitchen

1 cup soft margarine or butter  
1/2 teaspoon cinnamon  
1 cup sugar  
1 tablespoon water  
1 egg, separated  
1/2 cup nuts, finely chopped  
2 cups flour

Preheat oven to 350°. Grease 15 x 10 x 1 inch jelly roll pan. Mix butter, sugar and egg yolk. Blend flour and cinnamon into butter mixture. Pat into pan. Beat water and egg white until frothy (not stiff). Brush frothy whites over dough and sprinkle with nuts. Bake for 20 - 25 minutes or until lightly browned. Cut immediately into narrow strips about 3 inches long and 1/2 inch wide.

This is a rich holiday cookie - great for gifts.

### **FRENCH COOKIES**

From Pia's Kitchen

Cream together:

1 lb margarine  
1 cup white sugar  
3 cups brown sugar  
6 eggs  
3 tablespoons oil

Slowly add dry ingredients:

8 to 9 cups flour

4 teaspoons baking powder

1/2 teaspoon salt

4 teaspoons vanilla

Mix together, cover and refrigerate dough overnight (at least 3 hours). Form dough into little balls the size of walnuts. Bake on "special" waffle iron.

*This is our family's traditional Holiday cookie. Unfortunately we have not been able to locate these special waffle irons any longer. Makes a huge batch of cookies!*

### **FRENCH COOKIES**

From Pia's Kitchen (From Pia and Tom Savoldi, Missionaries in Turkey, 2002-2004-ish)

Cream together:

1 lb margarine

1 cup white sugar

3 cups brown sugar

6 eggs

3 tablespoons oil

Slowly add dry ingredients:

8 to 9 cups flour

4 teaspoons baking powder

1/2 teaspoon salt

4 teaspoons vanilla

Mix together, cover and refrigerate dough overnight (at least 3 hours). Form dough into little balls the size of walnuts. Bake on "special" waffle iron.

*This is our family's traditional Holiday cookie. Unfortunately we have not been able to locate these special waffle irons any longer. Makes a huge batch of cookies!*

### **MY FAVORITE BROWNIES**

From Pia's Kitchen

1/2 cup shortening

1 cup sugar

2 (1 oz) squares unsweetened chocolate

2 eggs

1 teaspoon vanilla

3/4 cup flour

1/2 teaspoon baking powder

1/2 teaspoon salt

1 cup broken walnuts or pecans

Melt shortening and chocolate together over very low heat, stirring constantly; cool. Beat eggs till light and fluffy; stir in sugar, chocolate mix and vanilla. Add dry ingredients, mixing well. Add nuts (optional). Bake in greased 8 x 8 x 2 inch pan for 30 to 35 minutes at 350°.

*This makes a cake-type brownie. I usually double the recipe and bake it in a 9 x 13 inch greased pan.*

## **NO-FAIL CHOCOLATE CHIP COOKIES**

Makes 3 dozen

1 cup butter Crisco (no substitutes)  
3 cups flour  
1 cup white sugar  
1 teaspoon salt  
1/2 cup brown sugar  
1 teaspoon baking soda  
2 teaspoons vanilla  
1 (12 oz) pkg chocolate chips  
4 eggs

Beat Crisco and sugars. Add vanilla, eggs and mix well. Add flour, salt and soda. Mix well. Stir in chips. Drop by teaspoons onto ungreased cookie sheet. Bake for 8 to 10 minutes at 350°.

## **NOT ENOUGH COOKIES**

From Pia's Kitchen

1 cup margarine  
1/2 cup butter  
1 (4 oz) pkg cream cheese  
2 cups brown sugar  
4 eggs  
2 teaspoons vanilla  
4 cups flour  
5 cups old-fashioned oatmeal  
1 teaspoon salt  
2 teaspoons baking soda  
2 teaspoons baking powder  
3 cups semisweet chocolate chips  
1 cup chopped pecans

Preheat oven to 375°. Combine margarine, butter, cream cheese, brown sugar, eggs, and vanilla in mixing bowl. Beat for 2 minutes at medium speed, scraping bowl frequently. Add dry ingredients and mix thoroughly to form a stiff dough. Stir in chocolate chips and chopped pecans.

Form dough into balls the size of a golf ball. Bake a dozen at a time on an ungreased 14 x 17 inch cookie sheet for 8 or 9 minutes. The cookies will be slightly moist on top. Immediately move cookies to a cooling rack. Makes 5 dozen (NOT ENOUGH!) cookies!

## **ORIGINAL TOLL HOUSE CHOCOLATE CHIP COOKIES**

Preheat oven to 375 degrees

*Mix or sift together in small bowl:*

2 ¼ cups flour  
1 teaspoon salt  
1 teaspoon baking soda

*Cream together in large bowl:*

1 cup softened butter  
¾ cup white sugar  
¾ cup brown sugar

1 teaspoon vanilla

*Add to creamed mixture, 1 @ time:*

2 eggs

*Slowly, add flour mixture to creamed mixture, mixing well. Add:*

1 cup chopped nuts

2 cups chocolate chips

Fill a teaspoon with batter and put on ungreased cookie sheet. Bake for 9-11 minutes or until golden brown (cookies will be soft and fluffy when you remove them from the oven. Let them rest on the cookie sheet for 2 minutes before removing. Place cookies on wire rack (or on newspaper or clean towel) to cool. Makes 5 dozen cookies

### **REESE'S PEANUT BUTTER CHIP CHOCOLATE COOKIES**

1 cup margarine

2/3 cup cocoa

1 1/2 cups sugar

3/4 teaspoon baking soda

2 eggs

1/2 teaspoon salt

2 teaspoons vanilla

2 cups (12 oz pkg) peanut butter chips

2 cups flour

Cream margarine, sugar, eggs and vanilla until light and fluffy. Combine flour, cocoa, baking soda and salt; add to creamed mixture. Stir in peanut butter chips. Chill until firm enough to handle.

Shape dough into 1 inch balls. Place on ungreased baking sheet and flatten slightly with a fork.

Bake at 350° for 8 - 10 minutes. Cool 1 minute before removing from cookie sheet. Makes about 6 dozen cookies.

### **SNICKERDOODLE BISCOTTI**

From Pia's Kitchen

2 3/4 cups flour

1 cup sugar

2 teaspoons baking powder

1/4 teaspoon salt

1 tablespoon vegetable oil

1 teaspoon vanilla extract

3 large eggs

Cooking spray

2 tablespoons sugar

1 teaspoon ground cinnamon

1 large egg white

Preheat oven to 350°. Combine flour 1 cup sugar, baking powder, and salt in a large bowl.

Combine oil, vanilla, and eggs; add to flour mixture stirring until well blended (dough will be dry and crumbly). Turn dough onto lightly floured surface; knead lightly 7 to 8 times. Divide in half.

Shape each half into 8 inch long rolls. Place rolls 6 inches apart on a baking sheet coated with cooking spray; flatten slightly. Combine 2 tablespoons sugar and cinnamon. Gently brush tops of rolls with egg white and sprinkle with cinnamon mixture. Bake for 30 minutes. Remove and cool 10 minutes. Cut each roll diagonally into 1/2 inch slices. If desired, place on baking sheet; reduce

oven to 325° and bake for 10 minutes. Turn cookies over and bake another 10 minutes. Makes 2 1/2 dozen. 84 Calories each; 1.2 g Fat; 0.4 g Fiber.

### **TEMPLE CHOCOLATE CHIP COOKIES**

Cream together:

- 1 cup shortening
- 1 cup white sugar
- 1/2 cup brown sugar
- 2 eggs
- 2 teaspoon vanilla

Slowly add dry ingredients:

- 2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cups nuts (optional)
- 1 cup (6 oz) chocolate chips

Drop large tablespoon size spoonfuls onto ungreased cookie sheets. Bake at 350° for 9 minutes. Remove from cookie sheets while slightly warm (after about 1 -2 minutes)

### **TERRI'S PEANUT BLOSSOMS**

From Terri Foye

3 dozen

*SIFT TOGETHER:*

- 1 3/4 cups flour
- 1/2 cup butter
- 1 teaspoon soda

*CREAM TOGETHER:*

- 1/3 cup peanut butter
- 1/2 teaspoon salt
- 1/2 cup sugar
- 1/2 cup brown sugar

*ADD:*

- 1 unbeaten egg
- 1 teaspoon vanilla

*BLEND IN:* the dry ingredients

*SHAPE:* dough into balls. Roll balls in sugar and place on greased cookie sheet.

*BAKE* at 375° for 8 minutes. Remove from oven. Top each with a Hershey Kiss, pressing down firmly so cookie cracks around edge. Return to oven for 2 to 5 minutes or until golden brown.

### **TEXAS COWBOY COOKIES**

Makes 6 to 13 dozen cookies

*Cream together:*

- 1 1/2 cup margarine, softened
- 1 1/2 cup sugar
- 1 1/2 cup brown sugar, packed

*Add:*

3 eggs  
1 tablespoons baking powder  
1 tablespoon vanilla  
1 tablespoon baking soda  
1 teaspoon salt  
1 tablespoon cinnamon  
3 cups flour

*Mix well then add:*

3 cups chocolate chips  
3 cups old-fashioned oats  
2 cups chopped pecans  
2 cups sweetened flaked coconut

Drop 2 tablespoons cookie dough onto ungreased cookies sheets. Bake for 17 to 20 minutes in a preheated 350° oven. For smaller cookies, use 1 heaping teaspoon cookie dough and bake for 15 to 18 minutes.

### **WHOLE WHEAT CHOCOLATE CHIP BARS**

From Pia's Kitchen

1/2 cup margarine  
1 teaspoon salt  
1 cup oil  
2 cups whole wheat flour  
2 cups brown sugar  
2 cups quick oats  
4 eggs  
1 cup nuts  
1 teaspoon vanilla  
1 cup chocolate chips

Cream margarine, oil, sugars, and eggs together. Then add dry ingredients and mix well. Bake in a greased 9 x 13 inch pan at 350° for 30 minutes.

[appleraisincrunch](#)

[indianabeans](#)

[chickencacciatore](#)

### **APPLE RAISIN CRUNCH**

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Makes 6 servings

*A delicious dessert to have waiting when you arrive home.*

6 slices white bread  
1 cup milk  
3 tablespoons butter or margarine  
3 eggs  
½ cup granulated sugar

1 cup diced pared apple  
2/3 cup seedless raisins  
¼ teaspoon ground cinnamon  
¼ teaspoon ground nutmeg  
¼ teaspoon salt  
1/3 cup firmly packed light brown sugar

1. Toast bread lightly; cut into ½ inch cubes; place in a crock pot.
2. Heat milk slowly with butter or margarine in medium-size saucepan until butter or margarine melts. Pour over bread cubes; let stand ½ hour.
3. Beat eggs until thick in medium-size bowl; stir in granulated sugar, apple, raisins, cinnamon, nutmeg, and salt. Pour over bread mixture, then fold in; sprinkle brown sugar over top.
4. Cook on low for 4 hours, or until apples are tender. Spoon into dessert dishes; serve warm with cream, whipped cream or ice cream.

## INDIANA BEANS

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Makes 8 servings.

*Great Midwestern hearty bean dish.*

1 pound dried navy or Great Northern beans  
6 cups water  
2 teaspoons salt  
2 tablespoons vegetable oil  
1 large onion, chopped (1 cup)  
½ cup light molasses or ½ cup dark brown sugar  
½ cup chili sauce  
¼ cup prepared mustard

1. Pick over beans and rinse under running water. Combine beans and water in a large kettle. Bring to boiling; cover kettle; boil 2 minutes; remove from heat; let stand 1 hour; add salt. (Or soak beans in water in slow cooker overnight at room temperature.)
2. Heat oil in a medium-size skillet; sauté onion until soft; stir in molasses, chili sauce and mustard; bring to boiling.
3. Drain beans, reserving liquid. Combine beans and onion mixture in a crock pot; add enough reserved liquid to just cover the beans; cover cooker.
4. Cook on low 10 hours, or on high 5 hours, or until beans are very tender. Serve with slices of sharp cheese on homemade bread.

## CHICKEN CACCIATORE

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Makes 6 servings.

*This is an American version of a great Italian dish.*

2 cut-up broiler-fryers (about 2 ½ pounds each)  
1/3 cup all-purpose flour  
2 teaspoons salt  
¼ teaspoon freshly ground pepper  
1 large onion, chopped (1 cup)

2 cloves garlic, minced  
¼ cup olive oil or vegetable oil  
2 large green peppers, halved, seeded and cut into pieces  
½ cup dry white wine (cooking wine works, too)  
1 can Italian tomatoes (1 pound, 1 ounce)

1. Shake chicken pieces in a mixture of flour, salt and pepper in a plastic bag.
2. Sauté onion and garlic in 2 tablespoons of the oil until soft in a large skillet. Remove with slotted spoon and reserve.
3. Brown chicken, a few pieces at a time, adding remaining oil as needed; remove and reserve. Sauté peppers in drippings until soft; stir in wine; bring to boiling, stirring constantly. Return onion and garlic to pan; stir in tomatoes.
4. Place chicken in slow cooker; spoon sauce over chicken; cover.
5. Cook on low 8 hours, or on high 4 hours. Sprinkle with chopped parsley, if you wish. Serve with linguini or thin spaghetti. (Or, if you want to be really authentic; serve with polenta - corn meal mush)

## **DESSERTS**

### **DESSERT PIZZA**

From Crawfordsville Ward

1 (20 oz) pkg of sugar cookie dough  
1 pkg vanilla instant pudding  
1 1/4 cup milk  
1/4 teaspoon almond extract  
Sliced fruits: kiwi, peaches, blueberries, strawberries, cherries

Spray 12 or 14 inch round pizza pan with cooking spray. Spread dough onto pan with floured hands. Bake cookie at 350° for about 10 - 15 minutes. Cool cookie on wire racks (leave in pan until completely cool or it will crack).

Place cookie on platter.

Mix pudding with 1 1/4 cups milk and almond extract. Spread pudding on cookie.

Arrange fruit slices on top of pudding. Refrigerate at least 1 hour before serving.

### **CUSTARD**

From Pia's Kitchen

6 egg yolks

6 tablespoons sugar

1 cup milk

1 cup half and half cream

1 small piece lemon rind

Beat sugar and eggs together, then add cream, milk and lemon. Cook in double boiler until custard is firm. Pour into glass pan or individual bowls.

### **FLUFFY PINEAPPLE TORTE**

From Pia's Kitchen

*Combine following and press into a 11 x 7 x 2 inch dish. Bake at 325° for 10 minutes:*

1 1/2 cups graham cracker crumbs

1/4 cup melted margarine

2 tablespoons sugar

*Dissolve and chill for 1 1/2 hours:*

1 pkg (3 oz) lemon Jello

1 cup boiling water

*Chill the following for 1 1/2 hours:*

1 can evaporated milk

*Beat until smooth:*

1 pkg (8 oz) cream cheese

1/2 cup sugar

*Add cream cheese mixture to Jello mixture - also add:*

1 can crushed pineapple, drained

1 cup chopped walnuts

(reserve some)

*Beat evaporated milk until stiff peaks form. Fold milk mixture into Jello, cream cheese, pineapple mixture. Pour over baked, cooled crust. Chill at least 3 hours or overnight. Sprinkle with reserved nuts. Makes 12 servings.*

## **INDOOR S'MORES**

From Pia's Kitchen

1/3 cup light corn syrup

1/2 teaspoon vanilla

1 tablespoon butter or margarine

4 cups graham square cereal

1 pkg (5.75 oz) chocolate chips

1 1/2 cups miniature

marshmallows

Butter square pan, 9 x 9 x 2 inches. Heat corn syrup and butter to boiling in saucepan; remove from heat. Add chocolate chips and vanilla stirring until chocolate is melted. Fold in cereal gradually until completely coated with chocolate. Fold in marshmallows. Turn cereal mixture into pan and press with buttered back of spoon. Let stand at room temperature at least 1 hours before cutting into bars. Makes about 24 bars.

## **RASPBERRY TRIFLE**

From Pia's Kitchen

Serves 8 - 10

1 pkg (16 oz) pound cake, cut into 18 slices or use 2 pkg (3 oz) ladyfingers

2 pkg (3.4 oz) instant vanilla pudding

1 jar (18 oz) raspberry jam

1 1/2 pints fresh raspberries

Whipped cream

1. Arrange 1/3 of sliced cake or ladyfingers on bottom of a trifle dish or large bowl. Prepare pudding according to package directions.
2. Place 1/3 more cake pieces around inside of bowl using half of pudding to hold them in place.
3. Gently stir together jam and raspberries; spoon half over pudding. Cover with remaining cake pieces.
4. Layer remaining pudding and raspberry mixture.
5. Chill. Garnish with whipped cream and fresh raspberries.

## APPLE RAISIN CRUNCH

Makes 6 servings

*A delicious dessert to have waiting when you arrive home.*

6 slices white bread  
1 cup milk  
3 tablespoons butter or margarine  
3 eggs  
½ cup granulated sugar  
1 cup diced pared apple  
2/3 cup seedless raisins  
¼ teaspoon ground cinnamon  
¼ teaspoon ground nutmeg  
¼ teaspoon salt  
1/3 cup firmly packed light brown sugar

Toast bread lightly; cut into ½ inch cubes; place in a crock pot.

Heat milk slowly with butter or margarine in medium-size saucepan until butter or margarine melts.

Pour over bread cubes; let stand ½ hour.

Beat eggs until thick in medium-size bowl; stir in granulated sugar, apple, raisins, cinnamon, nutmeg, and salt. Pour over bread mixture, then fold in; sprinkle brown sugar over top.

Cook on low for 4 hours, or until apples are tender. Spoon into dessert dishes; serve warm with cream, whipped cream or ice cream.

## **EGGS**

### **EASY SAUSAGE QUICHE**

From Pia's Kitchen

6 slices bread, crusts removed  
1 lb turkey sausage  
1 teaspoon mustard  
1 cup shredded Swiss cheese  
3 eggs  
2 cups milk  
1 teaspoon Worcestershire sauce

Put bread in greased 9 x 13 inch pan. Brown sausage, drain off fat; add mustard and spoon on top of bread. Sprinkle cheese on top of meat. Combine remaining ingredients and pour over the top.

Bake at 350° for 25 - 30 minutes or until puffed and firm.

## **MEXICAN DEVILED EGGS**

From Pia's Kitchen

8 hard boiled eggs  
2 tablespoons sliced green onion  
1/2 cup shredded Cheddar  
1 tablespoon sour cream  
1/4 cup mayonnaise  
salt, to taste  
1/4 cup salsa

Slice each egg in half lengthwise and remove yokes. Mash egg yokes with cheese, mayonnaise, salsa, onions, sour cream and salt. Using two teaspoons to make the transfer, place egg yoke mixture into egg whites. Chill and serve.

### **MY DEVEILED EGGS**

From Pia's Kitchen

6 hard boiled eggs  
1/4 cup salad dressing or mayonnaise  
1 teaspoon vinegar  
1 teaspoon prepared mustard  
1/2 teaspoon salt  
Dash of pepper

Halve hard-boiled eggs lengthwise; remove yolks and mash with fork. Mix with remaining ingredients and refill egg whites. Sprinkle with paprika (optional).

Other additions could include: horseradish, parsley, chopped chives, chopped cooked bacon.

### **FISH**

#### **ORIENTAL TUNA CASSEROLE**

From Crawfordsville Branch

1 (6 oz) pkg frozen pea pods  
1 cup Bisquick  
1 can (8 oz) water chestnuts, sliced  
1/4 cup milk  
1 can (10.5 oz) cream of mushroom soup  
3 tablespoons cold water  
2 cans (6.5 oz) tuna, drained  
2 teaspoons soy sauce  
1/2 cup sliced green onions  
1 tablespoon margarine, melted  
1/2 cup sliced celery  
2 teaspoons sesame seeds

Rinse pea pods under water and drain. Mix pods, soup, milk, tuna, onions, celery and chestnuts and pour into 3 quart sauce pan. Heat to boiling. Mix Bisquick, water, soy sauce until dough is soft and well blended. Roll and cut into 1 inch squares. Pour tuna mixture into 1 1/2 quart buttered

casserole. Top with dough squares, spread with melted margarine. Sprinkle with sesame seeds. Bake until golden brown for 15 minutes at 425°. Serves 6.

### **ROSEMARY GARLIC COD**

From Pia's Kitchen

1/4 cup chicken broth  
4 cloves garlic, minced  
1 tablespoon fresh rosemary, chopped  
1/2 teaspoon ground dry mustard  
1 tablespoon soy sauce  
3 tablespoons white wine vinegar  
1 lb cod (halibut or snapper) fillets

1. Heat broth to boiling. Cook garlic in broth. Stir in rosemary, mustard and soy sauce. Remove from heat and stir in vinegar; cool.
2. Place fish in shallow nonmetal dish. Pour marinade over fish. Refrigerate no longer than 24 hours.
3. Spray grill with vegetable oil. Heat to medium heat. Remove fish from marinade. Cover and grill fish on medium heat for 8 to 12 minutes turning once. Fish should flake easily with fork. Serves 4.

## **FROSTING**

### **CHOCOLATE FROSTING**

From Pia's Kitchen

1/4 cup margarine, softened  
1/2 cup cocoa  
1/4 teaspoon salt  
1/3 cup milk  
1 1/2 teaspoons vanilla  
3 1/2 cups powdered sugar

Combine melted shortening, cocoa and salt; then add milk and vanilla. Stir in sugar in 3 parts, mixing until smooth and creamy each time. Add more sugar to thicken or milk to thin until of spreading consistency.

### **CREAMY CHOCOLATE FROSTING**

From Pia's Kitchen

1/2 cup margarine, softened  
4 cups powdered sugar  
1 egg  
1 teaspoon vanilla  
1/2 cup cocoa  
1/3 cup milk  
1/4 teaspoon salt

Blend margarine, egg, cocoa and salt. Add sugar alternately with milk and vanilla, mixing until smooth and creamy after each addition. Add more sugar to thicken or milk to thin until of spreading consistency.

### **ORANGE FROSTING**

From Pia's Kitchen

1/3 cup margarine, softened  
3 1/2 cups powdered sugar  
2 tablespoons corn syrup  
1 tablespoon grated orange peel  
1/4 teaspoon salt  
1/4 cup orange juice

Blend margarine, corn syrup, salt, 1 cup powdered sugar and orange peel. Add remaining sugar and orange juice alternately, mixing until smooth and creamy after each addition. Add more sugar to thicken or juice to thin until of spreading consistency.

### **QUICKIE FUDGE ICING**

From Pia's Kitchen

*Makes enough for 13. X 9 inch pan or 2- 8 or 9 inch layers*

1 1/2 tablespoons butter, softened  
2/3 cup powdered sugar  
1 tablespoon milk  
1/4 teaspoon vanilla  
1 1/2 cup cocoa

Blend all ingredients together until smooth. Spread on hot from oven cakes - spreads beautifully. This recipe does not work well for a layer cake as hot cakes will slide apart.

### **VANILLA FROSTING**

From Pia's Kitchen

1/4 cup margarine, softened  
1/2 teaspoon salt  
1/4 cup milk  
2 teaspoons vanilla  
3 cups powdered sugar

Combine melted shortening, salt, vanilla and about 1/3 of the powdered sugar. Add milk and remaining sugar alternately, mixing until smooth and creamy. Add more sugar to thicken or milk to thin until of spreading consistency.

### **FROSTING**

#### **CHOCOLATE FROSTING**

From Pia's Kitchen

1/4 cup margarine, softened  
1/2 cup cocoa  
1/4 teaspoon salt

1/3 cup milk  
1 1/2 teaspoons vanilla  
3 1/2 cups powdered sugar

Combine melted shortening, cocoa and salt; then add milk and vanilla. Stir in sugar in 3 parts, mixing until smooth and creamy each time. Add more sugar to thicken or milk to thin until of spreading consistency.

### **CREAMY CHOCOLATE FROSTING**

From Pia's Kitchen

1/2 cup margarine, softened  
4 cups powdered sugar  
1 egg  
1 teaspoon vanilla  
1/2 cup cocoa  
1/3 cup milk  
1/4 teaspoon salt

Blend margarine, egg, cocoa and salt. Add sugar alternately with milk and vanilla, mixing until smooth and creamy after each addition. Add more sugar to thicken or milk to thin until of spreading consistency.

### **ORANGE FROSTING**

From Pia's Kitchen

1/3 cup margarine, softened  
3 1/2 cups powdered sugar  
2 tablespoons corn syrup  
1 tablespoon grated orange peel  
1/4 teaspoon salt  
1/4 cup orange juice

Blend margarine, corn syrup, salt, 1 cup powdered sugar and orange peel. Add remaining sugar and orange juice alternately, mixing until smooth and creamy after each addition. Add more sugar to thicken or juice to thin until of spreading consistency.

### **QUICKIE FUDGE ICING**

From Pia's Kitchen

*Makes enough for 13. X 9 inch pan or 2- 8 or 9 inch layers*

1 1/2 tablespoons butter, softened  
2/3 cup powdered sugar  
1 tablespoon milk  
1/4 teaspoon vanilla  
1 1/2 cup cocoa

Blend all ingredients together until smooth. Spread on hot from oven cakes - spreads beautifully. This recipe does not work well for a layer cake as hot cakes will slide apart.

### **VANILLA FROSTING**

From Pia's Kitchen

1/4 cup margarine, softened

1/2 teaspoon salt

1/4 cup milk

2 teaspoons vanilla

3 cups powdered sugar

Combine melted shortening, salt, vanilla and about 1/3 of the powdered sugar. Add milk and remaining sugar alternately, mixing until smooth and creamy. Add more sugar to thicken or milk to thin until of spreading consistency.

## **JAM**

### **Strawberry FREEZER JAM**

From Pia's Kitchen

Add sugar to berries and mix well:

2 cups mashed strawberries

4 cups sugar

Combine in saucepan and bring to a boil. Boil 1 minute:

3/4 cup water

1 pkg Sure-Jell

Remove from heat and add berry mixture. Continue to stir for 3 minutes. Let set in jars with lids for 24 hours. Tighten lids and place in the freezer.

## **PASTA**

### **BAKED PASTA CASSEROLE**

Makes 12 to 15 servings

1 pkg (1 lb) Ziti, Rotini, or Mostaccioli, cooked and drained

1 lb sausage or ground beef, cooked and drained

2 jars (26 oz) pasta sauce, tomato based

4 cups mozzarella cheese, shredded

Preheat oven to 350°. Combine pasta, meat, sauce and 2 cups cheese; mix well. Turn into greased 13 x 9 inch pan. Cover with foil and bake for 45 minutes.

Uncover and top with remaining cheese and chopped parsley (optional). Bake 10 minutes longer uncovered or until cheese melts.

### **BROCCOLI STUFFED SHELLS**

Serves 4

1 tablespoon margarine

1 cup shredded Jack cheese

1/4 cup chopped onion

20 jumbo pasta shells

1 cup ricotta cheese

1 can crushed tomatoes (28 oz)

1 egg

1 pkg Ranch Mix  
1/4 cup Parmesan cheese  
2 cups chopped cooked broccoli - or 1 (10oz) pkg frozen, thawed and drained

Melt margarine; add onion and cook until tender. Cool. In bowl mix ricotta and egg; add broccoli and Jack cheese. Cook pasta 10 minutes. Rinse in cold water. Drain and stuff each shell with 2 tablespoons broccoli mixture. In bowl mix tomatoes, sautéed onions, and salad dressing mix. Pour 1/3 of mixture into baking dish. Arrange shells in sauce. Spoon remaining sauce on top and sprinkle with Parmesan cheese. Bake, covered for 30 minutes at 350°.

### **CREAMY ITALIN PASTA SALAD**

Makes 6 servings

*Mix together well:*

1 cup mayonnaise  
2 tablespoons red wine vinegar  
1 clove garlic, minced  
1 teaspoon salt  
1/4 teaspoon pepper

*Mix together:*

1 1/2 cups pasta, cooked rinsed & drained  
1 cup cherry tomatoes  
1/2 cup green pepper, chopped  
1/2 cup ripe olives, sliced  
Add dressing to pasta mixture, mix well and chill.

### **FETTUCCINI PRIMEAVERA**

Serves 4

Sauce:

1/2 stick butter or margarine  
1/3 pkg. Cream cheese  
1/4 cup sour cream  
1 egg  
1/4 cup Parmesan cheese  
3/4 cup milk

On low heat melt butter, cream cheese and sour cream. Add beaten egg. Stir well. Add cheese and milk. Consistency should be as creamy soup. Add small amounts of milk if needed. Add garlic salt, parsley and pepper to taste. Add fresh cut vegetables. Serve over or mix with noodles. Amounts vary as desired.

### **FETTUCCINE ALFREDO WITH BROCCOLI & TOMATOES**

Serves 4

12 oz fettuccine  
3 cups broccoli florets  
1 cup sour cream or plain yogurt  
3/4 cup grated Parmesan cheese  
1 1/3 cup quartered small tomatoes (cherry or Roma)

Cook noodles and broccoli until tender. Drain, reserving 1/3 cup liquid. Mix sour cream or yogurt with cheese and reserved liquid. Heat until well blended. Mix with pasta, broccoli and cherry tomatoes.

### **INSIDE OUT RAVIOLI**

From Pia's Kitchen

1 lb ground beef  
dash pepper  
1 medium onion, chopped  
1 cup shredded sharp cheese  
1 clove garlic, minced  
1 tablespoon oil  
1 (10 oz) pkg frozen chopped spinach  
1 (1 lb) can spaghetti sauce  
1/2 cup soft bread crumbs  
1 (8 oz) can tomato sauce  
1/4 cup salad oil  
1/2 teaspoon salt  
1 (7 oz) pkg shell or elbow macaroni, cooked

Brown beef, onion and garlic in oil. Cook spinach according to package directions; drain, reserving liquid. Add water to liquid to make 1 cup. Stir spinach liquid into spaghetti sauce, add tomato sauce and seasonings. Simmer 10 minutes. Combine spinach with breadcrumbs, 1/4 cup oil and noodles. Spread into 13 x 9 inch baking dish. Top with meat sauce. Bake at 350° for 30 minutes. Let stand 10 minutes before serving. Makes 8 to 10 servings

### **INSIDE OUT RAVIOLI**

From Pia's Kitchen

1 lb ground beef  
dash pepper  
1 medium onion, chopped  
1 cup shredded sharp cheese  
1 clove garlic, minced  
1 tablespoon oil  
1 (10 oz) pkg frozen chopped spinach  
1 (1 lb) can spaghetti sauce  
1/2 cup soft bread crumbs  
1 (8 oz) can tomato sauce  
1/4 cup salad oil  
1/2 teaspoon salt  
1 (7 oz) pkg shell or elbow macaroni, cooked

Brown beef, onion and garlic in oil. Cook spinach according to package directions; drain, reserving liquid. Add water to liquid to make 1 cup. Stir spinach liquid into spaghetti sauce, add tomato sauce and seasonings. Simmer 10 minutes. Combine spinach with breadcrumbs, 1/4 cup oil and noodles. Spread into 13 x 9 inch baking dish. Top with meat sauce. Bake at 350° for 30 minutes. Let stand 10 minutes before serving. Makes 8 to 10 servings

## **LAZY DAY LASAGNA**

Serves 6

1 (12 oz) container cottage cheese  
2 eggs  
2 cups shredded mozzarella cheese  
1/3 cup chopped parsley  
1 teaspoon onion powder  
1/2 teaspoon dried basil leaves  
1/8 teaspoon pepper  
1 (32 oz) jar spaghetti sauce  
3/4 lb cook ground beef  
9 uncooked lasagna noodles  
1/4 cup water  
grated Parmesan cheese

In large bowl mix cottage cheese, mozzarella, eggs, onion powder, parsley, basil, and pepper. In medium bowl mix spaghetti sauce and cooked ground beef. In 12 x 8 x 2 inch baking dish spread 3/4 cup meat sauce on bottom. Layer 3 uncooked noodles on top of meat sauce. Spread with half the cottage cheese mixture and 1 1/2 cups meat sauce. Layer 3 more uncooked noodles on top; spread with remaining cottage cheese mixture. Top with remaining 3 uncooked noodles and remaining meat sauce. Pour water around the edges of the casserole. Cover tightly with foil and bake at 375° for 45 minutes. Uncover and bake an additional 15 minutes. Let stand 10 minutes before serving. Serve with Parmesan cheese.

## **FOLGIO DEL'MANICOTTI**

From Nonna Yolanda Cataldi

(Manicotti Dough)

Flour, as needed

3 eggs

1 cup milk

Pinch of salt

1 cup olive oil

Pile about 4 cups flour on pastry board and make a "well" in the center. Put eggs, milk, salt and oil in the "well"; stir until soft dough forms, adding additional flour as needed. Roll into noodles about 1/16 inch thick.

## **IL'PIENE**

(The Manicotti Filling)

1 lb Ricotta cheese

1 beaten egg

A little bit of parsley

Mix together well and stuff the manicotti noodles - forming into tubes the size and shape you desire.

## **NONNA'S PESTO SAUCE**

From Nonna Yolanda Cataldi

7 basil leaves, chopped

2 or 3 parsley leaves, chopped fine

1 head (not clove) garlic, chopped fine  
2 pinches of salt (about 1 teaspoon)  
1 pinch of pepper (about 1/2 teaspoon)  
1 cup Romano cheese, grated  
Pine nuts (optional)

Blend, or chop all together until well-blended. Serve over warm spaghetti sauce or use as dip for Italian bread.

### **ONE-STEP MACARONI AND CHEESE**

Serves 6

2 cups uncooked elbow macaroni  
3 1/2 cups milk  
1 teaspoon Worcestershire sauce  
1/2 teaspoon salt  
2 1/2 cups shredded Cheddar cheese  
paprika, to taste

In greased 12 x 8 x 2 inch baking dish, stir uncooked macaroni, milk, Worcestershire sauce, salt and 1 1/2 cup cheese until well blended. Cover tightly with foil. Bake in 350° oven for 50 minutes. Uncover and top with remaining 1 cup cheese (sprinkle with paprika, if desired). Bake 10 minutes more or until cheese is melted. Let stand 10 minutes before serving.

### **RAVIOLI CHEESE FILLING**

From Nonna Yolanda Cataldi

2 1/2 lbs Ricotta cheese  
3 eggs, beaten  
15 cups Parmesan cheese, grated  
5 tablespoons chopped parsley  
1 small onion, chopped  
Salt & Pepper to taste

Mix everything together. Make ravioli by putting heaping teaspoons full of filling in a row on the ravioli dough. Fold over enough dough to cover the filling; pinch in between each spoonful to seal. Cut with ravioli cutter. Cook in boiling water until ravioli floats to the top.

### **RAVIOLI DOUGH**

From Nonna Yolanda Cataldi

4 eggs  
2 cups water  
Salt to taste  
Flour

Pile several cups of flour on a board and make a "well" in the center of the pile. Put eggs, water, and salt in the "well". Knead the dough together well adding more or less flour as needed. Cut dough in half and place it under a bowl; let stand for 1/2 hour. Roll out about 1/16 inch thick.

(While waiting for dough, prepare filling into small balls)

Put filling balls in a straight line across the dough. Fold enough dough over the filling to cover completely and press the dough down between each ball to close each ravioli well. Cut with a

ravioli cutter (wavy cutter). Place ravioli in boiling water and cook for 15 - 20 minutes. Drain. Place on platter and cover with the sauce. Sprinkle with Parmesan cheese.

Ravioli can be made ahead and frozen. To freeze, spread ravioli on a well-floured cookie sheet and put in your freezer. When frozen, transfer ravioli to plastic bags and seal tightly.

*NOTE: This recipe came from a ravioli cutter advertisement Nonna had from the old Charugi Bros. Store in Chicago, IL that she used to shop in.*

## **RAVIOLI LASAGNA**

From Pia's Kitchen

1 pkg frozen ravioli

1 lb ground beef

1 (28 oz jar pasta sauce

1 1/2 cups shredded Mozzarella

Parmesan cheese

chopped parsley

Preheat oven to 425°. Brown ground beef in skillet. Spoon 1 cup of sauce into bottom of greased 11 x 9 inch baking dish. Layer half frozen ravioli on top of sauce. Cover with half of ground beef and 3/4 cup mozzarella. Cover with 1 cup of sauce. Repeat layering with pasta and ground beef. Top with remaining sauce. Be sure sauce covers ravioli.

Bake covered for 35 minutes. Sprinkle with remaining Mozzarella. Bake uncovered until cheese is browned and bubbly (about 5 minutes). Garnish with Parmesan and parsley.

## **PIE**

### **APPLE PIE**

From Cindy Savoldi

1 prepared pie crust

6 cups apples, peeled and sliced thinly

1 cup sugar

3/4 cup cinnamon

1/4 teaspoon nutmeg

1/8 teaspoon salt

1 teaspoon lemon juice

1 tablespoon butter or margarine

Place sliced apples in a medium sized bowl. Mix remaining ingredients except for margarine and sprinkle over apples. Toss to coat apple slices. Place 1/2 pie crust in pie pan to cover the bottom. Pour coated apples slices into pie crust. Slice margarine into pieces and spread pieces over apple slices. Put on the top pie crust. Poke crust with fork to let steam out. Bake 45 - 55 minutes at 425°.

NOTE: To make crust more golden brown, whip egg white with a fork until forth, then brush over the top of pie and bake.

### **BLUEBERRY CHEESE PIE**

From Pia's Kitchen

Mix the following together and press into a 9 x 13 glass baking dish.

2 1/2 cups graham cracker crumbs

1 cup sugar  
1/4 cup melted margarine  
Beat with mixer until smooth:  
2 eggs  
1 teaspoon vanilla  
1 cup sugar  
2 (8 oz) pkg cream cheese

Pour cream cheese mixture over graham crackers crumb mixture and bake for 15 minutes at 375°. Cool in the refrigerator at least 2 hours then cover with 1 can blueberry pie filling (any pie filling can be substituted, as desired). Refrigerate for 6 hours before serving. (Best if made the night before.)

### **CHERRY TORTE**

From Pia's Kitchen

Melt 1/3 cup margarine and mix with the crumbs of 16 graham crackers and 1/2 cup sugar. Pat into the bottom of a 10 inch pie pan.

Beat 1 pkg (8 oz) cream cheese with 1/2 cup sugar. Add 2 eggs. Beat until very smooth. Pour over crumbs and bake for 25 minutes at 325°. Cool.

Spoon cherry or blueberry pie filling over the top and chill at least 3 hours before serving.

### **PIE CRUST (for 2 crust pie)**

From Cindy Savoldi

2 cups flour  
3/4 cups shortening  
1 teaspoon salt  
1/4 to 1/2 cup chilled water

Mix flour and salt in small mixing bowl. Cut in shortening with pastry blender until mixture resembles fine meal. Sprinkle water over different parts of the mixture. Mix thoroughly with a fork until particles stick together to form a ball of dough. Roll out half the dough for lower crust; the other half for upper crust.

### **COCONUT MACAROON PIE**

From Grandma Hilda Savoldi

1 1/2 cups sugar  
2 eggs  
1/2 tablespoon salt  
1/2 cup soft margarine  
1/4 cup flour  
1/2 cup milk  
1 1/2 cup shredded coconut  
9 inch pie crust, unbaked

Beat sugar, eggs and salt until mixture is lemon-colored. Add margarine and flour; blend well. Add milk, then fold in 1 cup coconut. Pour into pie shell and top with remaining coconut. Bake at 325° about 60 minutes.

### **EASY CHERRY CHEESE PIE**

From Pia's Kitchen

1 (9 inch) graham cracker crumb crust  
1/3 cup lemon juice  
1 (8 oz) pkg cream cheese, softened  
1 teaspoon vanilla  
1 (14 oz) can sweetened condensed milk  
1 can cherry pie filling

In medium bowl beat cheese until light and fluffy. Add sweetened condensed milk; blend thoroughly. Stir in lemon juice and vanilla. Pour into crust. Chill 2 hours or until set. Top with desired amount of pie filling before serving. Refrigerate any leftovers.

TIP: any of your favorite fruit pie fillings or toppings can be substituted for cherry pie filling.

### **FOOLPROOF PIECRUST**

Makes 5 - 9 inch crusts  
From Grandma Hilda Savoldi  
4 cups flour  
2 teaspoons salt  
1 3/4 cups shortening  
1 tablespoon vinegar  
1 tablespoon sugar  
1 egg  
1/2 cup cold water

Mix flour, salt shortening and sugar together with a fork. In a separate bowl beat the remaining ingredients. Combine the two mixtures stirring with a fork until all ingredients are moistened. Then mold dough with your hands into a ball. Chill at least 15 minutes before rolling into pie crusts. Dough can be left in the refrigerator up to 3 days or it can be frozen. Makes 2 9-inch double crusts pies and 1 9-inch shell.

NOTE: Dough will remain soft in the refrigerator and can be taken out and rolled immediately.

### **GERMAN SWEET CHOCOLATE CREAM PIE**

From Pia's Kitchen  
1 pkg (4 oz) bakers sweet chocolate  
1/3 cup milk  
2 tablespoons sugar  
1 pkg (3 oz) cream cheese, softened  
3 1/2 cups or 1 container (8 oz) whipped topping, thawed  
8 inch graham cracker crumb crust

Heat chocolate and 2 tablespoons of milk in saucepan over low heat, stirring until chocolate is melted. Beat sugar into cream cheese; add remaining milk and chocolate mixture to cream cheese and beat until smooth. Fold in whipped topping blending until smooth. Spoon into crust. Freeze until firm - about 4 hours. Store leftovers in freezer.

### **ICE CREAM PIE**

From Nikki Savoldi

For crust, crush 24 Oreo cookies with filling and mix with 1/3 cup melted butter. Press into 9 x 13 inch pan

Fill crust with 1/2 gallon of chocolate chip or mint chocolate chip ice cream. (HINT: soften ice cream slightly then slice and fit into pan like a puzzle)

Sauce:

2 squares unsweetened baker's chocolate

1 tablespoon butter

1/2 cup sugar

2/3 cup evaporated milk

Cook sauce until thick and cool. Then spread on top. Store in freezer until ready to serve. Garnish with whipped cream.

### **NONNA'S TORTA**

From Nonna Yolanda Cataldi

*Filling:*

2 large bunches Swiss chard - remove white core, wash and chop fine.

Sauté Swiss chard in skillet with 1 stick margarine. Add:

2 bunches of parsley, chopped fine

2 loaves Italian bread soaked in about 1 gallon milk (soak only until moist)

1 teaspoon allspice

1 teaspoon nutmeg

1/2 cup pine nuts

1/2 box dark raisins

1/2 box white raisins

1 1/2 cup parmesan cheese

4 cups sugar

12 beaten eggs

Mix well then add greens. Stir until well combined and mashed. Add 1/2 pint sweet liquor - or some other flavoring - - - like orange juice.

*Dough:*

Put flour in a large bowl (just a little less than 5 lb) and add 2 cups sugar. Make a hole in the flour mixture and add the dozen eggs, 1/2 pint of sweet liquor (or orange juice), a pinch of salt and 1 stick melted butter. Add enough flour to make soft, but not sticky dough. Roll out dough 1 inch larger than pie pan. To create the edges, roll up dough, cut with scissors or knife, roll up dough again, cut about 1/2 inch apart, roll up again, cut again - making 1/2 inch roll-up pieces of dough all around the edge of the pie. Add filling and bake at 375° until done.

### **PEANUT BUTTER CREAM PIE**

From Grandma Hilda Savoldi

*Combine and press into bottom and up sides of 9 inch pie pan:*

1/4 cup peanut butter

4 cups crushed corn flakes

2 tablespoons sugar

1 tablespoon flour

2 tablespoons margarine, melted

*Bake at 350° for 8 minutes. Cool completely.*

Prepare 1 pkg instant vanilla pudding using only 3/4 cup milk. Let stand 5 minutes.

Whip 1/2 point cream until stiff; fold into pudding. Pile pudding mixture into cooled crust. Chill until firm.

### **PECAN PIE**

From Cindy Savoldi

1 unbaked pie crust

1 cup sugar

1 cup pecans

1 tablespoon melted butter

3 eggs

1/2 teaspoon vanilla

1 cup corn syrup

1 tablespoon flour

Arrange pecans in bottom of pie shell. Beat eggs; add butter, corn syrup, and vanilla and stir well. Combine sugar and flour. Pour over pecans until they rise to the surface. Bake at 350° for 45 minutes. (Freezes well)

### **RHUBARB CUSTARD PIE**

From Aunt Amy Jones

Makes 1 - 9 inch pie

Beat slightly 3 eggs.

Add 2 tablespoons milk

Mix together and stir in:

2 cups sugar

5 tablespoons flour

Pour all of the above over 4 cups cut-up rhubarb that have been placed in a pastry shell. Dot with 1 tablespoon butter, add top pastry sheet. Add slits in the top crust and bake for 50 to 60 minutes at 400°.

### **STRAWBERRY CHEESE PIE**

Makes one 9 inch pie

1 (9 inch) baked pastry shell or graham cracker crumb crust

1 (8 oz) pkg cream cheese, softened

1 (14 oz) can sweetened, condensed milk

1/2 cup lemon juice

1 teaspoon vanilla

1 quart fresh strawberries, cleaned and hulled

1 (16 oz) pkg prepared strawberry glaze, chilled.

Beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Stir in lemon juice and vanilla. Pour into prepared crust. Chill 3 hours or until set. Top with strawberries and desired amount of glaze. Refrigerate any leftovers.

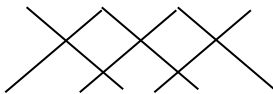
# **PORK OR HAM**

## **APPLE MUSTARD GLAZED HAM**

1 cup apple jelly  
1 tablespoon mustard  
1 tablespoon lemon juice  
1/4 teaspoon ground nutmeg  
whole cloves  
spiced apple rings

Combine jelly, mustard, juice and nutmeg in pan. Bring to a boil. Score ham in diamonds using sharp knife and slicing ham about 1/4 inch deep (see below). Insert cloves in each diamond intersection. Bake uncovered at 350° for 20 minutes per pound. Glaze (baste) twice during the last 30 minutes. Garnish with apple rings.

Diamond scores like below should be cut into top of ham:



## **CRANBERRIED HAM**

From Pia's Kitchen

3 cups currant jelly  
2 cups white corn syrup  
3/4 teaspoon ground ginger  
3 cups whole cranberries  
1 (9 - 12 lb) ham

About 2 1/2 hours before serving, preheat oven to 325°. In large skillet mix currant jelly, corn syrup and ginger. Cook over medium heat until syrupy. Place ham in a foil-lined baking dish. Brush it all over with some of the jelly mixture. Bake it allowing 10 minutes per lb or about 2 hours. Brush frequently with jelly mixture.

About 15 minutes before ham is done, cook cranberries over medium heat in remaining jelly mixture, uncovered for 7 minutes. Serve cranberries over ham.

## **HOLIDAY HAM WITH PINEAPPLE**

2 cans (6 oz) pineapple juice  
1 can crushed pineapple  
2 cups brown sugar  
20 to 30 cloves  
1/4 cup golden raisins

1 whole 12 to 14 lb spiral cut ham

Pour juice over ham. Spoon pineapple over ham. Sprinkle with brown sugar and cloves. Add raisins to pan juices. Cover and refrigerate overnight.

Bake at 325° for 1 1/2 to 2 hours. Baste every 20 minutes (or use cooking bag).

### **PORK au POIVRE**

4 servings

1 lb pork tenderloin, trimmed

1 tablespoon black pepper

2 teaspoons olive oil

1/2 cup fat-free chicken broth

1/2 cup dry red wine

1 teaspoon Dijon mustard

1 teaspoon tomato paste

1/4 teaspoon salt

Slice pork lengthwise, cutting to but not through the other side. Open halves laying pork flat.

Sprinkle each side with 1 1/2 teaspoons pepper. Heat oil in ovenproof skillet coated with cooking spray. Add pork; cook 2 minutes each side. Place pan in oven and bake at 425° for 12 minutes.

Remove and keep warm.

Add broth and remaining ingredients to pan; stir well with a whisk. Bring to a boil; cook until reduced to 1/2 cup (about 3 minutes).

*CALORIES 162; FAT 5.7g; PROTEIN 24.5g; CARB 1.9 g; FIBER .5 g*

### **PORK LOIN WITH SPINACH STUFFING**

Makes 10 to 12 servings

1 (10 oz) pkg frozen spinach, thawed and drained - squeezing as much liquid out as possible

1/2 cup chopped onion

1 clove garlic, minced

3 tablespoons margarine or olive oil

Reserve 1/2 cup spinach for dressing. Sauté all ingredients until tender. Separate 1 boneless pork loin (3 1/2 lb). Add 1 cup breadcrumbs and 1/2 teaspoon salt to spinach and spread on 1/2 of the pork loin. Top with other half and tie together.

Mix:

1/4 cup orange juice

2 tablespoons soy sauce

1 tablespoon ketchup

Pour half the sauce over pork loin. Bake at 350° for 1 hour, uncovered. Baste with remaining half of sauce. Cover and bake 1 hour longer. Let stand 10 minutes before slicing.

Cook dressing ingredients below over medium heat until heated through. Serve dressing over pork loin.

1 cup sour cream

2 tablespoons horseradish

1 tablespoon Dijon mustard

1/2 teaspoon seasoned salt

1/4 teaspoon dill weed

## **SAUSAGE & MUSHROOMS**

From Pia's Kitchen

- 3 (3 oz) links hot turkey Italian sausage
- 1 teaspoon olive oil
- 1/3 cup dry white wine (I use wine vinegar)
- 4 cups water
- 2 (8 oz) pkgs pre-sliced mushrooms
- 1 (14.5 oz) can diced tomatoes, drained
- 2 tablespoons chopped fresh basil (or use 2 teaspoons dried basil)

Pierce sausages; cut each diagonally into 1 inch pieces. Cook in oil over medium-high heat for 3 minutes. Add wine or wine vinegar and mushrooms; cover, reduce heat and cook 10 minutes stirring occasionally. Remove sausage from pan; cook mushroom for about 5 minutes - until liquid is almost evaporated. Stir in basil and tomatoes and cook 1 more minutes. Return sausage to pan and simmer. Serve with polenta.

## **SPICY PORK AND BELL PEPPER TACOS**

*6 servings*

- 1 1/2 lb pork tenderloin, trimmed & cut into 1/2 inch strips
- 1 1/2 teaspoons dried Italian seasoning
- 1/2 teaspoon ground red pepper
- 1/4 teaspoon salt
- 4 teaspoons veggie oil
- 1 1/2 cups red bell pepper strips
- 1 1/2 cups green bell pepper strips
- 1 1/2 cups yellow bell pepper strips
- 1 1/2 teaspoons bottled minced garlic
- 1/4 teaspoon salt
- 6 (8-inch) fat-free tortillas
- 3/4 cup bottled salsa
- 3/4 cup shredded reduced-fat cheddar cheese

Combine first 4 ingredients; heat 2 teaspoons oil. Add pork and cook for 8 minutes. Remove from pan & keep warm. Heat 2 teaspoons oil; add bell peppers, garlic & salt. Sauté 5 minutes. Divide pork evenly among tortillas; top each with 1/2 cup pepper mix, 2 tablespoons cheese, 2 tablespoons salsa and fold.

*CALORIES 341; FAT 9.3g; PROTEIN 32.2g; CARB 31.2g; FIBER 2.9g*

## **POULTRY**

### **24 HOUR CHICKEN SALAD**

From Pia's Kitchen

*Layer in order the following in a large glass bowl:*

- 4 cups spinach, torn
- 1 cup Swiss cheese, shredded

1 cup frozen peas  
1/2 cup shelled pumpkinseed  
2 (5 oz) cans boned chicken drained & chopped  
1/2 cup shredded carrot  
1 cup cauliflower, cut small pieces  
4 cups torn iceberg lettuce

*Mix together:*

1 (3 oz) pkg. Cream cheese  
1 tablespoon lemon juice  
1 cup mayonnaise  
1/2 teaspoon dried dill weed  
1/4 teaspoon salt

Spread mayonnaise mixture over the top of the salad, sealing to the edge of the bowl. Sprinkle 1/2 cup shredded Swiss cheese over the top; cover and chill in the refrigerator overnight or at least 3 hours.

**BAKED CHICKEN POUPON**

4 servings

4 tablespoons Grey Poupon Mustard  
2 tablespoons water or vegetable oil  
1 teaspoon garlic powder  
1/2 teaspoon Italian seasoning  
1 lb boneless chicken breasts

Mix must, oil, garlic powder and Italian seasoning in a large bowl or plastic bag. Add chicken, mixing to coat. Bake at 375° for 20 minutes or until done.

**BAKED CHICKEN SOUFFLE**

From Crawfordsville Branch

9 slices white bread, crust removed  
4 cups diced, cooked chicken  
1/2 lb fresh mushrooms, sliced  
1/2 cup mayonnaise  
1 can (8 oz) water chestnuts, drained & sliced  
9 slices processed sharp cheese  
4 eggs, beaten  
2 cups milk  
1 teaspoon salt  
1 can cream of mushroom soup  
1 can cream of celery soup  
1 jar (2 oz) pimento, chopped (optional)

2 cups buttered coarse bread crumbs.

Line 13 x 9 inch buttered baking dish with bread. Top with chicken. Cook mushrooms in butter for 5 minutes and spoon over chicken with water chestnuts. Dot with mayonnaise; top with cheese. Combine eggs, milk, and salt and pour over chicken. Mix soup and pimento and spoon over all.

Cover with foil and store in the refrigerator overnight. Bake at 350° for 1 1/2 hours. The last 15 minutes of baking time sprinkle breadcrumbs on top.

### **CAMP CHICKEN POCKETS**

From Pia's Kitchen

4 skinless, boneless chicken breasts  
2 medium carrots, sliced  
2 cups fresh mushrooms, sliced  
2 medium zucchini, sliced  
2 tablespoons margarine

Tear off 4 - 12 x 18 inch pieces of aluminum foil; place one chicken breast on each piece of foil. Spread Dijon mustard on each piece of chicken and sprinkle with a little dried basil. Top with vegetable slices divided evenly among the 4 pieces; dot with margarine. Fold foil over chicken into sealed pockets. Bake for 22 minutes at 450° on ungreased cookie sheet

### **MOM'S CHICKEN & NOODLES**

From Pia's Kitchen

1 whole chicken  
1 large onion, peeled  
3 large carrots, peeled  
1 stalk of celery  
Salt & Pepper to taste

Place all in a large kettle and cover completely with water (plus 1/2 inch more). Cook over medium high heat for an hour or until chicken is completely cooked and falls off the bone. Pour through a strainer reserving the chicken broth. When cool enough to touch, pull chicken from bone, discarding bone and skin. Chop chicken and return to broth. *(NOTE: onion, carrots and celery are very tasty and can be served in a separate platter along with chicken and noodles.)*

Reheat chicken broth to boiling and add 1 or 2 pounds of egg noodles to chicken and chicken broth. Cook until noodles are tender. To thicken broth: put 2 or 3 tablespoons of flour into a glass of cold water, stirring until flour is no longer lumpy. Add "floured" water to boiling broth, stirring constantly until broth is thickened.

*This is a family favorite served over mashed potatoes. Add a nice tossed salad or other green vegetable for a complete meal.*

### **Chicken ala Crescent**

From: Jill Clark

1 8 oz. pkg cream cheese  
salt and pepper to taste  
4 tablespoons butter  
2 cups cooked, cubed chicken  
1/4 cup finely chopped onion  
2 cans Pillsbury Crescent rolls  
Combine the cream cheese, butter, onions, salt, and pepper.  
Add the chicken and mix gently.

(I make one big triangle out of two of the crescent rolls) Place about a 1/4 c. mixture on the dough section and roll up.

Roll the chicken crescent in melted butter and then in bread crumbs.

Bake at 375 degrees for 15 to 20 minutes. Top with gravy.

**Gravy** - 2 cups sour cream

1 can of cream of chicken soup

1 tsp. of fresh lemon juice

Combine ingredients together in a sauce pan and heat.

### **CHICKEN BRUSCHETTA**

From Cooking Light

1 teaspoon garlic powder

1/4 teaspoon salt

1/8 teaspoon pepper

Mix seasonings together and sprinkle on 4 (4 oz) chicken breasts. Broil breasts for 6 minutes each side on a pan sprayed with cooking spray. Set aside.

*Heat 1 tablespoon olive oil in a skillet and add:*

1/4 teaspoon salt

1 (8 oz) pkg. mushrooms, sliced

1 small zucchini, quartered and sliced

4 minced cloves garlic

*Sauté for 2 minutes and add:*

1/8 teaspoon pepper

1 chopped plum tomato

1/2 cup chopped onion

1/2 cup chopped fresh basil

4 teaspoon balsamic vinegar

*Sauté for 3 more minutes.*

Serve the vegetable mixture over the chicken. Sprinkle with 1/4 cup grated Parmesan cheese.

*229 calories, 7.3 grams fat, 2.1 gram fiber (each serving is 5 Weight Watcher points)*

### **CHICKEN BUNDLES**

*8 servings*

2 3 oz pkgs. Cream cheese with chives, softened

1/8 teaspoon pepper

2 to 3 cups cooked and cubed chicken breasts

Mix cream cheese and chicken. Separate & roll out 2 cans of Pillsbury Crescent Rolls. (Pinch together along perforations to make rectangles). Each can will make 4 bundles. Place about 1/3 cups chicken mix in each roll. Fold over and pinch to seal sides. Dip each bundle in 1/2 cup-melted butter. Roll each in 2/3-cup breadcrumbs or stuffing mix and 1/2 cup chopped walnuts. Bake at 325° until pastry is golden brown (about 20 minutes). Serve with chicken gravy

### **CHICKEN CACCIATORE**

From Nonna Yolanda Cataldi

1 cut up chicken

1 (8 oz) can tomato sauce

6 cloves garlic, cut up & mashed

1/2 large onion, chopped

Salt & Pepper

1 can black olives (optional)

Olive oil

Pinch of marjoram

3 clusters of sage

Fry chicken pieces in olive oil; sprinkle with salt and pepper to taste. Add garlic. Sprinkle with marjoram and sage. Brown chicken well. (Nonna adds about 1/4 cup cooking wine to the chicken.) Simmer about 15 minutes. Remove chicken from frying pan; add tomato sauce and onion to juice in pan. Simmer until onion is cooked. Add chicken to sauce and simmer over low heat about 10 minutes. Add olives for added flavor. Serve with polenta.

### **CHICKEN CACCIATORE (AMERICAN VERSION)**

2 cut up broiler fryers (about 2 1/2 lbs. each)

1/4 cup olive oil

1/3 cup flour

2 green peppers, seeded & cut into pieces

2 teaspoons salt

1/4 teaspoon pepper

1/2 cup white wine (or cooking wine)

1 cup chopped onion

1 can Italian tomatoes (1 lb, 1 oz)

2 cloves garlic, minced

Shake chicken pieces with flour, salt and pepper in a plastic bag. Sauté onion and garlic in 2 tablespoons of the oil until soft. Remove with slotted spoon and reserve. Brown chicken a few pieces at a time adding remaining oil as needed; remove and reserve. Sauté peppers in drippings until soft; stir in wine and bring to boil stirring constantly. Return onion and garlic to pan. Stir in tomatoes. Place chicken in a slow cooker and spoon sauce over the top. Cover and cook on low for 8 hours or on high for 4 hours. Sprinkle with chopped parsley if desired. Serve with linguini or thin spaghetti. (Or if you want to be really authentic, serve with polenta) Makes 6 servings

### **CHICKEN DIVINE**

From Crawfordsville Branch

De-bone 4 split chicken breasts (or use boneless, skinless breasts); brown on both sides in hot oil. Boil 1 bunch of broccoli for 5 minutes and place in the bottom of a buttered 9 x 13 inch casserole. Place chicken on top of the broccoli. Pour sauce over chicken; sprinkle with bread crumbs and shredded cheddar cheese and bake for 30 minutes at 350°.

Sauce:

1 can cream of chicken soup

1 teaspoon curry powder

1 teaspoon lemon juice

1/2 cup mayonnaise

NOTE: Can use whole boiled chicken or turkey in place of chicken breasts. Just chop up chicken or turkey into small pieces. On busy days substitute 2 (16 oz) bags of frozen broccoli, uncooked for fresh, cooked broccoli.

### **CHICKEN 'N BROCCOLI BISCUIT WRAPS**

Makes 10 wraps

1 (12 oz) can "big" buttermilk biscuits  
1 cup chopped cooked chicken  
1/3 cup chopped cooked broccoli  
1/3 cup shredded Cheddar cheese  
2 tablespoons mayonnaise  
1 tablespoon finely chopped onion

Heat oven to 400°; separate dough into 10 biscuits. Press each biscuit into a 5 inch round. In small bowl combine remaining ingredients. Spoon about 2 tablespoons mixture onto center of each biscuit. Fold dough in half over filling (looks like a turnover) pressing edges with a fork to seal. Place on ungreased cookie sheet. Bake for 10 to 13 minutes until golden brown. NOTE: 1/3 cup frozen chopped broccoli, thawed and drained can be used instead of fresh.

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### **CHICKEN VESUVIO**

*From Uncle Ray Cataldi*

Brown cut-up chicken breast halves in olive oil in heavy skillet. When chicken is done, remove from skillet. Add fresh chopped garlic (lots of garlic) and a pinch of salt to skillet; then add wine and cook down until it is saucy. When cooked down add fresh chopped parsley on top. Add chicken and simmer until chicken is warmed.

### **CONFERENCE CHICKEN**

From Scranton Stake Presidency

2 cans cream of chicken soup  
2 cups diced cooked chicken breast  
1 cup light sour cream  
1/4 teaspoon garlic powder  
1/2 cup diced green chilies\*  
10 large thin flour tortillas  
grated cheddar cheese

Mix soup, sour cream, garlic powder and green chilies (or green pepper) together. Spread thin layer on bottom of glass 9 x 13 inch baking dish. Add chicken to remaining soup mixture. Warm tortillas in microwave until pliable. Place a portion of chicken mixture on each tortilla and sprinkle with grated cheese. Roll-up tortillas and place in baking dish. Spread remainder of chicken mixture

to form a layer on top of tortillas. Sprinkle more grated cheese on the top. Bake covered for 20 minutes at 350°.

\*NOTE: green pepper can be used in place of the green chilies. Also, fresh cooked broccoli or asparagus may be placed in each tortilla and rolled up with the chicken mixture.

### **EASY BAKED CHICKEN**

From Pia's Kitchen

1 can cream of mushroom soup

1 cup sour cream

3 tablespoons dry onion soup mix

4 to 8 chicken breasts

1/2 can chow mien noodles

Put chicken breasts in 9 x 13 inch baking dish. Mix soup, sour cream and onion soup mix until well blended. Pour over chicken and bake at 350° for 1 to 1 1/2 hours. Sprinkle chow mien noodles on top for the last 10 minutes. *Really good with rice or noodles.*

### **EASY BAKED CHICKEN BREASTS**

*Serves 4*

From Pia's Kitchen

4 boneless, skinless chicken breasts

1/2 cup Italian bread crumbs

1/2 cup Parmesan Cheese

1 egg

SAUCE:

1 can cream of Celery soup

1/2 cup milk

3 oz. Package Cream Cheese

Dip chicken in beaten egg and coat with crumb/cheese mixture. Bake, uncovered, at 375°F – 20 minutes each side.

Melt 1 can cream of celery soup with 1/2 cup milk and 3 oz package of cream cheese. Pour soup mixture over chicken and bake another 20 minutes longer (uncovered).

### **QUICK CHICKEN CACCIATORE**

From Pia's Kitchen

2 lbs chicken

2 large cloves minced garlic

2 tablespoons olive oil

1 teaspoon oregano

1 can (10.75 oz) tomato soup

1/4 teaspoon salt

1 teaspoon oregano

1/4 cup water

1/2 green pepper, cut in strips

1 tablespoon vinegar

1/2 cup chopped onion

Brown chicken in oil in skillet. Pour off fat. Add remaining ingredients; cover and cook over low heat for 45 minutes. Stir occasionally; uncover and cook until sauce thickens. Makes 4 - 6 servings. Serve over polenta

## **EASY CHICKEN POT PIE**

From Cindy Savoldi

1 pie crust, prepared  
1/4 teaspoon pepper  
1/3 cup margarine  
1 3/4 cup chicken broth  
1/3 cup flour  
2/3 cup milk  
1/3 cup chopped onion  
2 cups cooked chicken, cubed  
1/2 teaspoon salt  
10 oz frozen peas & carrots  
Additional veggies, as desired

Melt margarine. Add onion, then flour, salt and pepper. Add broth and milk. Boil one minute then add chicken and veggies. Pour into prepared pie crust; top with pie crust lid. Bake at 425° for 30-35 minutes until golden brown.

## **EASY CHICKEN POT PIE**

Serves 6

1 2/3 cups frozen veggies, thawed  
1 cup cut-up cooked chicken  
1 can (10.75 oz) cream of chicken soup  
1 cup Bisquick  
1/2 cup milk  
1 egg

Mix veggies and soup in ungreased 9 inch pie plate. Mix remaining ingredients with fork until blended. Pour into pie plate. Bake @ 400° for 30 minutes until golden brown.

## **GARDEN FRESH BASIL CHICKEN**

From Cooking Light

4 chicken breasts  
16 fresh basil leaves  
1/4 teaspoon salt  
1 tablespoon lemon juice  
1 tablespoon olive oil  
1/4 teaspoon pepper  
1 1/2 cup chicken broth  
1/4 cup chopped basil  
1 clove garlic

Create pockets by cutting a 3 inch slit in each chicken breast. Place 4 basil leaves in each breast and sprinkle with salt and pepper. Combine broth, basil, juice, and garlic in a bowl. Heat olive oil in a skillet; add chicken and cook for 4 to 6 minutes turning once. Pour broth mixture over chicken and bring to a boil. Cover and simmer for 5 minutes until chicken juices run clear.

180 calories; 7 grams fat, 0 grams fiber

*NOTE: This is a simple, delicious and elegant recipe - good for company and for the waistline!*

## **GRILLED CHICKEN OVER SPINACH**

From Pia's Kitchen

1 or 2 tablespoon olive oil  
1 tablespoon cider vinegar  
1 clove minced garlic  
1 teaspoon thyme  
1/2 teaspoon oregano  
1/2 teaspoon pepper  
1/4 teaspoon salt

Combine all of the above and spoon over 4 boneless chicken breasts. Grill uncovered for 7 minutes in non-stick skillet sprayed with cooking oil for 7 minutes one each side or until done. In 1 to 2 tablespoons olive oil, sauté 1 green onion, finely chopped with 1 or 2 cloves minced garlic. Stir in 1/2 lb sliced mushrooms and sauté for 3 to 4 minutes. Add 1 pkg (10 oz) fresh spinach. Sauté for 2 minutes until wilted. Transfer spinach to serving platter and top with chicken.

## **HAWAIIAN HAYSTACKS**

Serves 6

4 cups seasoned chicken broth  
1/4 cup cornstarch  
2 to 3 cups cooked, cubed chicken  
4 cups hot cooked brown rice  
4 medium tomatoes, chopped  
1 (10 oz) pkg frozen peas, thawed  
5 stalks celery, finely diced  
1 to 2 green peppers, chopped  
6 to 8 green onions, sliced  
1 (8 oz) can crushed pineapple  
1/2 cup slivered almonds  
1/2 cup shredded coconut (optional)  
1/2 cup sliced water chestnuts  
1 to 2 cups Chinese noodles  
1 cup finely grated cheddar cheese

Combine broth and cornstarch. Cook until thick and clear. Add chicken. Place remaining ingredients in individual bowls. Have guest build their own haystacks in the following order: rice, chicken in gravy, tomatoes, peas, celery, green pepper, onions, pineapple, almonds, coconut, water chestnuts, noodles, cheese.

## **HERBED CHICKEN IN PASTRY**

Serves 4

Pia Savoldi

2 tablespoons margarine  
4 chicken boneless, skinless breasts  
1/2 package puff pastry  
1 herbed cream cheese spread (4 oz.)  
1 egg, beaten

1 tablespoon water

¼ cup chopped parsley

Cook chicken in margarine over medium heat until browned (season with salt, pepper, and sage). Remove from skillet, cover, and refrigerate for 15 minutes to 24 hours. Thaw pastry sheets for 20 minutes. Preheat oven to 400°F. Unfold sheets and roll to a 14-inch square. Cut into four 7-inch squares.

Spread 2 tablespoons cheese spread in center of each square. Sprinkle with parsley and top with cooled chicken. Brush edges of square with egg/water mixture. Fold each corner to the center on top of the chicken and seal all edges. Place seam down on baking sheet. Brush with egg/water mix and bake for 25 minutes, or until golden brown.

### **HOME STYLE NOODLES N CHICKEN**

From Pia's Kitchen

1 lb egg noodles

1 cup chopped celery

3 - 4 lb cooked chicken

2 tablespoons margarine

2 cups chicken broth

2 cans cream of mushroom soup

1 medium onion, chopped

1 teaspoon salt

1/2 teaspoon pepper

Boil chicken until cooked. Reserve 2 cups broth. Cook noodles per package directions; drain. Sauté onion and celery in margarine. Add chicken, noodles, broth, soup and seasonings. Pour into 2 (2 quart) casseroles. Bake at 350° for 30 minutes. Makes 8 to 10 servings.

### **HOMEMADE TURKEY STUFFING**

From Grandma Hilda Savoldi

Cook turkey gizzard and heart in boiling water until done. Chop in small pieces.

Chop up turkey liver and sauté in margarine.

Sauté in 2 tablespoons olive oil:

1 stalk celery, chopped

8 onions, chopped

Mix together:

1 loaf toasted and cubed bread (any kind)

1/2 shredded carrot

2 teaspoons sage

1 or 2 minced garlic cloves

2 tablespoons chopped parsley

1/2 lb butter

2 or 3 beaten eggs

Sautéed celery/onion mixture

This will stuff a 15 lb turkey - or bake in a separate baking dish for 45 minutes at 350°.

### **LEMONY SPANISH PEPPER CHICKEN**

*4 servings*

8 (6-oz) chicken thighs, skinned

1 1/2 teaspoons dried oregano  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1/4 teaspoon paprika  
1 1/2 cups red bell pepper strips  
1 1/2 cups green bell pepper strips  
1 tablespoon grated lemon rind  
1/4 cup fresh lemon juice  
1/2 cup fat-free, chicken broth  
2 tablespoons ketchup

Sprinkle chicken with oregano, salt, pepper, and paprika. Heat skillet, coated with PAM over medium-high heat. Add chicken and sauté 3 minutes or until light brown. Turn chicken over; top with bell peppers, rind, and juice. Cover, reduce heat and simmer for 30 minutes - or until done. Remove chicken from pan.

Combine ketchup and broth in bowl; add to pepper mixture in pan; bring to boil. Serve pepper mixture with chicken.

*CALORIES 267; FAT 7.8 g; CARB 8.7 g; FIBER 1.9 g*

### **NO FUSS CHICKEN**

From Nikki Hall

16 servings

1 bottle Russian or Catalina salad dressing  
2/3 cup apricot preserves  
2 envelopes dry onion soup mix  
16 boneless skinless chicken breasts

Mix dressing, preserves, and soup mix. Place chicken in 2 - 11 x 7 x 2 pans. Top with dressing mixture. Cover and bake for 20 minutes at 350°. Baste chicken. Bake additional 20 minutes uncovered or until chicken juices run clear.

### **NO GUILT CHICKEN POT PIE**

From Campbell's Soup

1 can (10 3/4 oz) condensed cream of chicken soup (fat free)  
1 pkg (9 oz) frozen mixed vegetables, thawed  
1 cup cubed cooked chicken  
1/2 cup milk  
1 egg  
1 cup reduced fat baking mix (Bisquick)

Preheat oven to 400°. In 9 inch pie plate mix soup, vegetables and chicken.

Mix milk, egg and baking mix. Pour over chicken mixture. Bake for 30 minutes or until golden. Serves 4.

### **OVEN FRIED CHICKEN PARMESAN**

From Pia's Kitchen

3/4 cup dry bread crumbs  
1/4 cup Parmesan cheese  
1/4 cup chopped almonds  
1/2 cup softened butter

2 tablespoons minced parsley  
1 teaspoon salt  
3/4 teaspoon garlic powder  
1/4 teaspoon ground thyme  
1/8 teaspoon pepper  
2 to 3 lb chicken pieces

Combine crumbs, cheese, almonds in pan. Blend softened butter, parsley and seasonings in another bowl. Spread butter mixture over chicken; roll chicken pieces in crumbs coating well. Place in ungreased 13 x 9 x 2 inch pan. Bake for 55 to 65 minutes in 375° over until golden brown and fork tender. Do not cover pan; do not turn chicken. NOTE: for ease in spreading butter mixture, dry chicken pieces well.

### **OVEN FRIED CHICKEN PARMESAN**

From Pia's Kitchen

3/4 cup dry bread crumbs  
1/4 cup Parmesan cheese  
1/4 cup chopped almonds  
1/2 cup softened butter  
2 tablespoons minced parsley  
1 teaspoon salt  
3/4 teaspoon garlic powder  
1/4 teaspoon ground thyme  
1/8 teaspoon pepper  
2 to 3 lb chicken pieces

Combine crumbs, cheese, almonds in pan. Blend softened butter, parsley and seasonings in another bowl. Spread butter mixture over chicken; roll chicken pieces in crumbs coating well. Place in ungreased 13 x 9 x 2 inch pan. Bake for 55 to 65 minutes in 375° over until golden brown and fork tender. Do not cover pan; do not turn chicken. NOTE: for ease in spreading butter mixture, dry chicken pieces well.

### **Poppy Seed Chicken**

From: Ellen Hullinger

About 2 lbs. chicken, browned and cubed  
2 Tbsp poppy seeds  
2 cans cream of chicken soup  
3/4 cube melted butter  
1-1/2 pint sour cream  
angel hair pasta  
1 pkg Ritz crackers

Prepare chicken and put in 9 x 13 pan. Mix soup and sour cream and pour over the chicken, mix. Pour into 9 x 13. Crush crackers in ziploc bag with rolling pin or use food processor. Mix with poppy seeds and melted butter. Sprinkle over chicken mixture. Bake at 350 for 20-25 minutes. Put over cooked angel hair pasta.

### **QUICK CHICKEN CACCIATORE**

Serves 4

4 boneless, skinless chicken breasts  
2 tablespoons olive oil  
1 cup sliced mushrooms  
1 cup sliced zucchini  
1 can (14.5 oz) diced tomatoes  
1 can (8 oz) tomato sauce  
1 teaspoon Italian herb seasoning

Cook chicken in oil in large skillet over medium heat for 3 to 4 minutes on each side or until browned. Remove chicken and keep warm. Add mushrooms and zucchini to skillet; cook, stirring occasionally 3 to 4 minutes or until tender. Stir in undrained tomatoes, tomato sauce and herb seasoning. Add salt and pepper to taste. Add chicken; spoon sauce over chicken and simmer together 15 minutes or until chicken is done. Serve with pasta, rice or polenta, if desired

### **QUICK MOZZARELLA CHICKEN**

4 servings  
4 oz uncooked spaghetti  
1/2 cup Italian-seasoned breadcrumbs  
3 tablespoons grated Parmesan cheese  
4 (4-oz) skinned, boned chicken breasts  
1/4 cup egg substitute  
1 tablespoon olive oil  
4 (3/4-oz) slices part-skim mozzarella cheese  
2 1/2 cups fat-free Italian herb pasta sauce (Muir Glen)  
2 tablespoons chopped fresh parsley

Cook pasta; drain well. While pasta is cooking prepare chicken: dip chicken in egg substitute and dredge in breadcrumb/Parmesan cheese mixture. Heat oil; add chicken and cook for 2 minutes - each side. Top chicken with mozzarella slices and place pan in the oven. Bake @ 425° for 14 minutes or until chicken is done.

While chicken is cooking, heat pasta sauce in medium saucepan over med-low heat. Place 1/2 cup pasta on each plate; top with chicken breasts and 2/3 cup sauce. Sprinkle with parsley.

*CALORIES 429; FAT 9.4g; PROTEIN 40.1g; CARB 43.5g; FIBER 3.3g*

### **SPRINGTIME CHICKEN SALAD SANDWICH**

Serves 3

1 (10 oz) can Chunk Breast of Chicken, drained  
1/3 c red seedless grapes, halved  
1/4 c. finely sliced celery  
2 T. finely chopped onion  
2 T. dried cranberries  
2 T. dried golden raisins  
1/3 c. reduced fat salad dressing  
1/3 c. reduced fat salad dressing  
2 T. sliced natural almonds  
3 lettuce leaves  
3 sliced multi-grain buns

Combine chicken, grapes, celery, onion, cranberries, raisins and salad dressing. Stir well; cover & chill at least 1 hour. Stir in almonds just before serving. Place lettuce on each of 3 halves of multi-grain buns. Top each with chicken mixture & top with remaining bun tops.

## **STUFFED CHICKEN BREASTS**

From Pia's Kitchen

4 chicken breast halves (about 2 lbs)

1/2 teaspoon salt

1/4 teaspoon pepper

2 teaspoon margarine, melted

Heat oven to 375°, grease pan. Loosen skin from meat leaving attached at the ends. Spread 1/4 of stuffing between meat and skin. Place skin side up in pan; sprinkle with salt and pepper. Drizzle with butter. Bake uncovered 45 - 55 minutes. Serves 4.

### **APPLE HAZELNUT STUFFING:**

1/4 cup chopped hazelnuts

1 medium apple, chopped (1 cup)

1 pkg (3 oz) softened cream cheese

Mix together and spread on chicken between meat and skin.

1 serving = 320 calories (160 fat calories)

## **SAUCES**

### **NONNA'S RED MEAT SAUCE**

From Nonna Yolanda Cataldi

Makes 8 pints

4 carrots, peeled & chopped fine

Salt & Pepper to taste

4 stalks celery, chopped (leaves, too)

4 large onion, chopped

1/8 cup parsley

4 cloves garlic, chopped

3 - 4 lbs ground chuck

3 quart jars of tomato sauce

Olive oil

1 (6 oz) can tomato paste

1/2 lemon rind

1 tablespoon basil

*(NOTE: These measurements are approximate; use own judgment on adding more or less.)*

Grind carrots, celery, onions, garlic, basil, salt, pepper and parsley in food processor. Put enough olive oil in a large pot to cover the bottom completely. Put all ground up vegetables in the pot and cook until done; stirring frequently. Add raw ground beef to veggies in the pot; season with salt and pepper to taste. When beef is cooked, drain off some of the fat and add tomato sauce, tomato paste a "paste" can full of water. Add sprigs of fresh parsley, basil and lemon rind on the top while simmering. Simmer until rim around the pot turns dark (several hours). Pour into pint or quart jars and seal. Will keep about 1 year.

*NOTE: When doubling the recipe, you can double all the ingredients except the ground chuck and it will taste about the same.*

### **NONNO'S RED MEAT SAUCE**

From Nonno Vasco Cataldi

1 large onion, chopped fine

1 1/2 lb lean ground beef

1/2 stalk celery, chopped fine

1 (#2) can tomato puree

2 or 3 clove garlic, mashed & chopped

7 oz tomato paste

Sauté onion, celery, garlic with beef and cook until beef is white. Add salt, pepper and a little MSG to taste. Add tomato puree; add tomato paste plus 1 (tomato paste) can of water. Simmer at least 25 - 35 minutes.

### **ORANGE GLAZE (FOR HAM)**

From Pia's Kitchen

Mix:

1 can (6 oz) frozen orange juice

1 1/4 cup brown sugar

1/2 cup A1 steak sauce

Pour half of this mixture over 10 to 12 lb ham and wrap loosely in foil. Bake for 350° for 10 to 15 minutes per pound. About 1/2 hour before serving, remove from oven and open foil. Spread liberally with orange juice mixture. Increase heat to 400° leaving foil open to complete baking time. Baste frequently with remainder of sauce to give the ham a good glaze. Serves 6 to 8 people.

If desired, skim the fat off the sauce in the pan; reheat sauce and serve with ham to spoon over the top.

### **ORANGE MARMALADE GLAZE (FOR HAM)**

From Pia's Kitchen

Rub the following ingredients over 6 - 8 lb ham:

1 tablespoon ground mustard

1 teaspoon allspice

Bake for 2 to 2 1/2 hours uncovered at 325°.

During last 20 minutes spread 3/4 cups orange marmalade on ham and continue to bake uncovered.

### **RAVIOLI FILLING**

From Nonna Yolanda Cataldi

1 lb pork shoulder

1 lb beef roast

1 lb veal roast

Roast all three pieces of meat; season as desired. When cooked and cool, run meats through a meat grinder. *NOTE: Nonna add 1 brain, cooked and mashed to the filling but you can use 1 lb ground pork sausage, cooked.*

Boil 1 1/2 lbs spinach; drain and chop. Brown chopped onion in olive oil or fat from the roast. Add chopped spinach and cook for a few minutes until flavors blend. Soak 1/2 oz dry mushrooms for 1

hour, then chop fine and sauté with one clove of minced garlic. Moisten 1 lb saltine crackers in water; add all ingredients to roast with 3 slightly beaten eggs and 2 oz grated cheese. Season to taste and mix well.

*NOTE: This is excellent stuffing and can also be used to stuff pork chops.*

### **RAVIOLI SAUCE**

From Nonna Yolanda Cataldi

1/4 lb butter (no substitutes)

1 clove garlic, minced

2 tablespoons olive oil

1 (2lb) can tomatoes

1 lb ground round steak

2 oz dry mushrooms, soaked 2 hours

1 lb ground pork shoulder

1 large onion, chopped fine

Brown butter and oil. Add chopped onions, celery, and garlic. Sauté until light brown; add meat, salt, pepper and bay leaf to taste. Brown thoroughly. Add tomato paste, tomatoes and mushrooms.

Simmer for 2 hours

### **STRAWBERRY GLAZE (FOR HAM)**

From Pia's Kitchen

1 1/2 cups "Simply Fruit" strawberry jam

1/3 cup mustard

1/4 cup lemon juice

Combine all ingredients in sauce pan; cook and stir over low heat until well blended. Bake a 5 to 7 lb ham at 325° for 1 3/4 to 2 1/2 hours. Pour 1/2 cup of glaze over ham during the last 20 minutes of baking. Heat remaining sauce and serve with ham.

## **SOUP**

### **CHILI**

Makes 12 servings

2 lb ground beef

1 can (8 oz) tomato sauce

4 medium onions, chopped

1 tablespoon sugar

2 can (1 lb 12 oz) diced tomatoes

1 1/2 tablespoons chili powder

2 can (15.5 oz) kidney beans

3 teaspoons salt

Cook and stir ground beef and onion until meat is done. Drain off fat. Stir in tomatoes, kidney bean liquid, tomato sauce and seasonings. Heat to boiling. Reduce heat. Simmer uncovered 1 hour 15 minutes. Stir in beans. Simmer 15 minutes longer.

### **DAD'S BEAN SOUP**

From Grandma Hilda Savoldi

2 cups 10-bean soup mix\*

6 cups water  
1 can (28 oz) tomatoes, chopped  
2 onions, chopped  
1 clove garlic, minced (or 1/2 teaspoon garlic powder)  
1/2 teaspoon pepper  
2 teaspoons salt\*\*

Place beans and water in a large kettle. Bring to a boil; cover and boil for 2 minutes. Remove from heat and let stand for 1 hour.

Add all other ingredients and return to a boil. Reduce heat and simmer for at least 1 1/2 hour.

Serves 8

*This is the soup that Dad has, whenever possible, on his birthday. NOTE: you can soak beans overnight in enough water to cover the beans. Drain off the water and add 6 cups as stated above.*

*\*\*Also, you can replace the salt with other seasonings, like Mrs. Dash.*

**10 - Bean Soup Mix** (can be purchased, or make your own):

2 cups each of pinto, navy, lima, garbanzo, kidney, great northern, and black beans plus 2 cups each of black-eyed, green split, and yellow split peas. Sort and wash the beans. Mix in a large container and store unused beans in the refrigerator or freezer.

### **GIBLET GRAVY & SOUP**

From Grandma Hilda Savoldi

Take the neck and turkey giblets and boil in a large pot with one beef soup bone and enough water to cover all. After soup comes to a boil, reduce heat and simmer for 2 hours. Add one stick of chopped celery and one large chopped onion. Separate whatever quantity desired for soup and serve.

For gravy: keep 3 cups. Chop up the giblets and neck meat and add to the broth. Stir about 3 tablespoons flour into 1/2 cup of water. When flour mix is combined add it to the 3 cups of broth. When thickened, add meats. Serve warm with turkey and potatoes.

### **LOADED POTATO SOUP**

From Cindy Savoldi

4 large baking potatoes  
1/2 teaspoon pepper  
2/3 cup margarine  
4 green onions, chopped  
2/3 cup flour  
12 slices bacon, cooked & crumbled  
6 cups milk  
1 1/4 shredded cheddar cheese  
3/4 teaspoon salt  
1 (8 oz) container sour cream

Bake potatoes at 400° for 1 hour (or microwave). Remove pulp and discard skins. Melt margarine, add flour; gradually add milk. When thickened, add potato, salt, pepper, 2 tablespoons chopped green onion, 1/2 cup bacon and 1 cup cheese. Heat soup thoroughly; stir in sour cream, adding extra milk, if necessary. Serve garnishing with remaining onion, bacon and cheese on the top.

## **LOADED POTATO SOUP**

From Cindy Savoldi

4 large baking potatoes  
1/2 teaspoon pepper  
2/3 cup margarine  
4 green onions, chopped  
2/3 cup flour  
12 slices bacon, cooked & crumbled  
6 cups milk  
1 1/4 shredded cheddar cheese  
3/4 teaspoon salt  
1 (8 oz) container sour cream

Bake potatoes at 400° for 1 hours (or microwave). Remove pulp and discard skins. Melt margarine, add flour; gradually add milk. When thickened, add potato, salt, pepper, 2 tablespoons chopped green onion, 1/2 cup bacon and 1 cup cheese. Heat soup thoroughly; stir in sour cream, adding extra milk, if necessary. Serve garnishing with remaining onion, bacon and cheese on the top.

## **MOM'S EGG DROP SOUP**

From Pia's Kitchen

4 cups chicken broth  
1/2 cup Parmesan cheese, grated  
1/3 cup diced celery  
1 egg, beaten  
1 tablespoon diced onion  
bread crumbs  
salt to taste

Place chicken broth in sauce pot, add celery and onion. Cover and simmer for 10 minutes over medium heat. Mix beaten egg, cheese and enough bread crumbs until absorbed. Add egg mixture to chicken broth, stirring constantly about 2 or 3 minutes until egg separates into shreds. Serve immediately. About 4 servings.

## **QUICK VEGETABLE SOUP**

From Pia's Kitchen

1 lb ground beef  
1/2 cup diced celery  
1 large can tomato puree  
1 onion, chopped  
2 cups potatoes, diced  
1 tablespoon salt  
2 carrots, diced  
1/4 cup uncooked rice  
1/8 teaspoon pepper  
1 3/4 cups water

Brown ground beef in large kettle; drain off fat. When meat is browned add remaining ingredients. When mixture is steaming, reduce heat and cook for 45 - 60 minutes. Serves 4 - 6.

## **TACO SOUP**

From Weight Watchers

- 1 lb lean ground beef
- 1 medium onion, chopped fine
- 1 can kidney beans, undrained
- 1 can fat free refried beans
- 1 can chopped chilis, undrained
- 1 can corn, undrained
- 1 (16 oz) can diced tomatoes
- 1 (15 oz) can tomato sauce
- 1 1/2 cups water
- 1 can Mexican style chili beans
- 1 pkg Taco seasoning
- 1 pkg Hidden Valley Ranch (not buttermilk)

Sauté meat and onion; drain off fat if necessary. Mix remaining ingredients into meat mixture and simmer for 30 minutes.

Makes 3 1/2 quarts (freezeable). 1 cup equals 2 Weight Watcher points.

*This is a really good soup - be careful of the "bean" affect, however!*

## **TURKEY CHILI**

From Pia's Kitchen

- 2 tablespoons oil
- 2 lb ground turkey
- 1/2 cup chopped onions
- 2 garlic cloves, minced
- 1 (28 oz) can diced tomatoes
- 1 (30 oz) can kidney beans
- 2 tablespoons chili powder
- 1 tablespoon paprika
- 2 teaspoons cumin
- 1 teaspoon salt
- Pepper, to taste
- 1 (46 oz) can tomato juice

Cook turkey and onion in oil; drain off fat. Stir in garlic, chili powder, tomatoes, seasonings and tomato juice. Bring to a boil and add beans, undrained. Simmer for 1 hour. Serves 8  
321 Calories, 35% fat

## **VEGETABLES**

### **AU GRATIN POTATOES**

Makes 140 servings

20 lb. Potatoes (I prefer Reds or Idaho's) (5#)

4 cans (10 3/4 oz.) Cream of Celery Soup (1 can)

2 qt. Milk (2 cups)

1/2 cup Flour (1/8 cup)

6 lb. Processed American Cheese, cubed (like Velveeta) (1 1/2#)

2 teaspoons Pepper (1/2 teaspoon)

2 teaspoons Paprika (1/2 teaspoon)

Cook, peel and cube potatoes. Put 6 cups in each of 8 greased 13 x 9 pans. (Divide evenly and put into 2 greased 13 x 9 pans)

Combine soup, milk, flour in saucepan and bring to a boil (stirring constantly so the bottom doesn't burn). Cook 2 minutes until thickened. Add cheese, pepper, paprika until cheese melts. Pour 2 1/4 cups sauce in each pan. (Pour half into each pan.) Bake @ 350° for 40 minutes. Uncover and bake 5 - 10 minutes until bubbly and just beginning to turn brown.

*Full recipe makes 140 - 1 cup servings. (Quantities in parenthesis still makes a lot! But it's great warmed over.)*

### **AU GRATIN POTATOES**

From Pia's Kitchen

8 cups cubed, peeled potatoes

1/4 cup margarine

2 tablespoons flour

3/4 teaspoon salt

1/8 teaspoon pepper

1 1/2 cup milk

1 lb process American cheese

Cook potatoes until done. Drain and place in a 2 1/2 quart baking dish. Melt margarine in saucepan, add flour, salt and pepper; add milk stirring constantly. Add cheese and stir until melted. Pour sauce over potatoes; cover and bake for 45 - 50 minutes at 350°. Serves 12

### **BAKED SPINACH**

From Pia's Kitchen

2 pkg (10 oz) chopped spinach

2 pkg (3 oz) cream cheese

4 tablespoons margarine

1/4 teaspoon salt

1/2 cup bread crumbs

Cook spinach per directions and drain. Stir in cream cheese, 2 tablespoons margarine and salt.

Put in a 1 quart baking dish. Melt 2 tablespoons margarine and toss with bread crumbs. Sprinkle crumbs on top and bake at 350° for 20 minutes.

*Makes 4 to 6 servings*

### **BROCCOLI AND LIMA BAKE**

From Aunt Eileen Savoldi

10 oz pkg frozen broccoli, chopped

10 oz pkg frozen lima beans

1 can cream of mushroom soup

1 cup sour cream

1 envelope onion soup mix, dry

1 can sliced water chestnuts, drained  
2 cups crisp rice cereal  
4 tablespoon margarine

Cook vegetables until barely tender, drain. Blend soups and sour cream; stir into vegetables and add water chestnuts. Spoon into a buttered 8 x 12 dish. Brown cereal lightly in margarine and spread on top of casserole. Cover loosely with foil and bake 30 minutes at 350°.

### **BROCCOLI CASSEROLE**

From Eileen Savoldi

2 pkg (10 oz) frozen chopped broccoli  
3 medium onions, quartered  
1/4 cup butter  
2 tablespoons flour  
1/4 teaspoon salt  
1 cup milk  
1 (3 oz) pkg cream cheese  
1/2 cup shredded sharp cheese  
1 cup bread crumbs

Cook broccoli; drain. Cook onions in boiling salt water. In saucepan, melt margarine; blend in flour, salt and add milk. Cook stirring constantly until thickened. Reduce heat; blend in cream cheese until smooth. Place all in a 3 quart casserole. Pour sauce mixture over the top. Bake at 350° for 40 - 45 minutes.

### **BRUSSEL SPROUTS WITH BACON & PECANS**

From Pia's Kitchen

1 1/2 lb fresh brussel sprouts  
4 slices bacon  
1 teaspoon flour  
1 tablespoon brown sugar  
1 tablespoon water  
1 tablespoon cider vinegar  
1 teaspoon Dijon mustard  
1/4 cup chopped pecans

Cut an "X" in each brussel sprout. Put sprouts in a heavy saucepan and cover with water. Cook until tender.

Cook bacon, drain and cool. Reserve 2 tablespoons bacon dripping and add flour. Stir over medium heat until bubbly. Remove from heat. Combine brown sugar, water, vinegar, mustard and stir into bacon drippings. Pour over drained sprouts. Sprinkle with nuts and serve.

### **BRUSSELS SPROUTS with BACON & PECANS**

6 (1/2-cup) servings

1 1/2 lb. fresh Brussels sprouts  
4 slices bacon  
1 teaspoon flour  
1 tablespoon brown sugar  
1 tablespoon water

1 tablespoon cider vinegar  
1 teaspoon Dijon mustard  
1/4 cup chopped pecans

Wash & trim sprouts; cut an X in base of each. Place in saucepan; add just enough water to cover. Bring to boil. Reduce heat & simmer 8 to 10 minutes till tender.

In skillet cook bacon till crisp. Drain reserving 2 tablespoons drippings; cool. Add flour to drippings; cook & stir over medium heat till bubbly. Remove from heat. Combine brown sugar, water, vinegar & mustard; mix well. Gradually stir into drippings. Drain sprouts; place in serving bowl. Add dressing; toss gently. Crumble bacon over top. Sprinkle with pecans. Serve warm.

### **BRUSSELS SPROUTS with BACON & PECANS**

6 (1/2-cup) servings

1 1/2 lb. fresh Brussels sprouts  
4 slices bacon  
1 teaspoon flour  
1 tablespoon brown sugar  
1 tablespoon water  
1 tablespoon cider vinegar  
1 teaspoon Dijon mustard  
1/4 cup chopped pecans

Wash & trim sprouts; cut an X in base of each. Place in saucepan; add just enough water to cover. Bring to boil. Reduce heat & simmer 8 to 10 minutes till tender.

In skillet cook bacon till crisp. Drain reserving 2 tablespoons drippings; cool. Add flour to drippings; cook & stir over medium heat till bubbly. Remove from heat. Combine brown sugar, water, vinegar & mustard; mix well. Gradually stir into drippings. Drain sprouts; place in serving bowl. Add dressing; toss gently. Crumble bacon over top. Sprinkle with pecans. Serve warm.

### **CANDIED YAMS**

From Pia's Kitchen

Boil yams, then peel and cut in half lengthwise (about 3 to 5 lbs).

*Stir and bring to a boil the following:*

2 cups water  
1 cup brown sugar  
1 teaspoon yellow food coloring

Lay potatoes in a baking dish and cover with the water mixture. Bake at 325° until golden brown and soft.

### **COMPANY CARROTS**

From Pia's Kitchen

2 lbs baby carrots  
1/4 cup water  
1/4 cup margarine  
1 teaspoon dried oregano  
1/2 teaspoon salt

Put carrots into small baking dish. Add water and dot with butter. Sprinkle with oregano and salt. Cover and bake for 1 1/2 hours at 325°.

## **FANCY BAKED POTATOES**

From Pia's Kitchen

4 medium potatoes

1 teaspoon salt

2 - 3 tablespoons melted butter or margarine

2 - 3 tablespoons chopped fresh or dried herbs - like thyme, parsley, sage, chives

4 tablespoons grated cheddar cheese

1 1/2 tablespoon Parmesan cheese

Scrub and rinse potatoes. Cut potatoes into thin slice - do not cut all the way through (use a wooden spoon handle and place it next to the potato when cutting; potatoes will be cut but still attached). Sprinkle each with salt and herbs as desired. Drizzle potatoes with butter. Place each potato on a piece of aluminum foil and close tightly. Bake at 425° for 50 minutes. Remove potatoes from foil and sprinkle with cheese. Bake another 10 - 15 minutes until browned, cheeses are melted and potatoes are soft.

## **GREEN BEAN SUPREME**

From Pia's Kitchen

1 pkg frozen French cut green beans

1 can cream of mushroom soup

1 can French fried onion rings

Cook beans per package directions; drain, reserving liquid. Heat soup and add a small amount of reserved bean liquid. Pour soup over cooked beans and pour into buttered casserole. Heat in 350° oven until warmed through. Sprinkle onion rings on top and return to oven until onion rings are brown

## **JIFFY CORN CASSEROLE**

From Scranton Stake

4 eggs

2 boxes corn muffin mix

1 (16 oz) can creamed corn

2 (11 oz) cans corn, drained

1 pint sour cream

1 cup margarine, melted

Red and green pepper, diced

Mix all ingredients together and bake in a buttered 9 x 13 glass pan for 30 minutes at 325°. Sprinkle with 1/2 cup grated cheddar cheese and bake an additional 10 minutes

## **LEMON GLAZED CARROTS**

From Scranton Stake

1 1/2 lb carrots, cut in 1/2 inch slices

3 tablespoon brown sugar

3 tablespoons lemon juice

1/4 teaspoon salt

3 tablespoons melted margarine

In a heavy saucepan, cover carrots with water and bring to a boil. Reduce heat and simmer for 10 to 12 minutes. Melt butter in another sauce pan and add brown sugar, lemon juice and salt. Drain

carrots and add butter mixture. Toss gently and serve. (Optional - add grated lemon peel to the top.)

### **MAKE AHEAD MASHED POTATOES**

From Scranton Stake

Serves 12

10 large potatoes, peeled and quartered  
1 cup sour cream  
1 (8 oz) pkg cream cheese  
6 tablespoons margarine  
2 tablespoons dried minced onions  
1 teaspoon salt

Cover potatoes with water and boil for 20 minutes. Drain and mash. Add sour cream, cream cheese and 4 tablespoons margarine, onion and salt. Stir until smooth. Spread into 13 x 9 inch baking dish. Drizzle 2 tablespoons margarine over the top. Refrigerate or bake at 250° for 40 minutes, covered; then bake 20 minutes more uncovered. NOTE: If made ahead and refrigerated, let stand at room temperature for 30 minutes before baking.

### **MUSHROOM - GREEN BEAN CASSEROLE**

From Pia's Kitchen

1 lb fresh mushrooms, sliced  
1 onion, chopped  
1/2 cup margarine  
1/4 cup flour  
1 cup half-and-half cream  
1 jar processed cheese sauce  
2 teaspoons soy sauce  
1/2 teaspoon pepper  
1/8 teaspoon hot pepper sauce  
1 can (8 oz) water chestnuts, sliced  
2 pkg (16 oz) frozen French-cut green beans  
slivered almonds for garnish

Sauté mushrooms, onion and margarine. Stir in flour until blended. Gradually stir in cream. Boil and stir for 2 minutes and add cheese sauce, soy sauce, pepper sauce and pepper. Stir until cheese is melted. Place beans in a 3 quart casserole. Top with the mushroom sauce mixture. Sprinkle with almonds. Bake at 375° for 25 - 30 minutes. Serves 14.

### **PEAS AMANDINE**

Serves 8

1 pkg (16 oz) frozen peas  
1/4 cup slivered almonds  
3 tablespoon butter  
1/4 teaspoon salt  
1/4 cup chopped onions  
1/8 teaspoon pepper  
1 jar mushrooms, drained and sliced

Cook peas per package directions. In skillet sauté almonds and add to peas. In same pan sauté mushrooms and onions. Add to peas. Season and serve.

### **QUICK SUMMER SKILLET**

From Pia's Kitchen

*Sauté in a large skillet about 5 minutes:*

1/2 cup margarine

1/2 cup onions, sliced into rings

*Add:*

2 cups sliced zucchini and yellow squash

1 tablespoon salt

1/4 teaspoon pepper

Cook an additional 10 minutes over medium heat and add:

3 cups diced fresh tomatoes

Cook another 10 - 15 minutes until squash is tender.

### **REAL BAKED BEANS**

From Pia's Kitchen

1 lb small white navy beans (2 cups)

2 onions, sliced

2 bay leaves

1 teaspoon salt

1/4 teaspoon pepper

Ham bone or leftover ham

2 cups catsup

2 cups light brown sugar

1/3 cup vinegar

1 tablespoon dry mustard

2 to 3 tablespoons Worcestershire sauce

Day before serving: soak beans in cold water, covered, overnight (water should cover beans completely). Next day: drain beans; rinse under cold water. Turn into 6 quart pot and cover with 5 cups water. Add onion, bay leaves, salt, pepper, ham bone and/or leftover ham.

Bring to boiling; reduce heat and simmer 1 hours or until beans are tender. Add more water as needed. Remove ham bone and bay leaves.

To bake: preheat oven to 350°. Drain bean mixture reserving liquid. Turn beans into 4 quart baking dish; add catsup, brown sugar, vinegar, Worcestershire, and mustard. Mix well to combine. Add enough reserved liquid to cover beans. Bake covered for 3 hours. Makes 8 to 10 servings

### **SLOW COOKED BROCCOLI**

From Pia's Kitchen

2 pkg (10 oz) chopped broccoli

1 can (13.75 oz) cream of celery soup

1 1/2 cup shredded cheddar cheese

1/4 cup chopped onion

1/2 teaspoon Worcestershire sauce

1/4 teaspoon pepper

1 cup crushed saltine crackers

2 tablespoons margarine

Combine all except 1/2 cup cheese and the crackers in a greased slow cooker (crock pot). Sprinkle crumbs on top and dot with butter. Cook on high for 2 1/2 to 3 hours. Sprinkle with remaining cheese, cover and cook 10 minutes longer. Makes 8 to 10 servings.

### **SWEET POTATO SUPREME**

From Scranton Stake

4 1/2 cups cooked, peeled and mashed yams (do not use canned yams)

3/4 cup sugar

3 beaten eggs

3/4 cup evaporated milk

1/2 teaspoon salt

2 teaspoons vanilla

1 stick margarine, melted

Mix all ingredients together and pour into a buttered 9 x 13 inch glass baking dish.

TOPPING:

1 1/2 cups brown sugar

1/2 cup flour

1 stick margarine, melted

1 1/2 cup chopped nuts

Mix topping ingredients together and sprinkle over potato mixture. Bake at 350° for 30 minutes.

Sprinkle mini marshmallows on the top and bake another 5 minutes.

*This is a very sweet, but excellent sweet potato a good company dish.*

### **THREE BEAN CASSEROLE**

From Kim Savoldi

2 large onions, sliced and separated in rings

1 1/2 teaspoon garlic powder

1 teaspoon dry mustard

1/2 cup brown sugar

1/4 cup apple cider vinegar

1 can (16 oz) dark red kidney beans, drained

1 can (16 oz) garbanzo beans, drained

1 can (16 oz) lima beans, drained

Place onion rings, garlic powder, mustard, brown sugar and vinegar in a large skillet. Cover; cook 20 minutes over medium heat.

Combine beans in a 3 quart casserole. Stir in onion mixture and bake, covered for 45 minutes at 350°. Serves 10.

*This is one of Kim's favorite bean recipes (and she loves beans!). NOTE: You do not have to use these three beans - any variety will work.*

## **VEGGIE SALADS**

### **ASIAN CUCUMBER SALAD**

Serves 4

1 ½ cucumbers, peeled, chopped  
1 teaspoon salt  
1 jalapeno chili, seeded, minced  
2 tablespoons rice vinegar  
2 tablespoons oriental sesame oil  
1 tablespoon soy sauce  
2 teaspoons sugar

Place cucumbers in medium bowl. Sprinkle with salt. Toss. Chill 1 hour. Drain cucumbers and return to bowl. Combine remaining ingredients in another bowl. Pour over cucumbers and toss to coat.

### **BEAN SALAD**

From Pia's Kitchen

1 can (16 oz) kidney beans, drained  
1 can (15 oz) lima beans, drained  
1 can (14.5 oz) green beans, drained  
1 can (14.5 oz) wax beans, drained  
1 cup sliced celery  
1 green pepper, chopped  
1/2 cup thin-sliced onion

Mix all ingredients together in large clear salad bowl.

#### **DRESSING:**

1/3 cup vinegar  
1/4 cup oil  
1 1/2 teaspoon ground mustard  
1 teaspoon thyme  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/4 teaspoon garlic powder

Mix dressing and pour over beans. Refrigerate at least 3 hours - better if served the next day.  
Makes 10 - 12 servings. (Great for picnics)

### **BERRY-MANDARIN TOSSED SALAD**

*12 (1-cup) Servings*

#### ***DRESSING***

1/4 cup sugar  
2 tablespoons vinegar  
2 tablespoons honey  
1 1/4 teaspoon lemon juice  
1/2 teaspoon paprika  
1/2 teaspoon ground mustard  
1/2 teaspoon grated onion  
1/4 teaspoon celery seed  
dash of salt

Mix all ingredients and microwave for 1 1/2 - 2 minutes or until sugar dissolves, then whisk in 1/3 cup oil.

#### **SALAD**

8 cups mixed greens  
2 cups sliced strawberries  
1 (11 oz) can mandarin oranges, drained  
1 medium sweet onion, sliced in rings  
1/3 cup slivered almonds, toasted  
4 strips cooked and crumbled bacon  
Mix together and toss with dressing.

### **BROCCOLI SLAW SALAD**

From Terri Foye

2 pkgs Ramen noodles (Oriental Style)  
1 (16 oz) pkg Broccoli slaw  
6 green onions  
1/2 cup sesame seeds  
1 pkg (about 1/4 lb) slivered almonds  
1 stick melted margarine

Crush noodles; mix with sesame seeds, nuts, and butter. Put into a baking dish and bake at 400° until golden brown (stirring after 5 minutes; cook about 5 - 7 minutes more). Drain on paper towel and put into a baggie. When ready to serve salad, add slaw and onion with noodle mixture. Toss with dressing.

#### ***DRESSING:***

1 cup oil  
2/3 cups sugar  
1/2 cup cider vinegar  
2 pkgs Ramen seasoning  
1/2 teaspoon pepper  
2 tablespoons soy sauce

This makes a lot of dressing. You may want to halve this recipe or save for another salad. You can also add cooked diced chicken or shrimp for variation

### **BROCCOLI SLAW SALAD**

From Terri Foye

2 pkg Ramen noodles  
1/2 cup sesame seeds  
16 oz pkg broccoli slaw  
1 stick melted margarine  
6 green onions, chopped

Crush noodles; mix with sesame seeds, nuts, and butter. Put into baking dish and bake at 400° until golden brown. Stir well after first 5 minutes then bake another 5 to 7 minutes more. Drain on paper towel and put into a plastic bag. When ready to serve salad, add slaw and onion with noodles mixture and toss with dressing below.

#### ***DRESSING:(this makes a lot of dressing, you may want to halve this recipe)***

1 cup oil  
2 pkgs Ramen seasoning  
2/3 cup sugar  
1/2 teaspoon pepper

1/2 cup cider vinegar

2 tablespoons soy sauce

NOTE: you can add diced cooked chicken or shrimp for variation.

### **CAULIFLOWER SALAD**

Serves 6 - 8

4 cups cauliflower flowerets

¼ cup water

1/3 cup sweet red pepper, coarsely chopped

2 tablespoons green onion, sliced

1 tablespoon golden raisins

6 black olives, quartered

¼ cup olive oil

2 tablespoons vinegar

½ teaspoon salt

1/8 teaspoon pepper

Place cauliflower florets in water, cook until tender. Drain and rinse with cold water, drain well. Add red pepper, onion raisins, and olives. Whisk together oil, vinegar, salt, rosemary, and pepper. Pour over vegetables. Let marinate about 30 minutes before serving. Makes 6 to 8 servings.

*Serve this tangy salad warm or cool. The tender cauliflower contrasts well with crunchy pepper and chewy raisins.*

### **CREAMY ITALIAN PASTA SALAD**

Makes 6 servings

1 cup Mayonnaise

2 Tablespoons Red Wine Vinegar

1 Clove Garlic, Minced

1 Teaspoon Salt

1/4 Teaspoon Pepper

Mix these five ingredients together well.

1 1/2 cups Pasta, cooked, rinsed, and drained

1 cup Cherry Tomatoes

1/2 cup Green Pepper, chopped

1/2 cup Ripe Olives

Add to dressing and mix well. Chill.

### **FROSTY CRANBERRY SALAD SQUARES**

12 Servings

1 8 oz pkg. cream cheese, softened

1 14 oz can sweetened condensed milk

1/4 cup mayonnaise

2 tablespoons lemon juice

1 16 oz can jellied cranberry sauce

1 16 pkg. frozen sweet cherries

1 20 oz can crushed pineapple, drained

2 tablespoons chopped nuts

In large bowl, combine cream cheese, condensed milk, mayo and lemon juice; beat until smooth & fluffy. Add cranberry sauce; mix at low speed until blended. Fold in cherries and pineapple. Spoon into ungreased 13 x 9 baking dish. Sprinkle with nuts. Cover; freeze 6 hours until firm.

To serve, let stand at room temperature for 30 min or until slightly softened. Cut into squares.

### **GRANDMA'S FREEZER SLAW**

From Grandma Hilda Savoldi

1 medium head cabbage, shredded or chopped

1 teaspoon salt

*Mix salt and cabbage and let stand for 1 hour. Squeeze out liquid and add:*

1 grated carrot

1 chopped or shredded red or green pepper

*While this mixture is setting, make this dressing:*

1 cup vinegar

1 teaspoon mustard seed

1/4 cup water

1 teaspoon celery seed

2 cups sugar

Boil dressing ingredients together over medium heat, then cool to lukewarm. Pour over cabbage mixture and mix thoroughly. Put into plastic containers and freeze. (Can be re-frozen).

### **GRANDMA'S SWEET-SOUR COLESLAW**

From Grandma Hilda Savoldi

3 eggs, slightly beaten

1/2 cup sugar

1/2 cup vinegar

1 tablespoon butter

Dash of salt & pepper

1 medium head cabbage, shredded

Put eggs, vinegar and sugar in sauce pan, mix together until well-blended. Cook over low heat and boil until thickened, stirring constantly. When boiled, add salt, pepper and butter stirring until butter melts. Cool and add to cabbage. Serves 6.

*(This dressing can be refrigerated in a tightly sealed container and used for kidney bean salad or fruit salad.)*

### **HOT BEAN SALAD**

From Pia's Kitchen

2 strips bacon

1/2 teaspoon mustard

1/3 cup onion

1/4 cup vinegar

3 cups dry beans, cooked

1/4 cup water

salt and pepper, to taste

Brown bacon in skillet, add onion and cook until done. Add beans and remaining ingredients and simmer until beans have absorbed all of the bacon liquid. Season to taste and serve hot. Serves 4.

### **Layered Spinach Salad**

A great make-ahead-to-take-along dish for potlucks, picnics and backyard get-togethers, that's also deliciously different from the usual layered salads!

9 ounces refrigerated uncooked cheese tortellini  
2 cups shredded red cabbage  
6 cups torn spinach  
1 cup cherry tomatoes, halved  
1 cup sliced green onions  
1 cup prepared ranch dressing  
8 to 10 slices smoked bacon, cooked and crumbled

1. Cook tortellini according to package directions; drain and rinse in cold water.
2. In a 13 x 9 x 2-inch glass dish, layer cabbage, spinach, tortellini, tomatoes, and green onions.
3. Pour dressing evenly over top and sprinkle with bacon; cover. Refrigerate until serving time.

Makes 8 servings.

### **LITE LAYERED VEGETABLE SALAD**

12 servings  
1 head lettuce, torn in bite-sized pieces (10 cups)  
1/2 cup chopped green onions  
3/4 cup reduced-calorie mayonnaise  
1/2 cup light sour cream  
1/2 cup chopped green bell pepper  
1/2 cup sliced celery  
1 1/2 cups frozen peas, cooked & cooled  
1 cup halved cherry tomatoes  
3/4 cup shredded Romano or Parmesan cheese  
4 slices bacon, crisply cooked, crumbled

Layer lettuce and onions in large bowl or 13 x 9 pan. Combine mayonnaise & sour cream in small bowl; blend well. Spoon 1/2-cup mayonnaise mixture over onions & lettuce. Top with celery, bell pepper, peas and tomatoes. Spread remaining mayonnaise mix over top. Sprinkle with cheese and bacon. Cover; refrigerate at least 8 hours or overnight. If desired, toss before serving.

### **ORANGE LETTUCE SALAD**

From Pia's Kitchen

8 cups salad greens of choice  
3 sliced green onions  
1 can (15 oz) mandarin oranges, drained

DRESSING:

1/4 cup oil  
2 tablespoons minced parsley  
2 tablespoons vinegar  
1/2 teaspoon salt

2 tablespoon sugar  
4 drops hot pepper sauce  
Mix dressing ingredients until well blended.

Toss salad with dressing and 1/4 cup toasted slivered almonds

### **OVERNIGHT SALAD**

From Pia's Kitchen

Serves 50

2 pkg (10 oz) fresh spinach, cleaned  
8 hard boiled eggs, sliced  
1 lb bacon, cooked & crumbled  
1/2 lb sliced mushrooms  
1 - 2 heads Romaine lettuce  
3/4 cup chopped red onion  
2 cups (16 oz) sour cream  
2 cups mayonnaise  
1/2 cup lemon juice  
1 teaspoon salt  
1/4 teaspoon pepper  
1 pkg (10 oz) frozen peas  
1/2 cup shredded cheddar cheese

Layer spinach, eggs, bacon, mushrooms, and onion in one or two large clear salad bowl(s).  
Combine sour cream, mayonnaise, lemon juice, salt, and pepper. Spread evenly over the salad.  
Sprinkle with cheese. Cover and chill for 12 to 25 hours. Makes 50, 1 cup servings

### **SOUTHWESTERN BEAN SALAD**

From Pia's Kitchen

1 can (16 oz) kidney beans, drained  
1 can (15 oz) black beans, drained  
1 can (14.5 oz) garbanzo beans, drained  
1 diced tomato  
1 cup frozen corn  
1 chopped onion  
1/2 cup chopped celery  
Mix all ingredients together in large clear salad bowl.

#### **DRESSING:**

3/4 cup thick, chunky salsa  
1 1/2 teaspoon chili powder  
1/4 cup oil  
1 teaspoon salt  
1/4 cup lime juice  
1/2 teaspoon ground cumin

Mix dressing ingredients together until well blended; pour over beans and mix well. Chill at least 6 hours before serving. Makes 10 servings

## **SPINACH SALAD**

From Cindy Savoldi

2 lbs spinach, cleaned  
1 red onion  
1 small head lettuce  
3/4 lb fresh mushrooms, sliced  
3/4 lb grated Swiss cheese  
1 cup drained cottage cheese  
1/2 lb bacon, cooked & crumbled

### ***POPPY SEED DRESSING:***

3/4 tablespoons poppy seed  
3/4 cup oil  
3/4 tablespoons grated onion (fresh)  
1/3 tablespoons prepared mustard  
1/3 cup white vinegar  
1/2 cup sugar  
3/4 tablespoons salt  
Blend dressing well. Pour over salad and toss just before serving.

## **TOSSED SPINACH SALAD**

From Pia's Kitchen

1 pkg (10 oz) torn spinach, cleaned  
1 lb sliced mushrooms  
1/2 lb bacon, cooked & crumbled  
1 cup shredded cheddar  
3 hard boiled eggs, sliced  
3 green onions, sliced  
Toss all ingredients together in large clear salad bowl.

### ***DRESSING:***

1 cup catsup  
1 teaspoon salt  
3/4 cup vinegar  
1 teaspoon Worcestershire sauce  
3/4 cup oil  
1/2 cup sugar  
Blend dressing ingredients together well. Drizzle over salad and toss. Serves 12.

## **UNCLE RAY'S CAESAR SALAD**

From Ray Cataldi

In a large, unfinished wooden bowl, crush 2 cloves of garlic and 1 teaspoon of salt. Crush it all around the bowl, then add:  
6 tablespoons corn oil  
2 tablespoons wine vinegar  
1/2 teaspoon Worcestershire sauce  
1 teaspoon dry mustard

1 teaspoon black pepper  
1 tablespoon Parmesan cheese  
Juice of 1/2 lemon  
1 egg (yolk, only)  
4 fillets of anchovies

Mix all ingredients together - except the anchovies. Crush the anchovies all around the bowl. Clean 1 pound of Romaine lettuce and break into bite size pieces. Drain well and chill in the refrigerator. When ready to eat, just place the lettuce in the bowl and toss gently but thoroughly until all the leaves are covered with the dressing. Serves 6.

### **UNCLE RAY'S CAESAR SALAD**

From Ray Cataldi

In a large, unfinished wooden bowl, crush 2 cloves of garlic and 1 teaspoon of salt. Crush it all around the bowl, then add:

6 tablespoons corn oil  
2 tablespoons wine vinegar  
1/2 teaspoon Worcestershire sauce  
1 teaspoon dry mustard  
1 teaspoon black pepper  
1 tablespoon Parmesan cheese  
Juice of 1/2 lemon  
1 egg (yolk, only)  
4 fillets of anchovies

Mix all ingredients together - except the anchovies. Crush the anchovies all around the bowl. Clean 1 pound of Romaine lettuce and break into bite size pieces. Drain well and chill in the refrigerator. When ready to eat, just place the lettuce in the bowl and toss gently but thoroughly until all the leaves are covered with the dressing. Serves 6.

### **ZUCCHINI SALAD**

Makes 4 – 6 servings

1 medium zucchini, sliced  
1/2 pound fresh mushrooms, sliced  
1 tomato, chopped  
1/2 cup chopped green onions  
1/4 cup vegetable oil  
1/4 cup white vinegar  
1 teaspoon sugar  
1 teaspoon paprika  
1/2 teaspoon salt  
Freshly ground pepper, to taste

Combine zucchini, mushrooms, tomato and green onions in a mixing bowl; set aside. Combine oil and remaining ingredients, mixing well; pour over vegetables and toss lightly. Cover and chill before serving.

### **APPLE NUT BREAD**

Makes 5 loaves

1 cup brown sugar, packed  
2 tablespoons salt

8 cups whole wheat flour  
2 cups chopped nuts  
4 cups white flour  
4 eggs  
1 tablespoon baking soda  
1 cup margarine, softened  
3 tablespoons baking powder  
2 quarts canned applesauce  
2 cups dark corn syrup

Sift dry ingredients together. Add nuts and mix well. Combine eggs, margarine, applesauce and corn syrup; mix well. Add to dry ingredients and stir only until evenly combined. Divide batter into 5 lightly greased loaf pans. Let stand 15 to 20 minutes before baking. Bake at 350° for 1 hour and 15 minutes or until bread tests done. Remove from pans and place on racks to cool. Cover tightly and place in refrigerator overnight before slicing.

### **BANANA NUT BREAD**

From Grandma Hilda Savoldi

1 1/2 cups sugar  
1 1/2 teaspoon baking soda  
2 eggs  
2 teaspoons baking powder  
1/2 cup shortening or butter  
1/2 teaspoon salt  
1/2 cup buttermilk  
3 cups flour  
2 cups nuts  
2 or 3 mashed bananas  
1 teaspoon vanilla

Cream butter, sugar, eggs and vanilla. Add flour, baking soda, baking powder, and salt to creamed mixture alternating with the buttermilk. Add bananas and mix. Add nuts. Bake in greased loaf pans for 1 hours at 350°. NOTE: Remove from pan while still quite warm - otherwise bread might stick to the pan. Bake in 3 large or 6 small loaf pans.

### **BISNONNA'S BREAD**

From Great Grandmother Elide Marchi

*Mix together:*

3 cups warm water  
3 tablespoons yeast  
1 cup warm milk  
1 teaspoon salt  
2 eggs  
1 stick butter  
1/2 cup sugar

*Gradually add:*

5 lbs flour

Knead in mixer about 3 to 5 minutes. Let rise until double. Roll into desired shape. Let rise until double. Bake for 1 hour at 350°.

### **BISQUICK BREADSTICKS**

From Nikki Hall

1 cup Bisquick

1/3 cup skim milk

Mix together with a fork and knead on a lightly floured surface until smooth (about 8 - 10 times).

Roll with a rolling pin into a 1/2 thick rectangle. Cut into strips and twist if desired. Place on ungreased cookie sheet and bake at 450° for 8 - 10 minutes.

### **BISQUICK COFFEECAKE**

1 3/4 cups Bisquick

3/4 cups skim milk

1/4 cup sugar

1 tablespoon margarine

1 egg

Mix thoroughly and spread in lightly greased 9" square pan

Mix together 1/3 cup brown sugar and 1/2 teaspoon cinnamon. Spread on top and bake at 375° for 25 minutes.

### **BISQUICK ZUCCHINI BREAD**

2 cups Bisquick

1 1/2 cups shredded zucchini

3/4 cups sugar

1/4 cup vegetable oil

3 eggs

1 teaspoon vanilla

2 teaspoons ground cinnamon

1 teaspoon ground nutmeg

1/2 cup chopped nuts

Preheat oven to 350°. Grease bottom only of 9 x 5 x 3 loaf pan.

Beat all ingredients together. Pour into pan and bake until wooden pick inserted in center comes out clean (50 - 55 minutes. Cool 10 minutes; remove from pan. Cool bread completely before slicing.

### **BREAD STICKS**

From Pia's kitchen

1 tablespoon yeast

1 tablespoon honey

1 1/2 cup warm water

1 teaspoon salt

1 tablespoon milk

4 cups flour

Dissolve yeast in warm water. Add the rest of the ingredients. Mix well and knead. Shape into 10" long sticks. Put on greased cookie sheet and brush with melted butter. Let rise 20 minutes. Bake at 400° for 15 - 20 minutes.

### **CORN BREAD**

Makes 32 squares

From Pia's kitchen

2 cups flour

4 eggs

1/2 cup sugar

2 cups milk

8 teaspoons baking powder

1/2 cup soft margarine

1-1/2 teaspoons salt

2 cups corn meal

Mix together; beat well. Pour into 2 greased 9 x 9 x 2 inch pan. Bake at 425° for 20 - 25 minutes.

### **CREAM CHEESE PLATZEK**

From Deb Jurek

*(NOTE: Deb and I worked together at the New England in Buffalo, NY)*

1/2 cup butter

1/2 cup milk

1/2 lb cream cheese (8 oz)

2 cups flour

1 1/4 cup sugar

2 teaspoons baking powder

2 eggs

1/2 teaspoon baking soda

1 teaspoon vanilla

1/2 teaspoon salt

Cream butter, cream cheese, sugar and eggs well. Add vanilla. Alternately add milk and sifted dry ingredients and beat well. Pour into 2 lightly greased loaf pans.

### **TOPPING**

1/4 cup butter

1/2 cup sugar

1/2 cup flour

1/2 cup nuts

Mix until it forms small (tiny) balls and spread on top. Bake at 350° for 35 - 45 minutes.

### **EASY APPLE STRUDEL**

Serves 6

1/2 pkg (17.3 oz) frozen puff pastry sheets (1 sheet)

1 egg

1 tablespoon water

1 can (21 oz) apple pie filling

Thaw pastry sheet at room temperature 30 minutes. Preheat oven to 375°. Mix egg and water and set aside.

Unfold pastry on lightly floured surface. Roll into a 16 x 12 rectangle. With short side facing you, spoon pie filling on bottom half of pastry to within 1" of edges. Starting at short side roll up like a jelly roll. Place seam-side down on baking sheet. Tuck ends under to seal. Brush with egg mixture.

Cut several 2" long slits 2" apart on top

Bake at 375° for 35 minutes or until golden. Cool on wire rack for 30 minutes, slice and serve.

## **SWEDISH COFFEE RING**

Makes 1 large ring

3 tablespoons melted butter

1/3 cup sugar

1 1/4 teaspoon cinnamon

3 pkg buttermilk biscuits

1/4 cup seedless raisins

1/2 cup confectioner sugar

1/2 cup chopped walnuts

Preheat oven to 375°. Grease cookie sheet.

Combine sugar, cinnamon, raisins and walnuts. On lightly floured surface arrange biscuits overlapping 1/2 inch to form a 15 by 7-1/2 rectangle. Transfer rectangle to cookie sheet. And brush with butter.

Spread filling over dough to within 1/2 inch of edges. Roll jelly-roll fashion and seal edges. Shape into a circle with seam down. Seal ends together.

Make cuts in dough 1 1/2 inches apart cutting 2/3 of the way into center of the ring. Turn each section slightly in the same direction. Brush with butter.

Bake 30 minutes and cool. Combine confectioner sugar with hot water and drizzle over cooled ring.

## **FREEZER BREAD STICKS**

Makes 4 dozen

From Pia's Kitchen

3 to 3 1/2 cups flour

1 1/4 cup very warm water

1/4 teaspoon sugar

1 beaten egg white

1 1/2 teaspoon salt

1 tablespoon cold water

2 tablespoons yeast

1 tablespoon margarine, softened

Sesame or Poppy seeds

Mix 1 cup flour, sugar salt, yeast and margarine. Gradually add water. Mix well. Add more flour until soft dough. Divide into 16 pcs. Roll each into an 18 inch long rope. Cut into 3 - 6 inch ropes. Place on greased cookie sheets. Roll rope to grease all sides. Freeze.

To bake: remove from freezer and thaw 30 minutes. Let rise additional 15 minutes. Brush with egg white and water. Sprinkle with seeds. Bake at 375° for 20 to 25 minutes.

## **FRUIT YOGURT PANCAKES**

From Mary Ann Savoldi

2 cups flour

1 teaspoon baking soda

1 cup fruit yogurt

1 teaspoon salt

2 cups milk

1/4 cup melted margarine or butter

2 beaten eggs

2 tablespoons sugar

2 teaspoons baking powder

Combine flour, sugar, baking powder and soda, and salt. Combine eggs and milk. Pour milk mixture and melted butter into dry ingredients. Add yogurt and stir until smooth.

Fry on hot, greased griddle.

### **JEAN'S PANCAKES**

From Jean Burns

Wife of Bishop Frank Burns, Amherst, NY

2/3 cup milk

1 beaten egg

1/4 cup melted butter

1 cup flour

1/2 cup confectioner sugar

2 teaspoons baking powder

1/4 teaspoon salt

Mix milk, egg, and butter. Mix dry ingredients. Add to wet ingredients. Thin with milk as desired.

Fry on hot, greased griddle.

### **JULIE'S PIZZA DOUGH**

From Julie Savoldi

*Mix together:*

1 cup warm water

1 tablespoon yeast

1 tablespoon sugar

1 teaspoon salt

2 tablespoons oil

*Add:*

3 to 3 1/2 cups flour

Knead in mixer about 3 to 5 minutes.

Roll out on pizza pan covered with corn meal. Add pizza sauce and toppings of your choice. Bake for 15 minutes at 425°.

### **MY REFRIGERATOR ROLLS**

Serves 12 – 15

Pia Savoldi

6 – 6 1/2 cups flour

1/2 cup sugar

2 teaspoons salt

2 tablespoons yeast

1 stick butter or margarine

1 egg

Combine 2 1/2 cups flour, sugar, salt and yeast. Add 1/2 cup margarine, softened. With mixer at low speed, gradually pour 2 cups hot tap water into dry ingredients. Add egg and increase the mixer speed to medium. Beat two minutes. (If you're lucky enough to have a dough hook, switch to dough hook now.) Add enough additional flour (about 4 – 4 1/2 cups) to make soft dough. Dough will be slightly stretchy and no longer shiny.

Shape into about 27 rolls and place into three 8 or 9 inch round or square cake pans that have been sprayed with cooking oil (Pam). Cover with wax paper and refrigerate three hours or more (up to 24 hours). Pull rolls out of the refrigerator until oven is preheated to 325°F. Bake 20 to 25 minutes. NOTE: Divide dough into three pieces. Roll each into round circle about ¼ inch thick. Slice into pie-shaped triangles and roll each triangle starting at wide edge to form crescent rolls. Or: Shape rolls into smooth balls – about ¾ inch in diameter. Dust hands with flour before trying to shape the rolls, as dough is slightly sticky.

*Since they can be made the day ahead, these make great rolls for Sunday dinner.*

### **NO-FRY DOUGHNUTS**

Makes 2 dozen

From Pia's Kitchen

Dissolve:

2 tablespoons yeast in 1/4 cup warm water

Add:

1 1/2 cup lukewarm milk

1 teaspoon salt

1 1/2 cup sugar

1 teaspoon nutmeg

1/2 teaspoon cinnamon

2 eggs

1/3 cup shortening

Beat together and add 2 1/2 cup flour.

Cover and let rise to double (about 50 to 60 minutes).

Roll, cut with doughnut cutter, place on greased cookie sheet.

Cover and let rise to double (about 20 minutes).

Bake at 425° for 8 to 10 minutes

Brush with melted butter and shake cinnamon sugar over each.

### **NO-KNEAD DOUGH**

Makes 16 - 24 ROLLS

From Pia's kitchen

2 tablespoons yeast

1-1/4 cups warm water

1/4 cups butter, softened

1 teaspoon salt

1 pkg egg custard mix (4 serving size)

3 to 3 1/2 cups flour

Soften yeast in water. Add margarine, salt, and custard mix. Stir until dissolved. Gradually add flour.

Knead with dough hook for 1 minute (or on floured surface about 12 times). Roll into 20" x 8"

rectangle. Cut through center lengthwise making 2 20" x 4" strips. Cut each strip into 8 to 12 pieces.

Place on greased cookie sheet.

Let rise 45 - 60 minutes. Bake at 400° for 10 - 15 minutes.

### **NONNA'S PIZZA DOUGH**

From Nonna Yolanda Cataldi

### *(IL FAGLIO PER LA PIZZA)*

*Mix together:*

4 cups warm water  
3 tablespoons yeast  
1 teaspoon salt  
2 eggs  
5 teaspoons olive oil

*Gradually add:*

5 lbs flour

Knead in mixer about 3 to 5 minutes.

Roll out on pizza pan covered with corn meal. Add pizza sauce and toppings of your choice. Bake for 15 minutes at 425°.

### **ORANGE NUT BRAID**

Makes 1 large or 2 small

From Pia's kitchen

(Great Christmas Braid)

1 tablespoon dry yeast  
1/4 cup warm water  
1 1/4 cup milk, scalded  
1/2 cup sugar  
1/2 cup soft margarine  
1/2 teaspoon salt

4 1/2 to 5 cups flour

2 beaten eggs

2 tablespoons grated orange rind

Dissolve yeast in warm water; let stand about 5 minutes. Combine milk, sugar, butter, salt; cool to lukewarm. Add 1 cup flour, yeast, eggs & rind; beat. Add enough flour to make soft dough. Knead till smooth & elastic. Place in greased bowl; turn to grease top. Cover & let rise till double. Divide into 3 parts; make roll about 20" long. Braid starting from center. Place on greased cookie sheet. Let rise till double. Bake @ 375° for 30 to 35 minutes. If desired, these can be filled with canned pie filling or nuts. While warm spread on icing.

### **ORANGE ICING:**

3/4 cup confection sugar

1 1/2 to 2 tablespoons orange juice. Icing should be thin and spread on warm roll.

### **OVERNIGHT ROLLS**

From Mary Beth Keim

*Mix together and let stand for 30 minutes:*

1 tablespoon yeast  
1/2 cup sugar  
1 cup cold milk  
2 cups flour

*Add:*

2 beaten eggs  
1 teaspoon salt  
1/2 cup melted margarine  
2 additional cups flour

*Mix all together, cover and let stand overnight. No refrigeration needed.*

In the morning knead in a little more flour. Roll out, cut, or shape as desired. Place on greased cookie sheet. Let stand until ready to bake (noon or evening). Bake at 375° for 8 to 10 minutes.

### **PECAN BUNS**

From Jean Burns

Wife of Bishop Frank Burns, Amherst, NY

1 tablespoon yeast  
1/4 cup sugar  
1/4 cup warm water  
1 teaspoon salt  
1 cup hot milk  
3 1/2 cups flour  
1/4 cup shortening  
1 egg

Soften yeast in warm water. Combine milk, shortening, sugar and salt and heat until shortening melts. Cool. When cool, add 1 cup flour and mix well. Add yeast and egg. Add rest of flour to make soft dough. Brush top with butter, cover and let rise till doubled. Punch down and turn out on floured board. Divide into 2 rolls (12 x 8 rectangles). Brush with melted butter. Mix 1/2 cup sugar and 2 teaspoons cinnamon. Sprinkle on dough. Roll up jellyroll style and cut into 8 pieces.

In 2 9" cake pans heat the following: 1/2 cup brown sugar, 1/4 cup butter, 1 tablespoon corn syrup, and pecans or walnuts as desired. Top with cut rolls (cut side down). Cover and let rise 25 to 45 minutes. Bake @ 375° for 35 minutes or until brown. Cool 3 minutes and invert pan on to serving platter.

### **RHUBARB NUT BREAD**

From Grandma Hilda Savoldi

1 1/2 cups brown sugar  
2/3 cup shortening  
1 egg  
1 cup sour milk  
1 teaspoon salt  
1 teaspoon soda  
1 teaspoon vanilla  
2 1/2 cups flour  
1 1/2 cups diced rhubarb  
1/2 cup nuts, chopped  
1/2 cup granulated sugar  
1 tablespoon butter

Stir together all ingredients except granulated sugar and butter. Pour into 2 well greased and floured loaf pans (filling about 2/3 full). Sprinkle topping made by combining sugar and butter together and spread over each loaf. Bake at 325° for 40 minutes.

### **WHEATENA MUFFINS**

From Cindy's Savoldi

3 cups Wheatena  
2 cups buttermilk  
1 cup boiling water  
2 1/2 cups sifted flour  
1/2 cup oil  
2 1/2 teaspoons baking soda  
1 1/2 cups sugar  
1 teaspoon salt  
2 beaten eggs

Pour boiling water over Wheatena in a large bowl and mix until well blended. Let stand. Combine oil, sugar eggs and buttermilk in large bowl. Stir in Wheatena mixture. Sift flour, soda, and salt together. Add to other ingredients and mix well.

Fill greased muffin cups 2/3 full and bake at 400° for 20 minutes. Serve with butter and honey or jam.

NOTE: Batter can be kept in refrigerator for up to 6 weeks.

### **WHOLE WHEAT PANCAKES**

From Pia's Kitchen

1 1/2 cups whole wheat flour  
1 tablespoon baking powder  
3 tablespoons sugar  
3/4 teaspoon salt  
2 egg yolks  
1 1/2 cups milk  
1 tablespoon vinegar  
1/2 teaspoon baking soda  
3 tablespoons oil  
2 beaten egg whites

Sift dry ingredients together. Mix everything but egg whites with dry ingredients and beta for 1 minute. Fold in egg whites and fry on greased and hot griddle.

### **ZUCCHINI BREAD**

From Grandma Hilda Savoldi

3 eggs  
1 cup oil  
2 cups sugar  
2 cups grated zucchini  
3 tablespoons vanilla  
3 cups flour  
1/2 teaspoon baking powder  
1 teaspoon baking soda

1 teaspoon salt  
3 teaspoons cinnamon  
3/4 cup chopped nuts

Beat eggs thoroughly; stir in oil, sugar, zucchini and vanilla. Add dry ingredients and cinnamon. Mix well. Add nuts and mix again. Pour into 2 well greased 9 x 5 loaf pans. Bake in preheated 325° oven for 1 hour.

## **FRUIT SALADS**

### **5 CUP SALAD**

From Aunt Amy Jones

1/2 pint sour cream  
1 cup crushed pineapple, drained  
1 cup mandarin oranges  
1 cup coconut  
1 cup mini marshmallows

Mix all together and refrigerate overnight.

*This is good as a salad or as a dessert served with salted crackers)*

### **BLACKBERRY JELLO SALAD**

From Terri Foye

1 large box blackberry Jello (or 2 small - one blueberry one raspberry)  
12 oz whipped topping, thawed  
12 oz cottage cheese  
1 pkg frozen blackberries  
1 can crushed pineapple, drained

Mix Jello with whipped topping until well blended. Mix everything together and chill.

### **CRANBERRY WALDORF SALAD**

Serves 6

1 pkg (3 oz) strawberry Jello  
1 cup sour cream or yogurt  
1 can (8 oz) cranberry sauce  
1 cup chopped apple  
12 cup chopped celery  
1/4 cup chopped walnuts

Dissolve Jello in 1 cup boiling water. Mash cranberry sauce with fork; add to Jello and cool to the consistency of egg whites. Fold in sour cream, apple, celery and walnuts. Chill until firm

### **CHERRY SALAD**

6 servings

1 (20-oz) can light cherry pie filling  
1 (14-oz) can fat-free sweetened condensed milk  
1 (8-oz) can crushed pineapple in juice, drained  
1 (12-oz) tub frozen fat-free whipped topping, thawed

Combine first 3 ingredients in a large bowl; stir until well-blended. Gently fold in whipped topping.

*CALORIES 170; FAT 0.2 g; CARB 72.7 g; FIBER 0.2 g*

## **WALDORF SALAD**

Serves 8

1/2 cup mayonnaise

4 apples, cored and diced

1 tablespoon sugar

1 cup celery, sliced

1 tablespoon lemon juice

1 cup mini marshmallows

1/8 teaspoon salt

1/2 cup raisins

1 cup dry roasted nuts

Mix all together until well blended. Chill at least 15 minutes before serving.

## **AUNT RUBY'S CRANBERRY SALAD**

From Aunt Ruby Parr

1 lb pkg cranberries

1 cup finely chopped celery

2 cups sugar

1 cup nuts

2 cups mini marshmallows

1 cup water

1 cup water

2 pkg cherry Jello

1/2 cup sugar

2 cup chopped apple

Boil 2 cups sugar with 1 cup water for 3 minutes. Add cranberries and cook until skins are popped. Remove from heat. Add marshmallows and stir to dissolve. Dissolve Jello in 1 cup water; add 1/2 cup sugar to Jello mixture. When dissolved add cranberries to Jello mixture. Let cool. Add celery, apples, and nuts. Refrigerate until set.

*I generally make this a day or two ahead of Thanksgiving. It's a very colorful, crunchy and very delicious cranberry salad*

## **CRANBERRY JELLO SALAD**

From Pia's kitchen

4 (3 oz) pkgs cherry Jell-O

5 cups boiling water

Dissolve Jell-O in water and chill until syrupy.

2 (16 oz) cans whole berry cranberry sauce

2 (20 oz) cans crushed pineapple, drained

1 cup chopped walnuts or pecans

Fold the last three ingredients into the partially set Jell-O and pour into a 9 x 13 inch pan. Chill until firm. Serves 12 – 16

## **LEMON-LIME SALAD**

From Pia's Kitchen

1 pkg lemon Jello

2 cups hot water

1 pkg lime Jello

1 cup 7 Up

Mix all together and add 1 cup mini marshmallows.

Drain 1 #2 can crushed pineapple. Save juice. Add pineapple and 1 small can drained mandarin oranges to Jello mixture. Chill in refrigerator until it sets.

#### DRESSING:

1 cup reserved pineapple juice

1 egg

1/2 cup sugar

1 tablespoon flour

Mix together in saucepan and bring to a boil. Cool. Fold 1 container (8 oz) whipped topping into boiled dressing and spread over Jello. Add nuts if desired.

#### **PISTACHIO SALAD**

From Pia's Kitchen

Mix until well blended:

2 boxes instant pistachio pudding

2 cans crushed pineapple

Fold in:

1 (14 oz) container whipped topping, thawed

2 cans chunk pineapple, drained

*This recipe is quick and easy to make. Can be stored for days in the refrigerator covered. Colorful, great for pot lucks - can be garnish with maraschino cherries and pecan halves on the top.*

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Russian recipe book

#### **RUSSIA ST. PETERSBURG MISSION COOKBOOK**

#### **RUSSIA SAMARA MISSION COOKBOOK**

#### **BASICS TO HAVE ON HAND:**

Flour, sugar, oil, beans, rice, oats, lentils, pasta, noodles, canned vegetables, canned tomatoes, juice, fruits, cocoa, soda, baking powder, vitamins

#### **SEASONING/SPICES:**

Salt, pepper, parsley, chili powder, cumin, garlic, basil, paprika, cayenne, soy sauce, vinegar, bouillon, cinnamon, vanilla, thyme, bay leaves

#### **PERISHABLE ITEMS TO HAVE ON HAND:**

Potatoes, cheese, fresh fruit, meat (buy good meat and cook well), onions, bread, fresh vegetables, eggs, milk, yogurt, butter

#### **HANDLING OF FOOD WARNING:**

Be careful of meat you eat. Cook thoroughly. Eat safe dairy products. Do not eat raw fish of any kind. Drink only filtered water. Soak all fruits and vegetables for 1 min in solution of 1t. bleach to 1 liter of water. Rinse with filtered water. DO THIS ROUTINELY as ITEMS are PURCHASED. Wash eggs and

rinse. Bake dried apricots and raisins on a cookie sheet in low oven for 15 to 20 minutes or boil in water 15 minutes.

## **PLAN AHEAD**

Buy what you need for the week on preparation day

In the morning while studying, cook potatoes, rice, beans or vegetables; refrigerate for later use. Soak beans the night before, sort dried beans to remove rocks and dirt, wash with filtered water, covered with filtered water, soak overnight. Prepare soup on preparation day, it can last the whole week.

## **WHILE OUT WORKING**

Carry filtered or bottled water with you. Also carry foods such as dried fruit, bread, cheese, carrot sticks, M&Ms as well as hand wipes.

## **SUBSTITUTIONS**

1 t. baking powder=  $\frac{1}{4}$  t. soda plus  $\frac{1}{2}$  t. cream of tarter

1 c. oil=  $\frac{1}{2}$  lb. (1 cup) butter (add more liquid)

1 c. brown sugar= 1 c. white sugar (with a 1 T. molasses)

1 c. buttermilk = 1 c. kefir, sour cream or 1 c. milk soured with 1 T. lemon juice or vinegar – wait 5 minutes

1 can cream of mushroom soup = 2 c. white sauce made with chicken bouillon and mushrooms

2 T. flour= 1 T. cornstarch

1 oz. baking chocolate= 3 T. cocoa and 1 T. butter

1 pkg. yeast= 1 T. yeast

$\frac{3}{4}$  c. popcorn (grind)= 1 c. cornmeal

## **EQUIVALENTS**

$\frac{1}{2}$  teaspoon = 2.5 ml

1 kilogram = 2.2 lbs.

1 T. = 15 ml

3 t. = 1 T.

$\frac{1}{4}$  cup = 57 ml

8 T. =  $\frac{1}{2}$  cup

$\frac{1}{2}$  cup= 113 ml

1.06 qt. = 1 liter

1 cup= 227 ml

1 pint= 2 cups

1 qt. = 946 ml

1 qt.= 4 cups

35 oz.= 1 liter (1000ml)

16 oz.= 1 lb.

$\frac{1}{4}$  lb. butter=  $\frac{1}{2}$  cup = 113 grams

1 gallon = 4 qts.

## **ROACH KILLER**

Mix boric acid and cooked egg yolk with a little water until it holds together. Form into balls. Set in jar lids in appropriate places.

# **BREAKFAST FOODS**

## **BUCKWHEAT**

1 part buckwheat to 3 or 4 parts water and a little salt. Similar to method above but cook longer. Highly nutritious!

## **RICE for BREAKFAST**

2 c. cooked rice. Heat with a little milk. Add sugar and cinnamon.

## **MUFFINS**

375\* for 25-30 minutes

1  $\frac{3}{4}$  c. flour,  $\frac{1}{3}$  c. sugar, 2 t. baking powder,  $\frac{1}{4}$  t. salt. Add 1 egg,  $\frac{3}{4}$  c. milk,  $\frac{1}{4}$  c. oil. Mix until just blended. Fill muffin cups about  $\frac{2}{3}$  full. Bake. Add well drained fruit if desired.

## **BUTTERMILK PANCAKES**

1 c. flour,  $\frac{1}{2}$  t. baking pwd.,  $\frac{1}{2}$  t. soda, 1 T. sugar,  $\frac{1}{4}$  t. salt in a bowl. Add 1  $\frac{1}{4}$  c. buttermilk or kefir or soured milk, 1 large egg and 2 T. melted butter. Mix until just blended for fluffy pancakes. Cook in greased pan or griddle. Turn over when bubbles form.

## **CINNAMON BREAKFAST CAKE**

400\* for 25 minutes

Mix 1  $\frac{1}{4}$  c. flour, 1 T. baking pwd.,  $\frac{1}{4}$  c. sugar,  $\frac{1}{2}$  t. salt. Cut in  $\frac{1}{4}$  c. butter. Add 1 egg and  $\frac{2}{3}$  c. milk. Optional:  $\frac{2}{3}$  c. ch. nuts. Mix until just blended. Pour in 8 x 8 pan. Sprinkle on topping. Cover and refrigerate until ready to bake. TOPPING: 4 T. flour, 3 T. butter, 6 T. sugar and 1 t. cinnamon

# **MAIN DISHES**

## **MEXICAN RICE**

Heat 1 T. oil. Add  $\frac{2}{3}$  c. long grain rice and  $\frac{1}{4}$  ch. onion. Cook rice until clear.

Add  $\frac{2}{3}$  c. water with beef boullion cube dissolved in it. Then add  $\frac{3}{4}$  - 1 c. water,  $\frac{1}{8}$  t. garlic powder,  $\frac{1}{4}$  t. lemon pepper, 2 T. tomato paste. Stir. Cover. Simmer 15 minutes.

## **SPANISH RICE**

Cut up 3 slices bacon,  $\frac{1}{2}$  c. uncooked rice, 3 whole cloves,  $\frac{1}{2}$  c. water, 1 bay leaf,  $\frac{1}{2}$  c. green pepper ch. and 2 cans tomato soup or  $\frac{1}{2}$  can tomato paste.

## **CHINESE FRIED RICE w/VEGETABLES**

Heat 1 T. oil. Cook  $\frac{1}{2}$  c. ch. onion. Add 1 c. cold cooked rice. Beat together 1 egg, 1 T. soy sauce,  $\frac{1}{4}$  t. salt. Stir constantly. Add 1 c. ch. vegetables (carrots, peppers, etc.) Cook.

## **BASIC WHITE SAUCE**

Melt 4 T. butter, add 4 T. flour and 1 t. salt. Cook 1 minute. Slowly stir in 2 c. milk. No lumps. Boil. Can use to substitute for cream soups.

## **BAKED CHICKEN**

350\* for 45 minutes

Salt 6-8 boneless skinless chicken breasts. Dip in sour cream and then cracker crumbs. Place on greased pan and bake.

## **MORE BAKED CHICKEN**

300\* for 2 – 2 ½ hours

Salt and pepper 6 chicken breasts. Place in butter pan. Mix 1 can of cream soup, ¾ c. sour cream, 1 ch. onion, ¾ c. mayonnaise, ¾ c. grated cheese. Pour over chicken. Bake. Serve with rice.

## **BAKED CHICKEN with RICE**

Prepare ahead. 350\* for 1 hour covered

Put 1 c. uncooked rice in large baking pan. Combine 1 can mushroom soup, 1 can water, 1 cup milk and 1 pkg. Onion soup mix. Pour half mixture over rice. Put 4-6 pieces of chicken on top. Pour remaining soup over top. Cover with lid or foil. Set in refrigerator overnight. Bake next day.

## **BAKED CHICKEN and NOODLES**

350\* for 30 minutes

Melt 5 T. butter in skillet. Stir in 5 T. flour. Cook until brown. Add 2 c. milk and 1 c. chicken bouillon and bring to boil. Add ¼ c. grated cheese. Add 6 oz. cooked noodles, 2 c. cooked diced chicken, 1 c. diced mushrooms and some diced red bell pepper. Stir. Place in baking pan and put buttered crumbs on top. Bake.

## **CHICKEN CASSEROLE**

Prepare ahead.

350\* for 1 hour

Combine 2 c. diced cooked chicken, 2/3 c. ch. onion, 2/3 c. ch. green pepper, 2/3 c. mayonnaise, 1/3 c. chicken broth, salt and pepper. Place 4 slices of cubed bread in baking dish. Spread chicken over top. Beat together 2 eggs, 1 ½ c. milk and pour over chicken. Top with 4 more slices of cubed bread. Refrigerate. Just before baking, mix 1 can mushroom soup with ½ can water (or 2 c. white sauce made with chicken bouillon) and heat. Pour over casserole and bake. Put ½ c. grated cheese on top.

## **CHICKEN FRIED RICE**

Cook 1 lb. chicken pieces (bite sized) in a little butter. Place in a bowl with 1/3 c. soy sauce and 1 t. salt. Stir. Fry 1 c. rice in 1/3 c. oil until golden. Prepare 2 ½ c. chicken broth using bouillon cubes. Add chicken, marinade and broth. Cover. Simmer 15 minutes. Add ½ c. ch. onion, ½ c. peppers or other veg and stir. When water is gone. Hole in middle and add 2 beaten eggs. Cook. Serve with soy and Fanta. Chopsticks.

## **IDAHO CHICKEN and POTATOES**

400\* for 1 hour

Peel and slice thinly 4 potatoes, put in baking dish. S&P Place 4-6 chicken pieces (legs and thighs) on top. Pour ½ c. melted butter over chicken. Mix ¾ c. milk with mushroom soup (2 cans) or make white sauce and pour over chicken and potatoes. Sprinkle with garlic, s & p.

## **TERIYAKI CHICKEN**

300\* for 50-60 minutes.

Put 4-6 chicken breasts in pan, sprinkle with salt and pepper. Mix 1 T. cornstarch with 1 T. water, ¼ c. vinegar, ½ c. sugar, ½ c. soy sauce, ½ t. garlic powder, ½ t. ginger. Pour over chicken. Bake. Turn at least once. Serve sauce over rice. Add green pepper, onion, pineapple chunks last 10-15 minutes

## **BARBECUED CHICKEN**

350\* for 45 minutes to 1 hour

Mix half cup cornstarch or potato starch and half cup flour in a bag. Coat 6 chicken breasts or 1 whole cut up chicken with flour. Dip in 3 well beaten eggs. Brown on both sides in hot cooking oil. Put chicken in baking dish. Pour sauce over top. Bake. Turn while baking. Good cold. Freezes well.

SAUCE: Mix: Half cup chicken broth, half cup vinegar (may use half pineapple juice), half cup catsup, 1 c. sugar, 2 T. soy sauce, s&p

## **OVEN BARBECUED CHICKEN**

400\* for 30 minutes. Brush with sauce. 30 more minutes

Place 2 lbs. Chicken parts in pan. Combine: 2 T. Worcestershire Sauce, 1 T. vinegar, 1 T. barbecue sauce, 1 t. barbecue spice, 1 T. sugar, ¼ c. catsup (Russian tomato/apple sauce), cayenne pepper. Brush sauce on chicken. Bake. Brush on sauce. Finish baking. BARBECUE SANDWICH: Combine meat with sauce and serve on bread.

## **POT PIE**

350\* for 20 minutes or brown

Peel and slice several carrots and potatoes. Boil. Prepare chicken, ground beef or ham. Saute meat with ch. green peppers and onion. Set aside. Make gravy.

GRAVY: Melt ¼ c. butter in pan. Add 4 to 5 T. flour. Cook. Add ½ c. milk, ½ c. water, 1 chicken bouillon cube Add more water as needed.

CRUST: 2 c. flour, 4 t. baking powder, ½ t. salt. Cut in 4 T. butter. Stir in 2/3 c. milk. Roll out half the dough. Place in baking dish. Add gravy, vegetables and meat. Pour onto dough. Roll out other half and place on top. Cut hole. Bake

## **FINNISH MEAT PIE**

375\* for 25 minutes

Mix together: 1 c. rice, 1 lb. cooked meat, ½ ch. onion, ½ c. grated cheese, ½ t. salt, sliced mushrooms and ch. parsley, if desired. Set aside. CRUST: Combine 1 egg and ½ c. sour cream. Mix into 2 c. flour, 1 t. salt and ¾ c. butter. Divide and roll out. Place in pan. Fill with meat mixture. Top. Crimp edges. Prick with fork. Bake.

## **SHEPHERDS PIE**

350\* for 20-30 minutes

Brown 2 c. hamburger with 1lg. ch. onion, 1 clove garlic (or use cooked chicken or ham). Drain. Place in baking dish. Add a layer of 3 or 4 raw grated carrot. Cover with 2 or 3 cups mashed potatoes. Top with grated cheese. Garnish with bread crumbs dotted with butter. Bake. Good with chili sauce, hot tomato sauce or ketchup.

## **BUBBLES and SQUEAKS (English)**

400\* for 1 hour

In a baking dish make several layers of 4-6 sliced potatoes, 1 ch. onion, ½ head shredded cabbage and diced sausage or ham. S&P Pour 1 c. white sauce over top and sprinkle with grated cheese. Bake.

## **WHATEVER CASSEROLE**

350\* for 45 minutes

Add 2 c. cooked meat (chicken, beef, ham, tuna, whatever), 4 c. cooked starch (noodles, rice, potatoes, whatever), 2 c. cooked vegetables (corn, beans, carrots, whatever) and 2-4 c. sauce (white,

tomato, whatever) Place in large baking pan. Sprinkle with dill, oregano, basil, whatever. OR saute peppers and onions or whatever with the white sauce. Top with cheese, biscuits or mashed potatoes or bread crumbs. Bake.

### **SPAGHETTI SAUCE**

Brown 1 lb. hamburger and ½ c. ch. onion in 2 T. oil. Drain fat. Add 1 can tomatoes, 1 c. tomato sauce or paste, 1 c. water, 2 cloves garlic, fresh or dried parsley, 1 t. basil, 1 T. sugar, ¾ t. oregano, 1 t. salt, 1 bay leaf. Simmer for 15 minutes. Serve over hot pasta. Top with cheese. Other meat OK. ALTERNATE: Saute 1 ch. onion in 2 t. oil. Add 2 lg. cans tomatoes or 1 kg. fresh ch. tomatoes, 1 can tomato sauce, 2 t. salt, ½ t. pepper, ¼ t. garlic powder, 1 t. chili pwd. 1 T. parsley, mushrooms. Simmer 45 minutes. Thicken with a little cornstarch or flour in cold water just before serving. Serve over spaghetti.

### **PASTA STUFF**

Saute 1 ch. onion in 2 T. olive oil. Add 1 can tomatoes and 2 T. parsley, 1 t. basil, ½ t. pepper, 3 cloves garlic, 1 t. oregano, ½ t. salt, 1 t. sugar. Cook and drain ½ pkg. tube noodles. Add sauce and cover with lots of cheese. Heat in oven until cheese melts.

### **SWEET AND SOUR MEATBALLS**

Combine ½ lb. ground beef, ¼ c. dry bread crumbs, ¼ c. milk, 1 egg, s&p. Form into 30 meatballs. Drain 8 oz. can crushed pineapple. Add water to pineapple liquid to measure 1 ½ cups. Combine with ¼ c. apple cider vinegar, ½ c. brown sugar, 2 T. soy sauce, 1 t. ground ginger, 1 t. allspice. Heat in skillet to boiling. Add meatballs and 1 sliced onion. Simmer 15-20 minutes. Stir. Stir in pineapple. Combine 2 T. cornstarch with 2 T. water and thicken sauce.

### **SWEET and SOUR SAUCE** with vegetables and meat

Prepare vegetables: onions, carrots, peppers, cabbage, peel and slice. Partially cook carrots and cabbage. Fry in oil. Add salami or chicken. Pour sauce over veg. And meat. Serve over rice or pasta. SAUCE: Bring to boil: 1 ½ c. water, 2 T. catsup, 2 T. soy sauce, ½ c. sugar, ½ c. vinegar. Add a paste of 2 T. flour & a little water. Cook until thickened.

### **JAMBALAYA**

Brown 2 lb. sliced smoked sausage in oil. May add 1-2 lb. bite sized pieces of chicken, pork or beef. Cook. Remove. Add 2-3 ch. onion, bell pepper, garlic, parsley, dill, ch. fine. Cook about 5 minutes. Meat back in pot. Add 3 c. uncooked rice, 1 t. pepper, 1 T. salt and 6 c. water. Stir. Bring to boil. Lower heat. Cook 20 minutes.

### **RICE**

Bring to boil 4 c. water, 1 t. salt, 1 t. butter. Add 2 c. rice. Bring to boil. Cover. Simmer 15-20 minutes.

### **FIREBALL PELMENI**

Cut 15-20 pieces of purchased Pelmeni into 4-8 pieces each. Cook 2 c. rice. Fry Pelmeni in oil until brown. Add 2 diced green peppers. Saute. Place on rice. Add jalapenos, soy sauce and other spices.

### **SWISS STEAK**

Cut beef in thin strips and shake in plastic bag of flour, salt and pepper. Fry meat in oil. Add peeled potatoes cut into eighths and several cups of water. Cook until potatoes are done. This makes its own gravy.

## **STEAK and PEPPERS**

Slice 1 lb. beef into 1/2 " strips. Mix ¼ c. soy sauce and 1 t. sugar. Pour over beef and soak for ½ hour. Combine 2 t. cornstarch (or 4 t. flour) with 2 T. soy sauce (if necessary add a little water). Heat 4 T. oil in skillet. Add clove minced garlic and 1 t. ginger. Saute 1 minute. Add 2 green peppers in 1" dice and saute for 3 minutes. Add beef and liquid. Saute. Add 2 tomatoes in 1" dice and cornstarch mixture. Cook. Serve over rice.

## **HAMBURGER STROGANOFF**

Saute ½ c. ch. onion and 1 clove minced garlic in ¼ c. butter. Stir in 1 lb. hamburger and brown well. Stir in 2 T. flour, salt and pepper and 1 can drained mushrooms. Cook 5 minutes. Stir in 1 c. white sauce and chicken bouillon cube. Simmer 10 minutes. Add 1 c. sour cream. Heat through. Serve over mashed potatoes, noodles or rice.

## **QUICK HAMBURGER CASSEROLE**

Brown 1 lb. hamburger and 1 ½ c. ch. onion. Put in pot with ½ c. ketchup, 2 c. tomato juice, salt and pepper to taste, 1 c. hot water, 1 c. uncooked macaroni, 1 t. sugar. Bring to boil. Shut off heat. Leave lid on for 45 minutes. Serve.

## **BEER ROCKS**

375\* for 20 minutes

DOUGH: Dissolve 1 or 2 T. yeast in 1 c. warm water. Stir in 2 T. sugar, 2 T. oil, 1 t. salt, 1 egg and 1 c. flour. Beat until smooth. Mix in 2 or more cups of flour to make a soft dough. Knead. Put in a greased bowl. Cover. Let rise about 1 hour.

FILLING: Brown 1 lb. ground beef. Drain. Add 4 c. shredded cabbage, 1 sm. ch. onion, ¼ c. water, 1 t. salt, some pepper. Let simmer 10-15 minutes until cabbage is cooked. Cool. Roll out dough. Cut into sixteen 4" squares. Put ¼ cup of filling in each square. Bring sides up and put side down on greased cookie sheet. Let rise 1 hour. Bake. Refrigerate leftovers

# **SOUP**

## **BEEF STEW**

Brown 1 to 2 lbs. beef chunks in 2 T. oil. Add water to clean pan. Put meat, water, 1 whole onion, 1 whole carrot, 1 can tomatoes, 4 to 5 c. water, 2 bay leaves. Boil. Cover. Simmer 3 to 6 hours. One hour before dinner remove onion and carrot and add: 4 cut up potatoes, 2 sliced carrots, 2 t. salt, ½ t. thyme, garlic and pepper. Mix 1/3 c. flour with cold water and add to thicken stew.

## **CHILI**

Brown 1 lb. ground beef, 1 c. ch. onion. Add 3 cans kidney beans, 2 T. sugar, 2 t. garlic powder, 1 t. salt, 2 cans stewed tomatoes, 2 T. chili pwd., 2 T. vinegar. Simmer 45 minutes. Add corn or green pepper if desired.

ANOTHER: Cook 2 c. raw beans, ch. onion, 1 can tomatoes, 1 T. chili powder, s&p, 1 t. cumin, 1 lb. hamburger. Simmer 15 minutes. Top with grated cheese and onions

ANOTHER: Brown 1 lb. ground beef. Add 1 c. ch. onion, ½ green pepper ch. Cook. Drain. Add 4 cans beans with liquid, 2 liters tomato juice, 1 can whole tomatoes, crushed, 2 – 3 t. salt, ½ t. cumin, 3-4 T. chili powder. Simmer 1 hour

## **BEAN SOUP**

Cook 2 c. beans. 1 ch. onion, 1 grated carrot, 2 c. ch. ham, s&p, 2 T. ketchup or tomato juice. Simmer 20 minutes.

## **MINESTRONE**

Put in pot: 2 c. canned tomatoes, 3 c. water, 1 beef bouillon cube, 1 c. tomato sauce or ¼ c. ketchup, 2 diced carrots, other veg (cabbage, green beans), 1 ch. onion, s&p, 2 c. cooked beans or 1 can kidney beans, ½ t. basil, ¼ t. oregano, 1 T. parsley, 1 clove garlic, 1 t. sugar, a little cooked hamburger. Simmer. Boil to add 1 c. macaroni. Cook for 10 more minutes.

## **WHITE BEAN SOUP**

Fry 1 ch. onion in skillet. Add 1 can white beans with liquid. Add bouillon cube and several cups of water and basil. Add vegetables if desired. Serve when hot.

## **CABBAGE PATCH STEW**

Brown ½ lb. ground beef with 1 ch. onion. Drain fat. Add 2 c. water, 2-3 c. ch. cabbage and salt and pepper to taste. Simmer 15 minutes. Add 2 cans kidney beans, 1 T. Worcestershire sauce, 2 t. chili pwd., 2 T. sugar. Simmer 45 minutes.

## **FRENCH ONION SOUP**

Fry several large sliced onions until golden. Add bouillon cube and water. Simmer 30 minutes. Serve over cubed French bread. Top with grated cheese.

## **BASIC TOMATO SOUP**

2 liters tomato juice, 1 T. sugar, 1 T. chicken bouillon, 3 c. water, 2 T. taco seasoning or chili powder. Bring to boil. Serve hot or cold. Good with grilled cheese sandwiches.

## **TOMATO SOUP**

Saute 4 cloves ch. garlic in 2 T. butter for 2 minutes. Add 2 T. paprika. Stir in 1 ½ kg. tomatoes mashed or 3 lg. cans tomatoes, 8 c. water, 1 veg. bouillon cube or chicken, 3 T. tomato paste. Bring to simmer 10-15 minutes. Remove from heat. Add pinch cayenne, s&p, 1 t. lemon juice. Chill or serve hot. Add herbs, herbs (parsley, basil, marjoram, thyme, dill) just before serving. Serve with sour cream. ALTERNATE: Decrease water to 2 c. for sauce to serve with breadsticks.

## **CREAM OF TOMATO SOUP**

Heat 2 c. tomato juice and 1 can crushed tomatoes. Add 2 slices onion, 2 whole cloves, ½ t. salt. Add 4 T. butter to 2 c. milk. Heat. When ready to serve add pinch soda to tomato mixture and gradually add hot tomato mixture to hot milk. Serve at once. Follow directions exactly.

## **MACARONI and TOMATO SOUP**

Saute ¼ c. green pepper diced and ½ c. ch. onion in 2 T. butter. Add: 1 can crushed tomatoes, 2 liters tomato juice, dash pepper, ½ t. basil, ½ t. salt, 1 T. sugar, 1-2 bay leaves and 2 c. cooked macaroni. Heat to boiling.

## **CREAM OF VEGETABLE SOUP**

White sauce of 1 ½ T. butter, 2 slices onion, 1 ½ T. flour, ½ t. salt & p, 3 c. milk. Add 1 c. cooked vegetables and serve with grated cheese on top.

## **CREAM OF CHICKEN SOUP**

Prepare as above and add: 2 c. cooked diced chicken, 1 chicken bouillon cube, 1 c. hot water, cooked noodles OR cooked rice OR cooked diced potatoes.

## **POTATO CHEESE SOUP**

Saute ½ c. ch. onion in ¼ c. butter. Add ¼ c. flour, 1 ½ T. cornstarch, ½ t. paprika, ½ t. salt and 4 c. heated milk, 4 c. heated chicken bouillon. Cook 10 minutes. Add 1 c. mashed potatoes, 1 c. mashed carrots. Stir. Heat. Pour in bowls. Garnish with grated cheese and ch. parsley.

## **CLAMLESS CHOWDER**

Cook 5 slices bacon until crisp. Pour off drippings except 3 T. Cook 1 med. Ch. onion. Add 1 c. canned corn, 1 c. cooked cubed potatoes, 1 can cream of mushroom soup with 2 ½ c. milk, S&P. Can use 4 c. white sauce in place of soup and milk. Heat. Simmer 5 minutes. Bacon and butter to garnish.

## **EGG DROP SOUP**

Add 1-2 bouillon cubes to 3 c. water. Bring to boil. Add 2 beaten eggs. Stir rapidly. Cook 1-2 minutes. Add cooked peas, carrots, corn, ch. green onions. Add 2 T. cornstarch (4 T. flour) mixed with 4 T. cold water. Bring to boil.

## **SHE STEW**

Cover 2 kg. cubed potatoes with water. Boil 5 minutes and add 1 sm. head shredded cabbage. Fry the peeled and grated carrot and 2 diced onions in 2 T. butter. Add 2 T. ch. carrot greens, 2 T. ch. parsley, 5 bay leaves, S&P when potatoes are almost done. Boil 10 minutes more. Serve with sour cream or mayonnaise. Tastes great!.

## **BORSCH**

Cover 2 lbs. beef or pork bones with water. Bring to boil. Simmer. Fry 2 ch. onions, 1 large ch. carrot, 1 small ch. beet in 3-4 T. oil. When soft add 1/3 c. water and 1 can tomato paste. Add 1 small can mushrooms. When meat has cooked remove meat from bones. Return meat to pot. Add salt with ch. 3-4 potatoes, 1 med head cabbage, 1 more ch. onion. Simmer 15 minutes and add 1 can pinto beans, drained. Serve with fresh garlic, fresh parsley, sour cream.

## **WHITE CHILI** from Sister Romney

Soak 1 lb. dried sm. white navy beans for 8-12 hours in water. Drain. Combine 2 ch. onion and 48 oz. chicken broth. Bring to boil and reduce heat. Simmer for 1 ½ hrs. Add 7 oz. can ch. green chilies, 6 – 8 cloves garlic, 3 T. ch. fresh oregano, 4 t. cumin, 1 ½ t. cayenne pepper. Simmer 30 – 60 minutes. Add 4 c. raw diced chicken for last 30 minutes. Remove. Stir in 1 c. sour cream and 2 c. white cheese. Stir until melted. SWEET and SOUR Dressing/Tomato Garnish: ¼ c. cider vinegar, ½ c. sugar, juice of 1 lemon, 1 t. onion powder, 1 t. paprika, 2 t. celery seed, 1 t. salt, 1/3 c. oil, ch. cilantro and ch. tomatoes. Put in middle of each bowl.

## **SIDE DISHES**

### **POTATO CASSEROLE**

350° for 30 minutes

Add to 4 peeled and cut up potatoes: ¾ c. sour cream, ¼ c. milk, some ch. onion, 1 c. grated cheese, salt and pepper. Bake. ALTERNATE: Boil potatoes. Add cheese and one cup white sauce. Heat through.

ANOTHER: Grate 5 or 6 boiled potatoes. Place in baking pan. Pour 3 T. melted butter over top. Combine 1 c. milk, 1 cup chicken bouillon, 3 T. finely ch. green onion and 1 c. grated cheese. Pour over potatoes. Do not mix. Cover top with 1 c. buttered bread crumbs (2 T. melted butter) and sprinkle with ½ c. grated cheese. Bake at 325\* for 30 minutes

### **POTATO BACON CASSEROLE**

425\* for 40 minutes

Boil and mash 2 lb. potatoes. Add ¼ c. butter, 1 c. sweet cream (11-22%), 2 eggs, ½ - 1 c. milk, salt and nutmeg to taste. Beat until light and fluffy. Grease 9x13 pan. Put in pan. Place ½ lb. smoked bacon or ham into potatoes at intervals and bake until brown.

### **POTATO PATTIES with SAUCE**

Grate 2-4 preboiled potatoes. Add 1 c. meat (chicken, ham, tuna), finely ch. green onions, s&p, 4-6 beaten eggs. Mix. Make thin patties w/ hands and place in hot skillet with melted butter. Fry. Turn. Serve with white sauce & cheese.

### **PAN of POTATOES**

Melt butter in skillet. Add sliced preboiled potatoes, finely ch. onion, salt and pepper. Brown. Melt grated cheese on top. Serve with salsa, tomatoes and cucumbers.

### **EASY POTATO DINNER**

Melt butter in skillet with lid. Add 4 peeled and sliced potatoes, 2 carrots and 1 onion ch. fine. Cook on low heat and cover. Turn vegetables. When tender, turn off heat. Put grated cheese on top and cover. Serve with eggs, ham, hot dogs, tomatoes, etc.

### **PARTY POTATOES**

350\* for 30 minutes

Mix together 4 c. grated cooked potatoes or 4 c. frozen hash browns. Add 2 cans cream soup or white sauce, 2 c. sour cream, 1/3 c. ch. onion, 1 c. grated cheese. Place in casserole. Mix 2 c. crushed corn flakes and 2 T. melted butter. Sprinkle on top. Bake.

ALTERNATE: 4 lg. boiled potatoes, mashed. Combine with 1 c. sour cream and ¾ c. grated cheese. Make sauce and pour over potatoes and serve. SAUCE: Saute ½ c. ch. onion in 3 T. butter. Add 3 T. flour. Cook. Add 1 ½ c. milk, 2 chicken bouillon cubes, and 2 hot dogs, salami or ham ch.

### **AUGRATIN POTATOES with EGGS**

Combine 2 c. milk, 2 beaten eggs, 1 ½ c. grated cheese, salt and pepper and add to 6 or 7 cubed boiled potatoes. Put in baking dish and bake. This recipe can be used with pasta (250 g.) instead of potatoes. May add ch. onion.

### **POTATO PANCAKES**

Grate 3 c. peeled raw potatoes. Add 2 beaten eggs, 1 ½ T. flour, 1 t. soda, 1/3 t. baking powder, 1 t. salt. Drop by spoonful on hot skillet with oil or butter. Flatten. Brown on both sides. Serve with sour cream, applesauce or other toppings.

### **HASH BROWNS**

Melt 2 T. butter in skillet. Grate preboiled potatoes into pan. Salt and pepper to taste.

Turn as potatoes brown. Can add a ch. onion to taste. Serve with eggs and toast. Add bacon or ham for variety.

## **CAULIFLOWER**

Wash and cut in pieces. Steam it or fry with eggs and cheese.

## **CABBAGE PANCAKE**

Mix together: 1 sm. Cabbage ch. fine, 1 bunch ch. green onions, ½ c. flour, 1 t. salt, 3 beaten eggs. Let sit 5 minutes. Pour into hot oiled pan and cook. Put several slices of bacon on top. Flip. Serve with soy sauce.

## **STIR FRY VEGETABLES over RICE**

Melt ¼ c. butter in skillet. Cook ¼ head ch. cabbage until done. Add 1 diced green pepper, 2 grated carrots, and ½ diced onion. Cook. Add 2 beaten eggs. Cook. Add 2-3 T. soy and serve over cooked rice.

## **ORIENTAL SUMMER VEGETABLES over RICE**

Melt 2 T. butter. Add 1 chicken bouillon cube. Add 2 medium sliced zucchini, ¼ lb. sliced fresh mushrooms, 3 medium sliced carrots. Cook. Add 1 sm. Green pepper in strips and ½ c. sliced onion. Cook 3 more minutes. Add 1T. lemon juice. Mix well. And serve over rice.

## **CHINESE VEGETABLE DISH**

Saute 1 grated carrot and 1 ch. onion. Add sliced cabbage and saute in covered pan. Add salt and soy sauce to taste. Pour 4 beaten eggs over vegetables. Let cook until egg is set. Serve with plenty of rice and Heinz Chinese sauce.

## **VEGETABLE QUICHE**

350\* for 35 minutes

Grease a baking pan. Sprinkle 1 c. cooked vegetables over bottom and 1 c. grated cheese. Beat together 1 c. milk, 6 eggs, 3 T. minced onion, salt & pepper. Pour over vegetables. Bake. Let sit 5 minutes before serving.

## **SPANISH OMELET**

Heat oil or butter in pan. Add ¼ c. minced onion and cook. Add ¼ c. ch. green pepper, tomatoes and ½ c. meat. Remove from pan. Pour 2 beaten eggs in pan as for omelet. Just before it is done put veggies, grated cheese, parsley, olives s&p on one side and fold over. Serve with salsa and sour cream. Grated carrot and ch. red pepper are good in omelet too.

## **EGGS and TOMATOES**

Scramble some eggs. Add diced fresh tomatoes before serving.

## **CREAMED HAM and EGGS**

Melt 2 T. butter. Cook minced onion. Stir in 3 T. flour, s&p, ¼ t. mustard. Stir in 1 c. milk. Cook until thickened. Add 3 sliced hard cooked eggs and 1 c. cooked ham cubed. Serve over rice, noodles or toast.

## **QUICK QUICHE**

350\* for 45 to 55 minutes

Grease a baking pan. Sprinkle 3 slices cooked bacon or ch. ham, 1 c. grated cheese, ½ c. ch. onions over bottom. Beat 4 eggs and 2 c. milk. Combine ½ c. flour, ¾ t. salt ¼ t. soda and dash pepper. Add to milk and eggs. Beat. Pour into pan and bake. Let stand 10 minutes before cutting to serve.

## **FRIED PASTA**

Boil pasta. Saute frozen or fresh vegetables. Add pasta to pan. Add spices to taste and pour in 4 or 5 eggs. Cover and cook eggs. Stir often.

## **CURRIED RICE**

Melt 3 T. butter, add 1 ch. onion. Cook 5 minutes. Add 1 c. uncooked rice and stir to coat with butter. Add 2 c. chicken or beef broth, 1 t. curry and ¼ c. raisins. Bring to boil. Simmer 20 minutes.

## **ENCHILADA SAUCE**

Heat 4 c. tomato juice. Add 1 or 2 cans tomato paste and 1 T. sugar. Stir. Make 1 T. cornstarch (or 2 T. flour) paste with cold water. Add to juice and stir to thicken. Add 1 t. oregano, 1 t. cumin, 1 t. chili pwd., 1 t. paprika, 1 t. basil. Let simmer 3 minutes. Makes 1 quart. Stores well.

## **ZUCCHINI ENCHILADAS**

350\* for 30-50 minutes, 50 minutes if cold

Heat 2 ½ cups prepared Enchilada Sauce with 1 can diced tomatoes. Dip tortillas (12) in sauce to soften about 10 seconds. Fill each tortilla with 1/3 c. shredded zucchini and 2 T. cheese. Roll loosely around filling. Arrange seam down in a single layer in ungreased shallow baking dish. Press together to fit. Cover with remaining sauce and sprinkle with cheese. Refrigerate or bake. Heat until hot and bubbly. Serve with cooked mashed beans or rice and sour cream. Spicy meat mixture can be used instead of zucchini.

## **SALADS**

### **RANCH DRESSING MIX**

1 c. mayonnaise, 1 c. buttermilk (or 2 c. sour cream for dip), powdered onion, powdered garlic, paprika, salt and pepper

### **SIMPLE SALAD DRESSING**

Combine: 1/3 c. vinegar, 2/3 c. olive oil or other, pinch salt, pinch sugar, pinch pepper, herbs like oregano, basil, dill, parsley. Shake. OR (WALL) ¼ c. sugar, 1/3 c. oil, ¼ t. salt, 1/3 c. cider or red wine vinegar, dash Worcestershire sauce.

### **THOUSAND ISLAND DRESSING**

Mix and chill: 2 ½ c. mayonnaise, 1/3 c. honey or sugar, 1 T. vinegar, ¼ t. garlic powder, 2 T. ketchup ½ t. salt, 1 t. salad herbs (Vegeta)

### **EASY SALSA**

Heat: 1 large can crushed tomatoes, few drops Russian vinegar, ½ c. ch. onion, 1 t. oregano or Italian seasoning, 1 t. sugar, ½ - 1 t. chili pwd., 1 minced clove garlic. Chill. Use as salsa or picante sauce.

### **FRESH SALSA**

Stir until well blended. 5-6 cups finely ch. fresh tomatoes, 1-2 ch. green peppers, 1 clove minced garlic, ½ t. salt, ½ t. chili powder, 1 large ch. onion, 2-3 c. ch. cucumbers, ¼ t. pepper, 1 T. lemon juice. Ch. veg. fine. Store in refrig. Pour off liquid as it settles. Use in 1 week.

## **SALSA**

1 bunch ch. cilantro, 1 bunch ch. green onions, 3 med ch. red onions, 3 kg. diced tomatoes, 4 cloves fresh garlic, 2 ch. bell peppers, 4 hot peppers, 2 t. salt, ½ t. black pepper, ½ t. red pepper, 3 t. Russian vinegar, 140 grams tomato paste.

## **CRAB FINGER SALAD**

Mix together: diced crab fingers, cooked rice, diced hard cooked eggs, corn, finely diced onion, dill, cilantro, parsley, s&p, mayonnaise to hold together

## **POTATO SALAD**

5-6 boiled and peeled potatoes, diced, 2-3 diced hard cooked eggs, ¼ c. ch. onion. Add mayonnaise (1/2 – 1 c.), 1 t. sugar, s&p, 1 t. mustard or more, 1 T. milk. Add ch. tomato, cucumbers, green onion, peppers, dill pickles, peas and carrots cooked. Chill.

## **BEET SALAD**

Cook 1 large beet in boiling water for 1 hour. Remove skin and root after cooking. Cool. Grate beet or ch. fine. Add ¼ c. walnuts and mayonnaise. Serve cold.

ANOTHER: Grate beets. Add 1 can drained kidney beans, ch. garlic, pinch salt and mayonnaise. Serve.

## **EASY CABBAGE SALAD – COLE SLAW**

Combine: ½ head ch. cabbage, 2 t. vinegar, 1 ch. green onion, 2 T. milk, 2 T. sugar, ¼ c. mayonnaise, 1 grated carrot. Chill. ANOTHER: Sprinkle 3 T. vinegar, 3 T. sugar over ch. cabbage. Refrigerate 6 hours. Drain. Add ½ c. ch. onion and 1 cucumber ch and seeded. Serve with salad dressing.

ANOTHER: Combine cabbage, 1 grated carrot, 1 minced green onion. Stir together ¼ c. mayonnaise, 2 T. sugar, 2 T. milk, 2 t. vinegar. Stir together. Chill.

## **APPLE SLAW**

Mix together ¼ c. mayonnaise, 2 t. lemon juice, 1 T. sugar, ½ t. salt, dash pepper. Toss with ¼ head shredded

cabbage and 1 ch. apple. Serve right awayl. May add 2 t. milk.

ANOTHER: ½ head ch. fine cabbage, 1 orange peeled and cut in pieces, 2 T. orange juice, 1 T. sugar. Mix together and let sit 10 minutes before eating. Good with ch. apple.

## **MACARONI CARROT SALAD**

Rinse 3 c. cooked macaroni in cold water. Blend ¾ c. mayonnaise, 3 T. lemon juice, 3 T. water, 1 t. salt and pepper. Add macaroni, 2 c. shredded carrots and ½ c. raisins. Toss. Chill. Serve.

## **CHICKEN FRUIT SALAD**

Cut 1-2 c. cooked chicken in bite sized pieces. Combine ¼ c. mayonnaise and 1 T. lemon juice. Mix with 1 ch. cucumber, 1 ch. apple or pear, 2 T. green ch. onion, 1 small bunch grapes, salt. Let sit 10 minutes. Can also add pineapple and or almonds. Can cut grapes in half and remove seeds.

## **FRUITED RICE SALAD**

Mix 1 ½ c. pineapple tidbits with ¼ c. raisins (soften in boiled water and drain) and 2 c. cooked cooled rice. Add a little pineapple juice. Whip together ½ c. whipping cream, ¼ t. almond extract and ½ c. sugar. Fold into rice. Add: 1 can mandarin oranges, 2 bananas sliced.

## **FROZEN FRUIT SALAD**

Mix together 2 c. sour cream or yogurt, 1/3 c. sugar, pinch salt, 1 can crushed pineapple, 1-2 oranges cut up, other fruit like peaches or berries, 1 T. lemon juice, 3 mashed bananas and 1/2 c. ch. walnuts. Freeze in muffin tins preferably. 15 minutes before serving, remove from freezer.

## **BREAD**

### **FLOUR TORTILLAS**

Mix 3 c. flour, 1/2 t. salt, 1 1/2 T. baking powder. Blend in 3 T. oil. Add 1 cup plus 2 T. water and mix until absorbed. Cover. Let stand 10 minutes. Divide into 10-12 balls. Roll very thin. Cook on ungreased skillet until brown. Turn.

TO SERVE: Top with cooked mashed beans, cheese, seasoned hamburger, ch. onions, green peppers, sour cream and salsa. Roll up and eat. OR butter tortilla and place in skillet with grated cheese, ch. green onion and green pepper. Place another tortilla (buttered side up on top). Brown in skillet until cheese melts and holds together. Top with salsa.

### **BEAN SANDWICH**

Cook beans until soft enough to mash. Drain off liquid. Season with ch. onion, salt, garlic, chili pwd., tabasco sauce. Serve on 2 slices of toasted bread with sliced tomato and cheese or serve with tacos.

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### **FEATHER LIGHT MUFFINS**

325\* for 20-25 minutes 8-10 muffins

1/3 c. shortening, 1/2 c. sugar and 1 egg. Combine with 1 1/2 c. cake or regular flour, 1/2 t. salt, 1 1/2 t. baking powder, 1/4 t. nutmeg and 1/2 c. milk. Fill greased muffin tins 2/3 full. Bake.

### **OATMEAL BREAD or MUFFINS**

400\* for 18 minutes or 350\* for 30-40 min.

Pour 2 c. buttermilk or sour milk over 2 c. oats. Let stand 5 minutes. Add 2 eggs and 1 c. or less. sugar. Combine:

2 c. flour, 1 T. baking powder, 1 t. salt, 1 t. baking soda. Add 1/2 c. oil to batter. Bake in pan or in muffin cups (18).

### **DOUBLE LEMON MUFFINS**

375\* for 20 minutes PUTNAM

Combine 3 1/2 c. flour, 1/2 t. baking soda, 1 T. baking powder, 1/2 t. salt and 1 1/2 c. sugar. Combine rind of 2 lemons, 1 c. milk, 1/4 c. lemon juice. Add 2 eggs and 2 sticks melted butter to dry ingredients. Stir quickly to combine. Pour into greased muffin tins almost to top. Bake. OK to make half a recipe.

### **LEMON BREAD**

300\* for 50-55 minutes

From Sister Gee (Yekaterinburg)

Mix together: 2 c. shortening, 4 c. sugar, 6 eggs, 2 1/4 c. milk, 6 c. flour, 1 T. salt, 1 T. baking powder, 4 grated lemon rinds. Pour into loaf tins. TOPPING: 2 c. sugar, juice of 4 lemons. Heat until sugar is dissolved. Pour over hot bread and leave in pan until cooled. OPTION: Cut this recipe in half.

## **CORN BREAD**

375\* for 30 minutes for pan

Melt ½ c. butter. Add 2/3 c. sugar. Add 2 eggs. Combine 1 c. buttermilk and ½ t. soda. Add 1 c. flour, 1 c. yellow cornmeal, ½ t. salt. Stir until blended. Pour in 8" square pan or bake as muffins.

## **BASIC BISCUITS**

450\* for 10-12 minutes ( 350\* for 20 minutes)

Combine 2 c. flour, ½ t. salt, 3 or 4 t. baking powder. Cut in 4 T. butter (up to 8 T.). Add 2/3 c. milk. Knead 10 times. Roll ½ " thick. Cut with floured cutter or glass. Bake ½ " apart.

CHEESE: Add ¼ c. grated cheese to batter. Roll out, sprinkle tops with additional ¼ c. cheese.

SAUSAGE: Roll out 1/3" thick. Spread with filling of fried sausage and onion, drained. Cut into slices and bake. Serve with white sauce or mushroom sauce. Can use hamburger but season with s&P, sage, thyme.

RAISIN: Add ½ c. raisins to dry ingredients, mix. Roll out dough. Spread with soft butter. Sprinkle with ¼ c. sugar and 1 t. cinnamon. Roll up. Cut into slices ½". Place on baking sheet, top with butter and sugar. Bake

APPLE in SYRUP: Prepare syrup. Boil 2 c. water and 1 ½ c. sugar for 5 minutes. Roll dough 1/3" thick. Spread dough with 4 ch. apples. Roll up. Cut in 1 ½" slices. Pour syrup into pan. Place slices down in syrup. Dot with butter and sprinkle with sugar and cinnamon. Bake 425\* for 20 min. Serve with milk or ice cream.

CINNAMON: Roll 1/3" thick. Spread with soft butter, brown sugar, cinnamon, raisins, nuts. Roll up, cut and bake.

## **BUTTER DIPS**

450\* for 15-20 minutes

Putnam: 4X recipe for 10 hungry people

Melt 1 cube butter in 9x13 pan. Remove pan from oven as soon as melted. Measure 1 ½ c. flour with 2 t. sugar, 2 t. baking powder, 1 t. salt. Add 2/3 c. milk. Turn onto a board and knead 10 times. Roll ½" thick and cut in half lengthwise. Turn crosswise to make 18 sticks. Dip each stick in melted butter on all sides. Arrange in 2 rows. Bake until golden. Serve hot.

## **DESSERT**

### **DOUGHNUTS**

1 c. kefir, 4 eggs, 2 c. sugar, 4 ½ c. flour, ½ t. baking powder, 1 t. salt, 1 t. soda, 3 t. nutmeg. Roll out dough. Add flour as necessary. Cut out doughnuts. Fry in oil. Frost with 1/8 c. milk mixed with pwd. Sugar.

### **APPLE CRISP**

350\* for 20 minutes or more

Slice 3 apples thinly. Place in pan. Mix together: ½ c. oats, ¾ t. cinnamon, ½ c. flour, 2/3 c. sugar, 1/3 c. butter, ¾ t. nutmeg or vanilla. Spread on top. Bake.

ANOTHER: Combine 4-8 c. sliced apples, ¾ c. sugar, 1 T. cinnamon, 1 T. lemon juice. Put in 9x13 pan. Sprinkle on top: 2 c. flour, 1 c. sugar, ¼ t. salt, 1 t. baking powder, 1 c. butter cut in and optional orange peel grated. Bake for 1 hour.

ANOTHER: 4 c. sliced apples. Combine ½ c. water, ½ c. melted butter, ½ t. salt, 1 ½ T. cinnamon and 1 T. lemon juice. Pour over apples. Combine ½ c. butter, 3 T. flour and 1 c. sugar. Mix. Add 1 ¼ c. crushed corn flakes. Press over apples. Bake at 375\* for 30-35 minutes. Add oatmeal to topping if you wish.

### **CHARLOTTE with APPLES**

350\* for 10 or 15 minutes

Slice 3 or 4 apples into bits, warm in pan with butter. Beat 3 eggs. Add 1 c. sugar, 1 t. vanilla and 1 c. flour, 1 t. baking powder. Pour on top of apples. Bake.

### **RUSSIAN APPLE PIE**

350\* for 45 minutes

Mix together: 4 eggs, 1 ½ c. sugar, ½ t. vinegar or lemon juice, 1 ½ c. flour, 1 t. baking powder, 4 or 5 apples, diced.

Place in greased pan. Bake.

### **APPLE CAKE**

350\* for 55 minutes

Mix together: 2 c. sugar, 1 c. shortening (half butter), 3 eggs, 3 c. flour, 2 t. cinnamon, 1 t. nutmeg, ¼ t. salt, 2 t. soda dissolved in half cup water, 4 c. ch. apple, 1 c. nuts (optional). Bake.

SAUCE (optional): Half cup Karo syrup, half cup sugar, half cup brown sugar, 2 T. butter. Boil.

Remove from heat. Add 1 c. evaporated milk or cream and 1 t. vanilla.

### **FROZEN BANANAS**

Melt 2 small chocolate bars over low heat. Peel 4 bananas. Roll in melted chocolate. Roll in 1 c. ch. nuts. Wrap in plastic and put in freezer.

### **STOVETOP RICE PUDDING**

Bring 3 c. milk to a boil in heavy saucepan. Stir in ½ c. uncooked rice, 1/3 c. raisins, ¼ t. salt.

Cover and cook on low for 30-40 minutes until most of milk is absorbed. Spoon into dishes. Dot with butter and sprinkle with cinnamon.

### **BESTEVEER RICE PUDDING**

Scald 4 c. milk (part cream). Combine 1T. cornstarch (or 2 T. flour), ½ c. salt, 1 c. sugar. Stir into milk. Heat until thick and smooth. Add 2 c. cooked rice. Pour a little hot mixture into 4 beaten eggs. Stir rapidly. Return egg mixture to hot milk and cook until thickened. Remove from heat. Stir in 1 t. lemon extract or lemon juice (more) and 1 t. vanilla. Chill. OPTION: Use cinnamon and nutmeg and ½ c. raisins instead of lemon.

### **OVEN RICE PUDDING**

350\* for 45 minutes

Combine 2 c. milk and 4 beaten eggs. Add 2 c. cooked rice, 2 T. butter, ½ - 1 c. sugar (to taste), ¼ t. cinnamon, 1 t. vanilla and grated rind of one lemon (optional). Pour into greased baking pan 9x13. Bake.

### **LAZY DAY COBBLER**

350\* for 40 - 45 minutes

Melt ½ c. butter in 9x13 pan. Mix together 1 c. flour, ¾ c milk, 1 c. sugar, 1 ½ t. baking powder.

Pour over butter. Do not stir. Pour large can of peaches in with syrup. Sprinkle with ½ c. sugar and 1 t. cinnamon. Bake. Serve with ice cream or whipped cream.

### **FRUIT COBBLER**

400\* for 15 minutes

Combine 4 ½ c. of fruit (apples, peaches, etc.), ¾ c. sugar, 1 T. flour, 1/8 t. cinnamon or nutmeg.

Put in baking pan. Place dough on top. DOUGH: 1 ½ c. flour, 2 t. baking powder, ½ t. salt, 2 T.

sugar. Stir. Cut in ¼ c. butter. Add 1 beaten egg and ½ c. milk. Roll out and place over fruit or can drop by spoonfuls onto fruit. Bake. Serve with milk or ice cream.

## **CHEESECAKE**

Mix 400 g. cream cheese (Viola) and 1  $\frac{3}{4}$  - 2 c. condensed milk (Moloko c caxapen). Slowly add  $\frac{1}{2}$  c. lemon juice (2 med. Lemons) and  $\frac{1}{2}$  packet of vanilla powder. CRUST: Crush 3-4 c. cookies, 2-4 T. honey, 2-4 T. butter. Combine and pat in pan with spoon. Place in refrigerator. Pour in cream cheese filling and leave for about 2 hours. TOPPING: Heat berries with a little sugar and cornstarch in cold water. Stir until thickened. Serve on top or use jam.

## **YOGURT PIE**

350\* for 8 minutes.

CRUST: 1  $\frac{1}{2}$  pkg. Graham crackers, cookies crushed (1  $\frac{1}{2}$  cups),  $\frac{1}{3}$  c. sugar,  $\frac{1}{3}$  c. melted butter. Pat into bottom and sides of pie pan. Bake. Cool.

FILLING: 1 qt. Yogurt,  $\frac{1}{3}$  c. pwd. sugar, 2 c. fresh fruit, cut in small pieces 12 oz. Kool whip or sweet wh. Cream. Mix together. Pour in pie shell and freeze overnight

## **PIE CRUST**

Stir 2 c. flour and 1 t. salt together. Cut in:  $\frac{2}{3}$  c. + 2 T. butter. Sprinkle 4 or 5 T. cold water. Stir. Divide into two parts. Roll each for a crust.

## **OIL PASTRY CRUST**

Measure 1 c. plus 2 T. flour,  $\frac{1}{2}$  t. salt. Add  $\frac{1}{2}$  c. oil and mix until small pieces. Sprinkle 2-3 T. cold water until flour is moistened. Do not add more water. Press firmly into ball. Place flattened dough between 2 pieces of plastic and roll out. For prebaked shell, bake 12-15 minutes in hot oven. 450\*

## **VANILLA CREAM PIE**

Combine  $\frac{2}{3}$  c. sugar, dash salt, 2  $\frac{1}{2}$  T. cornstarch (5 T. flour), 1 T. flour in saucepan. Gradually stir in 3 c. milk. Cook over moderate heat until thickens. Boil 1 minute. Slowly stir  $\frac{1}{2}$  mixture into 3 beaten egg yolks. Pour back into hot mixture and boil 1 minute more, stirring constantly. Remove from heat and blend in 1  $\frac{1}{2}$  t. vanilla and 1 T. butter. Cool and pour into pie shell or serve as pudding. VARIATIONS: Top with wh. Cream. Sprinkle with nuts or fresh berries.

## **PUMPKIN PIE**

425\* for 15 minutes and 350\* for 45 minutes longer

Mix: 2 eggs,  $\frac{3}{4}$  c. sugar, 1  $\frac{1}{2}$  c. pumpkin, 1  $\frac{2}{3}$  c. evaporated milk or cream,  $\frac{1}{2}$  t. salt, 1 t. cinnamon,  $\frac{1}{2}$  t. ginger. Pour into a 9" unbaked pie shell. Bake.

## **APPLE PIE**

450\* for 10 minutes, then 350\* for 40 minutes

Mix: 6 peeled and sliced apples, 3 T. flour,  $\frac{1}{4}$  t. salt,  $\frac{1}{2}$  c. sugar, 1 t. cinnamon. Place in unbaked pie shell. Dot apples with 4 T. butter. Top with crust or crumb crust:

CRUMB CRUST:  $\frac{1}{2}$  c. sugar,  $\frac{1}{3}$  c. butter and  $\frac{3}{4}$  c. flour. Blend with 2 knives. Sprinkle on top of pie instead of a crust.

## **BASIC CAKE**

350\* for 25-20 minutes

Mix together: 3 eggs, 1 c. sugar, 2 c. flour, 2 t. cinnamon, 1 t. salt, 4 t. baking pwd., 2 t. vanilla, 1 c. milk, 4 T. oil. Bake. FROSTING: Melt 2 T. butter Add:  $\frac{1}{2}$  c. sugar, 3 T. flour, 2 t. cinnamon

## **BUSY DAY CAKE**

350\* for 25-30 minutes

1  $\frac{1}{3}$  c. flour, 2 t. baking powder, 2 t. cinnamon (optional),  $\frac{2}{3}$  c. sugar, 1 egg,  $\frac{1}{4}$  c. butter, 1 t. vanilla,  $\frac{2}{3}$  c. milk, grated apple or two (optional). Bake.

## **WHITE CAKE**

350\* for 30 minutes

Cream: 1 ½ c. sugar, ¾ c. butter, 2 eggs, 1 ½ t. vanilla, 1 t. salt. Add: 2 ¼ c. flour, 1 T. baking powder and 1 c. milk

Pour into pan. Bake.

## **LAZY CAKE**

350\* for 20-30 minutes

Beat 3 eggs well for 5 minutes with mixer. Slowly add 1 c. sugar. Add 1 c. flour, ½ t. salt and 1 t. vanilla. Pour into greased pan. If desired, slice apples or other fruit in bottom of pan and pour batter over fruit.

## **APPLESAUCE CAKE**

350\* for 35 minutes

Mix together 1 egg with ½ c. butter, 1 c. applesauce, 1 t. vanilla. Add: 2 c. flour, 1 t. allspice or cinnamon, ¼ t. nutmeg, 1 t. baking soda, ½ t. ground cloves, ¼ t. salt, 1 c. brown sugar, ½ c. raisins. Pour into 8x8 pan.

## **CARROT CAKE**

350\* for 45 to 50 minutes

Combine 1 ½ c. oil and 2 c. sugar. Add 4 well beaten eggs. Mix together 2 c. flour, 1 t. soda, 2 t. cinnamon, 2 t. salt. Add to egg mixture. Blend well. Stir in 1 t. vanilla, 3 c. grated carrots, 1 c. raisins and 1 ½ c. nuts. Pour into greased 9x13 pan. Bake. FROST with ½ c. butter, 100 g. cream cheese (Valio Viola), 1 lb. pwd. Sugar and 2 ½ t. vanilla

## **MAYONNAISE CAKE**

350\* for 30 minutes

Beat together: 1 c. sugar, 1 c. mayonnaise, 1 c. water and 2 t. vanilla. Add 2 c. flour, 4 T. cocoa, 2 t. soda. Blend well. Pour into 9x13 pan. Bake.

## **TEXAS SHEET CAKE**

375\* for 25 to 30 minutes

Heat 1 c. water, ¼ c. cocoa and 1 c. butter. Mix together 2 c. flour, ¼ t. salt, 1 t. cinnamon, 2 c. sugar, 1 t. soda. Add hot mixture. Blend well. Add 2 eggs, ½ c. buttermilk, 1 t. vanilla. Pour into greased pan. Bake. FROST with ½ c. melted butter with ¼ c. cocoa and 1/3 c. milk. Add 1 lb. pwd., sugar. Mix well. Frost cake while warm.

ANOTHER: (Putnam) Combine 2 c. flour, 2 c. sugar, ½ t. salt, ½ t. cinnamon. Combine 2 sticks butter, 1 c. water and 7 T. cocoa and heat to boiling. Add to flour. Stir in 1 c. sour cream, 1 t. soda and 2 eggs. Add 1 t. vanilla. Pour into greased and floured jelly roll pan. 375\* for 20-25 minutes. Add nuts if desired. Frost.

## **WACKY CAKE**

350\* for 35 to 45 minutes

Mix together 3 c. flour, 6 T. cocoa, 1 t. salt, 2 t. soda, 2 c. sugar. Make 3 wells. Put 2 t. vanilla, 2 T. vinegar, ¾ c. oil in each well. Pour 2 c. water over all and mix just until blended. Bake in 9x13 pan.

## **BROWNIE PUDDING CAKE**

350\* for 40-45 minutes

Combine 1 c. flour, 2 T. cocoa, ½ t. salt, ¾ c. sugar, 2 t. baking powder. Add ½ c. milk, 1 t. vanilla, 2 T. oil. Nuts, if desired. Put in pan. Sprinkle over top a mixture of ¼ c. cocoa and ¾ c. sugar.

Pour 1 ¾ c. water over all. Do not stir. Bake.

## **FUDGY FROSTING**

¼ c. soft butter, 1/3 c. cocoa, dash salt, 1 t. vanilla, 2 c. pwd. sugar, 3 or 4 T. milk. Put milk in last a little at a time.

## **CHOCOLATE SYRUP**

Boil 5 minutes: 5 T. cocoa, 6 T. sugar, 4 T. milk, 100 grams butter.

## **MAGIC FUDGE SAUCE**

1 serving

2 T. Nestle's Quik, 1 T. peanut butter, 1 T. water. Stir together.

## **CHOCOLATE REVEL BARS**

350\* for 20-25 minutes

Cream together 1 c. butter, 2 c. sugar, 2 eggs and 2 t. vanilla. Combine 2 ½ c. flour, 1 t. soda, 1 t. salt, 3 c. oatmeal. Add to creamed mixture. Spread 2/3 batter in greased pan. Cover with chocolate or caramel filling. Put rest of topping on top. Bake. Cool. Cut in squares. CHOCOLATE: Heat slowly: 1 c. chocolate pieces, 1 can condensed milk, 2 T. butter, ½ t. salt, 2 t. vanilla and optional 1 c. ch. nuts. CARAMEL: Boil an unopened can of condensed milk for 1 hour. Pour on oatmeal mixture and sprinkle with chocolate pieces. Bake.

## **BASIC COOKIES**

350\* 8 to 10 minutes

Beat: 1 c. butter, 1 c. sugar, ½ c. brown sugar. Add: 2 eggs, 2 t. vanilla. Mix and add: 3 c. flour, ½ t. salt, 1 t. soda Add: M&Ms, chocolate chips, nuts, raisins. Drop on greased sheet.

ANOTHER: 2/3 c. butter, 1 c. sugar, 1 egg and 1 t. vanilla. Combine 1 ½ c. flour, ½ t. salt, ½ t. soda. Blend and add chocolate pieces and/or nuts, raisins, 1 c. oatmeal, etc. Drop on baking sheet. Bake. 375\* for 10 minutes.

## **OATMEAL COOKIES**

350\* for 8-10 minutes

Cream ¾ c. butter, 1 ½ c. sugar, ¼ c. water 1 egg, 1 t. vanilla. Add 1 c. flour, 1 t. salt, ½ t. soda, 3 c. oats (1 c. nuts and 1 c. raisins optional). Bake on greased sheets.

## **PEANUT BUTTER COOKIES**

350\* for 10 minutes

Cream 1 c. butter, 1 c. peanut butter and 2 c. sugar. Add 2 eggs, 1 t. vanilla, 1 T. milk. Combine 2 c. flour, ½ t. salt and 1 t. soda. Stir together. Chill. Shape into 1" balls. Press down with thumb or fork on ungreased baking sheet. Bake.

## **COCONUT DELIGHT**

350\* for 20-30 minutes

Combine 1 c. butter, 2 c. sugar, 4 eggs, 2 t. vanilla and 2 T. lemon juice (or 1 t. lemon extract). Mix well. Combine 1 ½ c. flour, 1 t. salt, 1 t. baking powder, 2/3 c. coconut. Place in greased pan. Frost with white frosting.

## **UNBAKED OATMEAL COOKIES**

Cook in pan to a rolling boil: 2 c. sugar, 3 T. cocoa, ½ c. milk, ½ c. butter. Boil exactly 1 minute. Cool to lukewarm without stirring. Add: 3 c. rolled oats, ½ c. peanut butter, 1 t. vanilla, pinch salt. Beat. Drop on cookie sheet. Refrigerate.

## **NO BAKE FINNISH COOKIES**

Combine 1 c. oatmeal, 1 t. vanilla, ½ c. butter, ¾ c. sugar, 1 T. cocoa. Roll into balls and roll in coconut, ch. nuts or pwd. Sugar. Refrigerate.

## **RICE KRISPIES BARS**

Combine 5 c. Rice Krispies and 5 c. corn flakes and 1 c. coconut. Melt ½ c. margarine and 1 pound marshmallows. Stir. Pour over cereal. Press into greased 9x13 pan. Cool. Cut. Peanuts, M&Ms, chips can be added.

## **ARMENIAN COOKIES**

350\* for 10-12 minutes

Combine 3 eggs, 1 c. sugar and 1 c. oil. Add 3-5 c. flour, 1 t. soda. Enough flour so dough can be rolled. Sprinkle with 2-3 t. cinnamon, ¼ c. ch. nuts. Roll up like cinnamon rolls. Cut in ½ c. pieces. Bake.

## **FUDGE from Russia**

Melt 700 grams chocolate (white, dark, milk) in double boiler. Stir in 1 t. vanilla sugar and ¼ t. salt. Remove from heat. Stir in 2 cans (800 g) sweetened condensed milk thoroughly. Becomes stiff quickly. Pour into plate or bowl. Refrigerate. Use more milk for softer fudge.

## **CHOCOLATE CHIP COOKIES**

375\* for 8-10 minutes. Do not overbake.

Cream 2/3 c. butter, 2/3 c. shortening (or all butter), 1 c. sugar, 1 c. brown sugar. Add 2 eggs and 1 t. vanilla. Mix in

3 c. plus 2 T. flour, 1 t. salt, 1 t. soda, 2 c. chocolate chips or M&Ms. Baking sheet 1T per cookie. Bake

BROWN SUGAR SUBSTITUTE: 2 c. white sugar and a few T. molasses. Stir.

## **BROWNIES**

350\* for 20 – 25 minutes

Mix: ¾ c. butter, 2 c. sugar, 3 eggs, ½ t. salt, ¾ c. cocoa, ½ t. vanilla, 1 c. flour. Can add chips or nuts. Bake in greased 9x13

pan. Do not overbake. ANOTHER: 4 eggs instead of 3 to same recipe. OR use 3 eggs and 1 ½ c. flour.

## **LEMON SQUARES**

350\* for 20 minutes

Mix together 2 c. flour, ½ c. powdered sugar and 1 c. butter. Put in 9x13 greased pan. Bake.

FILLING: 2 c. sugar, ½ c. lemon juice (2 lemons), ½ c. flour, 4 beaten eggs, pinch salt. Mix and pour over warm crust. Bake 20 more minutes. Sprinkle with pwd. Sugar. Cool, then cut.

## **SUGARED NUTS**

Great Gift!!

Spread 4 c. walnuts or pecans on cookie sheet. Heat oven to 325\* for 10 minutes. Beat 2 egg whites until stiff. Fold in 1 c. sugar and 1 ½ t. cinnamon. Remove nuts from oven. Fold into egg whites. Put 1 stick of butter on the cookie sheet and allow butter to melt. Stir well, making sure coated. Bake 30 minutes. Stir every 10 minutes. Cool. Store in sealed container.

ANOTHER: Mix in a heavy skillet: 3 c. walnut halves, 1 ½ c. pecans, 2 c. sugar, 1 c. water, ¼ t. cinnamon. Cook until water disappears and nuts have sugary appearance. Remove from heat. Pour on baking sheet. Separate with 2 forks.

ANOTHER: Cook 1 c. sugar, 2 c. water, 1 t. cinnamon, 1 t. salt to soft ball stage without stirring. Remove from heat. Add 1 ½ t. vanilla and 2 ½ c. walnut halves. Stir until mixture becomes creamy. Turn on greased plate. Separate nuts as they cool.

ANOTHER: Combine 2 c. light brown sugar, 1 c. sugar and 1 c. sour cream in large sauce pan. Cook over medium heat, stir until sugar melts. Cook without stirring to 238°. Remove from heat. Stir in 2 t. vanilla. Add 2 c. walnuts, 1 c. pecans and 1 c. unblanched almonds. Stir until nuts are covered. Spread on wax paper to dry. Separate nuts. 3 pounds

### **DRINK**

Mix some red koolaid with Sprite. Pretty and tasty.

## **TRADITIONAL RUSSIAN RECIPES**

### **APPLES UNDER SNOW**

425° for 30 minutes

Separate 3 eggs. Whip egg whites into peaks. Set in refrigerator. Combine: 250 g. softened butter, 3 T. flour, 2 T. sugar and 1 t. soda in 1 t. Russian vinegar. Mix well by hand. Put a piece of dough in freezer. Pat rest of dough into bottom of greased pan. Layer 4-5 sliced and peeled apples on dough. Add 1 c. sugar to beaten egg whites. Spread over apples. Grate dough from freezer over top. Bake.

### **VARENEKE**

Mix together 1 c. milk, 1 egg, dash salt and 3-4 c. flour. Roll out dough on floured surface very thin. Cut into circles using a glass. Make mashed potatoes (add sautéed onions and mushrooms and grated cheese). Put a spoonful on half of the circle. Fold over and seal. Boil water in large pot. Add dumplings to the boiling water and boil for 3 minutes. Stir so will not stick. May freeze in a bag with flour and boil later.

### **VATRUSHKA** (cottage cheese or jam cake)

400°

Mix together 1 c. butter, 2 T. sugar, 1 egg, 6 c. flour, 2 c. milk, 1 t. salt, 2 T. yeast to make a dough or use frozen dough. Let dough rise. Shape into rolls (1 oz. each). Put on a buttered baking sheet. Let rise 15-20 minutes. Make a depression and fill with cottage cheese filling or thick apricot, apple or plum jam. Brush edges with egg white. Bake.

COTTAGE CHEESE FILLING: 1 c. cottage cheese, 1-2 T. sour cream, 1 egg yolk, 1 T. sugar, pinch of vanilla sugar or a few drops of vanilla.

### **PUROSHKI**

400° for 10 minutes

Use pie crust dough, bread dough or biscuit dough. Roll out thin. Cut into circles. Place filling on one side. Fold over and seal with fork. Bake. FILLING: Vegetables (ch., shredded and sautéed) such as onions, cabbage, carrots, potatoes, mushrooms or cooked rice, grated cheese, ch. hard cooked eggs, cottage cheese, honey, nuts, cream cheese (Sahne) and seasonings

MEAT FILLING: 1 lb. ground beef, 1 small ch. onion, 1 ½ c. finely shredded cabbage, 2 T. beef bouillon, s&p

### **PELMENE**

DOUGH: Mix 2 eggs and 2 c. water, 1 t. salt and flour. Roll dough very thin. Cut in circles. Put in filling. Fold over. Drop in boiling water until they float to the top. FILLING: 1 lb. ground pork, 1 lb. ground beef, garlic, 1 diced onion, s&p. Cook before putting the mixture in dough.

## **BORSH**

Combine 2 liters water, 3 cubes beef bouillon, a piece of meat in thin strips, 5 cubed potatoes, 1 lb. shredded cabbage. Boil until vegetables are soft. In a skillet combine and cook until all is red: 3 diced onions, 2 diced carrots, 4 diced beets (or grated) and cut up tomatoes in 2 T. butter. Dump into pot. Add diced garlic, parsley, 2 bay leaves, S&p. Add more water. Boil 45 minutes. Serve with dollop of sour cream or mayonnaise in each bowl.

## **RUSSIAN PANCAKES (BLINI)**

8 servings

Mix  $\frac{1}{2}$  c. water,  $\frac{1}{2}$  c. milk, 1 egg, 1 c. flour,  $\frac{1}{2}$  t. salt,  $\frac{1}{2}$  t. pepper. Beat. Melt 1 T. butter in skillet. Pour  $\frac{1}{4}$  c. batter. Cook until light brown. Turn. FILLING: Mix together 2 eggs, 2 T. sour cream, 1 T. grated orange peel, 1 T. roasted almonds,  $1\frac{1}{4}$  c. raisins,  $\frac{1}{4}$  c. sugar. Orange and almonds are optional. Spread  $\frac{1}{3}$  c. filling on each pancake. Fold in 2 sides and roll up. Melt 2 T. butter in skillet. Add pancakes and brown. Turn. Serve hot with sour cream and cinnamon sugar.

## **BLINI**

Beat 3 eggs with  $\frac{1}{2}$  c. water and  $\frac{1}{2}$  c. milk, 1 c. flour and  $\frac{1}{2}$  t. salt. Beat until smooth. Melt 1 T. butter in skillet. Mix into the batter. Heat skillet 1 minute. Pour in  $\frac{1}{4}$  c. batter. Turn skillet to coat evenly.

Cook until light brown, turn. Repeat with remaining batter, adding butter as needed ( $\frac{1}{2}$  c.)

ALTERNATE: Beat 2 or 3 eggs, 1 T. sugar and  $\frac{1}{2}$  t. salt until frothy. Add 2 c. milk. Add flour to make a very thin batter. Add 2 T. oil quickly. Pour into a hot oiled pan. Cook on both sides.

FILLING: Mix together 2 eggs, 1 T. sour cream,  $\frac{1}{4}$  c. sugar,  $\frac{1}{4}$  c. raisins (Optional:  $\frac{1}{2}$  c. toasted almonds, 1 T. grated orange peel). Spread  $\frac{1}{3}$  c. filling on each blini. Fold in two sides, roll up. Melt 1 T. butter in skillet, brown blini. Serve hot with sour cream and sugar. Also jam, sauteed onions may be used.

Compiled by Carolyn Bartholomew